

WHEE: Whole Health - Easily and Effectively®

AKA -Wholistic Hybrid derived from EMDR and EFT Daniel J. Benor, MD

WHEE is a self-healing method that is easily learned, easy to use, and it can provide rapid and deep relief of pains of all sorts, of stress, distress and more.

WHEE has been hugely successful for several reasons.

- WHEE takes a fraction of the time as many other self-healing methods require, and is therefore easy to use during stressful situations.
- WHEE allows for much greater flexibility in working on target problems within a session because it is so rapid. There is plenty of time to explore alternative symptoms or alternative methods of addressing these. When there are blocks to progress, it is easy to identify them and clear them.
- WHEE is gentle and does not cause intense emotional releases, although it does thoroughly and permanently clear emotions associated with old hurts.
- WHEE is better accepted and the compliance outside the therapy room is much higher because of this simplicity.
- 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, including pains, cravings and allergies, though it may take several days to be effective for the latter.
- WHEE is tremendously empowering, as it is so simple and so rapidly effective in self-healing.

Applications of WHEE While the procedures for doing WHEE are simple, the unfolding of the releases of symptoms and problems may be complicated. For instance, if the number is not moving (down on dealing with the problem; up on installing the replacement affirmation), we can identify the issues that are blocking progress and there are a variety of ways of dealing with these. In fact, blocks may be very helpful clues to deeper beliefs we hold that keep us stuck in the ruts and vicious circles we have created in our lives. WHEE is an elegantly simple tool with many facets and aspects that you may wish to learn about further through the [WHEE Workbook](#) and/or my [book](#) on WHEE for pain. A [YouTube, demonstration video and instructional video](#) are also available.

You may find it helpful to have a [consultation](#) in person or by phone to help you sort out your blocks and learn to use WHEE in its deepest, fullest potential. Because WHEE is a self-healing method, many people find that one session to get started, sometimes supplemented with an occasional followup session, may be sufficient to help them sort out ways to use WHEE to its maximal benefits.

Process

The practice of WHEE involves four steps:

1. Identifying a feeling or thought we would like to change:

We focus on a physical pain or on a single incident that has left a negative residue of feeling. We assess how strong this is, on a scale from '0' = This doesn't bother me at all, to '10' = This is the worst I could possibly feel. This is called the SUDS (Subjective Units of Distress Scale).

2. Alternating stimulating the right and left side of the body:

This can be done by moving the eyes rhythmically, repeatedly, back and forth from right to left and back; by alternately tapping the right and left eyebrow at the point nearest the nose; by patting the biceps of each arm (a 'butterfly hug'); or by any other rhythmic, repeated right and left stimulation.

3. While alternating stimulating the right and left sides of the body (back and forth, repeatedly), we recite a counteracting affirmation:

Here is a generic counteracting affirmation, adapted from EFT: - *"Even though I have this [pain, anxiety, panic, fear, etc. - be specific when filling in the blank], - I love and accept myself wholly and completely, and [God/Christ/Allah/the Infinite Source] loves and accepts me wholly and completely and unconditionally."* [If any of this does not feel comfortable, we use whatever strong counteracting positive affirmation that suits us best at the time we need it.] Most people will find that this is an effective way of reducing the negative feelings and thoughts. - After tapping for a few minutes, we check the SUDS again. It will usually go down. We repeat the assessing and tapping until it is zero. Working on your issues when you are not stressed is highly recommended before you work on them in stressful situations. You wouldn't expect to go out on a sports field for a serious sports event without practicing beforehand. It is the same with using WHEE in serious situations.

4. **Installing a 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"* - Prior to starting the installation of the replacement affirmation, we assess the strength of the statement and feelings of the problem statement on a scale of 0 = "I don't believe this at all" to 10 = "I believe this statement as strongly as I possibly can."