A man wearing a dark knit beanie, a blue neck gaiter, and a dark jacket with a green fleece-lined hood. He has a large black backpack with a green fleece-lined compartment. He is standing in a snowy, mountainous landscape under a blue sky with white clouds. The text "THE SUBTLE ART OF LOSING YOURSELF" is overlaid on the right side of the image.

THE SUBTLE ART OF LOSING YOURSELF

Out in the wild, find what is within...



A filmmaker adventures through the Scottish wilderness uncovering the astonishing lessons wild places can teach about the secrets of the human mind and our place in the universe...



**“ Moving, poignant.
A message we
cannot afford
to ignore.**

IAN MCGILCHRIST
Neuroscientist



**“ A breathtaking
journey.
George Thompson
shows that, despite
all the challenges
we face, peace
is possible.**

JEREMY LENT
Author of The Web of Meaning



**“ A beautiful
reminder of who
we really are -
and our potential.**

**TARA BRACH &
JACK KORNFELD**
Meditation teachers



**“ Beautiful
and important.**

GEORGE MONBIOT
Environmentalist



Balance is Possible!

George and his organisation *Balance is Possible!* are on a mission to create films, communities and transformative education that help people and planet live in balance.

230k+
subscribers

15mil+
views

13
team members

5000+
course students

About George Thompson

George is a filmmaker and tai chi teacher. His films have been watched by millions and over **230k YouTube subscribers** have joined him for the ongoing adventure. He specialises in communicating Daoist philosophy, having studied it in China over the last 8 years. George explores some of the biggest personal and collective challenges facing us today, and shares what he has learnt in a down to earth, fun and accessible way.



The Problem The Film Seeks to Address



Global sustainability, war and health crises are growing worse.

AND there are growing millions putting work into their personal peace.

AND there are millions more wanting to know how they can help humanity live sustainably and in peace.

AND YET, there are very few films aimed at BOTH personal and planetary transformation...

OUR CONTRIBUTION:

Philosophical Adventure Films

The Subtle Art of Losing Yourself is the first of a series of films created by George Thompson that are Philosophical Adventures: educational content that combines self-development and learning about the world told through captivating adventures.

SELF-DEVELOPMENT



- There is growing demand for content that not only entertains but transforms.
- The film shares ancient philosophy and modern science that give the viewer practical tools to help them live in peace.

INSPIRATIONS



ECKHART TOLLE
Meditation teacher



GABOR MATE
Physician

UNDERSTAND THE WORLD



- Amid rising environmental awareness, more people want to learn about nature and what they can do to protect it.
- The film shows the remarkable intelligence of Scotland's animals and how we can contribute to the flourishing of all life.

INSPIRATIONS



DAVID ATTENBOROUGH
Biologist, natural historian and writer



JANE GOODALL
Primatologist, anthropologist

ADVENTURE



- People want to have fun when learning. They want to see real jeopardy with characters they care about.
- George, with vulnerability and playful humour, invites the viewer on a learning adventure through the wilds of Scotland.

INSPIRATIONS



LOUIE THEROUX
Documentarian, journalist



BRUCE PARRY
Documentarian, explorer

Synopsis

The Subtle Art of Losing Yourself asks the age old question 'who am I?' except we're in the harsh winter of the Scotland wilderness with filmmaker, George Thompson.

George invites the viewer, with vulnerability and playful humour, to explore what we can discover about ourselves through observing nature.

Through seeing the astonishing intelligence of the animals on the mountain, animations exploring the history of human evolution and a surprise guided meditation, we find an awe-inspiring understanding of who we really are. Crucially, we discover the stories we construct about ourselves not only shape our lives but the fate of our world.

The film is one that the challenges of our times call for: fun, inspiring ideas that show balance is possible for people and planet.



George's Unique Approach



Fun and accessible ideas



Showing the beauty of our living planet



Participatory learning for lasting insight



Ideas for personal AND collective healing



Emotional vulnerability, adventure and playful humour

The Team

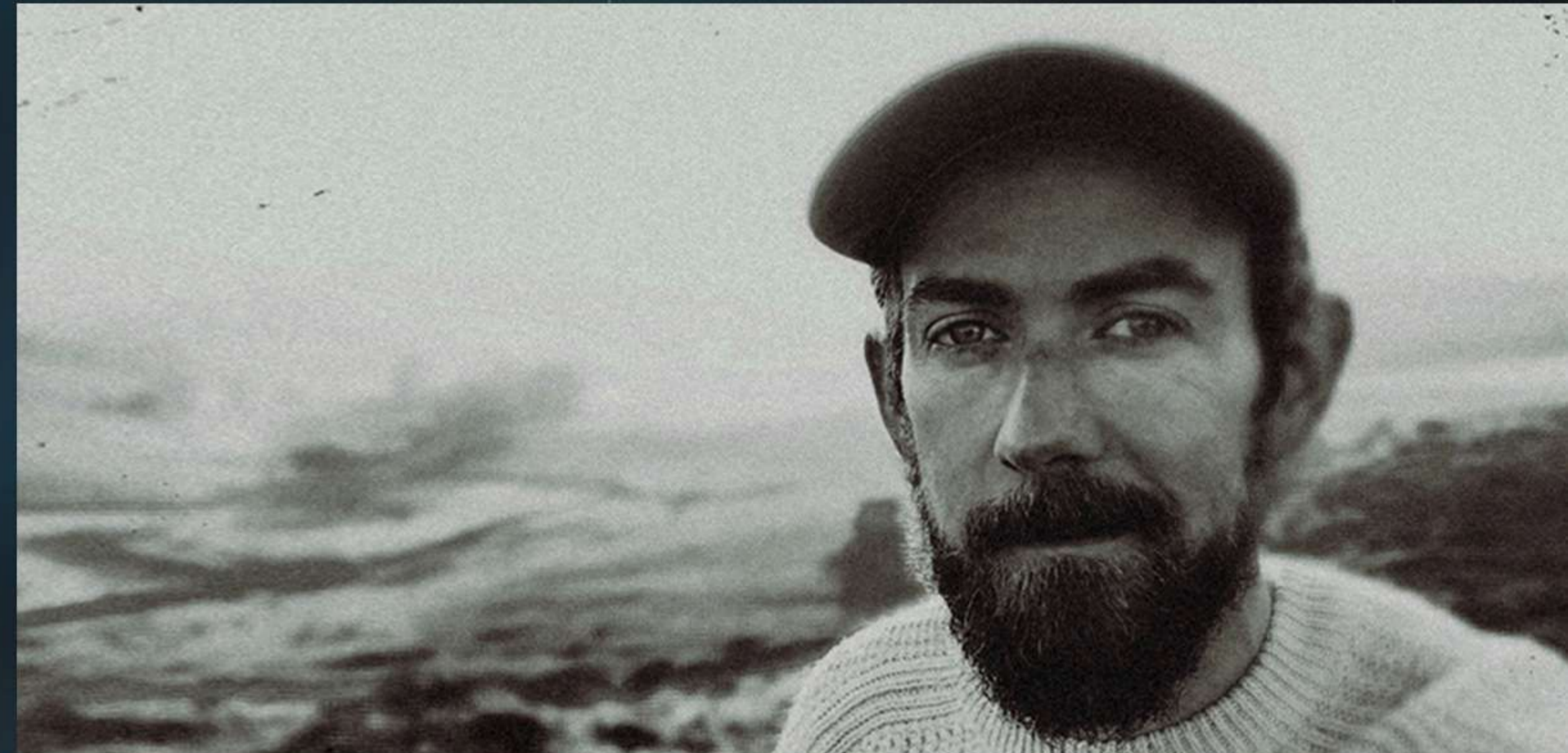


Max Smith **BBC**

Max has filmed landmark wildlife behavioural sequences for National Geographic, BBC NHU, Smithsonian and Netflix...

Sim Warren **CONDÉ NAST**

Sim has made films for some of the worlds leading brands such as Google, Sony, Purina, Bulmers, Lululemon and many more as he continues to appeal to those seeking honest narratives set in nature.



+ **11 other team members**

(assistants, designers video editors and marketers) working across the organisation.

Release Plan



STREAMING PLATFORMS & FESTIVALS

- ✓ **Target Streamers:** Amazon, Apple TV, Google Play



- ✓ **Festival Strategy** (Jackson Wild)



ACTIVATE OUR COMMUNITY

- ✓ We have **230k subscribers** and **25k** on our mailing list.
- ✓ We are activating a group of volunteers and we aim to screen throughout the world, in schools, meditation groups and more



COLLABORATE WITH ACTIVISTS & PRESS

- ✓ We are collaborating with Louis Schwartzberg (creator of fantastic fungi, 500k mailing list) for the release
- ✓ We are reaching out to activists and press to get endorsements



COLLABORATE WITH BRANDS

- ✓ We are in discussion with Insight timer (5m users) for a guided course associated with the film



InsightTimer



VIVOBAREFOOT

A man wearing a dark knit beanie, a blue neck gaiter, and a dark jacket with a green thermal blanket draped over his shoulders. He has a large black backpack on his back. He is standing in a snowy mountain landscape under a blue sky with white clouds. The image is split into two vertical panels by a thin white line.

Watch the Film

If you were emailed a password,
you can watch the film at

losingyourself.org/watch



Franchise Potential

We are meeting an unfilled gap in TV and film: educational content that combines self-development and learning about the world told through captivating adventures.

George's next film “**Know Yourself, Know the Universe**” playfully explores a bold claim made by many philosophers over history: that understanding ourselves means we understand the whole universe...

Ideas for tv series include “**Community**” where George joins communities, from Welsh Choirs to Afternoon Tea Groups, to uncover the secrets to finding belonging in our modern world.



You can email at
hi@georgethompson.space

Want to partner with us?

We have reached millions already. We believe this film has the potential to reach many more, inspiring a love for humanity and nature.

We are looking for producers/distributors to join the mission: to create films that help people and planet live in balance.

We would be excited and humbled if you think you are a good match and can help us get our film out to the world. We look forward to hearing from you.

With warmth,
George Thompson & the ***Balance is Possible!*** Team

A handwritten signature in black ink that reads "G Thompson". The signature is stylized and cursive.