

Free E-Magazine

The Unknown

UNKNOWN

READING FOR CONNOISSEURS OF THE UNKNOWN

THE POWER OF THE SUBCONSCIOUS
MIND: REVIEWS
SECRET OF SECRETS BY DAN BROWN:
GUIDE: ASSUME AND IT WILL HAPPEN
WHAT HAPPENS AFTER DEATH
THE SUBCONSCIOUS MIND
Q & A WITH A WORKING WOMAN
FEATURE: YORK, ENGLAND

Issue 04 Vol 01
September 27, 2025

*the unknown / beyond life / travel / offbeat
art / paranormal / faith / death / and after*

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DUBITO, ERGO COGITO, ERGO SUM

UNNON

THE UNKNOWN

I DOUBT, THEREFORE I THINK. THEREFORE I AM

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*the unknown / beyond life / travel / offbeat / art
paranormal / faith / death / and after / and so on...*

ISSUE 04, VOL 01 SEPTEMBER 27, 2025

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FROM THE EDITOR

You know that strong, energetic part of your mind that feels like it's buried in a basement somewhere? That's the subconscious. We talk about it, and it talks through us, secretly controlling our lives. But what about the superconscious? As Steve Taylor points out in his Psychology Today article, any psychology that ignores the superconscious is just incomplete. He's totally right. Everyone talks about the subconscious, but the superconscious is hardly ever mentioned. Maybe the word "super" is what puts people off. Maybe it sounds too much like Superman or something unbelievable. But it's not.

So, what exactly is the superconscious?

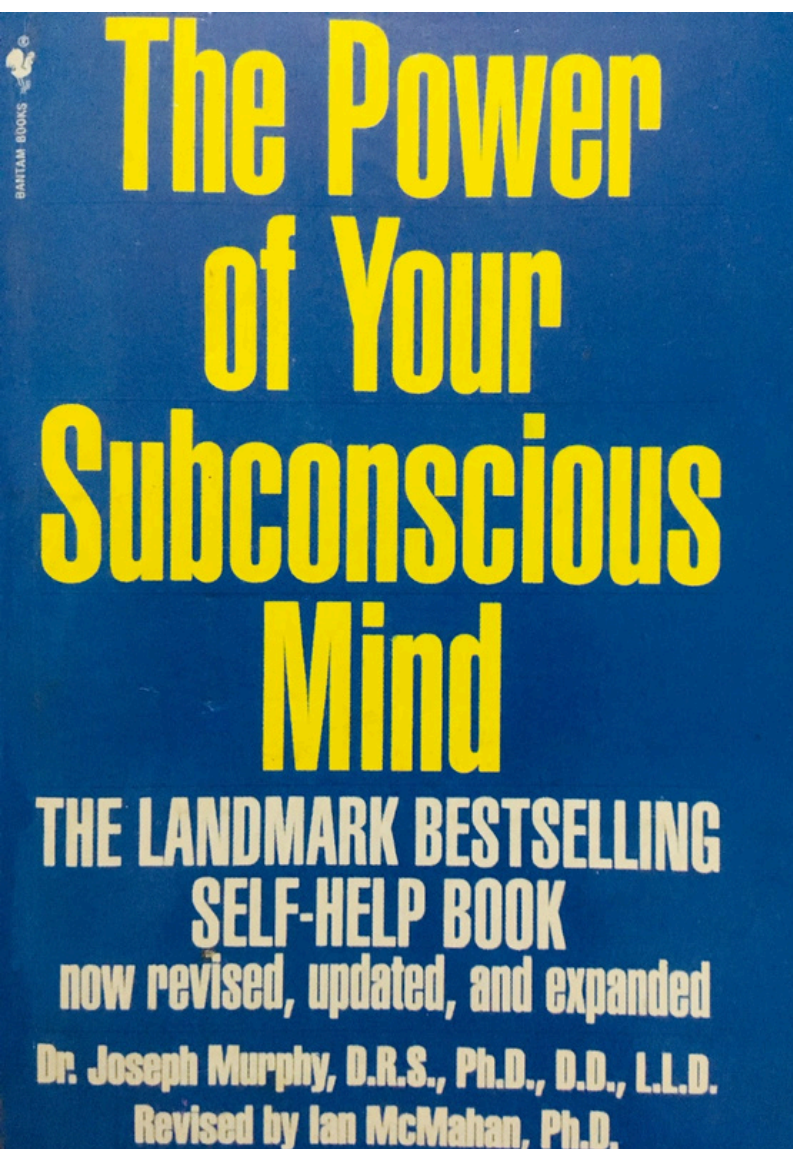
Think of it as a part of your mind that goes beyond the regular conscious and subconscious. It's a state of heightened awareness, where you can tap into a source of intuition, wisdom, and creativity. It's often seen as a way to access deep spiritual insights and universal truths, something you might experience during practices like meditation. We'll dive deeper into this... This time around, we're exploring all sorts of things about the superconscious and the subconscious—from different realms to books and various other aspects.

Enjoy the read!

PHIL DASS



THE POWER OF YOUR SUBCONSCIOUS MIND



Dr. Joseph Murphy's "The Power of Your Subconscious Mind" presents the subconscious as a powerful creative force that shapes our reality. The book's core idea is that whatever we impress upon our subconscious mind—through consistent belief, visualization, and positive affirmations—will manifest in our lives, affecting our wealth, health, and happiness. This principle suggests that we can use our minds to solve problems, attract opportunities, and create the life we desire by directing our thoughts and feelings toward our goals.

Core Concepts

- **The Subconscious as a Creative Force:** The subconscious mind isn't just a passive container; it's an active force that brings thoughts and beliefs to life.
- **The Law of Belief:** The subconscious accepts whatever is consciously or unconsciously believed. This makes it essential to cultivate positive and unwavering beliefs.
- **Visualization:** A key technique is to vividly visualize desired outcomes as if they've already happened. The subconscious mind is highly receptive to these mental images.
- **Affirmations and Prayer:** Repetitive, present-tense, and positive statements (affirmations) can reprogram the subconscious, establishing new beliefs and behaviors.
- **Internal vs. External Reality:** Your external experiences and circumstances are considered a reflection of your internal, subconscious state.

Practical Applications

The book provides practical guidance for applying these principles in various areas of life:

- **Attracting Wealth and Success:** By believing in abundance and visualizing financial freedom, you can direct your subconscious to attract the resources you need.
- **Healing:** Murphy claims the subconscious has a curative force that can heal both the mind and body.
- **Harmonious Relationships:** Cultivating positive thoughts and well-wishes for others can help you attract and foster better relationships.

Problem-Solving: The subconscious mind can deliver a workable solution to a problem even when you're not actively thinking about it.

Key Techniques

Consistent Repetition: The subconscious needs repetition to accept new ideas as truth. Consistent practice of affirmations and visualizations is crucial.

Emotional Connection: Creating a strong emotional connection to a desired outcome makes the suggestion more powerful and effective.





Dan Brown's Latest Novel Promises to Enthrall The premise is similar to Unnon's goal

Dan Brown's latest book, *The Secret of Secrets*, offers a familiar thrill. An old secret society plays a role. Harvard symbol expert Robert Langdon returns. The story explores human consciousness. It questions if science can fully explain it. This idea challenges old beliefs.

The novel starts in Prague. Robert Langdon attends a lecture. He is with his new girlfriend. She is Katherine Solomon, a top scientist. Katherine is about to release her book. It details her findings on consciousness. She believes it exists beyond the brain. A violent murder occurs. Katherine vanishes with her work. Langdon is suddenly in danger. A secret group hunts him. A frightening attacker, a Golem from old myths, also pursues him. Langdon searches for Katherine. The chase moves to London and New York. He uses his knowledge of symbols and history. He must solve many riddles. Langdon discovers a secret plan. It could change how we view the mind. he fight is for Katherine's life. It is also for humanity's future. Brown deftly often mixes science and faith.

The *Secret of Secrets* continues this. The book looks at main ideas:

Science Versus Belief: Katherine's science clashes with mystical views. Some groups hold strong spiritual beliefs. The book asks if all truths should be known. Some knowledge might cause chaos.

The Power of Knowing: The story examines choices about knowledge. Are some secrets too risky to reveal? What is the duty of scientists?

Old Stories and New Tools: Brown joins old legends with modern tech. The Prague Golem myth meets new labs. This links the past to today.

Critical Reception Reviews for *The Secret of Secrets* are mixed. Most are good. Critics agree it feels like a typical Dan Brown book. Some find the writing stiff. Others praise the quick pace. The story is gripping and full of turns. Readers enjoy its thought-provoking ideas. It asks big questions. Yet, it remains an exciting read.

Quite coincidental that Unnon's premise is similar. Life is much more than bones and flesh.



Assume and it will happen!

Much of what we do is guided by automatic, subconscious processes. This is especially evident in:

- **Habit Formation:** When a behaviour is repeated, the brain's activity shifts from the prefrontal cortex, which handles conscious thought and planning, to the basal ganglia, which automates the task. This "chunking" of a series of actions into a single, effortless habit is why we can drive a familiar route while our mind wanders.
- **Emotional Responses:** The subconscious mind stores past experiences and their associated emotions. As a result, certain triggers can lead to automatic emotional reactions, such as fear or anxiety, even if the conscious mind knows there is no immediate threat. This is a survival mechanism that allows for quick responses to perceived dangers.
- **Cognitive Biases:** Our brains often use mental shortcuts, or heuristics, to make quick decisions. These can lead to cognitive biases, which are systematic errors in thinking. For example, confirmation bias leads us to favour information that confirms our existing beliefs, while the halo effect causes our overall impression of a person to influence how we feel about their specific qualities. These biases often operate beneath our conscious awareness.

Self-Help and Manifestation Concepts

- Authors like Joseph Murphy and Neville Goddard have explored the idea that the subconscious mind can be

deliberately "programmed" to influence one's reality.

- **Joseph Murphy's Philosophy:** In his book, *The Power of Your Subconscious Mind*, Murphy posits that the subconscious mind is an unquestioning executor of the conscious mind's "mental blueprints." By consistently thinking and visualizing positive outcomes, you can impress upon your subconscious mind a new reality, which it will then work to manifest.
- **Neville Goddard's Teachings:** Goddard emphasized the importance of "assuming the feeling of the wish fulfilled." He taught that by vividly imagining your desired outcome as if it has already happened, you can impress this new reality onto your subconscious. This, in turn, influences your external world to align with your inner state of being.

These concepts suggest that by consciously directing our thoughts and beliefs, we can shape the subconscious processes that influence our life experiences. This highlights the distinction between the conscious and subconscious mind, with the latter processing information and influencing actions without our direct awareness.



What happens after death?

The question of what happens after death is one of the most profound and enduring mysteries of human existence. While there is no definitive, universally accepted answer, different fields of study and belief systems offer a range of perspectives.

Scientific and Biological Perspective

From a biological standpoint, death is the cessation of all vital bodily functions. It's not a single event but a process.

- **Physiological Changes:** Once the heart stops, blood circulation ceases, and the body begins to cool. Muscles stiffen, and gravity causes blood to pool in the lowest parts of the body, leading to a purplish discoloration.
- **Brain Activity:** Research into near-death experiences (NDEs) is ongoing. Studies have shown that some brain activity, including a surge of electrical signals, may persist for a brief period after the heart stops. This could be a biological explanation for some of the vivid, out-of-body sensations reported by people who have been resuscitated.
- **Decomposition:** Following death, the body's cells, deprived of oxygen, begin to break down. Bacteria from the gut spread, leading to the process of putrefaction. The rate of decomposition is influenced by environmental factors. Ultimately, the body is reduced to a skeleton.

Religious and Spiritual Beliefs

Beliefs about the afterlife are a cornerstone of most religions, providing comfort and guidance on how to live.

- **Heaven & Hell:** The most common belief among many religions is the existence of heaven, hell, and purgatory. Abrahamic religions like Christianity and Islam believe in a single life followed by a final judgment. The soul is believed to go to a spiritual realm, such as heaven (a

- paradise) or hell (a place of punishment), based on one's faith and deeds.
- **Reincarnation:** In many Eastern religions like Hinduism, Buddhism, and Jainism, the concept of reincarnation (rebirth) is central. An individual's soul or consciousness is believed to be reborn into a new physical body after death. The quality of this new life is determined by karma, the law of cause and effect based on one's actions in a previous life. The ultimate goal is to achieve liberation from this cycle of birth and death.
- **Ancestral Worlds:** Many indigenous and tribal cultures believe that the spirits of the deceased continue to exist in a different realm, often a spirit world inhabited by ancestors. These spirits may remain connected to the living, offering guidance and protection. This is also where legends of ghosts and spirits come from.

Philosophical and Psychological Perspectives

Philosophers and psychologists have also grappled with the question of what happens after death.

- **Annihilation:** A common philosophical viewpoint, particularly in materialist and atheist perspectives, is that consciousness is a product of the brain. When the brain ceases to function, consciousness ceases to exist. Death, in this view, is the absolute end of personal existence.



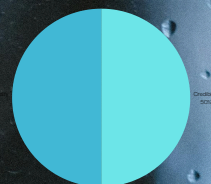
What happens after Death?

- **Consciousness and the Self:** Some philosophers explore the idea that the "self" or "I" is an illusion, a collection of memories and experiences. In this view, the question of what happens to the self after death is a flawed one, as there is no single, enduring self to begin with.
- **The Fear of Death:** Psychology suggests that the fear of death is a fundamental human anxiety. To cope, humans have developed a variety of belief systems and defense mechanisms, including the belief in an afterlife, to provide a sense of meaning and continuity.

Ultimately, while science can explain the biological process of dying and decomposition, it cannot yet answer the question of what, if anything, happens to consciousness or the self after death. This remains a matter of faith, personal belief, and philosophical inquiry.

Chew on this: Perhaps after death, our consciousness merges with a greater consciousness and we become part of the universal truth.





THE SUBCONSCIOUS

The subconscious mind is perplexing.

The subconscious mind is a powerful, often overlooked part of our psychology. It's like an autopilot that runs on the information we consistently feed it, whether positive or negative. The source of our intuition, or "gut feelings," is believed to be the subconscious mind drawing on its vast database of stored experiences to offer quick insights.

By intentionally working with your subconscious, you can experience personal growth and overcome limiting beliefs.

Benefits of Harnessing the Subconscious Mind

- **Improved Health:** Practices like positive affirmations can enhance overall well-being and potentially aid in recovery by influencing bodily functions.

- **Enhanced Relationships:** A positive mindset can lead to more constructive and healthy interpersonal interactions.
- **Greater Happiness:** Reprogramming your mind to focus on positive thoughts can reduce feelings of anxiety and promote a greater sense of peace and purpose.
- **Increased Creativity:** The subconscious is a powerful source of inspiration. Clearing your conscious mind can allow new ideas and insights to surface.
- **Achieving Goals:** By aligning your subconscious beliefs with your conscious desires, you can unlock your potential and make lasting life changes.

Techniques for Reprogramming the Subconscious

Positive Affirmations: Regularly repeat clear, specific, positive statements about your goals, framing them as if they have

- **Identify and Challenge Limiting Beliefs:** Look at the results in your life to identify negative patterns. Once a limiting belief, such as "I always mess up," is recognized, consciously replace it with a new, empowering belief.

Scientific Basis and Criticisms

- While popular and effective for many, some aspects of harnessing the subconscious lack strong scientific backing and face criticism:
- **Spiritual vs. Scientific:** Some argue that concepts from popular self-help authors combine scientific-sounding ideas with spiritual or philosophical ones, leading to unsubstantiated claims.

THE SUBCONSCIOUSNESS

already happened. For example, instead of saying, "I will be healthy," try, "I am healthy."

- **Visualization:** Vividly imagine your desired outcome with as much sensory detail as possible. This creates a mental blueprint that the subconscious works to make a reality.
- **Autosuggestion Before Sleep:** The period just before falling asleep is when the conscious mind is most relaxed, making the subconscious more receptive. Use this time to state your request clearly and simply.
- **Meditation and Deep Relaxation:** Techniques like breathwork can help you achieve a relaxed state where you can more easily access and reprogram the subconscious.

I

- **Overemphasis on the Subconscious:** Some psychological researchers challenge the idea that the subconscious mind is the dominant force in our lives. They argue that the conscious mind plays a more pivotal role in shaping our actions and that the unconscious has been overstated.
- **Misinterpretations of the Mind:** Critics point out that subconscious processes like intuition or habits are not magical forces. They are simply the brain's efficient way of processing information based on past experience.
- **Lack of Logic:** Certain critics feel that accessible self-help explanations of the subconscious lack the logical depth needed to fully explain complex psychological phenomena.



Witty and Weird!

The Dog Said...

The dog was speaking to me. He was sitting on his hind legs with the front up. He seemed serious. The cat was crawled up lazily on the couch, eyes closed and in his own world.

What is it? - I asked the pooch.

Have you considered putting it - he pointed with is head to the sleeping cat - out?

I looked askance at him. Why?



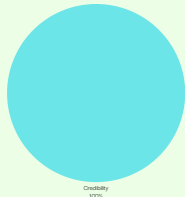
You know it. Dogs are superior - he was standing on all four legs, his tail wagging slowly and continued - dogs are loyal, hard working... dogs are used in so many metaphors... work like a dog, sleep like a dog, smell like a dog, loyal as a dog....and so on. This one like its species, is useless. - he was being serious.

But - I said - she so cute. She is a ball of cuteness. Feline and she gives a damn for anything else. She is graceful, beautiful and....

The dog barked now - I know where you are going with this - and he went to sleep his back to me.

He was smarter then I could imagine.



**Sophie**

MERGING THE WORKING WOMAN AND HOMEMAKER

Sophie is working for the past 15 years with single company, rising from a trainee to the managerial position in the accounts department. And to top it all, she has two school-going kids. It does help to have mother-in-law helping her out but she's doing a splendid job and shows the impossible is possible when you set your priorities right.

**Q**

What's life?

Life is demanding but gives back in abundance if you set your priorities right. I take life at a day at a time and while it is stressful - when you have a job to do and a family to take care of - I am working out a work-life balance that makes it enjoyable. Life is a blessing but with it comes many responsibilities and duties one has to perform.

Q

What makes you tick?

That's easy to state without a moment's hesitation. My two kids are the greatest gifts that I ever could have. My family is a pillar of support - my husband and mother-in-law, my parents and siblings and my employers and the team at work, they give me a sense of belonging and an obligation to do my part, in my diverse roles.

Q

What's your take on work-life balance?

It is a challenging task, right, but not a futile task to achieve. Any role is inconceivable if it is without support from all the parties involved. Empathy from the family members as well as professional associates is crucial. Sacrifices have to be made and that is a part of the goal of achieving a good work-life balance.



Scriptally
1022

York, England: Often cited as the most haunted city in Europe, York's history dates back to Roman times. With its medieval walls, narrow cobblestone streets, and a history of Viking invasions and violent conflicts, it's said to have over 500 documented hauntings. Famous ghost stories include Roman legionnaires marching through a pub's cellar and the spirit of "Mad Alice" who was hanged in the 19th century. ☀



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