

A FILM BY  
Amparo Garrido



MEDITATION

## SYNOPSIS

The landforms emerge after the drought. A space of stillness and silence becomes a place of observation. The geography is gradually internalised. The landscape ceases to be something to watch and instead becomes a form of meditation.

## DIRECTOR'S STATEMENT

I came upon the village of Galizuela in Extremadura (Spain) by chance and immediately fell in love with it. Every dawn, I would awake to the birdsong and run to the window to see the day awaiting me so I could choose my route. I felt magnetic attraction to that almost lunar landscape with the reservoir at just 13% of its capacity. All I wanted to do was walk around, listen to it, film it and contemplate it from different perspectives. Even if it was rainy, cold or foggy, each day was a new light and colour display.

Through active contemplation, the landscape gradually became something abstract, and my own involuntary mental sounds and noises bloomed. Trying to recreate and approximate that mental state with sound design was a real challenge.

Prior to shooting, the conversations on the finiteness of life with Elizabeth Blackburn, a Nobel Prize winner in physiology, helped me to reconsider the image of the vultures I had filmed in my first feature film *El silencio que queda* (The Silence that Remains) and see them more calmly with the intention of giving them a place more suited to the cycles of nature, life and death that have always interested me.

DIRECTOR FILMOGRAPHY

2019 The Silence that Remains. 71' FIRST FEATURE FILM

2009 Concerning hearing. 5'01" VIDEO ART

2009 Preparing olives. 3'35" VIDEO ART

2008 Fatherlands. 14'40" VIDEO ART

2006 Don't say a word. 2'39" VIDEO ART

Amparo Garrido is a visual artist who works with photography and video. She has received important awards and held many exhibitions both in Spain and abroad. Her work is part of major collections like MNCARS (Museo Nacional Centro de Arte Reina Sofía), among others.

In 2019 she directed her first feature film, *El silencio que queda* (The Silence that Remains), which was chosen for the 2019 Málaga Film Festival, Spain; the 2019 Torino Film Festival, Italy; and the 2020 Doxa Documentary Film Festival, Canada, among others.

TECHNICAL SPECIFICATIONS

ORIGINAL TITLE

Meditación (Meditation)

DOCUMENTARY / FICTION

LENGTH

11 min

LANGUAGE

Spanish

SUBTÍTULOS

English

ORIGINAL FORMAT

4k DCI

SCREENING FORMAT

DCP 2K 5.1 Colour 1:85:1

PRODUCTION

Amparo Garrido © 2023 Spain

DISTRIBUTION

Teorema Films

CREW

WRITTEN, DIRECTED AND PRODUCED BY

Amparo Garrido

CINEMATOGRAPHY

Amparo Garrido

EDITING, SOUNDSCAPE AND SOUND DESIGN

Benito Macías

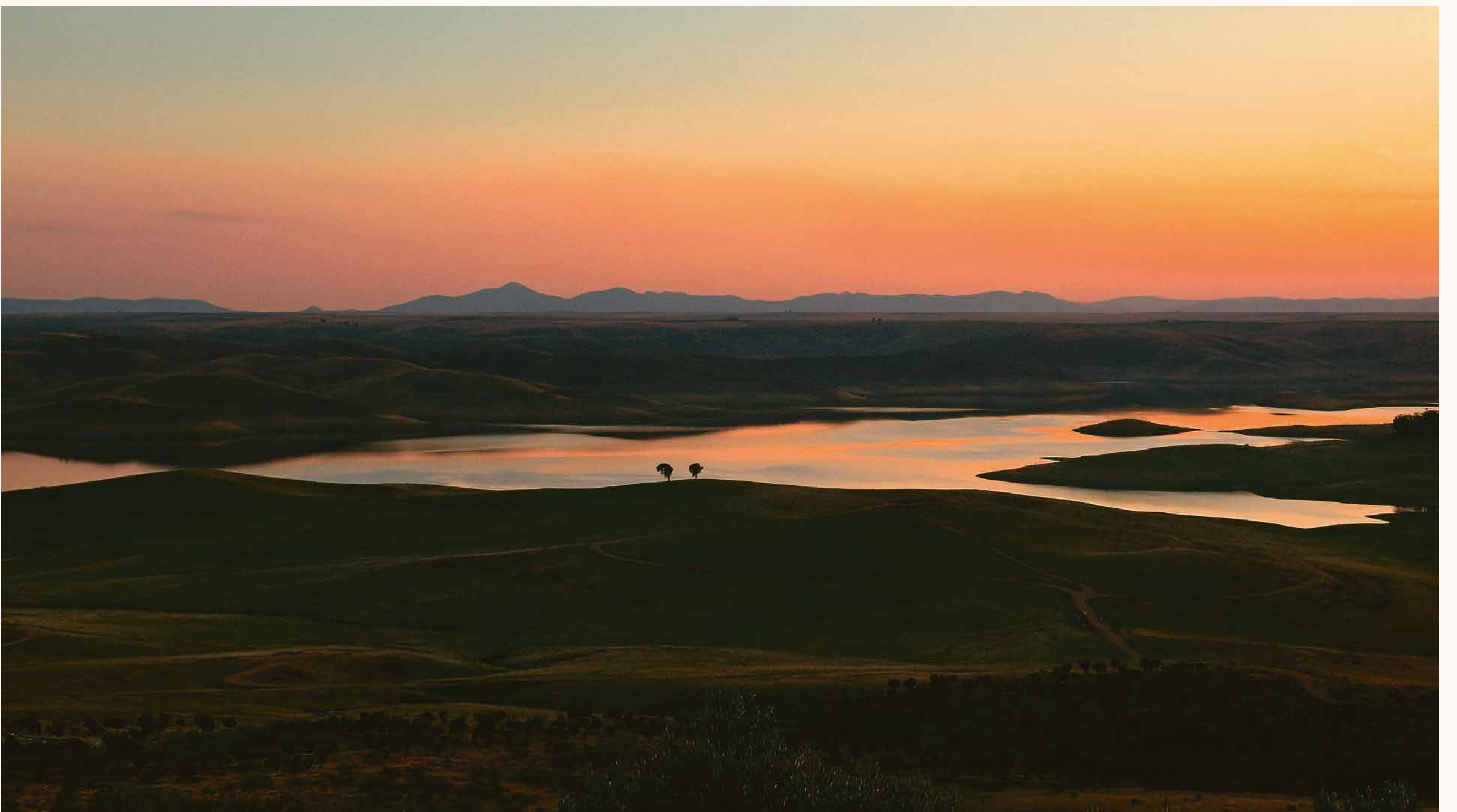
SOUND MIXING AND COLOUR CORRECTION

Benito Macías

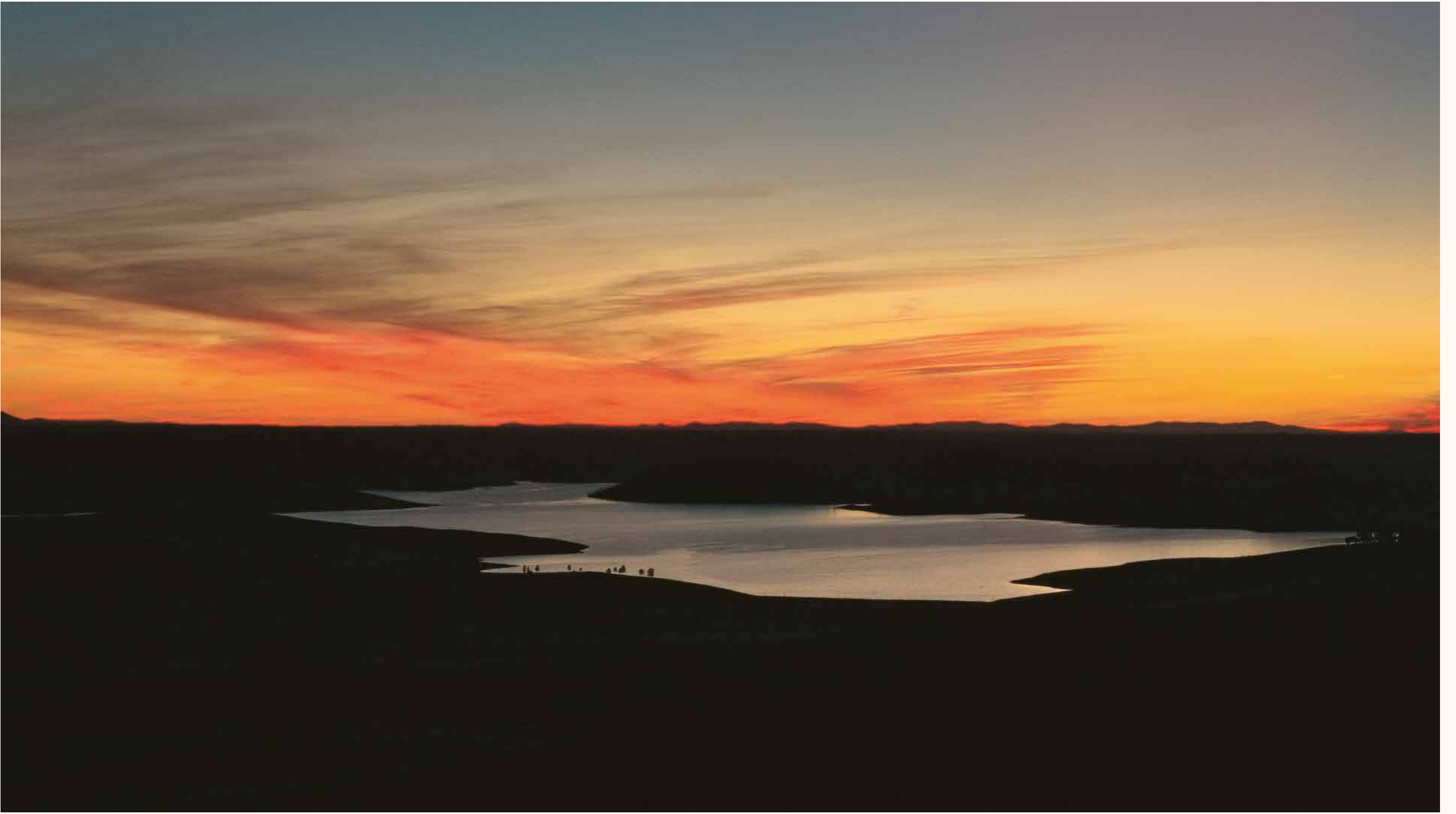
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PRODUCER AND DIRECTOR

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DISTRIBUTION

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