

## THE ABCS OF ACTING

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### EMPOWERMENT

- *“Theatre is a weapon, and the people should wield it”* - Augusto Boal, *THEATRE OF THE OPPRESSED*
- *“People sometimes think I take a white canvas and paint on it, but this is not true, I paint the white, as well”* - Franz Kline, American Painter

ALIGNMENT

BREATH

CONNECTION

DISCIPLINE

ENERGY (intro of ‘roll around’)

FOCUS

GRACE

### DISCOVERY

- *“Make voyages. Attempt them. There’s nothing else”* - Tennessee Williams, *VIEUX CARRE*
- *“Art is the lie that tells the truth”* - Pablo Picasso

HEIGHTEN

INSTINCT + INTELLECT = INTUITION

JOURNEY

KINESTHETIC

LISTEN

MOMENT

NEUTRAL

OPPOSITES

POWER

QUESTION (rinse and repeat)

**OWNERSHIP**

- *“Life beats you down and crushes the soul... art reminds you that you have one”* - Stella Adler

RISK

SILENCE

TRUST

UNIQUE

VULNERABLE

WORK IN PROGRESS

X, Y, Z (manipulate the variables)

**The four NOBLE truths (from George Sorensen):**

- 1. Keep showing up**
- 2. Consider the possibilities**
- 3. Make choices**
- 4. Put it in your own terms**