

## The Paraphrased, Massaged & Doctored Wisdom of Constantin Stanislavski (1863-1938)

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The METHOD OF ACTING is a creative process of living and experiencing organically a desired role. This METHOD OF ACTING enables YOU to create the image of that desired role—breathe the life of human spirit into that character and then—by natural means—embody it with artistic beauty.

To play the role, YOU must know how to put on and wear a costume, and how to use proper body language and stage props appropriately. YOU can do this, only when you feel YOURSELF in the part and the part in YOURSELF.

Bring YOURSELF to the point of IN-ACTing a new role concretely. AS IF it were YOUR life. And when YOU sense this real kinship, then this newly created being will become soul of YOUR soul and flesh of YOUR flesh. This AS IF acting is a lever to lift YOU into a world of a new chemistry.

YOU, the (\_\_\_\_\_) must above all believe in what is happening around YOU and in what YOU are doing. Truth cannot be separated from belief, nor belief from truth. YOU must believe in what YOU say and do and YOU will be convincing.

For YOU to establish the right (\_\_\_\_\_) state it is essential to work step by step to establish HABITS. Piecemeal this habit system enters YOU until IT (the chemistry) becomes incorporated a second nature. At all times and in all places the (\_\_\_\_\_) must constantly practice to achieve a true (chemistry) feeling.

This capacity to transform YOURSELF, body and soul, is the prime requirement for a successful (\_\_\_\_\_) performance. Acting the (\_\_\_\_\_) part is a whole way of life. YOU can not do it all at once.

YOU develop the talent to be a/an (\_\_\_\_\_). And the more talent YOU develop the more YOU will care about technique.

Then for YOU the (\_\_\_\_\_), the difficult becomes habitual, the habitual becomes easy and the easy becomes BEAUTIFUL!

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