

This is a short essay for the movie **Persona** by Ingmar Bergman. I will try not to give events from the movie; instead, I will give my reflections. Although it would make me happy to be benefitted by others these reviews are mainly for myself.

This was one of the movies hardest to interpret. It reminded me of the David Lynch movies. I guess this is caused by the esoteric knowledge required. To gain a better understanding of the movie, we need to have a command on some psychology, especially Jungian psychology.

Two women, Sister Alma and Elisabeth are kind of complement to each other. Although Sister Alma does not have a high-career profile, she is content with her family and husband. She does not contemplate much about life. She has some life goals and plans and keep repeating that. In Jungian psychology this represents the unconscious state [1].

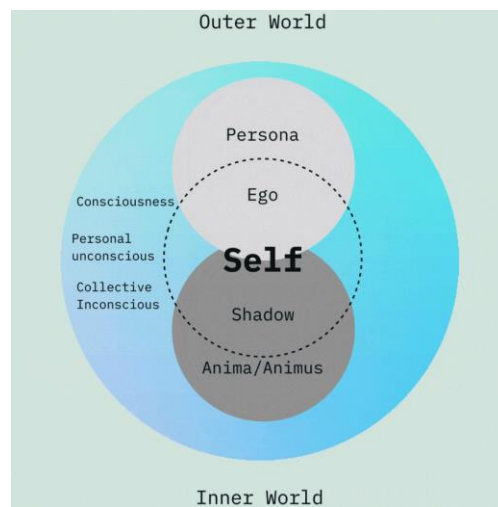


Figure 1: Conscious vs Unconscious

On the other hand, Elisabeth has a quite fulfilled career but has regrets in family. This is compensated by her crippling contemplation about life and its meaning. She regrets to have a child that she had never wanted to have. These deep-thinking sessions, after some time, creates huge mental burden that Elisabeth cannot hold. She represents the conscious part of the individual.

Towards the end of the movie, two women converge each other in terms of identity. We can see this in close shots of the faces [2]. In addition, the make-up scene of Alma with Elisabeth's spouse. This means that the line between reality and imagination blurs for Alma. Although she hesitates at the beginning, she believes that the man is her husband.

Another point that caught my attention was the confession of Alma to Elisabeth. I guess given enough time spent with an individual, he/she is going to be open to share the most intimate secrets.

All in all; this movie is a great black box for Jungian Psychologists.



Figure 2: Close face shots