

NEURO ACTING™



ENCYCLOPEDIA OF SELF-TAPING

Edited by Bryan Bounds

A complete guidebook on how to
produce an effective self-tape audition

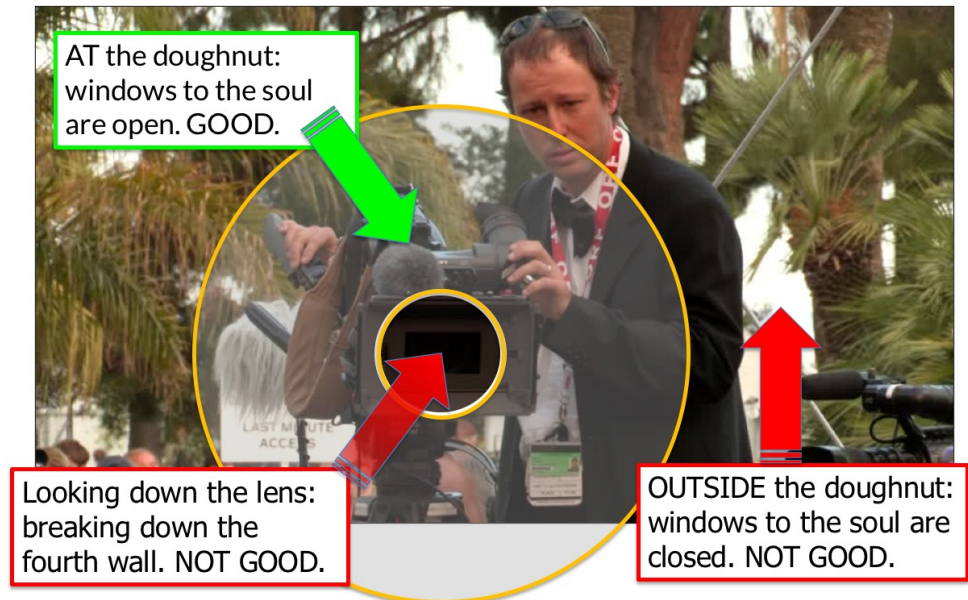
LOOK INSIDE SECTION 6: SHOOT IT

WHERE TO LOOK

Don't look into the camera, unless specifically asked to do so. Eyeline should be slightly to the left or right of the lens. Imagine there's a three-foot wide doughnut surrounding the lens. Look into that area and the lens will reveal your soul. Look outside that area and the lens cannot detect your thoughts.

Where should I look?

At the 'Doughnut' – the sweet spot where your soul is open to the lens.



HOW TO CHEAT TO THE CAMERA:

Even if the scene calls for you to talk to someone seated beside you, place some imaginary objects (see 'Anchoring objects', p.6) in the range of the doughnut and put most of your attention there. Study film actors, you'll see they do it all the time.