

Freud's Preconscious and Conscious and the Process of Communicative and Emotional Colour Skills.

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Merleau-Ponty (1945), argues that knowledge of the world takes place through the body as the realm of cognitive mechanisms and the body as lived and experiential structures. The first actor of this cognition is the beliefs associated with colour and contained in the cognitive background of man (Varela et al, 2011) and the second actor is the sensorimotor system.

The emotional nature of the perceptual experience of colour (Hita Villaverde, 2001) derives from the parallelism between this experience and the cognitive process of emotion (Becks, 1956; Ellis, 1962; Brioles, 2003). Therefore, the nature of the beliefs associated with colour are those that will determine its perceptual experience in space and are contained in the cultural systems (Hutchins, 1995) related to its manipulation.

The Five Elements Chinese Philosophy that gathers social and cultural cognition, on which medicine and acupuncture are grounded. They depict the world as constituted by Five elements, each one corresponding to a season, a natural element, and a colour. Fernandez (2000-2017) undertook research portraying this system as a process of complex thought called "the Constructive Mind". The key point is that the Constructive Mind cycle corresponds to a Constructive Emotion cycle attached to it.)

In my research I propose that when entering a coloured space with one of the five colour concepts (Lopez-Izquierdo, AIC 2021), all these cognitive contents are preconscious in the Freudian sense, housed in a blind level, although always using them. Thus, colour is acting as the Psychic impulse that pushes colour contents from the preconscious to consciousness, triggering a highly complex communicative and emotional issues (Fernandez, 2000) into space. My claim is that due to the social genesis of the preconscious as De Lucas (1990) proposes, the enriched Five Elements contents are universal since they refer to natural environments, and therefore people everywhere are influenced in the same way, although without being conscious.