



# Talking Story: One Woman's Quest to Preserve Ancient Spiritual and Healing Traditions

*Marie-Rose Phan-Le*

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Award-winning documentary *Talking Story* takes viewers on a fascinating adventure into the world of healing, shamanism, plant medicine, and divination. Learning that many indigenous cultures are on the verge of losing their medicinal plants, healing traditions, and spiritual knowledge as a result of habitat destruction, cultural assimilation, and globalization, filmmaker Marie-Rose Phan-Lê sets out on what becomes a life-changing journey to record the disappearing traditions of authentic mystics and shamans, discovering her own gift as a healer along the way.

From Hawaii to the Himalayas, the film follows Phan-Lê as she meets with healers and shamans, and transports viewers into a world of exotic places, esoteric practices, and practical applications in the art of healing. While chronicling the lives, rituals, and wisdom of the elders she meets, Phan-Lê is surprised to experience events that cause her to emerge from behind the lens and to accept herself as a healer.

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