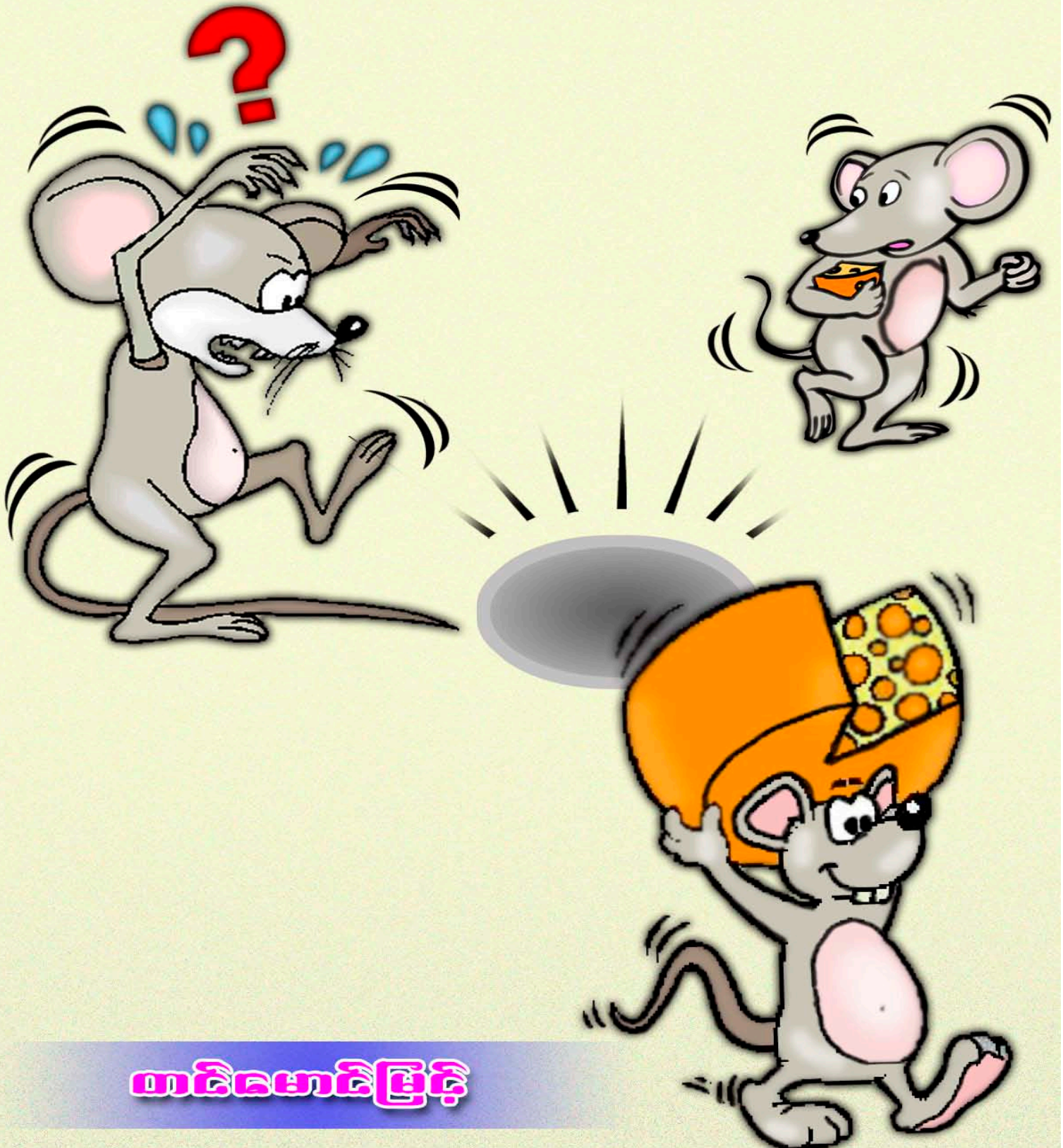


ငါ့ဒိန်ခဲကို ဘယ်သူနေရာရွှေ့သလဲ



စာင်မောင်မြင့်

ငါ့ဒီနံနဲကို ဘယ်သူနေရာရွှေ့ထားသလဲ

တင်မောင်မြင့်

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WHO MOVED MY CHEESE?

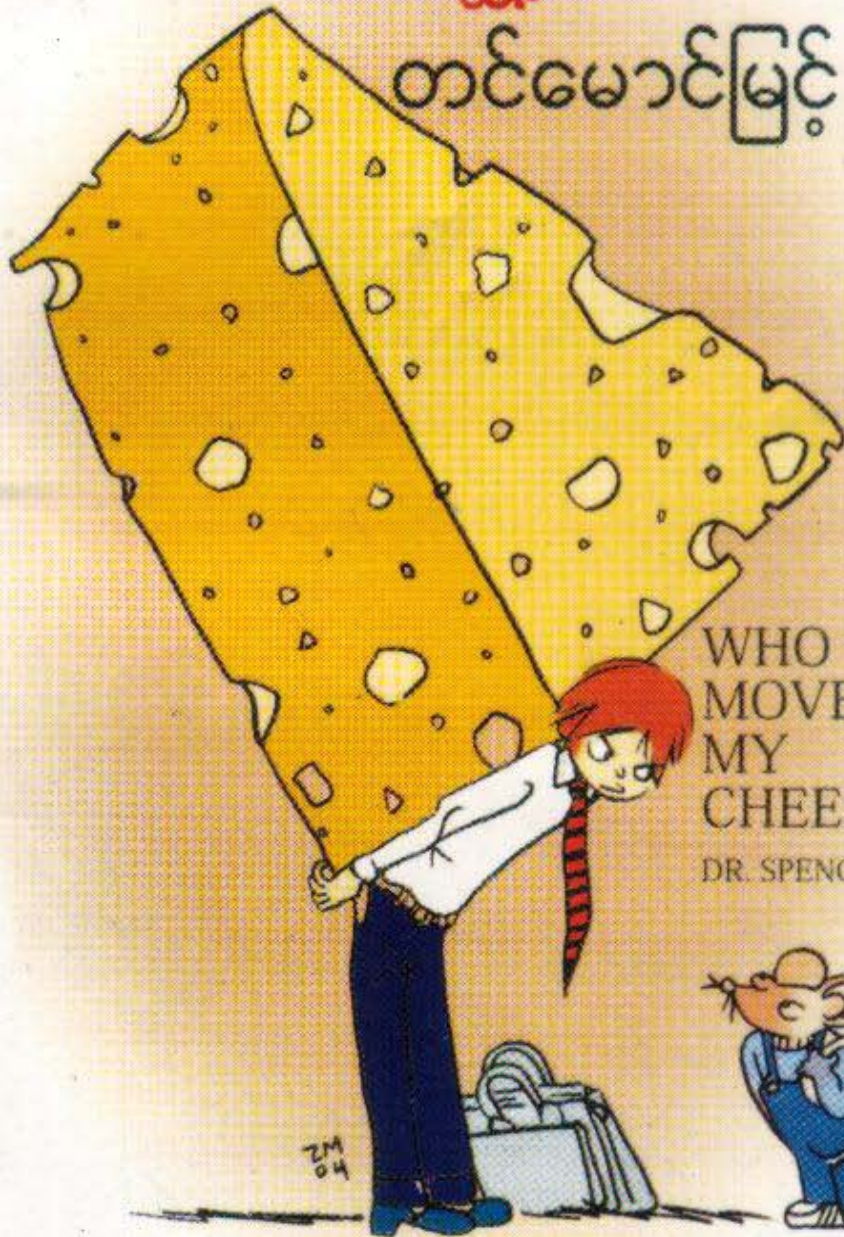
by

Dr Spencer Johnson



နန်းဒေဝီစာပေ

ငါ့ဒိန်ခဲကို  
ဘယ်သူ  
နေရာ  
ရွှေ့ထားသလဲ  
တင်မောင်မြင့်



WHO  
MOVED  
MY  
CHEESE ?  
DR. SPENCER JOHNSON

24  
04

ဒုတိယအကြိမ်

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## Who Moved My Cheese?

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ABBOTT LABS

BAUSCH & LOMB

BELL SOUTH

BRISTOL MYERS SQUIBB

CITI BANK

CHASE MANHATTAN

EASTMAN KODAK

EXXON

GEORGIA PACIFIC

GENERAL MOTORS

GOODYEAR

GREYHOUND

LUCENT TECHNOLOGIES

MARRIOTT

MEAD JOHNSON  
 MOBIL  
 OCEANEERING  
 OHIO STATE UNIVERSITY  
 STATE FARM  
 TEXTRON  
 TEXACO  
 WHIRLPOOL  
 XEROX  
 CHURCHES AND HOSPITALS  
 GOVERNMENT AGENCIES  
 UNITED STATES MILITARY

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David A.Heena  
 Board Member  
 PETER F. DRUCKER GRANDUATE MANAGEMENT  
 CENTRE

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Michael Morley  
Senior Vice President  
EASTMAN KODAK

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Lt.Col.Wayne Washer  
AERONAUTICAL SCIENCE CENTER  
WRIGHT PATTERSON AFB

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Joan Banks,  
Performance Effectiveness Specialist  
WHIRLPOOL CORPORATION

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Dathy Cleveland Bull  
Director of Fraining  
OHIO STATE UNIVERSITY

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Michale Carlson  
President  
EDISON PLASTICS

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Charlie Jones  
Hall of Fame Sportscaster  
NBC TELEVISION

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Albert J.simone  
President  
ROCHESTER INSTITUTE OF TECHNOLOGY

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Randy Harris  
Former Vice-Chairman  
MERRILL LYNCH INTERNATIONAL

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John A.Lopiano,  
Senior Vice President  
XEROX DOCUMENT COMPANY

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Bruce Cramer  
Senior Vp  
OCEANEERING INETRNLATIONAL INC

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Topper Long  
Division President  
TEXTRON

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Sally Grumbles,  
BELLSOUTH

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**ဇာတ်လမ်း**

**ဇိုဒီနိုခဲကို ဘယ်သူ နေရာရွှေ့သလဲ**

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owñtxhñ EðOðu <uufuav;awñ wpaumi&ðemrñu telcñumifvñ ]pepzt] vñwñ lyð?  
aemuif wpaumifñawmh tajy;jreñvñ ]pum;&ð] vñ ac:owñ

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aemuifwpa, muñu ]a [ m] wñ pum;ajym&if vñif;ulñra&muñbl aOñvnñvñlyñwñvñ onñvñ  
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owñwñ t&G ftpm;u ao;i, ðawmh owñ bñawñlyñaw, ðqñvm owñyñrñzñ rvñ ðbñav/  
'gayr, h owñuñ aoaocmcsñ teluyf apmñunñif owñ vñyñawñawñ [ m tñb uñEñzñ ðawñ  
qñvm &ifoyñzñarm ajymrqññatmif jzpmu&w, lvm

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apr, ð atmñjñrññ jzpmñr, ðñ owñ , ðunññuaw, /



t j m h u u E s p a u m i e y v l u a v ; E s p a , m u l w h M u m ; r i n j c m ; e m ; c s u f a w g & g a y r , h w l w m a w b v l t r s m ; B u b & b v , i q i y r e u l w l f o l w h 4 O p v h v r f a v o n u O w p o h w g O w m l u w , v t a j y ; z e y f a w g p o m l u w , v o l w h a e t i f u a v ; a w x l u u h p o x l u m l u y b o l w h t b u l u f ' e c & s i z h O u f y g x l u h a j y ; O i m u o w h

o l w h e w h O u f y g [ m O & N w m a w g t o g b o g e y & y a x g a e w h v r f a w b c e f r a q m i f a w g t r s m ; B u b y g w h O u f y g r s t w h t c s h c e f r a q m i f a w g x h o l a v b i f x m ; w h t & o m t 1/2 q h ' e c a w g t r s m ; B u b 1/2 b v , v ' g a y r , h a r b i i r n f a e w h t c s t a u l a w b b m r s r j r i E h l w h v r f l u m ; a w b v n f t r s m ; B u b y / w c s h v r f a w l u x y l y w a w b r s u p o v n l y b y l w r e h r s m ; w h O u f y g r s t a y g h

' g a y r , h v r f o l w h v l a w g t z h O u f y g & l v u o s u c s u l u h a z m E h l w h v l a w g t z l u s a w m h a y s n p & m t z h h o c b h a y g h

p e p z e l p u m ; & d u 1/2 h 1/2 & s f & s f u a v ; e y o d y a x m i t r a p h w h e n f u l l o h l y b ' e c l & b w , v r i n ; v l u f j y i f v l u f p r f o y e n f a y g h v r f w p l v r f x l a j y ; O i b o h ; l y b b m r s a w b & i f j y e l v r h a y g h

p e p z l u ' e c & E h f r , f x i f w h e & m u l r e f l y b o l E h i a c g i f e y t e l c h w , v o l E h i a c g i f O b w n & m u l p u m ; & d u w e f a j y ; w , v

r i f w h x i f w h t w h f a y g u o h ? r i n ; w h t c g v l r i n ; a y r a y g h [ D i f a q m i h ' D i f w l u h a y g h

w p z u r i n v l o m ; E s p a , m u j z p l w h [ r e l a [ m u v l o l w e n f o l w h [ e e l o l w h t & n f t c s i f u l l o l w h , M u n p o h e l a y g h o l a o m l v a y g h a v . . . v l o m ; y l y b p l v l y l y & r i n ; p h O b a c g i f ; 1/2 y a x g o h e y ' e c l a e m u l u h v l u h e l u w m y g y /

' g a y r , h w p a e l r i n o l w e n f o l w h [ e e l o l w h l e s i f w m u l l & l u w m u a w m h t a o t c s m y / o l w h u h p & l t b u l u f ' e c a w l u h p b u e l v r f w p c & l t q h ? w p a e & m r i n o l w h o h ; a w o l u w , v t j d a e & m u l o l w h j p d v h e m r n f a y ; v l u l u w , v

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t j h e m u y l i f r i n o l w h a v ; O p [ m t j d j p d v h e m r n f a y ; x m ; w h e & m u l r e u l w l f o h ; l u w , v e l e u c i f O w p h t j y n l e h a y g h o d y r l u m y g b t / o l w h w p a w [ m u l l y l i e n f e m e b s a w l u h t o h c s w w l v m l u w , v

p e p z e l p u m ; & d u a e l w l f a p m a p m x l y b O u f y g x l a j y ; o h ; a v & b v , v o h ; a e u s v r f a l l u m i f t w l f o l w h o h ; l u w m y g /

v l m c & d u h a & m u l y o h w m e l u u E s p a u m i f u z e y a w e r w l y b v n f y i f r i n q b m ; v l u l u w , v ' g r s v h t y & i f c s u c s i f j y e p d v l r i n u h / l y o w m e l ' e c l u h w a y s n l v y g ; a v o l u a w m y g y /

tpy&fr&awmh [ r&e& a[myg apmapmx&ly& ewfo&gv& t&om&w& ly&awmh olw&aw&u&u& jzn&ay&zn& toi&apmi&aw&h 'e&c&w&u&u& aji&u&wmygy& 'gayr, h ody&fr&u&mygb&t&/ vluav&aw&u& vly&ent&vly&[ e&f& aji&mi&v&mw, /

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'e&c&w&u&u& ae&mu&u& a&mu&ly&q&u&w&me&ll u&u& h&it&u&u& h& m&v&ll o&ab&mx&u&ly& at&at&v&v& reu&w&f& tem&, u&w, / tm&u&pm&ow&p&h&w&u&u& c&w&ly&oc&w&? t&aj&y&ze&y&aw&e&w&ly& aj&cn&y&ze&y&v&p&? 'ae&mu& [ m olw&tw&u&f ES&w&ar&aw&v&mf& a&ym&z&g & m t&y&ay&ay&g&

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]p& q&u&w&h ae&mr&u&h&w&h 'e&c& [ m olw&u&ub&v&e&w&w&ll jzp&v&mw&w&w&ll olw&u&u& u&ly&f& 'e&c&aw&g&v&ll r&u&u&mr&w&f& tw&f&fr&u& olw& ow&fr&sv&u&u&u&w, / en&f&en&f&ae&ma&em 'e&c&aw&f&S r [ kw&v&w&/ 'aw&mh j&po& e&ly& te&po&q&ae&mu&u& olw& aji&mi&v&mw&u&w, / ly&awmh t&f&ae&mr&u&ly& olw&u&u& v&rl&ob&ou&ll w&n&a&q&mu&f c&u&w, /

y&ly&u& t&re&ly, me&lw&at&mi&f [ r&e&h [ m [ m e&h&aw&f&u& olw&u&u& t&aw&g&t&ji&ri&aw&e& t&q&it&re&h&aw&u&u& a&g&jc, u&w, / a&g&ly&u& pm&w&rf&aw&u&u& 'e&c&ly&u&aw&e&aw&mi&f&jc, b&u&ao&w, /

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**ဒိန်ခဲကို  
ပိုင်ဆိုင်ရခြင်းသည်  
အကောသုခံ ချမ်းသာစွာ။**

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v&u&av; E&sp&a, m&u&f&w&ll& t&j&y&k&tr&ll& m olv&ll& e&ru&sv&ot&/ b&mr&sv&l& t&u&st&j&z&p&x&e&f&v&mr&h& r[ k&v&ot&/ 'g&ay&r, h& b&ma&ll&u&mi&h& 'M&ll& j&z&p&w, l&q&ll&vm& em;v&n&E&ll& f&y&gw, /

'M&ll& 'e&c&aw&g& t&p&k&u&ft&y&M&u&f& aw&z&ll&q&ll&vm& olv&ll& f&w&u&po& r[ k&v&ot&/ v&u&av; E&sp&a, m&u&f& t&w&u&f& a&ep&O&pm;z&h&u&f& 'M&ll&w&z&ll&u& y&h&t&a&B&u&f&aw&w, /

olw&E&sp&a, m&u&f& 'e&c&aw&f&awmh ob&ll&h&aw&mi&u&ll& a&mu&ly&M&ll& olw&h&ic&w, / 'e&c&ll& o&ab&m& ob&mo& u&ll& olw&ll& t&om&c&ll&v&h&t&ay&:r&w&n&ly& t''y&j, i& z&O&ll&u&w, /

t&cs&ll&t&w&u&f& 'e&c&aw&ll&vm&[ m h&y&ll&f&q&ll& &w&em&ol&u&f&aw&ll&w&my&/ t&cs&ll&u&awmh use&r&ma&h&t&w&u&f& t&m[ m&ay&g&ll& 'g&r&f&[ k&v&ot&] cs&f&om&ok&u&ll& p&lv&e&c&h&pm;rl& z&h&z&ll& w&h&w&u&f&mr&h&y&g&ll&

a[ m&t&w&u&f& 'e&c&ll& m b&O&ll&v&h&ll&y&/ w&p&h&e&h&e&ll&h& c&sp&h& c&r&f&aj&ll&h&v&h& t&h&x&mi&f&av;w&p&ck& w&n&h&q&mu&ly& N&ir&f&at;w&w&v&q&w&v&h& w&u&ly&u&av;w&p&v&h&r&h&a&er, / cs&u&f&v&r&f&v&ll& p&lv&ll&h&f&y&u&f&u&f& w&p&ck&h&h&y&g&ll&

[ r&u&awmh cs&i&ri&ll&ow&f& aw&mi&f&u&e&f&h& {&m&r&t&f&B&u&f&w&p&a&q&mi&f& O, h&y&h&a&er, / t&j&D&t&f&B&u&f&h& 'e&c&aw&g& t&h&e&t&j&y&n&h& &h&e&r, /

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'e&c&ll& m [ r&e&h&[ m&t&w&u&f& p&i&pr&o& t&a&h&y&g&aw&em&h& b&mv&ly&h&r, l&q&ll&vm& r&q&ll&j&z&w&E&ll&yl& t&cs&f&aw&g& t&rm;B&u&f& u&e&b&h&w, /

'e&c&h&ll& t&p&te&aw&mi&f& r&use&f&awmh&v&h& ]p& 'e&c&h&y&ll&om&u&ll& x&y&w&v&v& M&u&n&h&ez&ll&om& p&lv&u&f& &M&u&w, / 'e&c&aw&g& a&y&sm&u&f&h&w& t&j&ru&f&av;vm; . . . wu, h&vm;ay&g&ll&

pep&z&e&l& p&um;&h&w&ll&u& olw&ll& t&v&ly&u&ll& olw&ll& t&j&re&f&q&h&E&f&e&l& q&u&v&ly&h&e&ll&u&w, / [ r&e&h& a[ muawmh em&r&n&e&ll&u&at&mi&f& on&h&mi&h&mi&f& [ h&mi&h&mi&f& aw&mi&p&O&h&r& p&um;aw&h&j&y&mi&ly& t&cs&f& u&e&h&e&ll&u&w&e&f&y&/

]]r&w&h&m;b&t& . . . r&w&h&m;b&t&}} q&ll&y& at&mi&[ p&f& &e&f&aw&h&aw&e&f&y&/

a[ mu p&lv&f&g&w&u&sp& j&y&h&vm&w, / reu&j&ze&t&x&d& 'e&c&aw&g& j&y&e&h&mi&u&f&vm&h&mi&f& b, E&S& h& v&ly&f&v&v&ll& aw&g&h&y& a&h&qu&v&ly&z&ll& v&ly&f&e&f&p&O&f&aw&g& cs&ll&u&n&h&w, /

vluav;Epa, muf[ m tclxuxdr, E h avmufatmif jzpaewlefy/ b, f v l l u m i h ' b v l j z p & w m v / b m a l u m i h o l w l u l l w p p l v p a , m u f u o w r a y ; w m v / ' g v l l o o b m O r u s b t / j z p l o i h j z p f x l u l w h u p i r s t r [ l w l b t /

t j l n r h o l w E p a , m u p v l l p l v f ' g w f t u s u b u s t y t t f y e l v m l u w , / A l u f u v n f t & r f q m a e l y / r j y e c i f a [ m u e l l r h a & ; c h o ; w , /

**သင့်အတွက် ဒီနိုခဲက အရေးကြီးလေ ...**  
**ဒီနိုခဲကို လက်မထွက်ဘဲ ...**  
**ကိုင်ထားချင်လေပဲ။**

aemufvpaeltivl [ r e l y a [ m [ m o l w l t t r i s j p ) ' e b c & y f o m q u l l v m c l u j y e l w , / ' e b c a w G j y e a & m u a e r v m ; q l w h a r t h v i t c s u f o l w l r h & e q b a v /

tajctaeu raelu twllfygy/ bmrS rajymifvlygbt/ ' e b c v l j y e a & m u f r v m y g b t / v l u a v ; E p a , m u f b m q u l v y & r e f r o a w m b t / [ r e l y a [ m [ m a u s m u l w l E p a w l l v l r v l y r , S u f N i t t o u f & y f a i ; a e l l u w , /

a [ m u r s u p d u l w t m ; y l w f e m ; u l v n f v u E p z u e l l t w i z o k m ; v l u l w , / b m r S v l r j r i c s i ? b m r S v l r l u m ; c s i f a w m b t / ' e b c a w G w j z n j z n f e n f e n f v m w h t a l l u m i f v l j y e f r a w f c s i f a w m b t / ' e b c y l u b 1 / 2 k w l w & u f a y s m u f u G b h ; w m v l y / , M u n f x m ; v l u f a w m l w , /

[ r i u a w m h t j z p f t y s u l u l t j y e f y e f t v e l v e l p o f ; p m ; w , / o l a c g i f x r h i , M u n r l t p f t v r f a w e l 1 / 2 y a x G j y n l n y a e y l & w , /

}} b m v l l o l w l i g u l l ' b v l v l u l u & w m v l }

}} ' r h w u , j z p a e w m u b m a w l w }

t j l v l r a u s E l l r c s r f E l l f j z p a e w , / a e m u l q l r h i a [ m u r s u p e z o l y t y w D e f ; u s i f u l l M u n l w , /

}} a [ ; . . . ' g x u f a e y g O b / p e p z e l y p u m ; & b a u m . . . w l l r o l w m a w l u l o l w l r s m ; o d e r v m ; }

}} t " y t j , f r & v m u h . . . o l w l b m o l r h i v }

[ r i u & , b o f f a o G l y t a j y m w , / o l p u m ; q u a o ; w , /

}} o l w l [ m b m r S r [ l w l w h < u u f u a v ; a w G y u l t j z p f t y s u f w p c l u l l o l w l 1 / 2 l 1 / 2 l y l a w l w w f r h a y t w l u v l a w a v / w l t o D P f j r i l v m y l w l u a w f a c : a j m f r i f w w & r h a y t l y t a w m h w l u

ow/xuy/lyd &oi&xu/vmaygh 'Dtjzprst [ m wu/vmrjzp&bt/ jzp&iv/ wttwuf tusttjrwf &&r, /}}

]]b, m/ tusttjrwf r&v}} a[ mu jye&ar;vluw, /

]]w/r& &y/ l&h &v/lyghu}} [ riu [ efa[ muty/ ajymw, /

]]bm &y/ l&h/ . . .}} a[ mu em;r&stf/v/ xy&ar;jye&am/

]]igw/ ' eel[ m igw/ &y/ l&h/lyghu}}

]]bmjzpv/v/ . . .}} a[ mu qu/vwuf ar;aw, /

]]bmjzpv/ &rvlu/ 'jy& emul/ w/vwvr [ kv/lt/ wp& , mu/ 'v/ jzpa&tmi/ v/lyw/ 'gallumi h igw/ wpp/vp&m epemalu; &y/ l&h/ &&r, f . . .}} v/ [ riu &stfjyw, /

]]igw/ qefpp/vm? aOze/vm? Avue/vm &y/vlu&if aumir, / o/yrsm;ael/ 'eeltopf x&v&v/lyp/}} v/ a[ mu tlu&y;wm [ riu vu/rc/lt/

]] [ m . . . r [ kv/vm . . . ig 'lu/vul a&q/ha&zsm; tx&d v/ur, f . . .}} v/ jiifcsuf x/v/v, /

[ r&v [ m bmv/ly&r&st/robl tjiift&ef jzpa&elluc&st/ri/ pepz&v/ pum;&v/ E&paumi/ awm&awm/ c&aygu&ael/ Ouygv/r&st/robl p/ue&st/robl txu&tmu/ruse/ 'eel&vaz&v; v/ly/ly/

ow/v&cgif/x/r& 'eeltopf &vz/vv/ly/ bmr&st/lt/

t&st& awm&awm/ lumlum ow/ bmr&aw/lt/ aemu/q/vw&st/ri/ ow/ ra&mu/z&ao;wh Ouyg wp&e&mu/ a&mu/ob&w, / t/ &e&mr&st/ri/ 'eel&v/ob&v/lyp&ck ob&aw/v, / &y/om emrn/ ]t/ie/ w/

aym/v&st/v/ ow/vaw& q/v&st&atmi/ atm/vlu/w, / ow/ tyi/ye/ct&ust&ey/ly/ pm;rule/ E/ l&v/ 'eeltop&aw&v/ly/

ow/ rsu/v&aw&aw/vul ow/ r, E/ l&stmi/ jzpa&elluw, / u/vaw&taeel 'gavmu/rsm;wh 'eel aw/vul ow/ wpcgrs rjri/z&lt/lt/

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t/ Dt&st&tx&d [ r&v a [ m/v/ E&pa, mu/ [ m 'eel&v/om ]p/ x/r&v/ly/ ow/ taj&taeu/ w/v/ [ , f csuf [ , f v/ly/w&st/ri/ &v/ob&w, /

'eelr&pm;&awmh ow/ tm [ m&jy/vp/jy/vm/ly/ aqmu/vn&mr& jzpv/vm/ly/ p&v&aw&v/ly/ a' goaw&v x/v&st/ri/ wp& , mu/ftjyp/ wp& , mu/ y/ct&elluw, /

a[mu rMumCP oWwvqG uEpaumifull ow&aw, / oWwEpaumif 'eclawG awlae  
Nyvm;/ oWwv Oufyghh ajy;vth;&iaz&awmh oylawmh vG frfr [kwib;/ 'gayr, h 'vMl cucl  
yiyetwh umv [m oylumvth, fr [kwib;qlvm ob&aw, /

clerm; Oufyghh (ly) 'ecltopf &nyhwmf p&pm;cefzG hLu&if b, favmuf aumifrvMl  
oaw&unhw, / csufsi; 'eclt&om v(hay:a&muvmovly/

a[m [m olul bol 'ecltopawly) pm;ayelul ylyiyiyif jrihmav 'ecl&tom ]p) xlu  
tjrefqh x&bsi fav jzplvmyga&M/

olu qhfrqih Alrqih jAlefpm;bu) xatmvluw, / wpcgwplavvl oWwEpaumif 'ecl&e&M  
opawly) yawmbu) qulaeavmuNyMl awGr&V/

]vm . . . wll vplup))

[ rlu csufsi; wlyew, /

]] [ m . . . roth; ygbt . . . 'De&myl oabmusw, / ae&wm Zrfusw, / 'gyll godv, /  
Nybawmh tjyix&u&if tE&M, frsm;w, ))

]] [ m . . . b, luvm . . . wll 'Oufyghh ae&awmhawmfrsm; rsm; av(hufoth; z;wmy/  
'Dt wll; xyvlyr, fav/))

[ rlu vufclb;/

]] ig toubuNy) Nybawmh ighul fig t%rvlytsi lb;/ rsubvnae&if b, ES hlyrv/  
ratmifri&if b, ES hlyrv)) vll qihjc ay; jyelw, /

'vly vluav;Epa, muif [ m yxr&uawt wll; xywvvl jyejzpaellujye&M/ 'ecl&tom ]p)  
ubth;? bmr&awlawmh thjyel p&thp&law& p&v'mvfi usp&aw&ly) ob&myeivn&aygh

wu, jzpaewh tjzpr&ul oWw jii f zbu h pm;luw, / 'gayr, h oWw th yaysmzlawmif rvG hwh  
tqihul a&muvmlyaygh aemuheltwul vly&h; zht m; timl usoxulusvmw, / t] Dt wul yly)  
oWw rcl&clbm jzplvmw, /

oWw& aet haw [ mvl apmapuvll aecsi zG fr&awmlb;/ oWwEpa, muif [ m 'ecl&v a0;vm  
awmh th yaysmwhawG rsm; rsm; vmw, / th yaysm jyelawmhvnt; acsmu th yruawlu 'lu&y;vmw, /

[ rly) a [ m wll Epa, muif [ m bmr&vlyao; b) 'ecl&tom ]p) ulyl aelvl foth;ly) 'eclawG  
jye&muEly ar(hu) qaygh

[ rlu aq&aE&w, /

]] 'fr, fa [ m . . . igw&bm tvlylyly&if bmr&xt;xt; jcm; jcm; tajymif tvh&lt;qlvm aw&rh  
. . . a [ m' E&h [ bufem; wif oWw O&ufx m; vm jzpcsi jzpr&h))

aemuaelusawmh olwll Epa, muf wtzlqzll u&d m wefqmyvmawg xrfydlvmluw, V

[ rfu plull e&hfnw? a[ mu wey w' h f f xlaygh ' b'ley jpd ' eel&ylom&ll e&hfn tayguBud yG&ubob;w, V olwll Epa, muf taygu&ull acsmif, Munfmlawmh [ burfn bmr&ab/

pdwfgwawg tusud usof;Mwmaygh ' gayr, h wpcck jzplmr, ml olwll , Munawety/ ' gel olwll tvlyull apmapmlyw, V aemufsydrS jyelw, V ylyd vufMumwifatmif vlyluw, V ' b'ley {&mr tayguBudwpyguif xyfll obfn; jye&am/

a[ m[ m vlytm;el xlvlyritallumif? tJ E&cl&ll jcm;em;csuftallumif olvmw, V [ rfuawmh rav&mb/

}}wll . . . ' rfn xlllyd tajctaeull apmiMunth apmiMunhaer, V wpc&efrfn olwll ' eelawg jyelull y&r, }}

a[ mu [ rajymwmuull , lsiw, V oeltwl tce&we&if tthye? tem; , ? aemufpael oel twl jpd ' eel&ylomull jyelvm? (' gayr, h apmapmuvll oljcv&fawg ro&lawmb/ ) [ h&mu&awmh bmr&aww/ pdwfgwawgus/

' b'ley vluav; Epa, muf[ m pdwlyef vE&f? ' eel&uqm? Orfu[ m jzplvmawmh tm;vl enfoxuf enfvma&maygh

a[ muawmh tajctaeull apmiMunth jzpeH vmEley ta[ modull jzpaewh tce&awcull E&jrmp jylvmw, V clawmh oabmayguvmly&v/ pm;p&m ' eel&awh ' ae&mrfn Mumumqu&eav olwll tajctae q&avav jzplmr, qlwm wznjznt, ob&vmllyd &pb&pk olu&awg ulelyd qlvmvl oem;vnfmw, V

' b'ley aemufq&wpaerfnawmh a[ m[ m oltzplull oylelyd &, farmwwvmw, V

}}a[ h&umif a[ m . . . rifull frif jyelunprf? rifb0 bmjzplvll w&wulrvmvmv) . . . rif "gwlym;a[ mifBudull z&lyd em;axmi&evlyaygh ' g&xuf &, p&m aumifwh t&jzpl bm&hfnv) . . . }}

a[ m[ m Oufy&xllyeDif ajy;vth; zll pdwlyutull v&Or&ull/ txrfn rsup&vnllyd ' eel&ey woufvl a0;ob;E&llw, f r[ kvfm;/ wplylyfnfn t"lyd, r&h allumul&baer&v) olull lol o&ew, V tJ D tw&vl olull lol jyellyd &, lsiyufusd jzpaewmaygh

olu [ rfu ar;w, V

}}a[ h . . . igwll tm;upm; Owplaw& tajy;zeyawg b, h&mu&ulely&v/}}

' gawcull rv&awmb; xillyd ' eel&ylom jpd ull paw&uwntu olwll yppvwtwv xm;vllull w, h&v/ renf jye&h, &w, V

oli, csi&fjzpbol a[mu tm;upm;ypin&faw& jye&aw&lo&h;awmh [rfuar;w, /

]]rif wu, f Oufy&x& Oif&h&rv&lm;? bmv& igeltwl x&h&apmi&raewmv? olw& 'e&caw& jye&vm&h&fy&gu&}}

a[mu jye&ajymw, /

]]rif igh&ul& oabmray&gu&fy&gt;/ olw&jye&vm&h&h& 'e&clul& igp&lv&f&oi&pm;bt/ t&f&D 'e&cl to&h& t&u&aw&ul& olw& b, fawmh&S jye&vm&xm;rh& r[kw&bt/ igw& 'e&cl&top&ul& &h&&h& . . .}}

[rfu jii&f&h& qufi&i&fw, /

]]wu, f&h& olw&h&h& bm' e&cl&S r&h&awmh&bt; q&h&i&f&m . . . 'gr&S [lef olw&h&h& &h&v, f&xm;O&h&/ rif &h&rv&h& raw&lo&bt; q&h&i&f&m . . .}}

]]t&f& gawmh igvn&f&ro&bt;?}}

'&h&r;ce&f&ul& olu&bl r&h&umr&h&um jye&ar;zh&ly& tajzraw&aw&h&t&w&ul& a[mu tr&e&ft&w&h&f& ajym&v&ul& w&mv&/ t&f&h&z&pr&f&h&u&h&um&u&ly& ol& tjy&f&ul& rx&h&u&w&may&gh&

clawmh 'e&cl top&ae&mu&f&ul& v&lu&z&h& ol q&h&iz&w&ly&h&ly& t&f&D q&h&iz&w&f&su&f&e&f& twl tm;ti&aw&G ow&aw&v& ol&h& tjyn&ht&O paqmi&f& r&ly&h&v&/

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a[mu ol&t&jri&f&ul& x&lv&ajymw, /

]]wp&f&cg&w&av . . . t&h&mO&w&f&aw&G m ajymi&f&v&h&ew, / b, fawmh&S e\*h&t&w&h&f& jye&f&jz&p&aw&mh&bt;/ ck jz&p&h&ew&mu t&f&h&t&w&h&f&yl . . . [rf . . . 'g[m bOy&f bO q&h&vm &y&f&raeb&f/ qu&b&h&ae&w, / w&h&v& &y&h&ev&h& r&bt;/}}

a[mu p&w&f&g&w&f&u&sa&ew&h& oli, csi&f&jz&pbol&ul& t&jri&f&S&atmi&f& Bu&h&pm;ayr, h&v& [r&h&u& al&um&u&f&h&ri [m a'got&o&f&ul& ajymi&f&o&h&ly&h& wi&f&rmon&x&uf& wi&f&rmv&my&g&ava&h&m&/

a[mu oli, csi&f&tay&:u&h& a'gor&jz&p&h&bt;/ 'gayr, h& olw&E&p&h&, mu&h&u& r&h&ur&y&h&u&h&aw&G&ly&h& &, fr&w, h&v&/

ajymr&w&h&t&q&h& a[m[m wp&h&, mu&f&wn&f& p&e&h&pm;ce&f&z&h&z&h& jyi&f&qi&f&aw&mh&v&may&gh& t&f&h&v& q&h&iz&w&f& v&lu&f&v&me&f& a[m[m csu&f&si&f& z&sw&f&z&w&f&v&w&f&v&f& jz&p&f&vmw, / ae&mu&f&cl&aw&mh& ul& h&om&om&u&h& f&jye&ly&h& &, f&arm& vm&E&h&f&v, f&ay&gh& ul . . . c&w&u&ir, /



]]'g[m . . . OufygxDifz &u&mZmy/}} vlijmawmh [riu tivrlyftrlyf wleoma0 qlvfqlvlybew, V

a[m[m aumufcbeleluav;wpck aumuf, lyb [ rlvpa, muf tjrif&ygapawm&, fvl e&hfn tav;teuf a&chw, V xlvhfwlf a[mu pmwrfuul i lyb 'ebcyll qcho;w, V

[ rlvpa, muf lykazm&, bazmf &vmrvm; &, fvllygh wufwufu jzplvmyb 'ebcl &nyhwmf c&buul oeltwrm; vlvcsiflvf ayguvmrvm;&, fvllygh

'gayr, fi [ rluawmh armawmifrlunfbt/ ob&chw pmallumi fu . . .

**သင်္ဃာ အပြောင်းအလဲ  
မလုပ်လျှင် သင့်ဘဝ ... ဆုံးခန်း  
တိုင်သွားနိုင်တယ်။**

tj demuf a[m[m &ilvvsylsyf celyb Oufygyxluul acgijyl lunhmluw, V

lybawmh bmrS pm;p&mr&lv&e&mrfn bmvll 'gavmuftlumbud aeclrygvrlqvlvmv jyeawfaer&lv

Oufygyxhfn 'ebclwlm &csifsvl &lvhr, V awlvcsifsvl awlvhr, V tjm awv&if ol aqmufvn&mr& jzplvmw, V tjD tawgu olul Eypufovl jzplvma&m/

a[mu lykvluw, V [riu ol ebcawuul b, lol ae&ma1/2xm;ovbqlvm ocsi fwhallumif a[m odv, V a[mul fvlf em;rvnfi jzplawmuawmh ]bmalumih ig csufsi;xlyb 'ebc&muul xlvf&h ao;wmv} qlvhl tcsuly/

ol Oufygyxluul xlvfmcchw, V vmchw t&yfuul orivnfyef jyelunlyb plvfxl aseyf ohi;ovly/

Oufygy e&hfn pm;a&; jyelw, V lybawmh cP plulunh aerho;w, V

**မင်း ... မကြောက်တော့ဘူး  
ဆိုရင်  
ဘာဆက်လုပ်မလဲ။**

'Dt aMumifūth ol pOfpm;w, /

wptcgpāvawmh aMumiwuīwm tuš&āw, lM olem;vniw, / wptcclūth rvyjzpm  
tajctae ybqvmlyb aMumuplwi Oīvmwh tcgršrñ csuſiſ xvyjzpbōi;wmrš &āw, /

ol nmbuīth Muntvūw, / vñO ra&muſtāo;wh ae&m/ aumxJ pñbōi;w, / 'gayr, h  
oujyif wptcuf cšyð e, h jropxūth wñOicw, / cyjzntjznt tajy; ajcvšf awēāygh

b, lvrūth a&ē&ygrv/ yxrawmh a[ m pōvyp jykvmw, / ]pð 'ēc&dyōmrñ ig tajctae  
apmi Muntvwm tceāwG oylMōb;ovm;/ 'ēcl rpm;&wm Mūawmh olt&rſ tm;entfaelyb/

'gaMumih oñ;&wm c&ðrwG bōt/ cgwñfxuylyb rcsſqel tm;pūāe&w, /

tJ ðñ qñjzwcſulwptck cypvūw, / aemuf 'MñtjzpršMū&ñif tajymif tvēMūlyb  
tajymif tvMlyr, f qñwh qñjzwcſuly/ ol tJ Mlyjzpbñif clawāe&wh tcuttcawēl &iſqñf  
&rñr [ kw/bt/

lyðawmh ol lyñvūlyeāw, / cyf, h lyñ&ñif oāwāw, / tiſ . . . aemufuſw, lqñvm vñO  
rvyjzpmxupm&ñif awmāo;wmaygh

aemu&uāwſñ 'ēclūthwlyg&āw/ 'gayr, h [ ñem;entent 'ðem;ententavmufygy/ aeññpm  
&, Māwmh r&ygbt/

'gayr, h ol Zſravōbōt/ 'ēcāwG tvñt avmūāwſñyñ arōñvixm;wlefy/ tJ ðcgrñ  
oli, ſſiſ [ rſqūth o, bōi;lyð tOaur, / lyðawmh &ñyñwmc&ð xūjzpatmif pñf½ñr, āygh

'gayr, h olūth bōl , Muntvūawmh wjzntjznt ententvmlly/ Oufygxññ oñwñ'gwāwG  
½lyāxñ vmaew, / tm;vñ [ m [ wleſuelrwl bōl OufygpckM taetxm; ajymifvāeovly/

a&ē&quīwñōb;ñ, Mlywñf vſrñ;awmññy/ rſupōvñawmññy qñlyb awñrdvmw, / olwñ  
wūñu a&ē&ſvſrñwñ aemuſvpſſf qkvf qñvmrš jzpaewmaygh

bmyjzpjzpi 'g [ m owāy/ wptcāocsmvwuawmh Oufygxññ 'ēc&ñ;&wm olapmapmyñfu  
awñalMumūch oavmūāwmh rqñbōt,qñvmly/

'Mēly tceāwG wjzntjzntulevmw, / olacgixññ tawāwprš Oīvmjyely/ 'ēcltopi  
vñl&ñāewñtvlyf [ m t"yñ, ſaum &ygrvm;? jzpeñ ſcs&āwvm; pojziāygh Og;ēñ lwh yrmPxuf  
yg;pyfu yñlūwñtvlyrš jzpaervm;? bmvñ; nmvm;aygh

lyðawmñrS avmavmq, f Og;p&m bmrš&āwñtjzpuāwññyð ol &, frjyēāw, /

tJ ðñ pñwñ'gwñuſp&mawāw awñrdwñf bmršp;p&mr&āwñe&mrñ xññawm xupm&ñif tjyixñlyb  
vly&ñ;āewmu tyñuð t"yñ, &āw, lqñlyb olūth bōl owāy;w, / aemuāwmh olūth bōl xēcšyſ  
ēñ lvmw, /

lybawmh tm:wup&mwpcle' olul bol oway:ao;w, / pepzawl pum;&bwlawmif vlyEl'ao;  
&if ig bmalumih rvyEl' &rsvaygh

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aemuawmh a[ m jyepOfpm;w, / aplaplawawmh a&a& ay:vmw, / crs trfui jyeawG  
rvvmav/ ]p' 'ec&ylomr'n 'ecaw[m [ lwe'u xibov' aebsifncsif aysufoin;wmr's [ kvly/

aemuyl'f&uawf'n 'ecawG enfoxuf enivmvm; / lybawmh t'D 'ecituseawv' vwfs  
rvwf awmvm; / t&om wjznfjznf ysuvmvmul crs jyeawG'w, fv/

rv'lvvmvm jzpr'naygh 'gul ol' lwe'u owrxm;rcbt/ t'lwe'uom ow&f, q&if  
tajctaeul tubwr'n p&m &vmaygh' olul bol Oeclawmhw, fv/

crs oabmayguawmhw, / tajymitvlu olqu' %kvcnfa&muvmvm r[ kvbt/ earmerh  
El'clm' tajymitvlu' rjriEl'clm/ pepzef pum;&bw' Epa, muvu Bulgriy&w, /

ol cPem;ly' Oufygr'n a&jyefv, /

**ဒိန်ခဲကို သတသတ နှမ်းကြည့်ပါ။**  
**ဒါမှ မှီတက်မတက် သင်သိမှာ။**

'M' tceawlumvmawmh a[ m&lpw'x'n 'ec'jri&wm ur'ic'ly'umaen'ly' xivmw, /  
aemuq' 'ecb'v'n'ly'wpcul ol oin;aw'w, / aocmly' p'lv'cvu'cs w'lv'lv'w, /  
txlu' Oimun'lv'a&m a[ mi'avmi'jzpaewh tce'bu'bu olul oa&maeov'ly' p'lv'g'w'awG  
us'lv'lv'w jzpc'si f/

]]tif . . . i g'lv'lv' p'lv'g'w'lv'p&aw'lv' u'efy'rue'El' fawmly'gv'm; . . .}} v'lv' aw'G'ly'v'  
vu'lv'lv'csif jz'lv'mw, / wjznfjznf' tm;tiv'nf q'kw' kv'lv'mly' w'lv'y'lv'ly'lv' olxiv'm  
w, / ao'r'n aw'fal'um'lv'mw, /

]p' 'ec&ylombu'lv' wy'ac'ufy'etz' ol p'lv'lv'lv'lv', / 'lv'lv' w'lv'a, mu'lv'nf&, f [ lv'lv'q'  
[ rf tazm' &lv'o;w, f'aygh

ar;zt'ly'om; ar;ce'fa [ mi'f'ul olbmomol jyea'r;v'lv'w, /

]ral'um'awm'lv'q'&if i g'lv'm'lv'lv'}}

tr&u olubl Oerchayr, h oyllyð aMumuvmwm/ 'gayr, h bmu&Mumu&er&ef olobt;/  
wu, fawmh tm;tib&aw&w&oeY wpa, muwntf quib&h;&r&uul ol aMumu&awm/

use&ec&wh [ rftw&uV ol aw&ylw, V taMumu&ely&awmh avrsm; jzw&avrm;/ tJ D&h ol  
wpc&k zsw&cel ow&v&u&w, V Oulygx&J jye&x&u&v&awmh p&wV'gw&aw&G wuf&a&ewh t&ce&f wpc&e&f  
&e&wmy/ tJ D&t&ce&f [ m ja&e&ol] w&O&ie&ce&e&ly/

'w&pc&g o&e&ay:r&h a&v&u&yl&ew, V 'p&mw&e&u&awmh olu&h fol ow&ay:w&it&ae&h&m?  
[ r&v&u&v&mv&h zw&r&e&f olu&h aj&c&m&e&h&e&ly&g ar&h&v&ic&su&bu&p&h&e&f ol a&v&u&v&my/

**လမ်းသစ်ကို လိုက်ရင်  
သင့်ဒီနိုခဲ ရှာပုံတော်အထွက်  
အကူအညီ ရလိမ့်မယ်။**

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a[m[m ar&h&ir&nt&fa&ewh Oulyg p&u&e&v&rf&x&u&h i&Mun&h&u&w, V olu&h fol aMumu&p&w&aw&G  
O&ie&er&e&f ow&k&m;r&w, V a&e&r&h b&aw&e&h&ey&gv&h& b&mr&f&e&h&v&h v&r&f&aw&v&m;/ 'gx&u&f&h&w&h t&E&m, f  
ac&sm&u&r&f&yg&aw&v&m;? jzp&e&h& h&j&c&e&br&ol aMumu&p&e&h&r&ir&u&f&aw&G ol j&r&ie&h, mi&h&lyð v&f&y&m&v&e&h&w&u&f ol  
v&e&h&ey&g&ava&m/

aemuf olu&h fol &, h&mr&iy&ew, V taMumu&w&m; [ m t&mw&h&f&u&h y&h&ap&w, f&q&h&vm ol  
aw&e&r&v&av/ 'h&awmh raMumu&e&h&if v&ly&r, h&t&v&ly&u&h p&O&f&pm;r&lyð ol qu&v&ly&w, V tJ gu&awmh  
v&r&fa&Mumi&f&op&e&h&lyð a&e&w&h c&e&e&h&v&h t&v&ly&gy/

ar&h&ie&f r&nt&rn&f v&r&f&w&p&av&u&r&h& ajy&ae&h&if ol h&y&h&v&u&r&w, V a&oa&oc&ms&m ro&h&o&ayr, h  
o&D&h&O&u&h tm;j&zn&ay:w&it&e&m [ m b&mv&h&vm &h&az&h&aw&e&h&v&h&lyð

w&w&v&us&us y&h&zm&f&ao&ayr, h o&e&h&v&h& v&p&w&v&m&e&h&e&ly&q&h&vm ol , M&un&h&lyð

tJ D&h t&h&op&e&mu&h aw&e&awmh&wmy/ a [ mw&p&h, mu&f t&ays&bu&days&mv&mh t&j&z&py/ b, w&e&f&ur&e&f  
r&w&t&mi&f&ays&h&ew&mv/

olu&h fol t&h& r&q&h&bt/

]]ig b&mv&h 'g&av&mu&f t&j&r&l&ae&wmy&gv&h& i&g&r&h& pm&pm&m 'e&e&h&v&h&e&f ig b, fol&h&ae&r&e&f&v&l  
ro&bb&e&f}}

oyfrLumci rfrnyl olbmamumih 'Bvl aym&Tfrstul cpm;&w, f qlvm ol oabm ayguvmw, /  
e&frn pma&zil ol wlefel &yvlujyefw, /

**ဣန္ဒြေ့.ခြင်းကို ကျော်ထားပြီး  
သင် ရှေ့ဆက်သွားရင်  
ပွတ်လပ်မှု အရသာကို သင် ခံစားရမယ်။**

olul iyf tallumu&u olujyelyb vfrfrlxm;w, lqlvm a[mjri fvmlyv vrfopaemuful  
vlufrw'lt &yfrnfBuatmuu ollet,xuEil clvm/

Ouygvrfxhfr wluclwvmwh nifajyay avat;at;uul occlpm;&w, / 'Bawmh pdvfxhfr  
aygyg;vef,qef;vmw, /

avul wpDBuB %S;of;vluawmh tm;tiawG jynfvmovl xi&w, /

'Bvl allumu&icfrs uifa0;vmwmeY wplyli euf cpm;&wh aym&Tfrstul oBulxixm;wh aym&Tfr  
rstey bmr&qil lo;/ oyluk;jcm;wh aym&Tfrstul 'Bvl raysmrlvm urqavmuLumlyxi&w/ aym&Tfr  
rlqlvmulawmif ol arbavmuf jzpaelyluw/

'Bawmh bOul ylyb pplynjynf jzpvmatmif opdvfxhfr yhzmf Munfvlw, /

oltBuluqil 'ecltrstpm;awG awmiy&my&wtv, frn a&mu&awh olvlymTnuul yjyijyif ol  
jyefria&w, /

'eclawu wqyfrstpm urqausmf jcsuf g) wll ]b%il f) wll tygtOifaygh

tBuluqil 'eclawul Bulubavmuf xilpm;awh olynul ol aoacscsm jria&w, /  
tJ Bvl jri&whitwul ol aymvmw, /

tJ frn opOfpm;w, / 'D ewfol gwrD t&om&awh 'eclawul ol b, favmuf pm;Eil frfriv/

'ecltopawul olrsupxhfr jyufyubxixif jri fvmav wu, A eclawey wvmavy/ tJ Bvl  
ol tm%kxhfr ylyb jyifjyvmwhtcg 'ecltppawul aw&awmfr, Bvl olynul , Munfvmw, /

t J D t c g e & m h o b & j y e a & m /

**ဣန္ဒြေစိတ်ထဲမှာ 'ဒိန်ခဲထွေကို မထွေခင်**  
**တကယ် စားရတယ် ထင်လာတယ်။**  
**အဲဒါကြောင့် ဒိန်ခဲရိုရာကို**  
**ဣန္ဒြေစိတ် ရောက်တော့မယ် ထင်လာတယ်။**

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] b m a l u m i h i g ' b m a p m r v i r c h m v } v l a [ m [ m o l u l b l j y e a r ; w , /

t J D t c g e & m h o b & j y e a & m / o u l t a j y ; E l e f [ m p l e f w u l m a w m h v m y / y l l y t m ; y g v m w , /

a j c v s f a w g y l b u l m w , /

r l u m c i f t w l f r b y l ' e c l b y l o m b u l w p c l u l o l a w l y e l w , / ' l v p c g a w m h a o c s m l y b a y g h t o i f r h

' e c l t p t e a w g a w l & w m u l /

t v l . . . w p c g r s r j r i z l w h ' e c l t r s t p m ; a w l y g v m ; / j r i l w m e l o e l l w , h a v / w u , h

t a u m i t q h t n e l t z l a w l j r n l u n h a w m h x i l w h t w l l y g y a s m ; / a u m i f r a u m i f /

' e c l t p t e a w l a w l o r o l a u m u p m ; w , / l y b a w m h a w l o r o t p t e a w l t w l x l

a u m u x n h o ; w , / [ r e l t w l p m ; j z p c s i f p m ; j z p r i a v / o l r h t m ; a w l m e l a w g j y e j y n l v m w , /

p l v l y & h ; r l t j y n t e l o l t x l u l o i c l w , /

b l m ; . . . b l m ; . . . t x h i u s a w m h b m r s & l y g v m ; / o l t r f p l v f ' g w l y s u l o b h ; w , /

w p p l v p a , m u l u ' h e & m u l t & i h & m u l y t ' h e m u l q h a y : ' e c l t o p a w g o , b h ; l y b a y g h i g

a w l c h v m i g p m ; c h v m u z l v i u s e l p l v h t p t e u a v ; a w l y g v m ; /

' h a w m h s o l a e m i l w & w , / a p m a p m p b p o m w u k u v l u & i f ' h e & m [ m o b e & m j z p & r , h a y g h

t J D t c g e & m h o b & j y e a & m / a [ m q h j z w c s u l v p c k c s v l u j y e l w , / [ r i q u l l j y e l o b h ; r , / E s h a , m u l o m ; y t a y g i f

B u l t p m ; r , / ? o l t o i h j z p l y g h v m ; /



' M l e j a e m u e l l u m i f j y e l v r n l y d w p h a e & m r h a & j y e l v, /

ဒိန္နခဲဟောင်းထွေကို

မြန်မြန် သံယောဇဉ် ဖြတ်နိုင်လေ

ဒိန္နခဲသစ်ထွေ.ဖို မြန်လေဝဲ။

a [ m w p a, m u f v m & m v r f t w l f v r n l y d ' e c & d / o m j p d ) & & m u l t a & m u f j y e l v m c l w, / o l, l v m c l w h ' e c l v w l v w i q u i q u a w G [ r l u h y ; w, / ' g a y r, h [ r l u v u l r c l b t ; A s m ; /

o l i , l s i f & l a p w e m u h a w m h o l a v ; p m ; y g w, l v h ' g a y r, l v h . . .

] i g . . r i f, l v m w h ' e c l t o p a w l u l i g b u t u r, l r x i b t ; a [ m / i g b u t u l v h t e l l u t o p e h r [ k w l b t / i g p m ; a e u s ' e c & l t & o m u l i g p s r f a e w, / t j d t & o m u l j y e l r c s i f i g b o m e l r s t p m ; r x h e h l b t o l i , l s i f } v l a j y m o w a s m /

a [ m t & r f p w f ' g w i u s o h ; w, / p d w f y s u f s u e l j y e l x l u f v m c l w m a y g h ' l & i f u l j y e a & m u e t m i f o h i y d c & d q u & j y e l v, l a y g h a e m u b l j y e l v r n l y d h a e & m a & m u e a w m h o l i , l s i f v l y w l b l u l o l t & r f o w & v m j y e a & m / ' g a y r, h o a & m u e l v h c & d ? o & 1/2 l v h t a w t t m u l a w G t w l u v n f o l m u n e t a e w, /

o l t " u y e f w l l f [ m ' e c h r m ; r m ; & z h w p c k w n r [ k w l b t ; q l l v m o l o d v m w, / o l u l a y m l 2 i r i l & a p w m [ m ' e c l w p c k w n t r [ k w l b t /

a l l u m u f m l a j y ; a e w m r [ k w l b l . . . u l l & n 1/2 l e s u e l u l i f a j y ; a e w, l q l l v m o d a w m h u l l b o u l a u s e y i v m w, / t j l m l j r i f w w l v m a w m h a [ m [ m p m ; & r h a o m u & r l b o e l j p d ' e c l & d / o m r n t v [ ó t c e l a w r f r w l e f ; u v l t m ; w l e f t m ; i, i r j z p a w m l b t /

t j l m l b o t j r i a w G a j y m i f ; v l v m w h t c e l t a l l u m u f w & m [ m o l u l t w m ; t q d r j z p e h l f a w m l b t ; q l l v m o d v m w h t c e l r n v r f o p x l u l p e l p e l m ; p m ; o i v m j c i f & l t u s t t m e d i u l v n f o l j r i f v m a w m l v m a y g h ' M l v r f o p a e m u l u l v l u c h w i t w l u f t [ m & a w G j y n l v m w m ? c e f t m ; o p a w G & v m w m r [ k w l v m ; /

t c l a w m h o l a u m u e s u l w p c k q e h l y d v l e m u l t & c i r n t c e l t [ m t c & m y l q l v h t o d v p c l y /

w u, l a w m h a [ m [ m t j d t c e l r n o & l y e f w l l f [ m v u l w u r f r n 1/2 l e n y q l l v m o b e d e n y d t j l m l a o a o c m c m o d v l a w m h o l l y h v l u f v, /

**ဒိန္နဲခဲ မျှတဲ နေရာမှာ**  
**စောင့်ဆိုင်းနေရတာထက်**  
**ဝက်ပိထဲကို လျှောက်သွားနေရတာက**  
**ပိုပြီး အနှောင့်အယှက် တင်းတယ်။**

b0 taw0tBukm;av? towlvayh a[ mwpa, muf avmutjri bptwpcck xy&jyew, V

wpcck awfalLumuaew, f qlygawmh t'lvpcckuul ezlaw0'law0 Bukwhitcg xibavmuf allumup&m raumifbt;qlvltcsufy/ oipwvxh oihc0jy/csu0el t'kusifz0ly0 pla0;aweh talLumuf w&m;[ m wu, lvu, f &iql' &whitcg tr&fxuyly0 allumup&maumifaewh oabmyl/

a[ m[ m 'e'cttopi &srav0rhuul aoravmuf allumuchw, V 'galLumih xlv&ncsi p0lvawmif r&bl jzpcchw, V

'gayr, h o&w p&lpom;cefc&0 xlvvmuwnfu oc&0rhu touquEh fatmiawmh 'e'cawG [ lvpp'lvpp aw0chwmyl r[ kvvm;/

t'ltitf;elyl c&0quzhl olwmpaely0 t'lml a&sub0r0mlunhvlur0vme0 o&ifawG c&0aely0 p0lvawG vly&0aely0

o&w olcs;wuaewh avmutjri&[ mi&awG[ m olb, aw0 p0lv&0p0lv w0bvmaawG zhaeclw, f qlvm oljri&vmyl/

ol[ m 'e'cawG b, lawmhS &awmh0r[ kvlt;v0lv aw0c&0t;w, V aw0ye&ifvnt; v0lvvmu&vmmuf &0rhu[ kvlt;v0lv xibchw, V t'lw0v0u olaw0y0lv t'jzpf bufur[ kvlt;/ tysubufucsnf jzpaew, V

'gayr, h ol onlvpacguif xlvvmuwnfu ol'tawGtac:awG ajymif;vmclw, V

[ lv0v0u 'e'c&0v0v&0mrhu 'e'cl &lv&0e&0r, lv0lv olxibchw, V tajctae ajymif00;wmuul ol vufcbl;/

clawmh ol oabmaygu0lv rwn0rwh oabmyl tajymif;v0lvvm ar0n0vixm;onjzpaap? rxm;onjzpaap? Buk0r'0rvm oabmq0lvvm ol em;vnc0ly0

tajymif t v ð e y Bu k m & i f a j c r u ð i ð v u r u ð i ð j z p ð v m [ m a r ð v i ð i x m ; v ð a y g ð tajymif t v l u ð u ð i ð ð a e v ð a y g ð

o n ð v ð tajymif t v ð q ð v ð o b m 0 w & m ; u ð e m ; v ð n ð v m a w m ð o l t a w ð t a c : a w ð t p ð t v r f p ð v ð a w ð y g a j y m i f v m w , ð

c P & y ð y ð o l a & ; j y e ð v , ð

**အထွေးအခေါ်ဟောင်းများသည်**  
**ဒိန်ခဲအသစ် ရှိရာသို့**  
**သင့်အား . . . လမ်းညွှန်လိုမိမည် မတူတီ။**

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a [ m c & ð q u ð v , ð O u ð y g v r f w p ð a v ð u ð i t a o m ð e ð ð v , ð ' ð e c a w ð r a w ð a o ; b t / a e m u f x y ð w ð v m w ð o l a v m u t j r i a w ð u ð j y e a w ð v , ð

t a w ð o p ð t j r i b p ð v ð u m i h t r t u s i ð t o p a w ð o l ð i ð i v m w , ð q ð v m o l o w ð x m ; r ð v m w , ð

' ð e c ð y ð o m j p ð q ð ð w p a c g u f j y e ð ð i ; c w e ð u t r t u s i ð i ð o l ð i r & ð a w m i b t /

, ð u n ð c u f a j y m i f v l u ð y q ð v m e ð o l t j y k t r l t a e t x ð i y g a j y m i f o ð i ; w , ð q ð v m o l o l y ð

t a j y m i f t v ð q ð v m v l u ð i u ð a y ; w , ð M i o i f , ð e s i f , ð y g / t a j y m i f t v l u ð q e l l u s i ð v l u ð q e l l u s i ð y g / ' g r ð [ k w ð ' ð e c b p f & ð y ð a w m c & ð u t a j y m i f t v l u ð u q ð ð t a x m u f t u j y k w , ð M i o i f , ð u n ð e ð i ð y g w , ð t j g a w ð t m ; v ð [ m o i f b , ð M i u n ð i ð u ð a & ð c s , ð v , ð q ð v ð t a y : ð i w n ð y g w , ð

e ð a y : ð i o l a & ; j y e ð y ð

**ဒီနိုခဲသစ်ကို ရှာတွေ့ပြီး  
စားသုံးနိုင်ပြီလို့ သင်မြင်လာတဲ့ အချိန်ဟာ  
သင့်ဘဝလမ်းကြောင်း  
တစ်ဆစ်ချိုး ပြောင်းသွားတဲ့ အချိန်ပဲ။**

o l o m j p d a e & m u a p m a p m c b i l y d t a j y m i t v l u l l v u b l r , f q & i f c c s e r f i n ' l x u f t a j t a e  
a u m i f a e r f i v l l a [ m w p a , m u f c h s o a b m a y g u & f i w , f a v /

p d v b & m 1/2 y f y g ' g x u y l l y d t m ; a u m i f a r m i f o e f j z p a e r f i n / ' e c b o p a e m u f u l l v l u & m r f i v l o w d  
t j y n l l t m ; r m e f t j y n l e y a e r f i n /

l y b a w m h ' b t c s e b a v m u f q l l ' e c y l l u d x l a & m u f s i f a & m u f a e r f i n /

w u , f i t a j y m i t v l j z p a e y g v s u f z w f j i f i l l y d t c s e b a w g j z l e f c j c i f y g v m ; /

a [ m [ m 1/2 b r o p d v c e f t m ; a w l u l l p p n f v l u l w , v l y b r s y l l a o ; a o m o u f y g v r f a w b q d r a & m u f  
z t a o ; w h a e & m a w b q u l l o b ; z l l q h j z w v l u l w , v

a j y : & i v i n ; & i f ' e c a w e [ f i e n e f e n t ' b i e n e f e n t a w b w , v ' b a w m h o l j y e a w g l u n l w , v  
a e & m a y g i f r m ; p b r f i n o l t a w g t j r i f a w g a & ; x m ; c h r o v l t w l u f o l o r f o m a e w , v

[ r f v l u f m & i f ' p m w r f [ m o l t w l u f o u f y g v r f n e b a w g j z p l v t r , m l o l , l u n l w , v o l  
v l u f m j z p & i f a y g b a v /

r b o b ; w h v r f a l u m i t w l l f o v l u f m j z p y g a p v l l y l a [ m q l a w m i t & a w m h v m a y g h t i f . . .  
' g q & i f a w m h i g h v u b a & ; a w g o l a w l a u m i f y g & l l / z w l r d a u m i f y g & l l /

a w m f a w m f l u m l u m u w n f u a & ; z l l p d v l u t & e b w h p u m ; v l a w l u l l o l a & ; c s v l u j y e l w , v

**မသိမသာ အပြောင်းအလဲ တလေးများကို  
စောစောစီးစီး သတိထားမိမယ်ဆိုရင် . . .  
နောင် ထွေရမယ့် ဧရာမ အပြောင်းအလဲကြီးများကို  
ရင်ဆိုင်တဲ့ နေရာမှာ အထောက်အကူ ဖြစ်စေတယ်။**

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clawmh a[ mwpá, muf twwvul twvfrsxm;ch? tem\*wel o[ Zmwjzptzly) tm/lykawmh w, /

Oufygrh ylvbe? ylvjrewh ajcvfrsm;el oquhjay;aw, / w, frlmygbt/ xifvltwlf jzplvmawmhvmgy/

Oufyg[ m olurhv jzplvmw, / obh;aeusc&dv jzplvmw, ? tfrh yefwlfel 'ef;cel oh;vllawmhvmgy/

]tife) vll ac:wh 'ec&ylom topfvptck bh;cel oha&frhjay:vmw, fav/

txull Oifoh;awmh jri&wjriuf&falmuif ol txlvwvef jzploh;w, / 'gavmuf rsm;jym;wh 'gavmufrihm;wh 'ecitylvul olvplouf wpcgrs rawlzt;cbt/

tJ Dtxu trst;tpm; awmfawmfrsm;rsn;ull ol rjrizt;bt? rlum;zt;bt/

wu, favvm? tyfrufvm? a0a00g;0g;el ol wtlwlb jzpaewlefri rdwá[ mifaqa[ mif Efa, mulull oh;awlv, / pepzef pum;&hav/

pepzlu a[ mulhcgifndlyð c&DDBulykw, / pum;&du vubef;uav;axmijlyð Elwquf w, /

Efaumi pvl Aluluav;aw&vll 'ae&mul a&muafewm awmfawm lumlyqvlvm jyaewmav/

a[ mu olvull cyavmavmElwquf) i wifwef 'ecawull wpcbsif; plvbuluf jrn;fawmhvm y/ Nyrs zeyc&v? tm;upm;Owplw&Rmlyð a0a00yoyf acguw, / ta&tallumifq&if csubisif; aumup&Elw, fav/

aemufawmh 'ecylvutv, full defqifvlwawmhvmgy/ t0tlyl pm;Nyrs vwlvwqvwqwl 'eclvplwull arhufullyð aumif;day; qlawmitvluw, /

]tajymif tvl twlvá[ }

'eclvwlvwqvwqvwawG wplvupm;ae&if; &&lvh tawltbulaw&tallumif ojeaw&w, /

vwpowawmh vllOr&awmhwh 'ecfta[ mifawull tyfrufurufawm[ m tajymif tvlull ig allumufbeclwmygvm;qvlvm jyejri vmw, /

'gql b, ft&mu olull ajymifvlwlvmy/ iwlybaorhu allumufvmaallumifvm;? ja[ m) jyep0f;pm;w, /

] [ kvlv, f . . . tJ gv) ygvdr, }

'bawmh oabmayguob;Nyð ol &, fw, fav/ vrfv&ewmuð odmvll ul lulu f jye&, Nyð pajymifv&wmy/ tjrefql ajymifv&Eð enfvrf[ m ul h&urhtw&ul ul jye&, fyp&eNy/? tJ&v &, Eð Nyð&if csutsif tvly&jp&awmhvmy/

a&bu&wNyð qu&vly&Eð ]pep&Eð e/ ]pum;&ð)w&h&qu&v ul oicef&pmaw& &v&u&w, /

olw&u b0ul ½&½&uav;aw&w, / v&wmxu&ly&Nyð rp0f&pm;bt? ½&ax&atmif rvly&bt/

'e&c&ly&om ]pð rñ taj&ctaeaw& ajymifv&mawmh 'e&ca&w&½&ð&ð;awmh 'e&ce&ftw& olw& v&u&ajymif&ð&wmy/ 'gu&ð ol b, fawmh&S r&ar&awmh&bt;/

tJ&ð& a[ m[ m &u&u&av;aw&w&uf v&u&av;aw&u y&Nyð&om&u&mi&fjyz& o&ð&ð&E&ñ&u&f&u& to&ics awmh&wmy/

t&w&v&u&tr&ñ;aw&u& ol jyep0f&pm;w, / tem\*wf&tw&ul p&h&u&e&f&aw&w&sw, / tajymif&tv&e/ E&f&yg&ð&ñ;z& o&im&u&av&v&mv&w&w, f&qu&w& ob&ly&av/

t&mw&h& f&u& ½&ð&½&ð&½&S f&½&S f&u&av; aw&w&z&w&w, f&qu&w& y&Nyð oabmaygu&f&x&m;&r, / tav&ð&ht&wif vly&w&r, / Nyð&awmh jref&ref&e&f&e&f vly&w&ñ;&r, /

v&wmxu&ly&Nyð ½&ax&atmif p0f&pm;z&rv&bt/ ta&u&mu&f&w&m;aw&w&E/ a&mu&f&w&ñ&if tqibih jz&p&eatmif tajymif&tv& uav;aw&u& ow&w&e&w&r, /

tav&ð&ht&wifvly&z&v&nf jref&e&w&r, / t&ce&f&rvly&Eð&if a&mu&f v&ð&Orvly&z&p&w&mr&ste/ u&u&Eð&if w, /

tajymif&tv& rvly&w&atmif c&ly&w&nf&x&m;w&h w&m;ç[ m r&ð&u&ð& f&w&ly/ 'ga&u&mi&h ul f&u& f&w&u& ajymif&v&h&w&r, /

t"u&tu&sq& ta&u&mi&f&w&m;[ m oif to&ð&tr&svly&f&yr rjy&f&y&K wp&ae&m&mr&ñ 'e&ç&to&f &w&e w, f&qu&w&my/

ta&u&mu&f&w&m;u&ð& ar&mi&f&x&wly&p&Eð&Nyð p&e&f&pm;ce&f&z&ð&Ny&qu&w&me&ly oif q&v&mb&u&ð& ç&pm;&r&ñ&ly/ 'gayr, h& a&u&mu&bi&f&w&h up&u&w&ñ&if a&u&mu&w&r, f&qu&w&mv& ul ok&m;w, / wu, h& t&E&w&, f& a&ñ&ii&f&u&ð&f& Eð&tr, h& a&u&mu&f&ci&f&r&st&av/

'gayr, h& r&sm;a&om&tm;j&zi&h ol aw&fa&u&mu&f&w&mv&aw&w&[ m t"y&f&j, f&r&ð&w&mq&w&v& ul a&mu&f&S oabm aygu&f&v&w/ tJ&ga&u&mi&h ol t&ce&f&rv& tajymif&tv& rvly&Eð& f&ch&w&mayg&h

tJ&ð&w&e&f&u& tajymif&tv& q&w&w&bu&ð&u&ð& ol v&ð& v&ur&ç&u&bt/ u&ð&u&mi&f&x&mu&f&v&v& tajymif&tv& [ m olu&ð& f&u&ð& ac&gi&f&f&ð&ð&ð&ð&if&v&m&Nyð y&ð&u&mi&f&w&h 'e&ç&qu&ð& v&r&f&ñ&E&ay&ç&w&v/

wp&ly&ð& f&w&nf&r&ñ olu&ð& f&x&h&ñ&ð&w&h t&ñ&ft&csif& a&u&mi&f&aw&w&mi&f&ay:v&mao;w, /

w&v&w&w&h A[ b&kw&aw&w& jyep0f&pm;&if& oli, f&csif [ r&f& ta&u&mi&f&yg& ac&gi&f&x&ð&if&v&mw, /



'ec&ylom ]p) rñe! vrfwpáv(uf oa&chw elvawúll ol zwirS zwirlygrvm;/

[ rfwpa, muf plwlvwlvuivwe! xluam vmjzpygrvm;/ OufyxDi fvmly? olb0  
qufvu&S a&[ m bmqllvm o&ñazaw&ylgrvm; rof

olqjyebñ;&&if aumifrvm; awfrijyew, / a[ mu vrfuú aumifaumifurfaelyav/  
aw&if 'C jzpaewblull w&m;jyEú faumityg&W/ pntf%úEú faumityg&W/ 'gayr, h wptcg Bultpm;lyDlyD  
qlvm jyefow& vmw, /

wu, fawmh [ rf[ m ]twñ[ d twaem emaxm] . . . uú fuú fuú tm;uú&rñ/? b, blurs  
oltwúf vlyay;vú&bt/ twif wúúwéfvúú) r&bt/

ajymifvjci&W tusttjrwuú uú wúú f &ñ&rñ/

oltwúf olvépawG xm;ch lyDlyD/ e&ay:u pmwrfawG zwir&if vrfreúú aw&Rñayñ

'ec&ylom ]tife]&W tus, jyellqú e&H wpae&mrñ rsviom; clbr0 tawúúMúawG pnyD  
a&cjyew, / lyDawmh pmwrfawG ay: rñ {&mr 'ecyúúú qúúúúw, / lyDrs olb0 tjriawúú  
MunlyD lykaew, av/

**အပြောင်းအလဲဆိုတာ ဖြစ်မြဲ ဓမ္မတာပဲ။**

**အဲဒီ အပြောင်းအလဲက 'ဒီနိုခဲကို အမြဲတမ်း နေရာ**  
**ရွှေ့ထားတယ်။**

**အပြောင်းအလဲကို ကြုံဖျောင်းထားပါ။**

**ဒီနိုခဲနေရာ ရွှေ့ထားမယ့် အထွက် အသင့် ဖြစ်ထားပါ။**

**အပြောင်းအလဲကို သတိနဲ့ စောင့်နေပါ။**

**ဒီနိုခဲကို မကြာခင် နှစ်ကြည့်ပါ။ မှီနဲ့ကို သတိပြုပါ။**

**အမြဲနိဆုံး လိုက်လျောညီထွေ ပြောင်းလဲပါ။**

**ဒီနိုခဲဟောင်းကို မြန်မြန် သံယောဇဉ် ဖြတ်နိုင်လေ**  
**'ဒီနိုခဲသစ်ကို မြန်မြန် ရလွယ်လေပဲ။**

**အပြောင်းအလဲ ဒီနိုခဲနဲ့ အတူ လိုက်ပြောင်းပါ။**

**အပြောင်းအလဲကို ချစ်မြတ်နိုးပါ။**

**စွန့်စားခန်းကို တန်ဖိုးထားပါ။**

**ဒီနိုခဲအသစ်ကို အရသာရှိရှိသုံးဆောင်ပါ။**

**နောက်တကြိမ် အမြဲနိ ပြောင်းလဲဖို့ အသင့် ဖြစ်နေပါစေ။**

**ပြီးတော့ ပျော်ပျော်ပါးပါး စားသုံးပါ။**

**သူတို့က ဒီနိုခဲကို အမြဲတမ်း ဆက်ပြီး နေရာ**  
**ရွှေ့နေထိုင်မယ်။**

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' e c & y i o m ] p d r s [ r e l c e l w h t c e f t w i l t w m u l a [ m j y e p 0 f p m ; v l u l w , / M u m c h y / t a 0 ; B u d u l a & m u c h y / ' g a y r , h ' D t a j c t a e r s y l N i t h i t u a v ; E s y a e v l u & i f [ r & l l b 0 r s t u l v G l v G l u a v ; j y e b & m u l o b i ; E l l w , f q l l v m v l a [ m w p a , m u f o a b m a y g u l w , /

' g a l u m i h ' e c & y i o m ] t i e j u l a e l w i l f p p a q ; w , / ' e c l t a j c t a e u l t h w r f a v l w m w , / t x w l w v e l j z p p & m a w e l r a r o m i t w h t a j y m i f t v b a w G j z p l m r s u l a & s i E l l a t m i f b m r q l o m y f r i y /

' e c b a w l u a w m h a w m i f y l & m y l & h e w l e f y / ' g a y r , h O u f y g x b u l u y d a e l w i l f a v l w m w , / a e & m o p f a w l u l a v o u l o b i ; w , / y w D e f u s i f r i b m a w j z p a e w , l q l l v m r s u j c n j y w i r c l a w m l b t /

' t E l y d Z i t c h e w m x u f v l y l y l & s i ; & s i ; o b i ; v m p i p r f a e w m u y l l y d b o v l c h l & s i w , l q l l v m o l o d m l y d a v /

t j d i a j c o l v l l v l y l & s i ; o l v p t c k O u f y g x b u l u o l M u m ; v l u l w , / w j z n t j z n t t o l l y l u s , l w m w , / a o c s m l y d w p a , m u b a , m u f v m a e l y d a [ m [ h x m i l u o l b b i ; c e l a y : v m a v r v m ; /

w l l w l v l w l w l w l q l a w m i f v l u l y d a [ m u o l i , c s i f u l l & i l w r r a p m i h e w , / ' l v l q l a w m i f l y d a p m i l c h a y g i f v l r s m ; y g l y d a v /

t i f . . . a e m u f q l a w m h o l i , c s i f [ r l w p a , m u f a & m u f v m z l . . .

**ဒီနိုခဲနဲအထူ နေရာ  
လျှောက်ကြောင်းပါ။  
ပြုံးတော့မှ အပိုင်ယူပါ။**

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ဆွေးနွေးပွဲ

(ထိုနေ့ ညပိုင်း)

Zmwvrfqkobi;awmh rluu, lu tcefxlu aONunMufon/ oli, tsi;tm;vH oluH  
NyN;N;BuD jyeMunfaeM\

NyDawmh aus;Zi;wi;faMumif, OifajymMuon/ Zmwvrfxlu trsm;BuD &vlu;faMumifvnt ajymMu  
\

aeoefu tm;vHull ar;vlu;fon/

]]wlvpaWG jye;awNyD nusrS xy;aq;faEGMu&if raumif;bt;vm;}}

tm;vH oabmwMu\ ol;zi h . . . nprpm;rD , rumOH;fz&if pum;ajymLuzH ppOvluMu  
on/

naeyHf a[ mlv, lwpckN oboe;ef;wif jye;qMu\ 'ecl &ny;awmftaMumif aemufajymif  
uΦ, &if pm;N;N;yeMuon/ olwluH wif Ou;fygxj a&mu;faeMuonh tvm;/

xhemuf tif\*svmu cy;1/2;1/2;f ar;on/

]]ul . . . eiwluH eiwluH Zmwvrfxlu b, be;f wlv, f xi;bov? pepz;vm;? pum;&D;vm;?  
a[ m vm;? [ rfv;}}

um;v;hu pajzon/

]]at;[ . . . t;D taMumif ae;vnu ig pOfpm;aevm/ ig&ll tm;upm;ypin;vly;ef rpcif  
tce;luH ig aumifaumif rsvr;lv, / tajymif;tv;aw;e;f awm;awmf eye;f;v;H;w, / ig pepz;awmh

r[ kw/bt/ tajymif,tvluu ig b, lawmrS BULLyDtelr&bt/ NyBawmh ig pum;&Dv] r[ kw/bt/ t]g aocmw, / bmvv/bqawmh ig&lvly&sn;rawG rjrelbt/ rolu/bt/ wu, lu [ rfe] igwlvwm/ aeaeusa&mr&ny] aecsi/w, / ul lywDef,usi r&ny] ul baymw, / tr&ftwif, Oe&if tajymif tv&] ig &irql&csi/bt/ Mu&vnt, rMu&csi/bt/}}

rulu, f ausmitwlefu um;vES h tciql oli, csijzpon/ t&vnt ausmitwlefu avo]zih rulu, lu . . .

]a[ kumif . . . rif brawG ajymaewmv}}

]rar&vibol tvly&x&sn tajymif,tv&awG jzplw, }

rulu, lu um;vll tajzul Mum;awmh &, NyBajymon/

] {u& rif tvlyf jy&v&nyD xi/w, /}}

]at; . . . ig tjiyul x&nyD 'e&ctop r&csi/bt,q&gawmlu&/ tajymif,tv] [ m ig&qd a&murvmbol;v&ajymzll ig&sn taxmuftxm; taumifpm;aw&Dv, / 'gallumih t]Dvlefu ig t&rf pdw'gw&usch&v, /}}

tpyl&sn Nit&ellaw, / oli, csi& wp&oluf aeomx&fom &&vmllyD pum;O&f;x] Oifvmlu on/ olw& tx&w&f wy&x&Dib&sn;onh z&i&vntfygon/

z&i&lu . . .

] [ rft&llumif Mum;&awmh oli, csi& wp&a, muful o&sn;ow&rdw, } [ k tpc&nyD ol taw&tt&mu&ll ajymjyon/

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\*sup&llum Oif&q&E&son/

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v h v / awmlawmf pdwDi pm;p&maumi fw h pum;O h fawG jzplvmr h aocsmw, /}}

Zmw&jymol rlu fu, fu xy&f w, /

]]at;ayghv/ vlyi ef w l w u a t m i v l w l ' D t w l f v l y l u w m y / ' e c Z m w l v r f u l w l t B u r B u r f  
aqfaEgcluwmaygh ' Zmwlu ae b m a w G & r, / u l f y l l b O r h b, M l t o l c & r, f q l v m a w a y g h ?}}

]]bmompum; wlv h l a w G t c s i f c s i f t a j y m i f t v e & i q l l z l u p a w a j y m & w m e d y f g w, / x e & m u r l  
v n f & w, / i g w l u r i P l u l a w m l a w m f e u e u l f f u l f u s, f y e l b h ; w, /}}

aeofu xy& r ; o n /

]]b, fvmuxd us, fye l b h ; o v l q l y g O h}}

]]' B l u G . . . i g w l t z l t p n f x u l w u, f u f q i f l u n h a w m h s o l w h r h c e f t m ; r & b t v l  
x i h e w h v l a w m l a w m h r s m ; r s m ; u l a w G & w, / t j g u b m u h j y m a e o v b q k i f o l w l [ m t a y : u  
u s v m r, h t a j y m i f t v u l o l w l y h l u m u a e l u w m y / ' g a l l u m i h t a j y m i f t v u l o l w l v u r c h  
c s i l u w m /}}

]]tr&luawmlu h . . . t a y : u u s v m w h t a j y m i f t v e l b, f t & y l u u s v m w h t a j y m i f t v l  
j z p j z p l t w l w y g y /}}

r l u f u, f u x y j z n h o ; w, /

]]ig ' e c Z m w l v r f u l a p m a p m p h p h c & i f o y l a u m i f r h y l u h /}}

]]bmjzplvl rlu fu, &}}

um;v h f O i f a r ; j c i f j z p N /

]]' B l u G . . . t a j y m i f t v u l & i q l l u z l i g w l p O f p m ; a e w l t c e r h v l y i e f t a j c t a e u  
a w m l a w m l q h a e l y l v l a w G x u h a e l u l y l t j h r h i g h o l i, c s i f a w G v l a w m l a w G a w m l a w m h r s m ; r s m ;  
y g o h ; w, / b m r s w w E l l w h t c e a v ; w l ' D t w l f v u l y l u n h a e c l a w, / b, M l j z p j z p l  
u r i P r h r x l u y l u s e h e w l t m ; v l ' e c l Z m w l v r f a l u m i h o l w l t j r i f a w G v h o a j y m i f o h ; w, /  
t & m w l f u l h a x m i h w p r s t u l u n h a w w l m w, M l a j y m l u w, /}}

]]xubon;lyd tvlyop&siluwih vlawuawmh yxr vubcEEl rvG lwhtalLumif 'gayr, h Zmwlvrfuul tao;pdvlaw&awmh olwltwluif trsm;BuD taxmuftu&clwhtalLumif ajymLuygw, /}}

tifsvmu . . .

]]b, f[ mu olwltwluif taxmuftul t&qWV}} [ k ar;jrefon/

]]olwlt pum;t& ajym&i&awmh olwlt tBuluqH tcefu taLumuiv&m;uul armi;fxkwEEl NyD qWVmeY ' ebcitopf[ m wpae&m&mrh wu, f &Bew, / vm&sr, h vluul toih apmi&ew, f qWVm odvmwh tcefyWV}}]

]]olwlt ajymao;w, / ' ebcj top&lyH olwlt acgifxrh azmEEl lwmeY olwlt tm;wuivmw, lw/ tiwAd;awf&hvnt olwlt tajctae aumifvmw, lw/ awmlawmtrsm;rsn;u wlpD&hxuf aumifwh tvlyawG &oh;Luw, /}}

avm&mu ar;c&f;xlwfon/

]]rifwluirPrh useawh vlawuawm . . .}}

]] tif . . . olwluawmh [ lwef;uvul tajymif;tvuul rausreyjzplyd ylnlynh rvlyluawmly? ]olwlu ureawmiv&W' ebcuul a%lypMLuLy/ ureawmiv&W ' ebcitopf xU&siluwmaygH...} vlt ajymazmf &vmw, / uH lwltwluif tceuleftrsm;BuD oufomoh;wmaygH pdvfvnt ryiyef&awmlot;/}}

]]oyrLumygbt/ uefveuefvefvyawh vlawGtm;vlt tajymif;tvjzpj&icif&Y tusttjrwluul jriivmLuw, / aemuqH olwlt OibawmiuLuw, /}}

]]bmalumih tJ&M jzp&w, M xiiv/}}

u&N ar;c&f; jzpfon/

]]uH fitxiawmh ulriPwHf&rh &Bvwlvh ]tlypktiftm;} wprstey trsm;BuDqHlvhr, f xif w, /}}

]]eif pOfpm;Lunlav . . . eif vlycbtwih urawG&h xyvlfuaelyd tajymif;tvj vlyr, M alLujimvL&if BulqWvobrsn;ovm;/ jiify, lwbl rsm;ovm;/}}

z&ifu Oibajzon/

]]jiifwbl rsm;wmaygH}}

riLu, lu acgifnrllyd . . .

]] [ kvw, f. tJg bmalumihv/}}



um;vbiu Oitajzon/

]]vawlu tajymif,tv]zpv&if ybqr, / 'galumih Abellusm;aelrjy] aecsiMw, / cyxuf xuf vlvpa, muu tajymif,tv] [ m raumif;bt]v]ajymvlu&if olwltm;v] o b , m i v l u f a w m h w m y / }

nluu, fu jyeajzon/

]] [ kvw, / olw&ixlu t]Dtwhf, c]pm;&wm [ kvcsi fr] kvir, / 'gayr, h t]Dv]v]yfrs olw vlawmpm&ifOifr, f xihawmuu/ t]D r n c y p b p b w p a , m u u o a b m x m ; a y ; v l u & i f t m ; v l a e m u f v l u f a w g j z p b o n ; M u w , / t] g i g a j y m w h ] t y p k t i f t m ; } y / t z D t p n f ; w l f r n t a j y m i f t v l u l ' l u a y ; a e w m t] D t y p k t i f t m ; y / }

bufulu xyjznlon/

]]r]om;px]r]iv] t]grst, jzpE]l]vmyaem/ uav;aw&v] rbawG MUm;r]iav/ 'gxuf 'e b c Z m w f v r f e m ; a x m i l y b w h v l a w G r n b , l v t t a j y m i f t v l a w G j z p v m o v / }

nluu, fu 1/2]1/2]uav; &S]fjyon/

]]vawG ajymi f v l v m l u y g w , / b m v l v b q h a w m h b , b o r s [ r e l r w c s i M u b t a v / }

aeoefygtOif tm;v] & , M u o n / a e o e l u r s w c s u f a y ; a o ; o n /

]]t]gu awmawmaumifwh tcsuy/ i]n]om;px]r]iv] [ r e l b , b o r s w c s i l o t / r e p i u w l j y e a w b y f r n b m v l r i f t] Z m w f v r f a j y m r j y o v / t] g q l y l t v l y z p r f n / }

nluu, fu olhemufq]tawf;u]l]cjyon/

]] Z m w f v r f u a v ; a u m i f a u m i f t o l O i f w , l q l v m o a w m h w l v l y f i e f e l q u p y a e w h v l a w G q u l l j e l v l u w , f a v / t j c m ; u r i P a w v n f t a j y m i f t v l v l f y k w c h e & w , l q l v m w l o x m ; l y b o m ; u l }

\*sup]umh acg]ifxb]l] tawGayg]if]r]m; p n O i b o n ; l y / r e u y l l f w f o l q b l l t o , b r m ; a w G l u z e f a w G t r m ; b u b O i f v m c l n / o l u e m & D i M u n f v l u l y b . . .

]]ul . . . o l i , f c s i f w l i g a w m h v p r ] z p r , / n l w u f a e w h ' e b a w l u k m ; c l y b v w f v w f q w f q w f ' e b c t o p a w G a j y ; & n v l u D r , / }

Og;cel y]uso]n;lyb] to]b]o] Elw]qu]Muon/

olw] pum;ajymv]r]OMuao;/ olom] tcs]w]e]o]j]z]ih t]r]y]e]l]u] & a w m l r n / v p r c e i f n l u u , f u l l O i f a u s ; Z i w i M u o n /

rluf, lu . . .

]]at;u& . . . 'Zmw&vr&uav; ritw&ttw&uf to&usw, k&f&ig Or&omygw, / wjcm;  
vaw&ql&vnt; vufq&urfay;zl ri&w& M&B&ul&v&tr, M& igx&ifygw, B} [ k ed&H&ky&v&uf  
on/

wi&armifrih

(Ny&yg&ly)

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WHO MOVED  
MY CHEESE ?  
DR. SPENCER JOHNSON

သင် အလုပ်လုပ်ရာ အဖွဲ့အစည်း  
သင် ကျင်လည်ကျက်စားရာ  
လူမှုအဖွဲ့အစည်း  
သင့်ဘဝ၏ ပေါင်းသင်းဆက်ဆံမှု  
နယ်ပယ်တွင်  
တွေ့ကြုံရမည့်  
'အပြောင်းအလဲ' ကို ရင်ဆိုင်ဖို့  
အကောင်းဆုံးနိတိ  
အကောင်းဆုံး သိုက်လမ်းညွှန် ...

ငါ့ဒီနေ့ကို  
ဘယ်သူ  
နေရာ  
ရွှေ့ထားသလဲ

တင်မောင်မြင့်

