

Lessons to Teachers

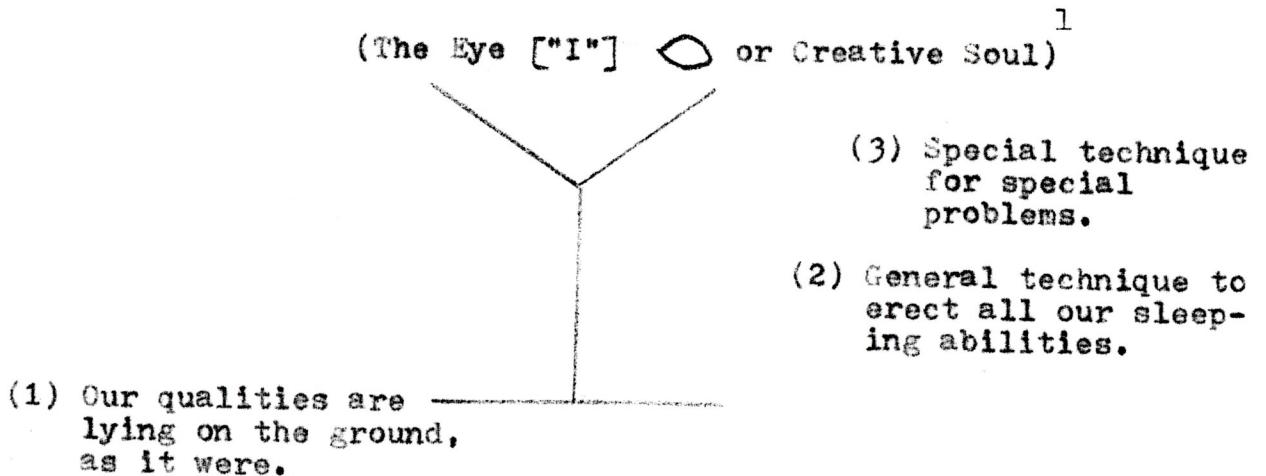
LESSON XIII

THE ACTOR'S TECHNIQUE
CREATIVE QUALITIES
TWO KINDS OF TECHNIQUE

THE ACTOR'S TECHNIQUE:

It is very important that your pupils and you yourselves understand what we are doing through our three-year course. They must realize what it means in our school to be taught. We must have a very clear plan or scheme of what we are doing. It is a very good idea sometimes to put your ideas and plans in some simple form. It helps our minds to bring together all the material on which we are going to elaborate.

Scheme: (Goblet)



CREATIVE QUALITIES:

In the above scheme we see the spiritual and creative

as against the material and uncreative. But we must work to incorporate the creative with the uncreative. That is what we are working for, and we have many exercises for this. What do we want to do with these exercises? We must "erect" our heavy, uncreative, materialistic qualities, into which we must incorporate our spiritual ideas, our inspiration, and all those creative qualities that we can get from our living spirit. These qualities must be erected through long exercises - exercises which will develop our voices, movements, fantasies, etc.

TWO KINDS OF TECHNIQUE:

There are two kinds of technique. One is the kind we are doing in our classes. The second is that technique which will come as a result of our efforts to "erect ourselves," and which is much more subtle. This is the technique which is very necessary for each part, for each performance, for each soliloquy. For each part you must find a special voice, special image, special movement, etc. When you have become "erect," and you get a certain part, you must use this as a basis and create your special requirements. This special technique is a pillar on which you, as an artist, can stand and on which you can lean. It is like arms with which you reach your part. Your being is then like a goblet - a vessel. This analogy is a very good one because, as an artist, you must be like a goblet which is open to the spiritual world.

This is our technique of the body. Instead of lying lazily and heavily on the earth, we must in time re-create ourselves to the state of a goblet. That is the meaning of our work - from the bottom to the top.

Another work must be done simultaneously from the top to the bottom. Your creative part, the artist in you, your Eye ["I"]. To develop this you must have the power of concentration developed to a very high degree. You must have an ideal and must develop your imagination and fantasy. When you have these two things, then your creative spirit can live and can feel around itself some creative themes. It awakens the wish to create more than before.

Everyone who comes to our school must possess this wish to create, and through the power of concentration, etc., the wish to be creative will increase. If our methods are right, we will see that in two or three years our students will gradually become more and more creative. They will feel that they wish to create even more than when they first came to us because they have awakened their individualities.

We will speak of the actual process at a later lesson. When our scheme is followed, you will see what the results are for the human being and the artist, after a creative process has been fulfilled. This is only a beginning, but it is useful for bringing some things in order in our minds. It is very good from time to time to return to very simple thoughts and to follow them through your mind.

The theatre is a highly cooperative thing. Music has so many beautiful laws that such cooperation is much easier for an orchestra to achieve. But the theatre is so young and still so stupid as an art that our cooperation has many difficulties and obstacles, and we need this feeling of cooperative creation in a much higher degree. We will develop the new technique to be cooperative in our creative work, but the feeling that we are obliged to create - not in solitude but in a group - is most important.

Movement: While the musician plays a march, ask the students to walk around the room saying to themselves, "My body is healthy, my body is healthy." "I have a healthy body." Then, "I am light." Then, "My arms are like wings." at the same time lifting their arms from their sides. Then, "I can fly." At this point they will begin to run, still thinking, "My body is healthy." "My body is light." "My arms are wings." "I can fly."