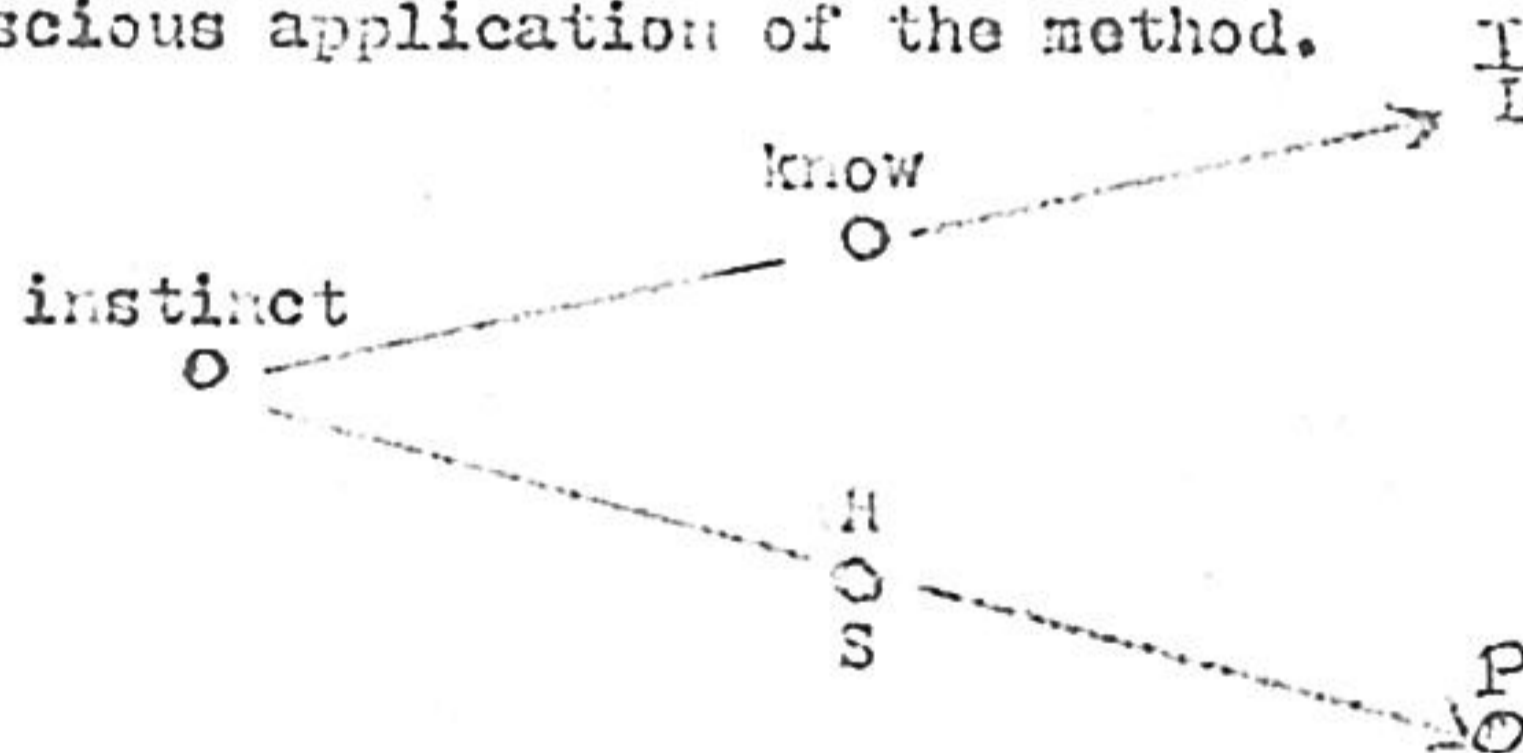


CONSCIOUS APPLICATION OF  
THE METHOD  
INSTINCT AND INSPIRATION  
RADIATION  
STYLE

CONSCIOUS APPLICATION OF THE METHOD:

Until we have gone through this pedantic application of the Method we are not able to apply it instinctively, so please try during this term and longer if necessary while we are in the school, to apply the Method consciously - you will never get the opportunity later on to do so and you will be quite the usual type of actors, which is not our aim - for this type of actor we do not need to have a three year course - we could do it in some months with more sketches and plays, and then we would be ready to act. Now is the moment when you have to say to yourselves - we have the method theoretically, more or less and now we have to torture ourselves with this conscious application of the method.



INSTINCT AND INSPIRATION:

First of all we have the primitive elementary desire or instinct to act and we may go one of two ways - one way is the instinctive way without school, without any special efforts, but the actor who goes this way will meet inevitably the moment



when so many professional habits will be accumulated in his professional life. Characteristic of this way is that simultaneously with the accumulation of these habits, comes a certain stiffness, at the end of which is artistic death. This is the individual way and it is the same for the whole history of the theatre. If we take the history of the theatre we shall see the original instinct, and then the different historical forms it has taken. Now we are very near to this death - sometimes we see more or less brilliant actors but the theatre itself is dead.

How the <sup>other</sup> way I try to induce and seduce you to go is through work. In this way lies knowledge, and work and effort - knowledge on one path, and habits on the other - on one hand it leads to inspiration - do you see the difference? Instinct and inspiration. Instinct is something which pushes us forward but it is not yet freedom or creative life - Inspiration is something which comes only when the consciousness of the human being is worthy to receive it. Instinct is given by nature, but inspiration is given as a reward.

If we do not want to go this path of work and knowledge we will never get this continuous inspiration which must be the sign of the future actor, and the future theatre culture - on the other path there is nothing. I want you to remember this and sometimes try to force yourselves to go this way - to know and to work on the basis of your knowledge.

RADIATION:



I want you to radiate everything we have inside, and this requires again inner effort. When you are acting your parts you have to radiate certain inner content, - my presence, my "I am" - if I am a living person I have always to radiate something, to send something out. Please remember that you will get nothing without effort.

Again we know that the actor's being is the full being, not a part of it. So when we are radiating by means of our hand that means that we are radiating out of the whole being, and the whole being is radiating out of the hand. Then of course the stiffness comes - overcome it and do it quite freely. There is no necessity to be slow or stiff - everything can be done without this stiffness.

Please try to radiate out of your chests, without any movements, simply making this effort without stiffness, real power, believing that the actor's right is to radiate. Now will you move forward and radiate, and get the real pleasure to be present and enjoy it and please recognize it as the means of acting. With this ability to radiate you have the right to enter the stage - without this you are not able to speak to your audience.

Now will you please go backward and radiate with your back. Be careful, but on the other hand try to overcome this stiffness. Now try to radiate out of your whole being, using your chest and forehead and arms and head and everything, that you are meeting someone whom you love and you say "hello"



Now say this "hello," and try to radiate by means of your voice as well as your body.

Exercise, by the condition that you are not able to approach each other, and by your voices you must say "hello," and that must be everything - the only means to radiate is the voice. Now do it in a low, intimate way so that you cannot use the power of your voice, only radiation. Now gradually add to this low voice, very slowly, moving forward, but use this movement as a powerful means of radiating to meet each other. This slow movement is not stiffness, merely the condition I give you.

Now will you please build a group at once, and this group will be the means for radiation. Here everybody sends the content of the group out, not individually but the whole group - a certain kind of ensemble "invitation." This is the "professional friendship" I want.

STYLE:

Spanish Evening:

Only for style. Imagine that it is our Barn Theatre with the many different entrances. When you enter the stage you enter from all possible corners, and appear on the stage. The Stage Manager leaves his troupe to introduce them. He is always in great difficulty because he is never sure what tricks they will perform so they are kept out of the way until the right moment to be presented. He



is bargaining for his troupe. The troupe are looking at the stage to see what kind of settings could be made from the heap of stuff in the middle of the stage. All this must be done in the dancing, jumping style of the play.

Imagine that you are waking up and everything you see you see as if you have just been born and are just seeing the world for the first time. For the archetye! think about flowers, etc. This awakening must be combined with the style. It must be the special gaiety - until you get it you will always be doing the usual way.

If I have the chair I have to find my connection with the chair - if I want to leave it I leave it definitely, not vaguely or "in general." In this style everything is done separately and completely, to produce the whole. Every moment is the "juggler" style - tricks.