

Michael Chekhov

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LIFE POWER ON THE STAGE  
DEVELOPING LIFE POWER

LIFE POWER:

Criticism of the Golden Steed Rehearsal:

You will never be able to get the rhythm of your production if the life drops. Therefore, we will do only exercises for life today. You must realize that without life we are nothing, and are unable to go on. On the 17th and 19th please act fully, but pay special attention to the life. Let us use these performances as exercises to develop this life.

DEVELOPING LIFE POWER: Exercise:

Lie on the ground completely relaxed. The director will count from one to ten, during which you must consciously increase the power of life. Now with this new activity let us begin a short scene from The Fishing Scene. Compare what you have just seen with what you have seen many times, when it was dull and lifeless. Today it was full of activity. Now we will repeat the exercise, counting this time from one to eight. Be fully relaxed to begin with, and consciously take the life power. Don't wait for it to come. Take it with real professional skilfulness. Then begin the Peer Gynt scene. Repeat the exercise again and begin Balladina. Repeat the exercise, counting from one to four; relax fully to begin with. This is as important and must be done as fully as the awakening of life. Then begin The Golden Steed.