

Michael Chekhov

November 7, 1936

CONCENTRATION

CONCENTRATION:

This is the most important thing we have to do in our work as actors. We must develop this power until we are able to be with the object on which we are concentrating. We must possess it with our souls, and handle it with our "invisible hands." It must enter into us, and we must become one with it. This is a double process, and it is only possible if we are really concentrating.

Exercise:

Concentrate on a small piece of paper.