

O lotok ato riyar

O lotok ato riyar, o ka'oripan no polong no maamaan a pina'orip, o kilangilotok, mata'elifay to ko pinapi:na a patek no mihecaan ko kahalafin no 'orip. O maamaan a pina'orip no riyar, ira to ko pinapi:na a patek no mihecaan ko 'orip nangra.

O lotok, mahecad to wina, midipot to kahirahira no pina'orip, painihaca to sanga'a:yay kaitiraan a lomahad, fangcal ko 'orip nangra itira a malacafacafay, nga'ay ko kalalicalicay nangra. Masasiiniini to kanga'ayan, awaay ko mala'afa'afasay to sera a ma'a'ide'ides to kaitiraan. Nanay miki hecad kita to lotok a kadofah ko olah, ano awaawa ko adihayay a sapaini no mita, kaorira, ya kadofahay a olah no mita ko sahinom to mararomay a tamdaw, ta mahinom ko faloco' nangra, mapadama ko cimapadesay a tamdaw, deng o olah ko pakahinomay to falo no tamdaw. Ta mafana' cangra to cowa ko masacecay a masapakoyoc ko 'orip nangra, haenen no mita ko faloco' mihecad to olah no lotok a midama to cango'otay a tamdaw.

Mahecad to riyar ko wama, ta'angay ko tapelik, pasifana'ay kitaanan, o katalawan koni a riyar, ano masaterep ko riyar, o papi nengnengay kitaanan

to kadofah no maamaan i riyar. O pipasifana' no riyar kitaanan a papihapinang to harateng no ccay a tamdaw. Ano maketer ko cima a tamdaw i, aka ka caloh milicay to katatiihan no faloco ira, talaen ho, papisapatelen ho a papisinanot to faloco', nga' tengilen to omaan ko karorayan, katatiihan no faloco ira, ta mang'ay ko kalalicay, mahinom ko mararomay a faloco' ira. Mahecad to wina ato wama no mita ko lotok ato riyar, mipasifana' kitaanan to masamaamaanay a sakalatamdaw a demak.

Pakaynien nira to nika fangcal ato nika tadamaan noni a serayan ko tinako,

Haenen toni ka fangcal no serayan konaka kapah no faloco' matomesay no olah afaloco'.

Ano tapalen no mita a minengneng ko kasasiroma no lotok ato riyar i, maca'enot no mita ko masaromaay a pakayraan to sakalatamdaw. Ma'araw no mita ko milinikan nona hekal, ano taenek marawraw ko faloco' no mita, katayra i riyar minengneng to pisa kowakowad no tapelik a makero, tayra i lotok, mihafhaf to fangsis no kilakilang, nga'masaysay kahemaw ko faloco'

## 山與海

這篇文章以山與海為喻，說明自然蘊含著豐富的生命與智慧。山像母親，無私地養育萬物，提醒我們要有愛心，幫助困苦的人；海像父親，教導我們懂得等待與體諒他人的情緒。山的包容與海的變化，讓人領悟到自然的美麗與人生的道理。只要看看山與海，心情就能變得平靜而愉快。