

Michael Chekhov

October 15, 1936

## JUGGLER PSYCHOLOGY

### JUGGLER PSYCHOLOGY:

We must understand clearly when we are doing our exercises that they are much deeper than we imagine them to begin with. We must feel, "I am the ball," or "I am the chair," etc. In this way we will do movements that are the chair, or the ball. It is a deep psychological exercise.

First we must understand that we have "our way" in the Studio. For example, when the bell rings, we must, as it were, step over the threshold into our artistic life, which is quite apart from our private life. We must drop all our personal thoughts and cross this threshold.

First let us do the juggler exercise with chairs. We must feel this exercise anew because in this way we will gradually reach the real, deep psychological meaning of the exercise. Then let us do the juggler exercises with the ball, then with the stick, and then with the veil. Then do the exercises back and forth between the ball, the chair, the stick, and the veil. Invent new and interesting movements that relate to each object. These will be entirely different; for instance, the chair with its sharp angles is like death. Do the exercise slowly and feel the substance, the being, of each article.

Now divide the class into groups of balls, chairs, sticks, and veils; and move to the music with individual qualities and movements.