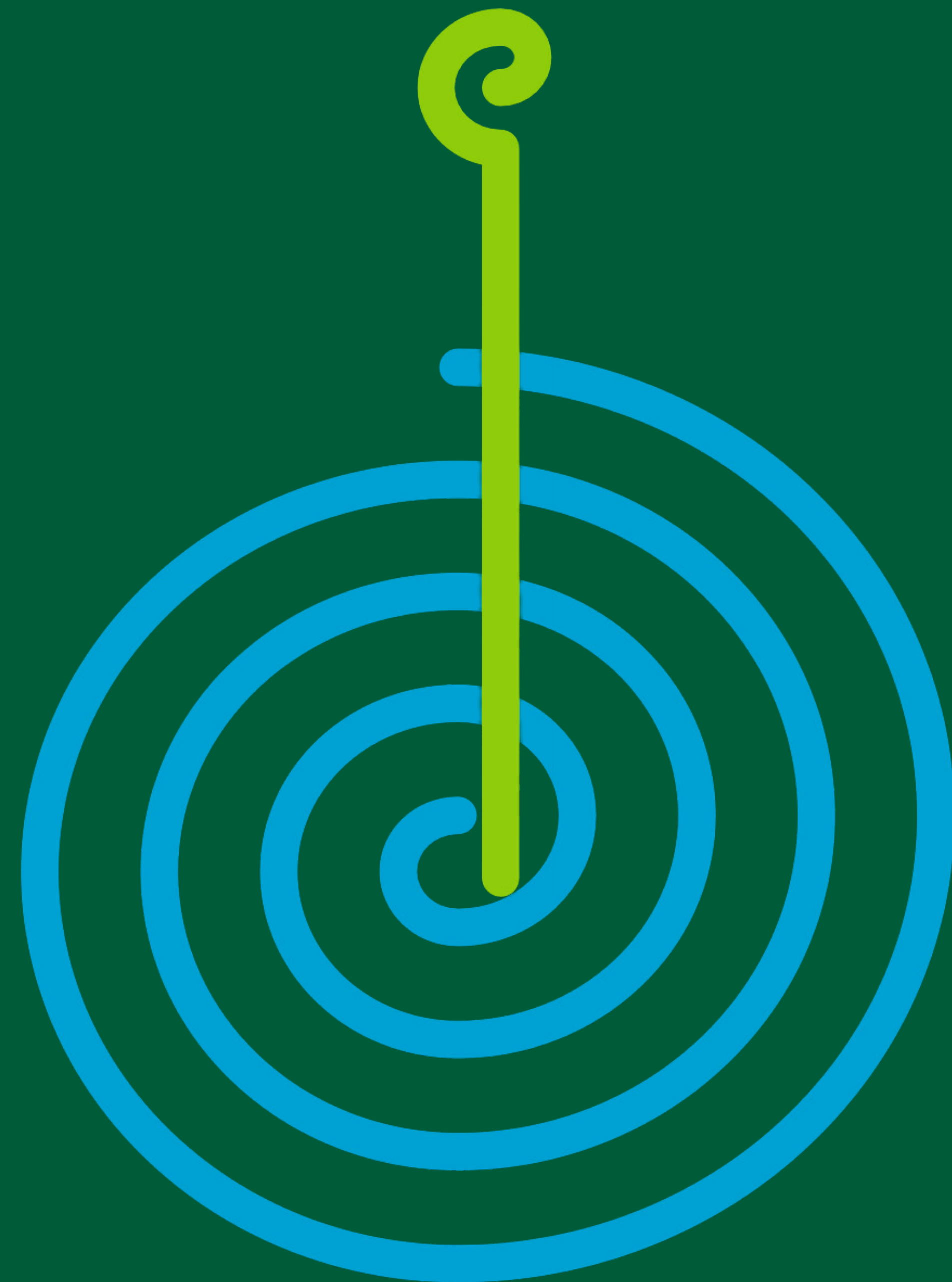


BELIAL ASSA



Thank you for your infinite light.
That gives me strength to light the dark.
To keep the separated planes apart.

Damanhur Spiral

Spirals are archetypal symbols of life, found in our DNA and in galaxies. They represent our journey through life and continuous physical and spiritual transformation, embodying the fundamental movement connected to Life.

How to Walk a Spiral

- Only one person walks at a time. Exceptions are ok in larger groups, the next person can enter when the previous one exits the center.
- Walk only on the path in between the stones. When crossing over the stones, the spiral deactivates immediately. If this happens, just go out and give her some minutes to settle, before you start walking again.
- For maintenance you can walk across the spiral, as you are not interested to activate her.
- Walk the spiral only from the age of 14. Below this age the energetic impact is too strong for the still forming energy body of the child.
- Babies and infants can be taken into the spiral protected in the mother's arms. During breastfeeding the aura of mother and child is strongly connected.

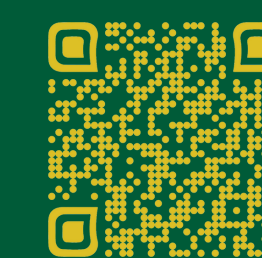
- **Do not wear the Damanhur Power Shield while walking the Spiral.**



- 1 Set an Intention:** Reflect on your purpose for walking the spiral; it can be whatever you choose.
- 2 Walk Mindfully:** Enter slowly, with deep breaths and awareness. Follow the path inward, staying present with each step, walk slowly without stopping.
- 3 Pause at the Center:** Meditate or reflect in the center for a few moments, be mindful of your perceptions.
- 4 Return with Awareness:** Walk back out, integrating the insights and energies gained through this experience.
- 5 Before exiting:** In clockwise spirals turn around your left shoulder to go out, in anticlockwise spirals turn around your right shoulder. One step before the exit, stop briefly, and greet her.

Share Your Experience

Connect with our global community, share your experiences, and be inspired by others. Scan the QR code and join the conversation.



The story of this specific Spiral

International Peace education Project

The spiral opens our consciousness to new dimensions connected to the intelligence of the heart.



It serves to activate the wisdom of nature within us.

It is an enhancement of this magical place called 'Elfenland' and its wonderful creatures: plants, animals, trees, elemental nature beings and goddesses who guard this land. It is a living symbol of a NEW BEGINNING in WISDOM, JOY OF LIFE and GRATITUDE!

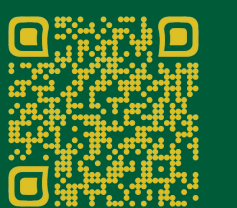
In the centre of the spiral is likely the largest ant colony in the area— a peaceful, diligent community that is constantly remodelling its structure and creating new harmony out of chaos - like 'Green Phoenix'. Shimananda is the guardian of the 'Elfenland' and initiator of the Peace Spiral. For over 35 years, he has devoted himself to the study and practice of SEITAI, which is recognised by the Japanese Ministry of 'Education and Science'. Seitai serves holistic peace education – as the foundation of life.

The International Peace Education Project (iPeP) reminds us with its Spiral of Peace of our universal creative power. It awakens in us the innate wisdom to recognise that we ourselves are nature— an inseparable part of the cosmic family.

'We are connected to everything'

Why Spirals are Important

At Damanhur we believe spirals are not just shapes to be observed, but multi-dimensional or 3D structures to be walked through; not just geometric figures, but living forms. With the help of an ancient technology, called Selfica, we can concentrate inside the Spiral the flow of the universe's vital energy. Thanks to this activation they become the "nest" of cosmic energies that interact with those who walk through them. These structures harness and amplify natural energies, promoting well-being, balance of subtle bodies, and a connection to the Earth and cosmos. They serve as tools for meditation and transformation.



Spirals
Worldwide
Online
Community

What is Damanhur

Damanhur was born in 1975 in the foothills of the Italian Alps as a Spiritual Community founded from the inspiration of Falco Tarassaco Lava, (born Oberto Airaudi – 1950-2013). It is known around the world for its Temples of Humankind, an underground cathedral that acts as an antenna for the awakening of humanity. Today, Damanhur is a living laboratory for the Future, a Federation of spiritual communities, and a worldwide movement that positively impacts the lives of thousands of people. All aspects of the Damanhurian experience—from shared everyday life to its path of sacred wisdom and initiation—are aimed at the awakening of individual and collective awareness to support human spiritual evolution in an active way. You are welcome to visit us!



Damanhur