

ONE SECOND

Film

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STATEMENT OF INTENTIONS



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ALLEGRIA productions

What results can be achieved with this film?

Communion around a common theme – uniting towards a shared work – joining forces

Create the Allegria Foundation

What do we want to provoke?

Awareness:

- We are not physically immortal
- We are immortal in spirit
- Our soul has a path of evolution
- Our physical life is contained within two seconds, one of inhalation, one of exhalation – what do we do between these different times allotted to each of us?
- Questions about the meaning of life, of one's own life

Why this story?

To value and give worth to every second of our lives

To inspire us to embark on a quest for our own mission

To become the heroine of our own story

To elevate and redefine the concept of medicine?

Care for oneself, care for others, care for the world

What interests me in this story?

The notion of self-transcendence, of a quest

The encounters, the journeys, the heroine's inner transformations

The beauty of the different passages

The power of the moments of transmutation, of chaos, connected to the forces of nature

The feeling of guidance

What is the link between this story and my personal story?

Experiences from which I draw inspiration to convey and enhance my message.
Enjoying and building one's life by listening to one's inner guidance and the signs to forge one's own path.

The characters are drawn from my own life experiences.

The situations are **real-life situations**.

What emotions might the viewer experience?

Shocking violence

Sadness

Frustration

Fear

Love

Joy

Energy

Enthusiasm

Passion

Strength

Power of attraction

How does the viewer feel after the screening?

They have been emotionally checked by low-vibrational emotions, then they experience high-vibrational emotions.

They feel refreshed, cleansed, liberated, energized, motivated, inspired...

They feel filled with love, positive, and enterprising in their relationship with their soul, ready to invest in creating their own dream life.

What are the most essential themes of this story?

Love/Self-love/Self-discovery/Initiatory quest/Quest for self/Living

Finding one's own medicine

Overcoming apprehensions and the fear of emptiness

Self-transcendence

Finding and loving one's path

What messages do I wish to convey?

- Self-love is a path to Love, the realization of one's Higher Self, an encounter with the higher self, the divine.

- Death is just a passage

- Live and create your life like a work of art

- Let's not forget that life is finite

What films remind me of ONE SECOND?

My Life in the Air: Joyful, funny, humorous

The Gun-Toting Uncles: Sharp dialogue