

The Body Keeps the Score | Reading the Body

Directions

Use the chart below to explore how our bodies can process emotions, often before we become conscious of them.

	What happens?	What emotions might be connected to it?	What is the body saying?
<i>Heart</i>			
<i>Mind</i>			
<i>Eyes</i>			
<i>Hands</i>			
<i>Voice</i>			
<i>Breath</i>			
<i>Skin</i>			
<i>Movement</i>			

The Body Keeps the Score | Text and Translations

Directions

Read along with the text as you listen to the following excerpts from *Macbeth*. When annotating the text, consider the following questions: What psychological experiences are being described? How does the music imitate those experiences? How might those psychological experiences be expressed physically?

TRACK 7

Macbeth hallucinates the bloody dagger: “*Mi si affaccia un pugnall!*”

MACBETH: Mi si affaccia un pugnall!	Is this a dagger
L'elsa a me volta?	Which I see before me?
Se larva non dei tu, ch'io ti brandisca.	Unless you are a dream, let me grasp you!
Mi sfuggi, eppur ti veggo!	You flee me? But still I see you!
A me precorri	You urge me down a shadowy path
Sul confuso cammin che nella mente	Along the dark course
Di seguir disegnava!	I have already chosen.
Orrenda imago!	Horrible vision!
Solco sanguigno la tua lama irriga!	Dripping blood, your sharp blade gleams!
Ma nulla esiste ancor. Il sol cruento	And yet, in truth, it's nothing
Mio pensier la dà forma, e come vera	But a dagger of my own creation.
Mi presenta allo sguardo una chimera.	It's a mere illusion which deceives my eyes.

The Body Keeps the Score | Text and Translations (CONTINUED)

TRACK 8

Macbeth sees Banquo's ghost at the banquet: "*Va, spirto d'abisso!*"

MACBETH: Va, spirto d'abisso!

Spalanca una fossa,

O terra l'ingoia.

Fiammeggian quell'ossa!

Quel sangue fumante

Mi sbalza nel volto!

Quel guardo a me volto

Trafiggemi il cor!

TUTTI: Sventura! Terrore!

MACBETH: Quant'altri io pur oso!

Diventa pur tigre, leon minaccioso

M'abbanca Macbetto tremar non vedrai,

Conoscer potrai—s'io provi timor

Ma fuggi!

Deh, fuggi, fantasma tremendo!

Go, hellish spirit!

Back into Hades!

Back into your grave!

His bones are on fire.

I see his

Blood boiling.

His glance is so piercing

And pierces my heart!

How terrifying!

I do not lack daring

So come as a tiger, a menacing lion!

No matter! I shall never tremble

Or give way to cowardly fear.

But leave me!

Begone, you horrible phantom!

TRACK 1

Lady Macbeth's sleepwalking scene: "*Una macchia è qui tuttora*"

LADY MACBETH: Una macchia è qui tuttora.

Via, ti dico, o maledetta!

Una, Due, gli è questa l'ora!

Tremi tu? Non osi entrar?

There's a stain here. I can still see it.

Out, damned spot! Begone, I curse you!

One... two... The hour has sounded.

You're afraid? You won't go in?

The Body Keeps the Score | Body Biography

Directions

Use the outline below to plan your body biography of a chosen character from *Macbeth*. Your body biography should be an accurate depiction of the character based on evidence from the opera. It should creatively represent character traits and actions, exemplifying ideas or issues that go beyond the text (i.e., gender, marriage and love, family loyalty, violence, etc.). You can include the heart, eyes, backbone, hands, feet, background, and quotations from the text.

