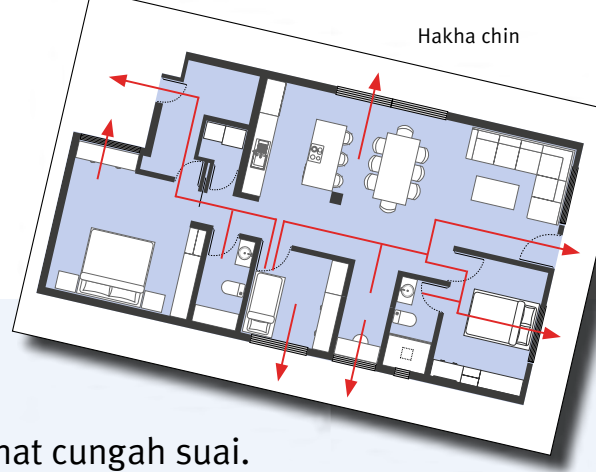


Meikangh tikah lut ningcang (asiloah) luatnak lam i ser.

Na inn ah meikanghnak acan hnu cun luatnak lam iserchom ding ah a hnu tuk cang.
Zeitindah luat ningcang ser ning pakhat hnu pakhat ka rak langhter lai.



Step 1

Na inn umtu (muisampi) kha cauk pakhat cungah suai.
Cun, innkhaan pakhat cioah luatnak kutka pahnih lengmang na ser lai.



Step 2

Na suaimi catlap cu zapi hmuhnak ah na taar lai.
Tahchunhnak; kuangkik (zikhetatta)



Step 3

Innleng a himnak hmun pakhatkhat ah mei a kangh tik.
luat hnu chungkhar tonnak na ser lai.



Step 4

Cu vialte cu atakin nan tuah (practice) chunh lai.
Zaan, chun, caan dangdang ah nan tuah lai.
paw zongin meikhu hrialnak caah nan lawn lai.



Step 5

Na smoke alarm a tha maw thalo na zoh zungzal lai.
Thiang tein, hnawm a um lonak ding na zoh (thianh) peng lai.