



## How to Organize A watch-discuss-meditate event

YOU CAN ORGANIZE THIS EVENT WHEREVER YOU LIKE – IT'S EASY AND VERY AFFORDABLE!  
THE EVENT IS A GREAT WAY TO DISCOVER A NEW VISION OF THE WORLD AND GO DEEPER THROUGH A DISCUSSION  
AND MEDITATION ON THE HEART. FOLLOW THE INSTRUCTIONS IN THE GUIDE ;)

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### MOTIVATE YOUR PEOPLE

Before you start organizing, make sure that you have the support of your closest circle of friends, family, and colleagues – you could also try approaching a few local associations. See if you can decide together on some possible dates for your event.

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### FIND A VENUE AND FILM EQUIPMENT

There are lots of venue options: a cultural institute, a performance hall, a community theatre, or even outside! Find a large screen, a video projector (an HD projector is best) and sound system. The film will be shown from a downloadable HD file, with subtitles in one of the 12 available languages – be sure to elevate the screen so that the spectators can see the subtitles ;) And make sure to leave enough time for the whole event (roughly 2h15).

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### CONTACT A HFN TRAINER

Contact a Heartfulness trainer to guide the meditation after the film. You can do so by going to <http://heartspots.heartfulness.org>, finding a trainer near you, sending them information about your event and the link to the website [cinemeditation.heartfulness.fr](http://cinemeditation.heartfulness.fr).  
If you do not get an answer within a week, go to CONTACT US and send the information again.

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### ECONOMIC MODEL OF THE EVENT

On our website, we ask for a small contribution to remunerate the team that is working on the film's distribution. If you decide to charge a pay-what-you-can entrance fee at your event, you will be able to reimburse this amount and also leave us a donation afterwards! The downloading fee can be paid by credit card, Paypal, or by text message. Thank you!

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### SEND US YOUR INFO

To create your event on our website's map and receive access to the Im, Il in the form on: [www.aquestformeaning-themovie.com/organise](http://www.aquestformeaning-themovie.com/organise). We will ask you for:

- your email address;
- the date and time of your event;
- the address and capacity of the venue;
- to tick box screening & meditation

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### DOWNLOAD THE FILM

We will send you a link from which you can download the film in the language of your choice! Be sure that you have a good internet connection, since the file is quite heavy (3.5Go). Don't hesitate to contact us if you have any problems. Please do not copy the film illegally, we are counting on you! ;)

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### COMMUNICATE AROUND YOUR EVENT

In the A Quest for Meaning « [Communication Kit](#) » you'll find instructions on how to communicate around your event and fill the venue! In addition to distributing flyers and putting up posters, you can post the event on social media directly from your «personal account» on AQFM's website. You'll also find a downloadable video featuring the filmmakers' Q&A.

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### TELL US ABOUT YOUR EVENT...AND IF YOU LIKE, MAKE A DONATION

After your event, you can share the inspiring testimonies directly from your « personal account» on A Quest for Meaning's website or on the facebook group [www.facebook.com/groups/aquestformeaningcommunity](http://www.facebook.com/groups/aquestformeaningcommunity). If you collected an entrance fee at your event following the 'Pay-what-you-can guide' available in the 'Kit for Ambassadors', you can make a donation to Kamea Meah to help support the film's distribution and to help finance new projects! You can also make a donation to the Heartfulness Institute to support their projects around the world: [donations.heartfulness.org](http://donations.heartfulness.org)  
We thank you in advance :)