

Hmong cultural center.
(koom haum hmoob txuj ci)

**Neeg lub cev zeej txhiaj muaj:
= tes taw,taub hau,qhov muag
pob ntseg,qhov ncauj,lub qhov
ntswg,tus nplaig,siab ntsws,lub
plawv,plab nyhuv,roj ntshav
lub lij xeeb tswv yim,xeev xav.**

tus tsim yog: Major.Tougeu leepalao



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.neeg lub cev zeej txhiaj.

⦿ Keeb zeej neeg uas yog ntuj tsim los ua neeg nyob daim luaj pua no,ntuj yeej tsim kom muaj tes,muaj taw los sis pab ua qhov chaw cuab zog kom lub cev muaj txhij txhua los sib phim tuav txoj sia nyob feeb chij yuav ua hauj lwm yug lub cev thiab lub plawv kom muaj zog zoo,kom ua dab tsi los yooj yim raws li neeg lub siab xav thiab lub siab ntshaw tau.

⦿ siab,ntsws : ntuj tsim siab thiab ntsws los sib koom nyob hauv neeg lub cev sib pab xws li : nplooj siab yog ib qho nyiam huv, thaum koj noj tau ib qho dab tsi tsis huv mus rau hauv koj lub plab, nplooj siab yuav tuaj txheeb xyuas saib puas huv los tsis huv? Yog tsis huv mas nplooj siab yuav thawv kom koj ntuav tawm pov tseg vim nplooj siab tsis nyiam, thaum kawg koj yuav xeev siab ces ntuav tawm kom tas yam vuab tsuab tsis huv ntawd !

• ntsws : ntsws yog ib qhov chaw hloov pa, hloov cua ua kom neeg lub ntsws muaj siav pa nyob taus ntev lawm yav tom ntej ntsws yuav tso pa tawm thiab ua pa nkag los kom xwm yeem yug lub cev txoj sia.

• plab , nyhuv : plab, nyhuv yog ib lub seev feeb chij cia ntim zaub, mov txhua yam mus yug neeg lub cev zeej txhiaj kom neeg muaj roj,muaj ntshav txaus rau neeg lub cev nqaij txhob Iwj,txhob pob thiab txhua txhia yam uas yuav yug neeg lub cev kom loj hlob muaj zog zis thiab txheeb cais yam zoo los ua roj ua ntshav mas yog neeg lub plab thiab cov nyhuv.

• Ko taw : ko taw yog neeg nplooj siab tim tsum koj xav mus ua si thaj tsam twg los yog ko taw yuav ua tus coj koj mus kom txog qhov chaw uas koj nplooj siab qhia.

• Tes : txhais tes yog ntuj muab rau neeg coj los siv thiab tuav tej yam uas neeg xav tau ntawd ! thaum ko taw coj neeg mus txog lawm, tes yuav tsum mus kov thiab tuav saib zoo li cas? Saib qhov ntawd

tawv los muag,txhav los ntxhib,phem los zoo tes kov tas ces paub meej tseeb lawm.

• Qhov ncauj: ntuj tsim lub qhov ncauj rau tib neeg tau los hais lus sib pab kom txawj,ntse hais lus sib haum siab, vim neeg chim siab los yog vim lub ncauj xwb neeg zoo siab los yog lub ncauj xwb, yog li no lub qhov ncauj thiaj li yog ib feem los txhim kho tib neeg kom txawj kom paub siab,paub qis txhob sib ntaus, sib ceg.

• Qhov ntswg : qhov ntswg yog ib lub qhov dim pa ua kom koj hais tau lub suab nroo lus meej xwb, yog li no tib neeg keeb keev txuag kom txhob muaj teeb meem rau lub qhov ntswg,kom lub suab hais lus thiaj li meej, luag thiaj li hnov tseeb, koj txhob xav tias nws yuav tsis muaj nuj nqis dab tsi , thaum koj pom ib yam dab tsi uas yog yam vuab tsuab tsis zoo hais tawm thiab yam zoo lub qhov ntswg yuav hnov tus ntxhiab tsw nws yuav paub qhia yam noj qab thiab yam vuab tsuab rau koj paub los ntawm koj lub qhov ntswg.

• Qhov muag : ob lub qhov muag yog ib daim iav tsom kom neeg muaj pee v xwm pom yam zoo, yam vuab tsuab hauv neeg lub qhov muag, thaum neeg pom tseeb lawm yuav ua rau neeg lub siab xav tau ntau yam , muaj qee yam neeg yuav hais tawm kiag, muaj qee yam neeg yuav tsis hais tawm , yog hais tawm ces yuav xeeb muaj plaub, muaj ntug rau keeb zeej neeg ces luag yuav tsis txaus siab rau koj xwb.

• Qhov ntsej : qhov ntsej yog ib yam siv rau neeg hnov lub suab nrov, hnov luag tham kom neeg paub meej pem es neeg thiaj li yuav teb raug luag sob lus hais ntawd, los yog muaj yam dab tsi nrov ua suab sab los kom neeg paub keeb txog tias yog yam dab tsi ? qhov ntsej yog ib keeb twj siv muaj nuj nqis rau neeg heev, yog tias koj paub siv raws nws lub sam xeeb hwj chim uas ntuj tsim muab rau koj mas muaj meej mom kawg. Yog koj tsis txawj siv mas tseem yuav ua rau xeeb muaj kev kub ntxhov los paug rau koj thiab xwb.

• Lub lij xeeb : lub lij xeeb yog neeg lub tswv yim uas ntuj muab phij cuam rau tib neeg los ua neej, lub lij xeeb yuav ua rau koj xav tau yam zoo thiab yam phem ob yam no yog los ntawm koj lub lij xeeb xwb, txhua txhia yam yog lub lij xeeb tswv yim ntaus tau meej lawm neeg thiaj li yuav paub tau. lub lij xeeb yog qhov chaw ntim thiab ceev neeg cov lus keeb pov cia nthuav tshwm tshaj tawm, lij xeeb yog keeb txuj ci thiab tswv yim ntawm neeg lub cev zeej txhiaj xwb.

• Tswv yim : tswv yim yog keeb txawj paub los ntawm neeg lub lij xeeb thiab lub hlwb xav, tswv yim los ntawm niam txiv caj ces xwb, yog koj tau lub keeb tswv yim zoo ces koj txawj, ntse xwb, yog koj tau lij xeeb tsis zoo ces koj yuav poob qab me ntsis, lij xeeb nyob ntawm pob qwb tswj hwm neeg cov hlwb thiab ntshav, mas cov hlwb thiab ntshav mam li xa mus rau neeg lub siab, yog li no luag thiaj qhia kom neeg paub siv neeg lub cev keeb zeej kom xeeb kev sawm txhiaj.

• Lub zog : lub zog nws yog txoj siav ntawm neeg lub cev zeej txhiaj, thaum neeg noj hnos nqis mus rau hauv lub cev lawm, yam qav muaj kuab thiab tsis muaj ntawd, neeg yuav paub los ntawm neeg lub zog, yog koj keev noj yam twg thiaj li yuav tsav tau koj lub zog mas koj yuav tsum nrhiav yam ntawd coj los noj xwb yog yam tsis zoo yuav ua rau neeg keev paub tau kuab tshuaj yuam ntawm cov qav no yog lub zog tsis muaj, neeg yuav nkees tsis xav lis dej lis num lawm.

• Lo lus : lo lus yog lub suab tshaj tawm ntawm neeg daim di ncauj thiab tus nplaig, thaum neeg tshaj tawm lawm neeg yuav tsum keeb fim neeg lo lus kom tseeb ua ntej lub suab yuav nrov ntxhe tawm ua lus ntawd, neeg yuav txheeb ntsuam kom meej pem tseeb, tsis txhob lam hais ua dog ua dig, vim lo lus muaj kuab thiab muaj yeej huam heev, yog koj hais tawm lawm koj rov rhuav tsis tau, cov neeg laus uas yog cov paub tab muaj keeb ntuas tseg tias : yeeb tshuaj, muaj kuab-lo lus

muaj tshuaj, yuam roj thim rov qab tau yuam lus thim rov qab tsis tau, yog li no ua ntej yuav hais lus tawm ib los twg, yuav tsum keeb ntsuam kom meej tseeb kob xwb lawm mam li ntos tawm-hais lawm tsis pub rhuav, hais lawm mas kom yog lus yeeb, lus tshuaj uas neeg ntiaj teb nrog yus khaws thiab nrog hwj xwm xwb.

• Lus txawj ntse : lus txawj ntse yog tshwm los ntawm lij xeeb thiab mob siab pwv xyaum kawm xwb, leej twg xav txawj xav ntse yuav tsum coj lub ncauj mus xyaum, mus hais, vim lub ncauj yog ib txoj ncauj ke xyaum kev txawj ntse, txawj ntse, koj txhob plhom moj thiab tuam yim tsam thaum kawg kev txawj ntse yuav rhuav koj ntsej muag, yog koj yuav ntse mas ntse kom txaus luag hwm, yog koj yuav ruam mas ruam kom txaus luag hlub mas ua neeg nyob thiaj li yuav haum taus ib zeej tsoom neeg lub lij xeeb.

• Yeeb tshuaj : yeeb tshuaj yog kuab muaj tsuas siv los kho neeg lub cev kom muaj zog txhob puas, kom noj qab nyob zoo lub ncauj hais lus nrov tau meej tseeb kom luag hnov tau zoo, luag thiaj li yuav xav mloog thiab pov hwm koj, yog li no lo lus uas hais tawm ntawm lub qhov ncauj mas muaj nuj nqis kawg nkaus.

• Tus nplaig: tus nplaig yog ib yam twj pab tau neeg ntau yam uas neeg paub tsis txog, neeg ntiaj teb yuav hwm koj los vim koj tus nplaig txawj dov,hais tau lo lus zoo ntxim siab, koj tus nplaig pab plhws koj lo lus lub suab kom xyeem tshwm nto meej zoo mloog, tus neeg hais lus tshawv txheej, cem neeg,siab phem, luag hu ua neeg hais lus tsis muaj nplaig no, yog li no koj yuav tsum paub txog tes hauj lwm feem xyuam sib koom kom meej tseeb.

• Feem sib koom ntawm lub cev zeej xeeb

.tshwm sim los ua neeg nyob yog koj paub siv cov twj uas niam txiv muab rau koj li tau hais los no mas lub neej yuav tsum kaj siab nyob tau tshav ntuj nrig xwb, yog

koj tsis txawj siv mas thaum kawg yuav rhuav kom koj kob huam mus tas sim neej, vim niam txiv yeej tsim feeb muaj txaus rau koj lawm koj yuav tsum paub siv cov twj mus raws li hais nram qab no.

1• lub ntsej hnov nrov loj,nrov yau los xij nws, koj keeb mloog kom meej tseeb tseeb saib nrov thaj tsam twg tuaj thiab lub suab ntawd yog suab dab tsi ? thaum ntawd pob ntseg mam txib kom lub qhov muag ntsia saib yog swm zeej dab tsi tiag. Thaum qhov muag pom,qhov muag yuav paub tias: nws yog dab tsi ? loj los me deb los ze, yog yam zoo li cas ? qhov muag mam li tshab xo rau koj lub siab tias: yuav ua li cas ? lub siab yuav xa xov mus rau lub lij xeeb ntaus laj fab tswv yim tsom kwm saib xyuas, thaum no lub lij xeeb uas yog koj lub niam tswv yim mam li tuav xam ntsuam xyuas tau meej lawm mam li xa rov rau lub ncauj thiab tus nplaig kom hais ua suab lus nrov tawm, thaum no neeg yuav hnov thiab yuav paub, sij hawm no qhov ncauj yuav txib ko taw mus kom txog ntawm qhov

koj tim tsum, thaum ko taw mus txog lawm, ko taw yuav xa xov rau tes, kom tes kov saib tseeb los cuav? Nws yog dab tsi tiag, sij hawm ntawd tes thiaj li yuav tsum kov thiab saib kom tseeb, thaum saib tseeb lawm, yuav xa rau lub ncauj saib lub ncauj yuav hais tawm li cas ? sij hawm no yuav nco ntsoov koj lo lus uas koj yuav hais tawm ntawd kom meejmeej thaum hais tau lawm yuav tsis rhuav thiab yuav hwm koj lo lus kom nyob rau saum lub neej sawm txhiaj, lo lus mas hais tau yuav tsum hwj xwm kom keeb txog hnub kawg, koj hwm koj lo lus kom txaus luag keeb fim koj lub sam xeeb ,lub cev zeej txhiaj kom yav tom ntej no mus koj hais lus dab tsi los luag yuav keeb fim koj lub sam xeeb, vim luag paub zoo tias koj yog tus neeg hais lus yog lus yeeb, lus tshuaj, yog cov lus raug luag siab, luag ntsws ua rau luag zeej tsoom xav hnov,xav paub thiab ntseeg txog koj cov lus sawm txhiaj ntawd heev.

= hais txog cov twj ntawm neeg lub cev zeej txhiaj mas muaj li tau hais los no.
=tseem tshuav ob yam zoo li: chaw pluam sib thiab chaw pluam nyhav kuv tsis tau hais xyaw rau hauv no.

=Tus tshawb fawb thiab ntos tawm yog :

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