

Rediscovering fulfilment through subconscious energy healing therapy: A case study of past life regression in addressing emotional emptiness

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Abstract

This case study explores a 60-year-old woman who, despite her personal and professional success, struggled with persistent feelings of emptiness. Her journey through Past Life Regression (PLR) sessions revealed deep-seated emotional patterns and recurring soulmate connections across multiple lifetimes. These sessions illuminated how unresolved past experiences had significantly influenced her current emotional state, contributing to her ongoing sense of discontent. Through the PLR sessions, the woman uncovered insights about the profound impact of love, peace, and simplicity on her overall well-being. The therapeutic process allowed her to understand the emotional wounds carried from previous lifetimes and their manifestation in her current life. This recognition facilitated a cellular-level emotional and physical transformation, bringing about a sense of healing and release from long-standing emotional burdens. Subconscious Energy Healing Therapy (SEHT) played a crucial role in this transformation by addressing unresolved emotional issues at a subconscious level. The therapy worked to unlock and heal deep emotional wounds, fostering a renewed sense of inner harmony and peace. SEHT's gentle yet powerful approach enabled the client to confront and integrate her past experiences, leading to a holistic improvement in her emotional well-being. The case underscores the synergistic benefits of combining PLR and SEHT for comprehensive emotional healing. It demonstrates how these therapies can effectively uncover and address hidden emotional traumas, promoting lasting personal growth and transformation. This study highlights the potential of PLR and SEHT in helping individuals achieve profound emotional clarity and fulfilment, paving the way for a more harmonious and peaceful existence.

Keywords: Past Life Regression; Subconscious Energy Healing; Soulmate Connections; Emotional Transformation; Inner Harmony; Healing Therapy

1. Introduction

A 60-year-old woman, presented with a persistent sense of emptiness despite a life marked by personal and professional accomplishments. Her emotional disconnection from happiness and fulfilment led her to seek therapeutic intervention. Past Life Regression (PLR) sessions were employed to delve into subconscious patterns and unresolved emotional conflicts that were contributing to her current state of discontent.

Through the PLR process, she revisited past life experiences that revealed recurring themes of loss, abandonment, and unresolved emotional pain. These sessions provided her with a profound understanding of how these historical patterns were manifesting in her present life, leading to feelings of emptiness. The insights gained from the regression highlighted the importance of addressing these deep-rooted issues to achieve emotional healing and balance.

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Complementing PLR, Subconscious Energy Healing Therapy (SEHT) was utilized to facilitate emotional and physical healing at a cellular level. SEHT focuses on accessing the subconscious mind to release trapped emotional energies and foster inner harmony. The integration of SEHT with PLR proved to be transformative for client, as it allowed her to confront and resolve long-standing emotional wounds. The therapeutic combination of these modalities helped her cultivate a renewed sense of peace, love, and simplicity, which were instrumental in her healing journey.

This case underscores the therapeutic potential of combining PLR and SEHT in addressing complex emotional issues. The synergistic effect of these therapies demonstrates their efficacy in uncovering and resolving subconscious conflicts, leading to significant personal transformation and emotional well-being.

Subconscious Energy Healing Therapy (SEHT) has emerged as a promising approach in addressing various psychological and emotional challenges, offering a holistic pathway to well-being. This review synthesizes current research on SEHT, highlighting its applications and efficacy across different domains of mental health and therapeutic practices.

(1) Banerjee et al. (2024) explored the role of SEHT in managing anxiety among young mental health professionals. The study underscores the holistic nature of SEHT, which integrates subconscious healing with traditional therapeutic techniques to address underlying anxiety triggers. By focusing on subconscious patterns, SEHT facilitates deeper emotional processing, leading to significant reductions in anxiety levels and improved overall mental health outcomes.

In another study, (2) Gupta et al. (2024) examined the effectiveness of SEHT in addressing pathological lying among narcissistic individuals. The research highlights how SEHT helps in uncovering deep-seated emotional traumas that contribute to deceptive behaviours, fostering greater self-awareness and emotional regulation. This case illustrates SEHT's potential in addressing complex psychological issues rooted in subconscious conflicts.

(3) Bhatt et al. (2024) investigated the application of colour psychology within geriatric spaces, utilizing SEHT as a transformative tool in interior design. The study emphasizes how SEHT can be leveraged to create healing environments that cater to the emotional needs of the elderly. By addressing subconscious reactions to colour, SEHT facilitates a soothing and therapeutic ambiance, enhancing the well-being of geriatric populations.

(4) Bhatt et al. (2025) explored the use of soul mandala therapy, a technique aligned with SEHT principles, in managing aggression and behavioural challenges in children. The study demonstrated how engaging in creative, subconscious-driven activities can lead to behavioural improvements, highlighting the therapeutic benefits of integrating SEHT with expressive art therapies.

(5) Girdhar and Bhatt (2024) presented a case study on the use of SEHT in addressing emotional distress and self-harming behaviours in adolescents. The research illustrates the potential of SEHT in facilitating emotional healing by addressing subconscious factors contributing to distress, thereby promoting healthier coping mechanisms and emotional resilience.

(6) Puri et al. (2024) delved into the application of SEHT in transformative interior design, particularly in creating therapeutic environments. The study highlights the role of subconscious healing in enhancing the psychological impact of interior spaces, demonstrating SEHT's versatility beyond conventional therapeutic settings.

Past Life Regression Therapy (PLRT) has gained attention for its ability to address deep-seated emotional and psychological issues by exploring past life experiences. This therapy operates on the premise that unresolved traumas and patterns from previous lifetimes can influence present emotional and behavioural states. Research in PLRT has highlighted its efficacy in promoting emotional healing, personal transformation, and a deeper understanding of one's life purpose.

(7) Smith and Johnson (2022) conducted a comprehensive study on the therapeutic efficacy of PLRT in treating anxiety and phobias. Their findings suggest that PLRT can help clients access subconscious memories of past lives, allowing them to resolve traumas that manifest as irrational fears in their current lives. This therapeutic approach provided participants with a significant reduction in anxiety symptoms and an enhanced sense of well-being.

In a study by (8) Brown et al. (2021), PLRT was examined for its role in managing chronic pain. The research demonstrated that many patients experienced relief from physical symptoms after uncovering and addressing emotional traumas linked to past lives. This suggests that PLRT can facilitate not only emotional but also somatic healing, highlighting its potential as a complementary approach in pain management.

(9) Jones and Taylor (2020) explored the impact of PLRT on emotional resilience. Their research indicated that clients who underwent PLRT showed improved emotional resilience and coping mechanisms. The insights gained from past life experiences helped participants understand and release deep-rooted emotional patterns, fostering a greater sense of empowerment and emotional stability.

(10) Williams and Davis (2019) emphasized the integration of PLRT in holistic healing practices. Their study highlighted how PLRT complements other therapeutic modalities, such as mindfulness and cognitive-behavioural therapy, by providing a broader perspective on clients' issues. This integrative approach was found to enhance the overall efficacy of therapeutic interventions, promoting a more comprehensive healing process.

2. Methodology

2.1. Background

A 60-year-old woman, has led a life marked by professional achievements and a well-maintained social image. However, beneath this facade of success lies a persistent struggle with emotional emptiness. Her marriage, despite its longevity, has been a source of dissatisfaction, characterized by feelings of disconnection and lack of emotional support. This sense of void in her personal life prompted client to seek regression therapy, aiming to uncover the subconscious roots of her emotional discontent and explore the potential impact of past lives on her current state.

2.2. Regression Findings

2.2.1. Lifetime in 1777, India

In this lifetime, her experienced a modest yet deeply fulfilling existence. She was in a relationship with a partner who epitomized unwavering love and emotional support. This simple life was marked by a profound sense of contentment derived from mutual understanding and a deep emotional bond. The regression highlighted how the simplicity of their lifestyle contributed to their happiness, underscoring the power of emotional connection and support in fostering a fulfilling life. This past experience offered client a glimpse into the importance of genuine companionship and emotional security.

2.2.2. Late 18th Century, India

Client revisited another lifetime with the same soul connection, where they shared a life filled with joy and harmony. Together, they engaged in everyday tasks, finding joy in the mundane. This period emphasized the strength found in companionship, where mutual respect and shared responsibilities created a peaceful and happy life. These scenes served as a reminder of the importance of partnership, reinforcing the idea that happiness can be found in the simplicity of shared experiences and the deep respect for one another.

2.2.3. 1500s, Royal Rajasthan

In this regal lifetime, client envisioned herself as a royal figure, once again accompanied by the same male energy. Their relationship was not just one of status and wealth but was deeply rooted in emotional connection and mutual respect. This period was marked by abundance and harmony, where client's emotional needs were met fully, creating a sense of fulfillment and contentment. The grandeur of their life was complemented by the depth of their relationship, illustrating how emotional richness can coexist with material prosperity.

2.3. Key Insights

2.3.1. Recurring Soulmate Connection

Throughout Bhavna's regression sessions, a recurring male energy emerged, symbolizing a soulmate connection that spanned several lifetimes. This male figure consistently represented a source of unconditional love and unwavering support.

In each lifetime, his presence was a stabilizing force, providing client with emotional security and a deep sense of belonging. This recurring connection illustrated the timeless nature of their bond, suggesting that their souls were intertwined in a journey of mutual growth and healing.

The consistency of his support across lifetimes highlighted the enduring nature of true emotional connection and the profound impact it can have on one's sense of well-being.

This soulmate connection served as a reminder of the healing power of love that transcends the physical realm, providing client with a sense of continuity and emotional grounding across different incarnations.

2.3.2. Healing Through Simplicity

A significant theme that emerged during the regression was the healing power of simplicity. In several lifetimes, client and her soulmate found joy in the simplest of experiences shared meals, collaborative tasks, and mutual assistance in daily life.

These scenes underscored the importance of grounding oneself in simple joys and the profound emotional well-being that can stem from such experiences. The regression revealed how the absence of complexity in their lives allowed for a deeper focus on emotional connection and fulfillment.

By revisiting these moments, client was reminded of the potential for happiness found in everyday interactions and the value of appreciating the present moment. This emphasis on simplicity served as a therapeutic insight, encouraging client to seek peace and joy in the simplicity of her current life, thus fostering emotional resilience and contentment.

2.3.3. Cellular-Level Healing

As client absorbed the energies of peace and love during her regression sessions, she experienced a profound emotional and physical transformation at a cellular level. This form of healing transcended mere cognitive understanding, penetrating deep into her subconscious and affecting her physical body.

The concept of cellular-level healing refers to the process where emotional and energetic imbalances stored in the body are released, leading to holistic healing.

The infusion of positive energies during the sessions facilitated the release of negative emotional patterns that had been ingrained in her cells, allowing for a renewal of both emotional and physical health.

This transformative process demonstrated the potential of regression therapy not only to address emotional issues but also to bring about tangible physical healing, reinforcing the interconnectedness of the mind and body in achieving overall well-being. Through these sessions, client began to experience a rejuvenation that contributed to her journey towards inner harmony and peace.

3. Recommendations

3.1. Subconscious Energy Healing Therapy (SEHT)

Subconscious Energy Healing Therapy (SEHT) is a highly effective approach for addressing deep-seated emotional patterns and unresolved subconscious conflicts. For our client, continuing SEHT can facilitate the integration of insights gained from her past life regression sessions. This therapy aims to resolve lingering feelings of dissatisfaction and emptiness by working directly with the subconscious mind to release negative emotions and energy blocks. SEHT can help client embrace the lessons of love, simplicity, and peace from her past lives, enabling her to cultivate a sense of self-acceptance and emotional equilibrium. By addressing the root causes of her emotional struggles, SEHT can empower client to foster a more fulfilling and balanced life, enhancing her overall well-being and inner harmony.

3.2. Mindfulness Practices

Incorporating mindfulness practices into client's daily routine can be a powerful tool for enhancing her emotional resilience and promoting a sense of peace. Mindfulness, through practices like meditation and gratitude journaling, can help our client become more aware of her thoughts and feelings, enabling her to respond to life's challenges with greater clarity and calmness. Gratitude journaling, in particular, encourages our client to focus on positive aspects of her life, fostering a sense of contentment and reducing feelings of emptiness. These practices can help her reconnect with her innate state of peace and contentment by grounding her in the present moment and allowing her to appreciate the simplicity and beauty of everyday experiences.

3.3. Relationship Counseling

Exploring her current relationship dynamics through counseling could provide client with valuable insights into the sources of her marital dissatisfaction. Relationship counseling can help her and her spouse address unresolved feelings,

improve communication, and rebuild emotional intimacy. By working with a therapist, she can explore underlying issues in her relationship, learn effective communication strategies, and develop a deeper understanding of both her needs and her partner's. This process can help her strengthen her marital bond, foster mutual respect and understanding, and create a more supportive and fulfilling relationship dynamic.

3.4. Reconnecting with Simplicity

Her regression sessions highlighted the healing power of simplicity. Focusing on finding joy in small, meaningful moments can be a therapeutic approach for her. Engaging in activities that nourish her soul such as spending time in nature, enjoying quiet moments with loved ones, or pursuing hobbies that bring her joy can help her reconnect with a sense of contentment. Embracing a lifestyle that values simplicity can reduce stress and enhance her emotional well-being, allowing her to find fulfillment in the present. By prioritizing these simple joys, she can cultivate a sense of peace and satisfaction that aligns with the lessons learned from her past lives, fostering a balanced and joyful existence.

3.5. Way Forward

Client's journey vividly illustrates the significance of confronting and resolving deep-seated emotional voids that persist despite outward markers of success. While her life, on the surface, reflects personal and professional achievements, these accomplishments have not shielded her from an underlying sense of emptiness. This dichotomy highlights the critical need to address the internal landscape of emotions and subconscious patterns that often dictate our sense of well-being.

By integrating **Subconscious Energy Healing Therapy (SEHT)**, client has embarked on a transformative process that delves beyond the conscious mind to uncover and heal hidden emotional wounds. SEHT works at a profound level, targeting the subconscious to release blockages and facilitate the flow of positive, healing energy. This therapeutic approach empowers clients to release past traumas, emotional entanglements, and limiting beliefs that may have been carried across lifetimes, offering a pathway to holistic healing and emotional freedom.

Mindfulness practices, such as meditation, deep breathing exercises, and gratitude journaling, further support this journey by grounding client in the present moment and fostering a deep sense of awareness and appreciation for the here and now. These practices help create a space where client can observe her thoughts and feelings without judgment, reducing stress and enhancing emotional resilience. By cultivating mindfulness, she can reconnect with her true self, finding solace in the present and learning to navigate life's challenges with grace and equanimity.

Emotional exploration, particularly through therapies such as relationship counseling, allows client to address unresolved feelings and enhance her interpersonal dynamics. This exploration offers her insights into the emotional undercurrents of her relationships, promoting better understanding and communication with her spouse. Through this process, she can dismantle patterns of discontent and foster healthier, more fulfilling connections.

client's case underscores the therapeutic potential of revisiting past lives through **Past Life Regression Therapy (PLRT)**. This approach reveals the root causes of her emotional discontent, offering clarity on recurring patterns and relationships. By understanding these past influences, client can release the emotional weight they carry, thus paving the way for emotional rejuvenation and contentment.

In essence, client's journey highlights a comprehensive approach to emotional healing, one that integrates subconscious healing, mindful living, and emotional exploration. Together, these methods form a cohesive path towards self-discovery, inner peace, and lasting fulfillment, demonstrating that true contentment arises not from external success but from a harmonious and healed inner world.

4. Conclusion

Her regression therapy sessions unveiled a compelling narrative of unresolved emotional patterns and the impact of a lack of deep connections in her present life. These insights were pivotal in understanding the root of her persistent feelings of emptiness. The exploration through Past Life Regression Therapy (PLRT) revealed multiple lifetimes where client experienced profound emotional bonds and fulfilling connections, particularly with a recurring soulmate presence. These lifetimes, characterized by varying degrees of simplicity, companionship, and emotional fulfillment, stood in stark contrast to her current reality, where she feels disconnected and unsupported in her relationships.

This recurring theme of a soulmate connection across different lifetimes highlights the importance of deep emotional bonds in client's journey towards contentment. Each past life provided her with a blueprint of what genuine

companionship and emotional support look like. The lack of such relationships in her current life, therefore, appears to be a significant source of her emotional discontent. Recognizing this pattern has allowed client to gain clarity on her emotional struggles, offering her a path toward healing by seeking or nurturing similar connections in her present relationships.

Subconscious Energy Healing Therapy (SEHT) emerged as a transformative solution for client, addressing these deep-seated emotional issues at a subconscious level. SEHT works by tapping into the subconscious mind to uncover and release emotional blockages that traditional therapy might not reach. This process facilitates a renewed sense of peace, love, and purpose, enabling client to integrate the lessons from her past lives into her current experiences. Through SEHT, she can transform her emotional state, fostering inner harmony and well-being.

The reviewed literature on SEHT underscores its efficacy in managing various psychological and emotional challenges. Studies have highlighted its versatility, demonstrating success in reducing anxiety, addressing behavioral issues, and even enhancing therapeutic environments through applications like color psychology. This body of research positions SEHT as a powerful tool in modern psychological practice, capable of facilitating profound healing and personal transformation.

Similarly, the literature on Past Life Regression Therapy (PLRT) supports its potential as a therapeutic modality for resolving deep-seated emotional issues. By accessing subconscious memories of past lives, PLRT helps clients identify the origins of their emotional struggles, promoting physical and emotional healing. This therapeutic approach enhances emotional resilience and supports personal growth, making it a valuable component of holistic mental health care.

client's case exemplifies the synergistic power of integrating PLRT and SEHT. Together, these therapies provide a comprehensive framework for uncovering hidden truths, addressing unresolved emotions, and facilitating holistic healing. By understanding her past and its influence on her present, client is better equipped to foster emotional connections that bring her a sense of peace and fulfillment. Her journey serves as a testament to the transformative potential of these therapies, offering hope and a pathway to healing for others facing similar emotional challenges.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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