

LorrieGay Marlow

An actor honored multiple times for her vivid and visceral stage performances and producing efforts, a former Fashion Illustrator, Author, fierce Researcher, Spiritual Seeker, former Go-Go Girl, and Singing Weather Person to the Stars, **Lorrie Marlow** appears in the documentary *Sacred Self-Marriage* (see *Media*) confessing to the emotional nadir that led her to create her Vow Process. Because we can't allow ourselves to be loved more than we love our Selves, the method, a blend of Acting Technique, Inner Child work and 20 Questions, will soon be taught in small classes and in the whimsically illustrated self-help/relationship book *...I Do Me Wed: How to Marry Your SELF and Start Attracting the Love You Want*. She has appeared on radio addressing self-esteem issues, and regularly finds herself talking women (and guys) away from the precipice of self-sabotage.

She is also one of an elite coterie of east and west coast artists who've led workshops for the highly esteemed Imagination Workshop, an alliance between art and science which originated in New York and is also based at UCLA's Neuropsychiatric Institute, servicing at-risk and damaged populations. Additionally, she's also trained at the Insight Seminars (University of Santa Monica), and as a performance coach, she created **Acting for Singers** for Los Angeles City College, a unique approach that trained singers in relevant techniques commonly used by actors.

Through the Screen Actors Guild Foundation and its Book Pals and Pencil Pals programs, she participates year-round in reading to and corresponding with students at Title I schools to promote literacy and a love of (or at the very least, ease with!) the magic of the printed word.

Currently in the process of negotiations for her book *The Victory in the Obstacle*, the title derived from the quote, "*One who falls to the ground rises by pushing themselves up from the ground*" (Nichiren Daishonin), she is also collaborating with her husband Robert Hooks—actor/producer/activist and founder of New York's fabled Negro Ensemble Company—on his memoir, *More Than Myself: At the Crossroads of the Arts, Politics and the Civil Rights Movement*.

Blissfully at ease as herself in front of an audience, perhaps a noted stage director's backhanded compliment says it best: "*It doesn't seem to matter what you do up there. Audiences just like you!*"