

PHATNA LASAH

Leitung leh Vantung a kingaai thupipen khu Biehna leh Phatna ahi hi. Vantung a Pasion khat a um bang in leitung ah zong Pasion tamtah a um a, khum Pasion-te Bieh khu mihingte'n i buoipi mama uh khat ahia, tua Pasion a, i neipeen un a deipeen ahileh Ama Bieh a pahtawi/phat diing chi ahipen hi. Mihing zousie in biehna khat chiet nei in sakhuo tuom chiet ah eima'n dih a, i theipen uh Pasion khat i bie ua, i phat uhi. Koima biehna/sakhuo bei chi a um sih a, a zawng-ahau in khat chiet inei uhi. I Pasion chiet uh i bie un i phat ua, tua i biehna leh phatna un i Pasion-te mai hilou in abemite tung ah zong lungkimna, luongmuonna, kipahna leh nopsahna thupitah ahing tun hi. Ipu-ipate'n daw leh kau na bie in, singbul-suongbul ah kithoina ana bawl in, abie in aphant ua, tua abiehna leh aphantna un Pasion a, a ngaituo uh daw leh kaute lungdamsah in a guolzawl a, amaute'n zong a gingta ua, a kipah un ana lungkim mama mai uhi.

I kimvel a um nam tuomtuomte'n zong Pasion a nei chiet ua, milimte bawl in alungdamna diing in abie ua, aphant uhi. Leitung ah sakhuo atam mama mai a, sakhuo um zousie in abuoipipen khu bieh diing leh phat diing, lungdamsah diing chi ahia, tua biehna leh phatna in i biepen leh i phatpen lungdamsah tum in a silbawltheina apat a nopsahna ahing pieh diing i kinem chiet uhi. Amaute zong bieh diing ut chiet ahi uhi. Luke 4:7 ah zong Setan in Jesu kung ah, "Tuazieh in, keima nei bieh a ahileh, tam zousie nang a hi taken." chi in leitung zousie zong ana pe ngam hi.

Vantung ah zong Pasion khat a um a, Pasion hing leh siengthou, bangkim siemtu, pasien te Pasion, leengte Leeng, kumpite Kumpipa, sil zousie siem a, atung a thuneitu ahi hi. Tam Pasion khu Pasion hing leh Pasion tahtah a gingta in ibie ua, i phat ua, Pasion in inei uhi. Tuachin leitung a sakhuo umte lah a khat ahing hi a, adihpen ahi chi in i pom uhi. Tambang a i biehna leh phatna khu i bieh i Pasion in zong a deipen ana hi hi. Pasion i bieh chiengin Ama lam a pang leh kipumpieh ihizieh un Pasion a lungdam hi. (Deut. 5:7) ah Pasion in "Keima chilou Pasion dang besih un" ana chi a, Jesu'n zong (Luk 4:8) ah "Mangpa na Pasion bou khu bie inlen, Ama nna bou sem in! chiin Laisiengthou in agen hi" chiin Setan solna ana dawng hi. Tam Pasion hing lungdamna nna sem a, Ama'n ahing guolzawl diing leh tam leitung i pawtsan nua chieng ua, A van inn nuom a, ahing pui diing i kinepna uh ahi hi. Pasion be diing in ikikhawm ua, tua mai hilou in i sep, ibawl zousie Ama min thupina diing leh Ama min paulap in i bawl uhi. (Deut. 6:13) ah "Mangpa na Pasion bou khu ging unlen, Ama bou bie unlen, na thuchiemte uh Ama min bou in thu chiem un" ana chi kia a, tuachiin i bieh Pasion mai hilou in ei abe mite zong i lungdam in nuom isa uhi.

Pasiante mai hilou in, ei leitung mihingte zousie in zong mite'n hing bieh bawl henlen, hing phat in hing pahtah uleh chi i deipen ua, mite mai a kipilsah leh i kitheisahnate leh nasatah a nna i sepnate zousie uh khu mite tung a leen, mite pahtat, jatat diing i utna zieh ana hi leltah hi. Naupan lai in, mite'n "Nungah chie, tangval chie, hoi chie, siem chie, pil chie" ang chi chieng un i lungdam vevaw in i bawl utlousa khat zong i bawl ut in, ibawl ngamlou sil khat zong i bawl ngam thei mawh uhi. Mi zousie in pahtat i ut chiet ua, tuachiin, Lawmta kaal, Nungah-Tangval kaal, Vengsung-Tuisung, Khosung, Hattuum leh Pawlpi tanpha ah i kipahtat tuo chieng un ikituoh un i hat ua, kipahtatna umlouna mun khu nuomlounen asuoh zel a, kipumkhatna zong um theilou hi.

Tambang ahizieh in Biehna leh Phatna khu sil poimaw penpen ahia, apoimaw dan toh kituoh a, bieh dan, phatdan kihil tahlut diing hinapi in i ngaisah zoulou uh a bang hi. Ahin, i kiim, ipaam a umte apat hun peisa sawt nailou in a poimaw dan i thei sim panpan ua, mi nuadel khop ihi nalai uhi. Tuazieh in koi e bieh diing? Koite'n e abieh diing? Bangchi bieh diing? Bang toh bieh diing? Bangzieh a bieh diing e? Bang poimaw e?

chi thei a poimaw hi. Nei-le-lam mai in lungmuonna leh kipahna ahing pe theisih a, a zawng-ahau, alien-aneu in biehn a nei teitei uhi. Lungkhamni in ahing henem a, lam-etna ahing pie a, kipah ni in zong kipahna lien sem ahing pie hi. Biehna a diing in inei- ilam seeng ngam un shi tanpha in i pang ngam ua, i hinna tanpha i pe ngam uhi.

Pasian biehn ah bieh dan tuomtuom a um a, Laa toh biehn, thu toh biehn, silpieh toh biehn, sip dingdeng a, Ama toh kihou a biehn leh a dangdang ahi. Tamteng lah ah tuni in Laa toh biehn gen ut deu ihi.

Nidanglai in, tulai bang a Biehn sung a mipi lasakhawmna chite ana um ngaisih a, Siempute leh lasa diing a tuomse mite maimai in laa asa ua, Biehn ah ataangpi in Sam Labu sunga umte a sa deu ua, lim huoiloutah zong a um hi. Hun hing kihei zel in kum zabi 16na ah Martin Luther, Hattuum siemhoitu leh laa lam a ana bulpantu, German mi in Protestant Labu kichi laa 8 umna kum 1524 in ang bawlkhe a, tua khu ama, Martin Luther phuote ngen umna labu ahi hi.

Tualeh, Issac Watts (1674-1748), England gam a Pastor khat tapa in laa ang phuokhe kia a, khumte Lapawl a zil in, hoi asa mama uhi.

Kum 1707 in **Hymns and Spiritual Songs** chi Labu ang piengkhe kia a, hattuumte diing in phatuom leh poimaw mama khat ahing suoh hi. Issac Watts in Laa 600 vel ana phuo a, “Jesu Kross danglam” (1709) “I Pasian ei puipa” (1719), “Heisung ah zong Nisuohna pou ah” (1719)-te leh adangdang ahi ua, tuni tan in alaphuo khenkhat ei Labute ah zong a um zing nalai hi.

Eimite (Zousuon/Zounahthlak)-te i hamphatna mama khat uh ahileh, Tangthupha hing poluttu Welsh Presbyterian Hattuumte’n Laa leh ginglawm lam ah ang na patta pai uh khu ahi. Tam khu ipu-ipa tawndan toh zong ana kituoh a, ana tuipi mama khat uh ahi. Zu-le-sa ne in, Sanneem laa sa a laam in sun-le-zan khuollou in ipu, ipate’n hun ana zang thei uhi. Tam toh kituoh in Missionary hing lut masate’n lasah ah ang na patta pai ua, tuachiin Pasian na thei masate bang in zong Mizo (Lushai) ham bang in laa ana sa ua, akhietna leh ateng mumal zong theichien sese lou in tuitah leh nuomsatah in laa ana sa thei uhi.

Tuazieh in tuni tan in laa i ngaisang ua, Bieh kikhopna mai hilou in lungleenni leh kipahnite in lasa a lenkhawm nuom isa uhi. Shina, Lusunna, kipahna mun leh Hattuum vaiguonte ah alouthelou a ngaituo in mite’n a lungtang gil sung ua pat ana puonkhietna ua, laa ana phuote uh sakhawm in i leengkhawm uhi.

U pate’n “Laa ichipen thu ahia, thu ichi zong Laa ahi” chia ana gen zel uh khat a um hi. Tam athugen uh khu adih vawt khat ana hi hi. Laa kichi khu mawh bawl gawpgawp thei ahisih a, a ut pou pou in sil dangdang bang a bawl zungzung thei zong ahisih hi. Mi koi ahiei khat in alungsim tawng/sungnungpen a thu um khat puonkhietna a, ahing zah, lungsim a dimlet pulang a hing letkhie ahi hi. Mikhat in alungsim a, a puohnat mama khat ahing puonkhiet ahiei leh mi khat in Pasian loupina mu leh Pasian loupina a thei apat a, ahing suokhiet ahi.

Pasian phat Laa, Gamngai Laa hi in jawl laa hitaleh aphuohtu lungsim sung tawngpen, koima dang lut thei vawtlouna leh koiman ava mu a, ava thei zoulouna mun apat a hing kipankhie ahia, nidanglai a biehnpi pindan sungnung pen a Pasian in a mipite a diing a, Siempute ahoup a, akimupi bang phiel a thupi ahi hi.

Tam bang a thupi ahiziehin Pasian in ahing piehlouleh mi khatpou pou in abawl theilou sil ahi hi. Tuaban ah Pasian in ahing pieh hun a zong i ngaisah pai louleh mansah thei ahi nalai hi. Tambang a lungsim tawng a hing kipan thute Laa a isah chieng in lungsim ahing phawng a, ngaituona nasatah ahei lamdang thei in silbawltheina thupitah anei

hi. Tambang Laa neina diing in lungsim, tha leh zung ban ah hun tamtah lut ahiziehin amanphat dan leh a thupi dan thei a ngai hi.

Pasian phatna laate khu: Kingakhawmna diing, hunpatna diing, thugentu hatna diing leh koi ahiei khat hatna diing leh tawpna diing pou a sah diing ahisih a, Chairman in zong “tawpna ding in tam laa sa vai” chilou a, “Pasian phatna ding in tam laa sa vai” a chizawh ding ahi. Lawptah leh thanuomtah a Pasian i biehpén uh phatna diing a sah diing ahi bou hi. Mite’n Pasian hoidan amu zieh ua, ana phuosa a laate khu chiemnuina leh sil dang a diing a zahpieh diing hilou in eite’n zong Pasian toh eima kikaal ngaituo kawm leh suhlemna a, i zah diing uh ahi. Apammai thei mama mai hi. Pasian bie leh phattu in kilawptah leh thanuomtah leh siemtah a, abieh a, aphot diing ahi hi.

Tulai in khenkhatte’n Mishi Laa, Naupang Laa chi bang i umsa tuom mawhmawh ua, Biehin a sah diing bang zong hitheilou bang in i ngaituo uhi. Aphuohtute’n hing thei a, ahing houpi thei hileh, alungkim hetsih diing un ka gingta hi. Mite’n Pasian Hagau Siengthou a ngai seng zieh ua, Vanlam lunggultah a, ana phuohsate uh eite’n Mishi Laa i na chipieh mawh uh khu sil di ahisih a, Hagau miitlou vai in ka koi hi. Mishi in Laa asa thei sih a, mihingte sah diing ahibou hi. Mishite’n vang ahileh vantung a, Pasian Mangtouna kimvel in Hagau Laa asa tadiing ua, amaute’ lasah diing ahileh “Siengthou, Siengthou” chia tawplou a Pasian pahtawi diing ahita uhi. Gentena’n: Sunni tumlou Zion Khopi, Ngaai in ka mau ka kap sun nisim in; chi bang aphuohtupa’n Nitum ngai nawnlouna; Pasian sieng a tun a ut thu leh Vangam a ngai zieh a, aphuo ahi hi. Tualeh, Naupang Laa chimawh zong ahithe sih diing hi. Khenkhat vang hitheinanleh, Gentena’n: Mangpa Hagau ka lungsim sung a hing ten chieng, Lasa vang David bang in; chite bang naupang Laa hituom hetlou ahi.

LAPUITU

Bieh kikhopna ah ataangpi in Hun thupi a ingaituo uh thum a um a Puitu, Pantu leh Thugentu ahi uhi. Tamte ban ah koipou in akibang a hun i tankhawmna uh khat khu Pasian phatna lasah khawm khu ahi hi. Puitu, Pantu, Hunpi chite leh adangdang ah ataangpi in mipi nautang leh anaupang deute’n hun i tangkha zou ngaisih ua, hinanleh tamte’n zong hun i tankahna umsun uh khu Pasian phatna lasah ahi hi.

Lapuitu chi khu ei Khristiante a diing a poimaw mama khat ahi. Bieh kikhopna, Lusun henepna mun, Kipahna mun, dana mun leh hattuom vaiguon zousie a, lasalou a um ngailoute ihi uhi. Tam mun a i gen nuompen ahileh, Lapawl Puitu hilou in Bieh kikhop leh Leenkhawm lam a Lapuitu gen nuom ihi uhi.

Lapuite khu Bieh kikhopna leh leenkhawmna ah, poimaw mama ahi uh chi i manghillou diing uh ahi. Lapute umlou in la kisa theilou ahiziehin mipite’n ngah mai a ngai hun bang zong a um a, mun khenkhat bang ah khuongtum diing, Lapan diing umlou a lasatheilou keei a umna hun zong a um thei hi. Tualeh, Lapawl puitu khun mi sawmthum, sawmli vel a pui laai in Bieh kikhopna leh Leenkhawm/lasah khawmna a lapuitu khun mi a hing kikhawm zousie/lengkhawm zousie apui ahia, a thupi mama mai hi. Tuazieh in lapuitute thei diing a poimaw tamlou in i gen diing uhi:

1. Lapuitute khu Lapawl puitu ahilouleh zong Music lam siem hileh a deihuoi a, hinaanleh ei lah ah tambang chilei local hattuom tampi ah lapui diing um mawngmawnglouna zong um diing ahi ziehin khum bang vang ihi zou naisih diing uhi. Hinanleh, ahithe tan ah, lasah, leenkhawm lam a lunglut mi, lungleengmi, Hagau mi, kikhop taima mama mi leh damthei mi zong ahi a kiphamaw hi. Tualeh, kikhop chieng a lusu ngailou mi leh kidehthei mi zong ahi angai hi.

2. Lapui diing in, tam lapuina khu Pasian nasep bang a ngaai a, ama mawpuohna leh a talent, Pasian in a kepsah ahi chi atheisiem mama a, phatuom ngaitah a, a sep diing uh ahi.
3. Lapuitu diing in Labu a um laate asahthei sieng ahoi diing hi. Tua ahi zoulouleh zong akisa gige teng leh mi deithei deu teng beeh asah siem a ngaai diing hi. Tuachilou a Lapuitu in la pan theilou, midang khat patsah ngaai, apat zou chieng a zong lapuitu in asah thei sihleh lapantu ahiei leh asathei dawm teng in akhuongtum ngai kawm a puitu hina alah ngai zel ahiziehin akhawh mama mai hi.
4. Laphuotu khenkhat in lasah diing daan a gelte uh a theisiem mama diing uh ahi. (Moderato, Piano, D.C, D.S etc). Tuachilou in la ahiding bangtah a kisakha lou diing ahizieh in mipi a diing in zong a limhuoi theilou khat a um hi.
5. Laa khenkhat asah diingdan kigiellou, ahivang a, alathu leh akai daan toh kituoh a, akaidiingdan lah um bang ngal zong a um thei a, tuate a theisiem a, azahsiem mama diing a, mipite khumbang a, apuithei diing uh ahi hi.

Lapuitu khu Khuongpute, Lataangseptu, Musician chite ahia, a poimaw daan uh kibang chiet ahi uhi. Tamteng hoitah a, i pankhawmlou uleh, lasah nuom theilou, leengkhop nuom theilou ahiziehin pankhawm hoi mama a ngai hi. Khat hoi nanleh a dangte ahoi tuomlouleh phatuomlou asuoh diing hi.

KHUONG

Khuong khu lasakhawmna a poimawpen ahia, adieh in eimiten kuong tellou in laa i sa theisih uhi. Miten Guitter leh Music van chi tuomtuom toh laa sa in limtah in Pasian a phat thei ua, eite pen Music bangteng kitum nanleh Khuong a kitum sihleh laa i sa thei sih uhi.

Tambang ahilai in adieh in ei lah ah i siem maw dieh uh abang a, khuong nasan ahiding bangtah in i bawl un i zang theisih uhi.

1. Khuong khu ataangpi in Biehin lien deute ah ni (2) i zang ua, hinanleh khota neu deute ah khat maimai zang a um nalai hi. Tambang kawmkaal ah khuong ni zangten zong khuong ni kizang ahi lam kitheilou zen in i tum thei nalai uhi. Aziehpén Khuong ni izahte uh bang toh bang zah ding ahiei chi nasan kithei siemlou in ni ahipouleh lungkim ihi nalai uhi. Khuong ni kizahna mun ah khatpen a lien ding a, khatpen a neu ding ahi. Tualeh a gin zong a kibanglou ahi ding ahi. Khuongpi/ Khuong lienpen solfa dan ah DOH (d) key in a ging ding a, khuong neupen SOH (s) key in a ging ding hi. Hinanleh eite lah ah khuong lien leh neu zong a size zong a kikhe sih a, a gin dan in zong a kibang sim a, a key zong a lamdang seng sih hi. Heipen khuongneu gin ahiei, heipen khuongpi gin ahiei chi kitheilou phiel in a um hi.

KHUONGPU

Khuongpu khu lasakhawmna a puitute lah a zong puitupeen chidiing ahia, apoimawpeen ahi hi. Tualeh, Hattuum liendeute ah ataangpi in khuong khat mai hilou in khuong ni bang a kizang zel hi. Tu in Khongpute thei diing tamlou en va ui:

1. Khuongpu in laa toh kituoh a khuong asat diing ahi, chipen alasa toh beat kituoh mai hilou a, laa ngui deute leh laa hal deute akhen siem mama diing china ahi. Langui deu, lunglengtah leh damtah a sah dingte bang khuong gang deumai a sat a limsah sawm teitei diing ahisah a, tuamabang in laa limhuoi deute bang limtah a sah diing ahi hi.

2. Solfa lasah leh leengkhawm lasah deute zong a khensiem a, ahun leh mun zil a khuongsat daan zong a siem apoimaw hi.
3. Atangpi in laa Beat-2 leh 4-te khu a beat chin a khuongsat diing ahi deu a, zong a kin deu diing hi. Beat-3,6,9 leh 12-te ahileh beat chin a satlou a, Beat a sat deu ding ahia, tualeh, tamte khu laa awldeu chi ahi deu ziehun kinaw hehu lou a sah diing ahideu tangpi ahi. Tualeh, khuong neu zong zang teitei lou a, khuongpi maimai sat ding hun zong a um hi.
4. Khuong khu Laa beat petu ahiziehin, khuongpu in heisung a limsah diing, heisung a, awlsah diing chite a theisiem mama a poimaw kia diing hi.
5. Khuong ni kisatna munte ah Laa khu khat penpen in pan tananlezong ataangpi in khuong lien saattu khu makaitu deu a apan diing ahi. Khuong neupen khuong lien thuoitu a zah diing ahi hi. Khuong neupen ahileh sat thawlkou a atum a tum thaw ding ahia, agin dan kibang zing ding, damtah a tum ding ahi. Tualeh Khuongpi sang a agin a ngaizawh lou ding ahi. Awl-awl a tum detdet ding ahi.
6. Khuong lien khu khuongta sang a gin ngaisah zawh ding ahia, Khuongta kisat dan toh kituoh a a thuoitu a zah ding ahi. Khuonglien sattu in khuong limsah hun bang hun diing e chi a theisiem angai kia hi. Khenkhate'n khuong limsah tam sengseng in a bangchi sat ahiei chi zong theizoulou diing khop in a um thei hi. Hun sahna munmun a mawhsat zong ahithe tuomsih a, ahun ding deuleh kilawm diing deu um a bang hi. Tam Khuonglimsah khun mipi lasate tha hing pie in hing limsah tuom deu ahiman in a hing choudaan thei a, bang hun a chou diing ahiei chi thei diing ahi. Atangpi in Dohlaai (d) apat atunglam bawtou diing kuon chieng bang, Laa thunon sah kuon chieng bang leh tang dang a lut kuon chieng bangin a isat leh ahing chou deu a bang hi. Tualeh lasah hing panpi tu diing in lasaan laitah chieng bang a zong limsah thei ahi diing hi. Bangteng hileh khuonglien kisatlimpen in mi a kilawpsah a, tha apieh theina dingin khuong lien sattu in pitahmai a, pan alah zing diing ahi.
7. Lasah lim ut seng zieh a, abul apat akhuong mawh kin sat pai diing ahisih a, awl a sat phawt a, mipi lasah lim dungzui a, khuong kinsat deudeu diing ahi hi. Laa sawt akisah sim chiengin lasa mipite zong gimtadiing uh ahiziehin khuong peen awl a hing ganglou a, aginkhiet ngiem deudeu a, mipite toh kituoh diing a, ahing gin diing ahi.
8. Khuongsattute'n mipi tam leh tawm dungzui et a zong khuong a tum diing uh ahi. Mi atamleh ngaisah a, mi atawm leh ngaisahlou deu diing ahi.
9. Lasahkhawm/leenkhawm lasah a tum
 - Mang Jesu galkap suon umpen
10. Solfa Beat toh kituoh a tum
 - Siet zousa nua Hagaute aw
 - Faro sal a tang
 - Kross hintui pulna ah
11. Doxology: Doxology te khu Khuong tum sese lou a sah ding ahi. Mitsing leh Lungsim tah toh Pasian houpi kawm a sah ding ahi.
 - Aw Pasian Nang Mangpen nahi (Tawpna)
 - Ka kikhopna uh tawp chieng in
 - Na loupina zousie mu ding in

12. Aw pieh dan: Ahitheileh lapantu in aw pi deu leh mite zah phah deu ding a pat ahoi hi. Tualeh Lakai theiloupi a zong pat mawh lou a, apan thei khat patsah ding ahi.
13. Tuohkhawm lah chieng a lasahpen tuohkhawm lahkawm ngahna maimai a sa lou in alaa a bei masaqng in Pasian phatna ding in sah hitheileh ahoi hi. Tualeh Tuokhawm lah chieng a “Jesu leh a Hattuumte ding in” chi maimai sah thei hilou hi.
14. Khuongpu khu:
 - i) Tung masa ding
 - ii) Laa kigin zing ding
 - iii) Akiguotlou leh tum theiloupi, thanuom zuol zieh a Khuong mawh tuh ding ahisih.
 - iv) Ahun leh mun toh kituoh a laa tel ding
 - Phatna laa
 - Biehna laa
 - Kipiehna
 - Ahun toh kituoh (Haitha/Pienna/Lusuunna/Kum tha
 - Sacrament (Sisan pha)
 - Hatna (Mangpan a hepitem gam ahuolna)
 - Tuohkhawm (I Lungsim siet/Jesu leh a Hattuumte)

LATEEL

Lateel siem khu ana poimaw mama kia a, Laa iteel khielleh limtah a sawtpi leengkhawm zou diing lai zong limtheilou kei a kikhen mai angai hun a um thei hi. Tuazieh in laa teelte pilvang angai mama mai hi. Latangsepte a poimaw bang guol in lateeltu zong a poimaw mama mai hi.

1. Lasah ding khu Biehin kikhopna ah, bang laa sah diing, hunpat a thawlawm don chieng a bang laa sah diing, hunpi zou chieng a bang late sah diing chi teelsiem mama angai hi.
2. Laa a ut leh alunglut zousie in mawh teel ding ahisih hi. Eilah ah lateel siem kitam nailou ahizie in lapui lamte'n hing teel deu uleh ahoi diing hi. Ahilouleh lateel ding khat tuomse ahoi ding hi.
3. Ahun toh kituoh teel deu diing ahia, tuaban ah Key kituoh deu teel sawm ham ding ahi. Laa Key ahing kituohlou a, khatvei leh saang, khatvei leh niemseng chite khu anuomsih a, ahing thase sah hi.
4. Thugentu thugen toh kituoh chibang leh ahun toh kituoh i teel chiengin mite lungtang khoikha in lasah zong anuomsah in a limhuoi mama hi. Tuaziehin bang laa sah diing chi khu teelsiem angai mama mai hi.

KIKUPKHAWM DING/PRACTICAL

La sah theiloute genkhawm leh sahkhawmna

1. Khuongpi leh Khuongta gin:
2. Lasah kituohlou: Khuong toh kituoh a la kisa theilou, khuong nua a mipiten laa kisa
3. Khuong tum dan ah Solfa tum dan leh lenkhawm tum dan kikhen siemlou (Bar a sat)
4.
5.
6.