

Settling In

Written by Administrator

Thursday, 26 November 2009 20:28 - Last Updated Thursday, 16 June 2011 17:10



Home Sweet Home.

Well...it's over. Twilight: Breaking Dawn is wrapped and, now that a few of weeks have passed, I am finally starting to feel like I have landed back into my life.

It's always a strange period of time after a job finishes. I often feel like I am being pulled in two different directions at once. There is a part that feels so much joy in returning home, sleeping in my own bed, seeing loved ones and friends whom I may not have seen or even spoken to in months! At the same time, there is this feeling of loss. It isn't really loss of course, it's more of a change of scenery but it can feel a little jarring when the people that have become such a huge part of your daily existence aren't there any more in the same way.

If one looks at it in the right light, this experience can create a lot of clarity. For me it often reminds me to enjoy the moment wherever I am because there will always be positives and negatives. As you celebrate no longer living the hotel life (which is great but can wear on you after a while) you also remember how much fun it was to walk into the lobby and run into some friends heading out to lunch or hopping in the hotel shuttle and chatting it up with the driver on your way to Whole Foods.

That's one of the greatest things about being an actor in my opinion - the immersive nature of making film, TV, and theater (what little experience I have of that last one). You meet so many people and you have such a vast shared experience as a group. I feel really fortunate to be in a career where I meet so many good people and forge these wonderful friendships.

The challenge for me is always finding my way back to "normal". After three or four months of living in a hotel room it can take a bit of getting used to when you realize that no one is coming to clean your room or deal with the dishes! You suddenly have all the life things you didn't get done staring you in the face! Taxes need doing, there is a stack of mail taller than you and you haven't been to the gym in about two months.

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In short...you've got a choice to make. You can curl up in the fetal position and try to wish away all the things that need doing or you can get started on that uphill battle to reclaim your life. The difficulty isn't what choice to make because that part is obvious. The difficulty lies in finding the energy and inspiration to make the right choice (isn't that always the hard part?).

Now we come to the summary of my little blog because in this choice lies the real beauty of this transitory period. Sitting in my apartment trying desperately to avoid getting started on my day, I always end up asking myself...why? Why should I do these things that "need" to be done? Who says they "need" doing? The harder I look and the more I ask this, the clearer the answer becomes. I don't "need" to do anything, I **want** to. Because no matter how tedious or boring or difficult they may be, they are still, in one way or another, a part of the big picture. In other words, they are positive steps in creating the world and the life I would like for myself. When I look at it in that light all those monotonous things that come along become a lot easier to handle because I am choosing to see them in the proper perspective...long term. And isn't that the best way to look at most things in life? I find that a really helpful question to ask myself is, "Is this for my highest good?" If the answer is yes then I guess what I am saying is...get started.

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. BEGIN IT NOW." - Goethe

"Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work." - HL Hunt

Best,

Noel