

A woman in a dark hooded garment stands behind a woman in a light-colored outfit. A large, white, stylized Japanese character '生' (Ik) is overlaid on the scene, partially obscuring the figures. The background is dark with vertical light bars and a misty atmosphere.

生

re:birth

follow a lost soul's journey  
to enlightenment

# Log Line

A lost soul traumatized by her past and trapped in the confines of her own imagination. Unable to move forward with life until she was led to begin her journey of recovery and discovery by a sound healer, ultimately conquering her darkest memories, fears, and desires, and transcending the perpetual tug-of-war between attachment and letting go.



# Synopsis



## Act I: Abyss

In a space and time that is undefined, a lost soul is trapped in the confines of her own imagination. She is confused, hurt, and tormented, though we don't know how she got there or what specifically she'd been through. As with life, sometimes we don't realize how deeply hurt we are until we're at a low. The lost soul meets a mysterious being outside of a box who seems otherworldly. His presence quietly watches over the lost soul.

## Act II: Flow

The otherworldly being is a Guide, in the form of a sound healer. Through his sound healing with didgeridoo and shamanic drum, he appears before the lost soul and a "battle" ensues, with vibrant colors dancing vehemently around them, which symbolizes her inner state of turmoil.

The lost soul knows the Guide means well; yet, she is struggling to conquer her darkest memories, fears, and desires, in this tug-of-war between "attachment" and "letting go." Eventually, she succeeds in transcending the noises from her mind, which is signaled by the positioning of the shamanic drum behind her head (symbolizing attainment of enlightenment).

## Act III: Awakening

White space represents some sort of void, emptiness, and nothingness; here, the soul has finally attained peace of mind. Upon discovering that all suffering originates from a sense of self, and this dichotomous view of the world as having a self to guard from the others, she has awakened from illusions. Gentle soothing sounds from the handpan permeate the space, as she dances in stillness. The Guide walks up to her and gives her a long embrace before disappearing; for the Guide has always been a projection of the lost soul. The Guide lives within her.

# Project Details



Completion Date	November 2023
Country of Origin	Taiwan
Shooting Format	RED Digital Camera
Screening Format	MOV
Running Time	8:10 mins
Genre	Short, music, dance, experimental
Language	N/A
Subtitles	English
Sound	Stereo
Aspect Ratio	2:1

# Director's Statement

A person in a dark setting, possibly a filmmaker, holding a camera on a rig, with a large, glowing, abstract shape in the background.

The world has become a seemingly more chaotic place. Where we were at 3 years ago and where we are today is massively different. Introspection has been something that I personally have been dealing with in the last few years.

The inspiration behind this piece is based on our producer's recent spiritual journey. Earlier in the summer of 2023, Irene realized her past traumas have resurfaced or perhaps never been fully resolved. With the help from a sound healer, she began her journey of recovery and discovery.

In order to document her journey and share these blessings with the world, Irene approached me and shared her experiences. Regardless of the specifics of what happened, I understand that everyone is going through something and has their own traumas, insecurities, and emotions they have to deal with. Our thoughts and actions sometimes are enforced by our past memories and conditioning. The whole idea seems karmic almost and someone could be quietly suffering even if everything seems normal at a glance.

In Taiwanese culture, it's almost taboo to talk about mental health, trauma, and insecurities. The world might be becoming more isolated and segregated, but now is the time to connect with your inner self. How do we handle these feelings of pain and suffering? There is no right or wrong in these feelings, nor one way to heal past pains, nor one way to move on and see another day. Through this 8 minute journey, I am hoping to raise awareness on that blissful state when one lets go of and transcends attachments.

Hoping this piece can spark conversations about introspection, seeking the truth of what makes us who we are, and how we can live more fully.

# Cast & Crew



**Laticia Fan**

*Director & Director of Photography*

Self-taught filmmaker and founder of f/Lash Productions, Laticia is a director and director of photography hired for hundreds of commercials and music video projects worldwide. She has served as Director of Photography on two feature films in Taiwan - Tomorrow's Star (2018) and Sun Moon (2023). Although Laticia has shot a handful of award-winning shorts, re:birth (2023) is her short film directorial debut.



**Irene Pang**

*Executive Producer*

With over 10 years of brand strategy and marketing experiences under her belt, Irene is now focusing more on her creative career. She enjoys channeling energy into creative expressions, through sounds, words, and visuals. In recent months, Irene has been actively exploring the intersection between arts and spirituality. re:birth (2023) is her debut as film producer, and is inspired by her recent spiritual journey.



**Yu-He Lin**

*Choreographer/Performer*

A versatile artist, with the roles of choreographer, dancer, and producer, Yu-He often explores themes rooted in both personal and collective experiences on modern life in her creations. Her portfolio includes directing large-scale immersive dance theater productions, receiving the Best Dance Award at the Taipei Fringe Festival, and choreographing events such as Taipei Fashion Week, Vogue Fashion's Night Out, and music videos of celebrated singers in Taiwan.



**Pei-Yuan Chen**

*Composer/Performer*

Pei-Yuan is an explorer of sounds, who draws upon multicultural music traditions in his improvised "flow" performances on a wide array of healing instruments. Through sound vibrational frequencies, he dives into primordial experience and the interwoven consciousness of nature, spirit, and space in his music. He focuses on developing borderless musical language that connects human, nature, and universe in harmony.

# Full Credits

## Director

Laticia Fan

## Producer

Irene Pang

## Choreographer/Performer

Yu-He Lin

## Original Music

Composer/Performer

Pei-Yuan Chen

## Director of Photography

Laticia Fan

## Focus Puller

Eric Liao

## Gaffer

Tom Chen

## Key Grip

Ambrous Young

## Stills Photographer

Tommy Chen

## Photo Assistant

Maeve Zeng

## Hair Stylist

Jason Liu

## Makeup Artist

I-Shih Lee

## Production Assistant

Yuen Wang

## Editor

Laticia Fan

## Colorist

Penny Chou  
(Timeline Studios)

## Poster Design

Ervin Tsay

## Sound Mix

Li-Chun Chu

## Equipment

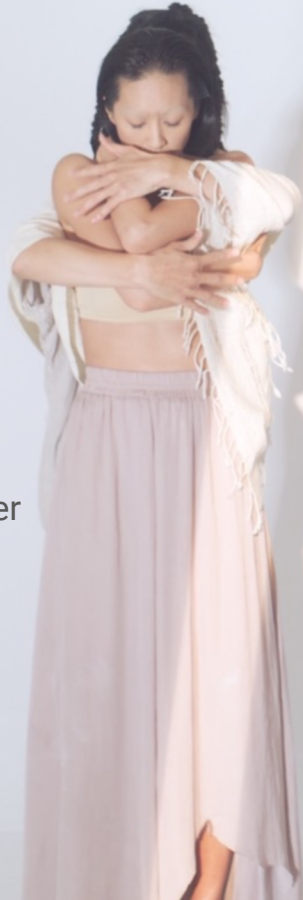
f/Lash Productions

CMPC Studio

HeKuan Equipment Co.

## Projection

Boss Shop





**Thank you!**

Get in touch: [laticia@lashfilms.com](mailto:laticia@lashfilms.com)