

# Spiritual Cinema 2023

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## **UMBRELLA | Oscar® Contender and Multi-Award Winning Animated Short Film**

<https://www.youtube.com/watch?v=Bl1FOkFY2Q>

Inspired by true events and filled with messages of empathy and hope, Umbrella follows Joseph's story, a boy who lives in an orphanage and dreams of having a yellow Umbrella. 2021 Oscar® Qualified Animated Short Film - Created and Produced in Brazil BR Website:

www.umbrella.movie E-mail us at umbrella@stratostorm.com **8 minutes**

### **Art can heal PTSD's invisible wounds – Melissa Walker**

[https://www.ted.com/talks/melissa\\_walker\\_art\\_can\\_heal\\_ptsd\\_s\\_invisible\\_wounds](https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds)

Trauma silences its victims, says creative arts therapist Melissa Walker, but art can help those suffering from the psychological wounds of war begin to open up and heal. In this inspiring talk, Walker describes how mask-making, in particular, allows afflicted servicemen and women reveal what haunts them — and, finally, start to let it go. **10 minutes**

### **Two on the rope - The act**

<https://www.youtube.com/watch?v=J0p4E9ii4jE>

We'd love to talk about the connection there is between two people. Is there anything that pulls and keeps us together? If yes, could it be an imaginary rope that pulls two people to each other? If yes, does this imaginary rope that connects two people belong to one of them? Is this something that keeps us together driven by one person or could it change in a moment and switch to the hands of another? Is it possible that two people are mutually in need of this rope that connects them. And after all, what if that core rope that kept them together is gone and they are facing each other as they are. Director of Photography : Anton Zorin Music : Cinematic Orchestra - To Believe Location : Base Berlin

### **Father and Daughter - by M. Dudok de Wit**

<https://www.youtube.com/watch?v=Oo4KXZVapsQ&t=15s>


A father bids farewell to his young daughter; she grows up longing for his return. This short film won 24 awards, including: - Oscar / Best Short Film, Animated / Academy Awards, USA, 2001 - BAFTA Film Award / Best Short Animation / BAFTA Awards, 2001 - Jury Award / Best Film / Anima Mundi Animation Festival, 2001 - Cartoon d'Or / Cartoon Forum, Europe, 2001 - Best Animation / International Competition / Clermont-Ferrand International Short Film Festival, 2001 Original title - Father and Daughter Director - Michael Dudok de Wit Year - 2000 **9 minutes**

## **How to deconstruct racism, one headline at a time - Baratunde Thurston**

[https://www.ted.com/talks/baratunde\\_thurston\\_how\\_to\\_deconstruct\\_racism\\_one\\_headline\\_at\\_a\\_time](https://www.ted.com/talks/baratunde_thurston_how_to_deconstruct_racism_one_headline_at_a_time) Baratunde Thurston explores the phenomenon of white Americans calling the police on Black Americans who have committed the crimes of ... eating, walking or generally "living while Black." In this profound, thought-provoking and often hilarious talk, he reveals the power of language to change stories of trauma into stories of healing -- while challenging us all to level up. **17 minutes**

## **The slow motion baby goat video you didn't know you need... But do!**

<https://www.youtube.com/watch?v=iT1oRCNiuk0>

The amount of effort a baby goat puts into each hop is astounding, and only fully observed by slowing down their motion so you can see every twist and turn clearly. They leap so bravely forward. Even the youngest six who are one week old, are  full of twists and turns and side kicks

## **A teenager wakes up and discovers she's the last person on Earth. | Martha**

[https://www.youtube.com/watch?v=mQ93vvc9Q\\_k](https://www.youtube.com/watch?v=mQ93vvc9Q_k)

Martha wakes up one morning and gets ready, listening to music, brushing her teeth and cramming in breakfast like any other day. But this is no ordinary day. When she leaves the house she shares with her mother, she realizes that everyone has disappeared, and she is the last person on Earth. This intriguing, resonant short drama -- directed by Christopher Haydon, written by Iona Firouzabad and produced by Alexandra Blue -- is equal parts dystopian mystery and coming-of-age story. With exquisite cinematography and camera movement, it has the sweep and propulsion of an existential sci-fi thriller, while the discernment of its performances and writing unfurl a rich set of themes that pay off with a profoundly moving, soulful ending. Its dramatic situation sets up a quiet film at first, with just one main character throughout most of the story, who must find her bearings. "Martha" into a story that lingers with viewers well after it's over, with feelings of aching, muted sorrow and grief.

## **CGI 3D Animated Short "Rubato" - by ESMA | TheCGBros**

[https://www.youtube.com/watch?v=1D7D3\\_HFB3o](https://www.youtube.com/watch?v=1D7D3_HFB3o)

Enjoy this beautiful CGI 3D Animated Short about a street musician who lives in poverty and loneliness. After an encounter with a stray dog, his life is about to take another turn. Created at ESMA and Directed by the talented Félix Ferrand, Florian Magnin, Jordan Mercredi, Corentin Provost, Marjolaine Robin! Rubato - ESMA 2015 This movie was done during the third and last year at ESMA Montpellier, in France. **8 minutes**