

# Sanford Meisner Quotes

*Acting, Theatre, Roots, Circumstances, Fun, Imaginary, Impulse, Littles, Actors,  
Foundation, Religious, Thinking, Insecurity, Motivational, Life, Vocabulary,  
Emotional, Bigger, Sculpture, Talking*

Act before you think - your instincts are more honest than your thoughts.

~Sanford Meisner

Acting is behaving truthfully under imaginary circumstances.

~Sanford Meisner

If you want to reach every person in the audience, it's not about being bigger, it's about going deeper.

~Sanford Meisner

Don't be an actor. Be a human being who works off what exists under imaginary circumstances.

~Sanford Meisner

Your acting will not be good until it is only yours. That's true of music, acting, anything creative. You work until finally nobody is acting like you.

~Sanford Meisner

Silence has a myriad of meanings. In the theater, silence is an absence of words, but never an absence of meaning.

~Sanford Meisner

An ounce of behavior is worth a pound of words.

~Sanford Meisner

Being an actor is a religious calling because you've been given the ability, the gift to inspire humanity. Think about that on the way to your soap opera audition.

~Sanford Meisner

The truth of ourselves is the root of our acting.

~Sanford Meisner

That which hinders your task is your task.

~Sanford Meisner

Courage means willing to risk everything.

~Sanford Meisner

Transfer the point of concentration to some object outside of yourself - another person, a puzzle, a broken plate that you are gluing.

~Sanford Meisner

Every little moment has a meaning all its own.

~Sanford Meisner

With a developed imagination there's no place you can't go.

~Sanford Meisner

You don't pick up cues, you pick up impulses.

~Sanford Meisner

Acting in a scene is like paddling a canoe from a pebbly beach on to the river, the writer builds the canoe, and the actor provides the river. The river is the actor's thoughts and emotions.

~Sanford Meisner

Listen with your gut, not your head.

~Sanford Meisner

WHY is the most important word in an actor's vocabulary.

~Sanford Meisner

Acting is the ability to live truthfully under the given imaginary circumstances

~Sanford Meisner

Find in yourself those human things which are universal.

~Sanford Meisner

The greatest piece of acting or music or sculpture or what-have-you always has its roots in the truth of human emotion.

~Sanford Meisner

The truth of your instincts is the root of your foundation.

~Sanford Meisner

You know it's all right to be wrong, but it's not all right not to try.

~Sanford Meisner

The foundation of acting is the reality of doing.

~Sanford Meisner

The text is your greatest enemy.

~Sanford Meisner

There's no such thing as nothing.

~Sanford Meisner

Acting is fun. Don't let that get around.

~Sanford Meisner

Technique is something that you use if you need it. Otherwise, to hell with it.

~Sanford Meisner

Acting is not talking, it's living off the other fellow!!!

~Sanford Meisner

That's very different, picking up the impulse instead of picking up the cue.

~Sanford Meisner

Acting can be fun. Don't let it get around.

~Sanford Meisner

The American actor is very lucky. Why? Because so little is asked of him.

~Sanford Meisner

**Related Links:**

- Acting Quotes
- Theatre Quotes
- Roots Quotes
- Circumstances Quotes
- Fun Quotes
- Imaginary Quotes
- Impulse Quotes
- Littles Quotes
- Actors Quotes
- Foundation Quotes
- Religious Quotes
- Thinking Quotes
- Insecurity Quotes
- Motivational Quotes
- Life Quotes
- Vocabulary Quotes
- Emotional Quotes
- Bigger Quotes
- Sculpture Quotes
- Talking Quotes