

Michael Chekhov

July 1, 1937

JUSTIFICATION
OBJECTIVE \
FEELING OF TRUTH

JUSTIFICATION:

By thinking and imagining the qualities of the three magical things - objective, justification, and feeling of truth - you will get some other qualities quite naturally. For justification, for instance, let us take the moment when John is seen in The Fishing Scene. Try to justify everything, but pay special attention to the hands. This will be a great joy for you to have beautiful working hands and arms. The idea of dividing our bodies in order to justify specially the arms and hands, makes the exercise more concrete. To try to justify the whole body is a little too general, but when we justify our hands and arms, for example, it is something concrete.

OBJECTIVE:

Now take the objective, "to help him." Take this in general. Remember that you are led by the objective. This will give you the right feeling to act for the audience in the best sense. Now realize when the objective is fulfilled. Now, with the objective, pay special attention to your legs and feet, and ask them to fulfill the objective. After the objective is fulfilled, you will feel that you have awakened some new activity in your body.

M. Chekhov

July 1, 1937

FEELING OF TRUTH:

Do the same thing with the feeling of truth. How? That is the question you must ask yourselves. The audience will open its heart as much as the actors will give it the feeling of truth. Now have the feeling of truth in your torso more specially. By paying attention to some special part of the body we realize that our bodies can be filled with these qualities. Try to realize what kind of experience you have had in your torso. You must realize that this is all exploratory work. We have spoken once about clever and stupid bodies. These exercises will make your bodies more and more clever; they will not only be more flexible, but they will be artist's bodies.