The true explanation is briefly this: certain ideas, which correspond to what may be called the religious beliefs of others, are assimilated intellectually by an individual. In other words these ideas become familiar, in a kind of unattached manner, to a group of complexes, which, linked together for practical purposes, constitute the normal waking personality; but the emotions properly associated with these ideas belong to another group of complexes, which are, for the time being, instinctive, subconscious, or latent; and to these they gravitate and with them they coalesce. This process continues until this latter group has gained sufficient inherent strength, aided perhaps by some special outward circumstances, to force its emergence into vivid consciousness.

It is obvious that such spasmodic conversions have their drawbacks; and that the steady persistent growth of high character is far preferable. If one might venture upon an extension of the iceberg simile, a permanent change of heart would be comparable to the actual melting of the ice itself, so that its waters may combine freely with the waters of the ocean.

This last suggestion brings us to a point of