

Stella Adler Quotes

*Actors, Theatre, Acting, Play, Mean, Needs, Want, Imagination, Important, Real,
Greek, Ideas, Choices, Talent, Life, World, Heart, Feelings, Sweet, Jobs*

Life beats down and crushes the soul and art reminds you that you have one.

~Stella Adler

The actor has to develop his body. The actor has to work on his voice. But the most important thing the actor has to work on is his mind.

~Stella Adler

The word theatre comes from the Greeks. It means the seeing place. It is the place people come to see the truth about life and the social situation.

~Stella Adler

When you stand on the stage you must have a sense that you are addressing the whole world, and that what you say is so important the whole world must listen.

~Stella Adler

You have to do something. If you do something, you become somebody. Even a daffodil does something, has a profession. It gives off scent, professionally.

~Stella Adler

You have to get beyond your own precious inner experiences.

~Stella Adler

You'll begin to act when you can forget your technique - when it is so securely inside you that you need not call upon it consciously.

~Stella Adler

You will only fail to learn if you do not learn from failing.

~Stella Adler

Actors need a kind of aggression, a kind of inner force. Don't be only

one-sided, sweet, nice, good. Get rid of being average. Find the killer in you.

~Stella Adler

Happy children should not try to be artists. You have to be born with a broken heart and a sense of loneliness inside. I never had a happy moment as a child myself.

~Stella Adler

It's not enough to have talent. You have to have a talent for your talent.

~Stella Adler

The only excuse for not coming to a class or a performance is death.

~Stella Adler

One way we can enliven the imagination is to push it toward the illogical. We're not scientists. We don't always have to make the logical, reasonable leap.

~Stella Adler

Acting can be the healthiest profession in the world, because it allows you to do things you can't do in real life. It allows you to understand more than just what life provides you.

~Stella Adler

You act with your soul. That's why you all want to be actors, because your souls are not used up by life.

~Stella Adler

Emotions aren't doable. Actions are doable, and if you do them correctly, they prompt the feelings.

~Stella Adler

To grow: that is your deepest and truest need when you say, 'I want to

be an actor.'

~Stella Adler

In life, as on the stage, it's not who I am but what I do that's the measure of my worth and the secret of my success. All the rest is showiness, arrogance and conceit.

~Stella Adler

Don't use your conscious past. Use your creative imagination to create a past that belongs to your character. I don't want you to be stuck with your own life. It's too little.

~Stella Adler

Life is boring. The weather is boring. Actors must not be boring.

~Stella Adler

The word theatre comes from the Greeks. It means the seeing place.

~Stella Adler

Growth as an actor and as a human being are synonymous.

~Stella Adler

You'll never really be great unless you aim high.

~Stella Adler

The play is not in the words, it's in you!

~Stella Adler

Your job as actors is to understand the size of what you say, to understand what's beneath the word.

~Stella Adler

The imagination is closer to the actor than real life-more agreeable, more comfortable.

~Stella Adler

The theatre is a spiritual and social X-ray of its time.

~Stella Adler

The theatre-acting, creating, interpreting - means total involvement, the totality of heart, mind and spirit.

~Stella Adler

An addict is someone who uses their body to tell society that something is wrong.

~Stella Adler

By taking elements you observe in life, you can develop qualities in your acting life that you don't ordinarily call upon in your personal life.

~Stella Adler

The actor must be full of passion. If he's too cool he's better off as the manager of a company, not someone who appears on the stage.

~Stella Adler

Be innocent, wise and ninety-five.

~Stella Adler

When you most succeed, you do so by seeming not to act at all.

~Stella Adler

Your talent is in your choice.

~Stella Adler

It's not important to know who you are. It's important to know what you do, and then to do it like hercules!

~Stella Adler

The ideas of the great playwrights are almost always larger than the experiences of even the best actors.

~Stella Adler

Acting is in everything but the words.

~Stella Adler

The ultimate aim of the training is to create an actor who can be responsible for his artistic development and achievement.

~Stella Adler

I would live in a communist country providing I was the Queen.

~Stella Adler

The most important thing you can teach actors is to understand plays.

~Stella Adler

No actor is a success unless he feels inside himself, as long as he lives, that he is good.

~Stella Adler

If you can't take both sides, it means you can only play yourself.

~Stella Adler

The best author is a dead author, because he's out of your way and you own the play. Take what he has given you and use it for what you need.

~Stella Adler

You cannot afford to confine your studies to the classroom. The universe and all of history is your classroom.

~Stella Adler

Our heritage as actors goes back thousands of years, and we have to

feel as comfortable in the clothes, and the language of Sophocles as we do in our sneakers.

~Stella Adler

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- Ideas Quotes
- Choices Quotes
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