



# THE SILENT GLOW: RECOVERING THE PRESENT

by Anja Krug-Metzinger



## SYNOPSIS

A cultural trend, the origins of which lie both in antiquity and Asia's wisdom traditions, is currently enjoying a true renaissance: at present, a new culture of consciousness is emerging in many places across Europe. At the same time, secular practice of mindfulness without any connection to doctrines of salvation or religious dogmas is finding its way into our education system. The French Football Federation, for example, was the first governing sports body in the world to include 'consciousness' and 'self-awareness' as a central component of its training programme.

## CAST AND CREW

DIRECTOR Anja Krug-Metzinger · PRODUCER Anja Krug-Metzinger

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88 min

ORIGINAL TITLE

DAS STILLE LEUCHTEN

FORMAL CATEGORIES

Coming of Age, Children / Youth, Sports

ORIGINAL LANGUAGES

German, French, English

PREMIERE

Montreal, Canada (2018)

LINKS / REFERENCE

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Filmproduktion GmbH

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VoD:

<https://vimeo.com/ondemand/...>