



PRESS KIT

My Journey Into Consciousness

"Who are you beneath everything you have learned to be?"

Los Angeles / Finland - 2026 | Feature Documentary | Post-Production

Award-winning Finnish-Iranian filmmaker **Ramin Sohrab** turns the camera on himself in *My Journey Into Consciousness*, an intimate feature documentary exploring consciousness, identity, healing and human connection through a real, unscripted journey of transformation.

With no script, recreations or predetermined outcome, the film follows Sohrab as he steps beyond the familiar and begins confronting the fears, identities and layers of conditioning that have shaped his life. Ancient traditions and healing practices become part of a larger inquiry rather than the destination: what remains when the stories we have learned to call ourselves begin to fall away?

The camera does not observe transformation from a safe distance. Filmmaker and subject become one, and moments of resistance, vulnerability, humor, connection and realization unfold as they happen. The film does not ask the audience to believe in a particular path or provide a final answer; it invites viewers into the experience and asks them to question alongside the filmmaker.

"This film is not just my story; it is a mirror. My transformation is the doorway, but the question belongs to everyone." - Ramin Sohrab

Logline

A filmmaker searching for deeper meaning turns the camera on himself and embarks on an unscripted journey into consciousness - confronting fear, identity and the layers of conditioning that shape our lives, while asking one universal question: Who are we beneath everything we have been taught to be?

Synopsis

My Journey Into Consciousness follows filmmaker Ramin Sohrab as he turns the camera inward and steps beyond the familiar in search of something deeper: an understanding of consciousness, healing, connection and who we truly are. Moving through powerful experiences, ancient traditions and intimate encounters, his personal search gradually opens into a universal exploration of the invisible stories we carry and the identities we construct. Rather than explaining consciousness from the outside, the film places the filmmaker inside the question and allows the audience to witness the journey as it unfolds.

About the Film

Current runtime

111 minutes

Format	Feature documentary
Stage	Post-production / rough cut completed
Locations	Puerto Rico, Finland, United States
Languages	English, Finnish, Spanish, Farsi
Expected completion	2027

About the Director

Ramin Sohrab is a Finnish-Iranian filmmaker, actor and stunt professional whose work explores identity, transformation and the human experience. Born in Tehran and raised in Finland, he has spent more than three decades practicing martial arts and trained as an actor at the Stella Adler Academy in Los Angeles. His feature directorial debut, *Layers of Lies*, received more than 50 international awards and recognitions and was released in the United States in 2024. With *My Journey Into Consciousness*, Sohrab turns the camera inward, moving from an outward story of survival and conflict toward an intimate exploration of consciousness, identity and connection.

Producer & Production

Produced by Finnish producer **Jonna Enroth** through **Rocky Road Pictures**. The film is currently in post-production and is being prepared for its international festival launch and wider release.

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Private screener and additional press materials available upon request.