



Andy Warhol: Psc-Couch. Sigmund Freud-Museum Vienna.
(Photo by Ante Škrobonja)

KAUČ / COUCH

Ana Lesac*

Kauč. Mjesto odmora i opuštanja, na kojem čovjek i nesvjesno zaroni duboko sam u sebe. Sredstvo i simbol spoznaje sebe, koje je Freud uveo u psihoanalitičku metodu rada. Cijeli proces istraživanja Nepoznatoga Sebe, uranjanja u vlastite misli koje su nam strane, suočavanja sa skrivenom dubinom ispod okolinom oblikovane površine: sve se može svesti na taj jedan jedini objekt.

Lišeni ikakve namjere, ikakve kontrole i sprege, prepustimo se svojim mislima. Zakoračimo mostom između stvarnosti i sebe. Tek u spontanosti toka misli otkrivamo najdublje korijenje svoga bića. Tek u spontanosti toka misli upoznajemo mračnu tiraniju koja nas sputava.

Oblikujemo li sami svoje misli? Ili misli oblikuju nas? Jesmo li robovi ili gospodari svojih misli? Mislimo li ono što jesmo ili smo ono što mislimo?

Bitka kontrole misli i podložnosti potisnutim mislima vodi se na mnogim poljima: društvenim, socijalnim, psihološkim... Sukobljava vanjske aspekte okoline i onoga što želimo biti – s visokim koeficijentom kaosa onoga što zaista jesmo. Sukobljava vojske životinjskih nagona i ljudskih sprega. Legije svih onih principa koji teže spokoju tek jednostavna postojanja nežive tvari, protiv stremljenja k razvitku onoga božanskoga u nama. A svakim razrješenjem rađa se kreativni napredak čovjeka ili barem onoga što čovjek misli da jest...

Kolika nepregledna prostranstva misli, osjećaja, čuvstava – ljudska podsvijest!

Pitam se odakle dolaze misli koje usklađuju intuitivna nadahnuća s materijalnim zakonitostima? Odakle dolaze toliko istančane i snažne misli, ako su tek produkt elektrokemijskih procesa moždana korteksa, i ništa više?

* Ana Lesac, studentica IV. godine Medicinskog fakulteta Sveučilišta u Rijeci.
Correspondence: E-mail: analesac4@hotmail.com

Cijeli proces istraživanja Nepoznatoga Sebe, uranjanja u vlastite misli koje su nam strane, suočavanja sa skrivenom dubinom ispod okolinom oblikovane površine: može li se zaista sve svesti na jedan jedini objekt?

COUCH

Couch. A place to rest and to relax, perfect for a human being to inadvertently immerse deep into himself. The means and symbol of self-knowledge, introduced by Freud into the psychoanalytical method of work. The entire process of exploring the Unknown Self, of immersing into your own strange thoughts, of facing hidden depths below the environment-influenced surface: all this can be reduced to this one and only item.

Deprived of any intention, control or restraint, we let our minds run wild. Let us step on the bridge between reality and ourselves. The spontaneity of the flow of thoughts allows us reveal the deepest roots of our being. The spontaneity of the flow of thoughts allows us to get to know the dark tyranny restraining us.

Do we form our own thoughts? Or do they form us? Are we the slaves or the masters of our own thoughts? Do we think what we are or are we what we think?

The battles of the mind control and the susceptibility of repressed thoughts are fought on many fields: social, civil, psychological... They confront the external aspects of the environment and all the things we want to be – with a high chaos coefficient of the things that we truly are. They confront the armies of animal instincts and human repressions. The legions of all those principles simply aiming for peace of undemanding existence of inanimate matter, against the aspiration towards the development of divinity we harbour. And with every dissolution, creative human progress is born, or the progress of what the human think it is...

Such vast expanse of thoughts, feelings, and sentiments – human subconscious is!

I wonder, where do the thoughts reconciling intuitive inspirations with material validity come from? Where do such subtle and strong thoughts come from, if they are merely the product of electro-chemical processes of the cerebral cortex, and nothing more?

The whole process of exploring the Unknown Self, of immersing into our own strange thoughts, of confronting the hidden depth below the surface as formed by the environment: can it all really be reduced to one single item?