

**Ira 01 Subtitles**

Gamarjoba, me var Ira K'imbergi Tsot'aodens mogiq'vebit chems shesakheb Gavizarde tbilisshi (0:21)	Hello, I am Ira Kimberg I will tell you a little about myself I grew up in Tbilisi
Mteli chemi tskhovreba dziritadi vitskhovre mand Bavshvobashi viq'avi sup'er akt'iuri Ai q'velaze mousvenari bavshvi viq'avi da (0:30)	Whole my life, mostly I lived there In childhood, I was super active the most fidgety child I was and
sul davdiodi raghats sp'ort'ze rom es energia sadghats gamometsala Albat magit'om arasdros mipiqria (0:42)	I was always attending some sport so that this energy somewhere could be used up Maybe that's why I never thought
rom chemi tskhovrebis rva ts'els gavat'arebdi opisshi Sabolod, k'orp'orat'uli samsakhuri ar mqonda Dizainerad vimushave, grapik'ul dizainerad (0:54)	that my life's eight years I would spend in an office After all, corporate job I didn't have As a designer I worked, as a graphic designer
art' direkt'orad da am ts'lebis ganmavlobashi dzalian bevri saint'ereso gamotsdileba mivighe Albat, q'velaze mnishnelovani iq'o is, rom (1:2)	as an art director and during these years a lot of interesting experience I gained Probably, the most important was, that
absolut'urad skhva da skhva adamianebis t'ip'azhtan momits'ia urtiertoba, gatsnoba da nu eg iq'o ert-erti q'velaze mnishnelovani gamotsdileba (1:14)	Completely different people Types I had to interact with, get acquainted and that was one of the most important experiences
Tumtsa, rva ts'lis mere mivkhvdi, rom ar minda aravis davutmo chemi tskhovrebis amkhela dro da amkhela nats'ili (1:22)	However, after eight years I realized, that I don't want to anyone to devote My life's that much time and such a big part
Atidan shvid saatamde mgonia, rom saertod dzalian dzalian didi p'eria imistvis rom vighatsa skhivistvis amdeni imushavo da (1:32)	From ten to seven o'clock I think, that It's a very long period of time for Someone else to work that much and
eseti sheni tskhovrebis amkhela nats'ili gats'iro amit'omats, ase dalagda dzalian chveulebrivad da k'arg dros daemtkhva q'velaperi, rom (1:42)	Your life's such a big part to sacrifice Therefore, arranged itself very naturally and At a good time happened everything, that
me da chemma p'art'niorma gavsanit chveni dizain saagent'o erti ts'lis ts'in Da alt'ernat'iuli tskhovrebis raghats ritmi (1:51)	me and my partner opened our design agency one year ago And alternative life's some kind of rhythm
shemovighet chvens tskhovrebashi Am erti ts'lis ganmovlobashi vimogzauret bevri Aziis skhva da skhva qveq'nebi moviaret (2:1)	we adopted into our lives During this one year, we traveled a lot Asia's various countries we have visited
da albat q'velaze ert-erti q'velaze bednieri ts'eli iq'o chem tskhovrebashi Ase rom ekhlats am et'ap'ze vart (2:11)	and probably the most One of the happiest year it was in my life So, now at this stage we are
chven saagent'os vuvlit rogorch chvens p'at'ara shvils kho, ekhla kho, chven saagent'os vuvlit (2:23)	Our agency we're taking care of like our little child yes, now yes, our agency we're taking care of
da vnakhot aba tskhovreba sad ts'agviq'avns am et'ap'idan Chemi tskhovrebis ert-erti umnishvnelovanesi asp'eqt'i aris (2:30)	And let's see life where will take us from this point My life's One of the most important aspect is

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<p>medit'atsiis p'raqt'ik'a, romelsats vak'eteb q'ovel dghe, dilit magit vits'q'eb dghes da saghamos vakhshmis ts'in. (2:41)</p>	<p>The meditation practice, which I do everyday, in the morning With that I start the day, and in the evening before the dinner</p>
<p>Am p'raqt'ik'am bevri raghatsa shetsvala chem tskhovrebashi Davits'q'e daakhloebit otkhi ts'lis ts'in medit'atsiis p'raqt'ik'a da (2:49)</p>	<p>This practice a lot of things changed in my life I started about four years ago meditation practice and</p>
<p>chemi tskhovreba absolut'urad sheitsvala am otkhi ts'lis ganmavlobashi Albat ert-erti q'velaze (2:59)</p>	<p>my life has completely changed over these four years Probably one of the most</p>
<p>paseuli rats aris am p'raqt'ik'ashi aris is, rom q'oveldghe shen paseulobebtan sts'ordebi usts'oreb tvals da shemdeg, q'oveldghiur tskhovrebashi (3:11)</p>	<p>valuable things in this practice is, that every day your values you are facing you face them(with eyes) and then, in everyday life</p>
<p>magit khelmdzghvanelob da tskhovreba bevrad upro gaazrebuli khdeba, sheni khasiati nak'lebad dakht'is da upro gats'onasts'orebuli khar (3:22)</p>	<p>By that you guide and life much more conscious becomes , your mood less jumps around and More balanced you are</p>
<p>da saerto jamshi bevrad upro bednierad vgrdznob tavs Ert-erti chemi saq'vareli k'erdzi gagik'virdebat da aris ts'its'ibura (3:32)</p>	<p>and overall much more happier I feel One of my favorite dishes will surprise you and is buckwheat</p>
<p>Rat'om ts'its'ibura? Ert-erti mizezi aris is, rom dzalian mezareba kholme sach'mlis k'eteba da ts'its'ibura aris ert-erti q'velaze (3:41)</p>	<p>Why buckwheat? One of the reasons is that I am too lazy often to make food and buckwheat is one of the</p>
<p>advili ram rats k'i sheidzleba gaak'eto Miq'vars misi gemo, vitsi, rom aris janmrteli da nebismier dghes rodesats (3:52)</p>	<p>easiest thing you can make I love its taste, I know, that it's healthy and on any day when</p>
<p>shemomtavazeben, shemidzlia metvitonats gavik'eto vch'amo da viqnebi sak'maod bednieri tskhovrebit Rodesats viq'avi Aziashi, nakhevari ts'lis mere chamovedi da (4:3)</p>	<p>it's offered to me, I can make it myself eat it and I'll be quite happy with life When I was in Asia, half a year after I came back and</p>
<p>dzalian didi ts'its'iburis qvabi movimzade Iq ariq'o, ver vq'idulobdi Ase rom, chamosvlis mere (4:11)</p>	<p>A very large pot of buckwheat I prepared There wasn't [buckwheat], I was unable to buy so, after I came back</p>
<p>dzalian didi ts'its'iburis qvabi viq'ide, gavik'ete da sami dghis ganmavlobashi am ts'its'iburis vch'amdi (4:18)</p>	<p>A very large pot of buckwheat I bought and made and for three days This buckwheat I was eating</p>
<p>q'ovel dghe Me var adamiani, romelmats arasdros ar itsoda vin undoda rom gamosuliq'o (4:29)</p>	<p>every day I am a person, who never knew who she wanted to become</p>
<p>Upro sts'orad, khuti ts'lis rom viq'avi dzalian mindoda rom vq'opiliq'avi p'ropesionali daiveri (4:37)</p>	<p>To be more accurate, When five years old I was I really wanted to be a professional diver</p>
<p>da dedachemtan aseti sasikharulo ambit rom mivedi dedachemma mitkhra, rom shvilo, amistvis gch'irdeba ok'eane romelits tbilisshi ar aris (4:51)</p>	<p>And when to my mom with such good news I went my mom told me, "My child, you need an ocean for that which is not in Tbilisi"</p>

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<p>ase rom, am otsnebam gadainatsvla tsot'a uk'ana p'lanze metormet'e k'lasshi, rodesats sk'olas vamtavrebdi Gadavts'q'vit'e rom chamebarebina samkhat'vro ak'ademiashi (5:0)</p>	<p>So, this dream has moved a little into the background In the twelfth grade, when I was finishing school I decided to admit to the Art Academy</p>
<p>Khat'va arvitsodi Mivedi dedachemtan isev sasikharulo ambit rom mindoda gamovsuliq'avi (5:11)</p>	<p>How to draw I didn't know I went to my mom again with good news that I wanted to become</p>
<p>ar vitsi vin, mara samkhat'vroshi mindoda chabareba Dedachemma shemomkheda da mk'itkha: "Shvilo, amistvis khom khat'va aris sach'iro?" (5:22)</p>	<p>I don't know who, but to the Arts Academy I wanted to be admitted My mom looked at me and asked: "My child, for that don't you need to know how to draw?"</p>
<p>Magram gamimartla, k'argi masts'avlebeli aviq'vane da ramodenime tveshi, shevdzeli chamebarebina sach'iro gamotsdebi (5:31)</p>	<p>But I got lucky, a good teacher I hired and in a few months, I managed to pass the necessary exams</p>