

May, 2007

Volume 7, No. 2

## WHEE ON THE MOVE IN PERU AND CANADA

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### Introduction

WHEE (Whole Health – Easily and Effectively) is a potent self-healing technique, elegantly simple and easy to learn, yet deeply potent and rapid in its effects. It allows people to release negative emotions quickly, even when these have been caused by severe traumas that occurred years earlier. WHEE proved helpful to children with severe traumas in Peru, as well as to professionals with at least a Master's degree working in various industries in Alberta, Canada.

### WHEE

WHEE (acronym for Whole Health – Easily and Effectively) is a potent self-healing technique derived from Eye Movement Desensitization and Reprocessing (EMDR) and Emotional Freedom Technique (EFT). It is elegantly simple and easy to learn, yet deeply potent and rapid in its effects. It allows people to release negative emotions quickly, even when these have been caused by severe traumas that occurred years earlier (Benor, 2001-2007).

WHEE is making its' impact in Peru and Calgary, Canada with the recent introduction of this magical, simple intervention to these diverse populations. The Peruvian scene is with the poorest of the poor children outside Lima who live on the city dump. I worked with children at a new children's center that opened its doors in December, 2006, and later with their mothers and volunteer staff. Two presentations were offered at another location on the city dump, the Centro Nana Nagle, named after the founder of the presentation sisters, Nana Nagle. I taught children from *Kids Helping Kids* program at Centro Nana Nagle as well as with their mothers and the volunteer staff at a later session. The *Kids Helping Kids* program was launched in Peru at my initiative, after a vision to create this while teaching at the World Healing Institute in Virginia, USA in July 2004. Since that original vision, the sisters in Peru

**City dump outside Lima, Peru**



have launched Peru as the original site for this new program from Energy Medicine Partnerships, Inc. that is intended to be offered worldwide.

The Canadian scene was offered through the Energy Medicine in Organizations program where Human Resource planners from different organizations came to find ways to introduce energy work into their businesses. WHEE was also offered in Calgary at an advanced development of healers in bioenergy therapy. These diverse settings from one part of the world to another offered a unique perspective to understand the universality of the work and potential worldwide impact.

Simply said, WHEE works, easily and quickly as communicated by its' founder, Dr. Daniel Benor. When the opportunity presented itself, I hesitated offering WHEE. I felt insecure trying my wings. My doubts were quickly relieved however, as the power of WHEE became evident and the simple instructions brought results immediately.

In Peru I introduced WHEE after the children leaders from *Kids Helping Kids* presented to the new kids ways to help themselves using Energy Medicine. These children had suffered severe traumas. For instance: one 6 year old child witnessed his father attempting to murder his mother; others were sexually abused and/ or exploited in various ways; many were constantly exposed to marital problems in the home as well as constant yelling and screaming; and many were neglected emotionally and mentally. All of the participants suffered the effects of extreme poverty.

Through a Spanish translator, the children identified a problem and were guided to rate the problem on a 1- 10 scale, with 10 being the most difficult and zero meant it was not a problem at all for the child. The children were instructed how to verbalize the issue to clear it from their energy system and were shown how to do alternate tapping on the arms, (called a butterfly hug) while expressing the sentence to support the healing to take place and eliminate the fear, issue or problem energy. Building on prior work with the children, they were instructed to center by placing their hands on their heart, and to ground themselves by focusing on opening their feet and connecting to the earth, allowing their problems to drain away.



Using WHEE



After tapping for about 3 minutes, the children then reported the change in their rating of their problem. About 75% of the children reporting the clearing after the first go around. It took a second round to reach 90% of the children get their negative feelings down to 0, and the remaining 10% cleared after the third tapping.

The next goal was to insert through tapping a positive belief or goal for the child, to replace whatever negativity has been released. Several examples were given such as: "I am strong and happy and

loved.” “I can overcome my fears.” For this intervention the rating starts with 0 or wherever the number is when the person first states the positive affirmation, and goes to 10 to fully integrate the positive change in the child’s life. For this part the children’s faces turned to joy and happiness. During the entire process, the children were alert, focused and attentive.

I modified WHEE, using an intervention from Transform Your Life through Energy Medicine (TYLEM) for two of the four sessions with different groups. The intervention is using the hands to integrate the new message or belief into the energy field. The hands are filled with the new message and the new message is brought through the field starting above the head and moving the hands to below the feet and beyond, placing the positive affirmation into the field.

The same procedure was done with the mothers during another session. The results were also positive with demonstration of clarity of the technique by the mothers who went through the process as guided by the teacher. By the end of the day, the Spanish translator was able to effectively instruct the participants in the procedure with the third and fourth applications of WHEE. My goal was to teach one of my Energy Medicine Partnerships instructors in Peru so that the work could continue and be built on. Participating staff were amazed at the simplicity and effectiveness of WHEE. My goal is to be available for follow-up and on-going supervision to the instructors as they encourage the use of WHEE to deal with some of the many problems facing the Peruvian poor.

#### Using WHEE with TYLEM



The Energy Medicine in Organizations group taught through Energy Medicine Partnerships was quite a contrast from the Peruvian setting. The work was demonstrated with professionals with at least a

#### WHEE in Calgary, Canada



Master’s degree working in various industries in Alberta, Canada. This time most of the students were middle class adults with complex problems they were facing personally, or for the business clients they served.

The same technique was introduced in Calgary with another group for advanced development of healers. They used also a variety of tapping choices - such as tapping on their eyebrows, knees or arms. The participants could choose

whatever approach they preferred to use. In hearing the adults working on clearing their fears and worries, I was struck by the simplicity and universality of the work. What was different was that I connected with each population by using the language that the audience could hear and examples they could relate to.

The advanced development healers group were very responsive to the work as well and eager to use it with the populations they served, as well as continue working with it in their personal lives. Self doubt, worries, fears and inadequacies were similar to the other groups.

#### In summary

Having such diverse participants in different parts of the world during a three-week time span helped me to see the potential of WHEE to cross cultural, professional, linguistic and age barriers. We are ONE and we are the same in our differentness. WHEE has demonstrated that once again!

## References:

Benor, Daniel J. WHEE [www.wholistichealingresearch.com/wheearicles.html](http://www.wholistichealingresearch.com/wheearicles.html).

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