

About My Studies in Acting on Stage

Written by Sara Kumar on June 6, 2026, and edited on June 17, 2026

I like to think about Karol Wojtyla's,
dramatic works of literature,
and I am reminded, truly,
of the Indian actor, Raj Kapoor.

I loved studying at Midtown Art Center,
in Houston, Texas, with artists,
who had studied, at Prithvi Theatre,
in Mumbai, India.

I'm also reminded, of a beautiful play,
I saw in Singapore, in the language of Punjabi.

I am so grateful for the beautiful time,
in North Hollywood, where I learned,
with Hollywood artists, at Theatre Unlimited,

about freedom, and an open liminal space,
in the rehearsal space.

In preparation,
I went to study with a friend,
who was my neighbor, and a professional actor,
at a little theatre, in North Hollywood, with Martin Barter,
who taught us about the Meisner Theory of Acting.

Los Angeles & Seattle Meisner Acting School - The Sanford Meisner Center

I'm so grateful for these beautiful moments,
of observation and study.
I'm not a performing actress for stage anymore,
but I love to be with performing artists, and
with a script nearby too.

With my recollection of Meisner Theory, let's just like let love fall over us,

- Listening with love
- Observation with hospitality
- Patient waiting
- Breakthrough, with peaceful insight

We can read from parts of Sanford's book,
on another day, I remember a lovely part, now,
and we can rest here.

The Rhapsodic Way is distinct, actually.

- Contemplative prayer

- Study of small text passage, say from a monologue, for example

- Patient waiting

- Dance-like gesture

Let's wait and pray.

I have a book, in mind, for this also.

amen