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WHEE BOOK

**DEEPENING
AFFIRMATIONS**

DANIEL J. BENOR, MD

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Disclaimer: The techniques described in this e-Book are intended as information for self-healing. If you are having severe stress or other physical or psychological health problems, you should seek the help of a professional caregiver who can guide you in identifying and using the techniques that will best suit your problems.

While many thousands of people have experienced the benefits of WHEE, there has been only a little [direct research](#) on the benefits of this new method. The benefits of WHEE shared in this book are gathered from reports of grateful people who have used WHEE and found it helpful. See some of these reports on the [WHEE Appreciations page](#).

Please note that no claims in this book are made or implied to indicate a promise of cure for any problem. Healing is about becoming whole within yourself and functioning better in the world around you. As you become more whole, your whole being can deal better with whatever physical and psychological problems you have.

Please note also that while you are responsible for doing all that you can to enhance your health, and are responsible if you do things detrimental to your health, you may not be to blame if your health is poor. There are numerous factors contributing to health that may be beyond your control, such as congenital predispositions to certain diseases; chemical residues from fertilizers, herbicides and pesticides in your food and water; electromagnetic pollution; allergen intolerances or infections due to immune system stresses; exposure to infectious organisms; metabolic imbalances; degenerative processes with age or heavy use of your body; and neoplastic problems. Despite any of these, you may be able to enhance your health and your enjoyment of life through self-healing.

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Our remedies oft in ourselves do lie.

**– William Shakespeare
*All's Well That Ends Well***

INTRODUCTION

Affirmations set up expectations for change and facilitate change by reprogramming our inner computer. Affirmations provide very powerful methods for self-healing.

Self-healing can offer you enormous benefits for physical and psychological problems. You can explore many avenues for dealing with these problems through the affirmations for self-healing presented in this e-Book. Here you will also learn sophisticated, advanced ways to use them for greatest effect.

Western society generally addresses the body as a physical thing to be 'fixed' by medical practitioners. Their tools are drugs, chemicals and surgery. This was most of what I was taught in medical school. For instance, pain is treated with pain *killers* that are designed to eradicate the symptoms of pain. Today, even psychiatry treats people as biochemical entities, adjusting them with synthetic chemicals.

The 'W' of WHEE stands for 'Wholistic.' Wholistic healing views the body as an intimate part of our entire being, a participant in our emotional, mental, relational and spiritual life. Our inner self may speak to us through our body. For instance, when tensions are building up in our mind or relationships, we start to get headaches, backaches or stomach cramps. Listening to our bodymind when it speaks to us in such ways can help us de-stress.

Our body, emotions, mind, relationships (with other people and with our environment) and spirit all work together in a wholistic manner to create the state of health we are experiencing. A shift on any one level can facilitate wholistic shifts on all of the others. When we relax physically, we will have an easier time relaxing mentally and emotionally. When we meditate, we focus and discipline our mind; we also relax, learn to choose when and how much to engage our awareness with our emotions, and may open to spiritual awareness and healing. Being open to changing on all levels and using healing practices to help access our resources on each level can markedly facilitate our self-healing.

Our mind is an amazing biological computer that contains inner knowledge and stores memories of what is going on inside us. We know through our unconscious mind what is going on inside ourselves. This e-Book teaches you ways to get in touch with your inner wisdom, to explore and explain

what is going on in your life and to help you find the best ways to deal with your problems at every level of your being.

We are made of atoms and chemicals, but we also have biological energies that guide our inner processes. Einstein pointed this out, early in the last century. Modern physics has confirmed that this is correct. Matter and energies are actually two sides of the same thing. Conventional medicine has been very slow to absorb that our bodies can be understood and treated as energy. Wholistic healing also helps through energy medicine, the art and science of biological energies (bioenergies).

For more on the inter-relationships of spirit, relationships (with people and the environment, mind, emotions and body) [click here](#).

You may choose to live your life in new and exciting ways. Your symptoms and problems need not be scourges to be eradicated. Using pain *killers* is like killing the messenger who is bringing you uncomfortable news that something inside you is out of harmony.

Self-healings of many sorts can add to what your doctor may offer you. You can learn to address your pains and other symptoms as challenges that invite you to discover more about yourself. You can learn to deal with your symptoms, dis-ease and disease with tools that are introduced in this e-Book.

You will then come away enriched through these self-healing exercises – often rewarded by the clearing of your symptoms, but also rewarded even when your symptoms are not always eliminated. You can learn how to understand them and deal with them in new ways, and can learn to listen to what your inner self is inviting you to become aware of. This is also a road to deeper personal spiritual awareness and spiritual healing.

Personal spirituality is the awareness of being part of something greater than our individual, physical selves. There is an enormous source of inspiration and healing available to us when we connect with our higher selves, with the energies that are a vital part of our inner and outer worlds, and with the worlds of nature, spirits, nature spirits, angels and the Infinite Source. For those wanting to learn more about this, you may find my book on [Personal Spirituality](#) of interest.

If you are interested in learning about any of these ideas and approaches in greater depth, see the Suggested Reading List at the end of this eBook for other books and a rich variety of Web resources.

If you are familiar with affirmations or new to using these wonderful, potent self-healing tools, you will find this eBook helpful in deepening your self-healing. While affirmations may be simple, you will find elegantly simple ways for making affirmations work better for you in this eBook.

The full WHEE process involves tapping on the right and left sides of the body, while reciting affirmations that focus your mind on the issues you want to change. This eBook provides details of the affirmations, which are sufficient for relieving many problems. For issues involving physical and emotional pains, the tapping is reported by many people to markedly deepen the effects of WHEE.

If you are curious about the enhancements that tapping may offer, I encourage you first to explore the extent to which the affirmations relieve your problems. I would be grateful for to hear from you:

1. What problems were relieved by the affirmations?
2. What problems were not relieved by the affirmations?
3. What problems were then relieved by tapping?

No research has explored the extent to which affirmations alone can relieve symptoms, compared to affirmations + tapping. By letting me know your experiences you will be helping to clarify whether the tapping is necessary at all. Click here [to email me](#) about your affirmations experiences or [to share on the WHEE Forum](#).

Please feel free to use any of these materials as and where they may be helpful to you, as long as you credit their source, per the copyright page above.

This e-Book includes extracts from the [WHEE Workbook](#).

This e-Book is offered freely as a contribution towards healings of stresses, tensions, anxieties, fears, angers, hurts and pains of all sorts – both individually and collectively. There is too much pain and anger in this world that holds humanity in a collective post traumatic stress disorder (PTSD). This collective PTSD is making humans into abusers and is contributing to our collective movement towards mass suicide through global heating, pollution, exhaustion of natural resources, wars and other abuses of each other, and overpopulation. By healing ourselves, we lessen the collective pain of humanity and contribute to healing our planet. We may also extend the benefits of our healing to clear the collective PTSD of humanity.

BASIC HEALING PRINCIPLES

How we get ourselves in trouble

We all let a little child program our lifetime computer. Having made this inevitable error, we end up making the silly mistake of carrying these programs for most of our lives.



As children, we often cannot understand the reasons for painful or frightening situations. Children cannot change their unpleasant circumstances, cannot leave, cannot fire or exchange their parents. We are stuck in unhappiness and from our child perspectives, see no way out. In such situations, it is very helpful for us to run away from the hurt or to forget it – burying the feelings outside of conscious awareness. As children, this is a good choice for avoiding pain and suffering, since we cannot avoid it. Next, our unconscious mind quickly gets used to protecting us from the distress of these buried hurts by keeping them firmly locked away so that we cannot sense them and do not suffer from them.

Feeling memories are stored in unconscious portions of the right side of the brain. The right brain puts a sign on the locked closet, "KEEP AWAY!!" It turns to the left brain and says, "We don't want to know about this, do we?" And the left brain says, "No, let's stay away from those painful memories and feelings." So we pretend to ourselves they aren't there.

While this system works well to protect us as children from fears and pains, it soon becomes the default for our lifetime 'computer guidance' programs. As we get older, these programs become outmoded. The unconscious mind remains afraid of these buried feelings locked away in its closets. It believes that the original, buried fears and hurts might still overwhelm us with all the intensity of our original reactions from the time when we buried them. The unconscious mind, still working according to the child programs, doesn't know that we can handle these feelings better as adults. For example: The right brain may put a memo in fine print under the 'KEEP AWAY' sign of the closet where fears from our parents' arguments are buried, saying, "Stay away from anything like an argument or angry people." We may then end up cutting ourselves off from experiences and relationships that otherwise

might have been much better tolerated, such as avoiding people with loud voices or people who resemble our parents in other ways.

If we encounter something in our current life that rattles these skeletons in our closets, it is possible that the door to frightening memories could pop open a crack, and we might feel some of the original, buried feelings. This is why sometimes we over-react when a person in our current life reminds us of someone who frightened or hurt us in the past. I had a lot of anger towards my mother as a child, but buried it because she was a single parent and I did not feel safe expressing it, and found no other outlets for it. For years, I was easily angered by authority figures, particularly aggressive women.

As adults, we continue to stuff uncomfortable feelings inside ourselves, shutting a door behind them. Our unconscious resists releasing these emotions stuffed away in file cabinets in the caverns of our being – even when we are no longer in the painful situations that caused them; even when we are clearly in a better position to deal with them.

For instance, we might have buried anxieties and fears from when we were jealous of a younger or older brother or sister. As adults, if we encounter someone who is like our sister or brother, we may feel very uncomfortable – completely out of proportion to what is happening in the present; but we respond with unwarranted hurt or anger because the memories and feelings are stirred in the closets holding our feelings about our siblings. So, what do we do? Our habitual response is to stuff the new unpleasant feelings in our inner closets.

Or we might have or might witness a frightening or traumatic experience such as an auto accident. This may leave us with fears of driving near the place of the accident, anxieties about getting into the car, or avoidance of other 'trigger' aspects of the original accident. With more severe traumatic experiences, such as those of soldiers in wartime or of people subjected to violent attacks, the avoidances may be more severe, accompanied by symptoms of post traumatic stress disorder.

While self-healing techniques and various therapies are available to release many of these well-buried and hidden traumas, our inner programs resist such efforts. Often, it is only when the emotional pus from past hurts festers to the point of serious physical and emotional pain that we even begin to become aware that something distressing is inside us.

Taking responsibility for your issues: The first step towards dealing with problems

This e-Book is designed to help you deal with your own problems and issues. It is all about how you can understand yourself better and change those aspects of your life that you are unhappy about. It is not about how to get other people to change, though they may respond to you differently after you make changes in yourself.

Nobody can *make you* feel any emotion. How you respond to other people's behaviors is your choice. This may sound like a blaming statement, but it is not. Feeling sad, angry or hurt are natural ways to respond to unpleasant or hurtful experiences. Expecting others to change so that you will feel better is often not the best way to start feeling better. What they do will be their own choice. You have no control over them. What you can do, however, is to learn to understand your feelings and how to deal with them.

Things do not change; we change.

– Thoreau

General ways to get yourself out of trouble

Becoming aware that something is uncomfortable inside yourself is the first step. You may develop strains in your relationships that appear irrational. You might wake up to this through feeling anxieties, fears, depression, anger or other emotions that appear to be stronger than you would expect in a given situation. You might develop pains, allergies or other physical symptoms that you and your doctors cannot explain according to conventional medical diagnoses. You may have a series of treatments for a clearly diagnosed problem but find that your symptoms continue to bother you. You may waken to inner turmoil through dreams and nightmares, or old memories of traumas may surface and surprise you.

Embracing the problem is essential to dealing with it. Deepening your awareness of troublesome feelings is essential, rather than running away from them or stuffing them back inside. As an adult you can develop better ways to deal with your feelings than through your child programs for avoiding them. This may be difficult to do at first, because it goes counter to a lifetime of running away and burying feelings. WHEE is particularly helpful with such problems in dealing with problems. We call these 'meta-issues' and address them with the same methods used for dealing with the primary problems. More on this below.

Developing self-healing methods to deal with problems allows you to lessen the intensity of negative feelings around them. Our feelings are what trap us in negative patterns. It's the difference between addressing an issue calmly and addressing it in stress or panic mode. WHEE enables you to choose which mode you want to activate.

Developing positive attitudes and positive momentum in dealing with your problems makes it easier to deal with further problems. Success does breed success.

Asking for help to deal with your problems makes a big difference. When you set your inner intention to get help; when you approach other people for help; and when you seek the help of a higher power, then you are inviting social, energetic, and spiritual supports to manifest in your life to help you deal with your fears and hurts. Please note that I am not promoting any particular spiritual or religious practice. I am encouraging you to connect with your own personal spiritual awareness, to deepen and strengthen your abilities to access and utilize this for support and self-healing changes.

Getting professional help can make a big difference. While your inner wisdom is aware of what is wrong with you, it may take you a long time to change your childhood programs and find the closets where the old hurts are buried, and further time to release what is in the closets. A counselor, psychotherapist, spiritual healer or other complementary/ alternative therapy practitioner, or a wholistic physician may be able to offer you shortcuts in this process of discovery and release.

Feeling better about yourself, feeling more supported and more entitled to receive love and acceptance can help you address these feelings. This can come with time and maturity, and with the support of family and friends.

Building on progress and successes will help to consolidate your gains, provide satisfaction and encouragement to continue with the work of restructuring your beliefs and habits, and will build a 'feel-good' attitude around working on yourself.

- Recording your successes in your personal journal can be a major aid to mapping your progress and your path forward.
- Sharing your progress with others in your family, circles of friends and colleagues will give you further feedback on the changes you are making, and the satisfaction of helping others to know they, too, can work on themselves to improve their lives on many levels.
- Attending in-person or telephone workshops with Dr. Benor can offer you a group of kindred spirits and explorers on similar paths with whom to share your progress, as well as your observations and suggestions regarding their progress, and from whom you can learn new and varied ways of using WHEE.
- Participating in the [WHEE forums](#) is another way to share your progress and learn from the progress of others.

To look for the best and see the beautiful is the way to get the best out of life each day.

- Lincoln Steffens

Principles for self-healing exercises

Safety issues come first. Please don't do anything that is suggested in this e-Book, nor in any other setting, nor by any other authority if it does not feel right to you. There is no single way of helping or healing that works for everyone. If one method does not work for you, there will be others that will help.

Invite your unconscious mind and higher self to protect you when you start any journey of exploration. A simple affirmation or prayer can focus your mind and set the intent for safe healing.

Respect your own inner defenses. You developed these during times of stress, and these protected you from your anxieties, fears, pains and distress. Your unconscious mind, out of habit, believes these defenses are still necessary. It is helpful to connect with your pains or other issues and dialogue with them, to be certain your inner self is ready to release them.

Ground yourself regularly on waking in the morning and again before any activity that is important to you. When you are on journeys of exploration in deeper psychological and transpersonal/ spiritual dimensions you can easily lose touch with physical reality. Grounding yourself by connecting with the earth and with your physical self helps you maintain a healthy balance and helps to keep you from getting lost in unfamiliar territories – enabling you to draw nurturance from these dimensions in order to make your life more balanced and whole. Breathing exercises, Yoga, t'ai chi, qigong, jogging, imagery meditations of linking with Gaia are some of the many ways to ground yourself.

Learn to connect with your intuition. This involves pattern recognition, body-mind connections, psychic awareness and transpersonal/spiritual awareness. Intuition will help you to uncover issues that your unconscious mind is inviting you to address, to screen methods that can help you, and to assess your progress. Again, there is no single method that will work for everyone. Explore a variety of ways to access your intuition so that if one does not work, you will have others to use. You may also find that different methods work better in different situations.

Connect with your inner self and with others through your heart. You may be stressed over not understanding why you feel a certain way or over not knowing what to do about problems. These are questions posed by the head. They may have multiple answers or no clear answers at present – in either case leaving you without a clear basis for responding to challenges.

When you cannot reason your way through a problem, it is often the *feelings* you have *about* the situation that are the problem.

Responses from the head tend to come from sets of expectations and rules, imposing structure on your perceptions, your interpretations of situations and your responses. Responses from the heart come from a more open, healing place – where every experience may be an invitation to become more heart-centered, responding with compassion, love and healing rather than with logical and reasoned responses.

Make one small change at a time in your personal practice or in the focus of the healing and observe the differences in your responses. This will provide helpful feedback in navigating your way through new and unfamiliar territories of your consciousness and of transpersonal dimensions.

Write down exactly what you say when you use affirmations. The unconscious mind is extremely concrete and literal. It responds precisely to the words you use, very much like a computer. If it is not responding the way you expect or wish it to, it may help to re-examine the words you have spoken to phrase the problem and to express your feelings. Sometimes a little shift or tweak to the wording will produce a major difference in your response to WHEE and to other self-healing methods that rely on affirmations. Similarly, if you are interrupted in your work, it is helpful to have the exact words you were using when you return to the healing.

Journal your progress. Writing down your experiences, thoughts, feelings, dreams and inner explorations in a personal journal helps to keep your focus. It also provides a diary of your progress, which can be helpful in your growth. Make an appointment with yourself at regular intervals to note your progress – your changes and growth – through using WHEE.

Be patient and gentle with yourself as you explore and learn new approaches and move deeper in your awareness. Do not compare yourself with others who may be working on different issues at different rates of progress. Each of us is a unique individual with our own issues and challenges and with our own ways of sorting these out.

Find teachers of integrity whom you respect and admire and ask as many questions as you need to ask in order to learn what you want and need to learn. A caution here, however. Teachers may have wisdom to share that is part of the lessons they are still learning. Remember that the teaching and the teacher may not be one and the same, although the lessons are better when this congruence is present.

Ask and pray for what you feel will be for your highest good and for the highest good of all. I am not preaching religious practice here, though if religion is a support to you in your life, do use this as a resource to enhance your self-healing. I suggest prayer as a self-healing method because [research shows](#) that prayer is effective in reducing anxieties and pains.

***What is outrageous is not what you ask for.
What is outrageous is what you settle for.***

- Alan Cohen

WHEE – WHOLISTIC HYBRID DERIVED FROM EMDR AND EFT®

Safety issues

An affirmation for safety is a protection as you work on your issues. You will want to develop your own phrases that feel and work best for you, but here are several generic affirmations as starters, which I have found useful for myself and others whom I have helped.

“I accept only that which is for my highest good.”

“I ask [God; my higher self; Christ; my guardian angels] to protect me as I do this work.”

“May God, who made me, make me well, as I am meant to be.”

Ask your symptoms [pain, anxiety, fears, etc.] whether they are ready to be released. If you get a ‘yes,’ then before you start to work on releasing them, ask your symptoms why they have been there, how they developed over the time they were there, and what they want to tell you.

Write down all of the answers you get.

Example 1 (Examples use assumed names, composite cases):

‘Greta’ suffered from terrible stomachaches, which had been present most of her life. Numerous visits to many doctors and complementary therapists and numerous medications and remedies had produced only minimal, transient relief. The question to her stomachaches, “What do you want to tell me?” had never been asked. Greta was astounded to have the clear, distinct answer appear in her mind – that she was swallowing down her angers, and had been doing this since childhood. Her stomach was speaking for her inner self, wanting her to find a better way to handle her angers.

This inner dialogue was the start of her self-healing for her stomachaches. Greta used WHEE on her angers, both past and current, to deal with them in a healthier way. Her stomachaches cleared in a few weeks.

If you get a 'no' about whether you are ready to release your symptoms, it is likewise helpful to ask them, "Why are you here?" and "In what ways are you helping me?" and "What would it take for you to leave?"

Symptoms take on lives of their own. Respect your inner defenses. You developed these during times of stress, when these protected you from your anxieties, fears, pains and distress. Your unconscious mind, out of habit, believes these defenses are still needed. If your symptoms do not trust it is safe or in your best interests to leave, you can ask them to explain why they feel you still need them. If you are unable to convince them to leave, you can still ask, "Can I let go of *some parts* of these symptoms?"

The only thing that holds you back from getting what you want, is paying attention to what you don't want.

- Abraham-Hicks

Grounding and centering before starting to use WHEE

Any of the following methods can help you to release distracting thoughts and feelings, connect with the center of your being where peace and wisdom reside, and get yourself into a frame of mind and state of being that are conducive to doing serious inner work.

Breathe deeply several times, picturing to yourself that you are releasing tensions and inhaling healing energies.

Sit quietly and sense that you have energy roots going deep into the earth, through which you can draw in calming, healing energies. At the same time, you can release any negative energies through these roots, deep into the earth. The earth is an excellent composter, and can transmute the negative energies into energetic fertilizer. You might also synchronize this imagery with your breathing.

Breathing awareness can be a quick way to ground yourself. Take three slow, deep breaths, being aware of the air and the energies it brings you as it enters your lungs.

If you have more time for grounding, this can be turned into a meditation. Simply watch your breath coming in and out, acknowledging your inhalation silently with the word, 'in' and exhalation with the word, 'out.' If any thoughts, feelings, or sensory stimulation come along to distract you, gently return your focus to your breathing – noting to yourself that you can give the distraction your full attention after you are through meditating.

Setting your intent can strengthen the effects of WHEE. Once you are comfortable doing these brain balancing exercises, you can also use them to set your intent for success with WHEE. State an affirmation to yourself, prior to starting these movements. For example, you might say, "I will:

be clear and focused in working on my issues;

connect always from my heart with those in my life;

remember to ____;

ask for my needs to be met, trusting that the universe/ God/ Infinite Source/ my community of family and friends will respond;

____ Pick one of your own..."

Background of WHEE

When I learned about psychotherapy as a teenager, I knew that was what I wanted to do. I couldn't imagine anyone actually getting paid to do something so fascinating. I studied psychology as my undergraduate pre-med major, endured the challenges of medical school, with a year's break for a National Institute of Mental Health research fellowship in psychiatry and for regrouping my battered energies. I trained as a psychiatrist 1967-1973, (with two intervening years in the US Air Force during the Vietnam War), when psychiatry was mostly psychotherapy. Over the years, insurance companies have squeezed psychiatrist towards medication management. While I resisted prescribing medications exclusively, it is pretty difficult to do much psychotherapy in a 15-20 minute medication visit – the length of time allowed under US insurance policies.

Fortunately, I worked mostly with children (in a clinic and a day hospital), and was allowed the 'luxury' of 30-minute sessions because I had to speak with parents, teachers, school counselors, and pediatricians, in addition to pharmacists and managed care companies – all in addition to speaking with the children.

I constantly sought to develop ways of providing psychotherapy along with the medications, but was unable within my limited timeframe to use the psychodynamic approaches I was taught as a psychiatric resident. Eye Movement Desensitization and Reprocessing (EMDR) was a blessing to me, as well as to my clients. I was able to use EMDR with children who had post-traumatic stress disorders, because children respond very quickly to this approach – not having barnacles on their problems like adults do. I also used EMDR to de-stress myself.

This was very helpful, for instance, for children who had post-traumatic stress disorder (PTSD) with nightmares, when traumatic memories were stimulated by current stresses, or where excessive angers erupted.

However, it has been recommended that EMDR should be done only during sessions with the therapist. This is to prevent being overwhelmed by intense emotional releases that can occur during treatment. This limits the usefulness of EMDR.

I then learned to use Emotional Freedom Techniques (EFT) and other Meridian Based Therapy (MBT) approaches. In EFT and its related therapies you tap or press a finger at a series of acupuncture points on your face, chest and hand, while reciting an affirmation. (Affirmations are described

below.) Because it works more rapidly than EMDR and does not evoke intense emotional releases, it can be used as self-healing.

EFT has extra advantages. Because it works rapidly and does not evoke intense emotional releases, it can be used at any time, in any setting where it is needed. People can use EFT for anxieties about speaking in public, taking tests, dealing with stressful situations, releasing buried hurts that fester inside, and many other issues. They don't have to wait till their next session with their EFT instructor to de-stress.

I also offer "two (or three) for the price of one" introductions to EFT to children together with their mothers; including their fathers as well when they are present. This way, the children more often accept the WHEE lessons and comply with the recommendation to use WHEE at home to deal with stresses. Parents are more confident it will work because they have experienced its benefits themselves, and therefore encourage their children to use it more often.

However, EFT also has drawbacks. Both adults and children reported that when they were under severe stress they could not remember the long series of points on which to tap. They complained that when they most needed it, they could not hold it together to use it. In addition, many were shy or embarrassed to use EFT in public because it looks strange to anyone who doesn't know about it – seeing people tapping on their faces, chest and hand and reciting affirmations. Children, especially, were uncomfortable using EFT in school or in other public places.

I also had difficulty introducing EFT in my work settings. EMDR has an extensive research database to confirm its efficacy in treating post-traumatic stress disorders (PTSDs) and other problems. On the basis of my certification in EMDR, I was able to obtain official permission (from the administrators of the child and adolescent clinic where I worked) to use this with their clients. Because EFT had a very limited research database, they would not grant me permission to use it. WHEE, derived from EMDR, can point to the EMDR database in suggestive support of its efficacy.

[Research on WHEE](#) is in its early stages, detailed briefly at the end of this book.

I was moaning to colleagues about my frustrations in an introductory workshop by Asha Nahoma Clinton on *Matrix Therapy*. Asha suggested that alternating tapping the EFT eyebrow points while reciting an affirmation works just as well as the entire series of EFT points. Ever conscious of my

time limitations, I immediately started exploring this hybrid approach, that combines aspects of EMDR and EFT (which I came to call the Wholistic Hybrid derived from EMDR and EFT[®], or WHEE).

You can learn each of the components of WHEE separately, although they work best for many when used in combination with each other. In this eBook I focus just on the affirmations, which work well for many people without the tapping. For tapping procedures that can deepen the WHEE effects, see resources at the end of this eBook.

As noted above, affirmations may be included to enhance the benefits of many other therapies.

When the great innovation appears, it will only be half-understood by its discoverer and a mystery to everyone else. For any idea that does not appear bizarre at first, there is no hope.

- Niels Bohr

Counteracting Affirmations

Here is a generic affirmation adapted from EFT, used to counteract and neutralize any negativity:

Even though I have this [anxiety, panic, fear, etc. – be specific when filling in the blank],

I wholly and completely love and accept myself,
and God loves and accepts me wholly and completely and unconditionally.

(Use whatever strong positive statement suits you best at the time you need it.)

It is very helpful to write down the precise words you use in stating your affirmation. The unconscious mind is extremely literal and concrete. It may respond one way to “I feel distressed when I think of ____” and very differently to “I feel [angry; furious; hurt] when I think of ____.” Generally, a more intense expressions of emotions lends itself to deeper releases with WHEE. When you have written down the words you are using, you can go back and tweak the affirmation if it is not working well. Conversely, if you get interrupted or choose to pause in the course of working on an issue, you can return and see the words that were working marvelously well for you.

Keeping these notes in a notebook or journal can be a help to you in other ways, as discussed below.

Younger children use simpler affirmations, such as: “Even though I feel ____ when I think about ____, I [love myself a lot/ know my mother and father love me/ know I am safe in my parents' care].”

None of these affirmations is meant to be written in stone. They are simply suggestions for strong positive statements that you can use to follow the framing of the problems you are addressing. People who don't feel they can say, “I love and accept myself,” or “God loves and accepts me” can say, “I remember a time when I was [calm/ happy/ joyful/ at peace];” “I know [my mother/ father/ spouse/ pet] [loves me; is there for me].” A little boy who had been horribly abused used the following, which for him was a strong positive affirmation: “At least now I'm safe and my father can't beat me any more.”

Assessing progress

The SUDS: Prior to starting a round of WHEE, it is helpful to assess how strong the negative feelings are that you want to address. The most commonly used method is the *Subjective Units of Distress Scale* (SUDS), where you rate discomfort/ distress on a scale from 0 (not bothering you at all) to 10 (the worst it could possibly feel).

After reciting your affirmation, check the SUDS again. It will usually go down. Repeat your affirmation until the SUDS is zero. Then build a positive affirmation to replace the negative. (More details on positives below.)

Body feedback for progress: As you connect initially with the negative issues you want to release, notice any sensations in your body. Commonly, you may feel tension in your chest, stomach, jaws, neck or back; pains; tightness when you breathe; or other symptoms. Any and all of these can serve as markers for being 'up tight' as you start to work on your issues, with lessening of body sensations as you release the issues.

If you have a tension, tightness, ache or other sensation in your body, note your SUDS level and then ask your body, "What are you wanting me to pay attention to in my life right now?" Write down whatever your body has told you. This might have to do with diet, exercise, posture, rest or other issues that your inner self wants to suggest may be helpful to you. Write down what you learn your body wants. It is surprising how easily you can forget messages of this sort when you are not used to listening to your inner self in these ways. See how this inner witness helps you in your detective work.

Check your SUDS after you do this. If it has gone down, you know you are definitely listening well to your body and on the right track to dealing with your inner needs.

Next, ask your body what it wants you to do about each of these issues. Then promise your body what you will do to meet its needs. Again check your SUDS. If the number has gone down, then you know you are moving towards greater harmony with your inner self. If it does not go down, see what you can change about your promise so that it does go down. You may have to convince your inner self you are seriously committed to making changes before it relents from 'yelling' at you through your body symptoms.

It is helpful to review your list of promises regularly, even every day, as it may be challenging to remember and follow through on your intentions to make the changes to which your inner self is prompting you to commit.

Learning with incremental, step by step changes

Make one small change at a time in your personal practice or in the focus of the WHEE and then observe the difference in your responses. This will provide helpful feedback in navigating your way through new and unfamiliar territories of your consciousness and of transpersonal dimensions.

For instance, tweaking your affirmations may make a big difference in your progress with a specific issue. Having the input of someone you trust, either a family member, friend, or therapist may be helpful in developing new variations on familiar ways that you phrase issues, in looking at related issues that may be blocking your progress (but may not be obvious to you because you cannot see the trees for the forest of issues in which you have been lost), or in identifying meta-issues (see below) that are blocking releases and creating resistance.

**In seeking knowledge,
the first step is silence
the second listening,
the third remembering,
the fourth practicing,
and the fifth -
teaching others.**

- Ibn Gabirol

Installing positive Replacement Affirmations after releasing negative issues

If you stop working with WHEE on an issue after it has been brought to a zero, there is a possibility that some of the negative feelings could return, though rarely to the level of their initial intensity. To a great degree, such recurrences are simply a matter of habit, often stimulated by being in situations or relationships that bring back the old memories and feelings associated with the issue.

To reduce any likelihood of recurrence of the released issues, you can install positives that replace the negatives. You do this by starting with a statement that in some way is an opposite of the released issue. You assess the **Subjective Units of Success Scale (SUSS)** for the positive (0 = I hardly feel/believe this at all; to 10 = this is the strongest it can be). Then you recite the positive statement, followed by the positive affirmation. (In the full WHEE protocol, you would do this while tapping in whatever way feels the best to you.) After each round of replacement positive statement + enhancing affirmation (same as counteracting affirmation), you pause and assess the SUDS. In doing the positive portion of WHEE you will find the numbers getting stronger.

As with resistance – that is, if the SUDS does not decrease, or the SUSS does not increase – massage the releasing point and return to reciting your Replacement Positive Affirmation. See next section for more on this.

When working on difficult traumas, be patient with yourself in sorting out a positive statement. It can be challenging to develop positives when you are dealing with a serious accident, loss of someone dear to you, or a rape.

Example 2:

Working on his chronic headaches on his own, at home, 'Mike' assessed his SUDS and said, "Even though I have this vice-like pain in my temples, I wholly and completely love and accept myself, and God loves and accepts me wholly and completely and unconditionally." He worked on this until his SUDS came down to zero.

He then decided his positive would be: "I can be in stressful situations and not get a headache, and I wholly and completely love and accept myself, and God loves and accepts me wholly and completely and unconditionally." He found that the SUDS did not go up, even when he

massaged the releasing spot. I reviewed the affirmation with him and he tweaked it to say, "I can be in stressful situations and remain calm and relaxed, and..." This worked immediately and he brought it up to a '10' after 6 rounds of WHEE.

Note that Mike stated his successful positive in positive language. He did not use phrases such as: "I *will not* get headaches" or "I'm *not* going to worry about getting another headache." See more details and explanations in [Seven Minutes to Natural Pain Release](#) about stating your replacement positive statements in positive manners.

Example 3:

Six-year old 'Sally' had been neglected and abused emotionally, physically and sexually by her father from at least the age of two and probably earlier. She had also witnessed violence between her parents. She was removed from her home at age four, and was re-traumatized in a series of foster home placements – where the welfare worker did not tell the foster parents to expect irritability, temper outbursts, sleep onset delays till early hours of the morning, night terrors, and bedwetting. Her then-current foster mother requested that Sally have counseling when her teacher repeatedly called the foster mother to take her home from school for disrespecting the teacher and hitting other children.

At the initial interview, I taught Sally and her foster mother WHEE, using the butterfly hug. Sally liked the exercise, finding the butterfly hug comforting, in and of itself. For her first round, she chose to work on one of the recurrent nightmares she had of being chased by a monster with big teeth who wanted to bite her. She was unable to count, so I had her show me with the gap between her hands how big her bad feeling was when she thought about the monster chasing her in her nightmare. She opened her arms wide and said, "I can't reach to show you how big the scary feeling is." Within minutes of using the butterfly hug and reciting the WHEE affirmation for children, her hands were touching each other when I asked her to show me how bad it felt. She had reduced the scary feelings to zero.

Over the next several weeks, Sally (with the help of her foster mother) used the butterfly hug daily on her many fears, difficulty falling asleep, and nightmares, as well as to calm down after she had angry outbursts.

Within two months, Sally was functioning at near-normal levels of behavior in school and at home. Counseling continued weekly for another six months and was then tapered and stopped. We have all been pleased with her excellent academic progress and with her good behavioral and social adjustments in school and at home.

An added benefit of WHEE is that as you learn to deal with negativity and to install positivity, you gain confidence that you can handle any challenging issues that face you. This is a meta-positive belief that can serve you well.

Keep your thoughts positive because they become your words

Keep your words positive because they become your behaviors

Keep your behaviors positive because they become your habits

Keep your habits positive because they become your values

Keep your values positive because they become your destiny

- Gandhi

Outline of the WHEE process

PLEASE NOTE: THESE ARE GENERIC SUGGESTIONS, TO BE MODIFIED AS APPROPRIATE TO YOUR NEEDS AND PREFERENCES

WHEE – Affirmation

Even though I feel _____ When I think about _____
 + **Counteracting affirmation:** I still love and accept myself, wholly and completely

And God (Spirit/ the Infinite Source/ My higher Self/ INSERT WHAT FEELS RIGHT TO YOU) loves and accepts me, wholly and completely and unconditionally

Replacement Affirmation: Positive statement _____ that counters the negative, after it has been released. e.g. after releasing fear of [heights/ mice/ spiders/ your issue]: I am comfortable [looking down from any height/ looking at, being near mice/ spiders/ your issue]

And I love and accept myself, wholly and completely

And God [or etc.] loves and accepts me, wholly and completely and unconditionally

WHEE IS NOT JUST A METHOD. IT IS A DEEPLY TRANSFORMATIVE, WHOLISTIC APPROACH TO LIFE.

- Daniel Benor

Dealing with resistances: When the SUDS doesn't come down, or the SUSS doesn't go up

A variety of approaches can facilitate release of such blocks:

1. You can give yourself a gentle massage on the *releasing spot*, located just below the collarbone at its midpoint. No affirmation is needed with the collarbone stimulation point. Then return to working on your issue.
2. You can explore whether other ways of stating your problem or your replacement statement may connect more solidly with your issues, thus facilitating their release with WHEE.
3. You can explore different Counteracting Positive statements. For instance, some people find it uncomfortable or difficult to connect with "I love and accept myself" or with "God [or etc.] loves and accepts me." Any image or memory with positive feelings associated with it can be used for the Counteracting Positive part of the affirmation.
4. Meta-emotions and beliefs can block you from releasing buried feelings and memories. When you use WHEE to release the old feelings from the closets and caves where they were carefully locked away, the unconscious mind may become anxious. You are telling the unconscious mind to switch gears and change its habits – letting go of programs that have protected you from the pain of experiencing these buried feelings. You may therefore have to use WHEE on the meta-beliefs and emotions in order to release the habitual locks on the doors of the closets wherein lie the skeletons of old traumas. Once past these locks, we can then address the feelings themselves.
5. Connecting with various biological energy boosters may strengthen your response to WHEE.
6. When WHEE is used in the full protocol, with tapping, you could explore different forms of tapping.

Both the [WHEE Workbook](#) and [Seven Minutes to Natural Pain Release](#) provide more detailed discussions of all of the above methods for releasing any blocks.

You may find it helpful to use muscle testing (details in [Seven Minutes to](#)

[Natural Pain Release](#)) to ask questions such as:

Am I ready to release some of this distress NOW?

Is there some part of me that wants to hold onto some of this issue, or to some of the ways I deal with this issue?

Are there related issues that are holding me back from releasing?

Again, you may need to tweak the question in order to get a helpful answer.

If the above techniques and dialoguing with your symptoms do not clear up the resistance issues, you may want to consult a WHEE instructor or therapist who can help you explore and address your resistances.

The pain that you create now is always some form of non-acceptance, some form of unconscious resistance to what is. On the level of thought, the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment, and this in turn depends on how strongly you are identified with your mind. The mind always seeks to deny the Now and to escape from it.

- Eckhart Tolle

Shifting consciousness with WHEE

WHEE helps you to shift your limiting beliefs and disbeliefs, such as:

I could never [succeed at ____; talk in public; handle my mother-in-law, boss or abusive partner]

I don't deserve to [be loved; enjoy myself; succeed]

I am [bad; stupid; ugly].

In these instances you use the SUDS to assess how strongly you feel these beliefs or disbeliefs are true, and then proceed to use WHEE in the same way as deal with emotional issues – reducing the negatives and installing positives.

WHEE helps you to address problems with appropriate concern, without the added layers of worry that you often add to your concerns. 'Concern' is the logical, 'Mr. Spock' (of Star Trek) way; the 'Adult' (of [Transactional Analysis](#)) way of dealing with issues. You ask, "What is the challenge?" and sort out the logical ways to deal with it, accepting that in a less than perfect world you can only do the best you can. Worry is the overlay of meta-anxieties about how you are managing to deal with these issues; the "Oh, my goodness! I don't know how I'm going to handle this!" or the "This is too much to bear, on top of all of the other problems I have to deal with!"

WHEE enables you to release the worries, installing positive attitudes and focus to replace those wheel-spinning wastes of your time – that are born out of childhood programs. You can then use your maximal energies to address the concerns.

To know that you are a prisoner of your mind is the dawn of wisdom.

- Nisargadatta Maharaj

Partializing problems

Addressing a piece of a problem at a time allows you to manage small bites with WHEE so that you aren't stuck with affirmations and issues you cannot digest in one round of WHEE. By breaking a problem into its component parts and issues, you can address each one on its own.

Example 4.

Sam was struggling with his job as a bottom-level manager in a large appliance firm. He was a proud and for the most part happy husband and father to two young children. He came for help with WHEE because he had a weight problem that he constantly worried and fretted about, feeling that he was unattractive and therefore making a poor impression at work and unable to achieve his full potential professionally. He was also worried that his wife might be finding him unattractive, because his sexual relationship with his wife was becoming less and less satisfying.

Sam's obesity had resisted all previous therapies. His self-esteem was obviously low because of his weight. We explored his history carefully, clarifying that he had started to gain weight at age eight, after his mother died in an accident. He missed her deeply, and was unable to express his grief because his father had told him to "Be strong!" and "Don't be a cry-baby." Sam realized that he had started comfort eating to fill the void of his missing mother.

Over the years, Sam's self-image became an issue because of the obesity. Children teased him about his looks and when he was unable to keep up with others in athletics. His comfort eating, that had gotten him into this problem, was no help in coping with these secondary stresses that resulted from his obesity. Though he struggled to stick with the diets that his family doctor and school nurse recommended, and that his father pestered him to watch, he could not overcome his comfort eating habits. Now, as an adult, he hesitated to stand up and speak in public because he was so self-conscious about his weight. His wife reminded him frequently not to snack. Sam took these expressions of her concern as criticisms and was increasingly cross and irritable with her, which was putting a strain on their relationship.

Sam was motivated to work hard to sort out his eating and self-image issues. He diligently outlined all of the issues that appeared to be related to his obesity, such as:

- *particular snack foods he liked and craved*
- *stresses that he handled by eating*
- *negative things he tended to say about his body*
- *negative things he said to himself about failing to stick to a diet and lose weight*
- *things he did not do because he was embarrassed to stand up in front of people*

Sam was pleased to find that WHEE gave him a tool with which he could address any issue he chose to address. Some problems, like his cravings for specific foods, responded rapidly. Others, such as his self-criticisms and his embarrassment over his looks, were more difficult and took longer to resolve. Working on one issue at a time gave Sam a growing sense of success and achievement, which encouraged him to work that much harder and enabled him to tolerate distress better. For instance, he was able to release many years' accumulations of hurts and angers over people teasing him, so that he no longer took his wife's concern as a dig at his being overweight. In other words, he developed a [sweetening spiral](#). With more self-confidence, he took more risks and had more successes at work.

Partializing enabled Sam to change his long-time, frustrating problem that had resisted treatment into a series of smaller issues that he could readily address with WHEE.

Partializing may help you identify a block to your progress, where you may be willing and ready to release certain parts of your problem but may have one or more issues that keep you from releasing the entire bundle. Partializing also allows you to follow the threads of individual issues that may lead in different directions. (See also discussion on *bundling*, below, the opposite of partializing.)

***You can break that big plan into small steps
and take the first step right away.***

- Indira Gandhi

Choosing a focus for WHEE

People commonly ask,

"I've got a lifetime's accumulation of cobwebs and garbage. What corners do I clear first?"

"Where should I start with this vacuum cleaner called WHEE?"

"Should I dab a little WHEE on some of the scrapes, or should I use WHEE for major wholistic reconstruction projects?"

If there is a WHEE instructor present to guide and direct the process, I suggest that it is best to start with one of the very worst fears or hurts. WHEE can help with any and every sort of problem. Once you experience the relief of WHEE for a more severe issue, you will be able to approach any other problem with confidence that it will respond.

If a guide for the WHEE process is not present for ongoing individual attention, as in [workshops](#) where there are many participants, or in the telephone tutorials I offer, then it is better not to begin with the worst possible issues; rather to start on an issue that has a SUDS intensity of 5 or greater, so that there is plenty of room to experience the success of WHEE, but not the liability of getting caught addressing a problem that rouses meta-anxieties which may be difficult to identify without the inputs of someone who is not caught up in the defenses your unconscious mind set up to protect you..

Example 5:

In a one-hour workshop I did at a mental health center, a young woman volunteered as the subject for a demonstration of WHEE. She indicated that she had a severe issue of hurt and betrayal she wanted to work on. My intuition said, "Go for it!" though my logical mind was raising all sorts of alarms about "What if's" such as "What will you do if this woman stops in the middle because she's embarrassed to continue in front of the audience, and ends up with her hurts stuck in her throat?" and "How will it look if this woman falls apart in front of her colleagues?" I listened to my intuition, which was indicating a clear and strong 'yes.' We went for it.

I asked 'Bella' to name the feelings surrounding the issue, and she said,

"hurt, betrayal and fear." She was not comfortable revealing the specific circumstances of her trauma, which had occurred in childhood.

She used WHEE, tapping her eyebrows and with the butterfly hug but her SUDS didn't budge from 10, even after rubbing the releasing point under her collarbone.

I was beginning to sweat a little, but continued, asking Bella whether she felt it was safe to release these feelings. She responded with a strong "No." Considering that her trauma had occurred many years earlier, and that she was no longer in danger from the same situation, she readily agreed to address her meta-anxieties, which were at a SUDS of 9, about lack of safety in releasing her long-buried emotions. These came down to zero in two rounds of WHEE with the butterfly hug.

Bella then felt she could work directly on the emotions surrounding her trauma. To her surprise (and mine!), her SUDS went all the way down to zero in one round of WHEE. She was silent for several minutes, obviously very moved by this experience. I asked whether she was ok, and she responded with a deep feeling of gratitude to God for having brought her to this point of release and forgiveness.

Bella reported to her colleagues that this was the most profound personal spiritual experience she had ever had.

I have had only a few people respond as quickly and deeply and profoundly as Bella did. I more commonly see the SUDS shifting in steps that are between gradual fractions of numbers and jumps of three or four numbers in a single round of WHEE.

Prior to starting with WHEE on a serious issue, you may wish to pause to explore whether a light focus or a more substantial one feels better to you with any given issue. With experience, many people find that they are able to clear much more of their issues, more quickly, if they address major aspects of an issue. When they do this, the minor issues are also cleared. Others find that dismantling and remodeling the structure of their issues and defenses one room or even one brick at a time works better. It's a little like the difference between going into a cold swimming pool one toe at a time or jumping in. There is no best overall way that is right for everyone. There is only what works best for you.

After using WHEE for a while, you might go back and review issues you have worked on to get a sense of which way works best for you. Alternatively, you might deliberately explore whether a particular issue responds better by addressing little bytes or larger chunks of issues.

The smallest change in perspective can transform a life. What tiny attitude adjustment might turn your world around?

- Oprah

Bundling issues

You may find it helpful to work on several related issues at once. I have found this useful myself.

Example 6:

Recently, I felt inner resistance and doubts about trusting and relying on people to help me. Asking my inner self where this was coming from, I was led immediately to re-examine some of my early childhood issues. I had worked repeatedly through the years on many aspects of my feelings about my parents not being available to me in childhood. Here was yet another layer of these old hurts, asking to be released from the place where it had been locked away by my child mind.

As I began to use WHEE (from the perspective of my inner child) on "There is no one here to catch me if I fall," feelings about my mother and father came welling up out of some recess of a closet that I had not fully cleared previously. Rather than working on my feelings towards each of them separately, I chose to bundle them together, because I felt very similarly about both. I left off my focus on "no one here to catch me" at a SUDS of 8; shifted to "Even though my mother and father aren't there for me in ways that I need them to be; and I feel there is no one here today I can ask to help me..." This shifted rapidly from a SUDS of 9 down to zero. Returning to "no one here to catch me," I found it had gone down to a 2, and quickly came down to zero with another round of WHEE.

Bundling issues may or may not work in any given situation. I recommend it mostly after clients have been using WHEE for a while on individual issues and have a fairly clear sense of how WHEE works for them. Bundling could be confusing if used before this, because it could make it difficult to sort the sources for resistance, due to the variety of issues being addressed. (See also *partializing*, above, the opposite of bundling.) Bundling works particularly well with inner child issues.

Give yourself what you are aching to receive.

- Alan Cohen

WHEE for yourself contributes to healing relationships

Clearing your own issues 'empties the buckets' of your old hurts and angers. Being free of old emotional residues leaves you less likely to respond with upset, hurt or anger to the behaviors of others. This is helpful in your personal relationships with family, fiends and colleagues. This is essential in a therapist-client relationship. If therapists have not cleared their own issues, they may be blinded to or even avoidant of these issues in their clients.

Clearing your own issues can also contribute to turning the fires down under the caldrons of sectarian and national angers that lead to broader conflicts. When the collective angers of a nation or society are lessened through decreases in many individuals' negative emotions, people can respond with empathy and understanding in conflict situations, being more open to considering the issues involved in grievances of those who are considered 'others' – with the goal of reaching the best compromises possible, rather than responding with anger and seeking to eliminate the 'others.'

***One cannot really ever overcome the enemy
until one has rid oneself of that which is found
despicable in the other.***

– Stephen Levine

Journaling

Write down the exact words that you use in your affirmations. This can be a great help if you find that your SUDS is not changing. It could be that your unconscious is not resonating with the words you have chosen.

You can often resume progress by shifting and changing the ways you identify and name your issues and the ways you state the positives you are working to install. Another way the journal can be helpful is if you had a particularly successful round of WHEE but were interrupted and want to return to finish the good work you started.

Journaling helps you to see and follow your progress. Writing down your experiences, thoughts, feelings, dreams and transpersonal explorations helps to keep your focus. It also provides a diary of your growth and changes.

Journaling as a diary of your inner experiences is another form of healing.

Journaling can be an outlet for feelings and a great aid to sorting out your problems. Writing out one's story and feelings has a cathartic effect, allows a person to consider the problems at a distance, provides perspective as one reviews journaled materials from the past and much more.

Most people find that a hand written journal feels better and gives them a greater sense of personal connection with the materials they are writing about. The advantage of computer journaling is that it allows for easy edits, cross-references, and scanning for particular entries.

Writing a journal means facing your ocean that you are afraid to swim across.

- George Sand

WHEE as a doorway to transpersonal dimensions

Wholistic healing addresses body, emotions, mind, relationships (with other people and the environment) and spirit. WHEE helps you to address all of these levels of your being, if you choose to use WHEE in its fullest potential.

Body is addressed with WHEE through attending to what your symptoms are telling you; through muscle testing; and through treatment of symptoms. Within Wholistic perspectives, body is energy as well as matter. Biological energies can be used to identify issues on all levels of your being that can be helped through various forms of bioenergy healing. This can be done through self-healing and with the help of spiritual healers (Therapeutic Touch, Healing Touch, Reiki, prayers and other forms of healing) and through various forms of complementary/ alternative therapies. (See more on these approaches in my books, [Healing Research, Volume I and II](#) – details at end of eBook or through the hyperlink.) Body is also accessed through right and left body stimulation, which is not covered in this eBook. (See details in [Seven Minutes to Natural Pain Release](#).)

Emotions, mind and relationships with other people are the primary focus of WHEE, discussed above. When viewed with a wholistic perspective, there can be a more healing quality to how we deal with these levels of issues, as discussed below.

Relationships with the environment include awarenesses of positive and negative *vibrations* or biological energies that can promote health or contribute to illnesses; a sense of responsibility to protect and restore the environment; and a sense of being an essential part of *Gaia*, the entire planet. (See more on body, emotions, mind and relationships in Benor, [Healing Research, Volume 2](#) – details at the end of this eBook.)

Spirit informs and inspires every aspect of your life. Awareness of the transcendent gives you perspectives that extend from before your birth to after your physical death. You may be able to understand the lessons you are learning in this life as part of lessons on many other levels: your own past and future lives; relationships to other people with whom you have shared lessons across many lifetimes; communications with spirits of people who have passed on to existence in other dimensions; transpersonal healings; relationships with all other living beings on our planet and with Gaia, our planet itself; and your relationship with the Infinite Source (call

this God, the All, or whatever you find that feels comfortable and helpful to you).

From these perspectives, problems in your life can take on very different proportions and meanings. Prayer becomes a more meaningful communication with the All; your issues and challenges can be seen as soul lessons; and your mission in life takes on broader and deeper meanings. (See much more on personal spirituality in Benor, [Healing Research, Volume III](#) - details at the end of this eBook).

***The part can never be well
unless the whole is well.***

- Plato

Proxy healing with WHEE

In transpersonal healings it is possible to offer and receive healing across time and space. For instance, I have had excellent results with 'proxy' (also called 'surrogate') uses of WHEE. In proxy treatments, the person receiving the treatment focuses her or his awareness on another person who is intended to receive the treatment – while that person is not physically present with the person offering the treatment. Therapists may practice the treatment on themselves as proxies for their clients, or may have another person act as a surrogate for the person who is to receive the treatment.

While healing from far away may seem far-fetched, it has an excellent basis in research as *distant healing*, summarized in [Healing Research, Volume I](#). Not only people, but animals, plants and single-celled organisms have been shown in randomized controlled studies of healing (some of these published in respected medical journals) to benefit from prayers/ wishes/ intents from any distance, even from around the world. Anyone who says that prayer healing is just a placebo or wishful thinking has to explain how a mouse or a philodendron plant can respond to healing!

Example 7:

I visited a healer who was baby-sitting a six-year old boy who has developmental delays, including no language, and appeared to have autism. He was severely frightened by the healer's two dogs, which were not aggressive but were lively and playful. He had been in the healer's home several times previously, and was constantly on the alert, if not alarmed, by any approach of the animals to within several feet. Within minutes of proxy WHEE for his fears of the animals, he was markedly less fearful, and within a few more minutes he was even able to pet the quieter dog. He had never been that calm before in the animals' presence, and certainly would not have petted them.

Ethical considerations in proxy healing and other distant healings are important. Healing is a potent intervention and can bring about changes on all levels of a person's being. As I noted above, distant healing has been shown to produce measurable effects. Ethical practice requires that we ask permission of anyone to whom we are intending to send healing, or obtain permission from a responsible parent or guardian if they are incapable of giving permission themselves because they are minors or not in a mental state in which to respond. (See fuller discussion of ethics in healing on the website of the [Council for Healing](#))

Proxy healing can be extended to all of humanity

There is fascinating, impressive [Research evidence](#) suggesting that a collective consciousness exists, linking the consciousness of every individual person into a vast, combined awareness. Meta-analyses confirming telepathy, clairsentience, psychokinesis as components of collective consciousness are of such a high confidence levels that the chances that these results are random occurrences range between less than one in a million to one in ten million billion billion. To a lesser degree, but still impressive, are many [individual studies of spiritual healing](#), with results reaching to probabilities of less than one in a thousand, and a [meta-analysis of distant intentional effects on electrodermal responses](#) (lie detector measurement) at a probability of less than 23 in a million.

When we accept the collective consciousness as a fact of our existence, then we can see that each of us is like a brain cell in the mind of the All. Each of us contributes directly to the state of being of the collective consciousness.

The collective consciousness may then offer us various ways to heal humanity's abuses of each other and of our planet, such as wars, carbon emissions producing global heating, poor allocations of natural resources, pollution, and the genocide of countless other species on this planet.

These abusive and suicidal behaviors suggest that humanity as a whole is suffering from a collective post traumatic stress disorder (PTSD). It is well known that most individual abusers were themselves abused. Clearly, humanity is carrying eons of unresolved abuse in its consciousness. It is also very apparent from the experiences of soldiers returning from Iraq and Afghanistan that individuals with PTSD are suicidal. (In January, 2010, there were more US soldier deaths from suicide than from combat.)

As each of us clears the dross of our personal, individual consciousness, we are thereby contributing in a small way to the clearing of the PTSD of the collective consciousness. When I release angers, resentments, hurts and other negative feelings from my personal consciousness, then I am clearing my former negative contributions from the collective consciousness.

With proxy healing, we can do even more. We can offer proxy healing to facilitate shifts in the collective consciousness of humanity as a whole, and to achieve broader planetary healings. We can extend our individual healing – in our work on ourselves and in helping others with WHEE – to releases of collective negativity.

Clearing of the collective PTSD of humanity can be markedly enhanced if we set the intention that all our individual releases will simultaneously invite releases of similar negativities from other individuals in the collective consciousness of which we are a part. These types of releases can clear our inherited consciousness through our family of origin, as well as the consciousness of our families of choice, community, nation and the entire planet.

A simple invocation can set this intent:

I/we invite anyone and everyone.
 Anywhere and everywhere.
 Anywhen and everywhen.
 Who is ready to clear this [negativity/ anger/ hurt/ fear/ sadness/
 grief/ etc] with me/ us, to come along and do so.

Transcending space and time through the collective consciousness, it is possible to clear our lingering negativities from our own and others' past lives, past relationships, and the past lives of everyone in the collective consciousness through all time. All therapists can help to release major collections of negativity by systematically facilitating with their clients similar releases as individuals, and this is simultaneously an opportunity to release a load of collective consciousness negativity.

Using WHEE or any of many other varieties of healing as a platform to heal the collective consciousness, we can release the angers, fears and hurts that lead us collectively to behave in these destructive ways. At the same time, each of us can be using our own individual healings not only to release negativity, but also to build positive, healing energies in ourselves and the collective consciousness, as practiced in WHEE. [Click here](#) for more detailed discussions on this extension of healing for the collective PTSD of humanity.



***Something inside me has reached to the place
 where the world is breathing.***

- Kabir

Developing intuition

Intuition includes past experience that can be pulled up on the screen of your awareness as *pattern recognition*; *psychic information* from telepathy, clairsentience, pre- and retro-cognition; and *transcendent/ spiritual awarenesses*. [Research](#) reveals that everyone has a measure of intuitive abilities. Even skeptics who don't believe in intuition and psychic awarenesses reveal in research that they, too, are psychic – though they tend to use these abilities to confirm their disbeliefs..

WHEE will help you to develop your intuition in a variety of ways:

Dialoguing with your symptoms sharpens your awareness of your inner wisdom. Your unconscious mind knows everything about you. By connecting with this store of inner knowledge, you open doors to access this part of yourself whenever you need it.

Using the SUDS helps you to connect with your inner awareness of the intensity of positive and negative feelings. This heightens your sensitivity to feelings, lessens fears about feelings, and informs your unconscious mind that it no longer has to bury unpleasant feelings or urge you to run away from them. When your unconscious mind isn't putting up lots of walls to 'protect' you from the skeletons in its closets, it is more easily accessible.

Muscle testing, which gives you access to your unconscious mind, can help you deliberately access your intuition.

Dreams provide windows into intuitive awarenesses. Dreams are metaphoric expressions of whatever is going on inside you. Interpreting dreams is a challenge and an art. You are the only one who can say what your dreams mean to you, though a wise counselor can suggest possible interpretations that you might not have considered. Similarly, books on dreams can suggest other ways of considering the meanings of your dreams, though they cannot interpret them for you because you are unique and no book can provide the precise meanings that fit your life situation.

Dreams often include transpersonal elements. These may have a special quality to them that feels like it is coming from outside yourself; they may include communications from other people – living and deceased; and they may contain elements of precognition.

If you wish to recall your dreams, keep a pen and paper or a tape recorder by the bedside. Write down whatever you recall of your dreams, even if it is only a fragment of an image or a feeling, immediately when you waken. If you wait even the few moments it takes to relieve your bladder, you may lose your recall for the dream.

Journaling your dreams is extremely helpful in your personal development.

Intuition comes as a certain feeling or a still voice... If you use your intuition, you will know the very purpose for which you exist in this world; and when you find that, you find happiness.

– Paramahansa Yogananda

Transpersonal intuition

Our intuition can reach anywhere and anywhen. Everybody has some measure of intuitive abilities. Even skeptics have been found to demonstrate intuition. (See [Healing Research, Volume 1, Chapter 3](#) for research and discussions on telepathy, clairsentience, precognition and retrocognition, and [Volume 3](#) for research and discussions on personal spirituality.)

You can use your intuition to ask questions about your health problems; foods, supplements and treatments that are under consideration; and future events. We can ask questions about other people. Therapists will often use this to access their intuition in order to help clients. In such uses, the ethical considerations mentioned above under *proxy healings* are relevant.

'Blind' readings by a trusted, intuitive person who is not involved with or invested in the issues under consideration, can be particularly reassuring when the answers turn out to be congruent with your understanding of the situation. You can also ask another person to give a 'yes' or 'no' answer to a question that you are thinking about, without telling that person what the question is. This decreases biases of familiarity with a situation, expectations, anxieties or fears. However, as with any intuitive exploration, we must always be cautious because intuition is an art as much as a science. There is always a percent of correct and incorrect answers.

The help of a knowledgeable therapist can be invaluable. Clinicians trained in muscle testing know the ways in which innate characteristics and learned patterns of beliefs and behaviors tend to cluster and manifest – both physically and psychologically. Therapists may identify psychological issues that you yourself are blind to – particularly around traumatic experiences that you have buried in your unconscious mind, and relating to habit patterns (especially those established in childhood) that you are blind to. Good psychotherapists can suggest ways to help you unravel the complex structures of defenses built up over a lifetime of human interactions. Bioenergy therapists may recognize blocks or over-activities in various meridians that would not be apparent or even suspected by anyone who is unfamiliar with these patterns.

Where there is doubt or question you must proceed with the greatest caution when using intuitive approaches. Your unconscious expectations, hopes, wishes and fears may all influence your self-explorations – leading you to ask questions in ways that provide answers more comfortable to your wishes and expectations, or conversely, to avoid questions that might produce

uncomfortable answers. The same may apply for therapists, whose own unresolved issues may make them blind, insensitive or uncomfortable with particular client problems.

Skeptics will pooh-pooh anything to do with intuition, ignoring the vast body of evidence that clearly demonstrates its existence. They will suggest that it is foolhardy or even dangerous to rely on intuition in matters of your health. The dangers of false positive or false negative clinical assessments or laboratory evidence are no different than those of false positive or negative intuitive impressions. And for the 50 million Americans and countless others in the world who have no access to medical assessments or treatments, intuitive assessments may be a blessing.

Those who do not have power over the story that dominates their lives - the power to retell it, rethink it, deconstruct it, joke about it, and change it as times change - truly are powerless, because they cannot think new thoughts.

– Salman Rushdie

WHEE has been hugely successful for several reasons:

- WHEE invites you to create your own affirmations, which are more powerful because they are tailor made to help the specific issues that are troublesome to you.
- WHEE takes a fraction of the time that EFT, other Energy Psychology approaches, and many other therapies require.
- WHEE allows for much greater flexibility in working on target problems within a session because it is so rapid. If a child is successful but the parent is not, or vice versa, there is plenty of time to explore alternative symptoms or alternative methods of addressing these.
- WHEE is gentle and does not cause intense emotional releases, although it does thoroughly and permanently clear the emotions associated with old hurts.
- WHEE is available anywhere and anywhen you need it.
- WHEE is can be used discretely, without anyone knowing you are engaged in de-stressing.
- WHEE is better accepted and the compliance when people use it on their own is much higher because of this simplicity and the discrete ways in which WHEE can be used.
- WHEE works marvelously well and rapidly on problems that may have been present for a long time and may not have responded to other therapies, such as pains, cravings and allergies, though it may take several days to be effective for the latter.
- WHEE invites you to identify the meta-level issues that block you from releasing your troublesome feelings, thoughts and memories, and provides tools for dealing with these.
- WHEE is tremendously empowering, as it is so simple and so rapidly effective in self-healing.

I find that 85-90 percent of clients report immediate benefits from WHEE. When they practice this for their problems at home, they report almost universal success. Below is a list of problems reported to have responded well to WHEE.

Having noted these expectations, however, please keep in mind that the healings brought about by WHEE are not intended for the curing of disease.

In the Wholistic approach to life, healing is the enhancement of your connectedness within yourself and between yourself and others. If a cure occurs, of course that is wonderful. If you have improvements in your symptoms that is great. And if your symptoms or illness continue, these are invitations to you to learn deeper lessons. WHEE may contribute very deeply to any and all of these possibilities.

One of the important ways in which WHEE is helpful is in inviting you to understand that blocks to your releasing of troublesome feelings and issues are not scourges, but rather red lights on your control panel that alert you to mental and emotional malfunctions. These alerts invite you to clear whatever is troublesome. WHEE immediately offers you new approaches for dealing with them.

Insanity is doing the same thing over and over again and expecting different results.

– Albert Einstein

A spectrum of problems helped by WHEE

Users of WHEE have reported positive effects for:

- ***Fears and Phobias*** – Anxieties about new activities or new places, including visits to dentists and doctors; fears of flying; fears of insects, snakes, mice, pets and larger animals; enclosed spaces (claustrophobia); heights; test and performance anxieties, such as speaking in class or in public; specific fears following frightening or traumatic experiences; anxieties and fears about recurring experiences such as medical treatments, shifting between homes of parents who are not living together (See [article on 'Re-entry problems'](#) referenced at the end of this eBook); calming after waking from a nightmare; dealing with underlying anxieties and post traumatic residues associated with nightmares. All of these fears and phobias have responded quickly to WHEE. School phobias respond well, even in severe cases where the child previously had to be dragged from the car by his parents and held by the vice principal so he wouldn't run back to the car. Milder fears, such as those marked by procrastination, respond well too.
- ***Post-traumatic Stress Disorders (PTSD)*** – are very responsive to WHEE, which can help with residual traumatic memories, panic attacks, nightmares, insomnia, temper outbursts, cravings and addictions and more.
- ***Angers*** – Preventive use of WHEE is best, emptying the 'bucket of old angers' so that it doesn't overflow when new angers are stuffed inside. Once people have practiced using WHEE when they are not angry, then they can use WHEE at times of upsets, such as releasing anger and calming while sitting in a time out chair; addressing fears and hurts that may be associated with the angers.
- ***Insomnia*** – responds wonderfully well, even when it has been present for a long time.
- ***Motion sickness and morning sickness of pregnancy, and nausea as a side effect of medication*** – can respond immediately and in many cases can be eliminated.
- ***Emotional pains*** – Emotional distress after painful emotional experiences – both recent and from distant past, such as parental conflicts, separation or divorce; worries over family stresses such as

illness, injuries and financial issues; bereavement.

Physical pains of all sorts – These have responded rapidly to WHEE, including tension headaches, migraines, stomachaches, pains after injuries and surgery, arthritis, fibromyalgia.

CAUTION: Pain may be a signal from the body that people are 'up tight' over a stressful situation and are in distress, but may be unaware of what it is that is stressing them. It is important to consider such possibilities carefully before working on removing the pain.

In some cases, pain may be a warning of severe physical problems requiring urgent medical attention. If acute pain persists, you should seek urgent medical attention.

- **Cravings** – For sweets, food, drugs, thrills, have all responded to WHEE.
- **Allergies** – to animals, pollens and other allergens; asthma. Allergies may respond within minutes or may take several weeks of regular WHEE use to dissipate.

Example 7:

'Tony' visited a home where I was also present. As he came in the door, he immediately apologized that he was likely to have to leave early because he had forgotten to bring along his medicine to protect him from sneezing and coughing because of his cat allergy. He was open to learning WHEE and with just a ten-minute session found that he was symptom-free for the full three hour visit.

- **Weight loss** - for reducing, eliminating, transforming:
 - Food cravings – for specific foods and in general
 - Stress responses – allowing systematic transformation of negative responses that often initiate comfort eating
 - Residues of old traumas – from mild discomfort at awkward memories to major post-traumatic stress disorder (PTSD)
 - Issues around self-image and self-esteem
 - Meta-issues of habits around being overweight and how to be in the world – heavy or not heavy; lighter or not lighter
- **Reducing side effects and the need for medications** – both in the reduction in severity of the issues for which the medications are

prescribed (anxiety, pain, allergies, insomnia, etc.), and in harmonizing the response to medications, such as chemotherapy, reducing side effects for which other medications are commonly prescribed.

- ***Relationships, social issues, performance anxieties, low self-confidence*** – common issues of teens, that may persist into adulthood – respond dramatically well to WHEE. This is an extension of the uses of WHEE into beliefs and disbeliefs about your abilities to deal with issues.
- ***Family members' anxieties and distress*** – There have been excellent responses in anxieties raised by children's, partners' and parents' issues; anxieties not caused by the children but impacting the children because children pick up on parents' worries or because children have a shorter fuse; anxieties and stresses of relatives dealing with a family member's chronic illness.

I used to worry that if people released their symptoms and illnesses by using a rapidly effective technique such as WHEE, they would develop other symptoms because of underlying problems that were causing the symptoms. Generally, this has not been the case. It appears that WHEE releases whatever is ready to be released, below the surface as well as on the surface. When symptoms do not abate, or when they return, there are almost always meta-issues needing attention. When the meta-issues are addressed, the symptoms and problems abate.

As I work with more and more people with WHEE, I am more and more convinced that our symptoms are the tips of the icebergs of issues that are asking, even begging us, for attention and release. The symptoms are not separate from the issues, they are a very much parts of them. Often the symptoms are metaphors for the issues, as when a pain in the neck is begging you to look at who in your life is a pain in the neck for you; a urinary problem might be saying we are 'pissed off' at someone or 'it's scaring the piss out of me;' and a cardiac problem could be speaking of an emotional heartache. By addressing the body metaphor, the underlying issue is also addressed. (See much more on this in Benor, [Healing Research, Volume II.](#))

Mostly, people change not because they see the light but because they feel the heat.

– David Grudermeyer

Additional benefits with using WHEE

WHEE helps to forgive others for their transgressions. WHEE also helps you to forgive yourself for not having done better than your best – at the times when you stuffed feelings into your inner ‘bucket,’ and to accept that you did the best you could at those times and now are more competent to deal with the residues of the situations that left you with bad feelings.

WHEE is empowering. It gives you a clear way to deal with almost any problem you might encounter that raises negative feelings. It helps to clear the ‘bucket’ of emotional dross – that place inside where you stuff unresolved feelings when you don't know how to resolve a stressful situation.

WHEE enables you to clear away limiting beliefs. Your childhood programs often include negative core beliefs, discussed earlier in this eBook. Clearing these away in manners similar to your clearing of negative emotions frees you to maximize your full potentials and be who you truly are.

WHEE develops a sweetening spiral. A [sweetening spiral](#) encourages and supports further insights, releases of negativity, growth and change. This is the opposite of a vicious circle – where a negative experience generates a negative attitude, which leads to negative behaviors, which beget more negative experiences. (Isn't it odd that there is no common term in your language for the opposite of a vicious circle?)

As you practice self-healing with WHEE, you gain confidence in your abilities to deal with your problems. This enables you to be less afraid of your issues and to deal with them more competently. With an initial success in dealing with your inner stress or old hurts → you feel better → you are less anxious → you have less fear of dealing with old hurts → you take more steps to deal with the hurts → you have more successes → you feel better → etc. Similar sweetening spirals can develop in your social interactions as you progress through the healing process.

The strong counteracting positives that are used at the end of the affirmations can create a positive shift in your perspectives and attitudes on life, in and of themselves. Repeating “I love myself wholly and completely” and “God loves and accepts me, wholly and completely and unconditionally” (or whatever you find to be strongly positive for you) will strengthen your positive beliefs and awarenesses.

Transpersonal awareness is facilitated by affirmations that include the Infinite Source and other transpersonal positives; in developing and deepening your wholistic healing; and in opening your awarenesses to your intuition.

WHEE shifts your attitudes towards problems so that you can address them as invitations to growth and transformation rather than as irritating, annoying, frightening or distressing worries. Each distressing problem is transformed into a doorway into understanding and clearing the childhood programs that lead you into meta-worries and sap your energies away from addressing the actual concerns.

WHEE can be a preventive to future problems. When we release the traumas, pains, fears and other unresolved issues we carry from the past, we free ourselves of emotional pus that we have buried and locked away from our conscious awareness.

Any unresolved emotional issues may recreate situations in our current lives that are intended to remind us of the buried issues. In effect, our unconscious mind begs us to clear these festering feelings and memories by recreating them in our lives.

Example 8:

'Wilma' came for WHEE lessons because she had found herself repeatedly in relationships with men who turned out to be abusive. When I heard her life history that included an abusive father and a very passive mother, I immediately connected the dots between her childhood and current experiences – which Wilma herself had not noticed.

Over several weeks, Wilma used WHEE to clear the hurts, angers and fears from her childhood. In a surprisingly short time she found herself in a much more loving and caring man who was not abusive.

***You can only cure retail
but you can prevent wholesale.***

- Brock Chisholm

Theoretical considerations and conclusions

People ask, "How can WHEE work so well and so quickly?" The true answer is that we don't know yet. The best answers I've been able to suggest follow the understanding I have of the ways in which the right and left brain handle traumatic experiences, discussed above (under *Basic Healing Principles*.)

When you do the following, you release your buried hurts:

1. ***Holding the hurts fully within your conscious awareness allows the hurts to dissipate.*** This requires that you override your childhood programming to bury what hurts, pretending it is not there, and to run away from the buried hurts and from anything in your current life that might remind you of them.

2. ***Pairing a counteracting positive feeling and cognitive awareness with the hurt.*** When you hold the positive along with the hurt simultaneously in your awareness, the positive cancels the negative feelings, memories and beliefs associated with the hurt.

3. ***Activating right and left brain hemispheres while doing (1) and (2) markedly enhances the effects.*** It appears as though we can bring the skeletons of old traumas out of the closets in the right brain, while connecting it to the left brain – through the alternating left and right sensory stimulation. As the two hemispheres reconnect in the conscious presence of the traumas, the buried hurts dissipate more rapidly. This aspect of WHEE is detailed in the [WHEE Workbook](#) and [Seven Minutes to Natural Pain Release](#).

4. ***Involving the body memories and body-mind processes related to difficult issues*** helps enormously in dealing with them. Memories are stored in the body as well as in the brain and spirit. Connecting with the body during WHEE lessons will markedly enhance the lessons.

WHEE does all of these and is therefore the most potent self-healing technique I know.

Some are content to clear their symptoms. Others seek deeper levels of work, which may require more elaborate approaches. I also integrate spiritual awareness and healing, along with transactional analysis, inner dialogue, and many other approaches in teaching self-healing, matching the methodologies to the individual needs of the student.

PRACTICAL CONSIDERATIONS

EMDR has a solid validating body of research, demonstrating efficacy in treating stress related disorders. (Details at the end of this eBook). The EFT and other Energy Psychology methods are still in early stages of organizing research. WHEE, drawing from EMDR (though clearly not following the standard EMDR protocols), can claim to have a research base to support its efficacy. Early [WHEE research](#) is confirming its efficacy.

The Meridian Based Therapies (WHEE, EFT, TFT and many others in this group) are in early stages of gathering [research to support their efficacy](#).

EMDR has considerable, impressive research showing it is effective in helping adults and children deal with PTSD. By using the full WHEE protocol that includes right and left body stimulation, we tap into the EMDR research database.

Status of EMDR acceptance for PTSD, American Psychiatric Association

Practice Guideline for the Treatment of Patients with EMDR has been given the same status as Cognitive Behavioral Therapy (CBT) as an effective treatment of ameliorating symptoms of both acute and chronic PTSD.

Reference: *Acute Stress Disorder and Posttraumatic Stress Disorder*. Arlington, VA: American Psychiatric Association Practice Guidelines 2004.

RESOURCES

Daniel J. Benor, MD. [*Seven Minutes to Natural Pain Release: Pain Is a Choice and Suffering is Optional – WHEE for tapping your pain away*](#) is the most comprehensive single resource.

Daniel J. Benor, MD. [The WHEE Workbook](#) guides you through all the steps of using WHEE, including the right and left body/ brain stimulation.

[The WHEE Demonstration Video](#) takes you through the WHEE process through the experiences of Casey, who had suffered with a frozen shoulder for 4 years and was able to reduce his pain significantly with WHEE.

In [the WHEE Instructional Video](#), Dr. Benor introduces WHEE in detail, with powerpoint slides that explain the principal processes of WHEE.

**[Click here for a 10% discount coupon](#)
on your first purchase of a WHEE self-healing resource.**

[WHEE-kly articles](#) provide updates on the latest progress in ways for using WHEE for your self-healing.

[Volume I of Healing Research](#) describes many ways in which spiritual healing can help; [Volume II](#) details how complementary therapies and bioenergy medicine can help. (See brief details under Recommended Reading at the end of this Affirmations eBook.

WHEE Tapping: If you decide to explore the WHEE tapping, I strongly suggest you do so in the following way:

1. Pick an issue you want to clear that has an intensity of at least 6-7 out of 10 on the SUDS scale.
2. Work on this issue, using only your affirmations for one round.
3. Then add the tapping to the affirmations and observe any differences you sense in the quality and intensity of the changes you experience.

Click here for the [tapping process details](#).

SUGGESTED READING

- Benor, Daniel J. Wholistic healing: The inter-relationships of spirit, relationships (with people and the environment, mind, emotions and body
<http://wholistichealingresearch.com/srmeb.htm>
- Benor, Daniel J. WHEE introductory article
www.wholistichealingresearch.com/Articles/Selfheal.asp
- Benor, Daniel J. WHEE for trauma and re-entry problems www.heal911.com/C-6a.asp
- Benor, Daniel J. WHEE for children of all ages
www.wholistichealingresearch.com/Articles/WHEE-Child.asp
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Excellent on communications between parents; between parents & children.
- Hay, Louise L. *You Can Heal Your Life*, Santa Monica, CA: Hay House 1984.
(Has list of symptoms' meanings and affirmations to counter them.)
- Laing, Ronald D. *Knots*, NY: Penguin 1970. (See also: *The Divided Self – More technical – Discussions on how we split ourselves off into bits and pieces*)
- Siegel, Bernie S. *Love, Medicine & Miracles: Lessons Learned About Self-Healing from a Surgeon's Experience with Exceptional Patients*, New York: Harper & Row 1986.
- Stewart, Ian/ Joines, Vann. *TA Today*, Chapel Hill, NC: Lifespace 1991.
(Excellent, thorough introduction to Transactional Analysis.)
- Siegel, Bernie. *Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients* NY: Harper & Row 1986.
(A classic on transformation through illness as an awakening to personal growth.)
- See also list of books, tapes and other Meridian Based Therapy references
www.wholistichealingresearch.com/References/MBTs.htm

[Research on WHEE](#) is in its early stages.

1. A pilot study of WHEE for exam anxiety in university students showed significant effects. Only 2 sessions of WHEE achieved the same degree of improvement as produced by 5 sessions of Cognitive Behavioral Therapy (CBT).
2. In another study, WHEE was used as a comparison intervention for an energy medicine intervention. With only 1 hour of group instruction for 41 participants, significant effects of WHEE were demonstrated on whatever issues each individual wished to improve.
3. As of April, 2010, a study of WHEE is in its early stages for people with chronic pain in which SPECT scans will be used to examine where changes may occur in the brain.

RELATED REFERENCES, GENERAL

Shapiro, Francine. *Eye Movement Desensitization and Reprocessing*, New York: Guildford 1995. [Method, research and more.](#)

Emotional Freedom Techniques (EFT)

The Association for Comprehensive Energy Psychology includes many EFT practitioners, and the [ACEP website](#) lists EFT and related research.

Gary Craig's website <http://www.emofree.com>

RELATED REFERENCES BY DANIEL BENOR

- Benor, Daniel J. [Healing Research: Volume I](#), *Spiritual Healing: Scientific Validation of a Healing Revolution*, Southfield, MI: Vision Publications, 2001.
(Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies.)
- Benor, Daniel J. [Healing Research: Volume I, Professional Supplement](#), Southfield, MI: Vision Publications, 2001.
(Only the studies -- described in much greater detail, including statistical information.)
- Benor, Daniel J. [Healing Research, Volume II \(Professional edition\)](#): *Consciousness, Bioenergy and Healing*, Medford, NJ: Wholistic Healing Publications, 2004.
(Self-healing, wholistic complementary/ alternative medicine and integrative care, biological energies, and environmental interactions with bioenergies. *Consciousness, Bioenergy and Healing* was acknowledged as 'BOOK OF THE YEAR' by the Scientific and Medical Network, UK)
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(Written for the layperson - Same content as Professional edition (minus the extensive research details), plus extra chapter on Self-Healing approaches.)
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- Benor, Daniel J. [A psychiatrist examines fears of healing](#), *J. Society for Psychical Research* 1990, 56, 287-299
- Benor, Daniel J. Fields and energies related to healing: A review of Soviet & western studies, *Psi Research* 1984, 3(1), 8-15.

ABOUT DR. BENOR

Daniel J. Benor, MD, ABHM, has been searching over four decades for ever more ways to peel the onion of life's resistances, to reach the knowing (with the inner knowing of truth which has the feel of rightness) that we are all cells in the body of the Infinite Source.



While his unique area of expertise is spiritual awareness and healing, his principal work is through wholistic healing – addressing spirit, relationships, mind, emotions and body. He is using WHEE, a potent self-healing method, with children and parents (many foster parents) who are dealing with PTSD and other forms of stress, psychological and physical pain, low self-esteem, cravings and other issues.

Dr. Benor founded The Doctor-Healer Network in England and in North America. He is the author of Healing Research, Volumes I-IV and many articles on wholistic, spiritual healing. He is the editor and publisher of the International Journal of Healing and Caring - On Line (www.ijhc.org) and moderator of www.WholisticHealingResearch.com, a major informational website on spiritual awareness, healing and CAM research.

He appears internationally on radio and TV. He is a Founding Diplomat of the American Board of Integrative Holistic Medicine; Coordinator for the Council for Healing, a non-profit organization that promotes awareness of spiritual healing; and has served for many years on the advisory boards of the journals, Alternative Therapies in Health and Medicine, Subtle Energies (ISSSEEM), Frontier Sciences, the Advisory Council of the Association for Comprehensive Energy Psychotherapy (ACEP), Emotional Freedom Techniques (EFT) and the Advisory Board of the Research Council for Complementary Medicine (UK), Core reviewer for BioMed Central, Complementary and Alternative Medicine – On line.

Dr. Benor offers personal telephone tutorials, teleseminars and in-person workshops from as short as 1 hour up to 2 or more days to learn to use WHEE to its fullest potentials.

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www.paintap.com

See also the FREE International Journal of Healing and Caring – on line, edited by Dr. Benor www.ijhc.org

PAYING IT FORWARD

I am interested to learn about your experiences with affirmations without the tapping portion of the WHEE process. Click here [to email me](#) about your affirmations experiences or [to share on the WHEE Forum](#). Your reports of your experiences with the affirmations will be a help to other people who are seeking help with their physical and psychological pains and other problems.

While this eBook is made available to you at no charge, a [donation](#) towards the maintenance of the website and to enable me to teach people in difficult circumstances how to use DEEPENING AFFIRMATIONS and the rest of the WHEE process would be appreciated.

I also ask that you pay it forward by sharing this free eBook with other people on your email list, and by teaching 3 other people how to use the methods explained in this FREE WHEE BOOK on DEEPENING AFFIRMATIONS.