

ZIRLÂI 3

APRIL 10–16, 2021

“CHHUAN LO LA AWM LEH ZÊL TÛRTE”

CHÂNGVAWN: “Nova erawh chuan LALPA mit a tlûng a”
(*Genesis 6:8*).

SABBATH CHAWNÛ

APRIL 10

Chhiar Tûrte: *Genesis 3:6; 6:5, 11, 18; 9:12–17; Isaia 4:3; Thupuan 12:17.*

ZIRLÂI THLÎR LÂWKNA: Sualin Pathian thil siam chungah eng thil nge a thlen? Nova nungchang thenkhat kha engte nge ni? Pathianin Nova thu a thlunpuiah khân eng thilte nge tel? Tui lêt hmâa Pathianin Nova thu a thlunpuiah khân eng tiang kawngtein nge Pathian khawngaihna puan chhuahin a awm? Tui lêt hnu-a Pathianin mihringte thu a thlunpui khân Pathianin mi zawng zawng min hmangaih vekzia eng tin nge min hrilh le?

BACTERIA-te hi thil nung te tak tê, enlenna (microscope) hmang chauha hmuh tham a ni a. Bacteria pakhat ngawt phei hi chu a lêt 1,000 vêla tihlen hnu-ah pawh pencil hmâwr zum ang tiat vêl lek hi a la ni tho ang. A than duhna tûr tak hmun—boruak lum leh hnâwng leh ei tûr tamna bawk si-ah chuan rei tlo te chhûngin a insiam pung vak thei a. Entîr nân, bacteria thenkhat chu a puitlin hnu-ah lo bung/phelin, pahnihnah a insiam mai thei a. Chutianga dârkâr tin a inbung/inphel zêl a nih chuan, dârkâr 24 chhûng lek pawhin bacteria pakhat khân bacteria thar 18,000,000 zet a siam chhuak thei dâwn tihna a ni. Dârkâr 48 hnu-ah phei chuan bacteria thar tlûklehdingâwn tam tak a lo awm ang.

Hê thil nung tê tak tê nihphung hian suala mihringte an tlûk hnu-a thil tha lo leh sual lo pun chakzia hre thiam thei tûrin min pui a. Finna sâng taka thuam, taksa hrisêl tak nei, rei tak dam thei tûra siam hêng mihring ropui takte hian Pathian kalsanin an

thiltihtheihnate chu kawng chi hrang hrangin an hmang sual ta a ni. Bacteria-te chu ni êngin a chhunin emaw, damdâwi hmangin emaw, a nih leh loh boruak sa tak hnuaiawmtûrin emaw tihhlum vek theih a ni a. Chutih lâiin, Pathian erawh chuan a laka hel mihringte tuk daih nân khân khawvêl pum huap tui lêt hman a thlang ta zâwk a ni.

SUNDAY

APRIL 11

Mihringte sualzia (*Gen. 6:5*)

Pathian chuan a thil siamte kha a han thlîr vêl a, “ṭha a ti êm êm a” (*Gen. 1:31*). Mahse, sual a lo lût a, thil eng kim a lo danglam ta vek mai a ni. “Ṭha êm êm” an ni tawh lo va. Pathianin kawngkal mumal nei taka a siam thil chi hrang hrangte chu sualin tikhaw lovin, thil tenawm takah an lo chang zo ta. Nova hunah pheih kha chuan mihring zawng zawng kha Pathian lakah an hel ta vek a, khawvêl hi sualin a khat tawh a ni ber. Bible hian chipchiarin min hrilh lo mah se (Ellen G. White-i lehkhabu ziah, *Thlahtubulte leh Zâwlneite*, phêk 90–92 chhiar la), bawhchhiatna leh helna chu a hluar hle a ni tih a chiang a, hmangaihna leh dawhtheihnaa khat, mi sualte ngâidam ṭhîn Pathian meuh pawhin a en liam mai thei ta ngang lo a ni.

Eng tin nge hetiang khawpa chak hian sual chu a lo punlun theih le? A chhâna hriat a harsa vak hran lo mai thei. Tûn lâi hunah pawh hian mi tam tak chuan anmahni sualnate an han en a, Eng tin nge hetiang thil ṭha lo tak takte hi hun rei lo te chhûngin a lo thlen zut zut theih le? an ti ve tho a nih hi.

A hnuaiaw Bible châng târ lante hi chhiar la. Eng thu nge an sawi hlawm? Zâwi zâwia sualin zual lam a pan chhoh zêl dân hi i lo hmu thiam em?

1. *Gen. 3:6* _____
2. *Gen. 3:11–13* _____
3. *Gen. 4:5* _____

4. *Gen. 4:8* _____

5. *Gen. 4:19* _____

6. *Gen. 4:23* _____

7. *Gen. 6:2* _____

8. *Gen. 6:5, 11* _____

Genesis 6:5 leh 11 ten an sawi hi chhan awm lova lo thleng ngawt a ni lo va. A hma lamah hian thil thleng, hêng thilte thlentîrtu hi thil thleng dang a lo awm tawh atin ni. Sualna chu a lo punlun telh telh a. Chutiang chu a nihphung ve rêng a ni bawk. Thil hriam eng emaw hmanga kan vun kan tihpilh châng hian zâwi zâwiin amahin a lo dam ve chhawm mai zêl thîn a. Mahse, sual hi chu chutiang a ni ve lo, kan ngaihthah emaw, kan ngâizam emaw a nih chuan a lo punlun thuai thîn a, chhiatna leh thihna a thlen hma chuan a duhtâwk a ngaih mai ngâi lo a ni. Sualin hna a thawh dân hre tûr hian tui lêl hmâa mihringte nun kha kan mitthla lêl leh kher pawh a ngâi hran lo va. Tûn lâi hunah pawh hian kan chheh vêlah hmuh tûr a tam êm êm tho a ni.

Pathianin sual a haw viau mai hi thil mak a ni hran lo; chuwângin, eng tikah emaw chuan sual hi nuai bo vek a la ni ngei dân a. Dikna leh hmangaihnaa khat Pathian chuan sual nêna inzawmna nei thil rêng rêng chu a zuah lo vang.

Thu lâwmawm tak erawh chu, Pathian hian sual chu la tibo vek dân tho mah se, mi sualte chhandam a duh tlat thung hi a ni a. Chu chu thuthlung a siam chhan pawh a ni rêng bawk.

THAWHTANNI

APRIL 12

Nova kha (*Gen. 6:9*)

Tui lêl hmâa awm mihringte kha sualin khawlo viau hlawm mah se, Nova erawh a danglam bîk hle a. Genesis 6:9 chhiar la, Bible-in a nihna pathum a sawite hi lo chhinchhiah deuh bîk ang che. Tichuan, hêng a nihna a sawi hrang hrangte hi a awmzia nia i hriat i ziak chhuak dân nia:

1. “Mi fel tak” a ni

2. “Sawisêl bo” a ni

3. “Pathian nêna lêng dôn thîn”

Nova kha LALPA nêna inlaichîna tha tak nei a ni tih hi sawi ngâi khawpa thil Chiang sa a ni a. LALPAN a lêngpui theih, a thu leh hla ngâithla duhtu, a thu zâwmtu leh amaha rinna nghattu a ni. Chuvâng chuan LALPA pawhin a thiltum tihhlawhtlinna hmanrua atân a hmang thei ta rêng a, Thuthlung Thar lamah pawh Petera chuan “felna thu hriltu” tiin an lo sawi nghe nghe a ni (2 Pet. 2:5).

Genesis 6:8 chhiar la. He thu hian Nova leh LALPA inlaichîn tawn dân kan hriat thiam theih nân eng tin nge min tanpui le?

Genesis 6:8 hi Bible-a k HetHeta Hethawngaihna tih thumal a lo lanna hmasa ber a ni a, Thuthlung Thar lehkhabeten khawngaih phû miah lo mi sualte chung a Pathianin khawngaihna leh duhsakna a lantîr thu sawina atâna thumal an hman nêna hian a awmzia thumun a ni. Chuvâng chuan, Nova kha “sawisêl bo” niin, “mi fel” tak pawh ni tho mah se, a Pathian duhsakna mamawhtu mi sual a ni ve tho tih kan hriat a tûl a. A awmzia chu, LALPA zui tuma theihtâwp chhuahtu keiniho lakah hian a danglamna a awm bîk chuang lo tihna a ni.

Nova khân keimahni ang bawh hian Pathian khawngaihna a mamawh ve tho a ni tih hriain nangma nun kha han en la, tichuan he zawhna, Nova ang khân “mi fel,” “sawisêl bo” leh “Pathian nêna lêng dôn thîn mi” tia sawi theih ka ni ve ang em? tih hi inzâwt ang che. Chutianga sawi theih i nihna chhan tûrte leh i nih lohna chhan tûrte chu ziak chhuak la, pawh i tih lêm loh pheh chuan in class-ah i sawi chhuak dâwn nia.

“Nimahsela, nangmah nêna thu kan lo thlun tawh chu ka tinghet ang a; tichuan, lawngah chuan i lût tûr a ni a, nangmah mai bâkah i fapate, i nupui leh i fapate nupuite pawh an lût ve tûr a ni” (*Gen. 6:18*, RSV).

He Bible châng pakhat lekah hian mihringte nêna Pathianin thuthlung a siam innghahna bulthûm chu kan hmu a. Chu chu Pathian leh mihringten inremna an nei tih hi a ni. Hriat thiam loh tûr eng mah a awm lo.

Mahse, hetia kan han hmuh mai loh thil dang eng eng emaw awm a awm a. A hmasa berin, mihring lamah thuâwihna a awm phawt a ngâi. Pathian chuan Nova hnênah khân amah leh a chhûngte chu lawnga an luh a ngaih thu a hrilh a. A awmzia chu, Nova leh a chhûngte hian tih tûr an nei a, chu an tih tûr chu an ti lo a nih chuan thuthlung an bawhchhia tihna a ni ang. Thuthlung an bawhchhia a nih chuan, a chântu tûr pawh anmahni an ni dâwn a, a chhan chu thuthlunga hamthatna awmte changtu an nih vâng a ni. Nova khân Pathianin thu thlunpui a tum khân lo duh ta tlat se, a nih loh pawhin, a tîrah lo duhin a hnu-ah erawh a rilru thlâk leh ta si se, amah leh a chhûngte chungah khân eng thilte nge lo thleng ang?

Pathian chuan Nova siampui a tum thuthlung hi “ka thuthlung” tiin a sawi a. Chu chuan thuthlung nihna bulpui eng nge min hrilh le? LALPAN thu min thlunpui hi “kan thuthlung” tiin sawi ta zâwk se, thuthlung awmzia kan hriat thiam dânah eng nge danglamna awm ang?

Nova thu a rawn thlunpui chhan hi enga pawh chu lo ni se, hetah hian thuthlung chu Pathian leh mihring inkâra inremna a ni zêl tih kan hmu. Pathian hian “ka thuthlung” tia a sawi chu Nova siampuiin a khawngaihna chu a rawn târ lang a. Mihringte chu an thil tîhsualte avângah hremna an tawrh tûr lak ata chhandam an nih theihna tûrin hmâ rawn lâk a tum a ni tih a rawn hriattîr a

ni. A tâwi zâwngin sawi ta ila, he thuthlung hi dinhmun intluk tlâng inkâra inremna, a khawi lam ve ve pawh inmamawh tawn an nihna ang inremna hi a ni lo.

Hê thuthlung ațang hian Pathian pawhin “hlâwkna” eng emaw chu a nei ve tho alawm kan ti a ni thei e; mahse, chu chu mihringten hlâwkna kan chan nêh hi chuan a dang daih a ni. A hmangaihte hnênah chatuana nunna a pe dâwn a, chu chu a hlâwkna a têt ve dân niin, a lungâwina ber pawh a ni bawk (*Isa. 53:11*). Amaherawhchu, hetia min chhandam tâk avânga lâwmna a lo chan hi keini’na thuthlungin a ken hamthatna kan lo chan nêh hi chuan thuhmun a ni lo tih kan hriat a pawimawh khawp mai.

Hê tehkhin thu hi lo ngaihtuah teh: mi pakhat chu thlipui hrâng kârah a chuanna lawnglêng ațangin a tla hluah mai a. Lawnglênga a chuanpui mi pakhat chuanrawn âuvin, amah pawh chhuahna tûr hruizên a vawrh thlâk tûr thu a hrih a. Amaherawhchu, he pa, tuia awm mêk zâwk hian “tih tûr” a nei ve a, chu chu a țhianpa’n arawn vawrh thlâk hruizên chu lo man a, nghet taka a lo vawn ve a ngâi. Hetiang deuh hi Pathian leh mihring inkâra thuthlung awm pawh hi a ni a. Pathianin min chhandamna tûra kawng arawn sial hi kan lo zawh ve ngei a ngâi a ni.

Eng tiangin nge he tehkhin thu hian thuthlunga khawngaihna awm thu hi hre thiam thei tûrin a țanpui che? Eng tiangin nge tûna Pathian nêh in inlaichîn tawna innghahna tûr hre thiam thei tûrin a țanpui che?

NILÂINI

APRIL 14

Chhimbâl chhinchhiahna

“Tichuan, Pathian vêkin, ‘Hei hi kei leh nangni leh in hnêna awm thil nung tinrêngte kâra chhuahn lo la awm leh zêt tûr tâna ka thuthlung chhinchhiahna chu a ni: chhûmah ka

chhimbâl ka zâmâtîr a, chu chu kei leh lei kêra thuthlung chhinchhiahna tûr a ni ang' a ti a" (*Gen. 9:12, 13, RSV*).

Leilung dân anga lo awm ve, Pathian thil siam mak tak takte zîngah hian chhimbâl âia mâwi hi chu tlêm tê chauh a awm ang. Kan naupan lâi kha han mitthlâ lêt leh ila, vân boruaka rawng chi hrang hrang mâwi tak tak lo lang ruih mai mâwi kan tih ðinzia leh mak kan tih ðinzia kha kan la hre reng hlawm ang chu, vân luhna kawngkapui emaw tih mai pawh awl tak a ni. Puitling tân pawh hetiang rawng chi hrang hrang inchawih mâwi taka lo lang han hmuh hi chu a nuamin rilru a hahtdam sawng sawng mai ðîn a ni.

Chutiang chu a nih avângin, chhimbâl hi thil chi hrang hrang entîrna leh chhinchhiahna atân hman a ni a: politic thila inzawm khâwm pâwl te, sâkhaw pâwl te, zâi mi te leh zin veivahna lam buaipuitu te thleng hian an hmang nasa hle (internet-ah khân Sap ðawng chhimbâl an sawina, “rainbow” tih thumal hi han chhu chhin mah teh). Thil Chiang êm êm mai chu, hêng chhimbâla awm rawng chi hrang hrang mâwi tak takte hian kan thilung leh rilru a la khawih hle reng a. Chu chu Pathianin chhimbâl a siam chhan pawh a ni rêng bawk.

Chhimbâlin a entîr tûr nia LALPAN a sawi chu eng nge ni a, eng vângin nge chumi entîrna chu a nih tûr thu a sawi?
Gen. 9:12–17.

LALPA chuan chhimbâl hi “a thuthlung” chhinchhiahna atâna a hman tûr thu a sawi a (*Gen. 9:15*). Hemi châng a *thuthlung* tih thumal a rawn hman dân hi a danglam khawp mai; hetah hi chuan hmun danga hman a nih loh dân deuhin hman a ni bîk tlat a. Abrahama nêna thuthlung a siam kha emaw, Sinai Tlâng a Mosia nêna an siam kha emaw ang lo takin hetah hi chuan thuthlung aţanga hlâwkna awm theite changtu tûrin tih tûr a neihte sawi lan a ni ve lo (Nova tih tûr pawh a sawi lo bawk).

Hetah hian Pathian chuan mi zawng zawng, “tîsa nei thil nung zawng zawng hnênah,” (*Gen. 9:15*) leh “chhuan lo la awm leh zêl tûrte” hnênah a sawi (*Gen. 9:12*). Pathian thutiam hi mi zawng zawng tân a ni a, a thu zawm thlangtute leh thlang ve lêm lotute pawh a huam vek a ni. Sawi tawh angin, hetah hi chuan Pathian leh mihringte inlaichinna chungchâng sawi nân *thuthlung* tih thu hi Bible hmun danga hman a nih dân ang lo takin hman a ni bîk.

Eng tiangin nge he thuthlung hian Pathian khawngaihna ngahzia a puan chhuah? He thuthlung siam hi tu rawt chhuah nge ni? Tu nge a hlâwkna têt nasa ber?

Heta thuthlung a sawiah hi chuan keimahni lamin tih tûr kan neih vete sawi lan ni lo mah se (Pathian pawh hian tui lêt hmanga khawvêl tihboral hi a tum rêng a ni lo hrim hrim baw a), chhimbâlin eng nge a entûr tih kan hriatna hian LALPA thu zawm kawngah eng tin nge mi a kaihhruai le? A tâwi zâwngin sawi ta îla, vîn lam kan han thlîr a, chhimbâl lo zâm kan hmuh hian tih tûr kan nei ve a ni tih hriatna kan lo nei thîn em? Chhimbâl a lo zâm châng a zirlâi kan zir chhuah theihthe chu engte nge ni?

NINGÂNI

APRIL 15

“Nova chauh zuah a ni”

“Tichuan, lei chung a awm thil nung tinrêng: mihring te, ran te, rannung te leh chunglêng savate pawh an zavâiin tihboral vek an ni a; lei ata tihboralin an awm ta. Nova leh lawnga a hnêna awmte chauh chu zuahin an awm a ni” (*Gen. 7:23*, RSV).

He lâi thu hi Pathian Lehkhabu-a “a la bâng” tih tawngkam sawi lanna hmasa ber a ni a. “Zuah” tia an lehlin Hebrai thumal

hi Thuthlung Hlui lama *a la bâng* tih sawina atâna hman thîn thumal dang aṅanga lo kal a ni nghe nghe.

“Tichuan, leiah hian *a la bângte* (Mizo Bible-ah chuan “chi thlahte” tia dah a ni) in tâna lo zuah tûr leh, mi tam tak chhanchhuah nâna nung dama ka awmtîrna tûr che u-in Pathianin in hmâah min lo tîr hmasa a nih hi” (*Gen. 45:7*, RSV).

“Ziona *la khawchhuakte* leh Jerusalem *la awmte* chu thianghlim tia koh an ni ang a; Jerusalem nung dama awm tûra an hmîng ziak zawngte chu” (*Isa. 4:3*, RSV).

“Chumi nî-ah chuan LALPA chuan a mi *thi bâng la awm chhunte* chu. . . la lêt leh tûrin a wawi hnihna atân a kut a phar chhuak leh ang” (*Isa. 11:11*, RSV).

Hêng Bible châng hrang hranga hawrapw âwna kan dah bîk tawngkamte hian Genesis 7:23-a kan hmuh “zuah” tih thumal nêh khân inzawmna an nei theuh a ni.

Genesis 7:23 leh Bible châng dang kan târ lan tâkte kha chhiar nawn leh la. Eng tiangin nge a la bâng tih awmzia hi i lo hriat thiam ve? Pathian mi la bâng nih theihna kawng awmte chu eng nge ni? Eng tiangin nge thuthlung tih leh a la bâng tih hi a inzawm?

Tui lêt lâi khân khawvêl Siamtu chu khawvêl chung a Rorêltu a lo ni a. Khatia khawvêl pum pui chung a rorêlna a lo thlen dâwn khân, lei chung a awm nunna nei zawng zawng kha—mihringte pawh telin—tihboral vek tûr an ni nge ni lo tih thu-ah zawhna a lo piang a. Tihlum vek an nih dâwn loh chuan tute nge dam khawchhuak ang? Tute nge a bâng ni ang?

Hemi ṭuma dam khawchhuak tûra tihte chu Nova leh a chhûngte kha an ni a. Nova chhandam a nihna kha Pathianin thu a rawn thlunpui nêna inzawm niin (*Gen. 6:18*)—chu thuthlung chu Pathian khawngaihna leh zahngaihna aṅanga lo piang chhuak leh hlen chhuah a ni. Nova khân Pathian a thawhpui chu ngâi tho mah se, amah leh a chhûngte an dam khawchhuah theih

chhan chu Pathianin an tâna thil a tih vâng chauh a ni a. Nova khân tih tûr eng eng emaw chu neiin, chûng a tih tûrte chu eng anga tha pawhin hlen chhuak mah se, a beiseina awm chhun chu Pathian khawngaihnaah chauh a ni tho tho.

Ni hnuhnûnga thil thlengte hi—Pathianin a mi la bâng a neih hun tûr pawh telin—a awmzia kan rilrua hre reng chungin a la bângte zînga tel tûra kan lo inbuatsaih theih nân Nova chanchin a tang hian eng zir lâte nge kan zir chhuah theih? Chumi huna kan dinna tûra min pui thei tûr chuan eng tiang kawngtein nge ni tinin duhthlanna kan siam thin le?

ZIRTÂWPNI

APRIL 16

Zir Belhna: Ellen G. White-i lehkhabu, *Thlahtubulte leh Zâwlnei* phêk 70–85, “Tui Lê” tih leh, phêk 86–92. “Tui Lê Hnu” tih te chhiar ni se.

“Leilungin a pianpui ve rêng chhimbâl hi tui lê hmanga Pathianin lei a tihboral tawh ngâi loh tûr thu a sawi chhinchhiahna tha tak a ni a. Lei sik leh sa awm dân chu tui a lê hnu khân nasa taka a lo danglam dân tâk avâng leh, lei tih nâwng tûra dâi lo tla thin kha ruah sûrin a rawn thlâk tawh dân avângin ruah a lo sûr châng a mihringten hlauhna rilru an pu tûr tihrehna eng emaw a awm a tûl ta a ni. Thlarau lama rilru sêng thin te chuan leilung awm dânah hian Pathian inpuanna an hmu thin a (*Rome 1:20* en rawh). Chutiang chuan, chhimbâl pawh hi ringtu tân chuan ruahin khawvêl pum chhiatna ni lovin, malsâwmna zâwk a rawn thlen dân a ni tih tichiangtu a ni.”—*The SDA Bible Commentary*, vol. 1, p. 265.

Sawi Ho Tûrte:

❶ “Chûng nîte-ah chuan khawvêlah hian mihirng an lo pung thûr thûr a, mîte chu ramsa kawh an hrâm ang mai hian an au vak vak a, chûng an thâwm bengchhang taka vâng chuan pathian ropui tak pawh a awm hle hle thei ta lo.

Enlil chuan an thâwm bengchheng chu lo hriain pathiante hnênah heti hian a sawi ta a, ‘Mihringte thâwm bengchheng tak hi ka tuar thei ngang tawh lo, mutmu pawh ka tuah theih lohna a rei ta hle’ tiin. Chutichuan, pathiante chuan mihringte tihboral chu an remti tlâng ta a ni.”—”The Story of the Flood” in *The Epic of Gilgamesh*, trans. N. K. Sanders (London: The Penguin Group, 1972), p. 108. He thawnthu-in tui lêt chhan a sawi leh Bible-a tui lêt chhan kan hmuh hi han khâikhin teh.

❷ Nova khân a hun lâia mîte hnênah Pathian rorêlna lo thleng tûr thu hi a tlângapui nasa hle a. Hetianga a tlângau chhan chu mîten chhandamna an mamawhia lo hriat phah se a tih vâng a ni. Enga ti nge chhandamna thute hian mîte ngaihven a hlawh loh fo mai le? Mi tam takin chhandam an nihna tûra Pathian ruahmanna siam an pawm theih loh chhante chu ziak chhuak ula, chûngte chu in class-ah in sawi ho dâwn nia. *Hêngte hi chhiar ang che: Johana 3:19; 7:47, 48; 12:42, 43; Jakoba 4:4.*

KHÂIKHÂWMNA: Tûn kêr zirlâiah hian Pathianin Nova a siampui thuthlungte kha Bible-a thuthlung a sawi hmasak berte an ni tih kan lo hre ta a. Hêng thuthlungte hian Pathianin mihringte a ngaihsakzia leh anmahni nêna inlaichînna thûk tak neih a châkzia an tilang. Pathian chuan Nova nêna thu an lo thlun tawh kha a tinghet sauh sauh a, tin, Pathian hnêna Nova a inpêkna khân a hun lâia kalsualna lakah vêng himin, tui lêt râpthlâk tak lak atâ amah leh a chhûngte a chhanhim ta bawk a nih kha.

“Hê chhinchhiaha [chhimbâl], chhûma lo lang thîn hi mi zawng zawng rinna nemnghetu tûr leh Pathiana rinna nghah ngamtîrtu tûr a ni a, a chhan pawh mihringte laka Pathian khawngaihna leh thâtna entîrtu a nih vâng a ni. Pathian chu tui lêt hmanga lei tiboral vek tûra tihthinur ni tho mah se, a khawngaihna chuan lei hi a la luah khat reng tho a ni.”—Ellen G. White, *Tlanna Thu*, p. 60.