

# ART SCHOOL

*Reawaken your inner artist and bring  
your truest expression into creation.*



DAMANHUR



Damanhur is famous worldwide for the Temples of Humankind, a collective work of art like no other on the planet. The three-year School of Arts course derives directly from the experience of the Damanhurian artists and leads us straight into the Magic of Art and the discovery of the artist within. There is an artist in all of us since creativity is a divine trait, and according to our School of Thought every human being is a fragment of the divine, a divine shard. In this course, open to all and to all ages, we learn to awaken the inner artist, that part of us which knows how to reach into the realms of knowledge and imagination and bring our own artistic expression into this world of Form. A completion of the work of personal and collective realization.

### **METHOD AND STRUCTURE**

The figurative arts that you will immerse yourself deeply into include painting, drawing and design, working with clay, and exploring the deep meaning of the symbols of Sacred Language, an immensely ancient archetypal tongue that is part of Damanhurian knowledge. Besides the figurative Arts you will be able to explore Sacred Dance – closely allied to Sacred Language – the use of the Voice, of Sound and Silence, the Theatre of Emotions, and the Damanhurian Art of the Warrior. As this course is held in Damanhur we can take advantage of this unique opportunity and use a variety of meditative Paths, such as stone Circuits and Spirals, specifically prepared for artistic inspiration and creativity.

The Arts School course lasts three years. Each year the course is available in two different but equal modalities, to make it easier for people to take part, depending on the availability of each student.

These are:

- A 15-day intensive course, with study sessions and lessons over the whole day: morning, afternoon and evening – suited to people who come from abroad and wish to concentrate the experience in a single period of full-time dedication.

- Theme-based week-ends especially suited to those who are able to get to Damanhur to attend classes once a month.

### **THE MAGIC OF ART IN DAMANHUR**

## **GENERAL PROGRAMME FOR THE THREE YEARS**

Art is a fascinating universe and an amazing tool; its representations of the world are made of a rich blending of elements that can be mixed in an infinite variety of ways. Using these we can do an infinite number of things: we can get pleasure out of it while having fun, we can approach this as researchers intent on exploring new worlds, we can pursue our own healing, a process of our own refinement and an ever deepening awareness of ourselves.

So, why not play this game together!

### **Art, Self-Expression and the revelation of Talents**

Within every one of us there is a rich stash of talents of all types to be unearthed; art is a means of discovering these talents, of revealing and expressing these hidden parts of ourselves (linked to our personalities), to bring into awareness levels of the unconscious which contain understandings vitally useful for our development.

- Activities: painting using different media and parts of the body, theatre, modelling, sculpture with plain materials, group games, music, dance and song, creative writing, photography and making up stories, as well as creative cooking, doing individual and collective works of varying complexity, coming up with new inventions, and more.

### **Art, Meditation and Contact with the Forces**

There are codes written into our physical bodies which will lead us into different states of consciousness. Movement, contact and the expanding of our sensitivity activate our microlines, our chakras, our inner senses and subtle organs. Learning to move the physical body means no less than embarking on a journey of discovery of the soul.

- Activities: Sacred Dance, Sacred Language, the Damanhurian Art of the Warrior, conscious use of the Voice and Sound, the composition and colouring of personal mandalas.

### **Art and Alchemy**

Transformation of ourselves and the construction of our surroundings.

Themes:

- Art in Damanhur (the Magic of Damanhurian Art)
- Alchemic principles applied to the artistic medium of your choice
- Representation and use of personal Mandalas as a means of constructing healthy relationships and modifying reality in a positive way

### **Art and Altered Logic**

Through the use and reinvention of everyday objects we set out to experiment playfully with altered language, logic, perceptions and meanings (attaining wider perceptions of reality).

Themes:

- Mixed dynamics of artistic experimentation through altered logic and language, breaking the mould of everyday and traditional thinking
- The importance of playing with the fantastic in art, ranging from Damanhur's game of Risk (Risiko) to Damanhurian mural painting

### **The School of Arts and Crafts**

Exploring the importance of surpassing oneself in the practice of (ancient) techniques for the discipline of research into harmony and aesthetic beauty.

Academic practices:

- Gilding, restoration, frescos, drawing, painting in oils, cold painting on glass, painting with egg tempera

### **Art and Mediumship**

Giving voice to cosmic Forces through inspiration in works of art, achieved through:

- Dynamics of meditative contact with the Temples and Selfic paintings
- Working in groups

### **Art as healing**

Doing art as the expression and healing of oneself: dissolving blocks, healing physical and emotional wounds, bringing the unconscious into the light, self-improvement and the improvement of our lives; maintaining a healthy ongoing connection with one's own creativity.

- Art therapy through the symbols and the reading of one's artistic production

### **Man seen anew, the Artist seen anew**

Having explored and experimented with the elements we have mentioned, basic to creative work, there emerges a new renewed dimension of the Self.

A true work of Art is one that contains all these components and the process of its making in mutual harmony within itself. In the same way the New Being we are destined to embody in our individual and collective futures will be one who sees his or her role as a Person and Artist within a new kind of awareness.

How to realize this:

- Debate and discussion of philosophy applied to art: roles, figures, ideals, practices and ethics for a new Spirituality of Art.

**For more information and a calendar of events:**

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