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PIPELINE

INTERNATIONAL CONTEMPORARY ART MAGAZINE BASED IN HONG KONG 以香港為基地的國際當代藝術雜誌

DREAMS

夢

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and more...

Ornate musings



原文 Marina Cruz

華麗的沈思

Dreams are like windows to the subconscious.

Sometimes I write my dreams in a journal; sometimes I tell them to a friend; sometimes I keep them to myself; sometimes I remember, but I tend to forget afterwards.

Dreams help me to reflect on the events in my life. In my work, dreams reflect how stressed I am. I remember a time when I was having a hard time producing my undergrad thesis, and I had recurring multi-level dreams/nightmares where I saw myself sleeping and a negative force or monster would try to harm me. I would try to shout so I could tell people who were awake in my dreams to wake me up, but they couldn't hear me. I would wake up shouting, but with no voice; sometimes I would wake up but find myself still in the dream. Sometimes I have recurring dreams of me sleeping or not wearing anything, but as if that's normal.

夢就如同是潛意識的扇扇窗戶。

有時候，我會將夢寫進日記；有時候，我會講給朋友聽；也有些時候，我只將之存在心底；有時候，我會記得這些夢，但最終還是慢慢淡忘了。

夢幫助我反映生活，我在作品中用夢來表現我的壓力和緊張感。記得有一段時間，我為寫一篇本科論文而痛苦不堪，這使得我晚上噩夢連連。那是好幾重的夢境，夢中我看到自己睡著了，然後出現了一個怪獸要傷害我。我拼命想喊出聲來，好讓夢中那些醒著的人喊醒我，但他們怎麼都聽不到我的聲音。我想睜開眼大喊，卻發不出聲；間或我醒過來了，卻發現自己還在夢中。我還常常夢到自己在睡覺或是赤身裸體，卻彷彿一切都很平常。

有時候，夢能讓我更懂得自己的責任：在夢中，我會看到自己因沒有做某件應該做的事情而導致的後果。醒來後，我便知道自己必須去完成這件事。是夢提醒了我，它很重要。



Sometimes dreams make me more aware of my responsibilities: in a dream I will see the consequence of not doing the thing I need to do, and when I wake up, I know I have to do it. It reminds me of what's important.

Real time can be linear, but dream time isn't. While thinking, especially when I am focused on doing something such as writing, producing a work or experimenting with different ways of expressing the ideas I have in mind, I get lost in time and forget about the time and even the place. With intense emotions, time can move slowly, or sometimes very fast.

Dreams are very important for me, especially waking dreams. They help me cope. I use my imagination to create the dreams that I want to happen. If I cannot have a real dream while sleeping, I will just think about it and sometimes put it on paper. I remember when I was dreaming about having a child, I wanted to dream about the child but nothing happened, so I imagined and drew how my child would look, and also looked for images of how that child might look.

Whether or not dreams to have a positive impact on you really depends on how you interpret them, and also on which you choose to focus on and which to discard. Happy dreams are always nice to have. But if a dream disrupts your life, then you need to reflect and find out what triggered it: an unaddressed feeling, an anxiety or a problem. If you are able to find the trigger, you can start addressing it and start the healing process.

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Embroidered Landscape Helen in a Daydream by Marina Cruz, 2012.
Embroidery on printed canvas using UV ink, 122 x 91 cm.

Previous spread
Waiting for a Home I by Marina Cruz, 2014.
Oil painting on wood and found object, 102 x 46 x 15.5 cm.

Right, top
Embroidered Landscape Twin II: Laura (detail) by Marina Cruz, 2012.
Embroidery on printed canvas using UV ink, 122 x 91 cm.

Right, bottom
Embroidered Landscape Twin I: Elisa (detail) by Marina Cruz, 2012.
Embroidery on printed canvas using UV ink, 122 x 91 cm.

Courtesy the artist.

現實是順序的，不可挽回，但夢中不是。當我在思考，尤其是專注於某件事時，比如說寫作、創作作品、嘗試用不同的表達方式來表現創意，在這些時候我會忘記時間，甚至忘記我在哪。在某些強烈情緒的影響下，時間彷彿變慢了，或者說是某些事變快了。

夢於我非常重要，白日夢尤為如此，它們是我的應對之道。我利用想像力來造夢，營造我想做的夢。如果夢並沒有如期而至，我便會去想像這些場景然後把它們寫下來。記得有次，我希望能夢到自己有個孩子，但結果並沒有發生，因而我便想像自己有了孩子，想象這個孩子可能的容貌，然後畫出來。

夢究竟能否產生積極的作用，全在於你自身的解讀和取捨。人人都喜歡美好的夢，但若因為夢而使你心煩意亂，那麼你應該好好反思，找出夢的源頭：某種不愉快的情緒或是某個問題帶來的焦慮。如果你能找到這個源頭，就能著手解決它，展開痊癒之路。

