

# CONTENTS

<b>FOREWORD</b> .....	<b>9</b>
<b>BEGINNINGS – FIRST STEPS</b> .....	<b>11</b>
Games .....	14
“Senses” Exercises .....	23
Impossible Exercises .....	26
Observation .....	27
Working with an Object .....	28
<b>THE ACTOR’S ART</b> .....	<b>31</b>
The Concept .....	39
The Interview .....	41
Myself in the Given Situation .....	43
Improvisation .....	50
Role and Performance .....	54
Conflict .....	58
Emotion .....	64
<b>THE ACTOR’S WORKING INSTRUMENTS</b> .....	<b>71</b>
Courage! .....	73
Using the Question .....	76
Finding the Conflict .....	77
The Actor is Representative .....	79
Start Every Scene from Scratch .....	81
Try to Learn, Discover .....	82
Theatre is Here and Now .....	83
The Presence of the Actor – the Final Test .....	87
The Text Must Become Necessary .....	89

Listen, Change, Oppose .....	91
Narrate the Play .....	92
The Actor's Charisma .....	93
From Imaginary to Real .....	94
Turn Thoughts into Actions .....	96
Natural, Normality .....	97
Act in order to Change your Partner .....	100
The Disagreement between Partners generates the Stage Truth .....	101
Establish Rapport .....	106
The Monologue as Action .....	108
Who is the Person in front of You? .....	109
Involvement attracts Involvement .....	113
Be your Character's Advocate.....	115
Play the Opposite .....	116
Character Versus Role .....	118
Heroes, Age, Civic Responsibility .....	122
Stepping out of Character .....	128
<b>HOW DO WE JUDGE ACTORS? .....</b>	<b>131</b>
The Actor as an Agent of Change .....	133
The Potential for Vulnerability .....	138
Leading Oneself, Leading Others .....	139
Acting is reacting.....	140
Acting Between Words .....	142
Who Wants What from Whom.....	143
<b>THE ACTOR - ARTIST .....</b>	<b>147</b>
The Miracle .....	149

The Principle of Unity .....	150
“Falling in Love” .....	154
Childhood .....	156
The Moment of Meditation.....	157
Meditation in Movement .....	158
<b>FINAL WORD .....</b>	<b>163</b>
<b>SELECTIVE BIBLIOGRAPHY .....</b>	<b>165</b>