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FEELING OF THE WHOLE  
PREPARATION - ACTION - SUSTAINING

## FEELING OF THE WHOLE:

The feeling of the whole is the basic thing for the creation as a whole and for the rhythm, which lies within each creation. It is something on which we can base our rhythmical things. It is a kind of "grasping" of the whole creation. If we are able to conceive the thing as a whole - big or small - it means we have it; we have digested it. This way of grasping the thing by means of the feeling of the whole is already acting for us. In our profession we do not need to observe - we must do. And to do is to grasp the thing as a whole. But this feeling must be developed patiently, with many inner efforts.

Exercise:

Imagine that before each of you there is a door which you must open before crossing the imaginary threshold. That is all, but try to grasp the business of entering and stepping over as one big whole thing.

## PREPARATION - ACTION - SUSTAINING:

In order to get this feeling of the whole, you must go through three stages: 1. Preparation. It cannot be started without preparation. 2. The action itself. 3. Sustaining - satisfaction that it is accomplished. Complete. A whole. The feeling of the whole, although applied to certain business,

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has a before and after. Now repeat the exercise being aware of the beginning, the action, and the sustaining.

Take, for example, the moment in Hamlet in the court, before the entrance of the King and Queen: 1. Preparation. 2. Action - entrance of the King and Queen. 3. Sustaining.