ZiriTadi ciguni

7. samyaros eqvsi mimarTul ebis energiis mko-ze gaj erebis ciguni.

eqvsi mimarTul ebis energiis (mdumarebis) xel ovneba

Seadgina iuri yeinaSvil ma

mko-s aqtiuri wertil ebi

1. qveda sacavis wertil i (Wipis wertil i) _ Шэнь-цюе (8_XIV).
2. seqsual uri energiis sasaxl e _ Гуань-Юань (4_XIV).
3. Sorisis wertil i _ Хуэй-инь (1_XIV).
4. kudusunis wertil i _ Чань-цян (1_XIII).
5. Tirkmel ebs Sua wertil i _ Мин-мэнь (T_2-T_3) (4_XIV).
6. xerxeml is Sua wertil i (T_{11}) _ Цзи-чжун (6_XIII).
7. beWebs Sua wertil i (T_5) _ Шэнь-дао (11_XII).
8. kisris didi mal is wertil i (C_7) _ Да-чжуй (14_XIII).
9. Tavis qal is kefis wertil i _ Фэн-фу (16-XII) T.
10. kinkrixos wertil i _ Бай-хуэй (20_XIII).
11. mesame Tval is wertil i _ Инь-тан (ВМ_3).
12. zeda sasas wertil i _ Инь-цзяо (28_XIII).
13. yel is centris wertil i _ Тянь-ту (22-XIV).
14. Sua sacavis (gul is) wertil i _ Тань-чжун (17_XIV).
15. mzis wnul is wertil i _ Чжунь-вань (12_XIV).

eqvsi mimarTul ebis mdumareba
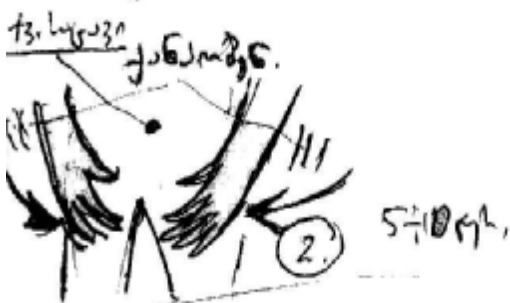
1. gaaqtiureT l imfuri sistema da Seasrul eT eqvsi mimarTul ebis mdumareba.
2. daiwyeT buqnaoba da xel is mtevnebis qanaoba... (ramodenime wamis ganmavl obaSi) (1).
3. gauRimeT tans da Tan aqanaveT xel is mtevnebi, gaTavisufl diT emociebisagan (buqnaobis dros warmoTqmiT ramodenimejer bgera `ha-ha-ha~).
4. Seanel eT moZraoba, igrZeniT simSvide tanSi, sanam gaCerdebiT (O).
5. xel is gul ebi qveviTken mimarTeT, gaWimeT saCvenebel i TiTebi, CaisunTqeT xel isgul ebiT da CasunTqvaze gaafarToveT tani, gaixseneT Tqvens cxivrebaSi yvel aze sasiamovno epizodebi, gaixseneT mzis amosvl a, an sayvarel adamianTan gatarebul i dro; SeigrZeniT es moRimari energia da SeiwoveT igi Tval ebiT, gauRimeT Tval ebs (1).
6. es energia miedineba saxis zedapirze da tuCebis kideebi zemoTken iweva. igrZeniT, Tu rogor miedineba momRimari energia qveviT — kiserze da energo xel ebi Rrmad Cadis miwaSi, igrZeniT, Tu rogor Cadis miwaSi es moRimari energia. xel ebi gaivl is miwis yvel a Sres da Sedis dedamiwis im adgil as, sadac sicariel ea, gaiRimeT da CauSviT es moRimari energia qveviTken. xol o roca CaisunTqavT, igrZnobT, rogor brundeba es energia ukan im sivrcis energiasTan erTad, CaisunTqeT, amoisunTqeT, modundiT da igrZeniT energia. odnav aqanaveT xel ebi, raTa ukeT igrZnoT igi (1).
   Semdeg igrZeniT energia fexebs qveviTac (miwaSi), am dros xel ebi msubuqdeba da miemarTeba qveda sacavisaken (2).
7. CaisunTqeT qveda sacaviT da gaaqtiureT qveda sacavis cecxl i, SeigrZeniT xel isgul Si siTbo, CaisunTqeT, amoisunTqeT

oცსნება Жэнь-Май

2

5-10-ჯერ

5÷10
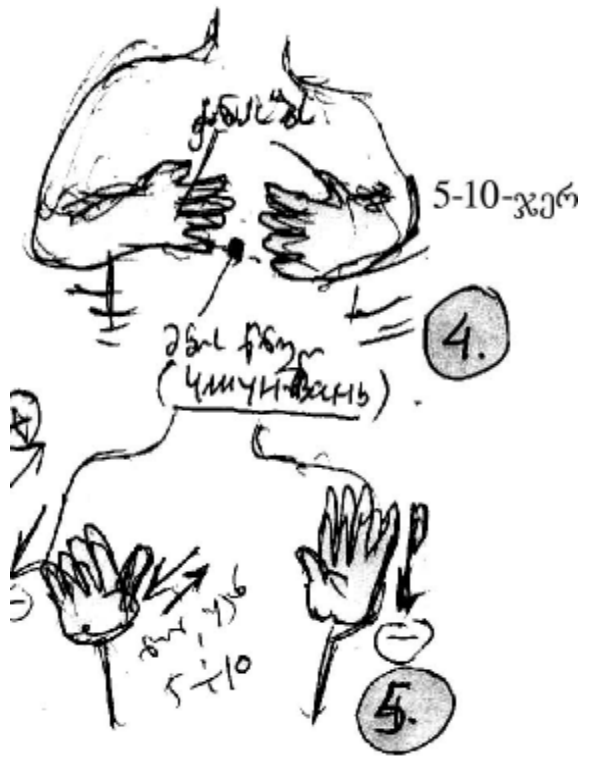
ისსნება Ду-Май

da   modundiT   (2)   (Sevasrul oT ramodenimej er).

igrZeniT rogor Semouvl is gars xel ebi TeZoebs da iwyebs Tirkmel ebis cecxl is gaaqtiurebas, igrZeniT rogor sunTqavs Tirkmel ebi, gaaqtiureT energia Tirkmel ebSi da igrZeniT siTbo, romel ic TandaTan matul obs da axurebs wel is ares, CaisunTqeT, amoisunTqeT (3^a), xel isgul ebi Seatrial eT uknisaken da igrZenit, Tu rogor grZel deba xel ebi ukan Sors-Sors (3^b).gaiRimeT da gagzavneT es energia zurgis ukan arsebul sivrceSi; CaisunTqeT, amoisunTqeT, CaisunTqeT da es moRimari energia tanSi ukanve daabruneT; CaisunTqeT, amoisunTqeT da modundiT; rbil ad aqanaveT mtevnebi, rom igrZnoT es SeerTeba (srul deba ramodenimej er).

8. igrZeniT, Tu rogor ixsneba wina Sual eduri energoarxi (Жэнь-май) kudusunis wertil idan (Чан-цян) kinkrixos wertil amde (Бай-хуэй). xel ebi nel a gaemarTeba mkerdisaken da daikavebs iseT adgil s, rom neka TiTebi mzis wnul is win aRmoCndes (4).

gaiRimeT da gaxseniT gul is cecxl i bednierebiT, sixarul iT, igrZeniT bednierebis cecxl i gul is centrSi, gauRimeT am energias, igrZeniT TanagrZnoba gul is mimarT (odnav Seyovndi T am pozaSi) anu Sevasrul oT ramodenimej er (4).

9. axl a rbil ad aamiZraveT xel ebi win. am moZraobasTa erTad beWebi moamrgval eT da CasunTqvisas SeisunTqeT energia, xol o win kvris dros gagzavneT energia Tqvens win arsebul sivrceSi (horizontal urad) (5-10-j er) (5).

10. moatrial eT xel ebi erTmaneTisaken da SuaTiTebi erTmaneTs daupirispireT (6) – maTi saSual ebiT xdeba mesame Tval is gaxsna.

3

11. SeatrialeT mtevnebi xel isgulebiT win, daiwyeT maTi qanaoba da igrZeniT am energiasTan SeerTeba (7).

12. nela gaswieT xelebi ganze da gaxseniT ukana Sualedi energoarxi (Жэнь-май), romelic iwyeba kinkrixodan (Бай-хуэй), midis qveviT da uerTdeba Sorisis wertils (Хуэй-инь). igrZeniT Tu rogor ixsneba es arxi.

13. moamrgvaleT beWebi, xelebi ganze gaswieT da SeasruleT iseTi, moZraoba, TiTqos haers hkravT xels, Semdeg xelebi SigniT SewieT (9). CaisunTqeT da energia SeiwoveT, ganze gawevisas ki gamoafrqvieT energia, CaisunTqeT, amoisunTqeT, CaisunTqeT, amoisunTqeT...(5-10-jer).

14. exla nela amoZraveT mtevnebi patara wreze da igrZeniT SeerTeba im energiasTan, romelic axla SeiZineT, igrZeniT carieli sivrce Tqvens marjvniv.

15. xelebi zemoTken awieT da gaweleT (10), da maTi saSualebiT miaRwieT im sivrces, romelic Tqvens zemoTaa. gauRimeT mas da igrZeniT, Tu rogor gibrundebaT es Rimilis energia ukan. CaisunTqeT, amoisunTqeT, CaisunTqeT, amoisunTqeT, gauRimeT da igrZeniT es energia.

16. Semdeg daiwyeT energiis Segroveba da misi tanSi dabruneba. amisaTvis tani miatrialeT marcxniv (3-jer); igrZeniT Tu rogor awweba iisferi energia Tqvens zurgs da igrixeba tanSi; axla tani miatrialeT marjvniv (3-jer) (11).

17. mere fexebi erTad dadgiT (12) da energia qveviT CamoiyvaneT — kinkrixomde, igrZeniT, Tu rogor ixsneba Tqveni mikro-kosmiuri orbita (mko). kinkrixos wertili (Бай-хуэй) Sorisis wertil Tan (Хуэй-инь, Чан-цян) SevaerToT (13).

18. xelebiT miyeviT gare Sua energo arxs (Ду-май) da SeexeT mesame Tvalis wertils (Инь-тан); Semdeg mesame Tvalis wertilidan

4

Бай-Хуэй

Инь-тан

Фэн-фу

Инь-цзяо
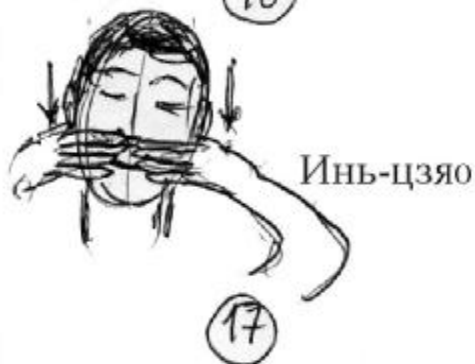
(Инь-тан) kefis mimarTul ebiT amoZraveT TiTebi ise, rom SemoxazoT wre, TiTqos kveTavT Tavis qal as. Semdeg kefis wertil idan (kefis fuZesTan) gadaadgil eT nefritul bal iSamde (Фэн-фу) da SeCerdiT. am wertil idan (14)(15) Semdeg kvl av ukan mesame Tval is wertil Tan (Инь-тан) waiReT xel ebi da gaxseniT zeda sacavi (14). (SeyovndiT).

19. axl a xel ebi zeda tuCis donemde CamoitaneT (Инь-цзяо). eniT ramodenimej er miaweqiT sasaze. igrZeniT ukana Sual edi arxisa (Ду-май) da wina Sual edi arxis (Жэнь-май) kavSiri am wertil Si enis meSveobiT (Инь-цзяо) (17) da

20. xel ebi, anu energia CamoitaneT yel is centris certil Si (Тянь-ту) da С-7 (Да-чжуй) wertil Si, romel ic ukan imyofeba (18).

21. Semdeg xel ebi, anu energia Camodis gul is centrsa (Тань-чжун) da beWebs Soris wertil ebSi (Шэнь-дао) (romel ic gul is centris pirdapir imyofeba) (19).
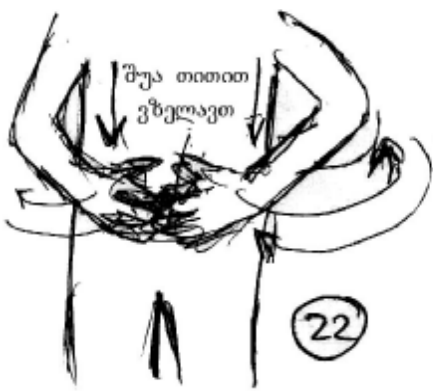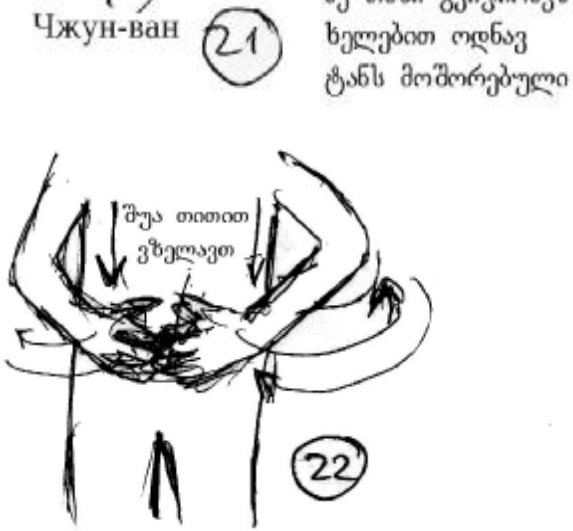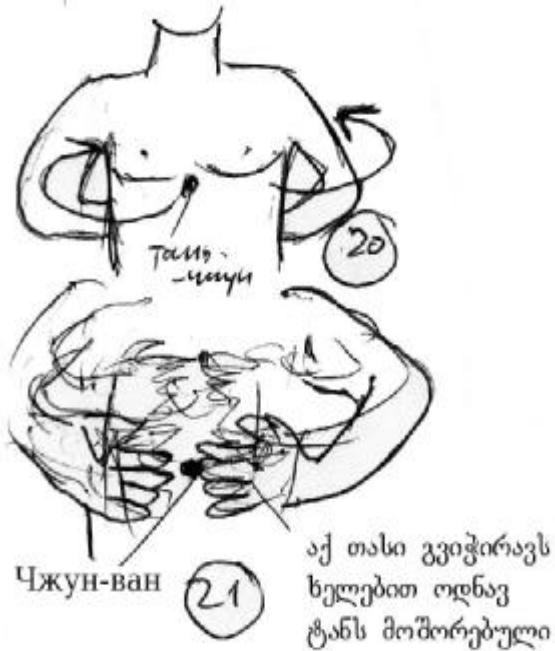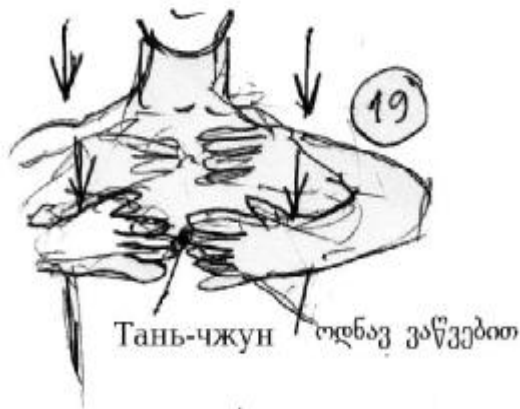
amis meSveobiT gaxsniT Sua sacavs.

22. mere xel ebi ganze — mkerdis sibrtyeze beWebisaken mimarTeT da ecadeT miwvdeT am wertil s (Шэнь-дао) (20).

am wertil is (Шэнь-дао) Semdeg xel ebi kvl av ukan — gul is wertil isaken (Тань-чжун) waiReT (19).

gauRimeT energias, igrZeniT, Tu rogor farTovdeba mkerdi am wertil Si (Тань-чжун). igrZeniT, Tu rogor ixsneba gul is cnobiereba (goniereba)... (SevCerdeT ramodenime xans).

23. xel ebi mzis wnul is donemde CamoitaneT (Чжун-ван). igrZeniT es wertil i da igrZeniT, Tu rogor uerTdebiT Tqvens Sida mzes, igrZeniT am adgil as siTbo. gonebiT SeaCereT es wertil i (Чжун-ван) zurgis T-11 (Цзи-чжун) wertil Tan.

5

ორნავ ვაწვებით

Тян-ту

Тань-чжун   ორნავ ვაწვებით

Чжун-ван   აქ თასი გვიჭირავს ხელებით ორნავ ტანს მოშორებული

შუა თითით ვზელავთ

24. Semdeg qveviTke, Wipisaken (Шэнь-цюэ) saTuTad vamoZraoT xelebi. gavxsnaT qveda sacavi. (22).

exla xelebi amoZraveT wertil `Мин-мэнь~-saken, romelic Wipis pirdapir imyofeba; amoZraveT xelis TiTebi welis sartyelis arxze (Дай-май) da maTi saSualebiT vawwebiT wertil `Мин-мэнь~-s. bolos isev WipTan daabruneT.

25. Semdeg xelebi boqvenis ZvalTan CadixarT, sadac seqsualuri sasaxle (Гуань-юань) da igi gavis ZvalTanaa (Чан-цян) SeerTebuli da iwyebT, xelebiT seqsualuri sasaxlidan gavis Zvlisaken moZraobas da mis gaxsnas, da kvlav ukan dabrundiT (23).

26. Semdeg xelebi CaacureT fexebze, moixareT win da xelebi muxlis qveda areze mokideT, CajeqiT (24). Semdeg isev odnav gaswordiT – es moZraoba sul 3-5-jer gaimeoreT.

27. TandaTan dabla jdebiT da xelebi miwaze mousviT wriulad (25) – ase miiRebT miwis energias, Semdeg ki gaswordeiT (26). xelebi fexebis dazelviTi moZraobiT waiReT gavis Zvlisaken. gavis Zvali odnav SigniTken SewieT da amiT mas miwis energias miawodebT (26).

28. axla daiwyeT ukana Sualeduri energo arxis (Ду-май) gaxsna, xelebi gavis Zvalze moaTavseT (27-1).

Semdeg aitaneT xelis TiTebi Мин-мэнь wertil amde, romelic welis meore da mesame malebs Soris imyofeba (27-2).

Semdeg xelebi gadaadgileT mzis wnulis mopirdapire mxares – ukan, beWebze, esaa T-11 (Цзи-чжун) wertili (27-3).

29. Semdeg xelebi garedan, isev beWebs Soris wertilisaken (Шэнь-дао) waiReT. es wertili zurgze gulis centris wertilis (Тан-чжун) pirdapir imyofeba (28).

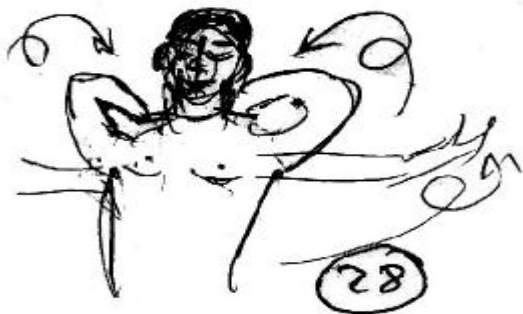30. amis Semdeg xelebi gadaadgileT jer C-7 kisris meSvide malis wertilTan (Да-чжуй),

6

romelic yelis centris wertilis (Тянь-ту) pirdapir imyofeba (28).

31. Semdeg nefrituli i baliSis wertil Tan (Фэн-фу) (29).

32. Semdeg isev kinkrixos wertil s (Бай-хуэй) daubrundiT (29). SeaerTeT isini Sorisis wertil Tan (Хуэй-инь, Чан-цян).

33. gaSal eT xel ebi da fexebi, igrZeniT gaxsnil i mko da is, Tu rogor uerTdeba erTmaneTs mko-s wertil ebi; igrZeniT es kavSiri, zemodan, qvevidan, marj vnidan, marcxnidan.

34. SeagroveT es momRimari energia j er zeda sacavSi (kinkrixoSi), mere Sua sacavSi (gul is areSi), sadac gul is cecxl i anTia; xel ebi CamouSviT qveda sacavisaken da igrZeniT qveda sacavisa da Tirkmel ebis cecxl i, isunTqeT qveda sacaviT da gaafarToveT misi cnobiereba (31). CaisunTqeT, amoisunTqeT, CaisunTqeT, amoisunTqeT, xol o rodesac amoisunTqavT, igrZeniT Tu rogor adis energia Sorisis wertil idan (Хуэй-инь) kinkrixos wertil isaken (Бай-хуэй). gauRimeT energias. igrZeniT, Tu rogor uTval Tval ebs zeda goneba Sua sacavs (gul s) da gaacnobiereT qveda sacavi. CaisunTqeT, amoisunTqeT da modundiT (SevCerdeT ramodenime xans).

35. xel ebi isev TeZoebTan CamoitaneT, gauRimeT miwisqveSa cariel sivrces, romel Sic rbil ad unda Caefl oT. rodesac amoisunTqavT, igrZnobT, Tu rogor adis zemoT es momRimari energia. Seatrial eT xel isgul ebi zemoTken da igrZeniT kavSiri zeda da qveda samyaros Soris (32).

36. axl a xel isgul ebi win Seatrial eT da igrZeniT kavSiri Tqvens win myof sivrcesTan (cota xans SevyondiT) (33-1).

37. mere CaisunTqeT da xel isgul ebi ukan Seatrial eT (33-2), gaxseniT da igrZeniT kavSiri Tqvens ikan myof sivrcesTan.

38. Semdeg CaisunTqeT, xelebi ganze gaitaneT da xelisgulebi zeviT mimarTeT (33-3), igrZeniT kavSiri ganze myof sivrcesTan da igrZeniT eqvsi mimarTulebis mxardaWera (33).

39. SeagroveT energia, igrZeniT, Tu rogor micuravT sivrceSi (xelebi adis zemoT, fexebi miadgiT erTmaneTs) (34).

xelebi Camodis qveviT, SeagroveT energia, romelic Camoedineba tanze. eqvsi mimarTulebiT mdumarebis dros Tqven ukve SeerTebuli xarT miwasTan, zecasTan, marjvena da marcxena sivrceebTan, ris Sedegadac es energiebi SeagroveT WipSi, rac unda ganaxorcieloT gonebisa da xelebis saSualebiT: 36-jer ganSladi spiralis saxiT daatrialeT xelisguli, 24-jer ki — ukumimarTulebiT (ar gadacdeT biqvenis Zvlisa da diafragmis xazebs).

bolos xelis mtevnebi dabertyeT.

ქანაობს

საჭვენებელი თითები გაჭიმულნი არიან

8