WHEE: Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing (EMDR) and Emotional Freedom Technique (EFT)
AKA TWR: Transformative Wholistic Reintegration

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

Affirmations

Focusing statement: 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/statement: [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

As you work, consider these pieces:
Body symptom = telephone bell from your unconscious
Search for the feelings attached to the symptoms, then
Memories with the feelings (Sometimes memories come first)
It is often very helpful to write down the your exact words. When doing this, you can tap with your feet.

With pain
Q1. What is my pain wanting me to know about my life?
Q2. What is my pain wanting me to do differently in my life?
Q3. What am I promising my pain I will do in response to Q1 and Q2?

When the numbers are not going down, consider any of the following:

Collarbone point massage

Look at the words you are using, see if they can be made more intense

Look at reasons to hold onto the symptoms (e.g. Punishing self, not believing you deserve better, inner rule to remain silent, etc.)

Look at meta-anxieties about releasing the symptoms/ memories (e.g. If I release these, I might not be as careful to avoid similar problems in the future; I promised myself I would always remember these things/ never forget them - so that I avoid these problems in the future; etc)

Inner child memories (e.g. I must shut my mouth so my father won't beat me more; etc)

Comfort and protect the inner child

As you work through very difficult materials, take a break once in a while and connect with, install and strengthen some positive cognitions/ feelings/ beliefs; visit your place of peace, healing and safety; etc.

Installing and strengthening positives
Counteracting Positives
Meta-positives
Place of peace, safety and healing

Clearing the collective PTSD of humanity with WHEE + Ho’oponopono

Daniel J. Benor, Wholistic Psychotherapist (Can); MD, ABIHM (US)
Guelph, Ontario, Canada
Tel. 519 265-0698 Fax 519 265-0746
US office: PO Box 76, Bellmawr, NJ 08099  Tel. 609-714-1885
www.paintap.com  www.wholistichealingresearch.com DB@paintap.com
WHEE IS NOT JUST A METHOD. IT IS A TRANSFORMATIVE WHOLISTIC APPROACH TO LIFE.

**WHEE Resources**

Basics of the WHEE process
[www.wholistichealingresearch.com/whee_process_1](http://www.wholistichealingresearch.com/whee_process_1)

[www.paintap.com](http://www.paintap.com)

[www.wholistichealingresearch.com/products.html](http://www.wholistichealingresearch.com/products.html)

Wholistic healing that can be included in WHEE - addressing Body, Emotions, Mind, Relationships and Spirit – as and when people are ready to explore these dimensions
[www.wholistichealingresearch.com/smreb.html](http://www.wholistichealingresearch.com/smreb.html)

(Or you can click on the round icons at the top of [www.WholisticHealingResearch.com](http://www.WholisticHealingResearch.com) or [www.ijhc.org](http://www.ijhc.org) to get to the same page.)


WHEE Instructional Video & Demonstration Video
[http://wholistichealingresearch.com/products.html#videos](http://wholistichealingresearch.com/products.html#videos)


Appreciations for benefits of WHEE  [www.wholistichealingresearch.com/appreciations.html](http://www.wholistichealingresearch.com/appreciations.html)


WHEE research  [www.wholistichealingresearch.com/WHEE_Research.html](http://www.wholistichealingresearch.com/WHEE_Research.html)


WHEE and Ho’oponopono (Hawaiian healing method) suggest ways to heal the collective PTSD of humanity.  [www.wholistichealingresearch.com/col_con_hooponopono_whee.html](http://www.wholistichealingresearch.com/col_con_hooponopono_whee.html)

WHEE phone/Skype personal consultations available  db@paintap.com
WHEE HELPS

Users report that they have had benefits for:

- **Anxieties and Fears** – Anxieties about new activities or new places, including visits to dentists and doctors; fears of flying; fears of insects, snakes, pets and larger animals, heights; test anxieties; 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 manual); calming after waking from a nightmare; dealing with underlying anxieties and post traumatic residues associated with nightmares.
- **Phobias, including school avoidance** – 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, temper outbursts 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** – respond immediately and can be eliminated.
- **Chronic fatigue syndrome and fibromyalgia** – pains, anxieties, insomnia, brain fog, self-criticisms, self-limiting beliefs
- **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, stomach aches, irritable bowel syndromes, backaches, pains after injuries and surgery, arthritis, chronic fatigue syndrome and 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.
- **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.
- **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 prescribed.
- **Relationships, social issues, performance anxieties, low self-confidence** – common issues of teens – respond dramatically well to WHEE. This is an extension of the uses of WHEE into beliefs and disbeliefs about our 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 parents have a shorter fuse; anxieties and stresses of relatives dealing with a family member’s chronic illness.
- **Meta-Anxieties and Core Beliefs** – that block releases of all of the above
More Books by Daniel Benor, M.D.


Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies


Only the studies -- described in much greater detail, including statistical information.

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Healing Research, V. 3  Personal Spirituality: Science, Spirit and the Eternal Soul


More about books and order on line at www.wholistichealingresearch.com/products.html

Article on healing the collective PTSD of humanity with Ho’oponopono and WHEE http://www.wholistichealingresearch.com/col_con_hooponopono_whee.html

Further resources

International Journal of Healing and Caring - On line www.ijhc.org With many articles on EFT

Monthly E-Zines and frequent Newsletters of the IJHC and the WHR sites http://wholistichealingresearch.com/CurrentIssue.html

Council for Healing www.CouncilForHealing.org

HELPFUL WEBSITES:

EMDR – research references, details of increasing acceptance of EMDR (e.g. American Psychiatric Association considers EMDR equivalent to Cognitive Behavioral Therapy (CBT) for severe stress and trauma www.emdr.com

EFT: USA - Association for Comprehensive Energy Psychology (ACEP) http://www.energypsych.org/

Canada - Canadian Association for Integrative and Energy Therapies (CAIET) http://www.caiet.org

Gary Craig website (may or may not continue) www.emofree.com

Wholistic Healing – Articles, resources, references on healing body, emotions, mind, relationships (with people and the environment) and spirit www.WholisticHealingResearch.com

Remarkable Recoveries www.remarkablerecoversies.com (Many with EFT)

Daniel J. Benor, Wholistic Psychotherapist (Canada), MD, ABIHM (US)

12 Glasgow Street South, #14

Guelph, Ontario N1E 4T5 Canada

Tel. 519 265 0698

Fax 519 265-0746

DB@paintap.com