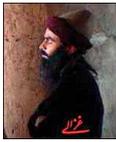


## AL-GHAZALI

The Alchemist of Happiness

DIR Ovidio Salazar. A docudrama on a Sufi mystic. 2004 80 min  
Winner Special Prize: Religions for Peace. Trento Italy

Exploring the life and impact of one of the greatest spiritual and legal philosophers in Islamic history, this film examines Ghazali's existential crisis of faith that arose from his rejection of religious dogmatism, and reveals profound parallels with our own times. Ghazali (born 1058 in Iran) became known as the Proof of Islam and his path of love and spiritual excellence overcame the pitfalls of the organised religion of his day.



## AWAKE!

### THE LIFE OF YOGANANDA

Author of the classic *Autobiography of a Yogi*

DIR Peter Radar, Counterpoint Films. 2014 84 min

The mystic who brought yoga and meditation to the West in the 1920s. His classic book has sold millions of copies including to seekers such as Beate George Harrison and Steve Jobs. (Apparently, it was the only book that Steve Jobs had on his iPad.) Archival material from the life of Yogananda (who died in 1952) creates a spine for the narrative.



## CAVE IN THE SNOW

The extraordinary life of Tenzin Palmo, inspired by the biography *Cave in the Snow* by Vicki Mackenzie

DIR Ellenor Cox for Firelight Productions. Australia 2003 52 min

The second westerner to be ordained as a Tibetan Buddhist nun ("the biggest blessing of my life") Tenzin Palmo secluded herself in a cave in the Himalayas where she spent 12 years doing intensive spiritual practices. She faced unimaginable cold, avalanches, blizzards, wolves, grew her own food – and was very happy. Since 1999 she has taken on the daunting task of establishing a nunnery in northern India for the indigenous young women who seek spiritual and intellectual realisation. Tenzin Palmo has been awarded the highest title in the yogic tradition: Jetsunma.



## FACING DEATH

The Life and Work of Elisabeth Kübler-Ross

DIR Eric Davidson. 2003 98 min

Elisabeth Kübler-Ross devoted her life to destigmatise dying and to draw attention to the treatment of the terminally ill. This remarkably intimate film was made when Elisabeth awaited her own death - on the verge of the transition she researched so passionately. Conversations with her form the core of the film.



Speaker: Peter Fox on Fri 5 Feb at 6pm. Counsellor, palliative care educator, grief therapist. (foxes@icon.co.za)

## INTO GREAT SILENCE

A meditation on life. A contemplation of time. Silence.

DIR Philip Gröning. Germany/Switzerland 2007 162 min

Nestled deep in the postcard-perfect French Alps, the Grande Chartreuse is considered one of the world's most ascetic monasteries. Gröning, without crew or artificial lighting, lived in the monk's quarters for six months – filming their daily prayers, tasks, rituals and rare outdoor excursions. This transcendent, closely observed film seeks to embody a monastery; more meditation than documentary, it's a rare, transformative experience for all.



## KARMAPA

The Lineage of the Awakened

DIR Laurence Guy-Lentin. Tibet/India 2008 75 min

The Karmapas, the great wisdom teachers and miracle workers of Tibetan Buddhism, are the oldest line of identifiable reincarnations in Tibet. This insightful documentary features His Holiness the 17th Karmapa, Ogyen Trinley Dorje, whose miraculous escape from Tibet in 2000 caught world headlines ("The most powerful teenager in the world" – *The Independent UK* 28 April 2001). The film is packed with interesting archival footage and close-up views of this powerful spiritual leader.



## MY NAME WAS SABINA SPIELREIN

DIR Elisabeth Marton. With subtitles. Sweden 2002 90 min

A surprising find of letters and diaries in a basement in Switzerland 30 years after her death at the hands of Nazis revealed a passionate love affair between the 29-year old Carl Jung and his first patient: Sabina Spielrein. Sabina became a psychiatrist herself and aided both Jung and Freud in their discoveries. Letters and photographs are combined with dramatic re-enactments to offer a mesmerising and most poignant portrait of an important woman whose story has much relevance in our contemporary world.

Speaker: Patrick J. Tummon on Thurs 4 Feb at 6pm. Analytical psychologist, and a founding member of SAAJ. (leapingsalmon17@outlook.com)



## ONENESS & THE HEART OF THE WORLD

Two mystical traditions meet: Father Thomas Keating (Trappist monk) & Llewellyn Vaughan-Lee (Sufi mystic)

Boulder, Colorado. 2008 90 min



It is the work of the mystics in our world to bring together the spiritual body of our planet, to make the connections between different orders and traditions. The Trappist monk Father Thomas Keating, and the Sufi



master Llewellyn Vaughan-Lee, spent some time together exploring the Oneness which we as whole need to access in order for humanity to take the next step in evolution.

Speakers on Tues 2 Feb at 6pm. Janie Potgieter, Contemplative Outreach in the Cape. (janie@telkomsa.net) and Sören Schmidt of the Naqshbandia Mujaddadia Sufi order. (soren@mail-man.co.za)

## RUMI POET OF THE HEART + RUMI TURNING ECSTATIC

A journey into the heart of Rumi's timeless poetry.

Double bill 58 + 48 min = 106 min

Out beyond ideas of wrongdoing and rightdoing there is a field.

I'll meet you there.

Jelaluddin Rumi, born in 1207, was a Sufi scholar and teacher. He forged an extraordinary and esoteric friendship with Shams, a wandering dervish. After the mysterious disappearance of Shams, Rumi transformed from scholar to mystical poet. Eight hundred years later Rumi is beloved for his poetry all over the world.

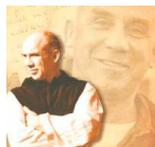


## SOUL SEARCHING

The Journey of Thomas Merton

DIR Morgan Atkinson. 2007 67 min

Trappist monk, "believing beatnik", brilliant author. The remarkably rich life of this American monk who lived mostly in solitude cloistered at the Abbey of Getsemani – yet whose influence still is vibrant today. The writings that flowed from his monastic cell over 27 years examined spirituality (of the West and East), and contemporary challenges. His thinking brought him praise, censure and the reputation as one of the most influential writers of his time. Award-winning producer Morgan Atkinson spent years researching Merton's work.



## THE ANIMAL COMMUNICATOR

The Foster Brothers & Swati Thiyagarajan. South Africa 2012 52 min

Screening courtesy of Sabido productions

What if you could talk to animals and have them talk back to you? Anna Breytbach is dedicating her life to interspecies communication. She sends detailed messages to animals through pictures and thoughts and then receives feedback of remarkable clarity that she can decode. But how can this be proved? Swati Thiyagarajan, one of Asia's top environmental journalists, sets out to investigate.

Speaker: Swati Thiyagarajan on Mon 1 Feb at 6pm.



## THE IMPORTANCE OF BEING EXTRAORDINARY

Eckhart Tolle and Wayne Dyer in conversation

Recorded in Hawaii. 2013. 72 min + 48 min Q&A (total 120 min)



This discussion provides a rare opportunity to listen in on a profoundly moving dialogue between Eckhart Tolle and Wayne Dyer. They delve into everything from ancient spiritual texts to contemporary pop culture as they tackle questions we all wrestle with, such as Who am I? What is real? and What is the meaning of life? Graceful, loving, and humorous.



Speaker: John Homewood on Sat 6 Feb at 6pm. Founder Mind Enhancement Systems & Wisdom to Nourish, (info@wisdomtonourish.co.za, 082 568 2777)

## THE LIVING MATRIX

The New Science of Healing

DIR Greg Becker and Harry Massey. Emaginet Inc. 2009 83 min

This film challenges conventional medicine to expand its understanding of human biology. The film uncovers evidence-based research in bio-energetic medicine confirming that energy and

information fields, not genetics, drive human physiology and biochemistry. It encourages the total integration of, and acceptance between, conventional and alternative health care. Scientists, psychologists, bio-energetic researchers and holistic practitioners share their knowledge, experience and insights.

Speaker: John Homewood on Sat 6 Feb at 4pm.



## THE POWER OF THE HEART

with Paulo Coelho, Maya Angelou, Isabel Allende, Eckhart Tolle

DIR Drew Heriot. 2014 80 min

From the director of *The Secret* comes this film about the astonishing power and intelligence of our heart. Featuring some of the most inspiring and influential icons of our age, this film – which ties into a book of the same name – presents fascinating evidence that our heart is much more than a physical organ. They argue that it can actually transform our perspectives on our values in life, on following the aliveness our heart tunes us to . . . and is in fact the very source of our intuition beyond time and space.

Speaker: Alan Strydom on Sun 31 Jan at 4pm, Wed 3 Feb at 4pm and Sun 7 Feb at 11.30am. MD of HeartMath South Africa. (alan@heartmathsouthafrica.co.za, 082 678 7999)



## THE STORY OF THE WEEPING CAMEL

DIR Byambasuren Davaa. Mongolia 2003 87 min

This breathtaking blend of documentary and fiction provides an unobtrusive glimpse into the relationships, rituals, and livelihood of a three-generation family of nomadic shepherds in the Gobi desert of South Mongolia. It is birthing season for the family's herd of camels. The story unfolds gently, sensitive to the rhythms of desert life while honouring its real-life actors.

Speaker: Margie Adcock on Sun 7 Feb at 4pm. A short introductory film *Circle of Nourishment* will highlight the work of Rokpa Charity SA (dharma@discoverymail.co.za)



## VISION

From the life of Hildegard von Bingen

DIR Margarethe von Trotta. In German with subtitles. 2010 110 min

This famed 12th century Benedictine nun was a Christian mystic, composer, philosopher, playwright, poet, naturalist, herbalist and ecological activist. Barbara Sukowa brings this extraordinary woman to life; her fierce determination to expand responsibilities of women within the order, even as she fends off outrage from some in the Church over the visions she claims to receive from God. Lushly filmed in original medieval cloisters of the fairy-tale German countryside.



## WHEN THE IRON BIRD FLIES

Tibetan Buddhism Arrives in the West

DIR Victress Hitchcock. USA 2012 96 min

When the iron bird flies and horses run on wheels, the Tibetan people will be scattered like ants across the face of the earth.

– Guru Padmasambhava (Guru Rinpoche) of Tibet, 8th Century

In 1959, the Chinese invasion of Tibet threw open the doors to the mysterious realm of Tibetan Buddhism and suddenly this rich, ancient tradition was propelled into the modern world. The film takes us on a journey of the astounding path of one of the world's great spiritual traditions from the caves of Tibet to the mainstream of modern culture. The film also tackles the provocative exchanges between Buddhist practitioners and scholars and scientists, psychologists, and educators now at the heart of the emergence of a genuine western tradition of Buddhism.



## ZEN

The Amazing 13th century Japanese Buddhist Master Dogen

DIR Banmei Takahashi. Japan 2009 127 min

Takahashi's sensitively filmed Zen is the inspiring story of Eihai Dogen. Dogen was a fearless spiritual seeker and brilliant writer whose deeds and words still engage. He established a monastic practice in Japan which emphasises 'zazen' – sitting meditation. Speaker: Ron Schiff on Wed 3 Feb at 6pm. Teacher of The Dharma Centre, home of contemporary Zen. (dharmken@worldonline.co.za)



Wisdom to Nourish  
Books, CDs & DVDs to Nourish the Soul

Wine courtesy of  
THE DRIFT  
OTTERBERG MICHLAND

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