

# THE MASTER ACTOR

## EMOTION

Emotion is the life blood that drives all of our desires and subsequent Objectives. There are 2 main emotions; Love and Fear. All other emotions are offshoots of these main roots (see list of Emotions below)

Emotional Preparation;

An Emotional Preparation is when we use either our Imagination, Emotional Recall, or Magic As If to construct an inner connection to the dominant emotion of the scene or any element the author has indicated we need to have an emotional connection to.

### 1. Imagination

Placing yourself directly into the Given Circumstances and bringing them fully to life in you by simply dreaming/fantasizing about the details and conditions of them.

### 2. Emotional Recall

Allowing into your consciousness an incident/event that actually happened to you which emotionally mirrors the Given Circumstances and brings you to full connection and life.

### 3. The Magic As If

Using a corollary that matches the Given Circumstances to bring yourself to a deep understanding and connection by allowing yourself to explore the phrase "It's As If..."

## LOVE

- \*Happy
- \*Excited
- \*Joy
- \*Empathy
- \*Compassion
- \*Grateful

- \*Fulfillment
- \*Proud
- \*Optimistic
- \*Awe
- \*Admiration
- \*Contentment
- \*Serenity
- \*Relief
- \*Hope
- \*Passion
- \*Eagerness
- \*Cheerfulness
- \*Bliss
- \*Peace
- \*Delight
- \*Liberated
- \*Attraction

## FEAR

- \*Anger
- \*Rage
- \*Sad
- \*Unhappy
- \*Hate
- \*Resentful
- \*Aggressive
- \*Violent
- \*Depressed
- \*Disgusted
- \*Doubtful
- \*Jealous
- \*Embarrassed
- \*Frustrated
- \*Grief
- \*Guilt
- \*Shame
- \*Lonely
- \*Regret
- \*Remorse
- \*Suffering
- \*Despair
- \*Bored

\*Apprehensive

\*Restless

\*Bitter

\*Exasperated