

The Structure and Dynamics of the Subconscious Mind: *A Layered and Integrative Model of Consciousness*

Abstract

This paper presents a structural and dynamic model of the subconscious mind based on a multilayered framework of consciousness.

Rather than treating the subconscious as a single, localized domain, it is conceptualized as a distributed system operating across multiple layers of consciousness.

The model distinguishes two fundamental domains: the *imprinted unconscious*, formed through accumulated experience and habitual patterns, and the domain of *primordial guidance*, associated with higher-order consciousness.

In addition, the study introduces a dual-origin theory of inspiration, demonstrating that insights may arise either from higher levels of consciousness or from integrative processes within lower cognitive structures.

By clarifying both the structural organization and dynamic interactions of the subconscious, this framework offers an integrative perspective that connects psychological, philosophical, and spiritual interpretations of unconscious processes.

This study also extends a previously proposed layered model of consciousness and further develops its implications for understanding cognition, behavior, and the evolution of consciousness.

1. Introduction

The concept of the subconscious has been widely explored across psychology, philosophy, and spiritual traditions.

Despite its central importance, however, its structure and functional mechanisms remain insufficiently defined.

In classical psychology, the subconscious has often been interpreted as a repository of repressed contents or latent processes, particularly in the work of Sigmund Freud.

Later developments, such as the analytical psychology of Carl Jung, expanded this view to include symbolic and archetypal dimensions.

While these approaches offer valuable insights, they tend to treat the subconscious as a relatively unified domain, lacking a clear structural differentiation.

Moreover, the relationship between habitual conditioning and higher-order intuition remains conceptually underdeveloped.

This paper proposes an alternative framework in which the subconscious is understood as a multilayered and dynamically interacting system embedded within the broader structure of consciousness.

Building upon a previously proposed layered model of consciousness, this study aims to clarify its internal structure, functional organization, and dynamic behavior.

2. Limitations of Existing Models

Existing models of the subconscious exhibit three primary limitations:

- Structural ambiguity: lack of differentiation between layers
- Conceptual fragmentation: separation between psychological and spiritual interpretations
- Dynamic insufficiency: limited explanation of transformation processes

Psychological theories tend to emphasize past conditioning and repression, whereas spiritual traditions often focus on transcendence and intuition. However, these perspectives remain only partially integrated, leaving a gap in understanding the full scope of subconscious processes.

3. A Layered Model of the Subconscious

In this study, the subconscious is defined not as a single domain, but as a distributed structure spanning multiple layers of consciousness.

3.1 Imprinted Unconscious (L1–L3)

This domain consists of accumulated structures formed through:

- Experience
- Learning
- Repetition
- Environmental influence

These structures give rise to:

- Cognitive tendencies
- Emotional patterns
- Behavioral habits

They operate largely outside conscious awareness and function as the conditioning basis of personality.

3.2 Domain of Primordial Guidance (L4 and above)

In contrast, higher layers are not formed through repetition.

They emerge from deeper levels of consciousness and manifest as:

- Intuition
- Insight
- Inner direction

These functions play a crucial role in:

- Value formation
- Ethical judgment
- Long-term orientation

4. Dual Structure of the Subconscious

The subconscious therefore exhibits a fundamental dual structure:

Domain	Formation Principle	Function
Imprinted unconscious	Accumulation	Conditioning
Primordial guidance	Emergence	Direction

This duality explains the coexistence of:

- Habit-driven behavior
- Transformative insight

5. Dynamic Interactions

The subconscious operates as a dynamic system, characterized by continuous interaction between layers.

- Lower layers generate habitual responses
- Higher layers introduce transformative influences

This interaction can be described as:

- Bottom-up conditioning
- Top-down modulation

Through this bidirectional process, the structure of consciousness is not fixed but continuously reorganized.

6. Dual-Origin Theory of Inspiration

A central contribution of this study is the clarification of two distinct origins of inspiration.

6.1 Higher-Origin Pathway

- Emerges from higher layers (L4+)
- Independent of accumulated experience
- Associated with intuitive and transpersonal cognition

6.2 Integrative-Origin Pathway

- Emerges from lower structures (L3)
- Based on accumulated knowledge and experience
- Produced through unconscious reorganization

6.3 Theoretical Significance

Although both forms appear as sudden insight, their mechanisms differ fundamentally:

- Higher-origin: descending process
- Integrative-origin: emergent process

This distinction provides a unified explanation for:

- Creativity
- Problem-solving insight
- Intuition

7. Implications

7.1 Behavioral Transformation

Habitual patterns can be modified through interaction with higher-order processes.

7.2 Integration of Disciplines

This model bridges:

- Psychology
- Philosophy
- Spiritual traditions

7.3 Evolutionary Perspective

The subconscious is redefined as an active developmental system, not merely a passive repository.

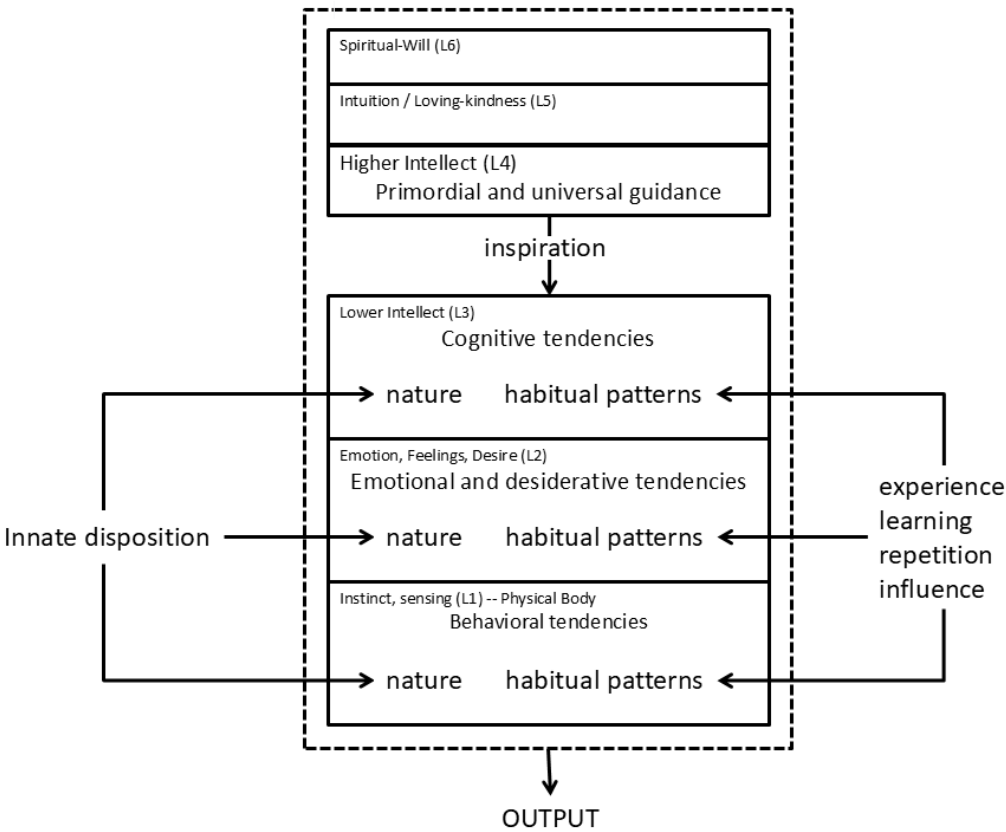
8. Conclusion

The subconscious mind should be understood as a multilayered and dynamic system rather than a singular hidden domain.

By distinguishing between imprinted patterns and higher-order guidance, and by clarifying the dual origins of inspiration, this model provides a comprehensive framework

for understanding human cognition and transformation.
This perspective not only integrates existing theories but also offers a foundation for further exploration of consciousness as an evolving structure.

Figure 1. The Structure of the Subconscious Mind and Its Functional Organization



This figure illustrates the multilayered structure of the subconscious and its dynamic interactions.
Lower layers (L1–L3) represent the imprinted unconscious formed through accumulated experience, while higher layers (L4+) correspond to domains of intuition and guidance.
The diagram also depicts the bidirectional interaction through which habitual patterns are both reinforced and transformed.

Appendix A: Extended Structure of Consciousness (Including L6)

This diagram extends the layered model of consciousness presented in a previous study (Matsubara, 2026) by incorporating an additional higher-order layer (L6), corresponding to the dimension of spiritual will.
It is reproduced here to provide a more complete structural representation of the model and to support the interpretation of the dynamic processes discussed in this paper.

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About the Author

Hideki Matsubara is a researcher in spiritual psychology and consciousness studies. His work focuses on self-transcendence, the evolution of consciousness, altruism, and philosophical interpretations of theosophy.

Selected Works:

- A Layered Model of Consciousness: Structure, Dynamics, and Analytical Application (Zenodo, 2026)
- Artificial Intelligence and the Problem of the Conscious Subject: A Theosophical Perspective on Artificial Consciousness (Zenodo, 2026)
- Why Does One Consciousness Exist?: An Ontological Inquiry into Being, Difference, and Self-Recognition (Zenodo, 2026)

Career Background:

He has worked as a system engineer, business consultant, and corporate trainer, focusing on human potential development.

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