

# Watch Discuss Meditate

Duration of the animation : 35 minutes,  
45 minutes (with Q&R, part 3)



## Part I : Led by the screening organizer

### Introduction of the event, 5 minutes

Present "Watch,  
Discuss, Meditate"

Present Heartfulness  
Institute

**Clearly explain the duration of the event and the various activities planned**

**Here are some key messages to choose information you want to share in front of an audience**

The Heartfulness Institute has partnered with the film documentary A Quest for Meaning to create a new type of event: The watch-discuss-meditate event. It is a format in which there is a screening of the film followed by a Heartfulness meditation and discussion on the themes of the film.

This event is a way to create bonds between people and to deepen the realizations that might have awoken during the film, thanks to the discussion and the meditation. This experience makes this concept unique and creates a new approach, alive and original

Heartfulness Institute is a not-for-profit association that offers free relaxation and meditation of the heart throughout the world. These tools are now present in 130 countries and reach more than one million people. It also offers programmes adapted to schools, universities, companies, social structures and institutions. There are thousands of trainers and volunteers

## Present a quest for meaning

to conduct workshops, organize events and bring their professionalism.

A Quest for Meaning started out as a holiday trip, it was not planned nor written. It was co-produced on internet (able to raise 40,000 euros in crowd funding) and then co-distributed with the help of individuals and associations who wanted to share the messages of the film: grassroots, short-circuit, local initiatives!

# Part 2 :

Film Screening A quest for meaning, 1h28mn

Introspection et exchange, 5 mns

After the film, ask the audience to focus on how they feel and to share their impressions with the person sitting next to them (preferably someone they do not know): how they felt during the film, what impressions or desires it inspired in them, what do they want to do after watching it, etc.

Some questions :

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# Part 3 : Led by the facilitator Heartfulness

Relaxation and Heartfulness meditation, 25 minutes

Experience the relaxation (5 minutes) and meditation on the heart (20 minutes) of the Heartfulness method.

*It is a simple tool adapted to every day life: offer yourself a moment of peace, silence, wellbeing, joy and meditation!*

At the end of the meditation you can encourage the public to share their experience with the film and/or the meditation with the whole assembly. They can also ask some questions they might have.

## Part 4 : Led by the event organizer and the heartfulness facilitator

### Question & Answer, 7 minutes

The organizer and facilitator can answer the questions or let the public answer each other's questions when it's relevant. Be careful not to enter into a debate with the questions and pay attention to the speaker's experience so he can fully express himself.

*The object of these exchanges is to encourage a warm and joyful atmosphere between those present to make it a time of connection and sharing.*

*This last and ultimate stage consolidating links is very important for the follow up. It allows people to feel connected, united and circulates both the values and the vision of the Heartfulness Institute and A Quest for Meaning.*

## Part 5 : Led by the event organizer

### Staying connected, 3 minutes



**Inform** people they can organize their own screening of A Quest for Meaning (the film is available in 21 languages) and even ask for a Heartfulness facilitator, available in 130 countries

<https://cinemeditation.heartfulness.fr/>

<http://heartspots.heartfulness.org/>

**Invite** people to stay connected by visiting A Quest for Meaning's and Heartfulness' website, Newsletter and Facebook page. And joining A Quest for Meaning's community of ambassadors :

<https://www.facebook.com/groupaquestformeaningcommunity/>

There is also a possibility to use a digital tablet or a computer to register people who want to receive the Newsletters of A Quest for Meaning and Heartfulness and thus remain connected.

# Required equipment



- Depending on the location and the number of people present, have one microphone for the facilitator and one or two wireless microphones for public exchanges
- First check installation and sound level.
- Necessary equipment to take photographs and/or film the event, and also record the participants comments if you would like. This can help to share contents to inspire other initiatives.
- If the room is small, the microphone might not be necessary. Optionally, you can circulate a talking stick.

# Advice to the facilitator



- Ideally, the facilitator should not also be in charge of the logistical details of the event, so that he or she can be fully present with the spectators during the presentation and discussion. This is important, since the facilitator will need to mediate according to the circumstances and the energy in the room. He or she may need to modify the program or cut things short; his or her presence is more important than the technical details.
- Be simple and authentic. Feel how you can create relations with the group. Pay attention to your voice and take time to breathe.
- To avoid any unpleasant surprises on the day of the event, be sure to check with the venue coordinator as to how long the theatre or film space will be available after the showing, and confirm this with them now.
- If the time of discussion becomes a debate, kindly refocus the energy in a non-judgmental attitude. Emphasize solutions that each one can find within his or her own heart.