

The Potentials of Subconscious Mind

Priya¹, Shreya Sureka², Dr. Divya Jain³

¹UG Scholar, ²UG Scholar, ³Assistant Professor

Department of CSE & IT, The NorthCap University, Gurgaon, Haryana, India

ABSTRACT

Article Info

Volume 8 Issue 1

Page Number: 44-52

Publication Issue :

January-February-2021

This paper addresses the subconscious mind and its fascinating effects on a human's life without their realization. The subconscious and its phenomenon can be considered a significant source to understand the secrets to the power this mankind beholds. People think they know what they are doing, who they are, not even realizing how they are directed by the greatest power of all "the subconscious mind" whose powers in disguise are yet to be discovered. This paper tells the incompatible nature of human subconscious mind. It has always been a topic of great discussions and arguments. This paper considers all the research papers and patterns of information throughout the history and modern period. Hence, it concludes the importance of the subconscious mind and how one can learn utilizing it at its best.

Article History

Accepted : 01 Jan 2021

Published : 10 Jan 2021

Keywords : Subconscious Mind, Dreams, Hypothesis, Beliefs and Control, Thought Process

I. INTRODUCTION

It is common to hear about conscious and subconscious actions taken in life. One's behaviour and actions are less rational than believed to be. The human ability to control thoughts, movements, or feel emotions depends on the depth of the information processing that is 'brain' more precisely 'The Subconscious Self'. The human brain can be divided into three levels: Conscious elucidates all thoughts and actions within awareness. Subconscious defines all reactions and automatic responses that are overlooked unless thought about or analysed. Unconscious expound past events and memories. It is believed that one consciously controls all its actions

which prevents their understanding of who they are, how to make decisions and many other things followed. And while ignoring the existence of this almighty power, an individual can miss out a lot. Understanding and using it can exceptionally revamp our lives.

A. Common effects of the Subconscious Mind in everyday life

"If we look upon our mind as a garden, and we plant seeds of thoughts in our subconscious mind all day long, based on our habitual thinking. "As we sow, we shall reap in our body and the environment." [2] This is how strong the subconscious is, just by the thought process brain can help do wonders. And that is why it is said that nothing is impossible especially when they

are not aware of how to make it possible. And not just this, there are so many magnificent phenomena occurring due to the thought process. [1]

B. Using the Subconscious Self

The subconscious mind is difficult to be accessed directly, though the conscious mind can be. One might never know what is going on in the depths of the subconscious. But sometimes, some actions can speak up and make an appearance in conscious awareness [1]. One needs to notice these instructions of the subconscious. It helps us to make better decisions in the conscious mind. Therefore, leading to making lives different and better.

Understanding subconsciousness has always been a topic of discussion. There couldn't have been any better source of understanding our core inner self than analysing our dreams or experiences like déjà vu. These are the conventional outcomes of the working of our subconscious.

It is believed that there are a lot of things a human cannot do. But once he unleashes the power within, anything is possible and the lives shall be simple. It makes us realize what a human imagination can do. In ancient times a flying plane, bulb, cell phones were things beyond imagination, but humans made it happen.

It is just the beginning of the human subconscious explore. Kim Peek, a mentally differently abled person having dementia has read hundreds of books and still remembers every single line. It is just the example of one person with such an ability. We all have super-abilities that need to be recognized. This also shows that there are genius abilities that exist in the human brain which need to be triggered. Human is in an era of science where anything can be made possible.[17-18].

This paper introduces the fundamentals of the human brain, its subconscious, and the significance of its

understanding. There are many parts of the subconscious like vivid dreams, déjà vu, jamais vu, astral projection, and body possessions. This paper thoroughly reviews dreams psychology and déjà vu, ancient and modern time comparison and their studies, comparison of different research papers and beliefs of various writers, different types of theories and surveys done over time, how important their understanding is for the benefit of humankind.[19-20]

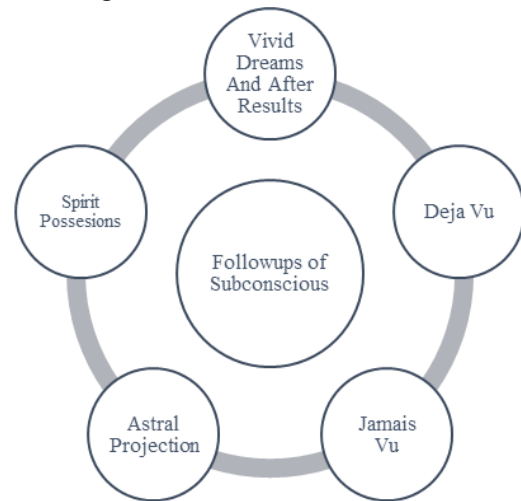


Figure 1. Follow-ups of Subconscious Mind

As per Figure 1, subconscious has many outcomes like Déjà Vu, Jamais Vu, Vivid Dreams seen, Astral Projections, Spirit Possessions, and so many other things that are yet to be brought to light. Astral Projection is generally considered a part of an exorcism but is related to the brain. It is de corps experience that assumes the presence of a soul or consciousness called an “astral body”. Jamais vu is opposite to déjà vu, meaning “never seen”. A state of not remembering something already experienced. Spirit possession is also considered an exorcism part. In psychology, it has various explanations, but it is a strong belief of being some other personality which is seen as the power of belief.

II. DREAMS PSYCHOLOGY

People have always been fascinated with dreams at some point in their life but what is it which makes them so fascinating and drive attention. Its purpose

has not been clear yet, but it has always been the subject of religious, philosophical interest, scientific research and arguments throughout history. It is the most extensively studied cognitive state. According to some people, it is the message of god, it connects us with the universe while some say it is a human superpower and according to medical science it's just some natural process occurring involuntarily in our brain. For centuries people like prophets, philosophers, priests all scrutinized the concept of dreams differently. They believed that dreams were directed by gods that carried divine messages. They used to practice Dream incubation. [5].

In the late nineteenth century, Sigmund Freud and Carl Jung put forward some theories of dreaming which are quite popular in the present time. Both proposed different opinions about the meaning of dreams. Freud's thesis focused that dreams were connected to uncertain wishes. Carl Jung believed that dreams were related to psychology. [3-4]

Since then, technological advancements have allowed for the development of other theories. The prominent neurobiological hypothesis of dreaming states that dreams do not mean anything specifically. They are the brain's interpretation of the impulses of neurons in the brainstem. [3-4] there have always been different theories about it over the timespan all over the globe.

A. Historical Research



Figure 2. Historical Research

As depicted in figure 2, over the period there have been various research done in different regions of the world. All having different views about dreams and, hence concluding different facts.

1) Egyptian History

Dreams were considered as the synonyms of divine predictions by Egyptians and were a significant and sacred part of the Egyptian culture. Which is known for its arcane hieroglyphs. They were understood and written only by the elite groups who were also part of the royal court – the scribes. Egyptians appraised Hieroglyphs of the dream as god's words. Hieroglyphs interpreted as the sign of the dreams like a deep well was considered as a symbol of prison, a shining moon was the symbol of forgiveness. Other ideologies were if a man sees himself lamented in a dream, it was considered as a good omen, meaning long life, a man-eating crocodile in his dream used to imply that he would become a village official, seeing a dead man's face was the indication that the dead wanted something. These symbols and hieroglyphs were a way of telling the thoughts and concerns of the hoi polloi of Egypt in their subconscious mind. The methodology provided by the author is to create hieroglyphs of the things you saw in a dream and try to entente. The symbolic writing should be as direct as they can be. [5-9-7]

2) Greek History

The Greeks personified dreams as THE ONERIOS and Morpheus being the god of dreams. They took dreams as the gospel of medium of establishing contact between their divine deities that carried mystical messages. Iliad and Odyssey -the two famous poems by homer noticed as the beginning of a new tradition [8]. Homeric poems were message dreams which stood apart from classical Greek literature of imagination- the symbolic dreams. The embarkation of modern dream interpretation was taken in the 5th century BC by Greek philosopher Heraclitus which went against the ideologies of the other Greek philosophers. He reckoned that a person's dream world was something created in their mind. But later

the discussions were put to an end by stating that dreams were messages from god.

3) Roman History

Romans were very superstitious people. And it was believed that dreams were signs from gods concerning social or religious purposes, healing or telling the future. Ancient texts affirmed that Augustus abiding faith in dreams that he created a law that anyone who dreamt relating to the empire should speak about it in the market [11]. Despite some evidence for skepticism, especially among members of the Roman elite like Plutarch, enough examples exist of dreams being as eminent in the second century AD [12-13].

B. Sigmund Freud and Carl Jung Thesis

Freud was anxious about the unconscious mind and how it is related to our suppressed thoughts. According to his theories, the human psyche is classified into the id, the ego, and the superego. The id is related to our unconscious self and the ego is linked to our conscious experiences. Superego cogitates our behaviour by balancing the firing of the id and the ego. Jung contested Freud's ideas, which was based on their idea of collective consciousness.[16]

C. Contradictory Modern Time Research

After a series of contradictory views on dream psychology, modern research affirmed that dream is a combination of sensations, emotions, ideas, and images occurring in a person's mind while asleep. Some experts also believe that dreams have no meaning and serve no function in our lives, others believe that our dreams do mean something of great importance. The following are some of the most recognized theories of all time.

1) Psychoanalytic Theory

It defines that dreams represent unconscious desires, wishes, and personal conflicts. Dreams acts as a way to act out unconscious desires in the safety of an unreal setting, as acting them out, in reality, would be unacceptable.

2) Activation Synthesis Theory

It was popularized back in the 1970s, this theory suggests that dreams are just a by-product of human brain trying to process random signals from the limbic system, which is involved in your memories, emotions, and sensations.

3) Continual Activation Theory

This states that our brains are continuously storing memories, even when in asleep, and dreams are the storage place for holding the memories while they make the transition from short-term memory to long-term memory.[15]

D. Types of Dreams

Table 1 discusses different types of dreams seen, which can help understand the state of dream quite well. Its reasons, effects etc. And Table 2 compares studies of dreams over different period of time in various parts of the world.

Table 1. Types of Dreams

Daydreams	Lucid Dreams	Nightmares	Recurring Dreams	Epic Dreams
Daydream is imagining experiences in the past or future when someone is half-awake.	Lucid Dreams occurs when someone realizes they are dreaming but many times they are not able to wake up from their dream.	Nightmares are the disturbing dream that causes you the fear, these can represent any end of fear from real life and can be seen in any form of fear.	These keep repeating with time, these may be positive but mostly these recurring dreams are nightmares.	These are dreams which can be so memorable and different that they are always remembered.

Table 2. Different theories of dreams in different periods of time in history

Period	Put forth by	Research
Anno Domino Period [1]	Greeks, romans, Egyptians	Authors believed that dreams were the messages from the god and had some meaning
19 th century [3]	Sigmund Freud and Carl Jung Thesis	Authors considered modern theories of dreams related to unconscious and conscious mind
Today's Research	Modern theories but by different researchers	Dreams are succession of sensations, emotions, ideas, and images that occur involuntarily in a person's mind during certain stages of sleep.

E. Research Survey

Table 3 summarises and compares different facts put forward by various writers. It also concludes all the papers.

III. DÉJÀ VU

Déjà vu is a notion of experiencing the same event already before. People don't get any weird feeling of having experienced things that it feels overwhelmed by a distinct sense of expectancy. Teenagers have this untrammelled power of observation which makes them a lot more into such things as déjà vu as they are a better observer. It has been said that classic déjà vu consists of very vital events.

A. Working of Déjà Vu

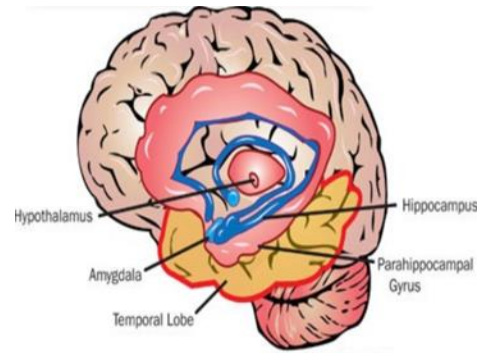


Figure 3. Working of Déjà Vu[21]

There are portions of the brain (figure 3) working for the past, present and the future. The temporal lobes are associated with the past whereas the frontal lobe is associated with the future and the underlying intermediate portions "the limbic system".

Each instance of the self demonstrates a new emotional response, but only if circumstances have changed in every 25 milliseconds. The duration of the 'present' in neurological terms is so brief that one cannot experience it so much as remember it. Déjà vu also frequently leads to up to temporal lobe epilepsy attacks.

B. Types of Déjà Vu Experiences

There are two types of déjà vu experiences. The first one is related to dreams whereas, in the other one, one needs to think for some time to understand if it is dreams based. Such insights are, of course, not just a cause to reflect on the mechanics of the phenomenon, but equally on its philosophical consequences. These might even be an effect of the brain's random activities or glitch. According to research conducted, around 2/3rd of people has reported it's experiencing.

Table 3 : Summary and comparison of facts by different authors

Title	Facts	Summary	Conclusions
Dreaming and imagination [23]	“we do not form false beliefs while dreaming. Rather, on my view, dreams involve Mental, imagery and propositional imagination.”	Authors says dreams are imagination which can't be called false beliefs. They don't deceive anyone. Dreamers are often called mad, psychotic. But it is none other than just human imagination.	The author can be agreed with dreams are not any false beliefs but one's own imagination which can't even be realised.
Philosophy of dreams [24]	“another world exists, apparently without logic and direction; precisely, physics is both limited and enlarged by my bodily functions, and light source of experience is brought within, giving the sensation we live in another dimension.”	According to the author dream is where logics are missing. And various other factors indicating the existence of another dimension where things work differently yet similar.	Yes, dreams don't miss any logics but there is always pictorial representation of information in the dream. Which can't be considered any other dimension
Taking dreams seriously [25]	I illustrate three core assumptions shaping the highland maya Understanding of dreams. When interpreting any particular dream, dreams <i>as such</i> are understood To be communications of the essential, offering a sense of accessibility.	Author considers dreams as “maya”. A term in Sanskrit meaning illusion trap. Dreams provide access to a life beyond our waking life, realms of human, linking human to divine.	Dreams can't be considered trap they are just the imagination one sees visually.
The function and importance of dreams [30]	Dreams have been defined as the messages we receive from the macrocosms (heavens or the forces warning us from up above) until Freud disbanded their stereotypical perception by which they were considered as the reflection of individual's hidden self and all undisclosed desires	Over the time dreams have been open to discussions and various theories have been stated over the time. Earlier dreams were considered as message of god, but they are the reflection of our own thoughts we ourselves don't realise. These are the deepest of our thoughts. That is why some of the renowned artists have been able to know their arts in their dreams.	Since one get to see the insights of its brain, he might see his own creative thoughts differently. And that is why many artists have got their best creations inspired by their dreams.

C. Research Survey and Conclusion

Surveys suggest people having Déjà vu were mostly travellers or watched movies more often which means they have more potential memory. 80 yrs. Old theory: The idea that Déjà vu might be driven by unrecalled memory from a situation same as the previous one. It might be compared to the tip of the tongue experience. An experience which makes people knowing some word but still not being able to recall it. It can also occur because that event might have

already occurred. Another prediction study: Déjà vu was more likely in configurable similar scenes.

Déjà vu bias people that they have notions about future occurring situations, even when they do not. The graph in figure 4 shows that the number of people having déjà vu had been through that same situation. But the reasons can also be that they have been in a familiar situation in their dreams or a movie. Some people also believe it is their strong subconscious belief that makes these things happen.

These facts are considered paranormal being mysterious in many ways. Research is still going on; some consider it a glitch in the brain, and some consider it supernatural.

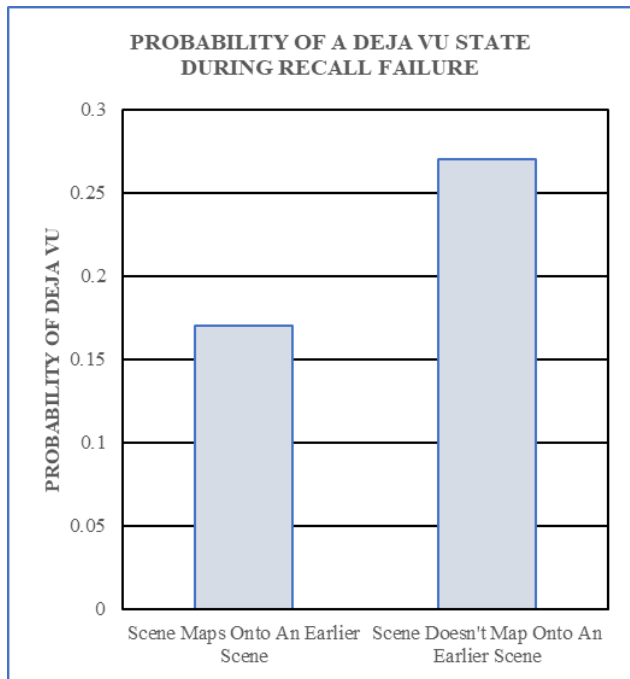


Figure 4. Probability of State Déjà Vu during Recall Failure [26]

IV. CONCLUSION

The subconscious mind is something mysterious and supernatural in the natural self. Understanding it deeply can help humankind to proceed at an incredible pace. Considering the dreams, it is believed that people might get connected to the ultimate universe and that what déjà vu might be about. People make things happen just because they strongly believe in it in the back of our mind “The Subconscious Mind”. All the motivational books revolve around the tricks to use our subconscious self to achieve anything. Concluding the research Paper by saying nothing is impossible which is incomplete without stating “as long as we strongly believe”.

V. REFERENCES

- [1]. Restak, R. (2002). Mozart's brain and the fighter pilot: Unleashing your brain's potential. Harmony.
- [2]. Murphy, J. (2008). The power of your subconscious mind. Penguin.
- [3]. Shamdasani, S., & Sonu, S. (2003). Jung and the making of modern psychology: The dream of a science Cambridge University Press.
- [4]. Dreams and Dreaming | Introduction to Psychology. (2013). Retrieved January 4, 2021, from Lumenlearning.com website: <https://courses.lumenlearning.com/waymaker-psychology/chapter/reading-dreams/>
- [5]. Ancient Egypt and Dream Analysis. (2020). Retrieved January 4, 2021, from Analysedreams.co.uk website: <http://www.analysedreams.co.uk/ancient-egypt-dream-analysis.html>
- [6]. Egyptian (ancient) Dream Beliefs. (2018). Retrieved January 4, 2021, from dreamhawk.com website: <https://dreamhawk.com/dream-encyclopedia/egyptian-dream-beliefs/>
- [7]. Kamil, M. (2014, September 25). Dreams and Prophecy in Ancient Greece. Retrieved January 4, 2021, from Ancient-origins.net website: <https://www.ancient-origins.net/myths-legends-europe/dreams-and-prophecy-ancient-greece-002107>
- [8]. Gottlieb, A. (2000). The dream of reason: A history of western philosophy from the Greeks to the Renaissance. WW Norton & Company.
- [9]. Harris, W. (2003). Roman Opinions about the Truthfulness of Dreams. *The Journal of Roman Studies*, 93, 18-34. Doi:10.2307/3184637
- [10]. Hughes, J. D. (2000). Dream interpretation in ancient civilizations. *Dreaming*, 10(1), 7-18.
- [11]. Bloomsbury.com. (2013). Dreams and Dreaming in the Roman Empire. Retrieved January 4, 2021, from Bloomsbury Publishing website: <https://www.bloomsbury.com/us/dreams-and-dreaming-in-the-roman-empire-9781441176332/>
- [12]. The History and Meaning of Dreams in Ancient Cultures - The Sleep Blog. (2011, January 13).

- Retrieved January 4, 2021, from The Sleep Blog website: <https://blog.snoozester.com/history-and-meaning-of-dreams-in-ancient-cultures/>
- [13]. Bryn Mawr Classical Review. (2014, April 23). Dreams and Dreaming in the Roman Empire: Cultural Memory and Imagination – Bryn
- [14]. Mawr Classical Review. Retrieved January 4, 2021, from Brynmawr.edu website: <https://bmcr.brynmawr.edu/2014/2014.04.23/>
- [15]. Freud vs. Jung | In Your Dreams. (2016). Retrieved January 4, 2021, from Psu.edu website: <https://sites.psu.edu/taniasdreams125/2016/06/23/freud-vs-jung/>
- [16]. Freud, S., Jung, C. G., & McGlashan, A. (1994). The Freud-Jung Letters: The Correspondence Between Sigmund Freud and CG Jung (Vol. 135). Princeton University Press.
- [17]. Jung, C. G. (1915). Psychology of the Unconscious (pp. 80-89). Kegan Paul.
- [18]. Jung, C. G. (2012). Psychology of the Unconscious. Courier Corporation.
- [19]. <https://www.facebook.com/verywell>. (2021). 10 Interesting Facts About Dreams. Retrieved January 4, 2021, from Verywell Mind website: <https://www.verywellmind.com/facts-about-dreams-2795938>
- [20]. Akshay Parmar. (2015, January 20). The power of subconscious mind. Retrieved January 4, 2021, from Slideshare.net website: <https://www.slideshare.net/akshayparmar5059/the-power-of-subconscious-mind>
- [21]. Daza, G. (2011, April 6). Psy deja vu. Retrieved January 4, 2021, from Slideshare.net website: <https://www.slideshare.net/PATER33/psy-deja-vu>
- [22]. Lichtenberg, J. D., Lachmann, F. M., & Fosshage, J. L. (2016). Self and motivational systems: Towards a theory of psychoanalytic technique. Routledge
- [23]. Chikawa, J. (2009). Dreaming and imagination. *Mind & Language*, 24(1), 103-121. 25Windt, J. M., & Metzinger, T. (2007). The philosophy of dreaming and self-consciousness: What happens to the experiential subject during the... Retrieved January 4, 2021, from ResearchGate website: https://www.researchgate.net/publication/232591797_The_philosophy_of_dreaming_and_self-consciousness_What_happens_to_the_experiential_subject_during_the_dream_state
- [24]. Dale, A., Lortie-Lussier, M., Wong, C., & De Koninck, J. (2016). Dreams of Canadian students: Norms, gender differences, and comparison with American norms. *Journal of Cross-Cultural Psychology*, 47(7), 941-955.
- [25]. Groark, K. P. (2020). Taking dreams seriously: an ontological-phenomenological approach to Tzotzil Maya dream culture. In *New directions in the anthropology of dreaming* (pp. 158-182). Routledge, Taylor and Francis Group.
- [26]. TEDx Talks. (2017). Déjà vu | Dr. Anne Cleary | TEDxCSU YouTube Video]. Retrieved from <https://www.youtube.com/watch?v=nFAvUkjbA-Q>

VI. AUTHORS PROFILE

Priya is pursuing BTech in CSE from The NorthCap University, Gurugram, Haryana, India. She has interests in field of Technology, reading , digital marketing, face art and photography. She is keen to learn new things.

Shreya Sureka is pursuing BTech in CSE from The NorthCap University, Gurugram, Haryana, India. She has interests in the field of Technology and Culture. She has an eagerness to learn about different cultures and their language and is gregarious. Reading, traveling, and cooking is her ardour.

Dr. Divya Jain is currently working as an Assistant Professor in the Department of CSE & IT. She holds a Doctorate in the area of Machine Learning with extensive experience in research and academics. She had completed her BTech (CSE) with Honors and

MTech (CSE) with first division. She has many publications in reputed international journals and conferences including Elsevier, IGI Global and Taylor & Francis. She is an Ad-hoc Reviewer with various reputed journals and conferences with indexing of SCI-Expanded, Web of Science and Scopus. Her research areas include Data Mining, Machine Learning and Web Development.

Cite this article as :

Priya, Shreya Sureka, Dr. Divya Jain, "The Potentials of Subconscious Mind", International Journal of Scientific Research in Science, Engineering and Technology (IJSRSET), Online ISSN : 2394-4099, Print ISSN : 2395-1990, Volume 8 Issue 1, pp. 44-52, January-February 2021. Available at doi : <https://doi.org/10.32628/IJSRSET21811>
Journal URL : <http://ijsrset.com/IJSRSET21811>