

Do illogical practices overcome unconscious activity?

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Many mistakenly assume that illogical practices overcome unconscious activity. In reality, the opposite is true. Most unconscious activity is of a logical and organized nature, and it is responsible for the consistency in our thinking and behavior. Therefore, the relationship between logic and the unconscious is not as disconnected as psychologists often believe.

It is known that the unconscious dominates much of our lives, and its power over us is stronger than the influence of consciousness and its pressure. Our customs, habits, inclinations, temperaments, thoughts, attitudes, and more are all largely influenced by the unconscious. Whether in the apparent mind of consciousness or the subconscious, each has layers, some of which are deeply rooted, unlike the others. In the apparent mind, the fundamental issues of logical perception stand as the deepest states of consciousness, even though they function according to the subconscious mind and their impact is evident in logical reasoning. Therefore, it is a common mistake to believe that the subconscious mind is illogical compared to the apparent mind. This can be inferred from a phenomenon that is frequently encountered in dreams and dozes, where the meanings contained in them are often inconsistent with reality. Similarly, the language used in dreams sometimes appears to have no meaning, but is merely gibberish, even though during dreams and dozes, we sense the consistency of meanings and language without fault. Thus, there is a clear difference between the logical consciousness of wakefulness and the illogical unconsciousness of dreams.

It is a certain fact, but the subconscious mind has another logical

relationship. If this mind were always illogical, it would not be possible to explain how humans can engage in correct reasoning intuitively, without conscious awareness of the logical steps involved in that reasoning.

Much of deductive knowledge follows a logical pattern based on intuitive necessities and probabilistic development according to unconscious logic. The mechanism by which the human mind operates relies unconsciously on automatic processes of probabilistic development. This generative activity is characterized by logic and organization. The systematic nature of it is evident based on its automatic and planned operation according to established principles.

The knowledge system in humans operates based on general shared rules and laws. While it may not be the focus of attention for most people, including experts in various fields, and although they are limited in number, they possess effective mechanisms like active keys for operation in the unconscious mind. Each of us employs them in our unlimited cognitive output, and without them, humans would not have the ability and freedom to engage in open-ended production of knowledge. Instead, knowledge would be limited to direct and specific reflections of the environment.

The existence of this comprehensive system enables the capacity for infinite thinking and the generation of knowledge, even if we are unaware of the mechanisms involved. We think with them, even if we do not consciously think about them. What matters is that they stem from correct principles and mechanisms that are employed by specialists and others, whether consciously or unconsciously.

For example, people apply syllogism and inductive reasoning mechanisms with comprehension and awareness effortlessly, even though they may not be aware of the rules and logical constraints of these mechanisms. Most of human knowledge is based on this pattern.

In addition, the realm of the unconscious is the world of thought and

creativity, even if we do not perceive it or realize that we have not consciously contributed to generating remarkable results during a moment of astonishing vitality that defies description. This explains many scientific discoveries that suddenly emerge after preceding arduous efforts. Hence, the French mathematician Henri Poincaré said, "The unconscious life is no less important than poetic life."

perhaps the self-experience of scientists, thinkers, and writers is the greatest evidence of the profound secrets that unfold in the realm of discovery. Ideas emerge on their own from the stage of the unconscious to consciousness without thinking or inference. It is possible that Newton's theory of gravity was based on such an experience, as it is said that he arrived at his discovery after seeing an apple fall to the ground while sitting in his garden, contemplating, and exclaimed, "I've found it! I've found it!" as Archimedes had done before him.

Often, discoveries occur in this sudden manner in the realm of mathematics. Many scientists tell stories about themselves and how they saw the solution before them as a dazzling spark without thinking. Some individuals have the ability to generate complex mathematical results effortlessly or without contemplation, and among them are those who have intellectual disabilities.

Translated by **Omar Khaled**