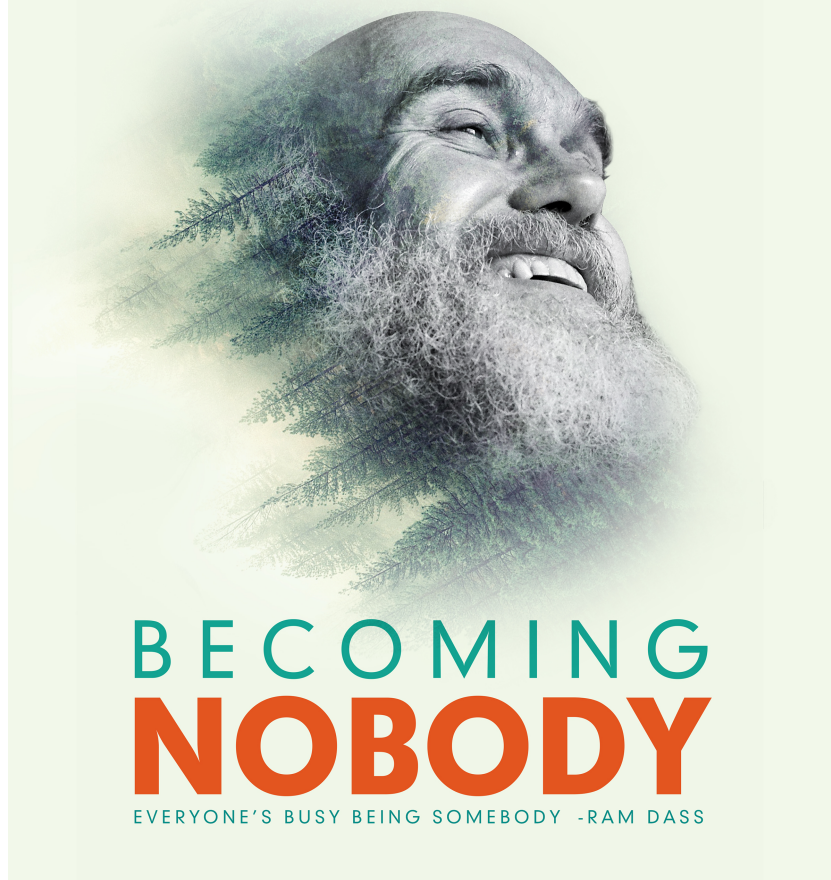


A FILM BY JAMIE CATTO



## **BECOMING NOBODY**

**(2019; 81 Minutes)**

Released by:

**Love Serve Remember Films**

with

**Google Empathy Lab**

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## SYNOPSIS

*Becoming Nobody* is the quintessential portal to Ram Dass' life and teachings. His ability to entertain and his sense of humor are abundantly evident in a conversation that brings us around to address the vast question of ultimate freedom.

*Becoming Nobody* represents the core arc of Ram Dass' teachings and life: whether as Dr. Richard Alpert, the eminent Harvard psychologist, or as Ram Dass who serves as a bridge between Eastern and Western philosophies, he has defined a generation of inner explorers and seekers of truth and wisdom. Through his turns as scion of an eminent Jewish family from Boston, rock-star Harvard psychologist, counter-culture rascally adventurer, Eastern holy man, stroke survivor and compassionate caregiver, Ram Dass has worn many hats on his journey, the narrative of which is revealed in this film.

In *Becoming Nobody*, historic clips balance an engaging conversation with director Jamie Catto. We come to understand how our old roles and disguises become increasingly burdensome. The film captures a loving man full of joy, wit, honesty and wisdom, at ease in conversation while sharing his considerable pains and pleasures. The life experiences that have freed him from the attachments of his 'somebody-ness' have transformed him into the radiant soul who now inspires a new generation.

# ABOUT THE MOVIE

In 1988, a 20-year old aspiring London filmmaker and musician, Jamie Catto, heard a cassette of Ram Dass after attending a yoga class. In 1994, he met Ram Dass at a UK retreat and Jamie was never the same person again.

Catto interviewed Ram Dass for the first time in 2001 in a wonderful moment in the film *One Giant Leap* (2002), which was subsequently released through Palm Pictures. This interview was followed by another for the second Giant Leap installment, *What About Me?* (2005).

In the course of his many visits with Ram Dass in Hawaii, Jamie met Raghu Markus, Producer of *Becoming Nobody* and Executive Director of Love Serve Remember Foundation. Jamie shared his desire to make “THE Ram Dass film” with Raghu. With a background in the music industry, Raghu understood the historic value of creating a seminal film of Ram Dass’ life of observations and shared experience. The goal of reaching out beyond a core group already familiar with Ram Dass would require a more comprehensive feature length film, one with a broader perspective and appeal that would synthesize and coalesce his life of work and wisdom.

Wit and humor in the context of a casual conversation seemed a good way to deliver heady information in a simple, entertaining, and illuminating fashion. Blessed with a delightful and articulate on-screen personality, Ram Dass would be up to the task. Even with the after-effects of a severe stroke, Ram Dass delivers an engaging narrative, touching the joy, the foibles, and the honesty for the very essence of his work and relevance.

Using his own life as an example through the director’s interview, accompanied by archival footage and original music, Ram Dass explores our universal human condition and behaviors in connection to the journey of the soul and the shared unity of all of our lives.

The initial core interview was filmed in March of 2015 at Ram Dass’ home on the island of Maui, Hawaii.

# MAKING OF THE FILM

Director Jamie Catto reflected on his decision and resolve to make *Becoming Nobody* saying, “When the dancer and musician Gabrielle Roth died and I knew I wasn’t going to be able to finish the film we were making [about her], I was really struck that I didn’t want that to happen with Ram Dass, that I wanted to preserve and showcase the essence of his teachings and humane, irreverent delivery to be immortalised forever for future generations to be touched and awoken in an unmissable way.”

The primary interview is set in Ram Dass’ beautiful living space in Maui. Visible among personal items is a large photograph of Neem Karoli Baba, or Maharaj-ji, the renowned saint that Ram Dass met in India in 1967. Even with the minimal camera setup, Ram Dass was brilliant, clear, funny, compassionate, and patient with questions no matter how complex or straightforward.

Zachary Bennett and Ania Smolenskaia, the primary editors, sourced the most delightful and entertaining images from the 1950’s which perfectly encapsulated Ram Dass’ teachings from the talks sourced from the media library by Raghu and Jamie. Following the Maui filming, the footage was assembled in New York and London.

Ultimately, the team would spend three and a half years going through the vast collection of Ram Dass media to source clips relevant to the message of the movie.

The filmmakers structured the material inventively and unobtrusively, using iconic and often hilarious images and clips that help arrive at the answer to the question: How does one lose the attachment to being somebody and become nobody? How does one expand outward from a life full of ego and self-interest into a space of empathy, compassion and unity?

The personal connection and shared history between Catto and Ram Dass make for an easy and conversational exploration of wisdom and spiritual growth. With an abundance of humor, Ram Dass offers illumination on a wide variety of topics that include mindfulness, living in joy, death and dying, and debunking the games that we fall into.

The extraordinary thing about Ram Dass is that, as a Somebody, he was able to transmit such a powerful paradigm for becoming Nobody. Yet it was after his stroke that he became the nobody that he was pointing to, the nobody that allows him to really be the love, wisdom, and compassion that he has been pointing to all these years.

The film ends with the music track “I am Loving Awareness” from the new East Forest x Ram Dass collaboration. This mantra has been Ram Dass’ core teaching for the last several years.

As an esteemed and articulate spiritual guide steeped in Eastern and Western religious traditions, Ram Dass continues to help shape the evolving shared consciousness of an entire age.

# **SOME CONTEMPORARY ISSUES EMERGING FROM THE CONVERSATION**

Although not an “issues film,” the history and conversation brings up some of society’s most perennial issues.

**Becoming Who We Are / Transforming our identities, roles, and ‘somebody-ness’**

**Paying Attention, Role Playing, The Personality Games** Things we do that keep us distracted from the Journey of the Soul. Similar to the John Lennon comment of “Life is what happens while we are making other plans.”

**Our True Relationships to One Another**

**True Freedom of the Soul** – Life is a learning experience for the soul

**Taking Joy in our Existence**

**Letting go of Separateness**

**The stigma of Death and Dying in our culture**

# **LOVE SERVE REMEMBER FOUNDATION**

## **and the continued work of Ram Dass**

The Love Serve Remember Foundation is dedicated to preserving and continuing the teachings of Neem Karoli Baba and Ram Dass. The foundation facilitates the continuation of these teachings through online courses, blog content, films, podcasts, social network channels, and collaborative projects with conscious artists and musicians.

Love Serve Remember launched the Be Here Now Network to support today's rapidly expanding new generation of spiritual seekers with accessible platforms to propel these teachings into the future. One of the most important things to Ram Dass over these many years is to share what he received from his guru, Neem Karoli Baba, on his first trip to India. It was through this intent that the Be Here Now Network was born.

The Be Here Now Network offers weekly doses of digestible Eastern philosophy from a range of spiritual teachers in the form of mindfulness podcasts, articles and videos. The "Be Here Now" adage is an important aphorism from Ram Dass and serves as a mantra for those on their own path towards self-discovery.

# FILMMAKER STATEMENT

*Becoming Nobody* is my homage to Ram Dass, both the teacher and friend, who turned me onto my spiritual path, directing me into truth, humanity and above all, humour which allowed me to navigate my own healing journey from deep trauma to empathic helper.

Ram Dass said that he came back from India with a jewel to share - I hope this film is my way of making sure that jewel has a strong life and trajectory long after Ram Dass has left this plane. It's mounted and available to the public forever.

Unique to this film is an unveiling of Ram Dass' poignant, touching humour and his ability to teach "from the middle of the mess," using his own personal anecdotes and foibles as the primary source of his well-worn wisdom. His authenticity and humanity invite us to step into our own messiness and fallibility and to abandon the temptations of ego and spiritual materialism as a path to true presence and compassion. The intimacy and trust that Ram Dass cultivates through his unabashed realness is a notable contrast to a commodified Western spiritual culture so often laden with self-proclaimed gurus.

Above all, I wanted to capture the profound love that radiates from this man's heart; his humanity and authenticity will allow future generations to be transformed by his wonderfully irreverent yet deeply holy practice of humour and heart.

## Producer Statement - Raghu Markus

The extraordinary thing about Ram Dass is that, as a Somebody, he was able to transmit such a powerful paradigm for becoming Nobody. It was after his stroke that he became the nobody that he was pointing to, the nobody that allows him to really be the love, the wisdom, and the compassion that he has been pointing to all these years. This film shows his evolution through the years, his honesty and humor and most of all his compassion and caring for others. That is what I have experienced with Ram Dass since I first met him in the winter of 1969. I am so very pleased that *Becoming Nobody* exists for future generations.

# CAST & TEAM BIOGRAPHIES

## **Ram Dass**

Ram Dass (born Richard Alpert, April 6, 1931) is an American contemporary spiritual teacher and the author of the seminal 1971 book 'Be Here Now.'

Ram Dass first went to India in 1967. He was still Dr. Richard Alpert, a prominent Harvard psychologist and psychedelic pioneer with Dr. Timothy Leary. He continued his psychedelic research until that fateful Eastern trip in 1967, when he traveled to India. In India, he met his guru, Neem Karoli Baba, affectionately known as *Maharaj-ji*, who gave Ram Dass his name, which means "servant of God." Everything changed then – his intense dharmic life started, and he became a pivotal influence on a culture that has reverberated with the words "Be Here Now" ever since. Ram Dass' spirit has been a guiding light for generations, carrying along millions on the journey, helping to free them from their bonds as he works through his own. His unique skill in getting people to cut through and feel divine love without dogma remains a positive influence for people around the world.

## **Raghu Markus - Producer**

Raghu Markus spent two years in India with Maharaj-ji and Ram Dass. He has been involved in music and transformational media since the early 1970s when he was program director of CKGM-FM in Montreal. In 1974 he collaborated with Ram Dass on the box set Love Serve Remember. In 1990, he launched Triloka Records and Karuna Music in Los Angeles, California. Triloka established itself as a critical leader in the development of world music and for 17 years was home to such artists as Krishna Das, Hugh Masekela, Walela, and Jai Uttal. He produced transformational media projects that featured Ram Dass, Deepak Chopra and Les Nubians. He is the executive Director of the Love Serve Remember Foundation. In 2016, he co-founded the Be Here Now Podcast Network and hosts *Here & Now with Ram Dass* as well as his own *Mindrolling* podcast.

## **Jamie Catto - Director**

Jamie Catto is the creator, producer/director of the multi-award winning global 1 Giant Leap films and albums and founding member of Faithless. He leads uniquely transformative workshops and one-on-one sessions. Jamie is the creative catalyst, producer and director behind the global philosophy and music project "1 Giant Leap." The first 1 Giant Leap was nominated for 2 Grammys in 2003, sold over 300 thousand albums, and won numerous awards globally. The 2009 movie and album, "What About Me?", won the Grand Jury Prize for Best Documentary at Red Rock Film Festival.



# BILLING BLOCK & CONTACT INFORMATION

RAM DASS – *Becoming Nobody* – A Film by Jamie Catto - Creative Consultant: Will Ingham  
WING LONDON – Music by Alex Forster, Jaime Catto and The Happening – Sound Editing and  
Music by: Alex Forester – Additional Camera and Editing: Duncan Bridgeman, Jamie Catto,  
Emma Gahan, Robbin Piggot – Additional Camera: Ben Cole, Daniel Dobbie, Alex Lobsang,  
Adrien Oneiga, Stuart Suttan - Editing and Research: Ania Smolenskaia WING LONDON -  
Produced & Edited by Zachary Bennett and Karen Nourse - Produced by Raghu Markus for the  
Love Serve Remember Foundation - Produced and Directed by Jamie Catto

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[www.becomingnobody.com](http://www.becomingnobody.com)

## THE INTERVIEW:

**Ram Dass**, Author; Spiritual Teacher

**Jamie Catto**, Filmmaker; Composer

## KEY FILMMAKING PERSONNEL:

Producer/Director: Jamie Catto

Producer: Raghu Markus

Editors: Zachary Bennett and Ania Smolenskaia

Composer: Alex Forster, Jamie Catto and The Happening  
East Forest & Ram Dass for "I Am Loving Awareness"

## FILM CREDITS

### ***BECOMING NOBODY***

Produced and Directed by

Produced by

Produced and Edited

Editing and Additional Research

Music By

Sound Editing & Mixed by

Creative Consultant

Additional Shooting and Editing

Additional Shooting

Editorial

Very Special Thanks to

Maui Shoot Produced by

Jamie Catto

Raghu Markus

Zachary Bennett

Karen Nourse

Ania Smolenskaia

Wing London

Alex Forster

Jamie Catto

The Happening

Alex Forster

Will Ingham

Wing London

Duncan Bridgeman

Jamie Catto

Emma Gahan

Robin Piggot

Ben Cole

Daniel Dobbie

Alex Lobsang

Adrien Oneiga

Stuart Suttan

Ethan Boehme

Christine and Michael Janeczko

Hari and Lakshmi Cianciulli

Dale Badri Rodrigues

Eric Mofford

Maui Interview Shot by  
Still Photographer  
Assistant to Jamie Catto  
Wardrobe  
Ram Dass Media Library Curation

Canadian interview with Richard Alpert  
Archive Courtesy of  
Other Stills Courtesy of

Distribution Advisory Services  
Marketing Support  
Thanks for their support on this project  
Raghu Special Thanks to

And thanks to

Jamie Special Thanks to

Sam Small  
Jonathan Peruga  
Malissa Taylor-Sachs  
Carole Catto  
Nathan Wilburn  
Rachael Fisher  
CBC  
Prelinger Archive  
Rameshwar Das Lytton  
Balaram Das Goetsch  
Peter Simon  
Love Serve Remember Foundation  
Annie Roney, ro\*co films  
Guru Media Solutions  
Omega Institute  
Ram Dass  
Mirabai Bush  
Rameshwar Das Lytton  
Gopal Paul Singer  
Gagan Jared Levy  
Dassi Ma Kathleen Murphy  
Michael Donnelly  
Danielle Krettek  
Ram Dass  
Raghu  
India Rose  
Lola Mae  
Memphis  
Lisa Larn  
Monty  
Serena  
Bella  
Andrew Ruhemann  
Sanchia  
Roma Norris  
Dave Rock  
Sebby Earl  
Jonathan Peruglia  
Kev Scott  
Milarepa  
Binnie Dansby  
Malissa  
Krishna Das  
Jen Gatien  
Rachael Fisher

Music

*Blossom*

Alex Forster, Jamie Catto and Nilesh Shinde  
From the album "Internal – Music for Dissolving"

*Safe Hands*

Alex Forster and James Winstanley  
From the album "Internal – Music for Dissolving"

*Days are Numbered*

From the album "As Deep as We Can Go Without Drowning"

*Ojalá*

Alex Forster  
From the album "Internal – Music for Dissolving"

*No Trace*

Alex Forster and Jamie Catto  
From the album "Internal – Music for Dissolving"

*Beneath the Bananas*

Alex Forster  
From the album "Internal – Music for Dissolving"

*Waiting*

Alex Forster and Revati Sakalar  
From the album "Internal – Music for Dissolving"

*The Great Glass Elevator*

Alex Forster and Jamie Catto  
-unreleased-

*Chances Are*

The Happening  
From the album "As Deep as We Can Go Without Drowning"

*Gratitude*

Alex Forster  
From the album "As Deep as We Can Go Without Drowning"

*Herida*

Alex Forster, Jamie Catto and Levon Minassian  
From the album "Internal – Music for Dissolving"

*Levon's Theme*

The Happening  
From the album "As Deep as We Can Go Without Drowning"

*Fear Turns to Passion*

The Happening  
-unreleased-

*I am Loving Awareness*  
East Forest and Ram Dass Featuring Krishna Das (2019)  
Long Lost Music (BMI)  
Baba Ram Dass Music (BMI)  
Mustamullah Music (BMI)

LOVE – SERVE – REMEMBER

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**GOOGLE EMPATHY LAB**

**Running Time: 81 minutes. Color, Stereo, Format: Mixed Digital Media;**  
**Producer: Love Serve Remember Films; Completed: January 2019**  
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Previous films about Ram Dass include *Ram Dass: Going Home* (2017); *Dying to Know* (2014) and the classic *Ram Dass, Fierce Grace* (2001).