

A QUEST FOR MEANING

GUIDE FOR FACILITATORS

Length of presentation: approx. 20 minutes

This (indicative) guide will help you prepare a short presentation/introduction to the discussion portion of your “A Quest for Meaning” event. This guide is relevant only if you do not go through an AQFM animator, in which case he/she will be the one animating the event.

The purpose is to (joyfully and encouragingly) urge spectators to continue their AQFM experience by:

- Staying fully present in their hearts and bodies, rather than in their minds (during the presentation);
- Organizing a showing of their own (at a later date);
- And connecting with other members of the A Quest for Meaning community

Some things to keep in mind:

- It is important to keep your presentation short.
- 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.
- We suggest keeping the presentation light and simple. Make a point of connecting with the audience right from the start (keep in mind that people might be surprised that there is a facilitator).
- 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.

Here is the general outline of the presentation and the activities to follow; it can be modified however you feel is best, and according to the time available. You'll find more detailed information about each step of the presentation on page 2.

(Estimated time to help you organise the activities)

- 1. Short Meditation:** 1 or 2 minutes of silence for the audience to refocus and tune into the feelings the film may have triggered.
- 2. Discussion (3'):** Give the spectators a few minutes to talk amongst themselves about how they felt, and which scenes inspired them and impacted them most.
- 3. Exercises and Activities: (6')** Engage the audience in different exercises, in small groups or as a whole.
- 4. Frequently asked Questions (7'):** Answer the most frequently asked questions about the film.
- 5. Connecting (2'):** Give the spectators a few minutes to exchange email addresses and encourage them to organise a showing of their own.

Hosting an « A Quest for Meaning » event is a way of carrying the film's message and those of its main characters, so it is important to listen attentively and create an atmosphere of humility and understanding. It's important for the facilitator to put the needs of the group first by focusing not on him or herself, but rather on what he or she and his or her team would like to transmit ; this will allow the message to resonate with every person in the room, so that they, in turn, can go on to relay this message to their entourage. We encourage you to be very clear on your intentions and to make sure that the discussion stays on track ; feel free to redirect the conversation if it becomes nonconstructive. Our aim is not to analyse the problem (with our minds) but to find solutions (with our hearts ☺).

Before the film – Introduction

(3' total, maximum)

- Have the host for the evening (the venue's program coordinator or a representative of the association responsible for the event) begin with a short introduction, introducing the association, the purpose of the event, and sharing his/her personal impressions on the film, in order to connect with the audience.

Give a bit of background information on the association, including **contact details** (email address or website, mention if there will be pamphlets or other information available at the exit, and point out where.)

Next, give the facilitator a few minutes to speak if it is not the same person.

Animation

1 – Before the showing (2mn)

Present yourself briefly (1') and calmly, to begin drawing the room's attention + share a few details about the film :

Started out as a holiday trip, co-produced (able to raise 40,000 euros in crowd funding) & co-distributed with the help of individuals and associations who wanted to share the messages of the film: grassroots, short-circuit, local initiatives!

Clearly explain the length of the evening and the various activities planned.

Suggestions for the Facilitator

It's important, when addressing a large audience, to use simple words, a light and easy tone of voice and a bit of humor, to downplay things and excite people's curiosity.

Avoid using too many clichés, like the words « cosmos » or « energy », or using a Tibetan bowl or other accessories that people may not be familiar with. Engage people with your words and with your presence, and make an effort to stay grounded, realistic, and reassuring.

If there are 2 presenters, it is important for Steps 1, 2, 3, and 4 to be presented by the same person (to keep the energy level consistent and to keep people from intellectualizing too much).

2 – The movie (1h25)

Facilitator: take the time you need to refocus, to be present and be yourself, during the activities following the screening. This is even more important than the actual content of the presentation you'll be hosting ;)

3 – After the screening (2 - 3')

Thank the audience, and introduce the activity you have planned.

« Usually, at film events, a screening is followed by a formal debate or discussion. We prefer to give you the opportunity to discuss more freely how you felt about the film, and the impact that it had on you. »

You can then invite those who would like to leave to do so.

Be sure to use very simple words, to use your sense of humor (respectfully), and to connect directly with the spectators, to avoid embarking on an esoteric experience or an ethereal kind of group therapy.

Go up on stage, take a moment of silence, look at the audience and take some time to set up a connection, in silence.

//Don't let the energy disperse, be sure to keep the energy in the room.
//Show (by example) that it is more important to be "authentic", rather than "polite".

I – PERSONAL SEQUENCE - silence + questioning (2')

Meditation: Ask the audience to focus on how they feel, and leave 2 or 3 minutes of silence to allow each person to experience their own emotions. Here are some of the questions you might ask:

« *How are you feeling? What feelings or emotions are you experiencing?* »

« *How could you put it into words? Does an image come to mind, that expresses how you are feeling right now?* »

« *What aspirations/dreams/desires does this feeling bring up for you?* »

Silence – leave a few minutes of silence

Then begin to speak once again, softly and **gently**

The facilitator must remain still.

Be sure to use a soft, gentle tone of voice when you begin to speak.

This implicitly sets up a kind of sequence that goes like this: Breathe In / Thoughts + Observations / Emotions / Aspirations - Needs / Desires – Concrete Actions – Decision

II – COLLECTIVE SEQUENCE (2 people) : Share with your neighbour (3')

Sharing Activity: Ask the audience to share their impressions with the person sitting next to them (preferably someone they do not know) : how the film made them feel, what impressions or desires it inspired in them, etc.

Be sure to mention that the person listening should do so without commenting on what the other person is saying. Announce when it is time to switch roles. Please note that this is meant to be a listening game, not a debate.

Let the noise and chatter gradually take over the room.

Begin to speak – **without raising your voice** – to try to get everyone's attention. It might be necessary to repeat 2 or 3 times.

III – COLLECTIVE SEQUENCE (4 or 5): Group Activity (6')

Ask the audience to get into groups of 4 to 6 people and to exchange ideas on what their ambitions are, and which little steps they would like to make, once the evening is over.

If they like, they can share their ideas about concrete projects that they may have in mind. This will allow them to discover if they have any ideas in common, or any useful contacts to share; they might even discover a shared interest or a project that they would like to work on together!

The purpose of this activity is to connect people and create lasting partnerships that, ideally, will last even after the event has finished.

Next, begin to draw the audience's attention.

Instructions for the facilitator: Avoid putting pressure on the spectators, or using energetic motivational tactics ("Let's go, let's go!"). Keep the suggestions gentle and low-key ;)

Let the noise and chatter take over the room.

III – COLLECTIVE SEQUENCE (4 or 5): Group Activity (6')

Another option is to ask the audience to get into groups of 4 to 6 people and to exchange ideas on what their ambitions are, and which little steps they would like to make, once the evening is over.

III – OPTIONAL Activity - Can be omitted, depending on the availability of the audience, and their readiness to continue exploring.

Uninterrupted chain of speech

(The underlying purpose of this exercise is to create a sense of individuality in each

Pass the microphone around the room and have each person say one word or one phrase about a small change they would like to make after the event : one thing they would like to begin doing, or stop doing, or a dream they would like to pursue, etc.

Ask everyone to really listen to those who are speaking, to avoid using an overly intellectual approach, and to really think about what they would like to say. Remind them not to judge themselves or others, and to speak sincerely from the heart.

If the venue for your event is small, there is no need to use a microphone. If you like, you can use a talking stick or another object instead – be sure to show the object to the audience and explain what it is.

IV – Questions and answers

Encourage the public to share their experience with the film and what they felt with the whole room. They can also ask some questions they might have. The facilitator can answer the questions, or let the public answer each other's questions.

For questions about the film, check the FAQ below.

If you feel discussion is getting too long or out of subject, recapture the audience's attention with the next part.

V - Facilitator's conclusion:

The facilitator will bring the event to a close by inviting people to organize their own screening of A Quest for Meaning, explaining the film has a grassroots distribution model and is spread thanks to the people and organizations. They can organize screenings directly through the website www.aquestformeaning-themovie.com.

FAQ:

*> How can I organize my own showing of A Quest for Meaning?
For more information, visit our website: <http://aquestformeaning-themovie.com/organise> You can also join the facebook community <https://www.facebook.com/groups/aquestformeaningcommunity/>.*

> What are the filmmakers doing now? Marc and Nathanael continue to devote their energy to the distribution and promotion of their film. Nathanael is working to develop the association Kamea Meah in order to help support new, emerging films expressing similar values. Marc has just bought a land to host retreats and workshops on permaculture, personal development, societal change, etc.

*> How can I incorporate the messages from the film into my daily life?
By taking care of our physical health: by eating healthy, organic food, by exercising, doing yoga, by getting enough sleep...
By taking care of our mental well-being: by cultivating positive thoughts, by surrounding ourselves with people that make us feel good and that bring out the best in us.
Each morning and/or evening, take a few minutes to center yourself by meditating, expressing gratitude, observing your surroundings, and clarifying your intentions to*

person and then to unify each individual symbolically as part of a whole, and as part of society.)

Pass the microphone around the room, so that each person has a chance to say something. (Arrange ahead of time to have 2 or 3 wireless microphones at your disposal.)

You can set up a table in the entrance/exit to collect contact information of people interested and put up pamphlets about the association and A Quest for Meaning. People can get in touch with each other and with you here. Remind them at this stage.

This part of getting in touch is very important for the next steps of follow-up.

allow them to manifest in your life...

*> **And, most importantly:** invite people to connect with A Quest for Meaning/Kamea Meah by signing up for the newsletter on our website, and facebook page. This is the best way to stay in touch; be sure to really stress the importance of staying in touch, and keeping this contact going.*

Lastly: to finish the event off as it began, have the host take the floor (1') and mention the reasons behind the event (give an internet address, point out flyers or pamphlets available at the exit, etc.).

Also give the information on the associations involved (website, email address, ...)

Thank you for your help! Good luck, and be sure to tell us about your experience!