

Michael Chekhov

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JUSTIFICATION
LIFE - ACTIVITY - FIRE

JUSTIFICATION:

In connection with The Fishing Scene, I would ask you to do the following justification, in order to understand what a power it can be. For instance, the movement towards the sea; every part of the body must be filled with this desire to penetrate into this power, which is against you. Try to increase it to the highest point. Don't be afraid of exaggeration, if necessary. Go on until you get the feeling for this, because justification, (like everything else in the Method), leads to the feelings. Out of this justified position, try to utter, "The boat!".

By doing this exercise you will get a special feeling, which is so precious for actors - whatever the actor does he must be able to justify. If your nature does not know that you are able to justify, and create with the feeling of truth, everything you are doing, the subconscious will always keep you back. This is very characteristic of actors. If you are able to justify everything, you will be much braver on the stage, and this will give you a greater development of your nature, which must be fire. Through this ability to justify everything you must develop your courage.

M. Chekhov

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= Imagination

" THE HEART "

Never try to
touch the heart
itself.

= Psychological Gesture

= Improvisation

= Justification

= Feeling of the Whole

= Atmosphere