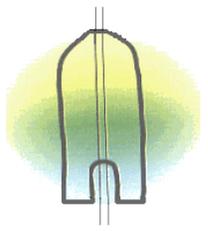




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MAN NATURE ENERGY

Itinerary: Discover

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

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



ST. GEORGE'S AREA HAS VERY STRONG ENERGIES, SO MUCH SO THAT VEGETATION BECOMES OF GIGANTIC



We often speak of "enchanted places" that regenerates the body and spirit. And there is no need to go to the summit of the Himalayas or to the Egyptian pyramids, when we have such places at hand. In Gallura, where the sea is perhaps the most beautiful in the world, the inland contains fascinating, ancient secrets. There, in the heart of picturesque and archaic landscapes, is one of the highest concentrations of ancestral knowledge and energy ...

It is St. George's area that reveals his many secrets:

The first 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. Here the energy is really at home.

The first rock that we encounter has been engraved in order to modulate the frequencies of energy and channel it in certain parts of the body for purifying purposes.

The second rock has three steps, the symbol of expectation before the rise of initiation, placed next to another by the apparent shape of a boat. The boat: in the archaic traditions it was the means of transporting souls to the kingdom of heaven. Lying above we enter into a meditative state in just a few minutes, the mind becomes calm, the tension is released...

We come then to a cave that was inhabited in prehistoric times, which conceals a particular property: to make the energy that is around our body visible, the famous "aura."

Finally we arrive in front of a rock shaped like a horse saddle. It is said that it was like a stargate and in ancient times it opened the horizons of space and time.

In the vicinity of nuragic villages then, funeral buildings were often erected, known as the 'Giants Tombs', which had such an exceptional dimension to make posterity imagine the existence of beings of gigantic proportions. And this is the case of Li Mizzani tomb, a monument almost perfectly intact, which is located not far from the area of S. George.

The Giants' Tombs served several purposes. The priests at the front of the exedra performed ceremonial rituals and healing. For as Aristotle himself tells us, the Sardinians were in the habit of resting at the Tombs of the Giants five days and five nights for the so-called rites of incubation, asleep and unconscious, healing themselves from visions, obsessions, or other physical illnesses. The ancients, especially in the figure of the shaman-priests (who were men of knowledge), thanks to their perceptive abilities, were able to build monuments that could channel cosmic-telluric energies.

"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 and find the secret

correspondence between things: the planets, of which myths and fantastic legends were invented; the animals, whose movements could provide omens; the places, which 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.

[length of excursion: 3 hours](#)

To book guided excursions:

0789 70 83 80 - (Mon-Fri 18-20:30)

335 81 65 504 - Arianna

DIMENSIONS. YOU CAN FIND 2,20 METERS HIGH THISTLES, MASTIC BUSHES AS HIGH AS TREES AND IVIES WITH 7 CM DIAMETER BRANCHES