

..MAKN⁹OODN ..

HIDDEN (. *ADJ.*):
CONCEALED INSIDE ONESELF

MIND, BODY, & SPIRIT

TOPIC

The Impact of Islamic Spirituality on Mental
and Emotional Health Amongst Muslim
young Adults

MUSLIM
YOUNG ADULTS
18 – 26 YRS

National Psychology Association of Washington

RESEARCH FINDINGS

Lack of Islamic
Spiritual
Knowledge

Universal
Foreign
Understanding
of Meditation

RESEARCH MISSION

TO EDUCATE

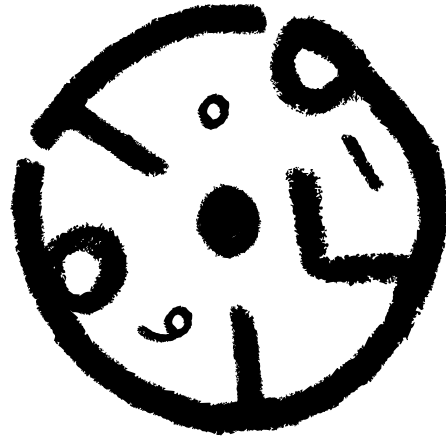
Muslim young adults about their Islamic Spirituality,

HOW LIBERATING

is it to be spiritual, and how they can utilize

DOUAA MEDITATION TO COPE

With their mental and emotional distress.



مَكْنُون

PROJECT CONCEPT

مَكْنُون

Is a metaphorical animated short film
designed as an Islamic meditative session.

EMOTIONAL EXPERIENCE

A journey of spiritual discovery linked
to the mental and emotional makeup.

“When life becomes mentally and emotionally overwhelming, A young man unravels the power of prayer through a spiritual session of isolation.”

LOGLINE

SYNOPSIS

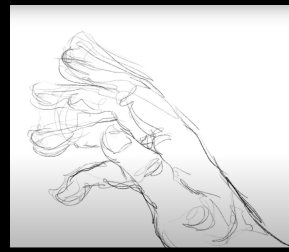
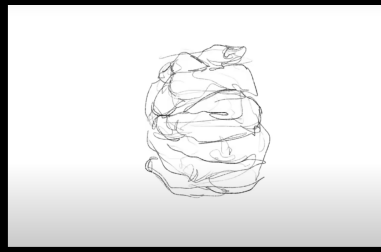
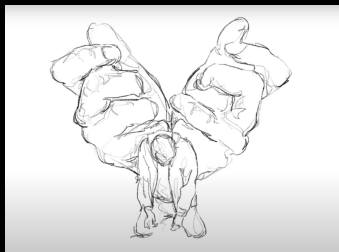
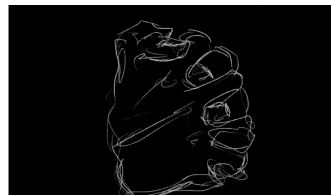
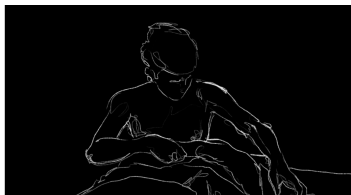
"When life becomes mentally and emotionally challenging, A young man unravels the power of prayer through a spiritual session of isolation."

Maknoon is a short film about a Young man who sits in his room of isolation and start conversing in thin air. Although, he is directing his word to the Lord, they are coated with doubts and uncertainty.

Still, he pours his heart out as a last resort. He declares his struggles of mental and emotional nature and describes his depression and hopelessness as an ocean that keeps sinking him to the bottom. He is overwhelmed and fed with his struggles and want a resolution.

His tone of voice changes as he turns to the Lord for guidance and reassurance, all shall pass and be well. He becomes overwhelmed with contentment as he has let it all out into the hands of ultimate creator and ruler of the universe, for he will be the guide and protector.

VISUAL STYLE



SKETCHY LINES

ROTOSCOPING

HAND DRAWN

LINE ART FBF

WHY?

Raw, Imperfect, Non-Judgmental
and Personal Experience.

COLOR SCHEME

WHITE

BLACK

GREYSCALE

TABSHOOR

طیشور

CORBEL

کوربیل

TYPEFACE

SCRIPT

Title:_____

1

*** Add subtitles in arabic and english

Video	Audio
FADE IN BLACK:	
Digital Black Screen	
VFX of logo fading in In the bottom right corner	Humming Base Up then down
FADE IN:	NARRATOR: يا لله.. مل تسمعين؟
Int. A young man's bedroom - Deep Night	
Ed. 1S - Eye level - A young man sitting on the floor with his back to the camera. OMERA ZOOMS IN.	People mouthing random words
VFX of the narration appears to his sides	
STYLE TRANSITION:	
FADE IN:	NARRATOR: ادركت شيئا ما ان الطريق طويل و مظلم..
Digital Black Screen with standings in white	
VFX of the same young man drawn in a sketchy rotooscope style. Before him appears a long train rails extend to infinity. Then a black hole appears at the end and sucks the camera in.	AMBIENCE MUSIC Establish
ZOOM IN:	
CS. Eye level - In the black hole, a person with his hands tied at the back. She struggles to untie himself, then gives up.	NARRATOR: اعود لشي به و لا قوة..
DOOR CLOSING OVER FRAME:	Rope chackling

Title:_____

2

CS. Eye level - A door closes on the frame And bangs heavily, indicating the fidelity of the situation.	NARRATOR: قلعة رلدت من الحج المصارة.. Door BANG
ZOOM OUT:	
XLS. Eye level - Many door show up beside the original door, and they all bang closed as a sign of rejection. Then the camera zoom again at one door that is opening.	NARRATOR: من مرارة الياس.. Door BANG Door BANG Door BANG
ZOOM IN:	
MS. Eye level - The door shows false Rope. A man appears at the inside, choking on a liquid.	NARRATOR: بخرملي كورسا من البحر.. Sugling sound
DOLLY DOWN:	
LS. Eye level - A drop falls and splashes on the floor.	NARRATOR: يتحوسها السمود..
DOLLY RIGHT:	
XLS. Eye level - As the camera pans to the right, the drop becomes a small wave. The small wave become an angry tide.	NARRATOR: امشي بحر ما حيا.. Heavy wava
DOLLY DOWN:	
XLS. Eye level - A man is drowning due to the vicious tide. He struggles but cannot get out.	NARRATOR: بخرملي ببحر طينة و حسانا.. Man asking for help
With each word, a rope is stretch from the bottom to and tied around the man, sinking him even deeper in the ocean.	NARRATOR: قويا لله.. بفساد بطونيسي.. الطير.. حوسلي.. خزاري.. ياسمي..
ZOOM IN:	
CS. Eye level - Camera zooms into the struggling hands of the drowning man. They slowly get closer to each other and form the gesture of dousa.	NARRATOR: جلتك ممتنكيا.. فسي وندا..

Title:_____

3

DOLLY UP:	
Digital White Screen with black drawings in white	NARRATOR: ادموني اسكنك لكم!
The camera pans up to the ayah. With that, the style changes to pure white, indicating the change of thinking from negative to positive.	
ZOOM OUT:	
MS. Eye level - Ayah appears inside of an hour glass dripping sand into the bottle neck.	NARRATOR:.. يازيد.. Soft rain
DOLLY DOWN:	
LS. Eye level - The sand goes out as rain instead, as a sign of mercy. A man inside the hour glass a man figure is embracing the rain coming down.	NARRATOR:.. الفزع على صبرا..
Heart beat	
The hour glass shines and a glass filing runs through it.	NARRATOR: و ماني بخرملي لا تلكمير.. Glass filing
DOLLY DOWN:	
CS. Eye level - Veins stretch out from the man downwards as the camera pans down in every direction. They connect to a heart in the middle. The heart beats comfortably.	NARRATOR:.. و الله القوي الي.. من جبل الورد..
Heart keeps Beating.	
FADE OUT:	

Title:_____

4

All veins fade out except for The heart. Behind it returns to the original first shot but this time it is the chest of the young man from the front.	NARRATOR: و اجمل دعائي اليك اجلسي و يمشك..
ZOOM OUT:	
Int. the young man's bedroom - Deep Night	NARRATOR: قلعة مهيبة لا انظار.. بهدا ابياد..
LS. Eye level - the man is holding a candle in his hands. His facial expression are clam and serene. He narrates the final words and goes in silence, smiling.	Candle flicker
FADE IN:	FADE OUT:
VFX of credits roll	Ambience Music down
FADE OUT WHITE:	

THE END

V.O. SCRIPT

يا الله.. هل تسمعني؟

ادركت متأخرا ان الطريق طويل و مظلم..

لا حول لي به و لا قوة..

ظلمة ولدت من ألم الخسارة.. من مرارة اليأس..

و ضياع.. يجرعني كؤوسا من العجز..

ينبوعها الاسود أضحى بحرا هائجا

يغرقني بين عشية و ضحاها

فيا الله.. بقدر بشريتي.. ضعفي.. خوفي.. حزني.. يأسى..

جنتك مستغيثا.. املا في وعدك..

(ادعوني أستجب لكم)

يارب..

أفرغ علي صبرا..

و مدني بعزيمة لا تنكسر..

يارب..

و أنت الأقرب إلي من حبل الوريد..

امنحني السكينة.. و اليقين.. بانك الصاحب و الرفيق..

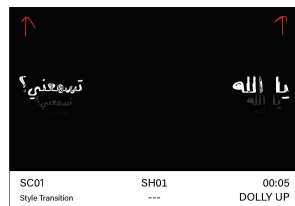
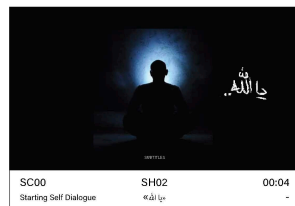
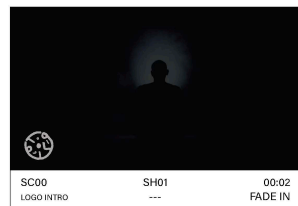
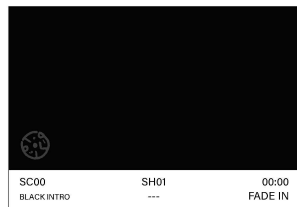
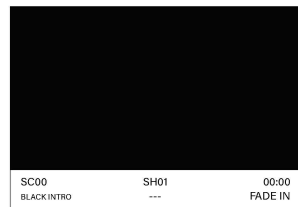
و اجعل دعائي الذي بيني و بينك..

نورا.. استدل به في الحياة..

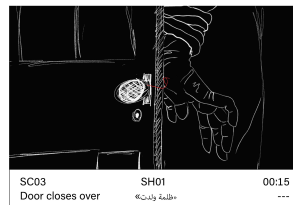
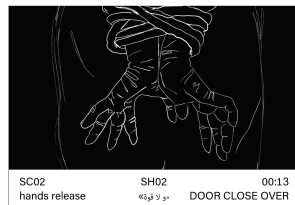
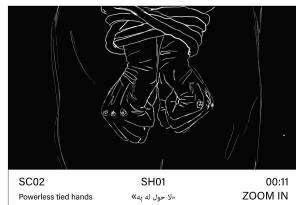
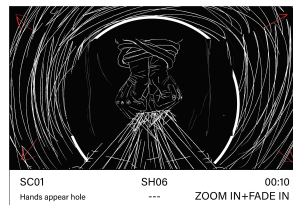
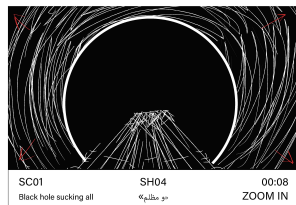
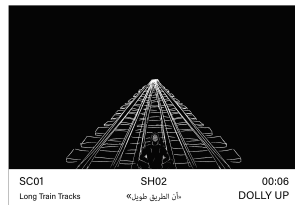
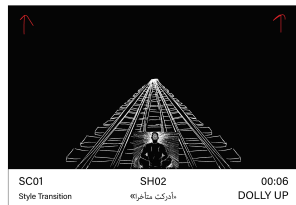
**MANY
VOICES**

Relation

Union



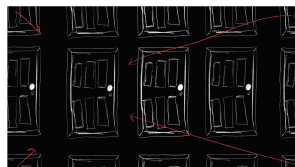
STORYBOARD



STORYBOARD



SC03 SH02 00:17
Door fully closed من أم الحسرة ZOOM OUT



SC03 SH03 00:18
All Doors open and close من مرارة اليأس ZOOM IN



SC04 SH01 00:19
Flase door opens --- -



SC04 SH02 00:20
Screaming Person Portrait ذو شيطان -



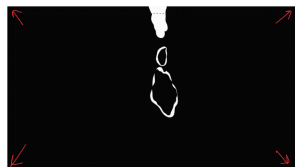
SC04 SH03 00:21
Liquid pours down his mouth من رغي كؤوسه -



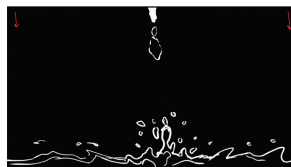
SC04 SH04 00:23
Choking on liquid من الحمر DOLLY DOWN



SC04 SH05 00:24
Liquid Drop falls --- DOLLY DOWN

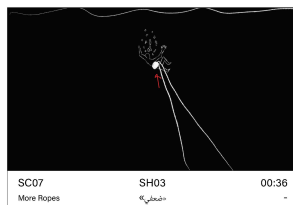
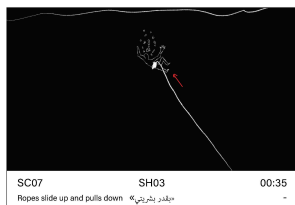
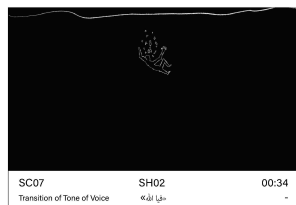
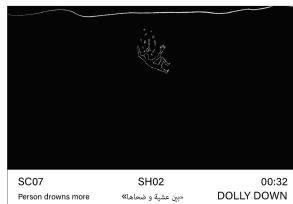
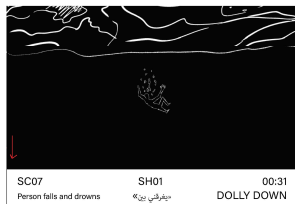
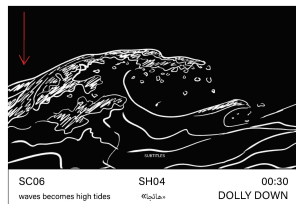
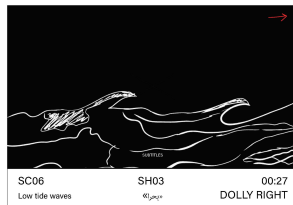
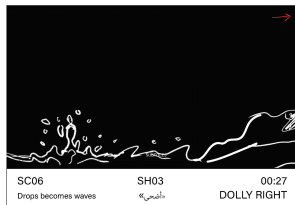
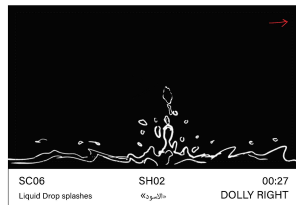


SC06 SH01 00:25
Liquid Drop falls من رغيها ZOOM OUT

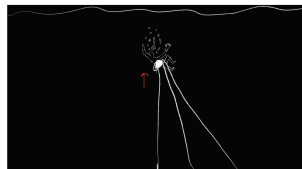


SC06 SH02 00:26
Liquid Drop splashes النود -

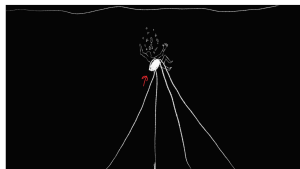
STORYBOARD



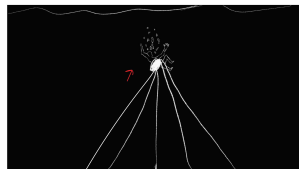
STORYBOARD



SC07 SH03 00:37
More Ropes with each word «موني» -



SC07 SH03 00:38
More Ropes «موني» -



SC07 SH03 00:39
More Ropes «موني» -



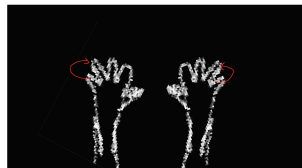
SC08 SH01 00:42
Zoom into the hands of person «جيك مسكيتا» ZOOM IN



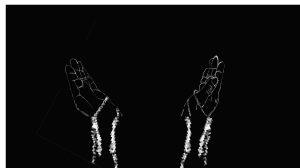
SC08 SH02 00:42
CS of hands struggling «جيك مسكيتا» ZOOM IN



SC08 SH03 00:43
Hands get closer to each other --- -



SC08 SH03 00:45
Hands flip inward --- -

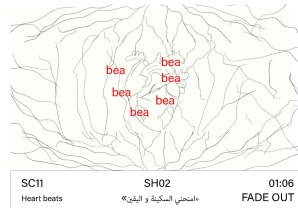
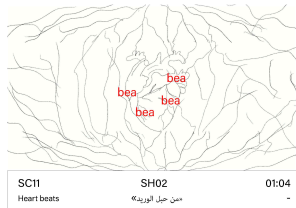
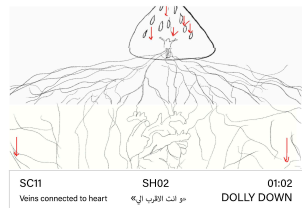
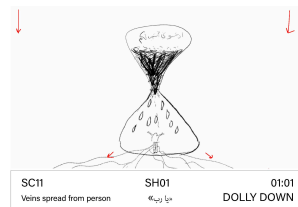
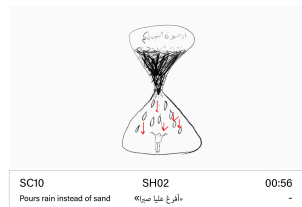
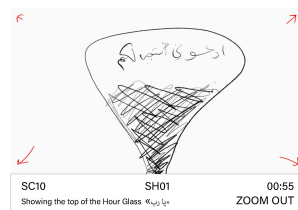
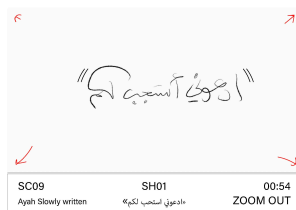
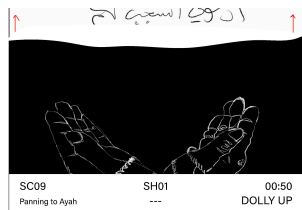


SC08 SH04 00:46
Hands flip inward like doves «عشا في وعاء» -

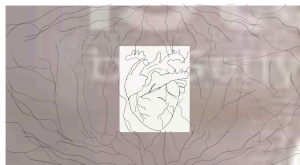


SC08 SH04 00:49
Fully flipped --- DOLLY UP

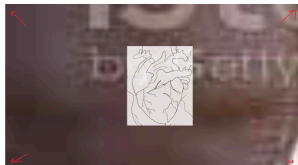
STORYBOARD



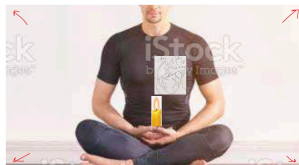
STORYBOARD



SC11 SH03 01:10
Veins fade out, NOT heart
«ياك الماصب و الريق»
FADE OUT



SC12 SH01 01:12
STYLE TRANSITION BACK
« و اچمل»
ZOOM OUT



SC12 SH01 01:12
Flickering Candle in person lap
« و اچمل دمال»
ZOOM OUT



SC12 SH02 01:15
Flickering Candle
« الذي يني و ينيك شعله مضيئة»
ZOOM OUT

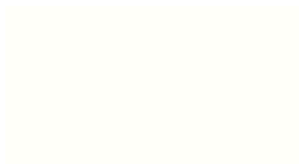


SC12 SH02 01:20
Person narrates and rests
« لا اناها يدها اين»
ZOOM OUT



SC12 SH02 01:21
Screen fades slowly

FADE OUT



SC13 SH01 01:21
Complete White for Credits

FADE IN



SC13 SH01 01:22
Credits shows up and logo

FADE IN

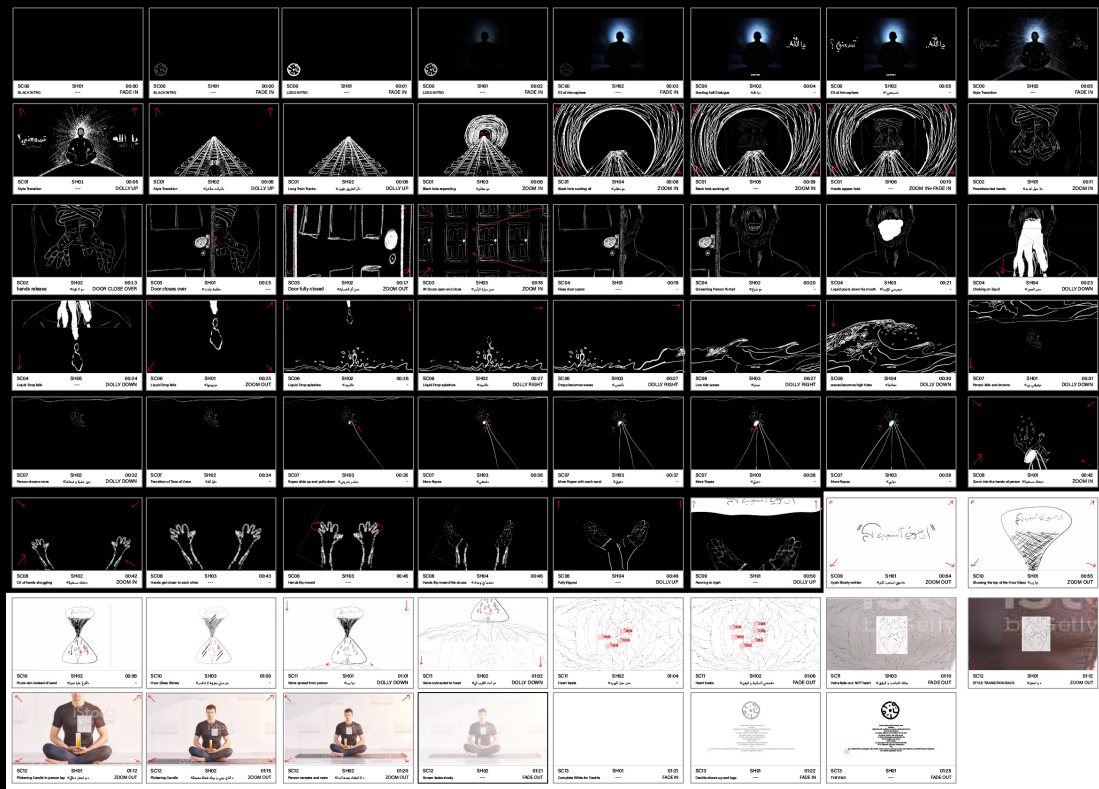


SC13 SH01 01:25
THE END

FADE OUT

STORYBOARD

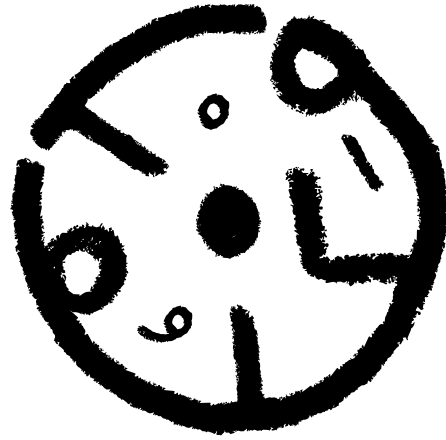
~~COLOR CHANGE~~



STORYBOARD

ONE SHOT

Replicating the consistent flow
of thinking and ideation



مَكْنُون