

The Role of Imagination and Attention in Acting

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Abstract

In this article, information about the images that appear in the world of imagination and the attention needed for an actor is highlighted.

Keywords: Imagination, attention, image, actor, exercise, exercise, work, performance, creativity, discussion

Images manifested in the world of imagination have an independent life live with Okshom. He took it for a long time Your thoughts are about exciting times, work done, and water you give rest to tired nerves. (At such times) light the lamp flies and falls without a chair. What's up with you in the fall? embodied? The faces of the people you meet today. Their sounds and sounds, their behavior, their humor, their features will win you over. The power of your imagination, Houses, various districts are displayed in your eyes. the day you spent will be reincarnated. At this moment, you are alone if he did not notice it, he spent it before, outside of today's memories long and near days, autumn appears in you. A wish that flew out of your memory and wishes, dreams, goals, achievements, missed opportunities it will start again. However, they may not be as accurate as the ones you see today. Supposedly someone erase your memory It has changed and burned. some cases of users and You can't remember specific situations, but general you remember the look. Here are your memories of today and the first in between, sometimes there, sometimes here, someone you don't know will be transported to the fall. Sometimes it will be loaded and then it will follow other people you don't know with Uzi. They communicate with each other, (sorry) kursati, you are unknown Sysran Bokearapen kypacus. Junzuso earamu kancusm xuc kuracus. Unknown symbols pull you into the flow of life and you involuntarily, you will feel that you have become stronger in the supply nest.

Actors and directors, like other creators, have such moments and He has experienced many situations. 5 - "I am always surrounded by symbols," said Max Reingard. - "I am waiting for Oliver

Twist, an early mountaineer. But it's better than that," said Dickens. - The lines of symbols that inspire you are "we are." "We are here" - Goethe said. - Raphael, walking out of his room - "Sistine when he built "Madonna". Michelangelo shrank from excitement and said, "I am haunted by icons." they are forced to wear clothes and sew their own clothes" -

he said. If a modern actor, compared to old actors, - we don't believe that creative symbols act differently, - if he is a democrat, The answer of the old actors was as follows: - "If you say that you will play any character, you are very wrong. Your current materialized age, creativity - mental perception Do you think this is inspiration? What does it give? Our inspirations are emotions brought to the world. They are narrow in our daily personal life took it out of its shell. You just pay attention you look. Judging the symbol. As long as you are forced to recognize the specific way of life of the given symbol, it does not matter whether you like it or not. you should not allow him to live according to his will. In front of you Burned to direct them towards a certain artistic goal to judge them, towards the purpose for which they were formed hit forward. (Mindfulness exercises will help you with this). Be able to trace the given characters if you get out, you won't be waiting for the late fall. It's theirs whenever you want, day or night, at work or at home uzi will appear on your screen. The inner world of the symbol. It's perfect for capturing an image in your imagination can be shaped. An artistic representation built from an internal point of view - He watches his movements as we are, the vital interior in it and outside we notice the similarity. But everyday life is in marriage the outside of a person apparently looking at what's inside may not know. But the artistic representation is internal with the help of imagination in our eyes, all his feelings - emotions, love and passions, the house's thoughts, goals and good intentions are always manifested. The images in his imagination are vivid with his inner life, he disturbed Leonardo da Vinci and did not give him peace. That's why he always says, "where there are strong feelings, there are also strong sufferings." - they insisted. As a result of regular exercise the imagination grows. Movements according to imagination becomes more refined, glossier, the symbols before us try more often will be interchangeable. Sometimes it is and now the symbols that when you tried to develop them, they disappeared you can't even notice it. Suspend them internally for as long as you want. What do you need to do in order not to be copied? Focus on one point endurance, inner strength - power is considered. Actually we all have this power by nature. we have Otherwise, we would not be able to do even the trivial tasks in our daily life. (Movement beyond the basic elements, which we find in our daily life the ability to concentrate power on one point, imagination lacks for an advanced actor). To represent someone on the stage, this is the inner strength - strong connection. Imagination to achieve our goal of development the end of the exercises is not enough, so be careful at the same time It depends on the correct understanding of its essence and understanding of its nature. Do each step separately. So, they are one by one try connecting. Repeat this exercise until you get the hang of it. By reconciling Muscles and sensory organs are involved in the exercise should not. Get your attention in the order of the incoming source. I will try to change it.

Simple resources to watch and listen to:

1. Sound.
- 2 A man's voice.
3. A simple item stuck in memory.
4. The sound in the memory.
5. Memorized words (sentence or sentence)

6. An image of a person you know is stuck in your memory appearance
7. From Pesa or fiction, you will be remembered a lost symbol.
8. A mythical creature, landscape, architecture invented by you shape etc.

The beginning of the exercises at the stage, the process of keeping attention on one point is interrupted must not come. However, he was extremely tired from exercising don't get bored. From repeating the exercises all day long, it is preferable to repeat it two to three times a day. From time to time, start with simple exercises and repeat them.

These exercises are part of the process of attention complete the movement. Because of their internal needs. Continue until you achieve immediate memory recovery and light performance make it. As long as it doesn't distract from the selected source, it's simple do physical work. For example, right now in front of you Arrange the room, arrange your books, put flowers in the house in such a way that the memory of the missing person is kept in the center of attention. burn water, etc. Inside you as you go about your daily activities what is happening is the process of attention, not interfering with external actions pay attention to the necessity. Pay attention.) The more you master the sharpening technique, the more you have the ability to bring things to life you will Attentional activity increases, strength increases, the quality of colors decorated with Such qualities were present during the performance on stage sari begins to fall.

2. Exercise. Start by remembering the exercises (things, people, events). Try to restore as many elements as possible in memory. As you carefully search the source that is alive in memory, another don't get distracted by things. Choose a small scene from a piece you are familiar with. Except in the process of playing out the scene in the imagination A few simple and simple tasks before the participants Write (questions). For example, this or that feature as much as possible express yorokinrock, show the atmosphere on the stage in detail, this or that feeling - such as increasing or decreasing excitement. Come back to the same scene tomorrow. Compared to yesterday What changes will happen as a result of your questions today? gave? As a result of the questions you asked today, ruy in symbols Note the changes. New to members ask questions or repeat previous questions wait for the result the next day. He gave you the symbols on the stage pay close attention to their advice. Represent you on stage, What changes have been made as a result of the influence of the symbol on you did it? Did you have new thoughts and feelings? Have you discovered any tools you didn't expect? them you may or may not accept. An actor should get used to working with small elements without getting confused. During the performance, it became insignificant from imaginary representations of them in the smallest aspects push For example: autumn gaze, ash movement, silence, sigh, feeling, desire, . love thinking, and etc. Question when you give them, notice the changes that have occurred in them. As a result of the answers to the given questions, you have if the creative consciousness awakens and there is a desire to play this or that role, - BREAK EXERCISES GET INTO THE PRACTICE PROCESS POSSIBLE. Of course, it is the intended purpose of the exercise (that is including the recommended methods xam) to awaken the creative feeling it consists of calling him to action. On the stage Such qualities may not change much during rehearsal. But the results of imagination exercises are more subtle qualities, feelings - the life of the hero you want to create becomes an integral part. The color of his walking - standing, movement

patterns increases. Awakened in imagination creative feelings - to your senses as a performer will be absorbed. By becoming the embodiment of the character you are creating likes.

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