

From the book

**„Edgar Cayce: On Mysteries of the Mind: The Nature of the Subconscious Mind“**

By Henry Reed

The subconscious mind is subjective, while the conscious mind is objective. Our conscious mind focuses on external appearances. Its world is the “objective reality” of the senses. The subconscious mind accepts internal appearances. What seems true for us from a subjective viewpoint is reality to the subconscious. While objective reality seems to be the master of the conscious mind, the subconscious is the servant of our subjective reality.

While the conscious mind relies on the senses and reasons logically, the subconscious operates on the principle of suggestion. When we talk to ourselves, the subconscious listens and accepts what we say to ourselves as true. When untended, this power of suggestion can work against us. Our subconscious registers the negative things we think about ourselves and accepts them as reality. The reverse is also true. It accepts our wishes and hopes as facts and can help bring them about. That’s why it is worthwhile for us to harness the power of suggestion and use it to our benefit.

The use of pictures, or imagery, is another example of the subjectivity of the subconscious mind. It uses a picture language to do its thinking. The subconscious mind also thinks symbolically. The conscious mind thinks in a literal fashion, responding to the factual meaning of words. The subconscious responds to the emotional meanings of words, and gives free rein to its imagination. Symbols are not true to literal facts. Instead, they express feelings and subjective appearances. The symbolic logic of the subconscious is what gives rise to dreams, myths, and fairy tales. These stories, although not factually accurate, speak of truths of the soul.

For example, while the conscious mind sees no immediate relationship between a turtle and the planet earth, to the subconscious mind they are very similar. The curves on the turtle’s shell are like the surface of the planet, with its bumps and valleys. The planet is a home that travels, just like the turtle carries its home on its back. There is an American Indian legend that reflects these symbolic parallels. According to this legend, the origin of the earth was the back of a giant turtle. The legend wisely speaks of the importance of a certain quality, both shy and modest yet strong and patient, that is necessary to sustain life on earth.

Because of the free play it gives to the imagination, the subconscious sees multifaceted, quaint connections that go beyond strict logic. It can also show as much insight as an ancient sage. Although it doesn’t seem realistic or objective, it is nevertheless intelligent. Although innocent and gullible in its unquestioning acceptance of suggestions, it can be very wise.

Speaking symbolically, the conscious mind is like the sun while the subconscious is like the moon. The sun’s bright light reveals details to our eyes. The diffuse light of the moon arouses our feelings. When the sun shines brightly during the day, lighting up the sky, the moon is barely visible. At night, when the sun has left the sky dark, the moon shines brightly. The workings of the subconscious also appear more readily when the conscious mind relaxes or sleeps. The sun’s role in the life of the planet is obvious. Yet the moon also has powerful effects. It is smaller than the sun, but closer to the earth. Its gravitational force affects the tides, the growth of plants, and the fluids in our own bodies. The moon may not give off its own light, but its energies nevertheless affect us. In the bright light of the day, our conscious mind operates through the senses and the intellect, two sharply focused powers. The

moonlight gives the subconscious mind the quiet stealth of intuition. It uses the subtle play of feelings to help it reveal an equally important reality.

This hidden genie, the subconscious mind, a servant and guardian with bionic sensitivity and creative vision, deserves our respect. As we attend to its subtle promptings, it can lead us toward still more mysteries of the mind.