

ESOTERIC TRIPS

with Crotalo Sesamo

WINTER SOLSTICE IN DAMANHUR (ITALY) 20-23
12/2023

Temples of Humankind

You will experience the beauty and the mysteries of this "impossible dream", a unique complex of eight halls in Northern Italy, adorned with remarkable paintings, mosaics, sculptures and stained glass – all created to celebrate universal spirituality.

Spiritual Physics

The main moments of our trip will be accompanied and guided by Crotalo Sesamo, teacher at the Mystery School, healer and member of the Damanhur community for over 30 years.

Winter Solstice

At Damanhur, ancient traditions are honoured by gathering as a community to celebrate the Equinoxes and Solstices. Join Damanhurians in the timeless rhythms of these essential events.

INFORMATION

-  [Book Your Spot](#)
-  [+34 666 10 23 72](#) with Vanessa
-  esoterictrips@lifetransition.club

  Bilingual Programme
Para Português, por favor clique aqui.

*Early Bird Special
for First-Timers*
Sign up BEFORE 01.11 and
receive a 20-minute 7 Stones
Reading with Crotalo



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WINTER SOLSTICE IN 20-23
DAMANHUR (ITALY) 12/2023

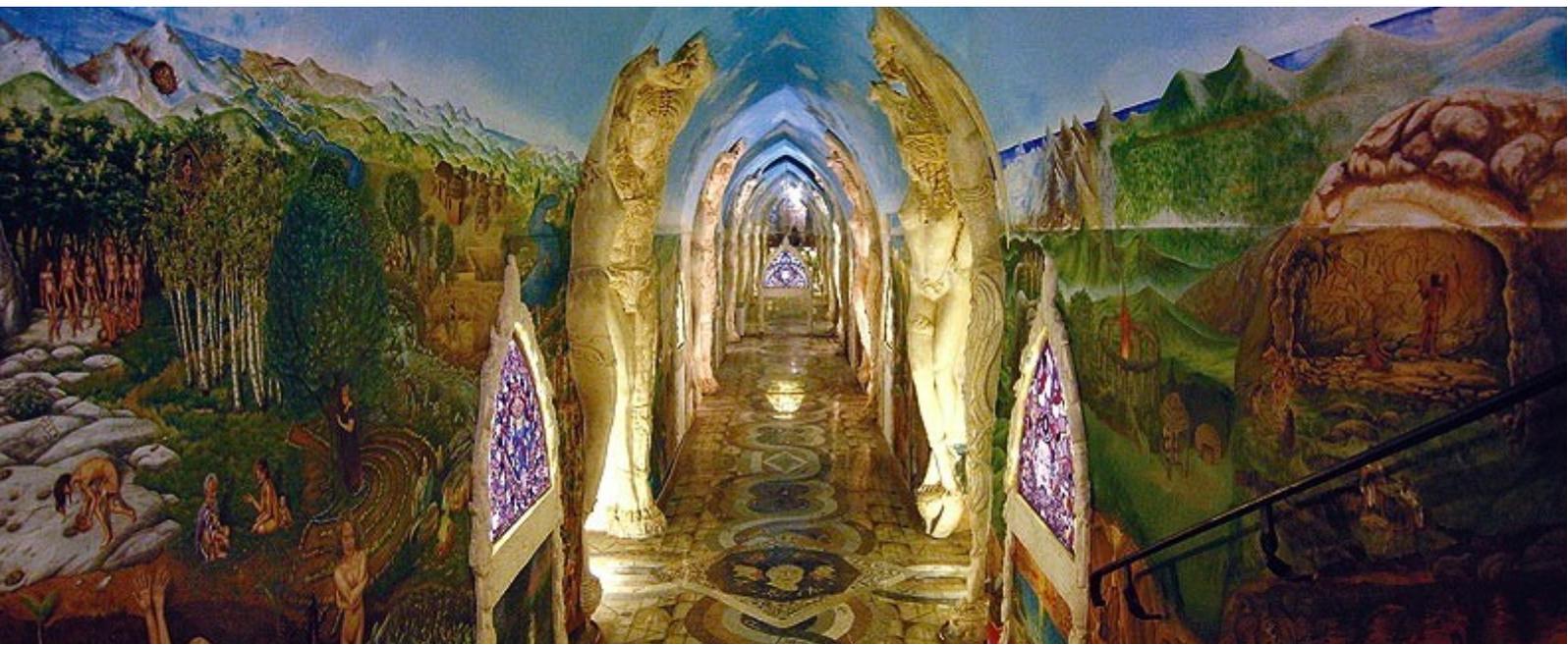
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Presenting Damanhur



The Temples of Humankind are the sacred heart of Damanhur, federation of spiritual communities. Damanhur is a worldwide movement that inspires the lives of thousands of people committed to leaving a positive mark on the world.

The central part of Damanhur is located between Turin and Aosta, in an uncontaminated valley at the foot of the Piedmont Alps. The six-hundred citizens who live there have created a multilingual society, open to exchanges with the world and the different cultures of peoples. Many other Damanhurians live in other parts of Italy and all over the world and support the Federation's ideals and projects.

Damanhur was founded thanks to the inspiration of Oberto Airaudi, Falco Tarassaco (1950-2013). Falco was a philosopher, healer, writer and artist, active in the field of therapeutic research and new sciences. An innovative and prolific painter, he created a personal style of painting called "Selfic Painting". From an early age, he manifested a precise spiritual vision and great healing abilities that he developed them through constant experimentation.

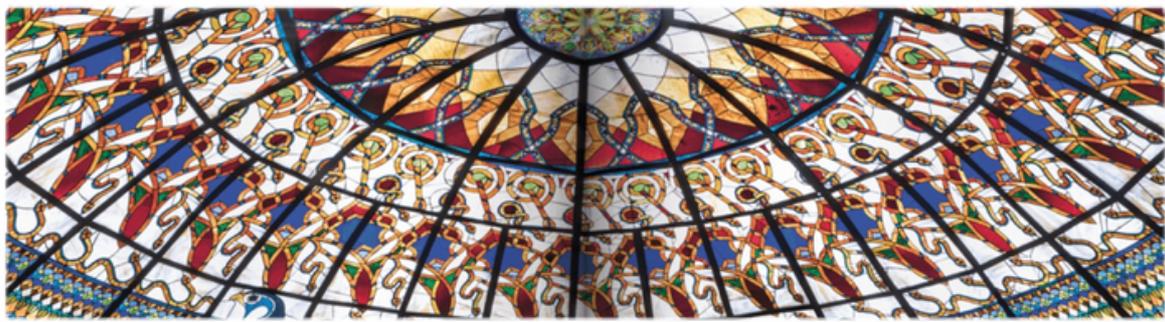
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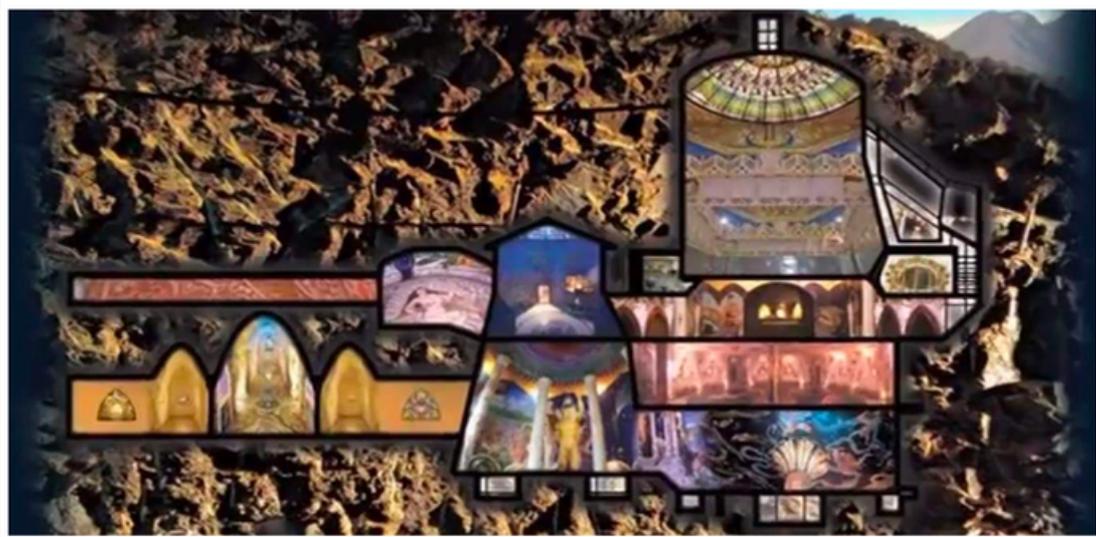
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The Temples of Humankind



The Temples of Humankind are exquisite works of art, a complex of eight halls adorned with remarkable paintings, mosaics, sculptures and glass art-all created to celebrate universal spirituality.

The Temples were constructed through the ingenuity and creativity of Damanhurians, who worked together to excavate the rock of a mountain entirely by hand. It is an "impossible" dream that awes and inspires thousands of visitors every year. The Temples are a stunning example of sacred and secular art coming together to resonate values that are important to the whole of humanity.



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Crotalo Sesamo

Crotalo Sésamo (Alessandro Zattoni) was born in Turin (Italy) in 1970; graduated in computer technology and his first contact with Damanhur at the age of 18 was based on his interest in Natural Medicine and the Development of Paranormal Faculties.

Crotalo Sesamo has lived in the Federation of Damanhur for more than 30 years, as a spiritual researcher, Spiritual Healer, and builder of the Temple. As a specialist in the fields of Spiritual Healing, Ancient Civilizations and Inner Research, he teaches courses in Astral Travel, Past Lives Research, Inner Harmonizing, and Selfic Healing.

Additional teachings done by him are in the realms of social, spiritual, economic, political and organizational implications of community life, the relationship with the state, other associations and communities.

He has founded Mystery Schools and has been teaching throughout Europe, the United States, Canada, Australia, Mexico, Brazil, Egypt, Argentina and the Emirates. In March 2016 he's been invited to speak as at the UN at the international day of happiness, as representative of the Damanhur Federation.

In 2010 he became coordinator of all the Damanhur ambassadors. He has been trained by Falco (Oberto Airaudi) the Visionary Founder of Damanhur, who prepared him to continue his alchemy art in the "Selfic Paintings" which he is currently doing.

Crotalo taught the first Damanhur Mystery School in Boulder Colorado with courses in Astral Travel, Past Lives Research, Ancient Civilizations & Inner Research in Inner Harmonizing, Selfic Healing, the widening of Perception, as well as Contact with the Plant World.

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Programa de 4 Days

DAY 1 | 20.12 Wednesday

MORNING: Arrival at Turin Airport (TRN)

We'll be waiting for you! Collect your luggage, and we'll take you to your accommodation for your stay in Damanhur.

AFTERNOON: Visit to Damjil and Damanhur Crea (with Crotalo)

First, you'll familiarise yourself with our central territory with a visit to Damjil and Damanhur Crea. Depending on the conditions, you'll have the opportunity to walk through the stone labyrinths, a powerful way to expand your perception and discover new connections with yourself and nature

EVENING: Welcome Dinner at Fast Lunch (to be paid separately)



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DAY 2 | 21.12 Thursday

MORNING: Visit and Meditation in the Temples of Humankind (with Crotalo)

The visit provides the opportunity to spend time in the extraordinary Temples of Humankind. These gloriously detailed temples are more than a work of art; they serve as a direct path to awaken the divine spark in every person. During the visit to the Temples, you will be guided through each of the halls and learn why this magnificent structure is a living conduit connecting the energies of the planet that travel through the Synchronic Lines.



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AFTERNOON: Visit to the Sacred Woods, Selfic Circuits, and Plant Music Experience (with Lucertola)

The visit begins with a deep immersion into the history and development of the Temple of the Sacred Woods and its winding, colourful, and brilliant stone labyrinths. You will learn about the history of the labyrinths, their purpose, and how they function. The itinerary includes an introduction to Plant Music, a Damanhur research on plant intelligence and communication. You will be amazed and enchanted as you listen to the trees and plants "sing" in the Sacred Woods through an electromagnetic instrument that captures, decodes, and records the plants' unique "music."



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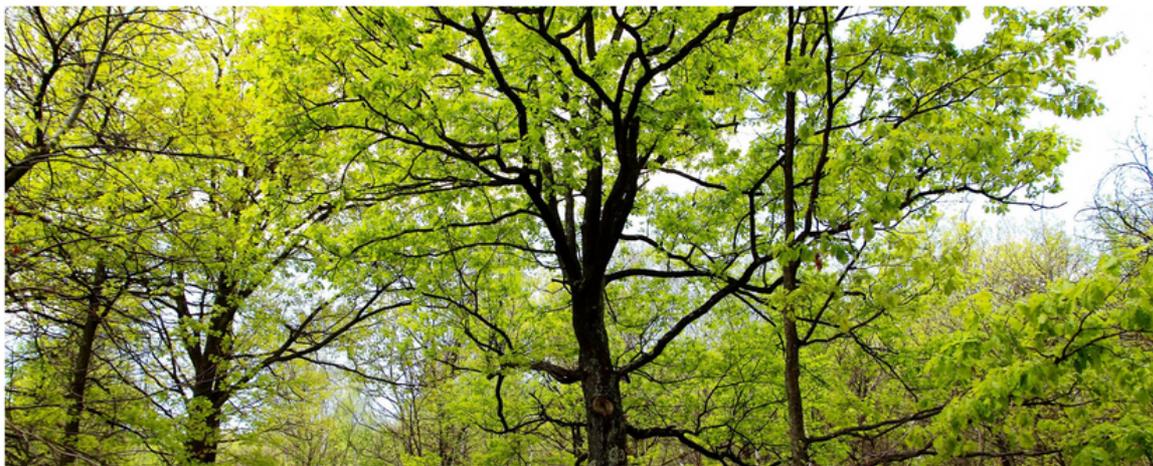
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DAY 3 | 22.12 Friday - SOLSTICE CELEBRATION

MORNING: Preparation for the Solstice Ritual (with Crotalo)

SOLSTICE RITUAL - SACRED WOODS

The ritual of marking the transition between seasons of the year has been carried out on all continents since the beginning of human history. At Damanhur, the Equinoxes and Solstices are particularly sacred times of the year. The entire community comes together to celebrate these essential events inside large stone circles. During the days of the ritual, a fire is lit to represent the sun. During the Solstice, another second fire symbolises the moon. The ritual is divided into three phases: lighting, culmination, and extinguishing of the fire. Damanhurians enter the circle wearing robes of varying colours, according to their seniority. They offer herbs to the fires, meditate, sing, and recite hymns and prayers composed by Damanhurians. Most phases of the rituals are accompanied by music and Sacred Dance.



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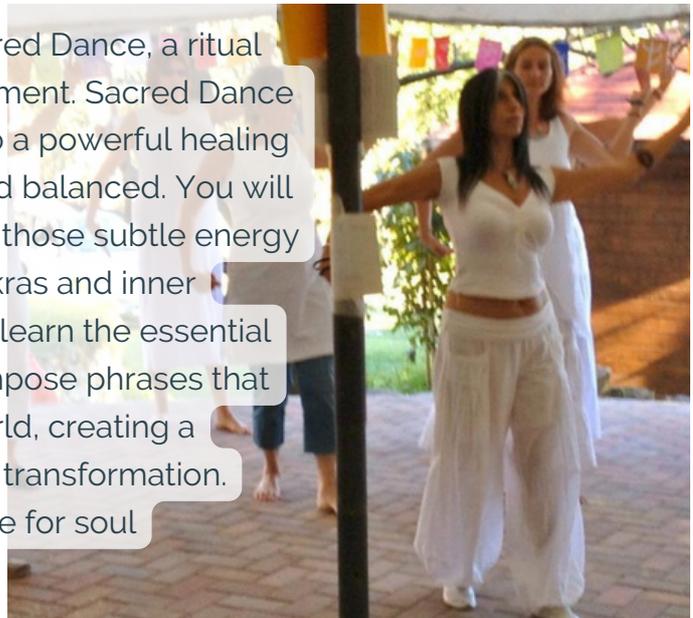
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AFTERNOON: Sacred Dance Workshop (with Ara)

Immerse yourself in the captivating Sacred Dance, a ritual form of storytelling through body movement. Sacred Dance is not only an artistic expression but also a powerful healing tool that will help you feel energised and balanced. You will discover how to activate the microlines, those subtle energy flows in your body, along with your chakras and inner senses, through Sacred Dance. You will learn the essential gestures of this sacred language to compose phrases that will resonate in your inner and outer world, creating a profound experience of connection and transformation. Discover the power of dance as a vehicle for soul expression!



FINAL PART OF THE SOLSTICE RITUAL

EVENING: Q&A with Crotalo Sesamo



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DAY 4 | 23.12 Saturday

MORNING: Intro to Spiritual Physics with Crotalo about Sesamo

On our last morning, we will have a masterclass with Crotalo Sesamo about the spiritual path as well as the spiritual physics in Damanhur. The goal of this lecture is to expand the perception of ourselves and of life, in general. From this understanding, we are able to create and promote lifestyles that are in harmony and equilibrium with the universe.



AFTERNOON: Transfer to the Turin Airport (TRN)

Today we will check out from our apartments and organise a transfer to the Turin International Airport for your final departure.

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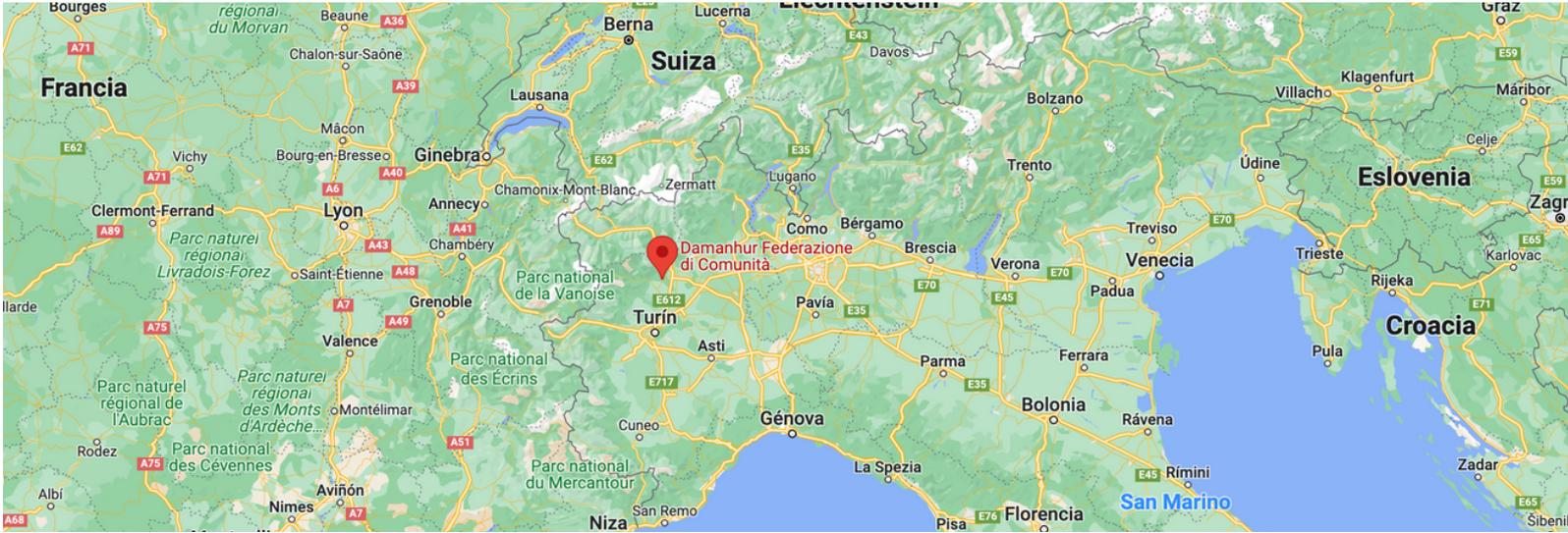
¡Welcome to DAMANHUR!

Get ready for your Magical Adventure

OVERVIEW

- 20th to 23rd December (Wednesday to Saturday)
- Arrival at Turin Airport (TRN). Flights not included.
- **Full Programme Cost: 690€**
 - **40€ Online Reservation Fee** (non-refundable in case of cancellation)
 - **650€ Accommodation and Program** (to be paid in cash upon arrival in Damanhur)
- The price includes:
 - All activities mentioned in the program.
 - English-Portuguese translation.
 - Accommodation in guesthouses/apartments for 3 nights.
 - Meals and other services are NOT included.
 - Transfer within Damanhur, from Turin Airport (TRN) to Damanhur and from Damanhur to Turin Airport (TRN).

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ACCOMMODATION AND MEALS

ACCOMMODATION

In Damanhur, we have prepared two beautiful and welcoming apartments for our group: "Spiral House" and "Casa Calda." These spaces will be our home during our stay in Damanhur.

Rooms can be shared between 2 or 3 people and have **shared bathrooms**, as we are staying in apartments. It's an excellent opportunity to bond and share experiences with other travellers!

Single Room Supplement: If you prefer to have a single room, we recommend that you make your reservation as soon as possible since the spots are limited and in high demand. Be aware that most of the availability of single rooms will be with shared bathrooms as well. There is an additional cost of **120€** for a single room for the entire programme.

Extra Night: Double Room 35 EUR/person – Single Room 60 EUR/person

We want to ensure you have a comfortable and enjoyable experience during your stay, so it's important to communicate your preferences as early as possible.

MEALS

It's important to note that only the meals specified in the program are included. However, don't worry, there are options available in Damanhur to meet your needs.

In Damanhur Crea, the main community centre, you will find a restaurant-café where you can enjoy simple and delicious meals for breakfast and lunch. Here, you can savour dishes prepared with fresh and quality ingredients in a cosy and friendly atmosphere. These facilities are closed for dinner.

You can prepare your own breakfasts, lunches, and specially dinners at home. The apartments where we will be staying are equipped with kitchens, and there is a supermarket in Damanhur where you can find everything you need to prepare your culinary delights. The experience of cooking at home will also allow you to immerse yourself a bit more in community life, sharing special moments while preparing food with other trip participants.

Budget Suggestion: 30€ per day

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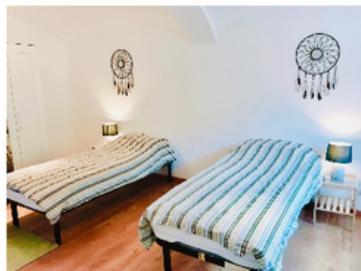
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~Spiral House~

We are happy to welcome you!



Our new renovated Spiral House is situated in the middle of Vidracco, a small village located in the foothills of the Alps in the Chiusella Valley.

We are ideally located. A short walking distance to Damanhur Crea, where you will find a natural food market with organic and GMO-free products, a health clinic, wellness services, art studios, restaurant and more.

3 ROOMS - 6 guests

Room 1: 2 single beds

Room 2: 2 single beds

Room 3: 1 king size bed with private bathroom

1 shared bathroom

Kitchen, meeting place, washing machine

SPIRAL HOUSE

Via Vittorio Emanuele 27
10800 Vidracco, TO

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Casa Calda

We are happy to welcome you!



Casa Calda is located in the middle of Vidracco, near a small lake.

We are ideally located. A short walking distance to Damanhur Crea, where you will find a natural food market with organic and GMO-free products, a health clinic, wellness services, art studios, restaurant and more.

Come and stay with us!

APARTMENT

4-5 guests

- 2 bedrooms
- Bedroom 1: 1 double bed
- Bedroom 2: 2 single beds
- 1 kitchen
- 1 shared bathroom
- 1 living room with sleeping sofa
- Balcony with lake view
- washing machine

Casa Calda
Via Guglielmo Marconi,
10080 Vidracco,
Piemonte, Italy

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APPENDIX: 7 STONES READING

The **Seven Stones Reading** is a form of divination that explores the possible future, acknowledging that the future is not just something we read, but something we write with our choices.

Anticipating the possible future can help us guide our choices and fulfil our desires.

During the reading, you can ask questions about different areas of your life, receiving guidance for yourself and your loved ones.



**the 7
stones
reading**
with crotalo sesamo