

Abbazia di Santa Giustina Villa Badia Sezzadio Opens to Public for Villa Badia Resonances in 2025

A cultural programme exploring light, time and community at Abbazia di Santa Giustina Villa Badia Sezzadio from May to October 2025.

SEZZADIO (AL), PIEDMONT, ITALY, October 31, 2025 /EINPresswire.com/ -- Between May and October 2025, the ancient Abbazia di Santa Giustina Villa Badia Sezzadio opened its gates on the first Sunday of each month. Over six quiet days of encounter, the monastery offered the programme Villa Badia Resonances: Dialogues Between Time and Light, inviting visitors to experience heritage not as a relic of the past but as a living field of perception.



A guided group listens beside the centuries-old brick walls and plane trees of the abbey, where architecture and light merge in quiet dialogue.

Organised by the Abbazia di Santa Giustina Villa Badia Sezzadio in collaboration with the Comune di Sezzadio and supported by local cultural volunteers, the initiative brought together community, contemplation, and light.

“

Villa Badia Resonances is not only an act of hospitality but of continuity. It reminds us that heritage is alive when it is shared, and that light belongs to everyone who takes the time to see it.”

*Abbazia di Santa Giustina
Villa Badia Sezzadio*

A rhythm of opening and listening

Each month unfolded in its own tone. Morning light traced the apse, and by afternoon the cloister walls glowed with gold. Visitors gathered at the entrance, guided through the nave, garden, and corridors where air itself seemed to hold memory.

No amplification disturbed the stillness. The guides spoke with quiet precision, balancing narration with silence. What emerged was less a lesson in architecture than a lesson in attention.

For many, the experience became a form of meditation. Notes left in the guest book often contained a single word: serenity. Local families, students, and travellers shared the same impression that stillness can teach.

The meaning of resonance

The title Villa Badia Resonances captures the idea of continuity rather than repetition.

Resonance is what remains after a sound fades. It is the space that continues to vibrate.

The Abbazia di Santa Giustina Villa Badia Sezzadio carries that vibration across centuries of prayer, craftsmanship, and human time. Its walls do not preserve history. They transmit it.

This understanding found philosophical depth in the reflections of [Dr Dazhun Zhang](#), author of [Sagesse et abondance](#). In her work, abundance is not accumulation but correspondence.

“Each day, one makes a request to the cosmos and receives its love and influence.”

Her vision of abundance as a frequency resonates with the Abbey’s own gesture of openness. Every visit became an act of alignment, an experiment in gratitude and presence. Light, shadow, and silence revealed themselves as teachers.



Visitors observe the medieval frescoes of the abbey, where centuries of faith and colour still breathe through the walls.



Participants of Villa Badia Resonances gather inside the abbey after the guided visit, symbolising continuity between generations and shared heritage.

The discipline of presence

Throughout the season, visitors discovered that careful attention transforms perception. At midday, a single ray of sunlight could move across a column and change the meaning of the entire space.

Time became not a measure but a companion.

Dr Dazhun Zhang writes that growth begins in the present moment.

“The pattern of the past cannot bring anything new to the present. Growth creates the future.”

Each opening of the Abbey followed this quiet law of renewal.

Crossing its threshold meant entering into patience.

As she reminds, “Patience is the easiest thing in the world, for it requires nothing else.”

The simplicity of the project was its strength.

The less it sought to impress, the more it revealed.

Listening as wisdom

The guided paths often ended not with words but with silence.

Participants remained seated in the cloister, listening to the natural rhythm of the place, the birds, footsteps, distant bells.

Dr Dazhun Zhang describes this the “practice of listening to truth, even painful truth.”

She observes that those who expect only comfort will never reach knowledge that endures.

The Abbazia di Santa Giustina Villa Badia Sezzadio gave that insight a physical form.

To listen without defence became the Abbey’s quiet invitation.

Community and continuity

Each Sunday gathered a small constellation of people.

Volunteers coordinated movement, translated fragments, and ensured calm order.

The Comune di Sezzadio supported logistics. The Abbey offered hospitality.

Together they created what one guide called “a school of patience.”

The collaboration reminded everyone that cultural heritage teaches not through authority but through gentleness.

A local participant later wrote, “Heritage is not what we keep. It is what continues to teach.”

That line has since become the project's informal motto.

Reflection beyond the season

When the final opening concluded on October 5, 2025, the resonance did not end.

The Abbey began collecting reflections, drawings, and notes from visitors under the title Traces of Light.

The Comune of Sezzadio expressed interest in sustaining this rhythm in coming years, preserving its contemplative nature.

Beyond Sezzadio, the spirit of Sagesse et abondance also resonated in France.

Readers of Dr Dazhun Zhang's book formed the Sagesse et Abondance Fellowship, a circle of individuals who meet to read and share experiences of inner abundance.

Though independent from the Abbey, the Fellowship and the Villa Badia community seem linked by the same frequency, a quiet movement of wisdom carried through listening, gratitude, and light.

Together they form two gestures of the same current. One is rooted in the stones of a monastery. The other lives in human conversation.

Both remind us that abundance is not owned but transmitted.

A closing meditation

What remains after the season is not an event but a state of awareness.

Inside the Abbazia di Santa Giustina Villa Badia Sezzadio, the rhythm of light continues.

To enter the place was to encounter the truth that abundance begins with perception and that gratitude completes it.

Dr Dazhun Zhang writes, "Each question, however small, deserves our full attention, for life itself is composed of such moments."

At dusk on the final Sunday, visitors watched the last sunlight withdraw across the cloister.

The Abbey seemed to breathe, not ancient, not modern, but perfectly present.

The gates closed and the resonance continued quietly within those who listened.

About Villa Badia Resonances

Villa Badia Resonances: Dialogues Between Time and Light was realised by Abbazia di Santa

Giustina Villa Badia Sezzadio and the Comune di Sezzadio, with the participation of community volunteers and local cultural associations.

The programme reflects on faith, art, and inner abundance through the philosophical lens of Dr Dazhun Zhang, author of *Sagesse et abundance*.

It seeks to renew the relationship between contemplation and community, offering a dialogue between light, time, and gratitude.

Sintesi in Italiano

Villa Badia Resonances: Dialoghi tra Tempo e Luce

Tra maggio e ottobre 2025, l'antica Abbazia di Santa Giustina Villa Badia Sezzadio ha aperto le proprie porte ogni prima domenica del mese, accogliendo visitatori in un percorso di ascolto, luce e memoria.

Il progetto, realizzato insieme al Comune di Sezzadio e ai volontari locali, ha trasformato la semplice visita in un'esperienza di consapevolezza.

La luce, il silenzio e la pazienza del tempo hanno invitato i partecipanti a scoprire il patrimonio come realtà viva, capace di insegnare ancora.

L'iniziativa ha trovato ispirazione nel pensiero di Dr Dazhun Zhang, autrice di *Sagesse et abundance*, che interpreta l'abbondanza non come possesso, ma come stato interiore di armonia e gratitudine.

Ogni apertura dell'Abbazia è divenuta un atto di risonanza, un modo per coltivare presenza e attenzione.

Alla fine della stagione, le testimonianze dei visitatori sono state raccolte nel progetto *Tracce di Luce*, mentre in Francia il pensiero di *Sagesse et abundance* continua a vivere nel *Sagesse et Abundance Fellowship*, una comunità di lettori che condivide la stessa ricerca di saggezza e ascolto.

Villa Badia Resonances rimane così un dialogo aperto tra spazio e spirito, tra il tempo dell'uomo e la luce che lo attraversa.

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