

## THE MANIFESTATION OF UNCONSCIOUS MIND IN LIANA FLORES' *RISES THE MOON*

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### Abstract

This analysis looks into the expression of the unconscious mind in Liana Flores' song *Rises the Moon* from 2019. The study argues that the music reflects repressed emotions, desires, and psychological struggle. The song depicts a journey of emotional release and self-discovery. The authors use a qualitative method, allowing the reader to discover more about the object's background. The song reflects the idea that addressing and accepting one's unconscious creates self-awareness and personal progress, making it an effective tool for emotional healing and reflection. In conclusion, songs like *Rises the Moon* may not only be enjoyable in its melody, but also may contain various understandings of human psychology.

**Keywords:** Liana Flores; *Rises the Moon*; Sigmund Freud; Unconscious Mind

### Abstrak

Tulisan ini mengkaji ekspresi pikiran bawah sadar dalam lagu *Rises the Moon* karya Liana Flores dari tahun 2019. Penelitian ini berpendapat bahwa musik tersebut mencerminkan emosi, keinginan, dan perjuangan psikologis yang tertekan. Lagu tersebut menggambarkan perjalanan pelepasan emosi dan penemuan jati diri. Penulis artikel ini menggunakan metode kualitatif, yang memungkinkan pembaca menemukan lebih banyak tentang latar belakang objek tersebut. Lagu tersebut mencerminkan gagasan bahwa menangani dan menerima pikiran bawah sadar seseorang menciptakan kesadaran diri dan kemajuan pribadi, menjadikannya alat yang efektif untuk penyembuhan dan refleksi emosional. Sebagai kesimpulan, lagu-lagu seperti *Rises the Moon* tidak hanya menarik diperikiran alunan melodinya, tetapi juga dapat mengandung berbagai pemahaman tentang psikologi manusia.

**Kata kunci:** Liana Flores; Pikiran Bawah Sadar; *Rises the Moon*; Sigmund Freud

## INTRODUCTION

*Rises the Moon* is a song released in 2019 and sung by Liana Flores in her album entitled *Recently*. *Rises the Moon* itself is of the indie folk genre which displays the beauty of a relaxed yet melancholic rhythm (Cavell, 2022; Harris, 2024; Sarina, 2023). The focus of the findings and discussion here is to analyze a song called *Rises the Moon* by Liana Flores. The song writer aims to explain the concept that Liana Flores as the main character seems to highlight her life's challenges, time is passing, and the inevitable cycles of life through her song lyrics.

The song *Rises the Moon* by Liana Flores has a key meaning. It feels like it is about going through life's ups and downs. That sun digging it is heels, it is like those stubborn, unbearable days when everything seems stuck and stagnant. After every grueling day, the moon still rises, giving people hope, a soothing calmness (Cavell, 2022; Harris, 2024; Sarina, 2023). It is a gentle reminder that no matter how tough or long the day was, there is a calm and peaceful night waiting. It is as if Liana is telling the audience that there is beauty and tranquility in the darkness.

What is implied in that song is the essence of the unconscious mind. That is located deep within people's consciousness in which ego plays roles. Unconscious minds work through minimally two kinds of things. The first one is about usual things in which habitual aspects take place. For instance, a motor rider does not have to think about how to turn around or wear a helmet. It also happens when habitual things come around such as taking a bath or eating (Cavell, 2022; Harris, 2024; Sarina, 2023). The second one is related to past memories. This aspect plays a role in giving either good or bad shelter in the current situation. If it is good, it will bring comfort to

the individuals. In reverse, bad memories may worsen the idea of being depressed, or even frustrated. In this sense, it can be indicated that unconsciousness plays more roles in such experienced trauma.

This article would like to focus on the reflection of the unconscious mind in this song. It is actually manifested through how the writer gives more perspectives into her past memories. It is not such habitual ones, but some deeds and conditions in the past that may bring such comfort in the current times. Further aspects on how memories play around with current meanings are also dug deeper.

## METHOD

By using a qualitative method, certain concepts and written data are analyzed to answer the question in this paper. Written through description, online and offline scripts are used to explain correlations between Liana Flores' *Rises the Moon* and point of view of the unconscious mind alongside literary concepts and psychological ideas. Online and offline scripts are derived from books and journals to understand shown matters. The data analysis includes obtaining sources, reading sources carefully, comparing with other issues, quoting into paper, and writing down in reference lists. The research data comes from both Liana Flores' song and arguments of the unconscious mind. Each of them is read then broken down into its every particular element. The following analyses then include how the song illustrates the side of existential despair. Here, Liana Flores' song is the object while the unconscious mind is a tool to analyze.

## FINDINGS AND DISCUSSION

### Exposition of Memories in *Rises the Moon*

Released in 2019, Flores' song would like to speak to the audience that there are those days that fade into a watercolor blur. They are happening when memories swim across and haunt for further meanings. All the audience have them and all have been there. Flores tells the reader that once she ever felt sunk, being uprooted just like that daffodil in the garden. She even implicitly says that life can pull the audience in all directions and make them feel lost at the same time.

The full lyrics as the main data of this article are listed below;

#### Verse 1

Days seem sometimes as if they'll never end  
Sun digs its heels to taunt you  
But after sunlit days, one thing stays the same  
*Rises the Moon*  
Days fade into a watercolor blur  
Memories swim and haunt you  
But look into the lake, shimmering like smoke  
*Rises the Moon*

#### Chorus

Oh-oh, close your weary eyes  
I promise you that soon the autumn comes  
To darken fading summer skies  
Breathe, breathe, breathe

#### Verse 2

Days pull you down just like a sinking ship  
Floating is getting harder  
But tread the water, child, and know that  
meanwhile  
*Rises the Moon*  
Days pull you up just like a daffodil  
Uprooted from its garden  
They'll tell you what you owe, but know even so  
*Rises the Moon* (Genius.com, 2025)

It is interesting to see how the full lyrics of the song are not related to such a linear timeline. It is situated in a mixed timeline in which current and past matters may intertwine each other. It also gives impressions about how life really is. People may never leave memories as they may still haunt them, making them think about what is really going on (Cavell, 2022; Harris, 2024; Sarina, 2023). This song is also giving perspectives that the unconscious mind does exist. It works not in the ego in how things happen, but it specifies the background of current various situations related to past indications in everyday life.

### Unconscious Mind and Its Consequences

The concept of the unconscious mind is a fundamental aspect of psychoanalytic theory, primarily developed by Sigmund Freud by mentioning three kinds of mental structure, such as the unconscious, preconscious and conscious (Bhardwaj & Pareek, 2023; Mcleod, 2024; Zhang et al., 2023). It refers to the part of the psyche that contains thoughts, memories, and desires that are not accessible to conscious awareness but still influence behavior and emotions. Freud believed that the unconscious is the greatest and most important aspect of the mind. It contains thoughts, memories, desires, and emotions that are not available to conscious awareness, usually because they are hidden or believed unacceptable.

On the other hand, the preconscious serves as an obstacle between the unconscious and the conscious. It suggests that the preconscious maintains information that is not currently in people's awareness but can be quickly brought to consciousness (for example, a student number that students do not care about but will remember for certain times such as exams, registrations, and so on). Finally, consciousness is the part of the mind

that maintains what people are aware of in their thoughts and feelings at any time. Freud emphasized that the unconscious is dynamic, meaning it consists of repressed thoughts and desires that continue to exert influence over conscious behavior (Bhardwaj & Pareek, 2023; Mcleod, 2024; Zhang et al., 2023). These repressed ideas can be powerful, often manifesting in dreams, slips of the tongue, or neurotic symptoms.

Many of a human's traits, namely thoughts, behaviors, and emotions, are often influenced by factors beyond their consciousness. Their decisions as well as actions are the result of deep psychological processes. Sigmund Freud's hypothesis that humans are not always self-aware and rational, and that the human unconscious mind controls much of human behaviors and actions (Benvenuti, 2016; Bethari et al., 2023; Firzatullah et al., 2025). Psychoanalysis is a broad umbrella that covers these psychological processes. Psychoanalysis emphasizes how the human mind works, a method of studying its contents and a therapeutic practice in order to help individuals have a more conducive life. Moreover, the role of the unconscious mind, defense mechanisms, inner struggles or conflicts, as well as childhood experiences and relationships with others, influence how a person shapes their behavior, personality, and emotions (Kenny, 2017; Pasopati et al., 2024).

Over time, psychoanalysis has evolved into many different perspectives, however, it originated with Sigmund Freud in the late 19th century as a groundbreaking approach. Freud laid the first foundation of psychoanalysis. Boron et al. points out that Freudian theory enclosed four aspects that shape an individual, namely level of consciousness, structure of personality, defense mechanism, and stages of psychosexual development (Boron et al., 2010; Pasopati et al., 2024; Traylor et al.,

2022). Freud pointed out the importance of young age experiences in developing individual characteristics and behaviors. Human behavior is mostly driven by instinct. People begin to develop social skills as they learn to control their instincts and change them into acceptable social activities.

Structure of personality divided into two, ego and superego (Traylor et al., 2022). In this structure, the word ego refers to the time when children (between the ages of one and three) are unaware of what they are doing or why. They simply do so because of their lack of consciousness and actual ego. Aside from that, superego and ego are not the same. At this point, children are aware of what they are doing. In other words, they begin to interact increasingly more with other people and learn the social standards of good and wrong (Traylor et al., 2022). Freud maintained that system imbalances can end up in bad emotions such as anxiety disorders or unhealthy behaviors. For example, someone who is controlled by their ego may be selfish and aggressive.

According to Freud in Traylor et al. (2022), the ego pushes to restore balance through many defensive behaviors known as defense mechanisms. He argues that all of these things come from the ego's failure to understand the struggle between the ego and superego. Defense mechanisms develop to help people change reality in order to make the truth less bad. Defense mechanisms can involve denial (not admitting the truth or lying to another), displacement (taking out frustrations on an alternative target in order to release the bad emotions), and rationalization (to make an event or desire less frightening). When specific situations, feelings of nervousness, the individual attempts to reduce their worries (Pasopati et al., 2025; Smarandreetha & Pasopati, 2024; Traylor et al., 2022).

As Walinga states, Freud divides the level of consciousness into three parts which also correspond with his ideas of the id, ego, and superego. She then explains each of the levels, the conscious includes every awareness such as thoughts and feelings, the preconscious includes every information that is easy to access, while the unconscious includes everything that is outside someone's awareness (Boron et al., 2010; Dong, 2021; Walinga, 2014). In addition, the unconscious mind is where distressing thoughts and repressed memories are being held. These repressed emotions, despite being outside the awareness, still influence an individual in shaping their behavior. As a result, in real life they may express their hidden struggles and conflicts in indirect ways like dreams, daydreams, or even psychological symptoms (Kenny, 2017; Pasopati et al., 2025; Smarandreetha & Pasopati, 2024; Wijaya et al., 2025).

The connection between psychology and literature could be traced back to a theory that was proposed by an ancient Greek scholar, Aristotle. The interpretation of a literary work's plot could evoke a series of psychological responses from the audience (Dong, 2021; Pasopati et al., 2025; Smarandreetha & Pasopati, 2024). Meanwhile, within this paper context, the songwriter as an individual is shaped by their own experiences. As a result, their perspective and how they perceive the world or their surroundings comes inside their writings, lyrics, and songs as a reflection on what they observe (see Paundrianagari & Arifin, 2025; Milantina et al., 2025). By stating so, underlining psychology in literary studies becomes evident.

## Memories and Its Further Implied Meanings in *Rises the Moon*

The song *Rises the Moon* by Liana Flores describes deep emotional experiences and changes in life, which can be analyzed through the lens of unconscious theory. Through its poetic lyrics and deep symbolism, this song touches on the theme of the unconscious in a subtle yet powerful way. This song invites listeners to reflect on life's changes, the memories that shape people, and the hope that remains even in difficult times (Cavell, 2022; Harris, 2024; Kenny, 2017; Pasopati et al., 2024; Walinga, 2014). Thus, this song is not only a work of art but also a reflection on the human emotional journey.

In the lyrics of "*Days seem sometimes as if they'll never end. Sun digs its heels to taunt you. But after sunlit days, one thing stays the same, Rises the Moon.*" it indicates symbolization of life's challenges and the constant hope that comes with the rise of the moon. The words "*Days seem sometimes as if they'll never end...*" have a meaning as an emotional exhaustion or problems that have been caused by the writer of the song. It includes anxiety, sadness, and weight of life (Mcleod, 2024; Pasopati et al., 2025; Sarina, 2023; Smarandreetha & Pasopati, 2024). The second word "*Sun digs its heels to taunt you...*" has the meaning that "sun" symbolizes hope or future light. The last words, "*But after sunlit days, one thing stays the same, Rises the Moon*", it has a meaning as a symbol of peace, on the other words no matter how hard days are, there is still peace by the rises of the moon.

Another line of "*Days fade into a watercolor blur. Memories swim and haunt you. But look into the lake, shimmering like smoke, Rises the Moon.*" is talking about how time passes and leaves people with vague memories. The rising moon could symbolize

finding clarity or peace amidst confusion and haunting memories. The words "*Days fade into a watercolor blur*" has a meaning as a confusing, dreamy image of time flowing, as if life is slipping past without detail, expressing the sensation of emotional uncertainty. The second words "*Memories swim and haunt you*" have the meaning that "*sun*" symbolizes Memories are active, as is the expression "*swim*," which implies that memories move, and "*haunt*," which implies unresolved feelings and regrets (Pasopati et al., 2025; Sarina, 2023; Smarandreetha & Pasopati, 2024). The last words, "*look into the lake, shimmering like smoke*" have a meaning the lake represents quiet and reflection, but it is also described as "*shimmering like smoke*," indicating a mysterious, and smoke suggests a fading of memories and emotions.

The lyrics of "*Oh-oh, close your weary eyes. I promise you that soon the autumn comes. To darken fading summer skies. Breathe, breathe, breathe.*" Points to a verse that offers comfort and reassurance to someone who is going through a difficult time. The approaching autumn is a metaphor for change and relief that will come after a challenging period represented by summer. The words "*Oh-oh, close your weary eyes*" has a meaning as an invitation to relax, both physically and mentally. The word weary suggests exhaustion, the kind that comes with carrying emotional weight. For the second words "*I promise you that soon the autumn comes*", autumn symbolizes change and transformation (Pasopati et al., 2025; Sarina, 2023; Smarandreetha & Pasopati, 2024; Wijaya et al., 2025). It is the time to calm down, be quiet, and reflect. This sentence promises that a fresh season of rest and reflection is on the way. The last words, "*To darken fading summer skies*", have a meaning that offers peace to the noise and calms the

stress. The "darkening" is not frightening, but calm. Then, the repeating words "*Breathe, breathe, breathe*" have a meaning, a reminder to still be calm.

Another lyric of "*Days pull you down just like a sinking ship. Floating is getting harder. But tread the water, child, and know that meanwhile, Rises the Moon.*" reflects struggle, yet also resilience – urging one to keep going despite adversities because life goes on, just like how the moon rises no matter what. The words "*Days pull you down just like a sinking ship*" has a meaning as a deep feeling of emotional weight or sadness. The connection with a sinking ship implies being stressed out carried down by the stress of daily life, mental health issues, or sadness. The second words "*Floating is getting harder.*" show emotional exhaustion throughout the day and capture the sensation of just holding on. The last words, "*Floating is getting harder. But tread the water, child, and know that meanwhile, Rises the Moon*", it has a meaning "*Tread the water*" indicates to keep going even when the writer not making progress. It is more important to survive than to achieve perfection (Harris, 2024; Kenny, 2017; Walinga, 2014). The moon's rise represents hope and peace. Even when she is struggling or feel like she is going down, the world keeps spinning, and times of peace will return. The moon is a kind signal that things will get better.

Further lyrics of "*Days pull you up just like a daffodil uprooted from its garden. They'll tell you what you owe, but know even so, Rises the Moon.*" could be suggesting the pressure society puts on people and yet reminding people that nature's cycle does not stop – subtly hinting at hope and resilience once again. The words "*Days pull you up just like a daffodil uprooted from its garden.*" has a meaning similar to someone who feels disconnected or lost. The "pull" could refer

to the factors in life that pull you away from where people feel most fixed (Harris, 2024; Kenny, 2017; Pasopati et al., 2024; Walinga, 2014). For the second words "*They'll tell you what you owe, but know even so, Rises the Moon.*" It indicates that life frequently asks for more than people feel capable of providing. The feeling of continuously returning or meeting expectations can be difficult. It serves as a reminder that hope and recovery are always possible, even in the face of tragedy.

Further aspect of "*You'll be visited by sleep. I promise you that soon the autumn comes. To steal away each dream you keep. Breathe, breathe, breathe.*" continues the theme of reassurance, suggesting that tough times will pass, dreams may fade, but relief and change are on the horizon. The words "*You'll be visited by sleep. I promise you that soon the autumn comes*" has a meaning as This line represents a natural rest following a period of hardship. Sleep is frequently used as a metaphor for peace and freedom from worry. Autumn is a period of peace and transformation. It follows the activity of summer, implying a calmer pace and time for self-awareness (Harris, 2024; Kenny, 2017; Walinga, 2014; Wijaya et al., 2025). For the second words "*To steal away each dream you keep.*" represents a release of worries and hopes. It could also represent the release of anxious thoughts that keep people awake, leading to calm rest. The repeating words "*Breathe, breathe, breathe*" have a meaning, a reminder to still calm in every situation.

## CONCLUSION

*Rises the Moon* by Liana Flores is a gentle, poetic song that captures the cycles of life, the passing of time, and the hope found in nature's rhythms. It consists of a calming melody and heartfelt lyrics expressing a sense of comfort,

reminding listeners that even in challenging times, beauty and peace can be found. The metaphor of the moon rising serves as a soothing symbol of renewal and continuity, offering reassurance that hardships will pass and brighter moments will come again. Its soothing tone and universal message make it a timeless piece that resonates deeply with those seeking entertainment and inspiration.

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