

UN ALTRO MONDO WITH VASSALLI, KATARZYNA KOZACZYK & ETRO PRESENTS

A DOCUMENTARY FILM BY THOMAS TORELLI



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# CHOOSE LOVE

## WRITTEN AND DIRECTED BY

Thomas Torelli

## PRODUCED BY

Un Altro Mondo / Divisione Red Joss srl

## FEATURING

Deepak Chopra, M.D.

Bruce H. Lipton, Ph.D.

Gherardo Colombo

Daniel Lamera

Claudio Pagliara, M.D.

Joe Vitale

Everett L. Worthington Jr., Ph.D.

Ivan Nossa

Elena Bianchi

Sister Rosemary Nyirumbe

Scarlett Lewis

Yolande Mukagasana

Phil Walleystack

Bill Webb

Nina Webb

Marco Fincati

Manolo Costa

## - Choose love to change the world -

A compelling and moving documentary that examines the scientific implications and values of forgiveness as well as the physical, mental and spiritual health benefits for individuals, relationships, and societies as a whole.

Choose Love explores many different facets of forgiveness, addressing new scientific findings and raising some important questions. The documentary describes a journey of transformation through a growth in knowledge and awareness. The seeds of a new form of humanity are present in empathy, love and the true character of forgiveness. Choose Love talks about this choice, accompanying the philosophical and spiritual aspects with new scientific insights. It gives voice to people who have made this journey, and tells the stories of people throughout history who, despite everything, have chosen the path of forgiveness, such as the aboriginal people from Australia.

True stories that describe a process of openness, forgiveness and love that breaks down prejudice and divisions. We need to change ourselves to change the world, because it is only by feeling strong and grounded that one can find the power for forgiveness.

### Synopsis

We are asked to make choices every day, and the answers we give are not always governed by our deepest feelings. Too often, we act instinctively or impulsively, or are influenced by past emotional issues.

“Stop attaching so much weight to being right”, argues Deepak Chopra in the film. How many wars, conflicts and misunderstandings in the world could be avoided if only people were really listening?

Bruce Lipton (who outlines a new understanding of life based on his pioneering research in epigenetics) tells us that the Mind is more powerful than our genes, opening the way to a new scientific concept of man. Until a few years ago we thought we were victims of our DNA, but we are increasingly discovering that everyday choices can trigger or turn off certain genes. More and more studies have shown how the practice of meditation, or the positive impact of committing an act of forgiveness, can help to strengthen the immune, nervous and circulatory systems.

Philosophy, history, science and spirituality: we now know that everything is connected. In my previous film, *“Un Altro Mondo” (Another World)*, I tried to shed light on these hidden ties between all things and to stress the importance of a positive attitude in creating awareness and change. Together with *Food ReL-Ofution*, this new film can be seen as a direct successor: representing, if you like, the next phase.

The participants in the film are scientists and philosophers, but also “ordinary” people who have taken the extra step: Warriors of light who have managed to overcome terrible experiences by choosing forgiveness. In Choose Love, we will hear from a survivor of the Rwandan genocide, who was subsequently nominated for the Nobel Peace Prize. During the trial of her family’s executioners, she found the strength to stand up and absolve them, providing humanity with a memorable lesson in the power of forgiveness.

Each of us has the opportunity to make a choice every day. We can choose to seek revenge, to get angry, to feed hate with violence, or else we can choose the uphill way. This road may seem much harder, but is essential for achieving the purpose for which we were born: learning to Love.

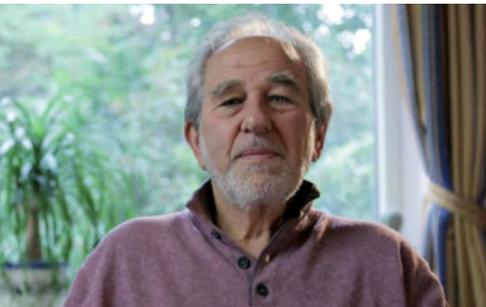
## FEATURING

### DEEPAK CHOPRA



Deepak Chopra, M.D., FACP, founder of The Chopra Foundation and co-founder of The Chopra Center for Wellbeing, is a world-renowned pioneer in integrative medicine and personal transformation, and is Board Certified in Internal Medicine, Endocrinology and Metabolism. He is a Fellow of the American College of Physicians, Clinical Professor at UCSD Medical School, Researcher, Neurology and Psychiatry at Massachusetts General Hospital (MGH), and a member of the American Association of Clinical Endocrinologists. The World Post and The Huffington Post global internet survey ranked Chopra #17 influential thinker in the world and #1 in Medicine. Deepak Chopra is the author of more than 85 books translated into over 43 languages, including numerous New York Times bestsellers.

### BRUCE H. LIPTON

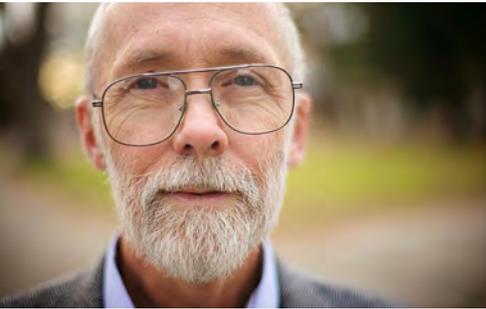


Bruce H. Lipton, PhD, is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas.



## CLAUDIO PAGLIARA

Claudio Pagliara is an oncologist, general practitioner, researcher and lecturer. As president of ARCA (Association of Support and Research into Cancer) he has visited hundreds of cancer patients at the terminal stage at their home, free of charge. While still a student he published, with Dr. Nicoletta Montanari, the book *Tossicità dei Farmaci* [drug toxicity], edited by CLEUB (University Editor Library Cooperative). Author of numerous scientific publications, he has been a speaker at many conferences and has held several lectures. He was a researcher for the Mario Negri Institute.



## EVERETT L. WORTHINGTON, JR.

Everett Worthington Jr, PhD, is a leading researcher on the science of forgiveness. Worthington is a professor of psychology at Virginia Commonwealth University and a clinical psychologist. His research and writing focus on forgiveness and other virtues, religion and spirituality, and issues related to marriage and family. His mission is to help individuals (every heart), couples and families (every home), and even communities and countries (every homeland) forgive. He's the author of the book *The New Science of Forgiveness*.



## GHERARDO COLOMBO

Gherardo Colombo is an Italian former magistrate and judge specialized in political corruption cases. He was a member of the Court of Cassation between 2005 and 2007.

In 2007 he left the magistrature to dedicate himself to the promotion of the culture of legality amongst young people through his "Sulleregole" Foundation. Since then he has written many books about legality, the criminal justice system, education, forgiveness and compassion.

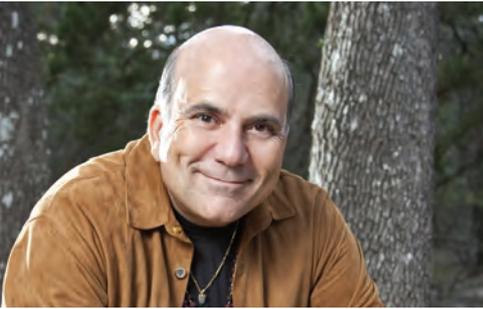


## DANIEL LUMERA

Teacher, international trainer, writer and lecturer. At the present he directs the MyLifeDesign Foundation and he is the President of the International School of Forgiveness (I.S.F.). His experience and his researches gave birth to the "Life Design" model, the aware design of one's own life, a training path which became systematic thanks to the work of a ten-year research team and thanks to the cooperation with universities, research entities of the National Healthcare Institute, with Guni UNESCO and the Club UNESCO for the Protection of Intangible Heritage. In 2013 he was the only Italian researcher chosen to publish in the World Higher Education

report of the Global University Network for Innovation of UNESCO.

### JOE VITALE



Dr. Joe Vitale is the bestselling author of books such as *The Attractor Factor*, *The Key*, *Zero Limits*, *Life's Missing Instruction Manual* amongst others. Joe Vitale also was a lead contributor to the film 'The Secret'. He is one of today's key figures surrounding the phenomenon of The Law of Attraction.

### IVAN NOSSA



After giving up his business of many years he decided to follow his dream of becoming an author. Life brought him a wonderful gift. He began to work with the best-selling American writer, Joe Vitale, from whom he learnt the secrets of the Law of Attraction, the power of the mind, and the importance of our inner journey. This collaboration led to the publication of two best-selling books in English: *The Midas Touch* and *The Prosperity Factor*. After this wonderful beginning Ivan has successfully authored several more books including *Il Potere e la Magia della Gratitudine* (*The Power and Magic of Gratitude*) amongst others. He translated and wrote the introduction for the Italian edition of Joe Vitale's book, *The Secret Prayer* (*La Preghiera Segreta*).

### SISTER ROSEMARY NYIRUMBE



Sister Rosemary has dedicated her life to counteracting violence in her native Uganda. Her humanitarian work earned her a spot in TIME Magazine's 2014 "100 Most Influential People" list, and in 2007 she was named a CNN Hero. Sister Nyirumbe has spearheaded the Saint Monica Girls' Tailoring Center for nearly 15 years, offering shelter to thousands of women who come to learn tailoring, catering and other valuable professional skills. According to Pros for Africa, a development partner of Saint Monica, many of the girls who find their ways to the center have suffered abduction, rape and torture. Nyirumbe funds the school in part by selling bags the women make out of soda tabs. A 2013 documentary narrated by Forest Whitaker, '*Sewing Hope*', tells the story of Nyirumbe's efforts to rebuild her country after 25 years of war under Joseph Kony and his Lord's Resistance Army (LRA).



## ELENA BIANCHI

Elena is a powerful voice in raising awareness about violence against women. A victim of abuse herself, Elena has transformed her suffering into inner strength by practicing compassion and forgiveness. This healing transformation has allowed her to now dedicate her life to help other women through seminars and talks.



## SCARLETT LEWIS

Scarlett Lewis is the mother of Jesse Lewis who was killed in his first grade classroom during the tragedy at Sandy Hook Elementary School on December 14, 2012 along with 19 classmates and 6 teachers and administrators in one of the worst school shootings in US history. She founded of The Jesse Lewis Choose Love Foundation in honor of Jesse and to spread a message he left on their kitchen chalkboard shortly before he died, Nurturing Healing Love, the formula for choosing love, and to promote social and emotional education in schools as well as a consistent message of compassion in our communities.



## YOLANDE MUKAGASANA

Candidate for the Nobel Peace Prize 2010. She was a Tutsi nurse and anaesthetist working at a hospital in Kigali. She fled to Belgium during the Rwandan Genocide; her husband, her children and many of the people she knew were killed. In Belgium, her qualifications were not recognized so she worked in a senior's residence. She later adopted some of her nieces whose parents had been killed and other Rwandan orphans.



## MARCO FINCATI

Marco Fincati, creator of the RQI Method and author of *RQI – The Secret of Self-Well-being*, is a researcher, trainer and therapist. After graduating in Statistics in Padua and working as a sales representative for a major company of phytotherapeutical products, he has spent years researching the disciplines, techniques and products for well-being and self-healing, with the aim of giving everyone the opportunity of being owners of One-self. Thanks to ancient philosophies, Traditional Chinese Medicine and the discoveries of the New Science in the fields of Quantum Physics and Energy Psychologies, he devised the RQI (Integrated Quantum Rebalancing) method.



## **PHIL WALLEYSTACK**

Phil is a singer/songwriter inspired by the Noongar culture. He takes traditional sounds of the didgeridoo, boomerangs and tapping sticks and blends them with contemporary instruments like the cello, guitar and drums. By bringing Aboriginal and non-Aboriginal culture together, Philip is motivated to create understanding and education through music and entertainment.



## **BILL WEBB**

Australian Aboriginal Wardani elder



## **NINA WEBB**

Australian Aboriginal Wardani elder

# BIOGRAPHY

## DIRECTOR & WRITER



Thomas Torelli, (born May 6, 1975, Rome, Italy), is an Italian documentary director who is known for his commitment to give a voice to figures, stories and movements that otherwise may not be getting their due attention in mainstream media. Over the years, Torelli has reinforced his public commitment to deliver informative and impartial films that have the potential to inspire and empower, bring people together, create a critical mass and become a movement that has the potential to make this world a better place.

His recent documentaries have been funded through crowdfunding campaigns and have been successfully and independently distributed by the director himself, bringing audiences films that deliver great potential for social impact. Through this new way of distribution, his films have reached millions of people in Italy arriving to the European Parliament.

After a long experience in as an editor and executive producer, Thomas founded Xtend in 2001, a production and post-production company for cinema and television. Later, in 2003, he founded his second production and post-production company, Telemaco.

He produced some of the most interesting titles of the Italian independent cinema, such as Davide Marengo's *CRAJ* (2005), winner of the Lino Miccichè prize for the Best Opera Prima at the Venice Film Festival, and *Dall'Altro Lato della Luna* (2007), Italy's first "rockumentary" about rock band Negramaro, presented at the Venice Film Festival.

His first major project as executive producer and co-author, the feature documentary *ZERO: An Investigation into 9/11* (2006), presented at the "Cult" section of the Rome International Film Festival 2007 and winner of the Audience Award at the *Festival Internacional de Cine Documental de la Ciudad de México* 2008. The film was distributed in more than 70 countries and set the tone for a productive career as a maker of documentaries dealing with issues that urgently need our attention. As a producer, his films include *Pablo - The poet's lives* (2005) - presented at the AFI Film Festival Los Angeles 2005 and the Montreal Film Festival 2006, *L'altro Messico - Il ritorno del Subcomandante Marcos* (2006), and *I dreamt of colourful clouds* (2008) - presented at the Locarno Film Festival, a film about an Albanian child who emigrated to Italy alone when he was only nine years old.

Torelli then produced and directed *Sangue e Cemento* (2009), which garnered a *Nastri d'Argento* nomination for Best Documentary of the Year. He co-edited and produced, supported by the Piedmont Film Commission, *La sindrome dei monelli* (2012), a documentary about ADHD.

It was Torelli's feature documentary *Un altro mondo - Another World* (2014), however, that secured his reputation as a socially conscious filmmaker. The film was presented at the 2014 RIFF - Rome Independent Film Festival and at the Phoenix Film Festival, receiving excellent public and critic's reviews. The film was screened in various film festivals around the world, winning various awards including "Best Documentary" at the Clorofilla Film Festival, the official festival of Legambiente (Italy), the Public Choice Award "Diploma ASECIC / BICC 2014" and the "ASECIC Guillermo F. Zúñiga Trophy" to the Best Scientific Film at the 27th edition of the *Bienal Internacional de Cine Científico - BICC Ronda* (Spain). The film was entirely funded through a crowdfunding campaign and has been screened in over 400 independently organized screenings, creating a real underground movement in Italy for social change.

Following the path of *Un altro mondo*, Thomas went on to direct and produce *Food ReLOVution* (2017), an eye-opening and compelling feature documentary that examines the consequences of the meat culture as concerns grow about health, world hunger, animal welfare and the environmental cost of livestock production. The film won the "Best Documentary Award" at the Clorofilla Film Festival 2017, the official festival of Legambiente (Italy). It won two awards at the Montelupo Fiorentino International Film Festival: "Best Documentary" and "Best Director".

Currently Thomas Torelli is working on *Choose Love*, a feature documentary that examines the scientific implications and values of forgiveness as well as the physical, mental and spiritual health benefits at an individual and collective level.

# CREDITS

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Music / PHIL WALLEYSTACK

Music / MARQUICA

Music / THEA CRUDI

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