



## THE SONG WITHIN SEDONA

### ***Synopsis Short***

This documentary/art piece by filmmaker Kathy Douglas began with the basic belief, that wisdom is everywhere. This thought is not new. Over the centuries many teachers have shared their understanding of the inherent wisdom that is within and surrounds us all. It was against this backdrop that we wondered, what would happen if people took the time to look deeply in their own communities, what discoveries and treasures would be uncovered.

We decided to begin an exploration of women in different communities, starting in our own backyard, the Sedona region of Arizona. Trusting a natural process that led to many fascinating women from a wide range of backgrounds, we realized early on in the project, that years could be spent in one community, listening to the stories, documenting the beauty, magnificence and wisdom that is there.

While this film captures 16 women, it is hoped that what is shared will inspire others, as it has us, to take the time to meet your neighbors, to notice people more and let your curiosity lead you to discover the abundance of wisdom that is all around you.

May this film be a reminder that within every community, within in every individual there is an abundance of wisdom to be discovered, if we pause and listen deeply, it is revealed.

### ***Synopsis Long***

This documentary/art piece, a first film for Sedona filmmaker Kathy Douglas, began with the basic belief, that wisdom is everywhere. This thought is not new. Over the centuries many teachers have shared their understanding of the inherent wisdom that is within and surrounds us all. It was against this backdrop that we wondered, what would happen if people took the time to look deeply in their own communities, what discoveries and treasures would be uncovered.

We decided to begin an exploration of women in different communities, starting in our own backyard, the Sedona region of Arizona. Trusting a natural process of referrals, we were led to many fascinating women from a wide range of backgrounds. We did not seek out the "wise person in town", but rather looked for life stories in the individual women we met along the way, naturally finding the wisdom of well lived lives through their experiences to validate the premise of the film. While we call the women we filmed "wise" they would not describe themselves as wise,

*wise women*  
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although others who have taken the time to know them probably would. To think that these are the only women in the areas around Sedona who have stories to share rich in wisdom would be to miss the point. Wisdom is not a person; Wisdom is a part of each one of use, a part that we all have access to, that we can call upon to guide ourselves and to share with and inspire others.

We realized early on in the project, that years could be spent in one community, listening to the stories, documenting the beauty, magnificence and wisdom that is held there. Thus the women we were able to capture on film represent the possibilities of what a community has to offer. Their stories are as varied as the women themselves; the common thread is the wisdom that comes through in listening deeply to what they have to share.

In this film you will meet amazing individuals. A 90 year old women who still has the engaging personality that lead her back to college while in her 50's to take acting classes and then on to Hollywood to perform with such talents as Tom Hanks, Burt Reynolds and Bob Newhart. You will meet a 4th generation acupuncturist who has integrated traditional acupuncture with energy healing that leads people to discoveries of their own power to heal. A homemaker who chose a life style that honors the earth, it's gifts and the natural cycles of the seasons, shares what it's like living off the 'grid' and then reveals another side of her self, an exploration of womanhood through belly dancing.

As the exploration evolves we meet 2 great artists and women of deep knowing. One, the founder of Gardens for Humanity whose work has touched so many. We also discovered a life long poet, who just three years ago began studying Slam Poetry. With many more rich stories to follow.

From expressions on canvas or in sculpture to the art of cooking, we uncovered the passion behind two successful Sedona area restaurants. We met a fascinating leader who's work took her to the halls of congress, only part of the story she shares in her book that gives hope to anyone who has had to face the "rough waters" of life and encourages us with her "Be Statements" - Be bold, Be authentic, Be who you are...

The timeless wisdom of Rumi and Hafiz are brought to life by a performance artist who's investment in the depths of poetic expression brings forth a way of sharing that speaks to the essence of ones being. A musician, harpist and sound analysis practitioner who shares the story of an autistic boy whose life was touched by exposure to harp music brings the mysteries and the power of sound into the story. And a business owner shares her story of finding the courage to open her own school of massage and approach teaching from a new paradigm.

The women bring forth complex understanding as well as a fresh simplicity to finding peace in the moment and to recognizing the interrelationships between all things. We are reminded to find ways to stop the rushing around and enter the stillness that feeds creativity and conscious ways of being. That giving from an empty well or place of exhaustion needs to be replaced with filling our own wellspring and thus having a place of abundance to give from.

*wise women*  
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Examples of where to replenish ones self and connecting to ones own deep knowing takes you from the beauty of the red rocks to the healing nature of drinking flower essences. We are reminded of the power of getting together to share with each other, inspiring us to all consider expanding our circles!

For each woman interviewed there is a visual expression, an artistic representation of their story that works in concert with the thoughtful and spontaneous wisdom they shared so that the experience of the film becomes multi-layered. There is no doubt that the premise of the film is confirmed, that in every community, in every individual there is an abundance of wisdom to be discovered, if we pause and listen deeply it is revealed.