

# CHUYALLINCAPAC CAMANAI



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**Camanai chuyallicunaca  
aillucunami yachachin.**

Yaya-mamacunapac yachaimi can.  
Chai alli yachaicunaca huahuacunapac yachachichun.

camanai: norma  
chuyalli: higiene



**Narihuacuna**, na ricuc ushanchicchu.

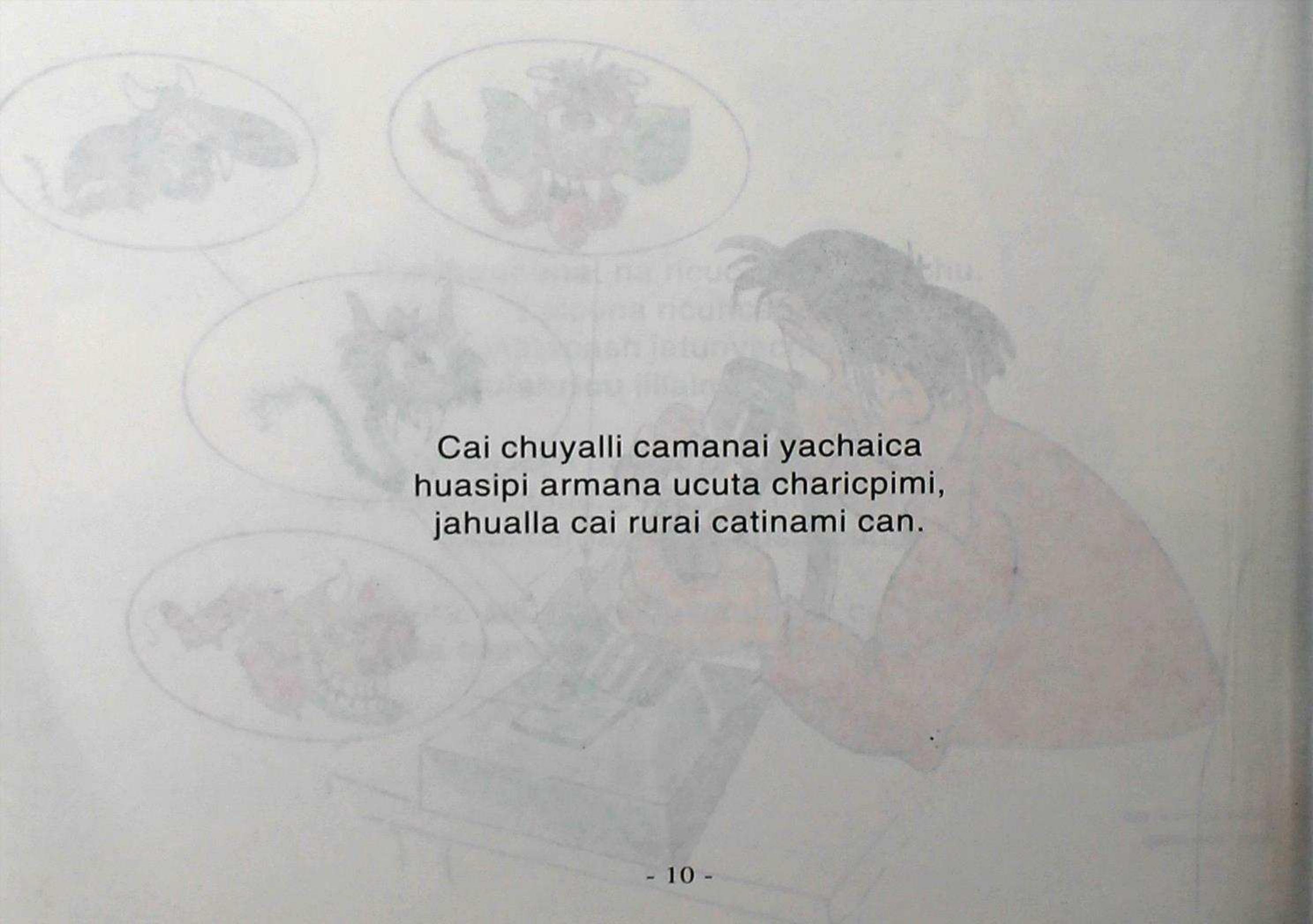
Caicuna ricuncapac,  
imacunatapash jatunyachincapacca  
**quishricu** jillaimi mutsurin.

Tauca laya uncuchic narihuacunami tiyan.  
Cai narihuacunaca yacupi, allpapi, ñujacupi,  
tucui carpachapi causancuna.

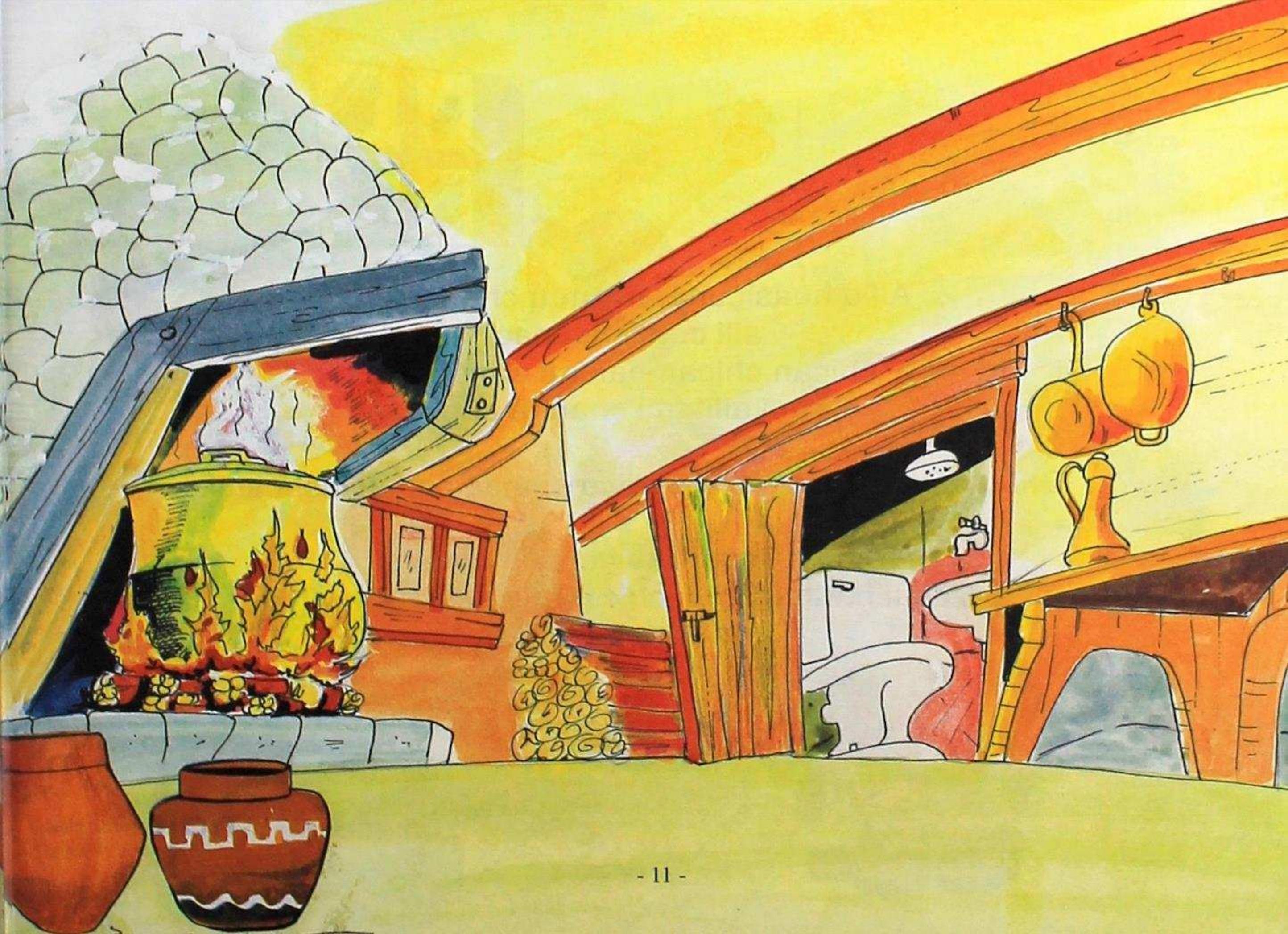
Chaimanta, alli, cushilla, na uncuc causancapac,  
tucui camanai chuyallicuna catina can.

narihua: microbio  
quishricu: lente





Cai chuyalli camanai yachaica  
huasipi armana ucuta charicpimi,  
jahualla cai rurai catinami can.



Aillu huasicuna **armucu** charicpica,  
alli causancapac  
chican chican paipac armucuta  
chuallitami charina can.

Shinami, paicunapac **allicaica** sumac camachishcami.

Aillu huasipi causac huihuacuna  
chai narihua uncuchic mana catichichun  
armachinami can.

**armucu:** baño  
**allicaica:** salud



Acanaca mana armana ucumi can.  
Acanacunaca tucui **cumacuna** mutsurinmi.  
Jutcuta charin.

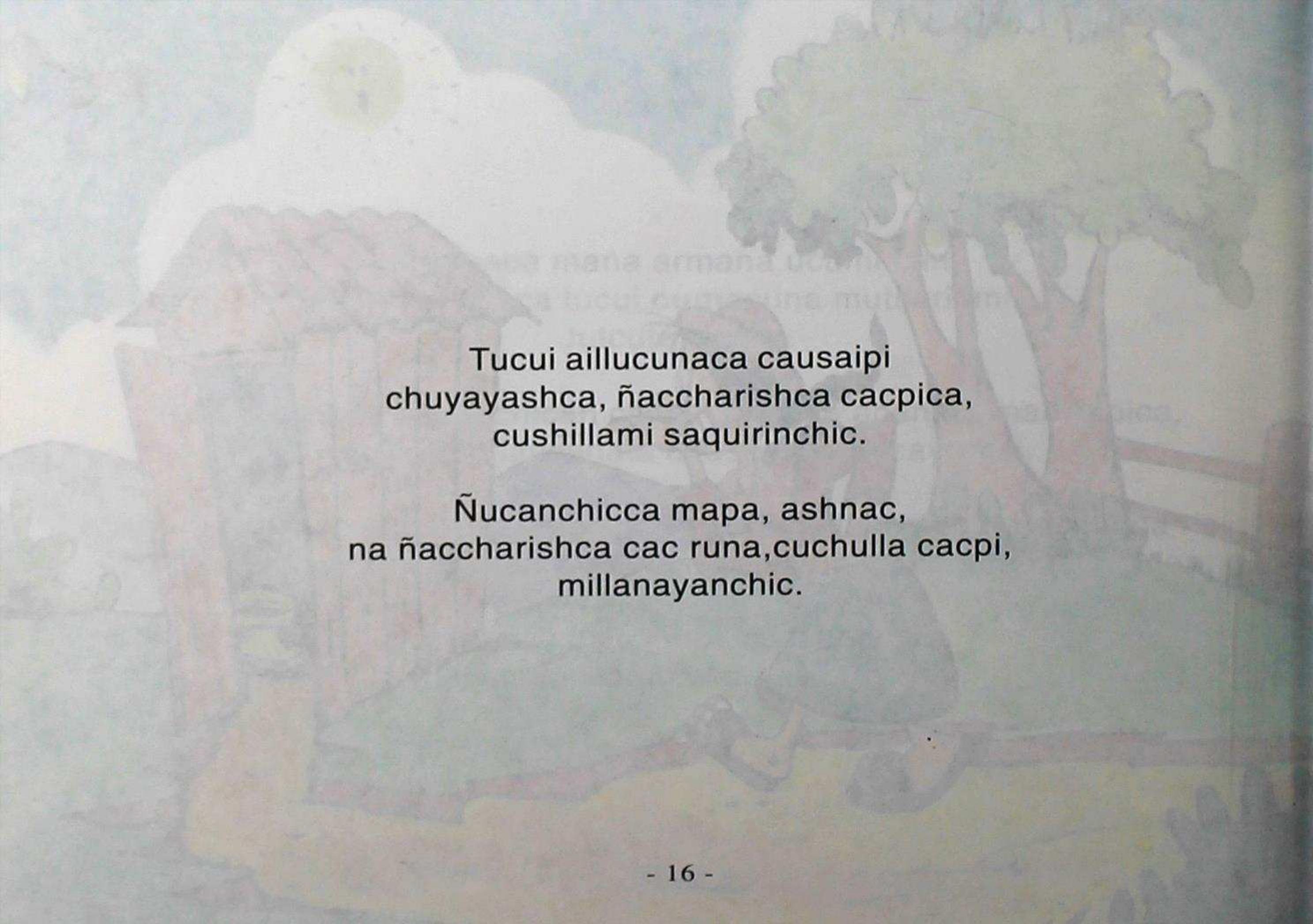
Cumacunaca mana chican chican puncha acanata maillacpica,  
mapa, ashnaccunata chuspicunata cayanmi.

Chuspicunaca paipac chaquicunapi narihua luluncunata apashpa rin.  
Chai luluncunaca jupacunamanta chaquicunapi llutarishpami apan.

Aillu huasicunapi icushpaca,  
mai uncuicunatami saquirincuna.

acana: letrina  
cuma: vecino

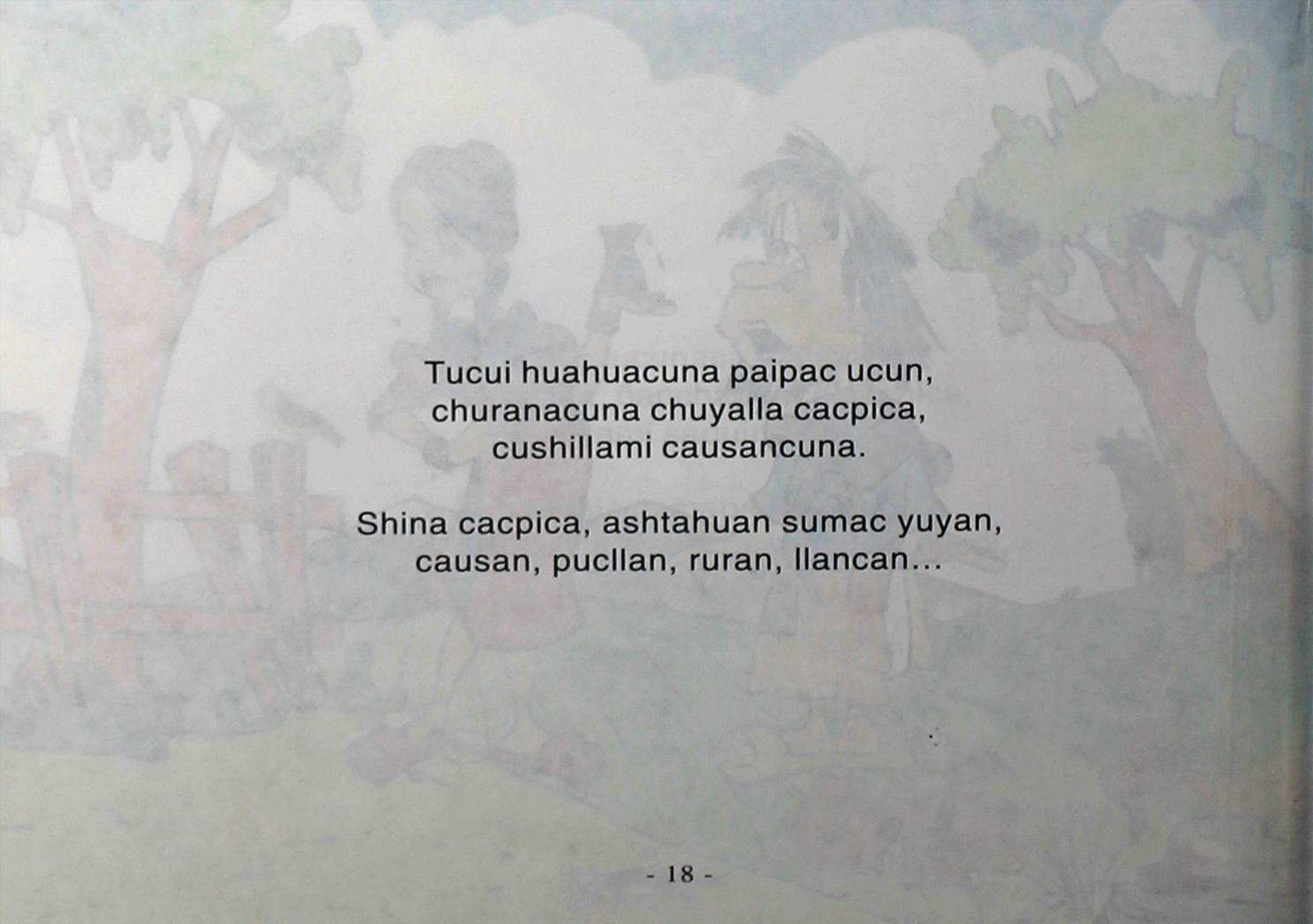




Tucui aillucunaca causaipi  
chuyayashca, ñaccharishca cacpica,  
cushillami saquirinchic.

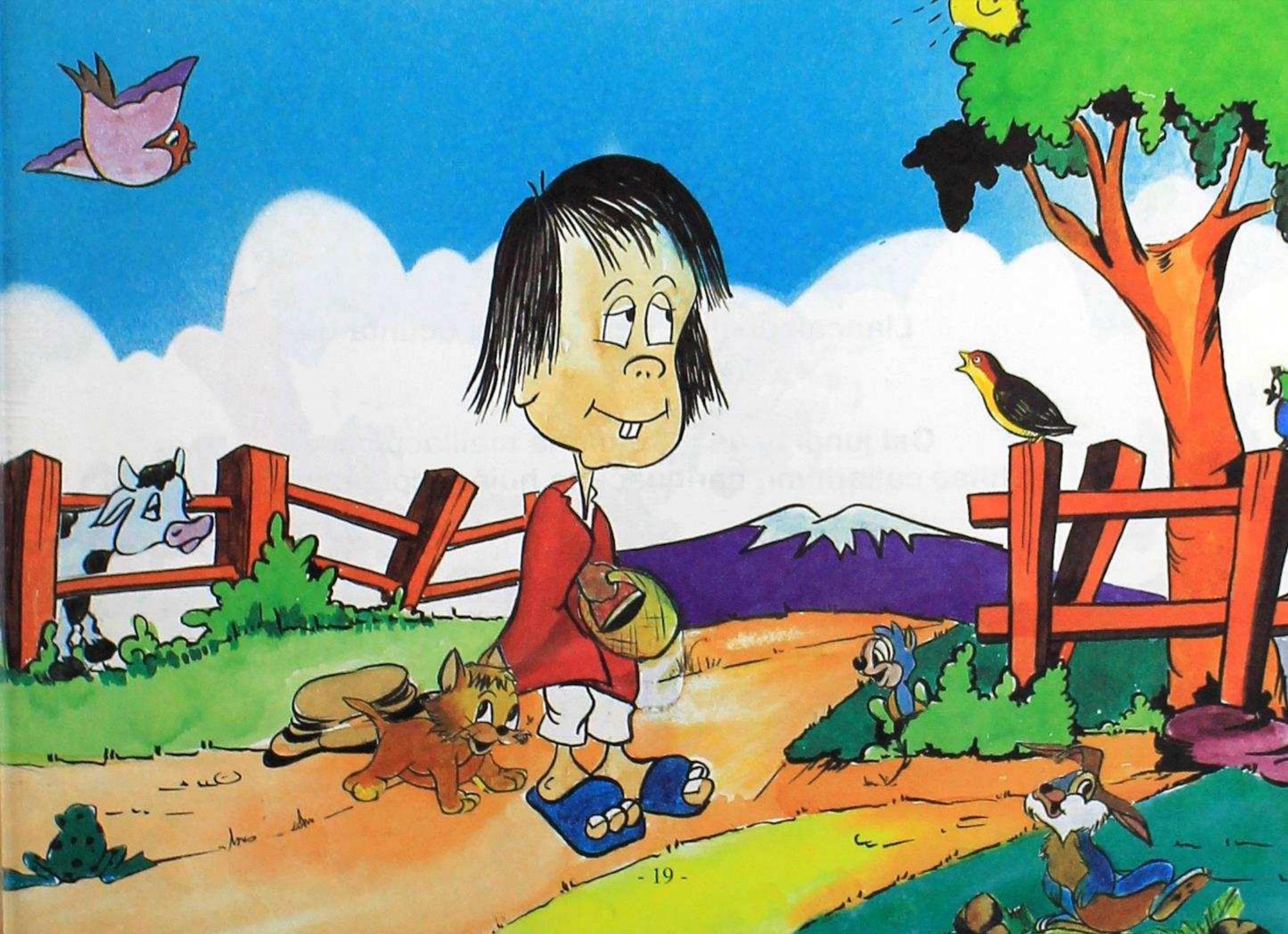
Ñucanchicca mapa, ashnac,  
na ñaccharishca cac runa,cuchulla cacpi,  
millanayanchic.





Tucui huahuacuna paipac ucun,  
churanacuna chuyalla cacpica,  
cushillami causancuna.

Shina cacpica, ashtahuan sumac yuyan,  
causan, pucllan, ruran, llancan...



Llancai, pucllai, puri, callpai, ucunta  
yapa junpichin.

Cai junpi ucun cara mana maillacpica,  
ashnac callarinmi, narihuacuna huiñaricpi uncuchin.

Chaimantami,  
ucunta chuyalla **Ilicchacunata**  
churana canchic.

yaclla: ropa



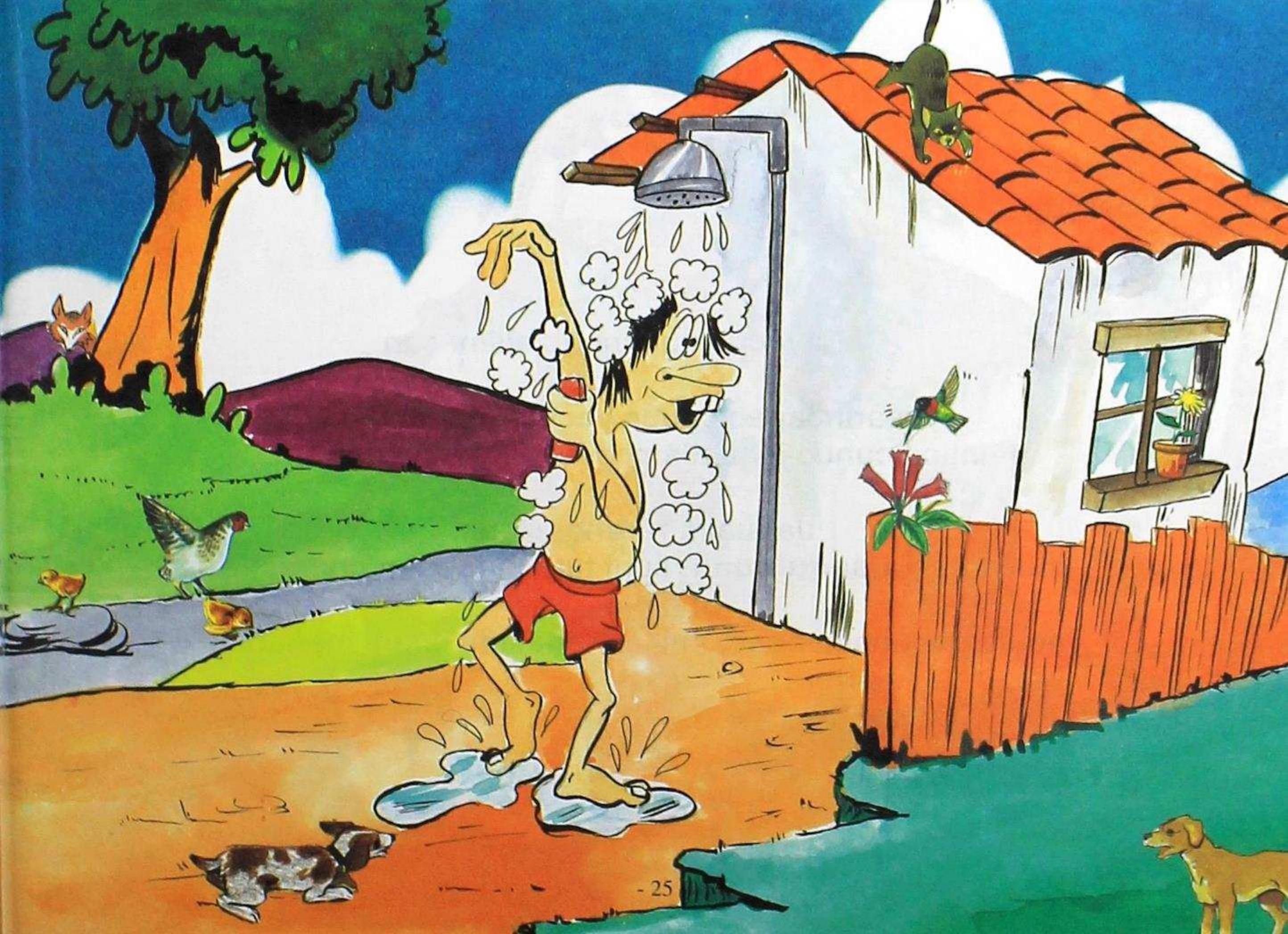
Aillu armucu charicpica,  
maillarinata, allichirinatapash,  
camanai chuyallicunataca jahuallami  
ruranata ushanchic.



Canllapi ucunta armarinaca cushichin.

Shinapash, armucupi charicpica,  
ucun llatancapac, **iñacllancapac**,  
na chaquicunata mapayachincapac  
mutsurinmi.

iñacllana: vestirse



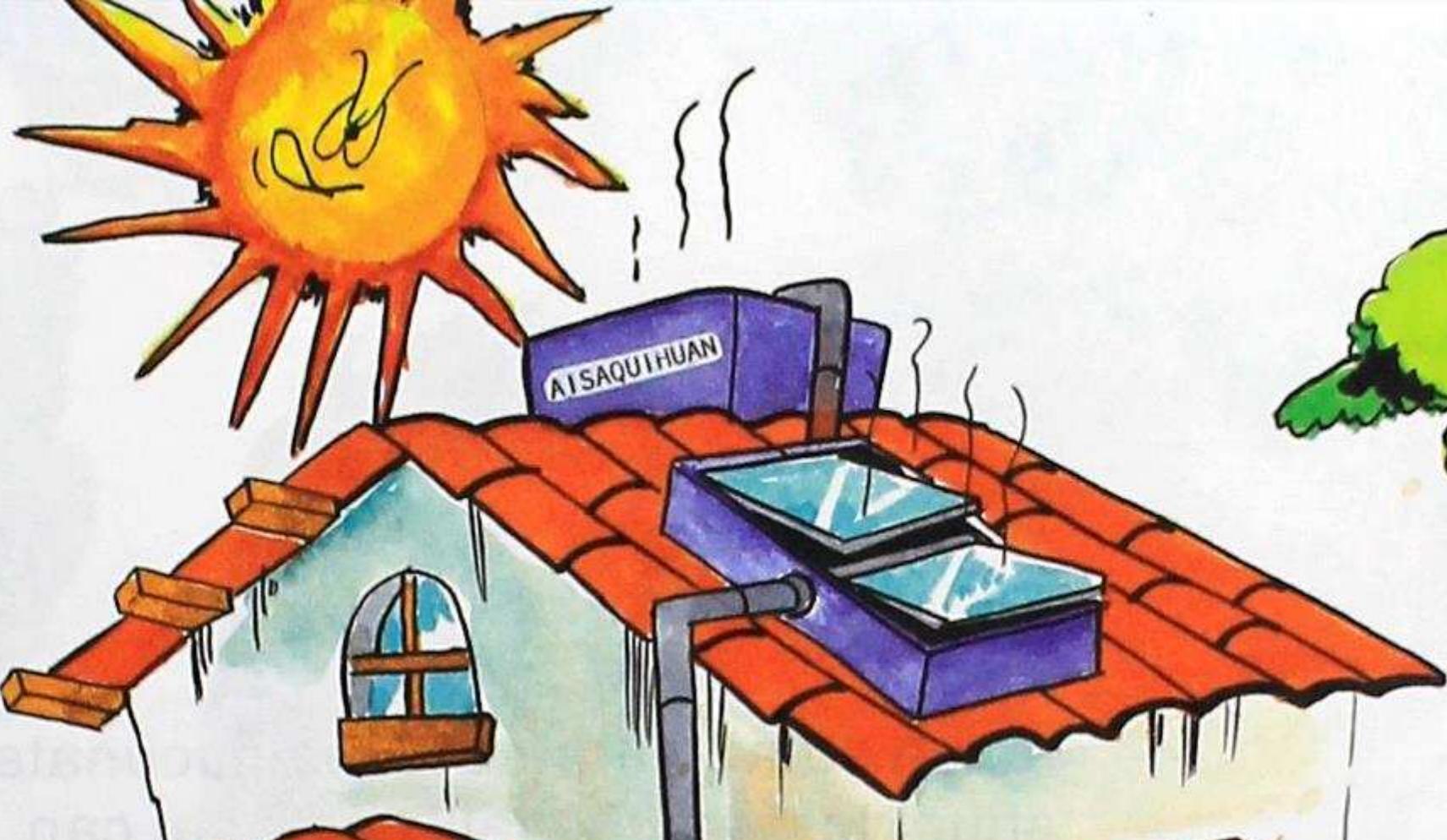
Chiri yacuca ucunpac allimi can.

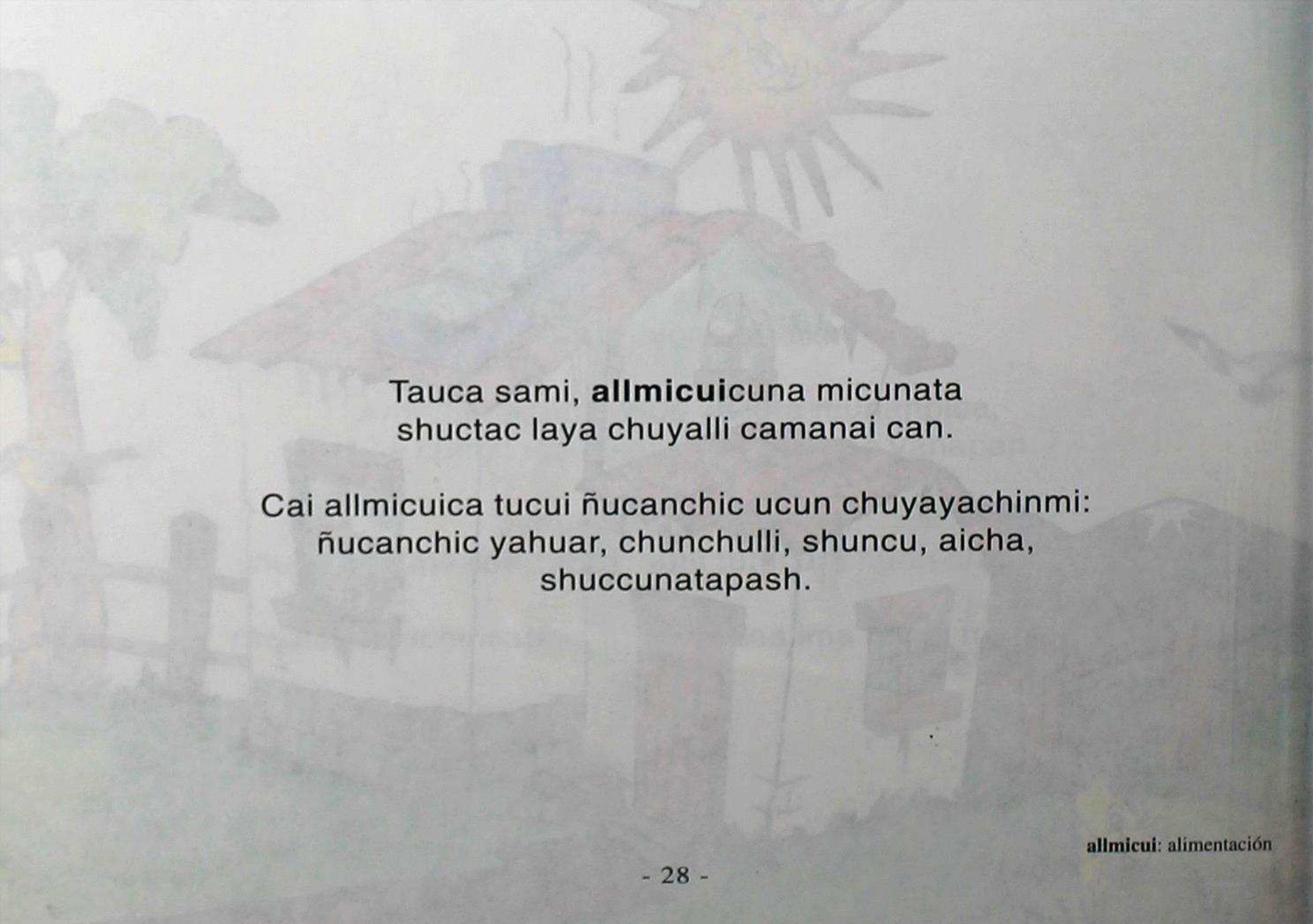
Armarincapac cunuc yacuta munanpica,  
intica cunuc jahuallami caicunapac yanapan.

Jahualla ruranami can:  
shuc jatun **aisaquihuan**, suni tutucunahuan churashpa.

Yacuta cunuchincapac, intica mana ima chani mañanchu.

aisaqui: balde

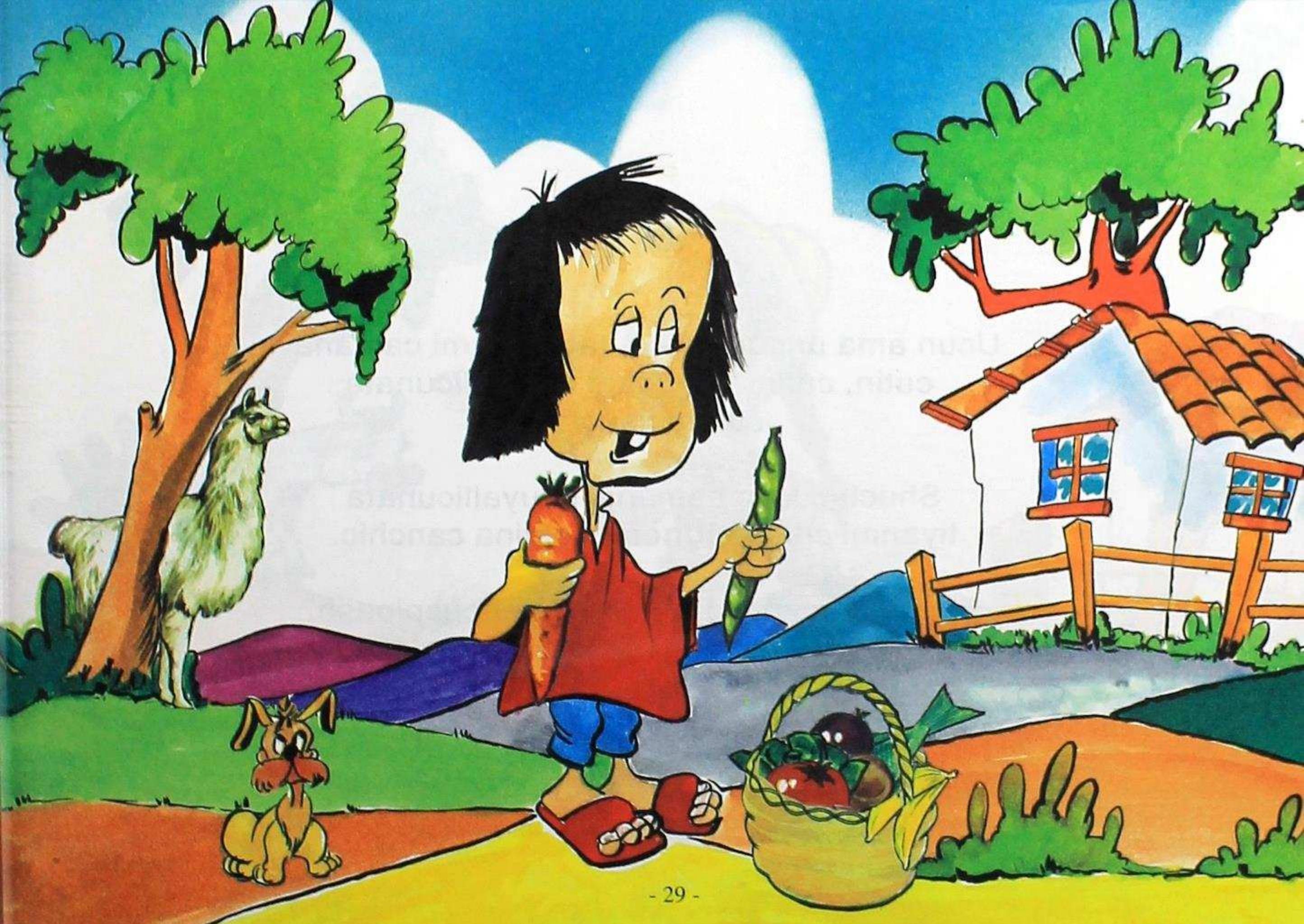


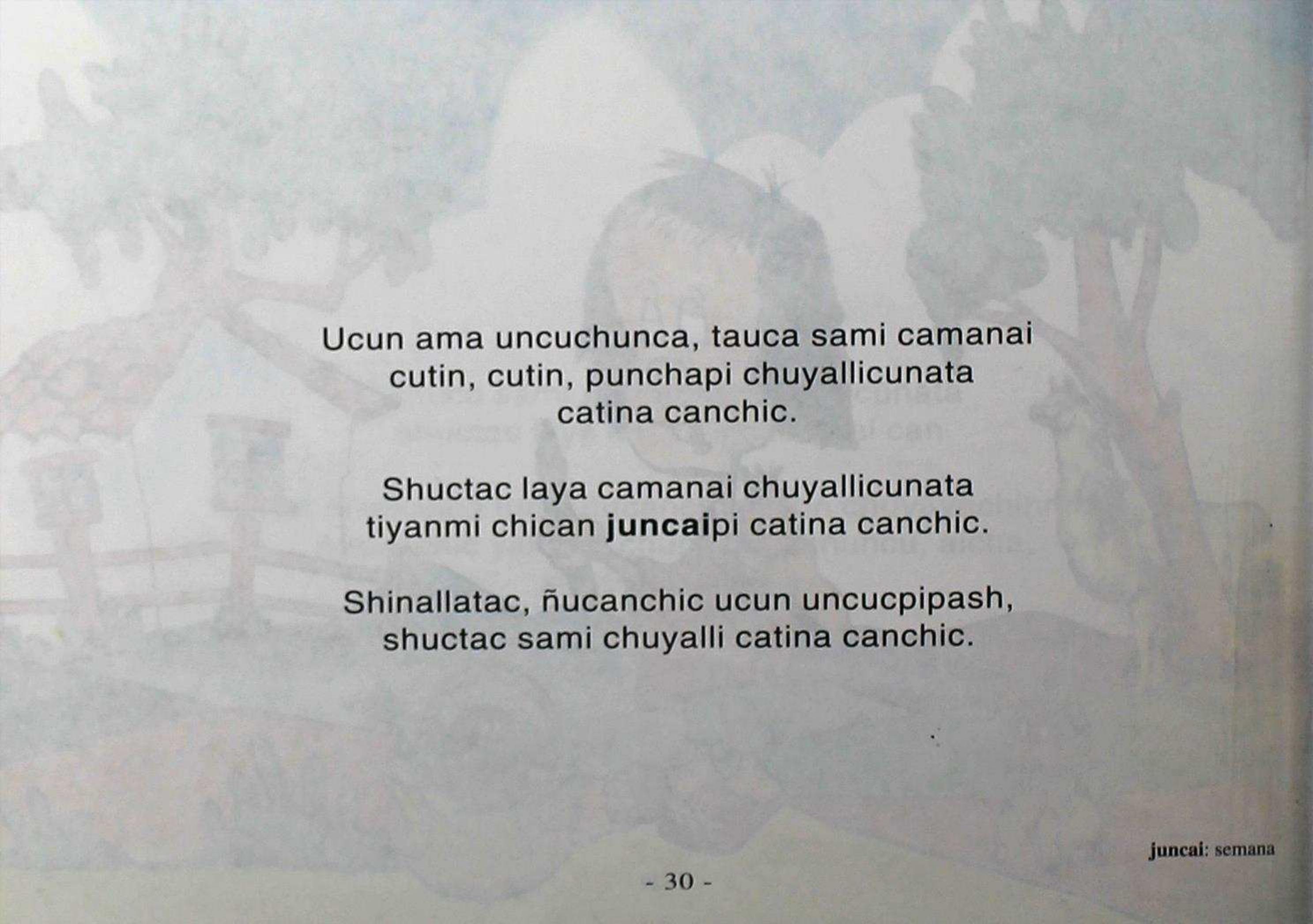


Tauca sami, **allmicuicuna** micunata  
shuctac laya chuyalli camanai can.

Cai allmicuica tucui ñucanchic ucun chuyayachinmi:  
ñucanchic yahuar, chunchulli, shuncu, aicha,  
shuccunatapash.

**allmicui:** alimentación





Ucun ama uncuchunca, tauca sami camanai  
cutin, cutin, punchapi chuyallicunata  
catina canchic.

Shuctac laya camanai chuyallicunata  
tiyanmi chican **juncaipi** catina canchic.

Shinallatac, ñucanchic ucun uncucipipash,  
shuctac sami chuyalli catina canchic.

**junca:** semana



Huahuacunata yachachinami imashina  
**acatcupi** tiyarina can.

Chai ishcai quillpancuna jatarina canchic.  
Mana ishpahuan, ismahuanpass panpapi,  
mañacunapi shutuchina canchicchu.



Sumac, alli, sinchi quirucunata charincapacca,  
sumac, mishqui micuicunata  
micuna canchic.

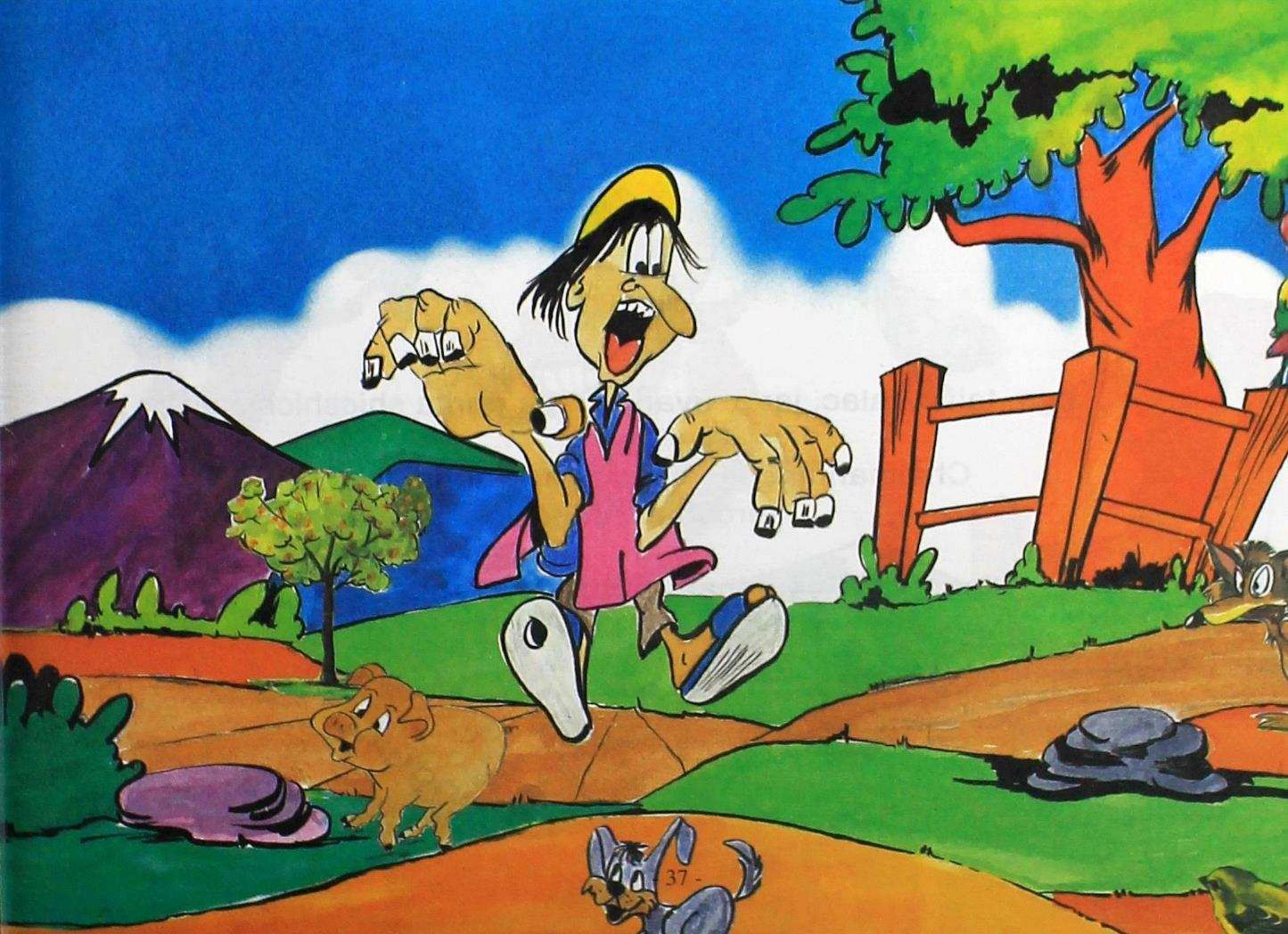
Shinallatac, punchanta punchanta,  
jahuaman uraiman tucui quirucunata  
**accharinahuan** maclarina canchic.



Chuyalla maquicuna,  
chuyalla, cuchushca, mana tullpushca  
sillucunaca charina canchic.

Shinami, shuccunapac, ricuchinchic,  
ñucanchic ucunta alli camanata yachanchicmi.

Shina sumac **ñayachishca**, camana chanicaiyuc,  
quiquinunciами canchic.



Zun, talac, talac, jaruc uyaricunaca rinrita shicshichicmi.

Chaimanta, chai mapa sancu rinripi tiyacta  
surcunami canchic.

Rinricunata camanami, chuyalli charina canchic.



Rinricunata chuyalla charincapacca,  
mana mapa rucacunahuan, caspihuau,  
jillaicunahuan satinachu,

Ashtahuancarin, sumacta, allilla llunpana can.  
Uchilla caspichuan utcuhuan pillurishpa  
rinri juctu ucupi chuyarichinami.



Uma shicshicpica, ñarihuan juntashpami chai tucun.

Una carapi chai mapacuna tiyan.  
Mapacunata llucshichincapacca armanami can.

Armashca quipaca,  
ñacchata intipi chaquichina can.



Ñacchapi ñarihua tiyacpica,  
Ilaquic causai,  
na alli micui charicpi,  
uma acchami urman, usacuna juntan.

Runacunaca chuyalli, cushilla cacpica,  
acchacunaca mana llucshinchu.



Uma acchaca cuilla, chuyalla, Ilipiac  
charincapaca maillanami can.

Mana mapa ñarihuacuna juntachun.

Tucuicunami chuyalla, Ilipiac acchacunata munanchicmi.  
Shina cushi puricpica, maijantapash quimirinlla.



Chaquicunaca ashnacunmi.  
Chai mapa ñarihua mirarishcami.  
Mana mapa, junpi maillashpami  
caicunaca juntacmi ashnanmi.

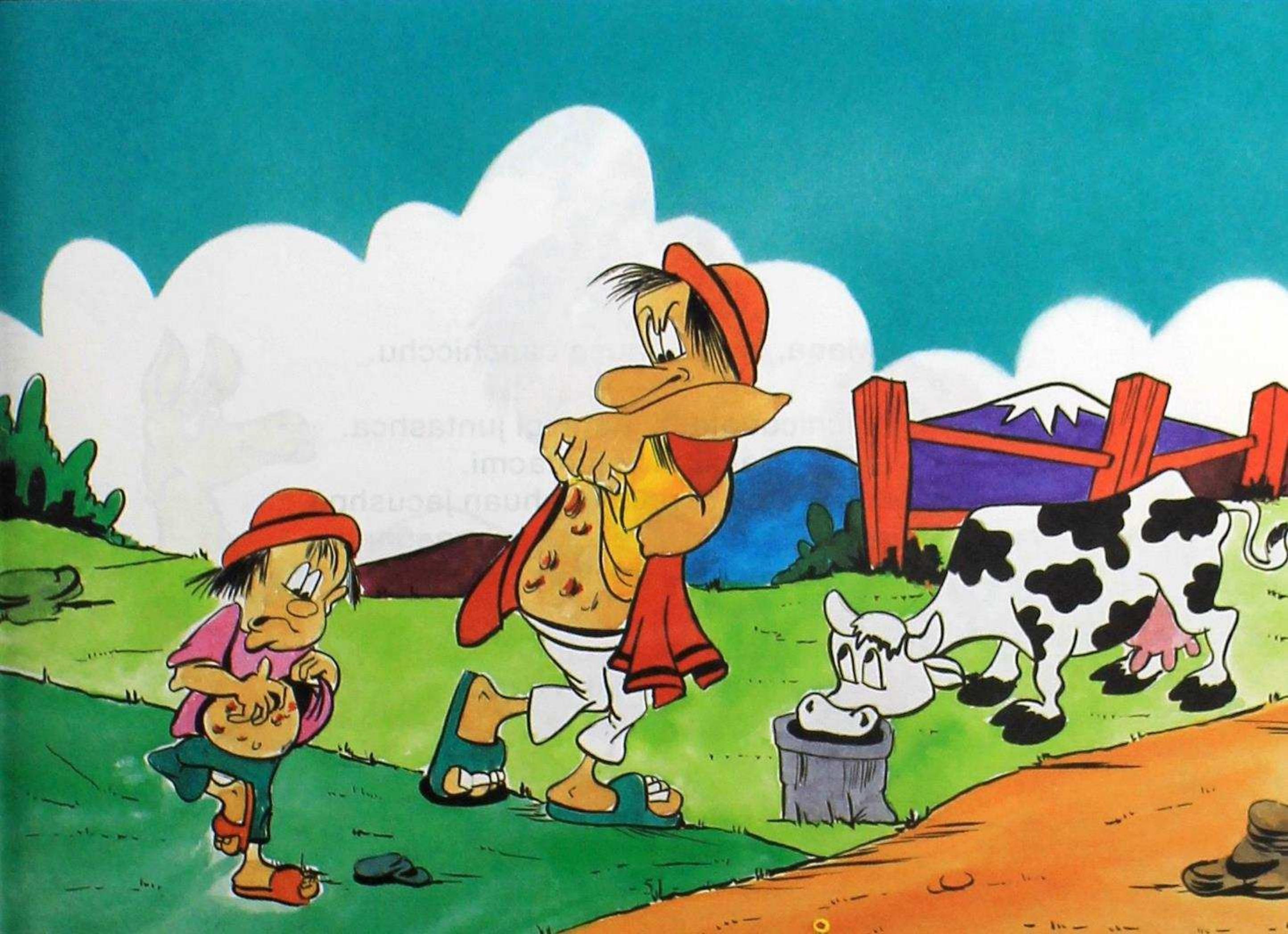
Shirinca ushutacunata churashpa,  
chaquicunata ushutacunatapash maillanami.  
Ashtahuancarin maillacpica intipi chaquichinami canchic.



Shicshi, caracha uncuica japinmi.  
Mana mapa junpita, ñu jacuta, mapa lliclla, mana macllacpimi  
ñarihuacunaca juntacmi.

Caicuna ucun caracunata shicshichin, chucrichin.

Chaimantami, ucun mapayashpaca  
armana canchic.  
Chuyalla llicchata churarishpa purina canchic.



Mana, mana ñausa canchicchu.

Tsucnicunatami ñahuipi juntashca.

Caicunaca juntacmi.

Ñujacu, mapa maquicunahuan jacushpa,  
huairapi purishpa, chai ñarihuacunaca  
ñucanchic ñahuipi juntacmi.

Chaimanta, ñahuita cunuc yacuhuan  
maillana, camana canchic.



Ujui uncui charishpaca,  
chai ñarihuacuna tuncuripi cacpimi shina tucunchic.

Cai ñarihuacunaca, micunacunapi,  
huaira samipi aisacpimi yaicunmi.

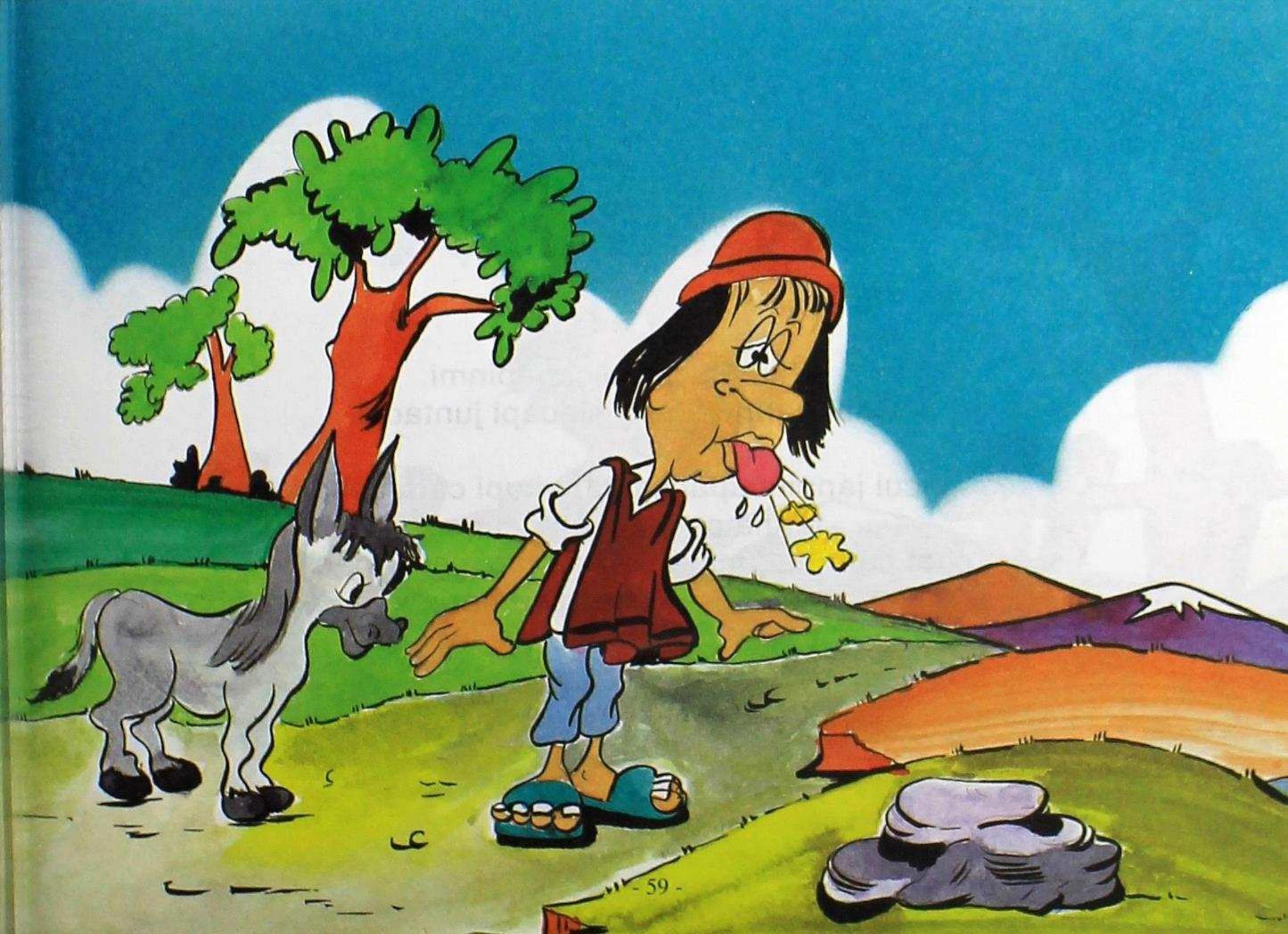
Chaimantami ñucanchic tuncurita maillanami.  
Cunulla cuncallihuan, camanami.  
Ujushpapash shimita quillpanami.  
Ama chai ñarihuacuna huairapi yallichun.



Cuinanacunata japin, cunmi.  
Huacllirishca, puscushca micunata micushpa  
huicsata uncuchin.

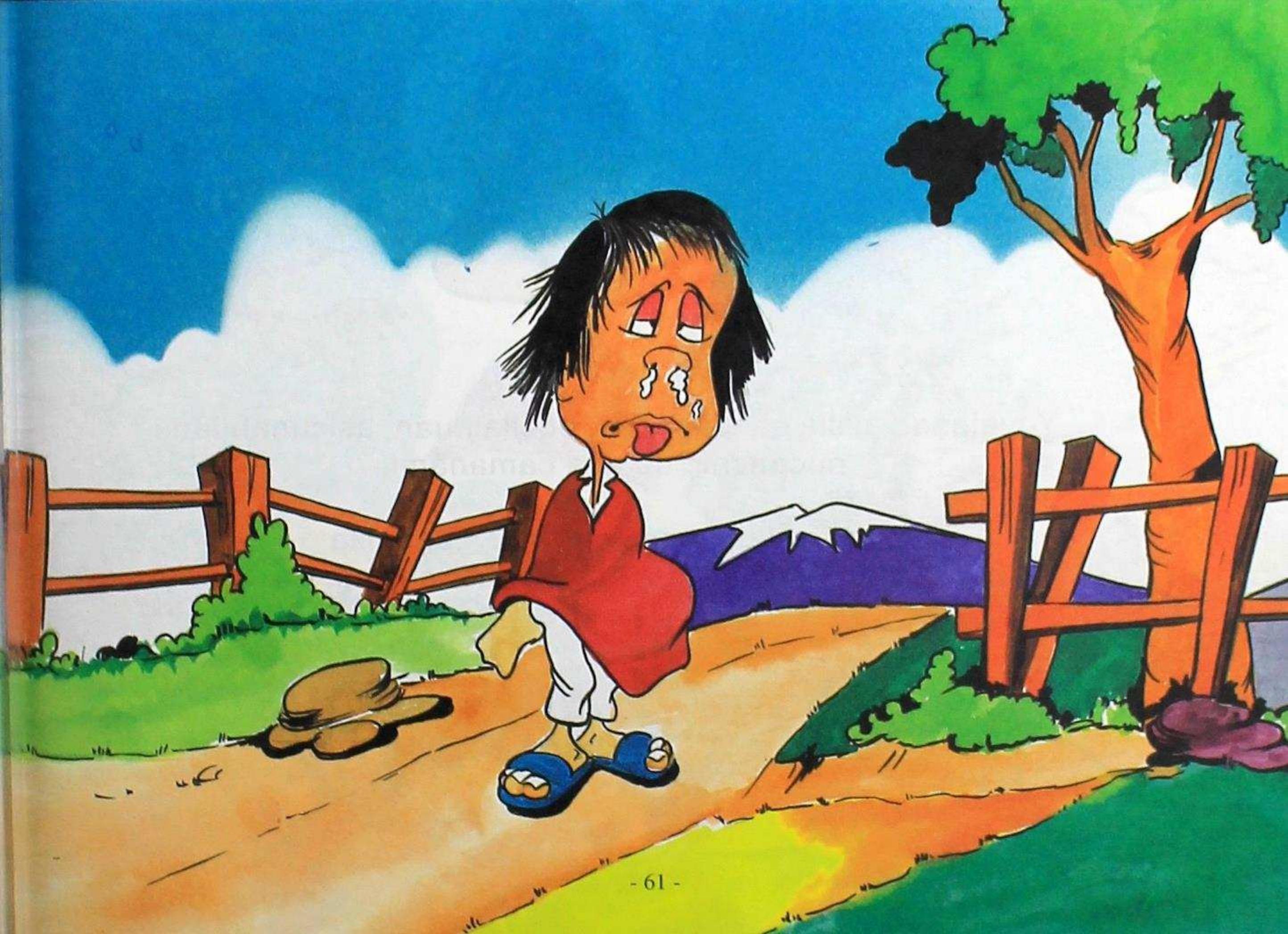
Ashtahuancarin, manchai, piña millaicunata charishpami,  
caita tucunchic.

Cai cuinanacunata unci mana charincapac  
alli chuyalla micunacunata micushpa, cushilla causai charicpica  
nima pacha mana ricurinchu.



Chiri uju uncuica japinmi.  
Chai ñarihuacuna sincapi juntacpi.

Cai ujui uncui janpincapacca, cahuitupi cata ucupi sirinami.  
Mana canllapi ujuncapac,  
chai ñarihuacuna ama huairapi cachanachu  
chaimantami sirishpa samarinami.



Yuyaihuan allilla cancapacca, pucllaihuan, asicunahuan,  
ñucanchic ucunta camanami.

Tucui aillucunaca chuyalli, llunpailla  
causashpaca cushilla cashunchicmi.



