

# JENJARACKAS COACHING

Acting Coach & Mentor | Greater Orlando, FL | jenjarackascoaching.com

FOUNDATIONAL PRINCIPLES · 1 OF 3

## CRAFT TOOLS

*Body. Voice. Feelings.*

Every actor walks into the room with **three primary Craft Tools**. Not a script. Not a headshot. Not a resume. Three tools that are yours and yours alone — that no one can duplicate, that no audition can strip away, and that no amount of external circumstance can silence.

The question is never whether you have them or not. You do. The question is whether you know *how* to access & use them — freely, fully, and on demand. *That* is the work.

### BODY

*Your physical instrument — the vessel through which truth moves*

Your body is not decoration. It is not something to manage, control, or perform through. It is the primary vehicle of your truth as an actor — and as a human being.

What the body holds, it will reveal. What it has been taught to suppress, it will protect. The actor's work is to restore the body's natural freedom of expression — to release the habitual patterns, the tensions, the masks that block authentic physical life.

In JJC training, body work draws from:

- **Laban Movement** — understanding weight, space, time, and flow
- **Core Energetics** — body and energy work for emotional release
- **Alexander Technique** principles — alignment and ease
- **Linklater Voice** — freeing the body's natural resonance
- Physical exercises designed to raise awareness and presence on camera & stage

*“The body knows before the mind does. Learn to tune in and listen to it.” - JJ*

### VOICE

*Your sonic signature — the resonance of your inner life*

Voice is not just sound. It is the living expression of your emotional and psychological state — and a reflection of your inner truth ----- the Truth of your Truth. An audience hears everything in it that you think you're hiding.

A voice freed from habit, tension, and self-consciousness carries truth effortlessly. A voice controlled by fear, performance, or an external idea of “how I should sound” produces a semblance of technique ---- without soul.

In JJC training, voice work draws from:

- **Linklater Voice Work** — freeing the natural voice
- **Breath work** — grounding, centering, and supporting expression
- **Bonney technique** — breath & voice work for freedom of vocal expression
- **Core Energetics & Bioenergetics** — body & energy work to free the trapped vocal truths; Lowen & Pierrakos
- **Chakras** — alignment of energy centers, throat chakra specifically

*“Your voice tells the truth even when your words don’t. Free it.” - Weinhold*

## FEELINGS

*Your emotional life — the source of authentic human truth*

Feelings are not a liability. They are not something to manage on set or in life, to suppress in the audition room, or push through in rehearsal. They are your most powerful craft tool — and the one most actors [humans!] have been conditioned, from childhood, to keep under lock and key.

The actor’s emotional life is the engine of the work. Where you are blocked emotionally, you will be blocked in your acting. Where you have access — where you can feel freely, fully, and without judgment — the work becomes alive, specific, and undeniably powerful.

In JJC training, emotional work draws from:

- **Emotional Freedom** — based on the work of Jim Bonney; emotional access work
- **Van Der Kolk** --- based on *The Body Keeps the Score*
- **Core Energetics & BioEnergetics** — body and energy-based exploration for emotional access and freedom of emotional expression; Lowen & Pierrakos

*“Where you are blocked in your inner life, you will be blocked in your work.” — JJ*

## The Three Tools Work Together

Body, Voice, and Feelings are not separate systems. They are one integrated instrument. When one is blocked, the others compensate — and the work suffers. When all three are free, available, and aligned — something happens that no amount of technique alone can manufacture. The truth arrives. And the camera — and the audience — feel it.

This is the foundation of **JenJarackas Coaching**. Not technique for technique’s sake. Transformation.

*“Be the edge. Be you. Be.” — Jen Jarackas*