

RADIATION
MEANS FOR REHEARSING
JUSTIFICATION (FEELING OF TRUTH)

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RADIATION:

For the actor it is very necessary to be conscious of the gift of radiation - the ability of the human being to radiate continuously from birth to death. Man radiates from birth to death; this is the difference between the living human being and a corpse. Think of a corpse and you will understand the difference.

Let us try to be conscious of this power of radiation and get it in our own will by moving about the room quite freely, being conscious of the fact that you are radiating from your spiritual being, by means of your own inner effort - "I am radiating my own being." When this radiation is produced or awakened by your own efforts you will get quite a different feeling in your physical body - as if increased life and warmth are there - a certain kind of activity - a certain desire to move - a certain pleasure in being - a certain feeling of health.

All these things will come more and more simultaneously with the ability to realize that you are radiating, and that you can increase this radiation by your will, quite consciously. Try to overcome the stiffness which may be present in the beginning of these exercises.

Take a sentence and get the illusion that you are

radiating your words, and not actually speaking them. If you can get the illusion then you will get the ability to radiate your movements, your words, everything. Then you will feel that you are radiating sentences like rainbows, full of colors. For instance, let us take the sentence: "Full many a glorious morning have I seen."

These simple exercises are most interesting to watch because there is something coming from the real human nature of the actor. It is much more interesting than in our present theatre, where six or eight actors are coming on to the stage and moving like corpses. The idea is that I am following my own radiation; I am following these powers, these rays of radiation. This is the direct door to your own talents and gifts; as much as you have you can open the door to your talent, and as much as you have will pour itself out through this means of radiation. We are much more gifted than we think, only our gifts are closed and shut. We must find the doors and open the doors to our talent, then we shall see how gifted we are, and perhaps it will be quite surprising to us.

When we are on the stage we must be able to keep this radiation for hours and hours; it must be like an instinct, a higher kind of instinct, a sensitivity. This ability to radiate is like air for the artist, which sits in the inmost part of his being, and which is striving to be let out. Instead of doing things which make it more closed, we must ask

this artist in us what it wants to do, and by means of radiation and other means, we must open the doors for it to go through. Our bodies will follow this radiating power in us; we will not be pushing our bodies, and our words along, but they will follow this radiating power. They will be like rays, like light which radiates from us.

MEANS FOR REHEARSING:

1. Sense of style.
2. Justification (Feeling of Truth).
3. Atmosphere.
4. Contact.
5. Radiation.
6. Characterization.
7. Objectives.
8. Receiving directions.
9. Incorporation.

The more consciously we take the points of the Method, the more likely it is to remain in our inner being. So take everything quite clearly, with great patience, as a new thing which you have never heard of before. Only in this way will we be able to accumulate our abilities. When we are doing thinking exercises from the Hindu and Dr. Steiner, how do we do it? We take an object and we think about it, and then we start again with "What do I see before me?" We do it twenty times so that, imagining with inner activity, I must

awaken in myself this ability to be able to start again and again. With a tremendous effort and with practice it comes every time. When I am strong enough to say, "What do I see before me?" then I get something which I call accumulating certain abilities in my soul. I suffer; I hate the exercises, but I must suffer and overcome certain difficulties in order to be able to think so that I can take the thought with invisible fingers, quite simply, without playing with other thoughts. But this will come only through such powerful exercises. So each time make an effort and pretend that you are doing it for the first time.

JUSTIFICATION (Feeling of Truth):

Justification makes our creative spirit free, because it - our creative spirit - justifies everything. Justification is one of the doors through which our imprisoned talent can come out and help us. Bridges and transitions will come because of this justification. When I am trying to justify something by means of my free spirit, it can be real justification when we embroider things, and bridges and transitions. The intellect can only see the straight line, but the justification always embroiders. Exercise: Two people pass each other on the street, and knock into one another.

1. You must elaborate your parts; prepare everything consciously by means of the Method with the professional approach that you are working for the next rehearsal. 2. The task for Old Students; try to make a list of what you think

can be used in our Method as a basis for rehearsals. We are always using objectives, atmosphere, etc. Now look through the Method and make a list of other things which can be used for the rehearsals. If you were the director, what would you give your actors as a basis for acting in general? Go through the whole Method and select the means for the rehearsal.