

Na thinlung kha zawnruahnak ngei

A fianglomi caan pawl ah cheukhat a fiangmi ngeih dingin a bawmh. A sikhawh ahcun, nifatin tuah dingin na caan suaimi kha zul – thawhnak, riantuannak, rawleinak, eksisai tuahnak, le nifatin aa khatmi caan pawl ah idihnak.



Bawmhna na herh ahcun, zaaangfahnak in 03 6234 9138 ah Phoenix Centre kha pehtlainak tuah.

Tasmanian Acozah, Ngandamnak Phuthen nih Bawmhmi

Chin Hakka | Chin (Hakha)

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Lungretheih tuk lio caan ah, tihnak ngeih, fianlo, buaibai in um asilole thinhun in um hmanh kha a phung a si ko.

Hi bantuk pawl lungthin chungah tamtuk a um ahcun, thaw fakpi chuah caan ngei law atu lio i na pawngkam ah na hmuh asilole theih khawhmi cungah na lung dih-um lak in chia.



Na lungretheih tuk asilole ngaihchiat tuk caan paoh ah hihi tuah.



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Ichingchiah - na hawikom pawl cu
na angki zal ah an um....
Na auh hna lawng a hau

Na chawnh hna tikah
hawikom pawl le
innchungkhar nih aa
naihnam deuhmi ah an
iruah lai



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Aho paoh nih lungrethei dirhmun
pawl cu phundang cio in ton a si ko
i, cucu
aho paoh lung chungah hmunkhat in
aa tap tikh a har khomi a si.

Cheukhat ngakchia no deuh pawl nih
upa pawl sinin caan tamdeuh le
zohkhenhnak tamdeuh an herh
khawh men lio ah, cheukhat tleirawl
pawl cu mah te lawng in um an duh
caan a um kho men.



Nan inn chung i minung kha
zeidah na herh timi kong kha
chim hna law zaidah an herh
timi zong kha hngalh khawh
izuam.

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Nihin ah:



Eksisai na buah cang maw?



Innchungkhar i a leng
minung pakhat khat he
pehtlaihna na ngei cang
maw?



Na ni cang maw?



A ngandammi pakhat khat
na ei cang maw?

Ichingchiah, hi
hmunkhat ah kan
dihlak in kan um hna



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phoenix centre
support for survivors of torture and trauma

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Aho paoh nih thlennak le harnak pawl cu phundang cio in ton a si ko. A liamcia caan ah thil har a chuah tikah na rak tawlrel bal cang maw?



Hi tawlrelnak ningcang cheukhat pawl cu hawikom pawl le innchungkhar sin ah na chimchin kho lai maw?

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Zatlang nun lei ah
ihlatnak a um maw,
na innpa le anmah
lawngin a ummi minung
pawl sin ah na chek
khawh?



Na tuah lecaangka in
minung pahnih na
lawmhter hna lai.

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Na lungretheih le lungfim huaha loin na um ahcun tuahchun dingmi cawlcanghnak



A himmi hmun ah na um tiah ruat – tisor pawng a si kho men, tlangsang cung asilole tupi chung zongah a si kho men.

Zeidah a lawh, zeirim dah a lawh ti kha ruat law duhsah tein na thaw kha dawp law chuah.
Nangmah le nangmah kha, 'Ka' him ko' tiah i ti.



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A liamciam i caan ah lungretheih tuk caan a um le lungretheih caan pawl i chinchiah awk pawl chuahter dingah fian huahalonak a um cu a phung a si ko. Hi a cangmi hi a tampi na hmuh ahcun, na thinlung kha atu a sining ah kirpi than khawh izuam hihi langhternak in:



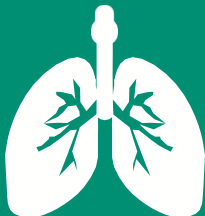
Na hmuh khawhmi thil 5

Na theih khawhmi thil 4



Na tongh khawhmi thil 3

A rim na theih khawhmi 2



Le voi 1 in na thaw dawp

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Nangmah sersiam dingah zawnruehna i a thawnnak kha hmang law midang pawl nih a thawngdeuhmi le aa nuam deuhmi ah an iruah lai.

Kat kha pakhat khat na kua kho lai maw, cheukhat kha rawl na serpiak kho hna lai maw, uarmi ca-uk asilole hla kha na hrawmh kho hna lai maw?



Dawtnak le zawnruehna a takin langhternak nih a thawng deuhmi in khawhna, a ngandeuhmi nuamhna le a niamdeuhmi lungretheihna le lungrawhna lei ah a hruai khawh.

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Lunglawmhnak a takin langhternak nih na thinlungput lei ngandamnak cungah thatnak lei in a hnorsuan khawh, a hlei in lungretheih tuk caan asilole thlennak a um lio caan ah.



Nangmah pumpaak lawngin, asilole hawikom pakhat asilole innchungkhar chungtel pakhat he na nunnak ah nifatin naa lawmhawk a simi thil 3 in an min langhter izuam.

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