

Lessons to Teachers

LESSON IX

THE PAUSE
"THE SPINE" - THE GUIDING IDEA
RADIATING
FEELING OF THE WHOLE

Concentration is a way to the spiritual part of the object. There are two worlds of the spirit - good and evil. Our efforts are toward the good.

THE PAUSE:

There are two kinds of pauses - the pause which comes before something happens and the pause which comes afterward. There is never a pause which means nothing. When you have a pause, you must always be conscious that something will be done or that something has been done. If you will train yourself in this way, you will get accustomed to find always instinctively the right place for the pause. Your pause will always be very significant if you train yourself to meditate, to be aware that a pause is something which comes before or after some happening. The pause must always be the result of something, or it should be just before something. Without the feeling of the whole, the pause has no significance.

"THE SPINE" - THE GUIDING IDEA:

How can we get this feeling of the whole? Only by trying to find "the spine" of everything - a play, a speech,

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an idea, or "the spine" of the coming event. By "the spine" we mean the guiding idea. You must try to find it in everything that you have to say or do. In that way you will find in your own soul what it means to have a feeling of the whole.

The next step is how to convey this feeling to your audience or your pupils. Before you start to do, or to speak, or to think, first have "the spine" before your mind's eye. When you have this very clear, then you can start to speak, to play, and to think. That is what you need to manage - this feeling of the whole. Try to do something, but before doing it, imagine very clearly what you are going to do, speak, or play. The clearer you have it in your mind, the more power you will have to convey it and the more receptive the audience will be. The reaction of the audience depends upon the actor or the speaker. You must be radiating every moment you are on the stage in everything you do.

When you have digested these things, you will feel that a fire is in you as an actor because you are working consciously. By a knowledge of the whole, and the pause, and such things, the actor will have a magic power which has not yet been seen on the contemporary stage.

RADIATING:

You radiate very vividly in life. Try to find out how to capture that power for your art. Through these exercises you will find and increase this power. Do you know how

to work to reach the highest and most complete point? Feel the beginning and the end and the whole complete action and always be conscious of radiating.

At first, it will seem like many things to do all at the same time, but all at once they will come together with each concentration exercise. To bring them together requires much concentration and that is your exercise. If you find you are working too easily, it means that you can begin to do more complicated exercises. The joy you feel in doing the exercise is the sign that you have reached something.

When working with your pupils, you must keep the ideal in your mind always before you. In that way, you will be able to compare the real pupil with the imaginary, ideal pupil, and you will see where the pupil is wrong and what he is lacking.

FEELING OF THE WHOLE:

Today we have spoken about two things concerning the feeling of the whole, how to get this ability to feel this "whole," and how to convey it. Try to convey this "whole" through very short movements and speeches. "The trees are in flower." Keep thinking constantly, "I am a creative person." "I am radiating and doing everything in a creative way." Always have this aim, this line, in mind and know how to reach it. Time and effort will do the rest.

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Exercises:

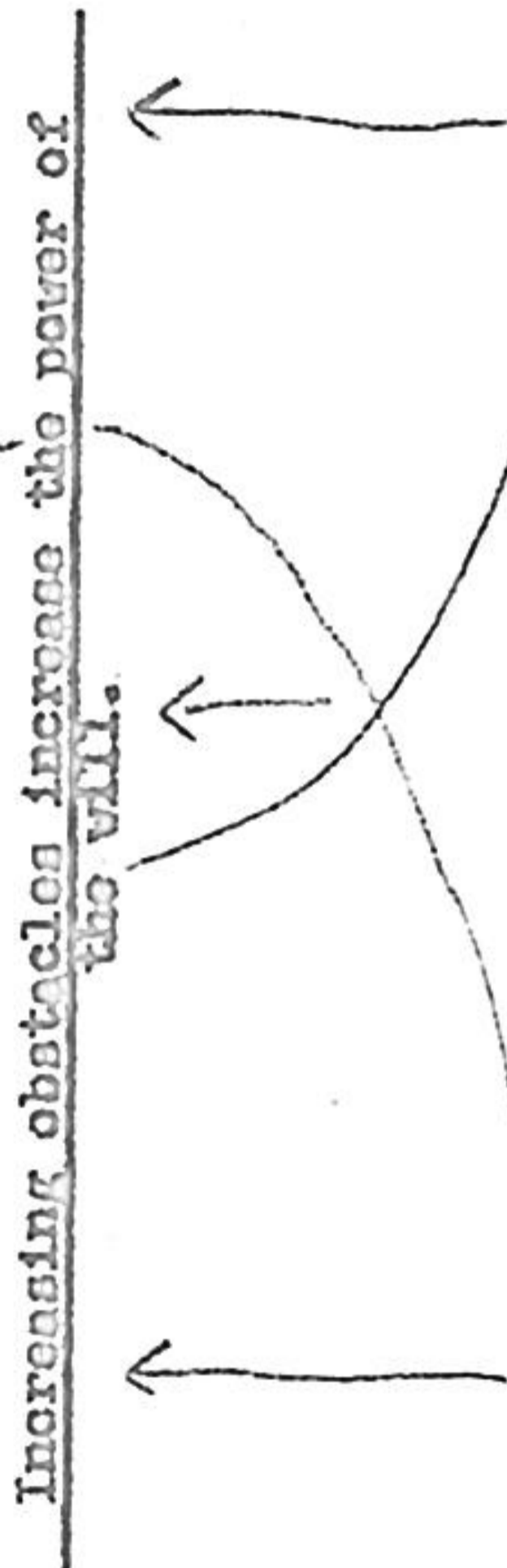
Say a sentence as a whole thing, with a pause at the beginning and at the end. Deliver your words as if they were actual things. Wait for your audience to receive your words as actual things. Example - the exercise of throwing the ball to one another as if it were the actual sentence.

THE WORLD OF CREATIVE IMAGINATION

CHART OF CONCENTRATION

Concentration:

1. With will.
2. Full concentration with whole being.
3. Result is penetrating into the life and depth of the object.



Images of pure creative fantasy.

Imagining the objects of the physical world.

The objects are physical things and commence with hearing and seeing.

Concentration:

1. Without will.
2. Partly concentrated.
3. Understanding outward qualities of the object.

THE WORLD OF PHYSICAL REALITY