



*GREETINGS for the Holy-days, our end of the year update, First, we are thankful for the opportunities and blessings of this past year and look forward to 2023. We both have experienced Covid twice (December 2021 and July 2022) and recovered well with an upgrade to our health. We continue to live in Bristol, VA/TN (**please note our new address is Post Office Box 1901, Bristol, TN 37621**) and we remain advocates for Jeanie's Dad who has now had to go into assisted living. The Covid in Dec 2021 advanced the symptoms of his Parkinson's and Dementia and he no longer can walk. We visit him several days a week and do what we can to assist his mental and physical well-being. We still care for Arya Reign Shaw (our granddaughter) 2 - 3 days a week, part time now as she is in pre-kindergarten. We believe she is enlightened far beyond most people not just 4-yr olds. She is primed to be a true healer and is an awesome teacher for us, to remain as BEING (LOVE). We gained another granddaughter in September 2022, Michael Jay and Jami Ryce brought Kaylee Jo into the world. We were able to go spend 10 days with them in Kansas City, MO in October. She is a true light as well. Christa and Aaron Poole have two beautiful girls Adeline and Avery (they are now 11 & 2) and they still live in St Louis, MO. We were able to spend a few days with them in October as well during our trip northwest. Rylie and Jacob Shaw (Jeanie's step-grandchildren, 13 & 9) live in New Jersey and we have not been privileged to spend much time with them. We wish we were closer to all of our grandchildren to be an influence in their lives and vice-versa but that is not the case. We took a much needed vacation the last of August for the first time in 5 years - no agenda and lazy beach time. And then we found there was a natural Hot Springs about an hour and half from us here in Bristol so a couple of weeks ago we took a weekend trip there to just soak in the minerals. HeartLand, our teaching center in MO, saw it's last summer season in 2019. It was a full season for michael (Jeanie stayed in Bristol to care for Dad and Arya) but then Covid happened early 2020 and we have not reopened. And we are not traveling, so our finances have felt the strain. Yet the expenses go on there: the upkeep and taxes and such, one building needs a new roof asap. **We have started a HeartLand Maintenance Fund Raiser to help us with those needs. Go to our website at <https://whyagain.org/heartland-maintenance-fundraiser/>***

michael did a Laws of Living intensive at a center near Bristol in 2020 before Covid hit, since then we have done services, workshops and intensives via Zoom and it has worked well. For example the monthly StillPoint Breathing membership, the book club and the radio show. We have converted our DVDs into streaming MP4s for a lesser price to you the consumer. Lots of changes in the way we do things.

We have the HeartLand Aramaic Forgiveness APP that is FREE and continues to expand, please update your version to get all the newest components. **AND, we created two NEW videos to help navigate both the website and the APP. Check it out <https://whyagain.org/instructional-videos-to-navigate-website-and-app/>**

We are distributors of a profound wellness device called the AVACEN. It is a medical device, non-invasive, through patented thermal therapy and microcirculation enhancement, is cleared by the FDA for pain relief and muscle relaxation. We use it daily ourselves and have seen powerful results. It is like a physical form of forgiveness. Listen to dr michael ryce explain the impact of the AVACEN on the Para-sympathetic Nervous System (MP3 format, 24 minutes).

See details below or contact michael or go to our distributor page www.AvacenMedical.com/MindHeartandBeing.

As of December 2022, we have a volunteer from the bookclub wanting to translate "Why Is This Happening to Me ... AGAIN?!" into Mandarin (Standard Chinese).

We are excited with all that is happening as the work moves forward. Michael is doing more podcasts and interviews and you can find those links under MultiMedia and News on our website.

If you haven't visited our YouTube channel PLEASE DO SO:

https://www.youtube.com/@MichaelRyce_WhyAgain. Another way of supporting us is to subscribe and click "like" when you watch a video. **YouTube will monetize our channel but we must meet their criteria.** First we need 1,000 subscribers and right now we have 963 (so close). While we have had over 47,000 views on our channel many of our videos are short (10 min or less). However we have now added the Book Club archived videos and several workshop videos which are a couple hours each. To be monetized, YouTube requires 4,000 hours viewed and we don't have near that. It will support you in learning and us financially if you click on a video and stay there for more than a few minutes, stay for an hour viewing and click "like". This doesn't cost you any money, just time, and it gets us closer to YouTube financially supporting our work.

Someone said we include too many items in our newsletter but what interests one person may or may not be of interest to all so just click and read what you resonate with. We either include as much as we can in one newsletter a month or we send multiple emails and then people don't read or complain because their inbox gets overloaded. This is our choice of how to best get it all to you. Read it in more than one setting (and do worksheets) if you tend to go into overwhelm.

We hope your homes are filled with Love and Laughter and that your Holy-days are Blessed. michael & Jeanie

There are a few main highlights in this newsletter (details in individual sections further down):

1. Our HeartLand Aramaic Forgiveness App has taken on a major upgrade. This is a FREE App in both Google Playstore and Apple Store. Please update (or download if you haven't yet) and experience the work right on your phone. You can now submit questions right from the app, you can access the forgiveness worksheets, Commitments, Games, our Schedule of Events and so much More. **AND, we have added two new videos to our website to help you navigate both the app and the**

website. Check it out <https://whyagain.org/instructional-videos-to-navigate-website-and-app/>

2. The Monthly MindShifters & StillPoint Breathing Membership Workshops are small groups but very powerful - growing both in number and in consciousness. This has been ongoing since October 2021. **The next one is January 14 & 17, 2023.** Join us.
3. There is an ongoing Global Online Book Club - michael assists / facilitates the 2nd and 4th Thursday of every month. This has been going on since March 2022. The book study focus is Aramaic Forgiveness presented in "Why Is This Happening To Me ... AGAIN?!" **Next sessions are January 12th and 26th.** Archives are on the website.
4. We have a 90-hour Self-Study CoDependence to InterDependence Intensive with a Responsibility Communication component.
5. We have provided a new WHY AGAIN Workshop (3 hrs on YouTube or Vimeo) for FREE <https://whyagain.org/free-3-hour-why-is-this-happening-to-me-again/>
6. The MindShifters Radio Show continues since January 2011 - we have over 4,100 hours of archived shows available to you with a click. LIVE from 12:00 - 1:00 Eastern Time with Dr Tim Hayes and 1:00-2:00 Eastern Time with dr. michael ryce.
7. We have several potential events coming, stay in the know - watch the website for additions and changes under Schedule. For example: we are looking at the next LIVE online Intensive to be Laws of Living or Why Teachers' Training. Make your request if interested in attending one.

TOOLS & OPPORTUNITIES



POWERFUL, PRACTICAL TOOLS THAT
ARE TRANSFORMING OUR PLANET!

dr. michael ryce

FREE 3-Hour Workshop Online
(recorded June 11, 2022)

"Why Is This Happening To Me ... Again?!"

dr. michael ryce presented this 3-hour workshop via Zoom and Facebook, sponsored by The Facebook Marriage Support Group/ Tim Kellis

Click to download the newest Wake-Up Sheet prior to watching the workshop

READ MORE - GET THE VIMEO STREAMING LINK



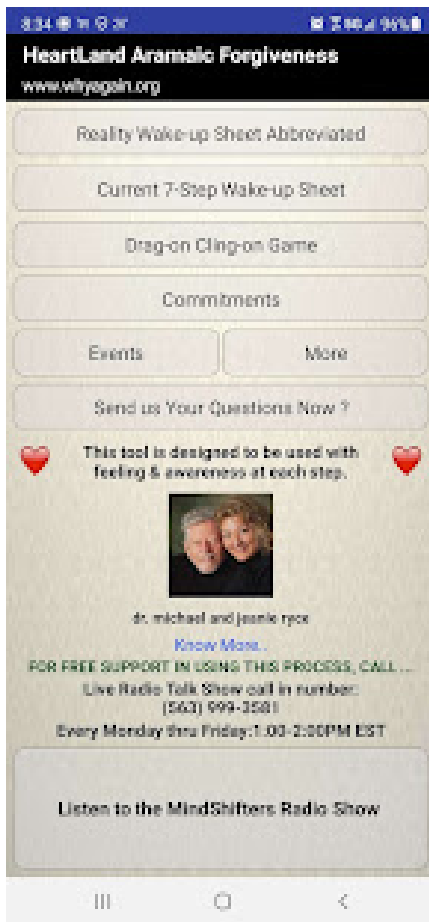
HeartLand Maintenance Fund Raiser

We have started a HeartLand Maintenance Fund Raiser to help us with current needs. Go to our website for details and ways you can help.

[Details \(click here\)](#)

The world's ONLY forgiveness APP

Search your App store for:
"HeartLand Aramaic
Forgiveness"



The APP was updated June, 2022.

Download **FREE** in both the
Google Play Store (for Android)
and the **Apple Store (for iPhone)!**

READ MORE

MindShifters & StillPoint Breathing Monthly Workshop



**Join us! One session, three,
or, for best pricing, buy 12 monthly
sessions. (Try 1 month and the
discount applies if you upgrade)**

Gentle self-help tools that lead to the direct experience of "Source Connectedness," self-acceptance and a deepening serenity.

MindShifters are a way to access deep unconscious dynamics quickly through a written exercise.

Then the power of the breath can help access and release pain, trauma and heal generational issues.

Our next session is January 14th

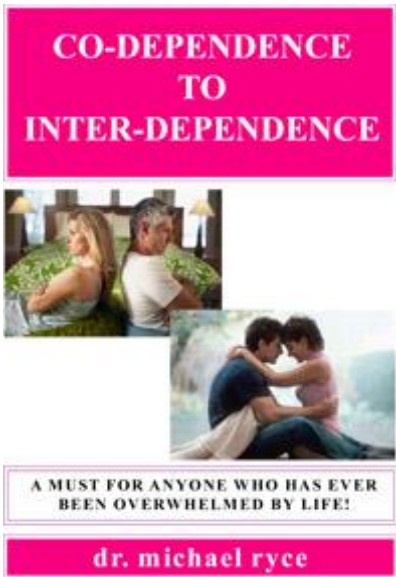
TO INQUIRE / REGISTER
Email your **NAME** and **PHONE#**
to jeanie@whyagain.org
Pre-registration required!

READ MORE

NOW AVAILABLE!

BRITISH GLOBAL

**Intensive Self-Study Online
"CoDependence to
InterDependence /
Communication Practicum**



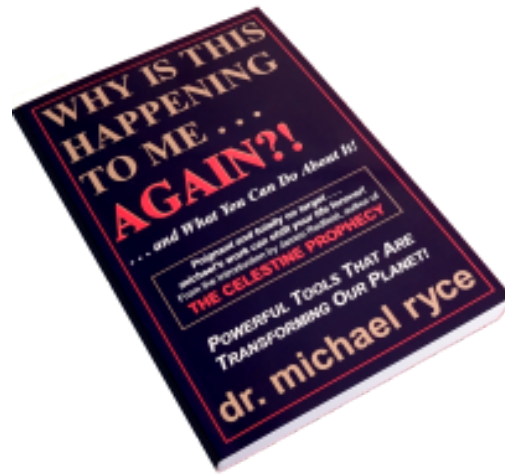
INCLUDES:

1. PERMANENT access to 90 powerful hours of video instruction, process work/Q&A
2. PHONE-IN SUPPORT 5 days a week from 1:00 – 2:00 PM EST, AT (563) 999-3581
3. FOOD SUPPORT: access to our private "Healing Through Food" FB page w/videos on kitchen set-up, instructions for the HeartLand Fresh and Raw food program, Q & A and access to 14 weeks CREATIVE MENUS on the Trello APP
4. Two Personal Code Evaluations

WORKSHOP TOPICS:

1. WHY IS THIS HAPPENING TO ME... AGAIN?!
2. HEALING THROUGH RELATIONSHIPS
3. COMMUNICATION – DID YOU HEAR WHAT I THINK I SAID?
4. CODEPENDENCE TO INTER-DEPENDENCE
5. MINDSHIFTERS AND STILLPOINT BREATHING

**BOOK CLUB
FREE Study of "Why Is This
Happening To Me...
AGAIN?!"
ONLINE via ZOOM**



This is a great opportunity to study the book / the work of Aramaic forgiveness again with others globally.

Open, inspirational discussion on the teaching from "Why Is This Happening to Me ... AGAIN?!" by michael ryce. It is more than reading the book, it is a workshop.

michael facilitates on the 2nd and 4th Thursday of each month until complete. Starts at 8:30pm London time – which is 3:30PM Eastern Time

*Next sessions are
January 12th & 26th*

**Hear My Voice Book Club Zoom
Join Zoom Meeting**

<https://us06web.zoom.us/j/89894012819?>

pwd=djNVNkl2dHVmZ3dvMXAvbDhHZ3RDZz09

Meeting ID: 898 9401 2819

Passcode: 54321

Archived meetings and more information can be accessed at

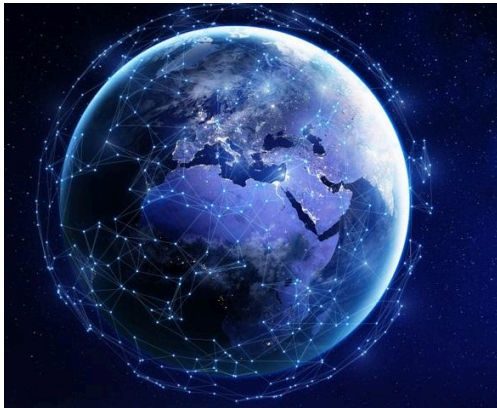
[Read More](#)

<https://whyagain.org/global-online-book-club/>

[Read More](#)

UPDATES - NEWS

The work is spreading, we are global, creating a field around the planet. Will you be part of the critical mass?



Besides the APP update, we have added to the website:

1. **7-Step Wake-Up Sheet revised May 2022.**
2. Multimedia: News: **Newsletters**
3. Healing: Body, Mind, Spirit: **Healing Crisis**
4. Healing: Body, Mind, Spirit: **Health Issues**
5. Healing: Body, Mind, Spirit: **Nourishment** (including about cucumbers & God's 'farmacy')
6. At the bottom of home page, **News Flash**
7. The **Start Here** page is revamped
8. **The Commitments** are revised
9. Have you watched michael's video: **What is the World?** (click the video link below)

MindShifters Radio



**Free to Listen! Free Support!
Why Is This Happening To
Me... AGAIN?!**

**Monday through Friday
12:00 - 2:00 PM Eastern Time**

Dr. Tim Hayes, host 12:00-1:00 PM
and
dr. michael ryce, host 1:00-2:00 PM

When you call in **(563) 999-3581**, you will be given the option to either just listen or press "1" to be placed in queue to talk directly to the host (s). Or sign into BlogTalk and chat in the chatroom.

[Read More](#)



We have stopped traveling and have shifted to doing Intensives via Zoom. If this work has touched your life, we invite you to consider paying it forward.

[Donation Link](#)



AVACEN - a form of Physical Forgiveness

Since the primary action of the AVACEN is to impact micro-circulation, let's look at the challenges it addresses as relates to the Sympathetic - Para-sympathetic continuum. I kind of see this continuum as a slider that moves from an accent on one or the other...

[Read More](#)



Listen to dr michael ryce explain the impact of the AVACEN on the Para-sympathetic Nervous System. (MP3 format) 24 minutes

Translations - reaching the world



The **Why Again** book is in eight different languages not all of them in its entirety. *As of December 2022, it is soon to be translated in Mandarin (Standard Chinese).*

Thank you to each person who said, "I want to translate this into my language so others can have these tools and this understanding too."

We are truly blessed to have you on our team, know we are on your team too.

The Reality Management Wake-up Sheet is in more than eight languages.

The explanation of true forgiveness is given in **Thai as a PowerPoint Presentation.**

We have so many items translated into Spanish, that we have given it a separate page on the website. Thank you Nene and Claudia! **Spanish Page**



**Our new address is
dr. michael ryce & Jeanie Ryce
P. O. Box 1901
Bristol, TN 37621-1901**

CONTACT US



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