

# SVETA TROJICA HEALING PARK

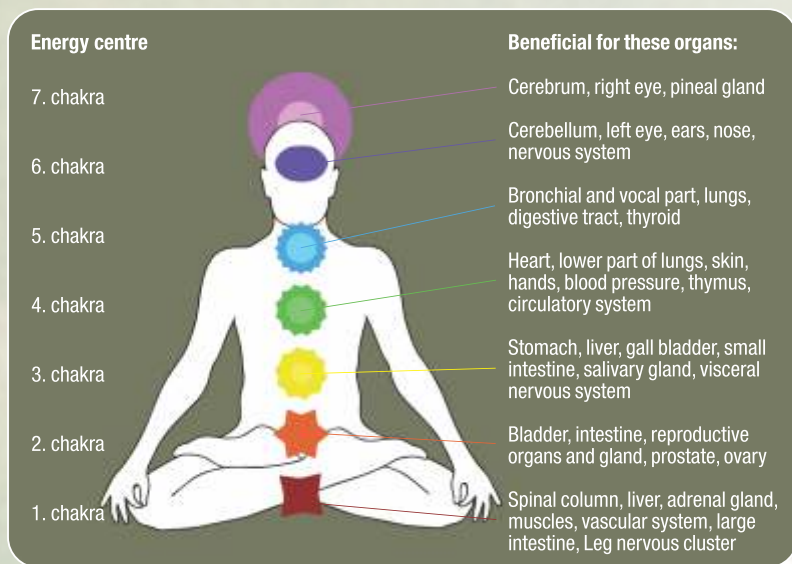
The hill of Sveta Trojica has been known as an area with strong healing energy. With the help of dowsing, there have been several energy points discovered (measured by Mr Jože Munih from the private institute Energijske poti Tolmin).

In the Sveta Trojica healing park, there are 7 spots with different healing features that influence chakras – energy centres in the human body. There are three kinds of energy points (I Point of earthly character, II Point of celestial character and III Point of astral character) which are marked with specially picked gravel stones from nearby streams that enhance the energy flow in the area. Spots I, II and III are marked on each individual stone. The features of individual spots are described on the information board, in leaflets (available at numerous tourist service providers, TIC Laško) and on the webpage [www.lasko.info](http://www.lasko.info).

**I. POINTS OF EARTHLY CHARACTER** The energy of the points of earthly character affects all chakras of our energetic body (**points from 1 to 7**). They are recommended to all who wish to balance their energy be it to prevent or cure an illness.

**II. POINTS OF CELESTIAL CHARACTER** The energy of the points of celestial character affects chakras **4, 6 and 7** and with them the organs energized by these chakras. At these points, one can come in contact with the astral world through meditation.

**III. POINTS OF ASTRAL CHARACTER** The energy of the points of astral character affects chakras **4 and 7** and with them the organs energized by these chakras.



**Meaning of chakra:** A chakra is an energy point in the body. Each chakra brings energy to certain organs. If the flow of energy through the chakras is interrupted, the organs don't receive as much of vital energy. This is why disturbances in organ functions occur; this can only be one organ, the weakest. In the first phase the disturbance can only be sensed on the energy level, but after some time this can develop into a physical illness diagnosed by a doctor.

**Tip for healing park visit:** Experience the energy trail in light footwear or barefooted and mostly relaxed and psychically ready. On the trail you are going to enter the world of energy. On marked spots sit down, make yourself comfortable, close your eyes and relax your body. Your arms and legs should not be crossed. In your mind connect yourself with the environment to feel as though you are a part of nature. You will get a dose of enriching energy to heal and feel better. You should stay at each point from 15 to 20 minutes. Before you leave the trail you can express your thanks to nature for the healing experience you received.

Use of the Sveta Trojica healing park on own wishes and responsibility!

## I. POINTS OF EARTHLY CHARACTER

The energy of the points of earthly character affects all chakras of our energetic body (**points from 1 to 7**).

They are recommended to all who wish to balance their energy be it to prevent or cure an illness.

## II. POINTS OF EARTHLY CHARACTER

The energy of the points of celestial character affects chakras **4, 6 and 7** and with them the organs energized by these chakras. At these points, one can come in contact with the astral world through meditation.

## III. POINTS OF EARTHLY CHARACTER

The energy of the points of astral character affects chakras **4 and 7** and with them the organs energized by these chakras.

