When the first man and woman came out of the mountain, everything was dark.

There is no sun.
There is no moon.

The sky was low.
It was so low that Lou Tou could touch it with his hand.

Lou Tou was the first man’s name.
His wife was See Chee.
See Chee got pregnant and had a son, then more sons.
One son’s name was Teng Chu.
Teng Chu said, “The world is too small, Father. We have to make it bigger.
People need a bigger place to live.”

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Ib tug tub hu ua Theeb Tswv.
Theeb Tswv hais tias, “Lub ntiaj teb no me me heev, Txiv. Peb yuav tsum muab ua kom loj tshaj no. Neeg thiaj li yuav mua chaw nyob.”

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So Teng Chu and his father clapped their hands.
They stamped their feet three times.

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Yog li ntawd, Theeb Tswb thiab nws txiv txawm npuaj teg.
Nkawd txawm ntaug ntaw peb zaug tag nrho.

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And Teng Chu pushed up the sky.

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Thiab Theeb Tswv thawb lub ntuj rau puag saum ntuj lawm.

And he stretched the earth out to make it bigger.

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Ces nws thiaj li muab lub ntiaj teb no rub kom loj dav ntxiv.

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Then Teng Chu made a gold lamp.
“This is for the day,” he said.
“We will call it SUN.”

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Ces Theeb Tswv puab kiaq ib lub tsom teeb kub.
“Qhov no yog tsom rau nruab hnub,” nws hais.
“Peb yuav hu nws LUB HNUB.”
He made a silver lamp.  
“This is for the night,” he said.  
“We will call it MOON.”

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Nws puab kiag ib lub tsom teeb nyiaj.  
“Qhov no yog tsom rau hmo ntuj,” nws hais.  
“Peb yuav hu nws LUB HLI.”

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Then he hung the sun and the moon up very high.

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Ces nws txawm muab lub hnuab thiab lub hli khuam siab siab cia puag saum ntuj.

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The sun and moon made lights in the sky.  
We can still see them today in the sky.

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Lub hnuab thiab lub hli ua teeb ci rau saum ntuj.  
Niaj hnuab no, peb thiaj li tseem pom nkawd nyob puag saum ntuj.