

SESSION 9 – IN THE MOMENT

The Now...The Zone!

HOMEWORK REVIEW: ENERGY, CHEMISTRY & INTIMACY

- 1) Did you practice experimenting with creating chemistry, care and energy with people in real life? How was the assignment for you?
- 2) Did the assignment on playing with your chemistry take you out of your Comfort Zone? Remember your Comfort Zone or Default is the place you naturally gravitate to. Actors cannot afford to be in their Comfort or Default Zones when performing.
- 3) CBSI Terminology Sheet: If you haven't already done so, download the Verbiage & Terminology Document so that you have it with you during your course studies. When you come across words or terms you're not familiar with, you can easily refer to it. You can view / download the **Verbiage & Terminology Document** under your Resource Documents for Download section.

NOTE: It's important to log your experiences!

IN THE MOMENT

1. TO BE OR NOT TO BE - Out of Your Head vs. In Your Head

A. What happens when you're in your head? (Not Present in the Moment)

- If left alone, your mind wanders.
- Humans have approximately _____ thoughts a day.

B. Why it's important to stay out of your head (Present in the Moment) :

- You need to channel your thinking when you're learning something new.
- When you hone in on an area of study for an extended period of time, you can become a _____.
- To do acting right, it benefits you to become a specialist.
- Actors need to get out of their heads and learn how to focus in on the here and now because actors must live in the here and now to be present.
- Why is it important for an actor to be present? Being present in the here and now makes you _____.

2. LIVING IN THE NOW

A. As an actor, it is extremely important to be laser-focused.

B. The illustration of the lights:

- Flood Light = wide focus.
- LED Lights (like the ones in the studio) = more focused in a specific direction.
- Laser Pen = highly focused.
- Laser Cutter = a light so focused that it can cut steel.

1) When it comes to focus (in reference to the lights listed above), the actor should be most like a: _____.

C. Things that get in the way of you living in The Now:

(1) Distracting Thoughts -- The following mental obstacles and distractions will greatly hinder your ability to focus in The Now:

- Looking back on the past
- Planning ahead to the future
- Worries/Concerns
- Daydreaming

(2) The Stakes -- Surgeons cannot afford to be the slightest bit unfocused because the stakes in their profession are ridiculously high. In fact, they are life and death! Actors' don't generally consider their stakes to be quite as high. That being the case, actors tend to not put as much value on what's happening in the moment. Therefore, it's easier for their minds to wander.

- If acting were more life and death, it would be taken much more seriously.
- Proper and effective acting demands that you become a specialist; you have to do the on-going, focused work.
- Improper acting is calling yourself an actor without actually doing the work necessary.

**“Standing in a garage does not make you a car!”
~ Anonymous**

- Acting is work and you must continue to train.

Example: Tiger Woods was not born a great golfer, he became great through years of training...regardless of the conditions.

- Watch this commercial on youtube:
<https://www.youtube.com/watch?v=Vc9afbahGHw>

“ If acting were more dangerous, less people would do it!”

~ James Franco

(3) Technology, Social Media & Smartphones

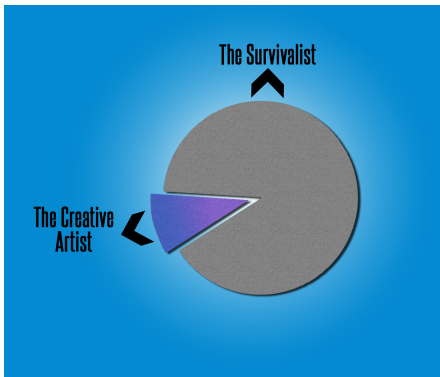
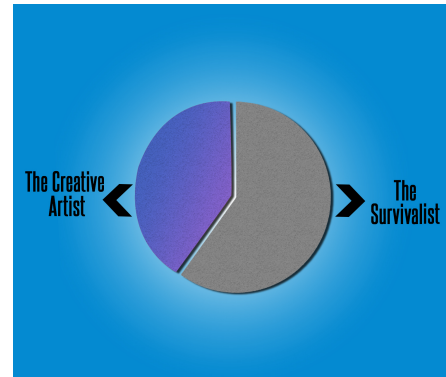
- Unbalanced usage is killing people’s ability to concentrate and stay in The Now.
- Social media/phone usage should be handled like drinking, eating, gambling, shopping, etc.
- Monitor and limit your phone/social media usage.
- Social Media usage seems harmless but it’s a viral killer of the present moment.

(4) Review: Survivalist vs. Creative Artist (Genius)

- As discussed in Session 1, the actor is comprised of two parts--the Survivalist and the Creative Artist (genius). The Survivalist part of you will get in the way of living in The Now.
- **Survivalist** - The functional part of you. The part of you who manages your life, does work, handles issues, pays bills, etc.

Example: Consumers - the world is mostly made up of average people who place most of their awareness on surviving and consuming, not necessarily creating.

- **Creative Artist (Genius)** - The artistic part of Y-O-U. Your passion. Your creative self. Your inner Artistic Genius.
- It’s the actor’s responsibility to keep the artistic dynamic of him/herself active and alive, thus keeping the survivalist at bay and preventing him/her from taking over.
- **Pie Chart** - Remember to use the pie chart to track the percentage of time in your day that you are surviving vs. creating.
 - a. Your pie chart will start off being mostly filled with time spent surviving until you cross over into creating more often.

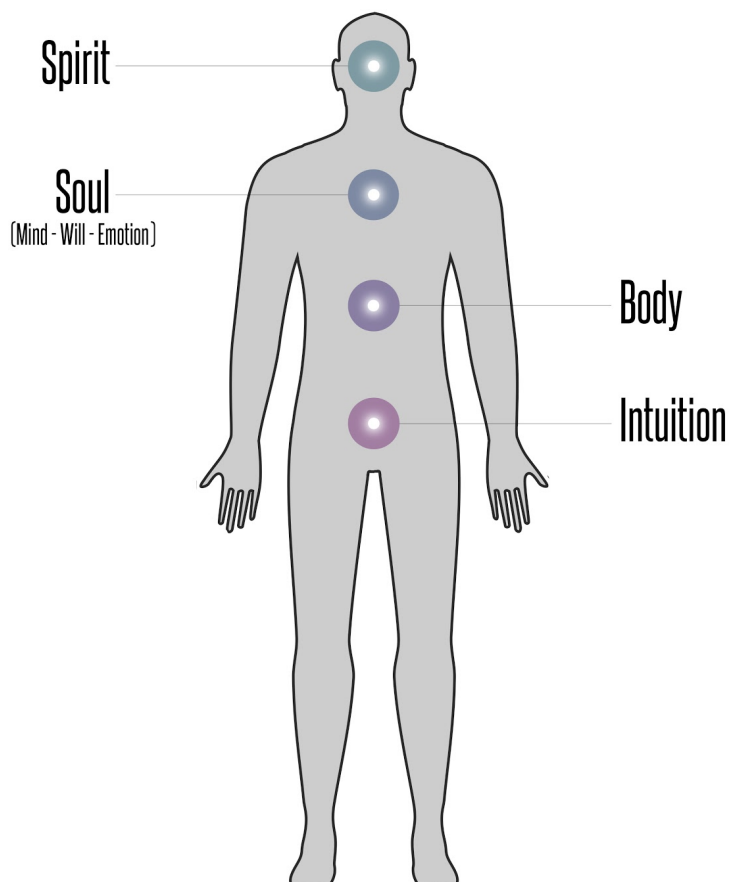
BEFORE THIS COURSE:**AFTER THIS COURSE:**

- As a Survivalist, you're not generally required to function in the Here & Now. However, living in the Here & Now is a requirement of the Creative Artist. Throughout your acting training, you'll naturally become more of a Here & Now individual.

- Spinning Plates:

- Spirit
- Soul (Mind-Will-Emotion)
- Body
- Intuition

- Your body might be present, but your mind might be somewhere else.
- We don't function in excellence by default, we function out of excellence by design.
- If things are left alone, they don't naturally go into a state of order. Things left alone naturally go into a state of chaos.
 - **Example:** If you left your home alone and never cleaned it. Would it stay clean?
- We work at excellence and success or we fall into failure.



- There are specific times when your survivalist is needed.
- When first starting out on your artistic endeavor, be sure to save some time for your Creative Artist. It's crucial to remember--you must protect this time.
- Exercise your Creative Artist on a regular basis and try to increase the Creative Artist time on your pie chart.
- Your goal should be to get to the point where your Creative Artist is taking up the largest portion of your life.

Example: When you become a successful working actor.

- When you're in the Here & Now, you're much more effective than when you're not. When you are fully functioning in the Here & Now, you're completely set up for a ZONE experience!
- THE PERFORMANCE ZONE – Is the intangible state of being where, for a time, everything seems magical! It's where your actions are effortless and your results exceed your expectations. The Performance Zone is quite simply operating in that perfect state, resulting in an optimal level of performance.

REMEMBER: The Zone Is that special place different than the rest where you can do no wrong! You click in and everything just works, effortlessly and brilliantly.

“I'm not exactly sure how I do it. I simply show up on set, look for the zone... and I go!”

~ Meryl Streep

HOW TO STAY FOCUSED IN A SCENE

1. GETTING IN “THE ZONE”

A. Where to Focus?

- Focus on the other person/people.
- How important is the other actor? They are the _____ important person in the scene.
- Focusing on the other person will keep you from wandering and keep you in the scene.
- The more you focus on the other person the more:
 - (a) You value the other character.
 - (b) Your care level is activated and elevated.

(c) You're in The Now.

- Concentration of your attention on the other person/people is a tremendously powerful aspect of the craft.
- If you're just focused on you - you're not going to be all that interesting. You'll actually start to become quite dense.
- By placing your focus on someone else - you'll become more interesting yourself.

Example: If you get a very down or depressed person to place their focus on someone or something other than themselves, they'll naturally become lighter, healthier, better.

“Concentration of attention on the other person's emotions is the creative source of film acting.”

~ Jeremiah Comey

B. Know What You Want Out of the Scene

- You should know what you want/need out of the scene at all times.
- When you operate out of knowing, it keeps you active and present.
- Not knowing (what you want/need in the scene) will have you waiting. Waiting means you're not doing anything. Actors don't wait... they act!
- Concentration is a muscle that you have to exercise to build. You must continue to exercise it to fully develop it.

HOMEWORK: Now Work

Keep It Under \$5 -- Keeps you in the moment!

1. Go shopping for a few things. Purchase at least twenty dollars worth of stuff; grocery shopping works best or any other big purchase. When you get to the cash register with all of your things, tell the checkout person, as straightforward as you're able, "Would you do me a favor and keep all of this under five dollars?" Now, observe how they respond.
2. You're forcing the person who's at the cash register to get out of their comfort zone and interact with you in The Now. Their response may be positive, negative or neutral, but they will be affected... and so will you. Be brave!
3. Do this a few different times, making sure to keep the question as well as your demeanor the same each time. "Would you do me a favor and keep all of this under five

- dollars?” This question is your constant. Your variable will be their response. Make notes of your results.
4. Practice living in The Now in your own real life. The better you are at doing this, the better you'll become at living in The Now (as the character) in the character's imagined life.
 5. Break-down a paragraph of copy (mini-monologue), and know what's happening in each moment. I recommend you break down a dramatic, as well as a comedic, monologue.
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COMPLETION OF 3rd MODULE!

This marks the end of the 3rd module (Sessions 6-9). Go over your notes and prepare for the Session 9 Quiz. You'll find Quiz 9 by clicking the Blue TAKE TEST button under this Lesson's main menu.

You must complete and pass the Session 9 Quiz before proceeding with Lesson 12.

The next Lesson (Lesson 12) is your 3rd PRIVATE COACHING SESSION. To set up your private coaching session you must first make sure you have a Skype account. If you do not, you can download the app and sign up for one here: www.skype.com Once you have skype all set up you must fill out the Private Coaching Request form in the next lesson's display page (which you will be able to access after passing the Session 5 Quiz).

Once you fill out the form you will be contacted within 24 hours. If you do not hear from us within that time please email **ACTCOACHING@CLAYBANKSSTUDIO.COM** with the subject line "Request to Schedule Act Private Coaching Session #1" In the body of the email please include your Time Zone and 3 time slots that work for you. Take note, our coaches are located in Los Angeles, (Pacific Standard Time) and our normal business hours of coaching are between 10:00 AM and 6:30 Pm.

In this upcoming private coaching session we'll be checking in with you on your understanding of Energy and Chemistry.

You'll also perform your monologue (from the Chapter 6 homework assignment) for your CBSI coach as well as another prepared scene from one of the sites listed pages 63 and 64 in Session 7.

At this time (and going forward) we encourage you to go back and begin a comprehensive review of the all the Sessions you've completed. This will better prepare you for your Final Comprehensive Exam which will be required after completion of Session 12 (Lesson 15). The Comprehensive Final Exam will have questions from every Session (1-12).
