

## Alice Through the Looking Glass



*Alice Through the Looking Glass* is the second movie based on the Lewis Carroll Alice classics. In this installment, Alice goes on a journey through time and space in order to save her beloved friend, the Mad Hatter, played with penultimate eccentricity by Johnny Depp. In order to save her friend, Alice must go back to the past, not to change it, but to understand how it impacts Hatter today.

Kind of sounds like what we do in therapy—don't you think? The CGI cogs and wheels of time as an entity meant to be challenged and confronted is the perfect setting for Sacha Baron Cohen to be his usual outrageous character and Helena Bonham Carter as the Queen of Hearts always delivers ironic comic relief. The two together are like the tick tock of a comedy timepiece.

In *Alice Through the Looking Glass* the queen has a broken heart. A long-standing one that Alice discovers during her travels and helps in a cosmic way to resolve. Alice has grown-up. Accepting new challenges and responsibilities, she forges ahead adventure to adventure doing what needs to be done in her own peculiar way. She solves problems, takes on work that others reject and stands up for herself. She has become worldly.

There are lots of meaningful themes to be found here. How we navigate through our families and friendships and who has our loyalty and devotion. In the end, it is about our acceptance that life goes on moment to moment until time eventually runs out. Every moment is to be cherished and lived fully. Going on the journey with Alice and her



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familiar friends is always a delight. The characters stand the test of time and will remain timeless for generations to come.

Get out your licorice and your chocolate covered raisins and get ready for a wild time. I saw the movie in 3-D and thought it was worth it. Step through the mirror into a world where everything is possible if you believe. I give *Alice through the Looking Glass* four golden tickets.

