

« Kugira ngo imitima yacu
yaseserewe ikire. »

Agatabo kerekeye iseserwa ry'imitima
ryatewe n'agacinyizo mu Burundi, n'ingene
imibano yofasha mu kugarukana ireme.



Association Burundaise pour la Protection
des Droits Humains et des Personnes Détenues (APRODH)

Centre d'Ecoute et d'Aide Psychologique (CEAP)

Centre Jeunes Kamenge (CJK)

Centre de Recherche pour l'Inculturation
et le Développement (CRID)

Centre Ubuntu

Commission Diocésaine Justice et Paix (CDJP) de Ruyigi

UGUSHIKIRIZA

Ishingiro ry'aka gatabu « Kugira ngo imitima yaseserewe ikire » rihagaze ku kwemera tudakerekereza ko ibisebe bikomoka ku gacinyizo gahindanya imitima y'abantu, ubuzima bwabo n'imigenderanire hagati yabo, bishobora gukora. Abantu twese turafise ubushobozi bw'ukugarukana ingoga n'umwizero. Ubwo bushobozi ni ingabirano ya zina muntu, ariko kandi burakomezwa n'imigenderanire myiza dufitaniye n'abandi.

Umugambi wo kwandika aka gatabu watanguye mu mwaka w'2004, aho ishirahamwe Misereor ryagira icigwa ku bijanye n'iseserwa ry'imitima mu Burundi. Ico cigwa carerekanye ko igihugu cacu gikeneye ingendo ishinjiye ku kwitwararika mu mibano kugira ngo iseserwa rikire. Hariho abantu benshi bakeneye kwumvirizwa n'ukuremeshwa, ariko abahinga bavyo ni bake. Imibano yacu ibwirizwa rero gufata mu minwe ico kibazo c'iseserwa ry'abayibamwo. Amashirahamwe atandatu, yose acuditse na Misereor, yaragiye hamwe arandika inkuru nyamukuru zine zifatye ku biri mu Burundi n'ingingo zigize aka gatabu. Inyuma y'aho haratunganijwe inama yo kuraba ingene abantu mu mibano yabo mu Burundi babona izo nkuru, ibicapo birimwo n'ingendo yokurikizwa mu kuremesha ibiyago ku bijanye n'ibiri muri aka gatabu. Mu ntango, aka gatabu kari kanditswe mu rurimi rw'igifaransa, hanyuma ya mashirahamwe aca aha hamwe aragasobanura mu kirundi. Twarondera kwandika agatabu umuntu wese yashobora gusoma, akamenya ibimenyetso vy'iseserwa ry'imitima n'icofasha kugira ngo ikire.

Turemera ko twese abagize umubano dushobora kugira ico duterereye kugira ngo iyo mitima yaseserewe ikire. Ka buvuyeyi, ka buvukanyu, ka bubanyu na ka burezi, twogira impuhwe, tugatahura kandi tukitwararika mu nyifato yacu abamaze kuba ivyengenge. Ariko rero, si ukuvuga ko dushoboye vyose. Birashika ko abantu baseserewe ku mitima basinzikara birenze urugero, mbere ntibabwaga bagishakira kubaho, na twabwaga nyene bikaduhagarika umutima. Muri icyo gihe, ni ukurondera abahinga babinonosoye bakatugira inama, harimwo abavura indwara zo mu mutwe n'ibigo vyishinze kwumviriza n'ukuremesha bene abo bantu. Mu kujana umuntu yaseserewe kuri abo bahinga, ni ukubigirana impuhwe nyinshi, kandi tukabasigurira neza igituma hakenewe intererano y'umuhunga yabinonosoye. Ni icyo gituma iyi ngendo ishinjiye ku kwitwararika mu mibano ikenera ko haba urunani rw'intamenwa hagati y'abo bese basanzwe bari n'ico boterera : abaganga b'indwara zo mu mutwe, amashirahamwe aharanira agateka ka zina muntu, imigambi y'iterambere, n'abandi. Mu mpera z'aka gatabu, turajya gutanga urutonde rw'ayandi mashirahamwe asanzwe ari n'ico afasha muri icyo gikorwa. Ni ngombwa ko ayo mashirahamwe yose ashigikirana.

Mu kurangiza, turashimiye abo bose baterereye muri uyu mugambi : turashimiye umuhinga Dr Simone Lindorfer yanditse aka gatabu mu gifaransa hamwe n'umuhinga mu gucapa, Umugandakazi Grace Bithum yateguye ibicapo afatiye ku biri mu Burundi. Turakengurukiye kandi ishirahamwe Misereor ryatanze uburyo bw'uyu mugambi kandi ribandanya ridufata mu mugongo.

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IMITIMA YASESEREWE

Mu mibano yacu, hari abantu benshi baseserewe ku mutima kubera iturubikwa n'umutekano muke waturutse ku ntambara.

Twomenya yuko iyo midurumbanyo idatera iseserwa ryo ku mubiri gusa ; iyo iryo seserwa rimaze gukira, iryo ku mutima ryo riba ricibereye aho.

Aha rero ntawuyobewe yuko iryo seserwa ryo ku mutima ridahuta ryibonekeza, ari naco gituma bitoroshe kuritahura. Ariko rero iyo dushoboye gutahura n'ugufasha imitima yaseserewe irashobora kugarura umunezero wo kubaho.

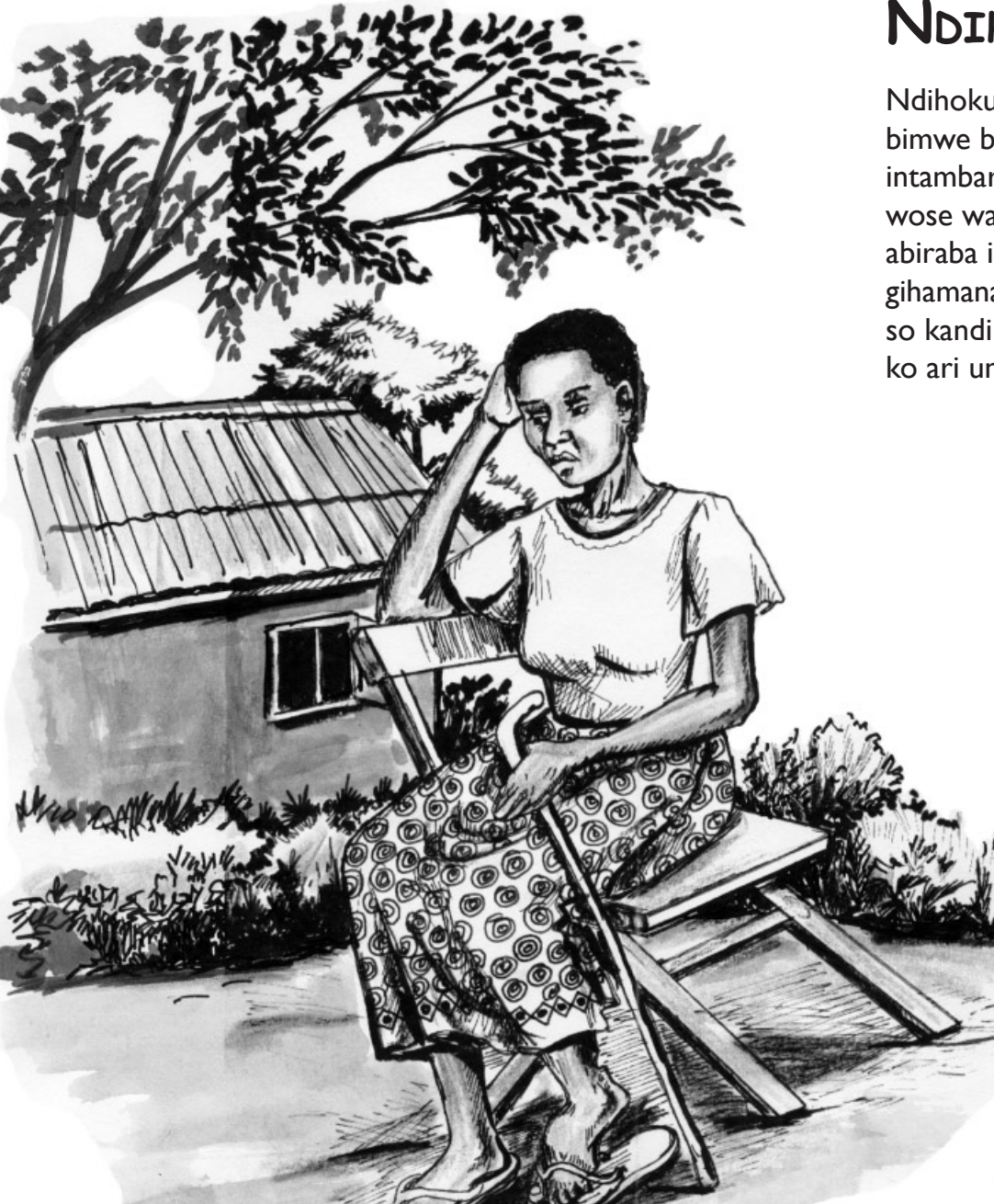
Abantu babiri bo mu mibano yacu basanzwe bitayeho imitima yaseserewe baratwiganira muri kano gatabu amakuba yashikiye abantu bane baba muri twebwwe.



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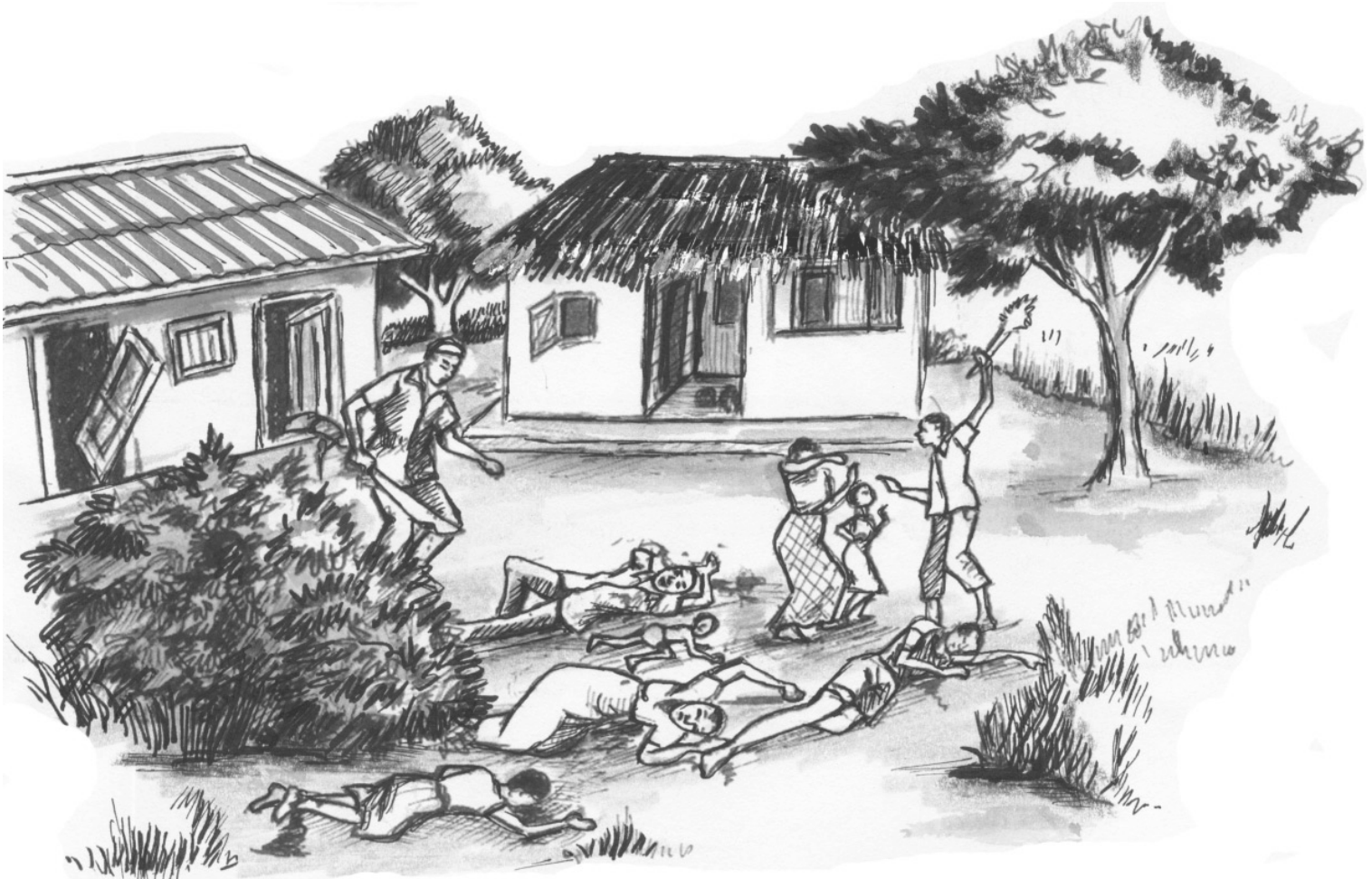
NDIHOKUBWAYO

Ndihokubwayo ni umwigeme yaseserewe ku mutima bimwe birenze urugero. Akwije imyaka indwi niho intambara yo mu 1993 yaduka. Umuryango wiwe wose warahitanywe n'ico kiza kandi vyose vyabaye abiraba imbonankubone. Nawe nyene yarokotse ku gihamana kuko abicanyi babonye aryamye mu maraso kandi yakomeretse cane ku kirenge baca bibaza ko ari umuvyimba mu yindi.



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Niho Ndihekubwayo yaca atorwa n'umutamakazi aramunyega, aramuvuza, atako aramutunga, amufashisha ivyo afise. Yakuriye kw'uyo mutamakazi nawe yibana wenyene, akaguma yibaza icatumye umuryango wiwe wose uhona agasigara muri ayo marushwa. Eka yumva nawe nyene atabuzima agifise.



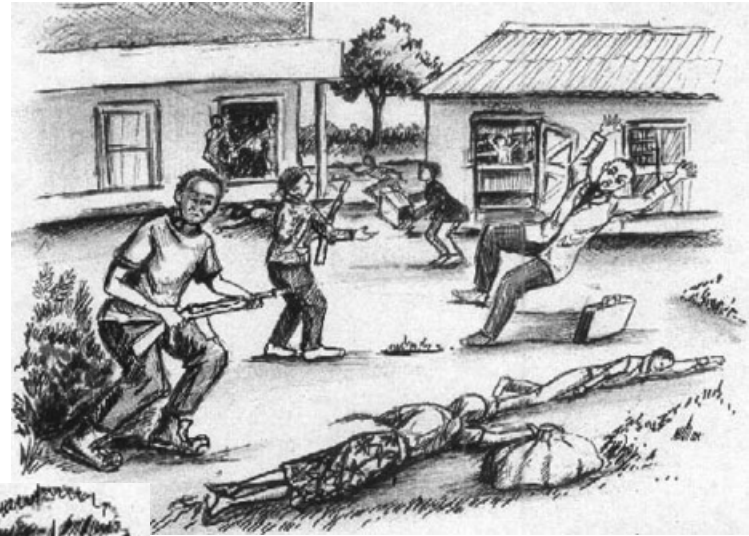
NTIRAMPEBA



Ntirampeba ni umusore yabonye ico arico ubuzima, nk'uko avyivugira, ariko bwa buzima bugoye bw'abarwanyu baba mw'ishamba. Uyu musore ntiyariyigeze amenya se canke ikintu na kimwe kimwerekeye, yamye yibanira na nyina. Uko yakura niko yaguma yiyumvamwo ibintu bidasanze. Ba inarume na ba nyinabo ntibigeze bamukunda, baguma bavuga ko ata kibanza afise iruhande yabo. Nkako, mu mico y'abarundi, umwana w'ishushu nta teka ahabwa. Ntirampeba amaze guca ubwenge, yagiye aramenyana n'urundi runganwe, bamubera abagenzi gushika bamuhanure kujana nabo mu barwanyu. Baciye bamwumvisha ko bazoca baba abagabo babushitse kandi bubahwa. Umusi umwe mu gitondo, yanditse ikete ryo gusezera nyina wiwe hanyuma aca ajana n'abarwanyu. Ico gihe yari afise imyaka cumi n'itanu. Aho ku rugamba, Ntirampeba yakora ico bamutegetse.

Niho rero igihe kimwe bashitse mu kigwati yica ubwa mbere umukenyezi, aca atakaza ubuntu n'ubugororotsi bwiwe aryo. Ariko kuva ico gihe yaciye aronka ikintu yari yarabuze mbere : abagenzi biwe baciye batangura kumwubaha, eka n'abanyagihugu baba batangura kumutinya. Haheze imyaka itatu, Ntirampeba atakimenya ivyerekeye umwana n'ibihe, yarasubiye i muhira iwabo. Yarumva rwose ko ubuzima bwo mw'ishamba bwamurushishije kandi akeneye kubona nyina wiwe. Amaze gushika i muhira, ba inarume na ba nyinabo bamumenyesha ko umuvyeyi wiwe akunda cane haheze imisi mikeyi yitavye Umuremyi. Baciye bongerako yuko uwo muvyeyi yishwe n'agahinda kubera atari azi uko umwana wiwe abayeho. Baramenyeshye kandi Ntirampeba ko ata ragi ryo muri uyu muryango afise kuko atari uwo muri wo. Uyu mwana ntiyigeze aronka ico abivugako, yarumiwe.

Amaze kubona imva ya nyina, amosozi atari bwigere arira kuva aho atakariye ubuto bwiwe mw'ishamba, yaciye acuncubuka. Aho hose yarira kuko yumva yiyagiriza vyinshi kandi ko atari akibonye umuvyeyi wiwe yashaka kubarira ibiri ku mutima vyose, hanyuma ngo amuremeshe. Yaragerageje kwitura ubutungane, arasaba impapuro abashingantahe, ariko ba inarume babandaniye kumuturubika bamurya umutima, bemeza ko ata muryango afise.



Ntirampeba yaciye abona ko vy'ukuri ata muryango afise kandi ata n'uwo yigeze ; arabiraba abona ntaco agikiza aca arata aromoka yisubirira mw'ishamba, agiye kubandanya ubuzima ataco bumubwiye kandi ata na kazoza gakwiriye umuntu nyamuntu yozigayo.





NIYIMBONA

Uyu Niyimbona ni umwigeme w'imyaka cumi n'ine. Abana na nyina, umugabo wa nyina hamwe n'abo bavukana. Kubera yuko ari imfura, afise uruhara runini mu muryango.

Umusi umwe umugabo wa nyina, akaba ari umuntu akaze cane kandi uwo mwigeme atinya yamutumye kumugurira inzoga amuha inoti y'amafaranga ibihumbi bitanu. Uwo mwigeme yaciye abanguka aragenda, ariko mu nzira yahuye n'umusore yaborewe, aramutangira amwaka ya noti amukankamira ati : « Nkurikira niho nza kugusubiza amahera yawe. » Iryo rero nyamborerwa yabivuganyanye agatwenge k'ububisha ku buryo Niyimbona yaciye atangura kugira ubwoba burenze, arahinda n'agashitsi. Niyimbona yaciye atangura kwibaza icyo aza kubwira wa mugabo wa nyina hamwe na nyina wiwe mu gihe yotaha adatwaye inzoga kandi ata n'amafaranga afise. Yiyumviriye ko ata kundi yogira aca apfa gukurikira uyu mugabo. Erega Niyimbona ntiyari azi ko hari abandi batatu babarindiriye icyo yari amujanye. Kandi nabo nyene bari bazihaze ! Umwana w'umwigeme yaciye acika intege amaze kubona icyo bigabo bine bimukikije. Kimwe caciye kimukwega kimutaburirako ikanzu, kimuta hasi, bibiri bimutanyura amaguru, ikindi naco gica gitangura kwambura ipantaro yaco. Vyaciye bimushurashuza ku nguvu ; kimwe caraheza kigaheza kikabisa ikindi, vyongera bimushinyaguriza bivuga bita : « Birakuryoheye? Nawe wabishaka vyemere. » Niyimbona arababara cane gushika aho ata ubwenge. Ntiyigeze amenya umwana yamaze arambaraye aho hasi.

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Niyimbona rero yaciye acika inkokora, niho yatangura kwibuka ivyo ba bagabo bamuvugiyeko igihe yari akirambaraye hasi : « Ukabivuga nta n'umwe aza kuvyemera kuko ni wewe wadukurikiye n'ugushaka kwawe ». Ivyo babivuganye agahemo kenshi. Ubu rero Niyimbona atambuka yiyandaza, ntamagara agifise.

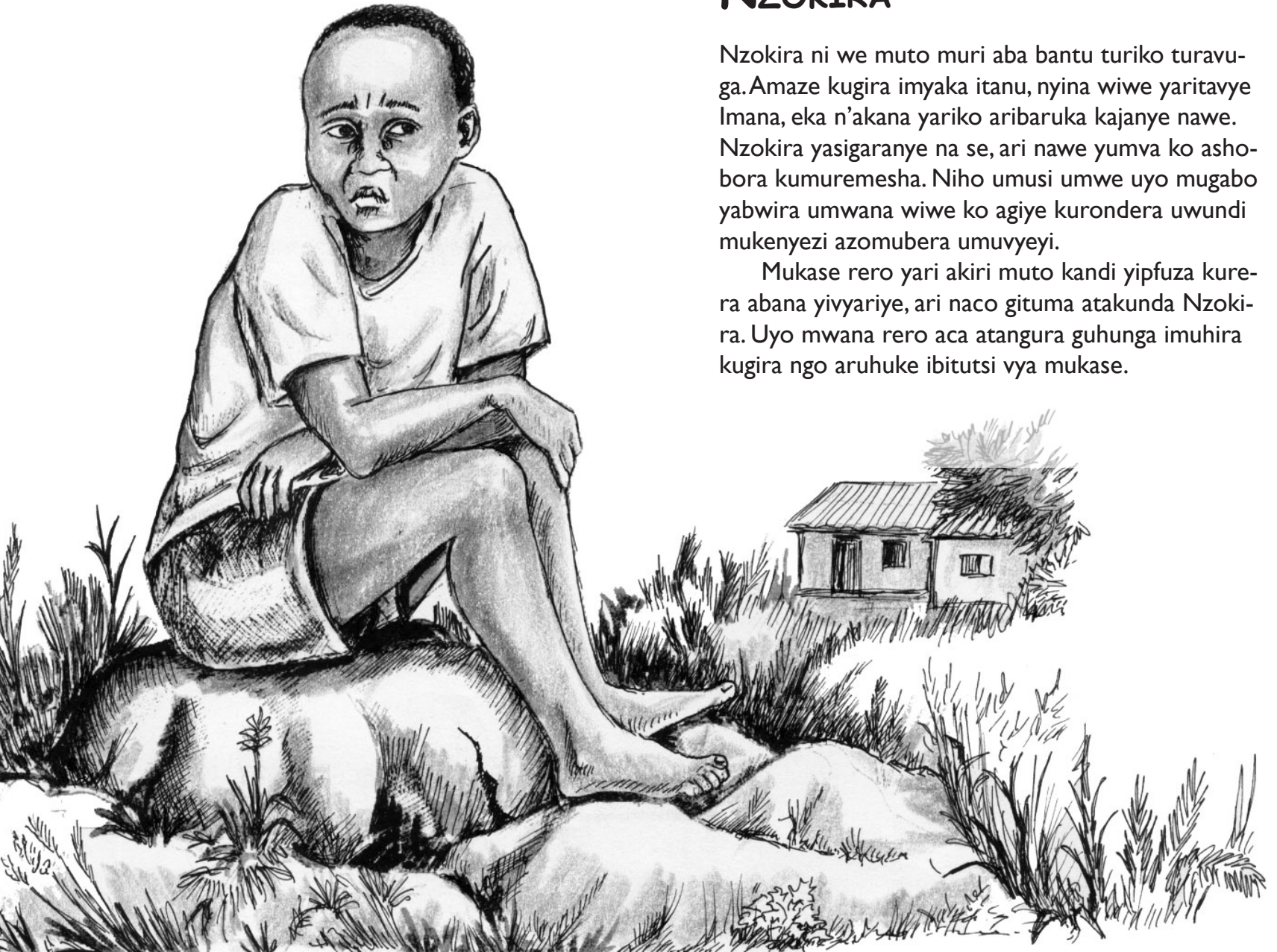


Ubuzima bwa Niyimbona ntibwabandaniye nka mbere ; Ivyamushikiye vyatumye atakaza ubusugi bwiwe. Ng'uyo rero arahagurutse ngo atahye : agenda nk'ikiyingingi, impuzu yatabaguritse kandi yuzuyeko amaraso. Yabaye agishika, nyina ngo amubone atangura kumuryagagura ati : « Uvuye he ga wa kivagundu we ? Inzoga bagutumye iri hehe ? Iyo kanzu yo wayigize ute ? » Niyimbona aca araturikisha ararira, avuga adidinganya ko yafashwe ku nguvu n'abagabo atazi. Nyina wiwe ntiyavyemeye, yamwagirije ko ariko arabesha kugirango agumye ya mafaranga. Nyina araheza yongerako ati : « Ntawusambanya umwigeme canke umugore ku nguvu atavyemeye. »

NZOKIRA

Nzokira ni we muto muri aba bantu turiko turavugaga. Amaze kugira imyaka itanu, nyina wiwe yaritavye Imana, eka n'akana yariko aribaruka kajanye nawe. Nzokira yasigaranye na se, ari nawe yumva ko ashobora kumuremesha. Niho umusi umwe uyo mugabo yabwira umwana wiwe ko agiye kurondera uwundi mukenyezi azomubera umuvyeyi.

Mukase rero yari akiri muto kandi yipfuza kureba abana yivyariye, ari naco gituma atakunda Nzokira. Uyo mwana rero aca atangura guhunga imuhira kugira ngo aruhuke ibitutsi vya mukase.



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Yarababazwa cane n'ukubona adafise nyina kandi se wiwe nawe atamwumviriza ; se yemera cane ivyo uyo mugore wiwe ashika amubwira kuko yakora ku mugwa mukuru, agataha ku mpera y'indwi gusa. Uyo mugore yarakubita cane Nzokira, akamubuza no gukina n'abandi bana, akama ariko aramurega kuri se yuko ari umwana w'ikigaba, nawe akavyemera adatohoje. Ivyo rero vyarababaza cane Nzokira ku buryo yari asigaye yiyumvamwo ubusaza kandi agifise imyaka indwi gusa.



IMITIMA YASESEREWE IRASERURA UMUBABARO WAYO.



Igihe imitima yacu iseserewe nk'irya ya Ndiokubwayo, Ntirampeba, Niyimbona na Nzokira, iravuga ikoresheje amajambo adatomoye, ibimenyetso canke agacerere. Izo zose ni imvugo zerekana umubabaro dutegerezwa guha insiguro kugira ngo tuzitahure. Na cane cane igihe zivuye ku mico n'imigenzo, kurupfu canke kubwicanyi twategatswe.

Dusigara tubona ubuzima bwahindutse n'abantu bahindutse. Twamana ubwoba ntitube tucizera, umwanya umwe uka munga vyose biriko bibera iruhande yacu kandi ubwo nyene. Kenshi rero turata akanovera ko kubaho tugasigara tubona umengo Imana ntibaho kuko iyo iba yabaho yodukingiyeye ivyo vyose bitubabaza : gufatwa ku nguvu, ubwicanyi, n'ibindi.

Iseserwa ry'imitima ridutwara inguvu nyinshi tugaca twumva turwaye, twacitse nk'abasazi canke ukamengo twinjiwe n'amashetani. Ivyo vyose bishitse ni ukumenya ko bibaho. Agacinyizo karasesereza cane imitima. Ni naho dukwiye kwitwararika abaseserewe. Ni twumvirizanye impuhwe bagenzi bacu twongere tubaremeshe.

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Niyimbona nk'akarorero, afise umubabaro w'ivyamushikiye. Iyo ariko aratembera yama agavye, umutima wama uhagaze, yama afise ubwoba bwo gupfa kuko yibaza ko ivyamushikiye bisubira kumushikira. Nta kanovera k'ubuzima aciyumvamwo.

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Iyo yumvise agakakaje, aca atinya akinyegeza.



Yama arazirana, arota ko basubiriye kumufata ku nguvu, agaca agangabuka akoma induru hanyuma agaca agira ubwoba ntasubire gusinzira.

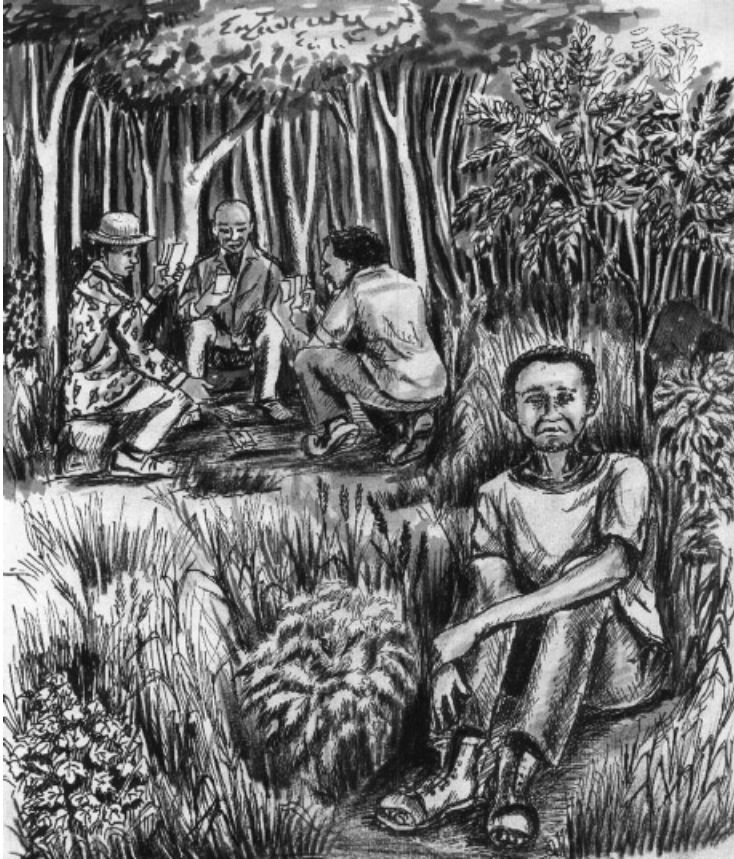
« Kugira ngo imitima yacu yaseserewe ikire. »

Ikibabaje, ni ukuntu yama afise isoni ukamengo ni we yashatse ko bamufata ku nguvu. Mbere kuva uwo musu, yama amara umwanya munini yiyoga, yibaza ko ashobora kwikurako icyi bamushizeko.



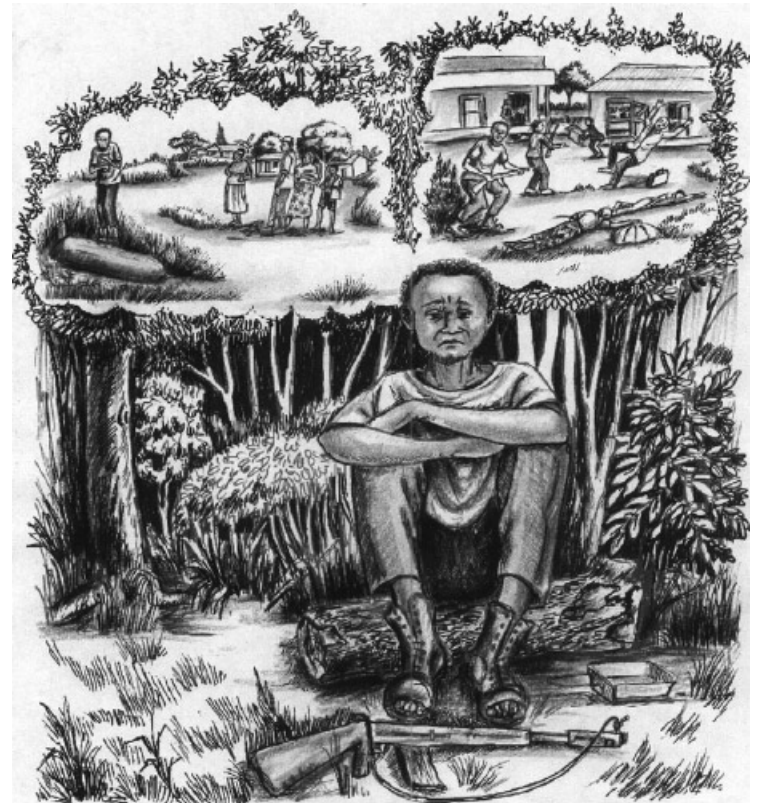
Kubera izo soni afise, yama yibaza ko abandi bakobwa bamutwenga, bamutuma urutoke. Yaramaze kwumva bavuga abandi bakobwa bafashwe ku nguvu, kandi ko babafata nk'imaraya, bakanavugaga kenshi ko umugore canke umukobwa batamufata ku nguvu, ariko bumvikana.

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Ashaka kwigumira wenyene kugira agume yiy-
umvira ivyamushikiye, ubwicanyi yagumyemwo, abo
yishe hamwe n'abagore yafashe ku nguvu. Biramuba-
baza kandi bikamutera isoni yibutse ingene vyari bi-
babaje. Ikindi kandi, urupfu rwa nyina rwashitse atari
hafi, bituma aguma ajanwa mu vyiyumviro vyawe,
akumva ubuzima bwiwe butagira icyo buva n'icyo buja.

Ntirampeba yumva ari wenyene naho yoba ari
kumwe n'abandi barwanyi mw'ishamba. Yipfuzaga
kuronka umuryango umukunda. Ntiyigeze amenya
se. Mbere rimwe na rimwe aramushavurira kuko
atamuhaye icyo abandi baronka, nk'izina, iteka runtu
n'uburenganzira kw'itunga ryiwe. Kubera nawe nyenye
yikengera, arikumira icyihe abandi bariko barakina
amakarata.

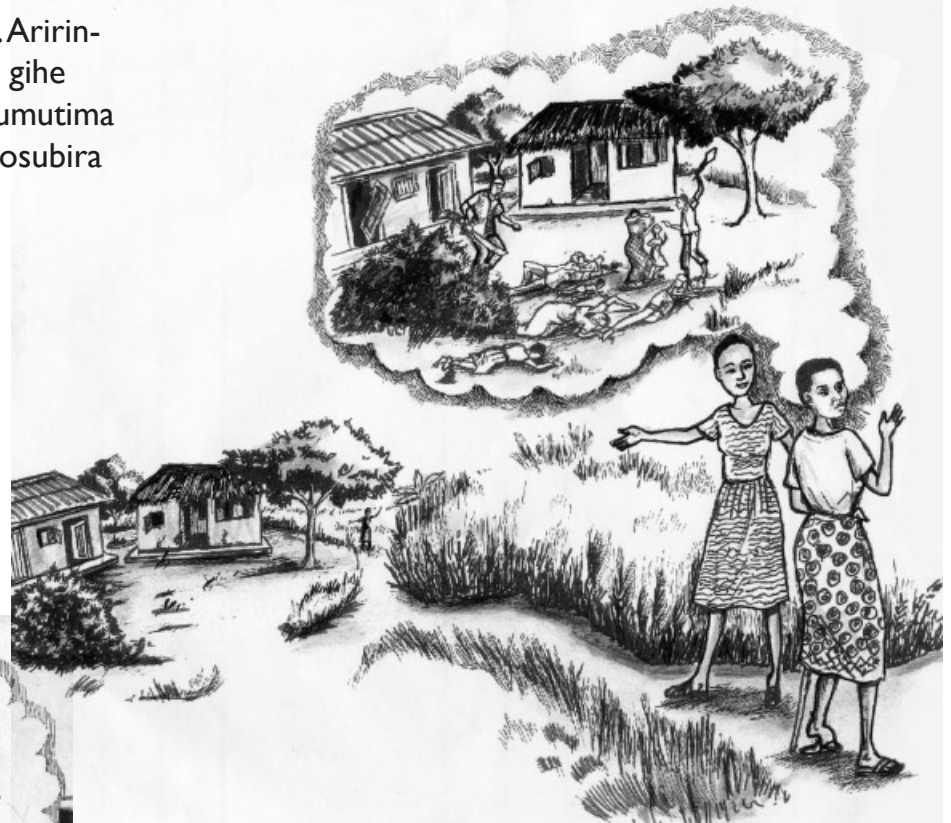




Ndihokubwayo aguma yiyumvira ivyabaye. Iyo yumvise canke akabona ikimwibutsa urupfu rw'umuryango wiwe, aca abona vyose ingene vyagenze, ukamengo asubiye ibwana. Umusi umwe yabonye umugore avuye gusenya, afise umupanga nk'uwo abicanyi bakoresheje mu kwica umuryango wiwe no mu kumukomeretsa, aca akoma induru. Umutima warasimvye, abira urwuya kubera yaciye abona ko apfuye. Yaragerageje guhunga gushika aho atahura ko ivyo vyose ari ivyo yibutse vyaheze, ko ubu hari umutekano. Ivyo biheze yaca yumva ko ababaye, agashavura, akagira agahinda, akamera nk'umusazi. Uko kuntu aguma aviyumvira vyerekana ingene mu bwenge haguma hagaruka ivyatubabaje. Igihe tudashoboye kubitahura biratera agahinda. Ndihokubwayo aguma yibaza igihe bizoherera.

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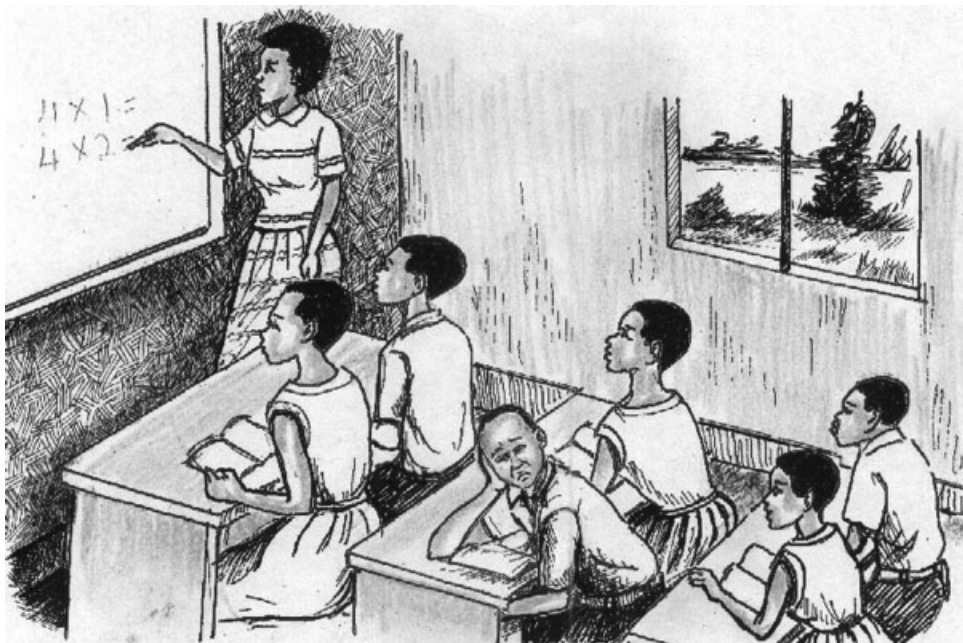
Umwanya wose aguma afise ubwoba. Aririnda ikintu cose gishobora kumwibutsa ico gihe c'umubabaro. Iyo yegereye inzu y'iwabo, umutima uca usimba cane, agafata ingingo y'ukutazosubira kuyegera.



Kuva aho Ndihekubwayo aburiye umuryango wiwe, kw'isi ntakikimuryohera na kimwe. Aribaza igituma yasigayeho we nyene, agaca yicuza. Ntiyemera ko azobaho igihe kirekire, ko azoshika mu bigero akubaka urwiwe, nta n'ivyo yipfuza kuko ku bwiwe, abagabo bose ari abicanyi, nta n'ugusubira kubizigira.

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Nzokira ntiyigera asinzira neza kuva nyina apfuye ; yama yiyumvira ingene azobana na mukase, amwanka, amukubita, akamwugarana. Arashavurira nyina igituma yamusize, yagira ngo aratoye agatiro bukaba burakeye. Bivuye kukudasinzira neza mw'ijoro, biratuma mw'ishure adakurikira kuko yama arushe.



Kubera rero umubabaro mwins-
hi, ntakurikira. Ntashobora kwum-
va ivyo abigisha bavuga, umengo
hariho uruhome rubatandukanya.
Umutima wiwe waratimvye, akibaza
ko vyomubera vyo ivyipfuzo vyawe
bidogeye. Niho atosubira kugira
agahinda. Gurtyo yoba yikingiye
umubabaro n'uguhebwa kwiwe ; nta
mwizero afise, abona ko ubuzima
bwiwe bwamucitse.

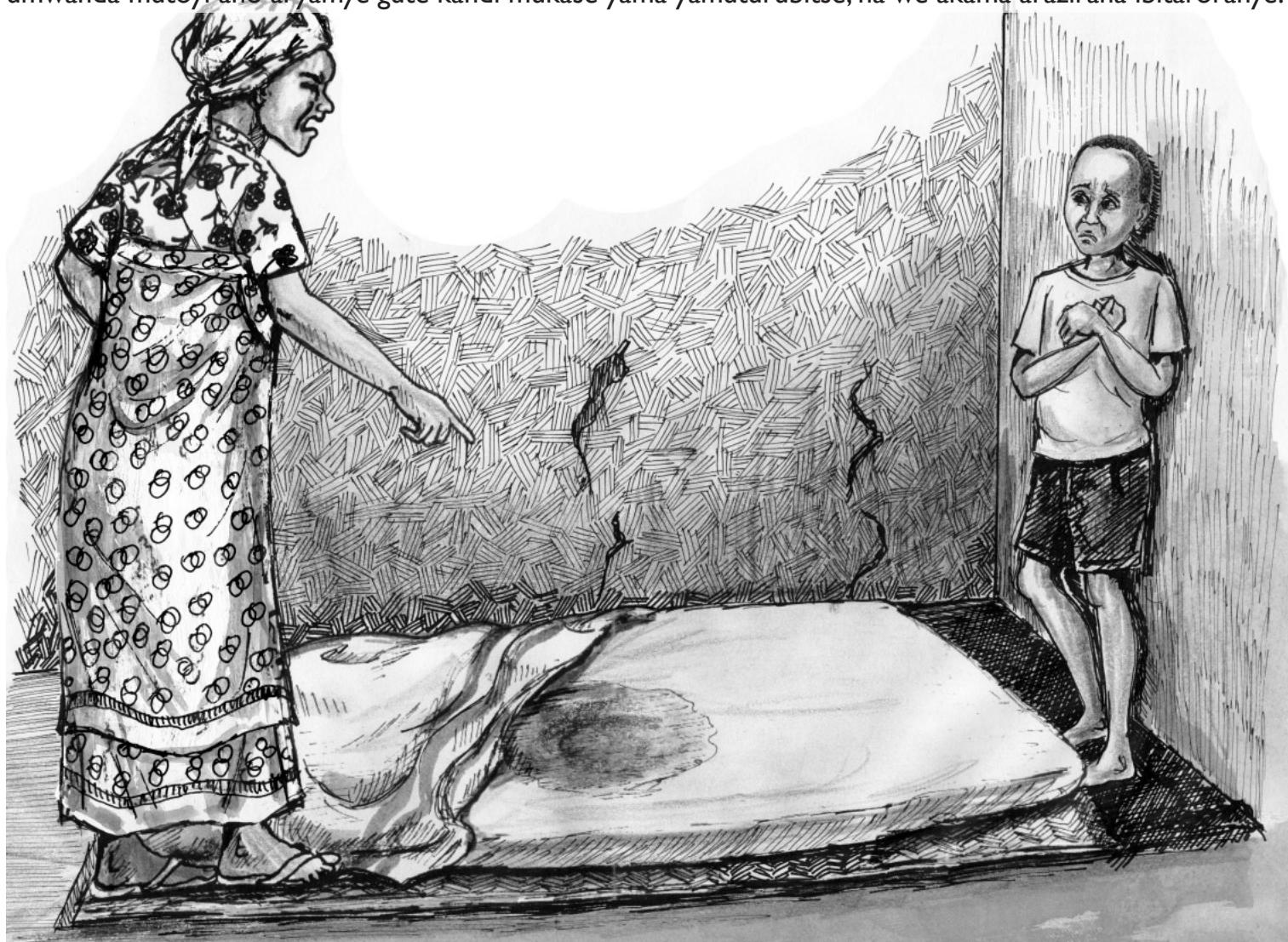
« Kugira ngo imitima yacu yaseserewe ikire. »

Rimwe na rimwe Nzokira ntarimbura ivyo akora. Umusi umwe mugenziwe yariko aramufyinatako, uno nawe amusimbirako, aramukubita ahakwa kumwica. Yamutayeko ishavu ryose afitiye mukase atamunezwe, iryo afitiye se atamukingira, na nyina yamusize akiri ikitazi. Mu kumukubita artyo yumva umenga ariko aramuhana, nk'aho yoba ari uyo mwana mugenzi we yamuteye ayo marushwa arimwo. Turumva ingene agacinyizo twagiriwe kiyenga muri twebwe gushika aho tukagirira natwe abandi turusha igihagararo.



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Mukase amukubita kenshi, kandi akamumaramaza. Yaramuriye umutima ku buryo asigaye agira umwanda mutoyi aho aryamye. Iyo abonye ko yakoze akandi kantu kamushavuje, aca arakara cane, akamugereranya n'uruhinja, akamubarira ko azomuryamika hasi kuko atazozza aramumesurira amashuka. Aramumaramaza imbere ya se kandi ntamuha ico anywa kuva kumuhingamo. Na we agaca anywa yinyegeje. None yoreka kugira umwanda mutoyi aho aryamye gute kandi mukase yama yamuturubitse, na we akama arazirana ibitaroranye.



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DUFATANYE MU NDA TURASHOBORA GUKIRA.



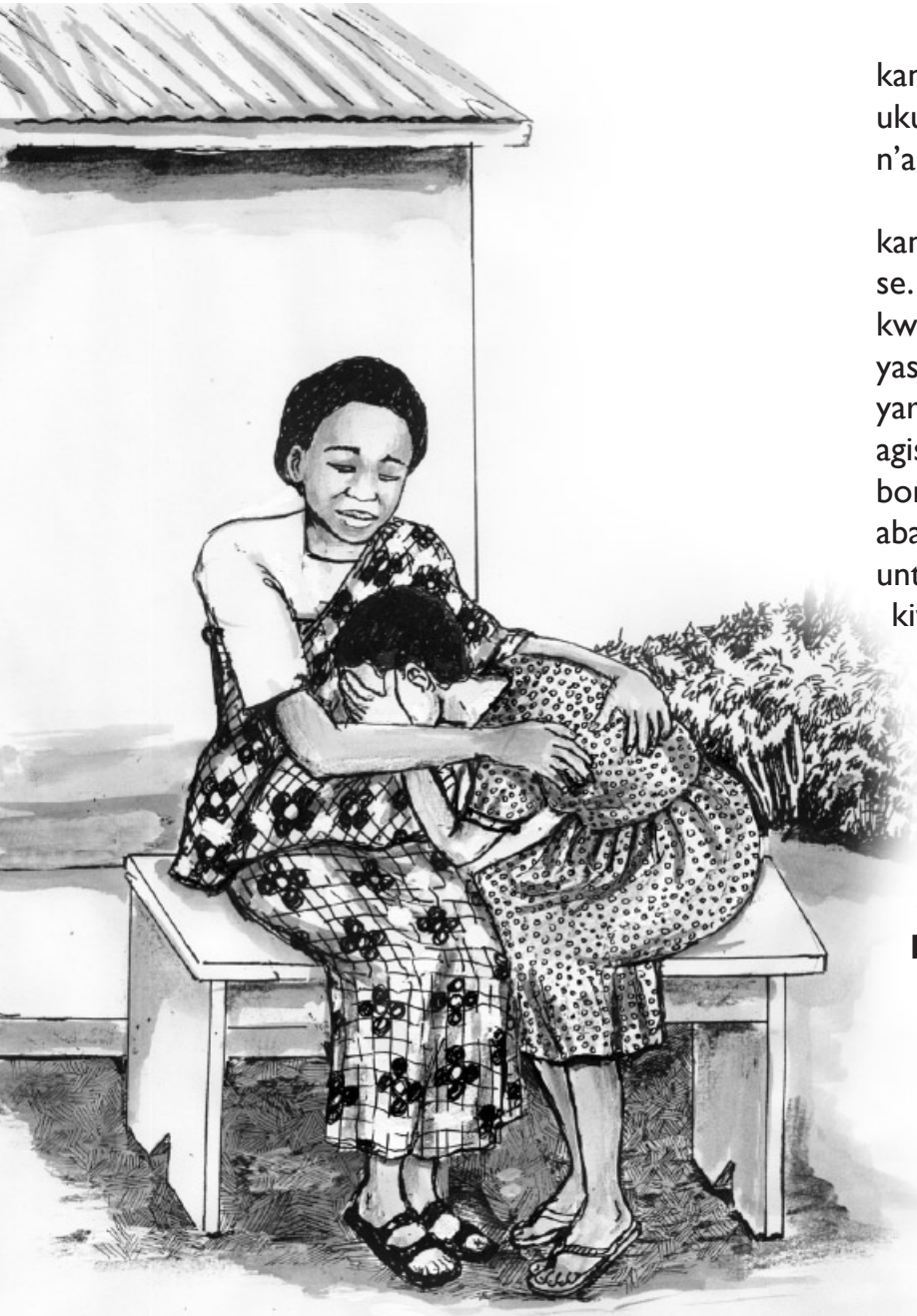
Nguko uko imitima yaseserewe iserura umubabaro wayo n'ikigandaro irimwo. Ivyo ni ibimenyetso biboneka vy'iseserwa ry'umutima. Kandi ivyo bimenyetso birasanzwe naho bituraza ishingira kandi bikadutera ubwoba. Haguma hariho umwizero naho inkovu z'iryo seserwa zidaherengerera mu mitima yacu. Turashobora gusubira kuronka akanyamuneza.

Kugira ngo imitima yaseserewe ikire, irakeneye ko dutahura umutwaro ifise kandi tukayifasha kuwikorera. Aha rero umuntu wese arafise uruhara mu kuyifasha kugarura umwizero n'akanyamuneza. Hari aho twoba twiyumvira ko ari igikorwa c'abaganga, abahinga karuhariwe, abasaserdoti canke ba rumenyi. Haba namba ni igikorwa ca twese ! DUFATANYE MU NDA, TURASHOBORA GUKIRA ! Umubano wacu ni wo ushobora kuzana umwuka mwiza ukiza. Ni twebwe dushobora gutanga inzira y'urukiza ku bandi mu kubereka ko turi kumwe nabo no m' ukubaremesha.

Naho twoba twiyumvira ko ataco dufise dutanga, naho twoba twiyumvira ko na twebwe imitima yacu yaseserewe kandi dukeneye kwitwararikwa, twogarukana akanyamuneza dufashije uwundi, maze ubuzima bugasubira kugira akanovera. Mu gutega yompi imitima yaseserewe, turaheza tugatsinda agatima k'ingimba, tukagasubiriza umutima runtu n'urukundo. Turabe ingene dushobora gufasha abagenzi bacu mu mibano.

Ikigoye cane ku vyerekeye abaseserewe ku mutima, ni uko bashaka kwibagira vyose, ariko kandi bakipfuza kwibuka n'ukuyagira umuntu w'umwizigirwa, ashira ku muzirikanyi umubabaro wabo. Ni co gituma mu kubumviriza ari ukwitwararika icyo bakeneye.

Ni ukwirinda rero ibintu bibiri : ntidutegeke umuntu kutuyagira mu kuvuga tuti : « mbwira ningoga uko vyakugendeye, biragufasha. » Kuko icyo umuntu yaseserewe ku mutima ahisemwo agacerere, ni ukugira ngo yirinde umubabaro usubira kuduga icyo abivuze. Hari naho bifata umwanya bigakenera n'umwizero kugira asubire kwiyugururira abandi. Ukwumviriza gushobora gufasha gusa icyo umuntu akuyagiye. Kandi rimwe na rimwe, ugusangira nawe agacerere be n'ukumwerekana igishika, biramuhoza kandi bikamwongerereza umwizero. Tubatere intege tuvuga tuti : « **Ndategera ko bigoye cane kuyagira uwundi. Itonde utekane, turacari kumwe. Uzoheza ubinyagire igihe uzokwumva ko ubishobora.** »



Ikindi cokwirinda, ni ugufata minenerwe canke guhakanana inkurikizi y'umubabaro bafise, mu kuvuga tuti : « ni ukuvyibagira, bizohera » canke tuti : « ni ibisanzwe, hariho n'abandi bababaye kuruta wewe. »

Dushire nyabuna ku muzirikanyi umubabaro wabo kandi tubumve, twumve ishavu n'uguhiga kwihora bafise. Dushigikire ubutwari n'ireme basigaranye : baracitse kw'icumu, bongera nkumbure barakiza abandi. Umuntu yaseserewe ku mutima ntaba akibona ngo ashime ubuhizi yari afise n'ubwo afise ubu. Aguma abona gusa ko ataco agishoboye. Dutere intege abo twumviriza, tubafashe kubona ubuhizi bwabo n'ivyo bakora neza cane bagashimisha abandi. Naho umutima waseserewe ntiwasangutse. Umuntu wese ntiyagiye akagirire, kuko haracasigaye mu kami kiwe ishingiro rizima. Twizigire mu kibanza c'abagenzi bacu bihebuye. Dufatanye mu nda, turashobora kugarukana umwizero mu wundi. Tumubwire tuti : « **Birababaje cane rwose ivyagushikiye. Ndategera cane rwose ko warambiwe n'ukubaho. Abantu benshi bashikiwe n'ivyago nk'ivyo bamerewe nkuko kwawe. Ndifataniye nawe mu gahinda urimwo. Co kimwe nawe, ndatewe ishavu n'akarenganyo kahari. Kandi ndemera ko ugifise umutima rugabo, urengeye na kure uwo umubabaro urimwo. Waracitse kw'icumu kandi n'ubu uracariho kubera uwo mutima rugabo. Turonderere hamwe ishingiro ry'uwo mutima rugabo wagufashije kubandanya ubaho kandi n'ubu ukiriho. Ndemera ivyo umbwira. »**

« Kugira ngo imitima yacu yaseserewe ikire. »

Ni igiki cofasha imitima yaseserewe ? Ni ukubanza kubasigurira ico ari co iseserwa (trauma). Ukudoma urutoke ku bubabare nyezina buterwa n'ukwibuka

ivyabashikiye, bigatuma bata umutwe mbere tukiyumvira ko « basa-

ra », birafasha kugarukana ireme n'umwizero. Turemeshe rero

umuntu tuti : **«ntusara, ni ibisanzwe kwigenza urtyo,**

naho nyene udatekaniwe. Abantu benshi bashiki-

we n'ivyago nk'ivyo ni ko bifata. Kandi gumana

umwizero wo gukira. » Ni turonderere hamwe nabo

icobafasha kurengera iryo seserwa : ku bafise ingorane

z'ugutora agatiro, rimwe na rimwe icobafasha, ni ukwino-

nora imitsi n'ugushinga indinganizo ntabanduka y'umwanya

w'ugufungura, ukuryama n'uwo kugira ico

bakoze. Kenshi biragoye, na cane cane

iyobashikiye guta umutwe, ariko birafasha

gutekana. Turonderere hamwe nabo

naho bisa n'ibitangaje. Iyo turi kumwe

n'umuntu aguma yibuka ivyamubabaje,

nitugerageze kumuremesha tuti :

« Rema, ntugumane umutima

uhagaze ! » Tuyage dutekanye, buke

buke gushika asubire kwitwarari-

ka ubuzima bwiwe. Dushigikire

imigambi myiza yofasha gutsin-

da ubwoba : igisabisho, ikiyago,

ukwinonora imitsi, ibikorwa

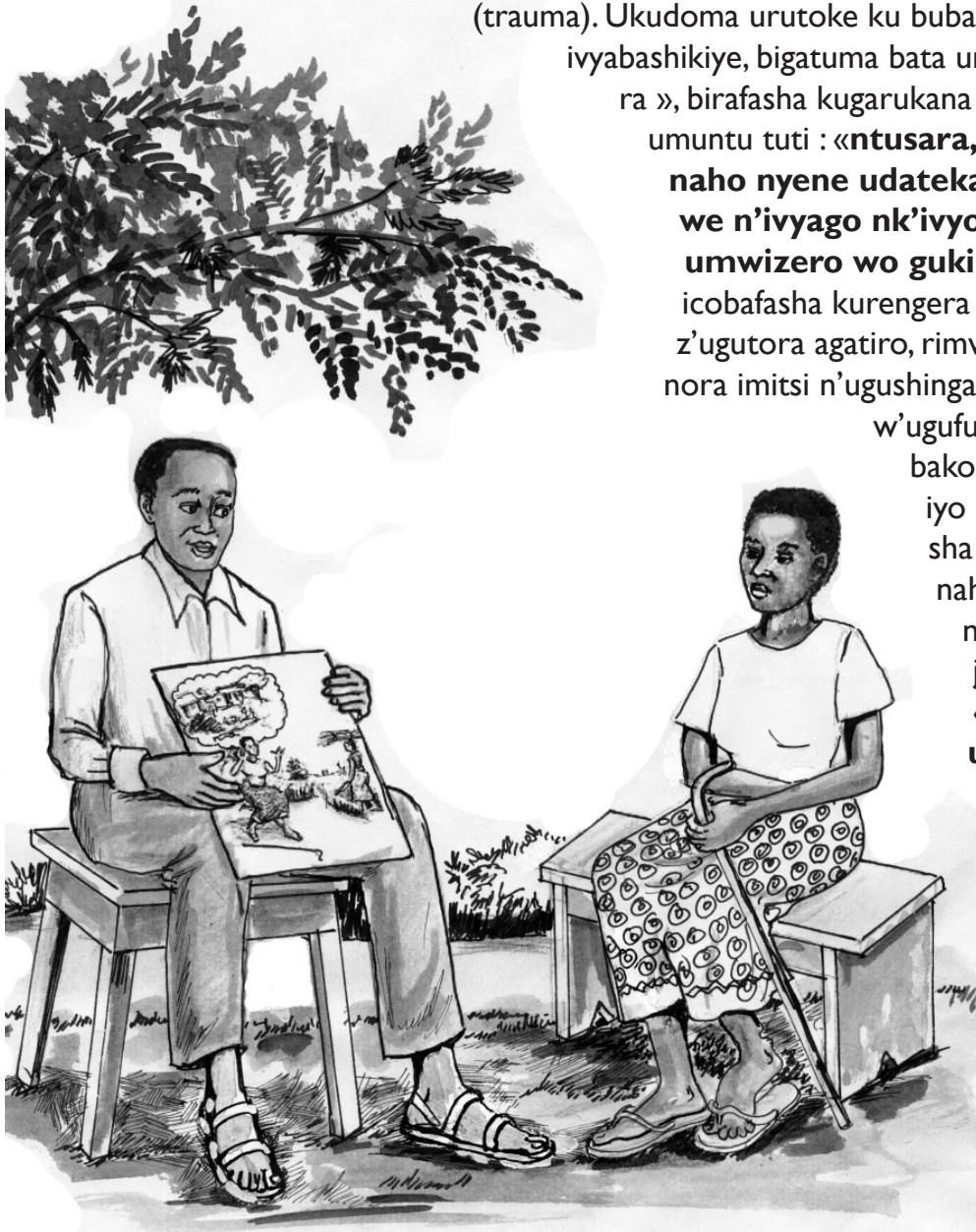
vy'ukugwiza umwimbu, n'ibindi.

Ivyo vyose biratuma umuntu

yaseserewe ku mutima asubira

kurema n'ugutunganya ubuzi-

ma bwiwe bwa misi yose.



Ni igiki cohumuriza umutima wa Niyimbona ? Abantu baba bafashwe ku nguvu ntibababazwa gusa n'agahinda bafise kubera ikubagurwa ry'imibiri yabo. Rimwe na rimwe barababazwa kandi n'iciyumviro c'uko ari bo boba baratumye ivyo bintu bibashikira. Twizeze rero abo bahuye n'ivyo vyago, tubereke ko ata muntu n'umwe yoshigikira ivyo bibi vyakozwe, ko ikibi cagira abagikoze.

Tuvugane n'abavyeyi ba Niyimbona kandi tubasigurire yuko gufata umuntu ku nguvu bibaho. Tubumvishe kandi ko iyo umwigeme yafashwe ku nguvu ata ruhara aba abifisemwo. Dutegerezwa kumubwira yuko naho yambitswe icyi, agumana agaciro runtu. Niyimbona arakeneye igishika ca cane. Naho bigoye kwemera kuko mu mico yacu bitoroshe kuvuga ibijanye n'ibitsina, ni ngombwa ko tubivugana, kuko agacerere gatuma ibintu biyangara, kandi nta gushigikira imigenzo ivuga yuko igitsina gore kigabwa n'abagabo. Nitwabihora, tuzoba dushigikiye ikubagurwa ry'abakenyezi. Tureke kuba ba sindabibazwa ahubwo twifadikanye n'abashurashujwe ku nguvu, tubaremeshe.



Biragoye gutegera yuko n'abagiriye nabi abandi, nabo nyene bafise imitima yaseserewe. Ntirampeba igihe yari umurwany, yarasesereje abantu benshi. Yibwira ko umuntu yategerezwa kugira ivyo vyose ku mvo zijanye na « politike », mugabo mu bisanzwe, yarumva imbere muri we ko kugirira nabi abantu b'intungane nawe bimubabaza mu kami kiwe. Agacinyizo tugirira abandi karaheza kaka-dukorako na twebwe nyene !



Nitwaba dusha-ka kuzana aho tubaha umwuka mwiza ufasha gukira, canke dushaka yuko abarwany basubizwa mu buzima busanzwe mu mahoro, bakisanga muri twebwe, dutegerezwa kwemera yuko bafise nabo nyene imitima yaseserewe. Tuvugane rero na Ntirampeba kandi tumwemere mu gaciro runtu kiwe, naho tudashigikiye ibibi yakoze. Abantu bafise imitima yaseserewe kubera amabi bakoze ntibashobora gukira batemeye ivyo bibi, ata gushira imbere ibituma, ata kubifata minenerwe canke kuvyiyobagiza.

Twiyumvire twese hamwe ico Ntirampeba yokora kugira ngo yishure ikibi yakoze. Nk'uturorero : ugusanura amazu yasambuwe, ugufasha impfuvyi, ugusanura amabarabara yononekaye mu gihe c'intambara, n'ibindi. Gushobora gukora iciza, birafasha gukira kuko ivyo bituma abakoze amabi basubira kwiyumvamwo agaciro runtu batakaje. Ariko kandi arakeneye kubona ko afise aho yamuka mu muryango umwemera. Imitima yaseserewe ntishobora gukira idashigikiwe.

Nayo impfuvyi Ndihekubwayo, aricuza rimwe na rimwe n'ukubona yararusimvye. Kubona atakiri kumwe n'umuryango wiwe biramubuza amahoro. Tuya-ge nawe kuri ako gatima ko kwicuza, asangiye n'abandi bacitse kw'icumu. Tumwumvishe ko adashobora gukiza abandi, kandi nawe yariko arahigwa. Tumubaze tuti : « Mbega abavyeyi bawe n'abo muvukana, bokugiriye inama iyihe ku vyerekeye ivyipfuzo vy'ubuzima bwawe ? » Tumufashe kwibuka imico myiza yaranga abavyeyi biwe ; cane cane urukundo bari bamufitiye, tumwereke ko urwo rukundo yakunzwe ata na kimwe coza kiruzimanganya muri we.



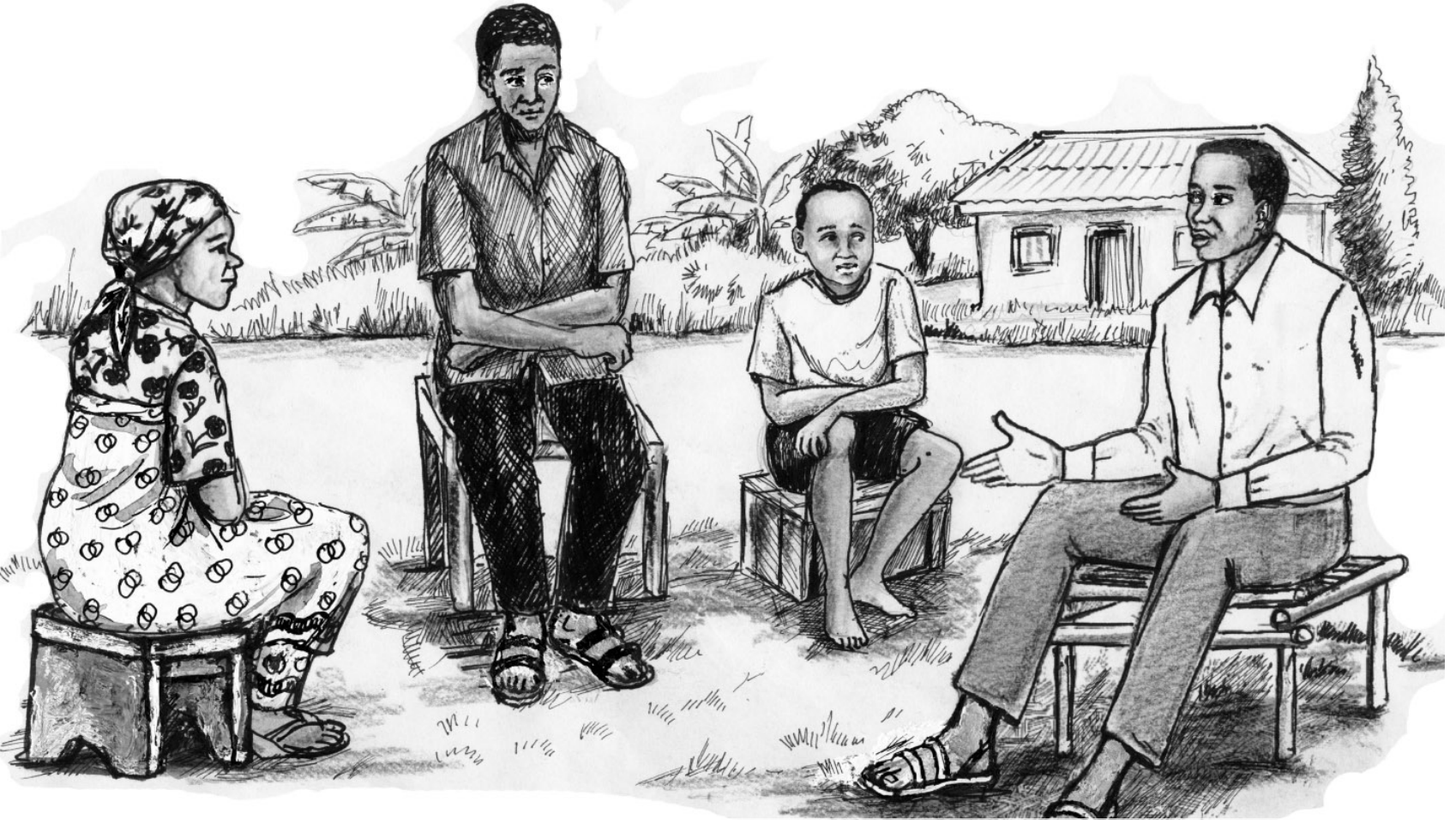
« Kugira ngo imitima yacu yaseserewe ikire. »

Twubahirize kandi inama yigiriye. Niyaba afise ubwoba bwo kwubaka urwiwe, nta gukoresha inguvu mu kumufasha kugarukana umwizero. Uko kumuhata ni ko gutuma yibuka ivyamushikiye, agaca asubira kugira umubabaro urengeye.

Mu mubano wacu, turonderere hamwe ingene twotahura izo nyifato za Ndiwokubwayo, kuko ivyo ni vyo vyomufasha kugarukana umwizero w'ukubaho. Tubere abavyeyi abo bose batagira shinge na rugero, mu kubakunda no mu kubiyegezeza.



« Kugira ngo imitima yacu yaseserewe ikire. »



Nzokira nawe nyene arakeneye umwitwarariko wacu kuko yarabuze nyina. Arezwe na mukase, kandi abana ba mukase ntiyiyumvamwo ko bavukana. Se nawe ntari hafi. Ariko kandi dufashe mukase gutegera ko uyo mwana ata ntambanyi ateye ku kibanza ca inarugo afise mu muryango. Rimwe na rimwe ivyiyumviro bijanye n'imico yacu biratugira imbohe, na cane cane iyo dufashe abana nk'ivyibare vyacu gusa. Tuyage kandi na se wa Nzokira, na mukase, ku bijanye n'ivyo uyo mwana akeneye. Dushingire ku mico yacu ku vyerekeye imigenderanire y'abavyeyi n'abana babo, kandi twerekane uruhara ntangere serugo akwiye kugira mu muryango, na cane cane ku bijanye n'indero y'abana. Ntibajejwe kubaronderera icorirenza gusa, babwirizwa n'ukubereka yuko babakunda kandi babitwararika.

Mu kurangiza, twerekane uruhara ntangere rw'ababanyi mu mibano yacu, haba mu bikorwa rusangi, mu bikorwa vy'ubutumwa, mu vyo ku-remesha amahoro n'ukwinonora imitsi. Twiteho cane cane abacitse intege. Uko gukorera hamwe n'abandi birabaha ingoga, bagasubira kwumva ko bashobora kwitunganiriza bo nyene mu gateka runtu ubuzima bwabo. Ukunonora imitsi navyo biratuma turemurukwa mu mubiri no mu vyiyumviro bibi.

Ntitwigere twibagira ko abantu baseserewe bakeneye umwizero n'ireme ry'umutima. Ni co gituma ivyo batuyagira bitegerezwa kuguma muri twebwe gusa. Vyongeye, ni twame twitwararika na twebwe nyene imitima yacu, kubera ko uko kwumviriza abaseserewe bituremera, bigatuma natwe twandukirwa. Tugerageze gukora ivyo dusuboye vyose ata kwiyibagira. Ntidushobora gukora vyose twenyene, twese turakeneye. Turi hamwe, dufatanye mu nda mu mubano wacu, turashobora gutahura n'ugukiza imitima yaseserewe.



Mukeneye kubaza kuvyerekeye akagatabo, mwobaza amashirahamwe akurikira :

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CRID, Centre de Recherches pour l'Inculturation et le Développement
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Ministère de la Santé Publique, Département Santé Mentale
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PEGM, Projet d'Ecoute et Guérison des Mémoires
B.P. 1390 Bujumbura, Tél. (257) 223263 / 246966

THARS, Trauma Healing and Reconciliation Services
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TPO, Transcultural psycho-social organisation
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