



# DAVID LYNCH MA IN FILM

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AT MAHARISHI UNIVERSITY OF MANAGEMENT

“ This master’s degree in film teaches all the aspects of filmmaking, but with the profound addition of Transcendental Meditation® as taught by Maharishi Mahesh Yogi. This gives those in the program the ability to dive within—to transcend and experience that unbounded ocean of pure consciousness which is unbounded intelligence, creativity, happiness, love, energy, power, and peace. The students in this program grow in these all-positive qualities, and it serves the work in glorious ways. The big secret to great filmmaking, I believe, lies within in the big treasury within us all. This is a truly great program.

Your friend,  
David

”

# ABOUT DAVID LYNCH

David Lynch is a painter, musician, screenwriter, theatrical artist, and filmmaker. An artist who follows a vision consistently and without compromise, he produces works with impact and haunting resonance. Nominated three times for the Best Director Academy Award, his films include *Eraserhead* (1977), *The Elephant Man* (1980), *Blue Velvet* (1986), *Wild At Heart* (1990), *Mulholland Drive* (2001), and *Inland Empire* (2006). He was the co-creator, writer and director of the critically acclaimed TV series *Twin Peaks*. At the heart of Lynch’s creativity is his 40-year practice of the Transcendental Meditation technique. In 2005 he launched the David Lynch Foundation (DLF) for Consciousness-Based<sup>SM</sup> Education and Peace. The Foundation brings the Transcendental Meditation program to some of the world’s most stressed populations.

## DIVING FOR THE BIG IDEAS

In his book *Catching the Big Fish*, and in his speaking tours, David Lynch describes his personal artistic process of diving within to tap the reservoir of creativity, through his practice of the Transcendental Meditation technique. The David Lynch MA in Film program is inspired and structured by the same approach to the creative process. Students practice Transcendental Meditation with the time, space, tools, and professional mentoring necessary to develop their creativity and catch their own “big fish.” The David Lynch Masters program is the first and only Consciousness-Based film education available anywhere.



### CREATIVE COMMUNITY

Fairfield, Iowa is a small town with a global vision and a global culture that welcomes high-caliber artists who want to be at the vanguard of change. Smithsonian magazine named Fairfield one of “The 20 Best Small Towns to Visit in 2013.” Fairfield’s community has embraced the MA program as an opportunity for creative collaboration in myriad ways. By offering a wide range of skills and resources accompanied by their enthusiasm, the town’s creative culture has proven itself to be fertile ground for artistic expression.

### STUDIO ENVIRONMENT

Students embark on a journey over the course of three semesters to expand their creativity while developing a real-world project as a cohesive creative team. Students learn about deep story and the entire process of filmmaking, from the initial stages of deciding on ideas to pre-production, production, post-production, and distribution. The studio environment supports students who have a clear sense of purpose, are self-motivated, and are willing to work in collaboration with others.



“ Ideas are like fish. If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you’ve got to go deeper. Down deep, the fish are more powerful and more pure. ”

—David Lynch

### CONSCIOUSNESS-BASED FILMMAKING

As an artist, you draw upon a creative well filled with images, sounds, and ideas gleaned from your daily life. Every artist has felt the well run dry and has had to spend time rejuvenating or seeking out new inspirations to fill it. Consciousness-Based Education helps you extend that well, tapping into an inexhaustible ocean of creativity within yourself—pure consciousness.

Lynch calls this “catching the big fish.” The deeper you go into that infinite ocean, the bigger fish you find, giving you greater understanding of life. Free from negative and stressful constraints, you create with more happiness and energy. Colors are more vivid, and your senses are razor sharp—you’re more empowered as an artist. As a conscious filmmaker you can communicate universal truths of human life through even the simplest expressions.

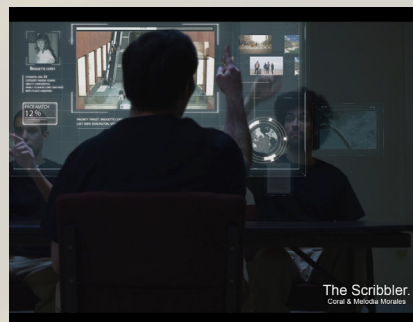
### DAVID LYNCH MA CURRICULUM

While the David Lynch MA in Film is rooted in consciousness and creativity, it aims to provide a practical application of knowledge. You will combine intuition and hands-on skills to clearly express the subjects you choose to explore. You will develop your ability to present your work in a confident and compelling way, and show the same understanding and appreciation of the works of others in the field.

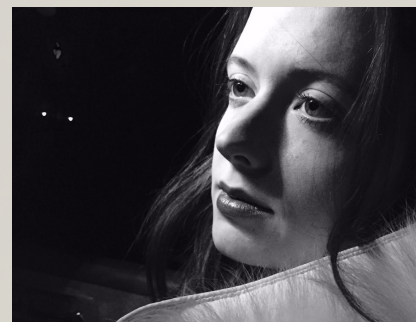
An essential part of this studio-based degree is that all students collaborate with each other and take on different roles—as producer, director, sound mixer, AD, DP, screenwriter, casting director, costume and set designer, special effects supervisor.



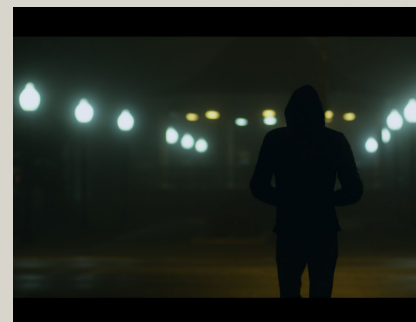
The program is about having eighteen months to go deeply into a creative experience that will transform both you and your career.



The Scribbler by Coral and Melodia Morales



Katerina's Moon by Monica Demes



Apotheosis by Cody Olivas



### EXCLUSIVE WEB-TV SERIES TRACK

The David Lynch Masters in Film program offers a unique focus with its highly collaborative and professionally authentic Web-TV Series Track.

This program gives students the best possible preparation for entering today’s rapidly changing, hyper-competitive world of film and TV production. The Web-TV Series Track gives each student as much of a “real-world” experience as possible within the educational context, reaching from the conception, through the writing, producing and then ultimately, the distribution of the final series.

In the interest of honoring the creative and collaborative efforts of the student artists in the program, the DLMA students participating in the Web-TV Series Track will receive a share of proceeds should the resulting series be sold.



Kennedy Hill by Jennifer Joelle Kachler

## CURRICULUM

### SCIENCE AND TECHNOLOGY OF CONSCIOUSNESS (FOUR WEEKS)

At the beginning of the David Lynch MA in Film program, you will be taking a fundamental course in Consciousness-Based Education (the unique educational approach of MUM) called Science and Technology of Consciousness (STC).

The goal of this course is for you to gain experience and understanding of consciousness as the unifying basis of all branches of knowledge. This course provides a foundation for all other courses you will take at the David Lynch MA in Film here at Maharishi University of Management. The course introduces you to key ideas and terms relevant to your studies and to your experience here. Our university is centered around the teachings of Maharishi Mahesh Yogi, the well-known founder of the TM technique. The practical aspect of STC is the Transcendental Meditation© technique, a simple mental technique that produces positive effects on mental health, physical health, and social behaviors. For more information, visit [tm.org](http://tm.org).

By the end of this course, you will be able to:

- More completely understand the relationship between your individual self and your universal Self—the field of pure inner wakefulness, unbounded pure consciousness, at the source of thought and the source of all creativity.
- Use principles of the Science of Technology of Consciousness to deepen your understanding of foundational principles in the arts, sciences, and humanities storytelling, and filmmaking.
- Articulate how growth of consciousness and the study of inner subjectivity enrich education, your creative process, and life.

### FIRST SEMESTER: WRITING & PRE-PRODUCTION

Seasoned industry professionals guide students through the process of writing for television by simulating the structure and methods employed in the real world. The class creates its own writer's room and collaborates to develop the concept of an original Web/TV Series before teaming up to write individual episodes. Veteran Hollywood producer, Bill Borden, acts as Executive Producer for the series as well as a guide and mentor to students throughout the program. The immersive curriculum is further enriched by guest lecturers who present seminars in various aspects of the writing and production process throughout the course.

### SECOND SEMESTER: PRODUCTION

In Semester 2, the class produces the series they have written under the continuing advice and guidance of professional mentors. Each student will write, direct and edit at least one episode of the series. Master classes involving active participation with faculty and visiting guest lecturers provide advanced techniques invaluable to each student's career in film. The project structure will replicate the internal operations of a studio, preparing students for work after graduation. This semester reinforces skills in directing actors, cinematography, production sound techniques, and on-set production roles/etiquette, to bolster the student's academic and practical knowledge of the film industry process. Students will work within a budget provided by the university and no additional funds from students will be required to produce the series.

### THIRD SEMESTER: EDITING, POST-PRODUCTION & DISTRIBUTION

Semester 3 focuses on the Post-Production and Distribution processes, with students learning to move each episode through post-production. After principal photography, students will work on assembly, rough cut, fine cut, music, color grading, sound mixing, special effects, etc. Faculty will continue to advise, mentor, and guide students during this process. Once complete, the entire series will be presented online. Additional screenings for industry professionals will take place in Los Angeles.

## GUEST SPEAKERS OF PAST YEARS

The David Lynch MA in Film draws on industry experts, academics, and professionals from all areas of film production and distribution. Speakers from past years have included the following.

**JOHN RAATZ**, marketing and promotional expert, has represented Jim Carrey, Donovan, Madonna, and many others

**LEIGH BADGLEY**, award-winning documentary filmmaker for A&E, CBC, Canada's National Film

**BILL BORDEN**, producer of *Mission Impossible 3*, *High School Musical*, *An Officer and a Gentleman*, and many others

**DÉJÀ BERNHARDT**, documentary and narrative director/producer/editor, student Academy Award nominee

**JIM CARREY**, four-time Golden Globe Award nominee, actor

**ANTHONY MEINDL**, founder of Anthony Meindl's Actor's Lab, named the #1 acting studio in L.A. four times by Backstage Magazine

**LOUISE LEVISON**, author of *Variety Presents: Filmmakers & Financing* —*Business Plans for Independents*

**LISA WILSON**, international film distributor of Academy Award winners *On Golden Pond*, *Crash*, and *Hugo*, and many other films

**LAWRENCE EVERSON**, post-production sound mixer for Discovery Channel and HBO

**HEATHER RAE**, two-time Academy Award nominee

**PETER FARRELLY**, writer/director of films, including *Dumb & Dumber*, *There's Something About Mary*, and *Shallow Hal*

**JEREMY KAGEN**, director of *Heroes* (film), *The Big Fix*, *The Chosen*, and many others

**ROGER WOLFSON**, writer of *Law and Order SVU*, *The Closer*, *Saving Grace*, has written and sold nine original scripts for film and T.V.

**PHYLLIS KHARE**, social media expert, author of *Social Media Marketing eLearning Kit For Dummies*

**DARA MARKS**, Hollywood's #1 rated script doctor, author of *Inside Story*





## ENTRANCE REQUIREMENTS

**BACHELOR'S DEGREE:** Applicants must hold a bachelor's degree (preferably related to film), and demonstrate skill in film/video production and writing

**PORTFOLIO:** Applicants must submit a creative portfolio for evaluation. See Portfolio Submission Guidelines on Page 10.

**INTERVIEW:** Applicants will be interviewed by the MA in Film Admissions Committee, in person or via Skype. MA candidates should prepare for this interview and be able to speak in a detailed manner about the work in their portfolio, their present project interests, and career goals.

**VISITORS WEEKEND:** MA candidates are strongly encouraged to visit the University during their application process. For information: <http://www.mum.edu/visitorsweekend>.

**HOW TO APPLY:** Click on the "apply now" button at the top or bottom of any web page on MUM.edu to start the process of applying to the Master's degree level program, including transcript submissions. You must also submit your portfolio directly to the department, as described on Page 10.

**PLEASE NOTE:** Students will need to have their own vehicle while studying in the David Lynch MA program. Students who are not yet practicing the Transcendental Meditation program will receive instruction in the Transcendental Meditation technique as part of their first course.

## COMPETITIVE SCHOLARSHIP GUIDELINES

We have two scholarships to the David Lynch MA in Film program this year, which are available thanks to generous support from donors.

### Film Competition Award

One full tuition (three semesters) scholarship  
Winner to be chosen by David Lynch

### Writing Competition Award

\$10,000 scholarship applied to the cost of tuition

### Competition Guidelines

- Scholarships will be awarded based on materials submitted in the applicant's creative portfolio.
- Both US and international applicants are eligible for scholarships.
- All applicants must also be accepted to the university.
- Finalists will be selected by the David Lynch MA in Film faculty.
- Judges have no preference for a particular genre or style of work, music videos included.
- Complete pieces are preferred, but excerpts and trailers are eligible. Your film must not exceed ten minutes in length.
- The scholarship covers the cost of the entire portion of tuition that is not covered by government grants (if grants are available to the student).
- Students will be responsible for all personal living expenses while studying.

### Application Dates

- Submissions must be received by November 1st, 2015. Late submissions will be accepted up until November 15, 2015 with a late fee of \$25.
- Winners will be announced December 18th, 2015.
- Students who are accepted to the MA must be on campus to register for classes on February 3rd (US) and February 1st (International), 2016.

For more information contact:  
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## PORTFOLIO SUBMISSION GUIDELINES

TO UPLOAD YOUR PORTFOLIO ITEMS, CREATE AN ACCOUNT AT [SLIDEROOM HERE](#). YOU WILL UPLOAD THE FOLLOWING 5 ITEMS:

**1. SUMMARY OF SERIES IDEA**

A brief summary for an original idea for a fictional series (web or television) that you would like to see produced, 1 to 2 pages in length (total). Include a logline and short synopsis.

**2. ADDITIONAL WRITING SAMPLE**

An additional writing sample of your choice (feature film, short, or web/tv episode) that you believe best represents your talent.

**3. STATEMENT OF PURPOSE**

A brief Statement of Purpose (500 words maximum) explaining why you are interested in joining the David Lynch MA program.

**4. RESUME**

Your résumé.

**5. SAMPLE VIDEO OR FILM**

A sample of a film or video (full piece or excerpt, 10 minutes or shorter) that you produced, directed, and/or wrote, including complete credits indicating your creative roles(s) in the work.

**6. SCRIPT**

A 7-to-10 page script based on **one** of the two writing prompts below. Please write a complete story with a beginning, middle, and end:

Option #1:

INT. SHERIFF'S OFFICE – NIGHT

Sheriff Peter Ball is on late duty in the small sheriff's office. He hears a noise outside.

He opens the front door of the office and discovers a box on the doorstep. He spots two people running 50 yards away. He chases them but loses them in an alley. He returns to the box and opens it up. Inside is...

Option #2:

EXT. OCEAN BEACH – DAY

A young woman sits on a beach watching a beautiful sunrise. She closes her eyes and gratefully accepts the warmth from the newly risen sun on her face. Suddenly the sun's light increases. She opens her eyes and finds herself in a completely different place...

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**David Lynch MA in Film**

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**MUM Admissions**

**Email** admissions@mum.edu

**Phone** +1.800.369.6480 (US only)  
+1.641.472.1110 (outside the US)

## Meditation, Creativity, Peace: A David Lynch Documentary

**During the course of 2007 to 2009, American filmmaker David Lynch set out upon a 16-country tour to speak about meditation, creativity, and peace. The following film was compiled from footage generously shot by film students, the David Lynch Foundation, and the institutions at which the events were held.**

**This film is based on the knowledge and techniques of Maharishi Mahesh Yogi, who introduced Transcendental Meditation to the world in 1955.**

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IN DAVID'S PAINTING STUDIO IN HOLLYWOOD, CALIFORNIA

DAVID: This is a Donut. It is very sweet and very good. But if you'd never tasted a donut, you wouldn't really know how sweet and good a donut is, if you'd never had that experience. Transcendental Meditation gives an experience much sweeter than the sweetness of this donut. It gives the experience of the sweetest nectar of life: pure bliss consciousness.

As Maharishi says, "Those who don't know, they don't know. Those who know, they enjoy."

I hope this following documentary gives you some good news about the sweetness of life.

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IDEM PRINTING STUDIO IN PARIS

INTERVIEWER: So, David...the Maharishi teaching in your life.

DAVID: Are we rolling?

INTERVIEWER: We are rolling.

DAVID: Oh, Okay. Okay.

The Maharishi teaching in your life...how did it all start? Can you tell us that story?

DAVID: Yes.

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That infinite source of the whole universe, the self of all that is, the ocean of pure consciousness—that is truth. That is the unbounded Self. That thou art. *Chhandogya Upanishad*

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The region of truth is not to be investigated as a thing external to us—it is within us. *Plotinus, Roman Philosopher, 225 B.C.*

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I am interested in hearing your opinion about the presentation of women and motherhood in your films. Can you explain?

No. I don't think about women and motherhood. I get these ideas and maybe later I say: Oh, there's a woman here. And this woman is a mother. The idea comes first. It's not like you said; I don't set out on a theme. I don't set out to show something. I'm as surprised as anybody with the idea pops in.

When you settle down your mind and transcend where goes the emotions, what happens to the emotions, and are they beneficial in this?

Yeah.

When you transcend you go beyond thought. You just experience pure consciousness. It's, it's like silence, but lively silence; like dynamic. And when you come out of there, the dive in is like that, but when you come out the splash of that diving in is bliss.

Bliss. Bliss is also intelligence. Bliss is love. Bliss is energy, cause it's one thing, but you can feel it as intense happiness. And the mind can sing with bliss.

So it's two things. It's emotion and, and intellect you know, just sort of singing in bliss.

And all these emotions that are positive in life just get more intense.

But negative emotions, like sorrow for instance: everybody knows some people that are just sad and they hold on to sorrow. Let them start diving within and experience the big ocean of bliss, happiness, and that sorrow will lift away.

Could you just describe in whatever way you like your creative process?

Yeah.

Ideas. We're nothing without an idea. So I say that a desire for an idea is like a bait on a hook. And you're desiring an idea, and you have to have patience, just like you do in fishing. How deep that hook goes depends on the size of that ball of consciousness. And desire, another word for it is like focus.

Just focus on some, and it's a little bit like daydreaming. Thoughts come and thoughts come and thoughts come and maybe, boom!

An idea comes that is so thrilling. You've caught a little purple fish with red fins and little, little dancing speckled eyes. And this little fish could be just a fragment of the final film. But you love this fragment. You love this fish. And that idea, you write it down so you won't forget it. And then, now that you have that fish, even more powerful bait.

And soon others will swim in and join to it, and a thing will start emerging called a script.

And it goes like that, for me anyway, fragments. But it's all ideas coming, ideas that I fall in love with. And I'm going to fall in love with different ideas than you will. But there's billions, trillions of ideas coming. Ideas for everything.

So that's how it, that's how it goes.

And then you get the ideas organized in a script and then you translate those ideas to cinema. And along the way you stay open, because a thing isn't finished till it's finished.

There can be happy accidents. You say: how did I get so lucky to get this thing? I thought this was complete, but this is beyond the beyond fitting in here and jumping it.

Stay on your toes, and don't walk away from any element until it feels correct, because it's built out of many, many, many elements. Stay true to the idea all along the road and then you have some hope of the whole working.

Thank you very much.

Thank you.

What is your view between the awake dreams and the sleeping dreams?

Ah, the one that you're awake, you're awake, and the one when you're sleeping, you're sleeping.

Yesterday you said in our news that you want to create an invincible university.

What does that mean actually?

I'll tell you. Invincible, in this case, has nothing to do with military, zero. It's invincible; another word you could say dynamic peace, a kind of a peace that means no harm can come from within Estonia, and nothing bad, nothing negative, can come from without to harm Estonia. Oh, okay.

Yes, now, will you help support this university for Estonia?

Yes, I think.

Put her there.

That would be so beautiful, fantastic!

We'll do it.

Jiv is brahm and none other—the individual is cosmic and none other.

The human mind will not be confined to any limits. —Johann Wolfgang Von Goethe, German philosopher, 1749-1832.

This here represents the surface of life, surface. And we see surfaces, you know? Surfaces.

And about 300 years ago scientists, they started wondering what was this wood and what was this metal, and what was it really?

So they started looking into matter. So this side is matter, and this side is mind. Mind and matter. And the scientists, well, they discovered molecules. Deeper they went, and they discovered these atoms, and like I say they thought that were the smallest particle for a long time, all these things we learn about in school.

And they went deeper, and they find inside the atoms these little electrons and neutrons and protons. And they went deeper, and deeper, and deeper, smaller and smaller particles, smaller

and smaller particles. They found four forces. On a deeper level, the four became three. And on a deeper level the three became two.

And then about 30 years ago, modern science, quantum physics, discovered the unified field. The unity of all the particles and all the forces of matter, of creation.

Not only did they discover the unified field, but they found that everything that is a thing emerges from this field of no-thing. Unmanifest it is. Unmanifest.

It is no-hyphen-thing but all things come from it. Anything that is a thing has emerged from this field of unity.

It's oneness. The scientists know this exists, but if they wanted to get there, you can't get there. It's unmanifest; you can't walk into this field. But any one of those scientists could practice a technique—transcendental meditation—which remember, true happiness is not out there.

You're given a mantra, a mantra, a very specific sound-vibration-thought. Very specific. It needs to be life supporting at all deeper levels. And that mantra that you're given, that maharishi gives...the key that opens the door...the mantra turns the mind within, turns the awareness within, and you naturally dive.

Why is it natural?

Because each deeper level of mind, and each deeper level of intellect has more happiness. And the deeper levels of mind and deeper levels of intellect correspond to deeper levels of matter. At the borderline of intellect, you transcend.

Transcend is the key word. It means to go beyond. You're going beyond the field of relativity, duality, experiencing oneness, pure, unbounded, infinite consciousness.

Yes.

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"Wise is he who enjoys the show offered by the world."

*Fernando Pessoa, Portuguese poet (1888-1935)*

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I'm sorry to everybody because this is somewhat personal or eccentric, but I loved your movies and they somewhat brought me to studying psychology and scriptwriting, and I would very much like to work with you and in no matter which way, and I think I can understand what you're doing and what you're thinking, and I would be very happy. Thank you very much.

This young lady, like many, many women, would like to work with me. That is a very great question. A very great question.

The analogy for that is they say negativity is just like darkness. And so you look at darkness and you say, "Wait a minute. Darkness isn't really anything; it's the absence of something." So it doesn't matter how dark the night has been. When the sun comes up, automatically without trying, the sunlight removes the darkness. Sunlight doesn't remove negativity. But this light of unity removes negativity just like sunlight removes darkness. Negativity is just the absence of that all-powerful bliss and all-powerful love, all-powerful energy, dynamic peace, harmony, coherence. You enliven that and negativity lifts away. It can't live in that light.

Will we ever get to meet Ronnie Rocket?

"Ronnie Rocket" is a script I wrote after "Eraserhead." I really, really tried to get that thing going. You know, "Eraserhead" was not setting the world on fire in terms of money, so... but I did get one meeting from a studio. A guy invited me in after he saw... or he didn't see "Eraserhead," he heard about it. And he invited me into his office and he said, "What else have you got?" and I said, "What do you mean?" and he said, "Do you have anything else you want to do?" and I said, "Yeah, I want to make this film called 'Ronnie Rocket.'" he said, "What's it about?" I said, "It's about a three-foot-tall man, you know, with a red pompadour, a fake red pompadour, who runs off alternating-current electricity." And he asked me to leave his office.

Do you think everyone here is an artist?

Everyone here is an artist in their own way. I'd say you know, if you're a toilet cleaner...if you're a toilet cleaner cleaning latrines. That could be a horrible job. Drudgery. A nightmare. But you start building up this inner happiness, creativity, intelligence and you're suddenly going to work in the most, worst conditions and you start seeing it differently. And you start getting into cleaning. And then maybe you get your boss to get some disinfectants. Or maybe you invent a new brush or a new vacuum. And pretty soon you're kind of enthusiastic about it and you're cleaning toilets faster, and more shiny they are. And it's really going good and you're finding happiness in your work. And your boss takes notice. The boss takes notice and comes to you and gives you a raise. And not only that, he invites you home to dinner. It goes like that. Everyone has creativity. You just get more and more and more of it. Everyone knows about catching ideas. You just catch more. And everyone knows about stress. Everyone can see that

stress lifting. Everyone knows about some kind of suffering, and they can see that suffering start to go, or become less and less and less.

I would like to ask you about your failures.

About failures?

Yes.

Failures are so incredible. A failure is a big, big sadness and a horror but there's nowhere to go but up. So it's a freedom as a result of a failure...a huge, euphoric freedom. There's no way you can lose more. You just can gain. A success is so beautiful, but then, oh my goodness, what if I fall? The next thing better be very, very special or the whole thing's gonna crumble. You get tense; you start worrying. A success can be a nightmare. Both things have the good and the bad.

What is your opinion of the role of the artists or filmmakers in this world?

In my mind [they] have the great privilege and euphoria of translating ideas and you know, ideas that can create a world that people can go into and have an experience. You know, here's a theater and you're going along in your world and you stop in and you sit. And the screen is giant and the sound is good, but the lights are on now and people are still seating. And then suddenly the lights dim and the curtain opens and the thing begins, and we can go into another world that only exists there, because of that film. It's a magical, beautiful thing. Take people into another world and give them experiences. Take yourself into that other world and give yourself that experience. It's a magical medium. That's the role; make new worlds.

Would you kindly reveal how you created the baby creature in "Eraserhead"?

You must know I never talk about the baby. This consciousness has qualities: infinite creativity, intelligence, energy, love, power, and bliss, dynamic peace. Always been there. Never had a beginning. It is and it will be forever: unbounded, infinite, eternal, immutable, immortal consciousness. Fullness. Any human being can experience this, easily and effortlessly with Transcendental Meditation. Transcendental Meditation is just a vehicle to get you here. When you experience this level, you enliven it, and it grows in the individual. So if you started with a ball of consciousness this big... Everyone has consciousness. Consciousness is... The way to understand consciousness: If you took it away you'd see what it really is. If there wasn't any consciousness we wouldn't exist. And if we did exist we wouldn't know it. It's the "I Amness" of life. It is life itself.

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Yoga is skill in action. *Bhagavad-Gita, 2.50*

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Let's be quiet, we'll get some fish. *Finnish proverb*

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Can you tell the audience why you are visiting here?

I'm visiting here to establish invincible Finland University. I'm also here to talk about films if people want to, and creativity, meditation and peace.

What do the works of Franz Kafka mean to you?

Franz Kafka: I love Franz Kafka's *The Metamorphosis*. That piece of writing does something to me. And I love the character Gregor Samsa. I loved what he seemed to be going through. And I love that kind of humor and absurdity, and yet big truths swimming through it, and the way the story is told. I love it. It thrills me.

Do you have a repeating dream or have you ever had a repeating dream?

Yes, I did have a repeating dream.

I wondered if you would like tell us about it.

You have to come close to me. All right, now you stand right about there. Okay. I had this repeating dream, and I'm in the desert and the desert is completely empty and flat. And way in the distance I see my father start walking toward me, and there's the heat waves. And I know that I have a good father and a bad father, and I don't know which one this is. And he's walking closer and closer and closer, and all of a sudden boom! (reaches out and scares her) And that was my good father. (laughter)

You have said that suffering affects creativity in a negative way. How could you explain that artists like Van Gogh and Artaud, for example, have produced such great works of art having suffered so much. If they meditated would that unbalance the genius of their work?

This is a very beautiful, important question, and this is part of the myth, I think. Van Gogh did suffer. He suffered a lot. But I think he didn't suffer while he was painting. He went out to paint because he loved to paint, and it might have been one of the happiest, only happy, times in his

life, when he was painting. It was so thrilling for him to be painting. But he didn't need to be suffering to do those great paintings. And I know that Van Gogh would have been happier if he had been able to transcend, dive within. And I know his work would have been as good, better, or even better than good. It stands to reason, the more you suffer the less you want to create. And if you're truly depressed they say you can't even get out of bed, let alone create. If you're truly angry, it occupies the whole brain, poisons the artist, poisons the environment. Little room for creativity. And I use this example: if you have a splitting headache, splitting headache; and you have nausea, you're vomiting and you have diarrhea on top of that, how much work are you going to be doing and how much are you going to enjoy it? Give the person a technique to lift that sickness, lift that negativity, and enjoy life.

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Truth alone triumphs. *Mundaka Upanishad, 3.1.6* / national motto of India

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When the truth gets buried deep...beneath ten thousand years of sleep,  
time demands a turn around...and once again the truth is found.

*George Harrison* / written for Donovan's song, *Hurdy Gurdy Man*

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Tied to consciousness is all this: creativity, intelligence, energy, love, power, bliss, dynamic peace. All positive. The light of unity. All positive. You experience this level and you enliven it, and this ball of consciousness that you thought was just gonna stay the same for the rest of your life, starts expanding. And these qualities expand, so day by day you're growing creativity, intelligence, love, energy. And this ball of consciousness is now expanding and you're owning unconscious or subconscious more and more. Side effect of the growth of this consciousness is negativity starts to recede. Tension. I'll write all these things. Stress, anxiety, sorrow, depression, anger, hate, fear, all starts to go. Can't live in the light of this.

In schools, when there's stressed anxiety, horror stories: depression, so many people on pharmaceutical drugs, suicides, shootings, stabbings. You give a student this technique. It's easy to do. It's not concentration; it's not contemplation. Concentration, contemplation keep you right on the surface. You're not transcending. It's this field that does everything for the human being, this field. And you experience this field when you really get there and transcend. This is transcendental consciousness. You know, there's so many names for this field: the Tao, kingdom of heaven, all these names for this one field, the absolute, totality. In Vedic language this field is called atma. it means the Self, with a capital S. Know thyself. Get there. Know it by being it. Unfold it. And what you're doing is unfolding your full potential as a human being. Your full potential of the beautiful human being is called enlightenment. And people can unfold their enlightenment.

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Avert the danger that has not yet come. *Yoga Sutra, 2.16*

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It is better to prevent than to heal. *French proverb*

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Mr. Lynch?

Yes.

I heard what you told us about meditation and I believe all of it. I have a question. What do you think, can religion be fully substitute meditation with all the effects?

Can religion be the same thing as meditation. Is that what you're saying?

Yes.

A substitute?

To have the same effects, not from the meditation but from religion. Can it be possible?

That's a tricky question. I think all the great religions, all the great religions had in the beginning keys to unfold you know, enlightenment, to unfold the spiritual enlightenment, god realization. I think in time, things drift, and in time keys get lost. It's totally possible to find something in the scriptures, these truths, so many scriptures are written in codes and it's hard to find the thing, it's real hard to find the thing that opens the door to the transcendent.

Prayer, they say prayer on the surface of life is like sending a letter with no stamp and no address. The deeper you can pray the more power it has. And the deepness of a prayer depends on that ball of consciousness. If you have a ball of consciousness here, you can pray this deep. If you open that up you can pray, or desire, this deep. You open it up more, you can pray at a deeper level. And they say on the deepest level your prayer will be answered before you even get it out of your mouth.

It's a tricky thing, but all the great religions I think have as their goal god realization, god realization. Total spiritual fulfillment, liberation, salvation. And I think all the great religions flow to the one ocean. And that one ocean is totality. Totality is consciousness. There is nothing else but consciousness. And that consciousness, you could say is the light of god, is divine being. All

of creation they say comes from this ocean of consciousness: unbounded, infinite, eternal, immortal, immutable consciousness.

How does something come out of unmanifest consciousness?

Quantum physics says it comes out in a process called spontaneous sequential symmetry breaking, whatever that means. But there's Vedic you know science, science of consciousness, many, many, many, many, many, many, many steps how unmanifest pure consciousness manifests everything that is a thing. And any human being with this technique can open the door to that unbounded, infinite, divine being, light of god, pure consciousness, creative intelligence, the absolute, totality, self, and expand that. So there's no problem with any religions. People from all religions practice this technique. And because understanding grows, they understand their religion more. And because appreciation grows, they appreciate their religion more. And another thing: when that ball of consciousness gets bigger and bigger and bigger, they say like if you're reading the bible, the code under incandescent light looks just like a code. But under more and more of that light of unity, that spiritual light, boom! The meaning leaps off the page. Strange thing. You're unfolding infinite intelligence, infinite understanding. The whole thing comes clear one day.

Thank you.

Thank you.

I know you don't like to analyze your movies and what has been said and leave that to the viewer.

Right.

Is that in any way influential to something I've seen as quite central to both "Mulholland Drive" and "Inland Empire," which is a statement: actions have consequences?

Sure. But it's not a message thing in there, but there are. When you make an action there's consequences. Everybody knows that. And so they say, "what you sow is what you reap." if you plant wheat you may wish corn was coming up, but wheat is gonna come up. The question is when is it gonna come up? And that's a thing like with O.J. Simpson. You know, O.J. Simpson walked out free, you know. Everybody knows he did that thing. Yeah, we're gonna keep it quiet. So when is it gonna come back and bite him? And everybody says well, it must not be "what you sow is what you reap." O.J. Simpson walked out. But it will come back and bite him.

How do we make difference between real experiences and imaginary ones in meditation?

That's a good question. It's like you can sit, like the thirsty man, you can sit with your empty glass and imagine water and it will not quench your thirst. You can sit and wish for water but it won't fill that glass up. But if you dip that glass into the cool water of the well and you bring it up and drink it, it will quench your thirst. There's no denying this experience of transcending.

And then you are not angry anymore?

I told you, that anger lifted away, without trying. Poison to the artist, poison to the environment, poison to the human being, lifts away without trying. But it's not that you become numb and sleepy and don't want to work. You get more energy, more enjoyment of the doing and negativity lifting means that conduit of the flow of ideas, the flow of creativity, is not cramped by that. Negativity restricts that flow. So you know, and you can still have righteous anger: being very strongly for something or against something, beautiful. But the kind of anger that is just bitter, just like selfish kind of anger, no one wants to be around this kind of person and the person is poisoning himself. The person can't work so good. That's mind control. Negativity is really mind control. Depression controls the mind now. Can't work. Anger controls the mind. You can't work. Sorrow. Some people hold sorrow for years. And you want to visit them and cheer them up, but it doesn't do anything. Give them the chance to transcend and watch what happens. Sorrow will lift away. They'll be back on the road.

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There is a light that shines beyond the world, beyond everything, beyond all, beyond the highest heaven. This is the light that shines within your heart. *Chhandogya Upanishad*

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The law is not thrust upon man. It rests deep within him, to waken when the call comes. *Martin Buber, Austrian philosopher*

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My dreams do not influence my movies. But I love, as I say, dream logic. Dream logic is so beautiful. I like daydreaming and I love what cinema can do with abstractions. Dreams are very abstract and this dream logic is something that cinema can say. Cinema being sound and picture flowing together in time, such a beautiful language. It can say concrete things and it can say many, many beautiful abstractions that can only be said through cinema, things that conjure a thing in a person that is only conjured from this beautiful language.

How did the monkeys become human?

How did the monkeys become human? This is what I've heard: they graduate.

What would you say the meaning of life is?

The meaning of life. The meaning of life is totality, everything. More than the most. Smaller than the smallest and larger than the largest. The totality. The human being is an exquisite being. And we have a potential, and that potential is called enlightenment, fulfillment, total fulfillment, liberation, salvation. And it's huge. Supreme enlightenment. That's the meaning of life. The meaning. Know it by being it.

My name is Xavier and I'm a film student, today was my first day.

Fantastic. Best of luck to you.

I wonder if maybe you can give me a good tip or advice to some of us just started?

Yes, I'll tell you this real good advice. Be true to yourself. Have your own voice ring out. Other things can inspire you, but find your own voice. Be true to that voice. Don't let anybody fiddle with it. Never turn down a good idea but never take a bad idea. And be true to the ideas, all the way along, every element. And then start your Transcendental Meditation.

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All action without exception, o partha, culminates in knowledge.

*Bhagavad-Gita, 4.33*

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The work will teach you how to do it. *Estonian proverb*

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I've just read the little leaflet that has been given around. It says you've just come from a five-day visit to Israel.

Right.

Well, sorry I don't want to be a damper on things but I'm appalled. It's like, I mean, Israel, David, at this point in this time. What could you possibly have to say have to say about, I mean how can Palestinians possibly get anything from the meditation, and what did you do there and how did you feel about the situation there and being the guest of the apartheid state of Israel?

I feel real good about it. Had a great time in Israel. Went to Jerusalem, Haifa and Tel Aviv. Met about 3,500 film students. Met the president of Israel, the mayor of Haifa, and a lot of really great people. Transcendental Meditation is for human beings. Doesn't matter where you live. It's for human beings.

When I was watching "Inland Empire," at the beginning I felt I was struggling to understand the movie.

Yeah, yeah. A common occurrence.

And then I felt it was because I was trying to make it understandable from my conscious part of my brain. And then I thought well, I'll quit that and I'll just let it through into the unconscious part of my brain. And suddenly it all made sense. It was like a passive way of watching cinema, instead of an active trying to understand.

Yeah, that's beautiful. So beautiful.

What do you have to say about that?

Okay. Are you making movies for the unconscious from now on?

No.

If it's unconscious you don't know it. And so you know, that's where meditation comes in, because we're all on the surface of life and we all have consciousness. But we don't all have the same amount of consciousness. The potential for the human being is infinite consciousness, enlightenment. If you take this mental technique, you get a mantra. Maharishi's mantra turns the awareness within, and you naturally dive through subtler levels of mind, intellect, and you reach the border of intellect and you transcend. And you experience the unbounded, infinite, eternal ocean of consciousness. When you transcend, boom, you're... There it's a field of infinite happiness—bliss they call it—infinite intelligence, infinite creativity, infinite love, infinite energy. You experience this, and the experiencing of it enlivens it. You infuse it, and whatever ball of consciousness you had at the beginning starts to expand. And all those positive qualities start to expand. And when consciousness expands, you're literally making the unconscious conscious. Now when thoughts come up, you can catch them at a deeper level. Expand the consciousness, catch thoughts, ideas, at a deeper level: huge thing for the artist. Ocean of all-knowingness. You infuse that. Intuition grows. What was happening to you, I think, in the thing you just started feel-thinking, not intellectualizing, but feel-thinking, intuiting a thing. So the experience comes, you don't get... the intellect will take you only so far. You were intuiting. Now for the artist, intuition is the number one tool. If it was just intellectual you could get it in a book. But intuition is a thing. It's more than emotion. It's more than just a gut thing. It's a kind of knowing: knowing when something isn't correct; knowing how to make it correct. Taking in information and knowing, knowing somehow, knowing what it is. So beautiful.

You practice Transcendental Meditation?

Right.

And you're a proponent, you know, you support that. Do you think other forms of meditation are just as valid as well, to anybody who's interested in meditation? That just meditating in itself is the most important thing, rather than what type of meditation it is?

I'd like to say they're all the same and any one is fine, but I don't believe that. The key to me is: transcend. Transcend. Experience the deepest level of life. All forms of legitimate meditation have as their goal enlightenment. Like they say, all roads lead to Rome. But some are dirt roads, some are two-lane highways, some are stone roads, and there may be a super highway to Rome. The thing is it's not Transcendental Meditation, but it's this field that does everything. But Transcendental Meditation, from the first meditation, will get you to this field. Now there's brain research, and this is what's gonna separate the you know, the different forms, because you can hook yourself up to an EEG machine, start your practice, and see what it does to the brain. Because the only experience in life that lights up the full brain is truly transcending. If you meditate in the form of concentration that part of the brain will be lively and bright and fine, but no transcending. Maharishi gives entry to the transcendent easily, effortlessly. It's not a trying meditation. You will transcend your first meditation, and every one after that. It's a miracle. It's a blessing.

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He whose action is burnt up in the fire of knowledge, him the knowers of reality call wise. *Bhagavad-Gita, 4.19*

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Education is not filling a bucket, but lighting a fire.

*William Butler Yeats, Irish poet (1865-1939)*

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As you said, you started 34 years ago to go deeper and deeper into that spiritual journey, but it's lately only that you decided to go public about it more and more. What was the ignition point, or in your life or in the world, that made you want to talk about it? What happened?

This right here. Water the root, peace-creating group. This one here.

I don't know.

Over there. This is the individual here. And the same phenomenon happens with a group, lots and lots of people: the square root of one percent of a population. So like I said, for France, 750

to 1,000 will do the thing. A group, quadratically more powerful than the same number scattered about. And this is a thing, like my friend Dr. John Hagelin says, if you have two loudspeakers and they're separated, you have one volume and you put the two next to each other and you've got the equivalent of four loudspeakers. You put three, you've got suddenly nine. It's called constructive interference. It's a real thing. A group, close, doing the program, advanced techniques day by day. Just like when you want to get electricity to the people, you build a power plant, generate that electricity, and they get it. And you want that power plant to stay. They've got their computers running, their TVs running, the whole kitchen's running, and day by day by day you're generating electricity. Day by day by day you're generating dynamic peace. Beautiful thing. The human being's like a light bulb, and we enjoy that light inside but we also radiate it. We affect our environment. Everybody knows that. You go into a room where there's been a bad argument. The argument's over but you can feel that thing. You go into a room filled with "felicite," bliss, and the power of that is so beautiful to be in. And this group radiates that. Side effect: negativity goes; enmity in the enemy, goes, without trying, without trying. Unified field. That's our big, big, big friend.

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You are the sheath of the universe, and you hold it with love in your hands. *The Mahabharata*

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If you cannot serve, you cannot rule. *Bulgarian proverb*

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Many people especially here connect this kind of movement, kind of meditation with the word "sect."

This is the old way of thinking. I don't want to belong to any sect. I'm an artist. I don't want to be part of any kind of sect. It's not a sect. It's a technique that fuels all fantastic things. And I don't want another religion. This is not a religion. It's a technique that opens the door to the transcendent. And it can be proven now that it does open the door to that. All these misunderstandings. You know, nobody is getting rich. Huge amounts of money are being spent to help humanity. Maharishi has two goals: enlightenment of the individual, peace on earth. Unbelievable. Works 22 hours a day for 50 years now to make this happen. It's absurd to think about it any other way. Absurd. It's just lack of knowledge.

What is your feeling about Quakerism?

Quakers are beautiful. Mel Brooks once said, "do you know, David, what the difference between a Quaker and a shaker is?" I said, "no, Mel, I don't." he said, "well, a Quaker will come into a room like this. And a shaker will come into a room like this." My first wife went to a

Quaker school, a Friends School in Philadelphia, probably the only peaceful place in Philadelphia.

Yes.

David, I'm glad you are here.

Thank you.

I just have one question. I think I understand your point about transcendency. Before you talked about the consciousness, but without consciousness you're truly saying, there is no life. That is true indeed. But on the other hand, you're saying we have to transcend. But as you well know probably, transcendency is the opposite of consciousness.

No, no, no. When you transcend, transcend means to go beyond.

Lose yourself.

We're talking about words. Transcend in the way I'm talking about it means to go beyond. You go beyond the thought to pure, no-thought consciousness.

Beyond what?

Beyond the field of duality, you experience oneness. Beyond thought to pure consciousness. Beyond the field of relative to non-relative, absolute. That's what you go beyond.

But that's exactly beyond consciousness.

No. It's pure consciousness, pure consciousness. And you get wet with that, infuse that, and grow that consciousness.

Now I've got it.

Okay. Bless your heart.

I just wondered sort of a general filmmaking question: what drives you to make a film? What makes you go for one particular idea and make a full, feature film out of it?

You're going down the street and girls are passing by, pretty, nice-looking girls. It's not doing it though. You round the corner, and boom! There she is. No question about it, and you are in love. This is the thing. That's what drives you.

And this is all the thing tied to peace. It gets to the point where you couldn't hurt another human being. It would be like hurting yourself. This is the way it's supposed to be. It's not the way it is, but it would be so beautiful. But the key is there. This feeling just grows and it's real. It's much more real feeling than our world, which is pretty much an absurd joke when you know, somebody is blowing children's heads off in the name of peace. It's a sadness. It's the old way. And now there is a new way, a new way to real peace. And nothing to do with killing. And so you reach a point where you couldn't, you just wouldn't ever think to hurt another human being. And you travel, in real peace you travel and you meet friends, not enemies. The light of unity destroys the enmity in an enemy, destroys negativity. There's no more enemy.

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In the vicinity of yoga—unity—hostile tendencies are eliminated.

*Yoga Sutras 2.35*

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And I want to say one more thing, because it's a nice thing to think about. If you hear of a light bulb that does not remove darkness, you have not heard of a light bulb. If you hear of a peace plan that does not remove negativity, you have not heard of a real peace plan. This removes negativity. Real peace is not just the absence of war; it's the absence of the seeds of war--negativity. You want real peace? Enliven this field of unity.

There's an analogy. If the world is like a tree, we see that the tree is not in the greatest shape. The leaves are turning yellow, and they're turning brown. The branches are drooping. The tree is not healthy. Up till now we've been trying, we chase one leaf at a time, try to make it green. Surface cures, surface cures. As soon as maybe we get one leaf green, six more leaves behind us are turning yellow. It's a never-ending horror story. They say the experienced gardener doesn't worry about the leaves. Get it from the source; get it to the roots, the deepest level. Bring that nourishment from the deepest level, unified field. It's always been there, infinite, eternal.

Get it from there. Bring it up. Automatically the whole tree comes up to perfection. It's a never-ending story because a peace on the surface, it doesn't address the seeds of war. All that hate, all that anger, all that sorrow, despair, tension. It's a piece of paper, but underneath, you enliven that. The thing changes. The hate goes. The hate lifts, a man goes to bed filled with anger, wakes up and wonders where it went. This is a true phenomenon. The technologies exist to enliven this deepest level, and watch what happens.

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The world is my family. *Maha Upanishad*

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...And they shall beat their swords into plowshares and their spears into pruning hooks. Nation shall not lift up sword against nation, neither shall they learn war any more. *Micah, Old Testament*

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This wind represents ancient and eternal. This ocean represents the ocean within every human being, and this ocean is an ocean of consciousness. And it is a big ocean. It is unbounded and infinite. And this ocean of consciousness within has qualities. So it is an ocean of infinite intelligence, creativity, happiness known as bliss, infinite universal love, energy, dynamic peace, when a human being, any human being, dives within and experiences this ocean, swims in this ocean, life gets better and better and better. This is the within that they've always been talking about throughout time.

Ladies and gentlemen, change truly begins within.