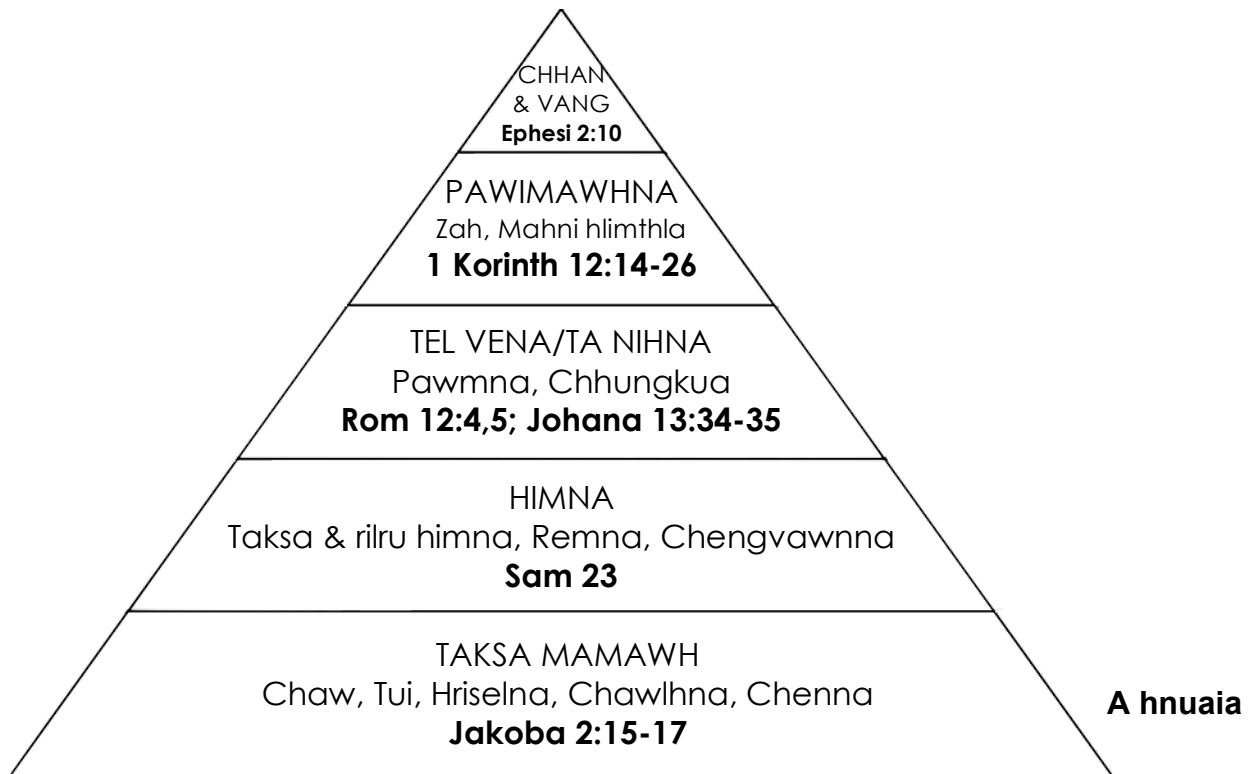




ZIRLAI 4-NA NAUPANG TINTE MAMAWH

Naupangte Mamawh Bul

Kum 1940 chhova psychologist pakhat Abraham Maslow-a chuan, mitinte mamawh a inchen lo, an mamawh ber an neih dan a zirin an `hang a ni tih a rawn pholang. Kan in a naupangte kan en hian Pathianin ni tura a duh duan tipungtling thei turin Maslow-a tih dan hian min pui thei dawn a ni.



zawhnate chhang turin level panga zinga pakhat thlang ang che:
He level-ah hian naupangte mamawh pek hi tu mawhphurhna nge?

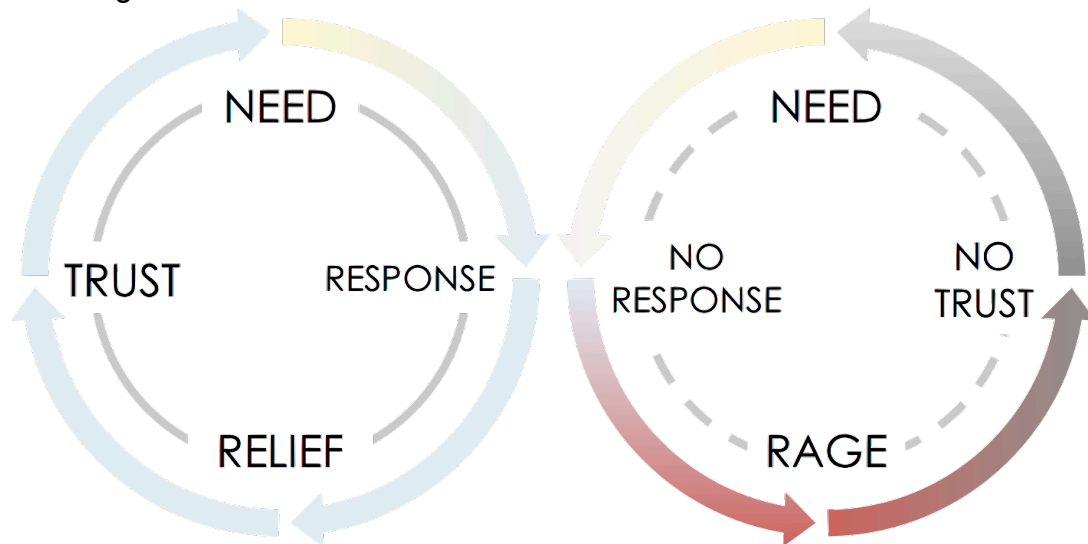
Tunlai chhungkua khawiah nge he level hi kan hmuh loh?

Nu leh pa/chhungten an fate mamawh engtin nge he level-ah an pek theih ang?



Inzawmna Pawimawhna

Inzawmna hi nu leh pa leh fa inkara inthlun zawmna thuk tak kum hnih hma lam a thleng a ni.



Naupang Tikhawloh (Trauma) Hriattheihna

Vanduaina	Thil ~halo Tak Tihna

Mihringte tih leh tum vanga a Trauma thleng ni lo.

Tum reng vanga Trauma thleng mihring tih.

Eng traumas hi nge enkawl awl leh dam chhuah awl zawk? Engvang nge?

Trauma thleng avang hian naupangin eng thilte nge a hlauh/chan theih?

Trauma dinhmun a`anga naupangin a hlauh nualte engvangin nge hriat a `ul?



Naupanga Trauma Hriattheihna

Khawsazia Atanga Hriattheihna: An thiltih atangin
Mi an tiduhdah/sawisa
Grade tlahniam: School-a an thil tihah thlahniam tawlh tawlh
Chhungte leh thiante dodalna: Thiante leh chhungte nen emaw insual/inhau
Kawhmawh bawl: Dan nena inkalh suahsual rawng bawl
Ding taka ngaihtuah thei lo emaw awm thei lo
Thiante nen inlaichinna chhia: A kum milte nen thil tiho hleithei lo
Kir lehna: Naupan lai ziaa kei leh (naute tawng, bei)
Tlan bo
Vangtlang lak atanga in la hrang: thiante leh chhungte nen an infin duh lo
Rukru
Thil an hmang sual: thil charna an hip, zu, drug
A pawng a puia thinur: thinrima tharum thawh, thil pet, au vak vak
Chetzia Atanga Hriattheihna: An thil rilru pekna (Feel)
Invaivung: Mihring emaw thil emaw bei chiam
Thinurna: thian aian hmelmam siam tam
Hlauthawn: Engtik lai pawha lungngai hmel pu
Vuan: Puitling vuan tlat, mahni chauhva hnutchhiaha awm duh lo
Nguina: Hlim lo, beisei bo, rei tak thil ti thei lova hah thuai thuai
Puitling hlau tlat
Sual/diklova inngai
Mahni inhmu hniam, inrintawkna nei lo
Mangchhia nei thin
Rilru kaput nei: thil chikhat chauh tin zawn, a ngai hlir tinawn fo
Intihlum ngaihtuah fo thin
Taksa Atanga Hriattheihna: An TAKSA'n a entir
Pem tam tak: Pawl leh pawduk chhinchiahna, vung, taksaa inrin/bawl
Ei tha thei lo, emaw ei tam lutuk
Mahni intibawlhhlawh
Luna emaw, pumna
Na, thak, taksa rimchhia
Kal leh thutah harsatna nei
Mut harsatna nei: an mut theihloh vek leh mu nasa lutuk

He hriattheihna list I en atang hian nangmahah engnge lo lang chhuak?

He Bible chang hi en la, Pathianin engnge a tih theih? Pathianin I mamawh a pek che atangin nangmahah engnge danglamna awm? Nu leh pa emaw, enkawltu I nihna atanga I fate mamawh I pek angin, he Bible chang hi nangmah nen engtin engnge I kungkaihna a neih?

2 Korinth 9:8

“Tin, Pathianin khawngaihna tinreng in chungah a vur thei a ni; chutichuan, nangnin engkimah a tawk zet nei fovin, hnathawh tha tinreng atan in ngah thei ang. .”

Naupang tihkhawloh tanpuina atana Bible chang dang:

- Sam 23:1-6
- Sam 34:15-18
- Sam 40:1-4
- Sam 91:1-6
- Sam 145:18-19
- Thufingte 1:33
- Isaia 41:10
- Isaia 53:5
- Isaia 61:1-8
- Tahhla 3:21-23
- Luka 15:3-32
- 2 Korinth 5:17, 21
- Philipi 3:7-11
- Hebrai 10:32-36
- 1 Petera 5:6-7

