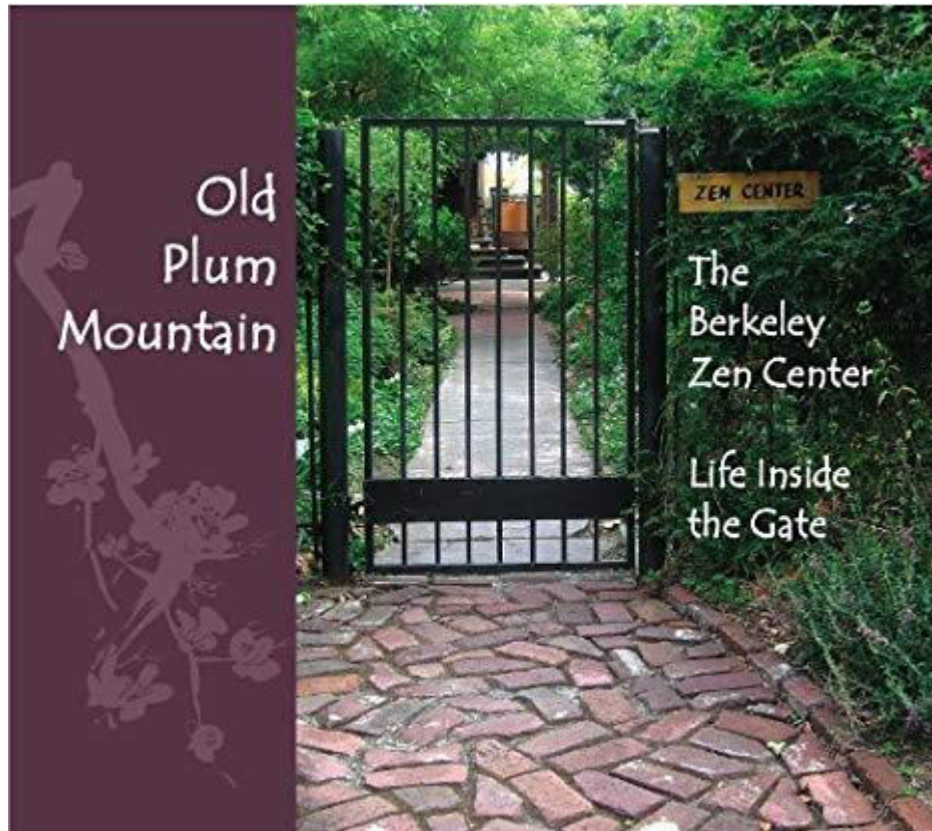


**Old Plum Mountain**/USA/70 min/2011/ English/Non-fiction/Digital

Director: Edwin Herzog



### Synopsis

Old Plum Mountain: the Berkeley Zen Center, Life Inside the Gate, tells the story of the Berkeley Zen Center, one of the oldest, self-sustaining, lay practice centers in the nation. Told through the experiences of its members as they practice Soto Zen's ancient rituals, do mindful work, cook and serve food and sit zazen (meditation), Old Plum Mountain describes how this practice has dramatically changed, challenged and sustained their lives. Since 1970, the Berkeley Zen Center has offered a place to practice Zazen, a Soto Zen meditation path of spiritual and self-exploration. Through interviews, and by sharing activities and ceremonies, 'Old Plum Mountain' answers these questions and describes the rhythms of practice and how lives are changed.

### Director's Bio

Edwin Herzog has around thirty years of experience as a documentary producer/director/editor and cameraperson. He has produced and shot over 50 documentary films for social change, labour justice, and spiritual awakening. He founded the national public television monthly series "We Do The Work" that aired on nearly 100 public television stations in the United States.

