



# *Movies: Catalytic Agents of Illumination*

## *Part 3 of the Self-Care Series*

The Transformational Energy streaming (or should I say screaming?) through the planet and all of humanity continues and . . . drum roll, please . . . it is escalating and accelerating. The primary function is to release the grip of the outmoded self. The dominant themes at this time are opening the Heart, purging deeply buried energies and facing previously ignored consequences of living out of fear. These Higher Energies operate in multi-dimensional ways upon the body, mind and energy systems, which can stretch their operating capacity. For this reason, Self-Care is not a luxury but is now absolutely essential.

### *Miraculous Movie Magic*

With these challenging energetic shifts occurring, is there something that you can do

that is both engaging with these Higher Evolutionary Forces and is also entertaining? Yes – treat yourself to a night at the movies! The magic of movies is that they can elicit heart opening, mind expanding, spirit lifting, lesson learning experiences that can have profound effects on your physiology, consciousness, energy and chakras. And these effects can profoundly influence the course of your spiritual evolution.

### *Intention, Illusion and Illumination*

Movies are like glowing embers that can either brand you with illusions that keep you in shadow, or light a fiery torch that illumines, inspires and reveals your path ahead.

***It all depends on your intention. Are you going to choose to serve temporary egoic thrills, or the Soul's unfoldment into Eternal Happiness***

If you use movies to feed the ego's insatiable appetite for judgment, gratuitous violence, false power, sentimentality, superficial ideas of happiness, deadness and glorification of victimhood, then they will further burn into your consciousness and nervous system, those energies that keep you stuck in the severely contracted state of the small self.

On the other hand, if you view films, documentaries and videos with the intention to liberate and enlighten, they are amazingly potent facilitators of your evolution. Movies can unearth latent strengths and gifts, as well as foster a new-found appreciation for Life as it is. They can also assist you in seeing the full picture of things, freeing you from attachments born of a limited view. Movies can even assist you in living out a life without needing to reincarnate again.

***Perhaps most significantly, movies can awaken within you the deeply buried desire for Liberation!***

Intention is such a potent determining factor, that even watching movies that would otherwise feed egoic darkness, hold the possibility of freedom through bringing to light disowned aspects of yourself. For example, movies about revenge, sappy romance, fame or victimhood, may facilitate an unexpected realization that you really want those things, even though you may not want to admit it. Letting those traits come out from the darkness of denial into the light of Awareness is liberating.

You could set the following intention before watching any movie:

***Through viewing this film, I align myself with the Highest possible Love, Power, Joy and Awareness. Whether it is activating inner resources and gifts, bringing to the surface emotions or aspects that I have disowned, or blessings and awakenings beyond my wildest imagination, I graciously and gratefully open to them all***

### *Accessing Hidden Resources*

The particulars of your current incarnation – your gender, ethnicity, specific traits and

strong inclinations seem to define who you are. However, if you have lived a myriad of very different lifetimes – and you probably have if you are reading this, then that wealth of diverse experiences are hidden somewhere deep within your Soul.

***Movies can ignite hidden inner resources that you never suspected you had within***

If you feel that you lack certain characteristics that would be highly beneficial to your evolution, a movie can awaken those resources within you. Movies can bring forth a dormant experience from another life where you had embodied those qualities. For example, if you feel that you lack the courage and fortitude necessary to face your fears, watching a movie about someone who advances even in the face of obstacles and opposition, or ventures out on an expedition to unknown realms, can be very empowering.

In fact, you don't have to believe in past lives. Since the truth is that there is no separation, movies can draw forth from the limitless source of Universal Consciousness, astonishing strengths and attributes.

***Allow Universal Studios to help you tap into Universal Consciousness***

Once these resources rise from the depths of your being, or are inspired from above, you can claim and develop these attributes. It is all a matter of intention, willingness and follow-through.

***To get the most out of a movie, you must experience that you are the character and the character is you***

The most common mistake is to believe that the protagonist in the film is so special that you could never be that person. That will not do! That would be a way of secretly choosing to deny your power. The next time you witness someone doing something amazing or inspiring, rather than saying “I could never do that,” ask “What would it be like for me to do that?” Or, “Would I be *willing* to do that?” This empathetic stance effortlessly immerses you in situations where you may discover hidden resources and reclaim disowned powers. Why not let your spirit soar? You have nothing to lose but your programmed constraints.

***Let go of clinging to the limitations of who you think you are and allow for the ignition of your dormant energies and capabilities!***

*Liberating Life Lessons from other Lifetimes*

Similar to accessing past lives, movies can allow you to vicariously live potential future lives, gleaning important lessons that your Soul has in store for you, freeing you from the need to incarnate again and again (and again!). Lives are so diverse and unique. Each life is defined by key elements that are often mutually exclusive of other elements. For this reason, one has to traverse an entire lifetime before embarking on the next life.

For example, you cannot be of two different ethnicities at the same time; you cannot be brought up in an orphanage in a war torn country and be born and raised in an emotionally challenging family in an affluent neighborhood in the same lifetime.

In addition to living other lives vicariously, movies and documentaries can broaden and deepen your appreciation for the utter diversity of Life (which may be one of your Soul's key lessons for you).

With a little imagination and a lot of empathy, movies can grant you important and fascinating life lessons that would be far fetched or even impossible under your current circumstances.

***Watching a movie with a wide open heart and mind allows you to reap the benefits of another life without the need to physically play it out in this lifetime, or the need for another incarnation***

### *Dissolving the Illusion of Separation*

As stated above, viewing movies can assist in lifting the veil that your current life is a discreet separate existence. The experience of being distinctly separate from others is the causal factor of fear and judgment. When the veil of separation between your various lives is seen through, it is much easier to see through the illusion of separation between you and *everyone and everything* else now.

***Be willing to let go of your attachment to your current idea of self and allow an expansion of consciousness***

Indeed, it is the experience of *other* that *is* the defining characteristic of separation. When you allow yourself to become the characters in movies, you begin to see that throughout all of your incarnations, you have probably been like just about every character portrayed.

***When you see that you ARE the Essence of every one, you have Realized the Liberated Self***

### *Releasing Envy and Idealization*

Empathetically living other lives can open your eyes to see that many of the people and circumstances you idealize or envy is due to having a very limited, shallow or distorted view of them. Seeing aspects of a person's life, of which you were previously unaware, such as suffering, sacrifice, inner torment or the limitations of success, will allow you to more easily let go of that illusion and attachment.

***All envy and idealization is born out of fear of lack, so releasing these energies is a very Loving act***

Seeing the full gamut of another's life will save you the pain and disappointment of playing out an entire lifetime just to realize that it was not what you thought it would be. Plus, judging others for having what you want makes it much less likely that you will have the same. You are affirming that it is not good to have it. When you damn another you damn yourself, because there is only one Self.

### *Laughing and Crying The Heart Open*

Laughing and crying opens you to Higher Energies by releasing the hold of an outmoded self-identity. The unfettered Heart is then able to allow an even greater influx of higher vibrational Energies.

Although laughing and crying are often looked at as opposites, on an energetic level, they are very similar.

***Both laughing and crying open and activate the chakras and attune the flow of energy to a higher vibration***

They both shake loose old ideas of self and release stagnate energies, and they both take your attention away from the mind and into the body. They both have the power to cleanse all of your chakras and activate and brighten your energy field. Crying clears the way for higher vibrational energies and laughing attunes to them directly. One is not better than the other.

***Laughing and crying are extremely potent, completely organic and readily accessible attunements to the most updated, joyful and Loving version of your Self***

Crying releases deep seated emotions granting a greater capacity to open to Love. Crying as a result of loss helps you let go of what has already gone, allowing acceptance of what is. This in turn allows a fresh infusion of Energy giving you the power and courage to take the next step into a New Life.

***A good cry opens your Heart like nothing else and aligns you with Higher Heart-Centered Energies***

In modern society, crying is heavily suppressed due to the over-emphasis on *control* and *appearance*. Movies can assist in breaking through this stifling condition. The key is to view them with an attitude of receptivity, free of agendas or expectations. Don't resist the urge to cry. Give in to the impulse. Be aware of any reaction to recoil from, hold back or stuff down the energy behind crying. Then do your best to let go even more. But don't try to milk it or accentuate it. Simply open and *surrender* to it. This is especially beneficial for those of you who rarely cry.

***Laughing and crying activates a beautiful spiraling of expansion and ascension***

The importance of letting go of inhibition and giving in to the impulse also applies to



laughing. Laughing directly attunes all of your chakras to a higher vibration. Movies that engender laughing at yourself in a lighthearted way loosens the hold of the ego. This levity is the perfect remedy for all of the suffering that is simply the result of taking yourself too seriously.

However, be wary of laughing *at* others, especially in a demeaning way, which will strengthen the ego and its obsession with being *superior*. The exception to this would be laughing at someone because you see yourself in that character.

The most liberating form of laughter often occurs totally unexpectedly, perhaps in an otherwise very serious scene or movie, where the *irony* of cherished beliefs, or the upside down nature of what you thought was real, is suddenly seen.

***Laughing and crying are super-facilitators for making the most of these times of supercharged Energies of Awakening***

### *Acting, Channeling and Letting Go of Ego*

The most amazing performances are those where the actor is not really acting but getting out of the way and channeling the person they are portraying.

***Great actors live for being in the zone where they let go of their familiar self and allow a transcendent expression to manifest***

This practice of letting go of the ego can be seen as preparation for Awakening. It is ironic that many actors are adept at getting their ego out of the way but then are looked upon as egoic caricatures to adore. When people treat actors like celebrity, they are projecting their own desire for status and approval, which may or may not be present in the actor, and is definitely not present when doing their finest work.

All forms of creativity are closely related to Awakening in that it involves getting out of the way in order to allow something Fresh and Inspired to manifest. While it is quite a treat to witness an actor put aside the small self in order to allow an expression of something beyond to come through, it is an even more amazing delight to experience a film where the primary intention of the entire cast, crew, producers and director was to put aside their ego in order to create a truly inspired multi-dimensional work of art. These movies and documentaries assist in the Awakening of human consciousness.

### *Fine Films For Facilitating Freedom*

Below is a list of movies with the potential to assist you in embodying everything described above. The themes of these films run the full gamut: courage and fortitude, faith and trust, redemption and grace, dying and death, letting go and surrender, selfishness and egoic manipulation, sacrifice for a higher purpose, innocence and uniqueness, forgiveness and compassion, interconnectedness, revelation, awakening,

truth and love.

Some of them may not resonate with you, so use your own discretion. However, many of these films have Divine Energy infused within them (as described above) so even if you find them boring, challenging or even offensive, I recommend seeing them through. In most of these films the acting is truly inspired. Give these movies a try, but do not overthink or analyze them. Just allow energetic and conscious shifts to occur naturally. Receive the gift of our utterly unique lives that we freely offer to illumine and enrich one another.

(D = Documentary; A = may only be available on Amazon Prime; N = may only be available on Netflix streaming)

The Matrix	Thirteen Lives (A, 2022)
Little Buddha (link below)	Last of the Mohicans
<a href="https://www.dailymotion.com/video/x3o1fq7">https://www.dailymotion.com/video/x3o1fq7</a>	Remember the Titans
Brian Banks	Richard Jewell
Buck (D)	Maiden (D, A)
My Life	Maiden Trip
Before I Fall	Living Proof (D, A, 2017, Matt Embry)
The Sixth Sense	Won't You Be My Neighbor? (D)
Contact	Lone Survivor
American Sniper	Apollo 11 (D)
Like Stars On Earth (Taare Zameen Par)	Apollo 13
Temple Grandin	Higher (D, A)
My Octopus Teacher (D, N)	In the Shadow of the Moon (D)
Braveheart	Gran Torino
The Intouchables	Warm Bodies
Harriet	Green Book
The Biggest Little Farm (D)	Hacksaw Ridge
The Black Stallion	Soul Surfer
The Eagle Huntress (D)	A Single Man
Dead Poets Society	Cast Away
Defending Your Life	Rudy
Batkid Begins (D)	Hearts In Atlantis
Freedom Writers	Breakthrough (A, 2019, Chrissy Metz)
The Wizard of Oz	Gladiator
Gandhi	God Grew Tired of Us (D)
Billy Elliot	Manchester By the Sea
Facing the Giants	Meru (D)
October Sky	Million Dollar Baby
Pleasantville	Cold Mountain
Joshua (2002, Tony Goldwyn)	Miracle
Keep On Keepin' On (D)	Fly Away Home

The Pursuit of Happiness  
Moon  
The Short Game  
Wild  
The Ron Clark Story  
The Shack  
Only The Brave  
Ordinary People  
Peaceful Warrior  
Dallas Buyer's Club  
Seabiscuit  
A Most Beautiful Thing (D, A)  
The Greatest Game Ever Played  
The Green Prince (D)  
The Horse Boy (D)  
13 Hours: The Secret Soldiers of Benghazi  
Forgiving Dr. Mengele (D)  
Free Solo (D)  
Searching For Sugarman (D)  
Secretariat  
Seymour: An Introduction (D)  
Shadowlands  
Simon Birch  
The Polar Express  
Saint Ralph  
Radio Flyer  
Singing Revolution (D)  
Genghis Blues (D)  
Ex Machina  
Prayers For Bobby  
Project Nim (D)  
G. I. Jane  
Lincoln  
127 Hours  
Room  
50/50  
55 Steps  
Unconditional  
Amazing Grace  
And Then There Was One  
Mr. Rogers and Me  
Biutiful

Black Hawk Down  
Blinded By the Light  
The Outpost  
The Pianist  
Kon Tiki (2012)  
Breathe  
Hare Krishna! (D, A, 2017)  
Ruby Bridges  
One Week  
American Underdog  
American Wrestler: The Wizard  
Conviction  
Boy Erased  
Danger Close  
The World's Fastest Indian  
Gleason (D, A)  
Mustang Saviors (D, A)  
Death Zone: Cleaning Mt. Everest (2018)  
Eddie the Eagle  
The Danish Girl  
Anita: Speaking Truth to Power (D)  
Fight Club  
First Do No Harm  
Into the Wild  
Unbranded (D)  
Last Days In Vietnam (D)  
Love and Mercy  
Man On Wire (D)  
Miss Potter  
The Last of His Tribe  
12 Strong  
180 Degrees South (D)  
Citizenfour  
Pele: Birth of a Legend  
Philadelphia  
Run Boy Run  
Spartacus  
Sully  
The 33  
The Glass Castle  
The King's Speech  
The Mauritanian



The Prize Winner of Defiance, Ohio  
The Way Back  
The Weight of Water (D, A)  
Turtles Can Fly  
Outrage (D, 2009)  
Twinsters  
Unbranded  
Unconditional  
Valley Uprising (D, A)  
We Were Soldiers  
The Man Who Knew Infinity  
The Weekend Sailor (D, A)  
The Stanford Prison Experiment  
Judy  
Whiplash

Yes Man  
Invincible  
Little Red Wagon  
Angels in the Dust  
Sons of Perdition  
No Place On Earth  
The Dark Horse  
Crime After Crime (D)  
The Whale (D, 2011)  
Rising Phoenix (D, N)  
Dances With Wolves  
Revolver  
Freeheld  
Awake! The Life of Yogananda (D)  
Breaking Away

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