

**«science and experience constrain  
and modify each other as in a dance.  
this is where the potential for  
transformation lies.»**

**francisco j. varela**

A close-up portrait of Francisco Varela, a man with a shaved head and glasses, looking slightly to his left with a thoughtful expression. He is wearing a dark blue shirt. In the background, there is a wooden bookshelf filled with books. One book on the left is titled "EXPRESSIONS" and another is by Borges. To the right, the title "The Harmony of Illusions" is visible.

francisco varela 2001

A scenic landscape featuring rolling green hills under a clear blue sky. In the foreground, there's a dark, textured area that looks like a paved path or a small clearing. A small, light-colored building with a dark roof is visible on the right side of the frame. The overall atmosphere is peaceful and natural.

# mind & life

## early dialogues







A color photograph of Francisco Varela, a man with dark hair and glasses, wearing a light-colored striped shirt over a yellow tie. He is seated in a black leather armchair, looking directly at the camera with a thoughtful expression. His right hand is raised to his face, with his fingers resting near his eye. In the background, there is a bookshelf filled with books and papers, and a small framed portrait of another man hangs on the wall to the left.

**francisco varela 2000**





1) «gentle bridges»













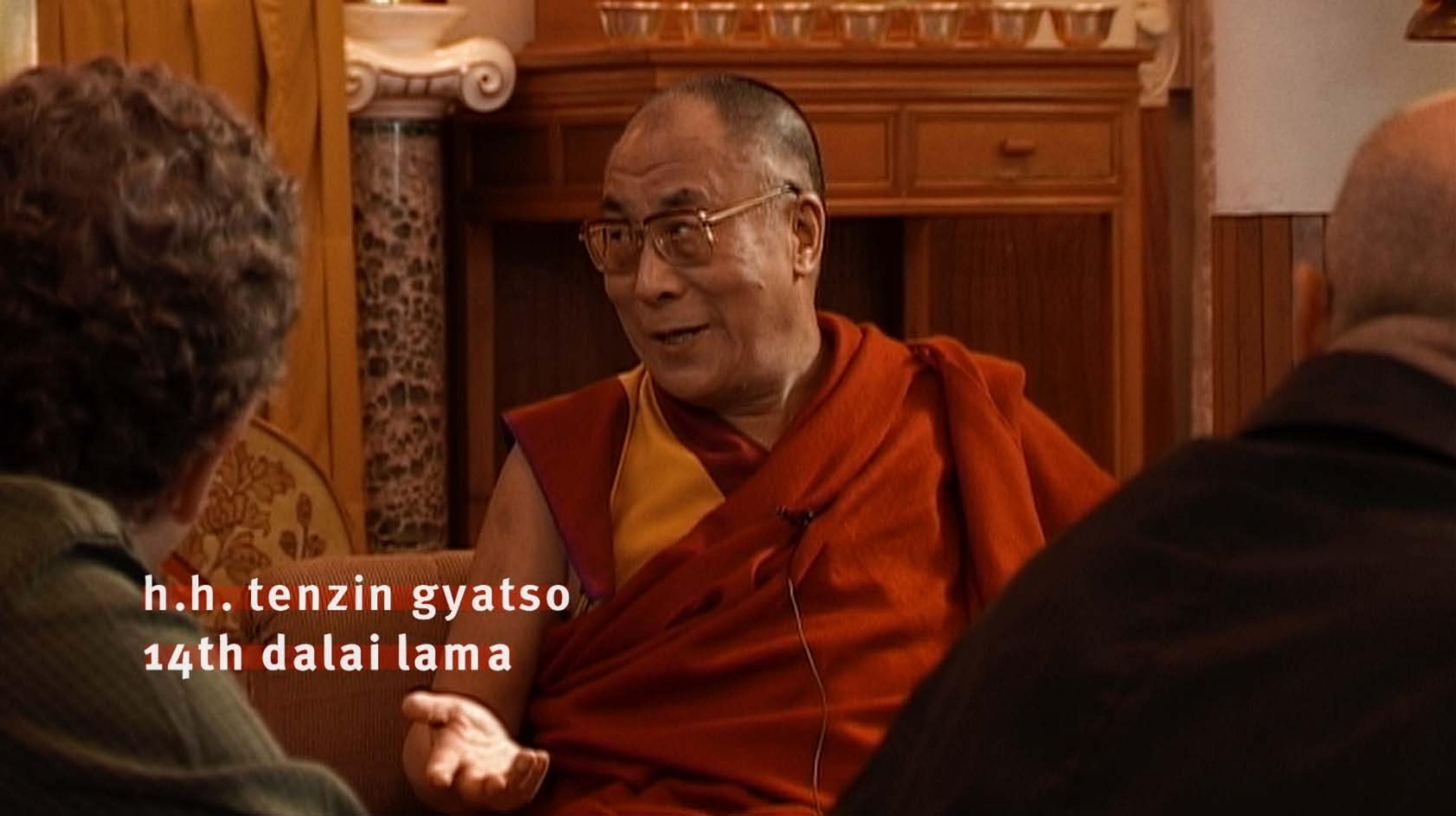
A photograph of a lecture hall filled with students. They are seated in rows of wooden chairs, facing a dark wooden podium at the front. The room has high ceilings and large windows. In the foreground, a large red number '2000' is overlaid on the image, partially obscuring the students. Below the number, the text '10) «nature of matter, nature of life»' is written in white.

10) «nature of matter, nature of life»









**h.h. tenzin gyatso  
14th dalai lama**















3) «emotions & health»



























thupten jinpa  
interpreter





alan wallace  
interpreter



sharon salzberg

A photograph of a group of men in an indoor setting. On the left, a man in a maroon robe with a yellow collar looks towards the camera. In the center, a man in a light-colored shirt is seen from behind. To his right, three other men are visible: one wearing glasses and a dark jacket, another in a white shirt, and a third partially visible on the far right. The background features a wooden cabinet and a decorative gold-colored shelf.

francisco varela

A photograph showing the Dalai Lama on the left, wearing a maroon shawl over a yellow tunic, and Jon Kabat-Zinn on the right, wearing a dark grey sweater. They are both looking down at an open book they are holding together. In the background, there is a decorative gold-colored wall panel. The image has a warm, indoor lighting.

jon kabat-zinn

A photograph of three men in an indoor setting. On the left, a man with dark hair and a beard, wearing a plaid shirt, looks towards the center. In the center, a man with a long white beard and glasses, wearing a dark vest over a light shirt, holds a small book or object. On the right, another man with dark hair and a beard, wearing a grey shirt and a purple striped vest, sits at a table with a microphone and a bottle of water. The background features a wall with gold-colored decorative panels.

daniel brown



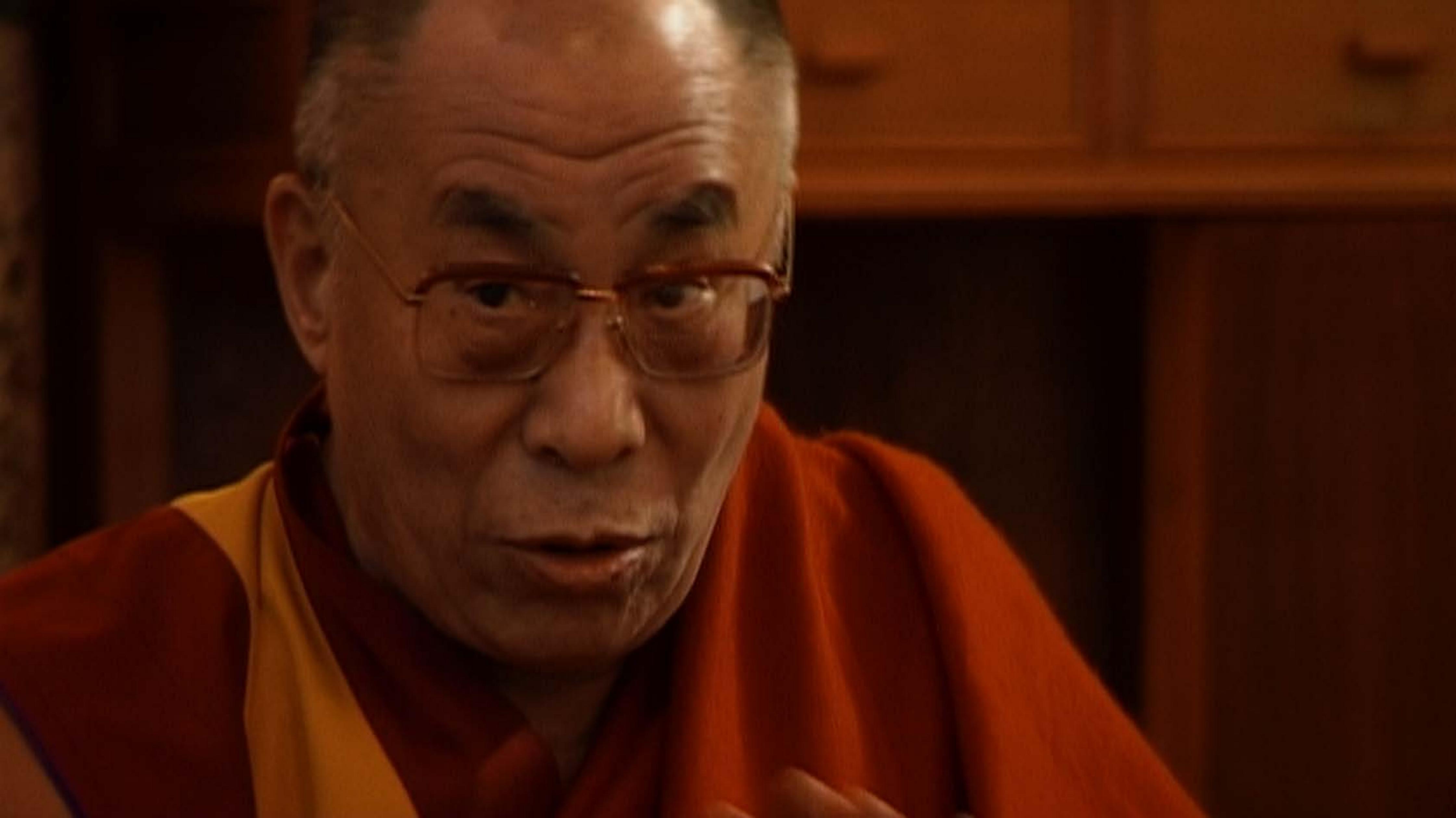








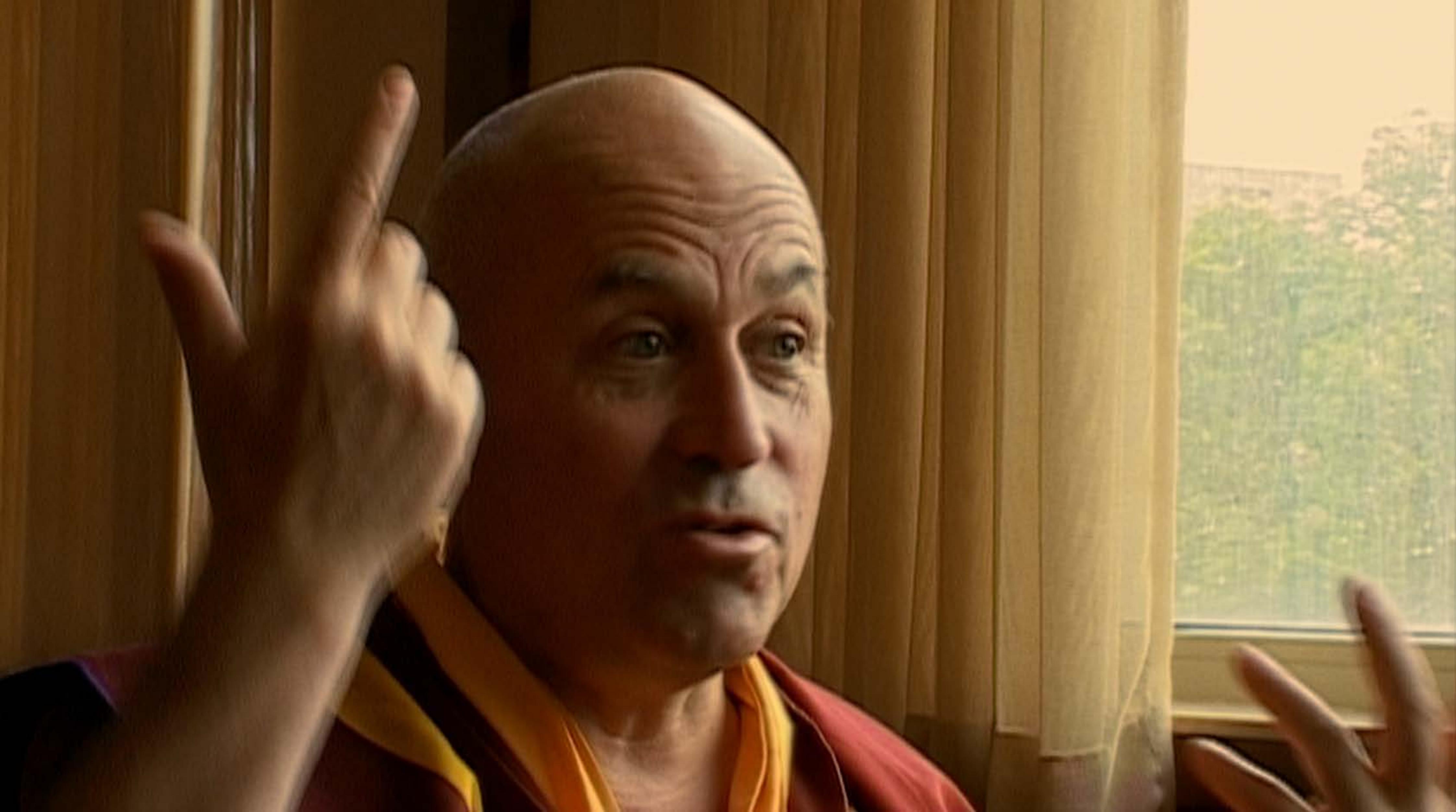


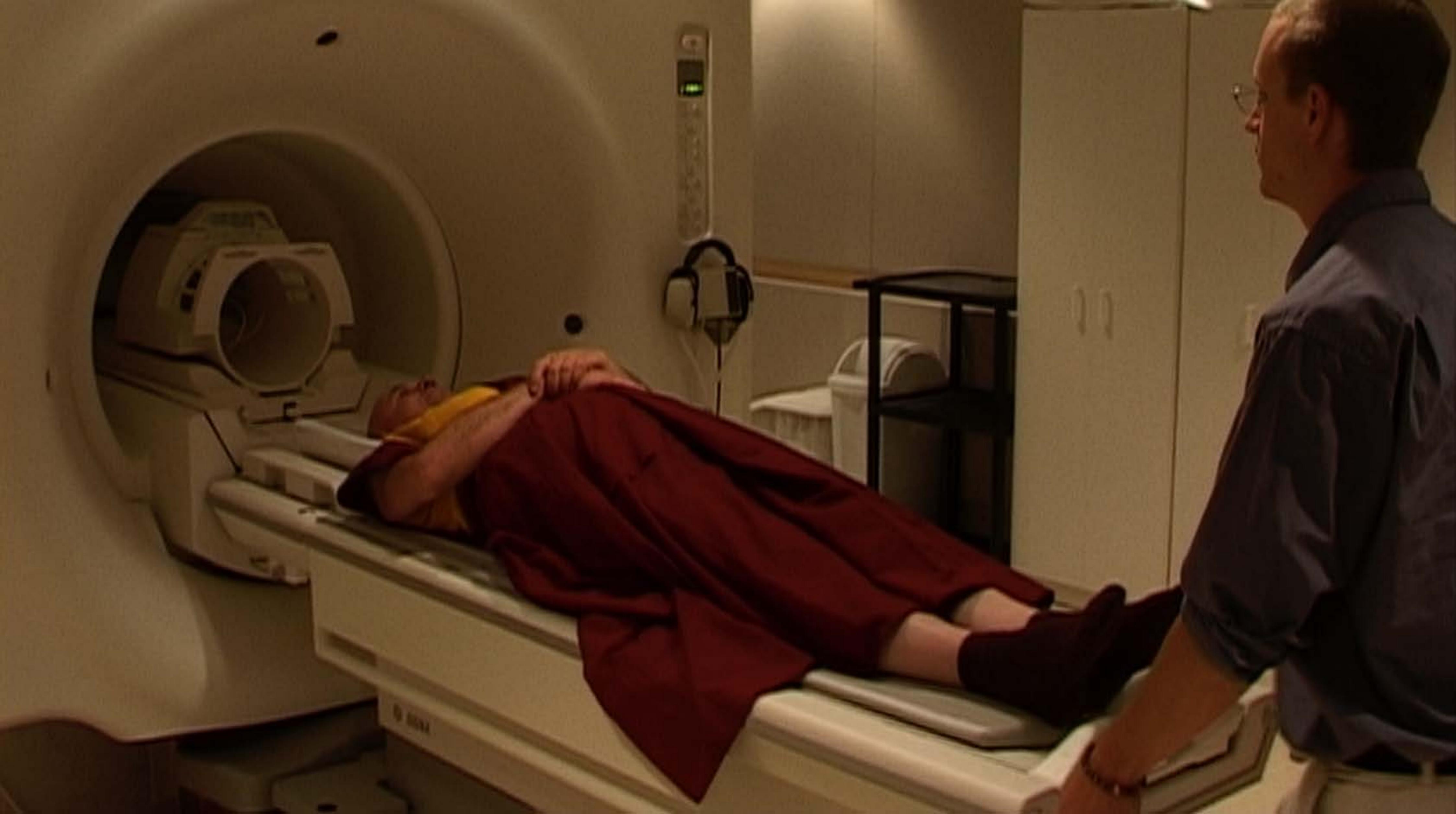




A close-up portrait of Matthieu Ricard, a French Buddhist monk. He is shown from the chest up, wearing a traditional maroon and yellow Tibetan Buddhist monastic robe. He has a shaved head with vertical lines from his previous shaved head. He is looking directly at the camera with a slight smile. The background is a warm-toned wooden interior.

matthieu ricard

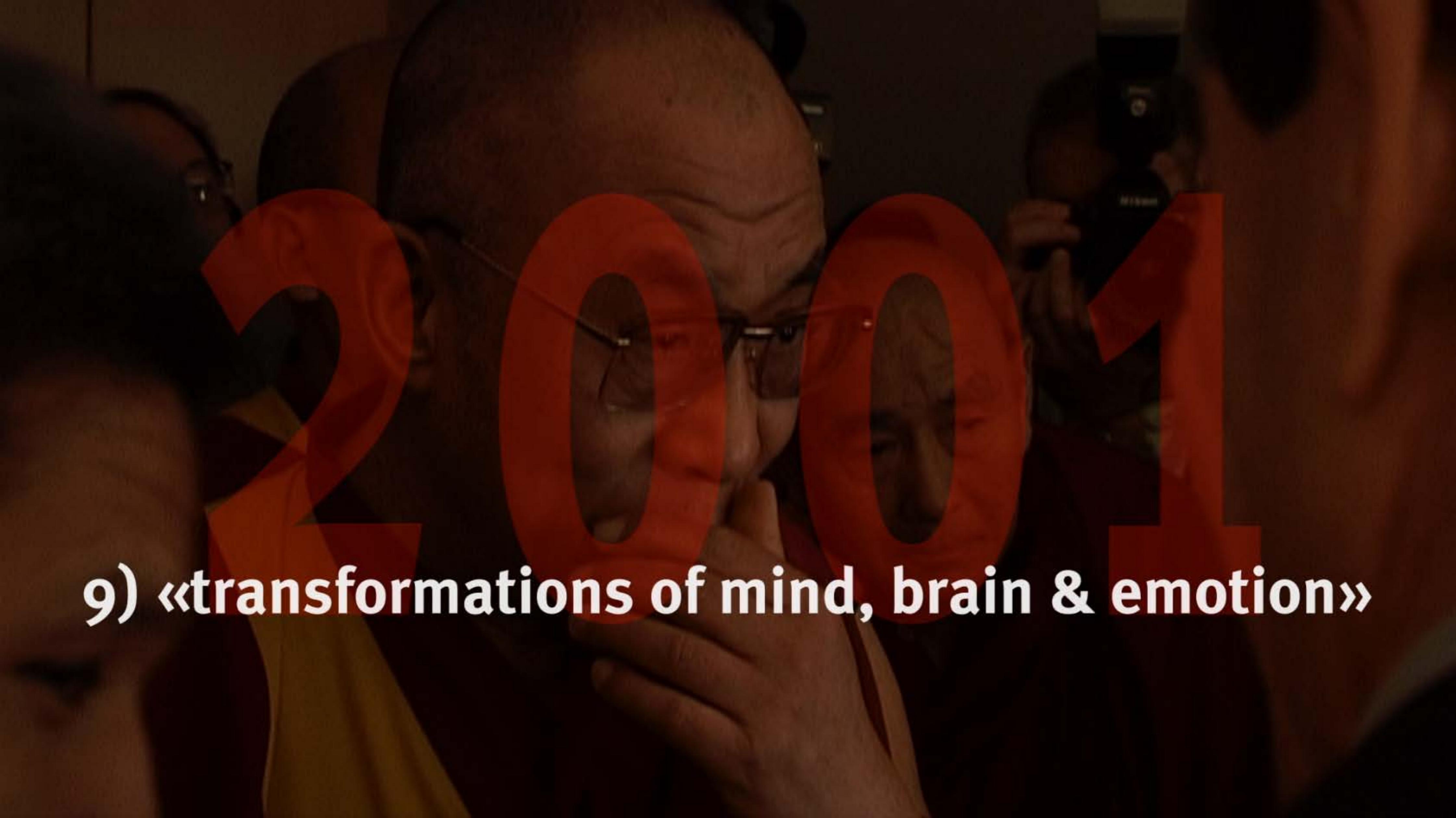




A close-up portrait of Jon Kabat-Zinn, an elderly man with grey hair and glasses, wearing a suit and tie. He is looking slightly to his left with a thoughtful expression. The background shows a wall with framed pictures.

jon kabat-zinn





9) «transformations of mind, brain & emotion»

A photograph showing several men in a hallway. In the center, a man with dark hair and a white shirt with a patterned tie is looking back over his shoulder. To his left, another man in a suit and tie is looking towards the camera. To his right, a man in a dark suit is also looking towards the camera. The background is a plain, light-colored wall.

**richard davidson**



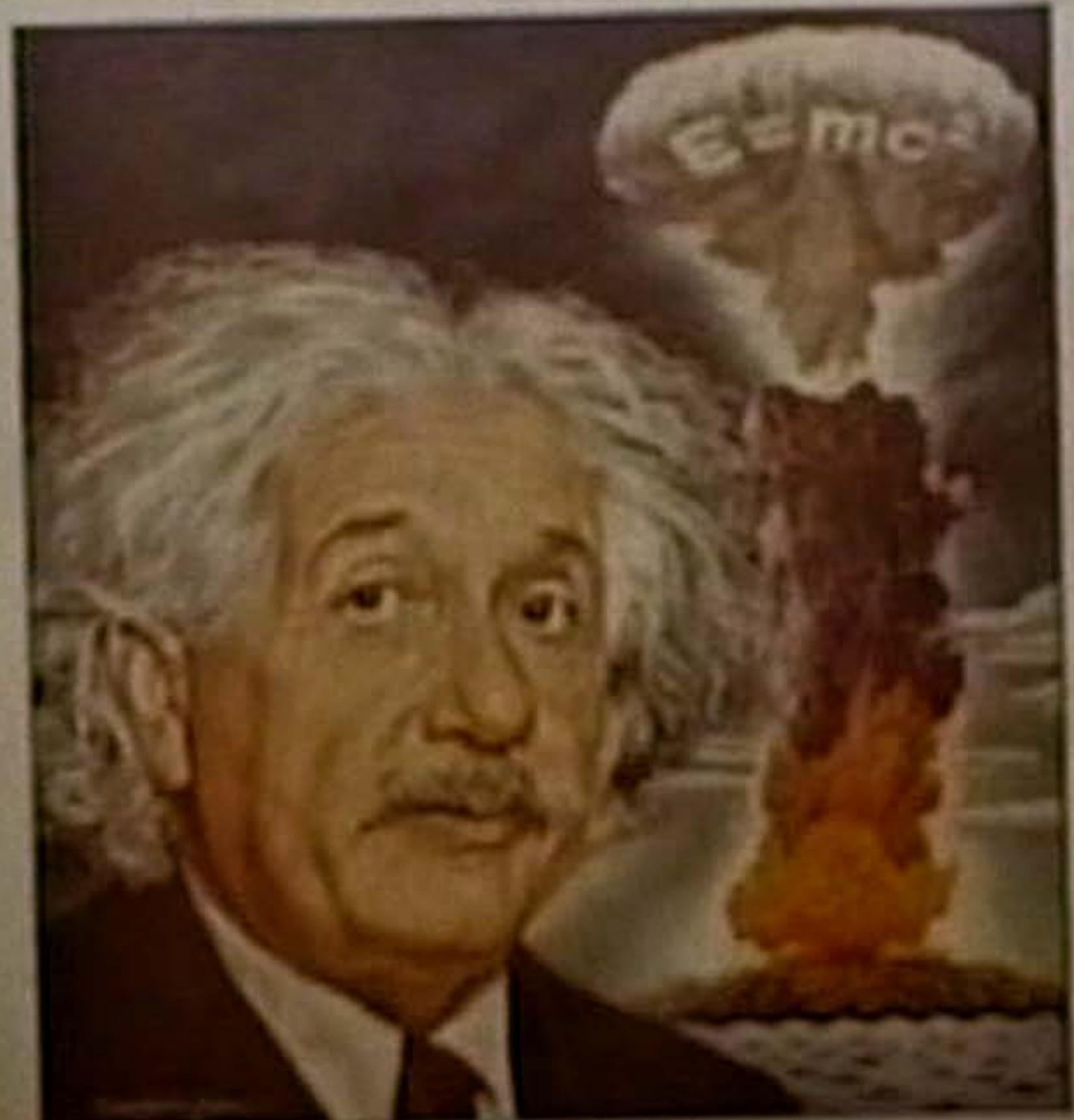
5) «altruism, ethics & compassion»

A color photograph of a woman and a man in a vintage-style interior. The woman, on the left, has dark hair and is wearing a white blouse under a black and white plaid dress. She is looking towards the right. The man, on the right, is wearing a red long-sleeved shirt and glasses, and is also looking towards the right. They are positioned in front of a wooden cabinet with glass doors containing various items. A small potted plant sits on the cabinet. In the foreground, there is a green table with a white teapot, cups, and saucers, along with some books and papers.

anne harrington

TIME

THE WEEKLY NEWSMAGAZINE





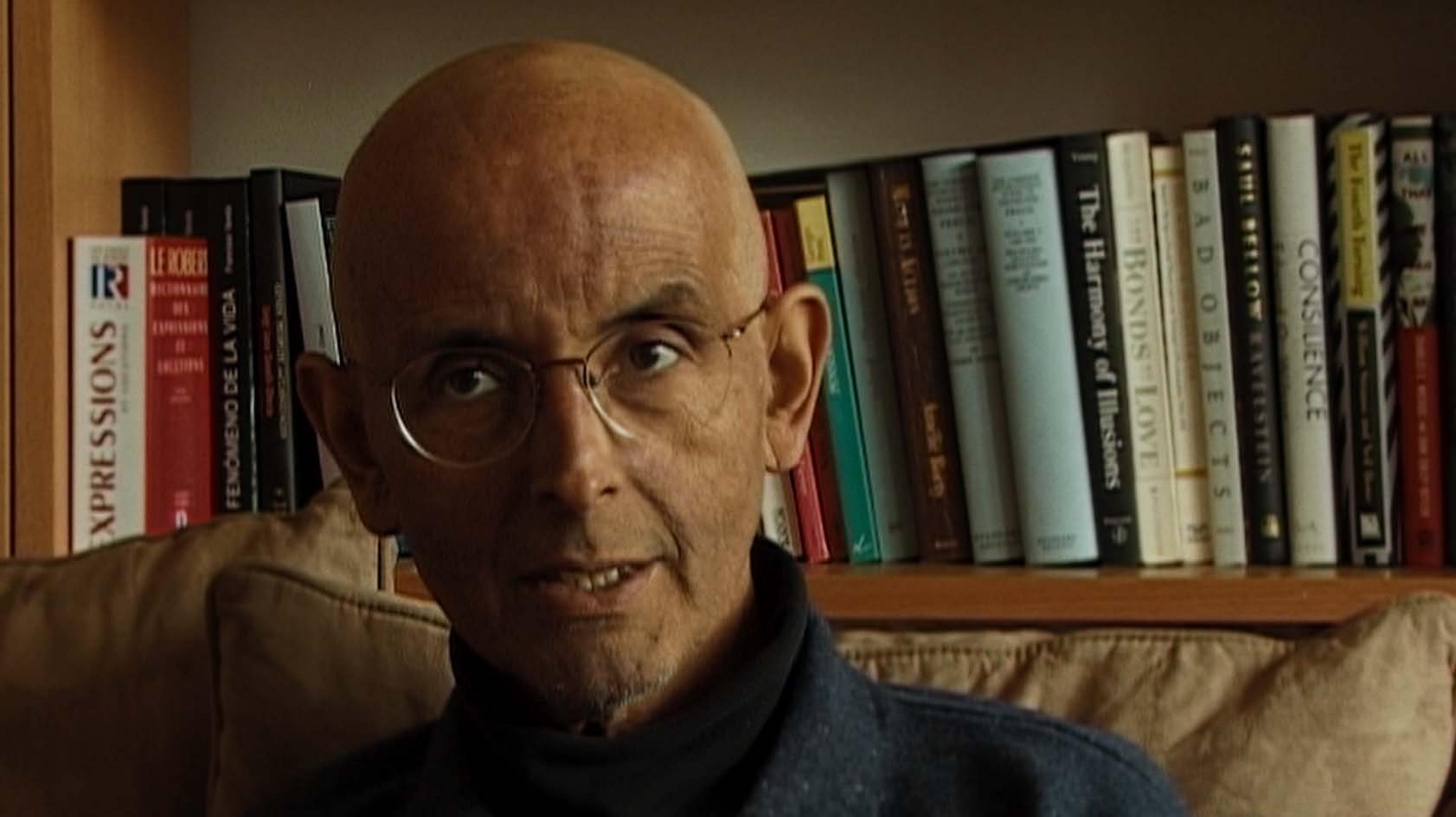
















A close-up portrait of a man with dark hair and glasses, wearing a blue shirt. He is looking slightly to the left. The background is a blurred green outdoor setting.

**tenzin choegyal  
ngari rinpoche**





A photograph of a group of people, likely scientists or scholars, gathered in a room. In the foreground, a man with grey hair and a white shirt is gesturing with his hands while speaking. Behind him, two men in maroon robes are looking towards the camera. To the left, a person's face is partially visible, looking down. The background shows vertical panels, possibly curtains or a wall.

**scientific workshop**



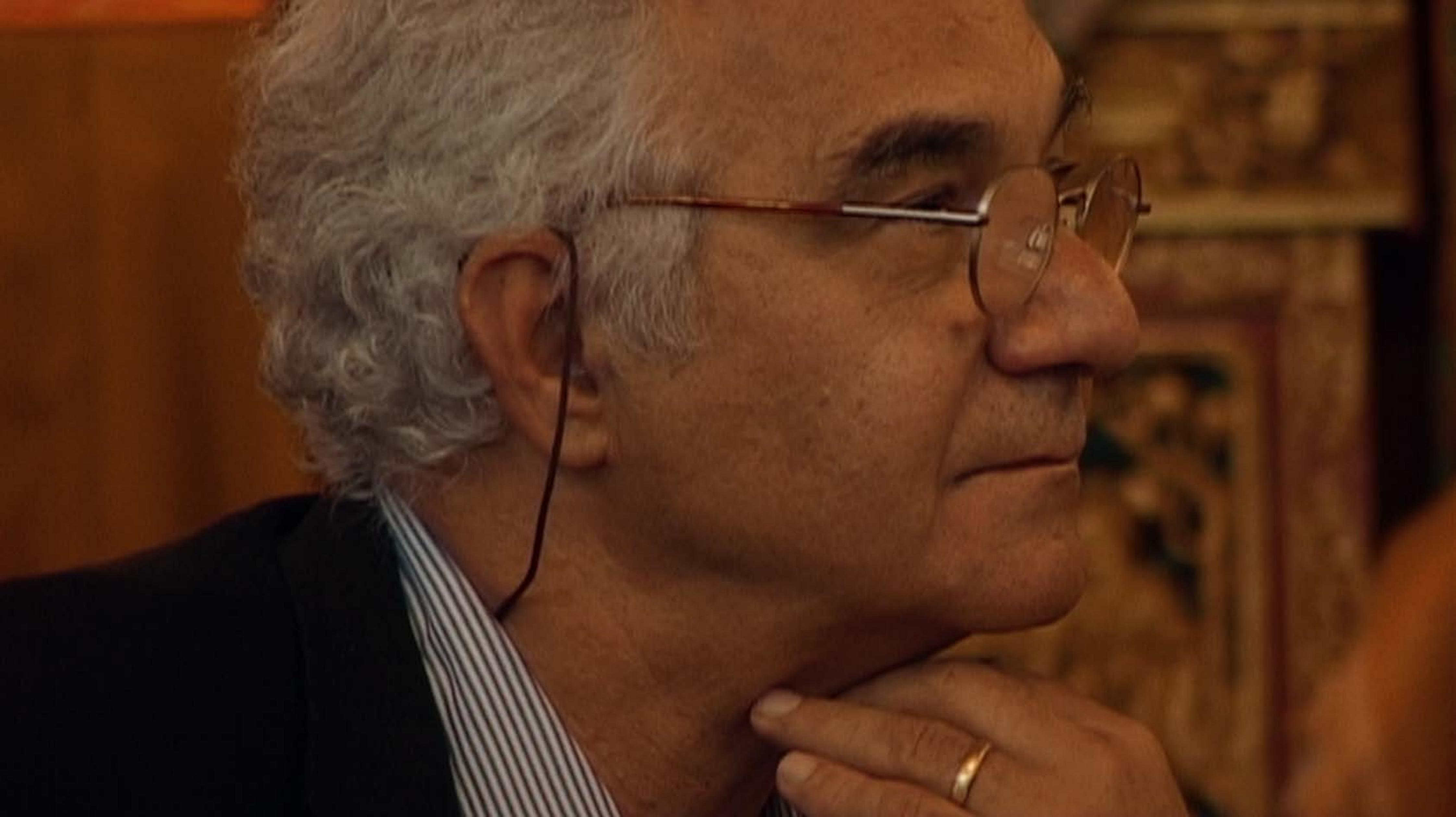






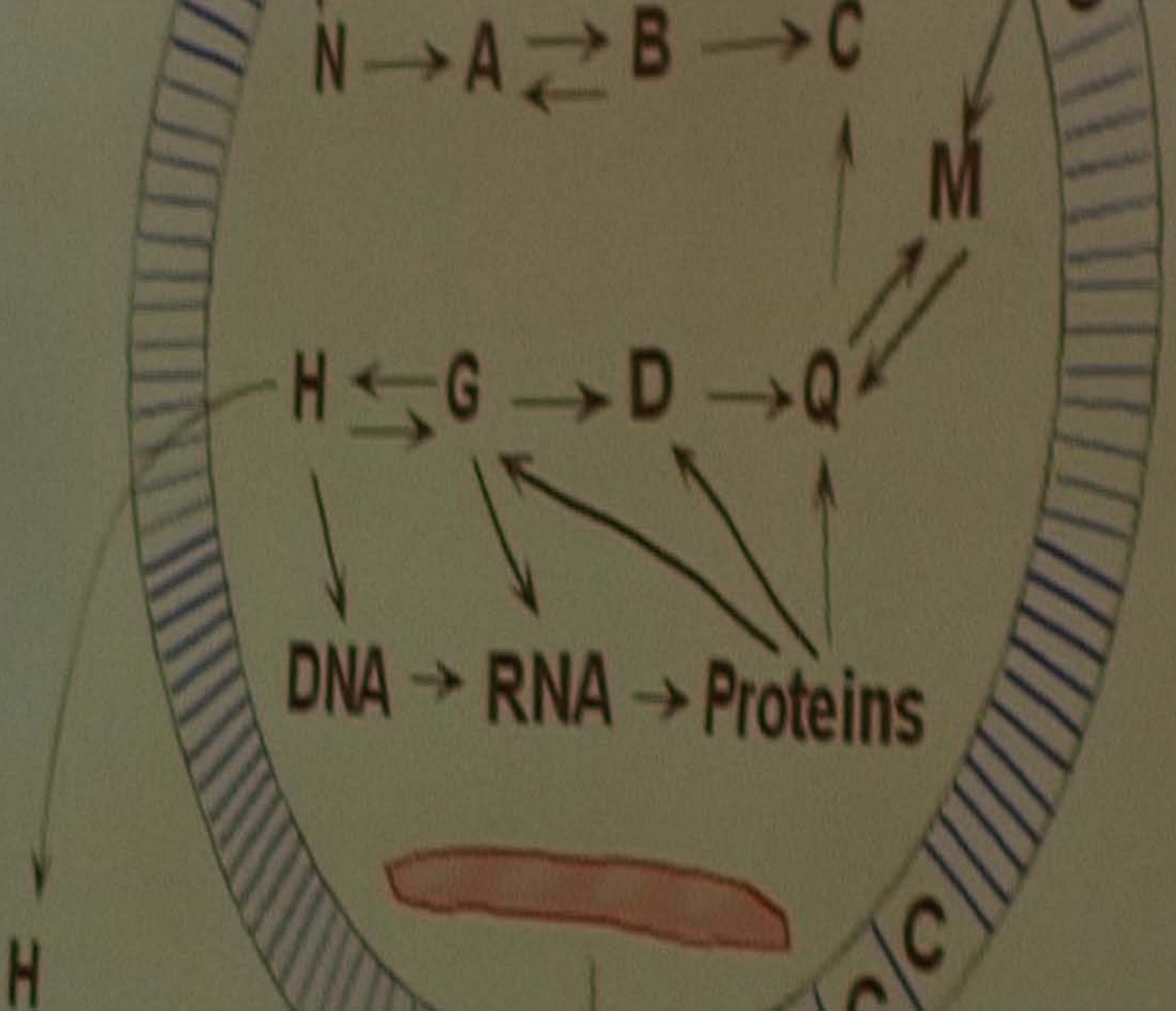








pier luigi luisi









10002

4) «sleeping, dreaming & dying»

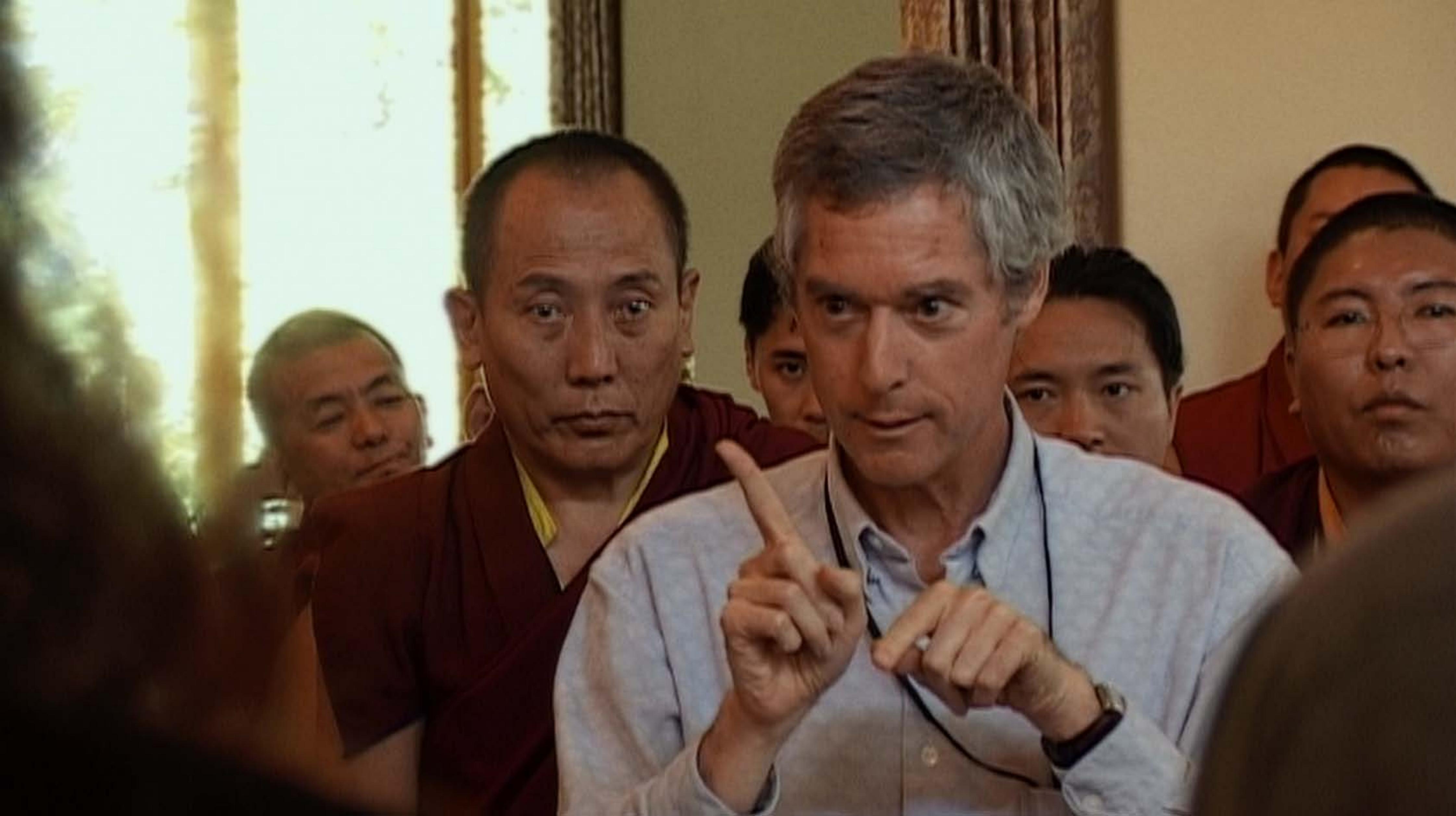


jerome engel

A photograph of a group of people in a library or study room. In the foreground, a man with glasses and a dark jacket holds a large, open book. Behind him, several other people are seated at a long table covered with books and papers. A woman in a white shirt and a man in a maroon sweater are particularly prominent. The room has wood paneling and framed pictures on the walls.

charles taylor











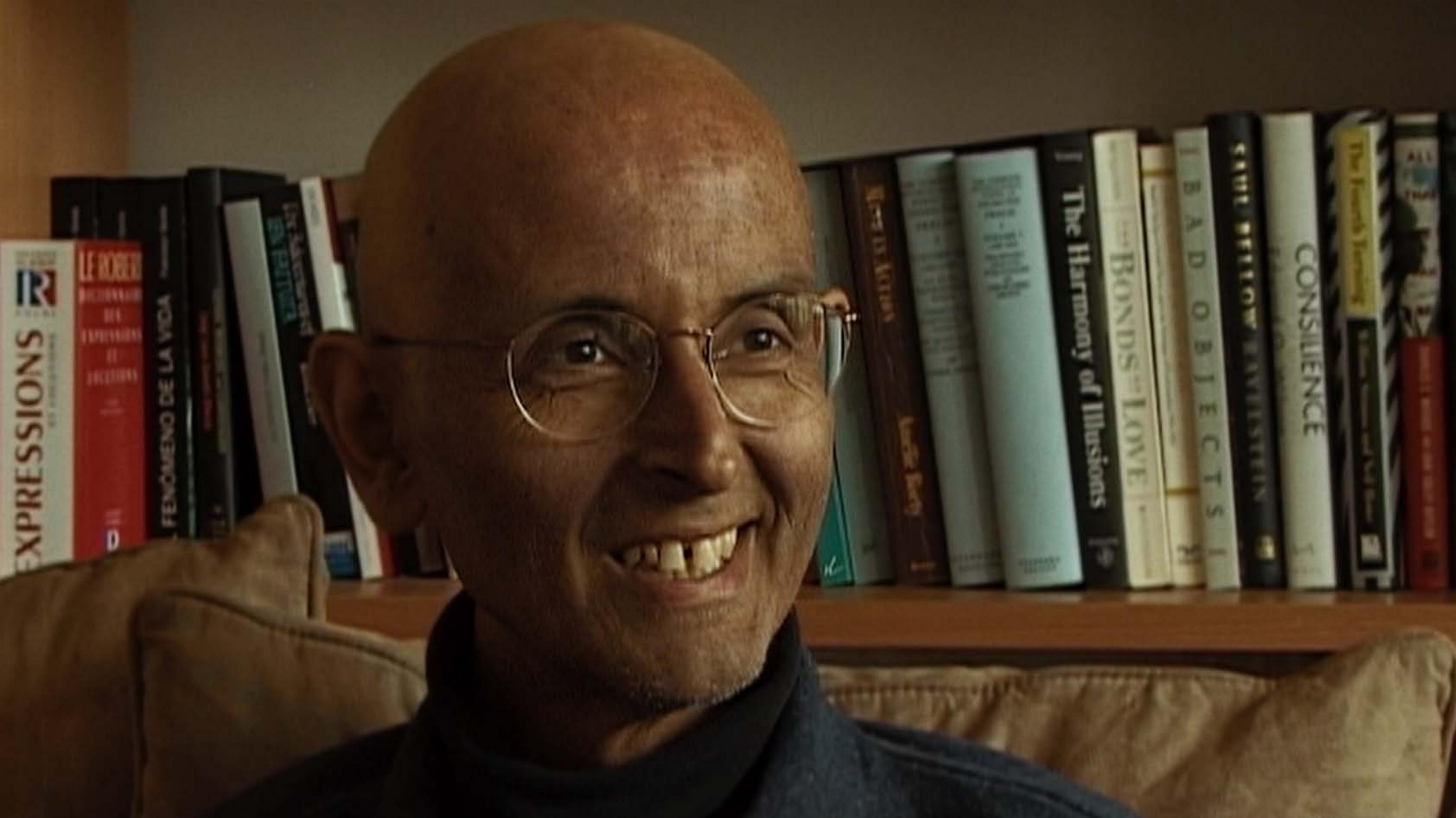












I The Harmony of Illusions

BOND'S LOVE

READ OBJECTS

CONSCIENCE

The Human Mind

ANOTHER PERSPECTIVE

ANOTHER PERSPECTIVE

EXPRESSIONS

L'ORIGINE DE LA MUSIQUE

LE BONHEUR DE LIRE

THE HARMONY OF ILLUSIONS

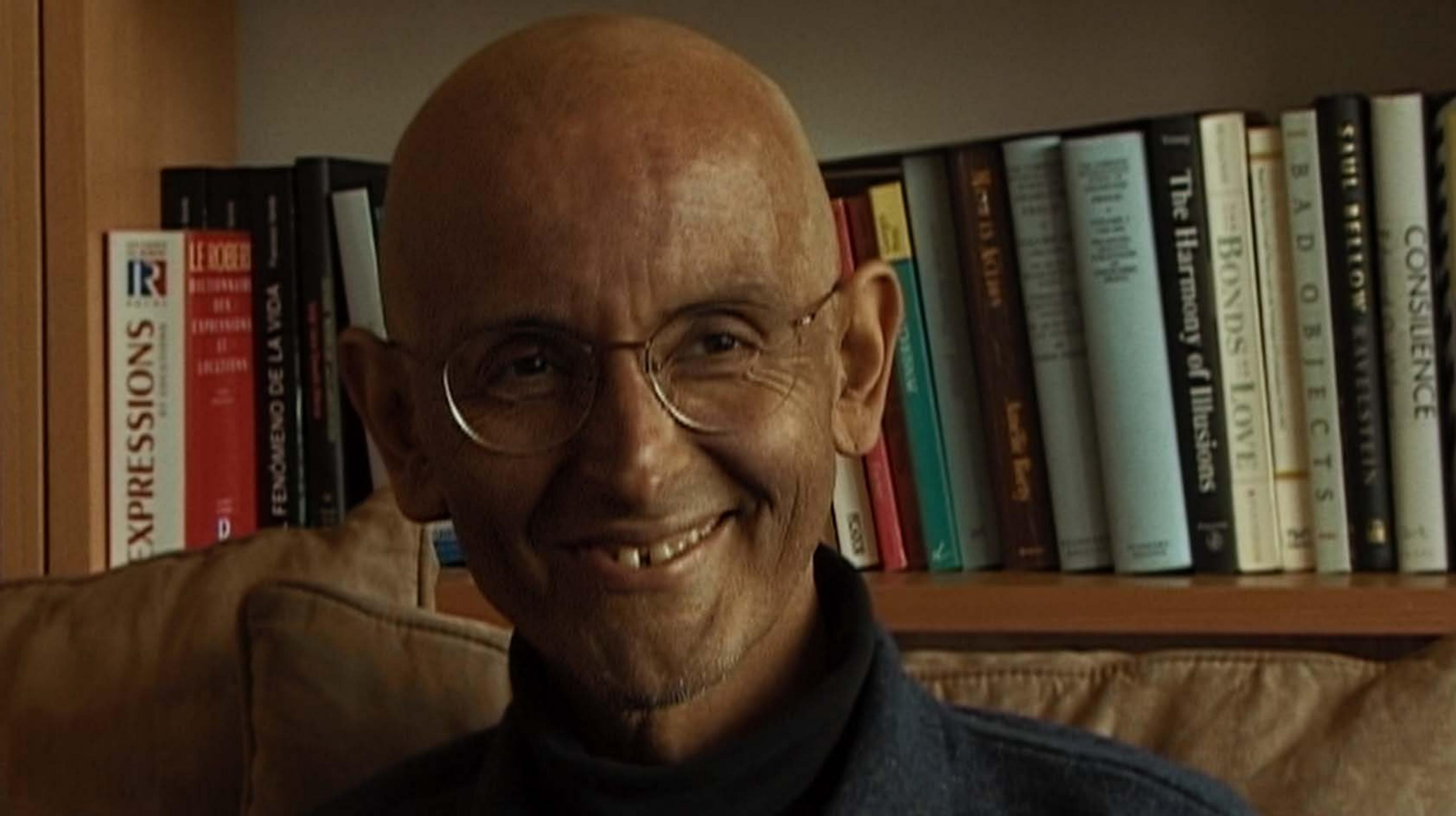
BOND'S LOVE

READ OBJECTS

CONSCIENCE

The Human Mind

ANOTHER PERSPECTIVE



EXPRESSIONS

L'OBSE

FENÓMENO DE LA VIDA

The Harmony of Illusions

BONDS OF LOVE

BAD OBJECTS

CONSCIENCE

a film by

franz reichle & juliette forster

**with thanks to the participants**

**francisco j. varela**

**h.h. tenzin gyatso 14th dalai lama**

**thupten jinpa**

**alan wallace**

**sharon salzberg**

**jon kabat-zinn**

**daniel brown**

**matthieu ricard**

**richard davidson**

**anne harrington**

**tenzin choegyal – ngari rinpoche**

**pier luigi luisi**

**jerome engel**

**charles taylor**

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viviane von orelli**

**benny jaberg  
william shattuck**

**thanks for collaboration on production**

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**martin witz      filip zumbrunn**

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**thanks for transcriptions and translations**

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alejandra vega      suvi westerberg niles**

**geshe lhakdor  
alejandra vega**

**paraskevas mavroidis  
suvi westerberg niles**

**ursula k. rathgeb**

**special thanks**

**amy cohen varela**

**thanks**

**tashi albertini  
catherine ann berger**

**susan bauer-wu  
paloma bernatchez-forster**

**pam bedrock**

**thanks**

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**thanks for archive material**

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**meridian trust foundation**

**thanks for shooting permissions**

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**devlin video international n.y.c.      ben vaughn**

**sound studio**

**digiton zürich      jürg von allmen c.a.s.      martin stäheli**

**mind & life dialogues used in this film**

- ml 1 dharamsala 1987 «gentle bridges»
- ml 3 dharamsala 1990 «emotions & health»
- ml 4 dharamsala 1992 «sleeping, dreaming & dying»
- ml 5 dharamsala 1995 «altruism, ethics & compassion»
- ml 9 madison wi 2001 «transformations of mind,  
brain & emotion»
- ml 10 dharamsala 2002 «nature of matter, nature of life»

**more info about mind & life**

[www.mindandlife.org](http://www.mindandlife.org)

[www.mindandlife-europe.org](http://www.mindandlife-europe.org)

t&c film – production «monte grande»      delphine oltramare  
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padma ag      birgit und lea von brückner      christine reimann  
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alejandra vega      reinhold gabriel      franz probst  
alex weber      and many more crowd-funder

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