

RASABOX THEORY

Important facts about Rasa Boxes:

- It has its origins in the Sanskrit text *Natyasastra*, which is an ancient Indian manual of performance.
- It was first utilized for theatrical training purposes by Richard Schechner, an NYU professor in the Theatre dept.
 - Schechner began using the Rasa Box to help actors to become an “athlete of emotions”
- There are a total of 8 active Rasas:
 - **Adbhuta** – surprise, wonder
 - **Sringara** – love
 - **Bhayanaka** – fear, shame
 - **Bibhasta** – disgust
 - **Vira** – courage
 - **Hasya** – laughter
 - **Karuna** – sadness
 - **Raudra** – anger
- The final Rasa – the 9th Rasa
 - **Sancta** – bliss, nirvana
 - *An actor is never to enter the Sancta box, as it is an emotion that, according to the ancient Hindu beliefs from which the box is rooted in, no human has ever experienced.*