

YOGA THIL TUM TAK:

Yoga hin thiltum (goal) tamtak a nei ve a, chuonghai chu – _physical health, mental health, social health, spiritual health etc_ an nih. Hieng hai lei hin mi tamtak abikin ram changkang ei ti hieng khawthlang ram tienghai, Pathien thang loa spirituality zawng hai khu a hip nasa hrim a nih.

Amiruokchu Yoga thiltum tak (main goal) chu self-realisation or God-realisation a nih a, chu chu meditation inthuktak a inthawka mihriema pathien um chu hmuuoka, inpumkhatna (union of individual self with god) tlung a nih. Hi hi Hinduism a chu _samadhi_ tia ko a ni baw. _Samadhi_ hi Yoga thil tum tak le Yoga stage hai laia a vawrtawp tak a nih.

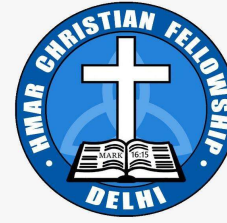
Yoga inchuktur dan chun, mi'n meditation inthuk tak a nei pha leh a zangru bulmhut (spine base) laia kundalini energy (rulpui anga inkuol zura baw) chu a zu kei tho a, chu kundalini energy (serpent spirit or power) chun mihriem taksa sunga 7 chakras (7 energy points) a hai chun a hung tunga, chu chun third eye (baw, mit le mit inkar lai vel hi) a hung tlung pha chun, thildanglam tak (supernatural force or experience) an hung changa, chu chu mi thenkhat ta ding chun inhawi le thlamuong um em em angin a um theia; amiruokchu thenkhat ta ding ruok chun violent le tium deu ang khawmin a um thei baw a, chu chun mi thenkhat lem chu a suk vet a, lungril buoi le depression dam an hung nei pha lem baw a nih. Yogi tam tak Kristien a inlet haiin an testimony an hrilna a hai lem chu Yoga thaw haiin meditation anthawka kundalini energy an experience hai hi demonic power (khawhri thilthawtheina) a nih a, chu supernatural power chu Yoga thaw haiin an experience pha pha leh pathien le inzawm angin an ngai hlak a nih an tih.

Thutlangkawmna: Kristien haiin ei hriet ding chu mihriem ditthlang theina lungril (free will) hi Pathien le Satan in an inchu zing a nih ti hriet a tha. Chun, Bible in meditation a hril dan le Hinduism le hieng New Age religion haiin meditation an hril hi an ang naw a nih. Bible chun Pathien thu dawnkhaw (meditate) ding a min chuk tir a, Yoga ruok chun lungril po po sukrak vawng ding an chuk tir ve thung. ***A san chu mihriem in ei lungril po po ei sukrak vawng, Pathien le Pathien thu hai khawm lungril anthawka ei sie suok vawng chun, demonic doorway (khawhri thlarau/thlarau inthiengnaw hai lutna ding kawt) ei hawng a lo ni zing thei a nih.*** Chuleiin ei sinthawna le ei inchukna hmun a hai dam lo thei loa Yoga an mi lo inthaw tir tuma, pumpel thei a lo ni hlawl naw a ni khawmin lungrila tawngtai annawleh Pathien thu ngaituo zing pumin Yoga thaw ang deua um ve el ding a nih.

A tawp taka chun Yoga hi Hindu Philosophy laia Philosophy pawimaw tak pakhat a nih a, _moksha_ (Hindu hai sandamna) changna dinga lampui pawimaw em em a nih. **Eini Kristien hai, Isu Krista hming chauh naw chun vankhup hnuoiah sandamna a um thei nawh ti ringtu le pawmtuhai thaw ding chi chu a ni naw hle a nih.**

(Pune, June 20, 2018)

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HREPUITU

HMAR CHRISTIAN FELLOWSHIP DELHI
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EDITORIAL: 2018 FIFA WORLD CUP LE THRALAI GOSPEL CAMP

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- John L Pulamte

YOGA HI IEM A NA? - Samuel L Songate
(Kristienhai Ta Dingin Yoga Hi Thaw A Pawi Am?)

PRINCIPLES HMASATAK HAI*
IEM NANG I THILPEK DAWNG?*
RING SUKNGHAR*

T-E-A-M-W-O-R-K*
KHINGTIENG LE KHINGTIENG*
INPAKNA LAWMTHU HRILIN*

I THAW THRA IE, MALKIJA*
INHAI BAWL THRAT*

*Selwyn Hughes a ziek 'Everyday with Jesus' (('Nitin Isu leh') anthawka sermon inlet.

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Editorial:

2018 FIFA World Cup le Thralai Gospel Camp

Ei hriet seng angin tukum *FIFA World Cup* chu Russia ah inhnal mek a nih a. June 14 anthaw July 15 chen inhnal ding an nih a. An tran ding June 14 a tuk el kha thralai hai camp ding leh an tuok char a. Thralai lai tak football inhnal ei tam thei a, *World Cup* lem chu nasatakin a thralai le upa tieng hai khom ei lo phur ve emem hlak a nih. Thralai tamtak in football *World Cup* neka Camp chu ngaipoimaw in, ni thum, June 15-17 chen Dehradun ah sandamna camp a lutin an um a, Pathienin Ama chu lungril popovah beiseituhai chungah an puong hlak ang in, *campers* tamtak hai chu testimony ropuitak tak hung hawn le kheksuok pui ding an neih a. Lawm a um ngei. Pathien ropui raw seh.

Awleh, football *World Cup* hi kum li dan peia inhnal hlak a ni angin, a boruok hi a danglam bik a, a thren lem chu an team tran hai an hratnaw leia lungngai taluo leia an hringna chen khawm chan ngama khawsa an um hlak a nih. Chuonglaizing chu, ei thralai tamtak hai chu Pathien beisei lem leia *World Cup* lai khawm nisien, en chan ngama, camp an zuk lut nuomna lungril kha entawn thlak an va ni ngei. Scientific lungril popova Pathien an lo zawng thu hai dam, Pathien Ropuina nasat zie hai dam, *Rapture* ding khom hi Pathien hmangaina inthuk zie lei lem a ni hai dam, Pathien chu nu le pa nei th lo hai tadingin Pa le Nu a lo tling zie dam, ei lulul le suol pum zing khoma Pathienin a mi hmangai zie dam an hril khan, testimony thar nei popo hai khan hi khawvel football *World Cup* a an *Cup* (No) dawng ding nêka ropui Chatuon Hringna No an dawng chit lem a nih. HALLELUIAH!

Hrepuitu: June-July 2018

INHAI BAWL THRAT

*"Sakor kotkhâr chung tieng thiempuhaiin mani inzawn seng an siem thra
a" (v. 28)*

Tiem ding le ngaituo zawm ding: Nehemia 3:28-32

Ni iemani hma met khan, bung thum a chang thumal 'a dot a' ti kha ei hmu a. Khangang char khan, voisun ei chang thlang a hin "a hmatieng" ti le "opa khing tieng" ti thumal hai hi ei hmurawn a nih. Nehemia khan kulbang bawlthrat dingin sin thawtuhai khan fe hnunga a hun tamtak an khawral ding a hriet lei khan, nitin el khan an inbul a kulbang bawlthrat sin kha thaw dingin a riruong ta lem a nih. Hieng anga a thaw hin thil pahniha ruolin a tangkai a nih. A hmasatak na a chun, ral lakah indo lo um thut ang sien khawm, an suong le kuo hai bula umtheina a nih. Pahnihna ah, suongkim inhnaina kha an neih thei zing a nih.

Nehemia khan in kha a poimaw ti a hriet a nih. Insung a hin a nih, Pathien sin tak tak intranna le an

tlungna ding chu. Tulai ei *society* a hin danglam bik tak Kristien suongkuo in hi hmu ding a tlawm ta êmêm a nih. Hi ka hril tum tak chu Krista chengna insung el khom nilovin, Krista inlalna insuong lem a nih ka hril tum chu. Bible a umdan ding a ti ang takah invong Kristien insuong chu. Chuong insuong chu hmu ding a vang an tah. Nang khom hi zawna hi indon mi phal pek roh: I insung bang hai nilovin, thlarauva bang hai chu - tawngtaina bang hai, sungkuo maicham, indikna, ringumna, lugril inhongna, etc" Kristien inhriet chieng thratak chu a insuong ah a nih an lo ti hlak.

Sungkuo thlaithleng in ot hma in, in insunga thlarau bang bawl thrat umhai chu siem thra dingin lungril insiem ro. Chun Krista chu I insung lutak inni tir ro. Nang nêk chun thil thawrawn lem thei a tih.

TAWNGTAINA

Aw Pa, ka in hi I in nisien ka nuom a nih. Ka insunga hin bang bawl thrat ding hai chu bawlthra thei dingin mi thrangpui ro. A hmasatakin, mimal takah *commitment* le *dedication* na a hin. Hihi tuhin ka thaw. I Naupa Hlutak Hming zarin. Amen.

Hrepuitu : June-July 2018

I THAW THRA IE, MALKIJA

“Hmunhnok peina Kotkhar ruok chuRekab naupa Malkija chun a siem thra a; a siem a, kotkhârhai chu an inkal a, a kalnahai chu a bâtnahai chu an siem a.” (v.14)

Tiem ding le ngaituo zawm ding: Nehemia 3:14-27

Thruoitu hlawtling nina dinga thil poimaw pathumna - **commendation** la hei ngaituo zawm ei tih. Hieng thumal “*co-ordination, co-operation* le *commendation* hi a thumal ziek lang char chu ninaw sien khawm, an thawkdan (*principle*) ruok chu inhmai ruol anni nawh. Hi Nehemia bung a chang tina in langsar em em chu hihi a nih. Nehemia khan thawktu hai umhnun a chit le an hming chit a hriet vong a nih.

Tulai khawvel chu mani mimal inhriet hrangna hi a tlawm tiel tiel tah a. Entirnan, *computer* a hai dam ei hming ni ta lovin, number in a min chik tah a. Ei thil inchawkna hai (an rengen ei ti naw a chu) chun ei sum neih zat dan an ngaipoimaw lem a nih. An thil min choktir a thra le thra naw khom ngaituo uluk taluo lovin. Lekha pakhat ka tiemna a chun *psychologist* pakhat hin mi iemani zat hai chu thla khat pumhlum an sie hran a, chu suong

chun an hming hmang thrak lovin, number chovin an in ko a. Thlakhat bo hnung chun hi *experiment* a thrang po hai chu ‘depression’- “lungril a mani hlutna hrelo a beidongna” iemani bek an neih vong ti an hmu a nih. Anachu eini hai chu chatuon ah nakie number nilovin, hming thar ei neih ding a nih (Rev. 2:17).

Ka ring dan a chun min kulbang bawl dinga nasatakin thawktu hming ziek tlatu chun a hming ziek thlak hai chu mitinin an mimal leh inhnei takin inlaichinna neih ngei ngei a tih?

I thaw thra ie “Malkija” a ti ka ring a nih. “Nang khom Hananiah” tih in. Mark Twain chun thla khat pumhlum chu mihai tawngbau thraa an inpâkna chun hring thei a tih a lo ti a nih. Ei ni chu mi inpâk nekin mi hrilsiet dingin eiin pei nasat zie hi beidong um thlak thil a nih.

TAWNGTAINA

Aw Pa, thil iengkim ah hrilsetu nilovin, inpâktu nilem thei dingin mi thrangpui ro. Thil inpak thlak hai chu hmu vat theina lungril le thil inpak thlak lo hai chu hmu vat thei nawhna lungril mi siempek la Isu Krista hmingin. Amen.

TIENA PHUNCHAWNG

Dr Dony Tuolte

Rengkai Road, Churachandpur

Tiena phunchawng

Kûr duom duom rawh nu!

Ka sang a dang a char;

Anhril anga kûr duom duom van Lal,

Ropui hmangaina chun,

Hringna tui a mi hung indâwn. By: Rev. Thangngur

(Tiena Phunchawng: A ram mipuiin Pathien hmangaina an hrietthiem theina dingin Rev. Thangngur hin Sakhilawngar chanchin besanin hi hla hi a phuok a nih. Sakhilawngdar tienami lak tawi a hnuoia hi a nih.

Tienlai hin Rengtepa, hmelsie êmêm (unau tienami hriet an ang naw ti angin\henkhatin Pakhatepa tiin an hril baw. Tienami hi *history* a ni naw leiin ei hriet dan khawm an ang naw hlaak reng a nih) a um a.

Ni khat chu a ram suokna hmun khatah nunghak hmeltha deu lasi nunghak (Sakhi lasi nunghaka insiem/inchang) an tuokpuia; a nuhmei/thai dingin a manlui ta nghe nghe a. Mihriem a ni naw leiin innei chu a nuom nawh. Rengtepa hin thutiem pakhat leiin a nei a. Chu thutiem chu: ‘a hming a hril reng reng ding an nawh’ ti a nih.

Kum iemani chen an innei hnungin nau pahni an nei a. Ni khat chu Rengtepa hi khawlai a leng a. Chu taka chun a um sawt hle leiin a naupa chu a pa ko dingin Sakhilawngdar hin a tir a. Vel tam ko dinga a naupa a fe hnungin a tawpa ‘ka nu’n hung raw seh’ a ti che tiin a va hril nawn nawk a. Rengtepa lungsenin ‘kha Sakhilawngdar kha a nuom leh zamhmang raw seh’ a lo tih a. Chu thu chu a naupain a hril phingin a nu Sakhilawngdar kha a lung a sen hle bakah a thutiem a bawsiet a ni baw. Chuleiin, Sakhilawngdar kha a zamhmang a; sakhi bawkin a’n chang nawk tah a.

Sakhilawngdarin a fesan phingin Rengtepa chun hmeithai pakhat nuhmeiin a nei nawk a. An nuhrawn hi a suol em em leiin Sakhilawngdar a nauhai chu fak ding dukdak a pek ngai nawh. Ni telin an chausie deu deu a. An beidawngin ramhnuoiah an invak an invak hlak a. An nu Sakhilawngdar khan a lo hmu a. A nauhai a lunginsiet êmêm el tah a. A naupang lem chu a nene an nektir a. Fak ding tuihnai deu deu a lo pek hlak a. Hi thu hi an nu hrawnin a hriet phingin Sakhilawngdar kha that dingin a pasal a fiel tah a.

Sakhidawngdar hin ama an that ding a hriet leiin ‘ka ruhai hnuoia phum inla phungchawngin ka tro ding a nih; in dang a char pha pha ka parzu in dawk hlak ding a nih’ tiin a nauhai thu an cha tah a. Sakhilawngdarin a hril ang ngei khan ama chu an that a. A nauhaiin a ruhai chu hnuoiah an phum a. Phunchawngin a mawng/tro tah a nih.

Hi phunchawng kung kawla hin Sakhilawngdar naupa chun a hnuoia hla hi a sak hlak niin an hril:

‘Ka nu, ka nu Phunchawng kur duom duom,
Ka sang a dang a char ie;
Ka nu ka nu kur duom duom,’ tiin.

Hi hla hi Sakhilawngdar naupa’n a sak pha Phunchawng kha a nauhai banphak chauin a kur ta hlak. Chu phingleh Phunchawng parzu kha an unauin an dawk hlak niin an hril.

Nuhai hmangaina hin tawp-in-tai a nei nawzie hi tienami hin a hril chieng hlel. Hi tienami phuoktu hi mivar pakhat chu a ni hrim hrim. Rev.Thangngurin hi tienami a inthawk Pathien hmangaina thu hrilna ding a lo hmang ta a nih.

Tarik 04.06.2018, Thawtanni hin hmun danga bufa dingin kan fe a. Kan inlawi tieng an gate bula theihai (mango) a ra kûr thluk ka hmu a. A ra tam leiin theihai (mango) chu tlûn zawt khawmin a ngir zo nawh. A theira khan hnuoi tieng a bûka, a kûrpui a ni deu tak. Hnuoiah a ra tril tam tak a um

INPAKNA LAWMTHU HRILIN

“....chun Hmunhnok peina Kotkhâr chenin kul tong sâng khat an siem bok a.” (v.13)

Tiem ding le ngaituo zawm ding: Nehemia 3:13-14

Tuhin mipui thruoithiem hai in *principle* pathummna - thruoitu hlawtlingna ding a poimaw – **inpakna** - mi dang inpakna hei en ei tih. Hi takah ei hriltum chu mi ringum taka a sin thaw sawlna hai chu hrepui a, inpak le “I thaw thra ie” ti thei a thruoitu nina chu. Bung thum a hin Nehemia chu mihai inpakin a fe kuol ei hmu nawh a chu, a sin thawtu hai kha nasatakin an hnikipui thu chu ei hmu a nih.

Kawtkhâr dang dang a sinthawtu dang dang hai hming inziek tlar t̃eu hi a thren chu a trul nawh ti mei an tih, anachu Nehemia khan thawktu tin kha tum a na, a hming, ieng sin thaw am, khawlai a sin thaw am ti a hrietzie a suklang a nih. “Siemthrat” ti thumal a khom hihi a non a hmu dingin a um a nih.

Hi thumal hril non a nizie anthawk khom in Nehemia kha sin thaw a ni le an thaw thratzie hmu ding

khan an pei zing ti an entir a nih. Hi thu hi a fie nawk zuolin, Hanun le Zanoah a um mipui hai khan tong 1,000 (500 yards) vela hla, kul bang chim an bawlthrat (verse 13) khan ei hmu thei a nih. Chun an sir el ah, Malkijah, a khata sinthaw chun Hmunhnok peina Kawtkhâr (verse 14) an ti chau chu a bawl thra a.

Nehemia ruok khan chu, hieng mi pahnih hai hi an pak veve a nih. Mi pakhat thil thawthrat khan mi dang thil thaw kha an hliekhua chuong naw a nih. Nehemia mit a khan chu mitin kha an hlu in an poimaw a, chuleiin, sawidanglam annawleh mani hlawkna dinga lo hmang ding annawh.

Ei ni khawm, mitin el hi iemani ah ei poimaw a nih ti i hriet a trul a nih. Kei chun kan hriet, nang khom inhriet ka ring. Pathien chun, ani ngei, ami lawm a nih. Bible chun hi thu hi namenlovin amin hriet tir a, anachu, a chang chun ei mihriem chanpui hai ngai hlut/lawmna hriet a trul ve tho hlak a nih.

TAWNGTAINA

Aw Lalpa, mi ngaihlut umlo anga kan ngai hlak leiin mi ngaidam rawh, asan chu chu chun midang hai lakah inngaihlutnawna ka lungril ah a pieng hlak leiin. Hieng dinga hring dingin I mi dit nawh a. Hmu nekin pek lemna a lawm mi ni dingin mi siem rawh. Isu Krista hmingin. Amen.

KHINGTIENG LE KHINGTIENG

*“Chun a dot-a chun Jerusalem biel chenve hotu Halohes naupa
Sallumchun naunuhmeihai leh an siem thra a” (v.12)*
Tiem ding le ngaituo zawm ding: Nehemia 3:8-12

Voisunna ei chang tlang a hi “cooperation” ti thumal hi a thrangnaw a chu, Nehemia khan mi chitin, sin thaw thiem dang dang le hungna khuo dang dang hai kha hnesaw takin a keikhawm thiem ti chu Jerusalem kul bang bawlthrat a khan hriet thei a nih. Thiempuhai khan (ei hril ta ang khan) kha sin kha thaw lo a, an rawngbawl na tieng sin a tam em lei dam suonlamin an thrang thei a nih a. Rangkachak tui le kutsebi siemtu hai kuomah khom khan anga kul bang bawl chu an thaw ngainaw thil anni leiin, an kuthai khom sin sawl um le hrom hraw tak thaw thei nawh hai tiin. Roreltu hai khom khan *supervisors* sin (enkaitu sin) chau thaw el lovin, midang hai leh khan dar insik in sin an thaw seng a ni kha.

Voisuna ei chang tlang hmang hin, Rangkachak kutsebi sungthiemtu hai le rimtui siemtu pakhat chu Jeshanah Kawtkhâr ah sin an thaw kop ti ei hmu a, hihi khawm hin

Nehemia kha mi a kiekhom thiem zie chiengtakin a suklang a nih. Chun, mi pakhat, official, a hming Shallum kha a naunuhmei hai in an thrangpui a nih. Hieng nuhmei tlierawl hai hin a tlangpuia pasal sina ngai khom chu an thaw rin nawh thu ei hmu a nih. lengtinam ning a ta Nehemia kha mi dang dang hai chu lungruoltaka sin thaw tlang thei a kei khawm nasan kha? A thruoi thiemna el khel ama ngei khawma sin kha a thaw ve lei a nih. Pathien mitak Nehemia khan an hmaa thil thaw ding um kha chieng takin *vision* an hmu tir thei el bakah, kha sin thaw ding khan phurna le tha thotaka chok phurin, an sin thaw ding poimaw zie kha an hriet tir thei a nih.

Tulaia kohran a hai khawm hin khang anga thruoitu lien le thra ei mamaw takzet a nih. Chuong anni leiin, ei tawngtaina hlaa hai popo hi thruoitu hrat le Pathien mitak ei neih theina ding tieng a ni naw lem ding?

TAWNGTAINA

Pa, Thlarau Thienghlim sinthaw thruoina hnuoia kohran le khawvel in a mamaw emem thruoitu thra le ringum ngenna tawngtaina a chun thrang ve thei dingin mi thrangpui ro. Kan thruoitu hai hi kan phu pei ang kan hmu a ni el thei. Mi thrangpui rawh. Isu Krista hmingin. Amen.

bawk. A du le fa nuom ta dinga fak thei a ni bawk. Theihai kung, a ra kûr thluk ka hmu hin inchuk ding a mi pek pha a. Ka lawm khawp el.

Hi lai hin a chung a hla tarlang khi lungmila a hung inlang a vawng vawng el a. Tlena Phunchawng hung kur duom duom, a nau dangchar phata a parzu an dawn hlak ka hriet suok rum rum chu tie. Pathien hmangaina hnuoi mihriemhai ta dinga tlafula hung kûr duom duom zarin nang le kei sandam ei ni tah. Amen!

Rev. Thangngur hin Pathien hmangaina hril dan a hriet khawpel. Pitar putar ta ding lem chun hi hla hi mithli parawla sak awl view a tih. Mani kalchara inthawk Pathien hmangaina thlir chun a chieng hlel.

Pathienin ama angpuin hnuoia pilvutin mihriem a siem a. Ama hringna ngei mihriem hnâra an thuk lut a. Mihriem chu mihring a hung ni tah. Pathien hringna inṭawmpuia hring mihriem chu Pathienin a ngaimaw a, a hlut sak bêk bêk. Eden huon mawia an chengtir a. Pathien chu ama kutsuot mihriem le inpawla leng hmunkhat din zantieng ni nêma Eden huona a zu kan hlak.

Pathienin mihriem kuomah thupek a nei. Huon lailunga Sie le Thra hrietna thing chu fak lo ding, an fak chun an thi ding ti a nih. Sienkhawm Pathien thupek kengkaw zo loin mihriem suola a tlu tah. Pathienin fak lo ding a hril theira a fak leiin Pathien le mihriem inzawmna le inmatna an chatthla tah. Mihriem chu taksa putin hring zing siin thlaraua thi an tah. Thlarau thina tak hi Pathienin a ngaimaw êmêm.

Suol zing pumin mihriemin hringna thing fain hring zing pal inlauin Eden huona inthawk hnawtsuokin an um. Mihriemin Pathien thupek bawsiein kengkaw zo naw sien khawm Pathienin hmangaina’n a hnawtzui char char. Hieng lawm lawma Pathienin mihriem a hmangai el hi ieng lei am nîng a ta? Asanchu ama hringna inṭawmpui zara mihriem hring ve mei mei ani lei a nih.

Chuleiin Pathien hmangaina'n mihriem suola pilhmang hnung sansuoka intlansuok dingin ama bawkin lampui a dap suok. Mihriem suola pilita hnung intlansuok ding lampui a awlsam naw a, an khaw êmêm. Tlanna sin thaw ding hnuoi le vanah a thei an um nawh. Suol thranglo thisena intlan a ngai si. Thisen thrang loin ngaidamna a um thei si nawh.

Khawvel mihriem suola intlan suok din suol thranglo thisen a ngai tah. Tlanna sin tlâk le thaw thei khawvel mihriem an um nawh. Chuleiin Pathienin a Naupa khat Neisun Isu tlanna sin thaw dingin hnuoi hmun tlawma a hung tir el tah. Hi hmangaina tlaful hung kûr duom duom sukdik dingin Isu'n inngaitlawm takin hnuoi tawngsephurah a tuor a tûl ta si. Van miha'n phal naw hai sien khawm an dang zo nawh. Suol nei lo, mifel, Isu thisen chauin suol a ngaidam thei.

Pathien hmangaina vân sâng a inthawk hung tlafulin, hung inhnuoiin a hung kûr thla dûom dûm el tah. Hnuoi mihriem mi hnuoihnung le tlawm tak chenin ei chang theina ding, ei dawng theina din Pathien hmangaina a hung kuor duom duom a nih. Pathien hmangaina chun a tung zawng le ansang tieng awn loin hnuoi tieng a hung kûr thla lem. Mi insang le anhnuoi, mi rimsie le pasie, haus a le rethei mi tu el khawma ei chang theina dingin.

Pathien hmangaina'n a Naupa Neisun Isu hmangin hringna tui ami hung indâwn. Naupang dangchâr phâta a nu Phunchawng kûr duom duoma, hung kûr thlaa a nau dangchâr a hnem ang khan Pathien hmangaina chu mitin dâwn thei dingin a hung kûr thla duom duom. Pathien hmangaina hih tangka sum senga inchawk thei an nawh. A thlawn tawp a nih. Hnuoi mihriemhai damna dinga Pathien hmangaina hung tlaful chu a nih.

A felna le thienglimna,
A ropuinahai ka hang thlir vêlin;
Ka ta dingin hmun a um nawh,
A hmangaina tui puia naw hin chu.

Theihai (mango) ra thlek thluk ka hmu khawm kha, thei kûngin chung tieng pan loin, thei a ra tam leiin hnuoi tieng a buk lem tlat. Chuleiin theihai

T-E-A-M-W-O-R-K

"Gibeon mi Melatia le Meronoth mi Jadon, Vadung ral optu thu hnuoia um Gibeon mihai le chun an siem thra a" (v.7).

Tiem ding le ngaituo zawm ding: Nehemia 3:6-7

Ni iemani chen chu Nehemia khan mi a thruoi thiem zie chu ei hmu tah a – mitin el kha an umna ding tak hmun ah an thrut thei vong a nih. Hihi a nih, ei hril ang khan, *principle of coordination* ei ti kha. Hotu lien inthruoi dan (*principle*) pakhat nawk chu *cooperation* (lunguol takah sin thawna) a nih. Hi bung (3) na hi ei tiem phuor anthawk khawma Nehemia khan mipui hai a keikhawm thiemzie kha hmu thei a nih. Pathien thruoia hnuoia khan, mi chitin hai kha sin ropuitak thaw dingin a ko khawm a nih. Thiempu, Levi mi, hotu le mi naran, sumdawng, biekin siehhlawhai, vengtu sipai, hlo thlo mi le rangkachak sung thiem mi hai.

Vawikhat *management expert* hin "Hlawtlingna" thumal hi "i-n-t-h-u-r-u-o-l" tia ziek ding a nih a tih a. "Mi popo hlawtlingna chu mimal hlawtlingna a nih" ti hi ei uor a poimaw a nih. Jeshanah Kawtkhâr an bawl thrat ding khan, a bawlthra tuhai kha Gibeon le Mizpah mi hai an nih.

Hieng mi hai hi Jerusalem anthawk hla tham deu hlek a cheng an nih a, an bawlthrat lei khan anni ngei khan chu hlawkpui ding an hau rak nawh. Khang anga mani hlawkna ding um rak lo a kut inrawl nêk khan chu kut khawm kei tawi thei an nih, anachu khang khan an thaw thrak nawh a nih. Sienkhawm Pathien khan Jerusalem banghai kha sandamna inentirna bang le a kawtkhâr hai chu inpakna inentirna dinga a remruot le a thiltum ani tlat a nih. Chuleiin, himtak le ngaimuong takin, hihi ei ring thei a nih. Khang Gibeon le Mizpah hai kha Jerusalem anthawk hla deu hleka um ni hai sien khawm, hienga Pathien Ropuina tarlang tu dingin, Jerusalem kulbang le kawtkhâr hai bawl tharna kha an ngai poimaw emem a nih.

Hi thu hi ei hril ta kha - Krista ah ei um ta chun, mani tieng thil popo, mani tieng hlawkna le iengthil khawm ni raw seh, a Lalram bawl na ding lakah chun a poimaw lem ding ani nawh. Thil iengkhawmin, hihi a hliekhua annawleh a poimaw lem a sie ding a ni nawh.

TAWNGTAINA

Pa, hi chona hi ka lungril ah wawi khat nawk ka lak a. Ka hun hai hmangdan thiem le ka thilthaw ding hai hi I Lalram ngaituo na ah kei hruoi anni theina dingin. I thil ngaipoimaw hai chu ka thil ngai poimaw ni thei dingin, I lunginsietna mi pe rawh. Isu Krista hmingin ka ngen che. Amen.

RING SUKNGHAR

*“Nisienlakhawm an milienhai chun an LALPA sina chun an liengko an
vân ngat nuom ve naw a” (v. 5)*

Tiem ding le ngaituo zawm ding: Nehemia 3:3-5

Krista taksa ah iengtak am a na i
sin thaw ding I hriet naw chun,
Krista tadinga rawngbawl na sin
I thaw chu thaw fuk pal annawleh
thaw threl pal ang chau ning a
tih. Nang khawm en sin hman
rawh, Kohran inthrang duok duok
le rawngbawl na hrattak hai hi a
tlangpui in an hotu le thruoitu hai
chu hi *principle* hre tlat mi nih
in, an kohran *member* hai *basic*
Thlarau thilpek hrethiem hai le
inthranglien tir thei an nih pei.

Vawisun ei chang hi mi hei enpui
rawh. A hmasatakin Hasena ah
nauhai in Nga Kawtkhâr an bawl
ti i hmu a. Hi Nga Kawtkhâr hi
Jerusalem kawtkhâr poimaw
pakhat a nih a, chuleiin a
thawktuhai khan a bawlthratna
kha nasa takin, phur tak, tha
thotak le thiem takin an thaw
ngei ring thei a nih. Anachu hi

chang a hin lungril khei hem thu
pakhat a um a nih. “...Tekoe.....”
Amos, Thiempu kha Tekoa anthawk
a nih a. Amos khan hieng ana sin
thaw thra nuom lo hai kha iengtin
reng inam a ngai ding chu maw?

An harsatna tak kha, thabona chau
nilovin, an in ngaih lutna lei khawm
kha ning a tih. “Liengko” thumal
inlet hi “ring hnung tieng” tina nih
a, bawng annawleh siel ringkol bat
nuom lo anthawka lak dawk a nih.
Ring suk hnuoi nuom lo hi Bible a
khom mani inggaihlu, chapon a an
entir hlak a nih. Chapon a kha a nih
suol hmasa tak chu. Vantirko chu
deibol ah an changtir tu chu.
Thlarau tieng inthranglienna daltu
rop chu chapon a hi a nih. Hihi
theinghil ngai hlak naw rawh – Eini
ah Krista a cheng ding chun
chapon a chu eini ah a thi phot a
trul a nih.

TAWNGTAINA

Lalpa Isu Krista, hieng thu umzie inthuktak chu ngaituo thei dingin mi
thrangpui rawh - chu chu hi thu hi a nih - keimaa hin chapon a thi naw
chun, keima sungah chun leng thei nawng I tih. Hi ring ngheet le khuokhirthei
lo lungril lakah hi mi sanhim rawh. I Hming dittumtak zarin. Amen.

(mango) ra chu inhnuoi deuin a kûr thluk el. Hnuoia inthawk bana lo el thei
a nih. A fa nuom ta ding khawma a kunga lawn sawl a ngai nawh. Thingkung
kai thiem khawm a tûl nawh. A ra inhnuoi deuin a kûr tuka. Kuta bana lo el
thei a nih.

Hiengang hin Pathien hmangaina hung tlafulin hnuoi mihriem hai ta dinga
damna le hringna an tlun. Nang le keiin chatuon hringna ei chang theina
dingin Pathienin tlawmtakin sandamna lampui a thlawnin, tangka sum
seng ngai loin a Naupa khat Neisun Isu zarin ami buotsai pek. Ka chang
phak nawh, ka nei phak nawh, an sang taluo ti thei ding pakhat khawm ei
um nawh. Ei thaw thei tawk chu Pathienin sandamna dinga a Naupa Neisun
ami pek Isu ring a nih. Ring la sandamin um i tih ti a nih.

*Hung ta u, dangchar taphawthai tuiahai hin hung unlâ, tangka nei
nawhai khawm hung unlâ, inchaw unlâ, fa ro; a nih, hung unlâ, uoiin le
nenetui tangka pe loin, a man khawm pe loin inchaw ro. Isai 55:1*

Isu thisena sandamna hi thlarau dangchar hnêmna ding a nih. Ei thlarau
dangchâr hnêm theitu Isu thisen chau a nih. Khawvela ei thlarau dangchâr
mi hnemtuding zawngin kil le kap tlawkin, sim le hmar, sak le thlanga tlan
inla khawm hmu chuong nawng ei tih. Thlarau dangchar hnêmna ding
sawna ei hnawthai thina tûr a lo ni si. Pathien hmangaina hung tlaful
Kalvaria a hung thedar hi i dawn ve ta am? I chang ve tam?

Vawisunni chen Kalvaria hringna tui a la luong zing. A dawn nuom le chang
nuomhai ta din a thlawnin dawna chang thei a nih. Hi tui dawn taphawt
chu an sênga inthawk hringna tui luongsuok a tih. Chatuona kang nawk lo
ding, chatuonin dangchar ta naw nihai. An sunga inthawk hringna tui inchik
suok lem a tih. Thlarau dangchâr rena ding Kalvaria Isu thisen luong suok
chu a nih.

Thisen hlu chu a hung luong suok,
Kalvari tlang chungah;
Chu thisen chu misuol haiin,
Faina an hmuna chuh.
Aw Kalvari vadung chu,
Ka ta dingin a luong.

VAWISÛN HI I HUN TÂWP NI KHAWM A LO NI TAH THEI

John L Pulamte

Ei Baibulin nu le pa thuawi hi damsâwt na a nih ti a mi hrila, suol man chu thina a nizie thu khawm a mi hrilpêk baw a nih. Amiruokchu Pathien thu hi a nî naw zâwna lâk kâwi thei khawm a lo nizie hi ei ngaituo sei ngai meu naw khawm ni'n a'n lang. Mihai ngaimaw tham suol thaw naw leia tha bêk bêka lo inbel el khawm hi thil awl tak el chau khawm ni lovin thil ni thei le tlung zing chu a nih.

Zu amanih damdawi inruithe i annawleh thil suol chi dang dang thawhai chau hi zuk thi hmasa dinga ngaina hi ei neia, thi hnunga ei thlarau fena ding khawm ngaituo dêr lovin lung muong em emin Pathiena inthaw ni si lovin khawvêl thilhai in ei insukhlîm hlak. Inruitheia thihai chu hremhmun tieng ei tir lût zung zunga, a thawlohai ruok chu Vânrâm chabî kawltu ni awm hielin piengthar khawm tûl lovin Vânrâm ah ei tir kâi nâwk zung zung hlak si.

Sûngril (thlarau) nêkin puo tieng hi ei ngai pawimaw lema, mani nauhai khawm inruithe i thilah an inhnâmhnawi naw phawt chun ei ngai ei sukmuong em em hlak. An thlarau ngîrhmun ruok chu ei invawipui dêr si nawh.

Zu le inruithe i thilhai chau hi thina tûrah ei ruota. Chu laka fihlîmhai chu thi theilo hiela inngaina ei nei hlak. Chun tar hnunga thi phêt phêt ei tum hi thil paw tak a nih. Student chun a examna ding a la hla chun a lekha tiem khawm a'n thlada hlak. A hnai ta ruok chun a lekha a ngai pawimaw si hlak.

Chuong ang tho chun thina hi hun sâwt taka dingin ei la sie a, tar hnunga thi ding chauvin ei inngaia, chuleichun ei thlarau ngîrhmun khawm a mi'n ngaithâtir pha hlak a nih.

Inruithe i thila thi nêkin natna annawleh accident a thi hi ei tam ta lem hman hman a nih. Inruithe i thawhai hi chuong el chun an zuk thi el bîk nawh, thi thut thut khawm an nei meu nawh. Eini mi tha a inngaihai kuhi ringlo tak taka thi thut thut hi hriet ding ei tam lem a nih. Inruitheia thi dinghai chu an thi ding hun khawm hriet theina chin ei nei hlak. An thi

IEM NANG I THILPEK DAWNG?

*“Chun anni dota chun Mesezabel nau.....Mesullam chun siem thra a.
Chun anni dota chun Bana naupa Zadokin a siem thra a.” (v.4)*

Tiem ding le ngaituo zawm ding: Nehemia 3: 3 - 4

Hi chang thlang a thu ei zuk lak hran nuom chu “ama dota” or “anni dota” ti hi a nih. Nehemia khan mitin le mipui hai khan ieng sin am ana an thaw thiem zawng ti kha a hriet vong a nih. Eini kohranhai lai khawm hin ei hotuhai hin ei thilpek dawngna hai chit hre thiem thei dingin mi thrangpui hai sien la, Kohran a khawm boruok danglam vieu ring a um. Chuong a ni chun, mitin in a thaw thiem zawngpo thawng an ta, thiem lo le thei lo sa sa a thil thaw nekin.

Nangteh, Krista taksa a hin I umna ding tak hmun I hmuok siem tah am? Kum tamtak chu Kristien tamtak mani Thlarau thilpek hre lo tamtak ka hmu hai hin ka ngaituona nasatak an lak hlak a nih. Ka ringdan le ngaidan chun Kristien tin hin iemani bek

Thlarau thilpek ei neih seng a nih, chuleiin chu Thlarau thilpek chu ei hmuok le ei inthrangtir naw chun hun sawtnawte ah beidongna le mang angna ah eilut hlak a nih - a thren chu lungngaina tieng dam, mani tieng nasataka in en ie trul a nih – Thlarau inthranglien le inthranglienna *experience* ding chun. Thlarau tieng puitlingna hi ei lut el nawh a, nguntaka ngaituona le tawngtaina hmangin ei neih thei chau lem a nih.

Thlarau thilpek dawng I hrietthiem naw chun, hringnun chu sawltak siin hlawkna thrarak um chuong lovin hmang el i tih. Anachu, nang a Thlarau thilpek I hriet chieng pha ruok chun - ka tiem che a nih - I hringnun a chun sawl um annawleh buoipui rak ngai lovin, nasatakin hlawkna hmung i tih.

TAWNGTAINA

Aw Pa, ka umnawna dinga um am ka nih? Ka Thlarau thilpekhai chu hrethei dingin mi thrangpui la, nangma tadinga ka hlawk theina dingin. Isu Krista hmingin. Amen.

PRINCIPLES HMASATAK HAI

“Chuongchun thiempu II Eliasib chu unau thiempuhai le chun an thova, Beram Kotkhar chu an siem a;” (v. 1)

Tiem ding le ngaituo zawm ding: Neh 3:1-2

Nehemia chona rawl ngaiin kha khuo mipui tamtak chu kul bang bol thar dingin an hung suok a nih. A thruoina hnuoia khan, hma la hmasatak tuhai chu thiempui hai an nih. Hieng thiempui hai khan rawngbawl na suonlam in, Jerusalem bang bawl tharna dingin an inhman naw khawm an ti thei vei leh, kha kulbang bawltharna dingin hmathruoitu sin an lak kha inpak an um a nih. An rawngbawl na sin khel ah kulbang bawl ding an hung suok khan, thlarau tieng entawn thlak tak dingin an chang a nih. Hi bung a chang tin a hin Jerusalem kawtkhâr pakhat a hril a nih; Beram Kawtkhâr an tih a tan in, sana inher nawna tieng fe pein, khawpui an hel a nih.

Thiempu Lal Eliasib le thiempu dang hai kha Jerusalem kul bang chim bawl thar dinga tha thotakah an phu sup sup lai kha ennuom um an tih. Hotulien nina le thruoitulien

hrietna hmasatak chu **(coordination)**, mipui enkai thiemna hi a nih. Hitakah hin mi zie dang dang hai leh an thil thaw dang dang hai chu keikhawm a, an reingin luong khawm na chu. Hi bung eiin chuk ding a hin hi *principle* hi ei hmu rawn ding a nih.

Kohran inrelbawl dan hi sumdawng anga ngai ding a ni naw lai zingin, an keihruoi dan vel a chun titak le inzaum taka in thruoi ding a nih. *Coordination* hi sumdawngna hmun ang charin kohrana khawm a ngai a nih. Kohranah an pastor in ama in iengkim thaw vong a tih ti lungril put a inthruoi hai chu an puitling thra ngai nawh. Ringtu chit hai chun Krista in rawngbawl dinga a mi tina hi inpartir ngai naw nih. *Coordination* (thi enkai thiemna) bo chun - mimal annawleh kohran pawl khawm inthranglien thei naw nih. Hihi mawl taka ei hrietthiem dan dinga ei hril a nih.

TAWNGTAINA

Pa, thil thaw dan indik le indiklo a um ti ka hriet – hi kohran el khawm nilovin khawvel a khom. Tulai khawvel a ding khomin tulaia thangthar lai Nehemia tamtak indin suok ro, chuongchun, I kohran a mitin piengpui themthiemna hrang hrang hai la khawma thawk khawp thei dingin thruoitulien dingin. Isu Krista hmingin. Amen.

tawm chun an hung châua, fâk an hung zawng pei ta nawa. Chû hun sùng chun an thlarau ta dinga insiemthatna hun khawm an la nei hman a nih. Mi hrisêl le mi tha a inngaihai kuhi inring lâwk lovin ei thi thut thut nuom lem a nih.

Chuleichun manî thlarau fena ding hi lo ngaituo fel vat vat hi a hun ta hle nih. Vawisûn hi i hun tâwpna ni khawm a ni ta thei a nih. A ni naw vêk khawmin dama tuol suok theia i um tâwpna ni khawm a ni ta thei a nih. Piengsuol khawm hi a’n hnu ti a um thei nawh. Vawisûna nuom chêna ruol le paihai leh insukhlîmna ding zawnga ramtin ramtanga in vâk kuol ang khan zînga chu i um thei ta kher da’l thei a nih. Zîng khi damsûnga ruol ban ta loa khum nghâk el annawleh wheel chair-a damsûnga i hun hmangna ni khawm a lo ni ta thei a nih.

Vawisûna i kut le ke mawi em em le i sawr em em el kha zînga chu hmu tlâkin la um zing a tih tu’nam ti thei a t’a?

Vawisûnnia inkhâwm pei loa ruol le inhawi chênna hmuna i um ang zing khan a zîngah i la um zing thei ding am? ti hi ngaituo rawh.

Vawisûna i hme du naw lungsena i nuhmei chung a i kut thlâkna annawleh i thlêng dehâwnna kut kha a zînga hmang thei ta lovin a nêka inhnîk lo lem damdawi annawleh i hme du naw zâwng khawm kut hmanga fa thei ta lovin mi inba fâwmin la um naw’ng i tih ti hi tu’nam hril thei a t’a?

Baibulin *“iengkim hi in ta a nih”* a ti hi thil dang dang nêkin *“thina”* hi ei ta-ah hei ngai thei inla chu hremhmun fe ding khawm tlâwm pha sawt ngei ei tih ring a um.

Sâwt dam ta lo ding anga inngaina lungril dâm hi hei nei thei inla chu ei thlarau ta dingin tha hle dingin ka ring. Sâwt tak dam dinga inringna hi ei sietpui tak khawm a ni nghâl si a.

Chuleichun thi dinga inring zing hi a tûl bêk bêk a nih. Ei thlarau ta dingin chu chu a tha si a.

Lalpa’n a thu ei zuk suklanghai chu thar takin mal mi sawmpêk raw seh.

YOGA HI IEM A NA?_Kristienhai Ta Dingin Yoga Hi Thaw A Pawi Am?

Ziektu: Samuel L Songate

Vawikhat chu ka sinthawna Income Tax Department-ah training kan nei laiin kan hotunu pakhat chun yoga session a mi nei pui a. Chuong lai chun yoga hi a philosophy ieng char am a na ti la hre naw lang khawm Hindu sakhuo thil a nih ti ka ring nghet bur leiin kan hotunu kuoma chun kei chu Kristien ka nih a yoga chu ka thaw nuom naw a nih tiin classroom anthawk chun ka suok a. Kan thawkpui pakhat Khasi nunghak, Kristien ve tho chun yoga chu iengkhawm Kristienna leh an kalna a um nawh, suok kher ngai loa a mi tih a. Amiruokchu ka sie le tha hrietna in indika ka hriet thei naw leiin ka khâtin yoga session an nei sung po chuh tuolah ka lo um a.

Session an zo chun ka training pui kan ruol vaihai chun nasatakin yoga hi sakhuona thil a ni naw zie, taksa le lungril ta dinga insawizawina tha tak a ni zie dam an mi hril tawl a. Sienkhawm ka lungril a yoga ka ngaidan chu chite khawm an thleng chuong nawh. Kar khat vel a liem hnungin kan hotunu bawk chun yoga class a mi nei pui nawk a. Income Tax chungchang le yoga chun inkungkaina neia ka hriet thei hlawl naw leiin a tul hi ka ti naw khawp el a. Amiruokchu hi tum hin chu suok ta loin a hnung takah ka thung a, *_asana_ (breathing exercise)* an thaw sung po chun ka mit kan sim a, ka lo tawngtai ve thung a.

Pathien thuoina zarin sawrkar sin thaw pum zingin 2014 khan Union Biblical Seminary (UBS) anthawkin Master of Divinity (M. Div) extension in ka zo ve a. Chu zo chun theology le philosophy hi inkungkaina a nei nasa bakah hrietna sukzauna ding tiin Pune University hnuoia M. A. (Philosophy) chu external in admission ka thaw nawk a. Pathien thuoina zar bawkin 2016 khan ka zo nawk a. M. Div a kan subject pakhat Major Religion-a a pawimaw tak laia pakhat chu Hinduism a nih. Chun M.A. Philosophy a khawm kan subject laia pawimaw tak chu Indian Philosophy a ni nawk a, chu taka 80-90% vel chu Hindu philosophy a nih. Hindu philosophy ka tiemna a inthawk hin a nih yoga hi Hindu sakhuo laia a ser laia a mei ang el a pawimaw a ni zie le, mi tam takin taksa le lungril hriselna dinga insawizawina (physical and mental health exercise) ringawt a nih tia an lo hril hlak hi a lo indik naw zie le yoga a hin thlarau (spiritual) thil khawm inthuk tak a thang sa a nih ti hi chieng taka ka hung hriet zuol chuh.

Kum 2014 a BJP in India rama sawrkarna an hung siem a inthawk khan nasatakin Yoga hi an hung suk lar tum nawk a. Prime Minister Narendra Modi in September 27, 2014 a United Nations General Assembly palai fekhawm hai laia a thuhrilnaah June 21 (Kum khata ni sawt tak) hi International Yoga Day anga inser nisien ti a rawtna le fielna a siem chu khawvel in tha an ti pui hle a, a kum nawk June 21, 2015 chu United Nations General Assembly chun International Yoga Day in a hung puong zui nghal a, tu lem hin chu kum tin June 21 hi Yoga Day a inser a lo ni tah. Hi le

inzawm hin BJP sawrkar chun school, office le sipaihai lai lem chu yoga hi compulsory ang hiel in a hung lak lut tan mek bawk a nih. Tukum June 21, 2018 khawm hin 4th International Yoga Day inser dingin kan office a khawm zing dar 7-8 inkar Yoga session a um ding thu circular an hung insuo nawk der tah.

Yoga hin khawthlang ram hieng Europe le America a hai ram a lak hrat em em a, Kristien tha inti tamtak khawmin Bible leh an kalna a um nawh tiin an thaw man mek a. Christian Yoga chen khawm a hung suok ta pei a nih. Hi thil hi ka lo ngaimaw ve em leiin thei ang angin social media a hai tawite te in yoga hi Kristien sakhuo leh an kal zie ka lo suklang zeu zeu tah a. Amiruokchu eini mi ngei, Kristien sungkuo le kohran thuoitu insunga seilien ngei ngei hai damin yoga hi Bible le an kalna a um nawh tia an hril ka hriet zeu zeu bakah, abikin vairama lekha inchuk le sinthaw a umhai hin nitina ei tawng zing a ni leiin yoga hi ei hriet chieng a tul hle nia ka hriet leiin hun intep tak karah ka la hung ziek hram a nih.

YOGA HI IEM A NA?

Yoga ti hi Sanskrit thumal 'yuj' tia inthawka hung suok a nih a, English tawnga a umzie hnai tak hai chu 'to join', to yoke, 'to unite' tihai hi an nih. A tawi fel dan taka hril chun mimal thlarau (atman) le Universal or supreme soul (brahman) an inpumkhatna a nih. An hril dan chun Yoga hi kum 5000 vela upa ni ta dinga ring a nih a, Vedas laia a hlui tak Rig Veda a khan Yoga hi a lo chuong a nih. Yogic (yoga inchuktirtu) hai thu inhlam sawng pei dan chun Hindu hai pathien Shiva kha Adiyogi (yogi hmasatak) le Adi Guru (yoga inchuktirtu hmasatak) a nih tiin an hril. Archaeologist haiin Indus valley civilization le inzawma thilhlui tamtak an cho suok le an hmusuok hai lai seal thenkhatah yoga posture lim umna khawm iemanizat an hmu suok leiin Ancient India a khawm khan yoga hi an lo ching ta reng ni dinga ring a nih.

Yoga hi a hmusuoktu tak tia hril thei ding bik um naw hai sienkhawm, umzie nei taka lo lakhawma a lekhabu anga lo siemtu hmasatak chu Patanjali a nih. Chuleiin Patanjali lekhabu 'Yoga Sutra' chu Yoga chungchang ziekna lekhabu hmasatak a ngai a nih. Patanjali inchuktirna dungzui chun Yoga hi mihriem ngaituona le taksa thununna a inthawka taksa le thlaraua famkimna chang a nih. Patanjali hin thlarau tieng pang nek hmanin taksa thununna insangtak (disciplined activity) fethlenga sandamna hlaw suok hi a ngai pawimaw lem a nih.

Hindu Philosophy a hin Orthodox le Heterodox school an um a. Orthodox hai chu Vedas thuneina pawm an nih a, Heterodox chun Vedas hi an pawm ve nawh. Hieng Buddhism, Jainism le Charvaka hai hi Heterodox an nih. Vedas thuneina pawm Orthodox school hai chu – _Nyaya, Vaishesika, Samkhya, Yoga, Vaisheshika, Purva Mimamsa le Uttara Mimamsa (Vedanta)_ an nih. Chuleiin Yoga hi Hindu Philosophy a khawm orthodox school (Vedas thuneina pawm) laia thang ngat a nih.

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