

*Nuj nqe ntawm phoo txwv xaiv thab kev tswm khu Moob txuj txoog**

Tug sau: Lwm Thoj**

*Kuv lug lawm cais
kuv tseg tau kuv puaj ku teg qos voom rua qaab teb
tub nraug ntsuag khaws tsw tau los tseg
tub nraug ntsuag khaws tau cais
rua coj moog ua qoob qos tshu moog puv toj
ua tsw tau los tseg
ua tau cais rua coj moog pub kwv pub tij noj
mej rua xaav txhaab moog ntim txhua cais
mej rua has hlo nam ib nyuas dlav fuam qos fvw
tuaj ntawm npoo choo
mej nam kws mej txwv tsw tau nrug mej noj
los ntshe mej Nam kws mej Txwv
tuab tau tug nyuas paa chij chim
nrug luas yoog*

Raws le kuv tau tshawb nrhav txug peb Moob kev ntseeg thab txheej khaws cov zaaj txwv xaiv nyob rua lub xyoo 2549 (Lwm Thoj, 2550) ntawm cov kwv tij neej tsaa Moob nyob xeev Tseej Maim-Mej Hooj Xoom, phaab peg toj huv Thaib teb. Nyob rua lub zwmtxwv nwgnuav, tsw has leejtwg tuab has tso tshaav plhuav tas peb Moob txuj ci txawv txaav taag lawm, ntshe tej tub ki yuav tuav tsw tau tsuaj. Vem suavdlawg yuav tsum kawm ntawv Thaib thab swb tw ua noj ua haus taag zug le. Thaum kawg cais nyob luas ntuj ntshe yuav tau yoog luas txuj moog taag le xwb.

Yib vem le nua, kuv thab cov yawm laug moog rua cov txheeb neej tsaa ntau xeev huv xeev Tseej Maim-Mej Hooj Xoom thaj le mob sab nrhav tswvyim lug swb taug txuj lw kev ntseeg thab txheeb khaws cov zaaj txwv xaiv rua kom muaj qaab txawb teg nqaa. Qhov tseem ceeb yog txhawb cov hluas kuas muaj lub chaw peb Moob txuj ci tau yoojyim lawv le lub zwmtxwv nwgnuav.

* Cov lug nyob huv nuav yog lug ntawm lub Luag haujlwm tshawb nrhav kev txheeb khaws thab kawm txwv xaiv coj lug swv ua neej. Luag haujlwm nuav tau txais peev nyaj txag kev tshawb nrhav: Tuam Txhaab Nyaj Kev Tshawb Nrhav, Tseemfww Thaib Tebchaws (The Thailand Research Fund-TRF.). Peb tau luam phoo “TXWV XAIV: COV ZAAJ RAWS TXHEEJ TXHEEM” thawj zag rua nub tim 23 lub 3 hli xyoo 2550. Tug xaav tau, sau ntawv thab hu xuv tooj tau rua Tuam Cuab Moob Teej Tug (TCMT.) 117/330 M.12 Soi 7 T. Padaed A. Muag Chiang Mai, Chiang Mai Province. Thailand. 50100 Telephone: 066-053-806-977, Email: apaiwa@hotmail.com

** Tug sau ua hauj lawm nyob huv Pawg Kawm Txug Haiv Neeg thab Kev Txhwm Khu, Koom Txoos Tshawb Nrhav Kev Ua Neej, Tsev Ntawv Tseej Maim Qeb Sab, Nroog Tseej Maim, Thaib Tebchaws. (Ethnic Study and Development Group, Social Research Institute, Chiang Mai University, Thailand)

Ua le, thaum kuv tau nrug cov laug thab cov hluas Moob coob tug swb kawm txug cov lug txwv xaiv ntau lub rooj sablaaj thab ntau lub chaw swb thaam nyob rua ntau lub nteeg ntau zog lawd. Kuv pum peb Moob txuj kev ntseeg txawv txaav moog lawm ntau faab ntau ntsee. Thaum nua, kuv thaj le xaav muab tej kev txawv txaav ntawd sau tshaaj rua peb ib zeej tsoom tau paab nrug tuav xaam thab nrhav kev txhawb nqa moog yaav tomntej.

1. Keeb kwm tuav fuam phoo txwv xaiv.

1.1 Chiv keeb phoo txwv xaiv.

Raws le cov xwbfbw txwv xaiv (Nom Fwm Thoj, Txwj Ceeb Thoj thab Caiv Maas Thoj, 2549) ntau leej tau pum ua ke tas tug ntaus thawj tuav fuam phoo txwv xaiv coj lug swv rua peb Moob yog Nchaiv Xyum Xyooj. Nwg tug tub (Ntxag Tsaab Xyooj, 2546) tau thaam tas nwg yawm (Tsaav Kawm Xyooj thab Ntxhoo) tau coj kwv tij tswv tawm Suav Tuam tshoj teb nqeg rua Xov tshoj, hlaa Los Tsuas tebchaws lug rua Thaib teb phaab peg toj. Cais lug yug Nchaiv Xyum rua lub nroog Moos Faab. Tomqaab nua tau tswv teb tsaws chaw moog txeem rua roob Laim Chis Leev, Phav Maj tebchaws. Thaum kawg maam le tswv rov lug txeem rua Thaib tebchaws kwvyees xyoo 2470, nyob huv xeev Mej Hooj Xoom.

Ncua swjhawm ua neej nyob roob Laim Chis Leev. Nyaaj txug tas Nchaiv Xyum lojsws ua tau lub zoo neej. Nwg thaj le muaj lub peevxwm ntoj teg ntauj taw rov moog tog kwv tij tog ntuj qub qaab. Cais nwg thaj le tau kawm phoo txwv xaiv coj lug swv rua cov Moob nyob Laim Chis Leev. Xws le Ntxag Tsaab tas *“Paab kwvtij hov mas thaud tej laug tas nyob peg Suav teb. Tes tuaj Suav teb tuaj tshaam, tuaj nrhav kwv tij tes, nrhav tau kuv txwv tes. Kuv txwv yuav moog tog paab kwv tij hov lug nua. Kuv txwv ham moog qos ntsuj lawm ib xyoos rua Suav teb lawm ov. Lawm tau 1 xyoos rua peg Suav teb tes, xam moog kawm phoo txwv xaiv nuav mas.”*

Taabsws yawg Ntsum Huj Vaj (2547) tau thaam mee tas Nchaiv Xyum tau moog kawm txwv xaiv rua peg lub nroog Poos Pam-Moos Yoos, Phab Maj tebchaws, ntawm tug kws npe hu ua Nplaj Kaub Hawj. Xws le nwg tas *“mas los rau Moos Yoos ped mas lawv thiaj tsiv los (Laim Chis Leev) lawm mas. Yawg Nchaiv Xyum thiaj tuaj mus tos. Mus tos, mas thaum ho mas ib tug Tsujxwm (thiab Txiajtuam) thiab yawg Nyiajpov no, tuaj mus tos, mas nyob tau 1 xyoos. Nyob tau 1 xyoos mas aub! lawv txawm ho tsi los lawm. Lawv txawm tsiv los hauv Naj Khab-Naj Keem tid los mas. Niag Ntsum Xeeb thiab uas niag Lwv, ob niag thiaj muab yawg Nchaiv Xyum xa los mus rau Mej Khib, Mej Lauv ntawd, tuaj mus txog Mej Khib, Mejlauv mas. Mus txog tsev (Laim Chis leev). Mas yawg pojniam twb yuav lug nyob tau 1 xyoos, pojniam yuav mus yuav txiv lauj!”*

1.2 Phoo txwv xaiv nthuav dlaav.

Tom qaab nua cov Moob nyob roob Laim Chis Leev lug txeem rua Thaib tebchaws xyoo 2470. Nchaiv Xyum tsev neeg kuj tau tswv lub nyob rua lub zos Mej Las Us thab lub taag swmneej rua lub zos Ceeb Hoom xeev Mej Hooj Xoom, ncua xyoo 2510 ntawd. Ua le, nwg cov phoojywg thab yawm dlaab thaj le tau ua thwj tim cooj leej nyob rua ncua swjhawm uantej yuav lug txeem ua Thaib tebchaws. Xws le yog Laj Maas Xyooj, Xauv Tshaaj Xyooj, Nplaj Fuas Yaaj, Xauv Phaaj Thoj, Xauvtuam Tsom, Ntsum Huj Vaj thab Paj Yeeb Vaj. Ua ntawd, thaum suavdlawg tawg tebchaws Mej Las Us moog nyob ntau thaj chaw. Cov xwbfbw phaum ib thaj le tau qha txwv xaiv rua nwg cov kwv tij. Xws le yog Vaaj Lwv Thoj, Nom Fwm Thoj, Txwj Ceeb Thoj, Nraim Them Yaaj, Nplaj Thoj Xyooj thab Ntxoov Ceeb Thoj kws yuav lug txhua leej tseem muaj txuj sa nyob.

1.3 Phoo txwv xaiv luj hlub.

Dlhau ntawd, thaum phaum thwj tim kws tseem muaj txuj sa nyob nwgnuav tau lug ua lub neej nyob tsuaj ntseeg rua Thaib tebchaws lawd. Puab tau swb cuag kwv tij neej tsaa rua lwm lub xeev rua ncuax yoo 2510-2530. Tshwbxeeb tau kawm txwv xaiv cov foom kom lug ntawm cov kwv tij Moob kws tawg Los Tsuas tebchaws lug thab cov kwv tij kws yog yawg Laj Xees Thoj nyob xeev Naaj. Le nua, thaj ua rua kev ua tub coj xaiv sawv qaab nteeg rua ncuax yoo 2530 lug txug nwgnuav muaj kev lom zem tsw xaus. Peb kwv tij Moob Dlawb qee cum thaj le tau txais moog kawm thab swv ua kev cai paam tuag, ua tau phim xws le nwg laug lub saam xeeb. Lub caij nua puavleej has tso tshaav plhuav tas xwbfbw Txwj Ceeb Thoj thaj yog tug tub has xaiv kws suavdlawg caw moog ua kev cai thoo Thaib tebchaws.

Le nua, xaam tau tas thaum peb Moob tswv teb tsaws chaws Suav tuam tshoj lug txeem rua xov tshoj. Tshwbxeeb thaum ua tau lub neej tsuaj tug nyob rua Thaib tebchaws lawm. Peb thaj le ua tau tseej kwv tij ib cuab tuav tau neej tsaa le ib yig. Thaum ntawd peb Moob lub sab lub ntsws thaj le tsuaj tug, ua tau lub caij rov thim xaav txug puj yawm txwv txoob tug txaj tshaav txaj ntswm. Xws le chiv ua kev cai tsheej mee tee tam txwv feej thab looj meem kom nyob tsuaj ntseeg moog ib swm.

2. Nuj nqe ntawm cov zaaj txwv xaiv.

2.1 kev kwv tij thab neej tsaa

Peb Moob kev ua neej nyob, dlhau le ntawm yus tug qub lawm tsw taag yuavtsum muaj kwv tij txheeb ze xwb. Neej tsaa yog peb ib tug neeg Moob yuavtsum muaj thab. Qhov nua, chiv keeb fuam yuaj txawm yog lug ntawm peb lub xeev ntaag, kws yog ib lub zoo tswvyim coj lub cawm peb Moob hnoob neej thab cog kev ua neej nyob. Peb tej kwv tij puavleej yog tij vev taam nam txwv-nam txwv taam rooj ntug, moog rua tej neej tsaa tsw has tug twg puavleej yog tug kws yuav lug tsom kwm saib xyuas peb lub neej. Xws le lu lug tas “mej tsaa nraug vauv cuab los peb paab tsaa nkauj ntxhais yim.” Le nua, peb thaj ua tsheej cuab ntseeg yim xws le ib nplooj nto ntsws rua thaum kawg. Xws le peb muaj tej paaj lug qhuab ntuag zoo heev tas “*nplaj teg muaj qaum, qaum teg muaj ntshaav. Qos ntawg muaj kev neej, qos ntsaus muaj kev tsaav. Kev neej coob muaj npaum nplooj, kev tsaav coob muaj npaum tsuag.*” Los yog “*Kaw rooj cais yog ib yig, qheb rooj cais yog ib zog.*”

Nyob rua huv cov zaaj txwv xaiv. Nwg kuj qha tseeb txug kev swb paab cuam thab kev ntoj thuv ntawm kwv tij neej tsaa suav txwj thaum pib moog rua thaum xaus lug nteeg. Yib vem thaum ua neej nyob tug ntxhais tawm rooj moog ua nyaab, vej le hauv hlua cob ntawm luas taabsws qaab hlua nyob ntawm neej tsaa ais yuav paab tsaa ntxhais vauv yim. Ua le, neej tsaa thaj yuav tau muab nyuj phij tsaab rua ntxhais vauv coj moog teeb lub nyuas teej cuab tsaa lub nyuas teej yig. Ua le, nam txwv dlaab thaj yuav tuaj ua qaab hlua qos tu, tas yog tau lub ntsej lub muag tuaj paab saib paab xyuas kev paam nwg tug yawm yij. Huas yog tug puj nyaaj (muam phauj) cais yog ib hnaab ib seev nchuav, ntauj txug xaav txhua los rua paab saib paab hlub nwg tug nus. Xws le qha txug neej tsaa lub ntsws tas “*pum ntseg nuj ntseg nag coob laim txuj txag rov nruab dleg, ntshe yuav tu tsho koj nam txwv dlaab lub sab tseg, paub qos ntsoov tas kwv tij nyob tsw txheeb nyob tsw txhua, rua tuaj nrug lawm Npojtxoog tsev Xyomcuab tuav teg quaj plhw hau hlub.*”

Dlua le, xov pem txwv dlaab los yuav tau moog ntoj thuv nrug yawm yij thab nwg tug muam. Ua le, nwg thaj le yuav tau paab yawm yij thab tug muam qaij kaus. Xws le tas “*Nwg laug ua neej nyob tshuav tub ki tug nkauj tug sev. Nwg laug rov*

qaab moog ua nyaab, tub ki tshuav nwg laug tug tsaj nyuj plaub moog cev dlev,” ua tas “ntxuam faav fuj qos fo tau lawm nwg laug lub kaus ci qaug yuj qos yeeg rov tim I. Nwg laug le tau coj moog tsoog ncuq qos nceeg lawm Nyawj vaaj yeeb rov tim hli, moog cuag nwg laug peb txheeb peb ti npoj, peb txheeb peb ti nkawm.”

2.2 kev tswj fwm thab kev tsaav cuab.

Tsw taag le xwb, nyob rua txuj kev has xaiv huv lub nteeg tuag tseem ua tau ib txuj kev tswj fwm txug npoj txoog tsev xyom cuab thab. Tseem ceeb yog tau tsa muaj yawm txwj laug lug txheeb txug kev ua neej nyob rua yaav tomqaab ntawm xyom cuab tsev neeg. Xws le kev faib qub nuj qub peev puas yuav koob pheej, tej txuas (ntxhais) tej taus (tub) tawm ku taag lawm los le caag, moog rua kev saib xyuas nwg txwj nwg nkawm. Dlua le, cov kwv tij txheeb ze tseem ua tug cuab tsaav los sws txwv tuam pe xyob swm lug tsaav nwg laug lub cuab yig kuas tsw xob muaj kev puag kev ntsoog. Xws le tas *“Txwv txawj cais txwv rua coj lawm nwg laug tsev tub nraug nuj qos ntsuag moog ua qoob qos tshus moog puv toj, ua tsw tau los tseg, ua tau cais rua coj moog pub kwv pub tij noj. Nam rua coj nam teg txawj teg nquag. Nam le coj ntxhais muam nkauj ntsuag moog ua roog qos lag tuaj moog puv haav, ua tsw tau los tseg, ua tau cais rua coj moog pub viv pub ncaug naav. Txwv coj lawm tub nraug nuj hlub tav txuj. Nam rua coj lawm ntxhais muam nkauj ntsuag hlub tav cev. Leej nyuas kws rua xaav taab cuab vej zeej cais rua qha nwg moog taab cuab vej zeej. Huas leej nyuas kws tsw xaav taab cuab moog vej zeej cais xwj txam nwg xeeb tsheej.”*

2.3 kev mob nkeeg thab muaj pluj tuag.

Le nua, xaam tas tej tswvyim nyob rua huv lub nteeg tuag tsw taag rua kev paam lub paag lub xau xwb. Nwg tseem qha txug tuabneeg txuj sa kws txawj mob nkeeg, txawj tuag, txawj mob sab thab tu sab. Tej kev nua, yus yeej zaaj tsw dlhau yog tas yus tseem ua tuabneeg. Vem tas ntuj nam txhwb tsaug txuj twg cais txuj twg taug. Rua txuv tsaug nplaj nraag teb le cai nuav leej tuabneeg leej twg cais leeg twg khaws tau qaug. Xws le tas *“Nwg laug ua nwg laug plaaj qoob txug nraag tsuag, tsw hnov lawm Ntxwjnyoog tso lawm txaj mob ntawv tub tuag ceeb lug cuag. Nwg laug lug pw txug ntuj mo teb pis ntev, hnov lawm Ntxwjnyoog tso tau txaj mob ntawv tub tuag poob ntxhee qos sua nplaj ntug qaum teb peg lug tshais nkaus sau nwg laug cev.*

Nwg laug xaav tu nwg laug sab. Nwg laug qug tsuj qug neev lug tuab qos nab. Nwg laug xaav tu nwg laug plawv. Nwg laug nqug tsuj nqug neev lug tuab pis zawv. Nwg laug le tau nam moog lub mob ntxuj ntxag yim naj tsw thum qhub, nqu qhuj qos qhov ncig ntug cub.

Tub tij thab tub kwv sab nyaaj qos log tseg tsw nyog. Tub tij le teg lauj tuav teg xyaab, lauj naa raws cab ntaab, moog ntoj neeb rua lawm puj Saub-Swvyig txwv muam Maab-Suav teb, rua ncoj neeb ncoj pis thawv, coj yaig coj pis tho, nci qos hlo moog txug Nyawj vaaj yeeb tuam teem lub nyuas rooj vaag laag. Nyuj dlaab cav tsw tim, npua tai cav tsw qag, yuav pum lawm nwg laug tug nyuas ntsuj maag dluab qos xyw, yuav tswv tshais tshuj qos tshuav yuav lug moog nyob lawm Nyawj Vaaj yeeb tim nraag.

Tub kwv rua sawv moog noog tas koj leej qos laug, koj lub mob qhoob ntsoo sub nim qhoob zoo. Nwg laug rua tas tub kwv yua tub kwv. Nam mob qhoob ntsoo qhoob tsw zoo, yuav zoj qos zeeg ob tog ncoo. Tub tij rua sawv moog noog tas koj leej

qos laug. Koj lub mob qhoob ntsaaj sub nim qhoob kaaj. Nwg laug rua tas tub tij yua tub tij. Nam mob qhoob ntsaaj qhoob tsw kaaj, yuav zoj qos zeeg ob tog txaaj.

Nwg laug yuav ntsauj dlej ntsauj qaab tau xyaa hnuv, ncauj nplaig qhuav qos qhub, yuav ntsauj dlej ntsauj qaab lawm xyaa mo. Ncauj nplaig qhuav taag ntsho. Ua mob ntxuj ntxag tej hauv xaws yuav tu sav, tu paa ntshub ntsho txuj hlaab plawv. Yuav ua mob ntxuj ntxag tej hauv nyab yuav tu sav, tu paa ntshub ntsho txuj hlaab sab.

Haus dlej yuav pluj nplaig, moog kev yuav pluj dluab. Rua mob lawm tub kwv plawv. Tub kwv rua ntauq qos tawv txug nraag tug. Teg qos lauj moog tshu hlo cuaj hauv kuab yim hauv tshuaj. Rua koj lug cawm zoj qos zeeg cav taav tsw tau nwg laug txuj moog kev pluj. Rua mob lawm tub tij sab. Tub tij rua ntauq qos tawv txug tim tsuag, teg qos lauj moog tshu hlocuaj hauv kuab yim hauv tshuaj. Rua koj lug cawm zoj qos zeeg los taav tsw tau nwg laug txuj kev tuag.

Nwg laug tsw xaav pluj. Ais yog Ntxwjnyoog tso tau cwj tsw ntsaam kaab ceeb lug luj. Nwg laug muaj tau xaav kev tuag, yog Ntxwjnyoog tso tau cwj tsw ntsaam kaab ceeb lug ntsuag, Le ntsuag tuaj ceeb ntsuag lug, le ntsuag tau nwg laug tug ntsuj qos leeg ntsuj moog qub dluab. Nwg laug ntxwjgig le khaws tau tuag.”

2.4 Chiv keeb muaj tub koj xaiv.

Dlhau le nua lawd, txwv xaiv haj tseem yog lub tswvyim chiv kev ua neej rua npoj txoog tsev xyom cuab thab. Tseem ceeb yog xawb tau nwg laug lub yeeb koob rua tug tuag cov tub ki moog rua kwv tij neej tsa tau koj moog saws ua neej rua yaav tom qaab. Yib vem peb Moob ntseeg tas cov lug nyaj lug kub kws nkawm tub koj xaiv has rua mo tomqaab kawg ntawd, yog cov lug kws ob tug le ntsuj plig tau txoj nwg laug qaab taug nwg laug lw moog rua nruab yeeb. Thaum ntawd nwg laug yuav peem tsheej moog cuag puj cuag yawm lawm rua ntuj txag teb tsaus, ntuj tshaav teb nqhuab, ntuj qhua teb nkig. Nwg laug thaj le fe xuv xaa xuv rua nkawm tub koj xaiv rov lug has rua npoj txoog tsev xyom cuab. Yog le, thaj xaam tau tas cov lug txwv xaiv yog ib cov lug kws tseemcee kawg nkaus ntawm leej tuabneeg, uantej kws yuav tshuav tug ntsuj plig xwb. Xws le thaud vaaj neeb Swv Yig tau qha rua nkawm tub koj xaiv tas “*Meb nkawm nyuas kwv luag u ais. Yog thau u leej dlaab le tsw nyob moog thoov laj? Leej twg nyob moog thoov hawv? Yog puj Saub-Swvyig nyob moog thoov laj, yog nwg puj Saub-Swvyig nyob moog thoov hawv, thoov txawm ndlua rua lawm nplaj nraag teb le cai nuav, rhawv txawm ndlua rua lawm nplaj nraag teb le cai nuav tej moog ntaav ntuj. Ais le rhawv to qos lug leej nyuas tuabneeg txuj nyuas kev pluj.*”

2.5 Qhuab qha txug kev ua tuabneeg tsheej haj.

Tej lug nyaj lug kub ntawm txwv xaiv, muaj foom kom ntau lub txaj ntswm. Xws le qhuab qha txug kev ua tuabneeg tsheej haj, kev ua noj ua haus, kev ua luas txwj luas laug thab kev teev tam nam txwv tug ntsuj plig ua puj yawm txwv txoob nyob moog ib swm. Yog le, xaa nqaj xaa hno cais xaa tsawg txhais, huas xaa xaiv xaa lug thaj le xaa ntau zaaj. Thaum nwg laug tseg tau tub ua nraug ntsuag, ntxhais muam ua nkauj ntsuag rov qaab tom tsev. Nwg laug thaj le xob rov lug tas “*Meb rua koj xuv rua kuv tub, xaa xuv rua kuv kiv. Nwg nyob cais nwg tsw xob moog noog luas toov koj luas haub. Yog nwg tsw noj nam tsw noj txwv lug. Nwg rua moog noog luas toov koj luas haub, nyob tsaam ntswv cais yaaj los txws maim tej nwg xyos vuj vua lwj gis laij puj phaub. Nwg nyob cais nwg tsw xob moog noog luas haub koj luas toov tseg, nyob tsaam ntswv cais yaaj los txws maim tej nwg xyos vuj vua, maim tswb maim roo ci.*

Nwg nyob cais luas tub moog ua tooj. Nwg tsw xob nrug luas tub moog ua tooj ais. Luas tub moog ua hlau nwg tsw xob nrug luas tub moog ua hlau. Luas tub

moog xauj qhov vaaj. Nwg tsw xob nrug luas tub moog xauj qhov vaaj ais. Luas tub moog xauj qhov tsev. Nwg tsw xob nrug luas tub moog xauj qhov tsev ais. Yog nwg tsw noj nam, tsw noj txwv lug cais, nyob tsaam ntswv cais luas lub qos vuj maab vuj hluas poob tuab qos ntsoog rua sau nwg tsev tub nraug nuj qos ntsuag cev.

Kwv noog tij qha, tij noog kwv has. Tij noog kwv lug, kwv noog tij qhuab. Mej le xyom hum xyom seem. Mej tsw xob moog noog luas dlaag kws luas dleev, mej le tsw tsaug luas tshev. Kev moog nrug luas twv lij moog twv txheej. Mej ntshe tas nyaj txag yuav lug tsheej hnaab nua. Kuas ntshe yuav kobfuam moog tsheej paab. Mej ntshe tas nyaj txag yuav lug tsheej sev nua. Kuas ntshe yuav kobfuam moog tsheej tsev. Mej muab mej nam mej txwv tug chis chim nyaj kaw nkaus tuaj moog nruab hnaas. Cais mej tug chis chim nyaj le txawj hlaav. Mej muab mej nam mej txwv tug chis chim nyaj kaw nkaus tuaj moog nruab hub. Mej tug chis chim nyaj le txawj hlub. Mej le noj tsw taag swv tsw txug.

Nwg nyob cais luas tub moog suav yij. Nwg tsw xob nrug luas tub moog suav yij ais. Luas tub moog suav cuab. Nwg tsw xob nrug luas tub moog suav cuab. Luas tub moog plhob vaaj tua cuab thawj nyawj lawm muas. Nwg tsw xob nrug luas tub plhob vaaj tua cuab thawj nyawj lawm muas Luas tub suaj zeej faam huv. Los nwg tsw xob nrug luas tub suaj zeej faam huv ais. Yog tsw noj nam tsw noj txwv lug, rua moog ua tub yij hom xwm hlub ua kooj zag kaab qos zaum, quaj xwv qos nqab sau tug ntsws tsaaj ais. Nyob tsaam nwg nyuas tub nyuas kiv poob tuab qos ntsoog rua sau peb tub Moob neejtsaa tug ntsws teev ais, tsaam nwg qos ncijdlaab poob ntse tuab qos tshuav rua sau nam Maab nam Suav tug hnav ntaaj ais.

Mej puab nyuas hluas tub coj hluas ntxhais. Hluas tub coj hluas nraug. Mej noog teej laag tub has xaiv eb has. Mej tsw xob coj luas puj luas sev moog nyob rua lawm tej yaag kev. Luas tub luas tsoog paub cais luas muaj tau ua mej quaj xwv qos nqab taam tau luj hlv qos hnee tuaj maag hluas teg.

Mej puab nyuas hluas tub coj hluas ntxhais. Hluas tub coj hluas nraug. Mej noog teej laag tub has xaiv eb has. Mej tsw xob coj luas puj luas sev luas tub luas tsoog nyob rua lawm tej yaag kaab. Luas tub luas tsoog paub cais luas muaj tau ua mej quaj xwv qos nqab taam tau le kws luj hlv qos hnee tuaj maag hluas npaab.

Mej puab nyuas hluas tub coj hluas nraug. Hluas tub coj hluas ntxhais. Laj yuas le swais tsw yog mej lub chaw moog cog txob. Teb yuas qos laj ais tsw yog mej lub chaw nyob huas. Teb yuas qos laj tsw yog mej lub chaw moog tseb txhuv. Laj yuas le sw tsw yog mej lub chaw thuv ais.

Mej tsw xob coj luas tub luas tsoog moog nyob rov nruab tai. Luas puj luas sev muab tau cais luas muaj tau ua mej qos khaub hlaab khaub tsho ndluag ua cuaj dlaig. Mej tsw xob coj luas tub luas tsoog moog nyob rua huv txaaj ais. Luas puj luas sev muab tau cais luas muaj tau ua mej qos khaub tab khaub tsho ndluag ua cuaj dlaag.

Mej puab nyuas hluas tub coj hluas ntxhais. Hluas tub coj hluas nraug. Mej tsw xob coj luas puj luas sev. Luas tub luas tsoog moog nyob rov nruab nraag Luas tub luas tsoog coj sab heev rov muab tau cais luas muaj tau ua mej qos khaub hlaab khaub tsho ndluag ua cuaj dlaag. Ais mej tsw xob coj luas puj luas sev luas tub luas tsoog moog nyob rov nruab tsuag. Luas tub luas tsoog coj sab heev rov muab tau cais luas muaj tau ua mej qos khaub hlaab khaub tsho ndluag ua cuaj txuas ais.”

2.6 Qhuab qha kev ua noj ua haus.

Nwg laug hajtseem fej xuv xaa xuv lug qhuab qha nwg laug cov tub ki ua kom tau noj tsw qeg, ua kom tau haus tsw nqhes lug tauv tub ki lub kua muag, kuas ua tau lub sab luj qos tseeg. Txuj kev ua tau noj tau haus ntawd, pib ntawm yus tug uantej,

yuavtsum muab yus nam yus txwv tej qub nuj qub peev saib kuas rau nqe. Le nua, tej peev ntawd tsw taag yog laj teb los yog nyaj txag xwb. Ruav yog coj tau nam txwv tug cwjpwv kev ua neej zoo xwb cais puavleej yog tau lub yeeb koob lawm. Xws le pev has tas “*Kuv lug lawm cais kuv tseg tau kuv puaj ku teg qos voom rua qaab teb. Puaj ku teg qos voom lwj qos tsug moog tuaj ncib ais. Tub nraug ntsuag khaws tsw tau los tseg. Tub nraug ntsuag khaws tau cais rua coj moog ua qoob qos tshu moog puv toj. Ais ua tsw tau los tseg, ua tau cais rua coj moog pub Kwv pub Tij noj ais.*

Kuv lug lawm cais kuv tseg tau kuv puaj ku teg qos voom tuaj rua nrau ntsaa. Kuv puaj ku teg qos voom lwj qos tsug tuaj moog ncib dlaag. Ntxhais muam nkauj ntsuag khaws tsw tau los tseg. Ntxhais muam nkauj ntsuag khaws tau cais rua coj moog ua roog qos lag tuaj moog puv haav. Ais ua tsw tau los tseg, ua tau cais rua coj moog pub vev pub ncaug naav ais.”

Le caag kuj xwj, uantej kws yuav tau lug noj lug naav, lossws tau lug yaug ncauj yaug lug xws le luas zeej tsoom. Yus yuavtsum rau sab ntso rua yus lub luag haujlwm. Yus yuav ua moog rua txuj kev ncaaj nceeg, ua moog rua txuj kev koob pheej thab yeeb pheej, ua tag ua kom txhaab kom txhua rua suavdlawg tau txuj kev tshaav ntuj. Xws le tas “*Kuv leej qos laug cais rua tsau yuam Ntxwjnyoog nam nkawm khaus ntuag, rua caij yuam Ntxwjnyoog tug nees kws txaij kws nraug nees tu hlua. Yog kuv leej qos laug cais rua tsau yuam Ntxwjnyoognam nkawm khaus nyaab, rua caij yuam Ntxwjnyoog tug nees kws txaij kws nraug nees dlais qhaab. Kuv le lug taug qos nraim Ntxwjnyoog txuj nyuas kev hlub. Kuv hnovqaab qhuab lawm moog kuv tub. Kuv le lug taug qos nraim Ntxwjnyoog txuj moog kev thav. Ais kuv hnovqaab qhuab lawm moog kuv Ntxhais.*

Tub nraug ntsuag nyob tsw tim quaj. Ais ntxhais muam nkauj ntsuag nyob tsw tim nyav. Tub nraug ntsuag tsw tim txoj. Huas ntxhais muam nkauj ntsuag nyob tsw tim nrhav ais.

Thaud kuv lug lawm cais kuv tseg tau kuv puaj ku teg qos voom tuaj rua nrau roob. Ais tub nraug ntsuag rua coj moog ua qoob qos zoj moog puv toj. Ais ua tau noj moog tau haus cais rua coj moog pub kwv pub tij noj ais. Thaud kuv lug lawm cais kuv tseg tau kuv puaj ku teg qos voom tuaj rua nrau ntsaa. Huas ntxhais nkauj ntsuag rua coj moog ua tsoog qos lag tuaj moog puv haav. Ais ua tau noj moog tau naav cais rua coj moog pub vev pub ncaug naav huas.

Tub nraug ntsuag tsw tim moog ua lub nyuas luaj qoob moog tsw ntxhua, nyob tsaam ntswv cais yuav moog ua nam naag nam noog lub chaw xuum huas. Tub nraug ntsuag tsw tim moog ua lub nyuas luaj qoob moog tsw tav, ais nyob tsaam ntswv caisyuav moog ua nam naag nam tsuag lub chaw nrhav huas.

Ntxhais muam nkauj ntsuag tsw tim moog ua maaj ntuag ntsaws qhov tsev, nyob tsaam ntswv cais maaj ntuag moog ua moj tswg zeg huas. Ntxhais muam nkauj ntsuag tsw tim moog ua maaj ntuag ntsaws qhov ntsaa, nyob tsaam ntswv cais maaj ntuag moog ua moj tswg laa.”

2.7 Fej Foom kom tau ua luas txwj luas laug.

Ua ke nua, kev cai hawm puj yawm txwv txoog ntawd thaj le yuavtsum pib ntawm kev nyob yaaj ceeb moog rua nruab yeeb. Xws le xaiv lub zoo chaw meem toj rua txwv zeej txwv feej. Thaum ntawd, cov tub ki ua neej nyob thaj le tau koob hmoov raws le sab ntshaw. Xws le nwg laug tau fej foom tas “*Mej rua teg lauj tuav lawm cwj xyaab, lauj naa tuav lawm cwj ntawv xyom lawm mej nam kws mej txwv qaim qaug tuab qos yeeg rov nraag toj. Xaa swm nyeej hawm thaws rov tom qaab. Nwg laug tshwm lug nwg laug tug nyuas txwv lwj kws txwv xeeb, txhua leej txhua tug ho khaaj nyob rua ho choj, xyom mej nam mej txwv qaim qaug tuab qos yeeg rov*

nraag taj. Xaa swm nyeej hawm thaws rov tom qaab. Nwg laug tshwm lug, nwg laug tug nyuas txwv lwj kws txwv xeeb, txhua leej txhua tug tub ho khaaj nyob rua ho sawm txhaj.

Suav tuam tshoj muaj zoo looj los meem toj. Xov tshoj cais muaj zoo looj los meem chaw. Txooj looj pw txooj looj qos ntshuas, txheej sawv lawm txheej sws luag. Mej rua coj lawm mej nam kws mej txwv moog txwm ndlua rua ntug zoo los meem toj rov nruab nraab. Xaa swm nyeej hawm thaws rov tom qaab. Cais nwg laug tshwm lug, Nwg laug tug nyuas txwv lwj kws txwv xeeb nim suj fuam has lug nkig qos nkuav phim ua luas tug tuam kaa. Nraag taj teb qos tug rooj taag qos tu pua nyog dlaim zeb ntsuab. Xaa swm nyeej hawm thaws rov tom qaab. Nwg laug tshwm lug, nwg laug tug nyuas txwv lwj kws txwv xeeb lub nyuas ntsej kws lub muag nim tug tuab qos yeeg nim has lug tuab qos zoo phim ua luas tug thawj Los Phuas.

Ob lub nyuas hauv toj sawv sws luag. Oblub nyuas hauv roob sawv sws ncaag qos qaab nim tsw kuas to qos ntug nim tsw kuas ndlais. Mej rua moog ua tau nwg laug lub nyuas vaaj kws lub tsev txawm tuab qos zaag. Xaa swm nyeej hawm thaws rov tom qaab. Nwg laug tshwm lug, Nwg laug tug nyuas txwv lwj kws txwv xeeb kum kum tub tej luas tug kaa cuab taab. Ob lub nyuas hauv toj sawv sws ncaag. Ob lub nyuas hauv roob sawv sws txwg Mej yuav moog ua tau nwg laug lub nyuas vaaj kws lub tsev txawm lawm tuab qos ntsug. Xaa swm nyeej hawm thaws rov tom qaab. Nwg laug tshwm lug nwg laug tug nyuas txwv lwj kws txwv xeeb kum kum tub tej luas tug vaaj fw txum nua mua.”

2.8 Kev teev tam puj yawm txwv txoob.

Ua le, cov lug txwv xaiv kws yog nwg laug tug ntsuj plig fej nyob nruab yeeb rov lug rua yaaj ceeb thaj le has txug kev teev tam puj yawm txwv txoob, tas hawm ntuj tau ntuj ntoo hawv nam txwv thaj le tau zoo. Yog le, thaum muaj ntuj thaj muaj teb, muaj aav thaj muaj zeb; muaj teb thaj xeeb tsuag, muaj nam muaj txwv thaj xeeb nyuas. Kev teev hawm txug puj yawm txwv txoob thaj taam le hawm txug lub ntuj lub teb. Tej nroj tsuag, qoob loo, tej tsaj txhu moog rua tej miv kaab miv noog. Puavleej muaj kev cuam tshuam txug rua leej tuabneeg lub neej txuj sa thab tug ntsuj dluab. Le nua, peb puj yawm txwv txoob tug ntsuj plig thaj le txem nyob txhua qhov txhua chaw, haj tseem tsom kaav tsom kwm peb ua neej nyob. Xws le tas “Mej nam kws mej txwv tu mej ib txhws tuaj thaus miv yau. Mej ntiv teg luaj lub cig, ntiv taw luaj lub taug. Mej muab mej nam kws mej txwv ncij npaab ua mej hauv ncoo rau, ncij qaab ua lawm mej lub tog zaum. Mej rua xaav txhaab moog ntim txhua cais mej rua has hlo nam ib nyuas dlav fuam qos fvw tuaj ntawm npoo choo. Mej nam kws mej txwv tsw tau nrug mej noj los ntshe mej nam kws mej txwv tau tug nyuas paa chij chim nrug luas yoog.

Nwg laug yuav tsais luj qos leeg moog txa ntshws ua tug nyuas npauj kaab qos ntxws quaj xwv qos nqab, tsaws ntsoog tuaj tug ntsws cab. Ais mej ntxwjgig cav tsw paub, cais mej xaav ntshe tas yog nam kaab nyuas noog quaj moog txhua npoj nua. Kuas cav tsw yog, ntshe yuav yog mej nam mej txwv yuav lug ua mej lub nyuas chaw teej chaw tug chaw ntswm sab ais.

Txug rau hli ntuj xub yuav tsaus. Ais nwg laug yuav moog pw puag teg puag taw ndlub tuab le zauj. Ais tawm plawg xyaa hli yim ntuj moog xub tshab. Cais nwg laug yuav plhig hlo tug nyuas npauj kaab qos ntxws quaj xwv qos nqab tuaj rua nrau toj. A is mej ntxwjgig cav tsw paub, cais mej xaav ntshe tas yog nam kaab nyuas noog quaj moog txhua npoj. Nua kuas cav tsw yog, ntshe yuav yog me nam mej txwv yuav lug ua tau mej lub nyuas chaw teej chaw tug, chaw ua noj.

Nwg laug ntxwjgig ceeb tuag dlua. Tug nyuas ntsuj maag dluab qos xyw nci qos hlo rua Nyawj vaaj yeeb yeeb tuam teem, kev tshaav moog ntuj qhua ais. Nwg laug ntxwjgig ceeb tuag nthi. Tug nyuas ntsuj maag dluab qos xyw nci qos hlo peg Nyawj vaaj yeeb tuam teem, kev tshaav moog ntuj ci ais.”

3. Txuj lw kev txhwm khu phoo ntawv txwv xaiv.

Raws le kuv tug tau dlhag lub luag haujlwm tshawb nrhav kev txheeb khaws thab kawm txwv xaiv koj lug swv ua neej. Thaum tig rov lug tuav xam txuj kev tshawb nrhav yaav taag lug, ua rua kuv paub ntau zaaj tswvyim thab tsaag txug txuj hauv kev kws yuav zoo ua tag txhwm khu ntxwv moog yaav tom qaab. Ua le, kuv yuav pav txug tej yaam kws tau xam pum lub ntawm lub luag haujlwm xws le nua.

3.1 Kev tshawb tau thaum txhwm khu phoo txwv xaiv.

1) Txuj lw kev ntseeg txwv xaiv tsw thooob xeeb.

Phoo txwv xaiv kws cov Moob nyob rua lub cheeb tsaam xeev Tseej Maim-Mej Hooj Xoom tau koj swv lug txug rua naj nub nwg nuav, xam tas tau nthuav dlaav yuav lug puv Thaib tebchaws. Taab txawm le los thaum muab cov xwbfbw txwvxaiv ntau leej¹ tau swb thom ua ke lawd, pum tau tas muaj ntau txuj kev ntseeg has txug chiv keeb nkawm tub koj xaiv tsw thooob xeeb ib ke. Txawm tas suavdlawg ntseeg ua ke tas nkawm tub has xaiv sawv qaab nteeg pev le tas nwg moog txoj moog lawv nwg laug ais nwg laug fej xuv xaa xuv rov qaab lug rua nwg laug le npoj txoog tsev xyom cuab. Tshawb xeeb heev yog nyob rua zaaj “tas Saub-Swv Yig.” Txuj kev ntseeg ntawd, tas yog has txug yawm Saub thab Swv Yig ob leeg ua ke. Tsw taag le ob tug tau taag swmneej tuabsw lawm. Taabsws naj hnub nwg nuav ruas tshuav Swv Yig tuab tug ntsuj plig lug swv tooj chaiv swv yig ua neeb tsaws thaaj xwb. Yog le, pawg kws ntseeg le nua thaj le swv cov zaaj txwv xaiv koj lug quas tas “*Saub yij yuav cuag, Saub yuav tuag,*” “*Saub nim nci hlo lawm cuaj qeb moog swv zug, dlaim nyuas ntawv txug*” thab “*yog qag qos ntsug Saub nam dlaab qos xyw pluj tuag.*”

Taabsws muaj dlua ib pawg ntseeg tas zaaj nua has txug tuab tug Swv Yig xwb. Kuas vem yog Swv Yig tau txais fijchim ntawm yawm Saub lug tshwm swm ua tuabneeg. Nwg thaj le tau lub npe tas “Saub-Swv Yig” xwb. Tsw taag le tseem ntseeg tas chiv keeb fuam yuaj muaj nkawm tub has xaiv, yog thaud tau moog txoj moog lawv puj Saub-Swvyig lawm 9 qeb ntaiv ntuj, thaj le lawv moog yuav cuag puj Saub-Swvyig. Taabsws thaum kawg puj Saub-Swvyig thaj le tau qha chiv keeb muaj pluj tuag rua tuabneeg paub tas yog yawm Saub ua tug rhawv tseg ca. Kuas nwg tug ruas yog ua neeb ua yaig lawv le yawm Saub txuj kev xwb. Ua le, puj Swv Yig thab leej tuabneeg thaj le yuav tau pluj tuag raws le yus lub txhoj kws yus tug ua yus tug ntsuj plig qag qos nrug xwb. Yog le thaj muaj zaaj lug quas 9 zag ua 9 qeb ntaiv ntuj. Ua le pawg nua yuav swv cov zaaj xws le tas “*Nwg puj Saub-Swvyig nim ntshe tas yog thau u nwg ua neej nyob. Nwg noj lawm yaaj ceeb qhau haus lawm yaaj ceeb dleg, nim ntshe yog puj Saub-Swvyig rhawv kaab rhawv kev rhawv tsw zoo nua. Kuas cav tsw yog, ntshe nim yog qag qos ntsug nwg laug tug nam dlaab qos xyw tuag*” thab “*Eb nim lawv Saub-Swvyig moog yuav cuag lawv yuav txug. Puj Saub-Swvyig nim nci hlo lawm cuaj qeb moog swv zug nci ntaiv txug.*”

Thaum txuj lw kev ntseeg kws yog lub plawv phoo txwv xaiv txawv txaav le nua lawd. Nwg ua rua kev txhwm khu phoo txwv xaiv ntau qhov tsw fem yuav cuab huv qaab moog kom nto ntsws tau. Tsw taag le, thaum peb kwv tij neej tsa Moob tau

¹ Nomfwm Thoj, Txwjceeb Thoj, Tsujmaiv Tsom, Lajnaas Hawj, Nraimthem Yaaj, Nplajthoj Xyooj, Xauvtshaaj Xyooj thab Txajchai Thoj.

swb pauv tswvyim, tau swb txhaab swb ntxuag cov zaaj txwv xaiv ntau tuaj yaaj le swb txuam ntsoov. Nwg tsw yog ua rua cov lug txwv xaiv tsuaj khov. Taabsws zoo le hajyam ua rua saib cov lug txwv xaiv tsw tsau nqe. Thaum hos tsw muaj kev txhwm khu hlo le, los cov lug yuav xaw poob pluj moog zuj zug thab. Dlua le, thaum tug ua kev cai sawv qaab nteeg, ruav yog ua kev cai kom dlhau xwb, ntev tuaj tsw paub tas yuav maav maav muab qee nqai qee zaaj tso tseg los tsw paub? Yog tas thaum ntawd cov lug taw qha nuj nqe rua suavdlawg tsw tau lawm.

2) Kev tuav kawm phoo txwv xaiv txawv txaav.

Le nqaa tug yaamntxwv nqai lug sau nua. Peb yuav pum tau tas txuj kev muab hlwb hau thab lub sab coj lug moog kawm thab tuav cov zaaj txwv xaiv ca xwb. Thaum muaj kev tswv teb tsaws chaw thab lub zwmtxwv pauv txeev moog tsw su. Ntev thab ntev tuaj, tsw taag ua rua cov zaaj txwv xaiv txawv txaav xwb, hajtseem ua rua lub ntsab lug txawv taag le lawm thab. Txawm tas cov zaaj txwv xaiv yuav pheej tsaug coj lug swv has ua kev cai sawv qaab nteeg thaum muaj ib tug laug taag swmneej, ais ua rua tej txheej txheem kev paam tuag paab tuav cov zaaj kuas muaj txheej txheem meej kuj xwj, kws yog ib qhov ua kev yoojyim rua txhwm khu tau lawm. Taab txawm le los, kev kawm txwv xaiv tseem nyuab heev, peb yuav pum cov laug xwbfbw txwv xaiv has tso tshaav plhuav tas “ua caag tej hluas nwgnuav yuav kawm txwv xaiv nyuab ua luaj. Thaud peb phaum cais kawm 3 mo xwb cais tuab ncu tau lawm. Nwgnuav mas, xuas tshuab kaw ca thab sau cim tseg los tseem ncu tsw tau thab?!” Cov hluas los tas “tag kawm nyuab los yog tej xwbfbw qha tsw muaj tug txheej txheem meej tseeb, kaw ca saub tseg, rov moog tshaab dlua, nwg has dlua ib yaam lawm thab?!”

Thaum kev kawm thab tuav phoo txwv xaiv txawv taag zoo le nua. Ua ke nua, nyob rua lub zwmtxwv nwgnuav. Tej tub ki puavleej yuavtsum tau kawm ntawv Thaib thab yuav tau swv lub hlwb hau kom txawm tuam xaam muaj txheej txheem yoog le luas txuj ci taag xwb. Tseem ceeb yog yuav tau swv ntaub ntawv lug sau cim tseg ca, ua tau lub chaw kawm yoojyim tuaj tau thab nwg tseem yog txuj kev tuav tsuaj phoo txwv xaiv rua thaum kawg thab. Ua le, nyob tsaam tej hluas tomntej txawm kawm txwv xaiv paub tau taabsws nwg yuav hnov qaab nuj nqe ntawm kev muaj xwbfbw ne? qhov nua tuab chiv pum lawm tas qee leej xwbfbw laug tau poob sab tas thaum ib muaj phoo ntawv txwv xaiv lawd. Cov hluas yuav tig lug thuj tej laug txuj kev qhua qha kws tsw muaj hauv paug moog rua hauv ntsws. Ua le, thaum kws tug kawm hos yuav muab phoo ntawv coj lug pe hawm teev tam sawv chaw ua xwbfbw kuj sov puas yog hajyam ua rua peb Moob txuj kev sws paab txaav dleb?! Tej lu lug nug nua, qha tau rua peb tas txawm le caag kuj xwj. Peb Moob txuj txoog yuav tau txawv txaav thaj le tuav tsuaj tau. Taabsws nwg yuav txawv txaav moog npaum le caag thaj zoo xwb???

3) Leej twg yog tug tswv ntawm Moob txuj txoog?

Peb suavdlawg ntshe yuav xaav tas peb Moob yog ua tug tswv ntawm Moob tej txuj txoog taag nrho. Taabsws yog le, thaum ua tug tswv cuab lawm. Yus ib leeg yuav ua le caag kuj tau puas yog? Yog tas tsw yog, peb yuav ua le caag thaj le suav tau tas yog suavdlawg ua tug cuab dlaag rau zug? Nyob rua kev ua haujlwm yaav taag lug. Peb cov laug xwbfbw ntau leej tseem tsw kaam leeg tas nwg yog ib tug tswv cuab kws muaj feem koom thab. Yog le, thaum yuav cuab dlaab rau zug txhwm khu cov zaaj txwv xaiv thaj le yuavtsum tau tso cai lug ntawm nwg tug kws cov xeeb ntxwv uantej tsaiv. Taab txawm le lawm los, thaum yuav muab xwbfbw cov lug coj lug tuav xaam dlua, yuav tsum taws xyaab hlavv ntawv thov xwbfbw zaamtxwm thab paab txhawb dlaag zug uantej maam le muaj cuabkaav swb thaam tau. Nuav yog tug choj

kev cai kws tuam hlaa ntawm yaaj ceeb moog rua nruab yeeb ais thaj le tswm tau lub chaw sablaaaj ntawm cov xwbfbw laug.

Tsw taag le xwb, thaum suavdlawg lug tuav xaam nrhav kev kawm thab txheeb khaws cov zaaj txwv xaiv kom ua tau lub chaw kawm yoojyim rua cov xeeb ntxwv tom qaab thab tuav tsuaj ua tau peb Moob le ib tug teej tug tseg ca. Kuv pum tau tas kev muab cov zaaj koj lug sau cim tseg ca rua nruab ntaub ntawv ntawd, yuav tsum swv yaam tsawg 3 phaum tuabneeg koj lug swb paab taag zug. Phaum ib yog cov xwbfbw laug kws ruav yog muaj txuj ci nyob huv hlwb hau thab lub sab xwb. Phaum ob yog cov xwbfbw hluas kws nwg tau pib swv tshuab ua cuab yeej lub paab ncu tseg ca thab paub txug txheej txheem ntawm kev tuav xaam moog rua tej kev ua neej nyob nrug lub nplajteb kws txawv txaav sai le sai. Phaum peb yog cov tub kawm kws tsw taag tseem paub thab sau tau lug Moob zoo. Nwg haj tseem yuav tau paub txug txuj kev tshawb nrhav ua kom ob phaum xwbfbw ntawd tsaag txug lub tswvyim thab muab tawm tau lug rua suavdlawg pum. Thaum peb phaum tuabneeg nua muaj kev swb thaam tshaab thoob moog lug yaam le noo thaws xwmyeem ua ke tau. Thaum ntawd tej txuj txoog thaj le muab txheeb khaws tau tseg thab txhwm khu kom tsaug kev tsaug cai zoo swv raws lub zwmtxwv tau.

Dlhau ntawd, peb phaum tuabneeg sau nua yuav tsum ua tag paub tej txuj ci ntau hom ntawd kom ntxawg thab swb cuam tshuam thoov moog lug tshaab qos hlo tau. Cov txuj ci ntawm yaam tsawg muaj peb hom. Xws le ib yog yuav tau paub Moob txuj kom ntxawg, ob yuav tau paub luas txuj moog rua kev ua neej nyob rua lub zwv txwv txawv txaav thab peb tau muaj lub zeem muag tsaag txug kev pauv ntseev tej txuj ci ntawd kom hum tau rua lub neej thab nyob tau tsuaj khov lawm yaav tom qaab. Le nua, txhais tas thaum muaj xwmtxheej teebmeem txug peb Moog txuj txoog faab twg los nwg yuavtsum paub taw qha lub hauv paug swb moog rua lub hauv ntsws tau. Raws le yaav taag lug, qha rua kuv tug paub tas ceeblaaj kws yuav nrhav tau ib tug kws muaj cuabkaav txhais tej txuj ci ntawd rua yus paub tau yoojyim. Txawm tas peb yuav muaj ntau tug xwbfbw los ntau leej txawj ua kev cai kuj xwb. Taabsws nwg tsw tau txhais tas yog tug kws paub Moob txuj ci kom tshaab kom ntxawg tag tag. Pev le tas cov xwbfbw xwv xaiv yuav lug txhua leej ruav yog paub txwv xaiv xwb, muaj qeej leej thaj le paub txug qeej thab kev paam tuag moog rua kev ua neeb ua yaig tej xwb. Taab txawm le los txhua leej yeej tsw paub tas kev swb cuam tshuam ntawm cov zaaj txwv xaiv thab cov zaaj tshoob kug, moog rua kev ua neeb ua yaig yog le caag tag?

Thov nqaa tug yaamntxwv koj lug pev xaam cov ntsag lug sau. Xws le muaj lu lug nug tas vem le caag, nees ntsaa (leej nam) ntseev cais yuavtsum muaj nam txwv dlaab tuaj qaij kaus. Huas yog nyuj ntsaa (leej txwv) ntseev cais hos tsw muaj muam phauj tuaj qaij kaus thab. Taabsws yog cov Moob Dlawb laud nua cais ib txha hos muaj muam phauj thab? Tej qhov le nua, tug kev cai yog nyob qhov twg? Tug kev swb ua kaam yog dlaabtsw? Ua caag yuav ua moog txawv taag npaum? Puas yuav muaj kev cuam tshuam rua peb Moob kev cog neej tsaab thab los le caag? Ib qho tuaj, thaum kev tshoob kug muaj xwmtxheej teebmeem txug cov nqe mig nqe hno thab yaaj nco. Suavdlawg muab txav moog lug ua nyaj Npam (Thaib) thab nyaj dlaim. Tsw taag le thaum muaj kev xaa nyaab moog rua kev swb ntsauj tuaj, tseem muab luv ib nraab los tsub ib npaug rua saum cov nqe mig nqe hno thab. Tej kev phua txuj cai zoo le nua, kuj tsw muaj tug muaj cuabkaav muab Moob txuj ci koj lug tshaab rua suavdlawg pum tas txuj kev cai yeej yuav yog moog le ntawd tag? Vem tas tseev muaj ntau zag lawm kws txuj kev cai tau txav taag tom ntej. Taabsws tsw ntev tom qaab txawm muaj kev cov nyom tuaj, ib txha tsw swv le pauv tseg, ib kuag xaiv raws qhov yus cov tau tshaaj thawj, ua moog ua tuaj tseem tsub kom peb Moob muaj plaub

muaj ntug tuaj rua thaum kawg thab? Los yuav has tas nyob rua ntawm “leejtwg ua tug has, nkawm twg ua tug sau. Txuj kev cai yeej thaj tug ntawd kom tau cai” xwb thab lod?!

3.2 Phoo ntawv txwv xaiv tswm le caag thab muaj ua dlaabtsw?

Ua le, nyob rua lub luag haujlwm tshawb nrhav thab txheeb khaws cov zaaj txwv xaiv kws ua tau phoo ntawv txw xaiv lawm nuav ne? Txawm tas chiv keeb ntawm cov zaaj yog tau txais txaj tshaav lug ntawm koom hum Tuam Cuab Moob Teejtug (TCMT) ais ua rua txuj kev txheeb khaws tau qee lub swjhawm lawm ntau heev. Thov taw qha tas cov zaaj txwv xaiv kws pib sau yog muab xwbfbw laug Txwjceeb Thoj lub suab kws tau kaw rua xyoo 2531 coj lug sau cim ua ntawv Thaib thab Moob tav rua xyoo 2547 lug lawm. Yog le, kev thaum txheeb khaws cov ntsab lug txwv xaiv coj lug sau kom tsheej ib phoo ntaub ntawv lu nua thaj le qee tau lub swjhawm ntau heev coj lug tuav xaam moog thom tej xwbfbw laug ntau leej txhaab ntxwv, muab nug kom ntxawg saib txuj lw kev ntseeg los puas sws muaj lub ntsab lug has le caag tag, thab tug ko txwv thaum seev has xaiv ntxwm nyog seev thab dloog lub suab ua le caag thaj le zoo ntxwm noog. Thaum kawg pum tau tas lub luag haujlwm nua rua yog txhwm khu tau pev le tug caag ntoo (txuj lw kev nteeg thab lub ntsab lug), tug ku kaav (cov zaaj) moog rua cov cig (cov zaaj kws txhaab ntxwv) thab cov nplooj (nqai, ntsee thab phim thawj) qho ntswv xwb, tseem tshuav cov paaj (lu lug has tsw meej, xws le cov lug Suav) qho lug tsw tau txhwm khu kom txhwj txhua. Yib vem cov paaj nua, ntau leej xwbfbw cais swv kaam moog ntau yaam thab nwg saws ua tsheej lub lug suab Moob lawm. Le nua, thaj le txhais tas phoo ntawv txwv xaiv kws ua tau nua yuav tsw muaj kev txhwm khu ntxwv hlo le lawm. Taabsws qhov tseeb xaam tas nwg tau taw qha txuj kev txhwm khu ntau qhov rua yaav tom qaab kom ua tau yoojyim ntau tuaj thab. Kuas zoo npaum le yuav zoo tau.

Huas yog kev swv phoo ntawv txwv xaiv laud nua. Cais yog yibvem tej kev txhawj xeeb thab raws le lub zeem muag kws tau sau lug saum. Cov xwbfbw ntau leej tau pum zoo ua ke tas txawm Moob yuav muab tshuab muab ntawv coj lug paabcuam txuj kev ncu thab kev kawm, los nwg tsw tau txhais tas tej cuabyeej ntawd yuav tau lug hloov txuj kev swv ua kev cai thab kev tuav tsuaj. Yib vem cov lug txwv xaiv yog ib cov paaj lug xwb. Nwg tsw tau muab lub ntsab lug lug txhais nyob ua ke kom tshaab. Ua le, tug kws xaav paub cov zaaj txwv xaiv kom ntxawg yuavtsum tau moog nug tug kws xwbfbw thab moog saib kev ua neej thaj le paub qhov tseeb. Thaum nua, suavdlawg thaj le pum zoo tas txuj kev swv phoo ntawv txwv xaiv zoo ca ua xwbfbw le ib tug cuabyeej rua txuj kev qha rua nwg tej thwj tim xwb. Qhov nua, xaav tas yog ua tau le lawm. Nwg tsw taag paab tau txuj kev kawm xwb, haj tseem paab txhawb kom txuj kev ua xwbfbw-thwj tim nyob tsuaj khov moog tha. Thaum kawg, peb Moob thaj le ua tau lub neej swb hlub swb thaj nyob yaaj ceeb lug moog rua nruab yeeb.

Taab txawm le los, peb Moob txuj txoog nyob rua lub zwmtxwv nwgnuav, xaam tau yaam le tso tshaav plhuav tas cov kws ua thab coj kev cai xws le qhuab kev, tshuv qeej, has txwv xaiv, ua tuam meej koob (nam tshoob) cais yog cov laug kws muaj hnoobnyoog dlhau 60 xyoo le ntau lawm xwb. Taabsws cov hluas kws tau lug kawm ais yuav tau tuav tsuaj ntxwv moog cais kuj has tau tas tsw muaj tsawg leej kws ua tau lub chaw tsuaj sab thab. Ua le, nyob rua txuj kev tshawb nrhav ais muab tej cuabyeej tshab lug paab txu kev kawm xws le phoo ntawv. Thaum cov xwbfbw coob leej tuaj swb thaam ais muab txuj ci tso loog ua ke cais nwg thaj le maum ntswv zoo le yuav rov moog yuam kuas ca sab rua phoo ntawv moog taag le thab xwb. Tsw taag le, thaum cov hluas swv tej cuab yeej nua ua lub chaw kawm tau yoojyim dlua,

ntshe yuav tso tseg txuj kev hawm xwbfbw rua thaum kawg thab. Thaum yuav tsw tswm tej cuabyeej nua hlo le los peb tej txuj txoog yuav moog tsw taug thab. Vem peb txuj kev neej yuav tau txawv txaav, ntshaw nrug luas lwm haiv neeg vaam fuam swb luag thab. Tej xwmtxheej teebmeem nua, peb Moob puas yuav kawm tau nwg tug nuj nqe coj lug ua lub chaw vaam khom rua yaav tom qaab?

4. Tuav xaam kev tswm khu Moob txuj txoog rua yaav tom qaab.

Thaum peb Moob txuj kev zej zog, txuj kev ua noj ua haus thab tej txuj txoog tau txawv txaav thab pauv ntseev zuj zug zoo le nwgnuav lawd. Yog peb tsw txhwm khu thab tswm tsaav ib qho cuab yeej lub paab ntseg paab tuav. Peb lub neej puas yuav muaj chaw tsuaj khov zoo le nua txuas ntxwv moog yaav tom qaab? Los sws dlaabtsw thaj yog qhov kws peb tso sab vaam khom tas yuav tuav tsuaj peb lub neej moog tsw kawg? Yog muab txuj txoog tej teebmeem lug feeb lawd. Nwg yuav muaj ntau txheej swb chaab swb chaws, swb tsub swb nas yaam le txuam ntsoov. Nwg ua rua peb tsw pum qaab yuav pib lub hauv kev twg tuaj uantej thaj le thoov moog kom tshaab tau. Xws le 1) yog kev pauv ntseev ntawm peb txuj kev ntseeg kws ua rua muaj kev cov nyom tshwm swm ua plaub ua ntug thab tau moog txu peb Moob txuj txoog tej nuj nqe rua thaum kawg xws le kev kwv tij neej tsaa. 2) Yog kev txawv txaav huv nyag txuj kev ntseeg. Xws le tsw taag kev kawm tuav tsuaj muaj teebmeem xwb. Thaum muaj tsawg tug paub txuj txoog, haj tseem muab kev txhawj xeeb, kev ntshai coj lug tsub tuabneeg lub sab ntsws. Thaum kawg cais ntshe yuav rov yuam luas lwm txuj ua rua muaj kev swb tub qaug tuaj thab. 3) yog teebmeem ntawm kev txhwm khu kom tej txuj txoog ntawd yoog hum rua yus haiv neeg los yus txuj kev ua neej nyob raws le qhov tseeb. Yib vem thaum txuj txoog muaj xwmtxheej le nua lawd, yuav muaj haujlwm tsw has zoo thab phem ntau heev rua peb leg rua yaav tom qaab. Ua le, thaum kawg yeej tswv tsw dlhau kev swb txeeb ua tug tswv cuab, kev muab ua laag ua luam nrhav noj tshaaj thawj raws le nyag kuj muaj nyag kev xaav, yaam le yuav tsw fem qhau tau hlo le thab.

Thaum peb pum tej xwmtxheej teebmeem le nua lawd. Qee zag yuav ua rua ntau leej twg kev, qaug sab taag zug thab. Taabsws ntau zag kuj yuav ua rua peb leej tuabneeg mob sab ua chaw cuab dlaab rau zug tau thab. Raws le kuv tug xaam pum ntawm ndlav ndlav tuaj ntawm qhov muag xwb, xaav tas le caag kuj xwj, peb Moob puas yuav tswm tsaa tau muaj ib pawg kev txwj laug lug leg tej haujlwm nua, tsw has Nwg yuav ua tsheej lub koom txoos los puas sws ib paab pawg tub dlaag hnum xwb los tau. Taabsws tseemceeb tshaaj, mas pawg tuabneeg nuav yuav tsum tau txais kev tso sab yaam le dlawb huv lug ntawm peb ib zeej toom Moob taag nrho. Qhov yuav ua le caag thab muaj dlaabtsw ais thaj le ua rua pawg tuabneeg nua tau txais kev tso sab, nyob rua ntawm peb yuav zoo ua tag tshawb nrhav thab tswm tsaa sai sai nua. Qhov kev tuav xaam nua, ntshe yuav muaj lu lug nug tas ua caag yuav kom muaj pawg tuabneeg xwb thaj ua tau haujlwm! Zoo le yaav ntuj taag lug, peb Moob nyag nyog qaab roob kaum haav, nyag muaj zej zog, muaj thawj los phes moog hau zog es cav rua tuav tau txuj txoog lug txug naj hnuv nwgnuav? Yog muaj lug nug le nua, kuv thov teb tas thaud kod puab tej laug puas tau “tswm” los “pauv ntseev” ib txuj kev cai twg ca? zoo le paub, peb Moob ruas yog muaj kws “swv” tej txuj txoog ntawd le xwb puas yog mas? Yog le, thaum xaav swv kuj swv, tsw xaav swv kuj tso tseg, le nua puas zoo thab mas?! [yog tas yus tsw xob plij sab tas yus Moob tsw muaj tebchaws le luas]

Le nua, thaum muaj ib pawg tuabneeg nyob nruab nraab lawd. Peb Moob paab pawg twg yuav xaav txhwm khu txuj txoog kaab ke twg los thaj le muaj pawg nua leeg paub tas nwg yuav tsw ua kuas muaj kev cov nyom rua leejtwg. Yib vem pawg

tuabneeg nua, luas muaj lub zeem muag pum txuj kev swb cog ua neej ua ke lug moog nrug luas lwm haiv neeg tau lub zoo neej thaj yeeb nyab xeeb. Taabsws yuav tsw tau txhais tas tej kev txhwm khu kws dlhau ntawm pawg tuabneeg ntawd yuav tsw muaj teebmeem tshwm swm tuaj hlo le. Qhov tseeg teebmeem yeej muaj raws le txuj kev ua haujlwm thab ua neej nyob. Taabsws cov teebmeem ntawd tsum muab kaw ca rua nyag paag pawg xwb, kws tsw xob moog txug rua pawg kev txwj laug neeg nruab nraab ntawd tau txais lub txwm. Pev tug yaam ntxwv le lub luag haujlwm tshawv nrhav phoo txwv xaiv nuav. Txawm tas txuj kev tshawb nrhav tau ua zoo txhwm khu ib qeb tsheej phoo txwv xaiv koj lug moog txhwm khu rua yaav tom qaab. Taabsws tseem yuav tsaug koj moog swv nyob rua huv peb Moob lub neej. Thaum nua, phoo txwv xaiv los sws tej txuj txoog kws txhwm khu tau ntawd (yeej khu tsw tau kawg lawm) yuav tsw muaj tug kaam lug leeg koj moog nthuav kawm ncaaj nraim kws ntxwm yog yus ua tug tswv cuab tag tag. Ua caag peb tseem yuav ca rua lub swjhawm lub muab foob npug taag thab ais le maam moog tshawb tau nyob rua nruab luas. Thaum ntawd cais peb ruas yog paub tau npaum le kws cov ntawv qha yus lawm xwb tag tag. Qhov nua, qha tau tas peb paub tas taamswm nua tseem tsw tau muaj ib pawg tuabneeg nruab nraab twg lug ntseg thab sawv ua peg tug tag.

Dlhau ntawd, kev swv tswvyim tuav xaam nyob rua rooj sablaaj los rooj xaiv rooj lug ntawm pawg tuabneeg nruab nraab ntawd yog ib qhov tseemceeb tshaaj. Yib vem tas ib cov txuj txoog ntawd, nwg muaj cuabkaav swv ntau txuj tswv yim lug moog tuav xaam thab txhwm khu tau ua ke. Pev le thaum tau cuab dlaab rau zug txhwm khu cov zaaj txwv xaiv xws le muaj kev swb caav has txug “Saub” los/thab “Swv Yig” tuag los tsw tuag kws sau taag lug nyob rua phaaj 12 ntawd. Pawg 1) ntseeg tas “Saub tuag lawm.” Nwg swv tswvyim raws le tau kawm ntawm tug xwfwb lug, tsw paub tas sov xwfwb puas yuav tau has yuam kev los le caag. Taabsws ntseeg sab tas ua raws le kws thaj le raws ke raws cai, tsw tau qaug kws xwfwb kws dlua ntsaa lawm. Taabsws pawg 2) nwg swv tswvyim raws le kev tuav xaam txug txuj kev ntseeg. Thaum muab tej zaaj lug ntsuag, lug txaj, zaaj qeej, qhuab kev koj lug swb moog tuav xaam. Tsw taag le, muab txheej txheem kev paam tuag koj lug moog pev xaav. Cais pum tau tseeb tas zaaj txwv xaiv nua yuavtsum yog has nyob rua huv lub nteeg tuag tag xwb. Tseemceeb leejtwg los kuj tsw xaav muaj kev pluj tuag. Taabsws ua caag yuavtsum muaj pluj tuag? Swv Yig yog tug yeej txuj kev mob nkeeg taabsws tsw tau yeej txuj kev pluj tuag. Taabsws tuabneeg vaam khom txug Swv Yig kom muaj yeej txuj kev pluj tuag heev. Yog le, zaaj nua thaj le txhais tau tas Swv Yig tuag moog, ruas tshuav ntsuj plig thab xwb tag. Taabsws qhov kws nwg tug ntsuj plig paab cawm tsw tau kom tuabneeg tsw xob tuag ntawd, tsw tim yog Swv Yig le txuj ci tsw zoo. Qhov tseeb tag yog nyob ntawm tug tuabneeg txuj sa los kev txhoj kws Ntxwj Sws qos Nyooog tsom kaab ceeb ntsuag tau, raws le yawm Saub tau tswm muaj ca ib yaam le rua Swv Yig thab. Yog le, pawg nuav thaj le tas “yog qag qos nrug nwg laug (tsw yog Saub) nam dlaab qos xyw pluj tuag.”

Txawm tas pawg tuabneeg nruab nraab nua yuav muaj tsw swv tswvyim ib yaam. Taabsws thaum muaj lub chaw sablaaj lawd, yuav ua rua suavdlawg ua tag nrhav kev nplig kuas hum tuaj moog ib qho. Vem tas yog tseem ca kuas muaj kev cov nyom tseg, yim fuab ua rua kuas suavdlawg txuj kev thoob xeeb nyab xeeb moog tsw taug. Thaum kawg yuav tsw muaj ib paab pawg twg tau txaj ntswm qaab hau, los yog ca le ua rua suavdlawg tau txais kev puam tsuam thab xwb. Yog le, nyob rua txuj kev swv tswvyim thaj le yuav tau txhwm khu kom swb luag le luas zeej toom kom tau. Nyob rua naj hnub nwgnuav, tug tswv yim “qaab-hau” (reason) thab “txheej txheem” (system) yog ob tug kev xaav kws nyob moog tuab txuj kev thab muaj yeej dlua lwm txuj kev swv tswvyim. Ua le, peb Moob tug kws yuav tsaug xaiv thab leeg lug ua

suavdlawg tug nruab nraab, yuavtsum paub thab swvkaam tej tswvyim nuav. Xwv thaum swb tuav xaam thaj le tsw muaj kev cov nyom, los yog thaj le swb nplig tau. Vem paub tas luas tuaj txuj kev xaav le caag thab nwg has nyob rua qhov twg thab xwb.

Thaum zoo le nua, nwg thaj tsw yog yuav “feem coob” tsa teeg has, taabsws yuavtsum yuav kev ncaaj nceeg lug tuav xaam kom muaj qhov xaus, maam le txav txwm yuav ua ke tau. Txawm tas tag tag yuav tsw muaj tswvyim nyob nruab nraab yaam le ncaaj nceeg rua txhua leej. Taabsws muaj kev ua rua kuas tau qhov nruab nraab kws suavdlawg yuav tau ua ke. Peb Moob tej kev swv tswvyim kom nyob nruab nraab nua, tseem suav tau tas tseem tsw tau muaj has tau ib txuj cai qoog rua ib zeej tsoom swv tau tsuaj khov. Yib vem peb Moob muaj paab pawg ntau txheej, xws le thooj nam txwv, thooj puj yawm, thooj dlaab qhuas, thooj kwv tij, thooj xeem, thooj haiv Moob moog rua thooj kev noj haus thab thooj kev ntseeg. Thov nqaq tug yaamntxwv xws le kev tsw xaus ntawm phoo ntawv txwv xaiv kws tsw tau txais kev thum yeem tso cai swv lug ntawm paab xwbfbw txwv xaiv. Vem tug thawj coj tsaug xaiv raws txuj kev laug thab kev txheeb ntawm neej tsa ntau dlua le txuj kev txawj ntse. Tseem ceeb yog cov koom paab xwbfbw txwv xaiv feem ntau yog lawm tug thawj coj le tub xwb. Vem luas nam yog lawm tug thawj coj le muam xwb. Tsw taag tug kws suavdlawg nyam nwg cov zaaj txwv xaiv los yog tug thawj coj le kwv thab xwb. Cais thaum nua, muaj kev txavtxwm sab ib qho luj los taag rua ntawm tug thawj coj le xwb. Thaum tug thawj coj tuav xaam tsw txhaab tsw txhua los tsw muaj tug kaav tawm tswvyim paab nrug xaav. Ua le, thaum peb Moob lug ua teg haujlwm sawv lawm suavdlawg tug, yuavtsum ua tag txu yus tug qub lub fijchim ais ua tag nrhav kev nqug hu txhua leej le tswvyim coj lug qaws kom moog taug ib ke thaj le yog qhov yuav ua moog taug ntxwv moog.

5. Txuj txug tsw xaus.

Thaum rov qaab muab lub luag haujlwm tshawb nrhav thab txheeb khaws cov zaaj txwv xaiv coj lug soj qaab tau lw dlua ib zag, pum tau tas peb Moob txuj ci yaav ntuj taag lug nwg swv tug tswvyim kawm thab tuav tsuaj yog ua kom nyob nrug nraim ntawm peb Moob lub neej. Ua le, kev sws hlwb hau lug ncu tej txuj txoog ntawd thaj le tseem muaj nyob lug txug rua naj nub nwg nuav. Txawm tas qhov nua yuav maav maav ua rua poob qee puav lu lug thab lub ntsab lug moog lawm zuj zug kuj xwj. Tseemcee tshaaj yog tej txuj ci ntawd, yuavtsum yog tsau swv yoog raws tebchaws thab lub swjhawm. Nwg xam le suav tas muaj nuj nqe rua peb leej tuabneeg lub neej tag.

Raws le yaam ntxwv ntawm cov zaaj txwv xaiv. Thaum muab feeb meej lawm, nwg muaj nuj nqe ntau faab swb chaab swb chaws. Xws le has txug kev ua chaw tsuaj sa thaum tshwm swm tau ua neej qos yeev nyob thab pluj qaug ceeb tuag taag ntawm leej tuabneeg, kev swb hlab muaj lug ntawm koom kwv tij thab cuam tshuam muaj neej tsa, kev ua luas txwj luas laug tsom kwm saib xyuas tej yau, kev ceev faaj thab xyum ua tuabneeg tsheej haj, kev ua kom tau noj tau haus moog rua kev swb paab, thab kev yuav luas txaj tshaav txaj ntswm moog rua tej kev cai teev tam puj yawm txwv txoob coj lug ua tug ntxoov ntxoo rua yus txuj hmoo. Le nua, xaam tas cov zaaj txwv xaiv tsw taag qhuab ntuag kev ua neej nyob xwb, haj tseem taw qha txug kev swb cog chaw tsuaj sab moog lawm rua nruab yeeb thab.

Xws le tug yaamntxwv txuj lw kev txhwm khu phoo txwv xaiv yaav taag lug. Nwg tau qha rua peb paub tas yog peb tsw txhwm khu peb tej txuj ci ntawd. Thaum swv ntev tuaj, nwg cov lug thab tej ntsab lug los yuav muaj txawv txaav moog lawm ntau txuj kev. Qhov poob sab yog ntshai tsaam muaj tej qhov txawv txawv cais

txawm ca le muab tso tseg sai sai thab. Yib vem cov swv ua kev cai tsw paub txug nwg tug nuj nqe lawm. Ib qho tuaj ua rua txuj kev kawm nyuab taag le xwb. Thaum zoo le nua lawd, thaj yuav tau cheem tsum ntau phaum tuabneeg kws paub peb Moob txuj kom ntxawg, paub luas txuj kev tshawb nrhav moog rua tej kev kawm kom zoo, thab yuav tau swb koom teg tuav xaam tswv yim txug kev pauv ntseev kom hum raws le lub neej kws txawv txaav lawd. Le nua, kev txawv txaav thab kev pauv ntseev thaj le ua tau lub chaw vaam khom tas tej kev tswm khu ntawd yuav tsw rov lug yuam peb Moob txuj txoog rua yaav tom qaab.

Huv qaab nua yog phoo ntawv
TXWV XAIV: COV ZAAJ RAWS TXHEEJ TXHEEM
 dlaim dluab saab nrau.



Peb tau luam thawj zag rua nub tim 23 lub 3 hli xyoo 2550.

Tug xaav tau

sau ntawv los hu xuv tooj tau rua Tuam Cuab Moob Teej Tug (TCMT.)

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