

# FOOTNOTES/INFO ON MOVIE

(Footnotes based on Wikipedia)

## WOODSTOCK

Woodstock Music and Art Fair, commonly referred to as Woodstock, was a music festival held during August 15–18, 1969, on Max Yasgur's dairy farm in Bethel, New York, 40 miles southwest of the town of Woodstock. Billed as "an Aquarian Exposition: 3 Days of Peace & Music" and alternatively referred to as the Woodstock Rock Festival, it attracted more than 460,000 attendees. Thirty-two acts performed outdoors despite overcast and sporadic rain. Acts included Richie Havens; (*Freedom; Motherless Child; Almost Gone*) Sly and the Family Stone (*Take It Higher*) Creedence Clearwater (*Born on the Bayou; Bad Moon Rising; Proud Mary*); Joan Baez (*Oh Happy d\Days*); Janis Joplin (*Just Try a Little Bit Harder So I Can Love*); Jimi Hendrix (*Star-Spangled Banner*). It was one of the largest music festivals in history, and became synonymous with the counterculture of the 1960s. the festival has become widely regarded as a pivotal moment in popular music history as well as a defining event for the Silent and Baby Boomer generations.



## KENT STATE

On May 4, 1970, members of the Ohio National Guard fired into a crowd of Kent State University demonstrators, killing four and wounding nine unarmed Kent State students. The impact of the shootings was dramatic. The event triggered a nationwide student strike that forced hundreds of colleges and universities to close.

## VIETNAM WAR

1.2 million Vietnamese killed, 58 000 U.S. troops. 7.5 tons of bombs dropped, more than in World War II .The Vietnam War was a conflict in Vietnam, Laos, and Cambodia from 1 November 1955<sup>[A 1]</sup> to the fall of Saigon on 30 April 1975. It was the second of the Indochina Wars and was a major conflict of the Cold War. While the war was officially fought between North Vietnam and South Vietnam, the north was supported by the Soviet Union, China, and other communist states, while the south was supported by the United States and other anti-communist allies, making the war a proxy war between the United States and the Soviet Union. It lasted almost 20 years, with direct U.S. military involvement ending in

1973. The conflict also spilled over into neighboring states, exacerbating the Laotian Civil War and the Cambodian Civil War, which ended with all three countries officially becoming communist states by 1976.

## **ANPO**

The **ANPO protests**, also known as the **ANPO struggle** (安保闘争, *Anpo tōsō*) in Japanese, were a series of massive protests throughout Japan from 1959 to 1960, and again in 1970, against the United States–Japan Security Treaty, which allows the United States to maintain military bases on Japanese soil.<sup>[1]</sup> The name of the protests comes from the Japanese term for "Security Treaty," which is *Anzen Hoshō Jōyaku* (安全保障条約), or just *ANPO* (安保) (oppose). The protests are actually a collection of groups who joined together, including groups linked to anti-imperialism.

## **DIETRICH BONHOEFFER**

Dietrich Bonhoeffer was a German theologian, executed by the Nazis in 1945 for his part in the “officers’ plot” to assassinate Adolf Hitler. Before his death, Bonhoeffer concluded that the decision to return violence for violence, however justified it might seem under the circumstances, was a repudiation of all that was worth living for. "The sacrifice more painful than that of his life is that of his ethical purity."

## **MAHATMA GANDHI**

Indian lawyer, anti-colonial nationalist and political ethicist who employed nonviolent resistance to lead the successful campaign for India's independence from British rule. He inspired movements for civil rights and freedom across the world. In August 1947, Britain granted India independence, but the British Indian Empire was partitioned into two dominions, a Hindu-majority India and a Muslim-majority Pakistan. The belief that Gandhi had been too resolute in his defense of both Pakistan and Indian Muslims led to his assassination by a Hindu nationalist.

## **NELSON MANDELA**

Nelson Mandela was the first President of South Africa and a leading figure in the fight against apartheid. A student of Gandhi, Mandela was initially a proponent of non-violent resistance. After a time, when nonviolence seemed to be ineffective against the defenders of apartheid, he shifted toward targeted violence. Eventually Mandela came to see that violence was similarly ineffective, and ultimately returned to the non-violent strategies that led to the downfall of the apartheid system.

## **MARTIN LUTHER KING, JR.**

American Christian minister, activist, and political philosopher who was one of the most prominent leaders in the civil rights movement from 1955 until his assassination in 1968. A Black church leader and a son of early civil rights activist and minister Martin Luther King Sr., King advanced civil rights for people of color in the United States through the use of nonviolent resistance and nonviolent civil disobedience against Jim Crow laws and other forms of legalized discrimination.

## **HOW TO LITERALLY GET TO KAMAKURA**

The JR Shonan Shinjuku Line provides a direct connection between Shinjuku Station and Kamakura Station. The one way trip takes about one hour, with approximately 3.5 million people passing through it on a daily basis.

## **GUARDIAN STATUES**

Dvarapala (Sanskrit) is a door or gate guardian statue (appearing in either the human or demon form) in Hinduism and Buddhism. They were traditionally placed outside Hindu or Buddhist temples or buildings as their protective guardians. Dvarapala is usually portrayed as a fierce-looking creature. They are also commonly called *kongō rikishi*. Although originally a single god that protected the historical Buddha Shakyamuni, at some point it became split into two different forms. These forms stand on either side of a temple gate to signify that they are guardians of the temple within which the Buddha is enshrined.

## **BIRDS OF WORRY**

This saying about control of the mind comes from the Dhammapada, a collection of sayings of the Buddha in verse form and one of the most widely read and best-known Buddhist scriptures. The original version of the Dhammapada is in the Khuddaka Nikaya, a division of the Pali Canon of Theravada Buddhism.

## **METTA PRAYER**

The metta prayer originated in India over 2,500 years ago and was later popularized and incorporated into various Buddhist traditions. The practice of Metta Meditation can be traced back to the early Buddhist scriptures, particularly the Metta Sutta (Discourse on Loving-Kindness) found in the Pali Canon.

## **SEWANOSE**

Suwanosejima is the second largest of the islands in the Tokara archipelago, and is located 21 kilometres (11 nmi) southwest from Nakanoshima. The highest elevation is Otake (御岳), with a height of 796 metres (2,612 ft) above sea level, which is the exposed cone of an active stratovolcano arising from the ocean floor. It is the home of Buzoku, also called the Banyan Ashram, a commune founded in the 1960s by Sansei Yamao, Nanao Sakaki, a notable Japanese “free spirit,” and others, and home for a while to American poet and scholar Gary Snyder, an advocate for communal living and ecological activism. Other hippie groups/communes were established, like the Gajumarū no Yumezoku (Banyan Dream Tribe), later renamed the Banyan Ashram. Suwanosejima has been populated sporadically (depending on volcanic activity), for several thousand years. The island was once part of the Ryukyu Kingdom. During the Edo period, Suwanosejima was part of Satsuma Domain and was administered as part of Kawanabe District. It was abandoned after a great 15th century eruption, until it was resettled by people of the Amami Islands in the 19th century.

**Gary Snyder**, (born May 8, 1930, San Francisco, California, U.S.), American poet early identified with the Beat movement and, from the late 1960s, an important spokesman for the concerns of communal living and ecological activism. Snyder received the Pulitzer Prize for Poetry in 1975.

## **PONDICHERRY/AUROBINDO**

Sri Aurobindo, an Indian mystic and revolutionary, coined the term integral yoga, also known as **supramental yoga**. In this conceptualization, yoga enables a rapid, concentrated evolution of a person's spiritual being over a single lifetime, whereas natural evolution requires many centuries and many rebirths. The **Sri Aurobindo Ashram** is a spiritual community (ashram) located in Pondicherry, in the Indian territory of Puducherry. The ashram grew out of a small community of disciples who had gathered around Sri Aurobindo after he retired from politics and settled in Pondicherry in 1910.

## **PAUL REPS**

Paul Reps, the author of *Zen Flesh, Zen Bones*, told the following story of his studies in the Orient. At one point Reps had traveled to Japan, with plans to visit a respected Zen master in Korea. He went to the passport office in Japan to apply for his visa and was politely informed that his request was denied due to the war that had just broken out in Korea. Reps sat down in the waiting area. He had come thousands of miles intending to study with this Korean master. He was frustrated and disappointed. What did he do? He practiced what he preached. Reaching into his bag, he mindfully pulled out his thermos and poured himself a cup of tea. With a calm and focused mind, he watched the steam rising and dissolving into the air. He smelled its fragrance, experienced its tasty bitter flavor, and enjoyed its warmth and wetness. Finishing his tea, he put his cup back on his thermos, put his thermos in his bag, and pulled out a pen and paper upon which he wrote a haiku poem. Mindfully, he walked back to the clerk behind the counter, bowed, and presented him with his poem, and his passport. The clerk read it and looked up deeply into the quiet strength in Reps' eyes. Smiling, he bowed with respect, picked up Reps' visa and stamped it for passage to Korea. The haiku read: Drinking a cup of tea, I stop the war.

## **MUSIC ACKNOWLEDGMENTS:**

“Buddha’s Flute” by: BuddhaTribe

“Issho” by: Eyal Izhari

“Opening Up” by: Eyal Izhari

“Daish” by: Roie Shpigler Raz

“136 Hertz Earth Tone” by: Sriam Sampath

“Woke up this morning with my Mind Stayed on Freedom”  
by :Sweet Honey In The Rock, James Horner