watch the films “The Dhamma Brothers” and “My Octopus Teacher”. An opening section where you offer your primary view of the construct of mindfulness in each documentary. Choose a minimum of three specific events, circumstances, individual or societal situations in each documentary where you believe mindfulness is found. Each should include a brief description of the issue and the concept of mindfulness you have identified in that portion of the film, and include a time stamp where it is found in the film so I can access the section you are referencing. The time stamp should look like this: XX:XX A compare and contrast section where you explore the difference in the "prisons" humans finds themselves in, whether controlled by others or self imposed. What are those differences found in each film? Are the humans in "The Dhamma Brothers" in more of an internal or external prison or both? Is the human featured in "My Octopus Teacher" more free in all aspects or are there prison-like aspects in that world? A conclusion section where you state your interpretation of the effectiveness of the film in exploring mindfulness as a construct. To complete your effort, summarize your thoughts of this approach to consider the construct of mindfulness. Is this type of film a reasonable or desirable means of exploring mindfulness? What are the pros and cons? Could a fiction film have been equally or more effective than a documentary?