

I

HMAR ṬOBUL LE INVAWNG DAN

Ṭobul thusimin a hril dan chun Hmarhai hi China rama inthawka hung thlang tla nia hriet an nih. An hung inṭanna hmun tak chu Sinlung ti a nih. Sinlung umna hmun chie hi chieng faka hril thei a ni nawh. Szechuan state sunga Yulung vadunga inthawka hla lo tea um Sinlung khi a ni el thei dim! Ieng khawm ni sien, Hmar thlatu bulhai chun China rama inthawka hung thlang tla ngei an ni hi inphat ruol ani nawh. China rama inthawkin Tibet tlang bul hung hrut thlain Burma rama an hung lut a. Shan phaizawlah hun sawt tak an um hnungin, India hmarsaka hmun hran hranah an hung chuongkai tah a nih. Vawisuna Hmarhai umna chu Cachar le North Cachar Hills, Assam; Meghalaya, Mizoram, Manipur le Tripura an nih. Burma rama iemani zat chambang an la um zing bawk.

Tiena tlanga inthawkin Hmarhai chu lal neia khuo hluo hlak an lo nih a. Lal chu khawsattu, khawsung roreltu lu tak, khuo le tuihai enkawltu tak a nih. Lal rorelna inghatna bul chu khawnbawlhαι (siehmang) an nih. Khawnbawl ding hin lal chun a khuo sunga mi var le ringum a ruot hlak. Lal dam naw changa a aiaw thei ding khawnbawl upa ruot a ni hlak a, chu chu muolkilmiṭha ti'n an ko hlak.

Inlalna hi inthla sawng peia fe a nih. Lal chu zankhat mitsim tuokin lo um tan aw sien, a nau pasal laia naupang takin inlalna chang a tih. Rorel thei a la ni naw chun, laibung piengpui laia upa takin a puitling hma po rorelna a lo chel hlak. Hmar pahnam hieng Leiri le Changsanhai ruok chu nau upa rohluo an nih. India ramin zalenna a hung hmu hma po khan, lalhai chun an khuo le tuihaia inthawkin busung-sadar kum tin an fak hlak.

Lal le a khawnbawl upahai chun khawsunga thubuoi hla buoihai hnam dan dungzuiin an rel hlak. Misuol, rukru, nuhmei chung a thubuoi, dan le thupek bawsietu, khawtlang himna le muongna suksetu, insukpal thua buoina, nuhmei pasal chung a thubuoi le tuolthat chenin lal le a khawnbawlhαι chun an rel hlak. Lal rorelna le thutlukna chu thu tawp a nih hlak.

Lal le khawnbawlin thiemnaw an changtir hai chu a thu zirin siel le salam an chawi hlak. Salam chu vawk a ni chun, sum thum neka chin lo a nih hlak a, lal le khawnbawlhαι chan a nih a. Lal le khawnbawl upahai chu fak le dawn zuwngna kawng, khuo sung hmasawanna kawng, ram le hmun ṭhetna le khawsung thil hrim hrima thuneitu insang tak an nih.

Khawtlang siemthatna dinga tlanggina inthawk ve lo mi tu khawm, dam naw lei an naw leh, a um naw lei a ni ngawt naw chun, khawtlang thuneituha'n an run hlak a, ni khat tha hu ding awm tawk an inchawitir hlak.

Lal le khawnbawl thurel le thupek iengkim mipui huoma inhriettirtu chu tlangsam a nih. Khawsunga vantlang inkhawm hun ding le mipui hriet tul hai chu veng tina tlangamin an hriettir hlak. Hriemhrei le hmangruo iengkim suttu thirsu veng tina an um hlak. Tlangsam le thirsu khawm hin busung a tlawm a zawng an chang ve hlak.

Khawtlang inenkawlina le invawngna mi pawimaw em em valupa an um nawk a. Tiena tlanga pi le puha'n an lo hmang hlak, Hmar hnam nuna mawi tak chu tlawmngaina a nih. Tlawmngaina chu khuokhirna le phutluina thang loa nungchang le thilthawa suklang a nih. Tlawmngaina umzie hi thumal pakhata hrilfie el thei a nih nawh. Entirna pek a ngai. Lunginsietna le zangaina thanga, mani ta ding ngaituo der lo a, hmu let ding beiseina nei baw lo a, mi dang ta dinga rinum tuor khawm huoma inpek zona nun neitu chu mi tlawmngai thei an ni hlak. Mi tlawmngai thei hai chun sa huoi le raldonaah khawm a hmatawng tak ni an tum tlat hlak. Chuong ang tlawmngaina nei ding chun pi le puhaiin an nauhai le an tu le tehai khawm an lo inchuktir hlak.

Tlawmngai insuona chu hienghai hi an ni tlangpui:

1. Phingtam dangchar tuok huna, a fa nuhnung tak le a dawn nuhnung tak ni an inchu hlak. Ruoithenaa neka upa lemin an fak hma'n, an fak hmasa ngai nawh.
2. Thil insem ni khuoah, upa lemin an lak hma chun an chan an lak khal ngai nawh.
3. Ram fenaa ruol le pai damnaw le hliemin um hai sien an maksan ngai nawh. Zawn tul an ni chun, zawnpuitu ding mi fielin an zawn hlak. Rama rikpui tul sien, an riekpui el hlak.
4. Ral le sahrang hmatawngnaa a suok hmasa tak ni an tum hlak.
5. Ramsuok nia zing tho hmasa tak le thlai suong hmasa tak ni an inchu hlak.
6. Mi inhmang zawng ni khuoa, a thisaa hmu a ni hlauh chun tiin a tuomna ding puon a rukin an taivawn hlak. Sarthi a hmu hmasa taktu le puon inkhum hmasa taktu ni an inchu hlak.
7. Damnaw le mithi khuol rala thak ding ni sien, a putrawn tak le sawt tak ni an inchu hlak.
8. Mithi ni khuoa, khuorala thango tul sien, tir ngai loa, a fe hmasa tak ni an inchu hlak.

9. Mani neka up lem inzana an nei lien em em a. Upa thu chu lal thupek ang tawpin an ngai a, an sel ngai nawh.
10. Lusun le khawsawt lengpui le riekpuitu ni an tum tlat hlak.
11. Damnaw le hmeithai thangpui ngai thangpui hmasa taktu ni an inchu hlak
12. Iengkim thawnaah mit rawng bawl lovin a thawrawn tak le a thaw tha tak ni an tum hlak.

Hieng hai hi tlawmngaina suklangna tlangpui deuh deuh hai chu an nih. Tlawmngaina kengkawna le mawphurna pawimaw tak cheltu chu valupa an nih. Valupa chu tlangval upa, mi taima, mi fel, mani in sung rel fel mi le khawsak dan iengkima mi entawn tlak an nih hlak.

Hnamin hma a sawn ang peiin, khawtlang nun khawm a hung inthlak danglam pei a. India ramzin zalenna a hung hmu hnung lem chun, mipui insawrkarna ei hung lak lut a. Khawtlang thuoituhai chu mipui thlang an hung ni tah a. Valupahai khawm a ruota ruot ni ta lovin thlang an hung ni lem tah. Tlawmngaina a tha lai zingin, khawvel intlansiekna le inelna a dang tah a. Chuleiin, tienlaia ei thil ngaihluthai (traditional values) hai hi tulai ram hmasawna leh khawvel pumpui huop (globalization) thila ngaihlut um hai leh ei buk khi a, ei insiemrem pei hi a tul tak zet a nih.

I

HMAR INNEI DAN

(Kristien ni hma)

Kristien ni hmain Hmarhaiin innei dan chi li an nei a;

1. **Sawngpuia innei:** Nu le pa inbiek rema innei chu sawngpuia innei an tih. Hi hi innei dan tlangpui tak chu a nih. Tienlai chun thiempu'n inneinaa chanvo ieng khawm a nei ve nawh. Mo thuoi suok ding tawmin thiempu'n mal a sawm hlak. Chu naw chu thiempu'n thaw dang iengkhawm a nei nawh.
2. **Chawngmolak:** Innei dan chi hnina chu chawngmolak an tih. Nuhmei pasal la nei thei si lo, a nu le pa remtinain thuoi thei a nih a. Mihriem dana pasal nei theia a um hma po, a tarpu le tarpinuin zalpui an ta. Puitling pasal nei thei a ni pha, man le muol khumin, sawngpuiin innei hlak.
3. **Arasi hnuoia innei:** Innei dan chi thumna chu arasi hnuoia innei an tih. Arasi hnuoia innei chu nu le pa rem tina thang lo va, a ruka inneihai hi an nih. Nu le pa an inbiekrem thei chun man le muol dan pangngai angin an rel hlak. Amiruokchu, nuhmei pa a lung a awi naw hle chun, man pangngai baka inruk man sekhat an chawisatir thei. Inbiek rem hnung chun sawngpuia innei ang bawkin an inneitir nawk hlak. Inruka pasal nei hai chun zuornan an nei ngai nawh.
4. **Tlun:** Nughakin tlangval a pasal dinga a dit hle chun, pasal inah lutin a hlukhum thei a. Pasal inah chun zan khat a riek thei phawt chun, tlangval khan zalpui sien, zalpui naw sien, a nuhmeia ngai a ni ta hrim hrim. Pasalin a nei nuom tlat naw a, a tirsuok chun makman sekhat pein a tirsuok thei. Tlangval khawmin nunghak a tlun thei bawk. Nunghak ina sutpuiah a mansapui a bang thei phawt chun, zalpui sien zalpui naw sien, a tlun hlawtling a nih. Amiruokchu, nunghak inah kum hni um a ta, man le nuol chawi naw ni. Kum hni tling lova, in tum a suokpui chun, a kawng a hlaw zo naw lein man le muol chawi a tih. Kum hni tling lova ama chauh a suok nawk el a ni chun, kut bengthekin mazu mei indawkin a suok el hlak. Nuhmeiin a tluntu pasal dit ta lovin, tir dawk el sien hmaimawk man sekhat a pek hlak. Chun, Hmar hnam dana pasalin nuhmei a va tlun khawm ni sien, an nauhaiin an pa pahnam hming an sawm lem hlak Dannaranin, pasal nuhmei tlunta chu makpa sungkhum a ni hlak.

Inhuol dan:

1.Thirdam: Thirdam hi pasalin nuhmei a huolna a nih. Thirdam chu tuthlaw, an naw leh hreipui the tharlaizawn puonin an tuom a, nuhmei nu le pa kutah laibung hrietpui ve vein an pek hlak. Thirdam pek hnungin nunghak chu innei a nuom nawk ta naw chun, thirdam le sekhat a letkir thei. Chun, thirdam sie ta chun nunghak kha tlangval dangin an sai a thieng ta nawh.

2. Zawlpuonpha: Nunghakin pasal ding a huolna chu zawlpuonpha a nih. Nunghaknu khan makpa dinga a dit chu mi dang leng òn hnungin zawlpuon a phapek hlak a, a òn pha leh puon chu a hawn hlak. Nunghak chu zalpuiin zalpui naw sien, zawlpuon chungah a zal ta leiin, a nuhmei dingin a pawm tah tina a nih. Tlangvalin nughak chu a hnungin nei nuom naw sien, hmaimaww man sekhat pein a òe thei.

Nuhmei biekk dan:

Nuhmei pasal inneinaa nuhmei le pasal tieng nu le pa le laibunghai an inbiek rem hmasa zet hlak. Pasal tienga pa chun a zawlpa, laibunghai le puhai be rawn hmasa zetin makpa zu bel nuhmei inah an inputtir hlak. Vawikhat inbieknaa zu sem hi zudam an ti hlak. Makpa chun zu chu nuhmei tienga a puipa tak le a laibunghai sem hmasa phawt a ta; chu hnunga chun pasal tienga a puipa takin an naunu hnina òawngbau mawi theipa tawpin thubul hei hril òan a ta, chuong lai chun tu khawm òawng mur mur an um ngai nawh. An inbiek rem thei chun inhuolna thirdam an sie hlak a; man le muol relna dingin hun bituk an siem nghal hlak.

Man leh muol: Tienlai chu nuhmeiin man an nei nawh a. Pasalin nuhmei a nei ding chun, a hlaw damin a hlaw hlak. Hmar pahnam laia nuhmei hlaw hriet hmasa tak chu Hrangchal a nih. Nuhmei hlaw dan chi tum tum a um a. Sahrang that dam, ral that dam, thing ngawr dam le tarpu inah kum thum umin an hlaw hlak. Thuthlung Hluia khawm khan Mosie le Jacob-ha'n an nuhmeihai an hlaw thu ei hmu a; Hmarhai leh inangna tak khawm an nei. Rengpa Luopui huna inthawkin man leh muol bi thliek hi an nei chauh niin an lang. Pahnam tin lai man leh muol an zat seng nawh. Nuhmei man tlangpui chu a hnuoia ang hi a nih.

- I.** Pa inah lut po chu pa inhawn, panghak, nisum, sangdawn man le manpui an nih. Panghak chu nuhmei pa laibungin fang a ta, nisum chu pa farnu, chun sangdawn man chu nuhmei (pasal nei ding) lo dawn hlak tu'n fang a tih.
- II.** Pu inah pu inhawn le pusum lut a tih.
- III.** Man nepnawi danghai: nuhmeiin a u pasal nei hmaa pasal a nei chun, pasal tiengha'n u khelman chawisang an tih.
- IV.** Nuhmei chu an urenga naupang tak a ni chun, pasal tiengin nuzum man chawisang an tih.
- V.** Zuorman le òien man a um nawk a. Zuorhai hi mo thilsawmhai phurtu an ni a, zuor uparha'n an inrawi hlak. Movin thil rik tham deuh inzawn tul a sawm chun, makhaiin an zawn hlak a, a zawn man an lak ve hlak.
- VI.** Man òungpha: Man latuha'n man an lakin a rengin an lak ngai nawh a, man thungpha ti'n iemani zat an inkir hlak.

Sumkhum sa: Man leh muol lak a ni ta chun, nuhmei tieng pahaiin sumkhum sa tiin vawk sum nga neka chin lo an that hlak. A hrap, a lu le a sung thanglo a mei umna tieng chu moin a pasal in tieng a sawm hlak.

Sabar: Nuhmei tieng pahaiin a hrap khing - a lu le a sung umna tieng chu suong an ta. A mal le a dar ruok chu but an ta, sabar dingin sie hran an tih. Sabara thang dinghai chu pasal moneitu tienga puipa tak le zudam puttu makpa an nih a; nuhmei tienga pa aia tawngtu le makpa an nih.

Mo thuo: Mo thuo dingin pasal thienpa, far le zuorhai an fe hlak a. Mo chu a suok ding tawmin, a ke chu thiempu'n hmunphi tui sukhuin a hruk pek a: "Khuonu kluopa'n mal sawm sien la che, bu sang bu za va thlo la, nau le te inhringin mi kaldung kalkhang va zauh rawh,"ti'n mal a sawm hlak. Monu chu a ke chang tiengin kawtkhar a kan hmasa a, chu zova, a thiennu, zuorhai le mipuiin an zui hlak.

Mo thil sawmhai: Kristien ni hma chun danaranin a hnuoia hai hi movin a sawm hlak: puonri, hreipui, dawrawn, kawngvar, thuthlaw, rel, belvar, hmoi le a dang dang. Tienlai chu movin relpuon a pasal farnu le tu le tehai kuoma sem dingin mofam a phursa hlak.

Mo lawm: Tienlai khawm mo lawm hi an lo ursun em em a. Ranpui thatin roui an the a; mo sahrap phur ruok kha chu mo lawm ni zinga an suong chauh hlak. Mo lawma khawvar an ching hlak a, monu khawm a in hman bik nawh. Mo lawm zova, mopa rawiha'n khum an daw a; monu khawm a thiennu leh zan khat zan hni dam an la riek hmun khat hlak. Chu sung chun, mopa khawm chu in dangah a la riek hlak.

Sul inle: Innei zo thla khat hnungah mo chu a pasal leh a pahai inah iemani chen um dingin sul inlein an va um hlak. A pa le tahai chun rante thatin a lo lawm lut a, mal an sawm hlak.

Khi a chung a ei hril haia inthawk khin, Hmarhai chun innei dan le man le muol hai mumal takin an nei ti ei hmu. Khawtlang nun inthlak danglam sien khawm, man le muol ruok hi chu sukdanglam a um meuh nawh. Tienlaia sekhata inpek hlak kha, suma inpek a ni lem chauh a nih. Hi lai thu hi chieng lemin, Hmarhai Kristien an ni hnunga an innei dan ei la hung hril ding a nih.

III

HMAR INNEI DAN LE INTHE DAN

(Kristien ni hnungin)

Hmarhai Kristien an ni hnungin an khawtlang nuna inthlak danglamna nasatak a hung um a. Abikin innei dana tienlai thil an la sawm zing le an bansan ta hai hei hril ei tih.

Tienlai chu nuhmei pasal innei hi nu le pa suktuo a ni deuh tak a. Nuhmeiin ditthlangna a nei nawh. Kristien ni hnung ruok chun nu le pa le an nei dinghai tha ti tlangna a zawng deuh tak tah. Chun, nu le pa remti lo chun kohran dana innei a rem naw leiin, a rugin an innei hlak. Chuonga innei hai chu kohran dan puoa iemani chen an um hnungin, pastorin pindanah a la'n nei thattir nawk hlak.

Kristien ni hnung chun nuhmei bieknua zudam aia thingpui hmang a ni lem tah a. Inhuolna zawlpuon pha thaw a ni ngai ta nawh a, thiridam ruok chu tuchen hin hmang zing a la nih. Man le muol khawm tienlaia sekhat ti aia pawisa'n inpek an ni lem tah.

Pasal le nuhmei tieng nu le pa an inbiek rem pha, kohran dan angin biekin bangah upain inneina lekha ni 15 sung a tar hlak. Mo le a pasal ding kohran hran an ni chun, an biekin ve veah upahaiin inneina lekha chu an tar hlak. Inneina hun bituk chena lekha tar chu kei thlak a ni naw chun, inneina rawngbawl na chu pastorin a thaw chauh hlak.

Khawvel khawsak dan a hung danglam pei leiin, mo thilsawmhai khawm a hung danglam peia. Tienlaia puonri aiin dunlop puonpha amani sahmul puonlum (blanket) hai sawm an ni lem tah. Tu tieng tieng lem hin chu pi le puhai thaw ngai lo, in sung neinunghai lem chun khum, almaira, sofa set, thingrem, bur le bel le thil dang tam tak an sawm hlak.

Tulaia mo thilsawm ei chiengtharhai hi iengtin am i ngai a?"

Tulaia mo thilsawm ei chingtharhai hi ei nunphunga um ni lo, ei kawla vela hnam danghai ching dan ei kawpi niin an lang. Hieng thilsawmhai hin ei khawtlang nunah mi neinung le mi pasiehai kar awl lien tak zie a suklangin ka hriet. Ka ngiadan chun ching zawm naw ni sien tha ka tih. Inhmangaia innei chu, movin a hak a bil lai le a thuomhnaw dang lo thei lova a hmang tul hai a chawi el hi hun tawkin ka hriet. Mo inthlatu nu le pa le laibungha'n an naunu an ditsak hle a ni chun, in tum an hlual pha an nuom ang angin inthuum raw hai se; tu khawmin ei sawisel thei nawh.

Nang iengtin am i ngai ve? Kristien dana inneinaah hin Saphai thaw dan mo form hi ei insukhmu nasa ta em em a. Kum 1994 lai vel khan Imphal HYA chun Saphai thaw dan hmang ta naw inla, mo chu hnam incheiin, zakuo laisen le puonlaisen bi el dingin thupek a siem a. Amiruokchu, hi thupek hi zawm nekin bawsiet a tam lem a. HYA hotu le mi thenkhat karah khawm inhriet thiem nawna lien tak an tlungtir ngheh nghe. Hi thuah hin iem i ngaidan?

Awleh, ei mi thiemhai, kohran ðuoitu le khawtlang ðuoituhai ngaidan ei zuk hriet tah a. A nih, tulaia ei khawsakna khawvel hi computer age-a cheng ei ni tah a. Khawpuia ei nunghak ei tlangvalhai inlengna khawm internet a lo ni lem tah. Chuleiin, khawvel hmasawn dan dungzuia ei hnam nunphunghai le ching danhai khawm ei siemrem pei a ðul a. Ei hla phuoktuin, “Hnam dang dan ðahai la veng ei ta, an dan suol thik loin,” a ti angin, a thahai ei nunphungah lak lut pei tum ei ta. Hun hung inthlak danglam ang peia nundan thlak danglam ve chu lo thei lo thil a nih.

Awleh, Kristien ni hma le ni hnunga innei dan a tlangpui ei zuk hril tah a. Nuhmei pasal innei hi Pathien samsui an ni vawng naw ning a tih, tienlai le tutai khawm nupa inthe hi ei ni lai khawm a um hlak a, Sapram angin a tam naw ti chauh a nih. Kohran dana innei Bible-in ‘Pathienin a zawm ta chu, mihriemin the naw raw se’ ti sien khawm nupa inngei naw na na chu an inthe a ngai hlak.

Nupa inthe dan:

- 1. Mak:** Pasalin a nuhmei a mak thei. Pasalin nuhmei a mak chun sekhat inchawitirin an mak hlak. Chubaka man le muol bat a la um chun, pe tlak vawng a ta, nuhmei thuomhnaw a la um po po chu mak le laibungha’n nuhmei inah thak vawng an tih. Pasalin an sira a mak hnung nuhmei ko nawk a nuom chun sekhatin a ko nawk a, a makna sekhat ruok kha chu an tang sawng ta hlak.
- 2. Sum insuo:** Nuhmeiin sum insuoin a pasal a the thei. Chu umzie chu man le muol pek ta sa hai po po kha a pekkir nawk hlak. A thuomhnaw la um po po khawm an intieng a hawn kir nawk vawng hlak. Pa inhawn, pu inhawn le man ðungpha ruok kha chu hril a um ta ngai nawh.
- 3. Peksachanga inthe:** Nupa inthe dan pakhat nawk chu peksachanga inthe a nih. Man le muol pek ta sa hai po po kha inkir um lovin an tang sawnga; nuhmei thuom thil la um hai ruok chu mak le laibunghin nuhmei inah an thak kir nawk hlak. Man bat a la um khawmin ðhin a um ta ngai nawh.
- 4. Inthatthe:** Inthe dan dang nawk chu nuhmei le pasal remti ve vea inthehai chu inthatthe an tih. An um hmunkhat laia an thil lamsuok po po khawm an insem hlak.

5. **Nuhmei zam:** Inthe ni si lo, pasal le a sunghai chungaw lungawi naw leiin nuhmei chu an inah an naw leh a tahai inah a zam thei. Nuhmei chu thiem sien thiem naw sien a pasalin a ko nawk hlak. A ko nuom naw tlat chun paksachangin a mak thei. Chun, nuhmei chu pasalin a kova, a fe nuom ta tlat naw chun sum an suo el thei baw.

Inthena san thenkhathai: Hmar lai hin nupa inthe hi a tlawm em em a. Asan chu Kohran dana innei hin nasatakin nupa a khuop a, Bible inchuktirnain nupa inthe a khap tlat baw a. Amiruokchu, chuongsa khawm chun nupa inthena hi a um thova, a san tam tak um a tih, thenkhat chauh zuk tarlang ei tih.

1. **Uirena lei:** Hmar hnam dana tha lo pakhat chu nuhmei uire a lak vung a, pasal uire chu iengkhawm hril a um nawh. Nuhmei pasal nei lai zingin mipa amani tlangval dang amani a lo inditpui chun, a pasalin a mak thei a, nuhmei chun a sil le a bil lai chauh a suokpui thei a, a thilsawmhai pakhat khawm a lak suok thei ta nawh. A uirepuipa'n man le muol chawi ta sa po po chu a pasal a peng a ta, amiruokchu nuhmei a uiretpui nu chu a nuhmei dinga a thuoighal chun, man le muol a hranin chawi ta naw nih.

1. Tarpi tarpuhai le inrem naw leiin nupa inthena an tlun thei.

2. Lungril inmil naw le hrisel nawna leiin nupa chu an inthe hlak baw.

3. Pasal nunrawng lei khawmin nupa inthena a um hlak. Pasalin a nuhmei a vuok a vuok chun nupa inthena a um hlak.

Inthe ta chun nauhai po po kha, pasal chan an nih a. Amiruokchu, nuhmeiin a nauhai chu pasal dang nei ta lova, tul a nuom chun, a kawl thei. Amiruokchu, Hmar hnam hi pa tienga pahnam sui an ni leiin, nauhai chu nu enkawlinaa hung seilien le puitling ni hai sien khawm, an pa pahnam an put zing hlak.

Chun, tulai khawvel inher danglam ang peiin, makman, khawmpuichim man ti hai khawm hi sekhat sehni ti zawnga intuk ni ta lovin, pawisaa inpek a ni lem tah. Dannaranin makman hi cheng zanga a nih deuh tak.

IV

NUHMEI CHUNGCHANGA LEI CHAWINAHAI

Tienlai chu Hmar khawtlanga nuna nuhmei chan an hnuoi em em. Chuonga khawtlanga chan sie lem chang ni hai sien khawm, pasalin nuhmei a nuom nuoma, kutthaknulnaa a hmang a thieng nawh. Nuhmei chanvo le nina humna dingin dan le dun fel tak an lo nei a. Abikin nuhmei chung thu bika leichawi theina hai zuk sawrbing ei tih.

I. Sawn thlak:

- a) Pasalin nuhmei nau an paitira a nei nuom nawk si naw chun sawn a thlak a nih. Sawn thlaktu chun sawn man (zawlle) sekhat le salam a chawi hlak. Salam hi lal le a khawnbawlhail chan a nih a, zawlle ruok chu sawn paitu nuhmei chan a nih. Amiruokchu, sawn thlaktupa'n a nei nuom a, nuhmei a lo nuom naw chun sawn man an lak ngai nawh, sawn a pai thlawn a nih.
- b) Pasalin minuhai an raitir a, a nei nuom nawk si naw chun; uiret leia a chawi ding po po bakah sawn man sekhat a chawi belsa hlak.
- c) Nuhmeiin mi tamtak lakah sawn a pai a, a pa ding bik a hriet naw chun, sawn man bovin nau a pai thlawn a na; falakin a pawm el hlak.
- d) Sawn man chawia um nau chu kum thum sung a nu'n a pawm tlei a tih. Kum thum a tling hmainsal neisan ruok chun, an naw leh zan khat misim a lo tuok pal chun, sawn nau chu a pa kuomah nau thuoiman bovin an thak hlak
- e) Sawn nau chu kum thum a tling pha leh, nau thuoiman sekhat peinau chu an thuoiman hlak.
- f) Sawn man chawia um, nuhmei chu raichein lo thi pal sien la, an raiirtu'n luongman sekhat a chawi belsa hlak.
- g) Sawnman chawita sa inrainu chu tlangval dangin lo zalpui sien, tlangval chun nau mawngsawp man sawn man chawitu kuomah a pek hlak.
- h) Sawn nau chu a pieng hlimin a nu'n enkawl lova, a pa kuomah a thak nghal chun sawn man lak ta sa chu a nu'n letkir a tih.

- i) Nuhmeiin a naupainapa rawn lova nau a sukthlak chun an paitirtu pasal kuomah sekhat peng a ta, sawn man intel ta sa chu let kir a ta, a lo vangduoi pal a ni khawmin a tuor thlawn a nih.
- j) Pasalin sawn man a chawi hnungin nuhmei chu nei dingin a thuoii chun, sawn man chawi tasa kha manpuiin an pawm hlak.
- k) Nunghak tlangval dang laka nau pai ta hnungin pasal dang a nei a, a pasalin inraisa a nih ti a hriet dawk leia a hnawtdawk nawk chun, man le muol a chawi ta sa po po kha nuhmeiin a let kir hlak. Sawn nau chu nuhmei a ni chun, a nu'n kum thum sung enkawl a ta, kum thum hnunga a pa'n a thuoii man chawiin thuoii a ta, pasal a nei phaleh a pa'n manpui an telnaa mi kha a nu kuomah sekhat an faktir ve hlak.
- l) Nuhmei inraiiin an raitirtu hriet naw karin pasal nei sien la, chu pasal chun inraisa a ni leia hnuolsuot lova a tirkir chuong naw chun an raitirtupa'n sawn man a chawia, amiruokchu a naupai a sukpwawrche manin nau mawngsawp man sekhat nuhmeiin a naupainapa kuomah a chawi ve a; a nau chu a pasal nei hmaa an raitirtupa nau a na, kum thum a tling phaleh an raitirtu chun sekhatin a sawn nau chu a thuoii hlak.

II. Suoillui:

- a) Pasalin nuhmei a nuom naw saa a zalpui chun a suollui a nih. A hlawtling chun suollui man chawi a tih. A hlawtling naw khawma suol manin lei chawi tho a tih.
- b) Pasalin nuhmei a suollui leia nau a lo pai chun, suollui man baka sawn man le salam a chawi hlak.
- c) Pasalin nuhmei a suollui leia, nuhmei thangtlawmin a suolluitu chung a kut a thlak chun, chu pa chun a suol man a tuor thlawn el a nih.
- d) Pasalin nuhmei kum tling lo (kum 15 la tling lo) a suollui hlawtling chun, suollui man, suksiet man le salam chawi kawp a tih.
- e) Pasalin nuhmei inthia hliem tuor khawpa a suollui chun, suollui man baka, sukthlabar man chawi sang a tih.

III. Rim:

Rim chu nuhmei a hriet naw kar le an ring lawk naw kara zalpui chu rim a nih.

- a) Pasalin nuhmei a hriet naw kar a zalnaah a va pana, nuhmei remti lei ni lo va a zalpui chun a rim hlawtling a nih. Rim man sekhat a chawi hlak.

- b) Rim leia nuhmeiin nau a lo pai chun, rimlui man bakah sawn man sekhat a chawi belsa hlak.
- c) Nuhmei thil inrui an naw leh damnaw chang thei lo in innghil chu pasalin a rim hlawtling chun, rim man sekhat a chawi a, nau a lo pai chun sawn man sekhat a pek belsa hlak.

IV. Nene them:

- a) Pasalin nuhmei remtina le phalna ni lova a nene a kutpara a tawk, a fun, a pur chun a them a nih. Nene them man tlai khat le salam a chawi hlak.
- b) Pasalin nuhmei nene a themlui pek a, mi dang kuomah insukchet theina le uongthuongnaa a hmang chun, sukhmingsiet man tlai khat le salam chawi a tih.
- c) Pasalin minuhai nene a purpek a. A pasal le a sunghai lungawi naw leiin nuhmei chu an hnawtdawk pha chun, nene themtupa chun tlai khat le salam a chawi bak a, nuhmei chu sekhatin a kopek ding a nih.

V. Ser them: Pasalin nuhmei inring naw kar a ser a kutpara a tawk, a fun, a them chun a pur a nih. Puonbila sana a pur khawm ni sien, tlai khat le salam chawi a tih.

VI. Puonbil hlimpek:

- a) Pasalin nuhmei a remtina thang lova a puonbil a hlimpek chun suknawmnatna, hmusitna le inleknaa a thaw a ni leiin siel le salam chawi a tih.
- b) Pasalin mi dang hmu hawiha nuhmei thumhnaw sil le bil lai phawt phawt lei kuoi zawnga a sawisak chun siel le salam chawi a tih.

VII. Khumpui sukpawrche: Nupa an naw leh nunghak zalna in sunga tha taka puon phaa um chu khumpui a nih. Chuong ang khumpui chu ram riekna rabawk ni sien, in ni sien sukpawrche a thieng nawh.

- a) Pasalin mi khumpui chungah nuhmei a zalpui chun, mi khumpui a sukpawrche a nih. Khumpui sukpawrche man lei chawi a tih.
- b) Mi tu khawm khum neitu remtina thang lova mi khum chungah a zal, an thung an naw leh a bawk chun khumpui an za naw a nih. Chuleiin, khumpui inza naw man lei chawi a tih.

V

ROHLUO DAN

Hmar hnam dan le nunphunga pawimaw tak hai laia pakhat chu ro inhluo sawng dan hi a nih. Hmar hnam sungah hin pahnam (clan) 30 chuong a um a; chu pahnam sungah chun hnam siper 200 chuong zet a um nawk a. A hmaa ei hril ta ang khan, Hmar pahnam lai hin nau pasal upa tak rohluo an um a; nau pasal naupang tak ro hluo an um bawk. Hmar hnam dana ‘ro’ ti hin sum le pai, in hmun, lo hmun, in sung bungbel, hmangruo, thoumhnaw, huon, ram le a dang dang a huom.

Ro hi chi hnih a the a nih:

1. Pi pu thanga inthla sawng pei ro.
2. Pa’n ama thanga a lam suok lieu lieu ro.

1. Pasal rohluotu nina;

- 1) Hmar hnam chu pi le pu thanga inthawka pasal tienga inthla sawng an ni leiin ro chu nau pasalin a hluo ding a nih. Rohlutu ding chun a nu le pa enkawl a ta, in sung khawsak maw po po phur vawng a tih. A nu le pa a chawm hlum ngei ding a nih.
- 2) Hmar pahnam hieng. Faihriem, Leiri, Changsan le Khurbihai hi nau upa rohluo pahnam an nih a, nau pasal upa takin a pa ro a hluo ding a nih. Pahnam dang dang hai ruok chu naupang rohluo pahnam an nih a, naupasal a naupang takin a pa ro hluong a tih.
- 3) Nau inphir pasal an ni chun a suok hmasa chu a upa lem a nih a, a suok nuhnung chu a naupang lem a nih.
- 4) Upa rohluo pahnama rohluotu chu suon le par, naupasal nei lovin a suonmawng chun, an hnaipui tak a sangp’an a pa ro hluong a tih. Rohluotu chun a upa nuhmei le nauhai, nau a nei ta chun, enkawl a ta, chawm vawng bawk a tih.
- 5) Naupang rohluo pahnam rohluotu chu suon le par, naupasal nei lovin a suonmawng chun, an hnaipui tak a upa’n a pa ro hluong a tih. Rohluotu chun a sangpa nuhmei, nau a nei ta chun a nauhai po po enkawl a ta, chawm vawng bawk a tih. A sangpa nuhmei le nauhai a chawm nuom naw a, a enkawl nuom naw chun, an ro inkhawm lui thei naw nih.
- 6) Tu khawm rohluotu indik tak ni sien khawm, a nu le pa a enkawl pei nawh a, a chawm hlum nuom naw chun a pa ro hluo thei naw nih.

- 7) Rohluotu indik tak ni sien khawm rohluotu mawphurnaa, sung le kuo enkawl le nu le pa chawm hlum an huom si naw chun, rohluotu a nina chan a tih. Chuong a ni chun rohluotu chu a kum indawt, an hnaipui tak, a unaupa kuomah inhlan sawng pei ning a tih. Tum khat rohluotu nina a lo hnawl ta chun, insir ieng ang sien khawm, rohluotu nina inchupui nawk thei ta naw nih.
- 8) Pasal thi san nuhmeiin a nauhai tul zo lovin pasal dang a nei san a; rohluotu indik takin a ro an khawm vawng khawm ni sien, naupang puitling hman ama khatin, a unau dang hai hrietpui le remtipuina thang lovin, rothil an pa, a thipa hminga um chu sukthlawng thei naw nih.
- 9) Mi suonmawngin a thi a, a nuhmeiin a nau nuhmeihai a tul a, a awp zing lai rohluotu indik takin rohluotu a nina changchawiin, ama chu hnawtdawkin a pasal ro inkhawm lui thei naw nih.

2. Rohluotu indiktak

- 1) Thaipui nauvin a pa ro hluong a tih. Thaipui nau, naupasal an um sung chun thaikem nau sawn nau, khawlai nauvin pa ro hluo thei naw nih. Amiruokchu, thaipui nau rohluotu ding an um naw chun, thaikem nau, sawn nauvin, an dawt peiin a pa ro hluong a tih.
- 2) Unau rohluotu chun a ro hluonapa nuhmei le nauhai enkawl a ta, chawm a ta, a umpui vawng ding a nih. Chun nu le pa chan chang a ta, far le zuor chung a mawphurna dang dang changsa vawng bawk a tih. Chun, a rohluonapa sakut sake, sanghawng, pusum le a dang dang a dawng hlak po po khawm dawngsa bawk a tih.
- 3) Faihriem, Leiri, Changsan le Khurbi pahnama mi thaipui nau, inpui nau, rohluotu ding an um naw chun thaikem naupasal a upa takin pa ro hluong a tih. Thaikemin naupasal a nei naw chun sawn nauvin a pa ro hluong a tih.
- 4) Naupang rohluo pahnam danga mi thaipui nau, inpui nau, rohluotu ding an um naw chun thaikem naupasal naupang takin pa ro hluong a tih. Thaikemin naupasal a nei naw chun sawn nauvin pa ro hluong a tih.

3. Rohluotu siemfawm:

- 1) Min nau pasal rohluotu ding a nei naw chun, a rohluotu ding a sangpa nau, a upa nau, a laibungpa nau, mi dang nau nauva siemfawmin la lut thei a tih. Chuonga hrepuitu fel tak neia, a ziek ngeia, rohluotu siemfawm a lo lak lut ta chun, a rohluotu ding an pahnama mi khawmin, a thi hnungin a ro inchupui thei naw nih. Chuonga lak lut nau chun la luttu hnam hminga put tang a tih.

- 2) Nu le pa'n an dam sung ngeiin, an nuom phawt chun, a zieka ziekin, hrepuitu fel tak siemin, an ro chu an nau pasalhai, an nau nuhmeihai lai semdar vawng thei an tih. Chuonga an semdar vawng ta hnung chu, an thi hnungin, inpui nghaktu, rohluotu indik takin a unauhai chu inchupui thei naw nih.
- 3) Rohluotu dinga lak lut, nauva siemfawm, rohlutu chun a nu le pa a enkawl, a chawm, a umpui ngei ding a nih. A enkawl nuom nawh a, a chawm nuom nawh a, a umpui nuom naw bawk chun, rohluotu a nina chan nghal a tih.
- 4) Rohluotu chun, an naw leh rohluotu ding chun, a in a lo, a nu le pa, enkawl lova kum thum sung a tlan hmangsan chun rohluotu a nina chan nghal a tih. Nu le pa chun rohluotu ding mi dang ruot thei an tih. Naupa, rohluotu tlan hmangin, a hung inlawi phat, a pa ro mi dang, a unauhai kuoma semdara um ta chu inchupui thei naw nih.

VI ROHLUO DAN

1. Chawm hlumtu rohluo dan:

- 1) Rohluotu ding mumal nei lo hmeithai, parawl, chu a chawm hlumtu'n a ro po po inkhawm a tih. Rohluotu inndik tak ni sien khawm, a enkawl nawh a, a chawm naw bawk leiin a ro hluo ding chan a ta, a chawm hlumtu'n ro a hluo ta chun inchupui thei naw nih.
- 2) Rohluotu indik tak ni sien khawm, a rohluo ding pa dam lai ngeia a ngaiven a, a chawm a, a enkawl naw chun a rohluo ding chan a tih. A chawm hlumtu'n a ro po po chang a tih.
- 3) Rohluotu indik tak khawmin rohluotu mawphurna, enkawltu le chawmtu nina a lo lak ta si naw chun, a enkawltu le chawm hlumtu ro chang ta hnung chu inchupui thei naw nih.
- 4) Min a dam lai ngei a chawm hlumtu ding a naunu, a makpa, a laibungpa, a t̄apa, a tu le te, mi dang dang a ruot thei. Amiruokchu, a rohluotu ding indik takin a enkawl nuom a, a chawm hlum nuom a, a umpui nuom si chun mi dang a chawm hlumtu dingin la lut thei naw nih.
- 5) Rohluotu ding hrim ni lova, chawm hlumtu a ni leia rohluotu chun kawng dang danga rohluotu indik takin a dawng ta hlak hieng sakut, sake, sanghawng, pusumhai hi fa thei naw nih.
- 6) Rohluotu siemfawm le chawm hlumtu nina leia rohluotu chun a rohluonapa thi hnungin a leibat po po a rulpek vawng ding a nih.

2. Nu thilsawm rohluotu:

- 1) Nu thilsawm po po, nu a thi hnunga a la um sun chu, a nau nuhmei laia a naupang takin chang vawng a tih. Nau nuhmei pakhat chauh a nei chun ama'n chang vawng a tih. Chun, nau nuhmei a nei naw chun a nau pasal inpui nghaktu'n chang vawng a tih.
- 2) Mo thilsawm po po, movin nau a nei hma'n a thi san chun, a la um sun chu, a nu le pan lakir nawk an tih.
- 3) Mo thilsawm laia a hlu deuh deuh hai chu a sawmtu phalna le remtina thang lo chun a pasal, a tarpi a tarpu, a sung dang dang ha'n sukthlawng thei naw ni hai.
- 4) Mo thilsawm hrim hrim, chin sien lien sien, an innei sunga nupa an ni sunga inthuruol taka an sukthlawng ta hnung chu, movin thisan sien khawm, inthe hai sien khawm, a pasalin ma sien khawm, ama'n a sum insuo sien khawm, mo nu le paha'n inkir nawk dingin hni lui, ngen lui thei ta naw ni hai.

3. Pa ro sem thei dan:

- 1) Pa'n pi le pu thanga inthawka ro a chang sum le pai, in, lo, inhmun, lohmun, huon, ram, insung bungbel, silai, hmangruo, thuomhnaw le a dang dang chu ama damsung ngei a nuom nuomin sukthlawngin zawr thlawng thei bawk a tih. Chubakah a nau pasalhai lai, a nau nuhmeihai lai, inang sengin an naw leh ama tha ti dan le dit dan danin semdar thei a tih.
- 2) Pa'n a lam suok lieu lieu rohai chu a dam sung a nuom ang angin sukral thei a ta, a nauhai lai semdar thei a ta, a nau nuhmeihai lai khawm semdar thei a tih.
- 3) Pa'n a damsung ngei hrepuitu fel tak neia, a zieka ziek ngeia a rohai a nauhai lai a semdar ta hnung chu, a thi hnungin, an hming hminga ziekluta a lo la um naw leiin amanih an naw leh duam leiin amanih inpui nghaktu'n a unau dang hai chan inchupui thei naw nih.
- 4) Pa'n a pi a pu thanga inthlasawng a rohlu 'lalna' ruok chu, rohluotu ding naupasal nei naw sien khawm, a rohluotu ding indik tak hriet lovin zawr thei, khawidar thei naw nih. Sukral thei naw bawk a tih. A thi hnungin rohluotu ding chun lalna chu a hung hluo sawng ding a nih.
- 5) Pasal thisan hnungin nu chun pi le pu thanga inthlasawng rohai chu, rohluotu ding nau pasal nei naw sien khawm sukthlawng thei naw nih. Amiruokchu, a pasal le an innei sunga a lam suok lieu lieu rohai, ram le thuomhnawhai po po chungah thuneina nei a ta, zawr thei bawk a tih.

- 6) Pi le pu thanga inthla sawng ro khawm ni sien, a pasalin a thi san hma daia inthawka a nuhmei hminga court-a a lo ziek lut a, a lo thleng fel diem ta hnung chu, nau pasal nei naw sien khawm, thlengkir thei ni ta naw nih a, rohluotu dingin khingin ichupui thei ta naw nih.
- 7) Pa thisan, nu'n nauhai a awp zing sung chu tu khawma, rohluotu ding khawma, a ro inchupui thei naw nih a, hnawt dawk thei naw bawk a tih. Amiruokchu, pa thisan nu'n a nauhai tul zo lova, pasal dang a neisan chun, a pasal rohai po po chan nghal a tih.

4. **Nuhmei inhluo sawng:**

Nuhmei hi ro ang ni naw sien khawm inhluo sawng thei a nih. Ureng pasanghai khan, a tu khawmin nuhmei a thisan chun, a unaupa'n a nuhmei chu a hluo sawng thei a. Nu le pa le inberemin sul inthar man sekhat chawi belsain an inneitir el hlak. Man bi thar ieng khawm siem nawk a um ta ngai nawh.

VII

THI DAN LE INSAWNGBAWL DAN

(Kristien ni hma)

Hmar hnam sungah hin thi dan chi hran hran a um a. Thi dan zirin insawngbawl dan a danglam pei bawk.

1. Hlamzuia thi: Naute kum tling lova thi chu hlamzuia thi a nih. Hlamzuia thi hi khaw tin thaw dan an ang nawh. Khuo thenkhata naute thla thum chena upa hlamzuiin an inthitir a, khuo lien deuha chu thla ruk chena upa an inhuomtir thung. A hmasa takin mithi chu tui an insiltir a, puonin an tuom thaa an inzaltir hlak. Nunghak tlangval ruoi lovin, a hnai vela upa ruol salupanga thanghai le makhaiin in hnuoia manih a remna lai laiah thlan an cho nghala, an cho zo pha a pi an naw leh a ni'n a pawm a, an vui nghal hlak. Puitling thihai angin thango, bufai le thing daw, lengpui le riekpui an thaw ngai nawh a, lung khawm an daw ngai nawh.

2. Ramte Thi: Naute, hlamzuiin a huop phak ta lo deuh si, kum khat hnuoi tieng la ni si hai thi chu ramte thi an tih. Puitling thi ang bawka mithi chungchanga thaw ding po po chu an thaw ve hlak. Amiruokchu an piengna nu le pa chie an ni ngawt naw chun khawralah thangkovin mi an tir ngai nawh. An vui ding pha pi a nei chun a pi'n a puok a, a nei naw chun a ni'n, pi khawm ni khawm a nei naw chun laina dang pitar amanih nupui pakhatin a puok annawleh a pawma an vui el hlak. Thlan khawm thlanmuolah an chova, makhaiin an vui hlak.

3. **Thithaa Thi:**

3:1. Thi dan pangngai: Natna leia thi, lungphu chawl le inhlumhai hi thithaa thi, thi dan pangngaia ngai an nih. Mithi chu tui an insiltira an incheitira, tuongah chawr tieng a lu innghatin a thalin an inzal tira, laina le far le zuorhaiin a ruong an kil hlak. Ruo a tluonsuoka thler lovin a

chenna chauh thlerin an kap kak a; chu chu ‘va-ak’ bau’ an tih. Mithi lu thluona chun vaaak bau chu hnuoi tieng nghain an intung a, a kap kakah khan a khangin rawher an khitdea a hmawr dawkah an tuomna puon an bang a, silai an intung hlak.

Mithi sung hnai deu kona phaka um hai (inlana ko phak) po ko dingin thango mi pahni pei an tir hlak. Kova um hai khan a kotuhai chu thlai suongpekin an lo infaktir hlak. Ko hai le a kotuhai an hung tlung hma chu mithi chu vui lovin an lo nghak hlak. Ko hai hi pasaltha an ni chun, kawtkhar bienga ruo amanih thing amani an lo intunghai chu satin, puhai hming le mani hming sal meuin an intleng hlak:

3:2. Tuomdan: Tienlai chu mithi chu puonin an tuom el hlak. An tuom ding tawmin berbu sunga tui kha patchawna inchiein; thlan lampuia a dangchar nawna dingin mithi bauva khan an infaktir hlak. Mithi chu inkhatpa tak a ni chun puonri’n an tuom a, nuhmei a ni ruok chun puon dangin an tuom hlak. An mithi tuom kha zapui hruiin vawi vela velin an khita, a ke tienga khit tanin a vel khatna an keikhira an keizam nawk meta, a vel hnina an keikhir nawka, chuong ang peiin a luah an suo hlak.

3:3. Thlan cho: Khawtoṭima inthawkin Hmarhai hi thlanmuolah an lo inphum hlak. Thlan lam zawngtu upa pakhatin ar chang tawnin thlan lam puon silin fei a ṭhun a, a fei chawiin lam sak lam thlang sun tawn peiin,”lam sak sul, lam thlang sul lo inkieng ro, Manmasi nauhai kan hung ie,” ti malam peiin thlanmuol an pan a, khawnbawl upa’n thlan hmun ding a khik pek pha leh an chova; dung a tlum zet pha leh tlakawr an ver nawk a, mithi dung chen zeta sei an verkuo a, thlankhar lungphekin an sin hlak. Chu chu ‘rokhar’ an tih. Lung um nawnaa chun thing amanih ruo amani khawm an hmang el hlak. Thingnawifawm naupanghaiin thlan khar ding an zawn/ an put hlak.

3:4. Mithi vui: Laina ram riek hai le khaw hnaia an ko hai an hung tlung kim thawk khat pha leh mithi chu vui dingin an sangbawl a, an zo pha tu le mak-haiin an zawn a, a ke tieng suok hmasa ngeiin an zawn suok hlak. Silai neiin silai an kap a, mithi chu pasaltha amanih, pasaltha nuhmei a ni lem chun darkhuonghai darbuhai sutin a ropui thei pa tawpin thlanmuol an pan hlak. Thlan lam zawng pasal pahni’n fei chawiin mithi ruong hmaah an fe a, laibung pakhatin mithi luthluona va-ak bau kha putin ruong hnungah a fe bawk a; thlan an tlung pha va-ak bau chu an satsiet hlak. A thi kha nuhmei a ni chun, tieng an taa a sungah tuiuma zu thunin sah leh bufun an sie a, pitar pakhatin nuhmei thumhnaw paikawnga phur dinga an siem po chu a phur a; thlan kawla thing an phun fawm kauvah khan a hnam pumin a bang hlak.

3:5. Ruokngha: Mithi sunghai nei zir le mithi ropui dan zirin ruoknghasa an siem hlak. Siel, bawng, vawk, kel le beramhai hi ranpuia ngai an na, chuong ang that theihai chun zawlbuka tlangval thlan chova fe hai kha an ko hlak. Tlangvalhai ruok chun tlawmngai insuoin an fak nuom ngai nawh, thangkova fe hai ruok kha chu an infak luitir ṭal hlak. Ruoknghaa that samal le a darhai po po chu puona tuomtu far le suorhai an pek a, zawl le sasemin a ir (ranpui a ni chun) an inkhawi a; pu sanghawng, (a thipa/thinu pu) an pek a, mithi chu nuhmei a ni chun ama dam

laia a vawk vai nghawng po kha a tahaiin an fak a; ama ruoknghasa nghawng tak ruok chu a tahai ni lovin, ama puhain an fak lem hlak.

3:6. Zawk dan: Tuhai that zo leia a pu'n a chawimawina chu zawk an tih. Zawk tlak khawpa thatna chu: sesun, inchawng, bu inei, sa inei, mo lawm, in lawm, tangka lawm le hlawtlingna chungchuonghai an nih. Chuong ang thila lawmna puin a tupa chungah a siem pha leh a pu chun vawk sum thum chung tieng thatin tupa chu a zawk a nih. A tupa thi niin a zawk nawk a, zu a thil zovin lukhawng an dawn hlak. A pu'n a zawkna samal ruok chu a naupa amanih a nuhmeiin a dawm el hlak; sabar khawm an siem ngei ngei hlak a nih.

3:7. Lukhawng: Mithipa pu khan ama a hriet zingna dingin lukhawng a lak hlak. Lukhawng hai chu: mithi tuomna puon, lamsat chem, meitawk le feithut an nih. Mithi hi pasal inmuolvawm lova (intum la suok lo) thi a ni chun, tuomhawk chu thle thum a lak thei a, inmuolvawm tah a ni chun thle nga a lak thei. Pasatha a ni a, bu inei sa inei zo a ni a, a dam laia vawi hni bek a lo zawk tah a ni chun, a thi nia a vawithum zawknaah chun tuomhawk chu thle sawm le thle hni chen a lak thei. Pasaltha nuhmei a ni chun thle sawm chen an dawn thei hlak. Tuomhawk laia a ropuitak chu thangsuopuon a na, a dawttu chu puondum a na, a dawtah puon naran a nih. Mithi hi nuhmei a ni chun thle hnih, inmuolvawm tah a ni ruok chun thle thum a lak thei. Amiruokchu mithi hi a pu'n lukawm an kawmtira, pu zu a thila a thi nia a vawithum tlingna a zawk naw chun lukhawng an chu ngai nawh.

Lukhawng lak hlak hai hi min a nei naw chun, a aiin hieng ang hin an lak hlak: Lamsat chem aiah Rs. 3/-, feithut aiah Rs. 2/-, meitawk aiah Re. 1/-. Tulai ruok chu lamsat chem aiah Rs. 20/- feithut aiah Rs. 10/- le meitawk aiah Rs. 5/- an lak ta hlak.

Thilthaa thi, ramte thia thi, lenglai thia thihai hi, an khawsunga in tinah nunghakhaiin thing her thum sengin an dawl a, thingnawifawm naupanghaiin bufai faithlak khat sengin an dawl baw a; mithihai an pek hlak. Mithi hi zan a riek chun zankhawvarin nunghak le tlangvalin an lengpui a, a tlawm takah zan thum bek an la lengpui a, chu zovah tlangvalin thla khat bek an la riekpui hlak. A riekpuituhaiin inneituhai ta dingin harsatna an siem pek ngai nawh a, a tul tul an thawpui lem hlak.

VIII

THI DAN LE INSAWNGBAWL DAN

(Kristien ni hma le ni hnung)

1. Thi Sie:

Tui tla, thinglera tla, mei kang hlum, nau chungah thi (raiche), mani inthat, tura thi, inawkhlum, kutpala thi hai hi thi sie an tih a. Thi sie thi hai hi sara thi an tih baw. Chu bakah natna inkaithei hieng - inphar, ngawr, inung, sumphuk le tuihria thihai hi thi siea ngai an nih baw.

Thi siea thi hai chu muol khang tan zawngin thlan an chova, rama thi an ni chun insungah zawnlut lovin sumphukah an inzaltir a; thlan an cho nghal a, sun ni sien zan ni sien an vui nghal hlak a nih. Zan an inrie chun sarthi dangin an zui nuom an tih. A tuom dan khawm thi thaa thi tuom dan ang naw deuhvin, a khitna hrui chu bahra ngulzemin vawivela velin an khit a, a ke tienga inthawkin an zem țana a luah an suo hlak.

2. Tuihle:

Thi ni zingah patzai sei tak khaw kawlah keizamin hmaiphi hna an bang nghien nghien a, chu chu tuihle an tih. Chu bakah mithi puolin thlengah bu le hme an sie a, zanah mazu'n an fak hlak; a fatu kha mithi thlarau ni dingin an ring.

3. Sietbat:

Mithi chu khaw danga thi amanih, a suntu khaw danga um amanih, thi nia a vuinaa țhang phak lo unau laibunghaiin an nei ang ang chawikhawmin a sung hnaitak inah ințhung khawmin insietbat hi an thaw hlak. Chu nia ralna thilpek chawi khawma um, a suma inchangtir thei po chu mithihai insung bikah an thawn hlak.

4. Sehravn (sie-hrawn):

Mithi neia an inngai sung po, thițin-ținpui an thaw hmakhat chu sietna la kawl zingin an inngai a; chu chu sehravn an tih. Hi sehravn sung hin ina mazu that a thieng nawh, mithi khan mazu a hung tir a, a chanai bu le hme a hung fak hlak ni'n an ngai. Mithi thlarau kha khuoimu dama inchange fak le dawn hung zawng hlak nia ngaiin mithi chanpuol ding bu le hme tukverah an thesuok hlak a, khuoimu chu lungawi tah ni awm takin a vuong hmang hlak. Mithi sungkuoa nu tak amanih a upa takin sehravn sung po tuk tinin thlan luah mei a sem a, nuhmei an um der naw ruok chun farhai laia a upatakin a sem hlak. Mei sem dinga a va fe lai hin, thlai thar dam an nei chun a chawipek a, thlan kawla thing inphuna paikawng an khai sungah khan a va sie hlak.

5. Thlai Siem:

Mithia thi nia inthawk thla khat hnunga 'thlai siem' an thaw hlak. Tieng an ta a, a sunga chun zu no thum, bufun, sa sukphit hmarchadeng, artui hmin sa, aieng le pawl buman bei fun thum an sie a. Sumphuka tuolbang le panthlang bang insuntuona kilah țhamte an daw a, chu chunga chun tiengte chu an ințhut a; chu chu zan khat a riek a, a zingah țhamte daw le tieng chu thlanah an va sie hlak.

6. Khuolrala Thi:

Khuolrala thi, a thina khuoa vui liem nghal a ni chun, mithi sunghaiin a vuiliemtu khuoah an inhmanna hmasa taka fein, in sawpfaina tiin sekhat an pek hlak a, rante dam thatin thlaithleng an siem hlak.

7. Theiriel:

Thla khat hnunga thlai siem an thaw zo ni, iemani zat hnungah thlan tieng an fe nawk a. Thlan le khuo inkara chun tuiluongkawr an siem a, chu kawra chun tui an sunga, “Tuhin chu mi thi le mi dam inzawmna ei nei ta nawh, ei inkarah lunglotui a luong ta a, muol sari dana um ei ni tah,” tiin an insam a, chu chu ‘theiriel’ an tih. Mi dam le mi thi an inthe tah a nih.

8. Sepei:

Thi nia inthawka thla thum hnungah thlai siem an thaw nawk a; zu dam an dawn a. Mithi chungchanga sie an phur po po kha suktawpna dingin sie an pei hlak. Zingara inthawkin a phur ding aieng bei dam siemin an suong hmına, zu dam an siemrel a. Laibung, tu le te le makpahaiin thlan thlanga khan ƚingzai an keizam a, chutaka chun puonhlekk dam, vate thla dam, hmaiphi hna dam an khai hlak.

9. Thitin-Tinpui:

Sepei an thaw hnungah thitin an thaw hlak a. Pawtlak a hung nia, mithi thlarau an kawł hnaia um zing kha a umna ding mithikhuo pana a fe theina dingin inthla sawngnain thitin-ƚinpui an thaw hlak. Thitin an thaw ding zan chun laibung, tu le te le makpahaiin an lengpuia, hla sak thiemın hla an sak a, zu belte dam intungin an dawn a. A zingah inhmatakin laibunghai chun thing phun fawmin, thing dang le karah hrui an keizam a, a ƚhenin a kuolin an keizam bawk a; chu hrui a chun puonhlekk dam, tatebem ban chena sei dam, vate thla dam, zucho inhlip sunga favai hnawpuom dam, thienhleı vun inhlip dam an khai a. Zucho chu vawk aia an khai a na, puonhlekkhai chu mithi puon ding, vate thlahai chu ar aia an khai a nih. Hieng po po hi an thaw zo pha chun mithi thlarau khan a umna ding mithikhuo panin lungawi takin a ƚinsan ta hlak a nih.

10. Thlantuibuok:

Thi ni khuoa hung ve thei lo, hmun danga laina um hai an hung pha, thlana dam fein zu an va dawn a, chu chu ‘thlantuibuok’ an tih. Khuol le khang a laina um haiin an hung ral pha an thaw hlak. Chuong huna chun nasa takin an intleng a, pu hming pa hming salin kawtkharbieng dam satin an intleng hlak. Silai neiin silai an kap a, darkhuong dam sutin intleng ri leh ƚap ri leh a sovin an so el hlak. Chun, a thi hai sung kha khaw dangah an inpem ding chun thlana fein thlantuibuok an thaw hlak bawk.

Hieng thi dan le insawngbawł dan ei hril hai po po hi Hmarhai Kristien an ni hmaa an lo thaw hlak a nih a. Kristien an hung ni hnung ruok chun kohran dan angin mithi chu sawngbawł a hung ni lem tah. A thei china mithi kha puona tuom el lovin, mithi kuong tha taka siemin mithi chu an sie lem tah. Kuong chu tienlaia an thaw dan ang bawkin sungkuo laina, far le zuorhaiin an

awt a. Mithi chu nuhmei ni sien pasal ni sien, far tieng po poin puonin an tuom hlak. Puhaiin Kristien ni hmaa pu zu (ralna zu) aiin thingpui a ruong vui niin an thaw lem hlak tah.

Siet nia insawngbawl danhai hi fak le dawn zawng dan a hung danglam pei angin, thlak danglam a hung tul pei a. Hmarhai khawm sawrkara kamdingna nei le khawpuia lekha inchuk dam an hung pung pei a. Khuo tea khawtlang inthununa le inrelbawl danhai angiel angana khawpuiah hai chu hmang thei an ni tah nawh. Chubaka khawpuiah chun hnam danghai leh pansak panthlangin an um a, mani hnam dan tia apawng apuia thaw thei vawng nawna chin a um tah bawk. Chuleiin tulai khawvel khawsakna le hmasawna inthlak danglam zula, a bikin sietnia intawiawm dan siemthat le thlak danglam a tul hlein an lang tah.

Khawpuiah chu tulna le damnawna lei damin thlan chova tlangval po po thang kim thei a ni ta nawh a. Thlan chova thang ngai naw chu tlawmngaina nei lova ngai an hung ni a.

Siet nia intawiawm dan hi sukdanglam tulin I hreit am?

IX LONEI DAN

Hmarhaiin thingtlang lo an nei țanna kum chie hi hrietsuok an tak tah. Himalaya tlang bul vel le Tibet ram vela an um laiin buchang an ching thei naw leiin butun le mim an ching tah hlak a. Tibet ram an hung suoksan hnungin buchang chu an ching tan tah nia hriet a nih. Shan phaiah lem chu bu ineina le butukhuonglawm dam chen an hung thaw tan tah a nih. An lo nei tan dan le an thaw dan abat batin zuk sui ei tih.

1. Pamrorel:

Tuolbuol (January) thlain lal le siehmang upahai chun mipui ko khawmin pamrorel lal tuolah an thaw hlak a. Lo neina ding muol an țhet a, lal le upahai povin lo an ditna hmun an thlang hmasa a, chu hnunga mipui vantlangin an thlang ve chauh hlak. Tar le upa deuh hai chun saphukal inhliek an thaw a, mi neka inhmain lo țhetna tieng chu khuontevikin an lo pan a, an ditna, lal le upahai thlang nawnaah per an lo zep hlak. Mi per zep tasa chu an inza senga, tu khawmin an inchupui ngai nawh.

2. Lovat:

Tuolbuol thla hin lovat chu an țan a, hmeithai ti ngawt naw chu pasal chauhvin lo an vat hlak. Tlangvalhai chun paiper sungah chem le bufun an pai a, hreipui an liengbat a, lam lawn pumin vachang hla an sak a; vachang hla tamtak laia pakhat chauh hei insam ei tih::

*“Pam tukinthar an zar diei ta maw asaw ralah,
Thing le ruo an kai chung mimsiel ang an ran thluoi a,” tiin..*

Lo chu a tieve an vat zo pha leh valaidawmzu dawnin ni khat an chawl hlak. Thing phur dinga lein taluohai chu a lerah an luiin an ngawr a, a kakpuia thungin Buontlaw hla dam an sak a;

*“Ka thing thlak infa re raw,
Mim le sawngfang an kawina,” tiin.*

3. Pamchap (Chapchar):

Vachap chu nisa'n thla khat dam a em a, sin thaw an chawlsan a, 'Pamchap awllen lai' tiin a tawi takah ni sawmni bek an chapchar hlak. Pamchap sung chun pamchapzu dawnin a nei zo deuh hai inchawngin siel dam an sun a, hlim kum deuh lem chu chapchar kut an hmang hlak. Sura thlahai lem chun kelkhuong an kei a, Sura leilak dawin hlimtakin an inchawng hlak. Chapchar sung hin nuhmeiin pat an them a, pasalhai hrenpereng ding an khawng a, Hmaram inhangna ding hmuo zawngin pat hai an indum a, puon an khawng a, tuolzakuo ding chen an khawng hlak.

4. Pumbuk:

Lal thirsu le vantlang thirsuhaiin pumbuk siemthain tuthlaw, chem., hreipui, kawlnam, fei le hmangruo pawimaw dang dang an sut a, a hlui an incher thar a, a hmaa tuthlaw dinga hlekawr an hmang el hlak chu, Khawbuol khuo an hung tlung lem chun Mawni le Sozamin dumtawng sung dam an hung thiem a, thir sut dam an hung thiem tah a nih.

5. Lo Raw:

Upahai chun, “Khawlbul a sen ta ie, ruo a hnai tah an ti chun lo raw an rawt a. Thiempu ai an insantir a: “Ka man rengnu, ka man rengpa, a kang ding leh rawphel kha pakhat inkhup pakhat inthal,” tiin rawte kutchal chena seiin an tan a, a laiah an phela lung chen vela insanga inthawkin hnuoiah an thlak a, rawphel kha a lo inkhup ve ve amanih a lo inthal ve ve chun lo raw ding an thul hiel hlak.

Lo raw zo zingah tu khawm rama fe suok lovin umni an kham a, khawtlangin zu an dawn a, chu chu 'kangral zu' an tih. An ngaidan chun an lo raw naah khan thilhring chi dang dang a lo kang hlum pal el chun, nunsiet tlatsiet leia an thaw an nawh atiin Pathien kawla ngaidam inhnain kangral zu hi an thaw hlak a nih. Lo raw zova ruo sur hmasa tak chu 'toruo' an tih.

6. Ringmu:

Lo raw zo chara inthawkinr ringmu a hung inthan a. Khawsunga meivam inleng nak lai chun nupuihai chun an thlaichi hre that hai chu lasuokin an siem rel a, pasalhai chun sedai kei dan an rel a; zau khata lo neihai po chun tlangsinin sedai an kei hlak.

7. Hmangkaw:

Pasalin tu hmangruo ding an lak khawm lain, nuhmeihaiin lo laia thingbawng le rawbawng put khawmin an raw a, chu chu ‘hmangkhaw’ a nih. Ringmu nisa intalrum el lai chum dumdip le bemvawn an kawngkhihruiah an taivawn a, tibur an seputa an malpui tiel nengin khangvikhai chu inthielin an put khawm hlak.

8. Thlaichi thlak:

Hmarhai hi tienlaia inthawk tah mani intodel tum tlat mi an nih. Shan khuoa an um hnung lem hin chu thil ching dan an hriet tam tah em em a; tata hmaa an la ching ngai lo-sipui, buman, zeupuok, lengmaser le ansapuihai dam an hung ching thar pei a nih. Nupuihai chun thla chihai chu kawngvara phurin lo an pan a, bal, bahra, vaimim, fanghma, dawnkhaw, maibal, belawi, lumpiel, aieng, aithing le thlai chi dang dang chu an thatna ding sengah an tu ta hlak,

9. Tu:

Dannaranin lo lai lung deuh hlek hmun remchangah tu an bawl hlak. An tu bawl dan chu sut ding pahnih an phun a, pansak tieng le panthlang tieng ban pathum ve ve an phun bawka, tlungzam, chum le lieng chungah tukrawp an inkui a, inhna, vunghna, seluhna, laisawral, ngaidi a remchang an gang an dang hlak. Tu chung chu chungdal an dang hnungin inkawlin an chel nawk hlak. Tuong an dawkanga panthlang tieng namthlak-hawng phaa tuong, khar phaa bang ni nghal dingin an siem a, a then lem chun chawr tieng namthlak an siemsa hlak. Sumpuk an siem a, a thlanga chun hmunhnawk peihawna dingin awngthlak zawng daikala siem a um bawk. Tu sunga chun tap an deng a, thil inhrona dingin rap an siem bawk a, tu an bawl zo pha pha tu kawvela chun zozam par chi an the hlak.

10. Buttu:

Bu an tu ding hin nuhmeiin buchi bemvawnah an tai vawn a, pasalin paiperin an pai a, an chang tiengin hnuoi an tuk a, an tuk le inruolin a biah khan vawi tiengin bumal 5-10 vel an thlak hlak. Shan khuoa an um hnung hin chu butu lai lawmpui an siem ta a, chu chu “Butukhuonglawm,” an tih.

An thawdan chu: nuhmei le pasal inkarthelin an thatang a, khuongpu’n hma a thuo a, zaupuia lo thlang hnungtak lo hnawmah intlarin bu an tu tan hlak. Zingkara inthawka sun ni thlaka sak ding hla an phuok a, kawtsuoa inthawkin hla an sak tan nghal a, an hla bul tak chu ‘Tuk-hla’ an tih. Khuongpu chun,

“A awia awia awia... awia e,” a hang ti a, mipui chun a ti ang ang chun an hang ti ve a. Chu zovah khuongpu chun,

“Tuki chu tum tuk ni raw ti ung e,” a hei ti nawk a, mipui chun,

“Zawltlingi basam a tha khima e,” tiin an dawn a. Chuong ang peiin hma an hei pu a; a hla le khuong inzuia tu an ni leiin, an hmaa khan ieng khawm lo um sien an tu tho thova:

“Thing ka tuk thinga ka thlak,

Lung ka tuk lunga ka thlak,” Khuongpu’n a hei ti a, mipui hai chun,

*“Ei chung khuongruo a sur leh,
Aman khurbi zawng de nih,”* tiin an lo dawn pei hlak. An khat tawkin zu an sem zing hlak bawk. Butukhuonglawm hin hla kau peng tam tak a nei a, sun ni thlaka sak ding a um a nih.

X

LO NEI DAN

(Sun zawmna)

1. Lawmzui:

Tlangram lo sinthawnaa pawimaw em em pakhat chu inlawm/lawmzui a nih. Tlangval pakhat chauh le nunghak pakhat chauh chu an inlawm ngai nawh a, inkawplawm an thaw deuh tak hlak. Inlawmhai chu kawtsuo/tinhmunah an innghak a, an kim phaleh nunghakhai khan lawmpahai tuthlaw le bufunhai tuonlampaikawnga phurin a hmasaa thangin an fe a, tlangvalin an sawm hlak. Sun ni thlakin sin an thaw hmunkhat a, lawmpa hmuom ding hawp al naw inlauvin tibur an sekhang zing hlak. Zu, tui le tibur chu an khat tawkin an sem zing hlak. An inlawi pha lawmpa thuom hnaw an phura, a hu po zanah rapah an inhak hul ngei hlak.

2. Hlo thlo:

Bu tu zo chun hlo hram thlo tan a nih a. Lo chu vel hni vel thum bek an thlo suok hlak. Hlo thlo lawmpui hi Thlahmur (July) le Thlazing (August) lai an thaw deuh tak hlak. Hi hun lai hin thlai thar fanghma, faimin le a dang dang a tlung tan tah hlak.

3. Insulthliek:

‘Insulthliek (Insulthuo) an thawna hmasatak chu, thlang an hung tlak lai Thantlang an hung phak hnung chun insulthlieknain hlohna an hmang hlak. Nunghak le tlangval inlawm ve lo hai chu insulthliek dingin an intiem a, an lawi hmasa lem lemin an lawi nuhnung lem lampeta khan inentir neitakin hlohna an lo sie a, “Ka lo fe ta ie,” an tina a nih. Champhai an hung phak hnung hin chu fanghma, dawnkhaw le vaimim dam an hmang ta hlak. Phaiphak hna an lo sie chun, “Mi hung hnawt phak rawh, damte’n lo feng ka tih,” an tina a nih. Ziek le tiem an thaw thei hnung chun fanghma tuoi tha hmangin, an sulthliekhai hming fanghmaah thil zuma chukin, behmang an tat a, fie kangin an lang hlak. Chu fanghma chu lam theah a fe hmasa chun ngaidi sawl chung a lo sie hlak. Hienga insulthliekna hi an ngaina em em a; hla’n hieng ang hin an lo phuok hiel:

*Fanghma tuoitirte’n sawl min thliek,
Chang naw sien khawm a chia sie ka nuom ie;
Vangnei thil thuin a to el rawm!*

4. Busik:

Busik hi upahai chun ‘bupar inchu’ an ti hlak. Mi tin mani bu sik dingin an insingsa a, lo hla deuh hai chu riek dingin an inthawk hlak. Thenkhat rabawk zau siemin a hawnin an riek khawm a; thenkhat dang ruok chu mani lovah an riek el hlak, Busik an hang tan chun a hmasa takin lo neitupa chun lo laia buvui tha tha vui sawmhni pakhat a thliek a, pasari peiin an tel a, tharlaknaa hmang dingin pathien kawla an tei hnungin tu chawr sut bangluah a zep a, tu khawm a tawk ngam an um ngai nawh.

5. Buchil:

Buchil dan hi chi hni a um a; suorthlak le hrizawl an nih.

5:1.Suorthlak: Tu tuol an chozaawl a, fasier (bupang) an inkuol a, chu chung a chun tu sumphuk le intawkin kem an daw a. Kem chu a kal nget takin an siem a, a kalte chungah tarang bu fu intangna ding khawpa inzingin an ta a; pangte an inkuol khum a, pangte sunga inthawka chel phak tawkah chelban an siem a nih.

Papuihai chu tu sungah an thang a, buparhai chu kuoikim le hembawkin an vuok chip phuor a; tu sumphukah an hei thesuok a, tlangval pahni pathumin an lo sir phuol a, a fu chu suorthlakah nunghak, lawmnuin a lo deng kai a, suorthlak chung a chun tlangval pahni/pathumin pangte sunga chun an lo chil nawk a; lawmnu’n a fuhai chu a lo peihawn nawk hlak. Bu tak po chu an hnuoia fasier sungah a farthla a, bupang sungah pang innghaiin nuhmei dang po an inthung kuol a, vaicha (bupawl) chepphekin bu kau nawnghai chu an lo inthiel a, bupang puotieng an peihawn pei hlak. Tu sumphuka a tilhai kha suorthlakah an thlit fai pei a, an thlit fai zo phaleh zu an sem pei hlak. An chil zo vawng pha leh tu sumphuk le suorthlak an thiek bawk a, tu chung chu an dawm zawna fasier chu an inkhum hlak.

5:2.Hrizawl: Tu tuol an chozawl a, bupawl an dap zet zet a, a chungah hna an dap nawk a, chu chung a chun rap, thlersepa tain an dap nawk a, chu chu ‘hrizawl’ an tih. Tu sunga bupar an vuoktil mahla kha hrizawla chun an hei thesuok a, hrizawl kuoltuokin buchila fe hai chu an ngir kuol a; nuhmei le pasal inkarthelin an ke rawt malam peiin an fe kuol a, an chil chip phaleh lawmnu’n bufu chu an thiel fai hlak. Bu tilsa khawm hrizawl laiah an sungvum pei bawk a, buhlum chu an sang theipa tawpin an thevum hlak. Bu chil sung chun upa ruolin hrizawl hnarah hla an lo sak a, chu chu ‘hau hla’ an tih. Nunghak fel le fel naw inkhina takin hrizawl le suorthlak hi an lo hmang a, “hrizawl le suorthlakah thairuo an hriet,” an ti hlak.

6. Thiempu Sin:

Buchil ni chun thiempu chu mi pawimaw tak a nih. Buchil an hang tan a, a butil a hung inkhawl pha leh, inthawina arkhawng ngo chu a chawi a, pi le pu rau a ko zo pha fang a kova:

“Hei, Fang hung rawh, Fang hung rawh,

Nile phaia fang hung rawh;

Shan khuoa fang hung rawh, Chawngtuia fang hung rawh,

*Champhaia fang hung rawh.
Ka vako hruiin a ko che,
Ka phaiphak angin hung phak la;
Ka thuomthumah hung chawlla,
Ka nunghakin a nghak che,
Ka hrizawlah hung rawh.”*

'tia an sam zovin ar ring chu kawite'n a at tan a; bupang sung an naw leh hrizawl inkuolin an pertir a, bu lai chun ar thisen chu a sen neng nung hlak. Chu zovah loneitu'n buvui sari tel a lo seiṭhat laia tel khat kha a lak a, hmaiphihna leh ar lu leh ar ring atna kawite leh umte ringah a khitde a, chu chu 'fapengbuong' an tih. Thiempu'n fapengbuong chu a chawiin fang chu a ko va; loneitu hming lamin Ṭhuite a ko nawk a..Ṭhuite chu thlarau invak vel hai an kona hming a nih.

7. Bu Inkhina:

Tienlaia an bu inkhina: Shan le Champhai inkara an bu nei zat an hrilna chu mihriem dungin an inkhi hlak. Hrizawla bu an sung pawng chu an sangzie inkhinain buvumah mi chu a bawk a, a bul an sira a sip chen an inkhi hlak. Bunghmun an hung tlung hnung hin chu mi pahni'n rawtluon inzawmin a buvum insangzie an inkhi ta hlak a: sip zawn, kak zawn, tuthlaw zawn, hreiha zawn, silai zawn, fei zawn, rawtluon zawn dam an ti hlak. Indopui II-na hnungtieng ruok chu khawnvartui ṭinin an inkhi ta hlak.

Fasier (bupang) a bu zat an hril ding chun a pang lienziein an inkhi a, hlam thum, hlam li, hlam nga, hlam ruk... an tih hlak. Chu chu a fie tawk naw leiin Champhai an hung tlung hnung ruok chun a phur zatin an hril a; phur khat chu ṭin thum le indawng a nih.

Dan: Lal busung, thirsu bu le thiempu bu dawlna chu dan a nih. Dan chu a keng tam le tlawm, a lien dan chu lal le khawnbawlhain a bi an tuk a: Ṭin khat keng, ṭin thum keng damin an siem a, khawtlang bu dawlna hrim hrim chu dan an ti vawng a nih.

Dawrawn: Hi hi Champhai tlung hnunga nuhmei phur ding bika sei zata an ta chu dawrawn a nih. Dannaranin dawrawn khat chu ṭin hni a chenna a nih deuh tak.

Leikhawr/Leite: Leikhawr/leite hi Inkhina chi khat ve a nih, Leikhawr khat chu tin khat dawng vel a nih.

8.Bu inei: Tienlai chu khaw khata bu hau task chun, bu an ei a. Siel thatin khaw sung mipui a hrai hlak. Bu inei ni chun farhaiin zu bel an hung intung hlak a, hlim takin ruoi an the hlak.

XI

SIKPUI RUOI

Tiena tlanga ruoi upa tak le ropui tak Hmar hnam pumpui huop chu Sikipui Ruoi hi a nih. Umni khamin ruoi dang dang lo hmang hlak hai sien khawm, Sikipui Ruoi tluka Hmarhaiin an hlutsak le ropui hi a um nawh. Khawtlang thuoitu le mipui inrawnin thla hni thla thum hmain Sikipui Ruoi hmang dan ding an lo ngaituo lawk hlak. Hi ruoi hmangnaah hin naupanga inthawka tarhai chenin nina le chanvo pawimaw tak an nei seng a; a chin a lien, a Hausa le retheihai kara inthlierna um der lovin, inrem tak le lungruol takin hi ruoi hi an lo hmang hlak leiin “Inremna Ruoi” an ti bawk hlak. Hi ruoi danglam bikna chu thlatu bul Manmasi thlaah khawm Nelachal thla bik Hmarhai chauhvin an hmang hlak.

1. Sikipui umzie:

Sikipui ti hin umzie pahni a nei a. Pakhatnaa chun Sikipui ti hi ‘intâwm tlâng’ amani ‘chên hmunkhat’ tina a nih. Hi ruoi an hmang tan tawmin, mani in senga zu le sahai mani siktum sengin an chen zet a; chu hnunga muol zâwlah zu le sahai chu mani khuo leh vênghai le chên hmunkhat dingin Sikipui Ruoi ni ruot bikah chun an chawi khawm a, chu chu sikipui an tina san a nih. Sikipui umzie pahna chu hi ruoi hi thlasik hun laia hmang hlak a ni leiin sikipui ti a nih. A ieng ieng khawm ni sien Sikipui Ruoi chu bu sik zo thlasik huna umni khâma khawtlângin hlimtaka ruoi an kil tlâng hun chu a nih.

2. Hmang tanna hun le hmun:

Sikipui Ruoi hi ieng tik hun le hmuna hmang tan am a ni ta a ti hi chieng faka hril thei a nih nawh. Pi le puhai thurosie’n a hril dan chun Shana an um laia Sikipui Ruoi hi hmang tan ni tahin an lang. H.V.Vara’n hril dan chun Shan khuoa Hmarhai an um lai hin an changkang ta hle a, butun chauh ni tah lovin buchang khawm an ching tah a; butukhuonglawm chen an lo thaw tah a nih. Chu umzie chu Hmarhai Shana an um lai kum zabi 11-na hmaa Sikipui Ruoi hi hmang tan ni thei a tih. Darthangluoi Faihriem ruok chun a lekhabu ‘Sikpuiroi’ tia chun 900 A.D. laia Shan khuoa hmang tan niin a hril.

3. Hmangna san:

A tir chun pi le puhaiin Sikipui Ruoi hi kum tin an hmang ngai nawh. Kum that kum, fapang ralinsan an nei kumin an hmang chauh hlak. Fapang ralinsan ti umzie chu bupang pahni nei tina a nih: bu hlui muol khat bupanga fak seng lo la um zingin, bu tlung thar muol dang bupanga an hlu lut nawk tum hi a nih. Chuong ang bu leh bal malsawmna petu fapitenu (bu pathiennu) suklungawina dingin Sikipui Ruoi hi an lo hmang hlak. Fapang ralinsan nei tuma buhai chu maksan mei mei le the thang el chun fapitenu chu a lungsen dingin an ring tlat a, a thieng nawh an lo ti hlak. Amiruokchu, anni ngeiin puithuna le insukhlimnaa an chen chu thiengin an ngai tlat a. Chuleiin, kum hluia bu hluihai po po chu nunghak tlangval ruolin an hrawt a, in tinah semdarin zuin an suong a. An zu bil hai chu an keitho pha leh Sikipui lam zawlah an chawi khawm a, hlim takin umni khamin an chen tah

hlak a nih. Chuong anga a san tha tak neia puithuna le lawmnaa an hmang chun pathienu khawm chu lungawi dingin an ring tlat a nih. India hmar sak hieng - Assam, Mizoram, Manipur le hmun dang danga Hmarhai an hung thlangtlak hnung ruok chun, fapang ralinsan nei tum naw khawmin kum tin an hmang ta hlak.

4. Pi le puhai hmang dan:

Pi lepuhaihai chun Sikpui Ruoi hmangna ding hi ni ruot bik an nei nawh. Mimitukthla (December) le Tuolbuol (January) thla sung awllen lai an hmang deuh tak. Chun, khawtin hmang dan le hmang sawt dan an ang vawng bawk nawh. Khaw thenkhat chun an hlim deuh chang hapta hni le thla khat hiel hmang khawm an um hlak. A tlangpui thua chu ni sari a hmang tak. A ni khat ni'n ruoi an the a, ni ruk sung zing tienga inthawkin zan tieng nisa tlak chen an lam a. A ni sarina chu ruoipui the nawkin an lam khawvar dak hlak

Sikpui Ruoi hin lam chi riet a nei a: durte lam (naupang te hai lam), thlawram lam (naupangte hai lam), lamtluong lam, ketet lam, anranlai lam, thlawram (puitling), simsak lam le tinna lam an nih. Sikpui lâm an thaw ding hin, muol zâwl lailungtaka lung phêk lien tak an daw hlak a, chu chu zawllung (sikpui lung) an tih. Zawllung bul taka sawngka an daw a, chu chu 'hmingthlir' an ti a. Chu sawngka bana hai chun bawmrang te an khai seng a; chutaka chun zupeng bur, tibur tui le hmer leh hmuor khuongpu le khuongpuzailakha'n chat lak lova an dawn ding le an hmuon ding an sie hlak. Zawllung chungah hin Khuongpu le Khuongpuizailak an inthung hlak a. Khuongpuizailak chu mipuihai hla sak ding lo inzâwttu a nih. Khuongpu'n hla a hei tan a, chu dawnna ding mipuiin an sak ding chu Khuongpuizailak chun a lo inzâwt pei hlak a nih. Chun, a lam dinghai kha lam zawlah a kham phei zawngin nuhmei le pasal inkar thlakin an ngir tlar a; an hnung tieng an kawng chungah inkuoin an lam hlak a nih.

5. Sikpui Lâm Hla:

Sikpui lam chi riet a um ang bawkin, hla khawm chi riet neka tam a um a: durte hla, buontlaw hla, thlawram hla, lamtluong hla, hranthli hla, ketet hla, anranlai hla (Tangkawng vailak, Neilur hla le Khawsawr khuohai hla), simsak hla, tinna hla le Sikpui intinna hlaser an nih.

Sikpui lâm an hei tan ding hin hun hawngna hla, hla ser an sak hma chun lâm an tan ngai nawh. Buontlaw hla an sak phawt a, chu zova hlaser Sikpui hlapui an ti tak chu ursûn êm êm le khûn êm êmin an sak hlak; hiengang hin:

Sikpui inthang kan ur laia,

Chang tuipui aw, senma hrili kang intang.

Kera lâwn a, ka leido aw

Sunah sum ang, zânah mei lâwn invâk e.

Ân tûr a sa, thlu a ruol aw,

In phawsiel le in râl feite zuong thaw ro.

Sûnra zûla, ka leido aw,

Ke ra lâwn a, meisûm ang lâwn invâk e

Sun ra zula, ka leido aw,

Laimi sa ang chang tuipuiin lem zova

A varuol aw la ta che,

Suonglung chung a tuizuong put kha la ta che.

Hieng ang lawma ruoi ropui Hmarhai chauh hmang hlak Sikpui Ruoi hi thangthar lai khawm inhlutna chang hre tharin chawisang hung ni pei sien nuom a um. Pi le puhaiin fapitenu lung sukawina dingin lo hmang hai sien khawm, eini thangtharhai chun Pathien hring iengkim petu kuomah lawmthu hrilna le mani hnam zie chawisangnain ei hmang lem tah. A chung a ei hril ta angin, Sikpui Ruoi chu “Inremna Ruoi” ti a nih. Sikpui Ruoi hmang hmaa inrem nawna le intheidahai po po khawm theinghil vawngin, inhmangai takin, hlim tak le inthuruol takin Sikpui Ruoi hi an hmang hlak a nih. Ei thuring leh khawm an lo intep rem lawm lawm de!

XII

HMAR HLA HLUI HAI

(Hmar Folksongs)

Tienlaia inthawkin Hmarhai hi hla mi tak an lo nih, nunghak le tlangval lem chu hlain an intuk hlak a nih. Hla chi tamtak an nei a. Hieng a hnuoia ang hin an the thei a nih:

1. Sikpuilam Hla:

Sikpui-lam hi kum tina an thaw an naw a, an hlim deu kum, fak le dawn an hnienginhnar kumah khawtlang roreltuhai le mipui vantlang inrawntuoin an thaw hlak. An thaw ding kum chun nasa takin an urlawk a, zu an suong khawl a; phalbi lai mani inah zu an dawn seng a, chu hnungin tuolzawlah an chawikhawm a, a ni khat ni'n ruoi ropuitakin an the a, ni sari an lam a, a ni riet ni chun ropuitakin ruoi an the nawk a, inngaitakin tap pumin an inthedar nawk hlak. Sikpui lam hla hin kaupeng sawm khat a nei a:

- (i) Buontlaw hla (naupanghaiin innghak khawmnaa an sak hlak).
- (ii) Hlapui
- (iii) Hla ser
- (iv) Hranthli hla

- (v) Lamtluong hla
- (vi) Simsak hla
- (vii) Tankawngvailak
- (viii) Saia ketet hla
- (ix) Anranlaia
- (x) Tinna hla.

2. Hranglam Hla:

Hi hi ral an that pha a lu an meng a (in-ei), sahrang an that pha an in-ei hlak bawk. An sa kap bakah vawk dam, siel dam an thata khawtlang mipui vaiin ruoi thein zu an dawn a, sun ni thlak thlakin an lam hlak. Hla kaupeng chi sari a nei a:

- (i) Hlapui
- (ii) Hlapui inthumna
- (iii) Sakhal hla
- (iv) Zanva hla (zanril laia sak mi)
- (v) Zanva hla inthumna
- (vi) Hlado (Midangin hranglam hla an sak laia a laia lam pain an sam hlak)
- (vii) Sahlang phawkna.

3. Sakhuo hmangna hla:

Pathien suklamna dinga a neizo deuhhaiin an thaw hlak a nih a, Sesun an naw leh inchawng an ti hlak bawk. Hla kaupeng pasari a nei a:

- i) **Darlam hla:** Mipui vantlang vaina dinga siel an sun ni le bu an inei nia an lamna hla a nih a: Khuong, darkhuong le darmenghai sutin an lam hlak.
- ii) **Bu ineinaa hla:** Chi hni a um a: (a) Luopui hla le (b) Zawntui hla.
- iii) **Thivaithlakna:** Hmar hnam kaupeng Leirihai chu an thi lai, a hrang chat lai takin thivaithlakna hla hi sak tal an tum a, a hrangchat laia an sak hman chun a thi kha pielral a kai a, an sak hman naw chun kai zo dingin an ring nawh.
- iv) **Chawnlam hla:** Hi hi an nunphung le khawsak dana an hmasawn pei zie (civilization) suklamna dinga an inchawngna hla a nih.
- v) **Lunglak hla:** Hrietzingna lung amanih, damlai lung amanih, changhmai amanih an phun phaleh, lusun ni sia inchawngna hla a nih.
- vi) **Hlachawm hla le an thumna:** Sung bing inthawi changa lengpuituhai le an lamna hlak a nih.

4. Lo neina tieng hla:

Kum khat sunga an lo neina hunbi tin kh an hla a nei senga, chuonghai chu:

(a) **Vachang hla:**

Lovat laia an sak hlak a na, tlangval le tlanglaktehain an sak deuh tak.

(b) **Butukhuonglawm hla:**

Butu lai lawmpui an siem a, kawtsuo an innghak khawmnaa inthawk khan an hei sak tan a, lampui intluonin an sak pei a, tu an hei tlung a; butu dinga hma an hei pu khan, zaupui laia lo thlang hnung tak mawnga khan nuhmei le pasal inkarthelin an intlar a, khuongpu'n hla pakhat a hei sak a, mipuihai hla sak ding khuongpuzailakin a hei inzawt a, chu chu mipuiin sak pumin a khuong vuok ri le inruolin tuthlawin hnuoi wawi khat an tuk a, bu chi an thlak nghal pei a; sunnithlaka sak khawpa an phuok a na, hla kaupeng 14 zet a nei a nih:

- | | | |
|-------------------------|------------------------------------|--------------------|
| (i) Tuk hla | (ii) Zing hla | (iii) A pa hla |
| (iv) Hmunin hla | (v) Thenzawl hla | (vi) Kharzawl hla |
| (vii) Hla laisam | (viii) Zaiin fe | (ix) Hlathuokinsam |
| (x) Sun bu fak inlawina | (xi) Chawhnung hmaput hla | (xii) Rawsur hla |
| (xiii) Fepha hla | (xiv) Khiengthar hla (partlun hla) | |

An inlawi pha leh pasalin par an be a, nuhmeiin an inchawngna ding thing an phur a, nuhmei le pasal inkarthelin lam lawn pum zingin hla an sak tlung zak hlak. Inchawng ding pa tuolah thing an tet a, in keng naw tuola mihai leh an lam tlut tlut hlak a nih.

(c) **Lohma hla:**

Hlo thlo lai lawmpui an siem a, sun ni thlaka sak khawp hla an phuok a, butukkuonglawm ang bawkin khuongpu'n pakhat a hei sak a, hlo thlo hai sak ding khuongpuzailakin a bul a hei hril a, chu chu mipuiin an sak hlak a nih. Nuhmei le pasal inkarthelin an fe a, sun ni thlakin hlo an thlo hlak. Hla kaupeng sawm le pathum a nei a:

- | | | |
|---------------------------------|----------------------|----------------------|
| (i) Hlapui | (ii) Zawllai hla | (iii) Hbranchawn hla |
| (iv) Tuoni hla | (v) Zawlchawng hla | (v) Inrennu hla |
| (vii) Hraichawng hla | (viii) Chawnpui hla | (ix) Hla bakinse |
| (x) Khuonghmahnaw | (xi) Hmasuo tawm hla | (xii) Fepha hla |
| (xiii) Lamlam hlaihi hi an nih. | | |

(d) **Hauva hla:**

Hauva hi an lalpa hming a na, bu chil pha leh hrizawl hnarah putarhaiin an lo sak hlak. Hlo thlona hmangruo thir an hmang tanna chanchin le an hmasawn dan an hrilna a nih.

5. Sai hla (love song):

Tienlai chu nunghak le tlangval inhmatusa inbiek nekin hlain an inbiektuo lem hlak a, chuonga an biekna hlaihi chu 'Saihla' an tih. Chi tum tum panga laiin an the a:

- (i) Semruk hla: Hi hi naupang in hnunga an sak hlak a nih.
- (ii) Liiendang hla

(iii)Chawngngo hla

(iv)Rawsem hla le

(v) Muchiei hla (imu suok pha hla) hai hi an nih. An hla mi em em a, an ɽawng taphawt hi hla amanih ti ding hiel a nih.

6. Inhnelna Hla:

Tienlai chu naupang inhnel an uor em em a, zan bu fak khawpa inthawk sawt tak tak an inhnel hlak. A pawl pawla sak chi dam nuhmeite inhnelna hla dam le naupang sak chi tamtak an nei a. Pakhat peia sak dam, pahni peia sak dam le a hawna sak chi dam an nei.

XIII

HMAR PUONHAI

Tienlaia inthawkin Hmarhai puon chi tum tum an nei a. Chuhai laia a langsar zuol deuh hai chauh zuk hril ei tih.

1. Zanpuonhai:

- i) **Puonri:** Pat inhrawl deugin an kher a, zai hni inkawpin an thlura a tungin an hmang a, a zal dingin pat pangngai an hmang hlak. A tliem be pheikha thiemtuipekin an sukhu a; a hmul dingin patchawn kutte chena seia tan bawng an zep pei hlak. A rik leiin puonkawp pangngai anga kawnga awt zo a ni naw a, tuolah khur chovin ngir pumin an khawng hlak. A khang zawng pha le sil inkawp (delkim) theia lienin an khawng a; mo tharin an sawm ngei ngei hlak
- ii) **Puonrichal:** Puonri neka chin deuh metin an khawng a, patchawn sei deuva inchawn a zal le inkarɽhelin an ta hlak. Tlangval leng fena mi ina rieknaah puonthuo'n an hmang hlak.
- iii) **Puonphawk:** Puon pangngai, puonri le sil kawp dingin phawk deuhvin, bawta dam malkal damin an khawng a, puonthuo dingin an hmang hlak.
- iv) **Puonpha:** Puon pangngai, a var an naw leh patsenturuk an ran a, thiemtuipeka tui pein det rutin an khawng a, puonpha chungnungin an hmang.
- v) **Tuibopuon:** Tui pe lovin det rak lovin an khawng a, innem chatin; malkal, bawta, zawngbil, hnachangkawrzie le vawkpuidangzie damin an khawng a pangtawkah an sil hlak.

2. Silkhawlai (Nuhmei puon bikhai)

i) **Dawnpuon:** Dawnpuon hi chi hni a um a:

(a). A tungin a var an ran a, a kera ker vawng a na; ting dum (hmuoa indumin) an ker a, mawng zawn le hma zawnah a pawl kutpha chen vela lienin an ker hlak; bi chi a nih.

(b). A dum bel thum ruol an ran zovah a hring kutpha bawk ruol, chuong ang peiin an ran a; a zalin ting hring an hmang hlak. Zawlpuonin an hmang hlak.

ii) **Tawnlopuon: Chi hni a um:**

(a). A bia bi chi a nih. Ting dum bel reng ruolin an ran phawt a, a sen bel khat, a var bel khat, a dum bel khat, a var bel khat, a sen bel khat; chu zovah a dum kutpha bawk. Chubakah a chung a ruol ruol khin a sen, a var, a dum, a var, a sen; chu zavah a dum bel thum ruol, chu chu thuina ding a nih. A zalin a dum an hmang.

(b). A tungin a var an hmang a, a mawng zawnah a dumin an ker a, nunghak thienghlim (virgin) haiin an bi hlak.

iii) **Thangsuopuon:**

Thangsuohai chauhvin an sil hlak. A ran dan: Ting dum kutpui bel khat, a sen chite, a dum kutpui bel khat, a var chite, a dum kutpui bel khat, a sen chite, a dum kutpui bel khat, a eng chite, a hring chite, a sen bel hnih, a var bel chenna, a sen bel hni, a hring chite, a eng chite, chuong ang peiin an dit ruol ruol an ran el hlak. Pasal puon hmawrah par lim an zep ngai nawh.

3. Nuhmei le pasal intawm:

i) **Thuithumpuon:** Phek them, hmun hnia thuoi. Pat var an ran a, a phek lailung taka a sen kut chalruol an ran a, phek hni kha vawikhat khawngin an khawng a. A laia ding phek khat kha kaw lhranin, a laiah a sen bel khat ruola tiel thovin an khawng a; a thuina chu thuisarungmuol a nih.

ii) **Puonlaikhik:** Pat var khat chauh an ran a, a hmawrah ting dumin an khik a; malpui zawnah a suka inthlur dingin a dumin bel khat, a sen bel reng, a dum bel khat an khik a, a var khat khap khat an khawng hnungin, a chung a an ang khin an khik nawk hlak a nih.

iii) **Ngotekher:** Chi hni a um:

(a) A tlang ting dum kutpha bawk, a var bel chenna, a dum bel khat, a dum le var zai hni hnia ran karthlak kutpui bel ruol, a dum bel khat, chu zovah a var khat chauh ran suok a nih.

- (b) A chungang ang khin a tlang ding ran phawta chu zova tiel a nih. A tlang zovah a var bel hnih ran phawta a dum bel khat, chuong ang peia dit ruol ruol ran el a nih.

A zal dingin pat var an ta a, a dap kutpui bel zovah bel khat vela lien a uma ker a nih. Chu zovah (a) naa ding a ni leh a var khat chauh ta gat ngat a (b) naa ding a ni leh a tung tiel anga a duma tiel amanih tawng khat vel an khawng hnungin a dum le var inkherin an khik a, chu chu ‘ngotekher’ an tina san a nih. Chu zovah sahmul tingdumin bel reng ruolin an ker a, chun a var nguntang chen vel an khawng hnungin a hmaa ang khan an ker nawk a, a bul tienga angin an suktawp a nih.

- iv) **Puonlaisen:** Tingse tak kutpha baw ruol, a hring chite, kaw leng chite, a pawl chite, sentak chite, a dum chite, hi po hi a tlang a na. A puontak chu; a var kutphabaw ruol, a eng chite, a sen belhni ruol, a eng chite, a hring bel chenna, a sen chite, a dum bel chenna, a var kutpha baw ruol; Hi po hi hrap khat a nih. A laisen: (kaw hrana khawng) a dum belhni ruol, a sen chite, a hring chite, a var (par zepna ding) bel chenna, a hring chite, a sen chite, a hring kutpui bel, a eng chite, a sen belhni ruol, a hring chite, a sen chite, par zepna ding a var bel chenna, a hring chite, a sen belhni, a eng chite, a hring kutpui bel, a sen chite, a hring chite, par zepna ding a var bel chenna, a hring chite, a sen chite, a dum belhni ruol.
- v) **A khawngdan:** A zal chu a var a na, a dap lailung takah a dum zai hnih an ker a, a dap zovah a dumin bel khat an ker nawk a, a var bel chenna an khawng zovin sendukin bel khat an kera, a hring chite, a eng chite, a pawl chite, sendang chite, chu zovah a par - sawngtelai vel/kawppuizikziel/disul/lenbuongthuom/kikieu/amkar/hmaizapzie/zawngdaikal/zawrabang/motorke/arasi kutpui baw an zep a, chu zovah a chungah hai khin an inhuon nawk a; chu zovah thlapuizie an zep nawka, chuong ang peiin ditzat zat an zep el a nih.

A hmawr chei zovah a var khat kutpha baw vel an khawng, ngotkher, tingduma ker kutpha baw, ngotekhera inhuon nawk zovah a var khat nguntang chen, chu zovah ngotekher, a hmasa tieng ang angin an zohlak. Puonlaisen a vara parte lim an zep hai chu: fanghma mu, muthlakawi, harzaizie, selutun, dawichang le disul dam an ni deuh tak.

- vi) **Puondum:** A ran dan: tingdum bel thum, a pawl chite, sendang chite, a hring chite, a eng chite, a sen belreng ruol, eng, hring, sendang le a pawl chite te, a dum bel reng ruol, a hring, a eng belreng, a pawl, a sendang, a hring, a eng chite te, a sen bel reng ruol, a eng, a hring, a sendang, a pawl chite te, a dum bel reng ruol. A chngang indawt ang peiin an dit ruol ruol an ran el hlahk; a zalin a dum an hmang.
- vii) **Hmarpuon:** A sen kutpha baw, a hring, a sendang, a pawl chite te; a dum bel khat, a sen chite, a dum bel khat, a var chite, a dum bel khat, sen chite, a dum bel khat. A pawl, a sendang, a hring chite te; a sen kutpui bel, a hring zai hnih, par zepna ding a var bel

chenna, a hring zai hni, a sen kutpui bel, a hring, a sendang, a pawdal chite te; chu zovah a dum tan nawk a nih.

4. Sakhawpuon:

- i) **Dawipuon:** Thiempu puon
- ii) **Raupuon:** Thlan chung a zar hlak
- iii) **Thlanlampuon:** Nuhmei puon bik a nih

5. Bilpuon:

1. **Fen Ngo/Tharlaizawm:** chi hni a um a:

2. **Hmaram:** Nunghakin lam ni khuoa khup phak lo deuhva an bi hlak a nih.

3. **Lungumpuon:** Nunghakin zakuo hak lova an tang thupnaa an hmang a nih. Hieng ei hril hai baka hin puonzie chi dang dang a hung suok pei a. Khawtlang nun an her danglam dan ang peiin puonzie le puon chei chi tam tak an hung phuok sa pei a. Tienlai deuh chun puonhai hi kuta khawng vawng an nih a, puon pakhat khawngna ding khawmin hun a lak saw tem em hlak. Hieng puonhai hin Hmar nuhmei kut themthiemzie le remhrietzie a suklang. Hmar nunphung le thumthilhai sukhausaknaah an thaw hlawkzie hi hrilin a siek nawh.