

## 1 GIANT LEAP

### WHAT ABOUT ME?

Time codes	Shot Logs and Captions	Time codes	Dialogue
00:00:58	Man with a guitar standing on the sidewalk in front of a shop		Subtitles: Sometimes you are so used to a way of life, where the house is open, but you don't go out because you've already lost the concept of freedom
		00:01:15	
00:01:22			But sometimes you are so anxious for freedom...that you could free yourself from any prison or chains. It all depends on the strength of your concept of freedom
		00:01:37	
00:01:16	Bhagavan Das... ...Continues over montage		You've got to realize one thing, and that is you need to tame your wild crazy mind. You gotta tame it. All right? Your mind has a very very bad habit, which we call self-cherishing. And I call it: <i>(Singing)</i> What about me? What about me? What about me? What about me? ...And it's a bore. And it's a drag. And no body wants to hear it. So you can just shut up, and get off of it, and...give. That's all, give...give, be here and give. Connect with people... right? And you're so busy giving you don't have the time to think

			about yourself. Umm... you're going to be a lot happier.
00:02:52	Eckhart Tolle narrates over montage	00:02:46	This is a time for awakening for humans on the planet. This is a time to wake up out of the madness. Because the history of humanity is basically the history of insanity. But for the first time in the history of this insanity, is the insanity is threatening to destroy us. Mad intelligence. That's what humans have developed. You could call it also, you could call it cleverness. We're all clever, but mad. Mad intelligence. So we are coming to the end of this one way or another. Either we destroy ourselves, or we wake up out of that dream. The nightmare. But to see your own madness is the beginning of healing insanity. Because there is in every human being not only the madness, there is also the sanity. Through the media, mostly what you get is the madness. But at the same time there are millions of other humans who already have that awakening within them so they can hear. Its liberating to say 'We are mad'. Some people say that's depressing, its not depressing, it's liberating. Mad, I'm mad, but I realize that I'm mad.
00:04:30	African Woman	00:04:29 00:05:02	

---

	singing.		
00:05:24	Eckhart Tolle narrates over image of a baby		In every child an ego gradually begins to develop. One of the first things a child learns is, his or her name. I am...john. I am... and then come other things after these children grow up. I am... a boy, I am a girl, I am strong, I am weak. The ego is always built on identification with this or that.
		00:05:59	
00:06:04			The word I, the way it's used conventionally, is perhaps the greatest illusion. Because when you say I, you think you know who you are.
		00:06:15	
00:06:19	Woman singing	00:06:42	
00:06:44	Eckhart Tolle narrates over images of Casino		Then the child gets toys. That's my car, little toy. Its mine, mine. Somebody takes away the toy and the child is in extreme agony. ( <i>Sobbing</i> ) its mine....
		00:07:03	
00:07:14	Maxi Jazz sings about ego	00:07:56	
00:08:31	Bhagavan Das on his couch		I remembered when I was 3 or 4 years old, you know, going out in front of my house and y'know having a huge poop, like right in front of the house on the side walk and running inside excited to bring my parents out, my mom, my dad to show them what I had done. I was so excited about it. And what was I.... I was whipped; I was spanked and whipped for

		00:08:59	it. And violently, you know...shame on you...look what you did...
00:09:00	Gabrielle Roth talking		We've been trained and conditioned to shut down our spontaneous responses, our authentic and essential responses, from a very early age. Y'know, don't cry, what's wrong? You know...don't be scared, I mean, we're talked out of our feelings and shut down because nobody knows how to communicate from a
		00:09:26	emotional field.
00:09:27	Neale Donald Walsch voice		Childhood is tough, childhood is rough. All the other kids in the playground are telling us that's what's wrong with us, and why we're not ok. And the bad part about it, is that when you're 7, 8, 9 10 and 12, you believe it. You don't have the strength to reject it and say it's not true. You take it all in, and make it part of your
		00:09:46	truth.
00:09:51	Billy Connolly		I was abused by my father when I was younger. And I carried it around, I didn't tell anybody, for... it's the weirdest thing because you ... its one of those er...events that makes you feel... it's a crime that makes you feel you committed it when you're the victim. Because it isn't all pain, you know there is pleasure in it. So you carry this around with you, that you were part of the crime. And you'll

			read this all the time, when, when you hear victims of it speaking. <i>I felt so guilty, I felt...</i> and then the last guilt is, when your father dies, or the person dies and you haven't confronted them about it. And you think well time will heal it, but time doesn't heal it. It actually gets worse.
00:10:45	Bhagavan Das speaks over hands playing a string instrument	00:10:38	The idea of shadow has to be liberated. We must go into the places that scare us, into the darkness and make friends with our demons. The wound is... is the key because we are all wounded by birth. We are like 'Where am I? Who am i? Why am I here? Where is he? Where is she? And so we are constantly recreating. Until we make peace with loneliness and with the shame, and with our own anger.
00:11:25	KD Lang Singing	00:11:24	
00:12:48	Tim Robbins talks in front of deia under a palm tree.	00:12:25	The problem is you have to learn your way through these things. You gotta fight your way these things. And the big problem is when they medicate teenagers and children, often at the request of the expert opinion of some fucking teacher that is having a hard time with a creative child essentially. Now when you medicate a kid through those years, that kids not learning how to deal with depression or anger. The discomfort that the child's depression and anger brings

the parent or the teacher the idea that they would medicate him it's really a selfish thing. It's really the teacher's problem and the parent's problem. So what they wind up doing is medicating these kids and then the kids find their way of course like other teenagers into self-medication along with that medication. And that's a recipe for disaster. And all these shooters in Columbine and the Kip Kinckle up in Oregon and the kid down south were all on anti depressants through out their teenage years and what happened was that it got to a point where the rage just blew... Your kids got a lot of energy, find something to do with the energy. Get off your ass mom dad. Do something rather than just put a pill into their mouth.

00:14:08

00:15:27 Sir Bob Geldof talks  
to the camera from  
under a tree in  
mallorca

I am depressive by nature, I'm fairly melancholic by nature. I'm not captain chuckles you know...  
When things were really bad, and I mean things got really bad you know almost to ultimate point, I was offered you know happy pills. You know, take a pill. So you take another pill. And you take another pill. It doesn't matter. IT DOES MATTER!

I declined them because, um...it's probably wrong but I just think a human being has to understand the process of this thing. To almost stand back and try and externalize the pain and the anguish and the loss and the grief. And look at it and say what is that, recognize it, just so that you can take that bit and say I know you, get back in there. I know it...I know who you are...

00:16:19

00:16:22 Liza Jesse Peterson  
speaks on her chair  
in white room

Facing your demons... all right, being a victim, you know, I AM SUFFERING, everything is always fucked up for me, nobody understands, that's a demon. You understand... and it took me years of ...not being honest with myself, running from the truth, denying what was in my face, blaming everybody else, she's an ass hole, she's fucked up, look at her, look at them, aaaahhhh.... But then there was a common denominator.... Me!

00:16:53

00:17:04

Then I had to really fess up... you know, I'm full of shit! I need a colonic, (laughs) cause I can easily just sink, he yeah...I can sink into the depths.

00:17:16

00:17:17 Michael Stipe Sings

00:18:26

00:18:26      Eckhart Tolle speaks  
                         over animation

There is in every human being an accumulation of past emotional pain. And emotional pain that isn't fully faced in the moment that it arises, remnants of it becomes lodged in the body. And that emotional pain is a ball of unhappiness one could almost call it, that lives in you. I call it the pain body that human beings carry inside. And this is what causes over reactions. Just an innocent comment that your partner makes to you could act as a trigger. Once it's engaged in drama it doesn't want the drama to end, it wants more. It also goes into your mind. So your thinking becomes deeply negative. Your thinking is fuelled by the old emotion. It feeds on every negative thought that it makes you have. It loves negative thinking. One negative thought after another... how dreadful this is... you can hate yourself, and tell yourself how much you hate yourself; you can hate your partner, and tell yourself how much you hate your partner. Fighting doesn't help. What helps is... becoming friendly with it. What does that mean? I can feel this, look at that, and you feel it...there it is. You allow it to be. You become the observing presence, rather than it. And then the old emotion cannot take you

over. Because you are still there, here is the emotion, which you allow to be, you are the space, around the emotion. You're not the emotion anymore. That transforms it and it frees you from being its slave. Realize your own thought processes, are creating suffering for yourself. (*Laughs*). And for most people on this planet, the only spiritual teacher they have is their suffering, and then the suffering becomes an opening.

00:20:43

00:22:21

Written quote

"I just need enough to tide me over until I need more" Bill Hoest

00:23:39

Dr Ed Devries

I believe that God has created a void in every man, and the only thing that can fill that void is really God himself, and when men don't find God they start looking to fill the void everywhere else. They er, some will do it with drugs, some will do it with alcohol, some will do it with sex, some will do it with personal achievement, some will become workaholics. So that's what it is man is trying to find: satisfaction. And er he's either going to find it in God, or he's going to search for it in vain in things.

00:24:09

00:24:10	Eckhart Tolle	Addictions arise in the absence of being in touch with the essential aliveness that you are, that you need to substitute. I need to smoke ( <i>inhales</i> ), or an addictive eater ( <i>piggy noises</i> ). There is enormous need behind it. I need it. Or sex. You can see how close they all are. You want to take it, you want to take something in. Because I am not fulfilled, I need to add more to me. Who I think I am myself. More experience. More knowledge. More suffering. I need more. More drama. I need more relationships. More possessions. More time.
00:25:31	Krishna Das talks over montage.	00:25:09 That there is going to be enough to make us happy in this world. Is one of the basic illusions that we... that carries us through life. We're born hungry in every level. We're hungry for everything. All our senses are hungry for input and when you don't get enough you think that there is enough somewhere. And until you get enough and realize that it isn't enough it will keep coming back. You keep dreaming that romantic image that this will be enough. This relationship, this car, this thing that you know. Cause wanting doesn't stop. No matter how much you get. 00:26:13

---

00:27:09			In the west we kind of like live as if we're supposed to be all of us, kings. All the time. And all have everything we want. And when we don't there's something wrong with us. And we get angry and you know. We take our suffering so
		00:27:24	personally. How could this happen to me!
00:27:51	Seikou Camara speaks over montage of music and American flag.		Everybody wants to be just like an American. It's amazing. It's amazing to me. I don't think there are always happy people there. I don't think they are. They should be unhappy. Because of what's happening in the community there. It's not enough to have money to be happy. Money doesn't make people happy. But it is peace of mind you have. And I would be surprised if they have peace of mind because there is no family, individualistic life, everybody is running after money. We have no time to sit down. Talk
		00:28:33	peacefully. Be friends. It's a disaster.
00:31:02	Written Quote		"Take only pictures, steal only time, leave only footprints." Unknown
00:31:10	Conversation between children and a woman shot in the mud		Subtitles: <i>What have you found here?</i> <i>Why are you crying?</i> It bit me... <i>How long does it hurt for?</i>
		00:31:25	We get sick after being bitten.

00:31:43	Elderly pygmie woman peeling potatoes.		Everyone who comes here makes the same mistake, we are given nothing. They promise us things, but when they leave, they are done filming the pygmies and that's the end of it. He is filming the old woman who is peeling her vegetables in the kitchen. In the end he is the one gets the money. And even now, I'm losing out. My children and my grandchildren will not see their grandma's face on TV. You give us
		00:32:14	100,000 francs right now!
00:33:53	Tribes man in a circle of people		Subtitles: The things that you film now, that you come and do... we never benefit. We never see the results of these things. I haven't got much to say... but we shall see what you are going to do. If you are going to rob from us, then you will rob from us. If you are not going to rob from us, we shall see.
		00:34:25	
00:38:11	Man (17) speaks in the dark in his tribe.  Mohino, tribal leader		Subtitles: We have people coming to us with their babble, talking bullshit. Like: "Give us your image so we can do this or that.." we are tired of this thing. You know we are poor, we are counting on you. We are counting on your help. Mohino! Soon you won't have any images to take, these images will disappear. We are going

		00:38:48	away, all of us, the journey is over. It's finished, good night, it's over. Mohino!
00:40:25	Written quote		"TV is enough", Kurt Vonnegut
00:40:27	Two Asia ladies sit outside a hut.		Subtitles: What do we think about TV? TV shows us only good things, nothing bad. Before we had TV we didn't know anything. We couldn't see anything. And we didn't have anything good to eat. TV is good!! Now we have nothing to worry about.
		00:40:45	
00:41:07	Dr Ed Devries over montage of TV images		I guess its because we get bombarded and bombarded and bombarded with the images so many times that our brain loses the ability to really react to them. You know it could be that the pace of the world is blocking out that still small voice of God. You know everybody is looking for God and the bombardment. Y'know earthquakes end. Storms come to an end. The media never shuts off.
		00:41:39	
00:41:41	Tom Robbins is introduced to the montage		They give us the bible. They give us the Koran. They give us the Talmud. They give us daily newspapers, the six o'clock news. Pronouncements by politicians, government policies, sitcoms, advertising. And none of it bares much resemblance at all to what's really going on in the universe.
		00:42:01	

00:42:10			And when's the last time you heard anyone complain?
00:42:14	Speed Levitch grainy montage shots.	00:42:12	TV is an emanation of the triumph of the blasé. I wanna say I think it's a disgrace. How can the blasé be triumphing so? They can't possibly have a good army! I mean, they're blasé! They're not know for their gung ho ( <i>laughs</i> ) but they're kicking ass right now! The blasé are kicking ass. I can see how a blasé saint could be a good thing. But to have blasé as the status quo for everybody, that's a supreme bummer. That's a gigantic psychological limitation.
00:43:35	Nadal Sadawi sits at her desk	00:42:48	You are dominated by the corporate powers. They never leave you alone. They are with you in the bedroom so you are never alone. So there is no choices. You think you choose... but you do not choose.
00:43:49	Noam Chomsky speaks as we see the statue of liberty.	00:43:48	And we have huge propaganda systems. The public relations industry is fundamentally a propaganda system. It's an enormous industry. Developed first in Britain and the United States. These are the two countries that were most free and democratic. And that's where you need a propaganda system. Um... because there you can't control people by force

anymore. So you have to control their beliefs and attitudes. And this is very conscious. The core of democracy is the engineering of consent. And you're directed by the educational system, by media to have the aspiration of becoming a millionaire. And then if you don't quite make it you didn't meet your aspiration. But there are other values. There's another value to say, "ok...I won't be a millionaire but I'll help the people that really need help..." And you don't have to go to Ethiopia to find this. You can do it right in the United States.

00:44:46

00:45:50

There'll be a dozen letters from young people in Canada and the United States and England and so on...saying, you know, I don't like what's going on what can I do? Interestingly I never get that question from people in poor countries. They don't ask me what they should do. They tell me what they're doing. It's only in the wealthy privileged sectors that people have no idea what to do. Elsewhere they do things. And that's part of our education and indoctrination; to make you feel there is nothing you can do. And it has to really be imposed strenuously in the richer and more

---

			powerful countries that you can do a lot.
		00:46:33	In fact you can do anything.
00:47:13	Gabrielle Roth appears on split screen with singers		How do I find peace of mind? How do I find that place inside of me where I can stop listening to this inner noise and start really listening
		00:47:24	Being in tune with my authentic voice... you have all of this chatter.... and interference... that you have to kind of clear out... your parents, your aunts, your grand mamas voice, everybody's voice is in your head.
00:47:21	Liza Jessie Peterson overlaps in a montage		You are the problem
		00:47:31	
00:47:32	Bhagavan Das overlaps and enters montage	00:47:33	
00:47:33	Sir Bob Geldof overlaps		It's the Greek chorus thing isn't it .... You are a twat...
		00:47:35	
00:47:36	Gabrielle Roth, Liza Jesse Peterson, Baghavan Das Man, Neale Donald Walsch and Sir Bob Geldof all talk over each other		"Intense mental masturbation" " You're not going to believe that for a second it might sound." "Tried it as well" "This ego character is coming on taking over my mouth, is taking over my phone, is driving my car"
		00:47:46	Stop pump the breaks! So it's just a urck. Switching the internal tape and weeding out all that external and historical static.
00:47:47	Liza Jesse Peterson voice becomes louder and image is central	00:47:57	
			There is no way out. We are all stuck in our minds.
00:48:09	Woman (22) voice over montage	00:48:12	

00:49:10	Ray Menezes sits.	I think one of the common misunderstandings about meditation is that you empty your mind and you become very still and there is this void, you know. Actually what happens when you sit in mediation is you feel very very uncomfortable. You know, your mind's going crazy, it's like it's trapped in a cage and it wants to get out. And you don't want to be there. You want to be down the pub or watching television or anything. But you don't want to be there looking at this wall, you know. So it is uncomfortable and it should be uncomfortable, that's the process. Its like, it's your ability to stay with that. To actually begin to explore, a very simple question in a way. Why is it uncomfortable? Why is it so uncomfortable to be still?
00:49:54	Eckhart Tolle begins to talk over some dancers	00:49:51 To appreciate the present moment, there needs to be gap in the stream of compulsive noise making which is called thinking. Most of which is unnecessary. Some of it is useful. But most of it, it actually interferes with the smooth flow of life. It creates so much suffering; so many problems that actually have no existence here now. Part of the madness is to live as if the future were more

important then the present moment.  
Which is how most people live.  
Completely insane. So you miss the  
aliveness of life for some projected future  
aliveness or fulfilment. There is no future.  
00:50:46 There is only this. The present moment.

00:50:54 Stillness is already here. It's an essential  
part of who you are. And all you need to  
do is get in touch with that. How do you  
get in touch with that? The easiest way is  
to become friendly with the present  
moment. Even if the present moment is  
noisy, you become friendly with noise of  
the present moment. And then there is a  
background of stillness. Can you sense  
that you are... now?  
This is it. This is it. It's never...it's always  
going to be this. And this is... who you  
are. I am...  
And to sense that is joyful. And that joy is  
00:51:51 not through anything external. Its  
inherent.

00:54:01 Bhagavan Das back  
on his couch. The human being is great! It is a great...  
you are good! You know. This is  
important to get your basic goodness.

00:54:12 And stop beating yourself up.  
00:54:15 Steven Fry narrative  
starts whilst camera  
scans grumpy men. We have this peculiar shame about  
ourselves. That we have this contingent  
state of worrying about why we are. And

feeling bad about it. We feel bad about the fact that we masturbate, that we shit, that we have to have sex in order to reproduce. What is to be ashamed of in that? I mean how bizarre that the state that we are given. This is how you make another one of yourself. You put this penis into that vagina and you pump out lots of seeds and another baby gets made. And we spend our lives not allowing that to be on television. As if it something to be ashamed of. And words that describe it, like fuck or cunt or something are, are, are made taboo words. Whereas kill, cruel, torture. We can use those words when just describing the traffic. They're not taboo words. But those are things we do of which we should be absolutely ashamed.

00:55:12

Completely ashamed.

00:56:06

Gabrielle Roth begins to speak over girls singing in room full of masks.

I think that the light and dark are like these amazing lovers, and that they need each other. They balance each other. They hold each other. They embrace each other, at a certain point in the day, everyday. They touch each other as they pass you know. And then there is this third force. The shadow. Which is kind of the ego part. The part that separates the light from the dark. And puts us in a

			position of thinking we have to be like a good girl, or a good boy, or a good person. Instead of being a real person and a vulnerable person. We just don't trust. We have been taught not to.
00:56:45	Billy Connolly voice starts as we see a life size penguin	00:56:41	If you substitute content for happy, you'll probably find that you're happy. Cause we've associated happiness with laughing and smiling and throwing beach balls to your children. And I've never been that guy. So I thought well, maybe I'm not happy. But if you switch it for content, the practice of contentment. You think oh god I'm happy! I'm a happy man! Oh lucky me!
00:57:05	Bhagavan Das begins to speak as we see the penguin with a little boy.	00:57:04	And we've all got something to be thankful for. Stop bitching. Stop complaining. Stop worrying. Worrying is praying for what you don't want. So stop praying for what you don't want. And just let go!
00:58:40	Written quote	00:57:25	"Old age is not so bad when you consider the alternatives.", Maurice Chevalier
00:58:43	Professor Xu Yuanzhong sits and talks to us.		And now I am old. More then 80. I'm not afraid of death you see. To be or not be that is the question. If I could not move, if I could not work freely, if I could hear, I could not see, I could not eat...then...what's the use of living? Living... it would not be... if to live is a

			delight then live as long a you can. If to live is not good, then you will not to be I think.
00:59:18	Seikou Camara in flower chair.	00:59:10	I am not afraid of death. What I am afraid of is old age. Once you get old, you become weak, you become powerless, don't know what to do. You can see people working, you know how to do it, but you cannot do it. This is what I am starting to feel now.
00:59:42	Elena Poniatowska in front of a painting.	00:59:36	In my case there is a fear of not doing all I want to do before dying. Because I feel like I still have time, you know. There is till sun on the walls, no? but it's a sun that's coming down.
		00:59:55	
01:00:00			It's given me a sense of loneliness I didn't have before. A sense of solitude, a sense of... for instance, young people keep to themselves, so older people need to have friends, more or less their age. But then those friends die. And disappear. I keep losing people all over the years. And young people have their own lives. They have their own time, they don't have time for others, no? or they pay polite visits, polite conversation, or how are you? ...
		01:00:39	but you see that they want to go.
01:00:47			I never think of myself, wrinkled. No? I

			never think that I have white hair. But I do, I do have a sensation sometimes when I glimpse myself in the mirror I say "Oh, how ugly!"
		01:01:11	And that is sad.
01:01:18	Olga Silverstein voice. Shot of elderly people.		As you get old, it's a constant process of loss. I have lost so many good friends. One very recently. Dear dear friend who died suddenly about a month ago. And that's very upsetting.
			You lose parents of course, they're unfortunate sometimes children. Certainly friends. And power. Your eyes your ears. Your ability to run. To get up, it takes five minutes to get up off your chair and get moving. Those are big losses. And that's what we deal with, is the loss. I guess
		01:02:13	death is the final loss. You lose yourself.
01:05:20	Nawal Sadawi at her desk		I never wear makeup, I never dye my hair. When I go to the States, my friends tell me, why don't you make a face lift you know? To hide your wrinkles. Why should I hide my wrinkles? I am above 70. I am proud of my age. I am proud of my
		01:05:37	wrinkles.
01:05:38	Olga Silverstein on her couch.		If there's an added something. Which, now let me think about what that might be. The sense that life is not limitless, and I'm sitting with people who are stupidly wasting their time. I'm a better therapist

			because I'm impatient with that. I don't excuse it and say well...that's who they are. No! My tendency is to wanna shake them up a bit and say wait , the days are getting shorter. Wake up!
01:06:20	Ram Das begins to speak whist we watch an artist at work.	01:05:13	Aging is going from a perceptual stance of ego to a perceptual stance of soul. You become, you become wisdom. You don't have to know anything. You become wisdom. You become compassionate and you give up all the striving. Striving.
		01:06:58	
01:07:40			Anywhere where I drop the body, that's the perfect place. That's the perfect place to die. And we each, we each die at our appointed time. And it's beautiful, death.
		01:08:05	If you can face death, you can look death in the eye, then he will reward you by letting you live, really live every second that you have left.
01:08:10	Tom Robbins talks as we watch a burning figure.		
		01:08:22	
01:09:39	Ron Hudson		I watched the last of my friends who were diagnosed together around the same time die this summer. To sit with them and know that they're dying and know what they're experiencing could be what you experience can be very frightening. Especially, and then you suddenly see them looking like they've come out of a concentration camp. It's just, there's really no way to put into words the loss

		01:10:07	that you feel for that.
01:10:14			The other side to that is that when your friend is dying in bed and can't talk and all you can do is wave your finger at each other, you know that there's a tremendous amount of love there. Money
		01:09:30	doesn't count, possessions don't count.
01:10:50			I'm beginning to find myself again, but I don't know what my survival will be and then I think, well, does anyone really
		01:11:03	know what they're survival's going to be?
01:11:12	Written Quote		"Begin at the beginning and go on until you come to the end; then stop.", Lewis Carroll
01:11:15	Geledston Robinson		I'm gonna light this and just say a short prayer. Because if you involve God in your work, you have to succeed. There's no failure. This opens the spiritual eye in your brain. Ok? The spiritual eye, because most of our brain we never use, y'know and that's the spiritual side that we should cultivate to serve God
		01:11:43	properly.
01:11:44	Tom Robbins voiceover		The central dynamic of history is not a conflict between God and Satan, it's not a conflict between good and evil. It's a conflict between ignorance and enlightenment.
01:12:01	DBC Pierre		It would be easy to become religious I think. It's an effort not to. Not in an

			orthodox sense, but seriously to suddenly just depart from all the sciences and decide that there is a completely unidentified set of quite detailed and purposeful forces that are driving us.
01:12:24	Deepak Chopra	01:12:23	It's never random. There's nothing random in the universe. At the most fundamental levels of nature there is one single pattern in which you and I and our thoughts and our behaviours and our interactions are actually part of an overall pattern.
01:12:41	Sir Bob Geldof	01:12:40	It makes no sense to me none of it. Y'know we're not very significant as creatures y'know. We're Its over, it begins, its over. And for me it's a blessed oblivion. Nothing. The absolute thrill of nothing y'know. The relief of nothing. God, nothing. Nothing. Wow.
01:13:06	Ram Das	01:13:00	The more you can be an individual and be all of it at the same time. You've got it made.
01:15:00	Cross legged man	01:13:22	Oh son and daughter of noble birth now the time has come for you to seek a path. As your breath stops, visions will appear and while on this journey from life into death if you should find yourself calling out 'oh lord of great compassion, am I beautiful enough, am I wearing the right

			clothes, do I have the right connections to get me into where I'm going? To these concerns I say 'do not worry'. With this kiss there are revelations tattooed upon our lips. Revelations more easily read on account of this silent pact with recognition where I'm beginning to see that we are slowly becoming healed.
01:15:51			
01:16:24	Liza Jesse Peterson		Sure, it's a great opportunity for construction, for new ideas, for getting closer to the truth, and moving past organised religion, and make it real and deal with the chaos and the pain while you're ooooohming to the universe. That's heaven and hell right there, and we're walking every day with it. You can change it, you can live hell tomorrow and be in heaven today right now. It's nothing esoteric, out there, its right here.
		01:16:55	
01:17:24	Caspar, Club Doorman		You know what? Whether the Lord is Buddha or Jesus or Allah or whatever; if he's a God he's gonna know you're a cool guy and you ain't gotta worry. If there's a heaven you're going.
		01:17:33	
01:19:19	Bhagavan Das Voiceover	01:19:26	Stop. Be here now. Be in this moment.
01:19:46			We live in a dream, our lives are fragile. All of us have one foot on a banana peel and the other foot on the grave. The surrender is not an option, because you

01:20:17      can only fight it for so long. It's a cork  
floating in the middle of the ocean  
screaming 'I must control it, I must have  
control'. It's hard to just let life happen.