

Bibliotekarstudentens nettleksikon om litteratur og medier

Av Helge Ridderstrøm (førsteamanuensis ved OsloMet – storbyuniversitetet)

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Meditasjonsfilm

(_film, _sjanger) En film som brukes til avstressing, meditasjon, hvile. Vanligvis med rolige filmsekvenser til avslappende musikk, eller sekvenser av stillbilder.

Sjangeren overlapper med både naturfilm og dokumentarfilm. Innholdet kan ha et religiøst-mystisk preg, men dette gjelder ikke alle filmer innen sjangeren. Naturfilmer og andre filmer kan brukes som meditasjonsfilmer uten å være intendert til det fra regissørene.

“For å oppleve meditasjon, trenger du ikke å reise til en avsondret hule i Himalaya. Meditasjon er å dykke dypt i ditt indre [...] Meditasjon er å akseptere øyeblikket og å leve hvert øyeblikk med full dybde [...] Meditasjon er ikke handling, den er kunsten å slippe taket uten anstrengelse.” (<https://www.artofliving.org/no-no/hva-er-meditasjon/>; lesedato 10.12.20)

“Meditasjon spenner vidt fra fokus på de kroppslige der man tilstreber en slags fysisk fordykning i sin egen kropp til den mer åndelige meditasjonsutøvelsen som tar oss dypere inn i oss selv på en slags “spirituell” måte. [...] Gjennom meditasjon skaper vi både avstand, men også rom i oss selv. Man kan kanskje betrakte meditasjon som balsam for vår psyke. Gjennom slike teknikker skaper vi mentalt overskudd og indre balanse, noe som siden kan hjelpe oss til å takle vanskelige opplevelser i livet. Det kan eksempelvis være egen sykdom eller tap av nære personer. [...] Det handler ikke om å fornekte eller undertrykke psykologisk ubehag, men å restituere på en måte som skaper mer psykisk balanse, hvorpå vi generelt sett har mer å gi og bedre emosjonelle evner til å håndtere livsstress.” (Mouni Sadhu i <http://www.webpsykologen.no/artikler/hvordan-og-hvorfor-skal-jeg-meditere/>; lesedato 10.01.13)

Et eksempel på en meditasjonsfilm er Pan Vision m.fl.s *Meditasjon: Kognitiv meditasjon for kropp og sjel* (norsk versjon 2004; ukjent regissør, originaltittel *Meditation*). På framsiden av omslaget står det: “Inneholder flere ulike meditasjons-miljøer, avslapningsstemme og enkle instruksjoner på norsk”. Filmen varer i 72 minutter. Tilsvarende filmer har titler som *Tai Chi: Exercises for Deep Relaxation* (2005) og *Complete Relaxation* (2005). Om *Tai Chi: Exercises for Deep Relaxation* har brukere uttalt: “I have a stressful job but I have been doing these exercises first thing in the morning and after work. They are easy to do, you can learn them from the DVD and you start to feel relaxed in minutes. I have bought other DVD's on relaxation but so far this is the best by far. [...] I think this DVD

goes a long way into teaching the basics and really helps with everyday stress, winding down after a long day [...]. My six year old daughter really enjoys it and we have incorporated it into a regular activity we can both do before bed and on the weekend.” (sitert fra <http://www.amazon.co.uk/Tai-Chi-Deep-Relaxation-DVD/dp/B0007SMDVY>; lesedato 26.11.12)

Andre filmer inneholder ingen tilrettelagte meditasjonsøvelser, men er likevel lagd for meditasjon. Et eksempel på dette er firmaet DVD Internationals *Natural Splendors* (flere filmer, den første er fra 2002) som viser vakre naturscener i form av fotografier, til rolig musikk. I meditasjonsfilmer er både bilde og lyd preget av langsomt, dvelende tempo. Det vi ser av naturbilder trenger ingen eller liten forklaring (en sekvens med en vakker strand og rolig bølgebrus krever ikke en kommentarstemme eller en tekst som sier hvor stranden finnes).

Den første filmen i serien *Natural Splendors* inneholder naturscener uten bevegelse (kanskje fotografier) der kameraets fokus på dem beveger seg langsomt, som om vi nyter eller utforsker stemningen i naturen til et lydspor med både musikk og naturlyder. Naturscenene viser f.eks. skyer, solnedganger, fjell-landskap, en gresslette, mange ulike slag blomster, blader og steiner. Det er flere kveldsstemninger med sterke rødfarger etter at solen har gått ned. Det er ingen forklarende stemme/voice-over, men brukeren kan velge teksting. Tekstene gir korte stedsforklaringer som “Saguaro sunset – Arizona” og “White sands – New Mexico”. *Natural Splendors* er delt inn i kapitler som i filmmenyen har overskrifter som “Tranquility”, “Who knows?”, “Always There”, “An Encounter”, “Clair de Lune” osv.

Danyel Seagan m.fl.s film *Multiverse Ambiance, Meditation, Relaxation* (2009) ble i reklamer presentert som en “visual feast for the imagination. Most humans think in terms of “uni-verse,” or one reality. But what if, as many enlightened beings and physicists theorize, there are infinite realities, some so different they are almost beyond comprehension. These realities are intertwined into the ultimate reality, or Multiverse. The Multiverse DVD plunges you into a voyage to some of these other realities, as visualized by creator Danyel Seagan through his own astral travels. Imagination is the infinite multiverse. Use this DVD for meditation, relaxation, or as an ambient background experience.” (<http://www.voyages-video.com/>; lesedato 07.01.13)

Produksjonsselskapet Film Babys *Zen Garden: Serenity Relaxation & Meditation DVD* (2011) “captures the tranquil beauty and harmony of zen gardens, scene by breathtaking scene, and is the ultimate deep chill relaxation DVD. Languid afternoon shadows play upon raked sand. A bamboo water spout empties endlessly into a pristine granite pool. A gentle breeze sends ripples across a pond. Bonsai trees and Japanese Lanterns (Ishi Doro) are softly sculpted by wind and time. Representational of a larger universe and referred to as “mindscapes,” *Zen Garden – Serenity Relaxation & Meditation DVD* offers the most tranquil world for inner contemplation. Transform your personal environment into infinite peacefulness,

with one of the most blissful DVD ambient landscapes ever produced [...] Shot in high definition, the *Zen Garden – Serenity Relaxation & Meditation DVD* artfully captures the quiet harmony of some of the country's oldest landscaped Zen gardens. Relaxing natural sounds of water, wind, and birds underscore the meditative scenery. An optional music track utilizing traditional Japanese instrumentation evokes a sense of calm and peacefulness. Enter into a world of inner tranquility and contemplation with *Zen Garden – Serenity Relaxation & Meditation DVD*. [...] Automatic looping function [...] Ambient music track mixed with nature sounds [...] Exhale slowly, and let the relaxing sounds and images of this calming *Zen Garden – Serenity Relaxation & Meditation DVD* gently wash over you, embrace you, and transport you to a tranquil meditative world where the simple movement of a cloud across the exquisitely manicured sand marks the quiet passing of the day. Escape to a world of infinite bliss with the *Zen Garden – Serenity Relaxation & Meditation DVD* – the ultimate deep chill meditation DVD.” (<http://www.filmbaby.com/films/5554>; lesedato 09.11.12)

“Experience rejuvenation and enrichment... Experience infinite serenity... Experience Zenchantment... Chill with some of the coolest and most beautiful Relaxation and Meditation DVDs, Cds & Apps. Zenchantment – an antidote to these stressed out times... Recharge, Release and Unwind Relaxation without a Prescription! [...] *Zen Garden – Serenity DVD*. *Zen Garden – Autumn Meditation DVD*. *Zen Garden – Tranquil Waters*. *Zen Garden – Waterfalls DVD*. *Zen Garden – Koi Pond DVD*. *Zen Garden – Cherry Blossoms DVD*. *Lighthouses DVD*. *Deep Sleep & Relaxation DVD*.” (www.zenchantment.com; lesedato 26.11.12)

Michael DuBois og Jeff Pearces *Luminous Dimensions* (2004) har i en sympatisk innstilt anmeldelse blitt karakterisert som “a unique presentation combining stunning visuals with beautifully relaxing music. The animation by Michael DuBois is deeply meditative [...]. Combine wonderfully hypnotizing visuals with the soothing sounds of ambient music composed by Jeff Pearce and you have the perfect mix. [...] *Luminous Dimensions* is a blissful journey we feel you'll thoroughly enjoy. The DVD is a fantastic tool for relaxation, meditation, pain management, or shamanic journeying. The music is delightful and has a very peaceful, calming effect. You may even want to leave the music playing in the background as you read, work, or do yoga, though we find the animation equally hard to resist! If you play the DVD for background music and happen to walk by the television, you may very likely find yourself entranced by the amazing eye candy this DVD offers.” (<http://www.immramainstitute.com/>; lesedato 07.01.13)

I filmselskapet Weasel Discs *Relaxation Sailboat Voyage* (1994) kan de samme filmsekvensene av en seilbåt velges med “Multiple choice audio tracks”: f.eks. “sax by the sea”, “candlelight classics”, “sound of nature” og “harp meditation”. En stor yacht med hvite seil befinner seg først langt ute på havet, og vi ser den seile. Senere ser vi båten i nærheten av en blå lagune, filmsekvenser av havet tatt fra båtens dekk (det er ingen mennesker å se på dekket), en lang sandstrand med båten i det fjerne

osv. På dvd-en er det også filmsekvenser fra en sprakende peis, med ulike musikkvalg til.

Den tyske multikunstneren og filmregissøren Michel Montecrossa har lagd flere meditasjonsfilmer, blant annet *The Symphony of Light* (2012). *The Symphony of Light* er “composed and performed by Michel Montecrossa and his Lightsound Orchestra, released by Mira Sound Germany on Audio-CD & DVD, is a Peace Meditation for contemplating light and wisdom in times of darkness and ignorance. ‘The Symphony Of Light’ comprises nine symphonic contemplations with aphorisms of Sri Aurobindo recited by Mira Alfassa – The Mother. The meditative art film version visualizes ‘The Symphony Of Light’ [...]. Additional fine-art and Cyberart images as well as consciousness expanding Cybermovie sequences by Michel Montecrossa and Mirakali make ‘The Symphony Of Light’ movie into a holistic masterpiece of art.” (<http://www.prlog.org/>; lesedato 12.11.12)

BBCs *Natural World – Earth pilgrim: A spiritual journey into the landscape of Dartmoor with Satish Kumar* (2008) ble av produsenten presentert slik: “A spiritual journey into the ethereal landscape of Dartmoor with Satish Kumar, the world-renowned ecologist. Through changing seasons, Satish walks the moor and explores ancient woods and rivers, home to a wealth of wildlife including red deer, emperor moths, and starling roosts. His meditations on the natural world are lyrical, uplifting and timely.” (<http://www.bbc.co.uk/programmes/b008s1g0>; lesedato 26.11.12) Kumar har vært indisk munk innen Jainismen, en religiøs retning som forbyr vold mot alle levende vesener. “Prepare yourself for a soul-searching journey. According to Satish Kumar, who will accompany you, most people don’t feel enlightenment because they never get the chance to sit and think “under a tree, which is the true sustaining force on Earth”. It would be easy to feel patronised by this film, but I came away feeling a better person just for watching it. [...] Inspired in the early 60s by Mahatma Gandhi, 18-year-old Kumar set off from his native India to make a peaceful protest against nuclear weapons. Some 8,000 miles later, he arrived in Washington DC after travelling through Russia, the Himalayas and Dartmoor in Devon – which captured his soul and is where he returned to live afterwards. Dartmoor’s wildlife and seasons make a suitably mouthwatering backdrop for Kumar to share his philosophies. Chanting a prayer while sitting in an ancient circle of stones is something most tv presenters would never get away with. But Kumar can. By the closing credits, you feel as though you’ve had a mental massage.” (Rachel Ashton i <http://www.resurgence.org/satish-kumar/earth-pilgrim.html>; lesedato 26.11.12)

Randal Parthes *Mystical moods: Musical journey through some of our country's most alluring & peaceful places* (2003) inneholder bl.a. kapitlene “A place of miracles”, “Tranquil & mystifying”, “A calming presence”, “The spirit of spring”, “The essence of nature”, “Welcome to paradise”, “A splendor of color” og “A river of gold”. “*Mystical Moods* was filmed throughout the Rocky Mountain States, as well as in Arizona and California. One can readily identify with the sheer majesty and elegance of the landscape, along with the wildlife which roams it. Not only will

you see the changing of the seasons – you will feel as if you are there. The accompanying soundtrack includes a select list of movie musical scores, which adds to the entire experience. An original film by nature photographer Randy Parthe. [...] “*Mystical Moods* is a visual meditation that blends beautiful music with images that are sure to sooth the busy modern mind. This film is a great resource for anyone on the spiritual path.” Darren John Main, author of *Yoga and the Path of the Urban Mystic* and *Spiritual Journeys along the Yellow Brick Road*” (<http://www.personarecordings.com/relaxationmovie.html>; lesedato 26.11.12)

Astral Traveler (2008; produsert av Gaiam TV) ble i en annonse presentert slik: “Take a voyage through both inner and outer realities as you fly through star fields, gas clouds, fractal formations and mystical worlds. Soothing soundscapes help unlock your mind to long-forgotten secrets of ancient, universal knowledge. Inspired by an artist’s own voyages of cosmic consciousness, this video communicates on a deep, inner level that cannot be expressed through language. This music video is ideal for meditation, relaxation, or as an ambient background experience.” (<https://www.hoopladigital.com/title/11382526>; lesedato 10.12.20)

“Ron Fricke and Mark Magidson’s stream-of-images documentary *Samsara* [2011] floats by, its pictures piling up like turned pages in a magazine. Shot in 70mm and playing on Cinerama's massive screen, it’s often dazzlingly beautiful – a shot of clouds erupting like cotton over a volcano; a massive church whose windows are a candy-colored kaleidoscope of stained glass; an elaborate tabletop mosaic meticulously crafted by monks from colored sand, only to finally be brushed away, blown into rainbow dust. [...] *Samsara*, I think, works best if you can turn off that questioning voice and experience it like a meditation, letting its gentle but often eerie music lull you into a quiet state. Visually, it's often remarkable — even if, like those multicolored sands, it too quickly slips away.” (Moirra Macdonald i <http://enews.buddhistdoor.com/>; lesedato 27.11.12)

“The director of *Into Great Silence*, Philip Groening, first inquired about making a documentary about a Trappist monastery, the Grande Chartreuse, said to be one of the most ascetic in the world, in 1984. He was told to wait. Sixteen years later, he was told he could begin filming. The sort of patience required of Groening was perhaps a manifestation of the patience required to live the slow and cyclical monastic life, which unfolds on screen for nigh on three hours in *Into Great Silence*. It’s an almost glacial patience of which the viewer is given a glimpse in this subdued reflection on the monastic life. Patience does not come naturally to us (at least not to me), and this is most evident when we expect to be entertained. Though every movie may be seen as a meditation of a sort – an extended reflection on an idea, a central problem or focus – normally the meditative aspect of film is broken up by car chases or relieved by comedy or hurried forward by strong narrative. *Into Great Silence* is not simply a documentary on the contemplative life; it is structured to be a contemplative exercise in itself. This is not a movie through which one may happily slurp a soda and munch treats, but if you are willing to

submit yourself to its quietude, you will not come away disappointed.” (<http://wheatstoneministries.com/tel/movie-as-meditation-into-great-silence.html>; lesedato 10.01.13)

Planting Seeds: The Power of Mindfulness (2016) “offers meaningful, fun, and engaging activities to teach children mindful living. [...] This feature documentary and animated film is the fruit of Plum Village’s thirty years of sharing mindfulness and compassion with children, parents and educators. *Planting Seeds* offers meaningful, fun and engaging activities that children can do at home, in school settings, or in their local communities, either self-guided or led by an adult. Key practices presented include mindful breathing, mindful walking, inviting the bell, pebble meditation, the Two Promises or ethical guidelines for children, eating meditation, and dealing with conflict and strong emotions. *Planting Seeds The Power of Mindfulness Film* is based on the book *Planting Seeds Practicing Mindfulness With Children*, by Thich Nhat Hanh and the Plum Village Community.” (<http://www.thichnhathanhfoundation.org/#!mindfulness-film-projects/c1360>; lesedato 10.06.16)

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