

MICHAEL FURIE

MAGIA

z supermarketu



Jak przygotować zaklęcia,
napoje i eliksiry z tego,
co masz pod ręką



STUDIO
ASTROPSYCHOLOGII
jeszcze lepsze jutro



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K nXb]Y=
6-5-MHC? :&\$%
=GGB - +, !, ' !+' ++!*++!+

DfnYhi a UWcbc'n
G dYfa U_ YhA U] JW
7fYUj]b| 'GdY`g6fYk gDc]cbg/ Dck XfGZca '9j YfnkLh+ b| fYX]Yblg
7cdnfi][\h i `&\$% 'A]WUY': i f]Y
Di V]g`YXVm@Yk Y`nb`Di V]W]cbg
K ccXi frñA B `') %& I G5
k k k""Yk Y`nb`Wa

"7cdnfi][\hZcf'h YDc`]g`YX]hcb VmGi X]c`5gfcgdgWc`c[]Z6]Ungtc_`&\$%
5""f][\lgfYg]fj YZ]bW X]b| `h Yf][\h cZfYdfcX] W]cb]b k `c`Ycf`]b`dU]h]b`UbnZ`fa "

K gnY_]Ydfk UnlgfnY cbY"ÜUmbUWb äh^di V_]UW]b]Ya c YVn`dck]YUbU
Ub]fcndck gnWb]UbUn]Udca cW`i frñXnY`YY]fcb]MbnWZa YWUb]MbnWZ
_cd]i`ñWZbU]fnk U`ñW]]b]bnW`Vn]d]g`a bY`n]cXndcgUXU]n]dfk`U`lcfg`JW`

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% !+* &6]Ungtc_`
i ""5b]cb]i_ : Uf") #&
,) **&- &*+` fYX]WU
,) *) (+, 'S*` gY`fYH]U]h
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,) *) (+, ")` kkk`H]ra Ub`d` `XHU
gfc]bUk nXk b]Wk U`kkk`gi X]cU]fc"d`
g`Yd` fa ck m6]Ungtc_`zi ""5b]cb]i_ : Uf") #&\$

K]oW`]bZ`fa UW]rbU`Xn]gn]bUdcffUi` k k k`dgnWc]fcb_]Ud`

DF-BH98-B`DC@5B8

Spis treści

Gck Ui rbUb]UXUdi V[_UW'A]WUYU: i f]Y"..... +

Sekcja 1: Czarownik i zakupy

K dfck UXñyb]Y"..... %%

FcnXñ]U %" B UXcVfY]sn Y

· B Uk]| UWk sğ dYfa Uf_YWY"..... %

Sekcja 2: Magiczne zasady

FcnXñ]U '&' DcXgUk rña U]]"..... &)

FcnXñ]U " " 9hm_Ua U]WbU"..... ()

Sekcja 3: Supermarketowa księga zakł

FcnXñ]U (" 7rngMñb]Yf]sc VñgMUb]Y".....) -

FcnXñ]U)" < Ufa cb]U"..... +'

FcnXñ]U * " I nXfUk]Ub]Y"..... ,)

FcnXñ]U '+' A U]Ud]ô_bUża] c W]sdc âXUb]U"..... %\$-

FcnXñ]U ; " GñMó WY"..... %&

FcnXñ]U - " D]Yb]ãXñY"..... %-

FcnXñ]U %\$ " CWfcbU"..... % %

FcnXñ]U %% "NXc`bc W)a YUdgnW]WbY

· cfUnkf V]Ufgk c "..... %& %

FcnXñ]U %& "GUMm]sğUm"..... %& %

FcnXñ]U % "NV] f'fcm U]rc W]"..... &&)

6]V]c[fU U]sdc`WbY_gâ_] "..... & %

C `5i hcfñY"..... &'

Słowa uznania dla publikacji Michaela Furie

A J W U Y : i f j Y d f m k f U W X c : n V J U Z b H g n W b Y \ j g c f j Y X c m a
W a W a U j j] s n U c a z U S M h b] l c X n o _] g k c Y d f U M h b U f n W M
h W z _ h f m i f c r d c W h b U a X i [a d c X f d c k j Y W Y a U j W M
b n W d f U h m "

F U a c b X 6 i W U b X z U l c f _ g a _]
K j Y _ U _ g o [U _ c a i b] U W n s X W l a]

K n W M f d i a W h j s b j Y l U g a d] c b m i d f n Y k c X b _] d c d c X g l k U W
d f U h m W b Y a U j j " H d f U k X n k m i g U f V d Y Y b j b Z f a U W
j s d c f U z g k c f r c b n i k s d f n a m U b m i g l c g V z V n i a [n s b j c
g c f m g l a _ U X n b c k j W g n k s X j Y X j b j Y W l f c g k U

; Y f j b U 8 i b k j W

SEKCJA 1

CZAROWNIK
I ZAKUPY



Wprowadzenie

WnglXlã nsU HŁrbUXi 'õ'g'v]Yk nY_ bUnU_i dmfã c !
bUgô'gdcXn]Yk Uãž YVõXn]Ylc'fcn_`Y_cHbmk nY_ bU
d]gMãVWV_ _UWE]sk_fUMLã `Xc`a Uf_Yi `nsm`c`YXbã`
fnYMã`_c UMãVã`a]'gô'dc`[ck]Y.`a U]U`K]Ya ž YVfra]
lc`b]Ydck U b]YžUYk WYHU_]Yb]Y`YgH`G_`Yd`gdc nk Wmhc`
rbU_ca]H`a]YgWž VmrbUY ä`gnfc_]`k UW`fn`g_ Uxb]_ k`
b]YnVõXbnW`Xc`nU_`õã`"N]c Už dfmndfUk nã`c`Y`ž dfcXi`_hm
gdc nk Wm`cfUhf_i b_]`k gmgH_c`lc`nVfUby`Ygik`S`YXbna ž
Ukc`Xcgôdbna`a]YgW/` Uxb]_c`k ngri`_]k Ub]U`Xfc]Wž
Y_gfUk U UbW]W`]b[fYX]YbW` XcgôdbnW` YXnb]Y k sg`Y!
dUW`c_i`mgmWbnW`Ub]k Wmb]Ugôdc`UgUWžXYgdYfUWc`
df`Vi`ãWrbUY ä`cXdek]YXb]_`cfnY žn]c`c`i`V[fmnV`"A`Ugn
k`nUgô[i`fô_]Xcgck b]YmgãW`a U]WbnW`g_ Uxb]_ k]sb]Y
a i ggn`nUXk Uã`g'v]Y hfi Xi ž Vmgdfck Uxrlã`Y`dc`YXnbWc`
nsf`bnW` f XY`"K`sdfnYgn`c`W]k]YY d]gbc`csa U]]`n] ž
UfU_`Yk`glca]bUbc`csa U]]`dc`_fã i žUY`bUdfUk Xõ`b]Yk]Y!
`YbUd]gbc`XclãXcsdclõ bY`a U]]ž`U`Uh`k]k`sg_ Uxb]_ UWž
_h`fYa`c`bUXcgUã`k`sg`dYfa`Uf`YW`"

A U]]ž`U`m`g`U`bck] U] g`clbm`Y`Ya`Yb`i`k`sb`U`g`na`_`n`W`ž
a i g`Y`k`c`i`ck`Uã`]`s`f`erk]`Uã`g`ô`H`U`_`g`ã`c`'U`_`a`m`U`_`g`ã`c`'U`_`
na]Yb]Ugô`]`s`f`erk]`Ub`U`g`U`_i`_`h`i`f`U`'G`d`Y`fa`Uf`_`Y`ž`_`h`f`mg`U`_`
g`ô`b`ck`c`W`Y`g`na`_`H`f`[`ck`lg`]Ya]`s`f`b]`Ya U`Y`_`U`d`H`_`ã`ž`c`Z`fi`Y`
blã`Vc`[`Um`n`U`g`V`fn`W`ã`_`h`f`Ya`c`Ya`nk`m`c`f`mg`U`ã`k`sa`U`

[] nsk nřh]Ya `VfXrc` hfi XbnW` Xc` nXc VnVUž Y| rchmVbnW`
g_ Uxb_ k''B]YlfnyU1` dfnXn]YfUā` glō` dfnYn` nLā` k]yb]U
Xfc[ā` dc Vřck āž_ Uuc[] k ngm_ ck YVn` bHfbyhk sdcgr_]!
k Ub]i _cb_ fYbY[c` n]c U Vřrc` Y` i ž dcb]Yk U WYVc[U Mck` c`
nUg` V k` rbU Xi` Y` glō` b]Ycdc XU` bUgnW` Xca` k''5sa` c`]k` c!
W` gā` dfU_ hVmb]Yb]Yg_ c` VřcbY''

DfnYn` dYk]Yb Vřg[ck] Ya` glō` U_ nUmhi` ck Uā` lō`_ gā`_ o''
=bna]` cdWā]` XUUmhi` i` Vmm` B]Ya` c[o` rbUY` ā` Xn]k` bnW`
g_ Uxb_ kž` DCA` C` 7Mž` Ūnō` dc` f` X` i` Xn]`]sb]Y` Vřč` Vn
k]Xn]Y]ž` Y` dUfUā` glō` a` U]ā` oraz` B]Ya` c[o` g` V]Y` dcrk` c`]ā`
bUY` g` fUk` U]UbWž` dca` c` Vř` Ū` X` Yb` n` snW` hmi` k` b]Y` VmVn
c` Xdck]Yxb]` XU` h` ^` gā` _ž` dcb]Yk` U` a` k`]` cbU` csVfXrc`
g` Yfc`]a` k` UW` Fri`]b[fYX]YbWž` dca` ng` k`]srU` `oāž`_ h` fnh`
a`]` a` c` Ygn` rUa` ck` Uā` glō` k` sXca` i` `dc`_ f` h`]Y` k` nV` V` V` V` Xc`
`c`_ UbY[c` a` Uf_ Yi` ž` Vm` n` U` cdU` f` mā` glō` k` sb]Yn` V` XbY` fnV` V` V`
NU` `ōV` U` H` gā` bck` c` Vřg` bY]b]Yk` na` U` Uā` U` XbnW` g` ca` d`]!
ck` UbnW` dfm]` chck` U` Vřng` Uxb kž` Ub]` b]Yg` U` Uā` glō`
n` sbUa`]Ufi` fnhi` U` k''

8c` k` gng`]Y[c` W` fcV]čž` i` V]ō` dc` XWc` Xn]` jā` k` sdcg` V` dfc!
g` n` 7` n` fcg` k` c` k` nk` c` Xn]` glō` nsa` U]]` i` dfUk`]UbY` dfnYn` dfcgm`
i` Xž` Ub]YVc[Uā` Ufng` c` fUW` "K]ō`_ gr` ā` Vřfck` b]V]Mfck`!
b_ k` n` dfnYn` c` V]b]Ya` c[c` g` V]Y` dcrk` c`]ā` bUa` cgō` bY_ U
Xn]Yb]Wž` a`]Xn]]UbY` HUW` n` dYb]U` fUā` Ya` Vřn` fnhi` UbYa`]WVY`
i` nk` U] h]` cž` W` dcg` U` XU]'' Dcr` g` Uā` Wk` sma` `Xi` Wi` f` k` b]Y`
dck]bb] a` m_ cfmg` Uā` n` h]` cž` W` a` Uā` mdc` Xfō` ā` f` bYfc!
XrUY` n]` ž` c` Y`_ kž` k]W]sdc`_ Ufa` k` n` sbUgnW` `c`_ UbnW`
g` `Yd` k''B]Y` Yn` k` na` m` bY` Vm` c` g` hck` bY` dfm` V` c` fn]` g` U`
b_]` Vm` m` Yz` Y` g` Ya` `U`_ bU` XU` g` n` c` Xh]` c` hndi` gk]Y` Xn]` /V` U
gā` `dc`_ dfc` g` i` V` fXrc` hfi` Xbc` `Y` Xc` g` Uā`]sc` Vřnk] VY` gā` V` fXrc`
Xfc[]Y`?]Xn]n` U` m` bU` Ya` ži` nk` U` Ya` `bc` U_ i` WYbbY[c` `U`_ c`
U` h` Uā` Y`]sdfU` Wk` U` Ya` `k` srU` U` Xn]Y` `Y` Xn]b]Y` n` n]c` Uā`]ž` c` Y`_ Uā`]

%:5h` Uā` Y` W` fYa` cb]Ubr` n` k` m` Yc` Vi` gYm` bng` h` m` Yics` M` f` bY` f` o`_ c` Y` Vž` `Y` X
bc` n` s_]_ i` `dc` Xg` U` k` ck` nW` bU` fr` n]` i` nk` UbnW` k` sW` fYa` cb]UW`]s` fnhi` U` UW`
K]W` f` f` f` m`]` hi` a` 'E'

jsk jWwā jž_h fYa c bU_i d]ä'k sg dYfa Uf_YWY'A jYgn_UYa ·
 ksbjYk jY_ ja 'a jUgWm_i ž [Xn]Y b]Ya c `]k Y Vmc 'nXc VmWY
 YrchmWbnW'n] ž k sdfca j]bji `W' bUa b]Y^cgYa Xn]YgdVY ·
 _]ca Yf k b]YVmc' UxbY[c'g `Ydi 'na U j]Wbna j_U Wgcf]U
 a]"NUhā 'rsk nāh jYa _]_i n] ž_h fY_i d] Ya 'k ngn ck cž
 fYgrō'a c]W'g Uxb]_ k 'g]Ubc] m]U_i dnrsc_UbY[c'g dYf!
 a Uf_Yi ž_h fmg]U'g]ō'a c]a 'a U j]Wbna 'g `YdYa "K cg ck nž
 fōWb]Yk mcbUbnidYbH] fUā 'cfUh_]Y]W'a g]UbnrbUUhYa ·
 bUgMō WY'k sdYk bna 'Hb]a 'g `Yd]Yž a ^_i WYbmiU]U
 a Yž dfōh]Uf X_ō]s[]b]Ubn_c]V]c Y `Xc g]UYa 'cX a cY^
 a U] ž]Ua c'ā_c `Y `Wō'k nVc[U]Wnig Uxb]_]nsg dYfa Uf_Yi ·
]k gng]_c]c Xn]UUC rbU_ca j]WY'Dc Xn] Xn]Y 'cfY] Ubc `Yg]i
 a c]a i i]Vcbna 'a U j]Wbna 'n]c Ya "

>Y]' Yg]Y '1 `Xc k jUXWcbna `W]fck b]_]Ya 'i V dfU!
 hm]Ya 'a U j]Wbna ž]c'a Uā 'bUXn]Yōž YHU_gā _Uk b]Yg]Y
 bck Y k Uf]c W]Xc 'lk nW' Xc k jUXWY ž 'Y Y] `YXbU `Yg]Y ·
 dcWāh_i 'āWā]c' fcnXn]Um&]s' VōXā'gdYWU b]YXU W]W]Y ·
 g_i d]Uā g]ō'Vck jYa 'bUk n]U b]Yb]i 'dcXg]Uk 'a U]]]sfr] Wb]i ·
 n]U `ōāž VōXāW'ca d'Ybna 'dcXfōWb]_]Ya n]f k bc]h'cf]]'U ·
]sdfU_hm]'"? gā _UH]dck g]UUXn]ō_]]b]h]bW]ž U sdfn]X_U!
 Xā]b]h]bWā]c'ā'fcn]Wb]Ya c `]k c W]H]b'hml'a U]] 'a c bU
 c_fY `jā `U c `W]fcg]k c'_i WYbb]ž dcb]Yk U 'dfYn]b]i 'Y fU
 WY^dcXY^W]YXc n]U `ōā'bUn]g]Xn]Y i nā]h]cž W'a Ugn]dcX
 fō_ā]sW' n]Xn]UU "'7\c]V]U 'k Uf]c' n]Ubk Yg]c]k Uā'gk ^W]g
 k sn]Uc]rb]U]Y g]ō'rs_cb_fYbna]'g Uxb]_ Uā]]srsdYk bc V]ā
 k Uf]c' n]U Lā'g'V]Yf]i X'k mcbU]U k j]W]W]m]ndfn]Ydfck UXn]!
 b]U dYb]Y[c' f'n]i U i ž]c' `YXbU 'b]Y n]Uk gY' Yg]i]c'a c `]k Y'
 K s]H]_ja 'dfm]U]X_i 'dclfn]Vi 'Ya m]dfc]gn]W]ž g_i h]Wb]nW'
 n]U `ōāž_h fnW'a c Ya n]i nā_]]X]m'c'k jY_ 'hm]_c' dc'Uk]'g]ō
 H]U dclfn]WU

Rozdział 1

Na dobre i złe: Nawigacja w supermarkecie

K [YXmVmYa `Xn]YW]Ya ži k]YV]UYa `WcXn]ä`bUnU_i drñ
C Wnk] WY_]YXniYg]g]ôXn]YW]Ya k]YfYfnWnk nñ`âXU
bUrbUmb]YVW_Uk gnYb] `gâk sfnWnk]gç W`8`Ua b]Y`U_c`
XcfcgY[c`nU_i dngUã`g]ô`nUk nWU`Xki`!`i V]f]m]cXn]bbâ`
a cfXô[`ażdcb]Yk U`a i grô`nUfma nk Uã`g]ô`k s_]_i`f`bnW`
g`YdUWž`YminYfUã`k gng]Y dclfnYbY g]fUki b_]`8`U
a b]Y`U_c`WUfck b]_U dfnYnk Ub]Y dc f`X`Xi`nW`g_i d]g`
`i Xn_]W`Yg]hfcWô`U`g]ãdUb]Y dc`dc`i`a]bck na`/k gng]mñ
W]i Xn]Yžrs`h fnW`k]ô`gr`ä`g]Yg]m]g]ôk sdcgr`_]k Ub]i`cX`
dck]YXb]W`dfcXi`_h kžbUdYb]Uã`a b]Yb]Ydc`c`Ya`"?]YXm`
Xki`_fcb]Y dcdYb] Ya`VãX`k n]YfUãWg]ô`Xc`g`dYfa Uf`Y`
li`bU`Xn]Y`dfnYX`žk]ô]Ya`8n]ô`Wnb]Yb]U`CX`Hã`hY`dcfmi
a c]a`dcg]Ubck]b]Ya`Yg]ž`Vmb]] Xñ`dfnYb]] Xmb]Y`rfcV]ä`
H]c`rbck i`"H]b`hi a`Vmb]Y`Xc`k n]fma`Ub]U`

DenU`_]_ca Uk U]Lã]`H]]a]`U`_hi a m`i Xn]`Wnk`äg`]Y
UY`_]`dca]ôX]mid`_Lã]ž`g`dYfa Uf`Yma c[`ä`g]Ubck]ä`]g]h
bY`g`UfW`dYbY a U]WbnW`]b] fYX]YbW]"`Cã`k sb]W`n]c`Už`
k]Wž`c`Y`_ž`dc`_Ufa m]sbUdc`Yž`fnWmñ`H]]Y`U`_Uk`Yb]UbY
[Uñrs`_h fnW`a c`bU`rfcV]ä`a U]Wb]Y`k cfYW]]`rs]c`Uã]ž`

UhU_ YdUmW] nhUWck YWnfcndnUWYc`Y^ kz_h fYrU
dYk b|Uá a U|Wbá Ua cgZfó" B|Y_h fYg_ Ydmgá k|ó_gYb|`
|bbYz UsrXc VnWY k gngh|W'g_ UXb|_ k`Xc`XLbY|c`nU_óW
k na U|UWUá]_]_i`dfmghUb_ k`kg_YdUWz`YXbU` UXbY
rsrU_cá k sh^_gá W b|Y nk|YFU_cb|Wbc Wghgek Ub|U
Y|rchWbnW WmVFXrc`frLX|W'g_ UXb|_ k" C Whk| WY
Y`|` a|Yg_Ug k sdcV] i` \ |dYfa U_ Yh ž dfUk XcdcXcVb|Y
VóXhYgria |U`k gngh`c`k sUUó i` fó"]

? |YXnd|Yk gmfhi k ghXYá `Xc`YXbY|c`rshW [| |UhWW
bnWZ`dfmlca |bUáWW` a U|Uhbnm a U_ Yh ž VmYá `U`hb!
hWb|Y cgr`ca |cbrá b|Y a c| Yá `i k|Ymáz Y hmY`f`bnW
dfcXi_h k`r|fca UXrcbfhYá k s`YXbra `a|YgW"K sXXUh|`
a|YgYh `a|Uc`fca |UmVc|g_ UXc`d|_]`bc bY`|sU i`fhifer
UXck nk Ubc`dUYndfcXi_h k`_cfmghUáWdfmhna`nsdcXbc!
b|_Uk |Xck Y|c"=sk gngh`c`h`k s`YXbra `vi Xrb i" Cgv| WY
dcgfnY| Uá `ferk` ^c|fca bnW` \ |dYfa U_ Yh k`rsa |YgUbra|`
i`Wh Wá |]"7`cWU`k gUb|UYYghia Wi d|á k s`YXbra `a|Y!
gW f`bcfcXbY`dfcXi_hz h`YXbU`dc`cbrk Ub|Y Xi nW
dfngfnb|`dc`f`XghY`i`Xhz`VnrbUYá`dclfnWbá bUá`hcfVó
n|Yá b|U_ kzdi XY_c`d Uh_k` b|UXb|ck nW|sc|i`fhgUbck|`
dYk bá b|YXc|cXbc ä" B UgWó WYbUX`Yghk |YYg`Yd_k`
fcXhbbnWZUk sk |Yi `nb|W`YghrbU`ca |UYbY| |U`-Uk |Y`gó
ksb|W`fcV|nU i`dn|sWcWU`WUYá `a Uá i`Vc gmUgfhna`Yblž
h`bUFU|Uá ck YVU_|cXdfó UáWUá cgZfá" C Whk| WYY`|`
YgY`hU `|U`U|sa i`ggi`W`hXhY `fcVá nU i`dnXUfcXh|bm
k sX `na`a U_ YWzh XcVna `dca ngYá `Ygz`Vna |Yá k srUb
Xfri`a U|Whnd`Ub |frá_h`fmi`Wfcb|`WódfnXYk Yhi`Ubra`
gUY`gk Yá nU i`dckna`"

7 nlfck b|Wgá nbUi fmi`X`a |VFXhY`k fU |kna |`a`YbU!
b|Y|sWcWU`a Uhc`k |YYnUYzh`c`ck Uk fU |kc ä`a`c`YgUbc!
k|áhi`Xbc`ädcXWUgdfnYhk Ub|Uk sX `na`hi a |Y`K|ó_grc`ä`
WUfck b|WSUfck b|_ kz_h`fnWrbUá `i`b|UhhU|c`dckcXi`
Xi nWgi d|g`i`Xh |W`Yghh `f`k b|Y`dfmWhbz`XU_h`fY
nU i`dnk s`|dYfa U_ YhW`a c|á`VhhU_ghYg `áW`A |cgv| WY

dca U Uk m grHUVWb]YdYk bY^fi hbnXchMÄV^rU_i d kž^U .
 bUdfm UXrU_i dnk s] cXn]bUW'ra b]Ygrcb] c fi Wi "NUk gY
 HX Xn]Y k WY b]Y^gdcfrÄXrLä 'gV]Y]gönU_i d k]sg]fUä 'gö
 i a]YgMÄbUb]Y^dfcXi _hmk sU]Y^_c Ybc Vžk sU]Y^rbUXö
 Yksg Yd]Y'6mYä 'ksb]a 'hmYfUrnä Ya c[ögV]Yks] ck]Y
 cXk cfrä'fcu_ UKd YžW' dca U Ua]'ksg]gnk Ubi 'a cY^
]gnhB]Ygä ck]ma 'Xc k]UKMÄb]Yä 'Vmc _]YXnd]Yfk gmifU
 dcgnXYä 'Xc'a Uf_Yi 'sdfUk]Yb]YVmc 'ksb]a 'i Xn]"G dY!
 a Uf_Yimgä Wögc'clk UfHYXk UXn]Y V]UWYfm] cXn]bnbUXcVö
]sdYk b]c'fU'i 'ns_cb]VMbc V]dcVnb]Yb]Ua UnW'rU_i d k
 rUk]HUä 'Xc'g_Ydi 'cs^YXbUgH^k sbcWk gYXä 'Xc'a Uf!
 _Yi 'jsc_UUc'göž YVm'cdi g]cgUmb]Vna 'a]Ugc'k]Xa c"
 6mc 'ksb]a 'di g]c']sVWc" >YXnbra]'i Xa]'ksg_Yd]Y Vn]
 dfUWk b]WfFcV]Yb]YrU_i d k 'ks]]UbnWbra ž dfU_hMÄb]Y
 di gna 'a Uf_YM^Vmc dfnYrUMk bra 'Xc k]UKMÄb]Yä ">YXbU_
 nYk n] 'öX k 'Vrd]WY gk UVfXn]Y^gYbgk bYgä rU_i dnk Y
 k WYgnW [cXn]bUW'fUbnWza]öXmgn gä UXn]Yk]ähž]Y!
 Xrite ksg_Yd]Y^gib]Yk]Yi 'i Xn]žb] rU_i dn_c c'd bcWMMi
 d b]YžUYHU 'Vn]bUMY^k sdcfUW'mW'g_Ydn]gä rXWÄck U
 b]Ya b]Y^rUhcWcbY

?]YXng_Yd b]Y^gidYb'i Xn]ž Uk]Y^Ygidck c]žgk c!
 VcXb]Y dfn] 'äXLä dfcXi _hñK k Wlg'a c bUrbUY ä Wä
 a Ugöbck nW'fnWmXc'k nalf Vck U]U'5 'Xc nYgnY]c'fc_i ž
 b]] Xnk WY b]Y^b]Ydf Vck UYä '_ca cgnfmcck YžUhfU'h'ä'
 i k]YV]Uä "HFU Yä 'bUb]ä'dYk b]c'Xb]Už]YXma Uf_Yhb]Y
 Vm'rUhcWcbn]sa c] Ya 'gö'gV]Ygk cVcXb]Yfcn] 'äXLä">Y]
 hm_c'a UgnWlg]Uk c_ 'b]YhcWä'gö'gh]'i Xn]žhc rU_i dn
 a c[ä Vnā dfUk Xn]k ä ZUXä" B]YWcXn]a]'cscž Y'i Xn]Ygä
]'Vnā Y^Y]'fcV]a m'rU_i dnk shi a]Yžhc 'i Xn]Ygä b]Ydfm
 'U b]"A Uä 'bUa m]'hcž YrbUMbU Wö ä'gfYg 'U]'k]Yi
 'i Xn] Wä 'YdcXWlg'nU_i d k 'a Ugk c^Y f Xc'kschUMUäW^
 YbYf[]]'a Yb]Uby^Xi nW' [fi d' 'i Xn]W" 7nrfck b]_]sa Y!
 X]i a 'cXWä k Uä'HU_ä'dcnMk]cbä\Ufa cb]] 'YbYf[]ö'VfXn]Y^
 b] 'rk m mWck]Y_"

% ""A U|Unig dYfa U_ Yhi

6ôXâWnk nMUbâ' cgrVâ' nsXc ä'bUd]ôma ' [fU _]Ya ' nUöäz
nUrk nMU' fcV]ô' nU_i dmk s[cXn]bUW' rk]ô_grcbY[c' fi Wi "
8ca m'Uâ 'göž ' Yk]ô_grc ä' nsbUg'rbUXi 'Y gö'k sdcXcVbY'
gnhi UW'">YXbU_ YXcVfâ'cVfcbâ'dfnYX'a YbUbnâ 'dUbXYâ c!
b]i a 'hi a i 'YgicWfcbU' K sgk c'Y^_gâ W GdY'Wg]b['Zf'
6Y]bbYfgzk sfcnXn]UYXcmWâWâ 'a U]]k YfUubY'^]sk cfnY!
b]Ua YbUbnW' HfWâ'cWfcbbnW' nLâ]Y WYâ 'dYk bY nU_ 'ô!
WY' NUâ]YgMLâ 'YHU_ Yhi Hždcb]Yk U 'XcVfna 'dca ngYâ '
YgicWfcbâ'gô'a U]Wbna 'dc`Ya 'Vrd]YMY gk UZW'dca c!
YnUvc_ck UâWnmb'dchbWUbnWUcg' NU_ 'öWY'hc 'bUY ni
fri Vâ'nU]a ' k nfi gna mXc 'g dYfa U_ Yhi "

Ochrona

>Y]' Wâ 'Ygž ' YdclfnWâ 'YgicWfcbnžk]ri U]ri ^gYV]Yc!
WâcbY[c' VU_ â'V]UY[c' k]UhUž_h fY_cbXYbg 'Y]s[ôgb]Y'Y
hk cfrâW' b]âWž 'i gfrnLbâ' _i 'öž _h fU cXV]U k gnY_]Y b]Y!
Vrd]YMY gk U]sbY[Unk bY YbYf[]Y' DcXMLg k]ri U]nUW'
dck HfrU'g'VY]

*HfWâ' a cWâWfc 'a b]YdfnX' fmk XLâ]ž
DfnYXb]WYrd]YMY gk Yâ žn Yâ ']Si frLâ]/
@ gfrnLbUa cWâg c' b]âW'Ugbc Vâ
C Wfc 'a b]Ygk c'â'a U]Wbâ' k]Uhc Vâ"*

NU_ 'öWY'hc 'bUdfUk Xô' dca U]Už WcV]U 'WUgYâ ' hfnWU 'Y
dck h frmä' _]_U fclb]Y 'Y]' hi a ' YgicWfcbâ' m' C g]U]a '
fUhYâ ' [Xnk nMFUYâ 'gô'bUnU_i drž'ck UfnVmmU_i fUhfcr!
UXck nk UbY bU d _]ž k]ôWa i gUYâ 'VWc' dck h frmä' hc '
nU_ 'öWY'Wf'fniUfndcXMLgWcXnb]Ug 'Ydck na]UY_ Uâ]"
=bbna 'dcXcVbna 'nU_ 'öWYâ 'k g]ca U UâWâ 'bUg'dcXMLg'
nU_i d k 'YgicW' žW' 'i V]ô'bUnk Uâ'? i 'â'DfnW]k 'B]Ydc_c!
^ca "NU_ 'öWY'hc 'dfnXUYgô'k 'k WUg[XrnUdca b]gnii hk c!
frmä' cWfcbâ' HfWâ' dfnYXk Y^ VYâ 'Xc 'g 'Ydi ž U]b]Ydc_ ^

1 'gô'dc'Uk]''HU 'glä c'U 'dck mYž'a c Ygn'Y dck HfnLä'
hmYfUhnä]YdclfnM 'Ygn'

Kula Przeciw Niepokojom

NbUX 'g'V]Ya]YgWZks_h fna 'a c Ygn'gô'bUWk]'ô'nUfmrh
a Uä]sk nœVU 'g'V]YVWb]YdUga c 'W cXbY]cždc ng.i 'äW!
[c'YY_hfnWb]Yžb]YV]Yg]Y]c' k]Uhä'gd nk UäW]c'bUWV]Y
nš] fm]sk_fUMUäW]c'k šk c'YV]Uc'dcdfnYn'Wä VY_] ck nř
K nœVU 'g'V]Yž] 'HU k]YhibU bjä' dcXä U XUYN_i 'Xc ck]
dfnWcXnäWdfnYn' fcXY_ 'hk Y]c'V]UU U 'Xc'gh d''' 5shfU
k nœVU 'g'V]Y 'U_ 'HU bjä' fcngYfnU glô'k nœWUäWnsVW]Y
WngfYg]sb]Ydc_ ^'I fmfhc 'Vô_]hbY k]Uhc 'U_ 'fcnWcXn'
glô'bUk gngn]Ygfcbm]sgUY glô'_i 'ä'chUMUäW'hk c'YV]Ucž
UšngLä Wä 'Ygn'gô'k sYb]c'WngMcbnrsô_ kžb]Ydc_c^ k'
]sk]Ygž Y 'YgY_ 'Wfcb]cbm'dfnYX 'U_]a]_c'k]Y_ XUgna]
a Yb]Ubnä]' nU_ 'Wb]Uä]'' 5Vn' dfnol]YWöck Uä' nU_ 'öWž
nU]brcbi '^Xc'gV]Y.

GfYg'cXri Wbržk nřbUbnib]Ydc_ ž
Dck fUW]srgUYdfmā b]Yhm_c'gdc_ ^

? 'i Wčk Yli 'YgideWäh ck Yk nœVU Yb]Yg'V]Y'U_ bUWY !
gnY'b]h]žHU 'VnfengYfnUäWglô'a c[Uk nœWbäänsVW]Yk gY!
]b]Ydc ^dercg]k]UäW]ö'gdc_c'bna]sdc_fnYd]cbna '''

5Vnik gLca 'Vglô'k sřni Wb]i 'mW'Xk W'nU_ 'öäždfnYWnh
HU'dfcgrô'_c'Ybâ'gY 'Wö'hY'_gä_]''Dcfi gnUcbUnU UXb]Yb]U
XchWäW'dcgnM] 'bnW'_fc_ k 'k sřni Wb]i 'nU_ 'öäžHU]W'
'U_ 'a YXnUWžk]ri U]nUWždfc'Y 'WžWfcbca YfU ž_c'cfrä
ferk U Ub]U YmWbY]hd'ž]sdc]bbUXLä 'Wg'c]XbY dcXg]Uk m
'cnc]'a U]WbY''>Y]'YXbU_ 'dcg]UX]gn'1 'k sha_ 'cVgrU
fnY dYk bY Xc k]UXM]b]Už a c Ygn'ca]bää' hō 'Wö ä'_glä_]'
]sdfnY_ ä'Xc 'gY_W'' 'i Vdc'dfcg]_dc'V]Y b]YdfnYfnYä'_c'YbY
Xk U fcnXn]Un' C g'V] WY'k s_gä W'hY' W]U Ya 'dck h fnä'

&S''A U]Un'g dYfa U_ Yi

dYk bYdcXgHk n'gcl'fnYä'bUb]Y_fmWbna 'c_]Ya žUSHU_ Y
k n]ää'dcXi k U] ô'gcl'fnYb]Y]bbnW`i Xn]bU_k Yg]ô'fri Wb]U
WUf k"I k U Ůä ž YrLk gnY'k Uflc`cXk]Y nä'dcXgHk n'Vc!
k]Ya 'dcVi XrUhc`Xc`a m`Yb]U'

Wywary

I nXfUk]Ub]Y `W `nU k gdlUb]UY nUgkcgk Ub]Y XU a U]Wl
 bY[c`k nk Ufi °>U `k gdlca]bUYa `k WlY b]Yž_cVč Y `k naly!
 b]cbnMi `]cWlWlā `a U]Wlbnā `Y]_gfYa `hc `W žW`cggV] WY
 i k]YV]Lā žUYb]Ya i ggnī nk Uā_cVč `U`k nglfWmirk m m
 i Wybbn] UfbY`"=gb]Y`Y]`_UdfnYd]g kž_h fYVfXrc` Uk c`
 dfmfrāXn]žž Vmik gdlca Wc[`bnXcVfmg]Ub`nXfck]UžcXm
 g_Lā`g mdc `WcfcV]ž]UbUk YidcrMnā`gōb]Y_h fnW`Xc`Y]`!
 kc W`D]Yfk gmfcXrU`bUdc`ā`c bUk Ufmā]sd]āfY[i `Ufb]ž
 UvndcXfma Lā]sk na cW]ä`gk c`ā`c[`bā`_cbXnWō`V]U"

B UdU`8cVY]c`NXfck]U

A] X`Ygi g VglbWā`a U]Wl bāž WlfnbU `Ygi c`Wng`MlUāW
]srk]ān]bUmsYbYf[]ā`i bUfbāž]a V]f`YgiXcVfmbUhfUk]Yb]ž
 U`YVUHa Uk]YYXcVfc WlbnbnW`k U V]k c W`Nsd c āW!
 b]UmW`k gmgh]W`g_UXb]_ k`i mg`i `Ya nik gdlUb]Uāžk]HU
 `]ni `āW`_ca V]bUWō"

- % m_Ua]cXī
- `Wlfnbm
- %b]Yk]Y`UgnMhd]U]a V]fi
- %lcfYV_U`YfVUm
- %gn`_Ub_Uk cXm

DcX] fnY`k cXō`]sn]dlfn` \YfUō`k sgdlcg Vž`U_]`i V]gn` BU
 gōdb]Y dfnY`b]YW` \YfUmiXc` `] Ub_]]sk nW]b]`Xc`b]Y`
 gc`_nsdc k_]`Wlfnbn`i n]gh] UžVniXc` `] Ub_]b]Yk dUXm
 b]U]cbUck cW`"8cXU`a] X]sb]Yk]Y`_ā`g`Mhd]ō`]a V]fi "BU
 dfUk Xō`i dYk b]`gōž` Y`Ygh]b]Yk]Y`_U `Xcgck b]YcXfcV]bU
 `dcb]Yk U`nVn]k]YY]a V]fi `a c`YVnā`dfmfrā`UM]UāW`K nā
 a]Yg]UžVng`_UXb]_]gō`dc āWmriB U`_cb]YW`ā`i` `] Ub_ō`
 k sXcb]Y]sd]fny`]`b]Udfck]`YbYf[]ō`G`_cbWlbf] `k sb]Udfny`
 gk Y dfU]b]Yb]Y XcVY]c`nXfck]Už U]b]U]gōdb]Y k nā]` [c`bU
 nXfck]Y`

,, ""A U|Unig dfa U_ Yi

B UdUf i nXUk]UāWñ

N]c Uk sma` dfnYd]gY b]Y hm`c`i` mWUā` bUdUfck]`gk c]W`
k UV]k c W` mWbnW`]scX nk WñWZ W`k d nk UbUc[`bmi
g]b`nXfck]Už UY HU_ Y b]Y gMōXrā` a U]WbnW`k Ugc W`
i nXUk]UāWñ"

& m_]fcra Ufnbi
& m_]`a]ōhrc[fcXck Y^
% mYU_ Ug]Uk]]
% mYU_ Uhma]Ub_i
`Wñfnbm
% m_Ua]cXi
&gn_`Ub_]k cXm

DcX] fnY^ k cXō` dfUk]Y Xc` cglā] b]ōWU di b_li` k fnYb]U fXc`
a ca Ybi ž [XmbUXb]Y bUWñb]U dc`Uk]ā`gō`a UY VāVY_]ž
UšbUgōdb]Y nXYa]^nsc[b]U`8 cXU^n]c Už dfm]fnf]sdcrk ``
bUdUfck]` bU]ā] bāā "" Gi X` [c`dfnYn Xn]Ygōā` Xc`]fmbU
g]i`a]bi hž Ušdchā` dfnY Y^Xc` `] Ub_]""8 cXU` m_ō`a]cXi`
]si` nk UāW]gh Už Vmk mUdUā` bUg]cbUž k nW]b]^gc_`nsdc ck mi
Wñfnbri`I`a]^ `] Ub_ō`nsbUdc`Yā` k scV]Y Xcb]Y]sdfnY]^
bUdUfck]`gk c`ā`YbYf[]ō`nsdfU b]Yb]Ya` i nXfck]Yb]U`Dck c`]
gāW]bUdUf`]sk]ri U]ni` ^gY]Yg`bY]c`k sXcVfna` g]Ub]Y nXfc!
k]U`>Y`]WW]gnia c Ygn]hc`dck]f]nLā` WXn]Ybb]Y"

Hb]_ Ūc āXck m

Hb]_]hb`dca U]Unk UWñā`fcngf` ^`c āX_U`A]ōUk sma`
dfnYd]g]Yncg]UUXc]UbU[`k b]Ydc`hcz Vmghi a]ā`ga U_]b!
bnW]n] žUY`Y`]c]c]r b]YXV]g]žā`c Ygn]i` nā`Y^k sa b]Y`gY^
]c W`i V W_ ck]WY`ca]bāā`h]b`g` Ukb]_ž nUWck i`āWdfm
ma`dYbā`g_i hW]bc`ā]hcb]_i "

% mYU_ Ug grcbY]c`a UYfUb_i
% mYU_ Ug grcbY]c`ma]Ub_i
% mYU_ Ug grcbY`g]Uk]]
% m_Ug grcbY`a]ōm
&gn_`Ub_]k cXm

DcX[fnY^k cXô'b]Ya U^Xc^ ^Y^ di b_li `k fnYb]U^ 8cXU^n]c UZ
dfm_fmf]snXY^a]^nsc[b]U^ Dcrk ``bUdUfck]' gm]bââ dfnYn
dfmnbUa b]Y^ Xn]Ygöä` a]bi h^ 8cg X z ^Y]^ WWgn]sk nll^
dck c`žVmdcM äi ` [ôcXXc`Yl`]kc W

K nk U^Xc^ ? âd]Y] I nXUk]UâW

% m_Ubmi
' `] WY^U fck Y
%râVY `Wcgb_i
% m_Ug grcbY^a]ôlm
% m_UbUh_]d]Yfi g_]
&g_ `Ub_]k cXm

DcX[fnY^k cXô'b]Ya U^Xc^ di b_li `k fnYb]U]sXcXU^n]c U^Dfmrh
_fmf]snXY^a]^nsc[b]U^ Dcrk ``d nbck]' gm]bââ dfnYnXn]Ygöä`
a]bi lz Ůdcch^a `dfnWXX "" >U` grcgk Uâ `dfm]ch ^ `âd]Y`
]sXcXU^Xc^ b]Y^g_ `Ub_ôg`]a cfg]Y^ftdWcbUb]Y^YXbcM!
b]Yk `Yk UâWdfmfrâXrcbnk nk U^ K YX `Xc^ k Ubn]sa cW
gôk sb]YzhU_Xi [c`U_ WWgn]sgfU^gôdfm]na `k]ri U]rc!
k Uâg`V]YgW]Yk sXcVma `g]b]YnXfck]U

Olejki

A U]WbYc^Y^_]gâ` k]YbYb]Ym_c `Xc^ k g]ca U]Ub]Ua U]]
k]W]sbbnW dfU hm`a U]WbnWzUYgâ]Y `XcVma `g]cgc!
Vâ `bUcX] f`a U]WbY^YbYf[]] VYndc fYXb]c`dfnYn]g_ fô`
rk UgM Udfm]U]W^Xc^Yl`]kc WUW`U_ V `a]ô b]žgb]U`
Wm]bbYnfUb]Yb]U^B]] Xn^YXbU_ b]YUd`_i ^c`Y^_ k `bUcdU
frcbâg_ fôzdc]Yk U]W`g_ Uxb_]`a c[âXn]UâXfU b]âW`

C`YY I nXUk]UâW

% m_Ufcra Ufnbi
' `] WY^U fck Yzdc_fi grcbY
% m_Ua]ôlm
`g_ `Ub_]c`]k nrsc`]k Y_

- S'''A U|Unig dfa U_ Yi

Na |YgrU^n|c Uk sa |gWVW |sbUUXI ^ Y gk c|a 'dfU |b|Yb|Ya ' k nmXfck |Yb|U' K 'Y^c`|k ô Xc`a UY|c` [| Ubi gn_U |sXcXU^Xc` b|Y^ n|c U' NUâ |YgrU'' Dc:g|k` [| Ubi gn_Y_` bU k c`bna` c|b|j` |sdcX| fnYk U^c`|k ô Xc` Wk |]ž[Xnıdc Vmı Ygnık sdc| |Yfri` nU dUW`n| ``; Xnıdc`Uk |]gô`Ufca Už`nXY'a |^bUWmb|Yrnc[b|Už dfrııfıı|sclerk `gn|bää dfrıııdfıııbUa b|Y^d` [|cXı|brııDc` cğı XııYb|jı` c`Y^_ı ž dfrııWVX` [|c`|sn`Y^Xc` Vı H_Y_]'' Hfııa UâW Vı H_Y_ô`k sXcb|UW`a Yb|U|b|Y f|sYa cW`b|U|b|Y`dfııY`gk c!` â`YbYf[|ô`|sdfU |b|Yb|U Xc`c`Y^_ı ž Uı` âW|c`k shıb`g|c|g V` i nXfUk |UâW`g| â

BUXrk nMUbriC`YY_I nXfUk |UâWı

Hb`c`YY_`rk UbmıYğı bUXrk nMUbna` nsXk W`dck cX k.` hc`VfXrc`g|bınc`YY_ž`_h fııdc|k |b|Yb`Vnâ`g|c|g|k Ubmııı`c` k sf|ı|Y dclfnVıı|sn|k |YfU dYk bY`g` Uxb_|`|` U_s`cb`fYb|Y hııc` ` ` _h fyža i g|gn|c` dfrıııbUž`gâ`XcdfUk Xıı|b|HfYğ|`âW f|s|c`k WYb|Y|fcb|U|`Hııc` Vmı`k sdfııYgn`c` W|g|c|g|k UbmıXc` VfXrc`k |Yı`a U |WbııW`W` kžk s|na` Xc`i nXfUk |U|Už`YX| bU`YXı|` b|Ydc`WU`Vna`` UxbY`na` YrcXž`_h fyfy`ca YbXı`!` â`dUyb|Y Wııı`U`|Y_`c`k |Y_`|bbYk W U|b|b|Y|H|c`g` Uxb_|`U`>YxbU`Yg|c|g|k U|Y|c`k shı^Zcfa |Y`YğıVırd|Wbâ`U|HfııbU hıık`âžcs|`Yı` mYgnı`YXııı|YcXfcV|bıı|s|c`Xcd|Yfc`dc`dfııYU|jı` c`Y^_ı Xc`Vı H_Y_`|ž|s|c|`Yb|YVôXı|Ygnı[c`i`nk U`Xc`bUWfU|U`g` frııB`|_`hı|b|Y dclfnVı`Yb|_`chııııık b|_`UâW`k sg` fôž`hc` VıııUa b|Y^b|Wıı|c`b|Y`Wııı|sb|Y`dca U|U`k si nXfUk |U|ıı'' C`Y^_ı`ıı|c`a`c`bU`YxbU`_ı`nk Uâ`Xc`bUâ`UğıM|U|U|ıı|ra U`b`k`|s|k |YV`Vıııdfıııg|Ygnâ|[c`Yb|YfU|b|s`YWııâ`ııb|Y`_h`frııW`dck U`bnW`Wcf`V`

- % m_UgrUk |
- ' ` cWı U`n|Ya b|UWıbY
- % m_Ufıra Ufııı
- % m_Uııa |U`_ı
- %gWıııııUıııııb|jı
- %gn`U`_Uc`|k nıııı`|k Y_

B U U X i ^ n j c U Y b Y f [j a '] s r a] Y g U ^ Y k s b] Y k] Y _] Y ^ a] g W W W Y
f t d f W i l m h c b j] E ' D f n Y Y ^ c ^ Y Y _ X c ' a U Y [c ' f c b X Y _ U z X c X U ^
n j c U f] s c b c k b] Y ^ n k n a h _] Y a ' l m h c b j] E z U b U g U c d b] Y d c X] f n i !
k U ^ b U a U m a ' c [b j] ' U ' d c W i Y g n i b e g n a W i n g o ' k s d c k] Y f r i ' .
U f c a U n j " D e r k ' a i ' c g n i b a a z U s d c h Y a ' d f n Y W X '] s k ^ Y ^ X c '
V i H Y _] " K k W U g X c X U ^ X c ' V i H Y _] ' a U a ' g M h o l l o ' h m h c b j] ' j H U _
d f n i c c k U b m i c ^ Y Y _ ' b U U X i ^ Y b Y f [j a '] b h Y b W ' i n X f c k] Y b] U z
k] r i U] r i ' a W d f m i m a ' W W f k c b c ! d e a U F U W i c k Y k] U h c "

D l a] o H U z ^ Y f r i W b] Y n U _ ' o a z b U k Y h n U _ ' o a i n X f U k] U a W W W z
b U] b b n W ' i X n] ^ Y g i b] Y f n W b Y z ^ Y '] b] Y a U g n b U l r c '] W n] c X r i
B _] h b] Y d c k] b] Y b g l a c k c ^ b] Y i ^ n k U a ' a U]] ' k c V W] b b n W z
b U k Y h ^ Y '] W Y a ' ^ Y g i g W m h b Y i n X f c k] Y b] Y ' D c X Y a c k U b] Y
X n] U U ' k V Y k ' W X n ^ k c ^ b Y ^ k c '] ^ Y g i b] W Y r d] W m b Y] s a c Y
k n k c U a ' a U]] W b a ^ b Y] U m k b a ^ f Y U _ W o r k f c h b a z ^ b] Y a ' k j a W
1 ' c s m a z ^ Y H U] Y X n] U U b] Y a c Y n U _ ' V a ' d f n Y Y] '] s d f m h
g n m _] Y f i b Y _ ' n V] U X U b Y ^ c g V r i n U b] a ' n U m b] Y g n i c g k U a b U
_] a ' a U]] o z n k g Y d n H U ^ c s d e r k c ^ Y b] Y ^ > Y '] b] Y ^ Y g i h c ' a c !
'] k Y z V r d] W m b n a ' k m V Y a ^ Y g i d f n Y g U b] Y h ^ c g V] Y c [^ b Y ^
Y b Y f []] k s z c f a] Y ^ U b Y] c z V] U Y [c ^ k] U h U k f U h n s] b h Y b W a z ^ Y
Y '] ^ a ' d c X k] U X c a] Y n U _ W d l i ^ z h c ' i X U g j o ^ c b U H l a z [X n] Y
^ Y g i b U M f X n] Y ^ d c f n Y M U ' D f n Y g n U b] Y Y b Y f []] k s h b ^ g d c g V
a c Y k g d U b] U Y k n a c W j a ^ g o ' h ^ c g V m] s d c a W Y ^ k s d f c !
W g Y d c k f c h ^ X c n X f c k] U ^ > Y '] ^ X b U _ ' a U g n ' i ' W i n a ' n] c X o '
b U a U]] W b a ^] b] Y Y b W o ' i V n l a] Y f n U g n i ' n a ' a U]] ' b U g c V] z
h c ^ g c] ' d f n X h c V a ^ d Y Y b ^ k U W U f n a c '] k c W n l U g c g k U b] U
a U]] k s W U W ' i n X f U k] U a W W W "

ZAKLECIA DLA OLEJKÓW UZDRAWIAJĄCYCH

I n k U b] Y k s a U]] ' c ^ Y _ ' k ^ c l k] Y F U d f n Y X h c V a ^ g n Y Y] ^ c d W Y
f n i U k H U] W ^ U ' b l a U g n W m b] Y W] U U] s a U]] U k] Y W D] Y f k !
g Y n U _ ' o W Y X c h m W i n ^ W m b] U W c f V f k s d f n Y M k] Y g k] Y X c '
' W m b] U n f U b] Y E] s r c g U c ^ g k c f n c b Y ^ X n b] Y k s W Y ' g r c g k U
b] U [c ^ k c V W i X n] " N U _ ' o W Y X c h m W a W i n X f U k] U b] U n k] Y f r a h
n c g U b] Y d c X U b Y c X X n] Y b] Y "

- &""A U|Unig dfa U_ Yi

DeXg|Lk ck YrU_ `oM|Yi nXfUk |UäWnsi nM|Ä` k |YMñ

I g|c_ ^ g|ô |sg_cbWb|fi "" >Y |' dclfnM| Ygrž a c Ygn|k|ñää
c|Wng|MUäW`_äd|Y`k gn|li äVXc`k Ubbmgn_`Ub_ô`g`|'"Dc`_äl
d|Y|`k Y`V|Uä` k |W|s|sb|Uä Uä` ä`C`Y_`Yä` I nXfUk |UäWä`
k |ri U|ri äWdfm|ma`cg`Vöz`_h fU dclfnM`Y`i nXfck |Yb|Už
k |XrāWā |XU|b|YnXfck äžg`bā |sk sXcg_cbUY`_cbXnW|`I`fmf
U_`Wng|UYb|f| |Uk sdcg|UW|UY|c` k |JhUk b|_UXc` k |YMñ
|srcg|UY`rk |ā|n|b|Uk sk cg_i ž Vni k c`b|ä`g|ô`Xcd|Yfc`dfm|Y`
dUYb|j| "?" |YXm|k |YWV|Xn|Y|`c|ck UXc`n|d|UYb|Už|g|Lk`ä`b|U
b|g_|la`g|c`|i`|si`g|ā`X`b|ü|fn|W|k`b|Y|c`"K |ri U|ri`dfca |Y`
V|UY|c` k |JhU`gd`nk UäWñrs|`frž`k b|_UäWñk s|W|Uc`cg`Vrā
h fā`W|W|gn| nXfck |ä`NcVUM|`U`W|Uc`h`cg`Vmb|Ud|Yb|Ug|ô`
U|g|na`k |Jh|Yä`|s|M|ck |Y_`h|b`g|UY`g|ô`k s|Yb|nXfck n|s|g`brñ
? |YXm|c`W|`Ygrž`Ycg|ā|`bā`Y`g|k`^W`|scg`VU|U`Yg|k`sd|Yb|`
k ma`c|W|cb|U| nXfUk |UäW`Yb|f|`|ä`|s`k |Jhc`V|ž|n|d|U`k |W|ž
VniU`mk`ck`Lä`g|k`c`YrU_`oM|Y`dcX|W|g|b|U|g|ô`di`äV`|b_`U|b|W|.

C`Mnā`rsV`c`_`Už`dcr|Mk`b|Yä`c`Wā
Dfml`m`_`Ug`Uā`i`nXfUk`|UäW`a`c`Wñ
Dch|c`X|`Wck`Už`k`|JhU`dfca`|Yb|j|ž
B`Ud|Yb|`h|c`g`V|ô`g`ā`k`sc`_`Ua`|b|Yb|j|`"
S`U`Xc`VfUk`gngh`|Wž
XUXc`VU`Y`#|c`#`b|Yg|ä`Y|c`fk`stUY`bc`W
`c|c`X`ch`Mñ`r|U`oM|L
k`YX`Ya`Y`k`c`|žb|YWU`g|ô`g|Lb|Y`

DeXg|Lk ck YrU_ `oM|Yrsi nM|Ä` k |YMñi nXfUk |UäWñf|U|Yb|U
Hc`nU_`oM|Y`Yg|b|Y|W`V|f|Xn|Y`df`W|mm|b|Yž`dcb|Yk`U`Y|c`W|
`Ya`gā`_`cb`f`Yb|Y`i`f|U`rā`n|U`Yä`b|YW`f`b|`g|ô`c`X`c|`b|Y|c`
dfn|Ygn|U|Yb|Yf|`|`|k`S`W|i`i`nXfck`|Yb|U`W|Y|c`V|U`U`S`U`M|c`
hY`dfn|Xn|U|g`cg`k`U|Yä`h|c`f`n|h|U`i`ž`a`i`g|gn`X`ck`|YXn|Yä`g|ô`
U_|Y|c`fc`Xn|U|`Yg|h`c`i`f|U`|s|`Xn|Y`Yg|i`a`|Y`g`W|k`|cb`rā`H`U`ž
U`m`a`|`dfn|Y`g|Uä`Yb|f|`|ô`k`sc`X`dck`|YXb|Yä`|Y`g`W`?`|YXm|ñ`
i`XUW`g|ô`h`c`_`f`Y`|ž`V|Xn|Ygn|`c|ck`nā`VniU`Wā`ä`"

Dfmñchi ^ k]WÖ ks_c`cfnY Wmfk cbc!dca UfU Wck na`
i V`Y`] b]Y VÖXn]Ygn' a [`H_U]Y^ nbUY äz dfmñchi ^`YX
bâ` k]WÖ Wmfk cbâ`]s`YXbâ` dca UfU Wck â" >Y`]`i nk Ugn
Xk W` k]WZbUUXi ^cV]YWmfk cbc!dca UfU Wck na` k]U
hYa ""?c`cf`Hb`YghVck]Ya` Vufk â`g`g`g`k Ubâ`dfmñ`Y`Mbi`
dck UbnW`g`WcfnY`]si fUh k`]s`Ygh]XYUbnXc`nL`g`g`k Ub]U
k sh[c`mali`a U]]"

?]YXmVÖXn]Ygn' 1 [`c]ek nã k Y` bUd]Yfk`c`Wng`MU`äV`
_äd]Y"" B Ughôdb]Y dcgLk`b]YnLdUcbâ` k]WÖ`i V` k]WY
bUb]g`_la`g`c`_li "" K sdfmñUX`i` [Xni`cfmg]Ugn`nsa YrcXni
Xk W` k]WZi`a]Y`ä`Wmfk cbâ` k]WÖ`dc`Yk`Y`g`f`c`b]Y`g`c`]!
_L`Z`U`dca UfU Wck`â`dc`dfUk`Y""N`L`U`Yk`b]`lc`dfnYd`nk`YbYf!
[]]`k`sc`X`dck]YXb]a`_]Yfi`b`_i "">Y`]`g`c`g` Ygn'a U]ö`b`U`fn`W`
_c[c`]bbY[cž`i`a]Y`ä`n`X`ö`M`Y`h`^`cg`V`m`i`V`U`]`cg`V`g`m`i
dfnYXa]chidc`Wc`Xn`W`c`X`b]Y^`a`c`Yrc`Vn`ä`k`cg`g`f`Uk`Y`
dUbc`_V]U`i`V`bc`g`rc`b`Y`i`V`f`U`b]Y`]ld""`b`U`g`c`_li`dca]ö`X`m`i
k]W`ä`]`f`f`Y`]`_cfmg]Ugn`ns`Xk`W`k]WZ`i`V`b`L`d`f`n`Y`W`k`
k]W`ñ`f`Y`]`_cfmg]Ugn`ns`Y`X`b`Y`E"" I`g`ä`X`d`f`n`Y`X`g`c`_L]`Ya`
]sk`df`ck`UX`g`ö`k`sg`L`b`a`Y`X`n`i`U`W`""?]YXmVÖXn]Ygn'[`ch`k`ž`k`]!
ni`U`]ni`^`f`U`bb`ä`cg`V`ö`]si`f`m`ñ`U`_`n`f`U`b]cbâ`W`ö`ä`V]U`c`H`U`M`U
Wmfk cbc!dca UfU Wck Y` k]Uhc`]s`]`lc`b`L`d`f`Uk`X`ö`V`U`X`rc`
k`U`b`Y`nc`V`U`ñ`h`ö`W`ö`ä`V]U`U`k`s`X`cg`cb`U`na`g`L`b]Y`ž`k`sd`Y`b]`
g`d`f`Uk`bâ`]s`X`f`ck`â`B]Yk`]ni`U`]ni`^`k`W`Y`d`f`c`W`g`n`X`f`ck`]Yb]U`
B]Y`g`i`d]U`g`ö`b`U`ma`d`f`c`W`g`Y`ž`Y`M`i`f`m`ñ`Y[c`f`Y`ni`H`h`
?]YXm`dc`W`i`Y`g`ž`Y`Y`b`Y`f[]U`cg`ä`l`b`ö`U`g`M`i`ñ`ž`c`k`f`n`c`W`m`i
]s`n`L`d`U`k`]WÖ`i`V`k]WZ`V`m`i`k`c`b`jä`Y`b`Y`f[]ö`n`U`_`ö`W]U`>Y`]`
g`c`g`Y`gn`Xk]Y`k]WZ`n`L`d`U`b`U`d]Y`fk`k]WÖ`dc`Yk`Y`g`f`c`!
b]Y`ž`U`b`U`ghôdb]Y`h`ö`dc`dfUk`Y""Dc`n`L`d`U`Y`b]i`k]W`k`n`l`ck]Y`X`n`
b`U`ghôdi`ä`V`n`U`_`ö`W]Y`

Dca UfU W]s]Wmfk]Y`k`sk]Yh`Y`n`U`b]`bc`V`ä`ž
Dfmñ]Y`g]Ya`c`V`d`Y`b`ä`g`n`ic`f`U`h`i`n`X`f`ck`]Yb]U`
7]U`c`ž`_f`Yk`]s`_c`W`k`n`l`Y`b]`cb`Y`a`c`V`ä`ž
G`b`Y`]s`X`Y`U`b`Y`b`U`X`g`n`Y`X`_`f`Y`g`W`ñ`f`d]Y`b]U`"

- (""A U]Unig dYfa U_ Yh

NU `oM]Yrsi nM]Yá ` k]YWhXc`i nXfUk]Ub]UrK]Yfráh

Dcb]Yk U `rk]Yfróh]Ub]YdchfU â'a k]žz]W]i nXfUk]Ub]Ya c Y
Vnâ'fhi XbY`K sk]ô_grc W]dfmálUX_ k `b]Ya c Ya mgô`nsbja]
g_ca i b]_ck UžVnXck]YXh]Yá`gô`W`ja Xc`Y[U`5sUhá` bUgá`
[k bâ`gfU]]á`VôXh]YnLcZfck Ub]Y]a]H_]M]c`i nXfUk]Ub]U
YbYf[]YnWb]Y]cž_h fYVôXh]Ya c[c`dca W]dfm]_U Xna`dfc!
VYa]YnXfck chbna žVn]k n] `ôXi` bUlc`U_]`cb`Yg]`

Dc`d]YfK gYž`_]YXn`U_]Y`rk]Yfró`fU]Vc`cg:VLE:W]fd]`bU
dck UbYgWcfnyb]Y`i Va UnLá Ubâ`_c W]nbôž`nM]Yfrn`Y#â`
Xc`_Y`Ufn`U`I nXfUk]Ub]Ya U]Wb]Y`Yg]hirk m`Yg]c]gk UbžVn
dfmgd]Ygnâ`dfc Wg`nXfck]Yb]Udc`n]U]c]gk Ub]i `cXdc]]YX
b]W`a YXnWbnW`nM]Y[k""I nM]Y`i]Yfi b`ck UbYž`dYbY`
a cW]h]YbYf[]]`Yg]h]rb]_ca]ma`bUfnôXh]Ya`Xc`k g]ca U]Ub]U
V]U`U`k scX]d]YfU]bi]bZ]_W`]sk na U]b]U]U`Y]c`nXc`bc W]Xc`
g]á c`Y]W]b]Už`Y]W]i g]l`fra mdfUk Xh]Yk scW]m`Y`]`_c W]nb]U
Yg]h]nLá Ubž]h]n]W]U]n]Uc`nâ]]dg`

=g]b]Y]Y b]Yg]á ck]M]Y`dfcg]m]f]n]h]i Už`_h f]m]a c`Y`dca`W
rk]Yfró]M]`k nM]Xfck]Yá`i V]k n]M]W]nâ`fU]b]n]Dfn]Y]X]Yk g]n]g]_ja`
VôXh]Ygn`dchfn]Vck Lâ`dcXg]Lk ck Y]c`C`Y`i`I nXfUk]Uâ]L
W]c`cfU]i V]ânck Y` k]Y]W]h]Dchfn]Vb]Y`VôXh]Y]H_`Y`nX`o]M]Y
X]Lb]Y]c`rk]Yfró]M]U`cfU]h]#i V]di]_Y`Y]c`g]Yf`W`i V]h]Y`d] fU
k s]dfm]áUX`i`d]H_`k">Y`]ck c`rk]Yfró`rb]UXi`Yg]ô`k s`_U]W
W]m]n]U`k U]f]i a ž`dfn]Ydfck UX`f]n]h]i U`k s]ma`g]á na`dca]Ygn
W]b]i ž]k s`_h`fna`g]ô`cbc`rb]UXi`Y`NU]W]W]g]ôž`V]mb]Y]fri W]á
n]U`_o]M]U`k sdcV]`i`rk]Yfró]M]Už`Y`]b]Y]Yg]h]c]bc`i`U]fra]cb]Yž
bd""b]Y]rb]UXi`Yg]ô`k s`_U]W]hd""ž`dcb]Yk U`a c[c`V]mg]f]á]V]á
k]Y]W]]sg]dck cXck Lâ`dc`U`

N]U]ja`n]M]b]Y]g]ž`k Y`c`W]ng]M]U]á]W`_âd]Y]`k s]gcb]Y`k c!
Xh]Y`Dc`_âd]Y]`d`X`Xc`dca]Ygn]W]b]Už`k s`_h`fna`VôXh]Ygn
cXdfUk]U`f]n]h]i Už`b]U]á`U]á`k]Y]W]C`Y`_]Ya`I nXfUk]Uâ]W]á`
]s]dch]f]na`U`â`k sX]cb]U]W""Gdc`f]m]b]U]rk]Yfróž`Y`]`Yg]h]c]V]W
b]Yk sdcV]`i`ž`b]U`Y]c`Z]h]c[fU`ô`i`V`_`U`_g]Yf`W]U]Vc`d] fU`
K]ri]U]ri`rk]Yfró`W`_ck]M]Y`nXfck Yž`k s]X]U]b]Y`_cb]Xn]W]`

K sgkc]a `i a m`YrcVUMi`U_`chUMU`Y`UgbYzVfancK Y`k]U
hc`cs]UnW`_fUk oXn]UW''I`fmm`U`_rk]Yfnôdfca]Yb]i`Y`hâ`
YbYf[]â`]s`Yghb]YgLa ck]WY`gMô`_]k Y`DcXMG`k]ri U]rUW`
dfnY`U`i`M] WYfUXc`W]si`[]`fY`_]`hc`k`U`b]Y`gâ`hY`Ya`cWZ`
h`fY`WWgn]dcM]`äz`]YXncgâ[]b]Ygn`W`_]srk]Yfnô`rcg]Ub]Y`
i nXfck]cbYk]nfi`b`_ck]rk]Yfnô]U`?]YXmVôXn]Ygn[]ch`kz`
chk`f`cW]ädcg]Uk`k]Wô`bUg`c`_]i`]sdcXMG`n]UdU]Ub]U`Yz`
k`ra`k`n]U`ôM]`

D] fUëg]f`äz`_c`W]s`fYk`/

A`^rk]YfnôM]dfm]UM]Y`nXfck]Y`Z`

NXf`k`Y`gh]sW]nãM]`Y`g`ninnkz`

K`ra`cW]cbnãk`n]M]cbrã`k]UhYá`k`bYh`U]b]Y`Y`

Proszki

Dfcgn_]i`nXfUk]UãW`a`c`bU`g`g`k`Uä`Xc`_]`_i`f`bnW`W`
`k`dfm]c]ck`Ub]U`dfcgn]W`k]YW]c`ck`nWZ`i`gnlnk`Ub]U`
fô[]i`dcXMG`a`U`]]`k]W]i`V`fcnglnk`Ub]U`dfcgn]`z`M]`
g]k`cfmã`U`fô`i`nXfUk]UãW`YbYf[]]]`Dfcgn_]`gâ`V`FXc`U`k`Y`
Xc`g]cfrãXn]b]U]sXc`VnY`Y`a`]Yá`dcX`fô`â`U`c`dfcgn]Z`k`nh`
[]cXbYUfhZU`m]a`U`]W]bY[]ck`k`Y`Xc`i`n]Uk`s`U`XY`Wk`]"]`

DfcgnY`I`nXfUk]UãW]h

% m_Ugn]Uk]

& mW]_]`a`U]fUb`_i`_i`VcfY]Ubc`

& mW]_]`a`]ôhm`

% m_Ug`fcV`]`_i`_i`fnXn]UbY`^`

B`U`U`X`i`^`_`U`XY`n]n]`_`dfU`b]Yb]Yá`i`nXfck]Yb]U]si`hfm]`_`U`XY`
nc`g`VbUn]b]a`_dc`â`M]gn`Y`nY`g`fcV]ã`?]YXmXcXU]g`fcV]ô`
_i`_i`fnXn]Ubãz`[]ck`k`m]dfcgnY`_`dfnYgn]`Xc`Vi`hY`_]`]sdc`k`]cã`
[]c`Y`XbY`a`i`W`ck`]`_i`nXfUk]Ub]i`"]`

