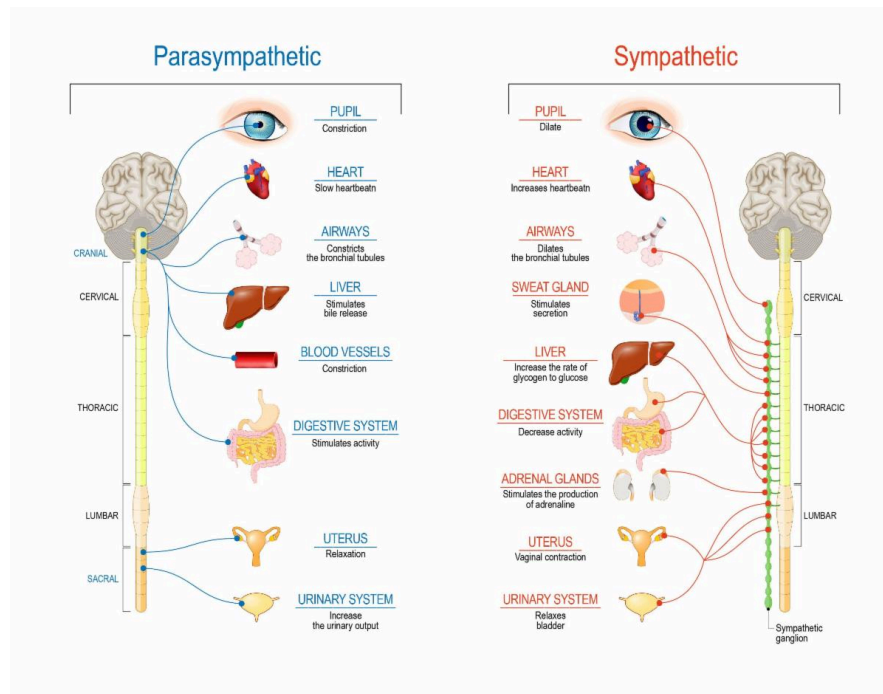


Greetings,

As a result of several questions from last week's newsletter, here is more of an explanation about the AVACEN Medical Device.

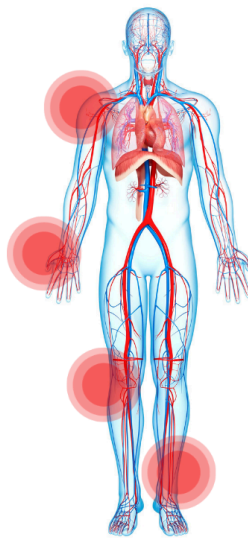


? A little over 2 years ago we bought a new, affordable, non-invasive holistic device called the AVACEN, a powerful new addition to the field of wellness. It is a Class II, FDA-cleared dry heat therapy device, designed and cleared for the temporary relief of minor muscle and joint pain and stiffness; the temporary relief of joint pain associated with arthritis, muscle spasms, minor strains and sprains; and muscular relaxation. In the EU and Canada, the device is approved for the treatment of widespread pain associated with fibromyalgia and for muscle relaxation.

In 2017 the AVACEN won the prestigious European OTC Fibromyalgia Pain Management Award for Devices and New Product Innovation. Find information on that award and studies on Fibromyalgia, Autism Spectrum Disorder (ASD), Plantar Fascia Strain at: <https://whyagain.org/AVACEN/>

The AVACEN Dry Heat Method is uses a single point treatment method - the palm of the hand - and is an entirely unique, proven medical treatment that research shows easily produces benefits much like those of a brisk walk, a hot water soak, a sauna or running, *without the mess, discomfort or inefficiency of arousing a sweat response!* It is so easy to use that people with severe pain can engage it several times a day. Treatment noninvasively and safely infuses heat into the circulatory system which simultaneously creates a natural muscular relaxation as it increases micro-circulation and reduces pain and with an effortless, comfortable whole-body treatment.

On a cellular level, micro-circulation is the body's sole vehicle for nutrient and oxygen delivery, as well as waste removal. Poor micro-circulation blocks these functions and is a principal contributing factor to almost every health problem including diabetes, hypertension, migraines, vascular disease, atherosclerosis, kidney disease, Alzheimer's, early aging and degeneration. It has been estimated that 80% of the population over the age of 40 may have moderate to extremely serious micro-circulation problems. Injuries often interrupt micro-circulation and most non-injury related pain can be traced to compromised micro-circulation that results in a lack of oxygen to the tissue. There are devices that work to impact micro-circulation with external influences, but the AVACEN is the only Class II FDA cleared medical device that reaches directly, and deeply into the whole bloodstream to enhance micro-circulation *from within*.



These are actual pictures of the nail bed of the ring finger, of the *Non-Treatment* Hand, before and after a 20-minute AVACEN treatment.

Before: Image shows the capillaries constricted.



After: Image shows capillaries filled with blood after one 20-minute treatment.

After almost 50 years in the field of Wellness and sharing this device with several people since mid-June of 2020, I have come to the conclusion that *the simple to use AVACEN is one of the most important holistic wellness devices on the planet - a profound adjunct to health and wholeness.*

The AVACEN is the only bona fide Medical treatment that I know of where people say, "I absolutely Love EVERY side effect!" Reported "side effects" include darkened hair, pain lowered, emotional traumas reduced, significantly improved sleep, more relaxed... and dozens of other benefits to the mind/body/nervous system.

As you may, or may not know, the primary focus of my work has been 1st Century Aramaic Forgiveness. The Aramaic word "Forgive" means "removal," not "letting another 'off the hook'" as our backward culture teaches.

As I see it the AVACEN supports whole *mind/body/nervous system* delivery of vital energy, oxygen and nutrition to the trillions of cells and in doing so acts as a vitality enhancer that facilitates physiological Forgiveness. It facilitates the removal of physical, mental and emotional energetic patterns that interfere with our primary birthright - vibrant health.



In order for the individual cell to sluff off its deepest levels of trauma and its accompanying toxicity and regain health, it needs, first, a boost in energy. The AVACEN provides that boost and, as it opens micro-circulation it delivers, on a level long ago forgotten by most, oxygen and nutrition. Simultaneously it clears Detox Pathways that facilitate the removal of toxins and acidic wastes - all vital to cell health.

Micro-circulation, which is the primary vehicle that supports cellular life and staves off degeneration at the cellular level is rarely thought about but is critical to life. Capillaries, the body's smallest blood vessels, being only two layers of cells thick and 5 micrometers (about 1/10th, with some estimated to be 1/100th, the diameter of a hair) are prone to strain, damage and blockage.

Approximately 60 *billion* capillaries that, end to end, would stretch over 100,000 miles, comprise a delicate mechanism which carries oxygen from the lungs to the bloodstream and, at the other end of circulation, delivers life giving oxygen and nutrition to the 3 trillion of cells in the body. Specialized capillaries that, when functioning properly protect the brain, and, by delivering their payload of nutrition and oxygen rich blood, keep the brain youthful, also carry out the critical function of removing metabolic waste and acidic carbon dioxide from those same cells. <https://whyagain.org/wp-content/uploads/2022/10/REPORT-Effects-of-AVACEN-on-Brain-Microcirculation-10-20-202161.pdf>

Why, when you are hot, do your palms sweat and when cold you instinctively rub your hands together? Your hands are designed to behave as protective body temperature regulators that act effectively to absorb, radiate and insulate against extreme changes in core temperature. The palm of the hand releases heat when core temperature is elevated and absorbs heat when core temperature drops. By mechanically drawing blood into the hand with its vacuum-enhanced system the AVACEN comfortably and non-invasively infuses heat, through a heat exchanger in the palm of the hand, into the circulatory system. By safely, gently and quickly heating the blood, the penetrating and all-pervasive healing properties of a low-grade fever are simulated throughout the whole body.

The conventional method of heating and cooling the body for medical reasons is from the *outside* but the AVACEN heats the blood through the hand and therefore warms the body from the *inside*. Minor changes in the temperature of circulating blood has several extremely powerful healing effects.

The AVACEN infuses heat into the circulatory system at normothermia (normal body temperature) which raises the temperature of the blood. One of the mechanisms of action the body uses is to dissipate that extra heat by opening micro-circulation by pumping warmed blood organs and deep tissue, to the heat exchange capillary network throughout the body. This increase in microvascular circulation results in significant benefits for arthritis and muscular relaxation.”

The benefits include a cascade of immune, cell communication, biochemical, hormonal and physiological enhancements that powerfully improve the function and efficacy of the small blood vessels which are, literally, the lifeblood of each individual cell and therefore each organ and the function of the total

mind/body/nervous system. From absorption in the lungs, to the most distant cells in the structure, rare is the disease that does not somehow include an interference in, and restriction of the cargo carried by the vessels of micro-circulation. <https://www.medicalnewstoday.com/articles/321889>

When people spend years in the tension of fear and/or hostility, in the stress of conflict with the parasympathetic fight, flight, freeze and fright mechanism activated, the resulting tightness causes not just muscle and joint pain but restriction of blood flow.

According to Dr. John Sarno, TMS is when tension or blockages limit blood flow the reduction of oxygen availability to the cell induces excruciating pain which warns of damage being done. Muscle fibers form what is called a precapillary sphincter that controls the movement of blood into the capillary (precapillary sphincters have also been identified as a mechanism for controlling cerebral blood flow.) Tension in those fibers restricts that blood flow. The AVACEN is approved by the FDA for relaxation!

When people eat fat, chemical and sugar adulterated foods, sorely lacking in vitality and nutritional solvency, as virtually every commercially produced food product is, the very roots of cellular life are choked by congestion and the life sustaining branches of micro-circulation wither and become nonfunctional.

Restoring oxygen flow and nutrition to the cell and improving the efficient removal of wastes through enhanced micro-circulation enlivens every cell in the structure. If you are still and listening internally during an AVACEN treatment you will feel the warmed, soothing, oxygen liberated blood bring its life-giving gifts as it gently nudges its way through blockages and softens the blocks as it makes its way into previously deprived tissue.

The presence, energetically, of toxic content in the cell, and the resulting deterioration are mistakenly called "dis-ease" and "aging." This unnatural degradation is largely reversible!

Here is an insightful presentation, by Dr. John Campbell, a senior lecturer of Nursing Studies at England's University of Cumbria, rated one of the top 10 Universities in the world. He outlines the far-reaching, deep-rooted impact of a minimal raising of the body's core temperature.

<https://youtu.be/md6BGwGnekw>

Since adding the AVACEN to my daily routine I have seen significant improvements in my structure, and that of my Father-in-law. I had what I thought was nerve damage to my toes over the period of the last 8 years. It seemed a permanent numbness at the tips of my toes was the way it was. On my 2nd use of the AVACEN that numbness was reduced by at least 90%. At 5 weeks of use the numbness totally disappeared! A persistent pain in my mid spine, induced 40 years earlier by the overuse of a chainsaw melted after eleven weeks of using the AVACEN.

My Father-in-law, at 87, has diabetes and has had a great deal of leg and foot tingling and pain which has plagued him for years. Prior to adding the AVACEN to his regimen he was able to sit for a maximum of about 45 minutes before he was in so much pain he would have to get up and move around to get relief. That pain and tingling has now been about 80% eliminated and today he sits for 2 hours and when I ask about his legs he often replies, "I have not even thought about them." He had edema which was unmanageable with drugs, and he is both edema and medication free!

The AVACEN, through several different proven mechanisms increases T-3 activity, stimulates growth factors, and oxytocin production and releases bound oxygen from hemoglobin. The AVACEN also increases immune activity and nutrient delivery. It produces heat shock proteins that support the body in the adaption phase of the stress response as outlined by Canadian physician and stress expert, Dr. Hans Seyle. Heat shock proteins are also referred to as stress proteins and their upregulation is sometimes described more generally as part of the stress adaption response that enhances function and survival in every circumstance in which one finds themselves challenged.

Just as in the natural healing process when a fever develops, heating the blood changes its viscosity and erythrocyte (red blood cell) deformability (flexibility) of which allows them to enter capillaries that, because of the inflexibility were previously blocked. The AVACEN'S micro-circulation impact is further enhanced as periphery blood vessels throughout the body open to dissipate the heat being infused into the blood through the hand. All of this is accomplished by heating the blood in a way that does not activate the

sweat glands. It takes from 15-30 MINUTES, preferably two or more times a day. The same heating can be achieved in 6 other, not so easy, not so comfortable ways. Each triggers a healing boost, comparable to what happens with the AVACEN, when:

1. One gets an infection
2. One spends 30 or more minutes in a hot sauna.
3. 30 minutes or more in a hot bath.
4. Engages in extreme exercise.
5. Uses drugs or herbs designed to elevate body temperature.
6. Undergoes dialyses.

AVACEN is an acronym for Advanced Vascular Circulation Enhancement. It uses gentle, passive heating and vacuum technology. Heat is applied to the palm when one places a hand inside of the AVACEN which is about the size of a small bread box. The unit gently seals around the wrist, much like a loosely applied blood pressure cuff and a vacuum is induced around the hand. This pressure increases blood flow to the unique vascular network in the palm of the hand. Notice when you are embarrassed, or flushed, you palms sweat. This sweating dissipates heat and the AVACEN brilliantly uses this heat exchanger in reverse to infuse heat into the blood. Reported benefits include relief from the pain and symptoms of arthritis, fibromyalgia, muscle strains, joint pain, wound healing, muscle spasms, diabetes, autism, sprains, muscular relaxation and anxiety. With twelve million treatments, and no reported adverse effects, using the device is totally safe. Of course, the usual disclaimer, "check with your doctor" applies.

And here is a Newsweek article "WHY TAKING A HOT BATH (or using the AVACEN) MIGHT BE AS GOOD FOR YOUR HEALTH AS EXERCISE" about a Loughborough University Study on the medical effects of a systemic, 1 degree increase in body temperature and its impact on blood sugar, calories burned and improvement of health. One of the conclusions of the study. suggested that repeated passive heating (1 degree) may contribute to reducing chronic inflammation. "They found that passive heating raised levels of nitric oxide, an urgently needed molecule that is at the core of immunity and that dilates blood vessels and reduces blood pressure. This has implications for treating high blood pressure and improving peripheral circulation in people with type 2 diabetes. As type 2 diabetes is associated with reductions in nitric oxide availability, passive heating may help reestablish a healthier nitric oxide level and reduce blood pressure."

Heat shock proteins are molecules that are made by all cells of the human body in response to stresses. Their levels rise following exercise and passive heating. In the long term, raised levels of these proteins may help the function of insulin and improve blood sugar control. (Conversely, heat shock proteins have been shown to be lower in people with diabetes.) In order to establish the effect of increasing body temperature passively, as opposed to through exertion, another study matched the intensity of heating from water immersion to that of running on a treadmill. Water immersion resulted in a greater increase in body temperature compared with exercise, as well as a greater reduction in average arterial blood pressure. This is important as a reduction in blood pressure is closely associated with a reduced risk of developing heart disease. This study points to the promising effect that may result from passive heating. It also suggests some of the cardiovascular effects of passive heating, as provided by the AVACEN, may be comparable with those of exercise. In a second study, the same group looked at the mechanism responsible for these improvements. They found that passive heating raised levels of nitric oxide, a molecule that dilates blood vessels and reduces blood pressure. This has implications for treating high blood pressure and improving peripheral circulation in people with type 2 diabetes. As type 2 diabetes is associated with reductions in nitric oxide availability, passive heating may help re-establish a healthier nitric oxide level and reduce blood pressure.

Research from Finland, published in 2015, suggested that frequent saunas can reduce the risk of having a heart attack or stroke – at least in men. The idea that passive heating can improve cardiovascular function received further support when the University of Oregon published a study the following year showing that regular hot baths (passive heating) can lower blood pressure. Passive heating for human health is a relatively new field of research, but some exciting results have emerged over the past few years. Cycling resulted in more calories being burned compared with a hot bath, but bathing resulted in about as many calories being burned as a half-hour brisk walk (around 140 calories). The overall blood sugar response to both conditions was similar, but peak blood sugar after eating was about 10% lower when participants took a hot bath compared with when they exercised. Only recently has science begun to understand how

passive heating (as opposed to getting hot and sweaty from exercise) improves health. One of the key regulators of blood sugar control may be heat shock proteins.

Heat shock proteins are molecules that are made by all cells of the human body in response to stresses. Their levels rise following exercise and passive heating. In the long term, raised levels of these proteins may help the function of insulin and improve blood sugar control.

It seems that activities that increase heat shock proteins may help to improve blood sugar control and offer an alternative to exercise. These activities – such as soaking in a hot tub or taking a sauna – may have health benefits for people who are unable to exercise regularly. We also showed changes to the inflammatory response similar to that following exercise. The anti-inflammatory response to exercise is important as it helps to protect us against infection and illness, but chronic inflammation is associated with a reduced ability to fight off diseases. This suggests that repeated passive heating may contribute to reducing chronic inflammation, which is often present with long-term diseases, such as type 2 diabetes. This Loughborough University study provides more evidence that there are genuine medical benefits to heat therapy. This study is only one of the many studies that have looked at the advantages of heat on the body — one study published in the *Journal of Applied Physiology* showed that bathing in hot water has the ability to improve cardiovascular function via dilating blood vessels, which in return lowers blood pressure.

These experiments all show that it doesn't matter how the person goes about their heat therapy. For the experiment, the 14 men were split into two groups. One group spent an hour sitting in a bath for an hour and the other group cycled for an hour. As a result, both groups raised their body temperature by 1 degree Celsius. While the cyclists burned more calories, those who took a bath had a 10% lower blood sugar level after eating a balanced meal. Researchers found that sitting in an increased temperature (passive heating) for extended periods brought similar benefits as aerobic exercise. The benefit of the AVACEN over a bath is that you can stay clean and dry while engaging in passive heating often throughout the day and night. Many say the AVACEN significantly enhances their sleep as well.

<https://www.newsweek.com/exercise-bath-calories-health-572054>

<https://www.womenshealthmag.com/fitness/a19969016/hot-bath-exercise-study/>

As I watch the AVACEN's effects on my own body, I realize it has profound implications for personal health as well as professional application. Jeanie is a distributor for the device and I am supporting in making it available.

In Smiles and Blessings, michael and Jeanie

PS... If you want to take your understanding of Dr. John Sarno's work on pain management, spend \$5.99 to watch the documentary, "All The Rage," and become acquainted with a disorder he called TMS

<https://vimeo.com/ondemand/alltherage>

Eighty % of people I have directly interacted with around the AVACEN that have had real physical and emotional challenges and have each experience significant relief from those challenges. About 20% of people's experience is limited to its muscle relaxation effects.

Here is a list of real-life comments from some of those people:

"My bone-on-bone wrist pain was gone in the first 15-minute treatment."

"I have had the machine one day. After a drive I have to get out of my car slowly and take time to stand up and hobble into the house. We just got back from a long drive, and I got out of the car normally and just walked into the house. I am amazed!"

"After dialysis this last year I felt like I have been somebody's punching bag the next day. Now, with the AVACEN, I feel good the next day. My kidneys are starting to produce urine and I am stating to be able to urinate a little. Fantastic!"

"I had a balance exercise my doctor gave me and I could hold it for 1 minute until my stroke 4 years ago. I have not been able to do that exercise for even 2 seconds since my stroke. After 1 week on the AVACEN I

can do 30 seconds of that balancing exercise." I observed that this gentleman with the stroke had a speech anomaly before he used the AVACEN. After a week it was gone."

"I have been wearing a splint on a very painful arthritic finger. A week on the AVACEN and I took it off. The pain is gone."

"I have had a very painful (level 8) trigger finger for about a month. 15 minutes on the AVACEN and it is gone."

"Numbness, present for about 8 years, in the tips of my toes, was 80% gone in two treatments. 100% gone after about 8 weeks." (that is me)

"Pain from an injury to my spine that has been present for 40 years, after about 6 months on the AVACEN, is 100% gone." (also me)

"I have, for years, due to diabetes, had Neuropathy - pain that was disabling. I could, in the morning, work for about 2 hours and then the pain in my feet became excruciating. I could not work the rest of the day. Now, after 10 months on the AVACEN, I can work as many hours as I want and, after that, I have an ache in my feet that subsides after putting my feet up and resting. I can then go back to work."

"Several weeks on the AVACEN and, with a lifetime of asthma, I can now take the deepest, sweetest breaths I have ever taken." (that is me)

"I could sit, due to diabetic tingling and pain in my feet, for a max of 45 minutes, and I had to get up and move. I now sit for 2 hours and do not think about my feet."

"I have needed to use an inhaler daily for years due to asthma. I now use the AVACEN instead. It has reduced my inhaler use by over 90%"

"I do a lot of outdoor work every day. My energy level is significantly increased and long-term pain in my knees is gone."

"Long-term intermittent back pain has been relieved."

"I am 78 and had polio as a child. My massage therapist, who I have been working with for 10 years, said on my last appointment, after using the AVACEN for about 12 weeks, that my body had significantly less inflammation and was growing new muscle. Due to x-ray verified bone on bone pain, and after 4 joint replacements, I could not raise my arm to drink a glass of water. My arm would just fall if I lifted it up with my other arm. My pain level in the shoulder was a continuous 10 on a 1-10 scale. After 12 weeks on the AVACEN it is now zero and I raise a glass of water easily! In the midst of moving, I packed all day. Went to chiropractor this A.M. and she said there's really not a lot of adjusting to do. I feel SO much better I packed rest of my kitchen. I'm sure it's the AVACEN. Big sigh of gratitude for the AVACEN and your tenacity."

"Hip pain woke me up 4 or 5 times a night and I lived exhausted. 3 weeks on the AVACEN and my hip pain is gone, and I sleep all night. After the hip pain subsided, I realized there was chronic knee and shoulder pain which has now disappeared totally."

"My wife had a difficult and abusive early life. Under stress her sharp emotional responses were a challenge for everyone. Since using the AVACEN gentleness, or short-lived sharp expression have become the norm instead of my moods lasting days."

"I had another, more expensive micro-circulation device I have been using for about two years. When I put my hand in the AVACEN I noticed instant relaxation and love the sweet sleep I get on it. I sold the more expensive device to get the AVACEN."

"This past week I've noticed the pain in my low back has decreased significantly. Before I had the RFA (frying the nerves to inhibit pain signals going to the brain) I could barely walk. Within the first 6 weeks after the RFA, I could still barely walk/function. For the first time in years, I was able to get in my car and

drive to a distant state where my mother lived. This past week, things have gotten MUCH better. I still have pain throughout the day but nothing like before. There are periods during the day where I'm pain free. So, after 3 months, things are definitely improving. It will be interesting to see where things end up after another 3 months. This meeting was really helpful for putting things in perspective in terms of treatments and expenses incurred over the past 13 years. Then there's the toll the steroids and opioids take."

? Here is a link to an article about the use of the AVACEN for the non-invasive treatment of fibromyalgia...

<https://www.prnewswire.com/news-releases/AVACEN-medical-recipient-of-frost-sullivans-2017-new-product-innovation-award-for-its-fibromyalgia-pain-management-device-300535551.html>

? See Bas Rutten share his experience! He is a UFC Heavyweight Champion, a three-time King of Pancrase World Champion, (Japanese martial art) and finished his career on a 22 fight unbeaten streak. Bas has been using the AVACEN 100 to help reduce the pain and inflammation related to his joint, muscle, and nerve injuries. Bas has also been using AVACEN before, during, and after stem cell therapy... <https://youtu.be/kd2G2yv8z04>

In Smiles and Blessings, michael and Jeanie ?

AVACEN Medical Experience

Top Health Professionals and Practitioners agree that the AVACEN® Medical device is changing the way we approach chronic health issues today.



Nathan Newman, MD Experience video

Nathan Newman, MD Experience video

Experiences: Clinicians



Arthritis in the Hands

Robert Klein, M.D.

Internal Medicine & Rheumatology
Santa Barbara, CA

"She [my wife] had terrible arthritis in her hands. I had treated her with injections, with physical therapy, with splints...and nothing was really helping. I was really impressed. It has no side effects and many patients are able to stop taking some of their medications."



Safe and Effective

Nathan Newman, M.D.

Cosmetic Surgeon
Beverly Hills, CA

"When I started to test the machine in my clinic...I was very surprised how well and how quickly we saw a response in people. We've used this machine [for] over 5,000 treatments... it is safe, it is effective...and I recommend it to all my patients."



Walking without Pain

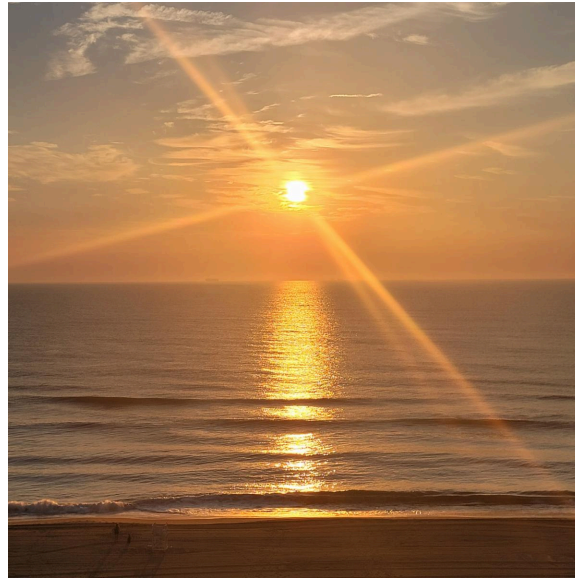
Tony Allina, M.D.

Family Physician
Santa Barbara, CA

"I bought an AVACEN machine, tried it, and [have] been using it steadily over a year, year and a half. It has worked miraculously. I no longer take any Celebrex. I can walk without pain."

The above statements represent the views and experiences of the individuals, and do not represent the views or statements of any company. The statements are for educational purposes only and have not been evaluated by the FDA. Results may vary by individual and using AVACEN devices may come with risks. Please consult your healthcare professional about potential interactions or other possible complications before using any product.

From here down is the October 23rd Newsletter



Biggest News: We had another granddaughter, Kaylee Jo Luna Ryce, come into this world on September 16, 2022. Congratulations Michael Jay and Jami! And welcome to our world Kaylee.

We are headed to St. Louis, MO on October 18th and will get to see Christa, Aaron, Adeline and Avery and then on over to Kansas City to see Michael Jay, Jami and Kaylee Jo. We will be headed back to Bristol, VA on November 1st.

We took a much needed vacation the last week in August, for the first time in 5 years with no agenda.

There are many Opportunities and Tools listed at the bottom of this newsletter; however, there are two main features:

***The Complete Joy Prescription
and
Parasympathetic verses Sympathetic Dominance***

Enjoy & Blessings, michael & Jeanie

"The Complete Joy Prescription"

? THE COMPLETE JOY PRESCRIPTION!

Have you ever asked yourself the question... Why Is This Happening TO ME... AGAIN?!... Listen with me as Alanis Morissette explains plainly - clearly... the truth of repeated experiences... https://youtu.be/8D9mhHd6P_U

This is a medium length course in self-healing, where Ancient Aramaic healing tools meet Energy Systems and Quantum Theory, Naturopathic Medical Principles, Spiritual, Psychology, Theology, Autonomic Nervous System, Mind/Brain/Body research and the latest in all natural, non-invasive wellness technology.

In the modern world's thinking, it seems as though these apparently competing systems, that we will integrate here, must conflict. However, seeing ALL of Life through a well-polished, corrective lens, empowers each of us to grasp the Truth behind everything we perceive, everything we "see," and when we see accurately, rather than through errant beliefs and misperceptions, everything that is true reinforces and strengthens the insights gained from every other discipline, resulting in truly "holy," holistic understanding of Life! Everything that actually works, works because of the unifying principles of physics behind its operation. Any given explanation of a system may be in error but the physics behind it all is identical. One such insight comes from Albert Einstein...

"On such things a matter, we have been all wrong. What we have heretofore called matter is energy, energy whose vibration has been so lowered as to be perceptible to the senses. There is no matter!"

What I am aiming to do with this course is to bring the principles behind everything we experience into alignment with the Truth of the physics behind its operation. Truth, unfortunately, is often hidden by ancient, or modern, misunderstandings and misperceptions. Upgrading those flaws, and realigning our own energy systems around Truth, I offer, will deliver a more accurate overview of the Circle of Life, and reveal the often-hidden power we have, within that circle, when we, as Human Beings, remove discordant energetic patterns, acquire new skillsets and heal - which means re-organ-ize, realign and bring everything that is out of harmony about us back into proper alignment. Energy systems do not improve through effort, but, rather, through alignment! Each correction experienced within the Mind/Body/Nervous Systems enhances our ability to effect change, through a deeper awareness and understanding of the principles in operation within ourselves, our family systems - both ancestors and descendants - and in the world.

If you want a true solution to any challenge in your life, especially if your mind tells you the problem is "out there," be prepared to invest yourSelf in an un-learning/re-learning experience. Unlearning, that seems a waste to many, often takes more time than learning something totally new. Unless you are unusually well schooled in Natural Healing Arts, you will find much to integrate here, especially if you enter into the process, rather than making it a purely intellectual exercise.

Anyone who wants serenity, sooner or later, as explained below, must become a student, an observer, and learn to properly interpret, and address the energetic distress and alarm signals given them by their own Mind/Body/Nervous Systems. This is the very first step in true healing!

We live in a culture, I offer, whose specialty is, through any means possible, to turn off, deny, ignore, or project, rather than properly address those distress signals - and people die as a result! This specialty creates fortunes for those who bring those devices to market. Drugs,

alcohol, adulterated “foods,” fear, hostility, politics, “entertainment” and even busyness can all work to anesthetize us and block our ability to experience Truth.

Bill Moyers, who has won numerous awards and honorary degrees for his investigative journalism and civic activities, wistfully summed the challenge we each must face... “I hear an almost inaudible but pervasive discontent with the price we pay for our current materialism. And I hear a fluttering of hope that there might be more to life than bread and circuses!”

In this work you will, hopefully, expand your horizons in the arena of self-care, self-healing and how to make your unconscious mind, your biology and nervous system Life-Friendly. These are not skills the average mind has ever heard of, let alone been taught! If you have perspectives and insights, tools or methods that will improve or add to what I am offering, I would be delighted to hear from you.

? “If You Always Do
What You’ve Always Done,
You’ll Always Get
What You’ve Always Got.” ~ Henry Ford

The understatement of the century, in our “modern” world, is that the mind is a poorly understood device. One thing we do know is that, like the operation of a computer, if the inputs, such as the internet connection, modem or the keyboard are faulty, every function of the computer is unstable. So it is with the human mind and body! Its “set,” its inputs, when optimized, empower one in living a fulfilled life!

In traumatized family and community systems the controlling dynamics of the nervous systems and minds involved often go unrecognized, or worse, they are ignored. In the 50+ years I have spent developing what you are about to engage in, I have come to realize that the functioning and healing of the human Mind/Body/Nervous Systems is a fully understandable process if one is willing to honor Truth, has patience, and the courage to challenge false beliefs as they open to new possibilities!

It is unfortunate we have two words to represent a particularly singular “object.” We have been taught that a “mind” is one thing, and a “body” is another - false information based on ignorance. The words “mind” and “body” represent exactly the same singular experience... the only difference being perspective.

Imagine I place in your hand a \$100 gold coin. You might say, the coin has a “head” and “tail,” but does it? If you say yes, please separate the head from the tail. Can I peel the “head” off of the coin and leave only the “tail?” Impossible - for what we call a head, and a tail are simply perspectives on an indivisible object... a coin. “Mind” and “Body,” are a single, indivisible event! This is the starting point for the understanding of true healing, which must happen on the inside. Anything from the outside is “treatment,” which is sometimes helpful and sometimes necessary but is only a steppingstone to uncover the internal empowerment that is true healing. Treatment, too often, comes with toxic “side effects.” Any treatment that creates toxic side effects, is a disease-causing agent that is disguised as a cure. It is interesting to note that PubMed defines “pharmacy,” as a Greek term *bher- (to charm, enchant) and -(a)-ko- resulting in *pharmako- (magic, charm, cure, potion, medicine)

?”Beware of false knowledge
it is more dangerous than ignorance.” ~ George Bernard Shaw

In the computer world faulty inputs are labeled as “corrupt data,” and if not corrected, everyone knows the computer will fail to complete its tasks successfully. A highly functioning, reliable mind/body always creates success within the confines of existing circumstances. Yet, somehow people think they can produce ascendancy in life without addressing the incoherence within themselves! They fantasize that an unhealed fearful or hostile Mind/Body/Nervous System should somehow be able to produce high level outcomes?! They expect those outcomes even in the presence of internal, defective corrupt data?! Never has happened! Never will! And such a person will always worship at the altar of the One World Religion of blame, guilt and victimhood. It will always be someone else’s fault!

Faulty input - “corrupt data” - in the human realm will always produce pain, suffering and failure. Unfortunately rage, conflict and relationship failure are so common today that it is thought of as natural. While self-deprecation and failure have become the norm for so many, and seems unavoidable, failure is anything but natural. Like the computer, high levels of success are a result of reliable data processed through a solid, functional device. You will never hear a computer degrade itself, which would be a result of corrupt data. Notice how often you hear humans do exactly that, but, when troubles come, those same humans, will proclaim themselves innocent victims and have someone else to blame! Such conflicts are always a reflection of functioning out of hidden corrupt data. Results are NEVER just the luck of the draw!

Key Thought: “ANYTHING based in fear and/or hostility corrupts the functioning of the human Mind/Body/Nervous System!” ~ dr michael ryce

To verify this for yourself just notice that every time in your life that you’ve done something that you now regret, the feeling that was moving in you, that motivated you to do that regretted behavior, was some form of fear and/or hostility! When fear/hostility goes unaddressed in a relationship, a family, a community, a nation or between nations, it is 100% predictable that people are going to suffer, and lives will be destroyed.

? “The most important investment you can make is in yourself.” ~ Warren Buffett

A principle that has been recognized for thousands of years, one that many people want to deny because of the work they need to do around that principle, powerfully informs us that one’s initial relationships must be secure to have the highly functioning, reliable mind/body we spoke of earlier.

In many cases, we need new definitions. For instance, we have all heard of the billionaire whose marriages fail and children commit suicide. It takes the most extreme self-deception to believe that billionaire is a success!

If there has been damage inflicted in one’s early life, traumas must be faced and healed and when they are, they become the starting point for Joy and a stable, fulfilled life! Sadly, the ignorant would rather hide those healing opportunities, wondering why their lives are scarred repeatedly by family conflict, unhappiness, physical strain and shutdown, illness, alcohol or drug abuse, overeating or financial failure.

Unresolved ancient inputs, including generational traumas and “skeletons” hidden “in the family closet,” inevitably exert their influence on the mind/body at the most important and inopportune moments in one’s life!

? Psychiatrist Carl Jung explained it this way... “Until the unconscious becomes conscious it will direct our lives and we will call it fate.”

The primary keys to freeing the mind/body of past inflicted physical, mental, or emotional traumas is to reset and reopen the energy flow in the mind/body, so it is receptive to Joy, wellbeing, and aliveness. Interestingly enough, there is a protocol for achieving that desired state. It starts with one's mindset and physiological responses when thinking of, or interacting with parents, or those that operated as one's first, "inputs," one's first authority!

If one's physiological condition is tense, the restriction of blood and energy flow will impact health in a myriad of ways. The mind/body cannot tell the difference between a real or imagined experience! If a past, unresolved traumatic experience is triggered into activity, our biology relives it - nervousness, sweaty palms, shortening and/or quickening of the breath, gut pain, hot flashes, headaches, and back pain can all be part of the experience. If the cognitive part of the brain re-experiences the trauma at the same time it is called a "flashback."

Check it out! Have you ever felt fear, "hit you in the gut?" Have you gone off in a fit of rage? Notice what you have to do to your mind/body to express those corrupted and corrupting energies! Medically, the physical condition we are talking about is called Sympathetic Dominance.

The 23-minute recording below is a training I did for medical professionals at AVACEN Medical. In it I explain in detail, the myriad of effects of Sympathetic Dominance - better known as the fear, fright, flight, fight or freeze response. I also discuss the factors that restore all-important Parasympathetic activity and balance. In order to heal on the deepest levels, it is urgent to understand the impact of, and how to reset and heal our biological responses of repeating fear, hostility, pain, and trauma!

<https://whyagain.org/wp-content/uploads/2022/04/DrRyceAVACENandParasympatheticActivation.mp3>

(If you have an interest in acquiring an AVACEN, or knowing more, there is a deeper explanation offered at the bottom of this article and a link at the bottom of this presentation with which to do so. There is a significant discount, that expires at midnight tomorrow October 23rd, 2022, being offered on the latest machine introduced. Call me or drop a note with your phone number in it to Jeanie@whyagain.org.)

In the matter of re-experiencing trauma, time is irrelevant! No matter how long ago the trauma occurred, and research is showing generational assaults are included, the nervous system will replay those energetic patterns when an event, or something as simple as a thought, resonates them into activity.

If a mind's internal "set," it's inputs and defaults, its underlying, unconscious attitudes are based in trauma and insecurity, life and relationships become a struggle, health a challenge, and the projection of unresolved pain interferes with everything one touches - imagine the reverse of the "Midas Touch." it is important to realize that ALL of these dynamics, are healable!

? Here is an example of what generational resolution looks like... A powerful piece of ancestral inquiry and healing that was done by a participant in a "Codependence To Interdependence" workshop...

https://whyagain.org/wp-content/uploads/2012/11/Magda_AncstralLetter.mp3

Usually, though not always, the Power Person is a parent and is the person who, at the moment of inflicting trauma was not functioning out of Love and had more power, at least in the child's mind, over the child's life than the child themselves had. Unresolved parental and generational relationship issues are, almost invariably, at the root of potentially bizarre, controlling Power Person and abuse dynamics. Have you ever found yourSelf, despite having sworn, "I'll never be like them!" repeating the very behaviors done to you that you hated

most, perhaps right down to the same word patterns?! Unconscious of what is going on under the surface, one finds oneSelf perceiving life, especially when under stress, both unwittingly and unwillingly, through the lens of their Power Person/abuser and the corrupt content of memories from the past weaved into perceptions of the moment.

The ancients cautioned, “Look to the lives of the Fathers (and, by implication, Mothers) for ours is but a shadow of theirs upon the earth!” They also informed us there was a peculiar, poorly understood problem with the human mind, stating the problem as, “We see as though through a glass, darkly!” It is interesting to note the root of the word translated as “darkly” in Greek source texts is, “Enigma,” - something mysterious, puzzling, or difficult to understand! Imagine, 2000 years ago they understood the difficulty of working through the convoluted functioning of the traumatized human mind/body!

If one has not been taught, or were falsely taught, what perception, the output of the human mind/body system is, and what emotions and traumas do to distort its output, difficulty is sure to follow, and the word “enigma” appropriately describes what it takes to move through deep healing on one’s own.

Many would proclaim, “But I am smarter than that!” I offer it does not matter how smart you are, without a knowledge of the source of your perceptions, of what perception is created, or how to correct it, and the trauma it contains at its root, the output of the mind/body is truly mysterious, puzzling, and difficult to understand. Some of it is downright shocking when you first learn of it! Many will say, “not possible!” when they first confront the truth of what is going on in their own minds.

There are several things that have been hidden from us about perception! These things are urgent to understand and apply if you want to clean up your life and free yourSelf from victimhood and blame:

1. Perception is but a construct of the mind! CIA research on human intelligence verified this shocking, but true, conclusion: “Perception is demonstrably an active rather than a passive process; it constructs rather than records ‘reality’! Perception is a process of inference in which people construct their own version of reality on the basis of information provided through the five senses.” YOUR MIND, BASED ON ITS CONTENT, LITERALLY CONSTRUCTS THE WORLD YOU SEE! (Download the whole CIA report) Click or tap to follow the Link: https://whyagain.org/wp-content/uploads/2022/01/CIA_Study_of_Intelligence.pdf

2. Perception is a mental construct, generated by the mind/body. Anil Seth, professor of Cognitive and Computational Neuroscience at the University of Sussex, England, explains it this way... “The whole world we (think) we see is an hallucination,” - unique to each person - and that, ”when we agree on our shared hallucinations, we call it ‘reality...’“ Profound insight... <https://youtu.be/lyu7v7nWzfoAn>

? “Actuality is what is... Reality is nothing more than a construct of the mind that gives meaning to that actuality.” ~ dr michael ryce

3. The (Jonas) Salk Institute for Biological Studies boldly announces: WE LIVE IN THE PAST AND OUR BRAIN MAKES UP FOR IT. Measurements performed in the act of perceiving show us that everything perceived through the mind/body is from the past. “There is a delay of 70-thousands of a second from the time our eyes receive information to the time our brain completes its generation of our reality!”

It takes time for the mind/body to convert data into pictures, into what we call perception!
<https://www.salk.edu/news-release/we-live-in-the-past-and-our-brain-makes-up-for-it/>

4. Perception controls your biology!

? “The moment you change your perception is the moment you rewrite the chemistry of your (mind/body).” ~ Dr. Bruce Lipton, Cell Biologist <https://youtu.be/o-BfAE-NsEg>

5. Energetic patterns and responses to trauma, under circumstances yet to be fully determined, is passed from generation to generation. Once again, “Look to the lives of the fathers... and Mothers!” <https://www.theguardian.com/science/2015/aug/21/study-of-holocaust-survivors-finds-trauma-passed-on-to-childrens-genes>

There is a primo technology, developed over 2,000 years ago, with which one can collapse perception and directly expose its underlying dynamics to the healing force of Love. The technology is called Forgiveness and, at its root, has been totally mistranslated and destroyed by our modern culture!

The world tells us that we need to “Forgive” others for what is going on inside of us. That I need to let you “off the hook” for what is showing up as pained perception in my mind! We have been instructed in fraud.

Actual first Century Aramaic Forgiveness is how one can reliably, consistently and persistently remove dis-integrative content from within. It is a reliable way to change physiology, heal trauma, rewrite genes, and thereby change the content of the mind/body and what is passed on to future generations! The ease of changing the mind/body’s content is quite surprising once one has the brain cells to recognize and use the technology.

Henry David Thoreau brilliantly observed, of Perception - “It’s not what you look at that matters, it’s what you see (perceive).”

Anais Nin adds, “We don’t see (perceive) things as they are, we see them as we are.”

And I will add that, since all perception, all appearances in the mind, come from within, pained perception is ALWAYS a projection! You might remember the ancient warning, “Do not judge by “appearances!” All perception is an appearance!

Perception is a reflection of data stored in, and impacting, the Mind/Body/Nervous Systems. When all energies (physical, emotional, mental and genetic) are firmly grounded in Truth, accuracy of our internal guidance system, perception, will be restored. As fear and/or hostility-based perceptions are uprooted and corrupt data is removed (Forgiven), then pain, regrets and disturbances disappear and our natural state of serenity is restored! Once healing occurs all else in the mind falls into place.

Let’s take a deeper look at one of the most profound impacts on the output of our minds - our primary relationships. Since we were all once children, healthy (or healed) relationships with our Fathers and Mothers are vital to our well-being. Psychologists have identified a dynamic they call “The Father Effect...,” which could as easily be called “The Mother effect...,” the research shows that:

- Sons with a good relationship with their fathers tend to handle stress more effectively.
- Daughters who have a healthy relationship with their fathers have a higher sense of self-esteem and make better relationship choices.
- Children with healthy father relationships have 40% of the suspension or expulsion rates from school and are twice as likely to go to college and find stable employment after high school.
- Kids with involved dads have 25% of the teen pregnancy and 20% of the incarceration rate of single parent homes.

Here is a simple practice with which to gently begin the healing of inherited, generational deficiencies, or unconscious dynamics in the mind, with regard to parents: as often as necessary, and until achieved with great enthusiasm and sincerity, wish both of your Parents, alive or dead, a sweet and awesome day! Then follow up with action toward them, action based in Love! ? This action, energetically, passes through and delivers healing to the underlying structures of the mind, the body, and the nervous systems of those who engage in it.

Once one understands the internal nature of the healing of trauma and aligning the mind with the systems intrinsic to its proper operation, healing parental dynamics becomes an obvious major key to living a truly full life. This is ESPECIALLY true where there was an ABSENT, ALCOHOLIC or ABUSIVE parent. This is how one reinvents themselves and is inoculated against both receiving and passing on generational pain and behavior. ?

https://youtu.be/y1bOvjHo_zg (31-minutes, Honoring Fathers/Mothers)

“The most important thing you can be is a good ancestor.” ~ Jonas Salk

You cannot live in anger, fear, or upset around parents and lead a totally sane life - the above practice opens the space and here are the tools with which the process of inner healing is completed...

Have you asked yourself the question, “Why Is This Happening To Me... AGAIN?!” Do you want to resolve conflicts in your relationships? Are you ready to dig in and do some real work as you GAIN an in depth understanding and experience of 1st Century Aramaic healing? You are about to experience the most profound technology of the mind and of healing ever seen on planet earth!

1. This link will provide you with an introduction and complete in depth understanding of 1st Century, internal, Aramaic Forgiveness Process: Why Is This Happening TO ME... AGAIN?! Full 3-hour workshop recording FREE https://youtu.be/ZQ_4NvNftdk

2. ? A presentation that will expand your understanding of 1st Century Aramaic Forgiveness... and an example of isolating issues: (58-minutes) <https://whyagain.org/wp-content/uploads/2022/02/SpecialFebruary162022.mp3>

3. ? Here is a 24-minute PowerPoint on the technical understanding of dr. ryce’s “how to” of Forgiveness: <https://youtu.be/HNybssMwyQo>

4. This link is a follow up designed to answer questions and support your understanding and proficiency with the Reality Management Worksheet, the “Wake-Up Sheet,” a guide that walks one through how to complete the ancient Aramaic Forgiveness process. It is a Live Worksheet Session Recording from the “Hear My Voice Book club:” (2-hours and 12-minutes) https://us06web.zoom.us/rec/share/nNw8X8H0vg6KY1o-vg1szpUQBM-IX1m-50XR1K3c8InvCzohjhfc-lctZtg5U7qJ.rFCDhO00Udk_2Nqd

5. ? Here is an example of what generational resolution looks like... A powerful piece of ancestral inquiry and healing (25-minutes)... https://whyagain.org/wp-content/uploads/2012/11/Magda_AncestralLetter.mp3

6. For questions or support on using any of the tools created by dr. michael ryce: Call MindShifters Radio 563-999-3581, 5 days a week, from 1-2 PM EST.

7. For dozens of FREE videos by dr. michael ryce go to https://youtube.com/c/MichaelRyce_WhyAgain

8. A healing meditation, Wellness Through Stillness (19-minutes)

<https://whyagain.org/wp-content/uploads/2015/03/WellnessCD.mp3>

9. ? Here is a free link to the book... “Why Is This Happening To Me... AGAIN?!” - download a FREE PDF at: https://whyagain.org/wp-content/uploads/2012/07/Entire_book_in_English.pdf

Available online in 8 languages at <https://whyagain.org/the-book-why-is-this-happening-to-me-again/>

10. For the world’s ONLY Forgiveness App, search your App Store for: “HeartLand Aramaic Forgiveness!” (FREE and Totally Private)

11. Join an ONGOING Book study of “Why Is This Happening To Me... AGAIN?!” FREE... The 2nd and 4th Thursday of EACH month at 3:30 PM Eastern time...

Hear My Voice Book club

<https://zoom.us/j/97444424565?pwd=OGVHczArb3BIWWp5aU14T3hGU2wrZz09>

Meeting ID: 974 4442 4565 Passcode: 54321

12. Here is a 40-minute video that unpacks another perspective on the deep work of healing... ? What Is The World? <https://youtu.be/ffPn8heN21Q>

13. ? My Commitment. ?

I promise to TRUST you enough to tell you the Truth, to be true to you and always engage in just and fair behavior with you. I commit to always be sweetness in your life, to nurture you daily and treat you LOVINGLY, Gently and with Respect in my thoughts, words and actions, whether in your presence or not.

In every interaction I commit to affection for you, to look for and acknowledge the highest and best in you and, as I surrender to LOVE, our true nature, I will use only voice tones that reflect my deep caring for you.

My connection to Love, our Source, gratitude for my relationship with you and our Serenity will always be more important than any issue. I open my Being to embrace you in my Love, I open my Being to be embraced in your Love.

If anything unlike LOVE comes up in me, I will hold us in my Heart and listen as I learn to speak, experience, be RESPONSE-ABLE for and Forgive my own realities. I am here for and with you. I promise to speak only Truth to you as I keep communication open and keep LOVE Conscious, Active and Present AS WE HEAL, CELEBRATE LIFE and GROW TOGETHER!

14. ? LOVE RESTORED <https://whyagain.org/wp-content/uploads/2019/10/Love-Restored-REV.mp3> Printable poster: <https://whyagain.org/love> ?

? Rumi - 13th Century Sufi poet: “Love is the cure. Your pain will give birth to more pain until your eyes exhale Love as effortlessly as your body yields its scent.”

? Good to connect with you! Here is the AVACEN information we spoke of... Enjoy!

Below is a link to an audio track of a corporate medical practitioner training I did on the function of the AVACEN (Advanced Vascular Circulation Enhancement) Home Medical Device. Also at the bottom of the article are several informative video links.

In the presentation we look at the fact that the AVACEN is a form of physical “Forgiveness” (removal) and detail how, as a natural, full body treatment, it gently, by infusing heat through a heat exchanger in the palm of the hand, assists the body to open constricted micro-circulation. The resultant increase in blood flow enhances oxygen, nutrient and energy delivery as well as increased facilitation of waste removal. Together this results in improved cellular function in both the brain and the body’s trillions of cells.

The presentation details the functional relationship to wellbeing through enhanced micro-circulation and the importance of, and balance between the Sympathetic and Para-Sympathetic Nervous System.

Whether one is at the top of the corporate ladder, or the bottom of the cultural food chain, in our world's over-stressed and all too common fight, flight, fright, freeze and hostility conditions the Autonomic Nervous System of millions so engaged is locked into a condition called Sympathetic Dominance.

The purpose of Sympathetic Dominance, which is activated by fear and/or hostility is to enhance speed, strength, and the ability to fight. In this state the mind and emotions go into alarm and the lungs and large muscles get the lions' share of the blood supply; the system is prepared for action and protection. This is accomplished by a simultaneous selective increase in blood/energy flow to survival functions and a restriction of that life giving flow to organs and functions non-essential to survival. Simply, in order to live through a life-threatening attack, the body oversupplies parts of the structure related to the ability to fight or run, with blood, oxygen, nutrients, and energy, as it cuts back on everything else. This strategy is awesome and designed to be temporary, meant to last only as long as the actual physical crisis.

However, long-standing pain, fear and/or hostility simulates, in the body, impending danger, which results in the structure, to its own detriment, being constantly hurled into this Sympathetic Dominant state. If one remains in that condition long term the ability to thrive is compromised due to repeated blockage of blood flow where both the ability to thrive and higher brain functions are impaired! If sustained beyond actual danger, if it becomes the operating norm, organ systems that enhance our vitality, rest, sleep, immunity, digestion, liver and spleen function, elimination, reproduction, and tissue repair are compromised - in short lifespan and the ability to experience actual joy are hindered. "Happiness," which results from a dopamine hit after achieving a goal, becomes a substitute for the natural, keen enjoyment of life referred to as, "joie de vivre."

If capillary function becomes chronically inhibited, being the only delivery system for fresh blood, oxygen, and nutrition, as well as waste removal to and from the cell, supply and waste removal pathways tend to become stagnant and congested.

Sympathetic Dominance is a wonderful short-term solution to danger, but deadly if becomes habitual! One of the purposes of the AVACEN is to restore Sympathetic/Para-Sympathetic balance so that precious, life carrying, and cleansing fluids flow properly and restore equilibrium throughout the whole structure.

Cleared by the FDA for relaxation and pain management, the AVACEN, a Class II medical device, provides a gentle respite from habituated stress. A refreshing self-treatment can, on a minute's notice, easily, cleanly, and comfortably be engaged in anywhere and as often as necessary, both day and night! While eating, sitting at your computer, on the phone, even as a passenger in a car you can benefit from its profound healing action! People report it is their most important sleep aid.

Those unknowingly living life in Sympathetic Dominance wonder why they deprived of the ability to thrive! An all-too-common sight - the old man, who likely is not actually as old in years as he appears to be, is stooped over with back pain, head forward and shoulders rounded. He is 2 inches shorter than he was in his prime. Sadly no one knows how to treat his disease, or even what his disease is, so they will call it "aging!"

The unconscious thought processes associated with his Sympathetic Dominance are fear and protection, often accompanied by conscious or unconscious hostility which tends to result in

ongoing back pain. These thought patterns, which prompt continuous relationship conflict result in a destructive readiness to spring into defensive action or rage - all of which are expressions of living on the edge of Sympathetic Dominance. His muscles are fatigued, cramping at the slightest provocation - night cramps, restless legs, jaw clenching and sciatic pain are all too often aspects of this syndrome. Digestive difficulties plague him, his breathing is shallow, elimination is strained because the organs involved are only properly innervated in the Para-sympathetic mode. He has increased blood pressure and is prone to stroke and heart failure as the circulatory system pushes harder and harder to deliver its precious cargo throughout his restricted and musculature. He is befuddled, straining to remember, due to the restricted blood flow to the brain and the resultant shutdown of higher brain functions.

As this self-inflicted assault on his system progresses, time is blamed but his condition has nothing to do with age. His degeneration is an effect of restricted circulation due to fear and a protective stance! This is the physiological out-picturing of a guarded, defensive life!

Like the crystal-clear river that turns into a smelly swamp where a tree blocks its flow, the blood vessels and organs restricted by habituated Sympathetic Dominance become crystallized and congested. A properly functioning cell generates energy somewhat like an alkaline battery but accumulated acidic wastes inhibit that energy generation. Acidic fluids do not carry oxygen well. This creates an environment ripe for irritation, inflammation, and overgrowth of foreign organisms as blood vessels become brittle, congested, and dysfunctional.

An understanding is presented in the presentation, linked below, of how the AVACEN helps the body recover from this long-term, acidic “swamp effect” created by the shutdown of the control mechanism at the “headwaters” of micro-circulation. Each body has somewhere between forty and sixty billion capillaries that are less than one-tenth to one-one-hundredth the diameter of a hair! These micro-streams that, while they are designed for the free flow delivery of blood and its precious cargo, are restricted. This mechanism should be continuously delivering fresh, oxygenated, nutritionally charged blood to our trillions of cells but becomes compromised and sluggish, in the fear/hostility state. One cannot be in protection and the creative state simultaneously!

The gatekeepers of this system of capillaries are the Precapillary Sphincters, sometimes called the Precapillary Orifice - muscle fibers at each of the billions of capillary heads. When a threat is perceived - it only requires one thought - this mechanism instantly kicks into gear and restricts the blood supply to the rest, digest and thrive organ systems. It is activated whether the threat is real or imagined and choice is not involved. Remember, this is the autonomic nervous system which operates with no conscious thought or action!

Para-sympathetic stimulation without undoing chronic micro-circulatory restrictions by opening the necessary blood supply, leaves the body in pain, frustrated in its ability to move fully and effectively into thrive mode.

John Sarno, MD (June 23, 1923 – June 22, 2017) Professor of Rehabilitation Medicine, NYU, informs people that a 5% reduction of oxygen in a cell leaves that cell in excruciating pain. A slight reduction in blood flow, obviously, is a contributor to pain.

The AVACEN remedies this problem by enhancing relaxation of the smooth muscle fibers at the precapillary sphincter. This reduces tension and related pain which are the functions the AVACEN is cleared for by the FDA.

“Uptight” is a literal description! I propose, (though I do not use this term in the presentation) that the AVACEN is “energetically funding” microcirculation by the application of heated

blood to tightened muscles, causing them to relax. Over time, by opening chronically strained Precapillary Sphincters, profound relaxation eventually become noticeably easier. As micro-circulation is restored and the flow of oxygen and nutrition rich blood occurs, organ systems related to thriving, especially tissue repair, are resupplied with the raw materials and energy they need. The crystallized deposits and congestion, we spoke of earlier, over time, are softened and the elimination of encrusted accumulations is enhanced. This opens the whole system to new levels of cleansing, regeneration, healing, and wellbeing.

If you want to listen to The AVACEN presentation again....

? The impact of the AVACEN on the Para-sympathetic Nervous System...

<https://whyagain.org/wp-content/uploads/2022/04/DrRyceAVACENandParasympatheticActivation.mp3>

Enjoy!

In Smiles and Blessings michael ?

? A short video with individuals sharing their experiences with the AVACEN:

<https://youtu.be/3TRX6tsTdGA>

? For more information on the AVACEN, an introductory video explaining the AVACEN and our distributor link go to: www.whyagain.org/Avacen

? Hand heating lowers postprandial blood glucose concentrations: A double-blind randomized controlled crossover trial using the AVACEN:

<https://pubmed.ncbi.nlm.nih.gov/32147036/>

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PS... If you are interested in more information on obtaining an AVACEN, the company has just introduced a new, enhanced model that, until Sunday, October 23th, is discounted by \$1,000. They use a Swedish Medical Equipment financing company that offers, with good credit, a 0% interest loan for 24-months, approximately 167.00 a month.

Call me or go to our distributor link at www.avacenmedical.com/mindHeartandbeing

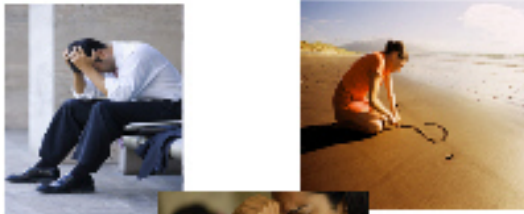
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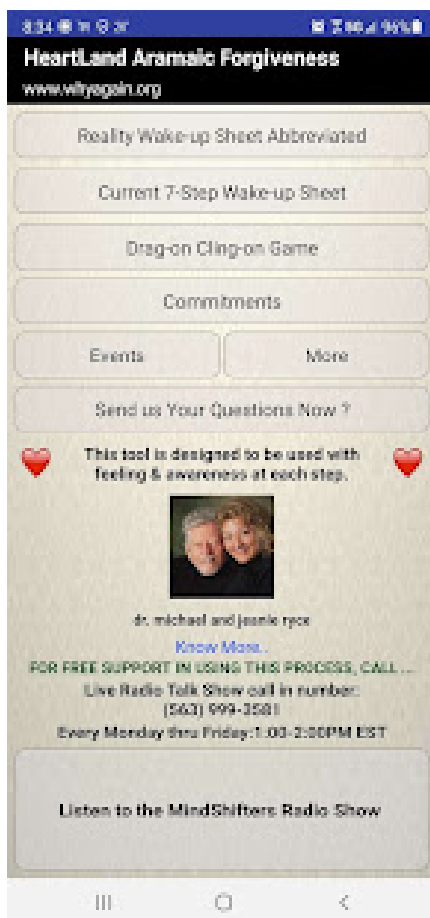
dr. michael ryce presented this 3-hour workshop via Zoom and Facebook, sponsored by The Facebook Marriage Support Group/ Tim Kellis

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The APP was updated June, 2022.

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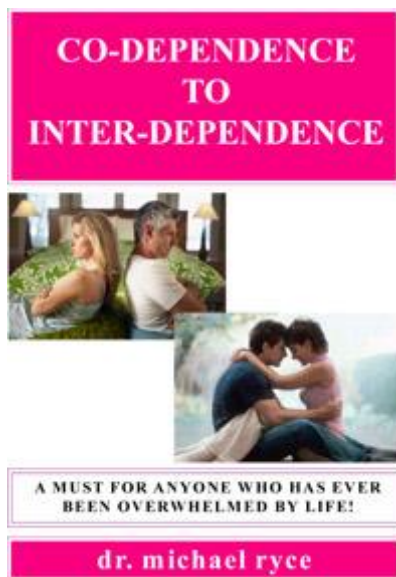
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*Our next session is November
12th*

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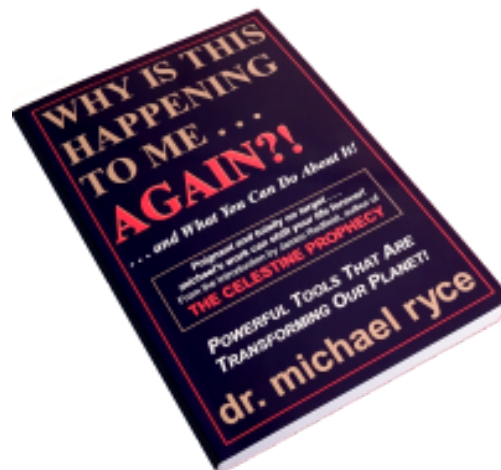
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This is a great opportunity to study the book / the work of Aramaic forgiveness again with others globally.

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

*No club October 27th as Yinka
and michael are on vacation*

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](#)

*Next sessions are
November 10th & 24th*

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

<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**

MindShifters Radio



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

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

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)



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.

We have a generous donor who is willing to match up to \$1,000 until the end of this week, double your gift.

[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](#)



Translations - reaching the world



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 **Why Again** book is in **eight different languages** (not all of them in its entirety).

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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dr. michael ryce - HeartLand Aramaic Mission | P O Box 1901 | Bristol, TN 37621-1901 US

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