



# Spiritual REVOLUTION

EASTERN SPIRITUALITY *in the* WESTERN WORLD

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## EAST MEETS WEST PRODUCTIONS

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FOR IMMEDIATE RELEASE

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### *Spiritual* REVOLUTION releases on DVD.

*This film is a tool to make people aware of how interconnected we are to each other and to the planet.*

– Alan Swyer

*Spiritual Revolution* examines Eastern Spirituality in the West - its origins, forms, and the many ways it has evolved and been embraced in the United States as a philosophy and an ethical approach to life. The film explores various forms of Hinduism and Buddhism through interviews with a Who's Who of spiritual leaders, swamis, gurus, Zen Masters and Tibetan Lamas as well as scientists, psychotherapists and scholars, including Bhagavan Das, Jack Kornfield, Sakyong Mipham Rinpoche, Bhante Piyanda, Edward Espe Brown, Robert Thurman, Debbie Ford, Dan Siegel, M.D., Roshi Wendy Egyoku Nakao and Amma. Some share their stories of spiritual awakening after growing up in the US, and some have been explicitly requested by their teachers to modernize Eastern practices by taking them into the West.

Additionally it addresses the increasing importance of women in these religious traditions as well as the paths of convergence with Western science and psychotherapy. The rational mindset so dominant in the US has resulted in scientific research to quantify, prove, and explain how and why Eastern practices work. Numerous examples are presented in the film. A sampling: psychiatrists at UCLA are teaching Buddhist techniques to patients who inflict bodily harm on themselves. Sara Lazar at Harvard has conducted breakthrough studies proving that meditative practice can reverse the aging process in the brain. And several successful programs are using meditation to help segments of the population long overlooked, such as junkies and AIDS patients. When children are introduced to meditation under the secular term "mindfulness," the results are life changing.

The ancient traditions of the East are finding new forms thanks to the influence of the West. New doors are opening for longtime practitioners and potentially for you.

"I made this film because it is apparent how many ways people today are embracing traditional Eastern practices as never before," notes Alan Swyer. "People who previously had no interest or awareness of alternatives are using meditation for stress management, yoga for physical fitness, and acupuncture for pain. When people find these practices improving their lives, they often start searching for what else might be there. After several decades below the radar, it's now having a significant impact on our culture. I'd like to see the film create greater awareness of just how much is going on."



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EASTERN SPIRITUALITY *in the* WESTERN WORLD

*Spiritual Revolution* has played to packed houses at the Nashville Film Festival in April. It screened at the Maui Film Festival in June and the Bayou City Festival of Houston in August where it won an award. It played to French audiences at the Festival International des Programmes Audiovisuale. The film was presented at Harvard and other special events.

For more than two decades Alan Swyer's wide-ranging career has included writing, producing, and directing. He's worked on stage, feature films, music videos, instructional videos, and documentaries. He's also been a newspaper columnist, film critic, and taught for seven years at the prestigious American Film Institute as well as internationally.

The following contributed their time to appear in *Spiritual REVOLUTION*.

Master Charles Cannon	Debbie Ford	Sara Lazar, Ph.D.
Professor Thomas Groome	Ronald Alexander Ph.D.	Ronald Siegel Psy.D.
Mark Epstein, M.D.	Trudy Goodman, Ed.M., LMFT	Jeffrey Thompson, D.C.
Professor Diana L. Eck	Shinzen Young	Daniel Paquet Davis
Dr. Mani Bhaumik	Sakyong, Jamgön Mipham Rinpoche	Susan Kaiser Greenland
Professor Robert Thurman	Venerable Bardor Tulku Rinpoche	Peri Doslu
Anam Thubten Rinpoche	Nirantara Dasa	Gene Lushtak
Steven S. Sadleir	Brother Atmananda	Orlando Cepeda
Swami Chetanananda	Geshe Tenzin Wangyal Rinpoche	Pamela Bothwell
Bhagavan Das	Daniel Brown, Ph.D.	Paul Fulton, Ed.D.
Daniel J. Siegel, M.D.	Firenze Crawford	Steven Halpern
Jack Kornfield	Chakrapani Ullal	Howard Josepher
Kathryn Harrold	Amma	Ivette Malendez, M.S.W.
Sat Bir Singh Khalsa, Ph.D.	Venerable Bhikshuni Tenzin Kacho	Ibian Soto
Steve Ross	Venerable Miao Hsi	Professor John Makransky
Edward Espe Brown	Roshi Wendy Egyoku Nakao	Bhante Walpola Piyandana

*Spiritual Revolution* is not available from local video rental outlets, Netflix, or TV.

**EAST MEETS WEST PRODUCTIONS PRESENTS AN ALAN SWYER FILM "SPIRITUAL REVOLUTION"**  
**MUSIC BY CATHLEEN WONG & DEREK ALAN JONES DIRECTOR OF PHOTOGRAPHY AARON LANDY**  
**CO-PRODUCER & EDITOR DAVID C. FLORES ASSOCIATE PRODUCER JENNY MANRIQUEZ**  
**EXECUTIVE PRODUCER ABBY GAIL PALANKER WRITTEN, PRODUCED & DIRECTED BY ALAN SWYER**

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