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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Lights, Camera, Action

By Stephanie West Allen

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WE BECOME WHAT WE DO

"Because we always have control over the doing component of our behavior, if we markedly change that component, we cannot avoid changing the thinking, feeling, and physiological components as well."

William Glasser, Take Effective Control of Your Life

Dr. Roberto Assagioli called this technique of controlling what we do "acting as if" . . .

"If we are sad or depressed, it is difficult, if not impossible, to become cheerful or serene through a direct act of will. It IS within our power to smooth our forehead, lift our head, smile, and speak words of harmony, optimism, confidence, and joy.

"The use of this technology will actually change our emotional state. Little by little, and sometimes rapidly, the emotional state will follow, adapt itself to, and match the attitude and external behavior."

Roberto Assagioli, The Act of Will

The great acting coach Constantin Stanislavsky called aligned principles simply "the method."

What almost unimaginable, and transcendent, freedom we have. Act as we want to be, and we will become it. We do not have to be slaves to our emotions, our psychological barbs, our internal weather. We just need to imagine how we want to be and then put it into ACTION.

WHISTLING IN THE DARK

Our emotions are chemicals. (For more about emotions and chemicals, read Candace Pert's Molecules of Emotion.) Whistling in the dark, acting confident when we are scared, changes our emotions. Our chemical self changes and we have the chemicals of confidence. We are confident!

No longer just acting the part.

Let's all become actors today. Who will you be?

BETTER LIVING THROUGH CHEMISTRY

A queen in your court? Don that invisible crown and wave your imaginary scepter at life, commanding not cowering. Start now, Your Highness. Oh, so high.

A tycoon? Walk like a trillionaire. Get the chemicals of a magnate coursing through your blood and bones and you will become a magnet for riches — the Midas method turning all to gold.

A jewel of joy? Put on a happy face, add a bounce to your step, and open your arms wide to life. To paraphrase some song I heard long ago, say loudly when you open your arms: "I'm big! I'm glad! I'm nationwide!" Those chemicals of delight will soon stream through every cell.

"Acting as if" lets you design a new life. Shall we hold an Oscar night? You can turn your role into a day-to-day reality. You will win much more than an Oscar.

AND TODAY . . .

Decide who you are going to be today. Confident? Optimistic? Vibrant? Playful? Patient? Successful? Loving? What do you really want?

Sit for a while and imagine how you would act if you were that person. Make notes on posture, gestures, tone of voice, manner of dressing, way of walking, enunciation, expressions, sound and action of laughing, topics of conversation, you'll think of more as you wholly and completely and fully imagine this new you. Take time with this exercise, no less than ten minutes.

Then stand up and begin to play the part. Go to the mirror and perfect your acting. This will be fun. You are doing what you loved to do as a child — make believe. You have not lost that skill to make believe. You just need to let it out on stage today.

Your acting will change every molecule in your body. Not to mention your life.

Today you are the director, the actor, and the producer all rolled (and "role"d) into one transforming performance.

Ready? Roll those cameras. The first scene starts now. Action!

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Stephanie West Allen, JD, brings humor and motivation to associations and organizations. <http://www.allen-nichols.com> Monday through Friday, start your day with a free Upsy Daisy Push-up to get you going gloriously, gratefully, and gleefully. Subscribe by sending a blank e-mail to

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How to Write Words Worth a Thousand Pictures

By Glenn White

Our Image–Driven Society

We live in a new image–driven society. It can be hard on writers unless they learn to connect with today's readers. Writing that connects is easy when you keep a few basic writing principles in mind. Let's face it, as a writer, you are competing with the greatest influence in our image–driven society, the film and television industry. So, let's take three well–known words in film making as cues for effective writing. Ready? Lights! Camera! Action!

Lights!

Catch the reader's attention. You catch your reader's attention when you know who they are and what holds their interest. Yes, write what you know but also write for who you know. For example, avoid using abstract words and concepts when writing for children. Kids won't understand and you won't grab their attention.

The effective writer writes about what interests the reader using words the reader relates to and understands. When you write fiction or even creative non–fiction; develop catchy titles, contemporary themes, strong heroes, good plots, intense conflict, and create interesting characters. When you do, lights go on for your reader.

Camera!

Describe, describe, describe! Use specific, concrete, and concise words. Write to describe but avoid using too many adjectives. Mark Twain said: "When you catch an adjective, kill it." Strong words from Mr. Twain but when you cut out adjectives and use descriptive nouns, your writing comes to life. Instead of writing "big, beautiful house," try writing "mansion," "villa," "castle," "palace," or "chateau." Use a thesaurus and find image–driven nouns to replace superfluous adjectives. Sorry, I couldn't find a noun to replace "superfluous adjectives." But you get the idea.

The contemporary writing advice, "show don't tell," echoes in the ears of most writers. And for good reasons. The writer must "show" readers rather than "tell" to grab their image–driven attention. For example, use vivid detail instead of vague generalizations when describing emotions. Write, "sweat dripped from his forehead," not "he was nervous." Let the images come alive in your story.

Action!

Use action verbs, avoid "to be" verbs. Put your reader in the middle of the action in your story. Describe the action with the senses of sight, sound, smell, taste, and feel by using action verbs. Use moving images and carry your reader along, don't let your story become a study in still–life. Don't

Lights, Camera, Action

sprinkle your story on your readers; dunk `em in over their heads! Go ahead, get 'em soaking wet with the action in your story. They will love you for it.

Lights! Camera! Action! will connect your story with your readers. Go ahead, give `em pictures they'll never forget!

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Glenn White is a freelance writer, editor and content manager at his web site for Inspirational and Christian writers at:

How to Write Words Worth a Thousand Pictures
The Consumer Push and Drive for the Camera Phone
How to take Great Photos of Your Pet
Buying A Digital Camera: A Beginner's Guide
Tips And Tricks To Buying A Digital Camera

See-Thru Guide for Cameras
How To Overcome Dandruff
Monsters From Hell – Game
Name Branding Syndicator
Power Profits Autoresponder Course



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