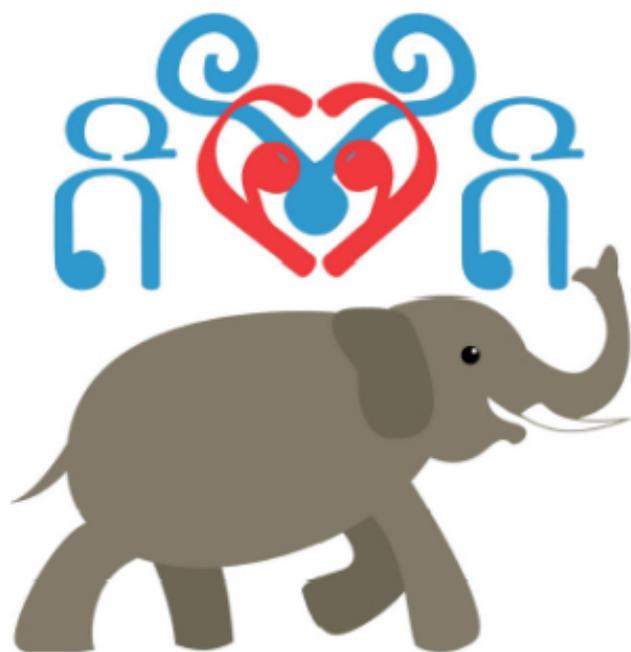


Glad  
to have a



Good Heart



**Lao**Lessons

For audio clips, go to:  
<https://laolessons.com/audio>

*“Judge nothing, you will be  
happy.  
Forgive everything, you will be  
happier.  
Love everything, you will be  
happiest.”  
- Buddha*

*"Educating the mind without  
educating the **heart** is no  
education at all."  
- Aristotle*

Copyright © 2020. All rights reserved.

---

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any way by any means, electronic, mechanical, photocopy, recording or otherwise without the prior permission of the author except as provided by USA copyright law.

---

# INTRO

This illustrated eBook is a short and fun introduction to the Lao language. With accompanying audio, readers will learn about “heart-based” ຈິ /jai/ Lao words.

The eBook follows an elephant reacting to certain things with an accompanying illustration to highlight the concept.

## USAGES OF LAO HEART WORDS

Lao heart words are used in everyday speech, traditional Lao songs, as well as expressing sadness and happiness.

As such, Lao is often known as the language of the “heart” ຈິ /jai/

In Lao culture, the heart is where the mind is -- that is, the mind and heart can be seen as one.

Understanding Lao culture is not so much a “state of mind” but rather a “state of the heart.”

Suffix: ດີຈິ/dee jai/ = Good + Heart = Glad, Happy



Prefix: **ใจดี** /jai dee/ = Heart + Good = Kind, Good-hearted

Please note that the words you'll be learning in this mini eBook are just a small selection and not an exhaustive list of all the "heart-based" Lao words.

The use of transliterations in this book is merely for convention -- do not rely on it for pronunciation accuracy. You should first listen to the accompanying audio clip recorded by a native speaker a few times for "ear training."

Likewise, the translation in this book is not meant to be a literal one-to-one Lao-English translation. Rather, it's a close approximation as certain Lao words and cultural concepts do not translate well.

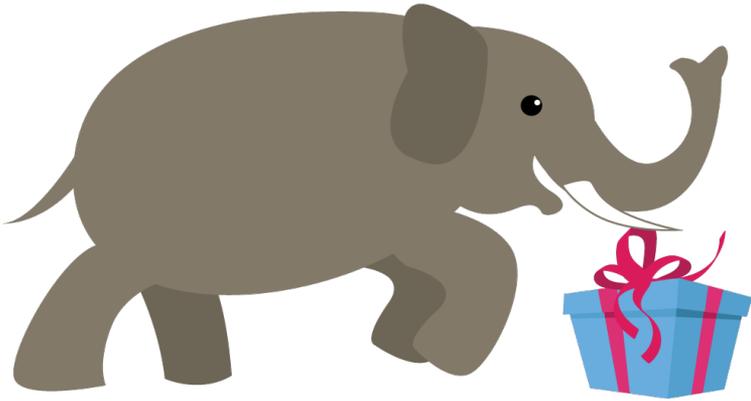
Learning compound words is a great way to build up your reading vocabulary. By reading aloud with the audio, you'll improve your listening, speaking, and reading skills in Lao.

Now let's start learning Lao!



1A  ຂອບໃຈ = thank you, grateful

“Fulfillment of the heart”



1B  ຂອບໃຈທີ່ໃຫ້ຂອງຂ້ວນຂ້ອຍ

Thank you for giving me a present



## VOCABULARY WORDS

ຂອບໃຈ /kawb jai/ = thank you

ທີ່ /thii/ = that

ໃຫ້ /hai/ = to give

ຂອງຂ້ວນ /kwang kuan/ = present, gift

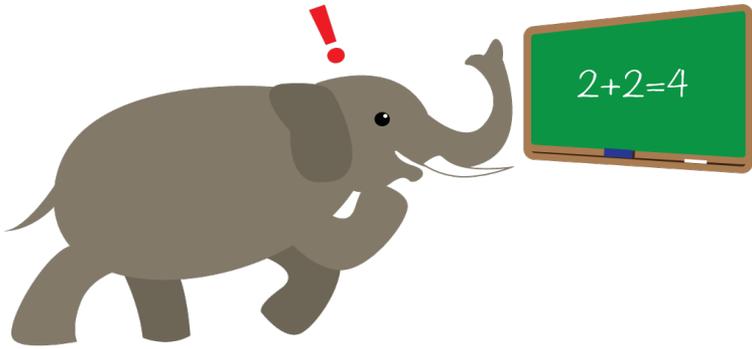
ຂ້ອຍ /khawi/ = I/me

*The word ຂອບ /kawb/ by itself can mean “brimming”, “circumference”, “on the edge/ border of.” Thus, brimming of the heart can indicate one’s heart is fulfilled completely in expressing gratitude.*



2A  ເຂົ້າໃຈ = to understand

“To enter one’s heart”



2B  ເຂົ້າໃຈເຫັນອີກເຫັນໃຈກັນ

We understand each other very well.



## VOCABULARY WORDS

ເຂົ້າໃຈ /kow jai/ = to understand

ເຫັນອົກ /hen ok/ = to see

ເຫັນໃຈ /hen jai/ = to connect/bond

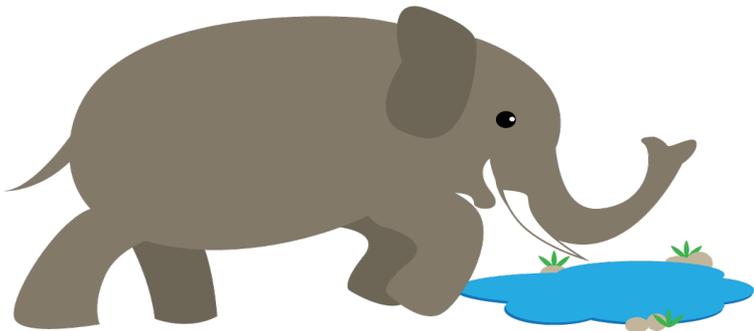
ກັນ /gan/ = each other

*To understand each other really well also means to “see one’s or the other person’s heart”. Thus, ເຫັນໃຈ means “to have connect or bond with”*



3A  **ດີໃຈ** = glad, happy

“A heart that is feeling good”



3B  **ລາວດີໃຈເພາະວ່າລາວດື່ມນ້ຳ**

*He feels happy because he's drinking water*



## VOCABULARY WORDS

ລາວ /lao/ = he, she (pronoun)

ດີໃຈ /dee jai/ = glad, happy

ເພາະວ່າ /puaa waa/ = because

ດື່ມ /deuam/ = to drink

ນ້ຳ /nam/ = water

*ດີໃຈ is a combination of (good + heart). It is a word that closely translates to "feeling glad" -- something good happened.*



4A (▶) တၵ်ႇၵိၵ်ႇ = intend, concentrate

“A heart that is set on something”



4B (▶) ၵိၵ်ႇတၵ်ႇၵိၵ်ႇၵိၵ်ႇၵိၵ်ႇၵိၵ်ႇ  
I intend to go to the market today



## VOCABULARY WORDS

ຂ້ອຍ /khawi/ = he, she (pronoun)

ຕັ້ງໃຈ /dtang jai/ = concentrate, intend

ວ່າ /waa/ = that (auxiliary particle)

ຊິ /si/ = will

ໄປ /bpai/ = go

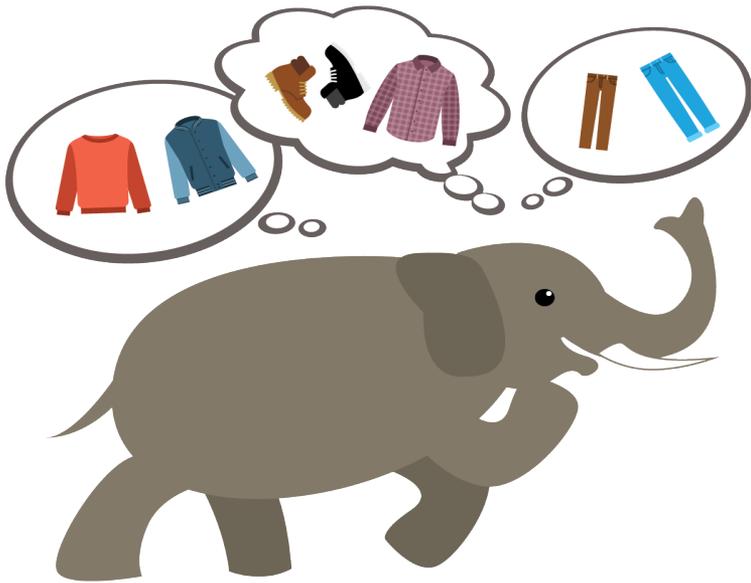
ຕະຫຼາດ /ta laad/ = market

ມື້ນີ້ /meau nee/ = today



5A  ປ່ຽນໃຈ = to change mind

“To change one’s heart”



5B  ຂໍໂທດເດີ, ຂ້ອຍປ່ຽນໃຈແລ້ວ

*Excuse me, I changed my mind*



## VOCABULARY WORDS

ຂໍໂທດ /khaw thot/ = excuse me

ເດີ /derr/ = (polite ending particle)

ຂ້ອຍ /khawi/ = I/me

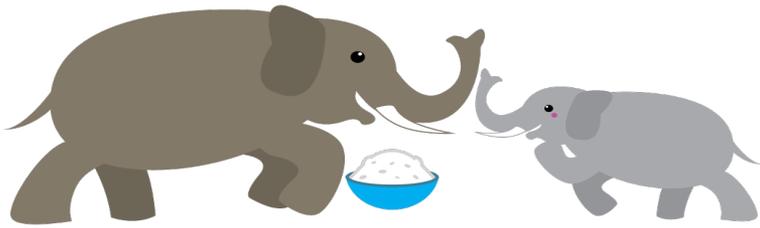
ປ່ຽນໃຈ /bian jai/ = change mind

ແລ້ວ /laeo/ = already



6A 🎮 ສົນໃຈ = to have interest

“To absorb into the heart”



6B 🎮 ເຈົ້າສົນໃຈອາຫານຈານນີ້ຂອງຂ້ອຍບໍ່

*Are you interested in this dish (recipe) of mine?*



## VOCABULARY WORDS

ເຈົ້າ /jao/ = you

ສົນໃຈ /son jai/ = interest

ອາຫານ /ahaan/ = meal/recipe

ຈານ /jaan/ = dish

ນີ້ /nii/ = this

ຂອງ /khawng/ = of (possession)

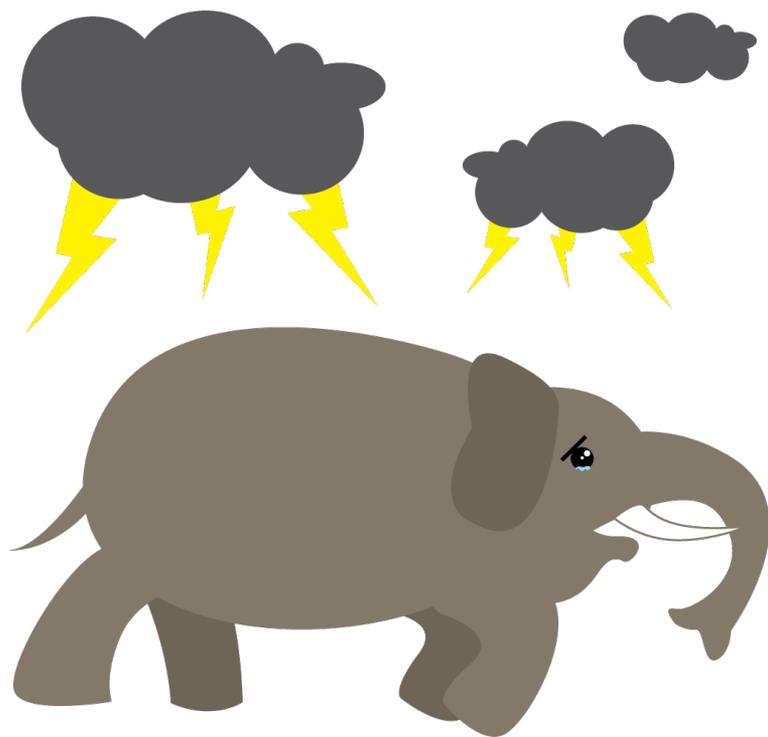
ຂ້ອຍ /khawi/ = mine/me

ບໍ່ /baw/ = (question particle)



7A 🎧 ຕົກໃຈ = shocked, suddenly scared

“A falling/dropping heart”



7B 🎧 ຂ້ອຍຕົກໃຈສຽງດັງ

I got shocked by the loud noise



## VOCABULARY WORDS

ຂ້ອຍ /khawi/ = I/me

ຕົກໃຈ /dtok jai/ = fall/drop + heart => scared, shocked

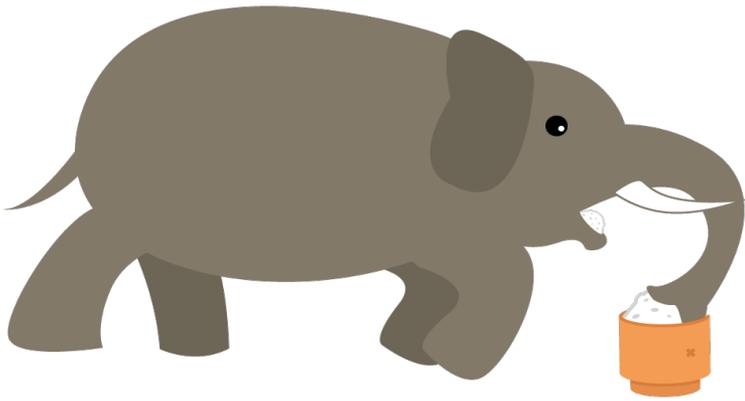
ສຽງ /siang/ = sound, noise

ດັງ /dang/ = loud, noise



8A 🎵 ກຳລັງໃຈ = motivate, encourage

“A heart with strength, power”



8B 🎵 ອາຫານລາວເຮັດໃຫ້ເຮົາມີກຳລັງໃຈຮຽນພາສາລາວ

Lao food motivates us to learn Lao.



## VOCABULARY WORDS

ອາຫານ ລາວ /aahaan laao/ = food + Lao = Lao food

ເຮັດໃຫ້ /het hai/ = do something for

ເຮົາ /hao/ = us

ມີ /mii/ = to have

ກຳລັງ /gam lang/ = (present continuous), force/power  
(noun)

ກຳລັງໃຈ /gam lang jai/ = motivation, encourage

ຮຽນ /hian/ = to study

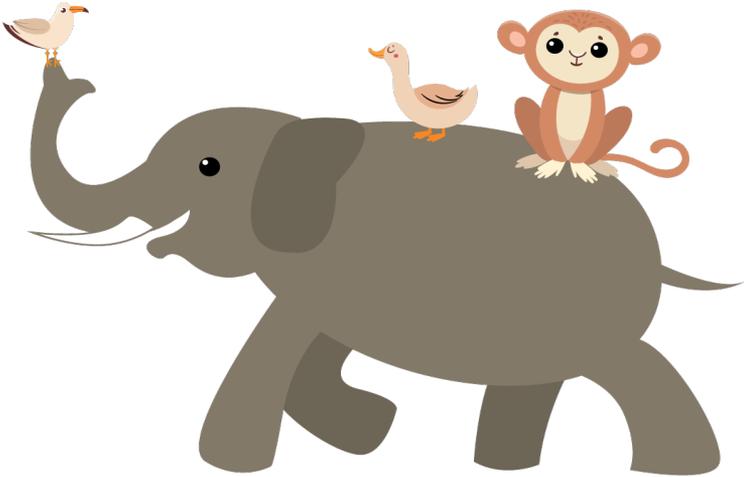
ພາສາ /paasaa/ = language

ລາວ /lao/ = Lao



9A  **ໃຈດີ** = good-hearted, kind

“A heart that is good”



9B  **ລາວມັກຊ່ວຍເຮົາ ລາວເປັນຄົນໃຈດີ**

He likes to help us; he is a kind person



## VOCABULARY WORDS

ລາວ /lao/ = he/she (pronoun)

ມັກ /mak/ = to like

ໝູ່ /muu/ = friend

ເປັນຄົນ /bpen khon/ = to be someone

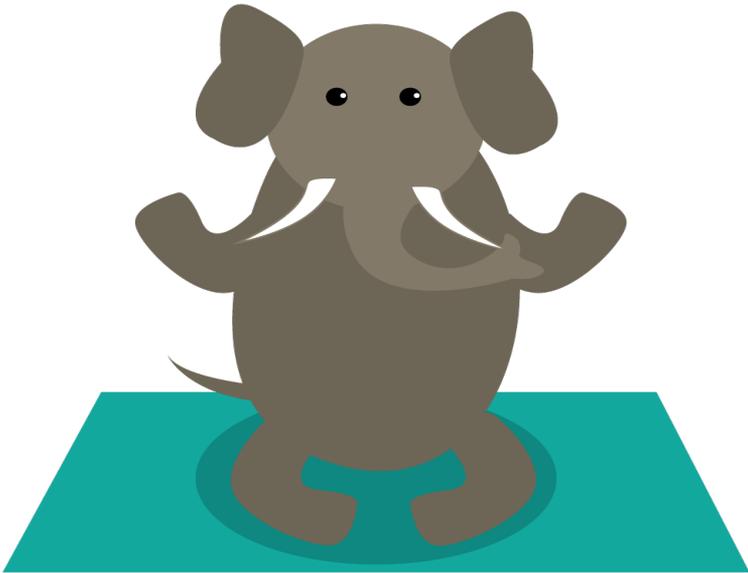
ໃຈໃຫຍ່ /jai nyai/ = heart + big

ລາວ /lao/ = he/she



10A 🎵 ຈິດໃຈ = state of mind/mindset

“Spirit of the heart”



10B 🎵 ການຜ່ອນຄາຍເຮັດໃຫ້ຈິດໃຈຂອງເຮົາເຂັ້ມແຂງ

Relaxation makes our mind strong



## VOCABULARY WORDS

ການ /gaan/ = work, the subject of...(turning a verb into a noun)

ຜ່ອນຄາຍ /pawn kaai/ = mentally relax

ການຜ່ອນຄາຍ = relaxation

ເຮັດໃຫ້ /het hai/ = to do + for => bring, make

ຈິດໃຈ /jit jai/ = mindset

ຂອງເຮົາ /kawng hao/ = of + us => ours

ເຂັ້ມແຂງ /kem kaaeng/ = strong



ຂອບໃຈຫຼາຍໆ

Thank you very much for reading!

Please check us out at  
<https://laolessons.com>

