

MOVIE Discussion GROUP – July 2019

Inception – Play Sheet

1. In the first part of the film, Cobb describes the mind projecting perception and us believing we receive that perception as happening so fast we don't notice. He draws a circle with arrows. What teaching does this remind you of?
2. There was a process called 'shared dreaming' that the team practiced with the help of sedatives. This experience seemed VERY real to them while they were inside the dream state. What spiritual teaching is this an allegory for ?
3. There was a brief reference to the 'raw infinite subconscious' and 'falling into limbo'. Please comment on the context of this and share your thoughts.
4. Most of the movie was a progression back into deeper layers of the subconscious mind. Comment on the themes that were found in each of the layers. The start of the dreaming occurred in waking life while on a plane.
 - a. Top layer – driving around street being hunted by projections from a militarized subconscious (driving van)
 - b. Second layer in – The snowy fortress (equipped with guns)
 - c. Third layer down – down into the ruined city, where also Japanese character 'Saito' was trapped.
5. There was also a time dilation effect the deeper into the mind you go. Please comment on this and compare to non-dual teaching about space and time
6. Cobb's planted a thought in his wife Mal's mind about the real world not being real - and the only way to get back to reality is to 'die' in waking life. This idea took hold and she later committed suicide believing that this was a way 'out'. What teaching does this point to, and what misunderstanding did she have ?
7. What was Cobb's main psychological difficulty as it relates to his wife Mal's death?
8. Cobb was placing in great danger the rest of the team by not sharing his unconscious, repressed, and unresolved issues. Do you see a corollary to our own process in this same regard – can a 'seed' thought really grow without our awareness of it ?

9. What is required to allow the correction of an idea or thought, or conditioned pattern?

10. What is your view of 'responsibility' for thought ?

11. An overall theme in the movie is dreaming, then forgetting you are dreaming and getting lost in the dream. Do you see a spiritual parallel here to our seeming 'waking life'?