



## THE WAYWARD MIND

AN INTIMATE HISTORY OF THE UNCONSCIOUS

OLEH : GUY CLAXTON

ABACUS - 401 HALAMAN

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Dari permulaan sejarah, lebih banyak orang yang seperti saya daripada kebanyakan orang lainnya. Sifat memberontak dari pikiran itu telah membingungkan dan menyusahkan orang-orang, dan semua masyarakat manusia telah mengatakan banyak cerita supaya mereka menjadi nyaman, atau setidaknya ilusi kendali akan pikiran itu di depan penyimpangan tersebut.



Benar, kita sekarang bisa memberi petunjuk bagaimana otak membuat kita mendengar suara, merasa depresi, kehilangan arah dan kembali dengan ilham. Kita bahkan bisa berisiko dengan ide mengenai bagaimana pengalaman romantis dan religius yang membangkitkan dasar kagum dan penyatuan bisa merefleksikan kerja tak wajar dalam cerebral cortex.

### **MENETAPKAN PIKIRAN: APA GUNANYA BAWAH SADAR**

Ada banyak aspek pengalaman manusia yang sepertinya tidak masuk dalam "kaki sehat". Mimpi, perubahan mood, kreativitas, "kendali otomatis" hanya beberapa contoh. Semuanya mengungkap kekurangan pengetahuan kita tentang pikiran kita, dan kendali terhadapnya yang kurang dari yang kita inginkan, dari yang kita anggap sesuai.

Karena tidak ada penanganan yang jelas, kita membungkusnya, atau kita merasa harus mengajukan berbagai penjelasan. Ada dorongan untuk membuat hal-hal tersebut masuk akal - akurab, terungkap kata-kata, termasuk juga yang memiliki aroma liar.

Daniel Dennet mengumpamakan dengan cukup bagus mengenai pengadaan kendali pengalaman kita. "Taktik fundamental kita akan perlindungan diri, kendali diri, dan definisi diri bukanlah dengan memintal jaring, atau membangun dam, tapi bercerita. Meski beberapa dari ceritanya adalah mengenai penyebab kelelahan mental, atau kegagalan panen, cerita lainnya yang paling penting berhubungan dengan psikologi dan fisiologi - kenapa dan bagaimana kita berpikir dan merasa dan bertindak dan melihat seperti yang sudah terjadi.

Permasalahannya adalah bahwa cerita tidak hanya menghasilkan hipotesa untuk tindakan; tapi juga menjadi tempat dan jaminannya sendiri. Dan kebutuhan untuk bertahan pada mitos yang menyamankan bisa jadi lebih penting daripada menguji keakuratan

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Jika Anda yakin bahwa "intelektual itu sudah tetap", maka tidak ada gunanya mencoba lebih pintar, tapi jika Anda yakin bahwa otot mental Anda bisa dilatih kekuatannya, maka berusahalah keras memecahkan masalah, punya mantal, meletih pikiran seperti halnya dua puluh menit berjalan di treadmill

# Wayward Mind

**Daniela Niemeyer**



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