



Inside my mind!

a film by
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Introduction:

“The mind is its own place, and in itself Can make a heaven of Hell, a hell of Heaven.” John Milton, *Paradise Lost*

‘Inside my mind’ is an experience which tries to connect the thoughts that run wild within the character who is uninterruptedly being exploited at repeated instants of the transient moment. The story primarily tries to convey the feelings and emotions of a mind which tries to tame itself but fails to do so.

The plot takes viewers to a conversation occurring between the interviewee and the interviewer .The mockery and an uncomfortable attitude of the interviewer starts diluting the concentration of the interviewee and dissolves him to take a dive in his imaginations .He starts playing with every possible strand of his wild imagination and does the meanest possible things which he could with the interviewer .

Research:

I started with a small research on dreams because ,dreams are something which occurs in absence of a cautious mind .I tried to study how the human mind works when it is in a complete unconscious state. I tried to understand the journey which our dreams take us to. Places far beyond our imaginations and things far beyond our thoughts. Some say we dream a desire which is a consequence of buried thoughts in the back of our mind.

So I wanted to understand the physics behind the dreams so that I could connect the understanding more with my story

DREAMS

- Dreams are highly symbolic, containing both overt meanings (manifest content) as well as underlying, unconscious thoughts (latent content).
- Dreams are successions of images, ideas, emotions, and sensations that occur involuntarily in the mind during certain stages of sleep.
- Dreams have been seen as a connection to the unconscious. They range from normal and ordinary to overly surreal and bizarre.

Research:

Memory in Dreams: That all the material composing the content of a dream is somehow derived from experience, that it is reproduced or remembered in the dream.

Why Dreams Are Forgotten After Waking: In the waking state we commonly very soon forget a great many sensations and perceptions because they are too slight to remember, and because they are charged with only a slight amount of emotional feeling.

Dreams, in most cases, lack sense and order. Dream-compositions, by their very nature, are insusceptible of being remembered, and they are forgotten because as a rule they fall to pieces the very next moment.

The fact that most people take but little interest in their dreams is conducive to the forgetting of dreams.

Research:

The Conscious and Unconscious Mind

Your conscious mind is what is seen, but the unconscious mind itself is much, much more than what is seen.

The conscious mind includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally. A part of this includes our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness.

The unconscious mind is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict.

Research:

The waking mind, communicates with the unconscious mind through symbols. When you want something you create a symbol for it.

The unconscious mind does not "respond" to the desire, it responds to the symbol. It responds to the underlying image, and then attempts to manifest that or something better.

Your beliefs are also symbols in your mind. For an idea, let us say, we think love, what image comes to your mind? Let us say peace, what symbol comes to your mind? It is NOT the word peace, it is some sort of image. Every object in your life is a symbol for something else.

Research:

Psychoanalysis:

Sigmund Freud was the founder of psychoanalysis and the psychodynamic approach to psychology. This school of thought emphasized the influence of the unconscious mind on behavior. Freud believed that the human mind was composed of three elements: the id, the ego, and the superego.

Key Psychoanalysis Terms:

Conscious - In Freud's psychoanalytic theory of personality, the conscious mind includes everything that is inside of our awareness. This is the aspect of our mental processing that we can think and talk about in a rational way.

Defense Mechanism - A tactic developed by the ego to protect against anxiety. Defense mechanisms are thought to safeguard the mind against feelings and thoughts that are too difficult for the conscious mind to cope with. In some instances, defense mechanisms are thought to keep inappropriate or unwanted thoughts and impulses from entering the conscious mind.

Research:

Ego - The ego is the part of personality that mediates the demands of the id, the superego and reality. The ego prevents us from acting on our basic urges (created by the id), but also works to achieve a balance with our moral and idealistic standards (created by the superego).

Id - The personality component made up of unconscious psychic energy that works to satisfy basic urges, needs and desires.

Superego - The component of personality composed of our internalized ideals that we have acquired from our parents and from society. The superego works to suppress the urges of the id and tries to make the ego behave morally rather than realistically.

Unconscious - A reservoir of feelings, thoughts, urges and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety or conflict. According to Freud, the unconscious continues to influence our behavior and experiences even though we are unaware of these underlying influences.

Research:

Understanding Abnormal Psychology

In order to understand abnormal psychology, it is essential to first understand what we mean by the term "abnormal." On the surface, the meaning seems obvious; abnormal indicates something that is outside of the norm.

It is important to note that the distinctions between normal and abnormal are not synonymous with good or bad. Consider a characteristic such as intelligence. A person who falls at the very upper end of the curve would fit under our definition of abnormal; this person would also be considered a genius. Obviously, this is an instance where falling outside of the norms is actually a good thing.

When you think about abnormal psychology, rather than focus on the distinction between what is normal and what is abnormal, focus instead on the level of distress or disruption that a troubling behavior might cause. **If a behavior is causing problems in a person's life or is disruptive to other people, then this would be an "abnormal" behavior that may require some type of mental health intervention.**

Research:

Components of Personality

While there are many different theories of personality, the first step is to understand exactly what is meant by the term personality. A brief definition would be that personality is made up of the characteristic patterns of thoughts, feelings and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life.

Some of the fundamental characteristics of personality include:

Consistency - There is generally a recognizable order and regularity to behaviors. Essentially, people act in the same ways or similar ways in a variety of situations.

Psychological and physiological - Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.

Research:

It impacts behaviors and actions - Personality does not just influence how we move and respond in our environment; it also causes us to act in certain ways.

Multiple expressions - Personality is displayed in more than just behavior. It can also be seen in our thoughts, feelings, close relationships and other social interactions.

Research:

Theories of Personality

There are a number of different theories about how personality develops. Different schools of thought in psychology influence many of these theories. Some of these major perspectives on personality include:

Type theories are the early perspectives on personality. These theories suggested that there are a limited number of "personality types" which are related to biological influences.

Trait theories viewed personality as the result of internal characteristics that are genetically based.

Psychodynamic theories of personality emphasize the influence of the unconscious on personality.

Behavioral theories suggest that personality is a result of interaction between the individual and the environment. Behavioral theorists study observable and measurable behaviors, rejecting theories that take internal thoughts and feelings into account.

Humanist theories emphasize the importance of free will and individual experience in the development of personality.

Research:

The Big Five Dimensions of Personality?

Today, many researchers believe that there are five core personality traits. The "big five" are broad categories of personality traits. While there is a significant body of literature supporting this five-factor model of personality, researchers don't always agree on the exact labels for each dimension. However, these five categories are usually described as follows:

Extraversion: This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts of emotional expressiveness.

Agreeableness: This personality dimension includes attributes such as trust, altruism, kindness, affection, and other prosocial behaviors.

Conscientiousness: Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviors. Those high in conscientiousness tend to be organized and mindful of details.

Research:

Neuroticism: Individuals high in this trait tend to experience emotional instability, anxiety, moodiness, irritability, and sadness.

Openness: This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests.

It is important to note that each of the five personality factors represents a range between two extremes. For example, extraversion represents a continuum between extreme extraversion and extreme introversion. In the real world, most people lie somewhere in between the two polar ends of each dimension.

Research:

Final Thoughts

Behavior involves an interaction between a person's underlying personality and situational variables. The situation that a person finds himself or herself in plays a major role in how the person reacts. However, in most cases, people offer responses that are consistent with their underlying personality traits.

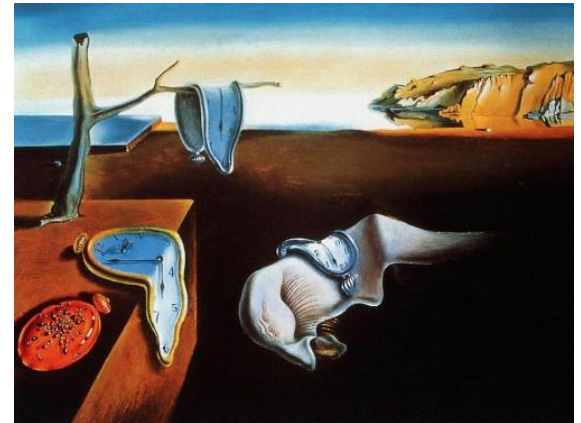
Research:

SYMBOLS:

My interpretation

This is famous surrealist painting made by Salvador Dali in 1931. The painting shows melting watches which was an interpretation of melting cheese in the sun. The watches as Dali explained symbolized a tired time which portrayed a slow moment a paused time which ticked away slowly into the future.

The painting influences me with the prospect of metaphor used by the artist. A normal clock wouldn't have reached out with the purpose of conveying the meaning. But mere changing the shape provides us with a numerous thoughts of intervening it. I have tried to take my inspirations from the thoughts of the artists of how he tries to metaphorically convey the meaning through my characters in the film.



"The Persistence of Memory"

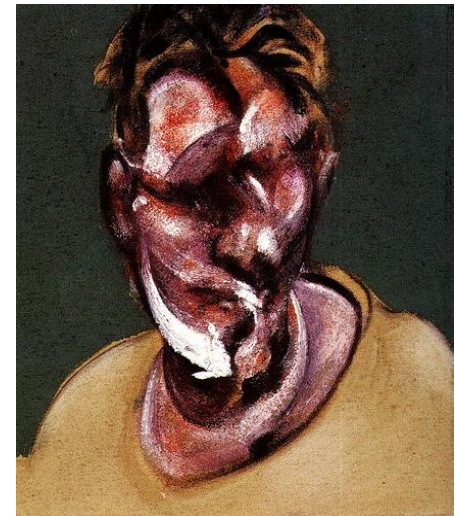
1931 painting by artist Salvador Dalí

Research:

SYMBOLS:

My interpretation

A portrait of Lucian Freud made by Francis Bacon in 1965 ,puts forward two dimensions of the human face . I have tried to study the transformations made by the artist and tried to incorporate the same feeling which the portrait conveys of being transformed.



Francis Bacon
Portrait of Lucian Freud 1965

Research:

Inspirational images

My interpretation

These are some of the pictures which inspired me with their visual expressions , meaning and the way they have been done .The abstractness of the paintings allowed me to take a deep dive to identify their meaning and use as an inspiration for my film.

I Francis Bacon ,Portrait of Lucian Freud

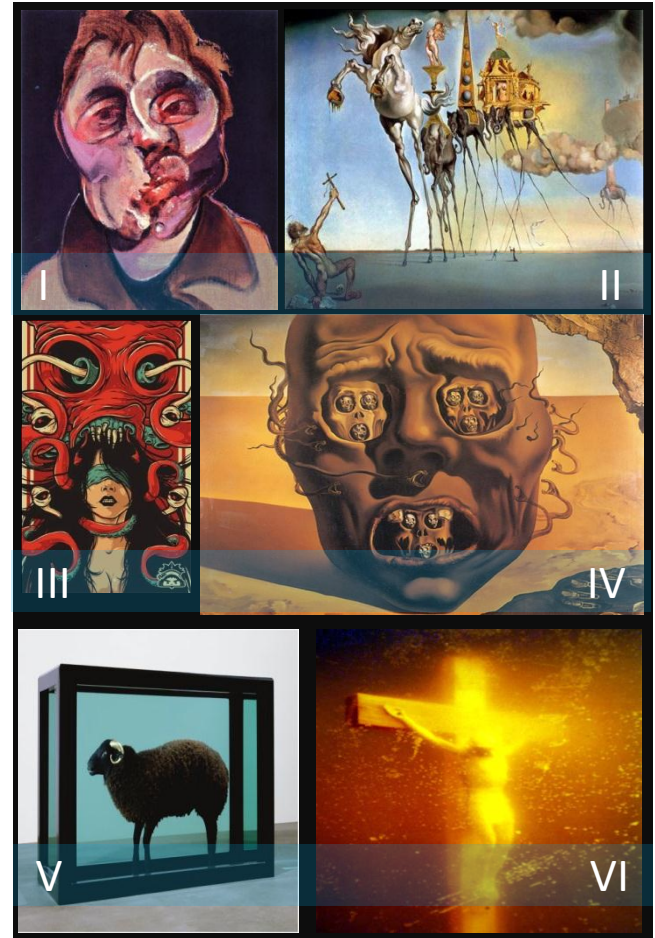
II Salvador Dali, *The Temptation of St Anthony*

III Rua Ruados, *Blinded*

IV Salvador Dali ,*Visage Of War*

V Damien Hirst, *Black Sheep*

VI Andres Serrano ,*Piss Christ*



Visual Development:

Script:

Film starts with a interview scene in a room where the boss is going through his portfolio. Meanwhile the interviewee is looking at the paintings and art works on the wall. The interviewee is suddenly interrupted by the interviewer with a "ahmmm" when he is gazing at the woman's portrait made on the wall. When the interviewer is again busy looking at the portfolio the interviewee further stretches his attention towards the fish in the aquarium. And imagines his situation similar to that of the fish in the tank .

The interviewer asks him *"where are you from"* and slowly the interviewee replies *"I am from a small town, it's a beautiful place"* and while he explains he starts thinking about his place the camera starts moving in through the houses which is actually a depiction of his mind moving towards his hometown. And he is further interrupted by the interviewer when he slams a book from his collection on the table and asks the interviewee *"why do you want to be a designer"*. Words had hardly started coming out from the interviewee an *"OK"* interrupts his attempt to answer the question and questions start shooting out. Random questions start coming out from the interviewer (*"where have you worked before?"*, *"what are you good at?"*, *"why do u consider yourself better than others?"*, *"what are your strengths?"*, *"Why should I hire you in my company?"*, *"What do you expect from us?"*, *"Your work is no different from others!"*, *"Every damn person thinks he is a designer!"*). The sound of questions starts turning gibberish inside the interviewee's head. The heat of the situation is presented by the agitated movement of the fish in the tank.

The interviewee loses control of the situation and starts playing with his imagination *"inside his mind"* he starts creating weird, dumb, animal characters of the interviewee. Sometimes *"a puppet"* at times a *"beautiful woman"*.

The interviewer drops coffee on the portfolio which conveys a feeling of disrespect for the work presented by the interviewee.

Visual Development:

Script:

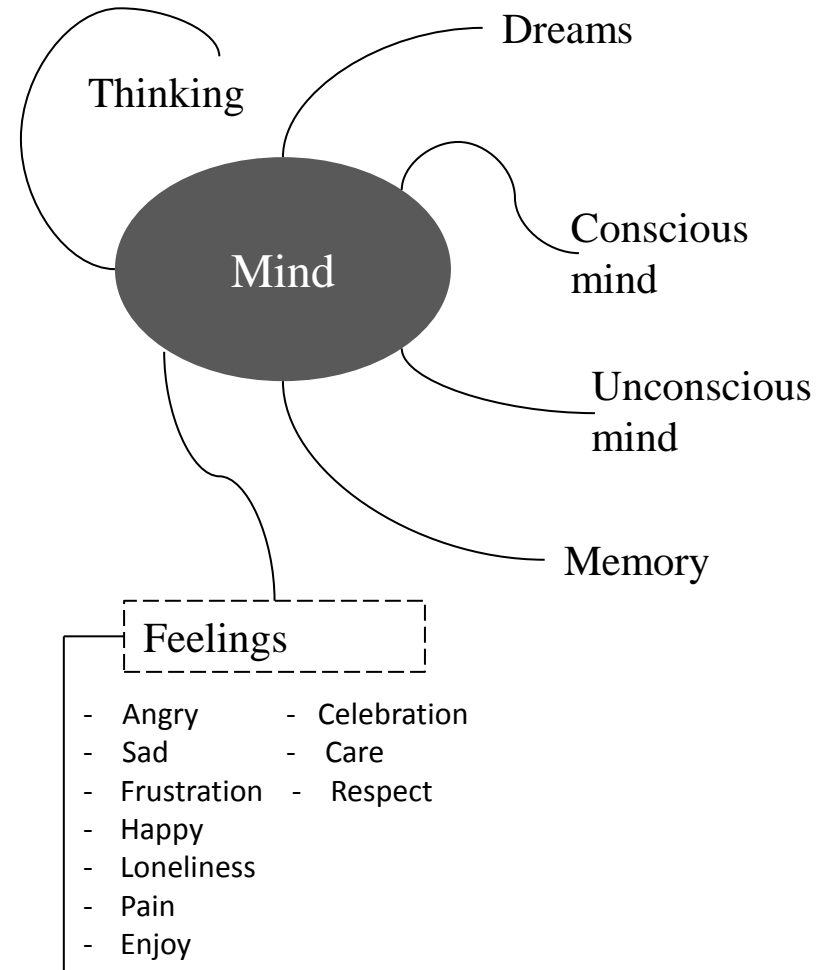
CLIMAX: Agitated by the actions of the interviewer he imagines and wishes to put a bullet across the brains of the interviewer.

Visual Development:

MY Journey

After freezing my story plot I moved towards the significant part i.e. sketching the characters of the film. Also giving a different look to the film.

I started with a brainstorming of the human mind which elaborated on the different roles the human mind plays within us. I then observed works of different artists who described a vast range of emotions in their paintings I got my inspiration from the execution they and efforts they had made in their masterpieces and try develop my characters with my own style



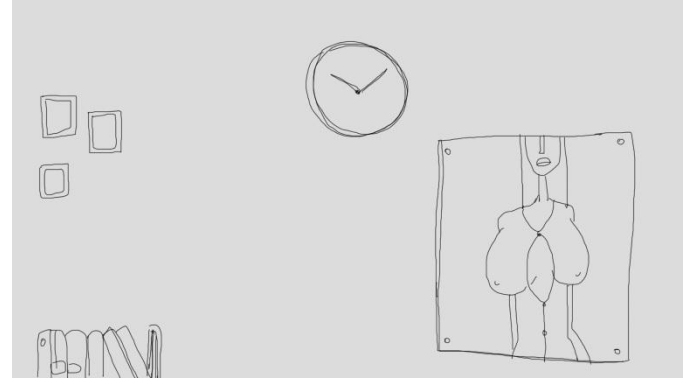
Visual Development: Story board

1

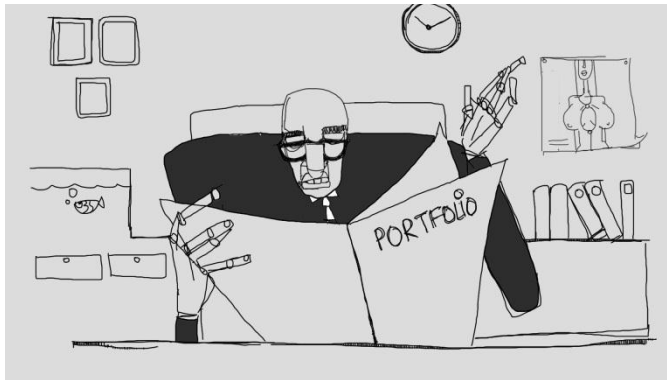


Window shot

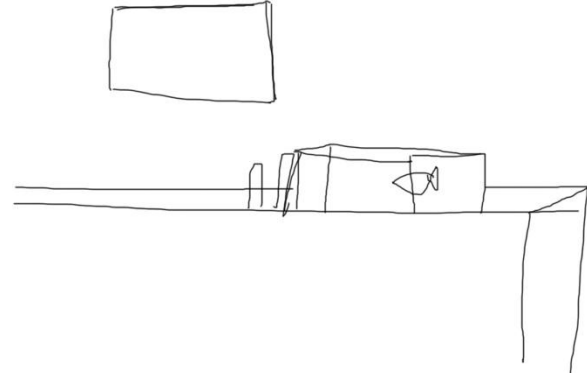
2



Camera slowly pans to the art works on the wall



Boss looking at the portfolio



Camera pans to fish in the water tank

Visual Development: Story board

5



Boss staring at the interviewee

6



Changes position and asks question...

7



Background changes to a small town

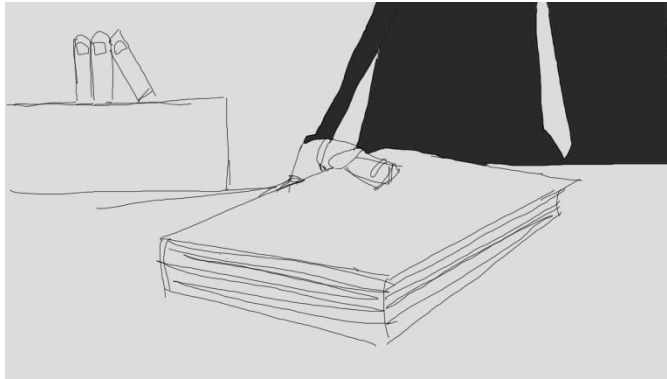
8



Boss picks a book from the shelf

Visual Development: Story board

9

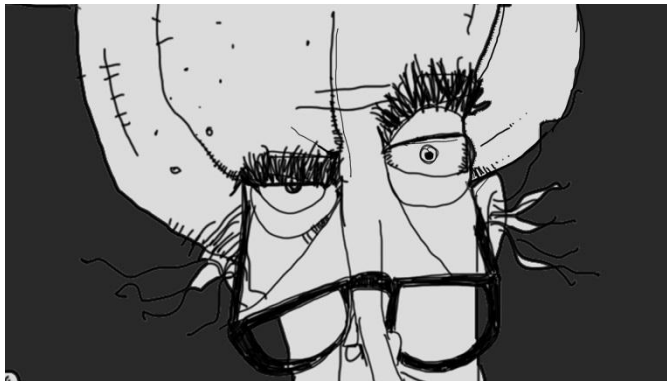


Boss slams the book on table

10

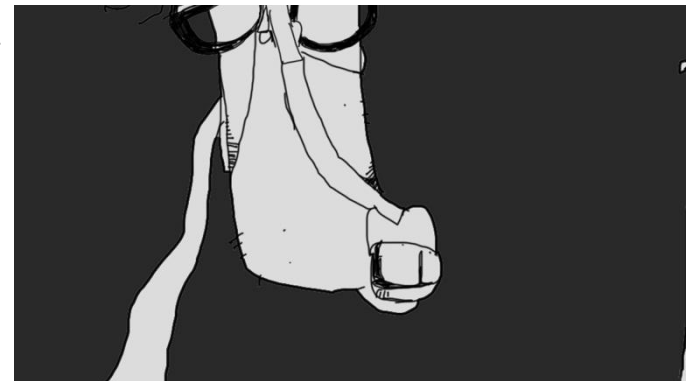


Starts shooting question



Boss starts transforming to
some creature

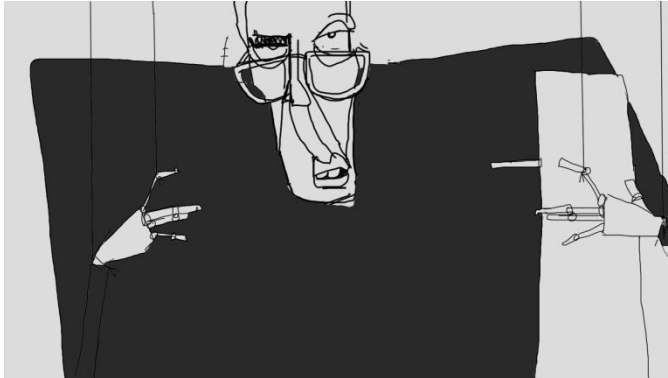
12



Close up of the mouth

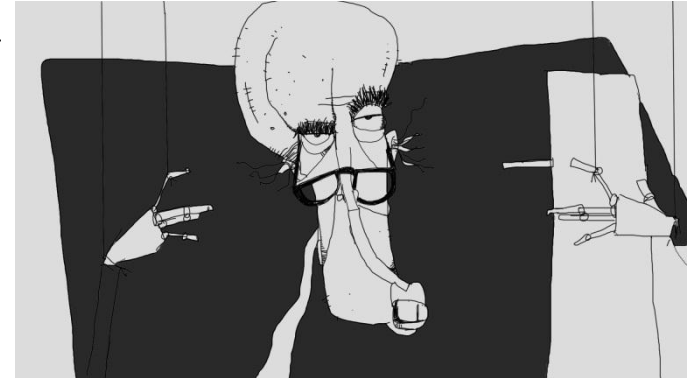
Visual Development: Story board

13



Boss with thread tied on fingers-as if a puppet

14



Slowly camera zooms



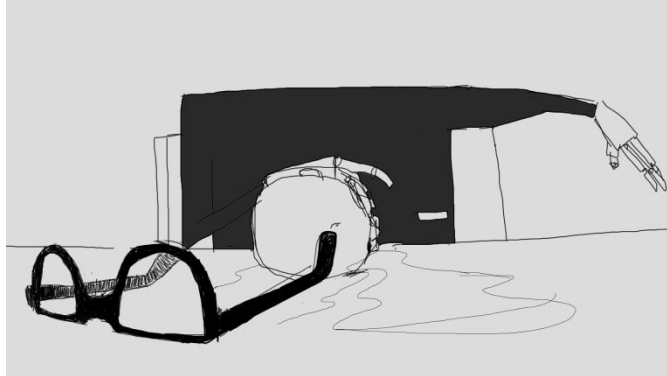
Character changes to a women



Cut to the Boss again

Visual Development: Story board

17



Gun shot-Boss head on table
with blood

18

THE END

Visual Development:

Initial Character Explorations

Initially I wanted my character to look like a mix between human and animal to express the wild imagination of the other persons mind. The initial character was further not worked on since it was unable to connect the meaning through them, as the animalistic feature would distort the meaning the story and also wanted it similar to my experience.



Visual Development:

Final Character Explorations

Here is the final character of my film. I wanted the main character to give an expression of rude and annoying boss so the final designed character fits perfect as required in the film.



Visual Development:

Environment References and textures:

My film had a small town scene as per the need of the script, so I had taken the references of the shapes and the style of these building and houses for my film.



Visual Development:

Textures:

It's a small town so I wanted the houses and buildings look old and natural, so I had used these textures for the buildings.



Visual Development:

Final Houses and Buildings



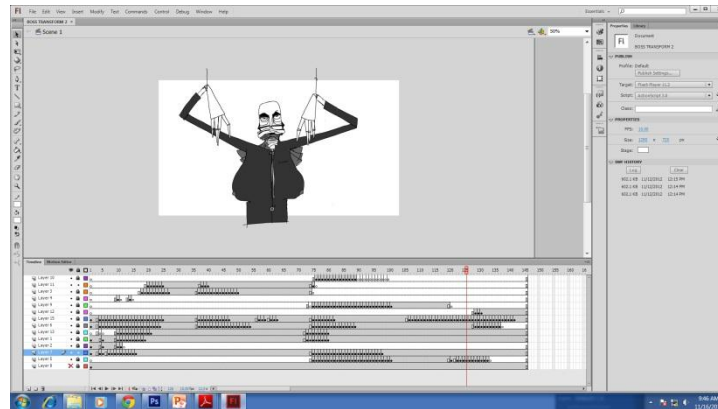
Visual Development:

The Production Technique

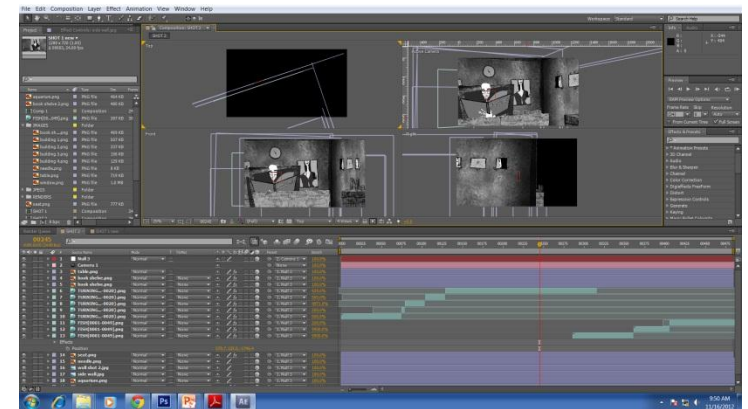
Before starting the film it is very important to understand and plan the process and technique to be used for the film.

In my film I have used PHOTOSHOP, FLASH, AND AFTER EFFECTS as my software support.

All the layout and the story board was done in Photoshop. Entire animation was done in Flash and finally composited in After Effects.



Flash animation



After Effects for compositing

Music and Sound

Design:

Sound plays a very important role in any visual narrative. My film is about how mind percept things around him and how it interacts with them, so selecting right sound was very important to express the feel, emotion, and the stage of mind for the audience to understand .

I wanted a complicated, abstract, blurred and kind of complex music when the interviewee is lost in his hallucination so that the viewer apprehends that he is somewhere else so I had mixed some sounds and music together.

Sound has really aided my film to make it more meaningful.

References:

Films:

Atama Yama. Directed by Koji Yamamura . 2002.

The Metamorphosis

The Secret Of Kells. Directed by Tomm Moore. 2009.

The Beatles. *Lucy in the Sky with Diamonds*. Comp. John Lennon. 1967.

Shetty, Jainti. "Experienceing Psychoactives." P3 project

Books

Freud, Sigmund. *Interpretation Of Dreams*. Macmillan, 1899.

Sathe, Makarand. *The man who tried to remember*.

Sound and Music:

Interviewer VO-Rahul Arya

Interviewee-Jude Brown

Opening The Third Eye- Chakra Resonance

http://www.sounddogs.com/sound-effects/104/mp3/560982_SOUNDDOGS_pa.mp3

http://www.sounddogs.com/sound-effects/22/mp3/212966_SOUNDDOGS_be.mp3

Conclusion:

It was a great learning experience while making this film. I learned the art of making film from scratch .The process and steps indulged in making a film. Through the project I have discovered my strengths and weaknesses not only in terms of creating the work but also as evolving self . I also learned the importance of planning before starting a film and also being organized. It was a great learning experience and also enjoyed making my film.