

# Integrating drumming, body percussion, sound therapy, and trance therapy into Subconscious Energy Healing Therapy (SEHT) for Peak Performance

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## Abstract

This comprehensive concept note delves into the potential of combining drumming, body percussion, sound therapy, and trance therapy within the framework of Subconscious Energy Healing Therapy (SEHT) to enhance peak performance. By leveraging the distinct and synergistic effects of rhythmic and sound-based interventions, along with the deep transformative power of trance states, this approach aims to optimize mental, emotional, and physical well-being. Each component is explored in detail, emphasizing their individual contributions to the mind-body connection, emotional release, and subconscious healing. The note further addresses the current gaps in their application and offers strategic recommendations for the adoption of this integrative therapy by corporations and the general public, highlighting its wide-ranging benefits on both the mind and body.

**Keywords:** Subconscious Energy Healing Therapy; Sound based interventions; Drumming; Body percussion; Trance therapy and peak performance

## 1. Introduction

Subconscious Energy Healing Therapy (SEHT) is a holistic approach that focuses on addressing and healing issues at the subconscious level, where deep-seated beliefs, emotions, and behaviours reside. SEHT aims to bring about profound and lasting change by targeting the root causes of various mental, emotional, and physical challenges. The integration of drumming, body percussion, sound therapy, and trance therapy into SEHT represents an innovative enhancement of this modality, combining ancient practices with modern therapeutic techniques to promote peak performance.

### 1.1. Drumming

One of the oldest forms of music-making, has been utilized across cultures for rituals, communication, and healing for millennia. Its rhythmic nature uniquely resonates with the human nervous system, leading to brainwave synchronization, the induction of trance states, and the stimulation of physical movement. Therapeutically, drumming offers profound benefits by accessing the subconscious mind, promoting emotional release, and fostering a sense of unity. Its repetitive rhythms induce altered states of consciousness, particularly theta waves associated with deep meditation, facilitating emotional healing. Drumming also helps reduce stress and anxiety by releasing pent-up energy and calming the mind, similar to the effects of meditation. Additionally, it enhances focus and concentration through attention to rhythm, improving cognitive clarity and decision-making. Group drumming sessions promote physical

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coordination and create a sense of unity among participants, making it a powerful tool for both individual healing and collective connection.

### **1.2. Body Percussion**

Body percussion involves using the body as a musical instrument through clapping, tapping, snapping, and stomping, creating rhythm while enhancing the mind-body connection. This deeply engaging practice requires both mental focus and physical coordination, making it a powerful tool in therapeutic settings. It heightens mind-body awareness by reconnecting individuals with their physical selves, fostering a sense of presence and mindfulness. The physical expression inherent in body percussion facilitates emotional release, allowing trapped emotions to surface, which can lead to emotional catharsis and relief from repressed feelings. Additionally, it stimulates the flow of energy throughout the body, helping to break through energetic blockages and promoting overall vitality. The rhythmic and tactile nature of body percussion also improves coordination and physical fitness, contributing to better motor skills and enhancing mental and emotional well-being.

### **1.3. Sound therapy**

Sound therapy uses specific frequencies and vibrations to promote healing and balance within the body and mind through tools like tuning forks, singing bowls, gongs, and the human voice. These sounds resonate with different parts of the body, especially the energy centers or chakras, helping to restore harmony. The underlying principle of sound therapy is that all matter vibrates at specific frequencies, and imbalances in these frequencies can cause physical and emotional distress. Therapeutically, sound therapy realigns energy centers, improving physical health, emotional stability, and mental clarity. The soothing vibrations also reduce anxiety and promote relaxation by penetrating deep into the subconscious, releasing tension and stress. Additionally, sound therapy induces meditative states, marked by alpha and theta brainwave activity, which foster deep relaxation, enhanced creativity, and subconscious access. Its vibrational qualities also aid in emotional healing by releasing emotional blockages, offering relief to individuals dealing with trauma or chronic stress.

### **1.4. Trance therapy**

Trance therapy involves guiding individuals into a deep state of relaxation, often called a trance, where the subconscious mind becomes more accessible. This state is marked by heightened suggestibility, deep mental focus, and an increased ability to tap into subconscious thoughts and memories. Therapeutically, trance therapy facilitates deep healing by bypassing the conscious mind and addressing deep-rooted issues such as trauma, limiting beliefs, and emotional blockages. It enhances suggestibility, allowing for the reprogramming of the subconscious with positive affirmations and empowering beliefs, which leads to improved self-esteem and confidence. Additionally, trance therapy promotes insight and self-discovery, fostering personal growth and transformation through spontaneous revelations. It also supports behavioral change, making it an effective approach for treating anxiety, depression, and habits or addictions, by enabling individuals to make lasting changes directly at the subconscious level.

### **1.5. Lacunae in the Current Scenario**

Despite the proven benefits of drumming, body percussion, sound therapy, and trance therapy, their integration into mainstream therapeutic practices remains limited. Many therapeutic modalities treat these components in isolation, which may diminish their potential impact. Additionally, there is a lack of awareness and understanding about how these therapies can be effectively combined within a structured framework like SEHT. This gap is particularly evident in high-stress environments, such as corporate settings, where such integrative therapies could offer significant benefits in terms of stress reduction, productivity enhancement, and overall well-being.

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## **2. Recommendations for Corporate and General Public**

### **2.1. For Corporations**

Integrating Subconscious Energy Healing Therapy (SEHT) into employee wellness programs offers a transformative approach to enhancing workplace well-being and performance. Corporations should incorporate SEHT's rhythmic and sound-based components—drumming, body percussion, sound therapy, and trance therapy—into their regular wellness initiatives. By offering sessions that blend these practices, companies can effectively reduce workplace stress, improve team cohesion, and foster a creative and productive environment. These sessions not only provide employees with practical tools for managing stress but also promote a sense of unity and collective energy within the team.

To further maximize the benefits, companies should organize workshops and training sessions focused on the advantages of these integrative therapies. Educating employees on how to use drumming, body percussion, sound therapy, and trance therapy can empower them to manage stress, enhance concentration, and improve overall well-being. Providing hands-on experience and knowledge in these workshops can enable employees to incorporate these practices into their daily routines, leading to sustained improvements in mental and emotional health.

Additionally, incorporating SEHT into executive retreats and leadership training programs can offer significant benefits for corporate leaders. By integrating these therapies into such programs, leaders can achieve peak performance, develop greater emotional intelligence, and enhance their decision-making capabilities. These retreats provide a unique opportunity for executives to experience the deep, transformative effects of SEHT, which can contribute to better leadership, improved interpersonal skills, and more effective management strategies. Overall, integrating SEHT into corporate wellness initiatives, training sessions, and executive retreats can foster a healthier, more cohesive, and high-performing workplace.

## **2.2. For the General Public**

To maximize the benefits of Subconscious Energy Healing Therapy (SEHT) and its integrated therapies—drumming, body percussion, sound therapy, and trance therapy—it is essential to broaden their accessibility through public workshops, online resources, and health and wellness initiatives. Public workshops and community programs can play a pivotal role in introducing individuals to these therapies. By offering hands-on experiences and educational sessions, these programs can help people manage stress, overcome emotional challenges, and pursue personal growth. They create opportunities for community engagement and collective healing, fostering a supportive environment for participants to explore and benefit from these practices.

Online courses and resources further expand access to SEHT by enabling individuals to practice these therapies at their convenience. Developing comprehensive online platforms that provide instructions and guidance on drumming, body percussion, sound therapy, and trance therapy can make these practices accessible to a global audience. Such resources should include tutorials, practice routines, and integration tips, allowing individuals to incorporate these techniques into their daily lives effectively. This approach not only democratizes access to therapeutic tools but also supports ongoing personal development and well-being.

Advocating for the inclusion of SEHT and its components in public health and wellness initiatives is another crucial step. By promoting these therapies as preventive measures for mental health issues and tools for enhancing overall quality of life, health organizations and policymakers can integrate them into broader wellness strategies. This advocacy can drive public awareness, support mental health, and encourage a holistic approach to well-being. In summary, expanding access through workshops, online courses, and public health initiatives can significantly enhance the reach and impact of SEHT, contributing to a healthier, more resilient society.

## **2.3. Benefits on Mind and Body**

Integrating drumming, body percussion, sound therapy, and trance therapy offers profound benefits for both mind and body, facilitated through mechanisms like neuroplasticity, trauma release, and cognitive enhancement. These rhythmic and sound-based practices stimulate neuroplasticity, the brain's ability to reorganize itself, by engaging multiple brain regions involved in motor control and emotional regulation. This stimulation fosters cognitive flexibility and resilience, aiding in mental adaptation and recovery. Drumming and body percussion can also help release trauma stored in the body. The rhythmic engagement facilitates the processing of emotional and physical tensions linked to traumatic experiences, promoting emotional healing. Moreover, relaxation induced by sound therapy and trance states enhances cognitive function. Lowering stress through these practices reduces cortisol levels, which improves attention, memory, and problem-solving abilities, leading to better cognitive clarity and creativity.

Physiologically, rhythmic movement and sound therapy significantly impact the nervous system, immune response, and hormonal balance. Rhythmic activities like drumming and body percussion activate the parasympathetic nervous system, reducing heart rate, blood pressure, and stress hormone levels. Sound therapy's vibrational effects stimulate the immune system and enhance overall physical health by boosting immune cell production and activity. Additionally, sound therapy can regulate hormonal balance by lowering stress hormones and increasing endorphins, which improve mood.

Incorporating these therapies into daily life provides long-term benefits, including better sleep, enhanced creativity, and emotional resilience. Regular practice leads to improved sleep quality by reducing insomnia and fostering deeper relaxation. It also supports ongoing emotional stability and adaptability, as continuous stimulation of neuroplasticity

contributes to sustained cognitive and emotional development. Overall, these integrated practices enhance mental clarity, emotional health, and physical vitality, resulting in a higher quality of life and greater overall well-being.

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### 3. Conclusion

The integration of Subconscious Energy Healing Therapy (SEHT) with drumming, body percussion, sound therapy, and trance therapy reveals a transformative potential that significantly enhances personal and professional development. By harnessing the rhythmic and vibrational effects of these practices, SEHT offers profound benefits for mental clarity, emotional healing, and physical well-being. For individuals, these integrated therapies can lead to improved stress management, emotional resilience, and peak performance. Corporations stand to gain from enhanced employee well-being, productivity, and team cohesion. Public health systems could benefit from incorporating these practices into wellness initiatives, promoting preventive mental health care and holistic well-being. Looking forward, the fusion of these practices could redefine the future of holistic therapy, offering a comprehensive approach to personal development that bridges the gap between mental, emotional, and physical health, ultimately shaping a more balanced and thriving

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### Compliance with ethical standards

#### *Disclosure of conflict of interest*

No conflict of interest to be disclosed.

#### *Author contribution*

All author's contributed in the conception and design of the research, its data collection, analysis and interpretation; in drafting the article and revising it critically for important intellectual content. Both authors have given final approval of the version to be published

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