

# VIVEKA

THE BRAIN BRAKE · sve što ti treba za ulogu

## O ČEMU SE RADI

THE BRAIN BRAKE je dvominutni animirani film za Breakthrough Junior Challenge, natječaj na kojem mladi ljudi objasne jednu znanstvenu ideju žiriju znanstvenika.

## IDEJA

Kad trkač udari u zid, mišić nije prazan. Kisik je još tu i gorivo je još tu. MOZAK GA ZAUSTAVLJA, rano i namjerno, davno prije nego se išta može poderati. Zid nije zid, nego broj, i netko u njemu ga je postavio. To je Central Governor Theory.

## ZAŠTO JE TO VAŽNO

A. V. Hill je 1923. rekao da umor živi u mišiću. Godinu dana kasnije napisao je da nešto središnje mora upravljati srcem i štititi ga, ali imao je samo razmišljanje i nikakav dokaz, pa je odbačeno, i sedamdeset godina se proučavao mišić. Tim Noakes to je oživio 1997. Zato film nije o dječaku koji ispravlja znanstvenika. On je o dječaku koji otkriva da je čovjek bio u pravu i da je bio zaboravljen.

## PRIČA

Dječak gleda trkača koji više nema ništa i koji na cilju ubrza, i pita se odakle to. Isproba to na sebi dok više ne može, a onda uđe u vlastito tijelo da nađe onoga tko je rekao ne. Lift ga nosi kroz tijelo do sobe u glavi.

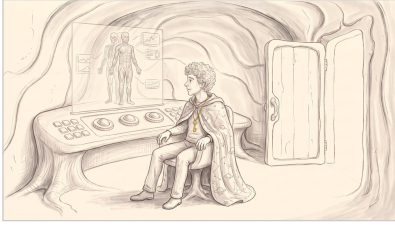
## TKO SI TI

VIVEKA je taj koji čeka u toj sobi. Očekivao ga je. Ne žuri se, topao je i potpuno siguran, i NIKAD NE KAŽE DJEČAKU DA NIJE U PRAVU. Navede ga da svoju teoriju izgovori naglas dok dječak sam ne čuje rupu u njoj. Ime je sanskrtsko: viveka znači razlučivanje, sposobnost da razlikuješ ono što jest od onoga što samo tako izgleda.

## ŠTO TREBAŠ NAPRAVITI

Polako. Ima sve vrijeme svijeta i već zna odgovor. Ništa što kaže nije hitno i ništa nije ispravljanje. Toplo, nikad s visoka. Voli tog dječaka. Drago mu je što je došao. Ako rečenica zvuči kao učitelj koji skuplja bodove, nije dobro. Ostavi pauze. Pročitaj rečenicu, stani dvije sekunde, pa sljedeću. Tišina se koristi, a i snimku je puno lakše rezati. Tiša soba. Mobitel je sasvim dovoljan. Bez muzike, bez ventilatora, bez prometa. Zatvori prozor i makni se od golih zidova. Slobodno ponovi. Ako ti druga verzija sjedne bolje, pročitaj dvaput. Oba su korisna, ništa se ne treba brisati.

## DIJALOG, REDOM — podebljano je tvoje



VIVEKA

**Ah. There you are. I was expecting you.**

Njegova soba



VIVEKA

**Before we begin. Raise your right arm.**

Njegova soba



MANAN

I am trying.

Njegova soba



VIVEKA

**I know.**

Njegova soba



MANAN

I can't. Why can't I move it?

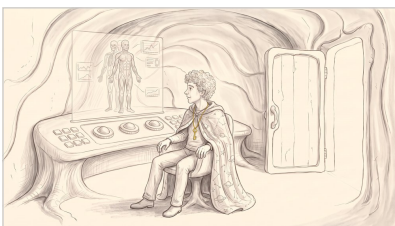
Njegova soba



VIVEKA

**Try now.**

Njegova soba



MANAN

That was you. It was never my arm at all.

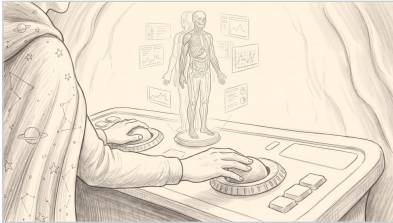
Njegova soba



VIVEKA

**The arm is always yours. The permission is mine. And the permission is the key.**

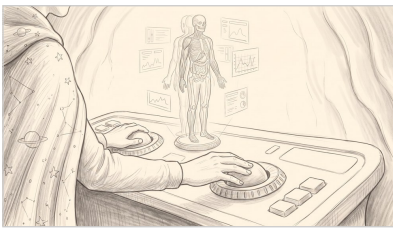
Njegova soba



MANAN

But that is not how it works.

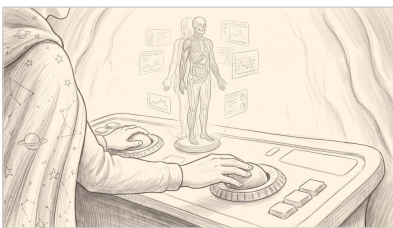
Konzola i hologram



VIVEKA

**No?**

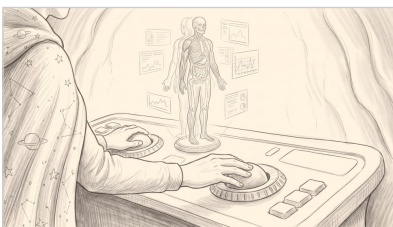
Konzola i hologram



MANAN

No. I read about it. It is the muscle. The muscle runs out, and you stop. That is the whole of it.

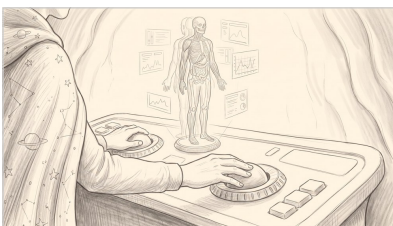
Konzola i hologram



VIVEKA

**Then tell me. All of it, from the beginning.**

Konzola i hologram



MANAN

You want me to explain it to you.

Konzola i hologram



VIVEKA

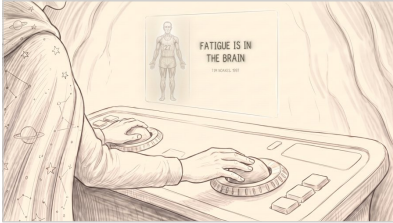
**I want to hear you say it out loud. That is usually enough.**

Konzola i hologram

MANAN

In 1923 a physiologist called A. V. Hill put runners on a treadmill and measured everything they did. He decided fatigue happens in the muscle.

Na ekranu: FATIGUE IS IN THE MUSCLE



VIVEKA

**It does not. In 1997 Tim Noakes said it happens in the brain.**

Na ekranu: FATIGUE IS IN THE BRAIN

MANAN

Hill said the muscle runs out of oxygen. That is why you stop.

Na ekranu: THE OXYGEN RUNS OUT



VIVEKA

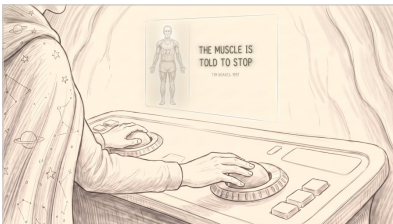
**Then measure yourself the moment you stop. The oxygen is still there. So is the fuel.**

Na ekranu: THE OXYGEN IS STILL THERE

MANAN

So the muscle fails.

Na ekranu: THE MUSCLE FAILS



VIVEKA

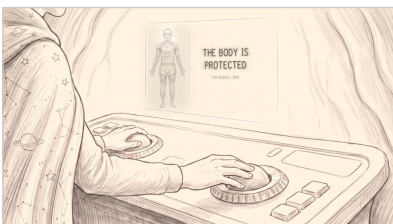
**The muscle is TOLD to stop. It is still able. It is being held back.**

Na ekranu: THE MUSCLE IS TOLD TO STOP

MANAN

But Hill said the body breaks down. A catastrophe.

Na ekranu: THE BODY BREAKS DOWN



VIVEKA

**Nothing breaks. You are being protected, and you feel that protection as tiredness.**

Na ekranu: THE BODY IS PROTECTED

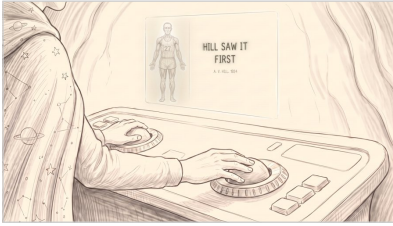


MANAN

And Hill himself? Did he never think of this?

Na ekranu: AND HILL HIMSELF

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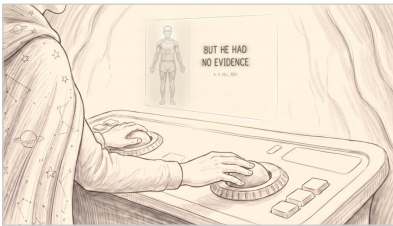


VIVEKA

**He did. One year later, in 1924, he wrote that something central must be governing the heart, protecting it.**

Na ekranu: HILL SAW IT FIRST

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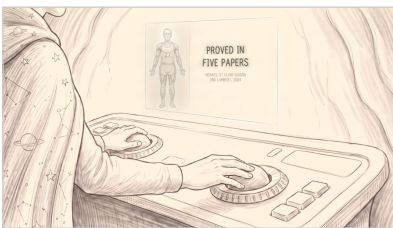


VIVEKA

**But he had only reasoning, no evidence. So it was dismissed, and for seventy years everybody studied the muscle.**

Na ekranu: BUT HE HAD NO EVIDENCE

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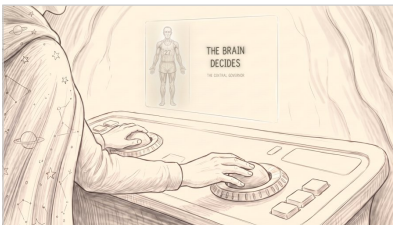


VIVEKA

**Then Noakes, St Clair Gibson and Lambert published it properly, five linked papers, in 2004.**

Na ekranu: PROVED IN FIVE PAPERS

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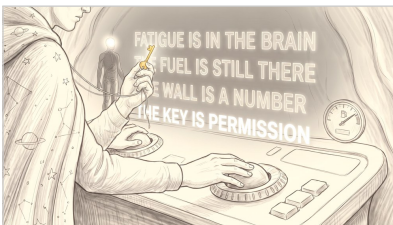


VIVEKA

**The brain reads your pulse, your breath, your temperature, your water, your sugar. The whole time. And it decides when you stop.**

Na ekranu: THE BRAIN DECIDES

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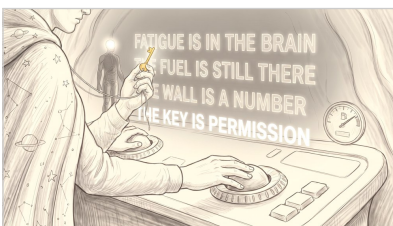


VIVEKA

**That is the key.**

Ključ

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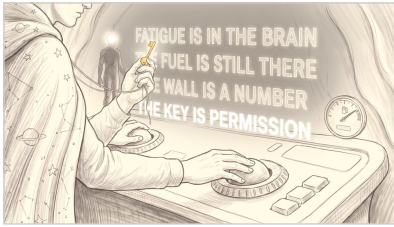


MANAN

The permission.

Ključ

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VIVEKA

**You will not always have me to ask.**

Ključ

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