

SEJ Worksheet Scale:

As the SEJ is a process of self-enquiry we asked students to note for themselves on the Likert scale (1-6) their degree of stressful thoughts, painful emotions, and any physical stress they were experiencing throughout the process.

At Step 1, students have noted higher stress levels and unhappy emotions. At Step 4, the students reported freedom from stress and emotional happiness. There was an improvement in all of the physiological states; of particular note, an emotional improvement by 127%, mental improvement by 105% and physical improvement by 117%. The diagram below compares the average Likert score between Step 1 (in blue) and Step 4 (in red), where the improvement is very clearly observed.

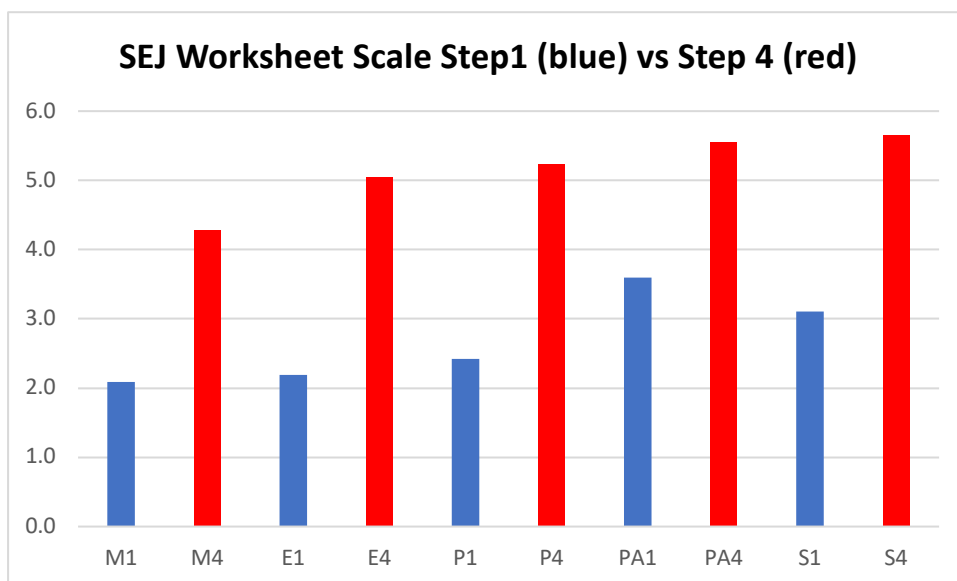


Figure 5 SEJ Worksheet Scale change at Step 1(blue) and Step 4 (red)