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LESSON FOR BEGINNERS - SUMMER STUDENTS

IMAGINATION  
THE BODY AS THE ACTOR'S INSTRUMENT

**IMAGINATION:**

Imagination must be developed to the point where it can become an invisible muscle which you can touch, and it will be there. To imagine, in our sense, means to see with your mind's eye pictures, figures, and events, and to see them as clearly as objects in everyday life. The imagination must be a real power which we can use wittingly.

There is a great difference between seeing with the imagination and seeing with the physical eye. We are content with what we see on the surface with our eyes, but in the imagination, when we see something, we immediately know the whole depth of it. First there is the power of the imaginative picture and second there is the ability to see through it into the very depths and heart of it. You must pay attention to this power of the imagination and to the ability to penetrate into the object.

This work must be done every day, otherwise you will find you go back instead of going forward if you miss a day. You must not lose the rhythm of the work.

Exercises:

1. Try to imagine something which exists in your room. Keep it before your mind's eye continuously until you

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feel a certain power over it. Do this for five minutes to begin with. 2. Now concentrate on a well-known sound. 3. Read a few lines of a fairy tale, imagining as you read.

#### THE BODY AS THE ACTOR'S INSTRUMENT:

This must be a very conscious approach.

1. Think of your own body - "I have my body." You can act on the stage with your body, and it will not drag you down.
2. Move your hands and arms up and down with the same idea, "I have my body, and I have the ability to move it because I wish to do so."
3. Walk around slowly, permeating your walk with the same feeling of experiencing your body.
4. Walk and move the hands and arms at the same time.
5. You have an invisible center in the chest which leads you. The whole body obeys this center which moves actively.
6. Imagine a state in which you are very sad and heavy, then imagine yourself very light and gay - you will experience the difference in the weight of your body - one is heavy and the other is light - it is a psychological thing which we can use in our profession. We must have this as an ability in our grasp. If you are absolutely light, you can perform a heavy body, but you must always remain light yourself. Move your hands and arms with the desire to get them lighter and lighter - with a feeling of ease.
7. Combine the center in the chest and the feeling of ease.