

Subconscious energy healing therapy quantified: measuring healing with precision and clarity

Abstract

The SEHT Quotient (SEHT-Q) Assessment is an innovative tool designed to quantify subconscious energy healing needs, providing individuals with a structured and measurable approach to self-discovery and healing. Rooted in Subconscious Energy Healing Therapy (SEHT), this assessment evaluates four key components: Emotional Blockages and Release (EBR-Q), Energy Cord Cutting and Detachment (ECC-Q), Past Life Regression and Soul Contracts (PLR-Q), and Energy Healing and Chakra Balancing (EHB-Q). Participants respond to 40 self-reflective questions, rating their experiences on a five-point scale. The total score is converted into an SEHT Quotient (%), categorizing individuals into different levels of subconscious blockages—ranging from Highly Blocked (80-100%) to Highly Balanced (0-19%). The assessment provides a detailed breakdown of subconscious challenges and a personalized healing interpretation, guiding individuals toward self-awareness, emotional detoxification, and energetic balance. This assessment serves as a transformative tool for anyone experiencing emotional distress, relationship challenges, past-life influences, or chakra imbalances, offering a clear roadmap for subconscious healing. By identifying and addressing deep-seated blockages, the SEHT-Q Assessment empowers individuals to take proactive steps toward holistic well-being, self-growth, and energetic harmony.

Keywords: subconscious energy healing, emotional blockages, chakra balancing, past life regression, self-awareness

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Introduction

Subconscious Energy Healing Therapy (SEHT) is a transformative approach that helps individuals identify and heal deep-rooted subconscious blockages affecting their emotional, mental, and spiritual well-being. To bring structure and quantifiability to this healing process, the SEHT Quotient (SEHT-Q) Assessment has been developed. This assessment provides individuals with insights into their subconscious healing needs by evaluating key components influencing their energy state. Subconscious Energy Healing Therapy (SEHT) is a transformative approach that aids individuals in identifying and addressing deep-rooted subconscious blockages that impact their emotional, mental, and spiritual well-being. This therapy integrates principles of energy psychology, past-life influences, emotional detoxification, and chakra balancing to promote holistic healing.^{1,2}

The SEHT Quotient (SEHT-Q) Assessment has been developed to bring structure and quantifiability to this healing process. It provides individuals with a systematic evaluation of their subconscious healing needs by assessing key components that influence their energy state. These include Emotional Blockages and Release (EBR-Q), Energy Cord Cutting and Detachment (ECC-Q), Past Life Regression and Soul Contracts (PLR-Q), and Energy Healing and Chakra Balancing (EHB-Q). By measuring responses to 40 self-reflective questions on a five-point scale, the SEHT-Q generates a percentage-based quotient that categorizes individuals into different levels of subconscious blockages, ranging from Highly Blocked (80-100%) to Highly Balanced (0-19%).³

Subconscious Energy Healing Therapy (SEHT) is a holistic approach that enables individuals to identify and heal deeply ingrained subconscious blockages that impact their emotional, mental, and spiritual well-being. By integrating energy psychology, past-life influences, emotional detoxification, and chakra balancing,

SEHT fosters profound healing and self-transformation.^{1,2} To provide structure and measurable insights into this process, the SEHT Quotient (SEHT-Q) Assessment has been developed, offering a systematic framework for individuals to assess and understand their subconscious healing needs.

Objectives

The SEHT-Q Assessment aims to measure an individual's level of subconscious blockages and healing needs through a structured, self-reflective process. It provides a quantifiable score based on responses to 40 carefully designed questions, offering a clear roadmap for subconscious healing.

Key components of SEHT-Q assessment

The assessment evaluates subconscious energy imbalances across four fundamental areas:

i Emotional blockages and release (EBR-Q)

Identifies deeply rooted emotional wounds, unresolved trauma, and suppressed emotions.

Assesses the level of emotional distress and difficulty in releasing past hurts.

ii Energy cord cutting and detachment (ECC-Q)

Measures the ability to detach from toxic energies, relationships, and past attachments.

Evaluates how strongly external influences impact emotional and mental states.

iii Past life regression and soul contracts (PLR-Q)

Highlights karmic patterns that may be influencing current life challenges.

Assesses past life impressions, recurring themes, and soul contracts that need resolution.

iv Energy healing and chakra balancing (EHB-Q)

Detects imbalances in energy flow and chakra alignment.

Evaluates the ability to harness self-healing techniques for restoring energetic balance.

How it works

Participants answer 40 questions, rating each statement on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree). Scores are calculated and converted into an SEHT Quotient (%), reflecting the level of subconscious healing needed. A detailed report is generated, providing insights into each key component and a personalized healing interpretation.

Impact and transformative potential

By identifying and addressing deep-seated subconscious blockages, the SEHT-Q Assessment empowers individuals to take proactive steps toward self-awareness, emotional detoxification, and energetic balance. The assessment serves as a transformative tool for individuals experiencing emotional distress, relationship conflicts, past-life influences, or chakra imbalances, offering a clear roadmap for subconscious healing and holistic well-being.⁴

Additionally, the SEHT-Q framework contributes to the expanding field of integrative psychology, where traditional therapeutic techniques are enhanced by energy-based interventions. As more practitioners and researchers explore the intersection of psychology and energy healing, tools like the SEHT-Q will play a vital role in bridging the gap between scientific inquiry and holistic wellness practices.

Ultimately, the SEHT-Q Assessment provides a structured, evidence-based approach to subconscious healing, enabling individuals to unlock their full potential by addressing underlying emotional and energetic imbalances. Through its application, individuals can foster greater self-awareness, emotional resilience, and a harmonious energy state—leading to lasting transformation and well-being.

The assessment's structured approach is influenced by the growing body of research on subconscious healing, past-life regression, and holistic therapies. Studies have shown that subconscious blockages often stem from past-life traumas, unresolved emotional distress, and energy imbalances, which can manifest as psychological or physical symptoms.^{5,6} SEHT techniques, such as soul mandala therapy and subconscious reprogramming, have been effective in emotional healing and behavioral transformation.⁷

Additionally, the SEHT-Q Assessment provides a personalized interpretation of subconscious challenges and offers guidance on appropriate healing techniques. This aligns with previous studies that emphasize the role of subconscious energy healing in improving relationship counselling outcomes, addressing anxiety, and managing emotional distress.^{8,9} Moreover, SEHT has been integrated into various therapeutic settings, including family therapy, interior design psychology, and adolescent mental health interventions.¹⁰

By identifying and addressing deep-seated blockages, the SEHT-Q Assessment empowers individuals to take proactive steps toward self-awareness, emotional detoxification, and energetic balance. It serves as a transformative tool for those experiencing emotional distress, relationship conflicts, past-life influences, or chakra imbalances,

offering a clear roadmap for subconscious healing and holistic well-being.¹¹

The SEHT-Q assessment provides a comprehensive evaluation by measuring four key components that influence an individual's energy state:

- i **Emotional blockages and release (EBR-Q)** – Assessing unresolved emotional distress and suppressed traumas that hinder personal growth and emotional well-being.
- ii **Energy cord cutting and detachment (ECC-Q)** – Evaluating the extent to which an individual is energetically tied to past relationships, toxic attachments, or draining emotional connections.
- iii **Past life regression and soul contracts (PLR-Q)** – Examining subconscious imprints from past-life experiences that may contribute to present emotional and psychological challenges.
- iv **Energy healing and chakra balancing (EHB-Q)** – Determining energy imbalances across the chakra system and the need for holistic energy alignment.

Participants respond to 40 self-reflective questions using a five-point scale, and their total score is converted into an SEHT Quotient (%). This quotient categorizes individuals into different levels of subconscious blockages, ranging from Highly Blocked (80-100%) to Highly Balanced (0-19%).⁷ This structured approach enables individuals to recognize the extent of their subconscious energy blockages and take targeted steps toward healing.

Scientific foundations and therapeutic applications

The SEHT-Q Assessment is rooted in a growing body of research on subconscious healing, past-life regression, and holistic therapies. Studies indicate that unresolved emotional traumas, past-life experiences, and energy imbalances can manifest as chronic psychological or physical symptoms.^{12,13} SEHT-based interventions such as soul mandala therapy and subconscious reprogramming have demonstrated efficacy in facilitating emotional healing and behavioral transformation.⁷

The assessment provides a personalized interpretation of subconscious challenges and offers tailored guidance on suitable healing techniques. This aligns with prior studies highlighting the role of subconscious energy healing in improving relationship counselling outcomes, alleviating anxiety, and managing emotional distress.^{8,9} Furthermore, SEHT has been successfully incorporated into various therapeutic settings, including family therapy, interior design psychology, and adolescent mental health interventions.¹⁰ These findings reinforce the effectiveness of subconscious energy healing in diverse psychological and emotional healing domains.

SEHT quotient interpretation

Score ranges & meaning

- 80-100%** – Highly blocked (Deep subconscious healing required)
- 60-79%** – Moderately blocked (Significant emotional & energetic healing needed)
- 40-59%** – Mild blockages (Some healing required)
- 20-39%** – Minimal blockages (Minor areas to improve)

0-19% – Highly balanced (Strong self-awareness & healed subconscious)

Key benefits of SEHT-Q assessment

- a. Self-awareness** – Understand subconscious patterns influencing your life.
- b. Healing roadmap** – Get a clear, structured approach to subconscious energy healing.
- c. Personalized insights** – Receive a customized breakdown of your energy blockages.
- d. Transformation guidance** – Learn effective subconscious healing techniques based on your results.

Who can benefit?

The SEHT-Q Assessment is beneficial for anyone experiencing emotional distress, relationship struggles, karmic patterns, or energy imbalances. Whether you're new to energy healing or already on a spiritual journey, this tool provides valuable insights into areas requiring healing and growth.

This assessment is a powerful tool to identify subconscious blocks and embark on a journey of holistic healing and transformation.

SEHT word file appended

Appendix I

Subconscious energy healing therapy (SEHT) quotient

SEHTQ questionnaire

1. Emotional blockages and release

- i What recurring negative emotions do you experience most often?
- ii Can you recall a specific event from childhood that still triggers emotional pain?
- iii What physical sensations do you feel when thinking about past emotional wounds?
- iv Do you have unresolved conflicts with a family member or close friend?
- v How do you react to criticism or rejection, and where do you feel it in your body?
- vi Have you ever felt stuck in a pattern of self-sabotage? What does it look like?
- vii Do you experience nightmares or intrusive thoughts related to past trauma?
- viii How do you usually process grief, and does it still impact your present life?
- ix Can you visualize sending love and forgiveness to someone who hurt you?
- x How do you feel about expressing vulnerability, and what holds you back?

2. Energy cord cutting and detachment

- i Do you feel energetically drained after interacting with certain people?

- ii Have you experienced repeated relationship patterns that feel toxic or manipulative?
- iii Do you ever sense a lingering emotional pull from past relationships?
- iv Have you tried forgiving someone but still feel connected to their energy?
- v How does your body react when you think about someone who hurt you?
- vi Are you holding onto guilt, shame, or responsibility that isn't yours?
- vii Do you feel obligated to maintain relationships that don't serve your growth?
- viii Have you noticed specific areas of your body feeling tense or blocked without a medical reason?
- ix Can you visualize severing an energetic connection with someone in your past?
- x How do you feel after consciously setting emotional and energetic boundaries?

3. Past life regression and soul contracts

- i Do you have unexplained fears or phobias that don't seem to come from this lifetime?
- ii Have you ever met someone and felt an instant connection or repulsion?
- iii Do you feel a strong sense of Déjà vu in certain places or situations?
- iv Are there repeating challenges in your life that feel like they are beyond coincidence?
- v Have you ever had dreams or visions of past life experiences?
- vi Do you feel a deep, unexplainable guilt or responsibility that isn't linked to your current life?
- vii What themes (abandonment, betrayal, loss) keep appearing in your relationships?
- viii Do you feel drawn to specific historical time periods or locations?
- ix Have you ever undergone a past-life regression, and what insights did you gain?
- x If you could send a message to your past self, what guidance would you give?

4. Energy healing and chakra balancing

- i Do you frequently experience unexplained fatigue or heaviness in your body?
- ii Have you ever noticed tension or discomfort in specific chakras (throat, heart, solar plexus, etc.)?
- iii Do you feel emotionally blocked when trying to express yourself?
- iv How does your energy shift when you spend time in nature versus in a crowded place?
- v Do you practice any form of meditation, and how does it affect your emotional state?

- vi What physical ailments have you experienced that you believe might have an emotional or energetic cause?
- vii Can you recall a time when your intuition strongly guided you in a situation?
- viii How do you feel about receiving energy healing or Reiki from another person?
- ix Do you find it difficult to forgive yourself or others, even when you want to?
- x What daily practices do you engage in to cleanse and protect your energy?

Scoring and interpretation

Calculate SEHT quotient (responses):

Calculate

Ensure valid number of responses

e SEHT Quotient based on responses to 40 questions.

If Len (responses)! = 40:

Return "Error: Exactly 40 responses are required."

Total SEHT score

Total set score = sum (responses)

Calculate SEHT quotient (out of 100)

SEHT quotient = (total seht score / 200) * 100

Breakdown by sub-component

Sub component scores = {

"Emotional Blockages and Release (EBR-Q)": sum (responses [:10]),

"Energy Cord Cutting and Detachment (ECC-Q)": sum (responses [10:20]),

"Past Life Regression and Soul Contracts (PLR-Q)": sum (responses [20:30]),

"Energy Healing and Chakra Balancing (EHB-Q)": sum (responses [30:40]),

Convert sub-component scores to percentages

Sub component percentages = {k: (v / 50) * 100 for k, v in sub component scores. Items ()}

Interpretation

if seht quotient >= 80:

Interpretation = "Highly Blocked – Requires deep subconscious healing & energy work."

elif seht quotient >= 60:

Interpretation = "Moderately Blocked – Emotional & energetic healing needed."

elif seht quotient >= 40:

Interpretation = "Mild Blockages – Some subconscious patterns & energies to work on."

elif seht quotient >= 20:

Interpretation = "Minimal Blockages – Healthy energy flow but minor areas for improvement."

else:

Interpretation = "Highly Balanced – Strong self-awareness & healed subconscious."

Create data frame for display

Results = datagram ({

"Metric": ["Total SEHT Score", "SEHT Quotient (%)", "Interpretation"] + list (sub component percentages. Keys ()),

"Value": [total set score, round (set quotient, 2), interpretation] + list (sub component percentages. Values ()),

SEHT quotient interpretation

We've developed an SEHT Quotient (SEHT-Q) Assessment, which helps quantify subconscious energy healing needs based on four key components:

- i **Emotional blockages and release (EBR-Q)** – Identifies deep-seated emotional wounds.
- ii **Energy cord cutting and detachment (ECC-Q)** – Measures difficulty in detaching from toxic energies.
- iii **Past life regression and soul contracts (PLR-Q)** – Highlights karmic patterns affecting your current life.
- iv **Energy healing and chakra balancing (EHB-Q)** – Detects imbalances in energy flow and chakras.

How it works:

You answer 40 questions, rating each on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree).

Your total score is calculated and converted into an SEHT Quotient (%), which determines your healing needs.

SEHT quotient interpretation:

80-100% – Highly Blocked (Deep subconscious healing required)

60-79% – Moderately Blocked (Significant emotional & energetic healing needed)

40-59% – Mild Blockages (Some healing required)

20-39% – Minimal Blockages (Minor areas to improve)

0-19% – Highly Balanced (Strong self-awareness & healed subconscious)

What you get:

Your total SEHT Score

A detailed breakdown of each sub-component

A personalized healing interpretation

Want to assess your SEHT-Q?

This can help you understand where subconscious blocks exist and how to work towards holistic healing and transformation.

To quantify SEHT and derive an SEHT Quotient (SEHT-Q), we can structure it as a self-assessment scale based on the four sub-components. Here's how:

1. Scoring model

Each of the 40 questions (10 per sub-component) is rated on a Likert scale from 1 to 5:

- i Strongly Disagree
- ii Disagree
- iii Neutral
- iv Agree
- v Strongly Agree

Higher scores indicate a stronger presence of subconscious blocks, unresolved traumas, or energetic imbalances that need healing.

2. Calculation of SEHT-Q

Total SEHT Score = Sum of all 40 question responses

Maximum Score = $40 \times 5 = 200$

Minimum Score = $40 \times 1 = 40$

Formula – SEHT Quotient (%) = $(\text{Total SEHT Score} / 200) \times 100$

To analyse specific areas, break down the score into the four sub-components:

i Emotional blockages and release (EBR-Q)

Score out of 50

Higher scores indicate deeper emotional wounds.

ii Energy cord cutting and detachment (ECC-Q)

Score out of 50

Higher scores indicate difficulty in detaching from toxic energies.

iii Past life regression and soul contracts (PLR-Q)

Score out of 50

Higher scores suggest karmic patterns influencing current life.

iv Energy healing and chakra balancing (EHB-Q)

Score out of 50

Higher scores indicate energetic imbalances.

Each sub-component's quotient = $(\text{Sub-component Score} / 50) \times 100\%$

v Usage of SEHT-Q

- a. Self-Assessment: Track healing progress over time.
- b. Therapeutic Interventions: Identify which area needs immediate attention.

- c. Personalized Healing Plans: Tailor SEHT sessions based on sub-component scores.

Acknowledgment

None.

Conflicts of interest

The authors declare that there is no conflict of interest.

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