

Introduction by James Redfield
author of *The Celestine Prophecy* and *The Tenth Insight*

I first heard of michael ryce's work in 1988. He was speaking in Birmingham, Alabama and, while I was unaware of his lecture at the time, I felt an unusual urge to drive to its location that day. Over and over, the intuition penetrated my awareness, and just as many times I told myself that I was too busy. I had planned to work all day at my desk and I resisted changing my agenda.

Still, the image kept coming to mind. Repeatedly, I saw myself getting up and going there. Finally, after hours of procrastination, I did just that. When I arrived, the lecture was over and michael had left, but enough people remained to let me know what I had missed.

"The breadth of this guy's knowledge is amazing," one person told me. "He brings a new and original understanding of relationship dynamics, he talks about the translations of ancient Aramaic texts, the findings of modern physics, and pulls them all together in a way that makes sense. You missed it, but you're in luck, he has several workshop tapes. It's all there."

Later, I searched out these tapes and found one of his titles— *Why Is This Happening To Me . . . AGAIN?!*—staring down at me from a shelf in a local bookstore. When I got them home, I found that listening to his tapes was to take an amazing journey through the world of inner healing and through michael ryce's mind.

My friends were right. The gift michael has is to synthesize the many diverse elements of the human experience and bring them together into a clear picture of human growth in the world, especially the growth that comes about as the result of the relationships we encounter with other human beings.

His foundation is so diversified it is hard to pin down its exact source. He holds that everyone who comes into our lives is there to teach us something. And he buttresses this foundation by synthesizing the original meanings of the Aramaic Scriptures and the new world view presented by modern physics, which indicates that the force of our intention goes out and influences the world. He emphasizes the understanding that this influence is not restricted just to conscious thought, but applies to the unconscious state of mind as well. In other words, the way we think about the world and the unconscious attitudes we harbor, to a great degree influence what happens to us in life.

That's why the title of his tape series, and this book you are about to read, is so poignant and totally on target. "*Why Is This Happening To Me . . . AGAIN?!*" is what all of us feel at one time or another if we are open and honest. We feel this way because our unconscious habits of mind keep bringing the same types of people and events into our lives repeatedly, and will continue to do so until we change the mental patterns that attract such outcomes.

What michael is doing is offering a coherent system for change by which we can remove the self-defeating obstacles that block our way and open up to the real path that awaits us in life. It's a journey of clearing that each of us must take, sooner or later. Of the approaches I've seen on how our thoughts and habits affect what happens to us, michael ryce's work is the most succinct and helpful at opening us to growth. If you're like I was, thinking you don't have time, pause a moment and take a tip from me: exploration into your inner beliefs and expectations through michael's work, right now . . . can shift your life forever.

Thanks, michael, for the inspiration all these years!
James Redfield