



Interreg



SLOVENIA – HUNGARY

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The path of the four elements

GardEN ENERGY PATH

Recharging for body and soul



GardEN



The partners of the project called “GardEN” of the Interreg V
Slovenia-Hungary Cooperation Program:

Local Government of Lenti

Gyógyhelyünk Lenti Egészségturisztikai Közalapítvány
(Our health resort Lenti Health Tourism Public Foundation)

Local Government of Municipality Moravske Toplice
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THE GARDEN ENERGY PATH

INTRODUCTION

The GardEN energy path - the path of the four elements, an approximately 80-kilometre ringroad which connects the Slovenian-Hungarian border region, which is ideal for hikers and cyclists, as well, moreover it is rich in energy lines. Walking along the energy path, along the energy lines, hikers and cyclists can meet the manifestations of the 4 elements, the fire, the water, the earth and the air. All these elements form parts of both nature and man, they are constantly present, everything originates from them. Exploring the routes contributes

to the formation and maintenance of the inner balance of man and the balance established with nature. The publication helps us to understand the individual elements at the energy points and energy parks, to find the inner balance, and it even suggests some exercises, with the help of which the visitor can get into even greater harmony, physical and mental balance.

Along the route there are a lot of interesting things and attractions to see for hikers and cyclists, and last but not least, they can enjoy many culinary experiences.



SYMBOL

OF THE GARDEN ENERGY ROAD

The symbol of the route is a flower consisting of four petals. The open flower is a symbol of abundance, equivalence, harmony, balance, but at the same time it opens inner joy and love in everyone. The symbol itself is based on the four hearts, according to which each element manifests itself in the form of a heart. The circle in the centre represents the connection of all elements and the vertical connection to the cosmos, in short, the completeness. In the centre of the circle is a man who is made up of four elements. With its uniqueness and unrepeatability, it is the centre of the universe. That is why the small circle in the middle symbolizes man. Along the GardEN energy path, on the path of the four elements, there are four energy parks, which can also be found on the symbol in the form of four outer circles, which are a kind of bonding point and the pillars of stability, harmony and gratitude towards nature.



In the Slovenian-Hungarian border region, the almost circular GardEN energy road - the path of the four elements - forms the basis of the energy balance on the road section of about 80 kilometres. Along the path there are four energy parks: two on the Slovenian side (in Lukačevci, Bukovnica-Bakonaki Lake) and two on the Hungarian side (Márokföld and Lenti). These are the four main corner points of the energy path. The other two energy parks of great importance for the region are the energy park located on St. Márton's Hill in Kobilje and the Barátság (Friendship) Park between Zsitkóc and Bödeháza, which strengthen the energies of the route as connecting points.

The road starts from the Lukačevci mine in the direction of Moravske Toplice, from there to Bukovnica, until the Lake Bakonaki, then it goes on in the direction of Kobilje, towards Márokföld, Csesztreg and Lenti, from here backwards through Bödeháza and across the border to Zsitkóc, then again to Dobronak and finally it finishes in the region of Moravske Toplice. The order in which the routes and the points of each route are visited can, of course, be freely chosen.

You can find more information about the GardEN energy route and additional routes using the map in this publication.



DESCRIPTION OF GARDEN ENERGY PATH STATIONS

LUKACEVCI

Lukačevci, a small village in the Municipality Moravske Toplice. In Lukačevci we can find the entry point of the four elements of the GardEN energy path. The point is marked by the element of fire. With the establishment of the entry point, the area of the quarry will be transformed into a centre of meditation, yoga, and a Chi Kung practice, it is an excellent location for relaxation, recreation and other activities. The entry point binds the energy of other points situated along the path and turns them into a spiral circulation.



EXERCISE

Reach through your arms and **slowly**, gently turn your body four times to the right and then four times to the left. Then rub your palms together and place your hands on your heart chakra and hold it there for a few moments. Say thank you for the element of fire.





MORAVSKE TOPLICE

Moravske Toplice is a settlement located on hot thermal springs. The sources transport energy to the Earth's surface. Water coming from deep has a beneficial effect on a person's physical and mental health. Moravske Toplice is an oasis of health and well-being, a place of tranquillity and relaxation. Moravske Toplice is the largest tourist settlement in the Prekmurje. Black thermal mineral water is the largest treasure of Terme 3000 in Moravske Toplice and it has been used for more than 60 years, mainly for the treatment of locomotor and rheumatic diseases.



BAKONAKI LAKE

The GardEN energy path - the second point of the path of the four elements is the small village of Bukovnica, where the stream of the same name originates. By closing this, the reservoir and Lake Bakonaki (next to Dobronak) were created. The GardEN stop is located next to the Holy Cross Chapel, from where it is possible to reach the energy points by Lake Bakonaki. Bukovnica, the Bakonaki Lake is marked by an element of water. Čosić, Mustafa Ramić, Marjan Trstenjak and Igor Ziernfeld were investigating the area intensively for two years. It has been found that two energetic energy lines run here (the dragon lines) that intersect directly at St. Vid's Chapel. On an area of 450 metres in diameter, approximately 50 strong energy points were detected and measured, and 26 were individually designated and determined what treatment they were suitable for at and how much time has to be spent at each location. Experts say energy points can help us in recovery and affect our well-being. For this reason, a publication has been issued, which can be obtained at the entrance to the park. Visiting the park is free.

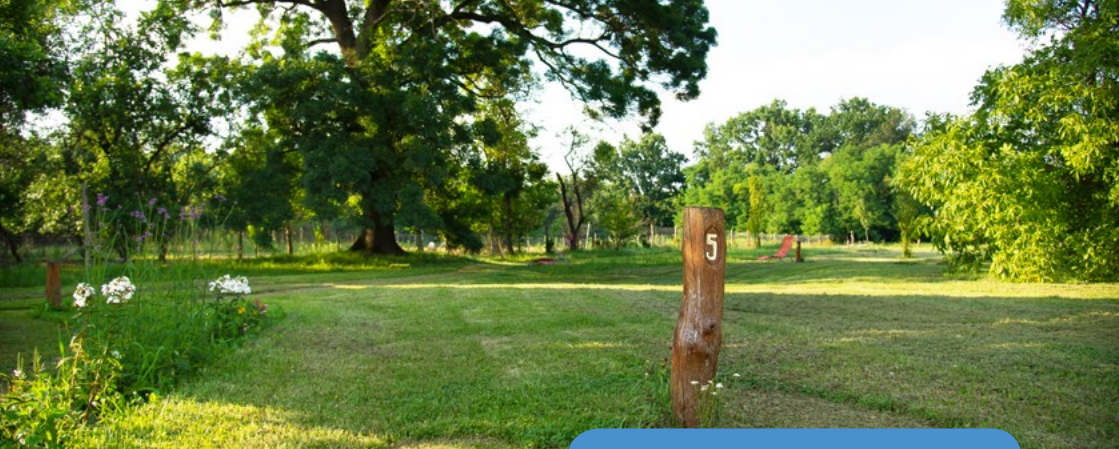
EXERCISE

Turn towards the water and stretch your arms forward. Write large circles with both of your arms. In the rhythm of the circling, step four times right and then four times left. At the end, place your palm on your kidney and hold it there for a few moments. Say thank you for the water element.

KOBILJE

The village was established at the foot of the hill of St. Márton's Church. Around the hill we can find the energy park consisting of two parts, which was explored and marked by the Slovenian radies-thesiologist Igor Ziernfeld in 2002. 26 healing points were recorded in the upper forest area and 22 healing points were recorded in the St. Márton area. Besides the healing vibrations, the presence of vital energy was also found at all points.





MÁROKFÖLD

In 2010, Edith Leclerc, a metaphysics expert with more than 40 years of experience in the field of energy research, discovered and marked the energy points and sources in Márokföld. The Velemér - Márokföld - Szentersébet and the Szent György Energy Park - Márokföld - Szentersébet energy lines intersect here. In the village, a promenade covering 25 energy points was built on an area of one hectare. At every point, a few sentences, some advice, and information will help those who are open to perceiving the energies of the earth. The energy park operates in harmony with the element of the earth, where the earth emits mostly healing vibrations, so these vibrations are used for the relief of various complaints. Of the four elements, Márkföld has the third point of the GARDEN energy path, the element of the earth. It is advisable to walk barefoot in the park, because this way visitors can feel even closer to nature.

CSESZTREG

Csesztreg is a settlement next to Márokföld, where you can relax, rest and meditate next to the Csesztreg lake.



EXERCISE

Stand in a comfortable straddle, with your arms lowered next to your body. Imagine letting roots from your feet into the ground, absorbing the healing energies of the earth and letting them go through your entire body. Raise both arms towards the sky and imagine yourself a tree with large foliage. The exercise can also be done barefoot. Finally, turn your arms in a hug and say thank you for the element of the earth.

NEMESNÉP

Nemesnép has been recognized in Hungary as the centre of inhalation, while the centre of exhalation is in Croatia, near the town of Vratisinec. In Nemesnép, an earth healing stone placed by the geomantologist Marko Pogačnik also helps breathing.



EXERCISE

Stand in a comfortable straddle, close your eyes, have your arms lowered next to your body. Focus the energies in your heart, then open your heart towards nature and try to recognize the rhythm of nature's breathing.

LENTI EARTH HEALING (LITHOPUNCTURE) STONE

(IN THE PARK BEHIND THE MAYOR'S OFFICE)

The geomantologist Marko Pogačnik placed an earth healing stone in Lenti, the centre of which is balance, harmony. Earth healing stones are related to the energy state of the Earth, which has the same beneficial effect on the Earth's energy balance as the acupuncture treatments on the human body. In Lenti you can find the healing stone in the park behind the Mayor's Office. This place is also the balance centre of the region. The spiral of the cosmogram on the earth healing stone symbolizes the pursuit of balance. Next to the earth healing stone is the fourth element of the road, the air element. The element of air symbolizes the East and connects us with mental

activity and the breathing of life force, knowledge, fantasy, dreams, ideas and desires.



EXERCISE

AT THE EARTH HEALING STONE

Stand in a comfortable straddle with your arms lowered next to your body. Breathe in carefully through your nose, hold your breath for a few moments, then exhale slowly through your mouth. Repeat the exercise four times. Finally, place your palms on your chest and say thank you for the air element.





SZENT GYÖRGY ENERGY PARK IN LENTI

The Szent György Energy Park is located in the area of the thermal bath in Lenti, it is a branch of the energy flows in the Bakonaki Lake, Márokföld and Kebele area. Its curiosity is that the intersection of the dragon lines (Saint György rays, whose star-shaped system is part of the Earth's energy network) and the branches of Erzsébet energies can also be found here. The Attila lines are located in the centre of the thermal bath. The meeting points

of energy flows have a beneficial effect on the body, helping relaxation and rest, and supporting the renewal of the body. All diseases are the result of an energy deficient condition. The beneficial ground radiation that can be found in the Energy Park restores this energy-deficient state. Entrance to the St. George Energy Park is free, but registration is required.

RECOMMENDATION FOR THE USE OF THE SZENT GYÖRGY ENERGY PARK OF LENTI

In the Szent György Energy Park, the direction of the energy flows is marked by stones, and the energy intersections are marked by "stakes" at the points where the radiation of the earth is the strongest. It is recommended to spend approximately 20-30 minutes walking and relaxing at these points in the energy park.



BÖDEHÁZA - ZSITKÓC, FRIENDSHIP PARK OF HETÉS

We can approach the Barátság Park of Hetés by going through the gate of Hetés. To dissolve the trauma caused by the border line between the two countries, once fortified with tank traps and barbed wire, the residents of Zsitkóc in Slovenia and Bödeháza in Hungary decided to establish the Barátság Park of Hetés, which opened on 10 May 2014. Within the

framework of the Go In Nature program, the Zalaerdő Zrt. placed benches and tables on which the information panels present the wildlife of the park and the local values. The "Borderless Bird" statue was made of the barbed wire which was located in the park, where hikers meet every year, in the last days of December, just before the New Year.



FILOVCI

Filovci is a village known for its pottery traditions, where clay is transformed into a unique and special pot by busy hands. Filovci is a town that combines tradition and the relationship between man and nature.

TEŠANOVCI

The settlement along the Tešanovci road invites the traveller to relax, who can recharge with energy from local service providers combining the energies of natural thermal springs with local delicacies and recreational opportunities.

ZSITKÓC

Zsitkóc is a small Slovenian village near the Hungarian border, with a chapel and the Deák Memorial Room.

BOGOJINA

In Bogojina, the Slovenian architect Plečnik renovated the old church of Bogojina at the beginning of the last century. He added a unique figure and energy to the church.

ALTERNATIVE ENERGY ROUTES ON THE HUNGARIAN SIDE

Lenti – Lenti-Máhomfa – Kerkateskánd – Szécsisziget – Tormafölde – Dobri – Tornyiszentmiklós – Lovászi – Lenti

SZÉCSISZIGET

The curiosity of the earth healing stone located in the square in front of the castle of Szécsisziget is that the sign symbolizing the female forces of the prehistoric Pannonian Sea carved in stone is complemented by a smaller kinesigram, which indicates the connection between the ancient and modern worlds.



EXERCISE

Place yourself in a comfortable position, indulge in the moment, feel the calmness, peace and harmony. Imagine sitting on the edge of a boat, then lifting your body and slowly letting your feet forward and floating on the surface of the water.

TORNYISZENTMIKLÓS

In Tornyiszentmiklós, the earth healing stone is located near the church, with a cosmogram forming a goblet on it, on the edges of which two flames appear as a symbol of the creative fire.



EXERCISE

Stand in a comfortable straddle with your arms lowered next to your body. Focus your energies on your heart and then scatter them in space.



LENTI – GOSZTOLA – LENTI

For the description of Lenti, see the descriptions of Szent György Energy Park of Lenti and the earth healing stone of Lenti.



GOSZTOLA EARTH HEALING STONE

The village is hidden among the hills that surround Lenti. Due to the mountainous countryside, the village has one street, running on a hillback. The nearest watercourse in the area is the Liponyak brook, which also feeds a lake established in the nearby valley. The Gosztola earth healing stone stands in front of the chapel. The cosmogram on the earth healing stone shows the combination of earthly and celestial forces, which is the centre of the primordial heart.



ALTERNATIVE ENERGY ROUTES ON THE SLOVENIAN SIDE

Lendava – Hosszúfaluhegy – Hosszúfalú – Hídvég – Göntérháza – Radamos – Nedelica – Brezovica – Mala Polina – Velika Polana – Kapca – Felsőlakos – Lendava

LENDAVA

The lower part of the energy backbone of the Prekmurje stretches from the root centre in Mura Forest, through the Lendava / Gosztola heart centre, to the crown centre in the Srebrni breg area of Goričko. Within the region, there is a rare vital energy system based on the strong energy centre deep inside the Earth, is which called the “inner sun”. In Lendava, two earth healing stones were placed, one under the castle and one in the city park.

GÖNTÉRHÁZA

The settlement of Göntérháza is located in the area of a vital energy centre which can be compared to the solar plexus of the human body. Through its operation, it concentrates life energy and, like the sun, projects it into the energy field of the landscape. Such a centre is a source of vitality and abundance. This place was also designated by Marko Pogačnik, a Slovenian geomanthologist.

RADAMOS

Located in the Black Forest near Radamos, the Tree of Mary (Mária-fa) has a several decades long history. There are many legends told by people that can be linked to this place of worship: about the man who took an ax to cut down the oak tree over which the Blessed Virgin appeared but was unable to carry out

this action; about the foresters who, despite the order, refused to cut the tree; and the various visions of the Blessed Virgin and the miraculous healings. Up to this day, there are many pilgrims coming to the Tree of Mary who want to be part of the power of this place of worship.

NEDELICA

Its attractions include the Kovač Farm, the birthplace of the Slovenian national hero Štefan Kovač and his Memorial Museum, which has been a protected monument since 1973. Near the settlement there are Roman mound tombs and the remains of the Roman road. Another curiosity is the statue of Mary made in 1911.

BREZOVICA

Even in the prehistoric times people were living in its area. This is proved by the remains of a stone hatchet found here and the remains of a settlement excavated to the northeast of the village, continuously inhabited from the Copper Age to the Middle Ages.

MALA POLANA - VELIKA POLANA

In the immediate vicinity of Velika Polana, between Mala Polana and Renkovci, there is a mill built on the Feketeér

stream. Out of the five mills that once were standing on the 5-kilometer-long winding stream, this one has survived. It is a wooden porch mill built in the beginning of the XX. century.



KAPCA

There were people living on its territory even in ancient times. This is proved by the Roman mound tombs located in its border. In addition to basket weaving, linen weaving was the traditional home industry of the settlement, and its name is also related to activity.

FELSŐLAKOS

The construction of the upper chapel was initiated by the population of the village in 1914, but this was delayed due to the outbreak of World War I. Their plans came true in 1930, when they managed to build and consecrate a chapel dedicated to the protection of King St. Stephen.

GEOMANTIA - EARTH HEALING STONES

The ancient science, which studies earthly and cosmic energies, is called geomantry. With the help of this science it is possible to decode the mul-

ti-layeredness of the area, the places and directions of important energy lines, the location of energy points. The geomantologist Marko Pogačnik placed earth healing (lithopuncture) stones along the Slovenian-Croatian-Hungarian triple border. The region has weakened under the weight of modern civilization. People are trying to restore its balance and natural strength with the help of the healing stones placed at the right energy points. A total of 17 earth healing stones were placed 1-1 stone in Hungary: in Nemesnép, Lenti, Szécsisziget, Tornyiszentmiklós, Gosztola; in Croatia: Muraszentmárton; in Slovenia: Göntérháza, Murisa, Petesháza, Copekov mill, Ordanci, Bakonaki lake, Lendava, Sveta Trojica, Göntérháza, Renkovci, Bistrica. The earth healing stones show different cosmograms, these symbols strengthen the balance of the given place.



*For more information please visit
our website of GardEN:
<http://garden-regio.eu>*





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