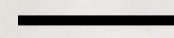




SEIEIN

LOVE YOUR RAGE



A film on Women & Anger
Let's change the narrative

SUMMARY

Through a compelling docu-fictional narrative, **SEIEN: Love Your Rage** delves into the societal pressures that often lead women-identifying individuals to suppress their anger, as well as into the transformative power that arises from embracing the complex and diverse colours of our emotions.

The film unfolds in two realms: the collective unconscious where anger's different facets and stages are expressed through raw embodied movement and dance; and a speculative present re-imagining what 'tending' for anger could look like as a conscious cultural practice.

The project was filmed in 2023 in London (United Kingdom) and on Volcano Mount Etna (Sicily, Italy).





SYNOPSIS

In a speculative community, two practitioners shoulder the responsibility of tending to '**Seiein**,' a life force capable of both destruction and protection, manifested through seismic activity on the Earth's flesh.

Their practice weaves between the intellectual and the visceral, portraying the nuanced practice of '**tending**' anger within a conscious inherited cultural framework. Together, they forge paths into the subconscious realms beneath the surface of daily life - first for themselves and over time for others.

In this shared unconscious realm, a group of women expresses anger's myriad facets and stages through raw and embodied movements. From the shackles of repressed anger to the liberating release, they navigate the **transformative power inherent in embracing the complex and diverse shades of anger.**



The overarching goal of this film is to serve as a **catalyst for inspiring dialogue, introspection, and action** concerning our personal and collective relationships with anger - a nuanced and mindful exploration.

FILMING PROCESS

From storytelling contributions to financial backing, this film is the embodiment of a co-creative expression.

CAST: The women featured in this project were chosen not based on professional credentials but on the depth of their stories and personal experiences related to anger. The crew is 100% composed of women.

PROCESS: The filming was done in one day each, over a production period of 7 months. During the prior week of rehearsal, women went into a cathartic process that allowed them to tap into their anger and authentically convey it on screen on D-day through dance and movement. The voiceovers in the film also results from a call for stories centered around anger.

BUDGET: All contributors worked on a voluntary basis, and the limited budget (£4000) was raised through crowdfunding and anger-release workshops delivered by some of the performing women.



FILM CREW & SPECIFICATIONS

Project type: Experimental, Short, Dance

Runtime: 17 minutes 20 seconds

Film locations: United Kingdom (London) & Italy
(Mount Etna, Sicily)

Production period: 7 months

Filming period: one day each (Sicily, London)

Languages used: English, Korean, Polish, German

Aspect Ratio: 16:9

Shooting format: XF-AVC, 4:2:2 10-bit

Film colour: Colour

Subtitles: English



Artistic Director & Producer: Yoon-Joo JEE

Director of Photography & Editor: Emilia Tapprest

Sound design: Salvatore Spina

Cast: Ama Asomani-Adem, Jagratti Luthra, Kirsty Johnson, Liza Degtiarenko, Lily Chin, Mar Estarellas, Mel Fismer, Orshi Szeverics, Safiatu Lopes, Sandra Sobanska, Yoon-Joo Jee-Duchatelet, Zaira Mughal

Additional anger stories: Yujin Jang, Yuri Im

WATCH THE FILM

Private link to the film: <https://vimeo.com/888500624/d71d4e0449>



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