

“SvidTa et ITa harmoniis” II etapi

Sida sabrZo lo stili

Tai-Zi ciuani

fsiqo logiuri Tai-Zi
mokle forma (37 poza)

gajansaRebisa da Tavdacvis meTodis
dawvri lebiTi aRwera

Seadgina
iuri yeinaSvi l ma

Tbi l isi

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sko l a “SvidTa et ITa harmonia”

Tavi l

I. Sida sabrZo l o s t i l i s p r i n c i p e b i

1. moduneba da kosmiuri energia

Tai-Zis fundamentaluri principebis ganxilvamde kidev erTxe l SevexoT sityvas `kosmiuri energia~. sunTqvasTan mimarTebaSi igi SegviZlia aRvniSnoT, rogorc `haeri~, xolo Tai-ZisTan mimarTebaSi ufro farTo mniSvneloba unda mivaniWoT da fsiqofiziologiur Zalad SegviZlia ganvixiloT, romelic sunTqvasTan da sisxlis mimoqcevas-Tanaa dakavSirebuli. mas SeiZleba vuwodoT `Sida energiac~. goneba da adamanis Sida energia Tai-Zis urTierTsemavsebel safuZlebs warmoadgens, uromlisodac Tai-Zis varjiSebi ubralod fizikuri xasiaTis varjiSebad iqceoda da, rasakvirvelia, `umaRlesi zRvris-xelovnebad aRar iwodeboda.

am konspeqtSi cneba `kosmiuri energia~ ganxilulia, rogorc mTeli am sistemis `guli~.

aTvisebis meore etapze rogor unda SevasruloT Tai-Zi? sxელი mTlianad unda modundes. amis mizania tanis kunTebisa da Zvlebis mTliani `gaxsna~. am `gaxsnisas~ kosmiuri energia maTSi Tavisuflad unda mimoiqceodes. rodesac es SesaZlebeli xdeba, anu rodesac kosmiuri energiis moZraoba movarjiSis mier uSualod SeigrZnoba, saWi-roa man mkerdi ufro moadunos da amit kosmiuri energia qvevitken l sacavisaken, Wipis donemde CauSvas. randenime xnis Semdeg movarjiSe qveda sacavis doneze (Wipis areSi) mTeli sxელis kosmiuri energiis koncentrirebas SeigrZnobs, saidanac igi mTel tanSi vrce l deba. qaris qro lvis Wav l is arsi haeris dagrovili masis moZraobiT ganisazRvreb-a, xolo talRis modineba wylis dagrovili masis moZraobiT ganisazRvreb-a. Setevis kuTxiT qaris daqro l vaze msubuqi araferi arsebobs, xolo ukusvlis kuTxiT _ wyalze damTmobi ar arsebobs. Tumca, Tu qari qarbuqis saxiT mogvevlineba, xolo wyal i _ talRis saxiT, imdenad Zlier Zalad gardaiqmneba, rom Tavis gzaze yvelafers anadgurebs. haeris Wav l sa da wylis talRebs Soris gansxvaveba movarjiSis mier Sesrulebuli koncentrirebis xarixxzea damokidebuli.

amis msgavsad, Tai-Zis ufro maRa l etapebze, movarjiSe Tavis tans nebismieri zoni-sken gonebis Zalixmevis niWi-rebis Sedegad kosmiuri energiis myisieri mimarTvis niWi-rebas SeiZens.

movarjiSem sakuTari xerxemali unda avarjiSos, raTa kosmiurma energiam am arxze Tavisuflad imoZraos da Tavis zeda nawils miaRwios. Tavi movarjiSem ise unda daiWiros, TiTqos igi TokiTaa Werze Camokidebuli. es xerxi Tavs xerxელis mimarT uZravad yofnis saSualebas aZlebs da Tai-Zis Sesrulebisas arcert-i ar moZraobs tanisgan ganca l kebulad. xerxელis, sasicocxlod mniSvnelovan Sida organoebsa da Tv iT tvins ajansaRebs. movarjiSem kosmiur energiaze koncentrireba unda gamoimuSaos. es unda ganaxorcielos yovel dRiuri cxovrebis yvela momentSi: muSaobis, TamaSis, gaseirnebisa da nebismieri saxis aqtiurobis dros. aseTi Cvevis gamomuSaveba, rasakvirve-lia, did Zalixმეvas mo iTxovs movarjiSisagan.

2. Sida sabrZo l o s t i l i s moZraobis xasiaTis Sesaxeb

kosmiuri energiis cirkulacias, SeiZleba moZraobas pirobiTad `qarborbalas moZraobis~ msgavsi vuwodoT. Tai-Zis moZraobebis Sesrulebisas movarjiSis tanis nawilebi arama-rto kunTTa l okaluri daZabulobis meSveobiT, aramed metwilad kosmiuri energiis meSveobiT moZraobs. Tai-Zis aTvisebis ufro maRa l etapebze kosmiuri energia ZvlebiT (ConCx iT) STainTqmeba, iq dagrovebis Semdeg, Zvlebs iseT simyaresa da drekadobas aniWebs, rom nebismier damamsxvrevel Zalixმეvas win aRudgeba. mdgomareobis miRwevis Semdeg Tai-ZiSi movarjiSe aTvisebis Zalian maRa l doneze imyofeba.

3. movarjiSe bavSvs unda daemsgavsos

movarjiSe aucileblad axal fexadgmul bavSvs unda daukvirdes. miayuradeT, Tu rogor sunTqavs igi: ara mkerdiT, aramed muc liT. daukvirdiT, Tu rogor reagirebs igi moulodnelobebze: modunebiT da gonebaSi SiSis gareSe. bavSvisTvis yvelaferi kargad mTavrdeba. Cndeba iseTi azri, rom adamanis gamocdileba da inteleqti, romelic mowifuli pirovnebis gonebas `awveba~ da misi tanis daZabvas iwvevs, arc ise kargi yofila gansazRvrul situaciebSi. Tu, bavSvs Tqvens TiTze wavlebis saSualebas miscemT, Semdeg ki SeecdebiT mis ukan gamowevas (warTmevas), mixvdebiT, Tu ra Zneli gaxdeba amis Sesruleba, mas Tqveni TiTi Zalian Zlierad uWiravs. ai, aq Tqven pirvelad energiasTan gaqvT saqme. da bolos, daukvirdiT momRimari bavSvis dgomas (suraTi 1) _ swors da ara xists. marTlac, bevri ram unda iswavlos Tai-ZiSi movarjiSem bavSvisagan. amboben, rom Tai-ZiSi varjiSis progresi `bavSVTan damsgavsebis~ Semdeg iqneba SesaZlebeli.



suraTi 1.

II. Sida sabrZo lostilis progresis faqtorebi

1. swori Seswavla-aTviseba

Tai-ZiSi varjiSis dros movarjiSem sami faqtori unda gaiTvaliswinos: Tai-Zis xelovnebis swori Seswavla-aTviseba, gulmodgineba varjiSebSi da bunebrivi niWiereba.

am sam faqtors Soris _ Tai-Zis swori Seswavla-aTviseba yvelaze mniSvelovania. swori Seswavis gareSe movarjiSestan warmateba maSinac ki ar mova, Tuki igi flobs mSvenier niWierebasa da TavgamodebiTa da gulmodginebiT varjiSobs, Sedegad Cveulebriv adamanis doneze darCeba. swori swavla-aTvisebis SemTxvevaSi, daJinebul gulmodginebas mSvenieri Sedegebis mocema SeuZlia, Tundac bunebrivi niWierebebis arqonis SemTxvevaSi. am SemTxvevaSi samidan or faqtors SeuZlia warmatebis mocema: swor swavla-aTvisebasa da gulmodginebas. maTi arsebobis SemTxvevaSi bunebrivi niWiereba mxolod aCqarebs progresis miRwevas.

2. azrebi Sida energo stilebSi varjiSis Sesaxeb

1. TiToeuli moZraobisas sxელი unda iyos msubuqi. gansakuTrebiT mniSvelovania is, rom yvela nawili erTmaneTTan dakavSirebuli iyos moqnilad, ise, rogorc Zafze asxmuli mZivebi.

2. kosmiuri energia unda miedinebodes, magram sul unda ganSordes, moemzados da simSvideSi moaxdinos Cawerteba (azrTa Tavmoyra).

3. nu dauSvebT Sualedes, nu dauSvebT nerviulobas, iyaviT Tanmimdevruli, nu dauSvebT daumTavreblobas, iseTs nurafers gaakeTebT, rac Tanazomierebas moklebuli iqneba.

4. Tqveni terfebi fesvebia; energia fesvs gaidgams maTSi, miedineba fexebSi, akontrols wels, ris Semdegac majebasa da TiTebSi mzadyofna Cndeba. orTabrZolaSi upirtesobis misaRwevad saWiroa Seteva da ukan daxeva SesaZleblobis, fizikuri mdgomareobisa da energiis gadanawilebis mixedviT.

5. rodesac Sesaferisi SesaZleblobebis gamovlena da energiis gadanawileba ar xerxdeba,

sxeuli imyofeba dabneul da aforiaqebul mdgomareobaSi (sxeuli diskomfortSia). am SemTxvevaSi unda eZeboT Secdoma welis areSi da fexebSi. moZraobis dros (zeviT an qveviT, marjvniv an marcxniv) unda moveridoT am Secdomas.

6. yvela moZraoba imarTeba sulit (cnobierebiT) _ Sida meqanikuri moZraobebi unda gamoiricxos.

7. roca arsebobs zeda mxare (mowinaaRmdegges esxmit zevidan), unda arsebobdes qveda mxarec (saWiroa xedavde, ra aris qvemoT); roca arsebobs mimarTuleba win (midixar ierisze), unda arsebobdes mimarTuleba ukan (gaxsovdeT: ukan daxevac); roca arsebobs marcxena mxare (urtyam marcxnidan), unda arsebobdes marjvena mxarec (nu gamogrCebaT mxedvelobidan Seteva marjvnidan). Tu azrs miyavxar iqande, rom unda imoZraoT zeviT, ar unda daiwiyoT qveviT dabruneba.

8. Tu zeviT ukuqmedebisas (winaaRmdegobis gawevisas) mxedvelobaSi geqnebaT qveviT kvra, maSin winaaRmdegobis mizezi darRveuli iqneba da mas male gadalaxavT. saWiroa cnobiereba mimarToT zeviT, Semdeg aucilebelia energia azris saSualebiT mimarToT qveviT. es utoldeba simZimis awevas _ Tavdapirvelad energia miemarTeba qveviT, raTa gaaTavisuflos fesvi anda sayrdeni. am SemTxvevaSi gaadvildeba sagnis moZraobaSi moyvana.

9. aucilebelia ganasxvaot sicarielle (mdedri, civi, ini) da sisavse (mamri, cxeli, iani). am metad mniSvnelovan fizikur mdgomareobas Tavisi bunebis wyalobiT gaacnia carieli da savse mxareebi (susti da Zlieri). es bunebrivia yoveli fizikuri mdgomareobisavis.

10. Tu mTeli sxeuli erT mTlians warmoadgens (gamTlianebulia), SeuZlebelia mas raime ziani miayenon.

11. Sida stilis xelovnebas uwodeben agreTve `xangrZliv krivs~, radgan mistvis damaxasiaTebeli Tanmimdevruli moZraobebi waagavs SeuCerebel did mdinares.

12. sabrZolo ileTebi _ arekvla, CaTreva, dawola, kvra, mizidva, gapoba, idayvit dartya da mxrit kvra _ Sida stilis xelovnebaSi Seesabameba cian, kun, kan, li, sun, CJen, dui da gen rva mTavar niSans (trigramas). pirveli oTxi mdgomareoba asaxierebs samyaros oTx mxares: samxreTs, aRmosavleTs, CrdiloetSa da dasavleTs. momdevno oTxi mdgomareoba warmoadgens oTx Sualedur mimarTulebas: samxreT-dasavleTi, Crdilo-aRmosavleTi, samxreT-aRmosavleTi, Crdilo-dasavleTi (sur. 2).

13. xuTi mimarTuleba _ moZraoba win (win svla), ukan daxeva (ukusvla), mzera marcxniv, mzera marjvniv da wonasworoba centrSi _ aRmosavlur filosofiaSi Seesabameba xuT elements: litons, xes, wyls, cecxlsa da miwas (sur. 2).

14. rva moZraobas da xuT mimarTulebas Sida sabrZolo stilebSi uwodeben camet mTavar mdgomareobas (sur. 2).

15. es swavleba kacabriobas gadmoeca WeSmaritebas zirebuli pirovnebebis mier imisaTvis, rom CvenTvis daxmareba gaewiaT gaaxalgazrdavebisa da dRegrZelobis saidumlos SemecnebaSi. misi Rirseba imaSia, rom yuradReba eTmoba xelovnebas da ileTebS.

3. Sida sabrZolo xelovnebis traqtati

1. Sida sabrZolo xelovneba, rogorc sabloo forma, warmoiSva uformo usasrulobisgan. uformo usasruloba aris moZraobisa da simSvidis wyaro, deda mdedrisa da mamrisa.

moZraobaSi uformo usasruloba ixsnoba (mamri da mdedri damoukidebelia), simSvideSi ki igi ixureba (mamri da mdedri urTierTganzavdebian da erT mTlianobad iqcevian).

uformo usasruloba arc diddeba da arc pataravdeba, mdedri da mamri farTovdeba da ikumSeba.

roca veqvemdebarebiT uxeS Zallas, maSin es gamoixateba mis moSorebaSi.

uxeSi Zallis gadalaxva gamoixateba maTan SeerTebaSi.

2. roca sxvisi moZraoba swrafia, me mas sakuTari siswrafiT vpasuxob.

roca mowinaaRmdegis moZraobeBi Sene lebulia, mec ne la mivyvebi maT. uamrav cval e-
bad garemoebaSi es principi ar icvleba.

a. rva ZiriTadi moZraoba (rva trigrama)

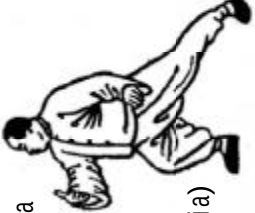


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mxrit kvra
(kao)

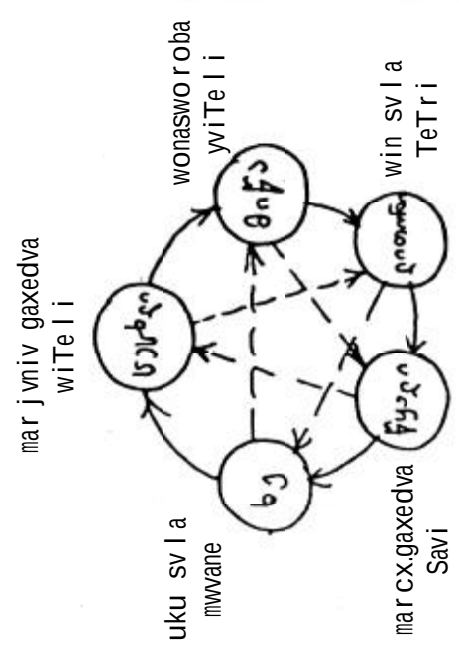
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geni
(qudis magvari)

Cd
mTa



b. xuTi mimarTuleba (xuTi pirvelenti)



suraTi 2. sabrZolo xelovnebis:
a) rva sabrZolo ileTi; b) xuTi mimarTuleba.

3. kosmosuri energiis marTvis kargad codnisas Cndeba Zal is TandaTanobiTi gamovle-
na da gacnobiereba. Zal is gagebiT (CawwdomiT, SemecnebiT) xdeba sulieri gabrwyineba. es
miiRweva mxolod xangrZlivi da gulmodgine varjiSiT, ris Semdegac adamianis goneba
gamWriaxobas izens, goneba (cnobiereba) carieli, fxizlad myofi, uxmauro da mSvidi xdeba.

4. sunTqva Cadis mzis wnuITan.

ar daixaroT da ar gadaixaroT.

moulodnelad vqrebi, moulodnelad vCndebi.

roca daupatiJebeli Zala moemarTeba Cemi marcxena naxevisaken, iq sicarielles
aRmoaCens; roca daupatiJebeli Zala moemarTeba marjvniv, Cemi marjvena naxevari qreba.

5. zeviT axedvisas mowinaaRmdege SeigrZnobs Cems simaRles; qveviT _ Cems siRrmes;
Semotevisas igi xedavs, rogor izrdeba manZili Cvens Soris; ukan daxevisas ufro did
ieriSs grZnobs Cemi mxridan.

Seubumblav bartys ar SeuZlia afrena, erT bumbuls ar SeuZlia miwaze daSveba
(dafrena).

sxvebi ar micnoben, magram me vicnob sxvebs.

6. rodesac didebuli gmirebi (mebrZolebi) aseTebad mogvevlinebian Serkinebis
gareSe, Sesazloa es yvela am garemoebis wyalobiTaa.

7. brZolis uamravi sxva xerxi arsebobs, rogoric ar unda iyos maTi ganmasxvavebeli
Tvisebebi, TiToeuli eyrdnoba Zalas, raTa gaimarjvos sustze da iyenebs swrafis upi-
ratesobas nelze. magram ramdenadac marTebulia is, rom Zlieri imarjvebs sustze da
swrafi win uswrebs nels, imdenad marTebulia isic, rom aRniSnul garemoebes bunebrivi
niWiereba ganapiroebes, amitom maTi Seswavla aucilebeli ar aris. im SemTxvevaSi, roca
`oTxi uncia gadaadgilebs aTas funts~, cxadia, rom aq ZalasTan ara gvaqvs saqme; roca
moxuci warmatebiT umklavdeba aTeul axalgazrdas, rogor SeiZleba es CaiTvalos
siswrafis miRwevad?

8. dgoma unda iyos sasworis gawonasworebuli filebis msgavsi; moqmedeba unda
iyos borblis msgavsi.

9. Tu simZimis centri gadanacvlebulia erT mxares, SegiZliaT iyoT moZravi da
denadi, magram Tu `ormagad mZime~ xarT (wona Tanabradaa gadanawilebuli orive fexze)
_ Tqven naklebad moZravi xdebiT.

10. xSirad SexvdebiT adamians, romelmac mravali wlis swavlis Semdegac ver
miaRwia swor ganvitarebas da xSirad amarcxeben; es imitom xdeba, rom man ver Seicno
Secdoma ormagi simZimisa.

11. am Secdomis Tavidan asacileblad adamanma unda Seicnos mamri da mdedri Zala.
SeerTeba aris moZraoba iqiT (ganze); moZraoba iqiT (ganze) aris SeerTeba. mdedri Zala
ar tovebs mamr Zalas, mamri Zala ar tovebs mdedr Zalas; isini avseben erTmaneTs _ amis
Secnoba aucilebelia imisaTvis, rom gavigoT Zala.

12. roca adamians esmis is, Tu ra aris Zala, rac mets varjiSobs, miT ufro metad
ganvitardeba. adamiani Cawvdeba mdumarebas (siCumes) da SegrZnebebiT agrovebs gamocdi lebas
manamde, sanam TandaTanobiT ar moipovebs Sesazleblobas imoqmedos Tavisi nebiT.

13. arsebobs Zveli sibrZne: `msxverplad gaiRe sakuTari Tavi, mihyevi sxvebs~; magram
visac es ar esmis, axlos myofis datoveba surs, raTa eZios Soreuli. gadadgam nabijis
erTi milimetriT gverdze da aRmoCndebi miznisagan aTasi kilometris daSorebiT.
amitom Segirdma yuradRebiT unda isminos is, rasac eubnebian.

4. Sida energo stilebSi moZraobis damuSavebis Sesaxeb

1. moZraobis cameti forma Semdegia: win svla; uku svla; marcxniv gaxedva; marjvniv
gaxedva; wonasworoba; arekvla; CaTrevi (gaTrevi); dawola; kvra; mizidva; gapoba; idayviT
dartya; mxrit kvra.

2. zemoT CamoTvili 5 pozicia da Zal is 8 dinamiuri danarTi gaertianebulia Sida

sabrZo lo xe lo vnebaSi.

3. nebas (nebisyo fas) moZravma sunTqvam sxeulSi Rmad Sesvla unda SeaZlebinos, mxo lod maSinaa SesaZlebeli nebis Zvlovan struqturaSi Segroveba.

4. sxeulSi moZravi sunTqva ise unda miedinebodes, rom advilad mihyebodes (emor-Cilebodes) nebas. Tu daiwyet sakuTari Zalebis dau fleba, ar unda SiSobdeT nel i tempis an simZimis gamo. roca Zalas dau flebiT, goneba ucnoblobaSi unda imyofebodes, magram figric da sunTqvac mardad, swrafad unda icvlebodes, raTa miRweul iqnes moZraobis sigluve (siswore) da simrgvale. es sicarielisa da sisavsis monacvleobiT miiRweva.

5. gavanTavisuflebT ra Zalas, simZimis centrs CavuSvebT, vxdebiT gaxsnili da mSvidi, xolo yuradRebis mi pyroba (Cawer teba) moxdeba erTi mimarTulebiT.

6. umoZraod dgomisas vxdebiT gawonasworebuli, mSvidi, gaxsnili da amave dros rvave mxridan SegveZleba Tavis dacva.

7. sunTqvis moZraoba, rogorc ulamazesi margaliti (saxe, romelic gamoxatavs sim-cires, simrgvalesa da sigluves) frTxili unda iyos da igi nebismier adgilande miaRwevs.

8. gamoiyeneT Zala, rogorc gamagrebuli foladi; Tu masSi simyare ar iqneba, is ver SeZlebs daSa los.

9. poza (forma) iseTia, TiTqos qori iWers kurdRels; sul i _ TiTqos kata elodeba Tagvs dasaWerad.

10. simSvideSi iyav rogorc mTa, moZraobaSi _ rogorc mdinare.

11. unda moimarago Zala, rogorc moZiduli mSvildi; unda gauSva Zala, rogorc gasrolili isari.

12. mrudeSi eZebeT swori. jer daagroveT, Semdeg gamouSviT. energiis gamodineba kudasunidan xdeba. nabijebi mihyveba sxeulis cvalebadobas.

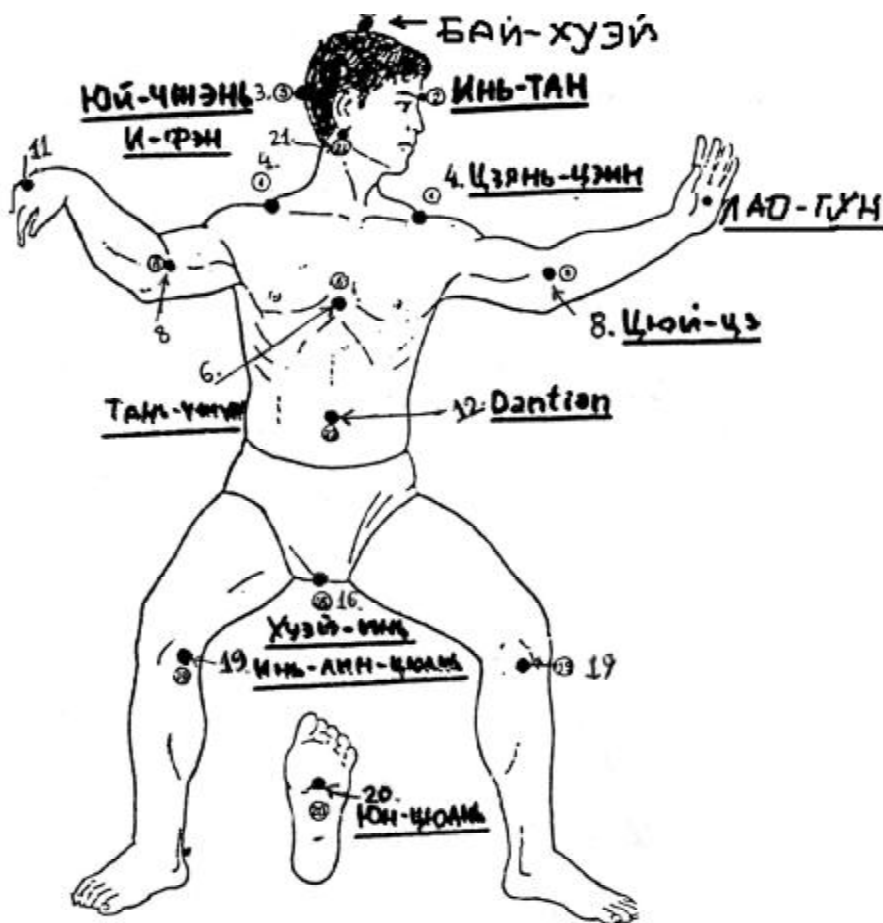
13. azidva (awel-va) niSnavs gaTavisuflebas. gaTavisufleba niSnavs azidvas (awelvas). Sewyveta niSnavs gagrZe lebas.

14. svla win da ukan gverdze gadaxvevebiT (arcert SemTxvevaSi ar aris pirdapiri gza) Setevisa da ukan daxavis SemTxvevaSi unda arsebobdes gverdze gadaxvevebi da cvlilebebi.

15. imis meSveobiT, rac gansakuTrebulad rbilia, adamiani aRwevs imas, rac magaria.

16. Tu adamians SeuZlia CaisunTqos da amoisunTqos, mas SeuZlia iyos msubuqi da swrafi.

17. sunTqva unda gazardoT Sekavebebis



surati 3. energo-aqtiuri wertilebi (xedi winidan)

gareSe (ar unda moxdes sunTqvis arc Sekaveba da arc daCqareba), aseTi sunTqva mavnebe li ar aris.

18. Zala unda ignes daqvemdebarebuli, mSvildiviT moxrili da mogrovili, maSin mxolod misi mofrTxilebaRaa sakmarisi.

19. neba (guli) brZanebs, sunTqva moZraobs win, rogorc droSa; weli iRebs brZanebas.

20. Tavdapirvelad unda miiswrafode gaiwelo da gafarTovde, amis Semdeg eZio SekumSva da mokreba, maSin adamiani miaRwevs srulyofil (mTlian) ganvitarebas.

21. naTqvamia; `jer neba, Semdeg sxeuli~.

22. muceli rCeba modunebuli (Tavisufali), sunTqva Tavmoyrilia ZvlebSi; sulidamSvidebulia. sxeuli damSvidebulia. mzadyofna saWiroa nebismier dros.

23. saWiroa gvaxsovdes: roca erTi nawili moZraobs, yvela nawili moZraobs; roca erTi nawili uZravia, yvela nawili uZravadaa.

24. win da ukan moZraobisas sunTqva gadadis beWebisken, grovdeba xerxemlis svetSi, sicocxlisunarianoba sxeulSi mZlavrdeba, gareT ki mSvidad vlindeba.

25. ise unda miabijebdeT, rogorc kata. Zala ise unda gamoiyenoT, TiTqos abreSumis parkidan frTxilad axdent uwmindesi Zafis gamowelvas ise, rom ar gagiwydeT (abreSumis parkidan Zafis daxveva).

26. mTel sxeulSi azri SeCerdeba sicocxlisunarianobaze da ara sunTqvaze. sunTqvaze Cawertebeba (azrTa Tavmoyra) inertulobas iwvevs (misi marTva ar warmoadgens mis TviTnebur moZraobas, igi Tavisufalia im arCevanSi, Tu rodiss movides da rodiss wav-

ides). iyo sunTqviT (Seakavo sunTqva) niSnavs, iyo Zalis gareSe; iyo sunTqvis gareSe (marTo igi ise, rogorc zeviTa arwerili) niSnavs, iyo Zlieri (`iyo sunTqviT niSnavs agreTve sunTqvis TviTnebur marTvas).

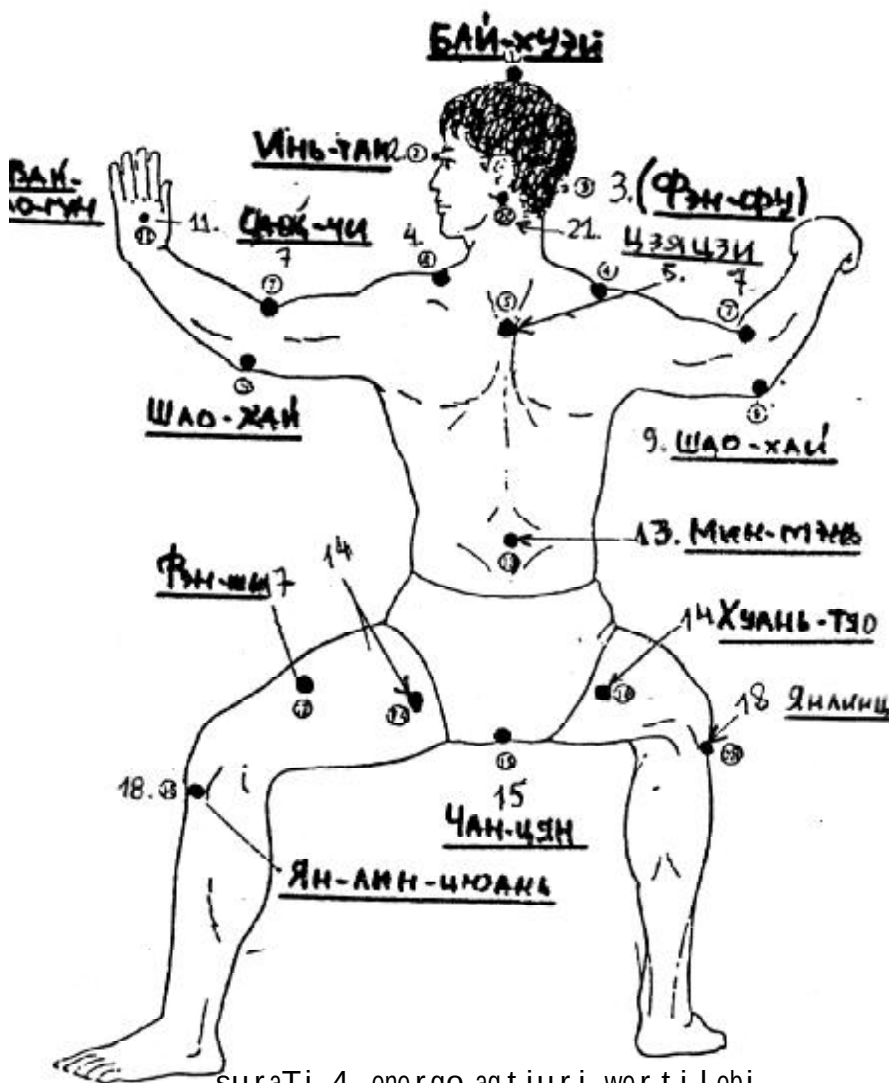
27. sunTqva unda iyos borblismagvari (borbaliviT), weli ki _ borblis morgvis msgavsi.

28. naTqvamia: Tu sxva ar moZraobs, nurc Sen moZraob; Tu mowinaaRmdege odnav amoZravda, Sen masze swrafad imoZrave;

unda gamoiyurebode ise, rogorc TavaSvebuli, magram ar unda iyo aseTi;

unda iyo TiTqmis gaWimuli, magram ara bolomde.

Zala xandaxan Cerdeba, magram azri grZeldeba (es aris is, rasac dasavleTSi uwodeben wertilamde misvlas).



surati 4. energo-aqtiuri wertilebi
(xedi uknidan)

5. mdumareba (meditacia)

`SevaRwioT anda SevideT uZraobaSi, es warmoadgens mdumarebis (meditaciis) sabo loo mizans~.

mdumarebis teqnika da arsi SeiZleba mivamsgavsoT `bayayis mo lodinSi myof Casafrebul, garindebul yanCas~.

unda viswavloT sakuTar TavSi CaZirvis xelovneba, amiT gafarTovdeba Cveni koncentraciis (Cawertebis) saSualeba da niWiereba; Cveni cxovrebis gza, misi arsi TandaTan ganaTebas, gawmendas daiwyebis. sakuTar TavSi ucbad aRmoCaCent azrovnebis gasaocar niWierebas da adre dasmul kiTxvebze pasuxis gacemas daviwyebT. TandaTan SeviZenT axal Tvisebebs da isini nel-nela Cveni srulyofilebisen svlis maCveneblebi iqnebian: `is srulyofilebis bermuxa, romelic CvenSi Zevs, ayvavebas daiwyebis~. is, rac amisaTvisaa saWiro _ esaa lodini da moTmineba. vakeToT mdumarebis xelovneba da gulwrfelad davtkbeT da gavixaroT ubraloebis am saocrebit. WeSmariti brZeni adamianebi duman da naklebad saubroben.

viswavloT mdumarebis xelovnebis sxvadasxva formebsi gamoyeneba. mdumarebas ar Zaluzs dagvicvas cxovrebis mZime wuTebisagan, magram mogvcems Semecnebis (Segnebis) siRmes da es ukve mniSvnelovnad sjobs yvelaze gabedul molodinsac ki.

mdumarebaSi varjiSis dawyebsa sasurvelia uSualod maswavleblis nebarTvis Semdeg. dasawyisSi igi iqneba Cveni energo-garsisa da molivlive azrebis mfarvelidamcveli. Cven yovelTvis viqnebit maswavleblis energo-velSi Cartulli. es Zalian mniSvnelovani faqtorია energoxelovnebaSi!

III Sida sabrZolo stilis mokle formis Sesaxeb

am konspeqtSi ganxiluli mokle forma 37 pozisgan Sedgeba, romelTagan bevri meordeba. misi Sesrulebisatvis (Sesabamisi siCqaris SemTxvevaSi) 7-dan 15 wuTamde droa saWiro.

yovelidre matiorjer _ sauzmis win da Zilis win _ Sesruleba kargi janmrTelobis miRwevis sawindaria. dreSi 10 wutis daxarjva sakuTari TavisaTvis _ mcire danakargia, magram mniSvnelovani upiratesoba gaaCnia. movarjiSemimas unda miaRwios, rom varjiSebSi gamotovebebi ar moxdes. SeiZleba gamotovoT sadili, ramdenime wutit gvian dawveT, magram varjiSs nu gamotovebT, gulmodgineba Zalian mniSvnelovania.

1. Tai-Zis moZraobebis xasiaTi. yvela moZraoba tanis mTliani modunebita da gonebis mSvidi koncentraciit unda Sesruldes. katis msgavsad gadaadgilit: msubuqad, magram myarad, ukan moZraobisas fexis wveri SeaxeT miwas, xolo winsvlisas _ terfis qusli. Semdeg mTeli fexis guli gadaagoret. TandaTan fexis mTeli terfis `fesvis gadgma~ ganaxorcieleT. Titqmis yvela moZrobas wriuli xasiaTi gaaCnia. garda am moZraobebis funqcionaluri sargeblobisa, energiis ekonomiasac izleva, ewinaaRmdegeba daZabulobebs da xmardeba modunebas.

mokle formis momzadebis pozebis Semdeg mis damTavrebamde tanis simZimis centri praqtikulad erT doneze imyofeba; tanis moxris amplituda welSi umniSvneloa.

2. Senelebuli moZraoba. yvela moZraoba erTsa da imave Senelebul tempSi sruldeba. swrafi moZraobebi ar arsebobs: yvela erTnairi siCqarit sruldeba. movarjiSes matii Sesrulebis siCqaris varireba SeuZlia, magram mis mier erTi pozis swrafad, xolo meoresi nela Sesruleba ar SeiZleba. Senelebuli tempi moZrobas gamomxatvelobas da gonebis damSvidebis saSualebas azlebs. garda amisa, uzrunvelyofs sisxlis mimoqcevis optimalur funqcias, mowinaaRmdegis mkafio warmodgenas, aseve, moZrobis dros tanis sxvadasxva nawilebis, rogorc erT mTlianad warmodgenas.

3. haerSi curva (livlivi). cxovrobs ra adamiani dedamiwaze, Cveulebrivad, haeris

arsebobas bolomde arcacnobierebs, radganac haerisaTvis formis sixiste araa damaxasiaTebeli. igi Cveulebrivad gonebis miRma rCeba da misi aRqma arc ise advilia. haerisa da wylis msgavsebis aRmoCena warmosaxvis niWierebas aRviZebs movarjiSeSi. haeri maSin emsgavseba wylis, Tuki movarjiSe Seecdeba haerSi `gacurvas~, am SemTxvevaSi misi moZraobebi avtomaturad Tai-Zis principebis Sesabamisi xdeba. msgavsad varjiSebis Sesrulebis movarjiSe TandaTan haeris simZimis SegrZnebas imdenad iwyebis, ramdenadac grZnobs wylis simZimes. am etapze movarjiSis tani Cveulebriv adamanTan SedarebiT ufro msubuqi da modunebuli xdeba. curvisa da sirbilis SegrZneba fexebiT myari `fesvis gadgmisa~ da `haerSi curvis~ Sedegad ibadeba. sulieri brZolis dros msgavsi Senelebuli moZraobebis Sedegi warmodgeniT Serkinebis winaaRmdegisaa, rom aseTi moZraobebi sabolood moZraobebis maRali siCqaris gamomuSavebas uzrunvelyofs.

4. uwyvetoba. Senelebuli moZraobebis Sesrulebis miuxedavad, moZraobebis Soris Sesvenebebi ar sruldeba. erTi pozidan meoreSi neli gadadinebis Tviseba unda gamoi-muSavoT da moZraobebi bolomde unda miiyvanot, pauzebis gareSe. moZraobebis SeCereba kosmiuri energiis Sekavebas iwvevs. nebismieri Seyovneba pozas `klavs~, radganac arasworad Sesrulebis SemTxvevaSi, igi Tavis arss (azrs) kargavs. moZraobebi `abreSumis parkidan abreSumis Zafis gamowelvis~ msgavsi xasiaTiT unda Sesruldეს. abreSumis Zafi Zalian nela, daZabulobis gareSe da, pirvel rigSi, uwyvetad unda gamowvelot. SeCerebisa da Semdegi ganaxlebis SemTxvevaSi Zafi wydeba.

5. simSvide. mxolod Senelebuli xasiaTis moZraoba araa sakmarisi, Tu masTan gonebis simSvide araa dakavSirebuli. Tavi aarideT gareSe azrebs, da gaertiandiT Sesrulebad moZraobebSi. dasawyisSi amis Sesruleba arc ise advilia, Znelia gareT mimdinare azrebisa da saxeebis moSoreba, magram varjiSebis disciplinirebuli Sesruleba, bolos da bolos, Tavis Sedegs gamoiRebs. pozebis Sesrulebis dros movarjiSe mxolod pozebze unda fiqrobdes: goneba moZraobebTan Sezrdili unda iyos.

6. sunTqva. moZraobasTan swori sunTqvაც unda iyos Sewyobili. da igi mxolod cxviriT unda xorcieldebodes. xelebis gaSlisas, awelvisas _ CaisunTqet, xelebis moxris anda CamoSvebis dros _ amoisunTqet. Tai-Zis I etapze movarjiSe sunTqvaze ar fiqrobda da mxolod moZraobaTa teqniki srulyofaze zrunavda, axla ki II etapze gadasvlisas, sunTqva TandaTan unda SeitanoT moZraobebSi. bolos sunTqva varjiSis organuli nawilad gadaiqceva da masze fiqrs SewyvetT. dasawyisSi gamoiyeneT `qvada sunTqvis meTodi~, xolo Semdegom TandaTan da frTxilad uku sunTqvaze gadadiT.

ase rom, yovelive zemoT ganxiluli principis gacnobis Semdeg movarjiSe Tai-Zis fizikuri da fsiqologiuri aspekტიT SesrulebisaTvis ukve mzadaa.

Tavi II

I. Tai-Zis mokle forma (37 poza)

Tai-Zis am mokle formis Sesruleba daaxloebiT 7 wuTs iTxovs.

dasustebul da dasneulebul adamianebs SeuZliaT airCion da gaimeoron am formis erTi an ori poza, rac maTTvis sasikeToa da gamajansaRebeli. magaliTad, maT, visac kuW-nawlavis moSliloba da diabeti awuxebT, poza `beRuras kudze xelis Cavleba~ unda gaimeoron randenimejer; maT, visac respiratoruli, an sisxlis mimoqcevis, an nevrosTeniis sneulebebi awuxebT efeqturi mkurnalobisatvis poza `xelebi livliveben, viTarca Rrublebi~ unda gaimeoron randenjerme da a. S.

imisaTvis, rom movarjiSem Tai-Zis Sesruleba ufro Rmad SeZlos, qvemoT moyvani l pozebSi yuradReba unda miaqcios Semdeg punqtebs: a) pozis saxelwodebis filosofiur gageba; b) gonebis (yuradRebis) tanis gansazRvrul aqtiur energo-wertilze koncentrireba; g) pozis Sesrulebis dros SegrZnebebis gaTaviseba; d) xelisa da fexis sisavsisa da sicarielis aRqma; e) fexis gulebze tanis wonis ganawileba; v) pozis praqtikuli (TavdacviTi) gamoyeneba.

yvela zemoaRniSnuli faqtori movarjiSes pozis Sesrulebis sisworeSi moexmareba. saWiros yuradRebis (koncentraciis) dakargvis an aRniSnuli SegrZnebebis arqona da a. S. imas niSnavs, rom movarjiSem Tai-Zis Sesrulebisas Secdoma dauSva, igi unda Seecados mis aRmoCenas da Sesabamisi Sesworebebis Setanas.

TiToeuli pozis saxelwodebis axсна movarjiSes misi arsis gagebasa da mis Tval-naTliv SesrulebaSi miexmareba.

da bolos, imisaTvis, rom Tai-Zis martoxela Sesrulebis dros TiToeuli moZraoba movarjiSem sworad Seasrulos, mas es moZraobebi TavdacviTi gamoyenebis kuTxiT kargad unda hqondes gaTavisebuli da aTvisebuli. ase rom, qvemoT TavdacviTi ileTebis gamoyenebis suratebic igneba ganxiluli.

Tai-Zis mokle formis (37 poza) moZraobebis klasikuri sia Semdegnairad gamoiyureba:

pirveli nawili dedamiwa

1. momzadeba da dasawyisi
2. kosmiuri energiis gamoRviZeba (CrdiloeTi)
3. beRuras kudze xelis Cavleba _ davarcxna marcxniv (CrdiloeTi)
4. beRuras kudze xelis Cavleba _ davarcxna marjvniv anu arekvla (aRmosavleTi)
5. beRuras kudze xelis Cavleba _ CaTreva (Crd.aRmosavleTidan dasavleTiT)
6. beRuras kudze xelis Cavleba _ dawola (aRmosavleTi)
7. beRuras kudze xelis Cavleba _ kvra (aRmosavleTi)
8. calpira Solti (dasavleTi)
9. mtevnobis aweva, anu weros gamoRviZeba (CrdiloeTi)
10. mxrit kvra, anu wero kecavs frTebis (CrdiloeTi)
11. wero Slis frTebis (dasavleTi)
12. marcxena muxlze daqneva (dasavleTi)
13. Tarze dakvra (dasavleTi)
14. mogerieba qvemoT da nabiji win, arekvla da
marjvena muStiT dar tuma, kvra (dasavleTi)7
15. xelebis gadajvaredineba (CrdiloeTi)

meore nawili

adamiani

16. vefxvze xelis moxveva da mTaSi dabruneba (samxreT-aRmosavleTi)
 beRuras kudze xelis Cavleba _ CaTreva (samxreT-aRmosavleTidan
 Crdilo-dasavleTi) 5
 beRuras kudze xelis Cavleba _ dawola (samxreT-aRmosavleTi) 6
 beRuras kudze xelis Cavleba _ kvra (samxreT-aRmosavleTi) 7
 calpira Soliti (Crdilo-dasavleTi) 8
17. muSti idayvis qveS (dasavleTi)
18. ukan daxeva da maimunisagan Tavdacva (marjvena, dasavleTi)
19. ukan daxeva da maimunisagan Tavdacva (marcxena, dasavleTi)
 ukan daxeva da maimunisagan Tavdacva (marjvena, dasavleTi) 19
20. iribi afrena (Crdilo-aRmosavleTi)
21. xelebi livliveben viTarca Rrublebi (marjvena, aRmosavleTi)
22. xelebi livliveben viTarca Rrublebi (marcxena, dasavleTi)
 xelebi livliveben viTarca Rrublebi (marjvena, aRmosavleTi) 21
 xelebi livliveben viTarca Rrublebi (marcxena, dasavleTi) 22
 xelebi livliveben viTarca Rrublebi (marjvena, aRmosavleTi) 21
 calpira Soliti (dasavleTi) 8
23. gvelli ekvreba miwas (dasavleTi)
24. oqros mamali dgas cal fexze (marcxena, dasavleTi)
25. oqros mamali dgas cal fexze (marjvena, dasavleTi)
26. marjvena fexis mocileba _ mocekvave daTvi (Crdilo-dasavleTi)
27. marcxena fexis mocileba _ mocekvave daTvi (samxreT-dasavleTi)
28. Semobruneba da qusliT kvra (aRmosavleTi)
29. marcxena muxlze daqneva (aRmosavleTi)
30. marjvena muxlze daqneva nabiji win da muStiT qveviT dartya (aRmosavleTi)
 beRuras kudze xelis Cavleba _ arekvl a (aRmosavleTi) 4
 beRuras kudze xelis Cavleba _ CaTreva (Crd.-aRm-idan das.-iT) 5
 beRuras kudze xelis Cavleba _ dawola (aRmosavleTi) 6
 beRuras kudze xelis Cavleba _ kvra (aRmosavleTi) 7
 calpira Soliti (dasavleTi) 8

mesame nawili

zeca

31. mzeTunaxavi maqoTi qsovs marcxnidan (Crdilo-aRmosavleTi)
32. mzeTunaxavi maqoTi qsovs marjvnidan (Crdilo-dasavleTi)
 mzeTunaxavi maqoTi qsovs marcxnidan (samxreT-dasavleTi) 31
 mzeTunaxavi maqoTi qsovs marjvnidan (samxreT-aRmosavleTi) 32
 beRuras kudze xelis Cavleba _ davarcxna marcxniv (Crdilo-eTi) 3
 beRuras kudze xelis Cavleba _ arekvl a (aRmosavleTi) 4
 beRuras kudze xelis Cavleba _ CaTreva (Crd.-aRm-idan das.-iT) 5
 beRuras kudze xelis Cavleba _ dawola (aRmosavleTi) 6
 beRuras kudze xelis Cavleba _ kvra (aRmosavleTi) 7
 calpira Soliti (dasavleTi) 8
 gvelli ekvreba miwas (dasavleTi) 23
33. Svidi varskvlavisaken kvra, anu didi daTvis Tanavarskv lavedi (dasavleTi)
34. ukusvla da vefxvze Sejdoma (dasavleTi)
35. Semobruneba da lotosis fexiT Camogdeba (dasavleTi)
36. dartya marjvnidan: moisari umiznebs vefxvs marjvnidan (Crd.-dasavleTi)
 nabiji win da mogerieba qvemoT. arekvl a da marjvniv muStiT dartya 14
 beRuras kudze xelis Cavleba _ kvra (dasavleTi) 7
 xelebis gadajvaredineba (Crdilo-eTi) 15

37. Tai-Zi-ciuanis dasasruli (CrdiloeTi)

II. Tai-Zi ciuanis momzadebis fsiqologiuri mxare

poza #1. mdumarebis poza (`vu-Zis~ dgoma). tanisa da sulis momzadeba.

1. dadeqiT mdumarebis dgomSi: quslebi erTad, fexis TiTebi ganze. fexisgulebis cxra wertiliT daaweqiT niadags, wona Tanabrad gaanawileT; igrZeniT, Tu rogor idgams fesvebs Tqveni fexisgulebi da rogor Seezrdeba miwas.

1. igrZeniT, Tu rogor ixsneba fexisgulis wertili (юн-цюань), rogor Semodis masSi miwis Tbili (yviteli) energia; es energia aTbobs mTel fexis terfs (sur. 5).

3. miwis Tbili energia fexis terfebidan nela adis wvivebSi; gaJRinTavs maT da aRwevs muxlebs (sur. 6).

4. muxlebi odnav moxareT da SemoxazeT naxevarwre: win→gareT→ukan (sur. 6). amiT muxlebi ixsneba, miwis energia Sedis muxlebSi, aTbobs da JRinTavs maT.

5. muxlebidan miwis Tbili energia barZayebisaken mimarTeT. xelis mtevnebis Sua TiTebi barZayis aqtiur wertils miadeT (фэн-ши); igrZeniT, Tu rogor vrceldeba Tbili energia barZayebSi, barZayis aqtiuri wertilidan xelis mtevnebsa da majebSi (sur. 7).

6. miwis Tbili energia aRwevs Sorisis ares; Tbeba da pulsirebs Sorisis aqtiuri wertili (хуэй-инь); energia mimarTeT kodusunisaken.

7. SewieT kodusuni SigniT da zemoTken (`kodusunis amoZueba~), amiT CaasworeT da gaxseniT xerxemlis sveti. igrZeniT, Tu rogor Sedis miwis Tbili energia kodusunidan xerxemalSi da rogor iweybs igi Sevsebas miwis Tbili energiit qvmodan zemoT, malidan malande (sur. 8).

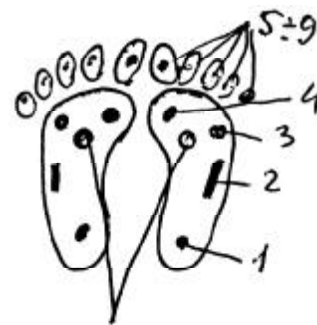
8. igrZeniT aseve, Tu rogor miemarTeba miwis Tbili energia tanis qveda energo-sacavisaken (дан-тян), romelic Wipis qveda areSi, tanis SigniT (tanis centrSi) imyofeba.

9. igrZeniT, Tu rogor ivseba tanis qveda sacavi miwis energiit, rogor mZimdeba da iweybs pulsirebas (feTqvas) (sur. 8).

10. SeswieT odnav SigniT mucilis kedeli da gonebis meSveobiT Cartet mucilis RruSi mdebare yvela endokrinuli jirkvali (winamdebare, kuWukana, Tirkmelzedi); miwis Tbili energiit Seivso mTel mucilis Rru; gaTba diafragma da miwis energia miuaxlovda tanis meore energo-sacavs (gulis centrS) (sur. 8).

11. igrZeniT, Tu rogor ivseba tanis meore energo-sacavi: gulis centri (igi mkerdis wina wertil тан-чжун-са da zurgis ukana wertil шэнь-дао-ს Soris SuaSi imyofeba).

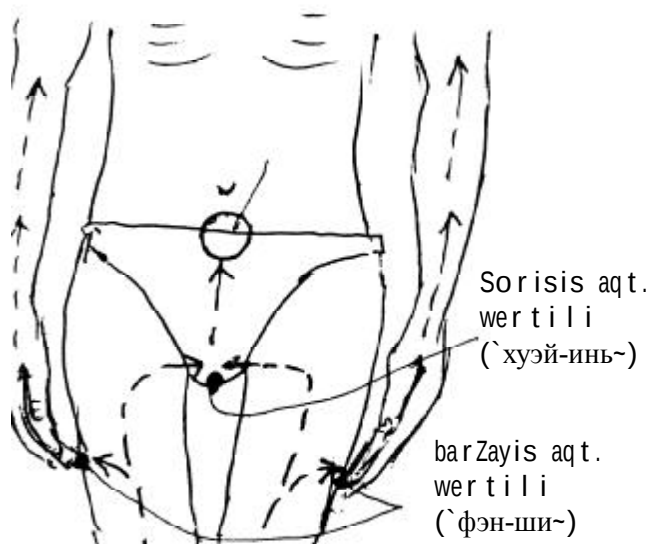
12. igrZeniT, Tu rogor ivseba tanis Sua energo-sacavi miwis energiit, rogor mZimdeba da iweybs pulsirebas (feTqvas) (sur. 9, 10).



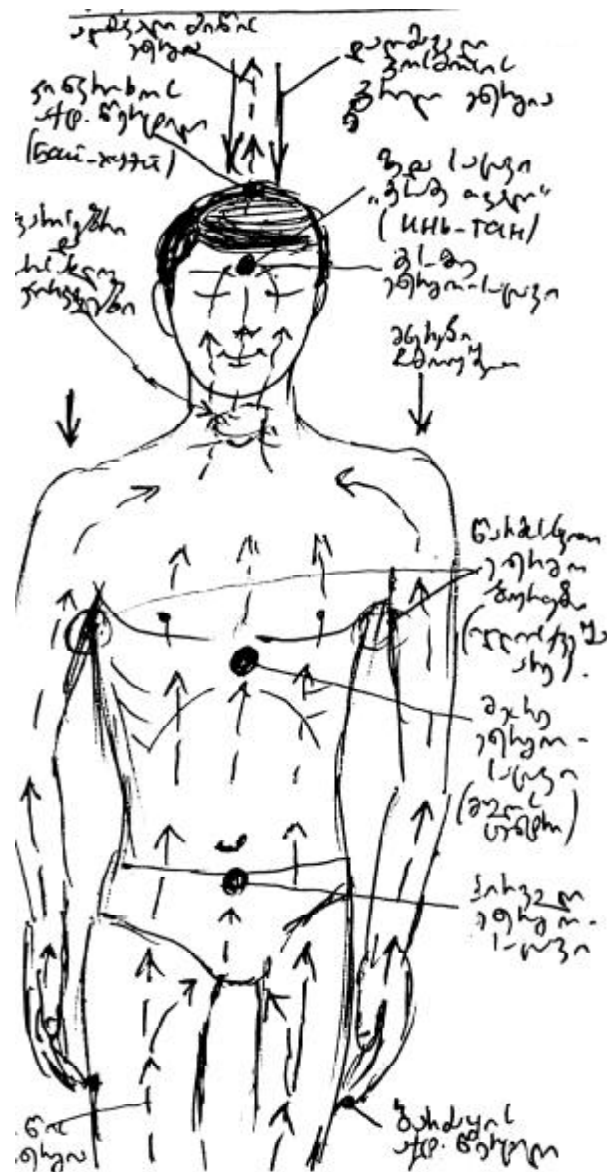
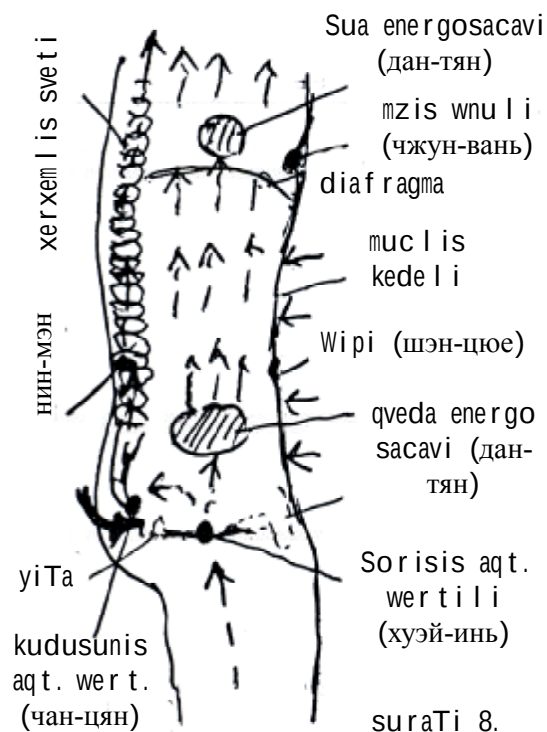
fexisgulis
aqt. wertili
(юн-цюань)
suraTi 5.



suraTi 6.



suraTi 7.



sur aTi 9

13. SewieT odnav SigniT gul-mkerdi, mxrebi CamouSviT, beWebi moamrgvaleT da gonebis meSveobiT CarTeT gul-mkerdis areSi mdebare yvela endokrinuli jirkvali (mkerdukana jirkvali _ Timusi); miwis Tbili energiit Seivso mTeli gul-mkerdis are; xelebidan miwis energia iRliis qveSa ares miuaxlovda (sur. 9, 10).

14. warmoidgineT, rom iRliis qveS ori
saSualo zomis energo-sfero imyofeba da
qaxseniT es are (sur. 9, 10).

15. miwis Tbi lma energiam Seavso mTe-
li gul l-mkerdis are, mxrebisa da kiris arisaken gaemarTa.

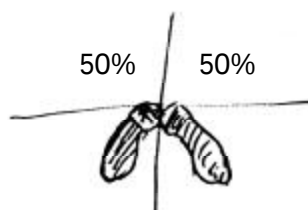
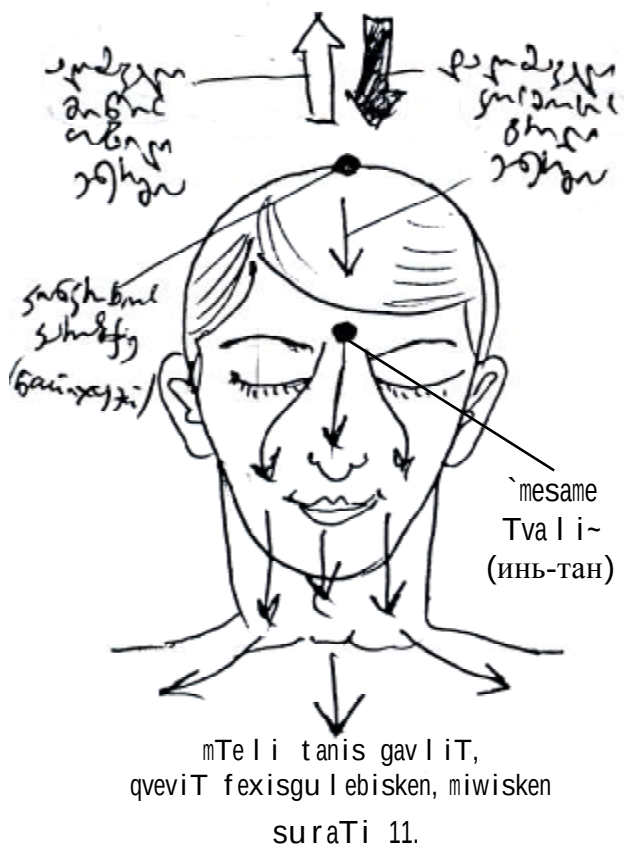
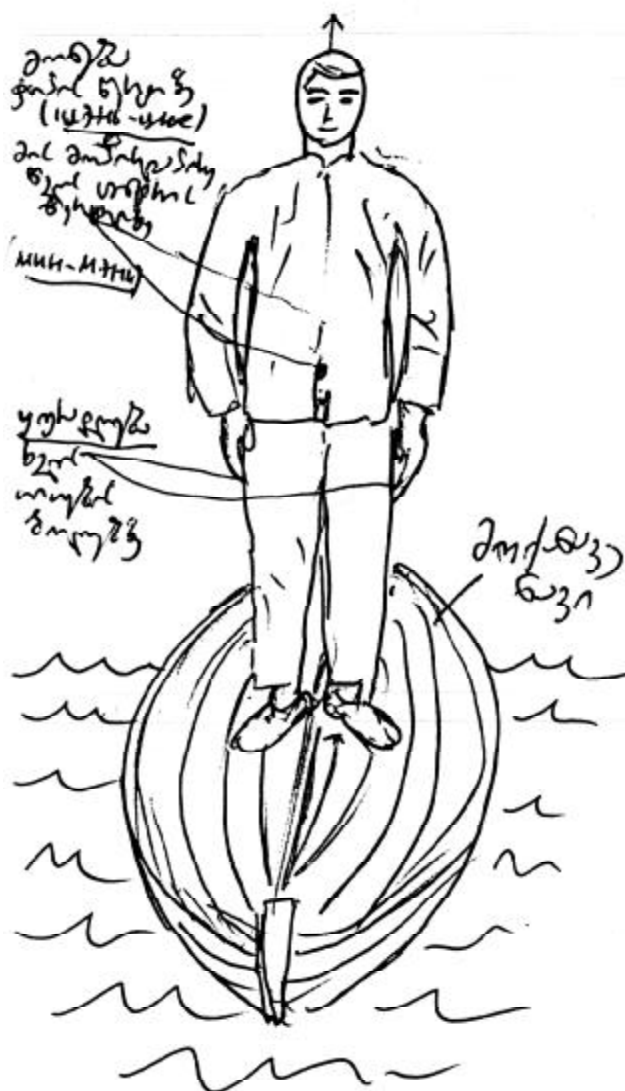
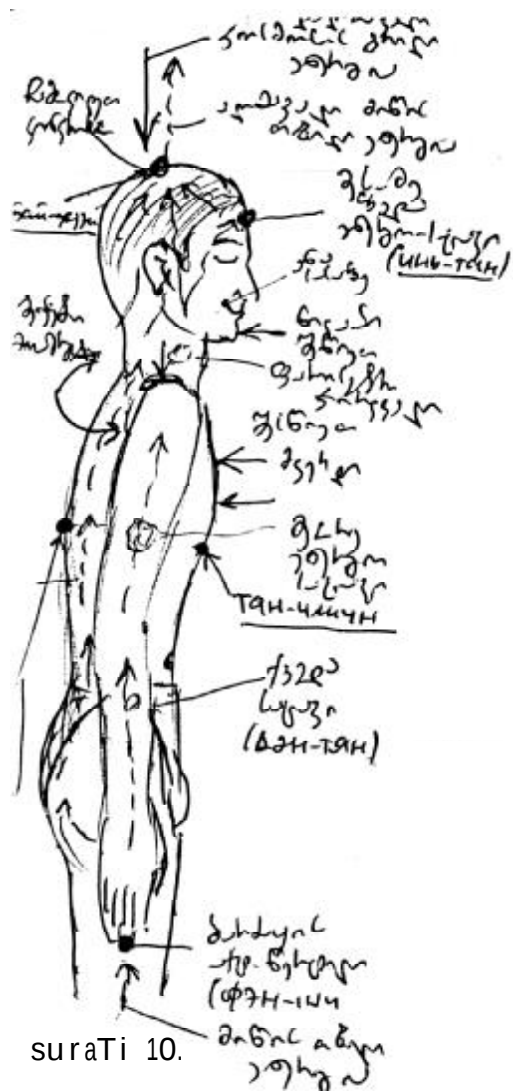
16. igrZeniT, Tu rogor Tbeba Tqveni kiseri; rogor Sedis miwis Tbil i energia farisebr da farisebrax lo jirkvlebSi; nikapi odnav SewieT, ena zeda sasas miabjineT; igrZeniT, rogor adis miwis energia enis gavliT Tavis zeda nawi l Si (sur. 9, 10).

17. kinkrixos aqtiuri wertili (бай-хуэй) uxilav Zafze CamokideT da zemoTken gawelet; igrZeniT, Tu rogor Seivso am aqtiuri wertilidan kosmosi miwis Tbili energiit (sur. 10, 11).

18. igrZeniT, Tu rogor ivseba tanis zeda sacavi (инь-тан _mesame Tvali-) energiiT, rogor mZimdeba da iwyebs pul sirebas (feTqvas) (sur. 10, 11).

19. igrZeniT, Tu rogor Semodis Tqveni kinkrixos karibWedan kosmosis grili (iisferi) energia, rogor avsebs Tqvens Tavis qalas, yelis, kisers, mxrebs, gulmkerds, mucilis Rrus, fexeb, fexis terfebs, fexisgulebs da fexisgulis qveda karibWidan Cadis niadaqSi (sur. 11).

20. dgaxarT bunebrivad, saxe CrdiloeTiT (an samxreTiT) gaqvT mitrialebu li. tanis wona orive fexze Tanabrad gaqvT ganawilebu li. yuradReba xelis TiTebis bo loe- bze gadaitaneT; isini mZime da mxurvale xdebian da pulsireben. ecadeT yvela zedmeti azri gonebidan gandevnoT da simSvidis mdgomareobas miaRwiOT. moaduneT yvela saxsari da kunTi. rodesac es Cvevad geqcevaT, neli, modunebuli, narnari moZraobebisagan Tqven siamovnebas miiRebT.



surati 12.

SeizineT Semdegi SegrZneba: tani modunebuli gaqvT, igi odnav qanaobs win da ukan (TiTqos Tqven moqanave navze dgaxarT). es qanaoba azrebis gasuTavebasa da simSvidis mdgomareobaSi Sesvlas mianisnebs (sur. 12). amis Semdeg gonebis koncentrireba moaxdineT Tirkmelebis Sua wertilTan moxdineT (мин-мэн _ welis centri), Semdeg ki Wipis centrSi (шэнь-цюэ) (sur. 12).

21. varjiSis me-20 nabiji gaimeoreT samjer da Tqveni tani wonasworul mdgomareobaSi mova.

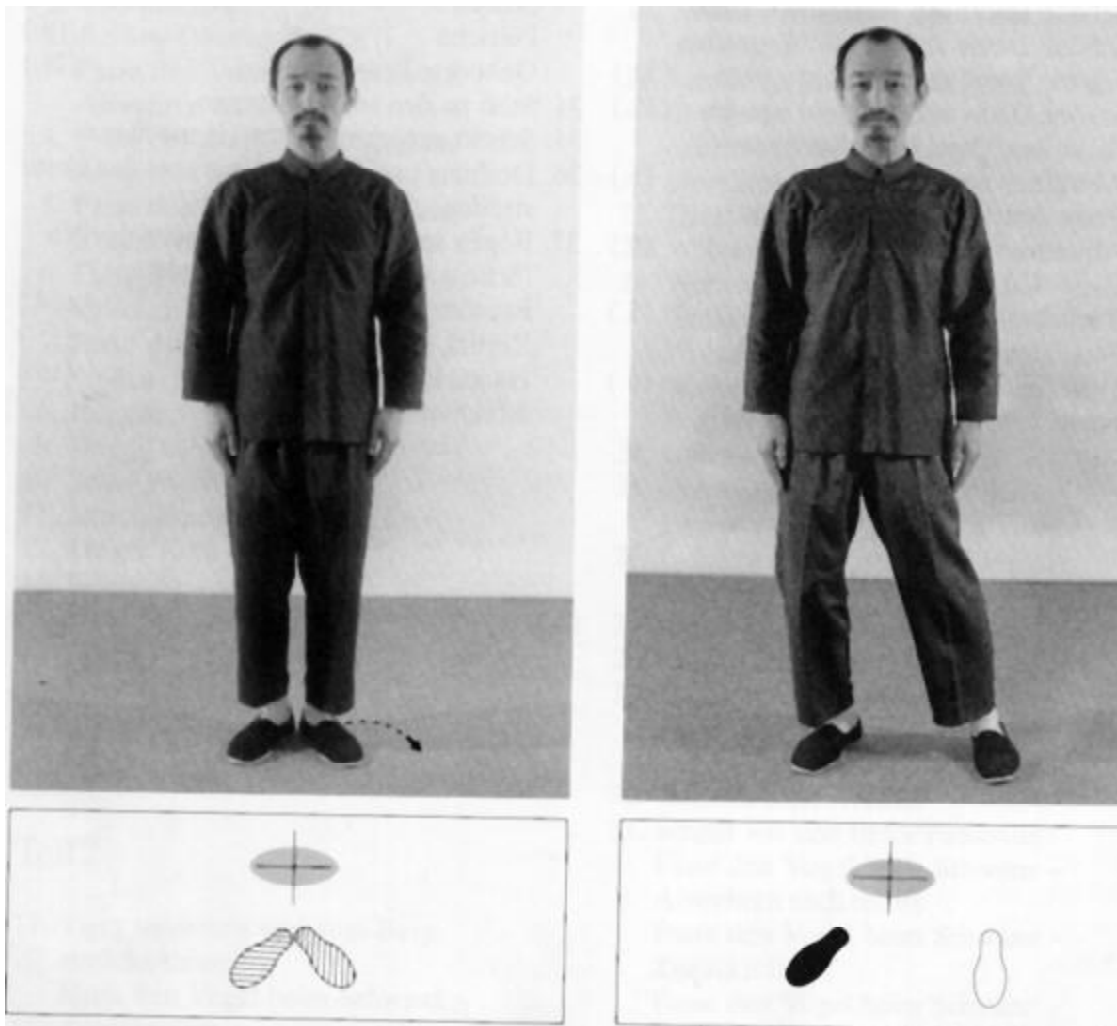
22. amis Semdeg SegizliaT gadaxvideT Tai-Zi ciuanis Semdeg pozaze: `kosmiuri energiis gamoRviZeba~.

klasikurad `mdumarebis pozis~ mokle aRwera aseC Seizleba ganvixilOT:

poza #1. `mdumarebis poza~

es poza emsaxureba Tai-Zi ciuanisaTvis momzadebas. amasTanave igi warmoadgens sasicocxlo principis dabadebis `mdgomare~ pozas.

varjiSis dawyebis win tani da goneba unda Sevides sruli mzadyofnis mdgomareobaSi. dgomi bunebrivia, viyurebiT CrdiloeTiT, fexebi erTadaa, xelebi Tavisufladaa Camokidebuli da TeZosTan musubuq kontaqtSi imyofeba, Sua TiTis bolo mdebareobs aqtiur wertil Feng-Shi-is (31-XI) (sur. 4, #7) pirispir. Tavi gasworebulia, enis wveri exeba sasas, mzera mimarTulia win, yuradReba ki mimarTulia Cvens SigniT, yurebi usmenen Cveni sunTqvis xmas, piri mokumulia, mxrebi CamoSvebuli, `CaZireT~ mklavebi da `SeizniqeT~ mkerdi. amas Camohyavs `Ci~ energia dan-tianSi. sunTqva unda iyos `grZeli,



suraTi 13. poza #1: momzadeba da dasawyisi

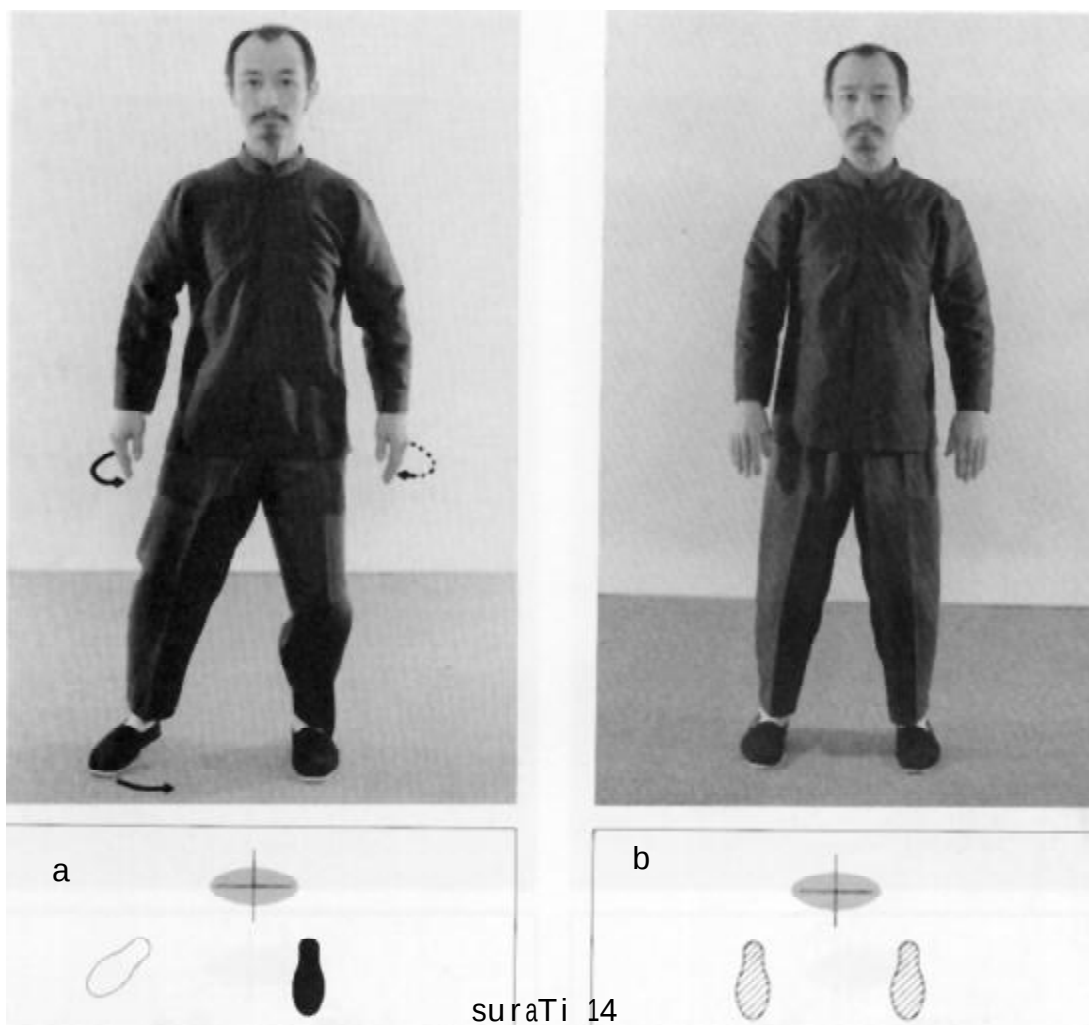
natifi, mSvidi da Senelebuli~. es poza Seesabameba Tai-Zis (`udides zRvars~), romlis drosac jer ar dabadebula ini da iani. goneba koncentrirebula xelis TiTebis boloebze. unda moiciloT yuradRebis gamfantavi yvela azri da miaRwioT simSvidis mdgomareobas. moaduneT yvela saxsari, gaanTavisufleT kunTebi. roca yvelaferi es gadageqcevaT Cvevad, mxolod maSin daibadeba TqvenSi Sesrulebuli moZraobebisagan miRebuli udidesi siamovnebis SegrZneba: yvelaferi mSvidadaa, yovelgvari daZabvis gareSe, irgvliv simsubugea da sinarnare.

TviTSTagoneba: tani modunebulia, odnav qanaobT win da ukan, TiTqosda dgaxarT navze (sur. 12). es niShavs, rom Tqven gamoricxeT yuradRebis gamfantveli azrebi da SexvediT simSvideSi. Semdegi figreT aqtiur wertilze мин-мэнь _ 4-XIII (sur. 4, #13) (welis Sua adgili), Semdeg _ Wipze. ifiqreT am or aqtiur wertilze 3-er rigrigobiT da tani gaxdeba gawonasworebuli, mSvidi, ris Semdegac SegiZliaT SeasruloT pozebi.

gonebasa da kosmiur energias Soris mudmivad unda myardebodes kavSiri. es aris kavSiri kodusunsa da kinkrixos Soris. amas uwodeben `TaviT Tokze Camokidebul~ mdgomareobas. xar ra mTlian simSvideSi, elodebi mowinaaRmdegis umniSvnelo moZraobasac ki, mxolod amis meoxebiT miiRweva garesa da Sigas erTianoba, rac gadaaqcevs srulyofilad arss da mis gamoyenebas. damwyebma Segirdebma aucilebelia mkafiod Seignon amis mniSvneloba.

momzadebis pozas gaaCnia ori moZraoba:

I moZraoba. `marcxena terfiT gverdiT nabiji~. giWiravT ra Tavi da tani sworad, xolo Tvalebi pirdapir, gadawieT tani odnav marjvniv da ifiqreT imaze, rom cxviris wveris mdebareoba daemTxves marjvena fexis terfis didi TiTis xazs, kodusuni ki Sveul xazze iyos marjvena terfTan. am dros marcxena terfi imoZravebs bunebrivad





gverdze _ mxris siganeze. amasTanave, marcxena fexis TiTebi odnav exeba miwas. am momentSi wona marjvena terfzea, goneba koncentrirebulia marjvena xelis neka TiTis boloze.

Sesabamisi SegrZnebebi: tanis marjvena mxare daZabulia, marcxena ki _ modunebuli.

Il moZraoba. `dgomi paralelur fexebze. paraleluri terfebis miRebis dros ifiqreT rigrigobiT marjvena xelis nekis, usaxelo, Sua TiTis, saCvenebeli da cera TiTebis boloebze, xelis mtevnis, xelis gulisa da gare zedapirebze da dadeT miwaze marcxena fexis jer 1-li, me-2, mere 3-4-5 patara TiTebi, fexisguli, Semdeg mTeli terfi. axla Tqveni wona ganawilebulia orive fexze, goneba koncentrirebulia orive xelis saCvenebel TiTze.

Sesabamisi SegrZneba: TiTqos SeasruleT Rma gamaxalisebeli CasunTqva, tanis zeda nawili modunebulia da msubuqi. TeZos qveda nawili Tanabaria, fexebi mZlavrads miwaze, rogorc bermuxa (sur. 14).

poza #2. `kosmiuri energiis gamoRviZeba~ (oTxi moZraoba)

saxelwodebis axsna: yvela Semdgomi moZraobis sawyisi moZraoba.

I moZraoba: marcxena fexis ganze gaweva kinkrixo aweulia, tani gasworebuli, icqirebiT pirdapir. tani odnav marjvniv gadawieT, yuradReba miaqcieT imas, rom cxviris wwerodan gavlebuli Sveuli xazi marjvena fexis wveroze gadis. am dros marcxena fexi bunebrivad moZraobs marcxena mxares da mxrebis siganis miRwevisas Cerdeba.

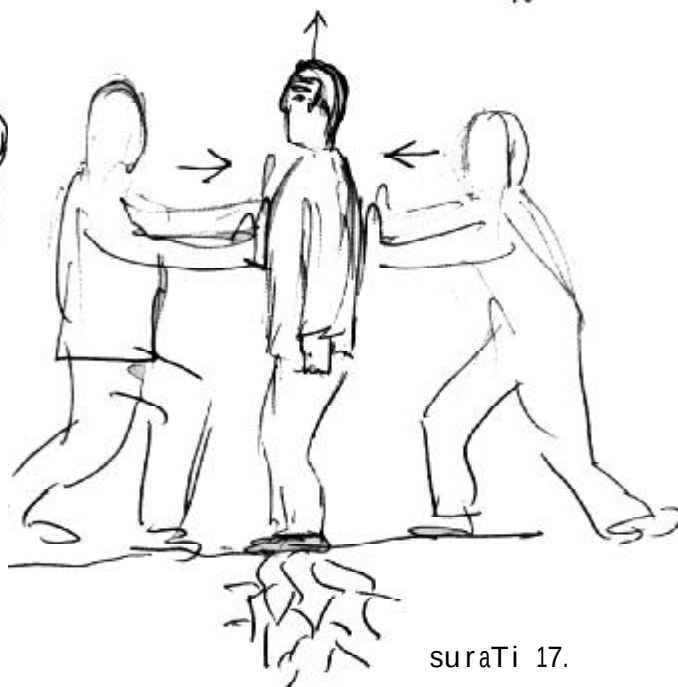
goneba _ welis wertilzea (мин-мэн) koncentrirebuli.

SegrZneba _ tanis marjvena nawili daZabulia, marcxena modunebuli; marjvena xeli da marjvena fexi msubuqi xdeba (sur. 15).

praqtikuli gamoyeneba _ rodesac mowinaaRmdegis marjvena xeli (an orive xeli) Semsruleblis marcxena mxareze imyofeba da mowinaaRmdege cdilobs movarjisiS mar-



suraTi 16.



suraTi 17.

jvniv gdebas, mo-
varjiSe myisierad
axdens Tavis marjve-
na mxareze anda tanis
marjvena nawilis neb-
ismier adgilze azre-
bis Tavmoyras (kon-
centrierebas), ris Sem-
degac mowinaaRmdege
ver SeZlebs movarji-
Sis adgilidan daZ-
vras.

II moZraoba: fe-
xebi ganze, terfebi
erTmaneTis parale-

lurad. rigrigobiT moaxdineT koncentracia: marjvena mtevnis neka, usaxe lo, Sua, saCve-
nebel da cera TiTebze, xelisgulze da bolos majaze. amave dros, miwaze dadgiT
Sesabamisad marcxena fexis meore, mesame, meoTxe da bolos neka TiTebi. Semdeg wona
Tanabrad gaanawileT orive terfze.

goneba _ xelis saCvenebel TiTebzea koncentrierebuli, mzeris mimarTuleba ar
Secvalot (sur. 16 a, b).

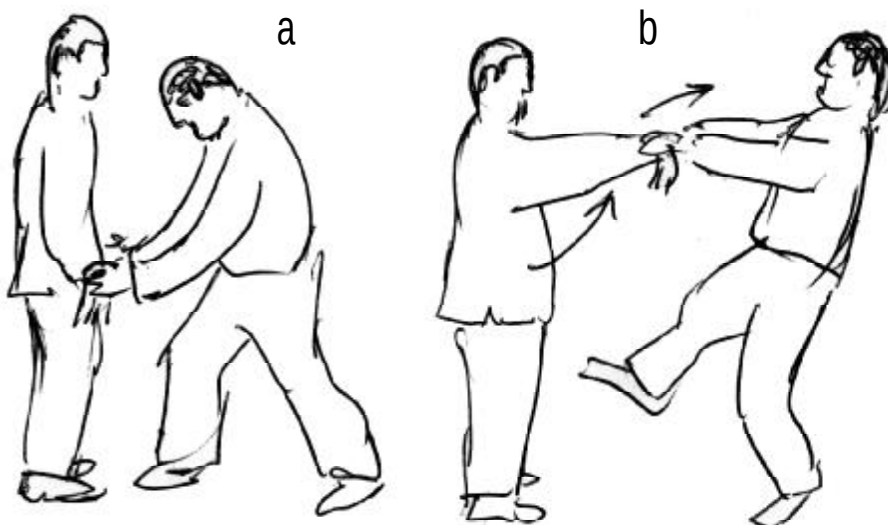
SegrZneba _ Rma gamaxalisebeli CasunTqvis msgavsi unda iyos. tanis zeda (di-
afragmis zemo) nawili msubuqia da modunebuli, tanis qveda (diafragmis qveda) nawili
mZimea da qvevitken miiswrafis, fexebi myarad dgas miwaze _ fesvgadgmuli xis SegrZneba.

praqtikuli gamoyeneba _ esaa zustad `boZiviT CarWobili~ dgoma Tai-Zi ciuanSi da
movarjiSes icavs eqvsi nebismieri mimarTulebidan wamosuli (zevidan, qvevidan, winidan,
uknidan, marcxnidan, marjvnidan) mZlavri Semtevi Zalisan (sagnebis bunebriobas misdie~)
(sur. 17).

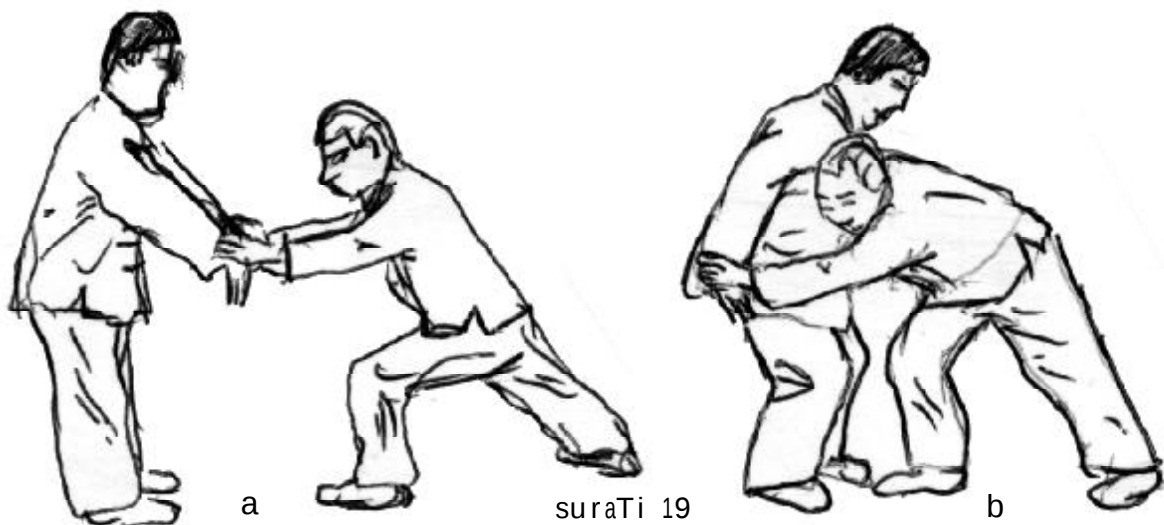
III moZraoba: awieT majebi zeviT, moaxdineT gonebis koncentracia yvela TiTze. ise
moaduneT xelis TiTebis saxsrebi, rom bunebrivad gaiwelos; Semdeg xelis TiTebis
boloebi xelisgulebisadan gareT mimarTeT. am dros xelis TiTebma amwevi Zala unda
igrZnos da es Zala awevs xelis mtevnibs win da zemoT, mxrebi donemde. amastan xe-
lebi mxrebi siganeze imyofeba. igrZeniT simxurvale da Zala xelisgulebis wertilebSi
(лао-гун).

mzera da simZimis centri _ ucvleli rCeba.

goneba _ xelisgulebzea (лао-гун) koncentrierebuli (sur. 16).



suraTi 18



suraTi 19

SegrZneba _ mkerdSi komfortis SegrZneba (sur. 16a).

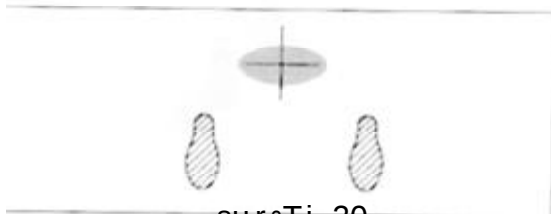
praqtiku li gamoyeneba _ rodesac mowinaaRmdegem movarjiSis majebS Caav lo xe lebi, am ukanasknelma TiTebi xelisgulisaken Sezniga, majam win gamoiwia da amit man mowinaaRmdegas xelisgulebSi Seutia, riTac wonasworobidan gamoiyvana da xe lebis aweviT (kvriT) mowinaaRmdege ukan vardeba (sur. 18 a, b).

IV moZraoba: xe lebi qveviT eSveba. moaxdineT yuradRebis koncentracia xelis mtevnibis gare zedapirze, xe lebi spontanturad qveviT iwyebS vardnas da es grZel deba manam, sanam cera TiTebi TeZoebTan ar aRmoCndeba, am dros xelis TiTebis boloebi pirdapiraa mimarTuli, xelisgulebi qveviT iyureba, idayvebi odnav moxrili rCeba. amave dros moaduneT muxlebi da odnav CabuqneT, sanam muxlis kviristavebi fexis wverebis xazze ar aRmoCndeba. muclis qveda are odnav SeznigqT, iyureT pirdapir. tanis wona orive terfze Tanabari rCeba.

goneba _ xelisgulebis gare wertilebzea (вай-лао-гун) koncentrirebuli, romlebic xelis mtevnis zurgzea ganlagebuli (sur. 20).

SegrZneba _ rodesac xerxemlis qveda nawili gawelilia vertikalurad, xeli kinkrixosaken adis da mTeli tani simsubuqesa da silaRes SeigrZnobs, TiTqos kinkrixo zemodan Zafzea Camokidebuli. amitom TeZoebsa da wvivebSi siTbos, gafarToebisa da simZlavis SegrZneba ibadeba, xolo tanis qveda nawilSi _ simyaris SegrZneba, TiTqos miwaSi Rmad fesvgadgmuli dgaxar.

praqtiku li gamoyeneba _ rodesac mowinaaRmdege movarjiSes majebSi Caavlebs da maT Tavisken moqaCavs, movarjiSe imwamsve Wimavs Tavis TiTebS, uSvebs xe lebs qveviT da Tavisken (gaxsovdet, rom aucilebelia mxrebisa da idayvebis qveviT CamoSveba, welis moduneba da kinkrixos zemoT mimarTva), ris Semdegac mowinaaRmdege win daecema (sur. 19a, b).



surati 20

#2 pozis `kosmiuri energiis gamoRviZeba~ mokle klasikuri ganxilva Semdegia:

am pozaSi Tai-Zi warmoSobs `lian-i~-s (or sawyis Zalas): insa (`forma~, `qveda~, `miwa~, `uZravi~) da ians (Ci, `zeda, `zeca~, `msubuqi~, `moZravi~).

moZraobis dawyebis win xe lebi idayvebSi moxrilia, majebi gasworebuli, xelisgulebi qveviT `iyureba~, TiTebi odnav aweulia da miwisken diagonalurad `iyureba~.

es poza Sedgeba ori moZraobisagan:

moZraoba 1. `majebi win~. gadavitanoT azri xelis TiTebis boloebs, saxsrebi modunebulia da yvela TiTi Tavisuflad isleba; Semdeg TiTebi mivmarToT xelisgulebidan gareT. am dros Cveni TiTebi igrZnoben impulsS, romelic gamoiwwevs orive xelis bunebriv win da zeviT awevas mxrebis doneze.

mzera da simZimis centri ar icvleba.

goneba _ koncentrirdeba orive xelisguleze.

SegrZneba _ mkerdSi komfortis SegrZneba.

moZraoba 2. `majebis qveviTken dakvra~. axla vifiqroT xelis mtevnibis gare zedapirebze, romelic spontanturad qveviT Camovardeba da cera TiTebiT gacerdeba TeZoebTan, xelisgulebi qveviT,

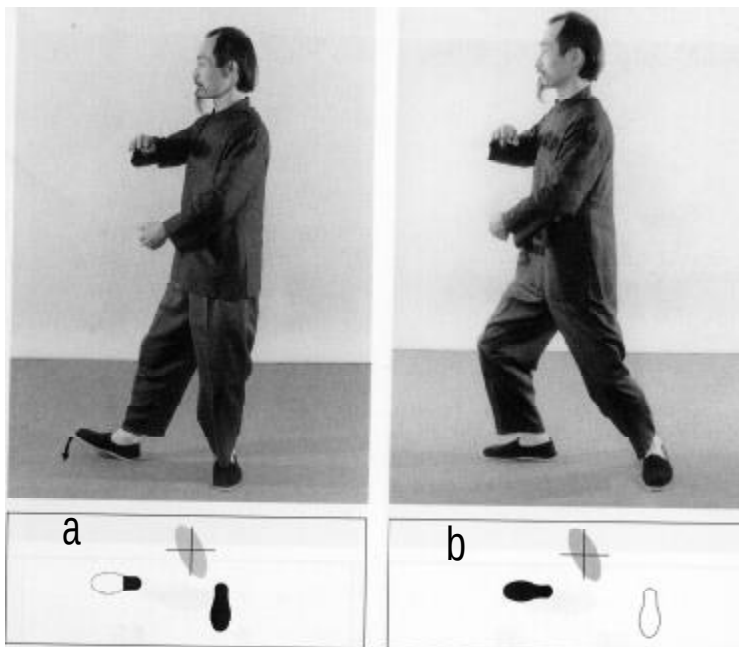
idayvebi odnav moxrili. erTdroulad moaduneT muxlebi da TandaTan tani moxareT odnav win 1/4-iT, sanam muxlebi TiTebis Sveuli ar gaxdeba. goneba sablood fokusirdeba ჯაო-რუი~ze (sur. 3).

SegrZneba _ roca xerxemali sworia (kudusuni Seweuli), sasicocxlo sul iweva zeviT Tavisaken. aq vigrZnobT siTbos, modunebas, Zalas; xolo tanis qveda nawilSi (TeZo, wvivebi) samyaros Zalas, TiTqos miwaSi varT Carguli.

ase rom, rodesac tanis qveda nawili aivseba `Ci~ energiiT, orive xeli `amotiv-tivdeba~, gahyveba ra `Ci~ energia (sxva sityvebiT: `Ci~ Sedis tanSi, burTiviT beravs mas), xolo, roca xelebi Camodis, ukve sxva suraTi gvaqvs: `Ci~ tovebs sxuils da xelebi `cvivdeba~ (amotivtiveba→CaZirva→gaberva→Camocvena).

am moZraobis mTavari mizania majebis `gaxsna~ da moduneba. amasTanave, majebSi war-moebs eqvsi cvlileba: 1) yuradReb-is koncentraciidan `momzadebis pozamde~; 2) `momzadebis pozidan~ `sawyis pozamde~ (xelis mtevnebi TiTqos wylidan amotivtivdeba); 3) aweul mtevnebsi `Ci~ axdens TiTebis, kvanZebis, sisxlis ZarRvebis mobilizebas, ris Semdegac isini bunebriv mdgomareobaSi imyofebian; 4) majebi moZraobs ukan \_ tanisaken, majebi da idayvebi ixreba, uaxlovdeba mxrebs, TiTebi isev qveviTaa mimarTuli; 5) majebi iwyebs qveviT dawevas \_ `izireba wyalSi~, xolo TiTebi curavs mis zedapirze; 6) majebi moZraobs TeZobis gare zedapirisaken.

es poza majebis varjiSisa da gaxsnisaa.



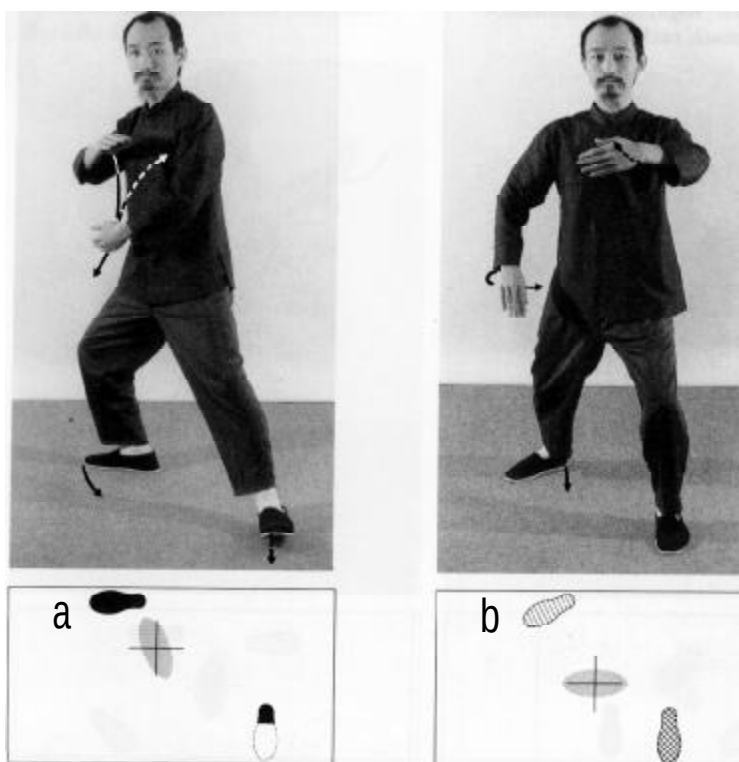
suraTi 21

poza #3: `beRuris kudze xelis Cavleba~ _ davarcxna (arekvla) marcxniv.

saxelwodebis axsna. es moZraoba iseT saxes gamoxatavs, rodesac mowinaaRmdegis moaxloe-buli xeli frinvelis (beRuris) kuds ganasaxierebs, xolo movarji-Sis xeli win da zemoT da qvemoT, marjvniv da marcxniv, beRuris kudis mimyol Zafs (Toks) ganasaxierebs da am moZraobebiT gafrenis saSualebas ar azlevs (sur. 21).

I moZraoba: arekvla marcxniv (I faza) (moZraobebis zogierTi suraTebi sarkiseburia!).

moZraobis qoreografia:



suraTi 22



suraTi 23.



suraTi 24.

1. tanis wonis meti nawili marcxena fexze gadaitaneT, moxareT muxli, tanis zeda nawilis marjvena mxare moaduneT da marjvena quslze SemotrialdiT, odnav aswiet marjvena terfis wveri (aRmosavleTiT).

marcxena muxlis moxra simZimis centris dawewas gamoiwews; saWi roa icodeT, rom Tai-Zis varjiSis Sesrulebis dros erTi an me-

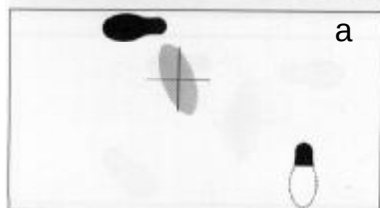
ore muxli SesamCnevad moxrili iqneba.

axla movarjiSis marjvena terfi marcxenasTan swori kuTxiT imyofeba. movarjiSis welisa da TeZobis motrialeba _ fexis terfebis moZraobaTan SeTanxmebulad xorciel-deba. amasTan erTdroulad aswiet Tqveni marjvena xeli, xelisguli qveviT icqireba da imyofeba marjvena iRliisqveSa aris doneze; xolo Tqveni marcxena xeli, romlis xelisguli zemoT iyureba, welis marjvniv moaTavseT. ase rom, Tqven iset adamians baZavT, romelsac xelsi didi burTi uWiravs.

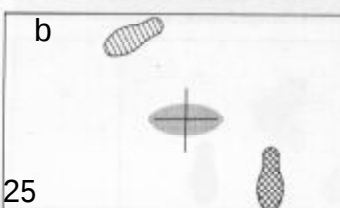
2. daukvirdiT, rom am moZraobis dros Tqveni marjvena mxare CamoSvebuli da modunebuli iyos. Tvalebi moZraobas misdevs da am momentSi marjvniv pirdapir icqireba.

goneba _ Sorisis wertilzea (хуэй-инь) (sur. 3; #16) koncentrirebuli, Semotrialbis dros mas qvemoT da ukan marcxniv amoZravebT ise, rom kodusuni marcxena quslis zemoT imyofeba.

SegrZneba _ marcxena xeli carielia, marjvena _ savse.



a



b

suraTi 25

3. tanis wona marjvena fexze ise gadaitaneT, rom marcxena terfi miwas fexis qusliT exebodes (sur. 21).

goneba _ Tirkmlebs Soris wertilzea (мин-мэнь) (sur. 4; #13) koncentrirebuli da Tqven e. w. `marjvena moisris- dgom-Si gadagordebiT.

SegrZneba: axla marjvena xelia carieli, marcxena _ savse.

praqtikuli gamoyeneba _ Tu Tqveni mowinaaRmdege marjvena muStiT Tqveni mkerdis marjvena mxares Seutevs da am dros Tqven `mosamzadebel pozaSi- imyofebiT, imwamsve marcxena fexze iwyeBT `Cajdomas~, xolo mkerdis marjvena mxare, welis gahyveba, motrialdeba marjvniv da modunde-ba. amave dros Tqven tri-

aldebit fexis marjvena quslze da marjvena xels horizontalur mdgomareobande wevT (marjvena iRliisqveSa aris donemde) da mowinaaRmdegis marjvena xelis majaze avlebT. Tqveni marcxena xeli marjvena TeZos doneze ganlagdeba (xelisguliT zemOT); mzera winaa mimarTuli da igi SetevisTvis mzadaa (sur. 23).

mowinaaRmdege mixvda ra Tavisi Setevis araefekturobas, marjvena xels (muSts) ukan swevs da axla marcxena muStiT axorcielebs Setevas, magram movarjiSe ukve marjvena fexze zis da misi marcxena xeli mowinaaRmdegis marcxena xeliT dartymas iridebs. amastan erTad, movarjiSis marcxena fexi swor xazze gadaidgmeba situaciisda mixedvit (sur. 24).

II moZraoba: arekvl marcxniv (II faza anu IIЭН).

moZraobis qoreografia: axla movarjiSe CrdiloeTiT marcxena fexiT pirdapir asrulebs nabijis ise, rom miwas pirveli qusli exeba. xris mas da Tavisi wonis 70% nela gadaaqvs. amave dros, tanis zeda naxebris marjvena mxare marcxniv trialdeba. marcxena xeli mkerdis doneze ise aswiet, rom misi winamxari iatakis mimarT paraleluri iyos (xelisguli mkerdisaken da odnav qveviT icqireba). amastan erTad, movarjiSe qveviT uSvebs marjvena xels da marjvena TeZosTan aTavsebs. bolos, marjvena fexis terfs odnav SigniT Caatrialebs. misi Tvalebi motrialebas misdevs da moZraobis bolos zustad CrdiloeTisaken iyureba (sur. 25 a, b).

rogorc iciT, mTlianobaSi `beRuris kudze xelis Cavleba~ oTx moZraobisagan: arekvliS, gaTrevisa, dawolisa da kvrisagan Sedgeba.

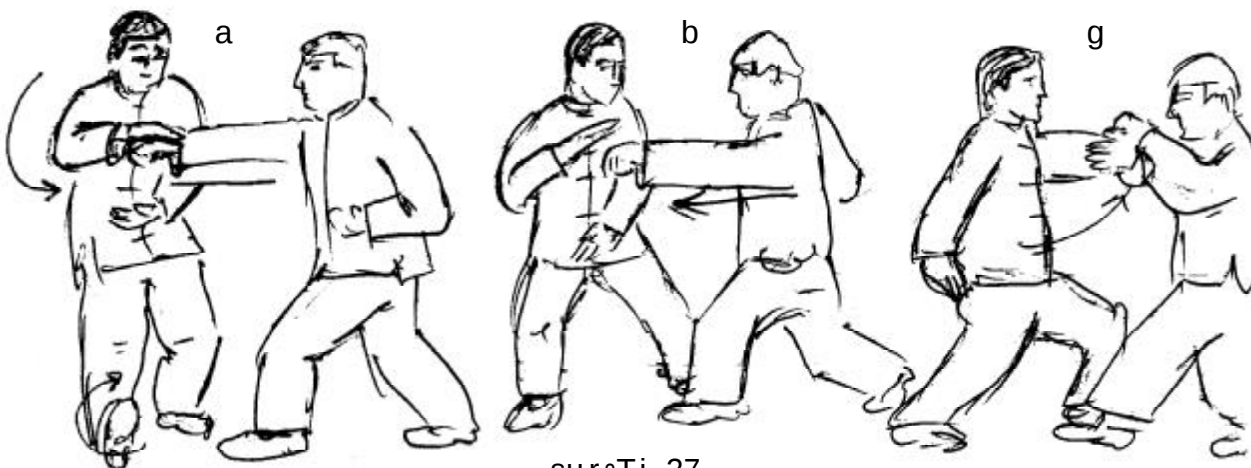
goneba _ Tirkmelebs Soris mdebare wertilzea (мин-мэнь) koncentrirebuli (sur. 4; #13).

SegrZneba _ marcxena xeli carielia, fexi ki savse; marjvena xeli savsea, fexi ki carieli (sur. 26).

praqtikuli gamoyeneba. rodesac movarjiSe marcxena fexs swor xazze pirdapir gada-dgams (muxlSi ixreba) da Cajdeba, odnav asworebs marjvena fexs. sxva sityvebiT, movarjiSisaTvis marcxena fexi arsebiTi xdeba, xolo marjvena _ araarsebiTi, kodusuni `amoZuebulia~ da amiT swordeba tani. amastan erTad, marcxena xeli mkerdis doneze asrulebs `arekvlas~ (xelisguliT SigniT). idayvi odnav Camoweulia. Semdeg movarjiSis maja mowinaaRmdegis majas odnav `uertdeba~ da iyenebs ra am kontaqtS mowinaaRmdegis majaze an mTlianad xelze kontrolistvis, moTminebiTelis mis `cvlilebas~. amastanave movarjiSis marjvena mtevani marjvena TeZosTan Cadis wonasworobis SesanarCuneblad (sur. 26).



suraTi 26

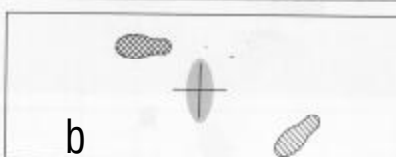


suraTi 27.

es scena mTlianobaSi ase gamoiyureba (sur. 27): mowinaaRmdege cdi l obs Seasrulos dartya movarjiSis mkerdis marjvena mxris areSi; movarjiSe iwyebS marcxena fexze Cajdomas, mkerdis marjvena mxare mihyveba wels, scildeba da dundebe. adebs marjvena xelisgulis mowinaaRmdegis majas zemodan da trialdeba quslze. movarjiSis marcxena xeli ganlagdeba qvemoT TeZosTan. igi win iyureba da mzad aris SetevisaTvis (a). mowinaaRmdege mixvda marjvena xeliT dartyms araraobas, miaqvs ukan da axla marcxena muStiT cdi l obs dartyas. movarjiSe zis marjvena fexze, marcxena xeliT icilebs mowinaaRmdegis dartyas (b), amasTan erTad gadadgams marcxena fexs pirdapir da jdeba masze. movarjiSis maja SeuerTdeba mowinaaRmdegis majas, amiT akontrol ebs mTel xels da moTminebiT elis cvlilebebs. marjvena xeli Cadis TeZosTan (g).

poza #4. `beRuris kudze xelis Cavleba~ _ davarcxna marjvniv moZraobis qoreografia: 1. movarjiSes tanis meti nawili marcxena fexze gadaaqvs, xolo marjvena terfs fexis qusls miwaze dgams. amave dros, atrialebs marcxena xels zemoT ise, rom xelisguli qveviT iyureba, xolo marjvena xelisguli _ zemoT. (sur. 27a, b)

2. movarjiSe adunebs marcxena mxars, atrialebs marjvena TeZos marjvniv da trialdeba marjvena fexis quslze 45°-iT, marcxena qusls ramodenime santimetriT win dgams, anu iq, sadac adre fexis wveri ido. wonis 70% gadaaqvs moxril marjvena fexze. axla



suraTi 28

movarjiSis tani `arekvilis-pozis marjvena pozicias ikavebs. movarjiSis marjvena xeli, romlis xelisguli mkerdiskenaa mimarTuli, CamoSvebuli idayviT xasiaTdeba; marcxena xelisguli gareTaa mimarTuli (idayvi aqac CamoSvebulia) da marjvena majasa da idayvs Soris imyofeba. da bolos, gaWimeT marcxena fexi da terfi odnav SigniT SeatrialeT (sur. 28).

goneba _ koncentrirebulia kodusunis energo-wertilze _ Sorisze (хуэй-инь), mis qveviT da qveviT-marcxniv. amiT kodusuni marcxena quslis zemoT aRmoCndeba.

SegrZneba _ dundebe da carieldeba marcxena mxari da xeli, xolo marjvena mxari da xeli mZimdeba (sur. 29b).

wonis wina fexze gadatanisas:

goneba _ koncentrirebulia welis energo-wertilze (мин-мэнь)(sur. 4; #13) da movarjiSe grZnobs did vibracias xelis mtevnis garewertilebze (вай-лао-гун, ВН-109) (sur. 4, #11; sur. 29b).



a suraTi 29.

b

praqtikuli gamoyeneba — Tu mowinaaRmdege movarjiSes marjvena muStiT utevs, movarjiSe myisierad `miewebeba marcxena xeliT (sur. 29a) marjvena majas da amiT mas airidebs (sur. 29b). Tu mowinaaRmdege xelis dartymasTan erTad utevs marcxena fexiTac movarjiSis Sorisaken, movarjiSe iyenebs erTdroulad marjvena fexs da `xuravs~ Tavis saxifaTo sivrces. xelebi am dros xelisgulebiT erTmaneTs uyureben (sur. 29a). mowinaaRmdegem gaacnobiera, rom Zalis gamoyeneba uSedegod damTavrda da igi wyvets Setevas. am momentSi movarjiSe atrialebs marjvena TeZosa da marjvena fexis terfs marcxniv da asrulebs nabijs win. amasTan, movarjiSis marjvena muxli ixreba da igi am fexze `jdeba~. misi marjvena idayvi imwamsve mowinaaRmdegis mkerdis win arekvlis mdgomareobas ikavebs (xelisguliT Tavis mkerdisaken), marcxena xeli (mtevani) mkerdsa da marjvena winamxris Soris ikavebs adgiliS. movarjiSis mzera pirdapiraa mimarTuli. marcxena fexi odnav swordeba, xolo marjvena fexis wveri SigniT trialdeba, mihyveba rawelis moZraobas (sur. 29b).

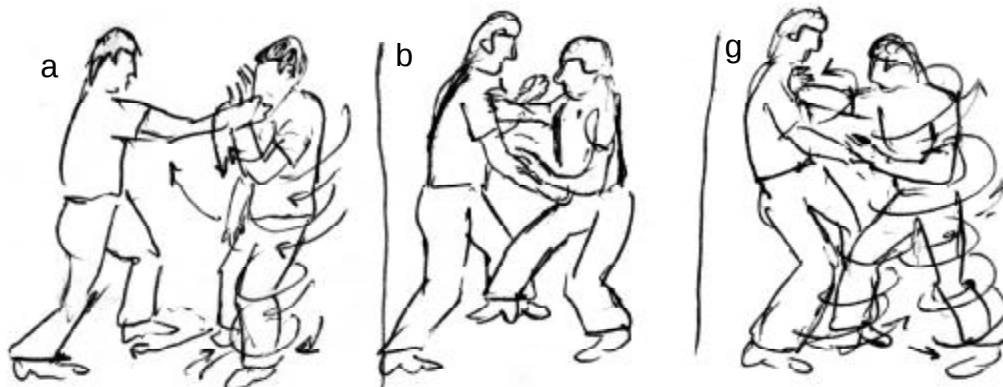
amrigad, movarjiSem mowinaaRmdegestan SexvedrisaTvis gamoiyena marjvena idayvis `amreklavi simZlavre~. amis Sedegad xdeba mowinaaRmdegis ukugdeba Sors.

2. arseobs am ileTis Sesrulebis meore variantic:

Tu mowinaaRmdege movarjiSes marjvena muStiT utevs, rogorc wina SemTxvevaSi, movarjiSe Tavis marcxena majiT mis marjvena majas `miewebeba~ da airidebs dartymas



a — gveraxedi suraTi 30. b — winxedi



suraTi 31.

(sur. 31a). am dros movarjiSe Tavis damcveli marcxena mtevnIT mowinaaRmdegis marjvena xels gadaevleba da mas qveviT CaiTrevs, amIT movarjiSe mis dartymas `STanTqavs~ (sur. 31b). igi marjvena mtevens zurgiT `miawebebs~ mowinaaRmdegis mzis wnuls (movarjiSem yuradReba unda miaqcios imas, rom misa marcxena xelma mowinaaRmdegis marjvena xelTan kontaqt ar dakargos), gadgas win Tavis marjvena fexi (am dros mowinaaRmdege `ormodan amosvlas~ iwyebs; movarjiSes Tavis fexi ufro gareTac SeuZlia miudgas mowinaaRmdegis — SeasruLos `kveTa nabijIT~) da gatyorcnos mowinaaRmdege `maTraxis tylaSuniT~ anu `arekvliT~ (sur. 31g).

poza #5. `beRur is kudze xelis Cav leba- \_ `CaT reva- (`ЛЮЙ – КИНЬ”).



suraTi 32



suraTi 33.

moZraobis goreografia:

1. movarjiSe adunebs marjvena xels da odnav Slis, tanis zeda nawils marjvniv atrielebs (samxreT-aRmosav leTisaken) (sur. 32a,b). Semdeg weITan erTad atrielebs marjvena majas Crdilo-aRmosav leTisaken, amave dros misi marcxena winamxari (xelisguli zemoT iyureba) Tavdacvis mizniT marjvena idayvTan axlos ganlagdeba. tanis zeda nawilisa da xelebis ukan, Crdilo-aRmosav leTisaken motrial ebis procesSi, marcxena muxli ixreba da tanis mTel wonas mTlianad iRebs Tavis

Tavze (sur. 32b). es poza Tai-Zi-Si cnobil `daTmobaswarmoadgens, amitom mis swor Sesrulebas unda mieqces yuradReba. ar daiviwoT, rom xelebi mxolod weITan erTad moZraobs.

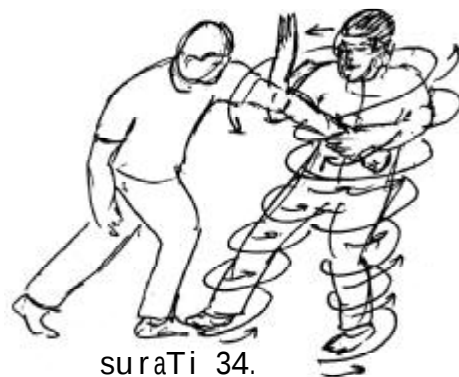
goneba _ koncentrirebulia kudusunis energovertilze (чан-цян) (sur. 4; #15), aseve _ movarjiSis marcxena mxarSi (sur. 33). marjvena fexis kviristavi ki marjvena koWTan erT vertikalur xazze imyofeba, xolo orive fexisguli miwas mWidrod eyrdnoba (es `moisris naxevardgoms warmoadgens, masSi wonis 70% marcxena fexze, xolo 30% _ marjvenaze nawildeba). movarjiSe ucqers marjvena saCvenebeli TiTis bolos.

SegrZneba _ marcxena xeli da marjvena fexi carielia, xolo marjvena xeli da marcxena fexi _ savse. marcxena xelisgulis da marjvena koWSi gabervis, xolo marcxena TeZosa da xelSi siTbos SegrZnebebia.

praqtikuli gamoyeneba _ movarjiSe imyofeba winamdgomareobaSi. mowinaaRmdege iwebs movarjiSis kvas mas Semdeg, rac man moaxerxa movarjiSis mier Sesrulebuli `marjvniv arekvlis- acileba (suraTi 31b). movarjiSe swrafad dundeba, acilebs marjvena xels, swevs marla, marcxena idayvis gare zedapirTan wrewirs Semowers. iyenebs Tavis marjvena idayvis Sida mxares da `ewebebamowinaaRmdegis marcxena idayvis gare zedapirs. amastan erTad movarjiSis marcxena majis zurgis mxare mowinaaRmdegis marcxena mtevanTanaa (an muStTanaa) kontaqtSi, xolo movarjiSis marjvena idayvi mowinaaRmdegis marcxena xelis guls “miewebeba”. aseve movarjiSe jdeba ukana

(marcxena) fexze, xolo misi pozicia wriuliad, ukana traqtoriit moZraobs. orive xeli mas mihyveba da wriul moZraobas marcxniv-ukan wers. amis Sedegad kvra acilebulia da mowinaaRmdege wonasworobas kargavs (sur. 34).

am momentSi movarjiSem Tavisi survilisamebr unda Seasrulos an arekvla (цянъ), an mizidva (цай), an idayviT dartya (чжоу), an mxrit kvra (као), radganac maTi SesrulebisaTvis irgvliv sakmarisi sivrce ar-sebobs.



suraTi 34.

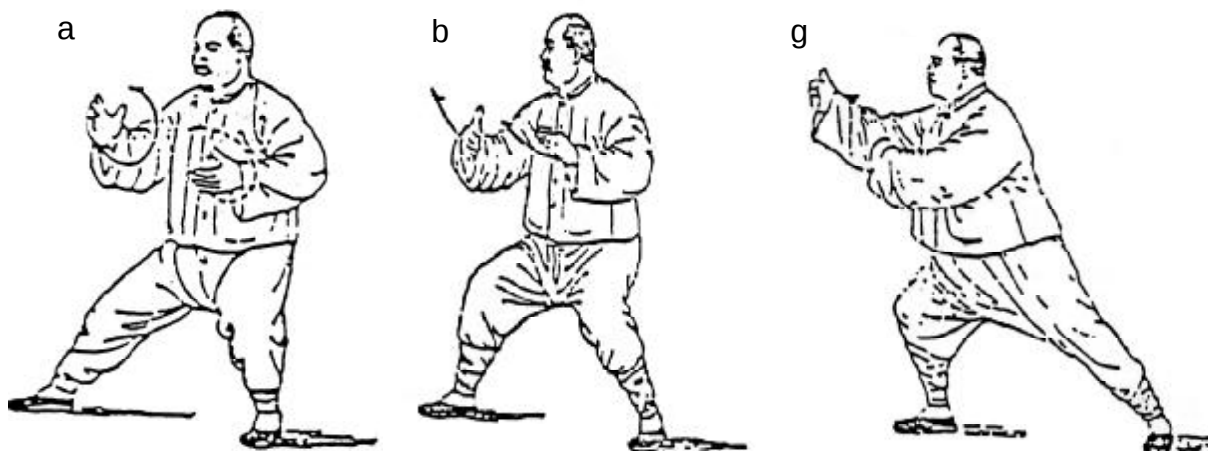
poza #6. `beRuris kudze xelis Cavleba~ \_ `dawola~ (ЦИ – КАНЬ").

moZraobis qoreografia: 1. movarjiSe agrZe lebs moZraobas, marjvena winamxrit saatis isris sawinaaRmdego mimarTu lebiT wres Semowers, winamxars ise Semoatrialebs, rom xelisguli misi mkerdisaken iyos mitrialebuli. amrigad, idayvSi moxrili marjvena xeli icavs mkerds. marcxena xelis TiTebi marjvena idayvsa da majas Soris ares odnav exeba. movarjiSe marcxena fexs asworebs, marjvenaze gadaaqvs wonis 70%, awveba win da odnav zeviT. am dros xe lebi modunebuli aqvs (sur. 35a). axla movarjiSe zustad aRmosavleTisaken icqireba.

goneba _ movarjiSe saku-Tar Tavs gonebriv brZanebas aZlebs _ modundes marcxena mxari, CamouSvas marcxena idayvi da amoZraos win marcxena xeli, sanam misi xelisguli marjvena xelisguls an majas ar Se-exeba. marjvena xeli bunebrivadaa moxrili, winamxari mkerdis win horizontaluradaa, xe-

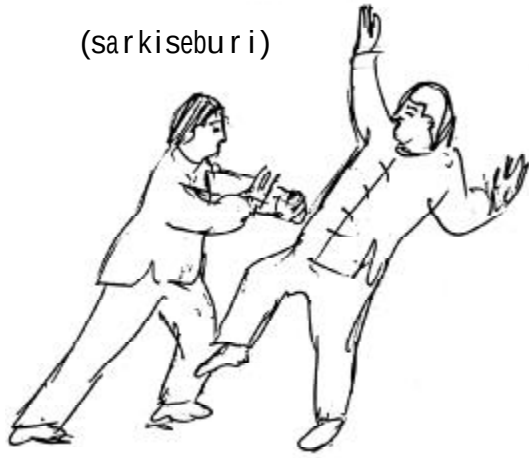


suraTi 35



suraTi 36.

(sarkiseburi)



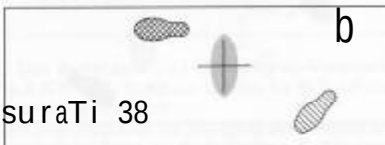
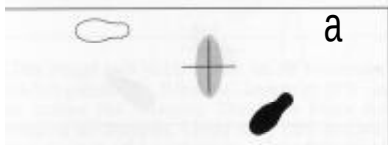
suraTi 37.

vena idayvis gare mxares mowinaaRmdegis marcxena xelis Sida zedapirTan `miwebebi-saTvis-. amave dros, misi marcxena mtevani `miuerTdeba-, miewebeba xelisguliT mowinaaRmdegis marjvena idayvisa da majis sivrcesi. mowinaaRmdegis mier xelis ukan gawevisas movarjiSe marcxena fexs asworebs da wona marjvena fexze (win) gadaaqvs. anu movarjiSe misdevs welis moZraobas, iyureba win da awveba zemoT. amis Sedegad mowinaaRmdege `amoifesveba~ (sur. 37).

poza #7: `beRuris kudze xelis Cavleba~ \_ `kvra~ (АНЬ - ЛИ)

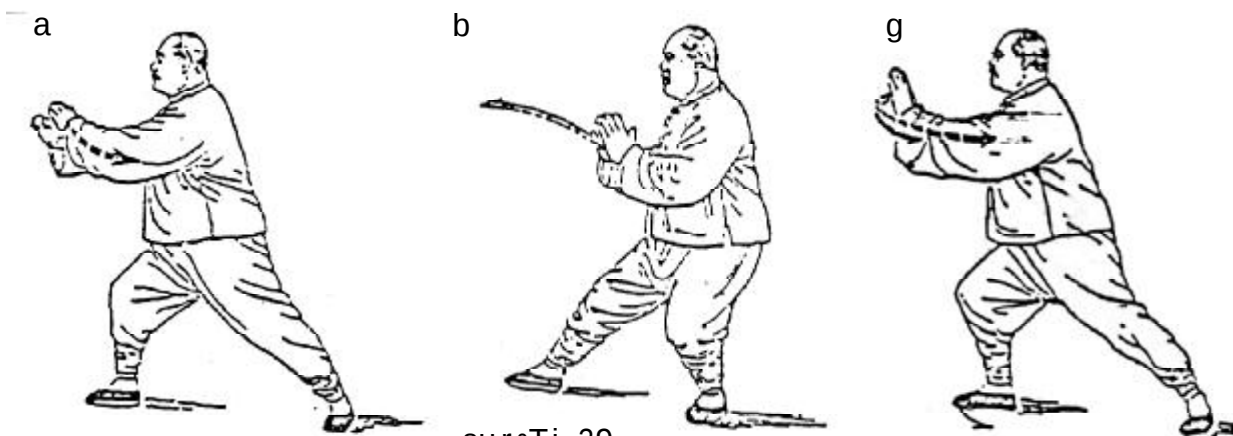
moZraobis qoreografia: movarjiSe moZraobs ukan, tanis wona isev ukan, marcxena fexze gadaaqvs, xelebi ise gaaqvs ganze, rom isini mxrebTan aRmoCndeba. xelisgulebi gareT iyureba (sur. 38a). Semdeg movarjiSes wonis 70% win, marjvena fexze gadaaqvs da tanis zeda nawiliTa da orive xeliT win kvas axorcielebs (sur. 38b). xelebi moxrili aqvs, magram maT win, mTel tanTan erTad amoZravebs. Tu xelebi damoukideblad imoZraveben, varjiSi usargeblo gaxdeba. es wesi Tai-Zis yvela pozas exeba. misi dacva aucilebelia.

yuradReba _ kvis Sesrulebis dros movarjiSes inisa da ianis kanoni unda axsovdes. roca tanis wona marcxena fexzea _ igi (fexi) ianuria, am SemTxvevaSi Zlieri



suraTi 38

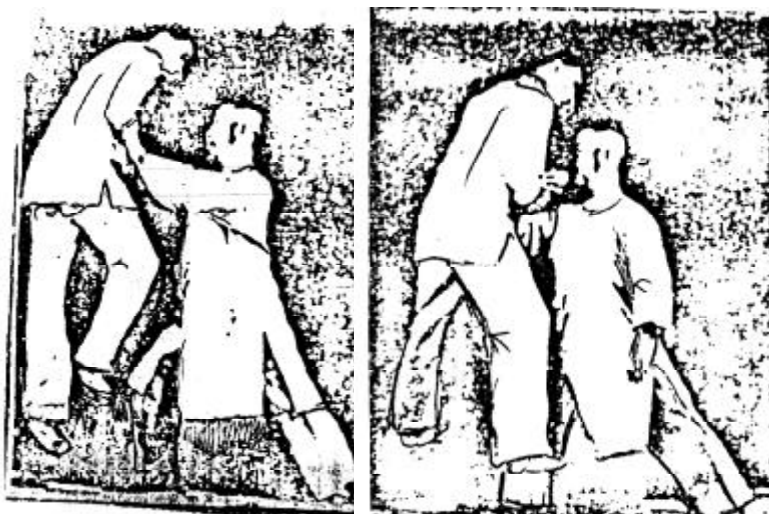
marjvena xelia, xolo marcxena xeli inuri (mimRebi da mgrZnobiare) (sur. 39a). inurma xelma mowinaaRmdegis yvelaze susti adgili unda igrZnos da mxolod maSin `ecodineba~ ueWvelad Setevis mamarTuleba. rodesac movarjiSes sakuTari wona win myof marjvena fexze gadaaqvs, ini da iani moulodneblad adgilebs icvlian: marcxena xeli ianurad gadaigceva, xolo marjvena _ inurad (sur. 39b). amitom, Tu mowinaaRmdege winaaRmdegobas uwevs movarjiSis marjvena xeliT Setevas, mowinaaRmdege wonasworobas kargavs, radga-



suraTi 39.

nac movarjiSis marjvena xeli ucba d rbi li da danyo li gaxdeba da mosalodneli Zala masSi ar aRmoCndeba. am SemTxvevaSi movarjiSes Seteva marcxena xelze gadaaqvs da mowinaaRmdegis ukuagdebs (sur. 39g). ukuqcevis dros movarjiSe koncentrirdeba energo-wertil `тань-чжун--ze (mkerdis centrSi), xolo winkvris dros \_ energo-wertil `цзя-цзя--ze (BM-85).

praqtiku li gamoyeneba _ movarjiSes wina pozicia (sur. 39) ukavia. Tu mowinaaRmdegem movarjiSis `dawolis~ acileba moaxerxa, marjvena xeli aswia zeviT da sakuTari `dawolisaTvis~ moemzada, movarjiSe imwamsve atrialebs marjvena xelis mtevals xelisguliT win. amgvarad, movarjiSis xelisguli mowinaaRmdegis majis kvas iwyebs. movarjiSis marcxena xeli marjvenas scildeba da marcxena xelisguli mowinaaRmdegis marjvena idayvis kvas iwyebs. dasawyisSi movarjiSe `Seiwovs~ mowinaaRmdegis, xolo Semdeg horizontalurad win kvas. amasTan, misi weli da fexebi erTdroulad mzeris mimarTulebiT gaqandeba. am SemTxvevaSi mowinaaRmdege aucileblad iqneba ukugdebuli (sur. 40 a, b).



suraTi 40.



suraTi 41



suraTi 42



suraTi 43

poza #8: `calpira So l ti~

moZraobis qoreografia:
 movarjiSe tanis wonis met naw-
 ils marcxena fexze gadaitans,
 motrialdeba marjvena quslze
 da fexis TiTebis, rac SeiZleba
 SigniT Seatrialebs. amasTan
 erTad, xe lebs paralelurad da
 idayvebSi odnav moxrili mdgo-
 mareobaSi inarcunebs. Semdeg
 tans rac SeiZleba ukan, marcx-
 ena kuTxisken (Crdilo-dasavle-
 Ti) Semoatrialebs (sur.
 41a,b). Semdeg movarjiSis tanis
 wonis meti nawili ukan, mar-
 jvena fexze gadadis, zeviT mi-
 marTul marcxena xelisguls
 marjvena iRliisqveSa arestan
 ganalagebs. amave dros, movarji-
 Sis marjvena winamxari wriulad ganze iwyebs moZraobas
 (saaTis isris sawinaaRmdegod), gadis mkerdis wina ares da
 Semdeg `kauWs~ Sekravs TiTebiT (TiTebi qveviT, marcxena
 xelisguliskena mimartuli). movarjiSe swevs marcxena
 qusls da terfs odnav marcxniv Seatrialebs (qusls mar-
 jvniv gadadgams). amasTan erTad, `kauWian~ marjvena xels
 gadaadgilebs marjvena kuTxisken (Crdilo-aRmosavleTi),
 xeli modunebulia (sur. 43b). Semdeg movarjiSe win marcx-
 niv marcxena terfiT did nabijis dgams da miwas pirvelad
 am terfis qusli exeba. movarjiSis tanis wona TandaTan
 marcxena fexze gadadis da xris muxlSi. amasTan erTad,
 movarjiSe marcxena winamxars (xelisguliT SigniT) marcxniv,
 mkerdis aris doneze welavs. am dros weli pirdapir Crdi-
 lo-dasavleTisaken iyureba. Sem-
 deg movarjiSe xelisguls ze-
 moT da gareT Semoatrialebs
 Tvalebis simarleze. Tvalebi am
 dros xelis TiTebisken mot-
 rialdeba. bolos, movarjiSe
 quslze asrulebs trials da
 fexis TiTebis SigniT Seatri-
 alebs (sur.41; 42). am gamwelavi
 moZraobis Sesrulebisas mo-
 varjiSes xerxemali sworad
 unda ewiros,Wipi pirdapir `ic-
 qireba~, xolo moxrili marcx-
 ena muxlis proeqcia fexis
 TiTebis ar unda gadascdes.

pozis saxelwodebis axsna:

rodesac movarjiSis weli gasworebulia, kinkrixo aweuli, xolo fexebi _ moxrili, tani maTraxis (Solitis) tars emsgavseba, gaSverili xelebi ki _ tyavis Tasmebs (bawrebs) da xdeba maTi tylaSuni.

taris qveviT moZraoba maTraxis Tasmebs moZraobis saSualebas aZlevs. aqedanaa warmoSobili pozis saxelwodebac.

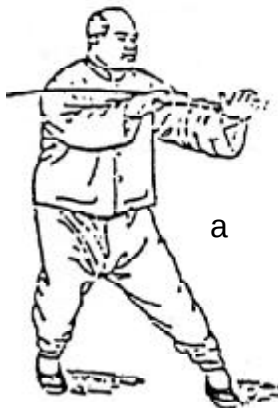
goneba _ movarjiSis wonis marcxena fexSi gadavlisas koncentrirebulia energo-wertil тань-чжун (шань-чжун)-sa (sur. 3; #6) da marcxena xelisgulze.

SegrZneba _ gabervis, siTbosa da yru tkivilis SegrZneba marcxena fexSi, zurgSi ki _ siTbosi.

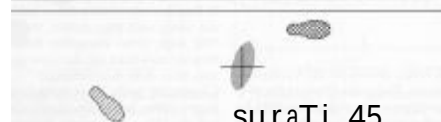
praqtikuli gamoyeneba _ mowinaaRmdegis Setevis pasuxad, romelic gvitevs ukan-marcxnidan, imwamsve wona marcxena fexze gadagvaqvs. amasTan, marjvena fexis wveri aweulia odnav zeviT da trialdeba marcxniv. am momentSi xelebi gaSverilia win odnav `CamoSveuli~ idayvebiT (xelisgulebi icqirebian miwisken) (sur. 41). Semdeg xelebi misdevs welis moZraobas, romelic trialdeba ukana marcxena kuTxisken (amasTan marjvena fexi trialdeba 120°-iT (sur. 42). amis Semdeg tanis wona marjvena fexze gadagvaqvs da `vjdebiT~ masze (sur. 44). mihyveba ra xelebi welis moZraobas, isini `gaitumbelian~ ukan. amasTan, marjvena xeli Cerdeba mkerdis marjvena mxaresTan (iRliisqveSa doneze). marjvena xelis mtevnis xuTive TiTi erTdeba `niskartis magvarad~ da `Camoekideba~ (sur. 44).

mihyveba ra marcxena muxlisa da TeZos saatis isris sawinaaRmdego brunvas, marcxena qusli trialdeba SigniT (marjvena xelis `niskartTan~ erTad) da isleba marjvena kuTxisken. aq saWiroa gavixsenoT Tai-Zis Teoria: `eZebe siswore momrgvalebulobaSi~ (sur. 45). Semdeg marcxena fexi scildeba miwas da asrulebs nabijs pirdapir-marcxniv (sur. 44), radgan am dros vjdebiT marjvena fexze, romelic ixreba, masac Seexeba zemoTqmuli wesi. am dros xelisguli mimarTulia SigniT (sur. 44; 45). sworad daVerili mkerdic trialdeba welis miyolebiT manamde, sanam ar Semotrialdeba 180°-iT (sur. 45'). damamTavrebel stadiaze marjvena fexis wveri trialdeba SigniT da am momentSi marcxena mtevani trialdeba xelisguliT gareT, uaxlovdeba ra mowinaaRmdegis mkerds. aqac gamosadegia Semdegi sityebi: `CamouSvi mxrebi da idayvebi! da eZebe siswore momrgvalebulobaSi~. mzero mimarTulia pirdapir.

Tu yvelafer amas SeasrulebT ise, rogorc saWiroa,



suraTi 44.



suraTi 45



suraTi 45'

nebismieri mowinaaRmdegis Sors mosrolas SeZlebT. am pozaSi tani ixsneba, magram `Ci--m unda SeinarCunos `centraluri wonasworoba~ (sur. 46,47) aq aseve gagvaCnia: чжан-гунь да дин-цзин (ma l u l energiaTa klasifikacia).

SegrZneba:

suraTi 41 _ koncentracia marcxena xel isgu l ze. gabervis, siTbosa da yru tkivilis SegrZneba marcxena fexSi, zurgSi siTbos SegrZneba.

suraTi 42 _ marcxena fexSi rCeba gabervisa da siTbos SegrZneba; siTbos SegrZneba marcxena xel isgu l ze da marjvena terfSi. yuradReba koncentrirebulia marcxena mtevnis zurgis `вай-лаогун--ze (sur. 4; #11).

suraTi 43 _ yuradReba koncentrirebulia wertil `тань-чжун--ze (17-XIV, mkerdis centrSi) (sur. 3; #6). marjvena fexSi siTbosa da gabervis SegrZneba, zurgSi _

mxo lod siTbosi.

suraTi 44 _ marjvena fexSi gafarToebisa da siTbos SegrZneba, vibraciis SegrZneba marjvena xel isgu l sa da marcxena terfSi. mzera mimarTulia pirdapir, xolo yuradReba koncentrirebulia marcxena terfze.

suraTi 45 _ mzera mimarTulia marcxena xel is saCveneбели TiTisaken, xolo yuradReba koncentrirebulia wertil `мин-мэнь--ze (sur. 4; #13). orive fexis Sida mxareze yru SegrZneba, iqve _ siTbosa da gabervis SegrZnebac. Tu mowinaaRmdegem marjve-



suraTi 46.



suraTi 47.

na xeli Caavlo movarjiSis sayelos (an yels), movarjiSe Caavlebs am xelis majas marjvena `niskartit~ da Seasrulebs dartyas saxeSi an iRliaSi, gadaitans moisis dgomSi da mowinaaRmdege ukugdebuli iqneba.

poza #9: `mtevnebis aweva~ saxe lwodebis axsna: xelebi ise adiszeviT, TiTqos movarjiSe raimes wevs.

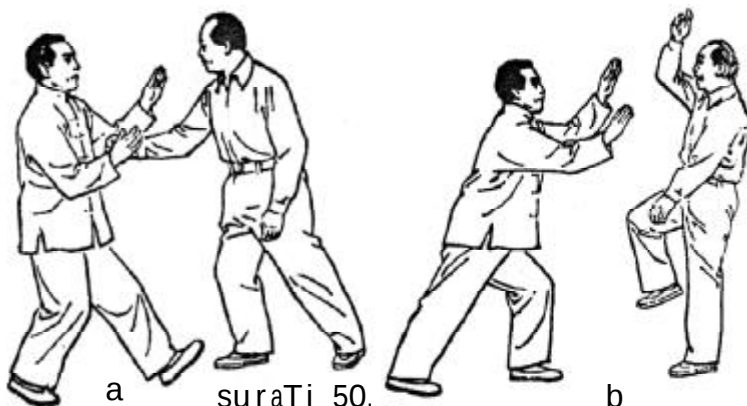
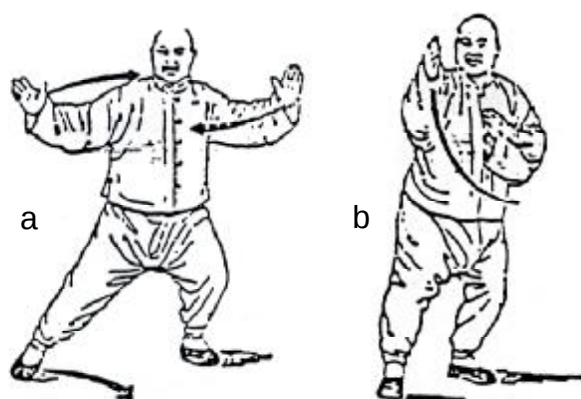
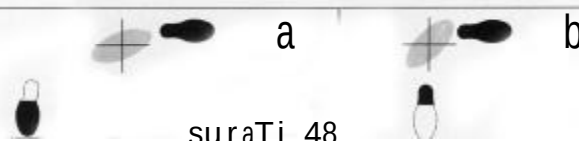
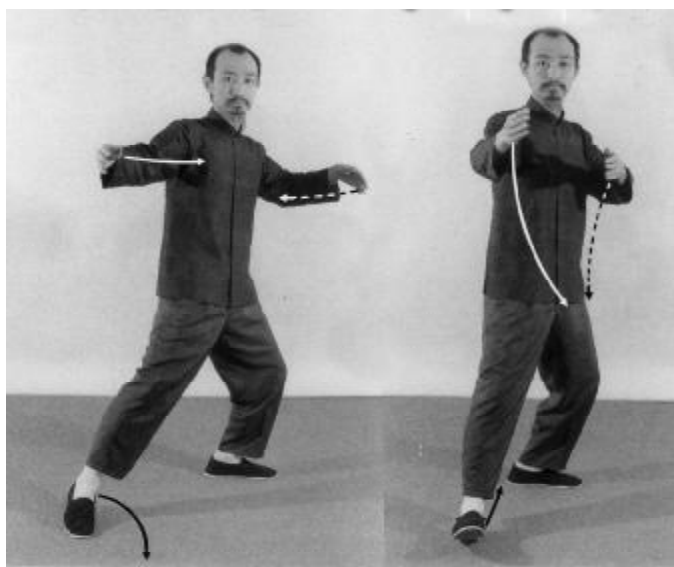
moZraobis qoreografia: movarjiSe tanis zeda nawils odnav marjvniv atrialebs da mTeli tanis wona marcxena fexze gadaaqvs. eyrdnoba ra igi marcxena fexs, marjvenas marcxniv miswevs da fexs muxlisi ise xris, rom marjvena fexis qusli miwas exebodes. amrigad, marjvena fexis terfi marcxena fexis quslis xazze aRmoCndeba. moaduneT xelebi da SigniT ise miatrialet, rom xelisgulebi erTmaneTs uyurebdes. movarjiSe xelebs erTmaneTisaken nela amoZravebs: marjvena xeli win aRmoCndeba marjvena fexis xazze, xolo marcxena xeli _ marjvena xelis idayvTan. amrigad, movarjiSis orive xeli moxri lia, xolo majebis gare zedapiri naxevarwres qmnis (sur. 48, 49).

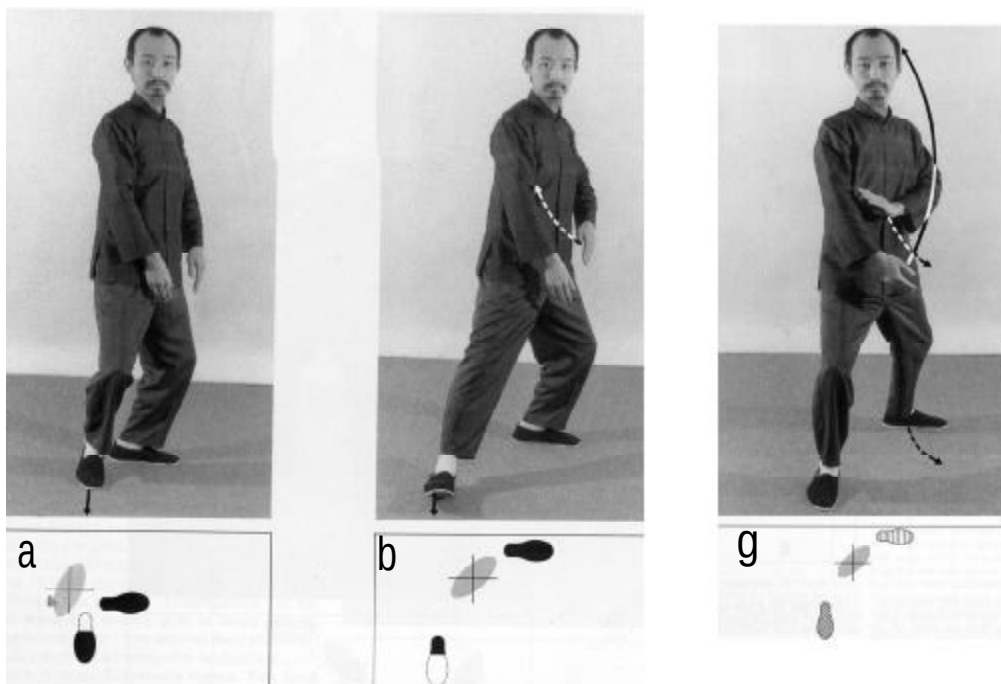
goneba _ moZraobis dasawyisSi goneba energo-wertil `хуэй-ин~ zea koncentrirebuli (Sorisi). movarjiSe mas qveviT da ukanmarjvniv ise atrialebs, rom kodusunis wveri marcxena terfis zemoT aRmoCndes.

SegrZneba _ marcxena fexi da marjvena xeli savsea, xolo marjvena fexi da marcxena xeli _ carieli; orive xelze vibraciis SegrZneba.

praqtikuli gamoyeneba _ Tu mowinaaRmdege marcxnidan utevs, movarjiSe swrafad atrialebs tans marjvniv, `jdeba~ marcxena fexze. amastan, marjvena fexis terfi zeviT iweva `marjvena ukudgomSi~ da qusliT exeba miwas. am dros movarjiSis orive xeli `ixsneba~ (sur. 50a). Semdeg xelebi SigniT gadaadgili deba da manamde uaxlovdeba erTmaneTs, sanam marjvena fexTan erT xazze ar aRmoCndebia da isini mowinaaRmdegis marcxena muSts `miewebeba~: movarjiSis marjvena idayvi mowinaaRmdegis marcxena idayvs, xolo movarjiSis marjvena maja _ (xelisguli) mowinaaRmdegis marcxena majas (sur. 50).

amrigad, mowinaaRmdege Sebowilia. survilisamebr, movarjiSe an elodeba mowinaaRmdegis mdgomareobis cvlas anda TviTon utevs mas Semdegnairad:





suraTi 51

amoZravebs marcxena xelis cera TiTs mowinaaRmdegis cxviris simaRl emde da bunebriv distanciaz e asrulebs win moZraobas marjvena xelisguliT mkerdis donemde, xolo marjvena xelisguls mowinaaRmdegis mucelTan `miawebebs~ da hkravs (sur. 50b). mo-varjiSis wona wina fexSi gadadis da goneba energo-wertil `мин-мэнь~-zea koncentrirebuli (sur. 4; #13).

poza #10: `mxrit kvra~

moZraobis qoreografia: movarjiSe marjvena fexs ukan, marcxena quslTan dgams da xelebs dabl a Camohyris (sur. 51a) Semdeg asrulebs nabijs marjvena fexiT pirdapir da masze wonis 70% gadaaqvs. amasTan marjvena xeli sazarduls icavs, xolo marcxena marjvena winamxarTan gadaadgil deba (sur. 51b) am dros movarjiSe CrdiloeTiT iyureba, marjvena mxari ki odnav winaa daxrili (sur. 51g). moZraobis xasiaTi unda iyos neli da SeTanxmebuli wonis wina fexze gadatanasTan, romelic kvris dawyebasTan erTad win gadaidgmeba (sur. 52 a, b).

goneba _ movarjiSe gonebiT adunebs mTel marjvena xelis Semdegnairad: jer yura-dRebis koncentracia xorciel deba da dundeba neka TiTi, Semdeg danarCeni TiTebi, Semdeg xelisguli, maja da ase Semdeg mxris saxsrebi CaTvliT. amave dros, marcxena xelisguli icavs marjvena mklavs. kvris dros goneba koncentrirdeba energo-wertil `фэн-фу~-ze (kefisa da kisris gadakveTaze) (sur. 4; #3).

SegrZneba _ kuWsa da nawlavebSi vibraciis SegrZneba. wina da es poza ajansaRebs kuWukuna jirkvals da did daxmarebas uwevs diabetiT daavadebul ebs.

praqtikuli gamoyeneba _ mxrit kvra Zal ian swrafi moZraobaa da elvis gaelvebas waagavs. igi energo-wertil `фэн-фу~-dan (anu юй-чжэнь (sur. 4; #3), romelic mko-ze mCqefare kosmiuri energiis sakvanZo adgil ia) gamomdinareobs. kvris SesrulebaSi monawileobs mxari, idayvi, zurgi, TeZo, muxli da a. S., raTa mowinaaRmdegis Zala waerTvas.

es moZraoba mowinaaRmdegis wina Setevis pasuxis gagrZelebaa. rodesac mowinaaRmdeg axal Setevas iwyebs, movarjiSe swrafad abrunebs xelebsa da marjvena fexs ukan, rac mowinaaRmdegis Semtev Zalas gaaneitralebs. amis Semdeg, movarjiSe imwamsve asrulebs nabijs pirdapir marjvena fexiT da masze gadaaqvs tanis mTeli wona, xolo marjvena xeli qveviT `ecema~, raTa daicvas sazarduli; marcxena xeli marjvena idayvTan Tavseba, xolo marjvena mxari Zal isgan gaTavisuflebul fexsa da wels mihyveba. sxva sityebiT, movarjiSe mxrit axorcielebs darty mas win, Tavisi mzeris mimarTulebiT. da isev, Tu



suraTi 52



suraTi 53