

UDC 159.922:159.9632 (043.2)

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## **CONSCIOUSNESS AND UNCONSCIOUSNESS, ITS CONNECTION IN THE SLEEP**

Our brain is the most important part of the body. It controls almost all processes happening in it. Unconsciousness and consciousness are the whole of man's brain. They are continuously connected with each other. One of it surely leads to another one. Consciousness is the outer world of man which interacts with the surrounding environment. Unconsciousness is the inner world in which our feelings, attitude to other people appears.

Our consciousness designs thoughts which definitely move into unconsciousness. It doesn't depend on the type of thoughts: are they good or bad. Working together, consciousness and unconsciousness materialize that thoughts in our life. As a result, our ideas are alive not depending on our desire. We can follow this fact happening almost every day with everyone. So, to make happen only good things, it is necessary to think and imagine positive ones.

Consciousness and unconsciousness realize themselves in such mysterious manifestation as a sleep. We have sleeps every day. Sometimes we forget it, but it is possible to remember the dream at once with the help of some association. There is no unique thought about what the sleep is and the way of its origin. Some philosophers consider that the sleeps represent a certain feature of soul's state. Schubert thought the dream was the release of soul from the fetters of the sensitive world. Some people suppose that the sleep is the reaction of body on the outer stimulus. Others believe the sleeping is closely connected with memory. In my opinion, the sleep is the projection of cooperation of consciousness and unconsciousness. The dream shows all our feelings and wishes. Example from everyday life can prove it: when the girl is gathering apples all day long, this girl, while sleeping, will see the picture of gathering the same apples as it made an impression on her. The analysis of the sleeps proves that they are connected with the events from the last days or the day before the sleeping. Decoding of them can be different. There are some dreams that have no sense. Other ones shows some hidden desires of man. Sometimes they depict the picture that is an opposition to the reality. To find out the meaning of the sleeping, it is necessary to make the analysis by Freud's method. For this you need to remember your sleep and catch all the thoughts and associations that appear in your head after its remembering. Even some absurd ideas can lead you to its decoding.

As for me, all these topics are interesting objects for discussion as they are concern everybody. Besides, man is the most complicated system that must be investigated from the different sides.

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