

Takeaways from Actors' Think Tank, October 19, 2022

Dustin Lewis - Actor/Meisner Instructor

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Sandra Bulk

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Take a Viewpoints class to get you back in your body! Thank you so much for reminding me of this!

Luca Cundo

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"Live it Vs. Acting it" I know I lose myself sometimes

Roz Jamal

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My takeaway from Dustin is that to have an 8 out of 10 understanding of Meisner is equivalent to having studied two years at a Conservatory instructed by a Meisner trained instructor, as well as, that Meisner should be the basis for every actor versus a technique. Become the unsocialized two-year-old inside of us.

Rich Henkels

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The Meisner download was wonderful, and I will now take a Meisner class! But I also took the following comment to heart, which will alter my assumptions about all the workshops, instructors and seminars out there: "There is so much misinformation in the industry. There are certain places that just want you money and don't care about you and your career..."

Marcie Ryan

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So great seeing you thank you so very much for joining us today. Meisner teaches to be present, to pay attention and let go of your ego. Live truthfully through imaginary circumstances.

Be a storyteller not an actor. Become the character bringing your own essence and free yourself from whatever hinders or blocks you, live viscerally, be the 2yr old.

Shelby Hightower

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I love that he said our uniqueness is what is bookable about us - such a good reminder to put your own thumb print on everything we do. Thanks! You're a joy!

Thomas Michael Harding

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Bring your essence into the audition, that's what's bookable, don't be your idea of what you think they want the character to be like, they'll book you for who you are and where/what you fit.

Shelley Brietling

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I stated that my level of understanding of the Meisner Technique was a 6 when asked during our slates. After our session with Dustin, I believe I should have said a 2. I truly did not understand the style of work that the Meisner Technique taught. I only heard about the repetition exercises. That's about all I really knew.

What I have learned from Dustin is that the technique is more about pulling away and stripping down the socializations that has been taught to us as children. We need to get back that child like thinking and feeling to find our emotions held deep inside us all. Meisner helps guide us as actors to get to these emotions and to use them in our craft. "Talent is in your primitive unconscious, return to your 2 year old self".

Rashad Alii

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Just a great reminder to always remember to be an authentic actor and be yourself. Truly talk, and truly listen.

Justine Reiss

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Everyone should do Meisner (NOT JUST ACTORS) because it opens you up, to be vulnerable and makes you pay attention to the other person.

Jamie Vaughan

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Dustin was amazing. I loved his advice to be yourself when auditioning for a role and not what you think a casting director wants you to be. And of course, I loved his JUMP AFRAID advice/mantra.

Kim Cassandra

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It's been a while since I took a Meisner class. Dustin's comments about the Meisner technique reminded me that the Meisner technique uses repetition. It is about temperament work and we have to remember to pull away from socialization. It brings out our best work rooted in our imagination. The true actor is that 2-year old inside us; before socialization takes place. He stated that technique classes keep us "present" and I couldn't agree more. It was a great session. I'm actually considering retaking Meisner.

Paul Blumenthal

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Get your ego out of the way and be present; a good actor is like a two year old who uses their imagination to react.

Mariel McIntosh

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Dustin was great and I appreciated all of what he shared. One of several things that stuck out to me was when he mentioned opening up and examining who you are. If you're able to do that you'll "get to a point in your work where things come naturally/Instinctually. Sometimes when you're at your best, you can get lost in your work". I totally agree.

Mike Provenzano

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Loved your thoughts across the board, but what stuck with me is that we are professional pretenders. We are story tellers and when we are on camera we need to live the character, not be learning it.

Lindsay Michelle Reed

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If your voice isn't resonating in you, it's not good acting.

Jeannette Nina

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Loved being reminded that being YOU is what is bookable. Take your ego out, truly be present, listen and allow the other person in the scene to affect you.