

Is the year off to a good enough start for you? If not, go to the website and listen to this week's and last week's sessions... I mean, could we ask for more honesty? More candor? More perspective?

....Don't think so! Thanks to all who contributed and sympathies to those who missed this session with Cindy Busby. Wow.

Takeaways from Actors' Think Tank, January 11, 2023

Cindy Busby

Luca Cundo

11luca28@gmail.com

Wow so motivating. "Take your moment"it is your art.

Kaitlyn Diehl

Kaitlyndiehlactor@gmail.com

Hi Cindy! YOU WERE FABULOUS. I am walking away from that zoom feeling invigorated, grateful, and blessed. I'm going to sum up what you said in your direct quote, which will now be going on my wall: "Gratitude and appreciation are the fastest path to enlightenment." Amen to that!

Rich Henkels

rkhenkels@gmail.com

If Cindy could only have one book... well, she gave several, but the book about Auditions, by Michael Shurtleff, is one I haven't read, and need to. One of the others she mentioned was The Four Agreements, by Don Miguel Ruiz. We need more practical guides to our life in this crazy pursuit we are embroiled in. Thank you Cindy!

Shelby Hightower

shelby.k.hightower@gmail.com

What a sweetheart!! I can't pick just one, but these two are short. One - Surrender. Two - learn to love the in-between time! That's the time to train, as both an actor and a human. I love that!

Sandra Bulk

snbulk1@gmail.com

Cindy, thank you so much for your open and generous spirit. You really made me think about my "Word of the Year." The word I chose was "conquer," but after listening to you, I think I need to change it to "embrace." You said, "Any time you have doubt and fear, something really great is about to happen." Doubt and fear are two things I struggle with a LOT, and I had resolved to work hard in 2023 to conquer those feelings. But you made me

see that, perhaps instead, I should embrace those feelings as signs of progress and great things to come. Thank you for helping me shift my perspective!

Shauna Hurley-Hansen

Purepilates@gmail.com

What a joyful, inspiring, session of Actor's Think Tank with Cindy Busby. This was hands down the most amount of notes I have taken in our group thus far. My biggest takeaway from Cindy was her talking about energy. It's a real thing! People remember your energy and gravitate to those who have that hard to explain light around them. Use your energy. Show up for yourself. If you know what you stand for, that's what you attract. That's your alignment. That's energy! Very grateful to Cindy for spending some time with us.

Jackie Diehl

jackiediehlactor@gmail.com

Don't lose faith in the process that God (or what you believe in) has in store for you because once you lose faith, then it starts to slow down the path!! Also, it hit hard when Cindy said that once she started focusing on herself and stopped putting her career on a pedestal then everything started to fall into place. I really needed to hear a lot of these things. Thank you sooooo much Cindy!!

Shelley Brietling

sbrietling@gmail.com

My goal word for the year was, "Grateful". It was so reassuring to hear Cindy repeat my word during our session in that, we all need to be grateful for the little things. We need to be grateful for the little things because they can lead to bigger things.

I know how grateful I am for Actors Think Tank and all the guests we have had each week. Cindy Busby is just another prime example of why this group is such an important part of all of our lives. She also stated how important it is to have a support team, because of all the growth periods we will experience, the highs and lows that come with this business. This is just one of the many benefits we receive from Actors Think Tank and why being "grateful" is so true now, more than ever!

Thomas M. Harding

Thomas.M.Harding.actor@gmail.com

"Bring the work but be able to let it go...". Love it! I try to be 100% prepped for how I envision the scene but fluid enough to live in the scene and go naturally in the journey we develop. I was fortunate to be on a set once and watched a pretty famous actress running her lines by herself in every manner possible. Manic, sad, dramatic, happy, silly, etc.. When they filmed she could pivot on a dime and either restate the scene or go wherever they took her. It was something to behold and I was grateful for the lesson.

Mike Provenzano

mike@mlprov.com

Lots of great bits of information today. For me I loved when you mentioned that as soon as you started focusing on yourself instead of putting your career on a pedestal everything fell into place for you. It is so true that we must choose to have a good balance between our work and the rest of our life.

Mariel McIntosh

marielmcintosh1@gmail.com

I loved when you spoke about personal limitations. You said "don't limit yourself only to what you think you should have...don't let the pieces hold you back. They may lead you to your larger goal." What a powerful statement. It's one I can definitely relate to and am working on telling myself daily.

Paul Blumenthal

pblumenthal@comcast.net

Since we can't always be working, the moments she is not auditioning or on set she considers this training time.

She focuses on these in-between moments and has to come to terms with them. She suggests that if the opportunity does arise to do an audition, go forward with it. Savor the moment and breathe. If you are on the call sheet, the project will be made because of you.

Justine reiss

JustineReissvo@gmail.com

Thank you Cindy! As a person who spent the last couple of years developing a relationship with myself, your words really resonated with me.

The stuff that is sticky is the the stuff we need to work on,

I "what are you working on".used to b triggering And now I enjoy getting to know myself, playing, enjoying what I'm doing.

staying in gratitude - not stressing about not checking off the to do list-

But letting 2 or three things be enough.

When you focus on yourself everything else falls into place, eat the cake, go on vacation, you are better for it.

Lindsay Michelle Reed

Lindsay.m.reed1@gmail.com

I liked how Cindy explained Hallmark movie energy in the form of a dial or levels. Stay between a 2-5 level. We don't want to kill them with emotion.We want them to feel good throughout the movie. Such a fun way of remembering!

Dina Laura

dina.laura@gmail.com

When we're self-sabotaging, we're in our heads, but that's not where the truth lies. The truth lies in the gut and the heart. Find a way to get into your body so you can show up truthfully for your work! Thank you so much, Cindy, for so many artistic AND life lessons.

Jeff Neckonoff

azamradj@gmail.com

Cindy Busby is a generous & lovely guest.

Her advice about success about hitting just when one doubts the most is so so true. And the concept about always trying to be positive and to be with like-minded actors was wonderful. Thankful for allowing us to pick her wonderful brain.

Roz Jamal

arjamal@verizon.net

My takeaway from Cindy is to stay positive and energized, work and have balance in life, do not to compare myself to others and to "do the thing and don't judge it."

Parker Damm

parkodamm@gmail.com

Cindy had a lot of great wisdom today. I especially liked her words about doubt and fear always coming before change. Cindy's story about the helpful supporting actor in the shoot also resonated with me. It's nice to know calmness and collectiveness gets noticed.

Victoria Stevens

vickiestevens1@verizon.net

I learned so much from Cindy however one piece of advice that stood out to me was realizing that in this industry and in life you only see what is right in front of you. This year I have been working on letting go and letting God. It has been a struggle for me to release my career into His hands, but who better to give my career to than the creator Himself. When Cindy mentioned that we need faith to manifest what we want in this career it was eye opening. There are a lot of things we don't get to see right away but know that it could be right around the corner.

Jamie Vaughan

jamiep.vaughan@yahoo.com

Cindy was an amazing guest and incredibly generous with her advice and sharing her own personal experiences. Its honestly hard to choose just one but my biggest takeaway was her advice regarding the ebbs and flows of a career in acting and that you need to give

yourself space and not beat yourself up. Also, don't let the unknown pieces around you be a distraction since they will reveal themselves in time.

Rashad Alii

RashadAliKY@gmail.com

Find your peace. Don't worry about what other people say or think about you or your acting career. It's ok not to know when your next job is coming from and work on yourself in the meantime. Do things that you love and that gives you inspiration and happiness.