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Data-Driven Analysis of Multidimensional Inner Transformation within the Chelle Framework

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Article

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Data-Driven Analysis of Multidimensional Inner Transformation within the Chelle Framework

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Abstract

Practice-based frameworks aimed at fostering inner transformation, emotional regulation, and self-awareness are increasingly proposed as pathways for personal and societal development. However, large-scale empirical evaluations remain limited, and existing scientific investigations focus predominantly on mindfulness- and meditation-based interventions. Here, we introduce a multidimensional novel, a structured 40-day transformation framework (Chelle program) that integrates inner-child–focused therapeutic exercises, regulated induction of alpha–theta brain states, conscious sleep practices, and the deliberate cultivation of intuitive awareness in daily life. We present the first empirical evaluation of this framework, providing a comprehensive analysis of participant outcomes and the magnitude and structure of change associated with the Chelle program.

Data were analyzed from 548 participants (aged 16–69; 63.3% female) who completed the program between 2023 and 2024. Outcomes were assessed using a 54-item instrument capturing 27 pre–post indicators across seven domains: Dreams & Inner Experience; Emotional Awareness & Healing; Behavioral Patterns & Intuition; Conscious States & Awareness; Meaning, Insight & Integration; Personal Development; and Relationships & Social Connection. Internal consistency was high across domains (median $\omega = 0.87$). A data-centric analytic workflow was applied, combining descriptive statistics, within-subject effect-size estimation, reliability analysis, predictive modeling, unsupervised clustering, and principal component analysis (PCA) to evaluate the effectiveness of the Chelle program, uncover latent patterns of change, and identify distinct wellbeing profiles among participants.

Participants showed substantial improvements across all indicators, with within-subject effect sizes consistently exceeding benchmarks for large effects (Cohen's $dx>0.8$), and 41% surpassing 1.4. Unsupervised clustering revealed two distinct response profiles: a high-improvement group demonstrating broad, multidomain gains, and a modest-improvement group showing smaller yet uniformly positive changes, indicating heterogeneity in degree rather than direction of response. Principal component analysis (PCA) further confirmed that overall improvement magnitude constituted the primary axis of variation across participants.

These findings provide robust empirical evidence that Chelle, as a multidimensional, structured, practice-based transformation framework, can generate substantial and integrative improvements in emotional regulation, self-awareness, behavioral adaptation, conscious sleep practices, intuitive access, and relational functioning at scale. The results further highlight that participants enter the process with diverse emotional, educational, and cultural backgrounds; accordingly, the framework is intentionally designed to respect individual differences and operates without hierarchical guidance, external authority figures, or commercialized coaching models. This non-directive structure supports a precision-oriented, human-centric approach to wellbeing and personal development. Overall, the findings reinforce the value of individualized, adaptive pathways for human transformation and challenge uniform, one-size-fits-all models of wellbeing intervention. Ethical approval was obtained, and informed consent was secured from all participants.

Keywords inner transformation; emotional integration; consciousness states; alpha–theta brain waves; introspective awareness; data mining; well-being.

1. Introduction

Interest in psychological wellbeing, emotional regulation, and inner transformation has grown substantially in recent years, reflecting broader societal concerns about stress, burnout, and the fragmentation of personal meaning in modern life [1, 2,3]. Alongside conventional clinical and behavioral interventions, a wide range of practice-based frameworks—often combining experiential exercises, reflective practices, and structured daily routines. have emerged as potential pathways for fostering self-awareness, emotional balance, and adaptive functioning [4,5,6.] Despite their increasing popularity, the scientific evaluation of such multi-component transformation programs remains limited, particularly on a large scale.

Most empirical research in this domain has focused on mindfulness- and meditation-based interventions, including standardized programs such as MBSR and MBCT, which demonstrate benefits across emotional, cognitive, and physiological domains [7] yet represent only a narrow subset of the broader landscape of experiential transformation practices [8,9]. Although a wide body of research examines theta-state practices, inner-child work, trauma healing, and various forms of energy-based therapeutic methods, existing studies tend to focus on single mechanisms rather than integrated, multidimensional processes. For example, research on healing energy and therapeutic touch highlights the role of rhythmic and oscillatory processes, suggesting that electromagnetic or frequency-based interactions may support tissue repair, emotional regulation, and trauma recovery through mechanisms such as entrainment and coordinated biological signaling [10].

Similarly, major meditation research found that nearly three-quarters of studies lacked methodological rigor and that effects varied substantially across meditation types, reflecting the absence of comprehensive theoretical models capable of explaining multidimensional change [11]. As summarized in recent work, yogic and meditative practices can increase alpha, theta, delta, and gamma coherence, enhance cognitive flexibility, reduce anxiety, and improve emotional stability, yet these findings remain fragmented across isolated modalities rather than unified within a structured transformation pathway. Consequently, despite growing evidence for the effectiveness of specific healing practices, there remains a clear gap in the literature: the absence of multidimensional, structured, and individualized frameworks capable of integrating these diverse mechanisms into a coherent process for full personal transformation [12].

Moreover, many existing studies rely on small samples, target single mechanisms of change, or emphasize uniform protocols that may not account for the diversity of individual backgrounds, needs, and developmental trajectories. As a result, there is a growing need for large-scale, data-driven evaluations of alternative frameworks that integrate multiple experiential components and emphasize individualized pathways of change [13,14,15].

Chelle is a structured 40-day transformation framework developed within a multidisciplinary framework that draws on both contemporary scientific perspectives and longstanding introspective traditions. Although its conceptual roots are informed by elements of Persian cultural heritage, the program is designed to be culturally adaptable and accessible to participants from diverse backgrounds. Its central aim is to facilitate inner awareness, emotional integration, and personal clarity through a sequence of daily practices that combine reflective exercises, experiential engagement, and structured self-inquiry.

The program is grounded in the principle that individuals possess an inherent capacity for insight and self-directed growth when provided with a coherent structure for sustained introspection. Rather than relying on hierarchical instruction or external authority figures, Chelle emphasizes self-guided exploration, bridging experiential practices with contemporary understandings of consciousness, emotional processing, and behavioral change. In doing so, it seeks to support both personal development and broader relational and social functioning by enabling individuals to access deeper layers of meaning, purpose, and internal coherence.

This Persian multidimensional framework (Chelle) is designed to address this gap by combining several complementary practices: inner-child–focused therapeutic exercises, regulated induction of alpha–theta brain states, conscious sleep and hypnagogic awareness practices, and the deliberate cultivation of intuitive perception in daily life. Unlike hierarchical or instructor-led models, the program is intentionally non-directive and self-guided, allowing participants to engage with the material in ways that align with their emotional, cultural, and educational backgrounds. This design reflects a broader shift toward precision-oriented, human-centric approaches to wellbeing, which recognize that individuals vary widely in their histories, capacities, and modes of experiential processing.

The conceptual foundation of the program draws on several contemporary theoretical frameworks. Predictive processing models propose that perception, emotion, and behavior emerge from the brain's ongoing attempts to minimize prediction error through updating internal models of the world. Practices that evoke introspection, altered states of awareness, or emotional reconsolidation may therefore facilitate shifts in these internal models. Emotion-regulation theory highlights the importance of adaptive strategies—such as reappraisal, acceptance, and integration—in shaping psychological resilience and wellbeing. Approaches to experiential integration further emphasize the role of meaning-making, narrative coherence, and embodied awareness in consolidating transformative experiences. Together, these perspectives provide a theoretical rationale for a multi-component program that targets emotional, cognitive, and experiential dimensions simultaneously.

Despite the conceptual promise of such frameworks, empirical evidence evaluating their real-world impact remains scarce. Few studies have examined multi-modal transformation programs in large, diverse samples, and even fewer have explored patterns of individual variability in response. Data driven analytic approaches, including clustering, offer powerful tools for identifying heterogeneous response profiles and understanding how different individuals engage with and benefit from complex interventions [20,21].

The present study addresses these gaps by conducting a largescale, quantitative evaluation of the *Chelle* program in 548 participants who completed the 40-day practice. Using a multidimensional instrument assessing 27 pre–post indicators across seven domains of emotional, cognitive, behavioral, and relational functioning, we examine the magnitude and structure of participant change, the reliability of measured constructs, and the heterogeneity of response patterns. By integrating effect-size estimation, reliability analysis, unsupervised clustering, and principal component analysis, this study provides one of the first comprehensive empirical assessments of a multi-component, practice-based transformation framework. Our findings contribute to ongoing discussions about individualized pathways to wellbeing and challenge the assumption that uniform, one-size-fits-all models are sufficient for supporting human development at scale.

Finally, Ultimately, the broader aim of this research is to support humans in addressing inner wounds, confronting fears and shadow aspects, and moving toward deeper self-understanding. By grounding this process in objective, multidisciplinary evidence, we aim to contribute to a model of transformation that fosters personal development, social integration, peace, and wisdom, transcending boundaries of culture, language, education, and well-being background. This inclusive perspective aspires to reflect the full diversity of human experience while offering a scientifically grounded pathway toward inner and collective flourishing.

Building on this vision, the central research question guiding the present study is: How can data-mining methods be applied to explore and gain insight into the transformation factors that influence human personal and social development within the Chelle (DNA_Plus) 40-day framework?

2. Materials and Methods

2.1 Participants

This study followed a quantitative approach. The sample consisted of n=347 female and n=201 male, with ages raging between 16 to 69 years.

Participants engaged in the program through a standardized sequence of guided daily practices delivered via Chelle. Data were gathered using a structured self-report questionnaire developed specifically for this study and administered online through Google Forms. The instrument captured demographic information and pre–post assessments across multiple psychological, emotional, behavioral, and experiential indicators.

2.2. Dataset

Data were collected from 548 individuals who completed the 40-Day Transformation Program at least once between 2023 and 2025. The sample included n=347 female and n=201 male participants. Participation was voluntary, and all responses were collected anonymously. Ethical approval was obtained, and informed consent was secured prior to data submission.

2.3. Scoring System and Measures

Participants evaluated their experiences using a five-point Likert-type scale, with higher scores indicating greater intensity or depth of experience. The scale was defined as follows:

(1) No experience, (2) Very little experience, (3) Moderate experience, (4) Significant experience, (5) Deep and repeated experience.

All non-demographic variables were assessed at two time points:

- Pre-Chelle, immediately before beginning the 40-day Transformation Framework.
- Post- Chelle, immediately after completing the 40-day program Transformation Framework.

This design enabled us to make comparisons of change across the intervention period.

3.3. Study Design and Analytical Approach

This study employed a case-study–based, data-driven analytical framework to examine the influence of the Chell, the 40-Day Transformation Framework on personal and social development. Questionnaire items were organized into six predefined conceptual domains representing key dimensions of psychological, emotional, and social transformation.

The analytical objectives were threefold:

1. Quantify pre–post changes across all transformation indicators using descriptive analytics and within-subject effect sizes.
2. Identify latent patterns and relationships among indicators using dimensionality-reduction techniques.
3. Characterize heterogeneous response profiles through unsupervised clustering to capture individual variability in developmental trajectories.

This multi-layered approach enabled systematic investigation of individual differences in response to the intervention and provided insight into how a multidisciplinary, self-guided framework may influence emotional, cognitive, and experiential processes related to broader personal and social development outcomes.

3.4. Process

We adopted the CRISP-DM 1.0 framework, which serves as a widely recognized methodology for structuring data mining projects. CRISP-DM, short for *Cross-Industry Standard Process for Data Mining*, provides a systematic approach for transforming real-world problems into data-driven analytical tasks [16].

While Data Mining (DM) itself focuses on applying computational and statistical techniques to uncover meaningful patterns and actionable insights within datasets, it represents only one component within the broader Knowledge Discovery in Databases (KDD) pipeline. In contrast, CRISP-DM offers a practical, end-to-end guide for how data mining activities should be planned, executed, and integrated into real operational environments [17].

Because it is industry-agnostic, CRISP-DM is commonly used across various domains to ensure consistent project execution, from defining business goals all the way to deploying analytical models. Its structured process supports decision-makers by enabling the extraction of relevant knowledge from raw data and improving the overall quality and impact of data-driven outcomes[18].

The CRISP-DM methodology emerged in the late 1990s as a structured framework to support the process of Knowledge Discovery in Databases (KDD). It was originally developed through a collaborative effort involving Daimler-Chrysler, SPSS, and NCR, who aimed to create an industry-neutral standard for organizing data mining projects. As illustrated in Figure 1, the CRISP-DM 1.0 framework is composed of six iterative phases, each containing specific tasks and deliverables[19].

(1). Business/Application Understanding – This initial phase focuses on defining the organizational or application-specific objectives, clarifying the goals of the data mining effort, and determining how analytical approaches can support those objectives. (2). Data Understanding – In this step, analysts explore the available data through descriptive analysis, assess its relevance and quality, and identify potential issues or limitations that may influence subsequent processing. (3). Data Preparation – This phase involves selecting the appropriate data, cleaning and transforming it, integrating data sources when necessary, and engineering meaningful features that can enhance model performance. (4). Modeling – During modeling, suitable analytical or machine learning techniques are chosen. Models are trained using the prepared dataset, followed by iterative refinement to optimize predictive performance. (5). Evaluation – This stage assesses whether the developed models satisfy the objectives defined in the business understanding phase. Model performance is validated, and any gaps or improvement opportunities are identified before moving toward deployment. (6). Deployment – Finally, the validated models are incorporated into the operational environment or decision-making workflow. This phase may include generating deployment plans, monitoring strategies, and guidelines for maintaining the model over time [16,17,19].

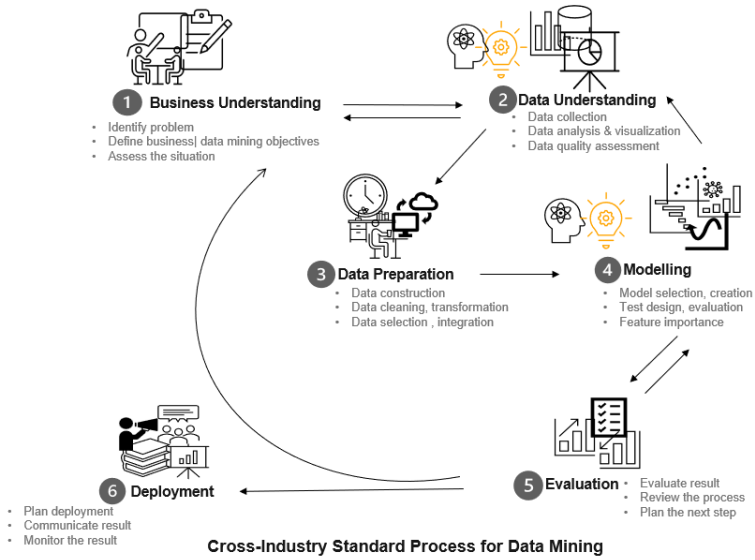


Figure1. CRISP-DM

3.5. Tools and techniques

In this experiment, we applied k_mean clustering techniques to identify homogeneous data points and based on that we created profiles. K-means clustering is an unsupervised machine learning algorithm that partitions a dataset into a specified number (k) of distinct, non-overlapping subgroups (clusters) based on the proximity of data points to a central point or mean [20,21].

Furthermore, we utilized Power BI to conduct exploratory data analysis and uncover potential patterns or emerging trends.

4. Results

This section presents the main results according to the different CRISP-DM phases and tasks to answer the research question of "How can data-mining methods be applied to explore and gain insight into the transformation factors that influence human personal and social development within the Chelle, The DNA_Pluse 40-day framework?"

4.1. Application/Business Understanding

In this phase of CRISP_DM methodology, we introduce DNA_Pluse 40-day transformation practice, the core and novel framework rooted in ancient Persia to analyze this via exploratory analysis and with data available from the participants to look at the impact from different perspective.
The objective at this stage is to validate hypothesis and to explore patterns, relationships, and participant-level variations in psychological, emotional, and social indicators associated with engagement in the program, viewed from multiple analytical perspectives.
The DNA_Pluse 40-Day Transformation Program is designed as a multidimensional and integrative protocol, informed by contemporary research in neuroscience, mindfulness studies, trauma psychology, positive psychology, and transpersonal research. The program operates structured inner-work practices over a fixed 40-day period to examine how such practices may influence:

- Self-awareness and metacognitive capacity
- Emotional regulation and balance
- Processing of unresolved emotional experiences
- Recognition of personal strengths and potential
- Cognitive–emotional integration and decision clarity

Rather than remaining at a purely theoretical level, the protocol is implemented in real-world settings and evaluated using systematically collected self-report data, allowing empirical exploration of experiential change across diverse participants.

Core Components of Chelle

The protocol comprises several interrelated components, each mapped to measurable indicators used in the subsequent data analysis:

1. Regulated access to alpha and theta brainwave states
   Alpha and theta oscillatory states are associated with relaxation, internal attention, memory consolidation, and neuroplastic readiness. Guided techniques are employed to support participants in intentionally accessing these states, potentially facilitating reflective awareness and emotional integration [23-27].

2. Mindfulness-based attentional and metacognitive training
   The program incorporates mindfulness practices shown to enhance attentional stability, reduce cognitive reactivity, and support emotional regulation through improved prefrontal–limbic interaction. Participants are trained in non-judgmental observation of internal experiences [28,29].

3. Emotional processing and inner-wound integration
   Drawing on trauma-informed and emotional regulation frameworks, structured reflective exercises support the identification and reprocessing of unresolved emotional patterns. This component aims to improve emotional coherence and reduce maladaptive responses [22, 30,31.]

4. Access to symbolic, intuitive, and autobiographical material
   Certain introspective techniques may facilitate the emergence of symbolic imagery, intuitive insights, or autobiographical memory-like experiences. While subjective and interpretive, these experiences may contribute to narrative identity formation and recognition of behavioral patterns [22.]

5. Identification of strengths and developmental potentials
   In alignment with positive psychology models, participants engage in structured reflection to identify personal strengths, skills, and latent capacities. This process supports self-efficacy, goal clarity, and longer-term developmental orientation [22.]

Analytical Framing

In this study, the DNA_Pulse 40-Day Transformation framework is examined as a structured experiential intervention using an exploratory, data-driven analytic approach. The goal is to understand how data-mining and machine-learning methods can illuminate the internal dynamics of transformation. Specifically, the analysis focuses on:

- Pre–post changes across seven defined psychological, emotional, and experiential constructs
- Latent relationships among indicators reflecting cognitive, emotional, and social functioning
- Distinct participant profiles that reveal heterogeneous response patterns

This framing positions the study at the intersection of contemplative science, cognitive psychology, and applied data analytics, enabling empirical insight into experiential transformation processes without presupposing causal mechanisms.

Given that the DNA_Pulse 40-day framework has been practiced extensively with hundreds of individuals over the past three years, our aim was to evaluate how data-mining techniques can enhance understanding of personal and social development outcomes. The framework targets three major developmental domains:

1. Practicing and sustaining alpha–theta brainwave states
2. Identifying, processing, and healing inner emotional wounds
3. Accessing autobiographical and transpersonal memory networks associated with personal elevation

Together, these domains provide a multidimensional foundation for examining how structured experiential practices may support emotional integration, cognitive flexibility, and relational development at scale.

4.2. Data understanding

The dataset consists of 549 participants and 45 variables, capturing multidimensional aspects of personal, psychological, and social development. A detailed description of all variables is provided in Table 1. For clarity and interpretability, variables were grouped into conceptually coherent categories based on their underlying constructions.

- **Group I** includes basic demographic information (participant ID, age, gender).
- **Group II** contains variables related to conscious states and awareness, including access to alpha–theta brainwave states, present-moment focus, and attentional stability.
- **Group III** captures inner experiential phenomena, particularly dream content and dream awareness, reflecting subconscious processing and symbolic experience.
- **Group IV** focuses on emotional awareness and healing, assessing conscious recognition of emotional wounds, emotional expression, and processes of emotional integration.
- **Group V** represents behavioral patterns, intuition, and inner guidance, measuring intuitive decision-making, internal signals, and shifts in habitual behavioral tendencies.
- **Group VI** addresses inner growth, meaning making, and wisdom integration, linking autobiographical insight, reflective understanding, and personal development.
- **Group VII** encompasses relational and social connection variables, including interpersonal awareness, relational consciousness, and the quality of social interactions.

With the exception of the demographic variables in Group I, all variables were measured at two time points (pre- and post-intervention), enabling systematic evaluation of change following the 40-day transformation cycle.

Table1. List of variables

#	Group name	Variables	Description
1	IBasic Information	Id	Unique identifier for each participant
2		Age	Age of the participant (18-65)
3		Gender	Gender of the participant
4	I.Conscious States & Awareness	pre_alpha_theta_access	Consciously entering alpha or theta brain states (after Chelle).
5		post_alpha_theta_access	Consciously entering alpha or theta brain states (after Chelle).
6		pre_present_focus_ability	Focusing and remaining present in the moment.
7		post_present_focus_ability	Focusing and remaining present in the moment.
8	II.Dreams & Inner Experience	pre_symbolic_dreams	Experiencing clear, symbolic dreams or dreams containing inner messages
9		post_symbolic_dreams	Experiencing clear, symbolic dreams or dreams containing inner messages
10		pre_meaningful_dreams	Experiencing meaningful dreams containing significant messages
11		post_meaningful_dreams	Experiencing meaningful dreams containing significant messages
12	III.Emotional Awareness & Healing	pre_thought_emotion_awareness	Observing my thoughts and emotions without judgment.
13		post_thought_emotion_awareness	Observing my thoughts and emotions without judgment.
14		pre_past_trauma_facing	Consciously facing painful memories and emotions from the past
15		post_past_trauma_facing	Consciously facing painful memories and emotions from the past
16		pre_emotion_expression	Identifying suppressed emotions and expressed them in a healthy way
17		post_emotion_expression	Identifying suppressed emotions and expressed them in a healthy way

18		pre_wound_victim_release	Releasing the feeling of being a victim and accepting my emotional wounds
19		post_wound_victim_release	Releasing the feeling of being a victim and accepting my emotional wounds
20		pre_inner_child_connection	Experiencing connected to my inner child
21		post_inner_child_connection	Experiencing connected to my inner child
22		pre_inner_healing_peace	Experiencing inner calm, forgiveness, and emotional healing
23		post_inner_healing_peace	Experiencing inner calm, forgiveness, and emotional healing
24	IV.Behavioral Patterns & Intuition	pre_behavior_pattern_change	Identifying and modifying repetitive behavioral patterns
25		post_behavior_pattern_change	Identifying and modifying repetitive behavioral patterns
26		pre_inner_guidance	Experiencing intuition or inner guidance
27		post_inner_guidance	Experiencing intuition or inner guidance
28		pre_soul_memory_access	Accessing memories or insights from deeper levels of awareness or soul memory
29		post_soul_memory_access	Accessing memories or insights from deeper levels of awareness or soul memory
30	VI.Meaning, Insight & Integration	pre_life_truth_understanding	Understanding the truth of life or Experiencing changes in my personal path
31		post_life_truth_understanding	Understanding the truth of life or Experiencing changes in my personal path
32		pre_past_present_connection	linking past experiences with my present behavior
33		post_past_present_connection	linking past experiences with my present behavior
34		pre_intuitive_decision_confidence	Experiencing greater clarity and confidence in my intuitive decisions
35		post_intuitive_decision_confidence	Experiencing greater clarity and confidence in my intuitive decisions
36		pre_inner_growth	Experiencing a sense of inner growth and personal transformation
37		post_inner_growth	Experiencing a sense of inner growth and personal transformation
38		pre_mental_release	Feeling at peace with myself and free from mental noise and inner conflict
39		post_mental_release	Feeling at peace with myself and free from mental noise and inner conflict
40	VI.Personal Development	pre_new_talent_discovery	Discovering or strengthening new skills or talents
41		post_new_talent_discovery	Discovering or strengthening new skills or talents
42		pre_self_confidence	Increasing self-confidence and self-acceptance
43		post_self_confidence	Increasing self-confidence and self-acceptance
44		pre_personal_goal_identification	Identification of my personal goals with greater clarity
45		post_personal_goal_identification	Identification of my personal goals with greater clarity
46		pre_emotion_control	Regulating emotions and make decisions improved
47		post_emotion_control	Regulating emotions and make decisions improved
48	VII.Relationships & Social Connection	pre_relationship_improvement	Improving the quality of my relationships with others
49		post_relationship_improvement	Improving the quality of my relationships with others
50		pre_empathy_growth	Developing a sense of empathy or deeper understanding toward others
51		post_empathy_growth	Developing a sense of empathy or deeper understanding toward others
52		pre_healthy_boundaries	being aware of sacrificing myself or assuming a victim role in relationships
53		post_healthy_boundaries	being aware of sacrificing myself or assuming a victim role in relationships
54		pre_social_comfort	Feeling safe and at ease in social interactions
55		post_social_comfort	Feeling safe and at ease in social interactions

56		pre_social_engagement	Increasing willingness to participate in collective activities or help others
57		post_social_engagement	Increasing willingness to participate in collective activities or help others

Age Distribution by Gender

The chart in Figure 2, shows the age distribution of individuals in the dataset, broken down by two gender categories (shown in light and dark blue). Each bar represents the number of people at a specific age, and the overall pattern shows that the population is heavily concentrated between ages 30 and 45, with a sharp peak around 40, where the count reaches its highest point. Younger (below ~18) and older (above ~55) ages appear much less frequently, indicating that the dataset is dominated by working-age adults rather than a broad population sample. Across most ages—especially in the central range—gender 1 (female) appears more frequently than gender 0 (male) suggesting an imbalance between genders in the dataset. Overall, the distribution resembles a bell-shaped curve centered in mid-adulthood, highlighting both age concentration and gender representation patterns.

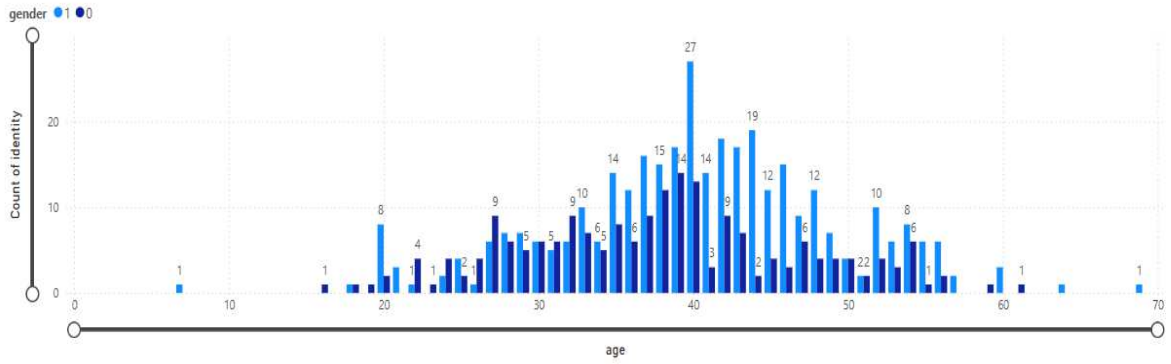


Figure 2. Age Distribution by Gender

Alpha/Theta Brain waves

The pie charts in Figure3 present participants' pre- and post-intervention access to alpha and theta brainwave states associated with consciousness. Prior to the 40-day practice period, 50.91% of participants reported no experience (score = 1), while 49.09% reported some level of experience (scores 2–5).

Following the 40-day intervention, the proportion of participants reporting no experience decreased to 25.18%, whereas over 65% reported moderate, significant, or deep levels of experience. Notably, the percentage of participants reporting deep and repeated experience increased from 2.38% to 12.59%. Furthermore, the largest proportion of participants (25.5%) reported significant experience, indicating a marked enhancement in access to these states after the intervention.

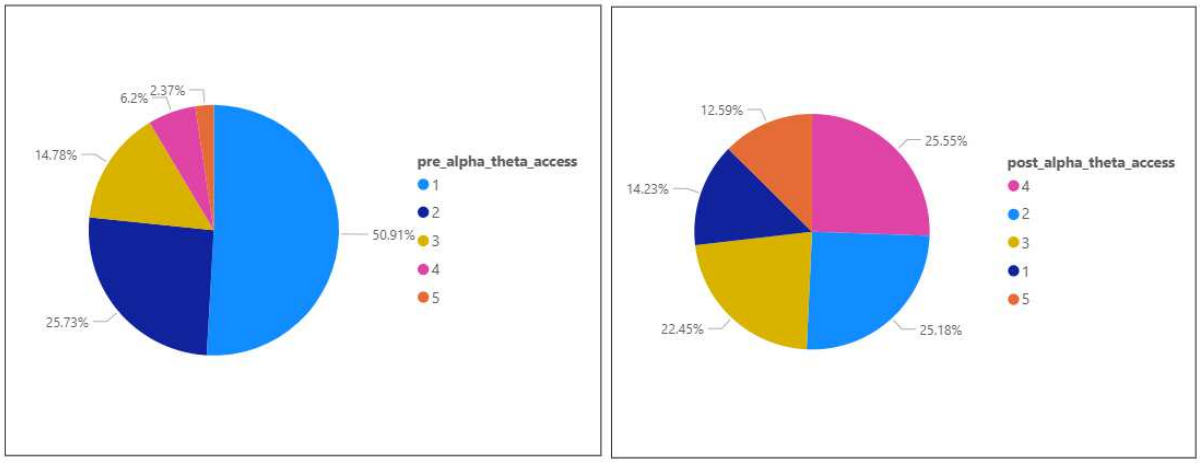


Figure 3. Alpha/Theta Brain waves

Present-focused attention

The bar chart in Figure4 illustrates participants' pre- and post-practice present-focused attention, defined as the ability to remain fully in the present moment without mental distraction. Initially, over 70% of participants reported little or no experience in maintaining present-moment awareness. After completing the 40-day instruction and practice program, this proportion decreased to approximately 40%, while about 35% of participants reported significant or deep levels of mindfulness and sustained presence. These results indicate a notable improvement in participants' ability to remain focused in the present moment following the intervention.

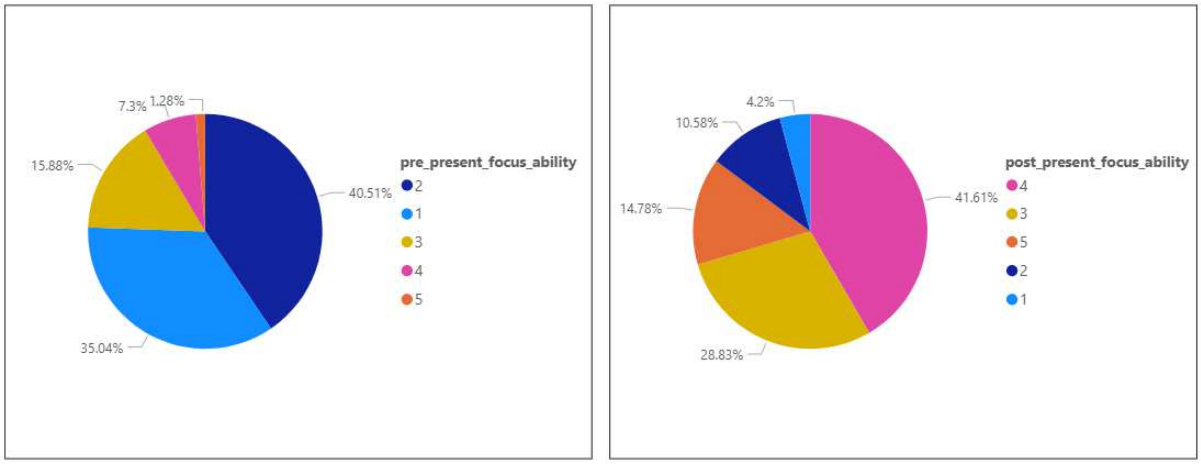


Figure 4. Present-focused attention

Symbolic Dreams

Regarding the ability to experience symbolic dreams, according to Figure 5, prior to the 40-day practice period, only 16.06% of participants reported significant or deep experiences, while 30.66% reported no experience at all. Following the practice, the proportion of participants with significant or deep experiences increased to 55.11%, and those reporting no experience decreased to 7.48%. These results highlight the effectiveness of the practice in enhancing the conscious recognition of symbolic dreams.

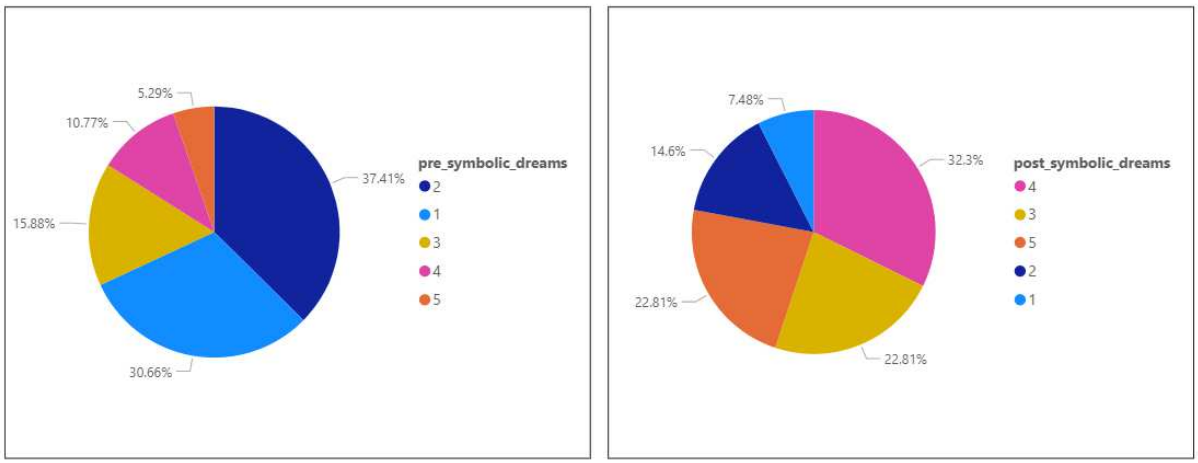


Figure 5. Symbolic Dreams

Meaningful Dreams

According to the bar charts in Figure 6, approximately 63% of participants reported little or no experience with meaningful dreams prior to the practice period. After the intervention, this proportion decreased to around 21%, while over 55% of participants reported experiencing meaningful dreams that were related to their past experiences or intuitive insights. These findings suggest that the 40-day practice significantly enhanced participants' ability to consciously access meaningful dream content.

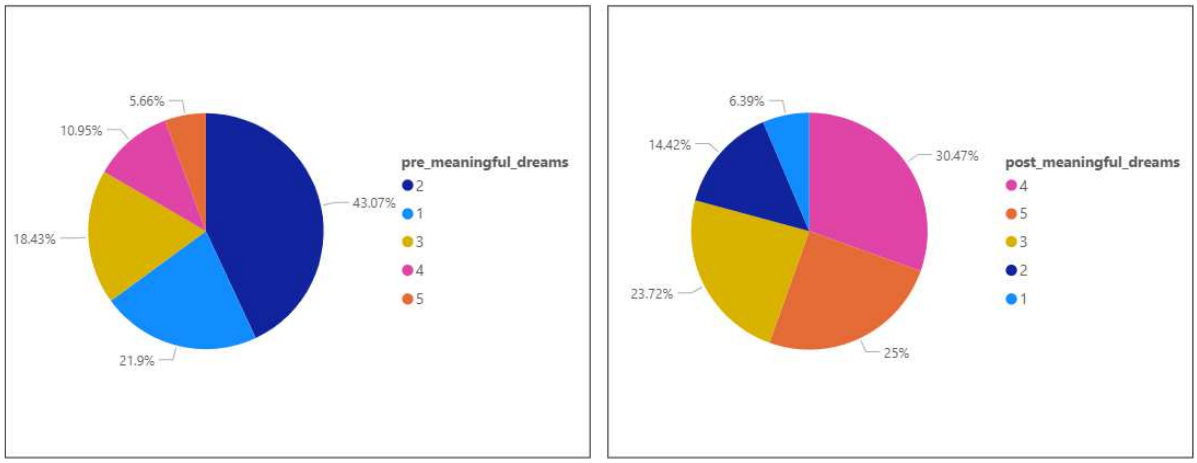


Figure 6. Meaningful Dreams

Thought_ Emotion Awareness

The bar chart in Figure7 illustrates participants' ability to consciously witness their thoughts and emotions before and after the 40-day practice period. Initially, over 80% of participants reported little or no experience in consciously observing their mental and emotional states. After the intervention, this proportion decreased to approximately 13%, while around 70% of participants reported significant conscious awareness of their thoughts and emotions. These results are promising and indicate that the practice substantially enhanced participants' ability to observe and regulate their thoughts and emotions consciously.

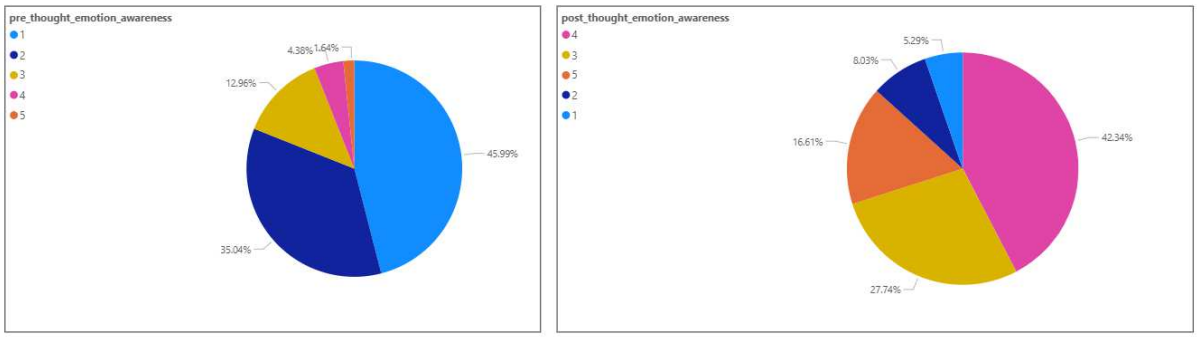


Figure 7. Meaningful Dreams

Trauma Facing

According to Figure 8, the pie charts present the percentage of participants able to consciously face their inner child or emotional wounds before and after the 40-day transformation framework, which consisted of various practical instructions. Prior to the practice period**,** 47.45% of participants reported no experience in facing their inner wounds, while 35.40% reported very little experience**.** Only approximately 8% reported significant or deep awareness of their emotional wounds.
After completing the 40-day framework, the proportion of participants able to consciously face their inner wounds increased to over 60%**.** In addition, the percentage of participants reporting moderate levels of trauma awareness increased from 11.13% to 18.98%**.** These findings demonstrate a substantial enhancement in participants' conscious awareness and engagement with unresolved emotional experiences following the structured practice framework.

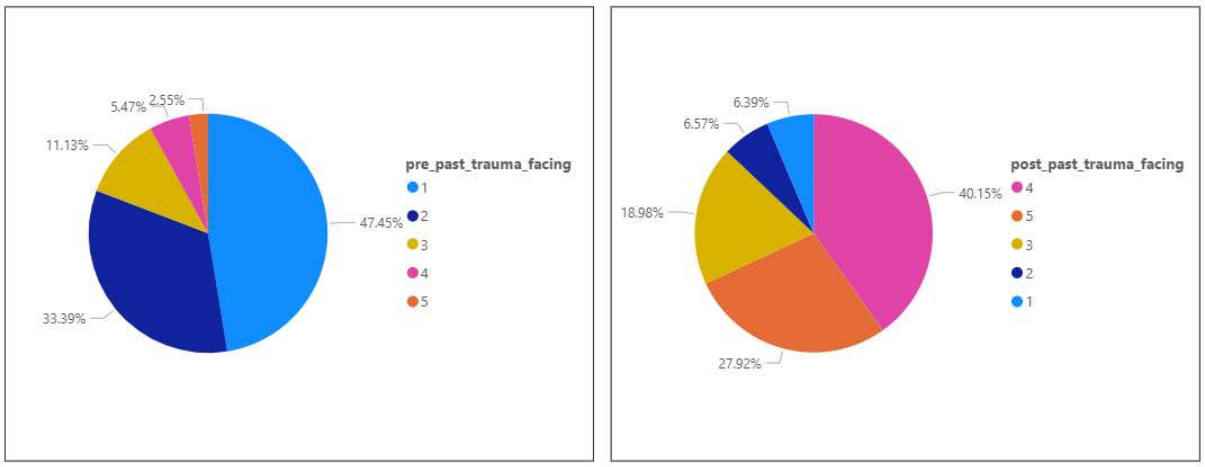


Figure 8. Trauma Facing

Emotional Expression

Based on Figure 9, The pie charts illustrate participants' ability to consciously express their emotions before and after the 40-day transformation framework (TC)**.** Prior to the practice, 50.91% of participants reported no ability to express their emotions, while approximately 34% reported very little experience. Only 3.1% reported the ability to consciously express their emotions**.**
Following completion of the 40-day TC, over 60% of participants were able to consciously express their emotions**,** with approximately 25% reporting a moderate level of emotional expression. These results indicate a substantial improvement in participants' emotional awareness and expression after engaging with the structured practice framework.

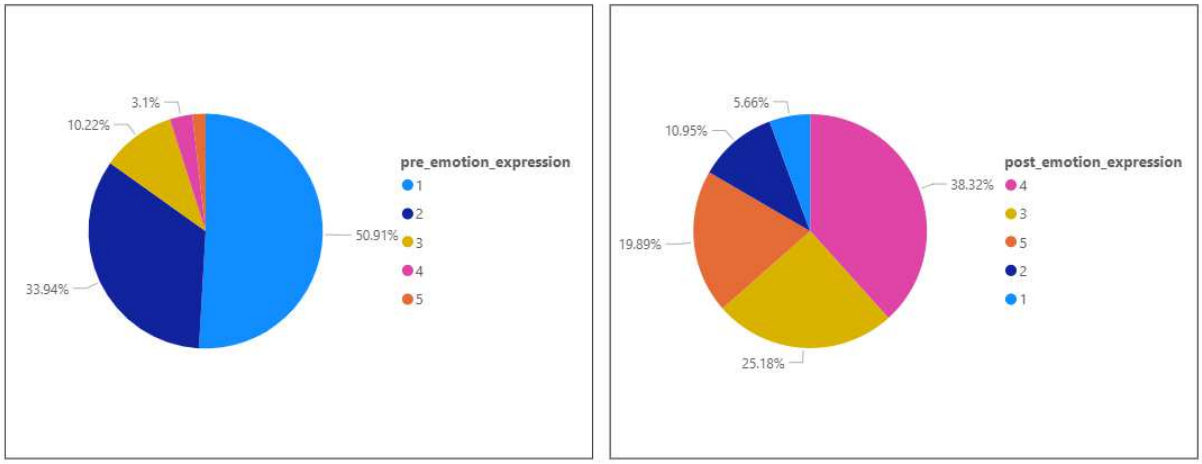


Figure 9. Emotional Expression

wound_victim_release

The pie charts in Figure 10 demonstrate a substantial improvement in participants' ability to release inner wounds and the associated sense of victimhood following the 40-day transformation framework. Prior to the practice, 50.55% of participants reported no experience in releasing inner wounds and continued to identify with a victim mindset, while approximately 34% reported very little experience**.**
After completing the framework, around 20% of participants reported deep levels of wound release**,** and 38.32% reported significant release of both inner wounds and the feeling of being a victim. These findings indicate a marked shift toward emotional healing and psychological empowerment, reflected in participants' increased capacity to disengage from victim-oriented emotional patterns.

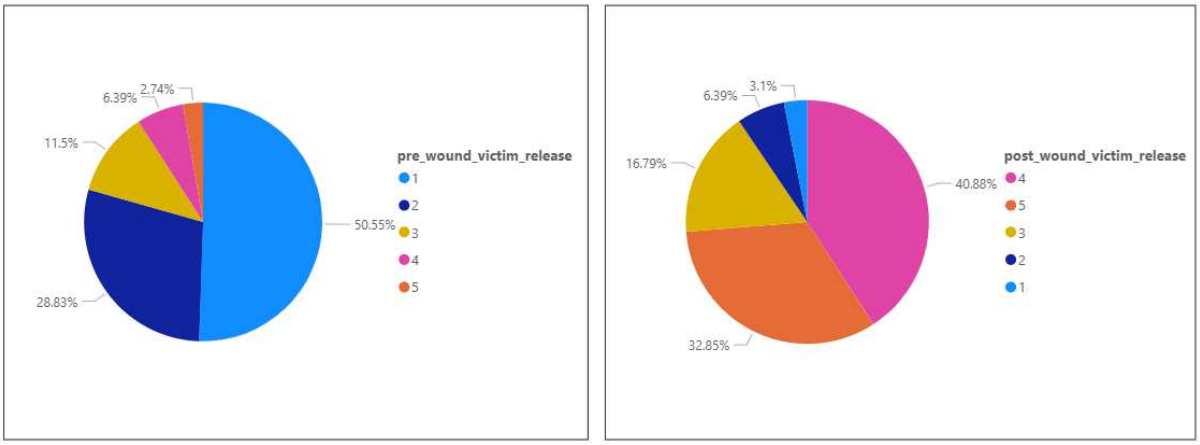


Figure 10. wound_victim_release

Inner child Connection

According to Figure 11, The bar charts illustrate participants' inner child connection status before and after the 40-day transformation framework (TC)**.** According to the pre-practice chart, approximately 75% of participants reported no connection to their inner child or unconscious mind, while around 18% reported very little experience**,** and less than 5% reported significant or deep connection.
After completing the framework, the proportion of participants reporting no connection decreased to 3.1%**,** whereas nearly 75% experienced significant or deep connection with their inner child or unconscious mind. These results indicate a substantial improvement in participants' capacity to access and engage with their inner child, reflecting the effectiveness of the structured practice framework.

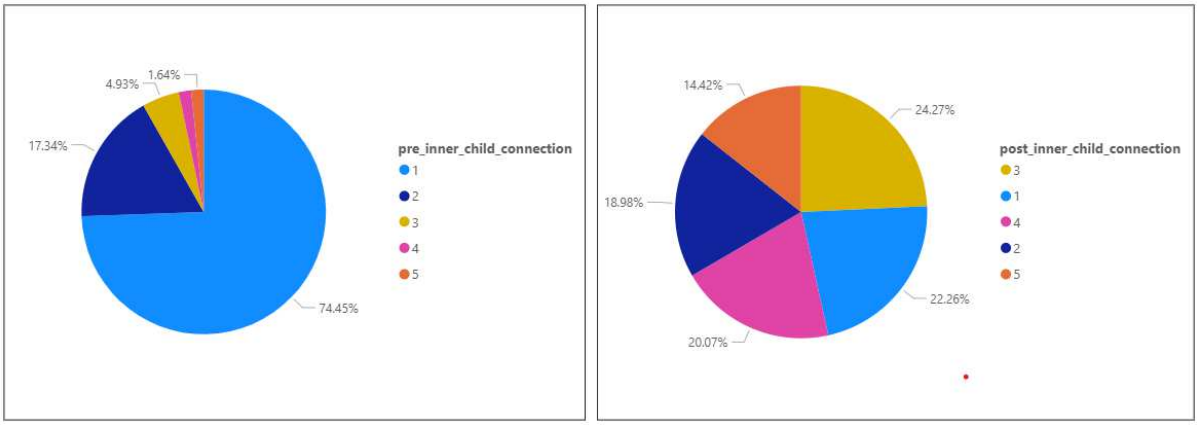


Figure11. Inner child Connection

Inner healing & peace

In addition to inner child connection, another indicator assessed participants' healing journey through accessing the unconscious mind**.** Prior to the 40-day transformation framework, according to Figure 12, over 80% of participants reported no healing experience**,** while less than 10% reported significant or deep healing**,** and approximately 12% reported moderate healing experiences**.**

After completing the framework, more than 80% of participants reported moderate, significant, or deep levels of forgiveness and healing through conscious access to the unconscious mind. These findings suggest a pronounced shift in participants' capacity to engage in self-healing processes following the structured practice framework.

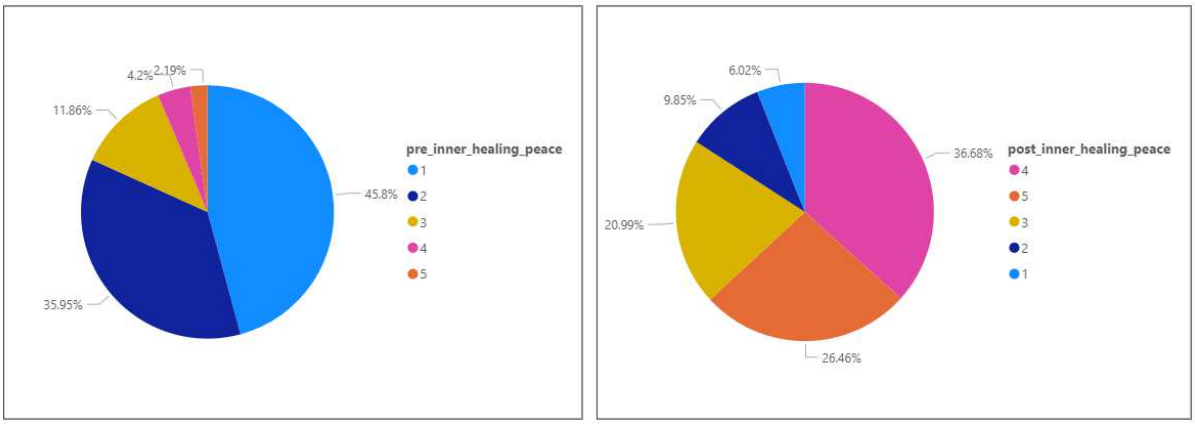


Figure 12. Inner healing & peace

Behavioral Pattern Identification & Change

The pie charts illustrate participants' behavioral pattern identification and changes before and after the 40-day transformation challenge. Referring figure 13, Prior to the challenge, over 80% of participants reported no conscious effort or ability to identify or change their behavioral patterns, while approximately 11% reported moderate behavioral improvement.

After completing the challenge, more than 80% of participants reported conscious identification and changes in their behavioral patterns, with around 29% experiencing moderate change, approximately 40% reporting significant change, and about 15% reporting deep behavioral transformation. These results indicate a substantial shift in participants' capacity to consciously modify habitual behaviors following the structured practice framework.

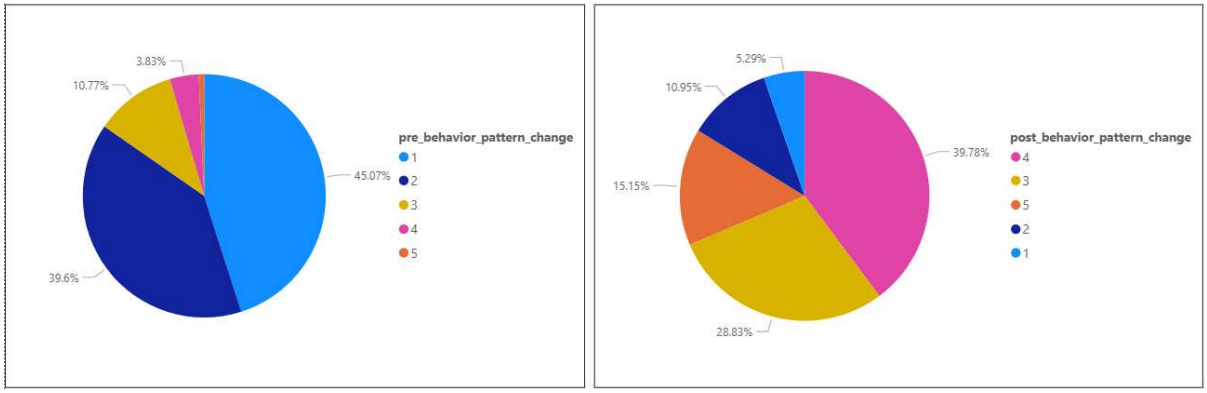


Figure13. Behavioral Pattern Identification & Change

Inner Call / Inner Guidance

Figure 14 is about Inner call or inner guidance that was examined as an additional indicator in this study. Prior to the 40-day transformation challenge, only 5% of participants reported deep experiences of inner guidance, while approximately 7% reported significant levels. In contrast, around 72% of participants reported no or very little experience of inner guidance at baseline.

After completing the challenge, the proportion of participants reporting deep inner guidance increased to 26%, while those reporting no or little experience decreased to 16%. These results demonstrate a substantial enhancement in participants' conscious experience of inner guidance, suggesting increased access to intuitive or internally guided decision-making processes following the structured practice framework.

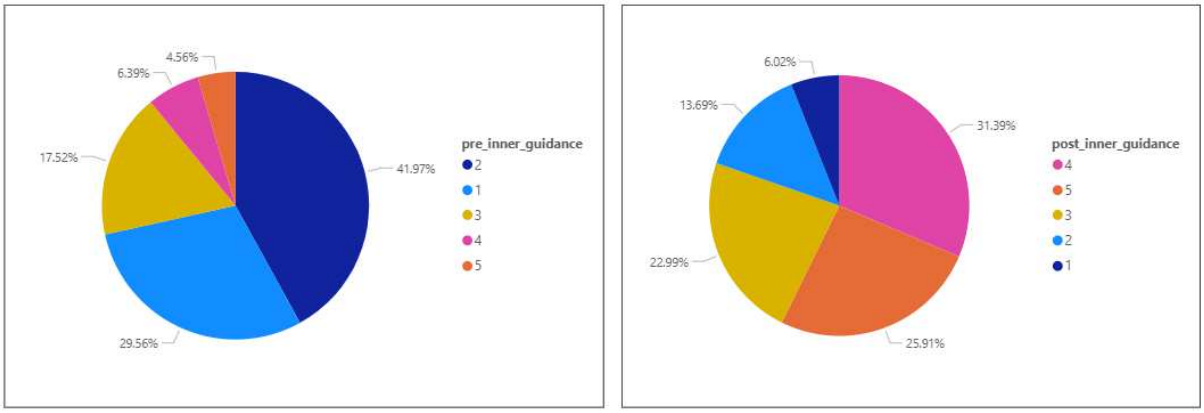


Figure 14. Inner Call / Inner Guidance

Soul Memory Access

The pie charts in Figure 15, present the percentage of participants reporting experiences of soul memory access before and after the 40-day transformation challenge**.** Prior to the challenge, approximately 66% of participants reported no experience, 22% reported little experience, and around 3% reported significant experience.

After completing the challenge, approximately 36% of participants reported significant or deep experiences, while the proportion of participants reporting moderate experience increased from 8% to 25%. These results indicate a notable shift in participants' reported access to deep memory-related or transpersonal experiences following engagement with the structured practice framework.

In this study, *soul memory access* refers to participants' subjective experiences of accessing deep, transpersonal, or non-ordinary memory content, as consciously perceived and self-reported, without asserting metaphysical or biological interpretations.

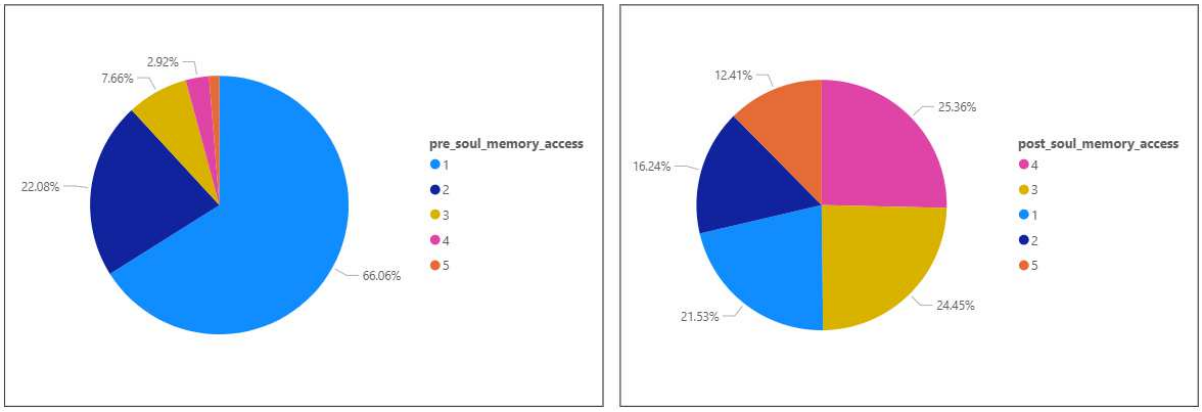


Figure 15. Soul Memory Access

Understanding the truth of life/ my personal path

Figure 16, the pie charts illustrate participants' understanding of the truth of life and their personal path before and after the 40-day transformation challenge (Chelle**)**. Prior to the challenge**,** approximately 36% of participants reported no awareness, and 42% reported little awareness of their life purpose or personal path.
After completing the challenge, over 75% of participants reported having identified their personal path and a clearer understanding of the truth and purpose of their life**.** These results suggest that the structured framework significantly enhanced participants' self-awareness and perceived life direction**.**

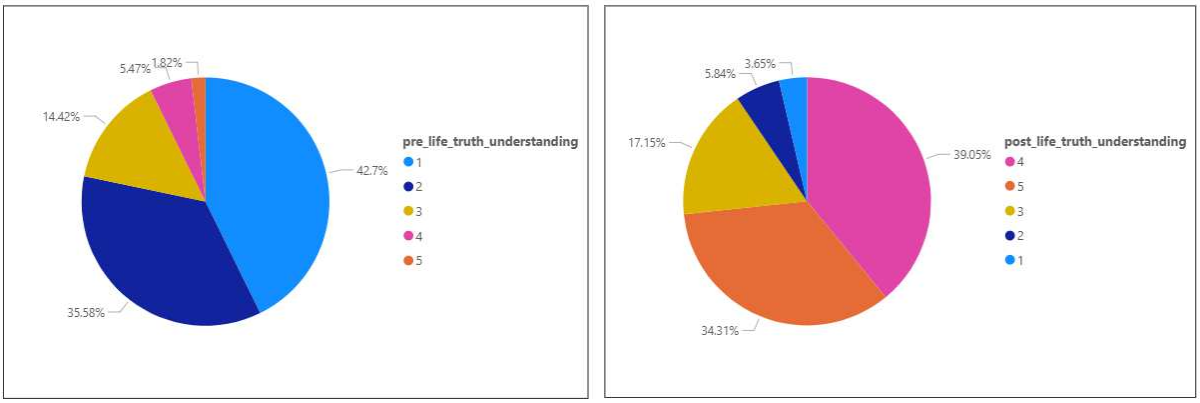


Figure 16. Understanding the truth of life/ my personal path

Linking Past Experience with Present Behavior

The bar chart in Figure 17 illustrates the proportion of participants able to link past experiences with their current behavior before and after the 40-day transformation challenge (Chelle). Prior to the challenge, over 45% of participants reported no experience, approximately 38% reported little experience, and around 11% reported moderate ability to apply past experiences to present behavioral patterns.
After completing the challenge, about 67% of participants reported significant or deep ability to connect past experiences with their current behavior and mindset, while approximately 20% reported moderate ability. These findings indicate that the structured framework effectively supported participants in integrating past experiences into present behavior and cognitive-emotional processes.

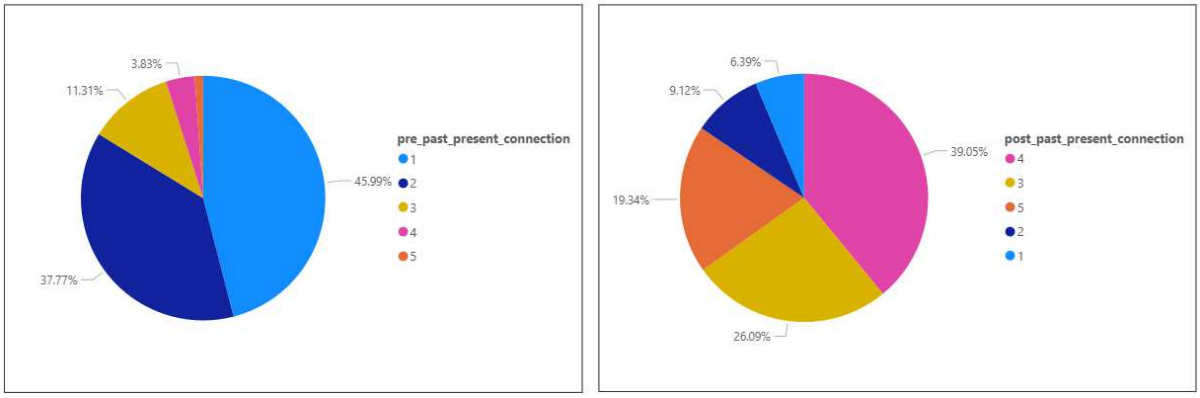


Figure 17. Linking Past Experience with Present Behavior

Confidence and clarity regarding intuitive decisions

Figure 18, the pie charts illustrate the percentage of participants who experienced confidence and clarity in intuitive decision-making before and after the 40-day transformation challenge (Chelle). Prior to the challenge, approximately 45% of participants reported no experience, while around 36% reported little experience of consciously feeling confidence and clarity in their intuitive decisions.

After completing the challenge, the proportion of participants reporting no or little experience decreased to approximately 20%. In contrast, 58% of participants reported significant or deep confidence and clarity in intuitive decision-making, while the percentage of participants reporting moderate experience increased from approximately 11% to 25%. These results indicate a substantial improvement in participants' trust in and clarity regarding their intuitive decision processes following the structured practice framework.

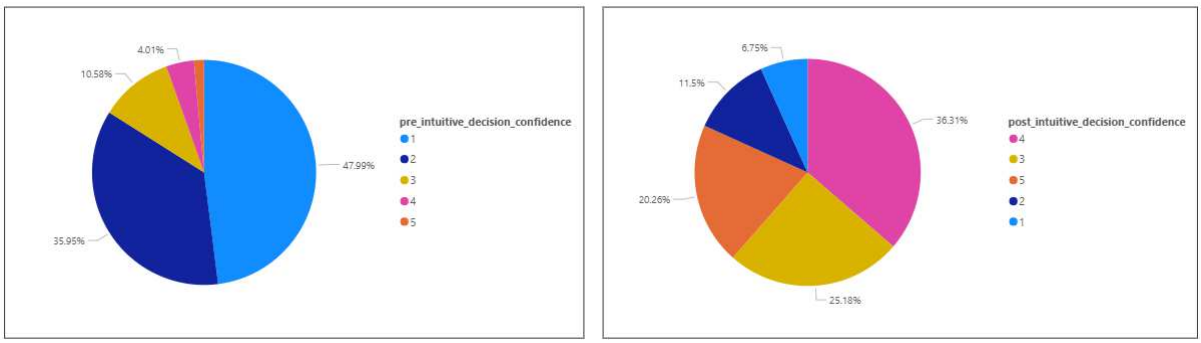


Figure 18. Confidence and clarity regarding intuitive decisions

Sense of Inner Growth and Personal Transformation

The pie charts in Figure 19 illustrate the percentage of participants who experienced inner growth and personal transformation before and after the 40-day transformation challenge (Chelle). Prior to the challenge**,** over 70% of participants reported no or little experience of inner growth, while only around 9% reported significant or deep experiences.

After completing the challenge, more than 80% of participants reported experiencing inner growth and personal transformation, representing an increase of approximately 70 percentage points. In contrast, only around 10% reported no or little experience following the challenge. These findings indicate a substantial enhancement in participants' perception of inner development and personal transformation after engaging in the structured framework.

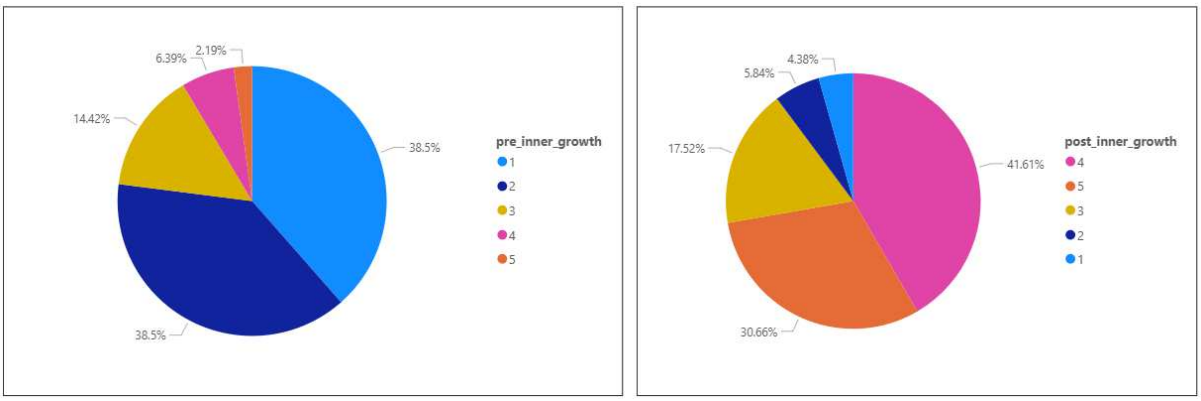


Figure 19. Sense of Inner Growth and Personal Transformation

Inner Peace and Cognitive-Emotional Harmony

The pie charts below illustrate participants' experiences of inner peace and cognitive-emotional harmony before and after the Chelle 40-day transformation program**.** Figure 20 shows that, prior to the program, approximately 82% of participants struggled with inner peace and mental harmony. After completing the program, this proportion dropped sharply to around 12%**.**
Less than 12% of participants reported moderate levels of inner peace before the program; after Chelle, this increased to 21%**.** Moreover, almost 65% of participants successfully achieved deep inner peace**,** accompanied by conscious awareness of their thoughts and emotional harmony.
These results indicate a substantial improvement in participants' mental and emotional balance following the structured framework.

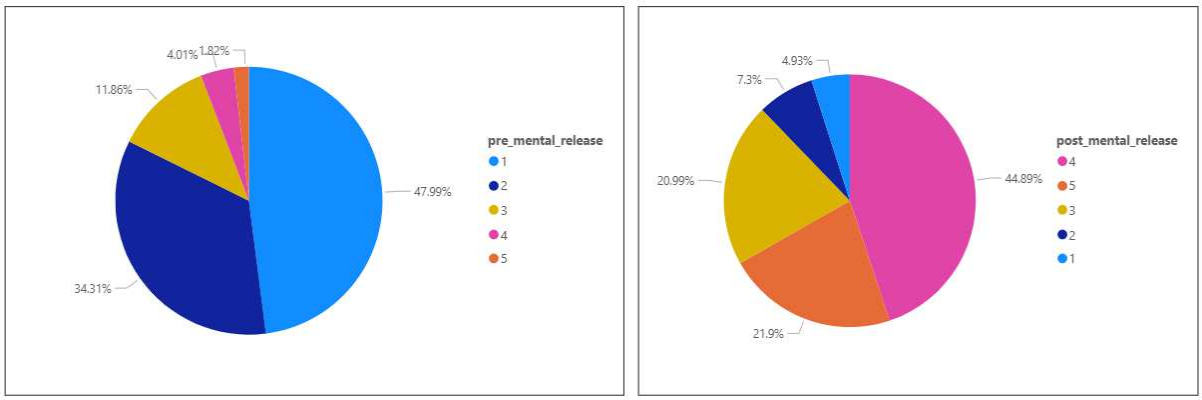


Figure 20. Inner Peace and Cognitive-Emotional Harmony

Talent Discovery and Skill Development

In Figure 21, according to the pie charts, prior to the Chelle 40-day program, approximately 81% of participants had not experienced identifying new interests in developing skills, or discovering new talents, while less than 6% were consciously aware of their abilities.
After completing the program, over 60% of participants reported deep and significant experiences, successfully identifying new interests, developing preferred skills, and recognizing talents in specific areas. Additionally, around 21% of participants reported moderate levels of experience in discovering and cultivating new abilities.
These results indicate a substantial increase in participants' self-awareness and skill development following the program.

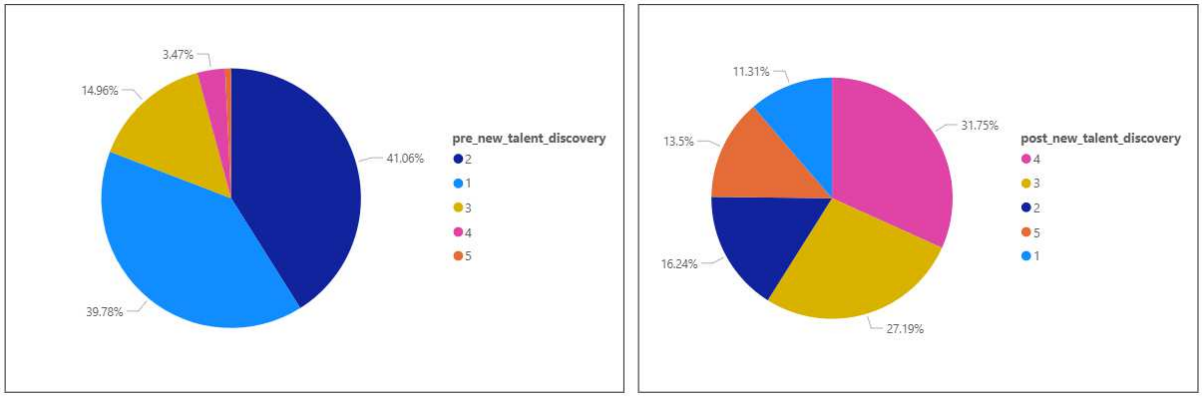


Figure 21. Talent Discovery and Skill Development

Enhancing Self-Confidence and Self-Acceptance

The pie charts below illustrate participants' experiences of self-confidence and self-acceptance before and after Chelle**.** As we see in Figure 22, Prior to the program, approximately 77% of participants had little to no conscious experience of these feelings. After completing the program, this proportion dropped sharply to 12%**.**
Meanwhile, 23% of participants reported deep experiences of self-confidence and self-acceptance, and around 45% reported significant improvements**.** The proportion of participants with moderate levels increased from 15% to 20%**,** indicating a notable enhancement in self-confidence and self-acceptance following the program.

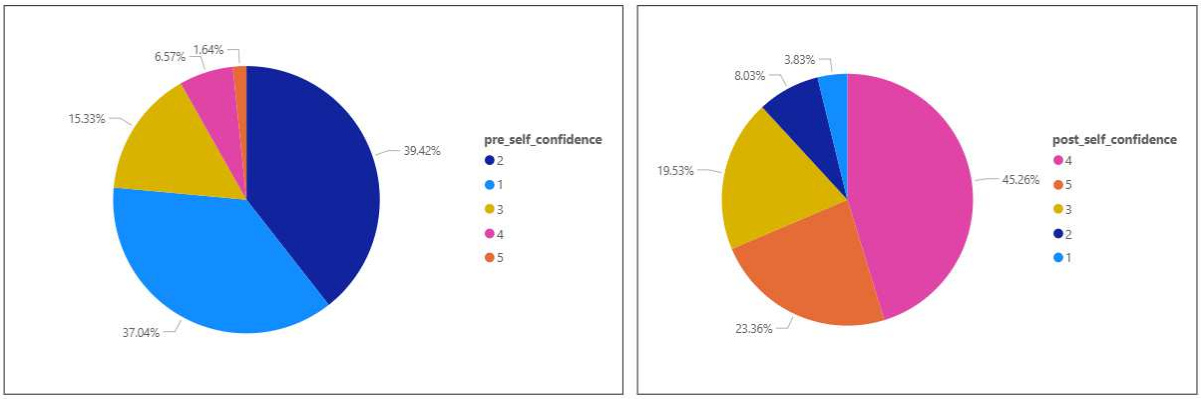


Figure 22. Enhancing Self-Confidence and Self-Acceptance

Clarity in Personal Goals

Based on the two pie charts in Figure 23, comparing participants' experiences before and after the Chelle 40-day program**,** approximately 40% of participants reported no clarity regarding their personal goals and objectives, feeling lost and uncertain about their direction. Additionally, around 37% reported little clarity prior to the program.
After completing Chelle, these proportions decreased substantially, indicating improved goal awareness. The percentage of participants reporting moderate clarity increased from 15% to nearly 20%**,** while a larger proportion moved into significant and deep levels of goal clarity, reflecting enhanced self-direction and purpose following the program.

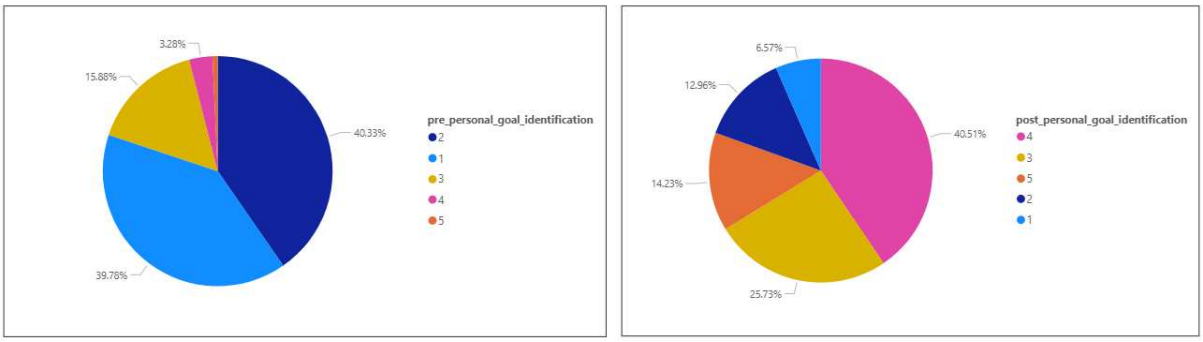


Figure 23. Clarity in Personal Goals

Emotional Regulation and Decision-Making Ability

Figure 24 shows pie charts that illustrate participants' emotional regulation and decision-making ability before and after the Chelle 40-day program. Prior to the program, approximately 43% of participants were unable to regulate their emotions effectively or make clear decisions**,** while 36% reported only limited experience in these areas. After completing Chelle, the proportion of participants with no emotional balance or decision clarity decreased sharply to around 7%**,** and those with little experience also declined substantially.
Following the program, 47% of participants reported significant improvements in emotional regulation and decision-making clarity, while approximately 16% experienced deep improvements**.** In addition, the proportion of participants reporting moderate levels of emotional regulation increased from 16% to 25%, indicating meaningful overall progress.

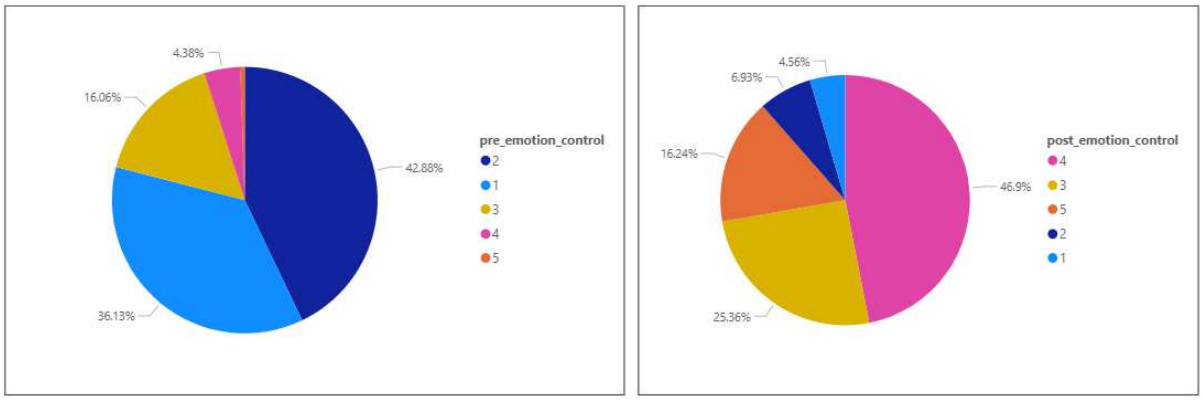


Figure 24. Emotional Regulation and Decision-Making Ability

Improved Quality of Interpersonal Relationships

The below pie charts in Figure 25 compare the before and after Chelle ability to imrove the quality of their relationships with others. Based on that 44% with no experience and almost v20% little relationship improvelemt consciously and

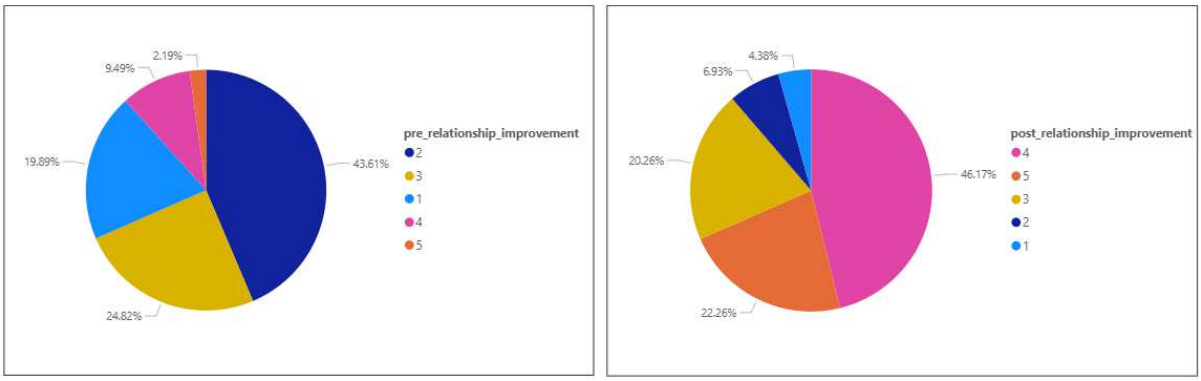


Figure 25. Improved Quality of Interpersonal Relationships

Development of Empathy and Deep Understanding

Figure 26 compare participants' development of empathy and deep understanding of others before and after the Chelle 40-day program. Prior to the program, approximately 40% of participants had not consciously experienced empathy or understanding toward others, and 15% reported only a little experience.
After completing the program, these proportions dropped to around 12%, while approximately 37% of participants reported significant development in empathy, and about 32% experienced deep levels of empathy and understanding.
These results indicate a substantial improvement in participants' ability to connect with and understand others following the program.

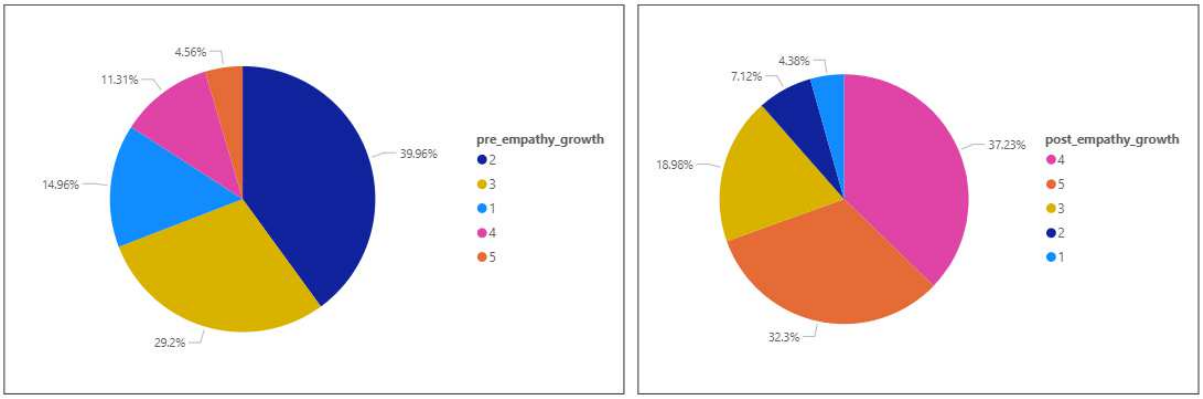


Figure 26. Development of Empathy and Deep Understanding

5. Data Preparation

To evaluate the practical significance of pre–post change, we computed a difference score for each variable by subtracting pre-Chelle values from post-Chelle values. This allowed us to quantify individual progress across all indicators. The result shows that, across the 27 paired features, all showed positive mean deltas, indicating improvement from pre to post. According to Table 2, the largest within-subject effects were observed for *behavior_pattern_change* (Cohen's $d_x \approx 1.47$), *inner_growth* (≈ 1.46), *emotion_expression* (≈ 1.49), *conscious_relationship* (≈ 1.35), and *alpha_theta_access* (≈ 0.91). These effect sizes exceed conventional benchmarks for large effects (0.8), with several surpassing 1.4, which is considered very large. This suggests that Chelle produced substantial and practically meaningful improvements in these dimensions, not just statistically significant changes.

Table 2. Data Preparation and f pre–post change analysis

#	Key subject effects	Pre to Post Changes/ progress(mean)
1	alpha_theta_access	1.137 / 1.254 ≈ 0.91
2	behavior_pattern_change	1.730 / 1.174 ≈ 1.47
3	conscious_relationship:	1.918 / 1.425 ≈ 1.35
4	emotion_expression	1.849 / 1.242 ≈ 1.49
5	inner_growth	1.931 / 1.319 ≈ 1.46
6	alpha_theta_access	1.137 / 1.254 ≈ 0.91

Therefore, we conclude that,

- Practical significance: These are not small shifts; participants improved by more than one standard deviation on key constructs.
- Robustness: Even without p-values shown here, such large effect sizes typically correspond to highly significant results in a sample of 548 participants.

6. Modelling and Evaluation

6.1. Clustering

Clustering was applied to identify distinct patterns of change among participants across the 27 delta features. While individual effect sizes show overall improvement, they do not reveal whether participants improved uniformly or in differentiated ways. Clustering enables us to group participants based on their multidimensional improvement profiles, uncovering subgroups such as those with broad gains, selective improvements in emotional or cognitive domains, or minimal change. This unsupervised approach provides deeper insight into heterogeneity in response to the intervention, supports targeted recommendations, and informs personalized strategies for future programs.

According to Figure 27, Model selection consistently favored a two-cluster solution (max silhouette = 0.313, highest Calinski–Harabasz, lowest Davies–Bouldin), indicating a coarse but interpretable partition of participants by their improvement profiles, with moderate overlap suggesting a gradient rather than sharply separated subgroups.

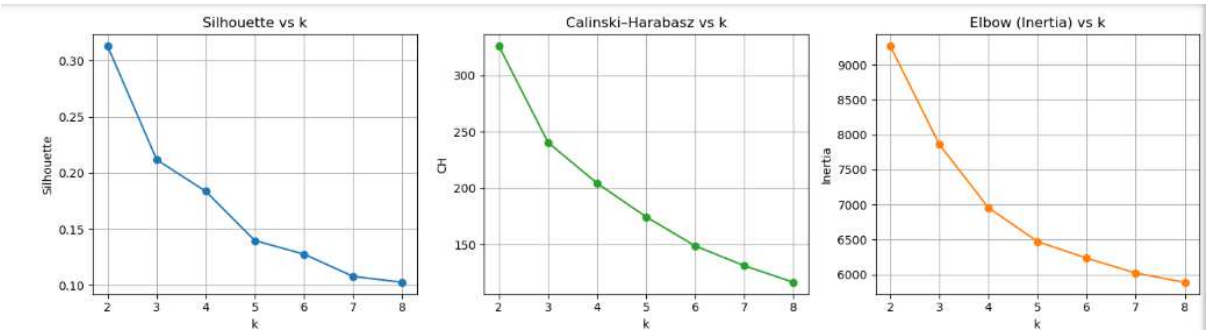


Figure 27. Cluster Number Evaluation

6.1. Model evaluation

The silhouette score of approximately 0.313 for $k = 2$ indicates moderate cluster separation. This means the two clusters are statistically meaningful, but they are not sharply divided. In practical terms, the improvement profiles of participants form two distinguishable groups, yet with some overlap or gradual transitions between them. This pattern is typical in psychological and behavioral data, where individual differences often exist along a continuum rather than forming perfectly discrete categories.

6.2. Cluster analysis and profiling

According to Table 3, the clustering analysis identified two distinct participant response profiles. Cluster 1, comprising 335 individuals, showed consistently large improvements across all 27 transformation indicators, with mean pre–post change scores typically ranging from 2.0 to 2.9. In contrast, Cluster 0, which included 213 participants, exhibited more modest but still positive improvements, with mean change scores generally between 0.3 and 1.0. This pattern indicates that while all participants benefited from the program, the magnitude of improvement varied substantially, forming a high-improvement group and a modest-improvement group.

Table 3. Cluster analysis, size and profile

Cluster profile	Cluster size	Cluster profile
Cluster 0	213	high improvements, (typical means ≈ 2.0–2.9).
Cluster 1	335	modest improvements (typical means ≈ 0.3–1.0)

Table 4 shows that, Cluster 1 shows substantially larger mean pre–post deltas across all indicators. The two most pronounced separations are observed in wound_victim_release (2.86 vs. 0.96; Δ ≈ 1.90) and inner_healing_peace (2.60 vs. 0.72; Δ ≈ 1.88).

Table 4. Cluster analysis, key indicators

#	Key indicators	Δ (Cluster 1 minus Cluster 0)
1	wound_victim_release	2.86 vs 0.96 (Δ ≈ 1.90)
2	inner_healing_peace	2.60 vs 0.72 (Δ ≈ 1.88)
3	inner_growth	2.64 vs 0.82 (Δ ≈ 1.82)
4	emotion_expression	2.52 vs 0.80 (Δ ≈ 1.72)
5	conscious_relationship	2.58 vs 0.87 (Δ ≈ 1.71)
6	thought_emotion_awareness	2.43 vs 0.72 (Δ ≈ 1.71)
7	relationship_improvement	2.01 vs 0.56 (Δ ≈ 1.45)
8	alpha_theta_access	1.68 vs 0.28 (Δ ≈ 1.40)
9	social_engagement	1.46 vs 0.29 (Δ ≈ 1.17)

Moreover, Table 5, shows that Cluster 1, the larger group, represents broad responders, showing substantial, multidomain improvements. Cluster 0 represents modest responders, with smaller yet consistently positive changes across the same dimensions.
Because every feature shows higher deltas in Cluster 1, the separation reflects a global difference in magnitude of change, rather than a distinction driven by a narrow subset of variables. Even so, the largest gaps appear in domains related to inner work—healing, growth, emotional expression/awareness, and relational functioning—suggesting these dimensions are most diagnostic of cluster membership.
In summary, clustering participants by their 27 pre–post deltas yielded two groups: a high-improvement cluster (n = 335; typical Δ ≈ 2–3) and a modest-improvement cluster (n = 213; typical Δ ≈ 0.3–1.0). Differences were strongest in inner-growth, healing, and emotional-relational domains, indicating heterogeneous response magnitude across the cohort. Model diagnostics favored *k = 2* and indicated moderate separation.

In terms of demographics**:** Age distributions were nearly identical across clusters (Cluster 0: M ≈ 39.1, median = 40; Cluster 1: M ≈ 39.6, median = 40). Gender composition also showed only minor differences: the proportion coded as *1* (female) was slightly higher in Cluster 1 (66%) compared to Cluster 0 (59%), indicating a modest over-representation of women in the high-improvement group.

Table 5. Cluster analysis, Age distribution

Cluster profile	**Age distribution**	**female| male**
Cluster 0	M ≈ 39.1, median = 40	66% | 34%
Cluster 1	M ≈ 39.6, median = 40	59%| 41%

6.3. PCA validation

The PCA results provide a clear validation of the clustering structure. Principal Component 1 (PC1) , Figure 28, shows a *perfect negative correlation* with the overall improvement score (r = –1.00), indicating that PC1

functions as a global improvement axis. In practical terms, higher improvement across the 27 variables corresponds to lower (more negative) PC1 values, whereas smaller improvements correspond to higher (more positive) PC1 values.

The PCA scatter plot shows that the two clusters separate almost entirely along PC1. Participants in Cluster 1—the high-improvement group—are concentrated on the left side of the plot (low PC1 scores), while participants in Cluster 0—the modest-improvement group—are positioned on the right side (high PC1 scores). This pattern confirms that the primary dimension distinguishing participants is the magnitude of change, not a specific subset of features.

PC2 contributes comparatively little to the separation, suggesting that secondary variation exists but does not meaningfully differentiate the clusters. The overall structure therefore reflects a graded continuum of improvement, with two identifiable response groups.

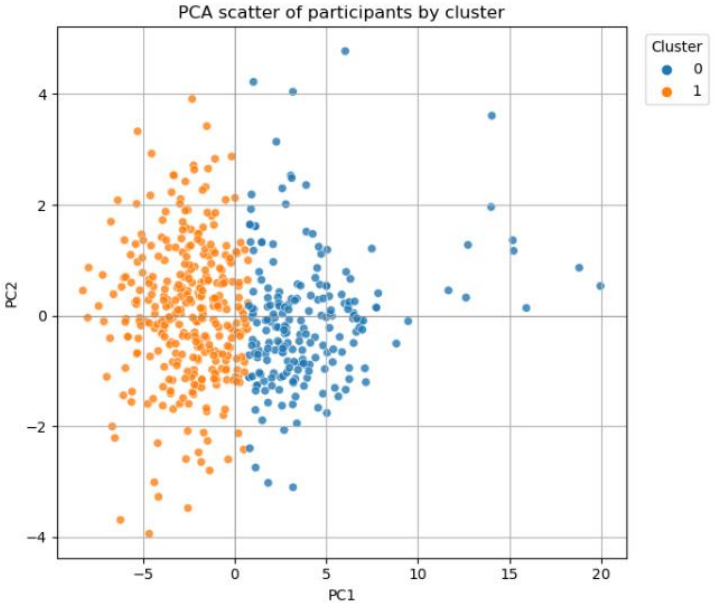


Figure 28. PCA analysis

The PCA analysis demonstrates that the clustering solution is both coherent and interpretable:

- PC1 captures the overall magnitude of improvement,
- clusters align cleanly along this axis, and
- participants with greater transformation consistently occupy the same region of PCA space.

Together, these findings confirm that the two-cluster solution reflects a meaningful distinction in participant response profiles rather than an artifact of the algorithm.

In addition, Composite analysis, Table6, showed substantial pre–post improvements across all seven constructs, with mean change scores ranging from 1.22 to 1.90 and corresponding Cohen's d_x values between 1.06 and 1.67, indicating large effect sizes throughout. The strongest gains were observed in Meaning, Insight & Integration ($\Delta = 1.90$; $d_x = 1.67$) and Emotional Awareness & Healing ($\Delta = 1.84$; $d_x = 1.64$), both supported by high internal consistency ($\alpha \geq 0.90$). Constructs related to Personal Development, Behavioral Patterns & Intuition, and Conscious States & Awareness also demonstrated robust improvements ($d_x \approx 1.24$–1.50). Clustering further revealed two distinct response profiles—a high-improvement group ($n = 335$) and a modest-improvement group ($n = 213$)—highlighting heterogeneous response magnitude, with the largest impacts concentrated in domains of inner integration, emotional processing, and personal growth.

Table 6. Composite analysis

	Construct	Mean	Sd	Cohens Dx	Reliability (α)
vi	Meaning, Insight & Integration	1.90	1.14	1.67	Pre 0.0904
iii	Emotional Awareness & Healing	1.84	1.12	1.64	0.906
vi	Personal Development	1.62	1.08	1.50	0.882
iv	Behavioral Patterns & Intuition	1.52	1.06	1.44	0.808
i	Conscious States & Awareness	1.33	1.07	1.24	0.743

vii	Relationships & Social Connection	1.45	1.28	1.13	single
ii	Dreams & Inner Experience	1.22	1.15	1.06	Pre 0.856

Discussion

The findings of this study indicate that the 40-day transformation framework, consisting of structured practical instructions, was associated with substantial changes across multiple psychological, emotional, and consciousness-related indicators. Collectively, the results suggest a consistent shift from limited or absent experience toward moderate, significant, and deep self-reported experiences in areas related to awareness, emotional regulation, introspection, and intuitive processing.

Across several indicators, including access to alpha and theta brainwave states, present-moment focus, conscious witnessing of thoughts and emotions, emotional expression, and behavioral pattern change—participants demonstrated marked improvements following completion of the framework. These outcomes align with existing literature suggesting that sustained contemplative or awareness-based practices can enhance attentional control, meta-cognitive awareness, and emotional regulation by facilitating greater engagement with internal cognitive–emotional processes.

Notably, indicators related to inner child connection, trauma facing, wound–victim release, and emotional healing, peace, and stability showed particularly pronounced shifts. Prior to the framework, the majority of participants reported little or no ability to consciously engage with emotional wounds or trauma-related material. After completion, a substantial proportion reported moderate to deep experiences of awareness, emotional processing, and release. From a psychological perspective, these changes may reflect increased affective tolerance, self-compassion, and emotional integration, which are commonly associated with trauma-informed and mindfulness-based approaches. Importantly, these findings are interpreted as subjective phenomenological changes, rather than objective clinical outcomes.

The observed increases in symbolic dreams and meaningful dreams further suggest heightened access to unconscious or preconscious material. Dream-related experiences have long been considered indicators of unconscious processing and emotional integration within psychodynamic, analytical, and contemporary cognitive frameworks. The increased conscious recognition of symbolic and meaningful dream content reported in this study may indicate enhanced symbolic awareness and meaning-making capacity, rather than literal interpretation of dream symbolism.

Indicators associated with inner guidance, intuitive experience, and soul memory access also showed notable post-framework increases. To maintain academic rigor, these constructs are best understood within a phenomenological and transpersonal psychology framework, referring to subjectively meaningful experiences of intuition, deep insight, or transpersonal cognition. Rather than asserting metaphysical or ontological claims, these experiences may reflect changes in self-referential processing, intuitive decision-making, and access to non-ordinary states of awareness, as reported in prior studies on intuition, altered states, and contemplative practices.

The substantial improvement observed in behavioral pattern change is particularly relevant from a practical and applied standpoint. Participants' increased ability to consciously modify habitual behaviors suggests that the framework may support self-regulation and intentional behavior change, potentially mediated by increased awareness of internal states and emotional triggers. This aligns with decision-making theories emphasizing the interaction between cognition, emotion, and awareness in shaping behavior.

Overall, the convergence of improvements across emotional, cognitive, behavioral, and experiential indicators suggests that the 40-day transformation framework may function as an integrative process, supporting conscious awareness, emotional processing, and introspective capacity. While the self-reported nature of the data and the absence of objective physiological or clinical measures necessitate cautious interpretation, the consistency of the observed patterns across diverse indicators strengthens the internal coherence of the findings.

Future research should seek to complement self-report measures with longitudinal designs, control groups, and objective psychophysiological or behavioral assessments to further examine the mechanisms underlying these changes. Additionally, qualitative analyses may provide deeper insight into the lived experiences associated with the reported transformations.

Based on the empirical findings of this study, we propose a three-stage transition process illustrated in Figure 29| A proposed model of inner cognitive transformation. The model depicts a progression from a Conditioned Cognitive State, characterized by externally shaped, rule-based decision processes, through an Emotionally Encoded Memory State, in which unresolved affective material becomes accessible, toward an Integrated Cognitive State marked by coherent emotional–cognitive functioning and adaptive decision-making. This conceptual pathway reflects the dominant patterns observed across the 40-day transformation framework.

1. Conditioned Cognitive State
This initial state represents the baseline mode of functioning reported by many participants prior to beginning the Chelle program. It is characterized by:

- reliance on externally conditioned belief systems
- rule-based, ego-protective thinking
- dominance of top-down cognitive control
- habitual and constrained decision-making

These features align with pre-framework scores showing low emotional awareness, limited introspection, minimal intuitive access, and restricted behavioral flexibility. Participants appeared to operate from a cognitive style shaped by conditioning, avoidance, and reduced engagement with internal emotional processes.

2. Emotionally Encoded Memory State
The second stage reflects the most pronounced empirical shifts in the dataset. Participants began accessing emotionally encoded autobiographical material, including:

- trauma-linked memories
- unconscious affective patterns
- unresolved emotional content
- states of reduced cognitive integration

These characteristics correspond directly to the largest effect-size domains, such as:

- inner child connection
- trauma facing
- wound–victim release
- emotional healing, peace, and stability

As described in the discussion, participants moved from *"little or no ability to consciously engage with emotional wounds"* to *"moderate to deep experiences of emotional processing and release."* This stage represents the activation and processing of emotional memory networks that were previously inaccessible or avoided.

3. Integrated Cognitive State
The final stage reflects the post-framework profile, particularly evident in the high-responder cluster. It is characterized by:

- integrated emotional and cognitive processing
- reorganized or healed affective memory representations
- enhanced access to autobiographical memory networks
- adaptive, context-sensitive decision-making
- reduced reliance on conditioned responses

These features align with improvements observed in:

- emotional regulation
- intuitive processing
- behavioral pattern change
- meaning-making
- present-moment awareness
- symbolic and meaningful dreaming
- conscious witnessing of thoughts and emotions

Together, these outcomes indicate a shift toward a more integrated, flexible, and self-aware mode of functioning, which is precisely what the Integrated Cognitive State represents.

Therefore, The model visually synthesizes the core psychological mechanism implied by the results. Participants appear to move through the following sequence:

1. Conditioned cognition →
2. Activation and processing of emotional memory →
3. Integrated cognitive–emotional functioning

This trajectory is supported by:

- large effect sizes across emotional, cognitive, and behavioral indicators
- strong gains in trauma-related and introspective domains
- PCA demonstrating a global improvement axis
- clustering revealing high- vs. modest-improvement profiles
- increased symbolic dreaming and intuitive access

In summary, the figure provides a conceptual integration of the quantitative findings and theoretical interpretation: a transition from conditioned, fragmented processing toward integrated, adaptive awareness.

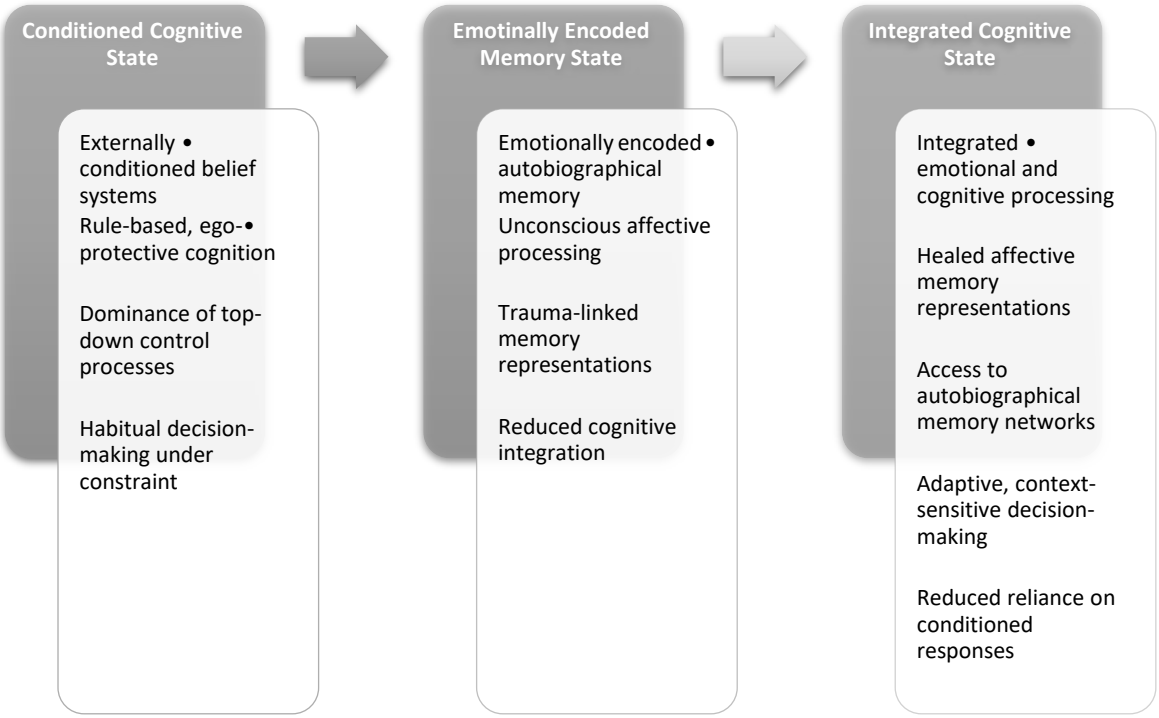


Figure29. Three-stage transition process

Conclusion and future work

This study provides strong empirical evidence that the Chelle, the 40-day transformation framework, is associated with substantial and practically meaningful improvements across emotional, cognitive, behavioral, and experiential domains. Across all 27 indicators, participants demonstrated positive pre–post change, with within-subject effect sizes consistently exceeding benchmarks for large effects (Cohen's $d_x > 0.8$) and many surpassing 1.4, magnitudes that reflect changes exceeding one standard deviation and therefore carry clear practical significance. The strongest gains emerged in domains related to meaning-making, emotional healing, inner growth, behavioral pattern change, and access to regulated alpha–theta states, suggesting that the framework is particularly effective in facilitating emotional integration, introspective depth, and self-regulatory capacity.

Clustering analysis revealed meaningful heterogeneity in response magnitude, identifying two primary profiles: a high-improvement group (n = 335) showing broad, multidomain gains, and a modest-improvement group (n = 213) exhibiting smaller yet consistently positive changes. Importantly, differences between clusters were global rather than domain-specific, with the largest separations concentrated in emotional healing, relational consciousness, and meaning-making dimensions that appear to be central drivers of transformational change. The moderate silhouette score (0.313) indicates that these profiles exist along a continuum rather than as sharply distinct subtypes, reinforcing the importance of individualized pathways of change.

Principal component analysis provided convergent validation of these findings. The first principal component (PC1) showed a perfect negative correlation with overall improvement ($r = -1.00$), functioning as a global axis of transformation. Participants with greater multidimensional gains consistently occupied the same region of PCA

space, confirming that the primary differentiator among individuals was the magnitude—not the direction—of change.

Taken together, these results indicate that the Chelle, operates as an integrative, multidimensional intervention capable of influencing emotional, cognitive, behavioral, and experiential systems in a coordinated manner. The findings challenge one-size-fits-all models of wellbeing and support a precision-oriented, human-centered approach in which variability in response is expected, measurable, and meaningful. While the study is limited by its reliance on self-report measures and the absence of control conditions or objective physiological markers, the consistency, magnitude, and internal coherence of the results provide a strong foundation for future research.

Subsequent studies should incorporate longitudinal follow-ups, comparative designs, and multimodal assessments—including behavioral, physiological, and qualitative data—to further elucidate mechanisms of change and optimize personalization strategies. Overall, the evidence presented here demonstrates that structured, practice-based transformation frameworks can produce substantial and coherent improvements at scale. The DNA_Pluse Chelle program, in particular, shows strong potential as a systematic method for facilitating inner transformation, supporting emotional integration, enhancing relational functioning, and promoting meaningful personal development. These findings highlight the promise of scalable, evidence-based approaches to human transformation that honor individual differences while fostering deep psychological growth.

Future work will focus on developing a comprehensive, multimodal monitoring system capable of capturing physiological, psychological, cognitive, and biological changes throughout the Chelle Framework. Using wearable sensors, digital assessments, and continuous data collection, we aim to identify transformation patterns through advanced data-mining and machine-learning approaches. This will allow us to quantify multidimensional inner transformation across domains such as neuroscience, psychology, vital signs, cognitive functioning, and experiential markers.

To deepen the person-centered understanding of transformation, we will also examine how demographic, cultural, educational, and health-related backgrounds influence individual trajectories of change. Integrating these contextual variables with multimodal data will enable us to map individualized transformation profiles and explore how different populations respond to the Chelle process.

Ultimately, the broader aim of this research is to support humans in addressing inner wounds, facing fears and shadow aspects, and moving toward higher self-understanding. By grounding this process in objective, multidisciplinary evidence, we hope to contribute to a model of transformation that fosters personal development, social integration, peace, and wisdom, transcending boundaries of culture, language, education, and well-being background. This inclusive approach aspires to reflect the full diversity of human experience while offering a scientifically grounded pathway toward inner and collective flourishing.

Data Availability

The datasets generated and analyzed during the current study are available from the corresponding author upon reasonable request. All data were collected and processed in accordance with ethical guidelines, and no personally identifiable information was recorded. Participants provided informed consent for the use of their anonymized data for research purposes.

Ethics approval and consent to participate

This study involved human participants and was conducted in accordance with relevant ethical standards. All participants provided informed consent prior to data collection. No personal, identifiable, or sensitive information was collected, and all data were anonymized before analysis.

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