

Michael Chekhov

October 20, 1936

ATMOSPHERE

ATMOSPHERE:

Atmosphere is an objective thing which can exist without our connection to it. We can feel atmosphere, and we are able to enlarge this feeling - we can take it into ourselves. We must be able to deal with atmosphere. How is this possible? Only if we are active. By being active we will be able, after some training, to increase the atmosphere and to change it, and send it, and call upon it.

1st Exercise:

Sitting on the floor, imagine that in the next room there is a person whom you are very much afraid of. When you feel that person is about to enter the room, you get up and run away. At moments you will feel that it is your personal feeling, and then you will feel that it is the feeling of the group, or an objective thing, or atmosphere. If you will remember many of your acquaintances, you will understand that each of them has an atmosphere, but you know them so well that you don't pay any attention to it. Each person has an atmosphere. The power of the atmosphere depends upon your concentration and your energy.

2nd Exercise:

Imagine that you are in a very gay mood, and that you enter into the atmosphere of a cathedral. Increase this

M. Chekhov

October 20, 1936

atmosphere and try to fight against interruptions.

3rd Exercise:

Look through different colored gelatin papers, and explore the atmosphere created by each color.