



## **What is *Facing Fear*?**

*Facing Fear* is an 87min feature length theatrical documentary that follows the journey of a man who receives some devastating news which catapults him into fear. The film features 27 of the world's leading experts on fear. They examine the biology, psychology and culture of fear, but also the metaphysics of fear. *Facing Fear* is a follow-up to a film on intuition made by the same film-makers.

### **Logline:**

A film that examines fear from the perspectives of twenty-seven world experts, made by a man thrust into his own personal fear.

### **Film Synopsis (short)**

*Facing Fear* documents a man's global search for a way to overcome his fear after receiving some devastating news which catapults him into fear. It features some of the world's leading experts on fear management. They examine the biology, psychology and culture of fear, and also the metaphysics of fear.

### **Film Synopsis (long)**

After receiving some devastating news that catapulted him into fear, Australian filmmaker Bill Bennett set off around the world to seek out experts, hoping to learn how to best handle his fear. The film that resulted, *Facing Fear*, features world renowned scientists, therapists medical researchers and physicians, as well as metaphysicians, who examine fear from their own unique perspectives. The film discusses the biology of fear, the culture of fear, whether love is the antidote to fear, how fear is shaping our world, and how we can get to understand our fears and even befriend them so that they cease to become a destructive force in our lives. Interspersed with stunning visual footage shot in remote areas of Tasmania, the broad and diverse range of interviews in *Facing Fear* cumulatively provide a unique insight into the mechanics and metaphysics of fear. Ultimately the film provides hope and inspiration, and the tools to manage our fears so that we can use this much maligned emotion to lead a richer more productive life. Franklin D Roosevelt famously said: *The only thing we have to fear is fear itself*. *Facing Fear* will show that there's no need to fear our fear. In fact, if fear is properly understood and managed, it can become a powerful agent for transformation.

## ABOUT THE FILM

Bill Bennett began thinking about making a movie on fear while he was editing his feature documentary on intuition: *PGS – Intuition is your Personal Guidance System*. While completing that film, he began to realise that for someone wanting to use their intuition, fear was the greatest obstacle. And so he began to ask himself – *What is fear exactly? How does it work? And do we really need fear?*

In the same way that Bill thought he knew what intuition was before making *PGS*, then discovered he knew *nothing* about the subject – so it was too with fear. Bill thought he knew what fear was before embarking on his new production, then he realised it was far more complex than he'd anticipated.

It took Bill several years asking questions of some of the world's greatest experts on fear for him to get a cogent understanding of what exactly fear is and how it works. He also began to discover that there are ways to manage fear so that it's not a destructive force in our lives, but in fact a force that we can use to our ultimate benefit.

Production began in Europe in mid 2019, then continued in the United States and Mexico later that year. Bill wanted to examine fear from a range of perspectives – and so he sought out psychologists and trauma specialists, therapists and physicians, biologists and neuroscientists, but also he was interested in the metaphysics of fear, so he spoke to some of the world's most highly regarded spiritualists and theologians – as well as those that had faced real fear in their lives and come out the other side, the wiser for their experiences.

Production was put into hiatus after the pandemic shut the world down in 2020, which allowed Bill time to research the subject of fear more fully. Production recommenced in late 2021, and in 2022 Bill and his team went to Tasmania to shoot all the connecting visual footage for the film.

Why Tasmania?

Well, Bill had decided that *Facing Fear* should follow the same style he'd used in *PGS*. That style involved examining the subject of fear in ten "chapters," each chapter containing interviews, the chapters separated by a visually striking set of images culminating in a spectacular drone shot. With *PGS*, those visual sequences, which Bill calls "interstitials," were all shot on the Nullarbor, in South Australia. That location was chosen because of its sparse existential landscapes.

With *Facing Fear*, Bill was wanting something that conveyed a sense of brooding foreboding, but also something primitive, something ancient and untouched and pure. Yet something that would also provide a counterpoint to the sense of entrapment and containment of fear. Something otherworldly, something expansive and comforting.

Each of the interstitials had to, in some manner, provide a visual metaphor for the incoming chapter and Bill, having shot in Tasmania during his days at the ABC on

*A Big Country* in his younger years, knew enough about the island to know that there would be plenty of spectacular locations on offer.

The Chapter headings in *Facing Fear* are:

- *What is fear?*
- *How does fear work?*
- *Real fear vs imagined fear.*
- *Fear of death.*
- *Do I need fear?*
- *Love vs fear.*
- *A Case Study in fear.*
- *An individual situation*
- *Fear – the bigger picture.*

Bill spent six months in editing, bringing 60 hrs of footage down to a tight 87minute film.

Bill is wanting to do three more films in this series – which he'll call *Being Human*. The series will consist of:

- *Intuition – PGS Intuition is your Personal Guidance System COMPLETED*
- *Fear – Facing Fear. COMPLETED*
- *Hope – I Hope (provisional title)*
- *Purpose – My Path (provisional title)*
- *Death - The Veil. PARTLY SHOT*

It's hoped that the remaining three films will be financed in such a way that Bill can shoot them back to back.

Says Bill: *If I can make this series of films, then I'll feel as though I've contributed something worthwhile – and even though I've achieved certain small successes in my professional life, these films I will regard as being my most important work.*

## FILMMAKERS STATEMENT

When I started making *Facing Fear*, I didn't realise how much fear I had. I didn't realise that fear dictated so many decisions and choices I made on any given day. And how fear had come to define how I looked at others, and how I looked at the world. And indeed, how I looked at *myself*.

I also didn't realise the pernicious nature of fear – how it stifles creativity and productivity and growth. How fear shuts down hope. How it seeds hatred, bigotry, domination and on a larger scale, how it triggers conflict and war.

During the making of the film I learned how constant stress – a form of fear – is the cause of most illnesses and diseases, and that your fearful thoughts can in fact lead to your death.

There was so much I didn't know about fear.

But during the course of the three years it took to make the film, and through lengthy and at times intense conversations with some of the world's leading experts on fear, I slowly came to understand what fear is exactly, how it works, *why* it works the way it does – and perhaps most importantly, how we can manage our fears so that we can lead stress-free lives. As one of the interviewees said: *If you can get on top of your fear, you're free!*

Now having completed the film, I consider myself to be largely free of fear. I still have fears, of course, but they're the basic innate survival fears of the species. They're what's known as *real* fears and they're bolted into my DNA. But I now know the difference between these real fears and *false* fears – the "made-up stories" that used to keep me awake at night and used to fill me full of anxiety throughout the day. They're gone because I now have methods and processes that I can employ to deal with any false fears should they arise.

I also understand that not all fear is bad, and that it can be a vital force for motivation and transformation. And I welcome this fear because if it doesn't present itself when I take on a new challenge, then I know I'm not pushing my boundaries hard enough.

I hope that those who watch this film will gain a greater understanding of what fear is and how it works – and they too will begin to rid themselves of unnecessary fear.

Bill Bennett  
Producer / Director  
*Facing Fear*

## **ABOUT BILL BENNETT**

Bill Bennett is one of Australia's most respected filmmakers. During a career spanning four decades, he's made sixteen feature films and several feature length documentaries. His work has been recognised with two Australian Film Institute Awards, for Best Film and Best Director. He's been nominated for AFIs a further twelve times. And in television, he's won two Logies, for Television Reporter of the Year and for Most Outstanding Documentary

.He's had two feature films in Official Selection at the Cannes Film Festival and four feature films in Official Selection at Toronto. He's won numerous Best Picture awards internationally and had three international retrospectives. His films have been screened by most of the major Hollywood studios, including Warner Bros, Universal, and Paramount.

Facing Fear is a follow-up to Bill's highly acclaimed film on intuition: PGS – Intuition is your Personal Guidance System.

## **ABOUT JENNIFER CLUFF (Producer)**

Jennifer Cluff is a producer of feature films and a dramaturge who has taken her skills from theatre into literature and film.

She began her career as an actress, at the tender age of 17, starring in the classic ABC tv series, SEVEN LITTLE AUSTRALIANS.

Then followed more tv, some movies, and theatre –at the Sydney Theatre Company and the Queensland Theatre Company. During this time she worked with the playwrights on the development of their material.

She later script edited Bill Bennett's first feature screenplay for the film A STREET TO DIE, which was nominated for five AFI Awards, including Best Film, Best Director, and Best Screenplay.

She subsequently script edited all of Bill's screenplays, including the multiple AFI Award winner KISS OR KILL –a film which she also produced with Bill. Jennifer has produced, along with Bill, the following feature films, all of which were released theatrically.

*Kiss or Kill* –1996

*In a Savage Land* –1999

*Cut* -2000

*Tempted* -2001

*The Nugget* -2002

*Deck Dogz* -2003

*Uninhabited* -2010

*PGS –Intuition is your Personal Guidance System* –2017

*Facing Fear* 2022

On Deck Dogz, released domestically theatrically and internationally through Universal, she was the lead producer, having generated the project with director Steve Pasvolsky.

## INTERVIEWEES

*Facing Fear* features some of the world's leading experts on fear, and fear management. Bill Bennett sought out a wide range of people, from Dr Joe Dispenza and Dr Bruce Lipton – both internationally renowned speakers and teachers – to Dr Richard Schwartz, a Harvard Medical School professor and creator of the Internal Family Systems, a modality of psychotherapy used by medical professionals throughout the world. There's also Judith Richards, who's developed a unique process for clearing trauma, and Lt Colonel (retired) Barney Miller, a former US Army Ranger and later a highly paid mercenary sniper. He discusses real fear in combat. Together, the 27 experts bring their own unique perspectives on fear, giving the film an extraordinary array of viewpoints and ways of managing fear.

### **Featuring in order of appearance:**

Michael Sandler, Dr Bruce Lipton, Dr Milly Diericx, Dr Joe Dispenza, Paul Selig, Natalie Ledwell, Sister Jenna, Michael Tamura, Dr Linda Bender, Lee Carroll (Kryon), James Van Praagh, Reverend Zoe Inman (RevZo) Judith Richards, Caroline Myss, Dr Matt McKay, Diana Lang, Dr Rita Louise, Dr Anita Sanchez, Tanya Edwards, Lt Col (Retired) Barney Morris, Dean Sluyter, Foster Gamble, Kimberly Carter Gamble, Peter Smith, Dr Dean Radin, Dr Richard Schwartz, Dr Lissa Rankin.

### **Dr Linda Bender**

Dr Linda Bender is a world renowned animal rights advocate and conservationist. A veterinarian by profession, she's the author of the best selling classic, *Animal Wisdom*. Known around the world as "the voice of animals," she's much sought after on the international speaking circuit.

### **Dr Milly Diericx**

Dr Milly Diericx is a hypnotherapist, alternative health facilitator, speaker and author of *Befriending the Wolf*, an account of how, given two days to live by her doctors, she healed herself of the devastating auto-immune disease, lupus. Based in Mexico City, she now uses her unique therapeutic techniques to heal others throughout the world.

### **Lee Carroll**

Lee Carroll is better known to his millions of followers as Kryon, which is a spirit guide that he has channelled for nearly thirty years. He has published sixteen books and has been invited to channel at the United Nations several times. He is widely regarded as one of the world's greatest modern channellers.

### **Dr Joe Dispenza**

Dr Joe Dispenza is an internationally renowned speaker, and author of multiple NY Times #1 best sellers, including *Becoming Supernatural*. He has a BA in Science and is a Doctor of Chiropractic. His post graduate training included neuroscience and neuroplasticity, epigenetics, mind-body medicine, and brain/heart coherence. As a researcher, lecturer, author, and corporate

consultant, his interest lies in demystifying the mystical so that people can make measurable changes in their lives.

### **Foster Gamble**

Foster Gamble is co-creator of the one of the most watched documentaries of all time – Thrive. The film looks at how global consolidation of power impacts us all. Foster has spent decades on a scientific journey exploring how we can successfully navigate the various challenges that threaten our survival. Thrive II will be launched later in 2020.

### **Tanya Edwards**

Tanya Edwards, a mother of four, describes herself as a proud Kanja First Nation woman. She works in indigenous communities in Australia's Central West, helping those impacted by poverty and domestic violence. She doesn't speak of fear, she speaks of shame.

### **Kimberly Carter Gamble**

Kimberly Carter Gamble is the Producer, Director, and Co-Writer of the highly successful documentary THRIVE: What on Earth will it Take? A former investigative journalist, she spent decades travelling the world exploring problems plaguing humanity and the planet, investigating innovations in health, energy and consciousness. She is currently working on her latest film THRIVE II.

### **Reverend Zoe Inman**

Reverend Zoe Inman, known as RevZo, is a self-confessed mystical warrior, teacher and author. Her book Let God Love You Up "lays down a fierce path to self-acceptance, liberation, and love." As a teacher, she offers rescue from "spiritual ponzi schemes" and a redirection towards God.

### **Sister Jenna**

Sister Jenna is renowned throughout the world as a spiritual leader, and keynote speaker. She is founder and director of the Brahma Kumaris Meditation Museums in Maryland and Virginia, and host of the popular online radio show, America Meditating. She's also recipient of The President's Lifetime National Community Services Award.

### **Diana Lang**

Diana Lang is a spiritual counsellor and teacher, and runs the LifeWorks Center for Growth in Los Angeles, California. She conducts workshops and seminars throughout the US, and around the world. She teaches meditation and stress reduction.

### **Natalie Ledwell**

Natalie Ledwell is the co-founder of Mind Movies, a hugely successful online Personal Development company. A self proclaimed "serial entrepreneur," she is a founding member of the Association of Transformational Leaders Southern California, and is currently creating an international Social and Emotional Learning curriculum for children called Personal Growth Studies.

**Dr Bruce Lipton**

Dr Bruce Lipton is a world renowned cell biologist and researcher – recognized as a leader in bridging science and spirituality. He's been at the forefront in the new science of Epigenetics. His book, *The Biology of Belief*, has become a best-selling classic.

**Dr Rita Louise**

Dr Rita Louise is a naturopathic physician and highly regarded medical intuitive, teacher and counsellor. She is the founder of the Institute of Applied Energetics, and author of several best-sellers, including *The Dysfunctional Dance of the Empath and Narcissist*.

**Dr Matt McKay**

Dr Matt McKay is a world renowned clinical psychologist and a Professor at the Wright Institute in Berkeley California. He specialises in dealing with anxiety, stress and depression. He has authored many books, including *Seeking Jordan*, a remarkable account of his communications with his deceased son, Jordan.

**Lt Col (Rtd) Barney Morris**

Barney Morris is a decorated combat veteran – a retired Lt Colonel in the US Rangers and later a mercenary and trained sniper stationed in the Middle East, Afghanistan and Iraq. He's spent nearly three decades in military service, and has faced real fear many times.

**Caroline Myss**

Caroline Myss is regarded as the world's most prominent medical intuitive. She is a five-time NY Times #1 best selling author, and internationally renowned speaker. She has a masters degree in theology and describes herself as a mystic. She is perhaps best known for her two books, now regarded as classics in spiritual literature: *Anatomy of the Spirit*, and *Archetypes: Who are You?*

**James Van Praagh**

James Van Praagh is one of the world's most celebrated and respected "evidential" mediums, meaning that he's been able to prove over decades that he can talk with the dead. A multiple New York Times best selling author, he's in constant demand world wide as a speaker and teacher. He now runs his online School of Mystical Arts.

**Dr Dean Radin**

Dr. Dean Radin is the Chief Scientist at the Institute of Noetic Sciences and a Distinguished Professor at the California Institute of Integral Studies. He has published hundreds of scientific articles, and is author of several best sellers, including his most recent *Real Magic*. He's regarded as one of the world's leading researchers into human consciousness.

### **Judith Richards**

Judith Richards is the creator of a unique process that helps resolve trauma, anxiety, depression and fear. She teaches psychiatrists, psychologists and health professionals around the world. Herself a victim of extreme physical and emotional abuse at an early age, she is living testament to the effectiveness of her process.

### **Dr Lissa Rankin**

Dr. Lissa Rankin is a medical doctor and author of several books, including the international best seller, *The Fear Cure*. Highly sought after as a speaker and teacher, she's spent the past decade traveling the world researching her latest book, *Sacred Medicine - A Doctor's Quest To Unravel The Mysteries of Miraculous Healing*.

### **Dr Anita Sanchez**

Dr. Anita Sanchez is author of the best selling book, *The Four Sacred Gifts, Indigenous Wisdom for Modern Times*. She has woven her knowledge of indigenous wisdom, business, and science into a global enterprise in which she trains and consults world and corporate leaders in matters that include diversity and inclusion.

### **Michael Sandler**

Michael Sandler is host of the top-rating podcast / YouTube show *Inspire Nation*, which deals with issues concerning human consciousness and transformational growth. An avid bike rider and hiker, he's nearly died several times from accidents, and has faced true fear.

### **Dr Richard Schwartz**

Dr. Richard Schwartz is one of the world's leading clinical psychotherapists. He's renowned for having developed the *Internal Family Systems Model*, which has been adopted by therapists around the world. He is an Adjunct Professor at the Harvard Medical School.

### **Paul Selig**

Paul Selig is considered one of the world's foremost channels. A former Masters graduate from Yale, and later an academic at New York University for many years, he has authored eight channelled books, including the best seller *I am the Word*. He now travels the world, holding workshops and seminars.

### **Dean Sluyter**

Dean Sluyter is an acclaimed author, speaker and teacher of stress management and meditation. His best sellers include *Natural Meditation* and *Fear Less: Living Beyond Fear, Anxiety, Anger and Addiction*. He's conducted workshops throughout the US for large corporations, Ivy League colleges, and maximum-security prisons.

### **Peter Smith**

Peter Smith is a world renowned hypnotherapist. For ten years he was President of the Michael Newton Institute, and is now Director of the Institute's Legacy. A

former Change Management consultant to large corporations around the world, he's now regarded as a leader in the field of Quantum Consciousness.

**Michael & Raphaelle Tamura**

Michael Tamura is one of America's most highly respected psychic healers and spiritual teachers. Raphaelle Tamura is a renowned clairvoyant reader and also a spiritual teacher. Together they conduct workshops and seminars around the world.

## LOCATION

When I was considering where to shoot the interstitials for *Facing Fear*, Tasmania immediately sprang to mind. I knew Tasmania quite well from having shot several documentaries there for the ABC while I was a producer on *A Big Country* going way back. During that time at *A Big Country*, I did several extensive location surveys and got to know the island quite well. For *Facing Fear*, I was looking for landscapes that would provide a visual antidote to fear - and to the content of the interviews. I wanted landscapes that were fresh and pure and cleansing - and calming. Peaceful. They needed to be the antithesis of fear. I also was looking for verdant growth because fear constricts growth and the interstitials needed to run counter to that. The colour of *Facing Fear* is green (for complex reasons I won't go into!) and I knew Tasmania would provide us that colour through its extraordinary old-growth forests, and elsewhere.

Tasmania provides a tone for the film that is essential to the emotional engagement of the audience. That tone is peaceful, calming, soothing. It's also ageless, and I deliberately chose locations that gave us a sense of the timelessness of the landscapes. One of the notions that I propose in the film is that fear is a construct of time, and if we can free ourselves from the limitations of time then we can free ourselves from fear. Tasmania was a perfect location for visuals that gave us a sense of that timelessness. – Bill Bennett

Key Tasmanian locations for filming:

- Stanley
- Corinna
- Strahan
- Cape Sorrel Lighthouse
- Queenstown
- Great Lake, Miena

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