

Michael Chekhov

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HOW TO USE OUR METHOD

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In my years of teaching I have noticed that it is very easy to understand all these exercises, and the means to improve our art. It is easy to understand very difficult and fine things. But our exercises, at the beginning, make the psychology of the pupil more difficult than before. This period is always there. But you must remember that these things are simple, not complicated. You must have the psychology that all the exercises, and all the psychology - are simple.

At the present time you feel that the work is very difficult. Try to throw this away and understand every simple thing. Each movement, if it is done without exaggeration, will awaken some psychology. Each concentration will awaken some feelings. Try to find the atmosphere through moving. Try twenty times the same movement, and you will awaken something in you, provided you do not disturb yourself with the thought that it is too difficult. These thoughts will disturb you. Please take the problem very simple, as it is. Always at the beginning this idea of the Method being complicated occurs, but it is not so.

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John [Schoepperle] gave a lesson on imagination.