



Subconscious is the accumulation of the invisible impressions that affect even direct our present life in the depths of the mind; and of the roots of our hidden tendencies of which builds our personality, our personal beliefs and thoughts that we produce or hold throughout our lives, and of individual ambitions that trigger each other. The mobility of this compound interaction area, expressed in the yoga literature as "karma", makes the mind constantly uneasy, pushes the person in search for peace outside, in the material field. By dividing the flow of attention to many objects at the outside, to superficial thoughts, dreams, temporal enthusiasm which is believed to give pleasure, makes the person get used to the discomfort caused by the internal conflicts. Because the power of discernment lost its function, personal and social conditionings make a pain-dependent life compulsory. Getting rid of this unnatural state can be achieved by the integration and internalization of the attention with the help of yoga methods.

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