

LES VON LOSBERG

The Intersection of Conscious, Unconscious, and Creative Process: One Person's Experience

Much of what we incorporate into our lives—from our furniture to our hairstyles, our clothing to our choice of books, the objects we choose to personalize our offices or cubicles to the movies and plays we choose to see—mirrors back to us who we believe we are or who we aspire to become, in either case as affirmations of self.

The making of art, like the engagement in psychoanalysis, can go beyond such affirmation, questioning even when no question is consciously posed: Who made this? What does this mean? How does this serve me? Where am I in it? What does this say to or about me? About the world in which I live? Why do I want this known? Where does it point? Where does it lead?

The answers to these and similar questions limn the boundaries we create, tread, defend and violate, defining for ourselves what is safe and what is dangerous, what can be desired and what remains forever outside our grasp.

In the end, regardless of the language an individual chooses: wood or words, paint or stone, trash or treasure, psychoanalysis or art—it is the engagement with danger and desire, neither alone but always entwined, both consciously and unconsciously, both in the analyst's office and in, among other venues, the artist's studio, that makes it possible for the work to go somewhere the worker—artist or analyst—has yet to fully or perhaps even begin to imagine when he or she begins the journey.

Les Von Losberg has been a poet, writer, songwriter and conceptual artist for nearly 40 years, with an abiding interest in psychoanalysis. The central tenet of his artwork is that we see the world through language. Les makes his living as an estate, business insurance and retirement planner.s