

# The Actor Other Selves: Discovering the Artistry of Eric Morris

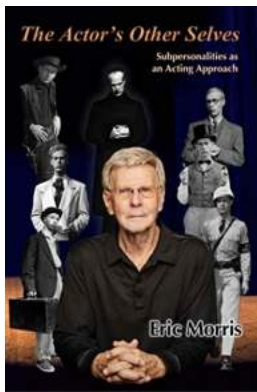


Eric Morris, a name that resonates with the world of acting, has consistently pushed the boundaries of the craft and astonishingly transformed himself into countless characters throughout his illustrious career. With a deep understanding of the human psyche and a mastery of Method Acting techniques, Morris has

captivated audiences and fellow actors alike, leaving an indelible mark on the world of theatre and film.

## Unleashing the Actor's Potential

An influential figure in the world of acting, Eric Morris developed his own unique approach known as the Morris Method. This method revolves around the idea of tapping into an individual's other selves, allowing actors to expand their emotional range and fully immerse themselves into the characters they portray.



### The Actor's Other Selves by Eric Morris (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English  
File size : 319 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 112 pages



Unlike traditional acting techniques that often require actors to rely on their personal experiences and emotions, the Morris Method encourages actors to explore their own psyche, discovering untapped emotions hidden within. By doing so, actors can truly become the 'other selves' of their characters, providing audiences with an authentic and powerful performance.

## Breaking Down Barriers

One of the fundamental principles of the Morris Method is the belief that an actor should not be limited by societal norms, gender constraints, or age limitations. Morris urges actors to explore a wide range of characters, challenging

themselves to step outside their comfort zones and truly transform into someone else.

Through various exercises and techniques, actors using the Morris Method can effectively break down barriers that might hinder their performances. By shedding preconceived notions of who they are, actors can inhabit characters from different walks of life, embodying their pain, joy, fear, and desires with startling authenticity.

## **The Journey within Characters**

Eric Morris encourages actors to embark on a journey within their characters, to understand the motivations, desires, and thought processes that drive them. By fully immersing themselves in the character's world, actors can breathe life into their roles, connecting with the audience on a deeper and more meaningful level.

This approach involves extensive character analysis, exploring the character's backstory, temperament, and relationships. Morris emphasizes the importance of empathy and understanding, enabling actors to build three-dimensional characters that resonate with the viewers.

## **The Legacy of Eric Morris**

Throughout his career, Eric Morris has worked with some of the most talented actors and directors in the industry, leaving an indelible mark on both stage and screen. His guidance and teachings have inspired countless aspiring actors, enabling them to embrace their true potential and discover the depth of their artistry.

Several renowned actors, such as Johnny Depp, Jack Nicholson, and Anthony Hopkins, have credited the Morris Method for their ability to deliver transformative performances that have captivated audiences worldwide. The legacy of Eric

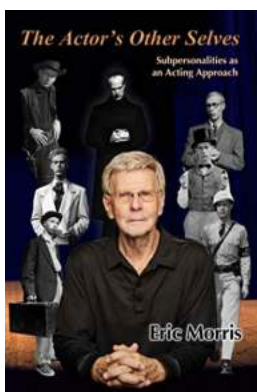
Morris lives on through the actors he has influenced, cementing his status as a true icon in the world of acting.

## In

Eric Morris is undeniably an extraordinary figure in the realm of acting, whose contributions and teachings continue to shape the future of the craft. His groundbreaking Morris Method has unlocked the potential of many actors, allowing them to transcend the boundaries of reality and become their characters' other selves.

Aspiring actors looking to explore the depths of their artistry can draw inspiration from Eric Morris and his remarkable body of work. By embracing the Morris Method and tapping into their own other selves, they too can embark on a transformative journey, becoming the embodiment of characters that resonate with audiences across the globe.

So why wait? Unlock your potential and explore the world of Eric Morris, the master of Method Acting techniques, and discover your own other selves!



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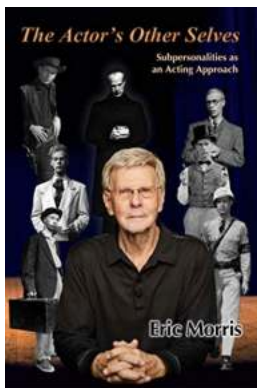
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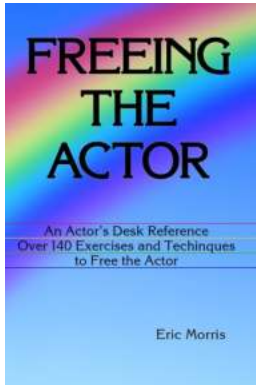
texts that document the Eric Morris system of “experiential acting.” This book is about SUBPERSONALITIES—what subpersonalities are, how they impact our lives and how we use them. It is exclusively written for actors. The journey of exploration starts with the origins and beginnings. Excerpts from books by Carl G. Jung, a Swiss psychologist who explored archetypes, are followed by the use and description of behavioral examples of personalities. The theory is then examined: who are the selves, how were they created and how do they function? The exploration continues with a technique that I created many years ago: THE ELEVENTH LEVEL OF CONSCIOUSNESS, which is totally explained. Then comes EXPERIENCE HUNTING—CHOICE HUNTING, detailing the various approaches used to find experiences and choices that can be used in one’s acting. In the next section of the book, which is a very large section, I detail specifically the approach techniques for accessing subpersonalities, which are: VOICE DIALOGUE (a complete example of the process is given), WRITING IN JOURNAL FORM OR USING A TAPE RECORDER, USING MOVEMENT AND DANCE, USING ART AND DRAWING, USING CHOICES, USING MUSIC, AND ROLEPLAYING. All of those techniques and the approaches to them are explained in specific detail. In EXTERNALS I describe what that approach is and how to use it to access various subpersonalities. External is a “megapproach” and an important

part of my work. A megapproach is such a powerful technique that it could be used as a total acting system. Externals is a process that includes getting a sense of animals, people, insects and inanimate objects and then translating that energy into human behavior. This technique is very impacting on eliciting various subpersonalities. The last of this group is IMAGING, also a megapproach. The next section explains HOW YOU KNOW WHEN YOU ARE INHABITED BY A SUBPERSONALITY. The actor must be able to distinguish between really inhabiting the energy of a subpart and faking it! The DAILY SUBPERSONALITY INVENTORY is an exercise the actor should do on a daily basis to be able to identify the difference between a mood swing and a subpersonality. The section on RESEARCHING THE CHARACTER explains how to identify the different character elements and find a subpersonality to fulfill those components. All of that is followed by a section about going back to historical events, such as the Second World War or the post-war years and exploring characters in plays and films o



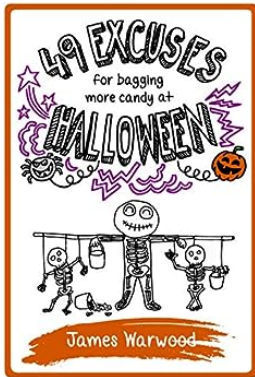
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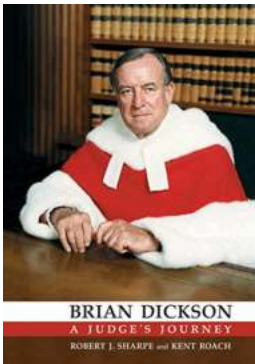
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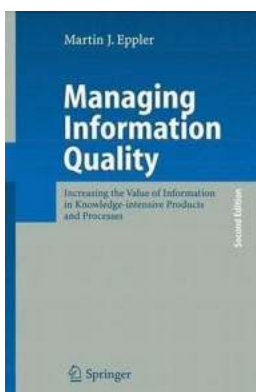
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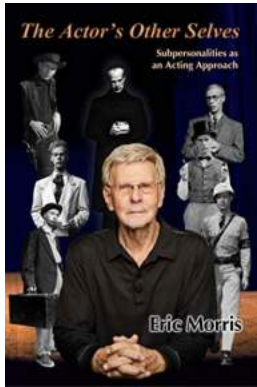
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