



GREETINGS for the Holy-days, this is our end of the year update,

First, I can't believe we have not sent out a newsletter since March, I commit to doing better in 2024. We continue to live in Bristol, VA/TN (please note our address is P. O. Box 1901, Bristol, TN 37621). Jeanie's Dad passed in March 2023, I guess that month life shifted, however, we have settled down nicely and decided to make this home base. We have created 4,833 sq ft of gardens: 515 sq ft is vegetables and 4,318 sq ft is pollinator gardens. Go to <https://whyagain.org/our-homegrown-park-progress/> to see pictures and progress.

We still take care of our granddaughter, Arya Reign Shaw, 2 - 3 days a week. She is 5 times around the sun and in Kindergarten this year. She will tell you we are here to BE LOVE. We continue to guide her to cancel goals and to eat nutritiously and hydrate. She gets it. Ryan and Gabby are doing really well and we are glad to participate as much as we can with them.

We went to the beach in September for a week of family time with Michael Jay and Jami Ryce and we were blessed to see our newest granddaughter, Kaylee Jo, take her first steps. She is now 1 time circling the sun. They remain in Kansas City, MO. Christa and Aaron Poole have two beautiful girls Adeline and Avery (they are now 12 & 3) and they still live in St Louis, MO. We are planning another trip to the beach next April to have family time with them as well.

Rylie and Jacob Shaw (Jeanie's step-grandchildren, 14 & 10) still 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.

HeartLand, our teaching center in MO, had a full season in 2019 then the pandemic hit in 2020 and it has not been opened since. If we have enough people commit, we will plan to do intensives there in 2024. Please let us know if you are interested.

michael did a Laws of Living intensive at a center near Bristol in 2020 just before Covid hit, but since we have transitioned to doing one-on-one sessions, church services, workshops and intensives via Zoom and it has worked well. Watch our site for schedules and online opportunities: <https://whyagain.org/schedule/> You will find

the archives for the Global Book Club, Self-Study CoDependence Intensive and our Monthly StillPoint Breathing membership.

Remember, 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/> I know I've told it before, but 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.

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. We now have 140+ videos and 1.09K subscribers.

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 December 16 & 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 December 14 & 28, 2023. 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 Why Again or Why Teachers' Training or Intuitive Development. Make your request if interested in attending one. AND, with enough commitment we will open HeartLand in 2024.

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

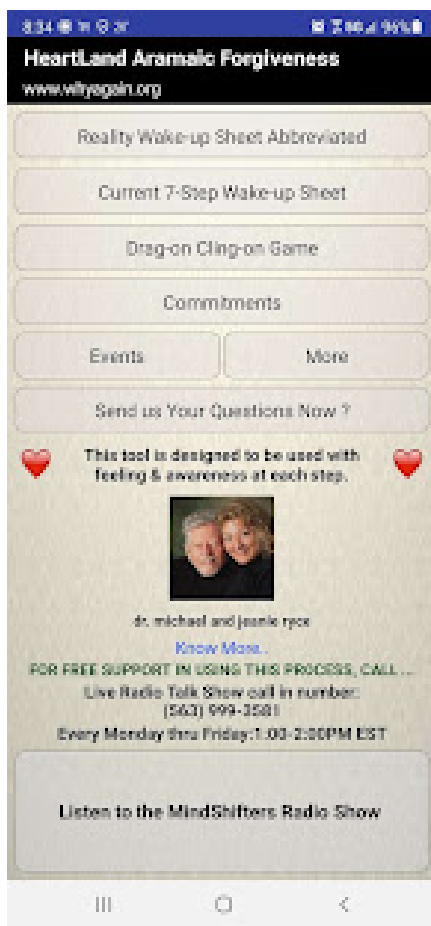
READ MORE - GET THE VIMEO STREAMING LINK

The world's ONLY forgiveness APP
Search your App store for:
"HeartLand Aramaic Forgiveness"

MindShifters & StillPoint Breathing
Monthly Workshop
(every 3rd Saturday/Sunday of the month)



Join us! One session, three, or, for best pricing, buy 12 monthly sessions. (Try 1 month and the



*The APP was updated in
October 2023.*

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

READ MORE

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
December 16th & 17th, 2023***

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

READ MORE

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

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

CO-DEPENDENCE TO INTER-DEPENDENCE



A MUST FOR ANYONE WHO HAS EVER
BEEN OVERWHELMED BY LIFE!

dr. michael ryce

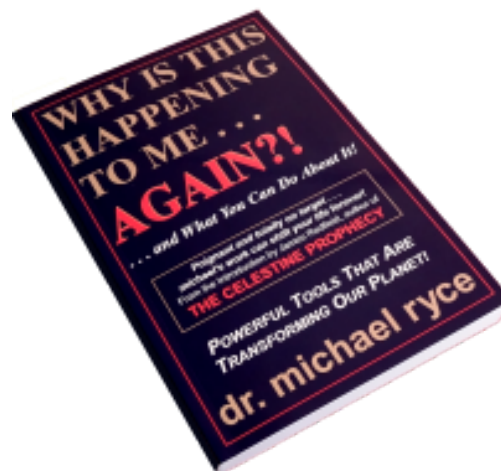
INCLUDES:

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

Read More



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
December 14th & 28th, 2023*

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

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

[pwd=djNVNkl2dHVmZ3dvMXAvbDhHZ3RDZz09](https://us06web.zoom.us/j/89894012819?pwd=djNVNkl2dHVmZ3dvMXAvbDhHZ3RDZz09)

Meeting ID: 898 9401 2819

Passcode: 54321

Archived meetings and more information can be accessed at <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. Any new articles will appear at the bottom of the website **Home page**, such as **new Why Again article**, four new pages: **Holding the Space, Stress, Freewill, Psuedo-Solutions, Punishment and/or Avoidance**
4. Healing: Body, Mind, Spirit: **Healing Crisis**
5. Healing: Body, Mind, Spirit: **Health Issues**
6. Healing: Body, Mind, Spirit: **Nourishment** (including about cucumbers & God's 'farmacy')
7. At the bottom of home page, **News Flash**
8. The **Start Here** page is revamped
9. **The Commitments** are revised
10. 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 and financially it has presented some challenge. If this work has touched your life, we invite you to consider paying it forward. AND, consider a



'charitable donation' before the end of 2023.

[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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