

**The Sea of Trees
Movie Playsheet**

- 1. If you were to rename this movie from a spiritual or Truth perspective, what name would you give it?**

- 2. In what ways, if any, were you able to identify with the main character, Arthur Brennan?**

- 3. In what way did Arthur change from the beginning of the movie to the end of the movie and how are these changes reflective of spiritual growth?**

- 4. We are shown several scenes in which the couple are arguing. What did you see either of them projecting on each other?**

- 5. Who was the Japanese character, Takumi Nakamura, that Arthur met in the forest? What clues were in the film that he wasn't what he appeared to be?**

- 6. What was the significance of the statement "Things are not what they seem?"**

- 7. Can you look back on your life and identify times when what was occurring wasn't what it seemed? What have you experienced that you later identified as preparation for the spiritual path or as moving you towards/along the spiritual path that didn't seem that way at the time?**

- 8. Once Joan Brennan received her diagnosis, the resentments and arguments between the couple dropped away and they remembered they were in love again. If you were to receive a diagnosis giving you only 6 months to one year to live, how would that affect your spiritual path?**

- 9. What does the Hansel and Gretel theme have to do with the spiritual path?**

- 10. What will you take away from this movie?**