

SvidTa etI Ta harmoniis II etapi

ra unda vi codeT energi i s mar T vi s _
ci guni s xel ovnebi s Sesaxeb

Seadgina

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skola "SvidTa etI Ta harmonia"

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Sesaval i

harmoni ul obis si br Zne

`gaanTavisufl e gul i da Seavse mucel i.-
I ao-Zi

`modundiT da Tqveni cnobiereba da gul i yvel a azrisgan gaaTavisufl eT. Rmad da nel a CaisunTqeT, raTa Semosul ma kosmiurma energiam Tqveni mucel is energetikul i centri Seavsos-.

I ao-Zi

`aRzrdil ma pirovnebam sami saxis TavSekaveba unda daicvas:
ymawvil ma, romel sac jer arasakmaod ganvitarebul i kosmiuri energia gaaCnia, Tavi unda Seikavos seqsisagan.
mozardma, romel ic kosmiuri energiit savsea, Tavi unda Seikavos agresiiisagan.
xandazmul ma, romel is kosmiuri energia sustia, Tavi unda Seikavos sixarbisagan.-
kun-Zi

`kosmiuri energiis moZraobas nebisyofoa marTavs. kosmiuri energia sxeul is erTianobas warmoadgens-.

men-Zi

`nebisyofois Zal as energiis nakadi SeuZlia marTos _ rodesac sxeul is romel ime nawil ze an organoze vfiqrobT, energiis nakadi iqiTken miemarTeba. energia sxeul is garsis safuzvel s warmoadgens. yvel a organo, qsovili da ujredi, aseve yvel a fiziologiuri procesi, fsiqologiuri da nervul i moqmedeba _ energiis produqts warmoadgens.-

men-Zi

`energiis marTvis xel ovneba _ ciguni arc erT konkretul rel igiur doqtrinasTan araa dakavSirebul i.

udiadesi zRvris mdumarebis xel ovneba, anu Tai-Zi ciuanis meditacia _ ukvdavebis miRwevis umaRI es gzas warmoadgens. igi ori meToduri midgomiaTaa warmodgenil i: `erTi wertil is Segneba- da `vizual izacia-. es ori meTodi Tai-Zi-cigunis udiadesi teqstebia.

adamianis sxeul i fizikurisa da sul ieris erTianobas warmoadgens. forma Tavistavad mkvdaria, mxol od sul i aZl evs sxeul s sicocxles. rodesac fizikursa da sul iers Soris harmonia arsebobis, sasikeTo iqneba sasicocxlo pirobebi. harmoniis darRveva zians gvayenebs. fizikuri substanciis aryofnisas (ararsebobisas) sul i Zal as kargavs. sul s mxol od fizikuri substanciis dros Zal uZs ayvaveba. harmonia sxeul sa da sul s aerTianebs, xol o sneul eba _ hyofs.-

Tai-Zi

`davxuWav Tu ara mdumarebaSi Tval ebs,
CemSi kosmiuri energiis pul sirebas vgrZnob,
romel ic mfrinav mwerTa gunds waagavs.
Cems SigniT sasiarovno SegrZnebebi rakrakeben,
SegrZnebebi TiToeul ujreds aRwevs,
xol o me Signidan sicariel e mavsebs
da Cemi Tavi maviwydeba maSin,
mol ivl ive Rrubel s vemsgavsebi da

Tavi I

1. ra unda vi codeT cigunis Sesaxeb

adamianebi ciguns saukuneebis ganmavl obaSi iyenebdnen gaj ansaRebisa da gakaJebisaTvis. amJamadac arsebobs cigunis xel ovnebis iseTi saxesxvaobani, rogoricaa _ `daoini~, `anciao~ (masaJi), cigunis axal i meTodebi _ `rva abreSumis gamowel va- (ба дуань цзинь), `wyl is 24 sezonis ciguni~ (цигун ци эр дуань цзинь), `ciguni-masaJi~ (цигун чшань чшуан) da a. S. yvel a am meTodma istoriul i SerCevis periodi gaiara, Cvens dromde moaRwia da adamianta gaj ansaRebasa da gakaJebas mSvenivrad emsaxureba.

qvemoT mocemul ia cigunis varjiSebis meqanizmi da azrovneba, savarjiSo pozebi, sunTqvisaTvis gansakuTrebiT mniSvnel ovani momentebi, romel Tac varjiSisas didi yuradReba unda mivaqciot, saubarია imis Sesaxeb, Tu rameTodebiT unda vivarjiSoT da a. S.

2. ciguni T varj i Si s meqanizmi s Sesaxeb

cigunis varjiSebis uzvel es da Tanamedrove meTodebs Soris bevri gansxvaveba da amave dros, bevri saerToa. cigunis efeqturoba praqtikiT Cndeba, romel ic Semdegnairad vl indeba: daoini _ xdeba pnevmis regul ireba, sul is damSvideba da azrebis dawynareba, organizmis qmedebis amaRl eba, sasicocxlo Zal ebis momateba, nervuli sistemis mowesrigeba, sneul ebebis moSoreba da sicocxli s gaxangrZl iveba. gansakuTrebiT efeqturia sunTqvebi moZraobaSi: sisxli isa da limfis dineba Tavisufali xdeba, umj obesdeba sisxli s mimoqceva, yvel a organos qsovil ebis nivTierebaTa cvla, zurgis tvinis nervuli refl eqsebi, nervuli procesebi da Sida sekreciis procesebi, cil deba damdgari movl enebi.

sxva sityebiT rom vTqaT, ciguni aZl ierebs Tavis tvinis qerqis dacvas, axdens Sida organoebis muSaobis regul irebas da gaj ansaRebas.

3. azrovnebis (meditaciis) xel ovneba cigunis varj i Si s dros

Zveli da Tanamedrove cigunis ostatebi qveda sacavis (dan-tiani) Sesaxeb Semdeg mcnebas iyeneben: `gonebiT ise davicvaT sacavi, rogorc romel ime mSvenieri yvavili an xe,

gonebiT mivvyet maT sam SeerTebas, gonebiT SevinarCunoT modunebul i forma, gonebiT davicvat fexisgul ze morakrake nakadul is wertil i **ЮН-ЦЮАНЬ** (1-VIII)- da a. S.

qvemoT mosdevs mokl e axsna-ganmartebibi: gonebis Zal iT davicvat sacavi (dan-tiani): yvel am, vinc energo-sistemiT varj iSobs, didi yuradReba unda dauTmos qveda sacavis aris gonebriv dacvas. ras warmoadgens qveda sacavi (dan-tiani)? qveda sacavi isea ganl agebul i, rom mis zemoT mdebareobs `yvitel i karibWe~, qvemoT **Гуань-юань**-is are (4-XIV), ukan Tirkmel ebi (**ю-сү**), win sicocxl is karibWe _ Tirkmel ebs Soris are (**мин-мэнь**; 4-XIII), tvins aseve sicocxl is wina karibWes uwodeben. faqtiurad, SigniT, Wipis qvemoT 1 cunisa da 5 fenis doneze (1 cuni [individual uri] + $5 \times 0,32 \text{ см}$) imyoFeba qveda sacavi (dan-tiani _ **DAN TIAN**) da misi SegrZneba Tbil i burTul asaviTaa SesaZl ebel i.

es sacavi aRweril ia aseve daosur moZRvrebaSi, sadac naTqvamia, rom qveda sacavis centrs Seesabameba `**ЧЖУН МАЙ**`- (rva mSvenieri arxid an erT-erTi): miedineba ra zemoT kinkrixosaken, gaaCnia wertil i `**Бай-хуэй**`- (20-XIII), Camodinebisas _ wertil i `**Хуэй-инь**`- (1-XIV) da **Дай-май** _ wel is garSemomrtymel i mSvenieri arxi, romelic am oris gadakvetis wertil ia da mas `ukvdavebis abs- uwodeben. es mamakacis czin-energiis (esencia, sperma) da qal is saSvil osnos adgil ia. am adgil s **ци-хай-с** (6-XIV) ganekuTvneba. amitomac amboben, rom qveda sacavi (dan-tiani) _ es aris **ци-хай** da mas yvel a sneul ebis mospoba SeuZl ia (sur. 1 da 2).

zemoTqmul idan gamomdinare, qveda sacavis (dan-tiani) gonebrivi dacva cigunis yvel aze mniSvnel ovani principia. mkurnal obisa da organizmis gaj ansaRebisas qveda sacavis gonebrivi dacva azrebi koncentracias, didi tvinis muSaobis mowesrigebas da misi dasvenebis saSual ebas unda iZl eodes. amitom sunTqvis regul ireba sasargebl oa Tirkmel ebisaTvis, aZl ierebs czinisa (tvinis) da Sida organoebis sicocxl isunarianobas, rac iZl eva sneul ebaTa profil aqtikis saSual ebas da axangrZl ivebs sicocxl es.

3.1. qveda sacavis (dan-tianis) gonebrivi dacvis sakiTxis Sesaxeb

1) qveda sacavis gonebrivi dacvis yvel aze mniSvnel ovan xerxs yvel a saxis abneul i azrebi Tavidan moSoreba warmoadgens. saWiroa sul is koncentracia, risi meSveobiTac azrebi qveda sacavze koncentrirdeba. unda mivaRwioT imas, rom yurma ar moisminos, Tval ma ar dainaxos, gul Si udardel oba vigrZnoT, maqsimal urad SevamciroT survil ebis raodenoba _ ai, es warmoadgens azrebi usazRvroebis sazRvars. mxol od amiTaa SesaZl ebel i kargi Sedegis miReba.

2) gul is regul irebiT qveda sacavis gonebrivi dacva _ es cigunis iseTi varj iSia, romel sac didi dro da sunTqvis regul ireba esaWiroeba. Zvel ad ambobden: `imisaTvis, raTa sneul eba iqnes gankurnebul i, kosmiuri energiis (Ci-energiis) kul tivirebaa saWiro, Ci-energiis kul tivirebiTvis aucil ebel ia sunTqvis regul ireba, sunTqvis regul irebiTvis saWiroa gul is gawmenda, gul is gawmendiTvis saWiroa tvinis gaj ansaReba, tvinis gaj ansaRebiTvis saWiroa gul is damSvideba da Ci-energiis daSoSmineba (daokeba). mxol od am SemTxvevaSi iwyebs moZraobas Ci-energia da sunTqva, rac uzrunvel yofs organizmis gaj ansaRebas-.

3.2. fexisgul is wertil is (юн-цюань) gonebrivi dacvis meTodi

aRmosavl uri medicina Sida organoebze Semdegs ambobs: Tirkmel ebi marTaven Zvl ebs, Zval i Sobs Zvl is tvins, Zvl is tvini badebs Tavis tvins. amrigad, gonebis saSual ebiT fexisgul is wertil is _ юн-цюань-is dacviT Zl ierdeba Tirkmel ebi, rac maT Zvl ebis gaj ansaRebis saSual ebas aZl evs, xol o Zvl is tvini aumj obesebs Tavis tvinis muSaobas; gul i da Tirkmel ebi urTierTkavSirSi arian, amitom organizmis efeqturi gaj ansaRebiTvis aucil ebel ia sul is gawmenda. юн-цюань wertil i fexisgul ze mdebareobs da шаоинь (gul isa da Tirkmel ebis) energo-arxebis wertil s ganekuTvneba. Tirkmel ebi adamianis fizikuri Tvisebebis bunebriv safuZvel s warmoadgens mis dabadebamde, aj ansaRebs organoebis da aZl ierebs maT Sromisunarianobas. Tirkmel ebi wyl is stiqias ganekuTvneba da inaxavs czin-energias (цзин); wyal i Sobs yvel afers; czin-energia warmoadgens iseT safuZvel s, romel sac gaaCnia forma, misi sididis gazomva SeuZl ebel ia da mis Zal as veraferi Seedreba.

fexisgul is wertil is _ юн-цюань-is _ dacva icavs sisxl s, sisxl is dacva izl eva nerwyvs. energo-sistemebiT didi xnis varj iSi iwvevs piris Rrus nerwyviT gavsebas; nerwyvis gadayl apva energiIT uzrunvel yofs Sida organoebis da gamoSrobisagan icavs gare saburvel sa da kunTebis.

3.3. `sami SeerTebis- gonebrivi marTvis meTodi

energo-sistemebiT movarj iSem Rirseul i yuradReba unda dauTmos varj iSta koncefcias. saWiroa mniSvnel ovani yuradReba mivaqciOT Sida mamozravebel i motivebis varj iSs. mas `Sida sam SeerTebas- uwodeben _ esaa gul isa da azris, azrisa da Ci-energiis, Ci-energiisa da Zal is SeerTeba.

1) gul isa da azris SeerTeba niSnavs Semdegs: movarjiSe ideaSi unda gaj erdes (daijeros idea), azrTa varjiSis dros sxeulis TiToeuli nawili gansazRvrul cvalebadobas (cvlas) ganicdis, rac Zal ian kargi gamajansaRebeli efeqti momcemia.

2) azrisa da Ci-energiis SeerTebisas goneba marTavs Ci-energiyas, sxeuli mihyeba gonebas da Tavisuflad asrulebs gaxsnisa da daxurvis moZraobebs; movarjiSe gansazRvruli xarisxiT sunTqvis ritmis Sesabamisad ukve grZnobs Ci-energiis wriul moZraoba sxeulsi, rasac Ci-energiis Sida moZraobas uwodeben.

3) Ci-energiisa da Zalis SeerTeba _ es is mdgomareobaa, rodesac Ci-energiis SegrZnebas Sida organoebis moduneba mosdevs, xolo misi nakadis momatebisas Sida organoebi ikumSeba. Ci-energiisa da Zalis moZraoba kargad erTiandeba, amastan erTad unda mivarwioT grZeli, neli, moculobit mcire, Tanabari sunTqvebis atvisebas; aucil ebelia Zal isa da sirbilis erTmaneTsi Sezaveba, rasac Ci-energiisa da Zalis SeerTebas uwodeben, rodesac guli, azrebi da Ci-energia SeerTebul ia sxeulsi gonebas miyolili kuntebis moZraobebi armocendeba da nervuli sistema aregzneba. refl eqtoruli reaqciis Sesabamisad, azrebi Sesabamisad moZraoben kuntebi. yovel gvari dabrkol ebis garese moZravi Ci-energia waritacebs sisxlis, Sedegad: gamoidevneba mavne nivTierebebi, warmoiqmneba axali, ispoba sneul ebebi, Zierdeba sxeuli da jansaRdeba organizmi.

4. metodi _ goneba modunebul sxeulis mihyeba

es imas niSnavs, rom sxeuli Segvyavs sruliad modunebul mdgomareobaSi. idea mdgomareobs imaSi, rom sxeulis modunebis Semdeg tardeba gamosawrtobi varjiSebi. varjiSis Ziritadi piroba Semdegia: Ci-energia mteli sxeulis momdunebeli sasual ebaa, gamowrtobis gasarebs warmoadgens da amit xdeba gankurnebs. rac metia modunebis xarisxi, mit maral ia cigunis efeqti.

amitom varjiSebis dros sawiroa zRvrul modunebas mivarwioT. modunebis es metodi amosunTqvis dros musaobs: dasawyisSi dundebs Tavis kuntebi, Semdeg kisris, mxrebi, mkerdis, muclis, fexebisa da terfebis. amis Semdeg dgeba Sida organoebis modunebis jeri, Semdeg ki mteli sxeulis moduneba _ Signidanac da garedanac; sulsa da xorcsi simsubuqisa da modunebis SegrZneba gacndeba; es aris is, rasac _ goneba modunebul sxeulis mihyeba. amosunTqva gareuli ixvis dacemas waagavs _ es Sedareba imitom moviyvaneT, rom vigrZnoT, Tu rogor adunebs goneba formas. modunebis dros sisxli Tavisuflad moZraobs, daRliloba ar ibadeba, Zala arafenze ixarjeba, sulis mdgomareoba mSvidia, gulis ki sixarul is SegrZnebaa.

moduneba da sunTqvis regul ireba urTierTdamxmare saSual ebebi da urTierTdamokidebuli meTodebia; rac metia moduneba, miT ukeTesia sunTqvis regul ireba da piriqIT. regul irebuli Ci-energia did gamtarobas izens da advilia zRvrul modunebamde miRweva.

rodesac gonebas formis moduneba misdevs, Ci-energia sunTqvas aregul irebs, rac saWiro efeqts gvaZl evs.

zemoaRniSnuli ramdenime meTodidan TiToeulis Tavisi upiratesoba gaaCnia. ostatTa gamocdil ebidan gamomdinare, vinc cigunis swavlas iwyebs da maT moazreebs, visac ostatobis amaRleba surs, Tanmimdevrul winsvlas urCeven. pirvel rigSi, urTierTsekavSirebis meTodebis arCeva da azris koncentraciis atviseba, rac swori arCevanis winapirobaa. maRali Sedegebis miRweva cigunSi mxolod TanmimdevrulivarjisiTaa SesaZlebeli.

4. ras warmoadgens kosmiuri energia da rogor imarTeba igi

Turas warmoadgens kosmiuri energia (`Ci-), amaze l aparaki ukve gvqonda (ix. `kvebisa da seqsualuri energiis regul ireba Sida stil ebSi-). damatebiT SeiZleba vTqvaT Semdegi:

adamianis tanis kosmiuri energia sxvadasxva formebSi vl indeba, maT Soris yvelaze ZiriTads _ WeSmariti kosmiuri energia warmoadgens (`чжэнь-ци-). mas `dasabamur- (sawyis) kosmiur energiasac uwodeben (`юань-ци-), an swor kosmiur energias (`чжэнь-ци-), an arsebiT kosmiur energias (`цин-ци-), an WeSmaritad dasabamur kosmiur energias (`чжэньюань-ци-).

WeSmariti kosmiuri energia sami elementis kombinacias warmoadgens: arsebiTi kosmiuri energiis (`цин-ци-); Tirkmel ebSi arsebuli kosmiuri energiis (nayofis mier mSoblebisagan miRebuli kosmiuri energia); wyl isa da marcvlis kosmiuri energia (`шуйгу чжи-ци-), romelic garedan miRebul da elenTisa da kuWis gadamuSavebul kosmiur energias warmoadgens (produqtis gadamuSavebisagan miRebuli sakvebi nivTierebebi); filtvebis mier CasunTquli haeris najers. es kombiniirebuli kosmiuri energia Zalian faqizi materiaa. mas mamozravebeli Zala gaaCnia da mTel sxelSi vrceldeba. mis moZraobas medicinaSi `zambarisebul kosmiur energias- (`цин-ци-) uwodeben. igi oTxi formiT vl indeba: aRmasvliT (aweviT), daRmasvliT (CamosvebiT), amosunTqviTa da CasunTqviT. adamianis tanis mkvriვი da Rru organoebi, energo-arxebi im arenas warmoadgens, sadac WeSmariti kosmiuri energia Tavisi oTxi formiT vl indeba.

WeSmariti kosmiuri energia mTel sxeul Si vrcel deba da mkvriv da Rru organoebis energo-arxebsa da sxva sistemebis fiziologiur qmedebaSi vl indeba. amitom mis gamovl inebebs sxvadasxva saxel wodeba aqvs.

a) mkvrivi da Rru organoebis kosmiuri energia (**цзан фу чжи-ци**~)

WeSmariti kosmiuri energia am organoebSi vrcel deba da maT kosmiur energiad gadaiqceva _ gul is, fil tvebis, el enTas, kuWis, RviZl is, Tirkmel ebis da a. S. arxebis kosmiuri energiebi. WeSmariti kosmiuri energia, gaivl is ra am arxebs, Semokl ebiT energo-arxebis kosmiur energias uwodeben (**цзин-ци**~).

b) mkvebavi kosmiuri energia (**ин-ци**~)

es is kosmiuri energiaa, romel ic sisxl ZarRvebSi sisxl Tan erTad moZraobs.

g) damcavi kosmiuri energia (**вэй-ци**~)

igi sisxl ZarRvebis gareSe moZraobs. misi arsi swraf srial Si mdgomareobs. raTa igi ar moxvdes sisxl ZarRvebTan kavSirSi, damcavi kosmiuri energia maT miRma vrcel deba.

d) gvarovnul i kosmiuri energia (sqesis, mSobiarobis; **цзун-ци**~)

es is kosmiuri energiaa, romel ic mkerdSi grovdeba

warmoSobisa da gavrcel ebis mixedvit xuT ZiriTad funqcias asrul ebs:

mamoZravebel i Zal is funqcia. organizmis zrda da ganvitareba, anu mkvriv da Rru organoebis arxebSi fiziologiuri gardaqmniTi procesebi, sisxl is mimoqceva, fl uidebis transportireba kosmiuri energiit stimulirdeba. ase magal iTad, Tu kosmiuri energia arasakmarisia, mcirdeba moZraobiTi funqcia, organozmis zrda-ganvitareba nel deba, qveiTdeba organoebisa da arxebis potencia. gamoricxul i araa raime paTol ogiuri cvl il ebis aRmocenebac. gaxurebis funqcia. Tu organizmis kosmiuri energiis gamxurebel i funqcia arasakmarisia, organizmi kargavs regul irebis unars da Cndeba iseTi simptomebi, rogoricaa civi kidurebi, kankal i da a. S. Tavdacvis funqcia. kosmiuri energia adamians icavs gare paTogenuri faqtorebisagan. Tu damcavi pontecia dasustebul ia da mavne kosmiuri energia SigniT aRwevs, maSin adamiani avaddeba. avadmyofobis procesSi janmrTel i kosmiuri energia uwyvetad zrdis masze zemoqmedebas. janmrTel i kosmiuri energiis mavne energiebze gamarjvebiT xel i ewyoba paTogenebis mospobas da janmrTel obis aRdgenas. kontrol is funqcia. kosmiuri energiis kontrol is funqcia imaSi gamoixateba, rom igi akontrol ebs sisxl is nakads da xel s uSl is mas sisxl ZarRvebis miRma gadasvl aSi; aregul irebs ofl isa da Sardis moZraobas da xel s uwyobs maT zomier gamoyofas; axorciel ebs saTesl e siTxisadmi kontrol s da xel s uSl is mis dakargvas.

kosmiuri energiis ukmarisoba asustebis moZraobis Zal is funqcias da SeiZl eba sisxl brunvis darRveva sisxl is Sededebis drosac ki. kosmiuri energiis ukmarisobas sisxl dinebebac SeuZl ia gamoiwvios. gardaqmnis funqcia. saWiroa aRvniSnoT dasabamuri, kosmiuri energiebis, fl uidebis da sisxl is urTierTgardaqmnebi. dasabamur da kosmiur energiebis urTierTgardaqmniTi procesebi. yvel a xuTi funqciis, Tumca zogierT gamovl inebaSi gansxvavdeba erTmaneTisagan, gamoyenebis dros mWidrodaa dakavSirebuli. mTI ianobaSi kosmiuri energiis varjiSTa marTvis xel ovneba adamianis kosmiuri energiis varjiSS warmoadgens.

kosmiuri energia materiis im ZiriTad saxes warmoadgens, romel ic adamianis sxeul is sicocxl isunarianobas uwyobs xel s. energiis marTvis xel ovnebaSi kosmiuri energiis moZraoba im mniSvnel ovan saSual ebas warmoadgens, roml is meSveobiT uwin sneul ebebis mkurnal oba xorciel deboda. adamianis sxeul is WeSmariti kosmiuri energiis zemoqmedeba energiis marTvis xel ovnebis saSual ebiT j anmrTel obis SenarCunebaSi Zal ian mniSvnel ovan rol s TamaSobs.

5. kavSi ri sisxl sa da kosmiur energias Soris

sisxli da kosmiuri energia adamianis sxeul is sicocxl isunarianobis ZiriTad material ur substancias warmoadgens. maT Soris mWidro kavSiria, magram gayofa SeiZl eba, dapirispireba ara. kosmiuri energia sisxl is damrigebel ia. sisxli Semdegnairad warmoiSoba: dagrovil i kosmiuri energia zemoqmedebis `wyl isa da marcvl is- uwwril es material ur nawil akebze, romel ic miwodeba el enTasa da kuWidan, ris Semdeg miemarTeba fil tvebis arxeze, sadac urTierTobs fil tvebis kosmiur energiasTan. warmoqnil i sisxli miedineba arxebsa da kol ateraebze kosmiur energiasTan erTad. sisxli imarTeba gul iT, narCundeba RviZl Si, sisxl is SeerTeba naRvl is buStSi _ yvel aferi es Rru da mkvrivi organoebis kosmiuri energiis mimmarTvel i zemoqmedebiT xorciel deba. sisxli ganyofel ia kosmiur energiasTan. kosmiur energias SeuZl ia sisxl is `warmoSoba-, `sisxl is moZraoba-, `sisxl is kontrol i- da amitom amboben, rom `kosmiuri energia sisxl is damrigebel ia-. sisxli kosmiuri energiis dedas warmoadgens. kosmiuri energia amoZravebs sisxl s, igi ubiZgebs mas. Tavis mxriv, mTel i sxeul is kosmiuri energiis integral uri funqcia, romel ic xel s uwyobs sxvadasxva organoebis fiziologiur arsebobaSi. igi aseve sisxli iT ikvebeba. amitomaa naTqvami: `sisxli kosmiuri energiis dedaao-.

kosmiuri energiisa da sisxl is urTierTmorgeba (`цисюэ-) adamianis sxeul is sicocxl isunarianobis mTavar material ur safuZvel s ayal ibebs (qmnis): kosmiuri energia sisxl s Semohbers, sisxli ki kosmiur energias moasxurebs (SeaSxefebs). iyeneben ra

erTmaneTs, mTel tanSi gaedinebian (miedinebian), moZraoben Seusvenebi ad, uwyvetad asrul eben nivTierebaTa cvl as, xel s uwyoben sxel is zrda-ganviTarebas, fiziologiur da sxva qmedebebis ganxorciel ebas. amitomaa naTqvami aRmosavl ur medicinaSi: `rogorc ki kosmiuri energia da sisxl i Seyovndebian, iqve aRmocendeba sneul eba~. kosmiuri energia da sisxl i moZraoben (miedinebian) da avadmyofobebi (sneul ebebi) TviTon qrebian. Tu sisxl sa da kosmiur energias Soris harmoniis darRveva 100 sneul ebi warmoiqmnas iwvevs. es kidev erTxel mianisnebs im mWidro kavSirze, romelic kosmiur energiasa da sisxl s Soris arsebobs.

6. kosmiuri energiis gamomuSaveba matonizirebeli kerZebis meSveobiT

kosmiuri energiis gamomuSaveba organizms saerto tonizirebis procesTan mWidroada dakavSirebuli. saertod, adamianis organizmSi kosmiuri energiis deficiTi gare saxiT _ el enTis an filtvebis muSaobis sisustiT gamoixateba. amastan, el enTis areSi kosmiuri energiis ukmarisoba modunebit, usicocxl obiT, uxal isobiT, madis dakargviT, muclis areSi tkivil ebiTa da saWmlis momnel ebeli traqtis moqmedebis moSi iTa da kunTebis moSvebul obiT xasiaTdeba.

yvela es gamovlineba damaxasiaTebelia WeSmariti kosmiuri energiis (~чжэнь-ци~) ukmarisobiT.

fil tvebis kosmiuri energiit susti Sevseba qoSiniT, kanis simkrTaliT, ofl denis gaZl ierebiT vl indeba.

aRmosavl ur medicinaSi arsebobs kerZebis specialuri receptebi, romlis saSual ebit kosmiuri energiis matonizirebeli komponentebi el enTisa da fil tvebis energo-arxebSi SeaRwevs da TandaTan moxsnis arasasurveL simptomebs.

garda amisa, zogierTi recepti iseT samkurnal o mcnarees Seicavs, romelic sisxl is mimoquevas aumj obesebs. rogorc wina TavSi visaubreT, kosmiuri energia da sisxl i mWidroada erTmaneTTan dakavSirebuli da kosmiuri energia xel s uwyobs sisxl is gadamuSavebasa da sxel Si moZraobas. zustad am mizeziT matonizirebeli komponentebi Sida organoebis fiziologiur maxasiaTebel ebs aumj obesebs da maT fizikur Zalasa da gamZl eobas matebs.

a) ra sixSiriT iyeneben movarjiSebi kosmiuri energiis matonizirebeli kerZebis?

ostatebis rCeviT, movarjiSe kerZebis mxol od maSin iRebs, rodesac `sisustes grZnobs~, anu movarjiSem yuradReba unda miaqcios sakuTari sxel is moTxovnil ebas. Tu gamZl eobis daqveiTebasa da araCveul ebriv daRl il obas igrZnobs, samkurnal o-

matonizirebel i kerZebidan Sesabamisi unda moamzados. amave dros, am kerZebis xSiri miReba saWiro araa, sakmarisia kviraSi orjer, winaaRmdeg SemTxvevaSi, kerZs SeeCveva da masze damokidebul i gaxdeba. avadmyofobisas Tavi unda Seikavos matonizirebel i kerZebisagan, radgan samkurnal o mcenarebi avadmyofobis gagrZel ebas da garTul ebas gamoiwvevs.

b) kosmiuri energiis zogierTi matonizirebel i kerZis mokl e daxasiaTeba:

arsebobs kosmiuri energiis matonizirebel i xuTi kerZi. aq mokl ed ganvixil avT or kerZs, romel Sic uxvad iyeneben samkurnal o mcenareebis.

1. Zroxis xorci Txil iT.

am kerZis dasamzadebl ad iyeneben: finiks (indis xurma), l imonis cedras, Txil s, kubebad daWril Zroxis fexis xorcs; umateben samkurnal o mcenare **Furalis Semen** (`кьян-ши~) gamxmar Tesl s (romel ic aj ansaRebs Tirkmel ebs kosmiur energias da organizmidan gamodevnis Warb tens).

2. moSuSul i Tevzi gargl is kurkis gul iTa da Txil iT.

am kerZis dasamzadebl ad iyeneben: gasuFTavebul gargl is kurkis gul s, Txil s, Tevzi _ kobri, virTevza anda nebismieri tbis (mtnari wyl is) Tevzi; marinadi.

damzadebul i kerZi Tirkmel ebsa da el enTas aj ansaRebs, xel s uwyobs kosmiuri energiis gamomuSavebas, asuFTavebs organizms Warbi siTbosagan, simSral isagan, SeSupebisa da mavne nivTierebisagan; aregul irebs Sardis buStisa da Sardisadinaris muSaobas.

am kerZSi gamoiyeneba samkurnal o mcenare **Armeniacaе Semen** (`синь-жэнь~) _ gargal i, anu misi Tesl i, romel sac gaTbobiTi Tviseba gaaCnia. am Tesl is sasargebl o nivTierebebi fil tvebisa da msxvil i nawl avis energo-arxebSi aRwevs, atenianebs Sesabamis organoebs, xol o cximovani komponentebi gadaekvreba nawl avebis kedl ebs da aregul irebs kuWis moqmedebas; efeqturia enurezis dros da a. S.

7. kavSiri kosmiur energi asa da mkvri v da Rru organoebs Soris

am Temas `aRmosavl uri medicinis mokl e kursis- broSuraSi SevexeT (`kosmiuri arxebi da aqtiuri wertil ebi~, nawil i l). aq mokl ed ganvixil avT am Temas.

arsebobs xuTi mkvri vi organo (`чжань, цзан~, anu inuri organoebi): gul i, fil tvebi, el enTa, RviZl i, Tirkmel ebi; eqysi Rru organo (`фy~): naRvl is buSti, kuWi, msxvil i nawl avi, wvril i nawl avi, Sardis buSti; sami gamaxurebel i.

mkvrivi organoebis funqcias czin da Ci energiebis gardaqmna da Segroveba warmoadgens, Rru organoebis funqcias _ wyl isa da marcvl is dawyoba (dal ageba) da SI akebis gamodevna.

eqvs Rru organo ar agrovebs, mxol od gadaaqvs da cvl is substancias. amitom maTi Sevseba SeiZl eba, magram ver SeagrovebT. ai, aseTi gansxvavebaa mkvriv da Rru organoebis funqciebs Soris. maTi urTierToba kosmiur energiebzea damyarebul i, rasac `чжаны-фу-ци--s , anu Rru da mkvrivi organoebis kosmiur energias uwodeben.

saxel wodeba `чжаны-фу-ци~ im WeSmarit kosmiur energias exeba, romel ic gansazRvrul i drois monakveTSi (periodSi) aRwevs an gamodis romel ime organodan. ganvixil oT erTi magal iTi (sur. 1).

Tu pirovnebas WeSmariti kosmiuri energiis ukmarisoba aqvs, maSin Rru da mkvrivi organoebis kosmiuri energiac (`чжаны-фу-ци~) dasustebul ia, rac am organoebis funqciis daqveiTebas iwvevs.

saerTod, mkvriv da Rru organoebSi kosmiuri energiis ukmarisobam Sesabamisi organoebis funqciis darRveva SeiZl eba gamoiwvios, rac mraval sneul ebas iwvevs. imisaTvis, rom movarjiSem `Rru da mkvriv organoTa kosmiuri energia- gaaZl ieros, saWiroa WeSmariti kosmiuri energiis koncentraciis, transportirebisa da Segrovebis gazrda.

8. kavSi ri kosmi ur energi asa da in-ianis principi ebs Soris

am Temazec gvqonda saubari groSuraSi `aRmosavl uri medicinis mokl e kursi~.

mokl ed SevexoT am Temas (sur. 2). in-ianis principi dual izmis koncepcias warmoadgens. ianurs ganekutvneba yvel aferi qmediTi, gare, zeasvl a, Tbil i da cxel i, naTel i, mamri da sxv., inurs _ yvel a pasiuri, Sida, qvesvl as, civi da moyinul i, bnel i, modunebul i mdedri da sxva. adamianis sxel is struqturas in-ianis Teoria ase miesadageba: sxel is zeda nawil ia iani; qveda _ ini; gare zedapiri _ iani; Sida nawil i _ ini; zurgi _ iani; mucel i _ ini; eqysi Rru organo _ iani; xuTi mkvrivi organo _ ini. in-ianis Teoria kosmiuri energiis koncepciasTan mWidrodaa dakavSirebul i. in-ianis bal ansis darRvevisas aseve mraval i sneul eba warmoiqmneba da es gamowveul ia ori faqtoriT: WeSmariti kosmiuri energiis `чжэн-ци~ da mavne kosmiuri energiis `се-ци~ urTierTqmedebiT. maTi urTierTqmedeba da urTierTwinaaRmdegoba in-ianis Teoriis daxmarebiT aixsneba.

amitom cigunis varjiSi ara mxol od WeSmariti kosmiuri energiis gaZl ierebis, aramed mavne kosmiuri energiis gamodevnis saSual ebasac iZl eva. agreTve uzrunvel yofs inisa da ianis wonasworobis SenarCunebas, rac adamianis j anmrTel obas uwyobs xel s.

9. kavSi ri kosmi ur energi asa da sam gamaxurebel s Sor is

sami gamaxurebel i erT-erTi Rru organoa. radgan igi yvel aze didia danarCen organoebTan SedarebiT, `cal ke sasaxl es- (`ry-φy-) uwodeben. sami gamaxurebel i zeda, Sua da qveda gamaxurebl ebis saerTo saxel wodebaa. Tanamedrove midgomiT, sami gamaxurebel i sxeul is sam nawil s Seesabameba. is, rac diafragmis zemoTaa zeda gamaxurebel ia. igi Seicavs gul sa da fil tvebs; diafragmidan Wipamde Sua gamaxurebel ia: el enTa da kuWi; Wipis qvemoT qveda gamaxurebel i mdebareobs: RviZl i, Tirkmel ebi, msxvil i da wril i nawl avebi, Sardis buSti. sxeul is sam gamaxurebel s kosmiuri energiis sxvadasxva saxis marTvis funqcia gaaCnia, agreTve gardaqmnis adamianis sxeul is kosmiur energiis. igi dasabamuri kosmiuri energiis gavl isa da transportirebis gzas warmoadgens. dasabamuri kosmiuri energia Tirkmel ebidan aRmocendeba, magram igi sami gamaxurebl is gasasvl el s iyenebs, ris Semdeg mTel sxeul Si SeuZl ia gavr cel eba, rac sxvadasxva Sida da gare organoebis aqtur funqcionirebas uwyobs xel s. amitom sami gamaxurebel i kosmiuri energiis wyarosagan gansxvavdeba. igi kosmiuri energiis wyaros ar warmoadgens da ZiriTadad sami saxis kosmiur energiis avrcel ebs, gadaaqvs xuT mkvriv da eqvs Rru organoSi.

radgan dasabamuri kosmiuri energia sam gamaxurebel s gadis da mTel sxeul Si, sxvadasxva organoebSi vrcel deba, amitom sakvebisa da sasmel is gadamuSavebis procesebi mimdinareobs. zeda gamaxurebel i _ gul sa da fil tvebze gamaval energiis akontrol ebs, risi meSveobiT kansa da kunTebis aTbobs da kvebavs; aregul irebs kanis forebis mdgomareobas. Sua gamaxurebel Si ZiriTadad `wyal i da marcvl i- Rvavis, anu el enTasa da kuWSi sakvebi da sasmel i moinel eba da umciresi nawil akebis saxiT Seiwoveba, gadamuSavdeba da iZl eva wmindasixl s. qveda gamaurebel i ZiriTadad ganacal kevebs sufTasa da WuWyians, gamodevnis nivTierebaTa cvl is Txevad da myar narCenebs. amis meSveobiT sam gamaxurebel s `wyl isa da marcvl is- transportireba SeuZl ia da Txevadi urTierTgacvl is magistral ur gzad iqceva. mniSvel ovania imis codna, rom sami gamaxurebel i dasabamuri kosmiuri energiis moZraobis gzas warmoadgens da amitom mas sxvadasxva kosmiuri energiis marTva SeuZl ia. igi xel mZRVanel obs adamianis kosmiuri energiebis gardaqmnasac.

amrigad, sami gamaxurebl is mTavar funqcias dasabamuri kosmiuri energiis gadaadgil eba, `wyl isa da marcvl is- transportireba, Txevadi nakadebis gawmenda warmoadgens da amiT mWidro kavSirSia cigunis praqtikasTan.

10. energo-ar xebl da ganStoebebl; maTi kavSiri kosmiur eneriasTan (**ЦЗИН-ЛО**- Teoria)

es Temac ganxil ul ia broSuraSi `aRmosavl uri medicinis mokle kursi-. mokle gavixsenoT igi: arxebl da ganStoebebl is mTavari magistral ia, romel Sic xorciel deba adamianis sxeul is kosmiuri energiis, sisxl isa da fl uidebl transportireba. es energo-arxebl ganWol aven adamianis mTel sxeul s, aerTianebl mis sxvadasxva nawil s mTli an sistemad _ `energo-arxebl gadaaqvs kosmiuri energia da sisxl i, ini da iani da sxeul is gafurCqvnas uwyobs xel s-.

energo-arxebl mTavar tans (Reros, Wurs) warmoadgens, roml is umetesoba tanis nawil ebl siRmeSi miemarTeba Sida xvrel eblT, anu ganStoebeblT (kol ateral ebl).

energo-arxebl or kategoriad iyofa: kl asikurad (swori, mTavari) da mSvenier arxeblad.

Tormeti kl asikuri (swori, mTavari) energo-arxi:

1. fil tvebl xel is inuri arxi (`didi ini-);
2. msxvil i nawl avis xel is ianuri arxi (`naTel i iani-);
3. kuWis fexis ianuri arxi (`naTel i iani-);
4. el enTas fexis inuri arxi (`didi ini-);
5. gul is xel is inuri arxi (`mcire ini-);
6. wril i nawl avis xel is ianuri arxi (`didi iani-);
7. Sardis buStis fexis ianuri arxi (`didi iani-);
8. Tirkmel ebl fexis inuri arxi (`mcire ini-);
9. perikardis xel is inuri arxi (`in-is dasasrul i-);
10. sami gamaxurebl is xel is ianuri arxi (`mcire iani-);
11. naRvl is buStis fexis ianuri arxi (`mcire iani-);
12. RviZl is fexis inuri arxi (`in-is dasasrul i-).

rva mSvenieri energo-arxi:

1. wina Sual eduri (**жэньмай**);
2. ukana Sual eduri (**думай**);
3. gamWval avi (**амвеи, чунмай**);

4. wel ze Semomrtymel i (даймай);
5. fexis Sida arxi (inuri moZraobis arxi, иньцяомай);
6. fexis gare arxi (ianuri moZraobis arxi, янцяомай);
7. xel is Sida arxi (inis maregul irebel i arxi; иньвэймай);
8. xel is gare arxi (ianis maregul irebel i arxi; яньвэймай).

didi zomis ganStoebebs (anu kol ateral ebi) cal keul ganStoebebs (бело) uwodeben; sxeul is zedapiridan kanqveS gamaval ganStoebebs _ zedapirul ganStoebebs (фуло), xol o umcires ganStoebebs ki _ Svil iSvil ur ganStoebebs (суньло).

kosmiuri energia energo-arxebsa da kol ateral ebze miedineba da maT kosmiuri energiis arxebs (energo-arxebs; цзинци) uwodeben.

rodesac nemsis Cxvl eta srul deba, igrZnoba `kosmiuri energiis SeZenis- SegrZneba da esaa energo-arxis kosmiuri energiis gamovl ineba.

rodesac mavne Zal ebi adamianis sxeul s uteven, zedapiridan organizmSi am arxebiT da kol aqterebiT (ganStoebebiT) aRweven Sida organoebamde _ `imisaTvis, rom mavne kosmiuri energiam sxeul Si SeaRwios, j er kanze saxl deba. Tu masze gamagrebis saSual eba mieca, Semdeg Sida arxebSi aRwevs; SigniT Sedis xuT mkvriv organoSi, vrcel deba nawl avebsa da kuWSi. Tumca in-iani gafurCqvnilia, magram xuTi mkvrivi organo dazianebul ia. amis mizezi isaa, rom mavne kosmiurma energiam kanis zedapiridan TandaTan xuT mkvriv organomde SeRweva SeZl o~.

amrigad, Tval naTI ivia kosmiur energiasa (ци), energo-arxebsa da ganStoebebs (цзин-ло) Soris mWidro kavSiri; Tormeti energo-arxze kosmiuri energiis Tavisufal i dineba didi cirkul aciis cigunis varjiSiT xorciel deba da mas `didi cirkul acia ewodeba-, xol o kosmiuri energiis wina da ukana Sual edur arxebze (Думай, жэньмай) Tavisufal i dinebis mikro-kosmiur orbital ur (mcire zeciuri wre) cigunis varjiSi ewodeba. qveda energo-sacavi (даньтянь) bazad iTvl eba da misgan gamoRviZebul i kosmiuri energia arxebisa da ganStoebebis gavl is Semdeg mTel sxeul Si vrcel deba. mas qveda sacavidan kosmiuri energiis transportireba ewodeba.

Tumca cigunis varjiSebi sxvadasxvagvaria. yvel a energo-arxi da ganStoeba gawmendas, kosmiuri energiisa da sisxl is regul aciasa da janmrTel obis gakaJebas emsaxureba.

ase rom, energo-arxebi da ganStoebebi kosmiuri energiisa da sisxl is transportirebas gzebs (arxebs) warmoadgens, sadac miedineba kosmiuri energia da sisxl i, sadac in-ianis gadatana, Sida organoebis kveba, kunTebisa da Zvl ebis Txevadi kveba da saxsrebis moZraobis uzrunvel yofa xdeba. es CamonaTval i gviCvenebs Tu ra mniSvnel ovani rol i akisria kosmiur energias (ци), arxebsa da ganStoebebs (цзин-ло) Soris kavSirs.

11. kavSiri Svid grZnobasa (ЦИ-ЦИН) da kosmiuri energias (ЦИ) Sor is

termini `Svidi grZnoba- fsiqol ogiur samyaros ganekuTvneba. aRmosavl ur medicinaSi emociis Svidi saxe gamoiyofa: sixarul i (си), mrisxaneba (ну), dardi (ю), Cafiqreba (сы), mwuxareba (бэй), SiSi (кун), naRveli (цзин). Cveul ebriv viTarebaSi metwil ad saqme sneul ebande ar midis. magram xangrZlivi fsiqol ogiuri gaRizianebebiT anda moul odnel i stresebis Sedegad SesaZl ebel ia in-ianis, mkvrivi da Rru organoebis, kosmiuri energiisa da sisxl is funqcionirebis moSl a. Sedegad aRmocendeba sneul ebebi, rasac aRmosavl ur medicinaSi `Sida Wril obebs- uwodeben. amitom Svid grZnobasa da kosmiur energias Sor is mWidro kavSiri arsebobs. Svidi grZnobis SesamCnev cvl il ebebs Sida organoebis tramvireba SeuZl ia, rac maTken mimarTuli kosmiuri energiis moZraobaze zemoqmedebiT gamoixateba. `ukiduresi mRel vareba, agreTve dardi, SiSi, mrisxaneba, sixarul i _ xuT sacavs (mkvriv organoebis) daacariel ebs (gaaCanagebs) da kosmiuri energia da sisxl i daucveli darCeba-.

mkvriv da Rru organoebSi kosmiuri energiis moZraobis anomal ia Semdegi saxiT gamovl indeba: mrisxaneba kosmiur energiis momatebaa, sixarul i _ Senel eba, naRveli _ qaosi, Cafiqrebul oba _ SeboWva.

gadaWarbebul i (zomagadasul i) gul iswyroma RviZl is kosmiuri energiis gamwmendi funqciis darRvevas iwvevs. kosmiuri energia zemoT aiWreba (mas mihyveba sisxl i), gadaketavs ganwmendisatvis gankuTvnil xvrel ebs, rac gul wasul obas gamoiwvevs.

gadaWarbebul i sixarul i da sicil i gul is kosmiuri energiis nel gabnevas iwvevs, fsiqika koncentrirebas ver axerxebes da amitomaa naTqvami, rom sixarul i kosmiuri energiis Semnel ebel iao.

gadaWarbebul i mwuxareba da javri nebisyofigis gul damZimebul obas iwvevs, fil tvebis kosmiuri energia niavdeba da amitom amboben, rom mwuxareba kosmiuri energiis gamniavebel iao.

SiSi Tirkmel ebis kosmiuri energiis arastabil urobas iwvevs, energia qvemoT izireba da Cndeba Sardisa da ganavlis Seukavebl oba. amitomaa naTqvami, rom SiSi energiis CamoSvebaa.

moul odnel i naRveli gul sada sul s sayrdens acl is, aRmocendeba gaurkvevl oba da dabneul oba, amitom amboben, rom naRveli kosmiuri energiis qaosiao.

gadaWarbebul i Cafiqrebul oba kosmiuri energiis Tavisufal i moZraobis damuxruWebas iwvevs, sustdeba el enTasa da kuWze misi transportireba. amitom amboben, rom Cafiqrebul oba kosmiuri energiis SemboWaviao.

Sesabamisad, Svidive grZnobas kosmiur energiasTan mWidro kavSiri gaaCnia.

radgan cigunis varjiSebi gul s amSvidebs, guneba-ganwyobil ebas aTanabrebs, zedmeti azrebisagan aTavisufl ebs, sxedul s adunebs da optimizmiT avsebs, amitom Svidi grZnobis regul irebis qmediT saSual ebas warmoadgens.

12. kavSiri eqvs mankierebas (ЛЮИИЬ) da kosmiur energi as Soris (ЦИ)

eqvis mankierebaa: qari, sicive, sicxe, nestianoba, simSral e da cecxli. maT bunebis eqvs el ementsac (люци) uwodeben da kl imaturi cvl il ebebis eqvis saxel igul isxmeba.

normal uri `bunenbis eqvis el ementi- sneul ebas ar iwvevs. mkacr kl imatur pirobebSi, rodesac adamianis organizmis winaarmdegobis unari dasustebul ia, `eqvs el ements- paTogenur faqtorad gadaqceva SeuZl ia. am SemTxvevaSi `eqvis el ements- `eqvs mankierebas- uwodeben. termini `manki- gadaWarbebas mianiSnebs.

radgan `eqvis manki- Tavisi arsiT araj anmrTel kosmiur energias warmoadgens, maSin maT saxel wodebad kidev `eqvs . . . (30л)- uwodeben. isini sneul ebebis gare mizezTa kategorias ganekuTvnebian. amasTan: 1) Zal ian bevria damokidebul i sezonis amindsa da cxovrebis pirobebze. magal iTad, gazafxul ze Warbobs qariz sneul ebebi, zafxul Si _ sicxis. 2) `eqvis mankis- sxel Si SeRwevis gzebia: kanis zedapiri, yel i, cxviri, anda erTdroul ad isic da isic. amitom `eqvis mankis- sneul ebebi garedan Semomaval ia.

`eqvis mankia- mZafri qari, sicive, sicxe, sinotive, ismSral e da cecxli. rodesac isini oganizmSi SeiWrebian, j anmrTel kosmiur energias Sejaxebian. amas medicinaSi j anmrTel da mavne kosmiuri energiebis Sejaxebas uwodeben da iseTi simptomebi, rogoricaa _ mcivanoba, simxurval e, jrJol a (Secieba), ofl dena _ am ori energiis Sejaxebis gamovl enaa. Tu j anmrTel i kosmiuri energia imarj vebs, avadmyofoba ukan ixevs, xol o Tu piriqiT, avadmyofoba imarj vebs.

cigunis varjiSebis meSveobiT j anmrTel oba kaJdeba da mavne energia gamoidevneba, maRl deba organizmis imuniteti da mavne energiebis acil ebis SesaZl ebl obebi izrdeba. amitom ciguni gamoj ansaRebis xel ovnebis erT-erTi saukeTeso saSual ebaa.

13. adami ani s sami saganZur i

am Temaze saubari iyo broSuraSi `kvebisa da seqsual uri energiis regul ireba Sida stil ebSi~ (nawil i l), sadac saubaria dasabamur energiaze (цзин), kosmiur energiаса (ци), umaRI es, anu gonebriv energiaze (шэнь) da maT urTierTkavSirze.

14. ci guni s varj i Sebi s Tavi sebur ebebi

ciguni autotreningis gansakuTrebuli saxeа, roml is erT-erTi mimarTul ebas sneul ebis mkurnal oba da profil aqtika warmoadgens. amasTan, ciguni gamaj ansaRebel i varj iSebia, roml ebic medicinasa da sabrZol o xel ovnebas Seicaven.

ciguni adamianis organizmis dafarul potencial ur SesaZl ebl obebs aviTarebs. varj iSis dros gul is (синь), snobierebisa (чужи) da sunTqvis harmonia miirWeva, Zl ierdeba dasabamuri (цзинь), kosmiuri (ци) da gonebrivi (шэнь), WeSmariti kosmiuri (чжэнь-ци) energiebi, wesrigdeba organizmis Sida funqciebi, rac amaRI ebs imunitets.

cigunisaTvis damaxasiaTebel ia iseTi Taviseburebebi, rogoricaa: gare simSvidis atmosferoSi Sida aqturoba (вайдун нэйцзин), moZraobisa da simSvidis SeTavseba. statikuri cigunis Sesrul ebisas gareSe Tval isTvis varj iSi saerTod ar igrZnoba, sinamdvil eSi organizmSi Zl ieri aqturi qmedebebi mimdinareobs.

ciguni adamianis sxeul is WeSmariti kosmiuri energiis (чжэнь-ци) gaZl ierebis erT-erTi saSual ebaa.

WeSmariti kosmiuri energia (чжэнь-ци) sami komponentisagan Sedgeba: 1. adamianis (sxeul is) sida winmaval i zecis kosmiuri energia (сяньбиянь чжици), romel ic natif kosmiur energias (цзин-ци) Seesabameba, romel sac nayofi mSobl ebisagan Rebul obs da romel sac dasabamur kosmiur energiasac (юань-ци) uwodeben; 2. organizmis `wyl isa da marcvl is~ kosmiuri energiisagan (шуйгу чжинь-ци), anu is natifi kosmiuri energia, romel sac adamiani sakvebidan Rebul obs, mas `marcvl is~ kosmiur energiasac (гу-ци) uwodeben; 3. `zecisa da dedamiwis~ kosmiuri energia (тяньди чжи-ци), romel ic ZiriTadad organizmisaTvis saWiro Jangbads ganekuTvneba da mas `did kosmiur energiasac~ (да-ци) uwodeben.

es sami nairsaxeoba _ dasabamuri (юань-ци), `marcvl is~ (гу-ци) da miwis (да-ци) kosmiuri energiebi adamianis sxeul is sicocxl isunarianobis safuZvel s warmoadgens. amitom, Tu adamianSi WeSmariti kosmiuri enregia (чжэнь-ци) sakmarisi raodenobiTaa, maSin janmrTel oba da xandazmul oba uzrunvel yofil ia.

WeSmariti kosmiuri energiis (чжэнь-ци) varj iSTa sawyis etapze jobia, movarj iSem aiTvisos fil tvebis kosmiuri energia (фэйши), anu kosmiuri energiis sunTqva da

sunTqviTi varjiSebis gamoyenebiT zedapirul i sunTqvidan Rma sunTqvisken, Cqari sunTqvidan nel i sunTqvisken gadainacvl os. movarjiSem TandaTan unda aiTvisos sunTqvis teqnika _ Tanabari, da ara Rma. dasawyisSi es did Zal isxmevas moiTxovs, Semdgom ki Cvevad iqceva. mxol od maSin modis qmedebaSi organizms Sida aqtiuroba (чэй-ци), rac WeSmariti kosmiuri energiis gaj erebas (gaJRenTva; чжэнь-ци) da Sida energo-arxebze misi mimocvevas warmoadgens.

amis saSual ebiT arxebisa da ganStoebebis gamtaroba, kosmiuri energiisa da sisxl is mimocvevis regul ireba, sneul ebebis gankurneba da sxoul is gakaJeba uzrunvel yofil i xdeba.

ciguniT varjiSi cnobierebisa (gonierebis) da nebisyofis varjiSicaa. nebisyofis varjiSi awesrigebs azrebis qaoss, gonebas amSvidebs da mTel organizmSi нэй-ци-is Tavisufal moZraobas uzrunvel yofs.

damwyebTaTvis simSvidis miRweva gansazRvrul siZnel es warmoadgens da bevr varjiSs moiTxovs, romel Ta Sesrul ebis Semdeg movarjiSes uqreba mousvenroba (SfoTva) da saWiro mdgomareobamde midis.

varjiSis mniSvnel ovan nawil s koncentracia (ишоу) warmoadgens. am il eTis kargad aTvisebis Semdeg adamiani varjiSebis maRal efeqturobas aRwevs. simSvide da koncentracia erT mTl ianobas warmoadgens: simSidis miRweviT uzrunvel yofil i iqneba koncentracia, azrebi mowesrigdeba, varjiSebis SexamebiT nebisyofa da kosmiuri energia gaerTiandeba, rac, Tavis mxriv, WeSmarit energias (чжэнь-ци) gaaZl ierebs.

ciguni dasabamuri (цзин), kosmiuri (ци) da gonebrivi (шэнь) energiebis varjiSsac gul isxmobs.

arsebobs gaj ansaRebis ori xerxi: Sida (нейгун) da gare (вайгун) faqtorebis gamoyenebiT.

Sida faqtorebs ganekutvneba, magal iTad, dasabamur, kosmiur da gonebriv energiebze varjiSi, xol o gare faqtorebs _ kunTebis, Zvl ebisa da kanis varjiSebi. aRmosavl uri medicinis Teoriidan cnobil ia, rom SesaZl ebel ia varjiSis saSual ebiT dasabamuri (цзин) energia kosmiur (ци) energiad gardaiqmnas, xol o kosmiuri (ци) energia gonebriv (шэнь) energiad, gonebrivi (шэнь) energia sicariel es (сюй) daubrundes.

15. cigunis pozebis Sesaxeb

Zvel ad ostaatTa erTi nawil i Tvl ida, rom mxol od dgomel a pozebSia cigunis efeqturoba Cadebul i, meore nawil is azriT, mxol od wol el a pozebSi.

Tanamedrove cigunis ostatebi upiratesobas wol el a pozas da am mdgomareobaSi Sida gawmendas aniWeben da xazs usvamen, rom mTavaria movarjiSem kosmiuri energia SeigrZnos, romel ic sicocxl is sakvebsa da produqts warmoadgens.

yvel a ostats Tavisi sakuTari da individual uri srul yofis gza (meTodi) gaaCnia. mTavaria movarjiSes hyavdes kargi, gamocdili da Segirdisadmi kargad ganwyobili ostate-maswavi ebeli.

cigunis xel ovnebis Semswavi el i meTodebis asaTvisebl ad Tavisufli ad unda fl obdes pozebis sam saxes: mj dars, mdgarsa da dawolilis (dawvrilebeniT maT Taobaze ixileT Tavi II).

16. cigunis sunTqiviti xel ovneba

cigunis sunTqiviti regulirebis xel ovneba is meTodia, sadac yvel a CasunTqva da amosunTqva kosmiur energiasTan kavSirSi ganixileba.

cigunis sunTqiviti meTodi sisxl ZarRvebis qsovilebis, Sida organoebisa da Signeulobis funqcionirebas (muSaobas) aregulirebs, aj ansarebs da azlierebs.

amave dros, movarjiSis mier sunTqvis regulirebis meTodis atvisebis SemTxvevaSi Sida organoebisa da Signeulobis funqcionirebis koreqtireba SeeZleba, ritac dazianebuli qsovilisa da nivTierebaTavil is procesis aRdgenaa SesaZlebeli.

movarjiSe, pirvel rigSi, qvemoT Camotvili sunTqiviti meTodebis atvisebas unda Seudges. maT bazaze xdeba cigunis xel ovnebis swavleba-atviseba. zustad sunTqiviti varjisebis dawyebitaa SesaZlebeli kosmiuri energiis denadobis SegrZneba da misi dagroveba, mireba-gamomuSaveba, mimoqcevis dawyeba da aRqma, mdumarebaze (uzrav meditaciaze) muSaobis dawyeba, roml is dros Zlierdeba kosmiuri energiis dagroveba da mimoqceva; kosmiuri energiis martvis Tvisebis SeZena da gonebit sxel is nebismieri organosken mimaTva.

arsebobs Semdegi saxis sunTqiviti meTodebi (saxeebi):

1. qveda (mucl ovani, anu normal uri);
2. ukusunTqvis (embrionuli anu bunebrivi);
3. Rrma;
4. Casvebiti (CayvinTvititi);
5. uxmauro (uxmo) regulirebis;
6. regulirebis meTodi da muclit sunTqvis forma;
7. gaZlierebis;
8. Sida sunTqvis xerxi da a. S.

am meTodebs dawvrilebeniT II TavSi ganvixilavT.

17. swori sunTqvis aucil ebl obis Sesaxeb

1. aucil ebel ia sunTqvis bunebrivi regul ireba. Tu sunTqviTi varjiSebis cudi teqnikiT Sesrul eba movarjiSis sibere (xandazmul oba), sneul eba, an Zl ieri gadaRl a, an mrisxaneba, an sevda, an sxva movl enebia mizezi. maTi sunTqviTi cikl i aramudmivi gaxdeba. arseboben pirovnebebi, roml ebsac amosunTqva mokl e, xol o CasunTqva grZel i aqvT. maSin amas `ianis siWarbes- uwodeben. ianisa Tu inis siWarbe aramudmivi (meryevi) gamovl inebaa. movarjiSe unda ecados, rom misi sunTqva grZel i da nel i gaxdes; sunTqva unda xdebodes viwro da Tanabari nakadebiT, raTa CasunTqva da amosunTqva Tanabari gaxdes.

amrigad, sunTqviT (da, saerTod) varjiSebis dros aucil ebel ia, rom kosmiuri energia organizmSi bunebrivi sunTqviT Semodiodes.

varjiSis safuZvl ebis misaRwevad aucil ebel ia Semdegi: movarjiSem Tavi Tavisufl ad da Zal dautanebl ad igrZnos; arafenze ifiqros; CasunTqul i energia mimarTos nel a, auCqarebl ad, Seuwyvetl ad da xangrZl ivad; sunTqvebi Tanabar tempSi Catardes, mxol od maSinaa WeSmariti, bunebrivi kosmiuri energiis Sedineba movarjiSis organizmSi. Tu varjiSis procesSi sunTqva Znel deba, maSin gadaxrebi warmoiSoba da saWiroa sifrTxil e; mxol od sunTqvis meTodebis zusti aTviseba izl eva mavne efeqtebis Tavidan acil ebis saSual ebas.

2. aucil ebel ia intensiuri sunTqva. maT, vinc axl a iwyebis cigunSi varjiSs, warmatebis miRwevasaTvis ar iCqaros, aucil ebel ia miznisaken Tanmimdevrul i da nel i svl a; gamoiyenos intensiuri sunTqvis meTodi da mciredidan maqsimumamde iaros. damatebiTi intensifikaciis moTxovnebs movarjiSe mxol od maSin daakmayofil ebs, rodesac uxmauro, regul irebul da mucl ovan sunTqvebs aiTvisებს da ukve SeeZl eba organoTa varjiSis momateba, amiT Sida organoebis ufro metad gakaJeba.

3. movarjiSem Zal ian Rrma sunTqvas unda miaRwios. varjiSebis dros TandaTan unda miaRwios nel , xangrZl iv (grZel) sunTqvas. magal iTad, movarjiSem SeiZl eba daiwyos wuTSi 18 wunTqviT, daiwyvanos igi cxramde, Semdeg rvamde da eqvsamde. yovel ive amis miRweva SesaZl ebel ia, Tuki pirvel rigSi, sunTqvas wvri l i nakadebiT Seasrul ebT. meore mxriv, gaarRmavebs ra sunTqvas, sunTqvis sigrZe RrZil ebs Soris manZil iT miRweva da am gziT damatebiTi winaarmdegoba aRudgeba Semosul da gasul atmosferul haers da es winaarmdegoba haeris Semosavl el -gasasvl el is Seviwroebaa.

Rrma sunTqvis gamoyenebisas gul -mkerdi farTovdeba, sunTqva Rrmavdeba, matul obs fil tvebis sicocxl iunarianoba, damatebiT Zl ierdeba organizmSi aircvl a, nivTierebaTa cvl a stimuli rdeba.

4. movarjiSem unda miaRwios imas, rom regul irebul i sunTqva sam gasasvl el Si iyos mimarTul i. pirvel rigSi, ise Seasrul os regul irebul i sunTqva, rom wina da ukana Sual edur SeerTebul energo-arxebze (Ду, Жэньмай) gadiodes, ras in-ianur `mcire zeciur wres- an `mko--s warmoadgens. amasTan, vinc didi xania varjiSobs, SeiZl eba aReZras `cxel i kosmiuri energiis- dagrovebis SegrZneba qveda sacavis areSi da romel ic wertil хуэйинь-mde unda dawios. gaatarebT ra ukana xvrel is gavl iT, gonebiT mimarTos cxel i kosmiuri energia zemoT вэйлу-s (чанцян), `цзя-цзя- (шэньчжун-) da `юйчжэнь- (фэн-фу-) wertil ebze gavl iT, romel sac `sam ukana gasasvl el Si gavl a- ewodeba. Semdeg `cxel i kosmiuri energia- kinkrixos `байхуэй--s wertil idan `тяньту--Si, mere `чжунвань--Si (an `таньчжун--Si) da Semdeg pirdapir `шэньцюе--Si (an `цихай--Si), anu qveda sacavSi (даньтянь), rasac wina mxris `sam gasasvl el Si- gavl a ewodeba. mxol od mas Semdeg, rodesac yvel a gasasvl el s gaivl is sxel is SigniT, kosmiuri energiis sunTqvis mimoqcevis SegrZnebaa SesaZl ebel i. mTel i tanis yvel a gasasvl el is gavl is Semdeg, raSic mxrebidan TiTebis bol oebamde da qveda kidurebSi fexis gul ebis Sua aremde igul isxmeba, in-ianuri `didi zeciuri wris- cikli ewodeba. movarjiSis mTel sxel Si kosmiuri energiis Semdeg modis rva mSvenieri arxis, Semdeg ki saxsarTa energo-gamtaroba.

am meTodiT varjiSis Sesrul eba aucil ebel ia energetikaSi garkveul maswavl ebel Tan, mxol od wignebis wakiTviTa da mere misi wignidan gadmoRebiT am meTodis Sesrul eba saxifaToa. SesaZl oa energiebis sxvadasxva adgil as SeCereba-Segubeba. es ki daSvebul i Secdomebis bral ia.

5. aucil ebel ia, rom movarjiSe sunTqvisa da sisxl is moZraobis gawonasworebiken iswrafodes. maTTvis, vinc axl a iwyebs varjiSs, saWiroa misdios Semdeg wess: `sunTqvam da sisxl ma Tavisufl ad unda idinos sxel Si- imitom, rom sisxl is mimoqceva da sunTqva dasawyisSive erTmaneTTan organul adaa dakavSirebul i da varjiSis procesSi es viTareba aucil ebl ad gamoyenebul i unda iqnas, raTa maTi nakadi gaZl ierdas, ris Sedegadac varjiSebis Sesrul ebis dros dauSvebel ia qaosuri qmedebebi. raTa Tavidan aRmocenebul i mavne Sedegebi avicil oT, saWiroa movarjiSem Tanmimdevrul ad, auCqarebl ad iaros win da pirad SegrZnebebsa da guneb-ganwyobil ebas daeyrdnos. ciguniT varjiSis gansazRvrul etapze Sida organizmSi sisxl is mimoqcevisa da kosmiuri energiis denadobis ara mxol od SegrZnebaa SesaZl ebel i, aramed maTi moZraobiT gamowveul i xmauric, rasac ostatebi `sisxl isa da kosmiuri energiebis gaZl ierebul i nakadebis xmas- uwodeben. SeiZl eba davuSvaT, rom cigunis bgeriT tal Rebi kosmiuri energiisa da sisxl is harmonizacias xel s uwyobs. sisxl is mimoqceva umj obesdeba, ixsnaba kapilarul i ganStoebebi,

umj obesdeba kapil arebSi sisxl dena, rac gul isa da tvinis sisxl iT momaragebas aumj obesebs.

amrigad, maT, vinc ciguniT varjiSobs, l oyebs ara maro siwiTl e (saxis wiTel i feri) da Tval ebis el vareba gauCndeba, aramed energiis mZl avr moZRvavebas igrZnobs da amit jansaRdeba organizmi; da es yvel aferi ciguniT xangrZl ivi erTgul i (Tavdadebul i) varjiSis Sedegi iqneba.

18. ras unda mi aqci os movarji Sem ciguniT varjiSis dros yuradReba

1. cigunis Teoriis gaTaviseba

aucil ebel ia, rom movarjiSem ipovos Rirseuli, energiis Teoriasa da praqtikaSi kargad Caxedul i moZRvari, raTa misgan zusti miTiTebebi miRos. damwyebma movarjiSe aucil ebl ad mokrZal ebul ad unda miudges moZRvris miTiTebebs, amit Zal ian advil ad aiTvisebs im mTavars, rasac verc erT l iteraturaSi ver amoikiTxavs da gaigebs.

maT, visac moZRvris povnis saSual eba ara aqvs, SeiZl eba damoukidebl ad daiwyon swavl eba, magram am dros qvemoTmoyvanil mdgomareobas miaqcion gansakuTrebul i yuradReba:

- 1) keTil sindisierad da yuradRebiT waikiTxon special uri l iteratura;
- 2) daiwyon yvel aze martvidan da TandaTan gadavidnen rTul ze, nu gamoekidebian swraf `wamosaxviti~ Sedegebis miRebas;
- 3) Tavgamodebita da Tanmimdevrul ad ivarjiSon, gaaRrmavon sakuTari codna praqtikiT da imedi iqonion, rom varjiSis romel ime etapze moZRvari gamouCndebaT.

2. cigunis mTavari faqtori Tavgamodebul i (Seudrekel i) varjiSia

Tavgamodebul i varjiSi da swavl eba, misi fil osofiuri arsis Secnoba da Seswavl a Teoriasa da meTodebSi Caxedva miscems movarjiSes cigunis xel ovnebaSi maRal i Sedegebis miRwevis saSual ebas. varjiSi saWiroa Tanmimdevrul ad da TandaTanobiT da gamocdil ebisa da Cvevebis nel a SeZena. varjiSebiT xel i SeuwyoT sisxl isa da kosmiuri energiis nakadebis organizmSi dinebas, mivaRwioT maT normal ur mimoqcevas, aseve saWiroa kargad avitvisot qveda sacavis gonebiT dacva, radgan is ZiriTadi amocana, romel sac movarjiSe svams sakuTari Tavis winaSe, esaa arxebisa da ganStoebebis gasuFTaveba-gawmenda, raTa sisxl ma da energiam Tavisufl ad, yovel gvare dabrkol ebis gareSe imoZraos maTSi, Tavidan aicil os sneul ebebi da srul yos sakuTari sxedul i. mxol od maSin SeiZl eba vTqvaT, rom movarjiSem ciguni Seiswavl a.

amave dros, ciguni mTel i organizmis gaj ansaRebis meTodia da aqedan gamomdinareobs, rom saWiro araa swraf warmatebebze figri. mxol od seriozul i swavl iTa da xangrZl ivi varjiSebiTaa SesaZl ebel i organizmSi mniSvnel ovani da sasikeTo cvl il ebebis miRweva, sxeul isa da sul is gakaJeba.

3. varjiSis win, dros da Semdeg

rodesac movarjiSe Seiswavl is cigunis romel ime meTods, jer msubuqi xerxi gamoiyenos, xol o Semdeg _ rTul i. cigunSi varjiSi movarjiSem etapebad unda dayos, saWiroa Seiswavl os masal a, wavides ra zedapirul idan misi siRmeebisaken. mxol od saea SesaZl ebel i meTodis zusti aTviseba.

cigunis varjiSebSi aucil ebel ia gamoiyos sami etapi:

1-ლი მოსამზადებელი etapi: jer aucil ebel ia movarjiSem Seiqmnas garemomcvel i pirobebi, Semdeg miiRos gansazRvrul i poza, moaxdinos gonebis koncentracia da sxeul i moadunos, sul i daamSvidos da daaSoSminos (daaokos), misdios bunebrivi sunTqvis prinsips, CasunTqva da amosunTqva Seasrul os rbil ad, msubuqad da harmoniul ad, farTo nakadidan viwro nakadamde, mokle sunTqvidan grZel sunTqvamde, Seasrul os `kosmiuri energiis aRzrdis- pirveli safexuri da Semdeg gadavides kosmiuri energiis SegrZnebis aTvisebaze.