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CONCENTRATION

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Compare being concentrated and having an objective, and you will see that they are very similar. When we are concentrated it means that all our powers - every part of us - is being directed to a certain point, as it were. This is our professional use of concentration. Contemplation may be termed "a state of mind," while concentration may be termed "a process of mind."

Exercise: 1. Concentrate on a pencil. 2. Then on a pencil in your imagination. 3. Then on an imaginary pencil. 4. Then on an imaginary form. 5. Then imagine an emerald room with transparent walls and ceiling, and wide green stairs which appear and disappear at your will. You are in an emerald green dress, and you move about in this atmosphere. Try to move.

Exercise: We must realize that our bodies are the means of conveying our ideas to our audience, therefore they must be in our complete, perfect control. As artists our bodies must enjoy moving - raise your arms, experiencing this pleasure in your arms and hands.