

## **Authentic Performance**

### **Fundamental Acting Principles**

Acting – like yoga, dance, speaking or singing – can’t be learned by reading about it or watching a video. You have to get up and do it.

So, there are no videos and little to read this week as we have our Authentic Performance acting class experience. Prepare to have fun! All of my acting students tell me it’s fun; scary, but fun! See why I got a little addicted after taking my first acting class?

Learning to express yourself emotionally on stage might just be how it was for me – one of the most challenging, rewarding and joyful processes of my life to date. And I expect it to continue for the rest of my life. Perhaps one of you may get bit by the acting bug, who knows?

Here are a few guiding principles to keep in mind as you unleash your inner actor:

- You can’t do anything wrong
- Maintain an attitude of curiosity
- Everything you feel and experience is okay; there are no “bad” emotions
- No judgment or negativity allowed
- Support of self and fellow classmates necessary
- Engage fully with your body and emotions
- Give your fellow classmates the same respect and engage fully with them
- Have fun!

That’s it. Pretty simple, huh?

You may want to bring the Authentic Performance Improv Scene menu with you to class. This was a suggestion from the students in my first class.

Here they are, just for fun. I love every one of them. Okay, I named the characters in the scene menu after them...it’s true.



If it sings to your soul, I would love for you to join me in my next Authentic Performance class here in the Portland area – keep posted on the Products & Services page of my website, and in my newsletters, for the next class.

Should you like more experience in an on-line format, I recommend Josh Pais' Committed Impulse program: <http://committedimpulse.com/>

It's from Josh I learned the four key reminders: BREATHE, SEE WHAT IS IN FRONT OF YOU, FEEL THE SENSATIONS IN YOUR BODY, YOU'RE BACK. His process is brilliant, and I now share pieces of it Authentic Performance acting classes.

Honoring your inner actor really means honoring the full expression of your inner authentic self and voice in the world.

Thanks, so much, for joining me on this journey,

Laura