

EXPLORING CONSCIOUSNESS BEST OF THE FEST

in partnership with ZONNEBLOEM WINE
at Protea Cinema, Neelsie, Stellenbosch

8. DEATH & DYING

EXPERIENCING THE SOUL 70 minutes

Experiencing the soul: before birth, during life, after death shares the stories and insights of 18 of the world's foremost spiritual teachers and scientific researchers. HH The Dalai Lama, Elisabeth Kubler Ross, Joan Borysenko, Ram Dass and others share their thoughts and perceptions about how to connect with the soul during life and after death, and about ways to experience the soul during birth and near-death experiences.

FIERCE GRACE 93 minutes

Harvard professors Richard Alpert and Timothy Leary made counter-cultural history in 1963 when they were fired for conducting controversial psychedelic drug research. After meeting his guru Maharaji in India, Alpert, now named Ram Dass (Servant of God) became a spiritual inspiration to people worldwide. Filmmaker Mickey Lemle - who has known Ram Dass for more than 25 years - intersperses vivid archival footage from hippiedom's glory days with intimate glimpses of Ram Dass today, since he has been "stroked" in 1997. An engrossing, poignant reflection on consciousness, healing and the unexpected grace of aging.

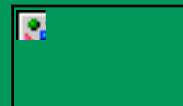
OUR PARENTS 26 minutes

An extraordinary and moving conversation between four elderly Jews who come together after their youngest sister has died. They talk about life, death, marriage, resurrection and the soul. Selected for screening at the prestigious City of the Angels Film Festival (Los Angeles.) Produced by Marisa and Ruben Mowszowski. Music by Dizu Plaatjies.

OVERCOMING THE FEAR OF DEATH 35 minutes

"The pain and loss we feel at death is not suffering. Suffering is when you become attached to your pain." Deepak Chopra in conversation with Anikas Dopping uses stories, poems and humour to explain his notions of embracing death. Our attitudes about death result from how we live our lives. Experiencing this film helps us not to take our ego, the symbol of mortality, so seriously but rather to cherish our limitless freedom of spirit.

EXPLORING CONSCIOUSNESS is a FILMFEST
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a Tibetan Buddhist charitable organisation.



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