

The  
**METAPHYSICS**  
of  
**ACTING**

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**An Actor's Guide to Experiencing REAL  
Personal Transformation & Powerful  
Inner Growth Through Drama**

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This easy-to-read guide is for those courageous actors looking for an artistic outlet for profound spiritual and emotional transformation.

## **How To Use This Guide**

**The Metaphysics of Acting is meant to give you a step by step approach to using the powerful tools of a great performance to transform your life from the inside out.** Using the 7 steps provided in this book will help you to move through long held mental and emotional blocks, build your confidence and guide you towards making REAL change in your mind and in your life. It's great for actors and for anyone who maybe isn't an actor but has the courage to give it a try. You never know, there may be an award-winning performer hiding behind a curtain of self-doubt just waiting for a chance to take center stage and shine.

Thank you to the following people who inspired me throughout my personal and professional development and growth. You continue to play an important role in the story of my life and I'm grateful for you all. Here's to the next episode!

Winston & Daphne Hart  
Ulett Hibbert  
Ashanti Bromfield  
Tony Madden  
Angela Argento  
Ivana Chubbuck  
Family and Friends near and far

## **Your Life** *(The Grandest Performance)*

*“All the world’s a stage and all the men and women merely players.”*

-William Shakespeare

Imagine that we're all actors playing the lead character role in our lives. Think about it. Your Soul is like the star actor who's been cast to play the lead character role (*insert your name here*) in the movie called, Your Life. Through this character, your Soul communicates and interacts with other souls (*who are also in character*). We'll call them guest stars, supporting cast members and lots and lots of background performers. Said another way, first you're born (*enter stage left*), some stuff happens (*the storyline*) and then you die (*the end*). Think of Your Life as a really long running series where every day another episode begins and every night you wrap for bed 'to be continued' in the morning.

Imagine now, that your name, your self-identity and all of who you believe yourself to be (*your character breakdown*) was written by all the other characters in the show – namely your parents and the folks who raised you from the day you were born up until sometime around your mid-twenties. Psychologists call this time of growth psychological programming or 'wounding'. No really, they do. Now, these people who raised you - who laid the foundation for your core beliefs regarding who you are and what you're capable of - wrote the very best script they could for you but...let's admit it. Not everyone's a professional. Hopefully, Your Life script is playing out closer to a romantic comedy or a fantasy feature...and less like a crime drama or a thriller.

## Write Your OWN Story

It's safe to say that most people willingly accept their pre-written scripts - whether it serves them well or not - without discussion or debate. They blindly move about, living out their prescribed character descriptions - wasting precious time and energy reacting to every situation as though they have no control over their emotions or their lives. **The metaphysics of acting then, is to identify the empowering and dynamic characteristics of award-winning performances and then embody these traits and apply them to your own life.**

Why not? You've won the starring role and you have the power to rewrite the script if you choose to so, decide what it is you really want, *deal* with the challenges that will inevitably pop up and go after your goals with everything you've got despite the odds! You might not get the exact ending that you hoped for but if you stay focused and be persistent, you will most certainly be rewarded with a story and a life of your *own* creation.

## Use the Power of Your Mind

A compelling performance, whether it's for film or the stage has everything to do with mind power, psychology and the actor's ability to connect to the emotional journey of the character. What's most interesting about this mental process is **because the subconscious mind is programmed using the language of emotion, it doesn't need to know the difference between what's imagined and what's real so, it doesn't. This means that as an actor, you have the ability to imprint your own mind and shift your own beliefs about yourself as you re-enact a scene through a character.**

## More About the Subconscious Mind

The subconscious mind is rooted in our physical bodies and it's what we operate on 95% of the time. It's our very own operating system and it controls all our bodily functions like beating our heart, digesting our food, contracting and expanding our lungs and blinking our eyes so that the conscious mind can focus on gathering information from the outside world through our five senses.

Also known as the 'lower' or 'unconscious' mind, the subconscious mind works entirely on old programs of learned habits, hard-wired beliefs and self-perceptions and its sole function is to play out (and attract) more of those behaviours and situations which correlate with the running program. It's our personal assistant and it's doing the best it can to protect us and carry out its predetermined programming without question or judgement. **It will carry out these orders unless we actively re-wire our brain and change the program and this can only be done through repeated and emotionally charged messaging.**

Being yelled at and bullied every day, being called lazy, stupid or 'just like your father/mother' at a young age is just as effective at programming the subconscious mind as being told you're beautiful, strong and smart or being encouraged and reminded every day that you're an achiever and that you are valued, supported, worthy and loved.

When you personalize a scripted character's emotional journey - their drive and determination to improve their situation and WIN the scene – you're given a unique opportunity to creatively alter the habits of your OWN mind.

## It's Your Time

Acting can be a powerful way to reprogram your mind as you move through huge mental blocks, let downs, disappointments, shame, hurt, pain and fear. Admit it. Some of these blocks have been defining you and holding you back for most of your life. The good news is, once you set the intention to develop as an artist, your subconscious mind will seek out those exercises and experiences which will help in the fulfillment of your personal development and inner healing. As an actor, therefore, **you will subconsciously attract to yourself those kinds of scenes (and auditions) which carry within them the power to aid in your own psychological healing and growth.**

Becoming aware of this opportunity gives you, the actor a greater purpose for the audition process where the importance of booking the role is secondary to your full commitment towards giving a compelling, authentic and dynamic performance. This is the definition of empowered acting.

In truth, every personal encounter and life situation we come across offers us an opportunity to grow. Wouldn't it be great to use the arts then, to transform negative beliefs, overcome self-doubt and heal our inner wounding? In addition to these personal changes, you'll be giving an interesting and watchable performance which any audience can relate to and be inspired by and because of this, they'll want to see more of you...*and they'll pay money to do it!*

It's win-win!

**Register for acting classes or private coaching today to read the rest of your FREE download copy of *The Metaphysics of Acting* or order online! Here's more of what's inside:**

## **The Power of the Actor**

- A brief introduction to Ivana Chubbuck's book, *The Power of the Actor* and how it inspired me as an actor and a coach.

## **A Convincing Performance vs A Compelling One – What's the Difference?**

- Quotes from agents and casting directors
- Dynamic people make dynamic changes in their lives and in the world

## **Success = Discipline + Focus + Tenacity**

- The importance of daily practices, physical fitness and mental health
- The importance of experiencing life and having access to your full range of emotions. What to do when you're 'too spiritual' to feel rage.

## **7 Steps to Creating REAL Personal Transformation & Inner Growth**

1. What's Your Purpose in Life? Don't Just Take Up Space!
2. Why Do You Need to Achieve This?
3. Is It Doable or Too Good to Be True?
4. Embrace Your Past - The 'Good' the 'Bad' and the 'Ugly'
5. Daily Reminders
6. Yes, But What Are You *Doing*?
7. Be Open to Changes & Alternate Endings

## **Finale**

- Powerful Inner Change = A Transformed Outer Reality
- What's to Come
- Helpful Resources



Ingrid Hart is Canada's first certified teacher of The Chubbuck Technique for Acting. She teaches traditional scene study classes as well as boutique classes for smaller groups, in house production consulting, weekend workshops and private one-on-one sessions in person and online. Ingrid is based in Toronto, Ontario.

For more information, please visit [IngridHartCoaching.ca](http://IngridHartCoaching.ca)