

2038  
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THE ACTOR'S BODY AND PSYCHOLOGY  
GROUP OR ENSEMBLE FEELING

Dr. Rudolf Steiner

THE ACTOR'S BODY AND PSYCHOLOGY:

It is important to have the right psychology and the right idea while doing the exercises, and also to have a flexible body which will convey these ideas to the outer world, because our whole profession consists of conveying our ideas by means of our bodies and voices - everything we have to say through our art.

Our individual tone and note can sound through every part because we are looking at the world around us and suffering with it but only if our psychology is flexible in our own hands. Only then, if the body is transparent, can this incomparable being, this unique being - the "I Am" in each of us - speak. If the spirit can rely on the body, if the body does not make difficulties for the spirit, and if the spirit does not have to whip the body and be crushed by it. The body must be as free as the spirit, and only this union gives us the possibility to express what we are as actors.

While our bodies and spirits are contracted, undeveloped, unfriendly, we do not know who we are as actors because we have perhaps not pronounced our idea about ourselves. So it is not only the technique of using our body and psychology - which is the only way to free ourselves as actors so that we will be able to say what we have to say, through our art - you can then say such things through your art if your body and

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spirit is free. These exercises are the first step, the first approach to this freedom. The Eurythmy and speech of Rudolf Steiner are two ways which are aiming directly towards this idea of freeing the human being, to disclose himself.

Exercise:

Now try to exercise the two together - the body as a beautiful form, light and easy, and the center which can do everything with the body because it permeates the whole being. Try to combine all the everyday actions like walking, running, sitting down, lying down, etc. The more developed the actor is, the more easily he is able to combine his artistic wishes with his daily life.

GROUP OR ENSEMBLE FEELING:

Our aim is to have a group in which everyone is important, every part is important. We have nothing to do with the star system, in which one person absorbs everyone else. In our theatre the idea is that everyone is a star - the first and the last. Each one of us must be a star with the ability to be in full harmony with other stars - then it will be a real performance. The group feeling is also psychological and physical. We approach this group feeling with the simple idea that humanly we can pay attention to our partners.

Form a circle and be aware of the presence of the other people making up the circle. Pay attention to everyone

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individually and to the group as such.

Exercise:

1. Imagine that a circle is lying on the ground. Pick it up and throw it up into the air, then grasp it and put it down. 2. Imagine there is a ball which is thrown from one to the other. Pay attention to your partner and the group as a whole.