

*There's a tremendous difference between just hearing things and really listening. I learned about this difference through the long term practice of the Meisner technique. I say "long term" because I have come across so many who feel "good" acting is something that can be achieved in a short amount of time. I am 58 and started studying seriously at 27. It has only been in the last few years I feel I have truly begun to grasp how to act. Yes...some are sicker and slower than others and I would most certainly put myself on that playing field. A part of my honing the craft of listening has been dealing with all the perpetual bullshit in my head. 99% of this noise is connected to self obsession. And there are 2 modes...1) I suck...2) I'm better than you. With this mind set there is no acceptance of self and in turn no acceptance of anyone or anything outside. Nothing meant to be can happen.*

*Pure listening has changed me. It continues to give me hope. It helps me to stand still, breath and do nothing when nothing is called for, and to take clear action when there is no alternative. There's no middle ground. I'm no longer muddy or murky with self doubt, anxiety or indecision. Nothing is vague. Through the work of Sanford Meisner I learned that nothing is casual when it comes to the art of acting. The stakes must always be high and if I listen with every fiber of my being to what is going on around me and respond truthfully I become unstoppable. I am filled with conviction. There's no hesitation. Impulses take the place of thinking and real doing takes the place of bad acting.*

*I was working on a film in Cincinnati when 9/11 happened and someone there asked me if I'd like to come back and teach a workshop. My Wife, Mother and Father and my 9 month old Son were there at the airport to meet me when my plane finally landed in LA. I went back to Cincinnati later that year to teach my first workshop. I was terrified. It was at this time I was told that "if you want to learn something go and teach it." 18 years later I'm excited and get busy preparing when a workshop is approaching. This morning I had an audition. I had no nervous energy what so ever. I went in listening. Clear on why I was there and what my character was looking to accomplish. It was not about me getting the job. I have no hand in that. It was about me doing the work and residing in my own life experience with dashes of my imagination.*

*I am thrilled to be offering workshops in Copenhagen, Oslo, Stockholm, Munich and Kiev this coming February. Join us and celebrate being an actor rooted in commitment, truth and shared creativity.*