

Our Different Levels of Consciousness – The Iceberg Analogy

Imagine the landscape around the North Pole, where the deep blue ocean is broken by iceberg peaks of all sizes rising through the surface. You sit in a small boat and let your gaze wander across this majestic scenery.

Only the tip of the iceberg breaks the water's surface, while most of it remains hidden deep beneath you. We may glimpse the outline of the iceberg just below the surface, but what lies in the depths – and whether it might be connected to other icebergs – remains invisible from our perspective in the boat.

This image can help you understand the different parts of your own mind and provide a clearer impression of our various levels of consciousness. The iceberg model is also used in many other contexts to illustrate aspects of a matter that are more obvious than others.



The conscious mind

The tip of the iceberg symbolizes the conscious part of ourselves. Here we find everything we feel, think, and do with full awareness—everything we notice in the present moment.

The subconscious mind

Beneath the water's surface lies the subconscious mind. As we look down into the water from the boat, we can just make out the outline of the iceberg below the surface. When we consciously choose to look at something within ourselves—or in the world around us—that we have not noticed before, we may discover something we were previously unaware of, but which becomes conscious once we direct our attention toward it. This part of the mind is called the subconscious.

The unconscious mind

Deep beneath the ocean lie parts of the iceberg that we can neither see nor even sense, no matter how long we stare into the water. To explore this deeper structure, we need entirely different methods. This part of our mind is completely unconscious. We have no awareness of the emotions, beliefs, and thought patterns that may be hidden there. Most of the body's functions also take place entirely outside our conscious awareness. We do not consciously experience how our cells carry out their work or how they are functioning. It is often only when physical, emotional, or mental symptoms arise that we become aware something is out of balance. The Emotion Code®, Body Code™, and Belief Code® methods are designed to identify imbalances within this unconscious part of the mind and body and help release them.

Collective unconscious mind

Every person carries these different layers of consciousness within them. Now imagine that some of the ice at the very bottom of the iceberg begins to melt. As it does, this part of your unconscious mind flows into what can be described as the collective unconscious—a shared field of cultural norms, beliefs, and the prevailing paradigms of the time. When we work with the unconscious part of "your iceberg," you may not only experience change in your own life—you also contribute to change within the collective consciousness.

This is the potential of the three codes:
Healing the world by empowering you.