

Grotowski's Principles

Of the 10 principles I looked at, 3 of them stood out to me: 1, 2 and 7. I believe these 3 to be incredibly important to the process of acting.

The first one about how we try to divide ourselves into body and soul, reaching “biological chaos”. Through acknowledging a human desire of “intellect and instinct”, it highlights linking the movements in the body to the emotions and thoughts in the mind. The first principle also makes a point to discuss the relationship between the actor and the “spectator”. At first, I couldn’t understand how this linked to the other points in the principle. However, I now interpret this element of the statement as an ability to let your actions and emotions connect to the spectator; making sure your intentions are clearly understood and that the audience resonates with your performance.

The second statement is about the way theatre lets us experience different facets of life. It is about finding the truth within acting. This is an important skill as it gives what we are doing much more depth and gives it meaning. By allowing us to “transcend out stereotyped vision” we are challenged as actors to think beyond conventions and be creative.

Finally, statement seven is incredibly important in acting as it tells us to take our craft seriously. It informs us that we must avoid “shamming” and rise above mockery of ourselves and others. I find that the final section regarding “health, physical condition and all his private affairs” to be integral as it recognises that as actors, we work together. The success of a performance rests on all of us and if we aren’t taking care of ourselves, it raises difficulties for everyone involved.