



Elizabeth Hess

Acting and Being

Explorations in Embodied Performance

- Offers a unique, practice-led insight into the exploration of self through performance
- Takes an innovative, hybrid approach to the analysis of performance, culled from Western & Eastern practices
- Proposes a physical and philosophical manifesto for the exploration of identity in performance

In this book, educator-actor-playwright-director Elizabeth Hess offers systematic and original explorations in performance technique. This hybrid approach is a fusion of physical theater modalities culled from Western practices (Psycho-physical actions, Viewpoints) Eastern practices (Butoh, Kundalini yoga) and related performance disciplines (Mask, Puppetry). Behavioral, physiological and psychological 'states of being' are engaged to unlock impulses, access experience and enlarge the imagination. Through individual, partnered and collective explorations, actors uncover a character's essence and level of consciousness, their energy center and body language, and their archetype and relationship to universal themes. Magic (to pretend, as if), Metaphor (to compare, as like) and Myth (to pattern after, as in) provide the foundation for generating transformative, empathetic and expansive artistic expression. Explorations can be adapted to character work, scene study and production, including original /devised work and established text, to illuminate singular and surprising work through collaborative creativity that is inventive, inclusive and alive.

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