

**"If thought creates our reality  
then let's educate our thought"**

# **DNA**

**Alexandra David-Néel**



**A stage play with  
a daring vision**

**written and performed  
by Mariane Zahar**



**The Vibration Of Love Resonates On Stage**

*Paris Info*

**A Shocking Surprise**

*Le Dauphiné*

**DNA is a wonderful journey through time and space,  
at the crossroads of science and spirituality**

*INREES*



French

**For touring inquiries please  
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**DNA**   
**Alexandra David Neel**



English

300 + performances  
7000 + spectators  
Over 40, five-star press articles  
Performing more than Three years all over FRANCE  
and PARIS

## ABOUT

# DNA - Alexandra David-Néel

## A stage play with a daring vision

This play, called DNA, represents the essence of Alexandra David Néel, an illustrious explorer from the beginning of the 20 century.

For three and a half years this theatre play has provoked a huge and emotional change in the lives of many spectators.

Mariane Zahar, author and performer, transmits the questioning which relates the quest of the heroine's spirituality.



**Alexandra David-Néel** was a French explorer, spiritualist, Buddhist, anarchist, feminist and freemason.  
Born: October 24, 1868, Saint-Mandé  
Died: September 8, 1969, Digne-les-Bains

**Alexandra David-Néel**, first an opera singer, then an explorer of Tibet and Asia, journalist and writer. First woman of European origin to stay in Lhasa in Tibet, when it was forbidden to foreigners. She learned Sanskrit and ancient Tibetan. She is the one who brought Buddhism to Europe.

**Mariane Zahar** has chosen to represent **Alexandra David-Néel** in a play that is far from indifferent. By means of a clever and instructive text that blends spirituality and science, she reveals some of the secrets of this great lady who has contributed to the liberation of woman.

So, on the one hand, we enter into an explanation of the world of quantum physics with serious characters like Max Planck and Albert Einstein and, on the other hand, we enter into the spheres of deep meditation where lies the secret of abandoning all imaginative thought and the seeds that generate them.

Mariane Zahar who skillfully plays with her voice and body, guides us towards the path of absolute love without the existence of good or evil.

The vibration of love resonates on stage, and you are deeply touched by this experience.

The actress felt this creation as a necessity, a need. *"I just felt as if I had listened to the deepest part of myself, looking for an answer, or at least an opening."*

And it can be said that this search for an inner quest is contagious.

We only want to immerse ourselves in the mysteries of Alexandra David Neel's thought in order to better enter into ourselves...

## SYNOPSIS

August 1916, Alexandra David-Néel has been in her hermitage cavern in the Himalayas for two and a half years, following the teachings of her guru, "Lama Gonchen from Lachen". She comes to us from there to make an incredible revelation and to take us to the heart of her initiatory journey.

So, in a crazy race where she subtly knits particle sciences, personal experiences and the secret doctrine of Tibetan Buddhism, the spectator is invited to become an accomplice of a formidable and troubling questioning.



# **DNA - Alexandra David-Néel**

**A stage play with a daring vision**





# The Actress and Writer



Mariane Zahar belongs to those people who already know what they want to do and she always wanted to be an actress. Even if at 12 years old she pondered at some length between the possibility of being a nun or a terrorist, fortunately these ideas didn't last because it was the dramatic art's that captivated her.

This hesitation of innocence already showed a great taste for adventure and a quest for freedom and love.

After studying biology, which convinced her that life was a miracle and a force of incredible power, she went on to study theatre in the "Cours Simon" and then in the "Théâtre de L'Atelier".

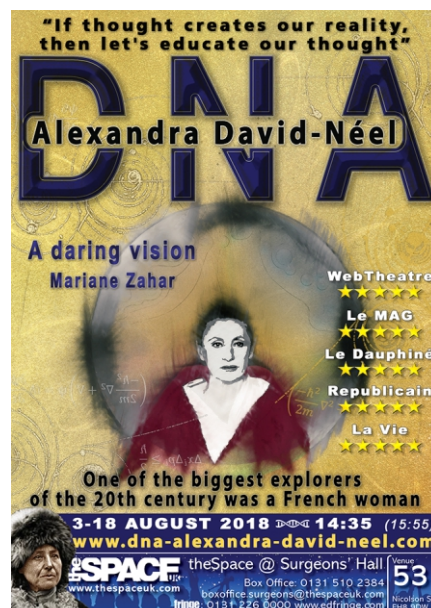
But her studies were interrupted by several trips to Asia and in particular at the age of 20, a year in India.

During this journey, she wrote her first stage play on the theme, "initiation and the lie of the ego". Then, her career alternated between performing in cabarets and poetic recitals, while also playing in various theatre groups until she created her own company, "La compagnie des Saïs", where she directed workshops to teach theatre in Paris.

While pursuing her career as an actress, she has produced many creative projects, always addressing themes on the quest for authenticity and the poetry of life.

She has directed and produced more than 100 plays by contemporary and classical authors whose basic message always joins hers in her quest for meaning and philosophy, including the works of Vercors, Pirandello, Brecht and Anouilh, among many others.

DNA - Alexandra David Neel marks a real turning point in her artistic contribution and has met great success in France since 2015.



# Workshop / Conference

## A workshop directly related to the show DNA Alexandra David Néel

Long before psychoanalysis had a name and long before the expression, "personal development", was on everyone's lips, the Russians were teaching Dramatic Art using "mindfulness".  
Long before modern man discovered quantum physics, the actor was already applying its principles to the creation of his own performance reality.  
It only takes one awakening to do it for a lifetime!

The method consists of using acting techniques to explore one's own personality, becoming aware of our blockages, the diversity and potential of our abilities, developing our intuition and openness towards ourselves and towards others.  
On this occasion, the group will experience a deep refocusing on different fields of consciousness and openness towards oneself and towards others.

### The Method

Take the time to discover acting techniques through training exercises...  
(Initiation to meditation...)  
Awakening to the different fields of consciousness...  
Become aware of the vibrations that emanate from oneself and learn to modify them...

Take the time to discover acting techniques through training exercises...  
Beyond developing the skills needed to interpret a role, the playful nature of these exercises puts us on the path of "letting go".

What is letting go?  
For the actor, letting go is what is necessary to find inspiration and to release creativity...  
It helps to prevent the judgment of oneself and others and to accept oneself sincerely in order to gain in fullness and liberty...

How?  
By becoming aware of our beliefs...  
By neutralizing the mind that takes up all the space in our lives, a space that can open up to accommodate our perceptions, our capacities, our often-faded differences and our authentic self...  
Once this space has been created, it is a matter of confidence...  
To accompany this "letting go", a face-to-face with that feeling of guilt and that constant judgment of oneself will be required...

To interpret a character in a story means lending our body, our experience, our emotions, our sensitivity, our difference, by using who we are...  
It is an exciting, effective and fun way to discover oneself differently through someone else's story, by taking us out of our context and our comfort zone that the unknown self expresses...

Don't be afraid, we won't ask you to be an actor, only to become aware of the tools you have and to use them to learn how to create your reality in consciousness.

### Conference

The duration of this conference is 1 hour and up to 3 hours for questions and answers.  
Buddhism will not be addressed.  
This conference presents the life of Alexandra David Néel first in a global way then by developing particular themes such as, the position of women at the very beginning of the 20th century; Alexandra's combat for feminism and freedom; the important societal changes of this period; London's theosophical society and Blavatsky's legacy; the vision of another relationship to the universe fuelled by discoveries in quantum physics.

## Touring history

40 dates in the Alps between July and August 2014 and 2015

### **The “Theatre du Gymnase” in Paris**

3 months in autumn 2015, 3 months in spring 2016,  
5 months from October 2016 until February 2017  
and 5 months from October 2017 until February 2018

### **Festival of Avignon**

July 2016 and July 2017 in the Ambigu Theater

### **North of France**

Orléans May, 2017  
Chatenay Malabry May, 2018

### **East of France**

Metz April, 2015  
Lachaussée December, 2016  
Homécourt March, 2017  
Bussang June, 2017

### **South of France**

Biarritz November, 2016  
Digne les bains September, 2017  
Toulouse January, 2018  
Marseille June, 2018



## Upcoming Dates

### **The “Theatre du Gymnase” in Paris**

from October 2018 until February 2019

### **Lyon**

June 2019

### **Festival of Avignon**

July 2019

# Technical

DNA - Alexandra David-Néel  
is also available for integration in your training programs,  
workshops, events, teachings, conferences, etc.  
And can be accompanied with a conference  
and/or a workshop of two days, if desired.



Running Time  
80 mins no interval

Touring availability  
2019 and 2020

Touring Company  
1x Performer 1x Stage Manager

Staging  
3m x 2m empty stage space minimum

Set Elements  
Provided by the Company

Lighting  
Venue to provide lighting equipment : 4x front, 4x back minimum  
Plan available on request

Sound  
Venue to provide Amplifier, 2x speakers



Obviously, sites and circumstances of future performances will differ  
so we welcome suggestions or solutions to our requirements from  
individual presenters and festivals.  
Please contact us directly to discuss any issues.

# Contact

**Press release:** <http://dna-alexandra-david-neel.com/press/DNA-Theatre-Edinburgh-Fringe-Press-Release.pdf>  
**English press kit:** <http://dna-alexandra-david-neel.com/press/kit-presse-english.pdf>  
**English Touring Pack:** <http://dna-alexandra-david-neel.com/comm/DNA-touringpack-english.pdf>  
**French press kit:** <http://dna-alexandra-david-neel.com/press/kit-presse-FR.pdf>

For information, booking, photos, interviews or media contact :

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