

ZiriTadi ciguni

9/a. energiis gamaaqtiurebel i ciguni

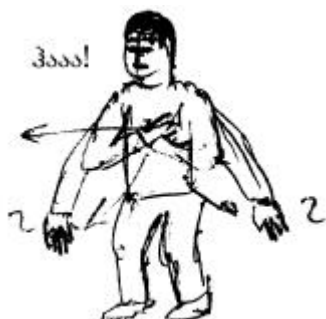
a. `j aWvis perangis~ pozebis energo
aspeqti

Seadgina iuri yeinaSvil ma

skola "SvidTa etI Ta harmonia"
Tbilisi
2002

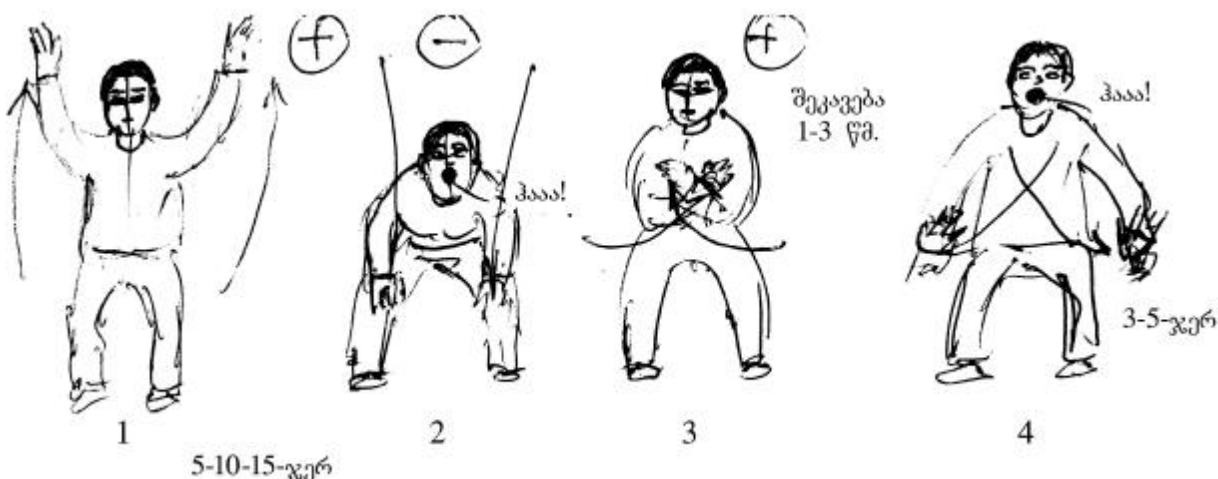
energiis gamaaqtiurebel i ciguni

1. mosamzadebel i bgera `haa--is warmotqma



5-10-j er xel ebis daqneviT warmotqmiT bgera `haa-!
bgeris moZraoba unda momdinareobdes mzis wnul idan.

2. bgera `haaa--s warmotqma Cabuqvnisas



3. sapirispiro xel isa da fexis bertyebi xel is bertyva da fexis **tl inj is** win.

4. moTel va:



1. fexebi erTad dadgiT, xel ebi muxl ebze moaTavseT; muxl ebi j er aqeT-iqitT atrial eT, mere win da ukan.

2. fexebi farTod gadgiT: muxl ebi win da ukan atrial eT; Semdeg isini win da ukan gawieT.

3. erTad Sekrul i xel ebi daideT muxl ebze da daiweT menj is qanaoba: marj niv, marcxniv, mere win da ukan.



4. TeZoebis gaxsna:

amoZraveT TeZoebi wriul ad – j er erT mxares, mere meore mxares.

5. gavis Zvl isa da kodusunis moZraoba:

Tavdapirvel ad win da ukan 5-10-j er amoZraveT gavis Zval i da kodusuni, mere wrewirebi SemoxazeT kodusuniT – j er erT mxares, Semdeg meore mxares – 5-10-j er.





6. zurgis gaxsna:

- a. yanCas (weros) gawel va: tal Ra modis kodusunidan kinkrixomde;
- b. kus moZraoba: tal Ra modis kinkrixodan kodusunamde – a) da b) – 3-5-j er.

7. momrgval eba-gazneqva anu xerxemi iT sunTqva:
momrgval eba – ukugazneqva – 5-10-j er.



5. sunTqvebi:



1. xangrZl ivi CasunTqva da xangrZl ivi, xmauriani amosunTqva piriT (amosunTqvisas ena gamoyaviT);
2. mere xangrZl ivi CasunTqva da xangrZl ivi, xmauriani amosunTqva piriT (amosunTqvisas ena gamoyaviT da mucl is qveda are aqanaveT);
3. Semdeg xmauriT CaisunTqeT. SeakaveT haeri da buqnaobiT CawnexeT igi qveviTken – qveda sacavisaken, vyl apavT ra nerwyvs da sisiniT amoisunTqeT.
4. srul deba xangrZl ivi CasunTqva da amosunTqva (tuCebi mil iseburadaa Sekrul i);
5. srul deba xangrZl ivi CasunTqva da xangrZl ivi, xmauriani amosunTqva piriT, roml is drosac unda gamoiyenoT ena da aqanaoT mucl is Sua are;
6. srul deba me-3 varj iSis msgavsad;
7. srul deba me-4 varj iSis msgavsad;
8. srul deba me-5 varj iSis msgavsad;
9. srul deba me-3 varj iSis msgavsad.

6. beWebis gaxsna:



1. warmoidgineT, rom curavT l urj okeaneSi;
2. ukumimarTul ebiT curva;
3. curva xel ebis ganze gaweviT;
4. curva xel ebis ganze gaweviT (ukumimarTul ebiT);
5. fskeridan zemoT curva;
6. zemodan fskerisken curva;

7. win curva daxriT (qveviTken);

8. win curva daxriT (zeviTken);

aq gaimeoreT me-5 varjiSi (sunTqvebi) mTI ianad.

aq gaimeoreT me-3 varjiSi (bertyvebi) mTI ianad.

7. mxrebiS gaxsna:



1. daiwyeT marj vena mxris (win da ukan) triali – 5-10-j er;

2. marcxena mxris (win da ukan) triali;

3. orive mxris triali (win da ukan);

4. orive mxris zemoT aweva (CasunTqva) da qveviT CamoSveba (amosunTqva).

8. xel ebis qneva:



axli a spili od gadaiqeciT da xortumi Zlierad aqanaveT.

10-20-30-j er.

9. xel ebis rigrigobiT gawel va zeviT:



gawel eT erTi xeliT da ecadeT miwvdeT zecas (odnav gadaixareT).

10. gadaxrebi Tavzoxel ebdadebul mdgomareobaSi:



1. gverdebze gadaxrebi – 3-5-j er;

2. triali marcxniv da marjvniv;

3. win da ukan gadaxrebi.

11. daxrebi cerze xel wavl ebul i mdgomareobaSi:



marcxena xel iT daiWireT markvena xel is cera TiTi,

1. nel a gadaixareT ukan, Semdeg ki win. CaiZireT miwaSi da moagroveT I urj i energia;
2. Semdeg gaswordiT da ukan gadaizniqeT (es iyo moZraoba kudusunidan – kinkrixomde);
3. srul deba igive rac 1-Sia;
4. srul deba igive rac me-2-Sia (mxol od moZraobebi kinkrixodan – kudusunamde) 2-5-j er;
5. trial debiT marcxniv da asrul ebT igives, rac 1-el , me-2, me-3 da me-4-Sia – 2-5-j er;
6. brundebiT sawyis mdgomareobaSi;
7. mere trial debiT marjvniv da asrul ebT igives, rac 1-el , me-2, me-3 da me-4-Sia – 2-5-j er (moZraoba mxol od kudusunidan kinkrixomde);



12. Tirkmel ebiT sunTqva:



1. darCiT wina varj iSis pozaSi, oRond dadeqiT Sua (anu TaviT windaxril) mdgomareobaSi da daiwyeT Tirkmel ebiT sunTqva: CaisunTqeT da amoisunTqeT – Seasrul eT 3-5-j er;
2. amis Semdeg nel a gaswordiT, ise rom gasworebis dros igrZnoT TiToeul i mal a.

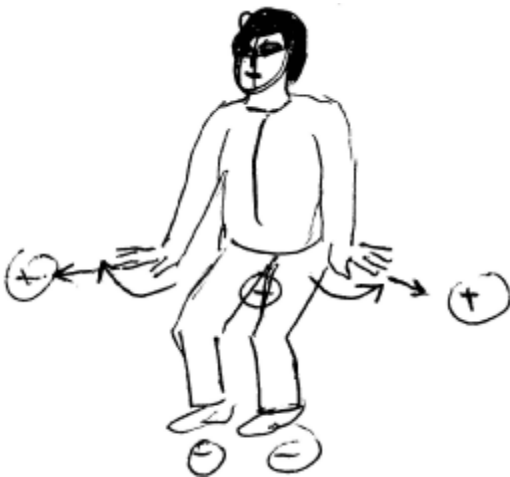
13. mzera zemoT:

1. Tavi nel a gadaxareT ukan da SeecadeT dainaxoT raime sagani rac SeiZl eba Sors;
2. Semdeg Tavi win gadaxareT;
(es ori varj iSi gaimeoreT ramodenimej er).
3. nel a gadaixareT marcxniv;



4. gaixedeT marj vniv; es ori moZraoba (me-3 da me-4) gaimeoreT ramodenimej er.
5. nel a da rbil ad atrial eT Tavi – SemoxazeT wre (marcxena mxridan);
6. gaimeoreT igive, oRond marj vena mxridan;
7. TandaTan SeamcireT wrewirebis zoma da SeecadeT brunva gadaitanoT SigniTken, ris Semdegac igi nel - nel a unda gaqres. (am moZraobebiT mogexsnebaT yovel gvare daZabul oba yel is areSi).

14. xel isgul ebis gaxsna:



dadeqit mSvidad, gaSal eT xel is TiTebi da gaxseniT xel isgul ebi.

gawel eT da daZabeT saCvenebel i TiTi da CasunTqviT gaaqtiureT fil tvebis energo-arxi, xolo amosunTqviT Sorisis wertili (Хуэй-инь-ი) da fexisgul is wertil ebi (Юнь-цюან-ი-ები).

igrZeniT SeerTeba dedamiwasTan da igi nazad CagixutebT. igrZeniT dedamiwis simSvide, uZraoba, da ecadeT Tqveni taniT SeiwovoT es simSvide; igrZeniT Tu rogor

centrirdeba igi am simSvideSi (am dros tani gaxsnilia da modunebuli); CaisunTqet, amosunTqet da modundiT; CasunTqvis dros igrZeniT, Tu rogor farTovdeba Tqveni tani cisferi energiis okeaneSi; amosunTqvis dros ki odnav unda igrZnoT, Tu rogor ikumSeba tani da odnav miwaSi Cadis; CaisunTqet, amosunTqet da modundiT.

15. qveda sacavis da gul is gaaqtiureba



axl a igrZeniT Tqveni xel ebi da isini qveda sacavTan, mis pirdapir imyofebian.

gauRimeT qveda sacavs, ganTavisufli diT yovel gvare fantaziisa da azrisagan, yvel aferi es CauSviT qveda sacavSi; rodesac CaisunTqavT, igrZeniT, Tu rogor farTovdeba qveda sacavi mTel samyaroSi da uzarmazari xdeba; amosunTqvisas SeigrZeniT, Tu rogor brundeba energia ukan da xerxemi is gavl iT adis zemoT; mTel i Tqveni SesaZl ebl obiT gantvirTeT goneba sunTqvis meSveobiT da yvel aferi es qveda sacavSi Cai taneT; zeda goneba mxol od dakvirvebisatvis gamoiyeneT. igrZeniT gul is

rbil i da nazi energia, igrZeniT, Tu rogor aqtiurdeba gul is goniereba (cnobiereba), aRiqviT codna `aracodniT~ (romelic codnaze metia), samyaros mTel i goniereba (cnobiereba) gul is centrSi imyofeba; Tqven am yvel aferis aRqma geval ebaT.

gaafarToveT Tqveni qveda sacavis aRqma, xol o zeda goneba mxol od dakvirvebisatvis gamoiyeneT da zemodan Tqvenamde wamosul i gzavnil i mova gul is centrSi – Tqvens exl andel cnobierebaSi; CaisunTqeT da amoisunTqeT, modundiT da igrZeniT energia; CaisunTqeT da amoisunTqeT, modundiT da igrZeniT energia..

igrZeniT, Tu rogor amotovtivedeba xel ebi zemoT, ris Semdegac `xis gul Si Caxutebis poza unda miRoT~.

16. j aWvis perangis poza `xis gul Si Caxuteba~.



1. xel ebi amotivtivebiT Tqven SedixarT j aWvis perangis pirvel pozaSi – `xis gul Si Caxutebis- pozaSi: fexebi paral el urad dadgiT, SeamowmeT fexis gul is 9 wertil i, mogrixet muxl ebi, TeZoebi rbil ad CamouSviT qveviT – TiTqos skamze j debiT, gaasworeT zurgi, CaasworeT gavis Zval i – kodusuni, mkerdi odnav SewieT, gaxseniT iRI iis are; idayvebi moamrgval eT da CamouSviT, cera TiTebi zemoT mimarTeT, neka TiTebi – qvemoT, igrZeniT TiTebS Soris kavSiri, nikapi SewieT, kinkrixo zemoT

gawel eT – igrZeniT rogor geqaCebaT zeca zemoT, xol o fexisgul ebi da Sorisi – mimarTeT qveviT – igrZeniT miwa. gauRimeT energias da igrZnobT, Tu rogor qanaobs tani win da ukan, dedamiwis riTmis Sesabamisad.

2. daiwyeT – energiis gaaqtiureba (dinamiuri sunTqva mucl iT):

a) xanmokl e CasunTqva da xanmokl e amosunTqva – mucl is kedl is dinamiuri moZraobiT (12-15-jer);

b) daiwyeT patara CasunTqvebis (10%-iani) seriis Sesrul eba; CaisunTqeT – tanis Sua nawil iT: mzis wnul iT, marjvena Tirkmel iT, marcxena Tirkmel iT, mucl is qveda nawil iT, Sorisis wertil iT (Хуэй-инь- iT), SeakaveT sunTqva da amoisunTqeT. mZafrad igrZeniT kavSiri miwasTan; igrZeniT, Tu rogor geqaCebaT zeca zemoT da rogor livlivebT caSi; SeigrZnobT mxardaWeras zemodanac da qvemodanac, ris Semdegac unda igrZnoT, Tu rogor farTovdeba tani CasunTqvis dros, da odnav ikumSeba amosunTqvis dros, gaimeoreT es (anu punqti b) mTI ianad) ramodenimej er.



g) xel ebi nel a CamouSviT qveviT da qveda sacavTan kavSiri igrZeniT; zeda goneba qveda sacavSi CamouSviT; SeiwoveT energia, CaisunTqeT da mere amoisunTqeT; Semdeg modundiT.

1/. axl a daiwyeI j aWvis perangis – meore pozaSi `oqros TasSi-gadasvl a.



a) amoisunTqeT da xel ebs miaRebineT `oqros Tasis-ianuri poza (xel isgul ebi qveviTqken). daiwyeT – energiis gaaqtiureba (dinamiuri sunTqva mucl iT) (ix. 16-2);



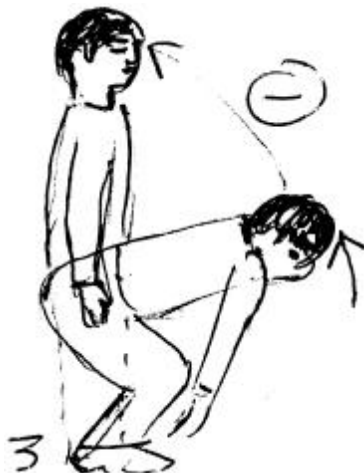
b) axl a daiwyeT xanmokl e CasunTqvabis (10%-iani) seriis Sesrul eba: CaisunTqeT Sorisis/yiTas wertil iT (Хуэй-инь-iT), tanis Sua wertil iT (Чжун-вань), tanis ukana wertil iT (Цзи-чжун-iT), Sorisis wertil iT (Хуэй-инь-iT), SeakaveT sunTqva, amoisunTqeT da amoatrial eT xel isgul ebi zemoTken – xel isgul ebiT `oqros Tasi- daiWireT (inuri poza). igrZeniT, rom am TasSi (an TasebSi) zecis energia grovdeba, mkafio wiTel -iisferi energia, romel ic poral uri varskl avidan da didi daTvis Tanavarskl avedidan moedineba. igrZeniT zecis, is energia, romel ic zemodan Tqvensken moedineba – esaa zeciuri mamis Tbil i, wamyvani energia; gauRimeT am energias da igrZeniT, Tu rogor gexutebaT zeciuri mama samyaros wamyvani, Tbil i energia. CauSviT es energia tanSi.

g) CamouSviT xel ebi da qveda sacavis pirdapir gaaCereT. igrZeniT zecis maRal madiscipl inirebel i, wamyvani energia tanSi, igrZeniT, Tu rogor Caedineba es energia mTel tanSi, qveda sacavSi; CaisunTqeT sacavSi da goneba gaaTavisufli eT yvel a azrisa da survil isagan;



igrZeniT, Tu rogor farTovdeba qveda sacavis aRqmis unari, SeigrZeniT gul is Tbil i da nazi energia, romelic mTlianad gaaqtiurebs aRqmis unars; gauRimeT am energias, igrZeniT, rom Tqveni tani gamococxl da da energia mogemataT.

18. axl a mzad xarT jaWvis perangis mesame pozis `kusa da kameCis pozebis- Sesrul ebisaTvis. fexebi odnav ganze gadgiT.



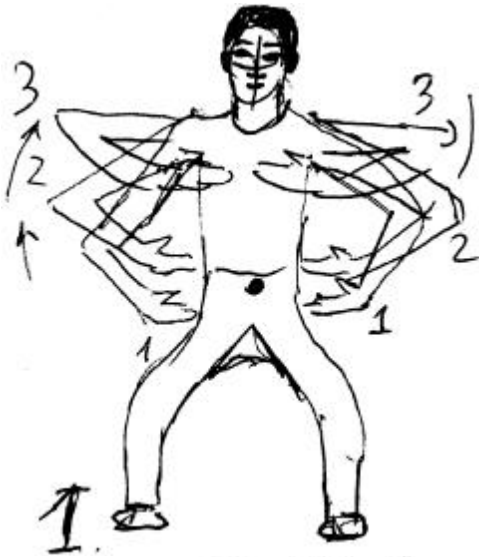
a) daiwyeT - energiis gaaqtiureba (dinamiuri sunTqva mucl iT) (ix. 16-2) da amosunTqvaze muStebiT SekariT da zeviT awiT (sur. 1).

b) daiwyeT xanmokle (10%-iani) CasunTqvebis seria: CaisunTqet - tanis Sua nawil iT (Чжун-вань-iT), marjvena Tirkmel iT, marcxena Tirkmel iT; exl a CamouSviT dundul ebi da avi (sur. 2), miiReT kus poza. daiwyeT xanmokle (10%-iani) CasunTqvebis seria: CaisunTqet - gavis Zval iTa da kodusuniT (Чан-цян-iT), Мин-мэнь wertil iT T-11 anu Цзи-чжун wertil iT; С-7 anu Да-чжуй wertil iT, nefritis bal iSis Фэн-фу wertil iT da kinkrixos Бай-хуэй wertil iT, SeakaveT sunTqva da amoisunTqet.

g) miiReT `kameCis poza- (sur. 3) da daiwyeT energiis gaaqtiureba (dinamiuri sunTqva mucl iT - ix. 16-2) da amosunTqvis dros nel -nel a gaswordiT (tal Ra kodusunidan - kinkrixomde). moagroveT da qveda sacavSi moaTavset es sufta lurji energia. igrZeniT, Tu rogor moZraobs

mTel tanSi l urji, gril i energia, es Cveni dedamiwis energiaa. gauRimeT mas. kargad SeinaxeT igi qveda sacavSi. Tqven ukve mZad xarT gadaxvideT jaWvis perangis Semdeg pozebSi: 1) `oqros feniqsi isworebs frTebS~; 2) `rkinis ficrebiani xidi~.

19. iwyebT `oqros feniqsi isworebs frTebS~ pozis miRebas:



a) daiwyeT isev energiis gaqtiureba (dinamiuri sunTqva mucl iT – ix. 16-2) da amosunTqvis dros xel ebi `oqros feniqsis~ pozas Rebul oben (sur. 1-1).

warmoidgineT, rom am pozit iwyebT energiis Segrovebas.

b) daiwyeT xanmokl e (10%-iani) CasunTqvebis seria: CaisunTqeT – SorisiT (Хуэй-инь-iT); sasqeso organoebiT (Гуань-юань-iT) da Tirkmel ebiT (sur. 1-1);

Semdeg isev Tirkmel ebiT, el enTiTa da RviZl iT (sur. 1-2) (xel ebi odnav zeviT gadaadgil eT);

axl a CaisunTqeT el enTiTa da fil tvebiT (sur. 1-3) (xel ebi isev zeviT aswieT) da fil tvebis samkurnal o bgera `sss...~s warmotqmis procesSi amoisunTqeT, Tan igrZeniT fil tvebis energia. bgeris warmotqmisas orive xel isgul ebiT winkvra Seasrul eT (TiTqos haers miaweqiT) (sur. 2).

xel is mtevnebs mieciT `feniqsis niskartis~ forma (sur. 3).

g) daiwyeT xanmokl e (10%-iani) CasunTqvebis seria: CaisunTqeT – gavis Zval iTa da kodusuniT (Чан-цян-iT), T-11 an Цзи-чжун wertil iT (wel is aris Sua wertil i) (sur. 4-1);

axl a xel ebi (niskartebi) odnav gadaadgil eT tanisaken da CaisunTqeT (10%-iani) C-7 anu Да-чжуй wertil iT (kisris didi mal a) (sur. 4-2); Semdeg xel ebi (niskartebi) Tavisaken mimrTeT, da CaisunTqeT (10%-iani) kefisa anu Фэн-фу-Ти da kinkrixos anu Бай-



хуэй wertil ebiT (sur. 4-3) da Tirkmel ebiS samkurnal o bgera `vuuu...~s warmotqmis procesSi amoisuntqet, xel is TiTebi gaSal eT da xel isgul ebiT qveviT daaweqiT (sur. 5).

d) kvI av daiwyeT energiis gaaqtireba (dinamiuri sunTqva mucl iT – ix. 16-2) da amosunTqvaze isev miireT `feniqsis frTebis amokecvis- poza (sur. 6).

daiwyeT xanmokl e (10%-iani) CasunTqvebis seria: CaisunTqet – sasqeso organoebiT (Гуань-юань-iT), orive Tirkmel ebiT (sur. 6).



axl a moamrgvel eT TiTebi – feniqsis niskarti.

daiwyeT xanmokl e (10%-iani) CasunTqvebis seria: daiwyeT gavis Zvalisa da kodusunus (Чан-цян-iT) wertil iT; T-11 anu Ци-чжун wertil iT, mere C-7 anu Да-чжуй wertil iT (sur. 7-1) da (sur. 7-2).

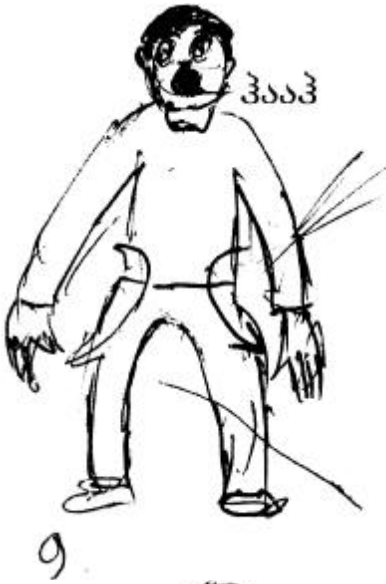


mere xel ebi (niskartebi) odnav gadaadgil eT tanisaken da CaisunTqet (10%-iani) kinkrixoti (Бай-хуэй-iT) (sur. 7-3) da es enrgia amoisuntqet Tirkmel ebiS samkurnal o bgeris `vuuu...~s warmotqmisas (sur. 8), (ena gamoyaviT da Tval ebi gaafarToveT) da amoisuntqet (sur. 9)

e) kvI av daiwyeT energiis gaaqtireba (dinamiuri sunTqva mucl iT – ix. 16-2) da amosunTqvaze isev miireT `feniqsis frTebis amokecvis- poza (sur. 6). Semdeg daiwyeT xanmokl e (10%-iani) CasunTqvebis seria: xel ebi aweviT (sur. 1) CaisunTqet genital iIT da Tirkmel ebiT (sur 1-1); CaisunTqet Tirkmel ebiT, el enTiT, RviZl iT (sur. 1-2); CaisunTqet Tirkmel ebiT, el enTiT, fil tvebiT (sur. 1-3) da amosunTqvisas warmotqviT RviZl is samkurnal o bgera `SSS...~, xel ebiS win kvriT (sur. 2).



xel is mtevnebs miaRebineT `feniqsis



niskartis- forma (sur. 3). awieT zeviT da daiweT xanmokl e (10%-iani) CasunTqvebis seria: CaisunTqeT gavis Zval iTa da kudasuniT (Чан-цян) (sur. 4-1) da T-11 anu Цзи-чжун-iT (sur. 4-1); **CaisunTqeT T-11-iT anu Цзи-чжун-iT**; C-7-iT anu Да-чжуй-iT (sur. 4-2) (xel ebi adis odnav zeviT); mere CavisunTqoT kinkrixoTi anu Бай-хуэй-iT (sur. 4-3) (xel ebi adis zeviT) da warmoTqviT gul is samkurnal o bgera`hhhaaa...~ da xel ebs uSvebT dabl a (sur. 5).

CaisunTqeT, ena gamoyaviT, Tval ebi gaafarToveT da amosunTqvisas warmoTqviT bgera`haah~ (sur. 9) da (sur. 10).

v) kvl av gaqtureT energia (dinamiuri sunTqva mucl iT - ix. 16-2) da amosunTqvaze xel ebi moxareT ise rogorc suraT 11-zea (an suraTi 1-1). Semdeg daiweT xanmokl e (10%-iani) CasunTqvebis seria: CaisunTqeT genital iiT da Tirkmel ebiT (sur. 11-1 an 1-1); CaisunTqeT Tirkmel ebiT, el enTiT, RviZl iT (sur. 11-2 an sur. 1-2); CaisunTqeT el enTiT, RviZl iT, fil tvebiT (sur. 11-3 an sur. 1-3) da amosunTqvisas warmoTqviT el enTis samkurnal o bgera`hhhuuu...~, Tan xel ebiT Seasrul eT win kvra (sur. 2).

Semdeg xel is mtevnebs miaRebineT`feniqsis niskartis- forma (sur. 3) da maTi awevis procesSi daiweT xanmokl e (10%-iani) CasunTqvis seria: CaisunTqeT gavis Zval iTa da kudasuniT (Чан-цян- iT); T-11-iT anu Цзи-чжун- iT (sur. 4-1) (am dros xel i nel -nel a iweva zemoT); CaisunTqeT T-11-iT anu Цзи-чжун- iT; C-7-iT anu Да-чжуй- iT (sur. 4-2) (am dros xel i nel -nel a iweva zeviT); CaisunTqeT kinkrixoTi anu Бай-хуэй- iT (sur. 4-3) (xel i avida zeviT). amosunTqvisas warmoTqviT tanis sami gamaxurebel i samkurnal o bgera`hhhiiii...~ da xel isgul ebiT iseTi moZraoba Seasrul eT, TiTqos haers miwisken awebiT (sur. 5).

Semdeg daiTval eT samande da bgera`haah--is warmoTqmisas ena gamoyaviT da Tval ebi gaafarToveT (sur. 9).

20. ᵀrkinis ficrebiani xidis poza~.



a) Semdeg SearyieT cera da saCvnebel i TiTebis bol oebi da qveda sacavis win moaTavseT.

kvl av gaaqtiureT energia (dinamiuri sunTqva mucl iT – ix. 16-2) da Seasrul eT ᵀrkinis ficrebiani xidis-poza (sur. 13) da amosunTqvaze anu amosunTqvis procesSi xel ebi ukan waiReT (sur. 13-1) da xanmokle (10%-iani) CasunTqvis seria daiwyeT: CaisunTqeT Tirkmel ebiT da awieT xel ebi zemoT (sur. 13-2), odnav ukan gadaixareT, SeakaveT sunTqva (sur. 13-2); mere daiwyeT normal uri sunTqva; Semdeg nel a amoisunTqeT, gadaxareT win (tal Ra gaatareT TiToeul mal aSi) (sur. 14) –

daiwyeT Tirkmel ebiT sunTqva: CaisunTqvisas aiwieT wwerebze da amosunTqvisas daeSviT dabl a (Seasrul eT 2-j er);

axl a tani marcxniv Seatrial eT (wel i) (sur. 15), CasunTqvisas awieT da amosunTqvisas dabl a daeSviT (Seasrul eT 2-j er);

isev daubrundiT sawyis mdgomareobas (wel i pirdapiraa gaCerebul i – sur. 14), isev CaisunTqeT (aiwieT) da amoisunTqeT (daeSviT) (Seasrul eT 2-j er).

mere mitrial diT marjvniv, CaisunTqeT (aiwieT) da amoisunTqeT (daeSviT) (Seasrul eT 2-j er);

Semdeg kvl av sawyis mdgomareobas daubrundiT (wel i pirdapir gaaCereT), CaisunTqeT (aiwieT) da amoisunTqeT (daeSviT) (Seasrul eT 2-j er); da nel a Seweul i nikapi gaasworeT da CaisunTqeT da gaswordiT (aiwieT), fexebi erTad dadgiT, xel ebi zeviT aswieT (sur. 16) da moagroveT energia, gaatareT mTel tanSi da qveda sacavisaken gagzavneT, amoisunTqeT, gauRimeT energias (sur. 17). 36X24-j er daatrial eT da moaTavseT energia WipSi, Semdeg dabertyeT xel is mtevnebi.

