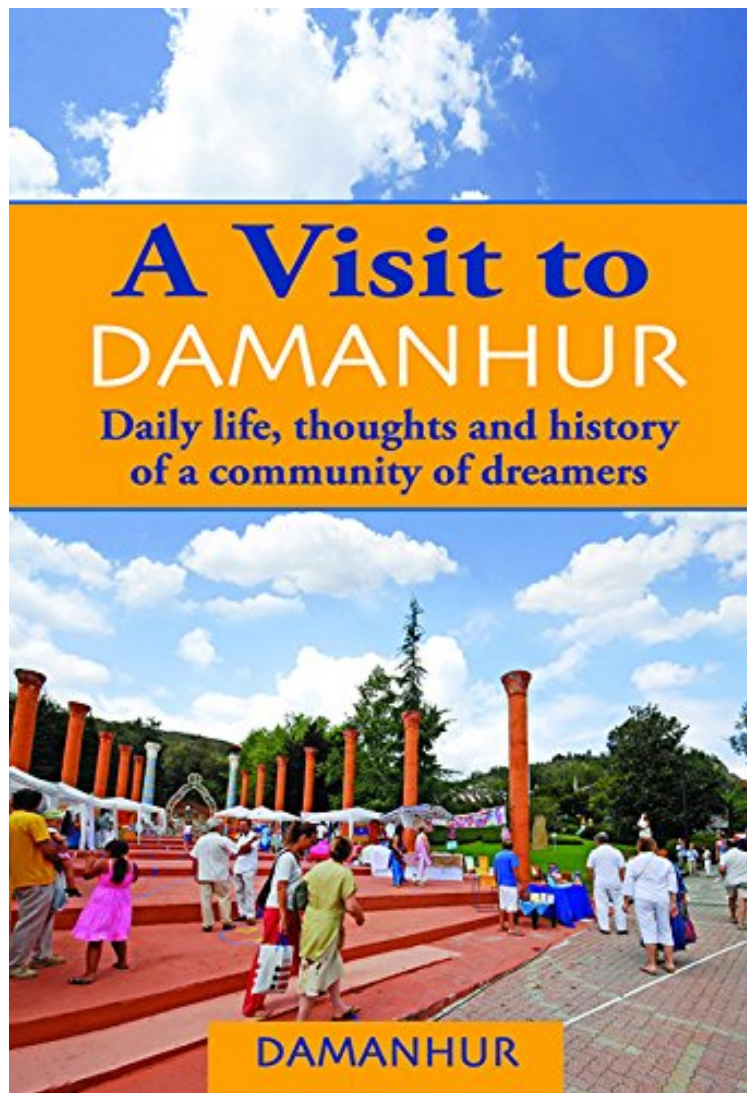


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A VISIT TO DAMANHUR: Daily life, thoughts and history of a community of dreamers

Formica Coriandolo, Stambecco Pesco
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Since 1975, the Foundation of the first Community, here is a guide to know Damanhur, a Federation of Communities located in Valchiusella (Piedmont, Italy). Founded as a social experiment of a small group of dreamers led by Falco Tarassaco (Oberto Airaudi), Damanhur is a confirmed reality in which just under a thousand people live, who use call themselves with plant and animal names, as a symbol of renewal and connection with nature. A multilingual society, open to exchanges with the local area and local people, whose many aspects of daily life and thought are told in simple language, that captures the depth of every single topic, inciting curiosity and desire to learn more. The Constitution and the internal schools, the Temples of Humankind and the Sacred Woods Temple, art and work, health and nutrition, selfica and the School of Meditation: the spiritual and practical dimensions are connected into a pathway that helps the traveler to build their own personal visit, starting from specific interests or curiosity all round. An essential tool to enjoy what the magic of Damanhur has to offer.