

STEVE'S MONOLOGUE LESSONS

爺爺與大家的獨白課

When working on monologues, these are some of the things we talked about:

關於獨白工作，以下是我們談論過的幾個重點：

- **Taking the time to connect body, voice, image and energy.**
花點時間和你的身體、聲音、意象和能量建立連結。
- **Accepting the actual audience; they can serve you. (Lifting your eyes and seeing them.)**
接納現場的觀眾；讓他們成為你表演的助力。（眼睛往上，好好看著他們。）
- **Taking the time you need to locate your images in space, and opening yourself to all of them, including those which make you uncomfortable. (Often, the playwright *wants* you to be uncomfortable.)**
好好花點時間，將你的意象安置在工作的空間裡頭。對所有的意象保持敞開，包括那些讓你覺得不舒服的意象。（通常，劇作家希望你覺得不舒服。）
- **Listening on every breath to what the images – or the person you are speaking to – says back to you.**
在每個呼吸的當下，聽聽這些意象——或是和你談話的對象——究竟對你說了什麼。
- **Allowing each moment to flow through your whole body, connecting your lower body**
允許每個片刻流經全身，和你的下半身保持連結。
- **Then, letting go of each moment, so that the next one can arise.**
再來，一個片刻接著一個片刻把它放掉，這樣下一個片刻才有辦法進來。
- **After having found the emotional contents of each moment, trusting that you don't have to "work" so much.**
找到每個片刻的情緒素材之後，要相信自己可以不必「做」那麼多。
- **Adding more and more detail and precision.**
為表演帶入更多的細節和精準。
- **Noticing what you are feeling at each moment. And allowing yourself to be curious about – and to enjoy – your process.**
注意自己每個片刻的感受。允許自己對於自己的過程保持好奇，並且享受你的過程。