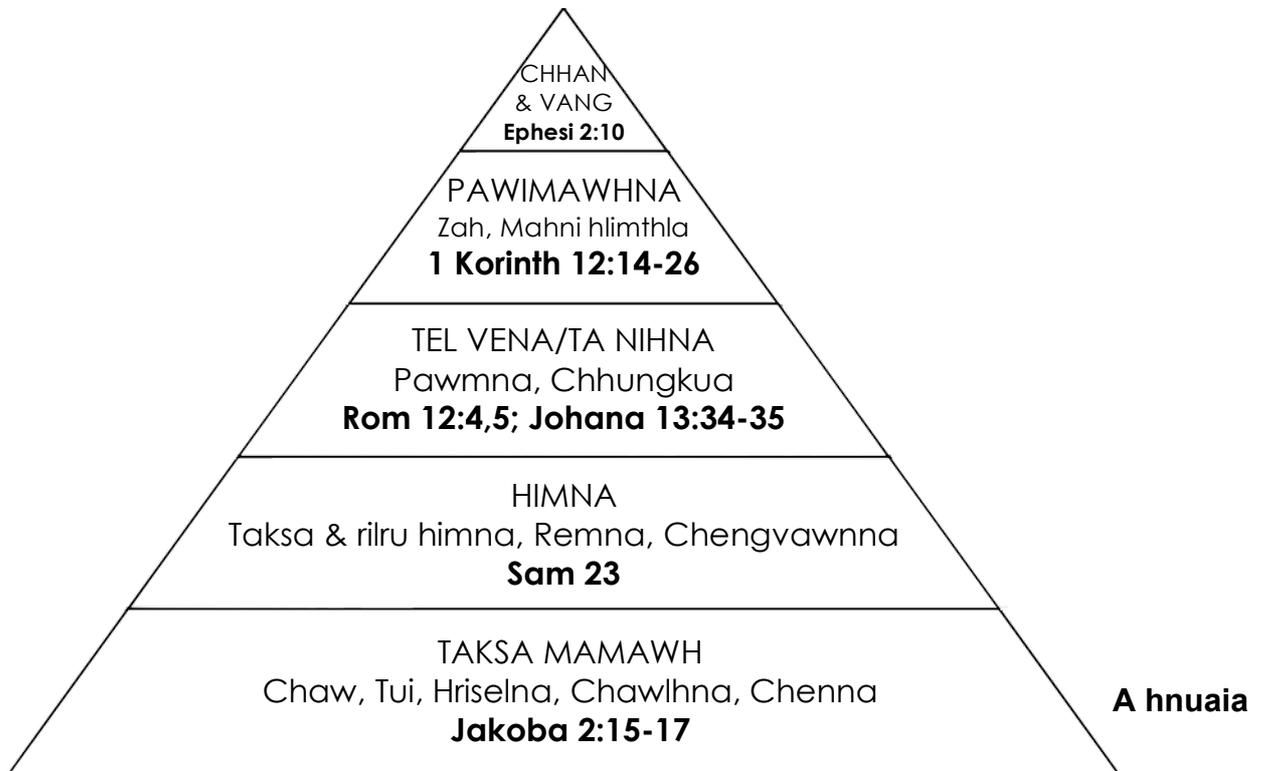




ZIRLAI 4-NA NAUPANG TINTE MAMAWH

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.



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

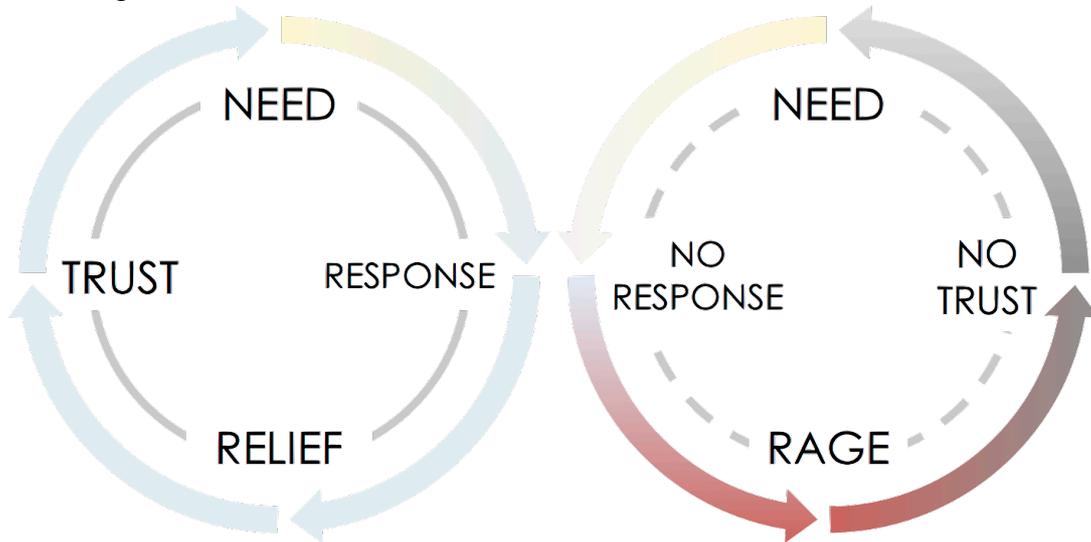
Tunlai chungkua khawiah nge he level hi kan hmuh loh?

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

| | |
|------------------|-----------------------------|
| <p>Vanduaina</p> | <p>Thil ~halo Tak Tihna</p> |
|------------------|-----------------------------|

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

Mihringte tih leh tum vang a Trauma thleng ni lo.

Tum reng vanga Trauma thleng mihring tih.

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 tlahniam 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 aiin hmelma 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, taksa 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 tikhawloh 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

