

## The Subconscious: Your Port in the Storm

**Felicia Drury Kliment**

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*This rich collection of well-told stories contains compelling anecdotes that affirm the power of the subconscious.*

Ancient people utilized the spontaneous wisdom of the subconscious to achieve knowledge beyond their intellectual capabilities, truths that contemporary scientists now verify. In *The Subconscious: Your Port in the Storm*, Felicia Drury Kliment provides numerous examples of how modern-day people continue to benefit from subconscious guidance.

The relaxed and richly detailed narrative reveals that everyone has the ability to access their “hidden well of wisdom.” However, the rapid pace of contemporary life and its resulting emotional anxiety prevent people from recognizing and understanding the power of their intuitive intelligence. Kliment suggests calming the mind through meditation to achieve better emotional balance and describes exercises to reinforce the habit of mindfulness.

In addition to her own positive experiences triggered by messages from the subconscious, she cites numerous incidents reported by both historical and contemporary individuals. Inspiring quotations from noted authors, philosophers, scientists, and other professionals introduce each chapter, and endnotes verify textual references after every chapter.

Boxed sidebars offer additional facts related to concurrent text. For instance, Kliment suggests that people learn to closely observe their surroundings, because all human senses are utilized, both consciously and unconsciously, to recognize messages from the subconscious. An accompanying sidebar notes that people deprived of one sense will automatically increase awareness through another sense to compensate for the loss. She explains that, like animals with eyes on either side of their heads, some deaf people can see on both sides while looking straight ahead.

Several ideas posited by Kliment may seem implausible or coincidental instead of caused by authentic wisdom from the subconscious. For instance, Kliment writes that the universal subconscious has the ability to access memories of events encountered by a person's ancestors. This type of inherited knowledge can provide warnings that divert the living descendant from similar difficult situations. Additionally, she says, “A subconscious warning can also be transferred to your subconscious from someone else's.”

This rich collection of well-told historical, spiritual, and contemporary stories is amply supported by credible references. Kliment's ideas and suggestions about how to improve awareness of the subconscious are appropriately informed by her educational and professional experience. The quotations featured at the beginning of each chapter and within the text serve to amplify the primary message that the inner conscious offers an endless source of wisdom to each one of us. Some typographical errors escaped the editing process.

Kliment has written articles about Freudian and Jungian psychology and several books on alternative health choices.

*The Subconscious: Your Port in the Storm* contains compelling anecdotes that affirm the power of the subconscious to improve people's lives and will appeal to those interested in this subject.

MARGARET CULLISON (February 11, 2015)

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