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Nota di contenuto	Preliminary Material -- Introduction -- Setting the Stage -- Body Energy Centres (BECs) -- Using BECs to Create Your Character -- The Technique of Shamanic Journeying -- Playing the Exchange: The Actor Audience Dynamic -- Feedback on the BECs -- Bibliography -- Index.
Sommario/riassunto	Awakening the Performing Body is an exemplary work of practice-based research presented in a pedagogical format. This text is clearly laid out for any acting teacher who wishes to pursue a more spiritual approach to acting and participate in the goal of reclaiming the sacred in theatre ¿ or indeed for any acting teacher who seeks a more body centered and imaginative approach to character and actor-audience connections. This book is a crucial contribution to acting pedagogy. Per K. Brask, University of Winnipeg, CanadaHere at last, is a deep, probing and totally fascinating inquiry into the palpable yet unseen forces at work and at play in the theatre. McCutcheon, flaming torch in hand, has entered the mysterious dark cavern where one knows there's a magic exchange. AWAKENING is an awakening - to link mind, body and spirit ¿ to holistically mine acting education where the WHOLE person is engaged, so that magic we long for and crave, becomes something you can actually set out to entice into the light ¿ not something one hopes might appear if we are lucky. An extraordinary work. Dean Carey, Artistic Director/Founder, Actors Centre AustraliaAustralian director

and scholar Jade Rosina McCutcheon, co-convenor of the International Federation of Theatre Research working group Performance and Consciousness, is an Assistant Professor in the Department of Theatre and Dance, UC Davis. Her research revolves around actor training, the relationship between the actor and the audience and consciousness studies.
