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**ADDRESSING THE POTENTIALS OF THE SUBCONSCIOUS MIND**

**P LAXMAN**

Research Scholar, Department of Psychology,  
Dr. A.P.J. Abdul Kalam University, Indore, M.P.

**ABSTRACT**

The key to getting to know ourselves better is finding and exploring our subconscious mind. When we are aware of who we are, we may better comprehend others. It may improve both our professional and personal lives by assisting us in better understanding our co-workers, friends, and family as well as our bosses and subordinates. Thus, we may enhance both our interpersonal abilities and people management at work. And to top it all off, becoming aware of our subconscious mind might enable us to overcome obstacles we have created for ourselves. This essay discusses the amazing influences that the subconscious mind has on a person's life without them being aware of it. A key source for understanding the mysteries of the power our humanity possesses is the subconscious and its phenomena. People assume they know what they are doing and who they are, without even recognising that the greatest power of all, the subconscious mind, which has yet to be fully understood, is controlling them. This essay describes the incompatibility of the subconscious mind of humans.

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