# LA TMC

**DIRECTOR**
Jean-Guy Michaud

**DURATION**
5:33

**YEAR**
1986

**ORIGINAL LANGUAGE**
French

**CATEGORY**
Documentary



**DESCRIPTION**
A documentary on Wolfgang Luthe's TMC, or "Creativity Mobilization Technique", which seeks to re-awaken our spontaneous, creative impulses natural to us as children, but which we repress as adults due to social constraints. Its main goal is to help individuals be truly present in each gesture of their daily lives. "The creative act activates the mechanism directly related to our body's pulsations."

**IMAGE FORMAT**
4:3

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**KEYWORDS**
Creativity, Awakening, Individual, Childhood, Technique

**THEMES**
Art and culture
Identity
Science