

THE MASTER ACTOR

LETTING GO

The last of your work as an actor is readying yourself to live moment to unanticipated moment in performance. There are 3 techniques we use before we enter the audition room, the set, or the stage.

1. Meditation

Close your eyes. Hold your breath for 4 seconds. Inhale for 4 seconds. Hold your breath for 4 seconds. Exhale for 6 seconds. Repeat a total of 3 times.

Sit for 3 minutes breathing naturally.

The intention of Meditation is to quiet the daily chatter of our inner worlds and center ourselves so we may begin to open ourselves completely to the reality of our character.

2. Character Incantation

Now that we are centered and relaxed we want to give ourselves complete permission to allow our characters to fully inhabit us and take command. Repeat this either silently or out loud, whichever feels best.

“I am now ready and willing to let you (Say characters name) take full command of me to do your bidding. I am allowing myself to step aside and give you the reigns to accomplish all that you came here to do. I am now a channel of you and your will.”

3. Emotional Preparation

Allow yourself to connect fully and completely to the Emotional Preparation you have chosen. Let it permeate all of you.