

Welcome

Here you will find some expansive movies, documentaries, and other material to inspire. Some of the inspiration is to lift your spirits and others is to expand your thinking. To understand the world in a different way, to see how others may be doing life, open up some possibilities and to see what is happening in corners of the world where you may not be looking. Should you have any questions or comments, or if there is anything you would love to share with me that I can perhaps add it to the list reach out to me HERE

Movies

Here are some movies that have given me food for thought. There are some hidden messages in these for me, and some interesting thoughts of reality, the future and perspectives of what is happening within the world right now. Enjoy.

Captain Fantastic
The Matrix Trilogy
Free Guy
Inception
Ready Player One
The Lego Movie
Doctor Strange
Thor : Ragnorak
Everything, Everywhere, All At Once
The Social Network
Eat, Pray, Love
The Laundromat
Snowden

Documentaries

Beautiful documentaries exploring many different aspects of humanity, human history, reality, relationality, and optimisation of our human experience. Plenty to discover within these and to drop into others real life experiences to receive whatever codes may reside within them for you.

NETFLIX – Fantastic Funghi – Power of Mushrooms
NETFLIX – My Octopus Teacher – Incredible story of an unlikely friendship
NETFLIX – 14 Peaks – Awesome untold story of human potential
NETFLIX – Kiss the Ground – Story of the balance of nature for optimisation
NETFLIX – The Call to Courage (Brené Brown)
LINK – Biggest Little Farm – Story of coming into harmony with nature for farming
NETFLIX – Ancient Apocalypse – An alternate exploration of what may have once been
YOUTUBE – Spiders Web – Taking a deeper look at the financial system
NETFLIX – Dirty Money – Financial documentary exploring corruption and fraud
YOUTUBE – What the Bleep do we Know? – Exploring the power of thought on matter
NETFLIX – Filthy Rich – Taking a look at the Jeffrey Epstein Story
NETFLIX – The Social Dilemma – How Social Media is affecting our society
NETFLIX – The Great Hack – Story of the US Elections and the role Social Media Plays

YouTube

Some shorter bursts of exploration and inspiration here for you. Ideas that matter and inspire, speeches that have given me goosebumps and stories from across the world that have lit me up... Enjoy

SPEECH – Amanda Gorman – The Hill We Climb

TED – Amy Cuddy – Your Body Language May Shape Who You Are

TED – Brene Brown – The Power of Vulnerability

ANIMAL INSPIRATION – A Lion Called Christian

TEDx – Dr Christopher Kerr – I see dead people

ANIMAL INSPIRATION – How Diablo Became Spirit

TEDx – Elizabeth Gilbert – Your Elusive Creative Genius

YOUTUBE – Idris Elba (Purveys) – #thriveon

TED – Jill Bolte Taylor – My Stroke of Insight

TEDx – Joseph Rootman – Microdosing Psychedelics: Small is BIG

TED – Sir Ken Robinson – Do Schools Kill Creativity

YOUTUBE – Michael Pollen – Psychedelics and How To Change Your Mind

TEDx – Nixiwaka Yawnawa – All Connected To Nature

TEDx – Robin Carhart-Harris – Psychedelics: Lifting the Veil

SPEECH – Valarie Kaur – Breathe! Push!

With love,

Kristina

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