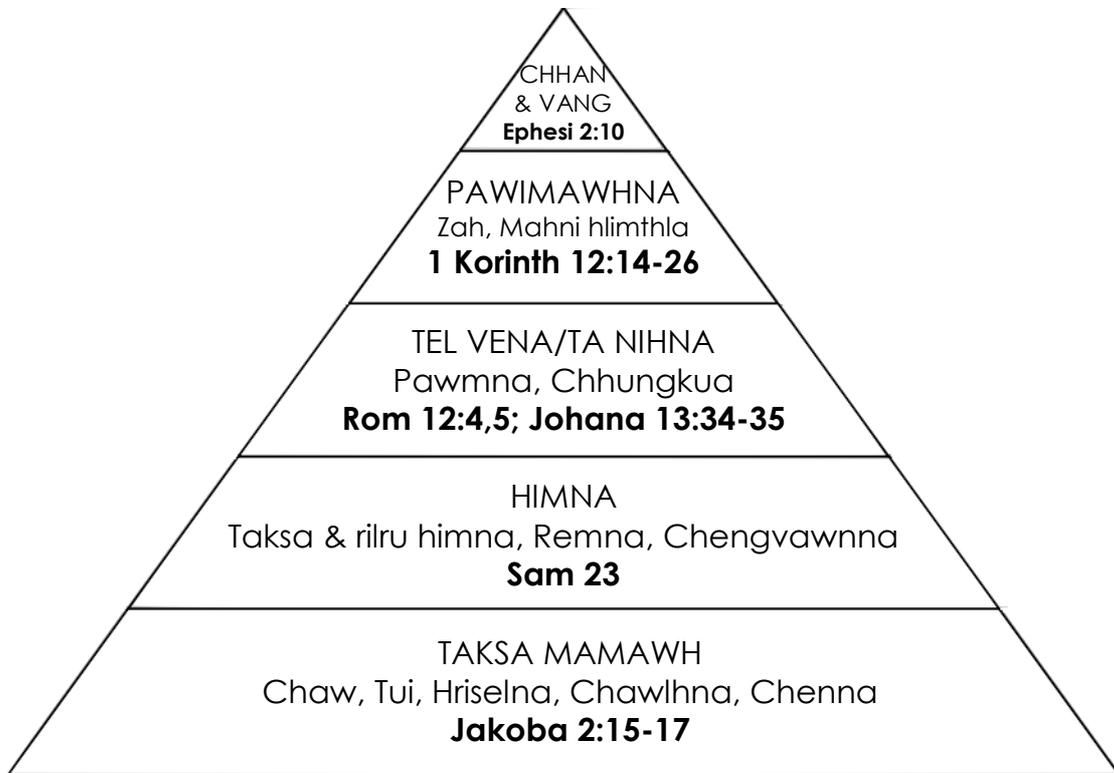




ZIRLAI 4-NA NAUPANG TINTE MAMAWH

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 t̄hang 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.



A hnuaiia zawhnate chhang turin level panga zinga pakhat thlang ang che:

He level-ah hian naupangte mamawh pek hi tu mawhpurhna nge?

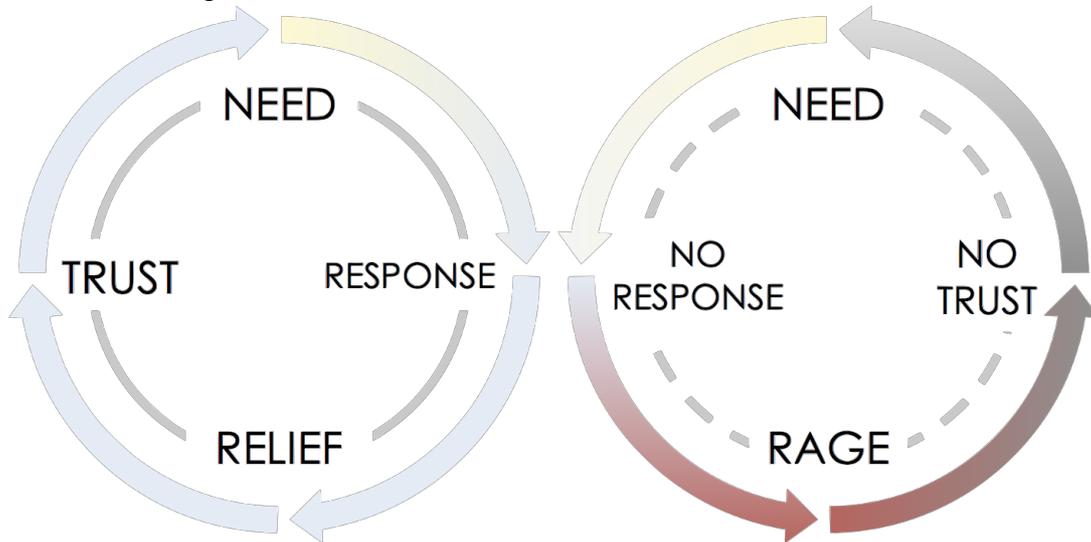
Tunlai chungkua khawiah nge he level hi kan hmuh loh?

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

Vanduaina	Thil Ṭhalo 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 aṅanga naupangin a hlauh nualte engvangin nge hriat a ṭul?



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?



Naupang Tikhawloh ~anpui Theih Dan

Chhiar tur: **Sam 34:17-18**. Nu leh Paten an fate tikhawloh `anpui nan engnge an tih ang? Lem emaw symbol emaw hmangin idea han ziak `heuh teh.



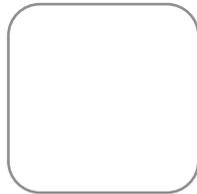
Naupangte an him
a ni tih tiam nawn
leh rawh



Chin nei lovin
hmangaih rawh



En/dah hran an ni
lo tih chian ang
che



Heng entirna mawlmang tak, naupang tikhawloh tawkte `anpuina I en a`ang hian, Pathianin I hnenah engnge a sawi? I fate engtin nge I `anpui ve theih ang?

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?



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