



Seminar Project Proposal

Lindsay Scott

Essay Film

- Topic: COVID-19 and Quarantine
- Question: Are **we** really in quarantine or are we the virus?
- My Answer: The organic earth has been in quarantine since the human race or “virus” was introduced to existence.

Resolution

- Visuals
 - Mixture of news, my personal accounts, etc.
- Narration
 - Scripted voiceover of a letter found on social media
 - Kristin Flyntz--www.gratefulweb.com/articles/imagined-letter-covid-19-humans
- Other
 - May use music or other audio, etc.

An Imagined Letter from COVID-19 to Humans

by Kristin Flyntz

An Imagined Letter from Covid-19 to Humans

Stop. Just stop.
It is no longer a request. It is a mandate.
We will help you.
We will bring the supersonic,
high speed merry-go-round to a halt
We will stop
the planes
the trains
the schools
the malls
the meetings
the frenetic, hurried rush of illusions
and "obligations" that keep you from hearing our
single and shared beating heart,
the way we breathe together, in unison.

Our obligation is to each other, As it has always been, even if,
even though, you have forgotten.
We will interrupt this broadcast, the endless cacophonous
broadcast of divisions and distractions,
to bring you this long-breaking news:
We are not well.
None of us; all of us are suffering.
Last year, the firestorms that scorched the lungs of the earth
did not give you pause.

Nor the typhoons in Africa, China, Japan.
Nor the fevered climates in Japan and India. You have not been
listening.
It is hard to listen when you are so busy all the time, hustling to
uphold the comforts and conveniences that scaffold your lives.
But the foundation is giving way,
buckling under the weight of your needs and desires. We will
help you.

We will bring the firestorms to your body
We will bring the fever to your body
We will bring the burning, searing, and flooding to your lungs
that you might hear:
We are not well.
Despite what you might think or feel, we are not the enemy.
We are Messenger. We are Ally. We are a balancing force.

We are asking you:
To stop, to be still, to listen;
To move beyond your individual concerns and consider the
concerns of all;
To be with your ignorance, to find your humility, to relinquish
your thinking minds and travel deep into the mind of the heart;
To look up into the sky, streaked with fewer planes, and see it, to
notice its condition: clear, smoky, smoggy, rainy? How much do
you need it to be healthy so that you may also be healthy?
To look at a tree, and see it, to notice its condition: how does its
health contribute to the health of the sky, to the air you need to
be healthy?

To visit a river, and see it, to notice its condition: clear, clean,
murky, polluted? How much do you need it to be healthy so that
you may also be healthy? How does its health contribute to the
health of the tree, who contributes to the health of the sky, so
that you may also be healthy?
Many are afraid now.

Do not demonize your fear, and also, do not let it rule you.
Instead, let it speak to you—in your stillness,
listen for its wisdom.
What might it be telling you about what is at work, at issue, at
risk, beyond the threats of personal inconvenience and illness?

As the health of a tree, a river, the sky tells you about quality of
your own health, what might the quality of your health tell you
about the health of the rivers, the trees, the sky, and all of us
who share this planet with you?
Stop.
Notice if you are resisting.
Notice what you are resisting.
Ask why.
Stop. Just stop.
Be still.
Listen.

Ask us what we might teach you about illness and healing, about
what might be required so that all may be well.
We will help you, if you listen.

Inspiration

- Social Media
 - Flyntz's COVID letter to humans
 - Interactions and discourse regarding virus
- Quarantine
 - My time spent in quarantine

Twitter Discourse

*Thank you to Victoria for
sending this to me*



julianna sterling @juliannast... · Apr 12

This photo was taken yesterday in Ocean City, Maryland. The earth is healing. We are the virus.



51

5.1K

18.5K



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What I Hope to Accomplish

- Attempt at Understanding the Essay Film
 - By creating an essay film, I hope to better understand each of its essayistic parts. (I'd like to focus on *subjectivity* and *the journey of the narrator* especially)
 - I also hope to explore the essay film as a **living being**
- Skills in Adobe Premiere
 - Post-production editing
 - Mixing montage, narration, etc.