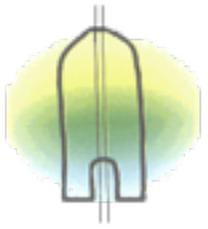




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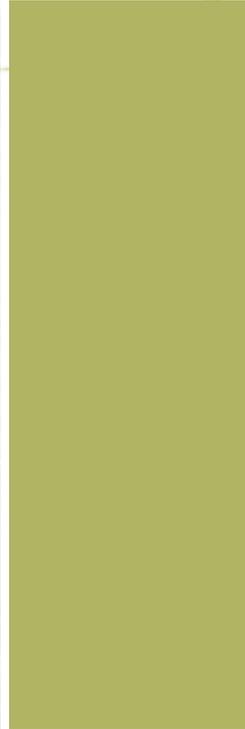
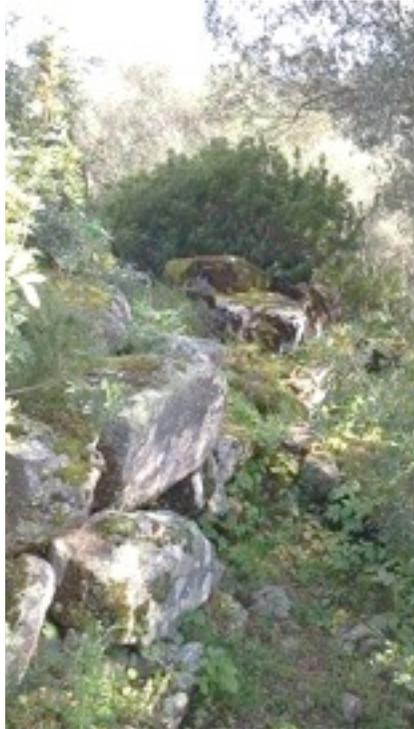
MAN NATURE ENERGY

# Itineraries: Palau

## ARCHEOLOGY, WELLNESS AND AWARENESS

The research group "Man Nature Energy" has been active since more than 13 years in Palau, with the intent to seek, understand and spread the knowledge that the ancient nuragic peoples possessed about spiritual awareness and the health energies coming from the earth.

Two initiatives belong to this research group. The first is Uomoterra by Mauro Aresu, dedicated to dowsing, radionics and the human body health with a scientific approach through the study of electromagnetic fields emitted by the earth and to which man is susceptible. The second is il Filo d'Arianna by Arianna Mendo, who deals instead with aspects relating these ancient sacred places to personal growth and awareness through an experiential, meditative and spiritual approach.



## MAN NATURE ENERGY

Ginestre street 1, Palau, Sardinia 07020

Phone: 0789 70 83 80 (18-20:30)

Mob: 335 81 65 504

Discovering the ancient sacred sites of Palau and Sardinia, for a new personal harmony



LIVING SYMBOLS IS AN  
HEALING EXPERIENCE FOR  
THE SOUL: BY LYING IN THESE  
PLACES OF HIGH



*"The ancients already knew," are we told by the guides who are leading us on these sites lost in time. In fact, ancient men had a very close relationship with nature and perceived it as a being endowed with a life of its own. For this reason, in those days they could weave a genuine dialogue with the natural elements. Places were recognized as having their own spirit (the "genius loci" of the ancient Romans). Ancient people therefore, didn't build their temples and cities by chance, but where there were beneficial effects coming from the soil and where it gave off strong and healthy energy. Energies that you can come and discover here in Gallura, still far from the din and clamor of tourism, and still enclosed in a shroud of mystery.*

### Ceremonial Village Mount Canu

In all ancient civilizations, mountains have always traditionally represented the contact with sky and heavens and often life, in myths, arose from the primordial chaos from an hill. Sardinia also has its sacred mountains. Among these the Monti Canu of Palau are among the most interesting. In a landscape lost in time we'll climb the ancient initiatory path strewn with white quartz to reach the ceremonial village enclosed by granite and the mediterranean vegetation. We will arrive at the sacred spring first and then the small sacred temple. From there we will go up again to reach the priestess seats, part of the prenuragic area of this site, in a wild nature

that invites you to regain possession of the slow and pleasant flow of time.

[Dress suggests: long trousers and closed shoes like trainers or trekking shoes](#)

[length of itinerary: 1 day](#)

### Giant's Tomb Sajacciu

Sajacciu Giant's Grave was discovered by Mauro Aresu in 1983 and it is a Nuragic burial dating back to the period between the twelfth and tenth centuries. B.C. Unlike other tombs, this construction is certainly at the most advanced stage of these burials architecturally speaking, as it is influenced by the last constructive nuragic style that transforms the monolithic or bilithic stelae into a totally different and original shape. Unfortunately this tomb, the largest tomb ever known, has been subject to upheavals already from historical times (from V / VII sec. by the Byzantines) who have destroyed most of the funeral corridor, building right next to the apse a rectangular structure that seems was destined to religious cults and many believe that it might have been a small church.

### Petra Niedda woods

In the immediate vicinity of Li Mizzani tomb there is a very charming and quaint place, one of the few oak forests present in Gallura, an extraordinary and unforgettable corner. Here nature finds her primordial

elements of great vitality, with trees of extraordinary beauty, centuries-old juniper trees of enormous size, and other typical Mediterranean plants. Among the rocks, springs with mineral waters appear. In this magical place you can feel an atmosphere of peace that gives a sense of mysticism and deep harmony with the forces of nature. An ideal place for walks and meditations.

### Giant's Tomb Li Mizzani

When people did a pilgrimage to the Giants' Graves for a healing purpose, as the ancient chronicles report, they would spend on the site five days and five nights: the necessary time to fall into such a deep sleep to eliminate any conscience of time. This condition would allow people to get a healing and, through dreams, the proper suggestions for healing. The giant's tomb of Li Mizzani belongs to the second phase of the Bronze Age 1500-1200 BC. It is aligned on an east-west axis, and stylistically the tomb belongs to the horizontal rows masonry kind. It is therefore a tomb of modest size, but very well conserved compared to other contemporary tombs.

### St. George's Sacred woods

The first feature is a pretty country church dedicated to the holy martyr, where energy can be felt soft and delicate from the hands, and gradually pervades the whole body.

Then in the woods, hiding from mastic trees of exceptional size, in the midst of this dense and tangled vegetation, rocks are revealed of different and particular shapes that emanate the most intense and particular vibrations. They are rocks that were cut by the ancient people of the place and that were used for sacred and therapeutic purposes. Even the Templars during their journeys through the island rediscovered and re-used these places.

### And many more ...

There are many other sites in this area that we have not included in this list. If you need more information, please contact us to arrange a personalized itinerary in these sites.

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[length of itineraries: 1/2 or full day, you choose the places](#)

### To book guided excursions:

0789 70 83 80 - (Mon-Fri 18-20:30)  
335 81 65 504 - Arianna

ENERGY IS POSSIBLE TO TRAVEL IN ASTRAL DIMENSIONS,  
LOSING TRACK OF TIME, LIKE THE ANCIENT DID