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## **The Benefits and Potentials of WHEE: Wholistic Hybrid derived from EMDR and EFT**

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### **Abstract**

I am currently the principal at a high school on a Native American Reservation in New Mexico. As part of my work for my Doctoral degree I took a course on WHEE: Wholistic Hybrid derived from EMDR and EFT. WHEE has proved to be transformational in my personal, family and professional life. This article details ways in which WHEE has been helpful in clearing current-life stresses; residues of recent and past traumas in myself and in family members; and in starting to transform the fears, angers, low-self esteem and other manifestations of the history of societal traumas experienced by the Native Americans over many generations.

Key words: WHEE, EMDR, EFT, Native American, American Indian, stress, PTSD, education

### **Background**

During the past seventeen years I've worked and lived on the Apache, Navajo, and the Zuni Reservations. I am currently the principal at a high school on a Native American Reservation in New Mexico. I am finding WHEE to be deeply transformational in my personal, family and professional life.

As part of my work for a Doctoral degree in Philosophy in Integrative Holistic Health, I took a course on WHEE: Wholistic Hybrid derived from EMDR and EFT (Benor, 2009) at Energy Medicine University, a distance learning institution based in Mill Valley, California. I have used both EMDR (Eye Movement Desensitization and Reprocessing) and EFT (Emotional Freedom Techniques) on myself and others in the past. I found that in using EMDR, although it was effective in releasing emotions, I was uncomfortable with the sometimes intense emotional releases that occurred. The EFT was also effective but I found it a bit too complicated to remember. I much prefer the simplicity and the effectiveness of the WHEE method.

## **The WHEE Process**

Through the course content and assignments, I learned the actual WHEE technique, personal and clinical applications of WHEE, how to write a case report of WHEE sessions, and potential applications of WHEE through the releasing of pain, both physical and psychological, and of prevention of stress responses. I feel that emphasis on prevention is essential because WHEE can be used in everyday life, families, relationships, groups, and in the home and workplace. WHEE can be used very effectively in self-healing and helps bring about an awareness of the mind/ body/ relationships/ soul connection that is so important in holistic healing.

WHEE is a simple holistic technique of using affirmations and a right/left body tapping exercise, SUDS (Subjective Units of Distress Scale), replacement positive statement, and then SUSS (Subjective Units of Success Scale). WHEE is simple enough to use that it can be used for self-healing by adults and by children, and effective enough to be used by health practitioners and therapists. It can be taught in groups and is quickly effective for all sorts of pains (Benor, 2009).

Dialoguing with our pain is very helpful in a WHEE session in releasing part of the pain. When dialoguing with our pain in a WHEE session, we are asking the pain what it is attempting to tell us. We can also dialogue with the body about the cause of the pain. Dialoguing can be done at the beginning of the session and as we move through the session addressing different issues that come up. I've found that the body is very receptive to telling us where the problem is originating from, and then the use of the WHEE can clear it. For example, I developed an unusually stiff neck, and it took me a couple of days and then a WHEE session to discover that I had been referring to someone as a "pain in the neck." After a WHEE session, the pain cleared.

I have been exploring self-healing methods such as Reiki, herbs, homeopathy, affirmations, meditation, aromatherapy, acupuncture, polarity, chakra and auric healing, pranic healing and Buddhist empowerments to name a few for over twenty-five years. There are many wonderful techniques and applications for self-healing and healing others including a new trend of energy psychology and energy medicine. Although all techniques can be effective, my personal experience was that they either helped me temporarily or just couldn't completely get to the core for a complete healing. For example, I believe that affirmations are a powerful means of healing, but I found that no matter how much I affirmed a statement, it wasn't completely working for me. In using the WHEE for clearing and then the replacement positive affirmation, I was then able to see results with the affirmations. WHEE was necessary to clear some past issues and allow me to get out of my way so to speak, before the affirmations would work. For complementary therapies like meditation, massage, visualization, and affirmations, to name a few, to be truly holistic and effective, there must be a comprehensive integration of an emotional, psychological and spiritual balance (Myss & Shealy, 1993). I really believe that there must be a mind/body/soul connection and, without WHEE to clear past issues, many people continue to struggle with their personal growth and development, as I was doing.

## **Personal Applications of WHEE**

In beginning the WHEE course, I started with personal applications of WHEE. I worked on myself at least daily for the first several weeks. It seemed that one session led to another session and I was continually clearing old blocks. I addressed a number of issues involving grief, pain, anger, anxiety and stress and was amazed at how quickly the WHEE sessions cleared areas that I had been struggling with for years. I also worked with daily life situations and work-related situations that seemed to continually be synchronistic with the WHEE lessons.

I've found that grounding myself with a few cleansing breaths and a grounding visualization is helpful to me before the session because it seems to strengthen my focus.

My timeline of life events that we composed at the beginning of the course was very helpful in opening a door to the many childhood issues I could address with WHEE. I had been aware of many of them through the years and had been able to clear some with various self-healing techniques, but not completely. I began making a list of areas to address from my life timeline (our first class assignment), which included grief, trauma, phobias, pain and stress.

I hadn't realized that I carried so much grief until I started doing some WHEE sessions. Several sessions that started out working with anger, guilt and stress turned out to be connected to grief of losses in my childhood and relationships in my adult life; grief of things I wished I could have and should have done; and grief from the feeling that life had let me down. In working on the childhood issues of my grief sessions, I found it helpful several times to work on the memories of "Even though I felt... and then brought myself to being little Anita and stated "and I am little Anita and \_\_\_ years old and I feel..." This seemed to bring a stronger clarity to what and when I was feeling certain feelings. The SUDS went up and down a couple of times in some cases, and some of the sessions seemed to be a bit long, but they were extremely helpful in removing old blocks.

I had several traumatic incidents in my timeline that needed clearing. There were several auto accidents that caused a sensitivity to sound and quick movement which were cleared quickly with a WHEE session.

Two areas of pain that I have had for years have been jaw pain and neck, shoulder and back pain. Both the jaw and neck, shoulder and back pain had been aggravated by auto accidents. I say aggravated because when doing the WHEE I discovered that they actually originated from childhood issues. The jaw pain was from not being allowed self-expression in my youth and from internalizing stress. The neck, shoulder and back pain originated from feeling burdened and overwhelmed by life and feeling like I have had to carry too much responsibility. In working on the back pain I also released some emotions from a former relationship which seemed to be contributing a great deal to the neck, shoulder and back tension. I rarely even notice jaw tightness now and if I do, some WHEE stress relief work clears it. I now rarely have neck, shoulder and back discomfort. When I do, it's generally because I've been overdoing it at the computer and can settle that down with WHEE also.

I have had two phobias for most of my life. One was the fear of being locked in public restrooms, and another was a fear of dental visits. Working with WHEE revealed a connection between loud noises from a dentist's drill and auto accidents, which I was able to clear by bundling the two together. Bundling the fear of the needles and reactions to previous medications also helped clear. I actually have been on one dental visit since then and have made arrangements, without fear, for more work to be done. The fear of being locked in public restrooms also cleared quickly with WHEE.

I've noticed that since I've been using WHEE for stress, I am much more focused and I tend to rarely get overwhelmed anymore when I have several time sensitive projects due. In working on day-to-day stressors at work, I began to see a connection to many things from my childhood, i.e., feeling inferior, criticized, inadequate, and always blaming myself for something. Current life synchronicities with issues that I needed to deal with continually seemed to present themselves. For instance, an irate male parent at work reminded me of my father's angry outbursts. Although I calmly defused the situation, I began to shake from the inside out after the

parent left, and it took a couple of WHEE sessions to actually get to the core belief of being a helpless, victimized, stupid girl. There were also a couple of weeks in September and October where there were a rash of fights, drug busts, and parent conflict at my school (not uncommon at our school due to the gang and drug problems). I handled them all and cleared myself with the help of WHEE, and again marveled at the synchronicity of the timing of this course and a new job involving these stressful situations. I noticed that as I built up my self-confidence and looked at conflict differently, I began to respond calmly from the inside as well as outside, and the school climate is calmer since November.

I recently used a WHEE session on myself when encountering some insomnia during a particularly busy time with work involving report deadlines and overloading my brain with thoughts and computer contamination. After several nights of waking up several hours before the alarm clock and being unable to go back to sleep, I finally did a WHEE session on my insomnia. It was a fairly simple session, and instead of going into childhood issues, it was more focused on being angry because I couldn't sleep and was feeling tired of being tired. The main thing I noticed after the session was an immediate change in my mental activity. Instead of all the chatter and the feeling of not being sleepy, my mind felt like it does in meditation – almost sedated, and I promptly went back to sleep and slept two hours longer than I normally do. This prompted an interest in David Feinstein's article *Energy Psychology: A Review of the Preliminary Evidence*, in which he includes some brain images of a person with generalized anxiety disorder (GAD). The images are digitized EEG scans that examined changes in the ratios of alpha, beta, and theta frequencies in the brain prior to treatment and after of Thought Field Therapy (TFT). The brain wave patterns showed gradual abatement after 4 and 8 sessions and showed normal after 12 sessions (Feinstein, 2008). I have not yet seen EEG images after a WHEE session, but my belief, from personal experience, is that WHEE can change brain wave patterns much more quickly than TFT.

I continue to use WHEE on myself as situations occur. Holidays are often a hard time for me because they bring up old memories of feeling worthless and unsuccessful when I am around certain relatives. I used WHEE just this past holiday while I was traveling and it really helped clear some of these old feelings.

### **Clinical Applications of WHEE**

As I became comfortable using personal applications of WHEE on myself, I began working with others in helping to release fears and phobias, pain, depression, cravings, grief, and anxiety. I don't use this as a formal practice yet; just more on friends, family, and people I encounter at work requesting assistance. I have a WHEE session scheduled in the near future to help a family member with PTSD. I did, however, do a distance intent session for a son with PTSD (mentioned in the section on WHEE variations below).

Pain is generally a message to our bodies that we have something that we need to listen to from our past. People in pain can discover early childhood experiences that are affecting their everyday lives by involving themselves in effective inner child work (Weiss & Weiss, 1992) which WHEE does. Many people experience the emotional pain body, identified by Eckhart Tolle, which is created from painful and unpleasant experiences in their lives and which can also diminish with awareness of being in the Now (Tolle, 1999; Benor, 2009). The use of WHEE can help diminish those painful and unpleasant memories and bring about a higher awareness as well as relief from emotional pain. Pain can also be an emotion or situation that is manifesting in a person's body, such as a back pain may develop from feelings of too much work or

responsibility; a headache could be from being overwhelmed; indigestion can be an inability to digest new situations (Benor, 2004). These are also called metamorphic symptoms in which emotional situations emerge as pain.

I started to do a WHEE session for depression and the person asked me to do a session on cravings instead. It turned out that both were linked and we were able to work on the cravings for sugar and coffee, then to work with and clear the depression. The shift occurred when we were discussing what triggered the craving, which led us to identify feelings of inadequacy, which led to anger, which led to the depression. [The food cravings were a self-treatment for the negative emotions and cognitions, commonly acknowledged as 'comfort eating.' While comfort eating may provide a mild, temporary antidote to the negative perceptions, WHEE addresses and clears the root issues.]

In doing a session with a person for grief, we went through five of the seven stages of grief which are: 1) shock, 2) denial, 3) bargaining, 4) suffering the pain, 5) anger, 6) guilt, and 7) resolution/acceptance (Benor, 2009). In this particular session, anger and guilt didn't surface, but we were able to clear the other stages. I found in my personal clearings of grief using WHEE that anger and guilt were very present for me, with anger particularly strong. I find that different people have different stages they go through in their grieving processes, and it may have to do with how they learned to deal with situations in their childhood, such as burying old memories.

I've worked with several people on releasing anxieties. These included an anxiety of speaking in public and anxiety of being without money. Both sessions led to clearings quite quickly. They were both connected to childhood issues. The fear of speaking in public originated from being criticized by peers, and the fear of being without money was an insecurity from living in a childhood poverty situation. When working with the person with the fear of public speaking, I found myself also receiving a clearing as we did the session. Although I like teaching and presenting in public, I've always tended to get nervous before a presentation, and this session helped clear both of us. I think WHEE would be a great way to help some of my students instill more confidence when giving speeches. Another WHEE session I did for anxiety was for being very uncomfortable in libraries. This person's issues cleared better when I suggested an installment feeling and took the person back to a time when they felt more comfortable. Things seemed to move more freely after that.

Based on the case report format that we've used in our course, I've started keeping a simple personal questionnaire with basic questions to be asked before a session involving name, age, birth date, marital status, children, religion/belief system, medications, health history and context to presenting problem, family/social history, and what they hope to gain from the session. These simple questions lay an important foundation for the session. I've also found it helpful to journal notes from the questionnaire and also of the sessions and then apply it to a format of the case report as a future reference for another session or as a reminder of something vital.

### **WHEE with meta-anxieties and core beliefs**

When a person is working on letting go of a fear that has been protecting them from encountering something which makes them anxious, they sometimes resist letting go. This is referred to as a meta-anxiety, which is an anxiety about anxiety which surfaces to protect us, and is a phobia about letting go of fear (Benor, 2009). For example, a woman who doesn't want

to work has a meta-anxiety when she is afraid of letting her fibromyalgia pain go because if she becomes healthy again, then she will have to go back to work.

We occasionally encounter core beliefs when working to release old issues. A core belief is a belief that we accepted and installed in our unconscious minds at a very young age (Benor, 2009) such as “I am worthless”, “I never do anything right”, “I am unlovable” to name just a few.

I found muscle testing to be an effective and easy way to help pinpoint a specific presenting problem when doing a session. Asha Clinton’s Advanced Integrative Therapy Manual (2008) has an extensive list of negative beliefs and suggested replacement statements that I am just now exploring. I personally found that I had a deep ingrained core belief from my childhood that I was just “a stupid girl.” That simple statement kept me for many years from attaining my teaching license because although I wanted to be a teacher when I was 17, I was convinced I wasn’t capable. When I became a teacher at the age of 41, I still felt inadequate. I went on to work in educational administration, but it wasn’t until I worked with WHEE this semester that I actually got to the core of my problem of feeling incompetent and inadequate from that core belief from my childhood.

### **WHEE used as prevention**

In reflecting on using WHEE as a preventative intervention, I see it as a solution for a myriad of afflictions and illnesses – both physical and psychological. Used as a preventative to clear negative emotions and painful memories, WHEE could prevent illnesses, epidemics, psychological issues and dysfunction, not to mention saving a fortune spent on pharmaceuticals, medical bills, and therapeutic costs simply by balancing the mind, body and soul by removing blocks that prevent awareness and overall optimum health. Illness and disease can be detected in the biological energy field quite some time before manifesting itself in the body, which coincides with the high correlation of personality traits that can predispose us to certain illnesses (McCartney, 2005). Using WHEE in schools, in family settings, and the workplace as a preventative to address issues like stress, worry, anxiety, fears, hectic work schedules and deadlines, grief, depression, PTSD, major life changes such as birth, death, moving, changing jobs, divorce, etc. could actually prevent many illnesses from occurring.

### **WHEE for stress and illness**

Our WHEE course phone conference discussing stress prompted some reflecting on the actual impact stress has on our lives. Since WHEE is so successful in clearing stress (I use it frequently with my job, time constraints, and schedule) I feel it would be an excellent preventative for illnesses. Most physical illnesses are a result of emotional, spiritual, and psychological issues. An ill person will have at least one or more of the following eight significant stress patterns (Myss & Shealy, 1993): 1. unresolved or very deep emotional, spiritual, or psychological stress in a person’s life; 2. negative belief patterns that have control over a person’s reality; 3. an inability in giving and/or receiving love; 4. lacking humor and an inability to learn how to relax and enjoy life; 5. exercising the power of choice; 6. taking care of the physical body; 7. suffering caused from the loss of meaning in life; 8) denial caused from inner stress from the inability to face life’s challenges. These stress patterns are all connected in some way to a chakra, and they can all be addressed and cleared by the use of WHEE sessions. Frequent use of WHEE sessions can eventually turn into a comfortable positive habit,

and it is my hope that people will turn to WHEE as a relief and/or prevention from stress rather than turning to medications, substances, or alcohol.

Preventing emotional stress through WHEE could actually build the immune system. Myss refers to psychoneuroimmunology (PNI) in *The Creation of Health* (Myss & Shealy, 1993) in connection with the mind and body forming one unit with emotional and psychological imbalances affecting the immune system. A new field of research has developed through the study of psychoneuroimmunology and how it relates to our health, attitudes, immune system, thoughts and social stress. Research confirms that the immune system is influenced by the mind (Benor, 2005).

### **WHEE and chakra connections**

I believe that a spiritually aligned body/mind/soul system is designed for the chakra system to begin developing in an embryo, which continues the chakra development as the body/mind/soul develops. The first chakra develops in the womb, and all chakras which are fully developed at birth continue to activate during our lives at different times (Dale, 2009). Unfortunately, until mankind raises its consciousness level, factors prohibiting soul development begin as early as prenatal life in the fetus, with outside external factors like the mother's emotions, nurturing and care. Then comes the external environment the baby is born into with insecurities, stressors, survival concerns, environmental toxins, etc. These conditions are then compounded by karmic situations and lessons the soul is bringing in from birth, which could cause an out-of-balance chakra system. WHEE implemented at an early age could help to regain balance needed during the child developmental stages.

I also believe that much of our health and emotional well-being is connected to our chakra system, which is largely overlooked in our society and the allopathic approach to healing. In the allopathic approach to healing, disease is considered an external attack on the body. In the holistic approach to healing, disease is considered more of a mind/body/soul imbalance that can be corrected through awareness (Myss & Shealy, 1993). Chakras located on the body are seven wheel-like energy centers that compose a formula for wholeness integrating mind, body and spirit (Judith, 2000). Judith also states that the chakras develop at different stages, beginning with chakra one in the womb to chakra seven throughout life. Each chakra is connected to physical organs and is responsible for emotional development at different age levels (McCartney, 2005).

### **WHEE and relationships**

WHEE can also be a preventative in forming healthy relationships when used for clearing chakras and emotional issues. The chakras are senders and receptors of our energy, so communication occurs continually whether or not we are consciously sending or receiving. People in a relationship are connected by energy cords and receive intuition messages between their chakras so the quality of signals being sent and being received would definitely affect a relationship. Chakras conveying negative energies will be received by the partner as negative messages if that partner's chakras are not well balanced, and will at some point have a negative effect on the relationship (McCartney, 2001). WHEE can be helpful because when using WHEE to treat pain, relationship conflicts occasionally surface as the cause of the pain, and addressing such issues often leads people to re-examine their lives and develop better relationships (Benor, 2009).

## **WHEE in groups**

Implementing WHEE in groups and with large numbers of people could benefit the collective/group consciousness of our current societies. Current biological energy findings point towards a positive healing for groups of people. Dr. David Hawkins, *Power vs Force* (2002) uses a measurement scale of consciousness and states that anyone calibrating at under a 200 will cause contagion in the auras of those interacting with them. If a person's negative energy is not grounded and flushed by life energy, their energy will be drained by negative emotional contagion resulting in a weakened immune system and illness (Myss & Shealy, 1993). When a person's chakra and auric field is strong and balanced, then their energy field will not be affected by other energy fields and the negative energy will be deflected (McCartney, 2005). Leaders with a high positive energy field of 540 or more can cleanse families and communities of negative energy fields by charismatically dominating a low energy field below 200 (Hawkins, 2002). Myss (2001) states that as a race, we are still very immature, and fail to accept responsibility for our creative powers, so we die from diseases that are self-created energy losses. Implementing WHEE on a large scale would initiate shifts that could transform group consciousness and begin to eliminate much of the dysfunctions and diseases presently in existence.

Group healings can also be done at WHEE sessions with group benefits when working on an individual as well as working with an entire group. As an example, I find that I often clear a personal issue of mine just by doing a WHEE session with someone who has a similar issue. A WHEE session given for one person in front of a group can clear many in the group with similar issues (Craig, Web reference).

## **WHEE and determining the cause**

Myss (1996) has a theory that biography becomes biology. That is, our biological health is a reflection of our mental, emotional, spiritual and psychological thoughts, and healing a disease can only come about by working with the cause. Most people, however, have difficulty in even realizing the cause. There are many self-healing approaches, also called CAM (Complementary Alternative Medicine) which include meditation, relaxation, journaling, proper diet, fitness and therapist modalities like homeopathy and acupuncture (Benor, 2005). Because people may not be in a mind/body/soul balance, not all attempts at self-healing are effective. The use of WHEE to address our mental, emotional, spiritual and psychological issues allows people to work with the cause and could actually prevent illnesses by healing the cause and preventing the disease.

## **WHEE and Transactional Analysis**

The concept of Transactional Analysis with its theory of child development and life-script concept ties in well with the application of WHEE in addressing past childhood and inner issues that affect lives. Working with WHEE can clear inner child issues to improve lives and as preventatives for life-altering and some life-threatening situations such as depression, suicides, and addictions. Two broad types of depression, hereditary and reactive, are major causes of both physical and psychological pain, and both hereditary depressions and reactive depressions can lead to vicious circles of depressed feelings, with the worst case scenario being suicide (Benor, 2009).



From a Transactional Analysis viewpoint of suicide, a person contemplating suicide would most likely have a *Don't Exist injunction* for a life-script message which would have originated from early childhood messages from the parents (Stewart & Joines, 1987). Working with WHEE can clear issues generating in childhood which can be immediate or potentials for later causes of suicide. Although no single factor has been accepted as a universal cause of suicide, diagnosable mental disorders such as depression, bipolar disorder and some degree of anxiety disorder are associated with more than 90% of all suicide cases (Kiff, 2009). The Center for Disease Control and Prevention listed an annual United States suicide death rate as 33,300 and ranking eleventh as a leading cause of death in the U.S. (CDC, 2009).

### **WHEE to prevent addictions**

I work and live in an area where substance and alcohol abuse is very prevalent. I've worked closely with addicts, psychologists and counselors, sent students to treatment, observed AA programs, and although some are successful, the majority of these interventions only touch the surface of the problem. Most socioeconomic groups such as those on the reservations are affected in some way. Many Native Americans are still recovering from several hundred years of oppression and systemic imposition of Anglo and Christian culture. Following government treaties, many Native American children were removed from villages and sent to residential schools and converted to Christianity (Maxwell, 1978), from which our current generations are still recovering. I've worked in the past with adults on a reservation boarding school who were third and fourth generation boarding school residents. Although boarding schools have improved dramatically, the victimization and previous negative impact is still apparent in the present-day dysfunction of their families.

As per Hawkins' Consciousness Scale (Hawkins, 2002), energetic depletions in children will be created by families calibrating at less than 200. Therefore, young people coming from homes with any negative habitual family emotional expressions such as fear, anger, apathy, guilt, etc could develop energetic depletions leading to addiction. This is another good reason for using WHEE at an early age, particularly in dysfunctional settings.

### **WHEE in educational settings**

As I mentioned in my introduction to this article, during the past seventeen years I've worked and lived on the Apache, Navajo, and the Zuni Reservations. I've seen oppression, victimization and hopelessness in these people as well as violence and substance issues. Effort is being made in schools and different mental health agencies to break this cycle, but it is a very slow process and is generally more in dealing with legal consequences and temporary intervention than focusing on prevention, as WHEE could do. Gangs, their loyalty to one another, honor, and sense of vengeful justice (payback and retaliation) all stem from the first chakra. According to Carl Jung, the group mind is the lowest form of consciousness because decisions made are rarely made through responsibility for personal individual roles, and the realization that "energy is power" (Myss, 1996) instead of physical strength being a power. With the exception of some private schools, gang affiliation in some way is prevalent in most schools, particularly on the reservations.

If WHEE was implemented in all elementary and early childhood school systems, then prevention intervention could begin at an early age in formations of habits, attitudes and beliefs. WHEE used at middle school level could help shape the formation of principles of morals

lacking in many young adolescents, and in developing new positive habits. WHEE used at high school level could assist students with deeper ingrained issues as well as providing them with tools and habits for how to deal with future life crises. WHEE would also be a great preventer of teacher-burnout which I see all too often. As a high school principal, I see many students who already are carrying a tremendous amount of baggage such as depression, violent tendencies, and victimization from violence, aggression, anger, hopelessness, and addictions.

I've found that school districts and governing school boards are reluctant to implement new strategies due to fear of lawsuits, conflict with parents, etc. The administrators that I've spoken with in our district seem to think addressing traumas and behavior is a good idea but no one has taken that initial step forward. Due to pressure from the Public Education Department to raise tests scores and make AYP (Adequate Yearly Progress), which affects funding for the schools, the main focus seems to always be on grades and scores. Hundreds of thousands of dollars are spent each year nationally on new academic programs to improve reading and math, and pressure is put on principals and teachers to improve academic progress, but little is being done to get to the core of the problem by addressing traumas or emotional needs, or in preparing children for their future.

I plan to implement WHEE into my high school this next school year at the latest, and I anticipate that the improvement in grades, behaviors and attendance will more than likely inspire other schools to do the same. I hope to be able to send the site counselor, district social worker, nurse, and hopefully a teacher or two to a WHEE training to begin the process, or to invite Dr. Benor to my school for workshops for more people.

### **WHEE and epidemics**

In observing the panic about the swine flu epidemic, I realize how first-chakra based this informational and RNA virus is. In *Anatomy of the Spirit* (1996), Myss discusses the tribal power of the first chakra, the fear, and how viruses and epidemics are centered in the imbalance of the first chakra through group belief systems, which have to do with group willpower. The first chakra energy content is tribal power and all issues related to it are energetically connected to our immune system. Epidemics are a negative group experience which can cause us to become energetically susceptible if our personal first chakra fears are similar to the culture's overall first chakra. Any form of victimization promotes viruses and first chakra imbalance (Myss, 1996). My suggestion for dealing with this is to implement WHEE at an early age, preferably in school settings or within families, and address any victimization and insecurities that may be present.

Religion is also a tribally based belief system because it involves more group-based thinking than individual spiritual-based thinking. Many people have emotional childhood issues based on confusion from religious upbringing, which can be cleared by WHEE. More on this in my discussion on addictions.

### **WHEE variations**

I've had several situations arise where I improvised with WHEE and followed my intuition in difficult situations. Recently at work, I was confronted with the problems of a student who has been diagnosed with clinical depression, often displays anger through defiance and resistance, and has not been taking his medication for depression as he should. On this particular day, a

teacher asked me to remove this student from a classroom because the student was displaying anger and aggressive behavior towards the teacher. The counselor was out of the office so I managed to get the student to follow me to my office. He sat down and showed a lot of agitation – tapping his hands and feet, his face was red, he was breathing rapidly, his eyes were darting around the room, and it looked and felt to me like he was ready to jump up and run out of my office.

I had not yet worked with him on WHEE and wasn't sure how to approach him in his agitated mood. Since he was already tapping his hands and feet, I started tapping my fingers simultaneously on my desk, and started with "You sound like you're very angry with your teacher." He agreed and then gradually started talking.

We kept up the dialogue of how he was feeling, why he was feeling that way (lack of drugs because he was trying to quit) and how he is proud of himself for doing such a good job. All the while we were still tapping. I felt like we somehow seemed to merge with our [vibrations] and he visibly started to calm down. It could be considered a crude form of WHEE but it had a big calming effect. Within ten minutes he was settled down and requesting to get a drink and wait in the lobby for the counselor to return, which he did calmly.

A week later, with this same student, I had to remind him that his dangling belt was once again a dress code violation. I told him he could choose between tucking in his belt or going home. I walked out of the office to give him time to make his choice. He was calling me names and refusing to comply, but he was also tapping his thumbs on the chair armrests. About ten minutes later, he walked past me and back to class on his own volition with his belt tucked in. The belt has continued to be tucked in for the past couple of weeks.

In another situation, I used intent to work on my seven-month-old grandson who lives 250 miles away and was suffering from bronchitis and an ear infection that wasn't healing. With my Reiki background, I am comfortable with distance healing so I worked with him using WHEE on a teddy bear as a proxy. (In proxy healing, we give treatment to a surrogate for the person who is not present, with the intention that the healing be redirected to the one who is in need.) While I was doing the Reiki on the teddy bear I was also tapping the teddy bear, saying, "Even though I feel..." Since his first chakra is connected to fear, survival, and the immune system, I worked a bit with "Even though I am afraid of all things new in life..." and ended with "I am safe." I used muscle testing on myself to determine that I was on the right track. He's doing better and I am continuing to work with him through intent. While it would be difficult to prove a direct connection between my sending healing and his improvement, there is research evidence that this can work.

I have worked on a family member through proxy when she was having frequent anxiety issues about being overwhelmed, feelings of not being a good mother, having company, etc. Sometimes I use the teddy bear, and sometimes I use myself. Following the proxy sessions reveals she has seen improvement.

Due to distance, I have also been working by proxy on a son who recently returned from Afghanistan. He earned a Purple Heart and a Bronze Star because he was so deeply involved in fighting and gunfire. He was in charge of 24 men and carried a tremendous feeling of responsibility for them. He has been on edge with the children and his wife (which isn't his normal behavior), is easily agitated, and his voice sounds tense on the phone. When doing the distance intent work on his PTSD, I followed my intuition, and started with "Even though I was around guns and loud noises and was responsible for protecting my men, I still..." I ended it

with “I am safe and my men are safe. All is well”. I also used muscle testing on myself as I did the WHEE and the SUSS because I was concerned that something might crop up that I was unprepared for at a distance. His wife has reported that he is doing better and he seems less intense on the phone, so I feel that the intent is working. I’m not sure I would work with PTSD at a distance on a regular basis for others, but I felt that my son and I have a good connection. I even started remembering things from his past that could have been traumatizing, like falling and cutting his head when he was one, a swimming incident when he was six, seeing someone shoot his dog when he was fourteen, and a long distance move away from friends and family when he was fifteen.

### **WHEE and proxy permission**

Permission should always be asked from the person receiving any type of proxy healing (Benor, 2009), whether it is directly asked or on a spiritual level. For example, whenever I do a proxy or Reiki distance healing, I visualize the person I am sending the healing to and then intuitively ask if I have permission to send a healing. If the answer is “yes” and I feel confident that this is an objective answer, then I proceed. If, on rare occasion, I receive a “no” answer, I honor that by not proceeding. I do follow it up with a prayer for the divine good of that person. Not everyone is ready to be healed as in cases involving meta-anxieties where the person has an anxiety about their anxiety and a reason for not wanting to heal at that time.

### **Summary**

Although WHEE may not be a cure-all for everything, I feel that used as a preventative intervention, our human race will eventually get to the point where the focus will be more on a mind/body/soul connection than being blind to our purpose because of the many issues that have clouded our spiritual development. I know that personally, the WHEE has been a turning point in my spiritual growth because I’ve been able to let go of blocks that were preventing my personal development. In essence, I was able to get out of my way and move forward, and I see a tremendous possibility for others striving to do the same.

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