

# THE SOUL'S COLORS

Sigmund Freud, Carl Gustav Jung and Viktor Frankl were the great pioneers, who, mapping the mind, undertook extensive expeditions into the soul's hidden world to uncover its secrets.

My cycle „Landscapes of the Soul“ is inspired by selected aspects and themes of this psychological expedition. The great soul explorers knew that art could make these secret worlds visible...

PAINTINGS AND TEXT: MAXIMILIAN GOTTSCHLICH

## SIGMUND FREUD (1856-1939)

The founder of psychoanalysis, who died 80 years ago, created a sketch (which he called "modest drawing") to illustrate his vertical organization of the psyche, consisting of an It, Ego and Superego. This sketch should also indicate that those three psychic instances are

not distinctly delineated, but rather like blurred color fields found in modern paintings.

I associate Freud's theories with the color red. It is the color of affects, feelings and desires, of psychic energies located within the unconscious, in the "It", and which are in constant conflict with

the "Ego" and the "Superego". The picture "The Ego and the It" attempts to illustrate this tense psychic constellation. A fissured, insular world – the Ego-landscape – can be seen. This insular world on the surface of the psyche emerges from the blue sea

of the unconscious, the It. The Ego has to wrestle each inch of land from the It. Freud stated in 1933: „Where there was It, there should be Ego. This is a cultural effort, like the draining of the Zuiderzee." (Ijsselmeer, Anm. MG).“

## THE IT AND THE EGO



Photos: Manfred Bobrowsky

Landscapes of the Soul I / The Ego and the It. Impressions to S. Freud, Vienna 2017, oil on canvas, 73 x 100 cm

## INTERPRETATIONS OF DREAMS

In ancient times, God talked to humans in dreams. For Sigmund Freud, dreams express unconscious, repressed wishes – he calls them latent dream content. This latent dream content is encoded in the form of the manifest dream content, which can be recalled consciously. A censoring instance however ensures that only those wishes which are not embarrassing, morally reprehensible, offensive, malicious, etc reach our conscious. The dream censorship distorts the dream, manipulates it, and thus veils its secret meaning. It is the dream's interpreter's task to decipher this hidden meaning. In the painting, the dream censor divides the dream curtain.



Landscapes of the Soul V / The dream censor. Impressions to S. Freud, Menorca 2017, oil on canvas, 81 x 100 cm

## ARCHETYPES



Landscapes of the Soul II / Archaic depth. Impressions to C.G. Jung, Miami 2017, Acrylic on canvas, 122 x 122 cm

## C.G. JUNG (1875-1961)

Each of us carries within the archaic vestiges of human evolution. C. G. Jung, father of Analytic Depth Psychology, termed this deepest layer of the human psyche the collective unconscious. It contains universal patterns and forces, which Jung describes as archetypes. In combination with the instincts, these archetypes form the primary imprint common to all human beings. We all share this universal structure, without distinction, it is at the core of our individual psyche. The archetypes, our collective legacy, appear in myths, fairy tales, dreams, etc. In my pictures, I associate Jung with blue and purple, the symbolism of the sea, alluding to the individual and the collective unconscious. Jung himself described the psyche as a color spectrum, assigning the color purple to the archetype.

## SEA OF THE UNCONSCIOUS



Landscapes of the Soul IV / The unconscious' blue waters. Impressions to C.G. Jung, Menorca 2017, oil on canvas, 100x120 cm



SEARCH FOR MEANING



**Landscapes of the Soul III / Why? What for? Where to?**  
Impressions to V. Frankl, Miami 2017, oil on canvas,  
122 x 122 cm

**VIKTOR FRANKL (1905-1997)**

S. Freud and C.G. Jung revealed that our thoughts, feelings and actions are, maybe more than we would want to admit, determined by psychic energies and their dynamic, affecting us from the depths of our unconscious and the realm of instincts. V. Frankl, founder of Logotherapy and Existential Analysis, clarifies: Humans need and are able of finding purpose. We need “meaning” in order to live and survive. Logos implies more than just “meaning” or “reason”, it also signifies “word”. Meaning is thus closely connected with verbal communication. Language is our unending source of meaning, from it, we draw life’s meaning: be it the language of love, the language of creation, or the language we use to help each other when we share our painful experiences, alleviating pain through the word’s healing power. In my pictures, “meaning” is associated with the color yellow. Yellow is expansive, signaling awakening, a journey to new horizons and openness to new adventures...

LOGOS



**Landscapes of the Soul VII / Logos. Impressions to V. Frankl, Miami**  
2017, oil on canvas, 122 x 122 cm

*Professor Dr. Maximilian Gottschlich, born 1948 in Vienna, has been teaching and researching communication sciences at the University of Vienna for 40 years. Gottschlich authored twelve books, many essays, studies, and articles on problems of the modern communication society, media- and communication ethics, modern antisemitism, the relationship between religion, media, society, and the communication between physicians and patients. He is particularly interested in Jewish-Christian understanding and spirituality. For Maximilian Gottschlich, science and art are not opposing forces, but differing ways to contemplate complex realities. In his colorful, expressive, abstract paintings he seeks to combine both intuition and intellect, the language of the mind and the language of the heart.*  
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