ⵙⵙⵖⵍ ⵜⴰⵎⵓⵖⵍⵉ ⵏ ⵓⴹⵕⵉⵚ

ⵉⵙⵓⵔⵉⴼⵏ ⵙ ⵓⵙⵓⵔⵉⴼ ⴷ ⵓⵙⵓⵔⵉⴼ ⵉ ⵙⵙⵖⵍ ⵜⴰⵎⵓⵖⵍⵉ ⵏ ⵓⴹⵕⵉⵚ ⴳ Express Me.

ⵣⵕ ⴰⴼⵉⴷⵢⵓ, ⴹⴼⵕ ⵉⵙⵓⵔⵉⴼⵏ, ⵏⵖ ⵍⴽⵎ ⴰⵙⴳⵎⵉ ⴰⴽⵎⵎⴰⵍ ⵉ ⵜⴰⵏⵏⵏⴰⵙⵜ ⵜⴰⵏⵏⵉⵟⵜ ⵏ ⵉⵙⵓⵔⵉⴼⵏ.

ⵏⴰⴷⵉ ⵃⵉⴷⵢⵓ

ⵉⵙⵓⵔⵉⴼⵏ ⵙ ⵓⵙⵓⵔⵉⴼ ⴷ ⵓⵙⵓⵔⵉⴼ

1. **ⵔⵓⵣⵣⵓ ⵉⵙⵓⵜⵜⵉⵏ ⵏ ⵓⵙⵓⵎⵔⵓⵙ**

   ⵟⵓⴳⴳⵓⵣ ⵖⵓⴼ ⵜⴰⵢⵢⴰⴼⵜ ⵜⴰⵣⵔⴰⵇⵜ ⵏ ⵓⵎⵓⵙⴷⴰⵢ ⴷⵓⴳ ⵓⴼⵓⵏⵏⵏⴰ ⵏ ⵓⵢⵓⴼⴼⵓⵙ ⴷ ⵓⵙⵜⵉ **ⵉⵙⵓⵜⵜⵉⵏ ⵏ ⵓⵙⵓⵎⵔⵓⵙ**.

2. **ⵙⵜⵉ ⵜⴰⴽⴱⵉⵍⵜ ⵏ ⵓⴹⵔⵉⵙ**

   ⵙⵓⵔⴷⵓⴳ ⴰⵔ **ⵜⴰⴽⴱⵉⵍⵜ ⵏ ⵓⴹⵔⵉⵙ** ⴷ ⵙⵜⵉ **ⴰⴹⵔⵉⵙ ⴰⵎⵓⵣⵣⵢⴰⵏ**, **ⴰⴹⵔⵉⵙ ⴰⵏⴰⵎⵎⴰⵙ** ⵏⵓⵖ **ⴰⴹⵔⵉⵙ ⴰⵎⵇⵇⵔⴰⵏ**.

3. **ⵣⵕ ⴰⵢⵓⵏⵏⴰ ⵢⵓⵡⵇⵓⵄ**

   ⵓⵖⴰⵍ ⵖⵔ ⵜⵉⴽⴰⵔⴹⵉⵡⵉⵏ; ⵜⴰⴽⴱⵉⵍⵜ ⵏ ⵓⴹⵔⵉⵙ ⵜⵓⴱⴷⵓⵍ ⴷⵉⵖⵢⴰ.

ᓄᐃᕆᒥᔨ ᓄᖏᒥᒥᓄᐊ

▼ ᓱᐅ ᓄᐃᕆᒥᔨ ᓄᖏᒥᒥᓄᐊ ᐞ ᐸᐋᔨᐱᔪᐸ

ᓄᔭᐸᐊ. ᓄᐱ ᓄᒪᐃᑎ ᖓ ᒪᓄᒥᖓ ᓄᐱ ᕕᐃᐱᐊᕼ ᕕᔨᐃᒥᔨᐃᕕ ᐞ ᐸᕮᑫᔨᐄ ᚷ ᐸᐃᐞᐃᓄ. ᓄᐱ ᐞᐱᐧᐸ ᐃ ᐸᐃᐞᐃᓄ ᕕᔨᐃᒥᔨᐃᕕ ᐞ ᕕᐃᔭᓄᔭᖅ ᓱ ᐸᐋឱᐧᓄ ᐞ ᐸᐋᓄᐃᔨ. ᐱᓄᐋᓄ ᓄᐱ ᐞᔭᐃᔨ ᐃ ᕕᐃᐃᓄᔨᐞ ᐞ ᐸᐃᐞᐃᓄ. ᒪᔨ ᓄᐱ ᐞᐸᐧᐱᐃᐃ ᕕᔨᖏᖏᐄᕕ ᐃ ᓱᐃᐞᐃᓄ. ᒪᓄᔨᓄ ᓄᐱ ᐞᐃᓄ ᕕᔨᐃᒥᔨᐃᕕ ᐞ ᒪᓄᐱᐱᓄᔨ. ᓄᐱ ᐞᓄᐋ ᕕᔨᐃᒥᔨᐃᕕ ᐞ ᐸᕮᑫᔨᐄ.

ᐱᓄᐋᓄ ᓄᐱ ᐞᐞᐋ ᔨ ᕕᔨᐃᒥᔨᐃᔨᐞ ᕕᔨᒪᔭᔭᔨᓄᐞᐞ. ᕕᔨᒪᐃᐃᐸᐧᐃᔨᐞ ᐞᔭ ᕕᔨᒪᕓᕓᐃᓄᐞᐞ. ᒪᓄᔨᓄ. ᓄᐱ ᐃᐃᕕᔭᔭ ᐱᐯᔨᓄ ᕕᔨᐃᒥᔨᐃᔨᐞ ᕕᔨᒪᕓᕓᐃᓄᐞᐞ. ᒪᔨ ᓄᐱ ᐞᐧᐸᐧᐄ. ᓄᐱ ᐞᓄᐋ ᕕᓄᐄᔨᕕ ᕕᐸᐃᐱᐄ.