

# Energy points

## in Thermana Laško Park

Ancient people lived in harmony with nature and knew the energy flows that intertwine the entire earth like blood vessels. At certain points they rise to the surface and create highly energy-rich areas. There we can reconnect with nature and refill with energy.

Energy points in Thermana Laško Park were found and measured by a known dowsing expert - Jože Munih. He discovered **six energy points and a special energy circle**. Energy points are marked by gravel stones that improve the flow of energy in the space.

**Enjoy the beneficial impact of our energy points, which increases by drinking our thermal Laško water.**

### 1<sup>st</sup> POINT

The point is located at the back of the Thermana Laško hotel under a hanging beech. It is a point of the SKY CHARACTER and works in the area of the 4<sup>th</sup> heart chakra (*mantra: YAM*), 6<sup>th</sup> chakra - the Third Eye (*mantra: HAM-KSHAM*) and 7<sup>th</sup> chakra (*mantra: OM*).

### 2<sup>nd</sup> POINT

This point is located at the crossroad of promenades, next to the Senior exercise park. It is a point of the EARTH CHARACTER and works in full power on all the chakras of our energy body. It is recommended for all who wish to regulate their energy that it be for preventive or curative purposes.

### 3<sup>rd</sup> POINT

Two points located near the Garden of honey plants, they are of the SKY CHARACTER and work in the area of the 4<sup>th</sup> heart chakra (*mantra: YAM*), 6<sup>th</sup> chakra - the Third Eye (*mantra: HAM-KSHAM*) and 7<sup>th</sup> crown chakra (*mantra: OM*).

### 4<sup>th</sup> POINT

The point is located on the promenade along the river Savinja, left of the 3<sup>rd</sup> point (viewed in the director of the river). It is a point of the ASTRAL CHARACTER and works in the area of the 4<sup>th</sup> heart and 7<sup>th</sup> crown chakra. On these points, you can contact the astral world by mediation.

### 5<sup>th</sup> POINT

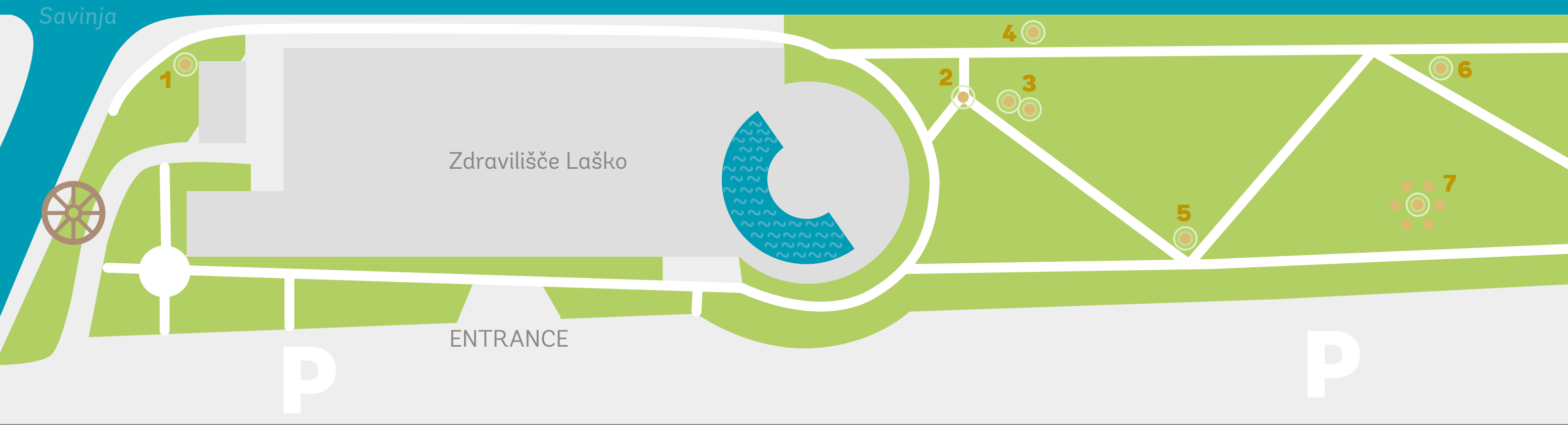
This point is located on the promenade, right from the 3<sup>rd</sup> point, in the middle of the park. It is a point of the ASTRAL CHARACTER and works in full power on all the chakras of our energy body.

### 6<sup>th</sup> POINT

The point is located next to the promenade. It is a point of the EARTH CHARACTER and works in the area of the 4<sup>th</sup> heart and 7<sup>th</sup> crown chakra. On these points, you can contact the astral world by mediation.

### 7<sup>th</sup> POINT

The energy circle is located next to the promenade, on the right side. It is a point of COSMIC ENERGY. Cosmic energy has different properties. It comes from the cosmos to our globe in a certain order or web. Most of these rays penetrate the earth smoothly and we do not even detect it. However, we detect those rays that reflect from minerals or crystals in the earth. This reflected energy can supply energy structures on earth: pyramids or stone circles. It works on all chakras and aura layers.



## 7<sup>th</sup> CHAKRA

Cerebrum,  
right eye,  
pineal gland

## 6<sup>th</sup> CHAKRA

Cerebellum,  
left eye, ears,  
nose, nervous  
system

## 5<sup>th</sup> CHAKRA

Bronchial  
and vocal part,  
lungs, digestive  
tract, thyroid  
gland

## 4<sup>th</sup> CHAKRA

Heart,  
lower part  
of the lungs,  
bloodstream, skin,  
hands, blood  
pressure,  
thymus

## 3<sup>th</sup> CHAKRA

Stomach,  
liver, gall bladder,  
small intestine-  
pancreas,  
vegetative nervous  
system

## 2<sup>th</sup> CHAKRA

Bladder,  
intestine,  
genital organs  
and glands,  
prostate,  
ovary

## 1<sup>th</sup> CHAKRA

Spine,  
kidneys,  
adrenal glands,  
muscles, veins,  
colon, nerves of  
the legs

## ACTIVITY OF ENERGY

Energy points have a beneficial effect on our physical and mental well-being. We can feel it as a slight tingling or stinging over our body, with increased body temperature, increased heart rate, and we can see strong colours. Energy works differently on each of us, and each person perceives and feels it differently.

## TIPS FOR BETTER RESULTS

1. During your visit to the energy park, wear light shoes or be barefoot. Be relaxed and mentally prepared.
2. Stay at each energy point from 15 to 20 minutes. Do breathing exercises or yoga to improve circulation and increase energy flow throughout the body.
3. Stand or sit down, relax as much as possible, do not cross your legs or hands, breathe relaxed, do not talk to each other, allow the mind to relax and for restless thoughts to go away. Focus on something nice, good, loving.
4. You can visit as many energy points as you like. You can visit one or more energy points, as you wish.

## DURATION OF THE WALK

You can walk through energy points alone or accompanied by the Thermana team. A guided walk will be charged. The duration of the guided tour of the energy points is from 30 minutes to 1 hour and 10 minutes. Details on the payable walk are available at the Thermana Laško hotel reception.

## CHAKRAS

Chakras are energy centres in the body. Each chakra supplies specific organs in our body with energy. If the energy flow through chakras is disturbed, organs are poorly supplied with vital energy. This results in malfunctioning organs: this can be only one organ - the weakest. In the first stage, this is detected only on the energy level. After some time, a physician can diagnose a physical illness.

### POINTS OF THE EARTH CHARACTER

Energy points of the earth character work at full power evenly on all chakras of our energy body. It is recommended for all who wish to regulate their energy that it be for preventive or curative purposes.

### POINTS OF THE SKY CHARACTER

Energy points of the sky character work in the area of the 4<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> chakra, and thus on organs that these chakras supply with energy.

### POINTS OF THE ASTRAL CHARACTER

Energy points of the astral character work in the area of the 4<sup>th</sup> and 7<sup>th</sup> chakra, and thus on organs that these chakras supply with energy. On these points you can contact the astral world by mediation.