



## **S.E.H.T. – Subconscious Energy Healing Therapy As Transformative Intervention In Repairing Relationships In Infertility Counselling.**

**Dr. Amita Puri, Clinical Psychologist, Citizen Hospital, Gurgaon**

**Dr Poonam Nayar, Clinical Psychologist, Citizen Hospital, Gurgaon**

**Dr. Brahamdeep Sindhu, Psychiatrist, Gurgaon**

**Ms Purnima Bamel, Psychologist, Citizen Hospital, Gurgaon**

**Ms. Tanya Singh, Psychologist, Citizen Hospital, Gurgaon**

**Mr. Aman Kumar (Rehab. Psy.), Psychologist, Citizen Hospital, Gurgaon**

### *Abstract*

Experiencing mental and emotional resistance during the recovery process is completely natural, typical, and widespread. It's expected that this intricate journey will involve emotions like fear, uncertainty, concern, frustration, and various internal obstacles to the healing process. Our primary focus often goes to our conscious thoughts and feelings that we already recognize, yet beneath them lies a wealth of deeper insights that shape, control, and guide these conscious experiences. Identifying these barriers within our subconscious allows us to initiate their resolution. Tapping into this crucial aspect of ourselves is essential for enacting changes in our lives. The potency of the subconscious mind holds the key to enduring recovery, especially when it comes to restoring relationships.

**Keywords: Subconscious mind, S.E.H.T. – Subconscious Energy healing Therapy, unconscious mind, road blocks.**

## Introduction

Subconscious Energy Healing therapy encompasses the treatment of an individual's inner realm, encompassing thoughts, emotions, feelings, and sensations.

Accessing the subconscious mind can be achieved through techniques such as meditation, visualization, repetition, and written affirmations. It is imperative to tap into the subconscious in order to release limiting and harmful beliefs that obstruct our progress towards healing.

As a simple visualization exercise, individuals are encouraged to meditate on sensations of wellness and completeness. Envisioning oneself in a state of well-being and wholeness involves feeling a profound sense of peace, being grounded, and centered. This entails moving beyond internal conflicts and the need to fill emotional voids. The aim is to replace feelings of being lost, incomplete, or isolated within oneself with sentiments of contentment, fulfilment, and happiness. Embracing a sense of purpose and direction is central. During this practice, one should endeavour to summon these emotions and sustain them, while engaging in deep breaths that enhance the imagery of embodying these positive states.

### **Instance of Samira and Saurabh (names altered):**

Samira and Saurabh, a married couple aged 37 and 39, had been in matrimony for over a decade. Both were engineers by profession, and despite their efforts, they had encountered a fruitless journey of attempting to conceive for the past six years. Samira had already undergone three unsuccessful cycles of in vitro fertilization (IVF), leading to strains in their marriage. This situation left both of them feeling misunderstood by each other. Their relationship was on the brink of dissolution when they sought assistance at our clinic.

We organized sessions for them centered around SEHT (Subconscious Energy Healing Modalities), which yielded positive outcomes in the subsequent course.

### **Affirmations and Self Love:**

Both Samira and Saurabh were advised to write down and vocalize affirmations that contribute to their healing journey. These affirmations included statements like "I have confidence in myself. I am in the process of healing. I am evolving. I possess inner strength. I have unwavering faith in myself. I am making successful strides towards recovery."

Furthermore, they were counselled, "The more actively we engage in dismantling the subconscious barriers obstructing our well-being, the more remarkable transformations we will witness in our mindset, perspective, and tangible outcomes during our recovery. This endeavour will empower us to approach situations with heightened positivity, optimism, and faith. We will gradually regain our self-belief and sense of bravery."

Throughout the sessions, the therapist instilled the belief that, "Overcoming the challenges in our fractured relationships entails shedding deeply ingrained self-destructive habits, thought patterns, and behaviours. The recovery process involves a complete reversal of life cycles and a thorough reconstruction of our self-perception. To genuinely transform and heal from within, we must harness the potency of our subconscious mind.

**Holistic healing encompasses the rejuvenation of our entire being—mind, body, and spirit. The treatment programs at Enlightened Solutions center around holistic healing as a core objective, guiding you towards a triumphant recovery."**

### **Harnessing the Subconscious Mind for Healing:**

Utilizing the subconscious mind for healing can be achieved through various methods, one of which is self-love meditation. Regular engagement in meditation and yoga asanas has the potential to amplify the healing capabilities of the subconscious mind. Through meditation, the body can expel toxins and dispel negativity, concurrently fortifying the immune system and promoting a state of tranquillity in the mind.

Moreover, numerous modalities encompass energy healing, including:

- Reiki
- Acupuncture
- Touch therapy
- EFT tapping (Emotional Freedom Techniques)
- Somatic experiencing
- Polarity balancing
- Chakra balancing
- Crystal healing
- **And more...**

Each of these modalities taps into the body's energy systems to facilitate healing and balance. By engaging in these practices, individuals can tap into the body's innate healing capacities and promote holistic well-being.

Energy healing, often referred to as energy medicine, emerged in the 1980s as a branch of complementary and alternative medicine (CAM). It is also recognized by various other names including energy healing, subtle energy healing, mind-body medicine, and vibrational medicine. At its core, this practice is founded on the belief that the human body is surrounded and penetrated by an energy field, which has the potential to influence our health and overall well-being. This energy is also known as subtle energy, vibrational energy, or simply life force.

In the context of Traditional Chinese Medicine, this energy is referred to as "qi," while in Ayurveda, it is known as "prana." The foundational idea is that individuals can engage with this energy to achieve a state of equilibrium and promote healing.

According to the principles of most CAM philosophies, both physical and mental health conditions can arise when this energy becomes stagnant or does not flow smoothly. Energy blockages can disrupt the body's natural balance.

The primary objective of energy healing is to reinstate a harmonious flow of energy, thereby supporting physical, mental, and emotional well-being. Energy healing methods can involve direct physical contact with the body or non-physical manipulation of the body's energy field.

In essence, energy healing endeavours to tap into the body's innate energy systems to promote a holistic state of health and well-being. The latter category of energy healing practices can theoretically be conducted remotely as well. While certain practices have scientific backing, others lack empirical evidence. Furthermore, only a subset of these practices is suitable for remote application.

## **Reiki**

Reiki stands as a progressively recognized form of energy healing. Originating in Japan during the early 20th century, this technique involves a practitioner's placement of their hands close to the body to stimulate the flow of energy, facilitating the process of healing.

## **Chakra Healing**

Chakra healing represents an ancient method of healing rooted in Indian traditions. It postulates the existence of seven primary energy centers, known as chakras, within the body, alongside numerous lesser-known ones. According to this belief system, optimal health and well-being are achieved when these chakras are in harmonious equilibrium.

During a chakra healing session, a practitioner might employ a combination of various techniques such as the use of crystals and controlled breathing to realign the chakras, promoting healing for both the body and mind.

### Purification of the Aura

The practice of purifying the aura is similarly thought to have its origins in ancient Indian healing traditions. The aura, described as the energetic enveloping field around the body, is thought to manifest as a distinct "field." Variations in aura color may appear in individuals, fluctuating over time.

Within a session focused on purifying the aura, a practitioner employs a range of techniques and tools, including:

- Meditation
- Controlled breathing
- Audible tones or sounds
- Crystals

These approaches are used to cleanse and refresh the aura, contributing to an enhanced sense of energetic well-being.

However, in Infertility counseling, SEHT includes 2 paradigms:

#### 1 Rishta with Kamlesh

#### 2 Rishta with Santosh



## YOGA

Yoga, an age-old spiritual system originating in India, operates on dual levels—mind and body. Numerous yoga postures guide individuals into states of meditation. The synergy between meditation and yoga not only aids in addressing mental disorders but also enhances cognitive capacities.

In contemporary times, yoga has often been embraced as a trend for physical fitness. However, its essence lies in being a spiritual discipline initially intended to cultivate the spirit and mental faculties. Both yoga postures and other yogic techniques excel in facilitating spiritual and mental advancement, encompassing emotional aspects too.

Meditation, an ancient practice rooted in India, empowers individuals to master their minds and their actions. By doing so, meditation fosters improved decision-making, mitigates impulsive behaviours, and grants heightened mastery over emotions, including potentially destructive ones like anger. Furthermore, certain meditation methodologies offer pragmatic solutions to everyday predicaments. Therefore, meditation extends beyond mere spiritual elevation, possessing tangible applications that can positively impact real-world challenges.

The effectiveness of various forms of alternative healing, particularly those centered around energy manipulation, is often challenging to establish through scientific means. Despite this, certain research has yielded intriguing findings.

In a review of randomized trials conducted in 2014, there were indications that Reiki therapy might contribute to the reduction of pain and anxiety. However, further investigation is necessary to substantiate these findings.

Results from a study in 2011 involving participants who underwent six 30-minute Reiki sessions over a span of 2 to 8 weeks showed that those who received Reiki reported improved mood compared to those who did not undergo the treatment.

A review in 2013 highlighted the ongoing demonstration of effectiveness in energy-based therapies such as healing touch, therapeutic touch, and Reiki, particularly in alleviating symptoms commonly associated with cancer. These benefits encompassed areas like pain management, anxiety reduction, improvements in quality of life, and overall health function.

While remote energy healing has received less research attention, there are promising indications. A pilot study conducted in 2015 focused on individuals undergoing cancer treatment. Those who received 30-minute sessions of distant Reiki for five consecutive days, alongside their regular medical care, reported lower levels of pain, anxiety, and fatigue.

In summary, while scientific evidence might not be fully conclusive, there is emerging research suggesting potential benefits in various areas of alternative energy-based healing, such as Reiki and other therapies. Further comprehensive studies are required to provide a more comprehensive understanding of their effectiveness.

**Attaining a connection with your inner self can lead to increased tenderness, tranquility, and a more balanced perspective on life, ultimately fostering a healthier overall approach to living.**

### **Exploring the Healing of Your Subconscious**

The concept of Healing Your Subconscious emerged from the recognition that many of us search for happiness, relief from challenges, and inner peace externally. However, my focus revolves around a holistic approach to healing, rooted in the understanding that true happiness resides within our minds—specifically, within our subconscious.

I hold a strong belief in the omnipresence and immense power of the subconscious mind. It possesses a depth of perception that surpasses the conscious mind's capabilities. A potent subconscious not only comprehends your essence and desires but can also channel energies to bring your aspirations to life.

In the midst of our fast-paced world, we often disregard our intuitions and inner guidance—the manifestations of our subconscious. This, coupled with our tendencies to seek instant gratification, leave emotional issues unresolved, and engage in constant distractions, weakens our connection with the subconscious. When this vital part of our mind is wounded, it can lead to chaos.

Through the practice of Yoga and Meditation, I offer tools that aid in the healing of your subconscious. These practices facilitate the restoration of harmony within your mind, paving the way for inner peace and a more fulfilling life.

### **Harnessing the Potential of Hypnotherapy**

Hypnotherapy possesses a unique capability to delve into the recesses of our minds, offering a window into our subconscious. This process allows for the exploration of our innermost thoughts and emotions. Through hypnosis, one enters a profound, dreamlike state where receptivity to questions and suggestions is heightened. This state, while occasionally met with scepticism about its authenticity, has proven itself as a potent tool in various contexts.

Historically, hypnosis has been employed to conquer addictions such as alcoholism, overeating, and nail biting. While debates about its showmanship versus authenticity exist, its clinical application is noteworthy. Research published in the journal *Neuroscience of Consciousness* in April 2017 highlights its use in addressing chronic pain, depression, and post-traumatic stress disorder (PTSD).

Guiding individuals to access their subconscious power is an attainable feat. By understanding these principles, anyone can tap into the reservoir of their subconscious strength. This empowers individuals to shift from passive engagement to active participation in their lives, ultimately fostering a sense of agency and control.

The two paradigms of SEHT are

1 Rishta with Santosh

2 Rishta with Kamlesh

Rishta is a Hindi word which means Relation.

If our relation with self involves contentment – which is Santosh in Hindi, then one is able to overcome or overpower any emotional or mental hurdle which stops them from moving towards their goal whether its physical, mental, emotional, social or spiritual.

Similarly, Rishta with Kamlesh in Hindi means refreshing our relation with our crown chakra which has 1000 lotuses and once it opens , helps us get into transformative energy of healing and beyond.

There are 7 healing modalities which SEHT – again a Hindi word means Health, speaks about.

Some of them include the broader aspects of self-love which includes

### **1. Affirmations bring in Abundance**

As an example, instead of using phrases like "I was blindsided," "Just my luck," or "I'm a hot mess," an alternative approach is suggested. For instance, phrases such as "I was surprised," "That is so interesting," or "It's a challenge to overcome" can be used. The aim is to create an awareness of the influence our words possess.

### **2. Assimilating Self through Mirror**

To access your subconscious, consider the following steps:

- Close your eyes and turn your focus inward.
- Upon centering yourself, open your eyes and gaze into a mirror, concentrating on your eyes.
- Engage with the subsequent thoughts in the given sequence:
  - "I see who you are."
  - "I hear who you are."
  - "I feel who you are."
  - "I know who you have been."



- "I am who you will be."
- "I am all things."
- "I know all things."
- "I feel all things."
- "I am all life."
- "I feel all life."
- "I will remain all life."

These steps provide a method to establish a deeper connection with your subconscious, fostering self-awareness and a profound understanding of your being.

### 3. Shifting Conscious Perception

Consider whether you tend to gravitate towards beneficial things or avoid detrimental ones. Are you in a continuous pursuit, or do you desire to be pursued?

According to Puri and Bamel (2023), "Ninety-five percent of our actions, thoughts, and feelings occur beyond our conscious control." Engaging with your subconscious strengthens the inclination to move towards favorable aspects and distance yourself from unfavorable ones.

Decisions that steer you towards positive people, places, and situations while steering away from negatives can significantly enhance your decision-making prowess.

#### Receiving and Letting Go

"The most successful individuals have the ability to envision grand aspirations, actively pursue their desires, and relish the outcomes of their efforts."

In order to maintain harmony between your conscious and subconscious minds, four "energetic guidelines" are recommended:

- Safeguard yourself against excessive giving that leads to personal depletion or loss.
- Hold expectations of receiving and openly communicate these expectations.
- Engage in giving thoughtfully and with pure intentions.
- If you harbour uncertainties about giving, it's wise to refrain from doing so.

This approach encourages a balanced exchange of energy, ensuring that giving and receiving align harmoniously in your life.

## 5. Inner Healing through Self-Exploration

Here's another straightforward SEHT (Subconscious Emotional Healing Technique) hypnotic method:

- Close your eyes and turn your focus inward.
- Acknowledge and appreciate your accomplishments throughout your life journey.
- Envision a specific goal you have in mind.
- Direct a question to your subconscious regarding the necessary steps to bring your goal into reality.
- As insights emerge, visualize yourself incorporating these insights into action.
- Picture yourself successfully achieving your goal.
- Envision your loved ones surrounding you, expressing their joy, applause, and support for your achievement.
- Immerse yourself in the positive energy radiating from your supporters.

According to Friedmutter, as you draw in energy and showcase your abilities, you'll transform into the finest version of yourself and realize the life you've always envisioned. This technique facilitates personal growth and the manifestation of your aspirations.

## CONCLUSION

To conclude, as in the case of Samira and Saurabh, this holistic interventional model of SEHT helped them reconnect with each other and repaired their relationship after regular sessions. SEHT – Subconscious Healing Energy Therapy works beautifully as it's an amalgamation of various therapeutic modalities which affect the individual and rejuvenates his passive subconscious mind to bring about transformational changes. More work in this regard will certainly bring in magical miraculous results in ameliorating human distress worldwide.

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