

The Power of Connection documentary provides a deep dive into the mysterious intricacies of human connection. Folding together elements of sociology, science, and spirituality, viewers receive a well-rounded exploration of the global implications of individuals' daily one-on-one interactions.

Beginning with my own journey into the depths of myself, after moving from Germany to the USA as a young adult, the documentary tells the story of a close friendship that ended unnecessarily because of biases and judgements I accepted as truth. I learned through that lost relationship that I would never truly connect with a new culture without exploring the emotions and conflicting messages that came with labels, unconscious bias, and a false identity I felt compelled to protect. While my self-discovery process was not pretty, a shift began to happen that has led me toward a deep sense of oneness with everyone and everything around me.

Woven throughout the documentary is also footage of a fascinating social experiment I conducted between numerous pairs of total strangers. The study demonstrates the unseen dynamics that exist between human beings, even without a word being exchanged.

Also informing this documentary is a phenomenon called synesthesia, which is a gift I was born with that allows me to see everything in color – letters, numbers, words, people, and even groups of people. For years I did not understand this gift I'd been given, but as I dug deeper into why I experience the world in this way I noticed that the colors change according to the emotional state of a person or the emotional context in which a word or number is used. That realization opened my eyes to the ways in which our internal emotional state impacts the way we experience one another and the world around us. I began to see the world as a beautiful dance which evokes compassion and sincere love for humanity - from those closest to me to the stranger in a parking lot. I now acknowledge this awareness as soul-connection within our oneness.

During my career as a sociologist, I learned to operate within statistics and empirical studies. However, I noticed over time that there are other elements at play in the world that creates factions of “us versus them.” Over hundreds of years, both religion and science have boxed up groups of people who are different from one another without fully exploring the energetic dynamics that connect every living being. I could see that connection in living color.

It wasn't until I got involved in spiritual work that I was able to see how much more deeply the world can be understood by bringing together spirituality and science, rather than assuming those two worlds are mutually exclusive. Spirituality, based on an understanding of metaphysics, quantum physics, philosophy and religion, can actually lead toward a broader awareness of self and a deeper understanding of all the dynamics at play in the world.

After more than ten years studying various aspects of human connection, I developed a deep-rooted urge to step away from my “normal” work as a sociologist, coach, and

public speaker. I felt worn out and pressured to operate in a certain way to be considered successful. I surrendered to potential new opportunities and chose to trust in the process that aligns with my very own purpose in life.

One evening I had a conversation with my husband about my desire to find an expression of my work that better fit my unique message, and he suggested creating a documentary. I dismissed this idea quickly because I did not feel equipped. I went to sleep that night thinking I still had to figure out how I wanted to move forward in my business in a way that resonated with my soul.

The next morning, I woke up feeling as if I had watched my own documentary while I slept. I suddenly knew what I needed say and the exact next steps I need to take in order to make this documentary a reality. I posted the idea for this documentary on social media and, in less than two weeks, an incredible team was assembled, including scriptwriters, editors, illustrators, an animator, videographers and even donors to help underwrite the cost of production. Each person who joined me to make this documentary a reality resonated with the message and stood with me to create something bigger than any of us could have accomplished alone. I am still in awe of how divinely everything came together and unfolded before my eyes.

Many people and organizations teach emotional intelligence and leadership, but this documentary delves into the tangibility of those topics. The human brain memorizes information in pictures, therefore my goal is to help others grasp the idea of oneness through visuals in the form of metaphors, analogies, illustrations and animations. I want people to deeply feel and understand the importance of curiosity through the power of visuals.

Using a beautiful old Spanish-style house with heavy wooden doors, we used the various rooms as a metaphor for how our subconscious mind functions. Using each part of the house as a different part of the subconscious, we journey through different rooms to examine what part of our mental programming influences our willingness or unwillingness to allow others to truly see us. Within each room we have created other visuals - illustrations, animation, and storytelling - to convey our message in ways that viewers can remember and connect with.

I hope to take this documentary on the road to universities, colleges, and potentially even high schools, to offer screenings followed by Q&A for deeper conversation about our future, aha-moments, and tangible ideas that viewers can implement on a daily basis that help them become part of the solution for transformation in our world.

The goal is not to tell people what to do or how to act, but rather invite them to examine their thoughts, emotions and connections to themselves and others in hopes of creating curiosity. Out of curiosity comes a willingness to understand and explore the worlds inside ourselves. And, when we are able to detach from what we previous thought defined us, we no longer have to constantly stay in “defense mode” to protect the fictional identities we unknowingly learned from society.

Our goal is to inspire viewers to observe their experiences, ask more questions, and raise their awareness of their conditioning so the world as a whole might benefit. After all, I'm convinced that we each hold the keys that unlock our world's most divisive problems; but when we understand the power of our connection to humanity, our world can heal and become a place where we can all thrive together.