



PRESS RELEASE

My Journey Into Consciousness

“Witness a true awakening unfold in real time.”

Los Angeles / Finland — 2026

Award-winning filmmaker **Ramin Sohrab** presents *My Journey Into Consciousness*, a deeply personal and unfiltered feature documentary capturing a real-time process of transformation.

What began as a film documenting ancestral plant medicine ceremonies in Puerto Rico evolved into something far more intimate — a cinematic record of ego dissolution, identity collapse, and awakening as it happens.

Shot without a script or predetermined direction, the film unfolds in real time, blurring the line between filmmaker and subject. The camera becomes a silent witness to moments of breakdown, confrontation, and realization, capturing a transformation rarely documented as it occurs.

“This film is not just my story, it’s a mirror. It reflects something we all go through in different ways.” — Ramin Sohrab

As Sohrab confronts the layers of identity he had built — the filmmaker, the achiever, the image the film reveals the gradual unraveling of those constructs. What remains is a raw exploration of truth beyond conditioning.

Visually, the film mirrors this internal shift. Early sequences reflect a structured, controlled world shaped by ego, while the later imagery becomes fluid, organic, and light-filled, reflecting a movement toward presence and awareness.

Unlike traditional spiritual documentaries, *My Journey Into Consciousness* does not look back on transformation — it captures it as it unfolds.

Logline

A filmmaker travels into the jungle to document ancient plant ceremonies, only to unknowingly film the collapse of his own ego and the rebirth of his true consciousness, captured in real time on camera.

About the Film

- Runtime: 1h 54m
- Genre: Art-house Documentary / Ego-Death Cinema
- Locations: Puerto Rico, Finland, USA
- Languages: English, Finnish, Spanish, Farsi

My Journey Into Consciousness sits at the intersection of cinéma vérité, art-house storytelling, and personal transformation — offering a rare glimpse into the process of awakening as it happens.

About the Director

Ramin Sohrab is an award-winning filmmaker, action actor, and stunt coordinator with over 50 international awards. His previous feature, *Layers of Lies*, explored themes of identity through action cinema.

With *My Journey Into Consciousness*, he shifts into deeply personal territory — creating a film that is not performed, but lived.

Contact



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Screeners available upon request.