

## **Conscious invading the Unconscious: The plight of the neuroscientist.**

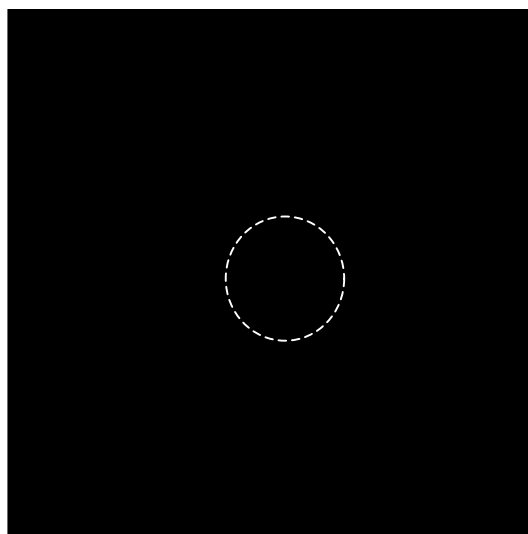
On Tuesday 13<sup>th</sup> March 2012 BBC2 broadcast the documentary “Horizon: Out of Control?”, about the nature of the unconscious (which is akin to the Freudian-Jungian concept of subconscious) as viewed from the neuroscientist’s perspective. This potentially interesting programme began by exploring the question of how conscious we are of what’s going on around us, and explained that the analytical or conscious aspect of the mind, the moment-to-moment processing of the brain, is only a very small portion of its actual mental capacity. The scientists therefore look into the nature of the unconscious, which essentially means that which is “unknown” to the scientist studying the brain is actually in control of our lives and yet it is unknown. This means the conscious “I” is out of control of itself but nature or instinct is the power behind the unconscious. Scientists even explained that most of the time humans are living on “automatic pilot”!

In many ways science is currently struggling with something that will constantly baffle it until the end of its now excessively shortened life. The conscious mind is essentially about the processes that are about deliberate action or believed “decisions” therefore fundamentally they are to do with a constructed “me” or “myself”. This is the very surface function of the brain. As we go deeper into the brain tissue this actually represents the inner workings of the body too which are outside the control of the so-called “conscious brain”, so they are happening by-themselves so to speak. While neuroscientists all agree that the size of the conscious brain is massively disproportionate in relation to the unconscious, there is nonetheless an attempt to figure out how to make the unconscious conscious, or essentially “gain control” of the unconscious, therefore gaining “power” over the whole brain, which we could call “brain colonialism”. This utterly ridiculous notion is backed up by industry and the military who as always rush in whenever there is a supposed potential “power” to be unleashed anywhere. Basically the process described in this programme and in all such experimentation is the masculine colonialism over the yin or female nature of nature.

The idea that one can try to control the unconscious is like trying to put the sea in a jar. This stems from a profound fearfulness that we are utterly “Out of Control” and it is only in fact the conscious mind, perhaps 0.01% of the human that believes otherwise. We have always been out of control of this percentage and will remain so, and gradually science will notice how limited it itself is. They give an example of a guitarist who has a problem playing his instrument and demonstrate how affecting the brain with electrical current can allow him to play more easily, we presume. But what is not questioned is why it is considered “obvious” that this particular human should be able to play the guitar at all. Many problems associated with people who play musical instruments are simply due to the fact that there is great tension on some level that prevents them from playing. This can be sometimes countered BUT often it is simply that the body is rejecting the whole nature of sitting there plucking something for hours on end - and well it should, what animal have you seen doing that?

In another experiment a biologist postulated that neurons in the brain are like ants that “recruit” each other to follow the leader, which is suggested as a process of how the unconscious “machine” works. The expression of this documentary isn’t only bad anthropomorphized ideology, but it is completely missing the point.

Let's look this diagrammatically:-



The black area is the unconscious that we can also call the collective-sub-conscious, or super-conscious in Jungian expression. Just to confuse things, people usually in spirituality circles will describe the unconscious as “consciousness/awareness”, “naked awareness” or even “holy spirit”, “atman” or other such expressions. This then to the spiritual person makes the so-called “conscious” mind of neuroscience actually “unconsciousness”. Essentially the conscious mind is really the construction of “self” so it obscures the natural and spontaneous expression of the unconscious. While the conscious mind is really about viewing things based on belief systems and looking through particular ways of thinking, be they “negative” or “positive” beliefs (whatever that means!) they are still a construction that die away when we fall asleep. In the above diagram the white circle is the “self”/conscious analytic “me” mind. Interestingly this expression shows that the conscious is a radical and renegade or warped aspect of what we now call the unconscious, in fact the unconscious was always the background, the mother of the conscious. In the brain itself the inner brain is essentially the core of the unconscious, and the outer brain, born from the inner, is really the adult brain full of “self”-consciousness. All there is in fact is the unconscious, so it isn't really “sub” and it isn't really “conscious” for nature doesn't need to be conscious of itself, it is already itself, hence one might refer to this as “natural state” and to the conscious as “self” or “disturbance”.

In ancient times the process of dis-ease was realized to be when the conscious process tried to take over and control the sub-conscious activity that is essentially instinctive. Instinct is something utterly out of the scientist's reach yet it is interesting how often scientists try to clamp down on the situation of the utterly anarchic and natural expression of the child-instinctive sub-conscious and “make it ‘real’”. This is the dis-ease. The point is that the unconscious is far vaster than just looking at the brain, it is far larger than the expression that is at the physicality and material of the brain and body, it *is* the whole of the universe. The conscious mind, which is the focus for many, is in fact only the merest of smallness within this, and as a result has no power whatsoever even if it thinks it does, no matter which professor of neuroscience you might happen to be.

Horizon fails on all counts to actually find out what is at heart of the debate about central consciousness or “me”, which is in fact that neuroscientists have pointed out there is no central “me” and decisions aren’t made by anyone definable. Nature happens without the requirement of human brain power to “work it out”, “me” isn’t required in order for nature to keep expressing. It is unsurprising that Horizon doesn't show the depth of the problem and tries to cover up the fact the science hasn't got the first clue as to what the unconscious is, or in fact the deep reasoning as to why they are investigating it. Fundamentally this documentary unknowingly centres on the fear that science is based on being “out of control”, completely ignoring the facts which are mounting that “we” have no idea as to who and what “I” is, and the fact “we” are out of control of the “I”. Science and Horizon express something that has tried to shift the view onto one of the “potential of science to re-invent the wheel”, as if we need a new one.

The real revolution in science comes when there is a letting go of a process or trying to work out the inherent purpose for things and also realizing that they are themselves a conscious mind swimming in a sea of un-know-ed-ness and that the unconscious is at every move beneath and before the conscious comes in. The game of hide-and-seek continues but it is the conscious process that is hiding and seeking, the unconscious has always been in the background and ever-present, as Tony Parsons describes it “the open secret” of life <http://www.theopensecret.com>, it is the unconscious and therefore no-one is ever going to be conscious of it.

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