

The Spiritual Psychology of Acting

Taught by John Osborne Hughes

(written in 2005)

**For actors, directors, writers, artists, and anyone wanting to
grow spiritually
and expand their creativity**

This course offers a novel and practical approach to understanding ourselves as human beings, and is designed to enrich our development as Artists. Most importantly, it guides us to discover our true nature, beyond our mind and our emotions, and connect with our True Self, the source of all happiness and creativity. During the workshop we learn how to develop awareness (ability to observe our own thinking), and let go of the thoughts that bind us, in order to reach our full potential and enjoy life freely in the present moment.

In addition, we apply this understanding to the art of acting: *we learn what a character is and how to create one; *what acting is, and what it isn't; *the qualities of a great actor; *why there are so few truly great actors; *an introduction to the system of Stanislavski; *simple practical exercises and guidance on how to approach auditions and castings and more....

The Spiritual Psychology of Acting - Course Description:

The basic premise of John's system of acting is this (as told by him): "If we understand the psychological process which created our own individual character or ego, then we can harness this knowledge, learn to engage it at will and allow it to serve as our creative technique. This way the character we create will not be the two-dimensional clichés we often see in TV, theater and film.

Rather they will be uniquely observed, three-dimensional, living, “sculptures” created in line with sound psychological and artistic principles, available to any open-minded actor.”

Then as a logical progression, I began to wonder about the “higher” or “deeper” nature of dramatic art. How does our profession fit into the greater scheme of things? ...I came to understand that the true purpose of art is to open the heart and raise the level of consciousness in society. But how can an actor, director or scriptwriter contribute to this process if they have not raised their own level of consciousness first?

I then realized that this mysterious quality of “charisma”, seen in all great actors, was in fact the light of a raised level of consciousness shining through. I also realized that every human being has the potential to let this light shine, by identifying and letting go of the blockages that seem to dim the light. Through the study of philosophy, I came across techniques that free the spirit of the individual and allow him to transcend the burden of his own confining thoughts and egotistic attachments, and set him on the road to professional success and artistic excellence. The theories, techniques and collection of practical exercises I offer have evolved, and continue to evolve into what I call *The Spiritual Psychology of Acting*.

Sarah Clarke – who plays Nina Meyers on the hit TV show “24” says.....

“Five years ago I was in London and saw a production of Mike Leigh’s Ecstasy. I was so impressed by the quality of the actors’ work, and their secret turned out to be their director, John Osborne Hughes. One conversation with him about his process with the actors, and I was convinced that it was something that I needed to explore. I invited John to come to New York to teach a small group of us, and five years later he is continuing to teach an inspired way of acting in NYC.

John is easily the most effective acting teacher I have ever worked with. I experienced dramatic results from his instruction and it is interesting to note that within a week of completing his course, I booked my first role in a Television series (“24”). I use John’s technique every time I work and find his ideas to be a continuing source of inspiration.”

Eddie Marsan credits include: “Gangs of New York,” “Gangster No. 1,” “NBC’s Crime and Punishment,” Royal National Theatre, “Best Newcomer” by the Independent’s theater awards and recently won "Best Supporting Actor" at the British Independent Film Awards for his performance as 'Reg' in Mike Leigh's Oscar nominated "Vera Drake.”

“I would say that John’s method of training is unique because of its holistic approach to the actor, his

life and the story that the playwright or the film maker is trying to tell. He has been my acting teacher for the last six years and I consider him to be the most important influence on my career. John's teaching represents the cutting edge of Actor training in the world today."

~~And watch out this summer for another one of John's students, Richard Brake. Richard plays 'Joe Cool' in "Batman Begins" and plays one of the lead characters in million dollar blockbuster "Doom" for Universal Pictures.~~

About John Osborne Hughes:



John has trained professional actors, newcomers, drama school graduates, writers, directors, and other artists in this technique. In recent years he has completed training with three groups in New York, with another two currently in training. He runs regular workshops in London and has presented the course in L.A. He also used the technique when directing Mike Leigh's play "Ecstasy" in London's West End in 1998, which Time Out called "On every count a triumph," and What's On described as "Quite simply the best ensemble acting I've seen on the London stage in years."

John is the head of Miracle Tree Productions, and later this year will be directing his first full-length feature film, based on his own award winning stage production ' Beyond Ecstasy '.