

**Phekahmi caah bawmhna
krian hi a lak asi. Biathlithup
in chiah asi i, nunphung
dang dang zong upat a si.
Holh lettu zong man loin lak
piak khawh a si.**



Phe kahnak le phekah ruangah harnak kong hngalhternak

Phe kahnak hi a phun phun in a um. Awngbali thut, catlap nambar hriah, phe catlap in celhna, maivan ah phekahna, rangcit zuamna, phaisanawi bawm chung thlakin phekah te hna an itel. Hawtel, riantuan nak hmun, kasino le inn te hna zongah phekah a um kho.

Mi tampi caahcun phekah hi hawikawm he umharphen ah celhmi a si. Sinain, mi pakhat nih a caan tamtuk a hmang i, a taangkaa nih a tlinh lo tiangin phe a kah ahcun harnak a um kho. Phekah ruangah harnak cu hi hna hi an si kho:

- Leiba tam chinnak
- Do cuainak
- Lungretheih i umnak
- A thlithup in umnak
- Ngol loin phekah duh chinnak

Na ngeih leng in phekah cu rawknak a si kho caah itel dingin an nin hnek tikah na el khawh ahcun a tha mi a si.

A hodah na chonh khawh lai?

Nangmah a siloah, naa naih deuhmi pakhat khat nih phekah ruangah harnak a ton ahcun, phekahmi ca'h bawmhna riantuantu mithiam pawl na chonh khawh hna. An nin bomh khawh mi cu:

- Phekah isum le ngoldingin bomh
- Phaisa hmanziathiamnak kong ruahnak pek
- Theihhngalnak pek le thazang peknak tuah

Phekahmica'h bomhna riantuantu nih fimcawnnak le hrimh thannak ca i lencecelhna, Mirang ca/holh le phaisa zohkhenh ning cawnnak hmun tehna an nin hmuhsak lai. Nan herh ahcun, phekah thatlonak kong nan mibu sinah chimh dingin biachimtu mikhual an nin sawm piak khawh hna.

Phekah sining taktak theihntlei

Phe catlap in celhnaak hi Australia ramah a lar ngaimi phekaahnaak phun pakhat a si. Kasino, zudawr le miphu inomhnaak hmun tehna ah celh khawh a si. Mah hi theih hna:

- Phekah cu hlawk le sungh nak caah tuahmi a si
- Phekah nih phaisa tam an chap lai lo
- Na celh a tam poah ah na sungh a atam chin lai
- Hlawknaak hmuh hrim hrim ding in phekah hi na duhning in na ser kho lo
- Phekaahnaak ah caan tamtuk, phaisa tamtuk hman tehna, hman tein phekah tehna hi harnaak a chuaapi tu an si.

Phekahmi ca'h bawmtu chonhnaak

Suimilam 24 chung phekahmi nih bomhnaak riantuantu aa naih bik chonh le ruahnaak hal nan duh ahcun hi kahin chonh khawh an si:

Man loin chonhnaak 1800 156 789

Man loin chonhnaak 1800 777 706

(Hnachetmi ca'h lawng a si)

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BAWMHNAK RIAN**