

Welcome to 2023



WHY IS THIS HAPPENING TO ME... AGAIN?!

Our wounds often come from genetically inherited traumas — multi-generational assaults — that store unresolved pain and result in repeated experiences which obscure the subtle, permanently available experience of our True Nature, Love. Blocks to the awareness of ourSelves as Love are NEVER imposed from the outside, it is always an inside job.

Alanis Morissette explains plainly - clearly - the truth of repeated experiences in her song "Madness" https://youtu.be/8D9mhHd6P_U

Work to be done... Inside and Out!

George Washington Carver, in refusing to give up the experience of himSelf as Love, offered, "I will never allow a man to so defile my soul so as to cause me to hate him."

Carl Jung, describing the avoidable cause of repeated painful experiences, informed us that... "Whatever is rejected from the self, appears in the world as an event. We meet ourselves time and again in a thousand disguises on the path of life." He then describes the way out... "Until the unconscious becomes conscious it will direct our lives and we will call it fate."

How do we make the unconscious conscious? The tools for reliably opening what, in the ancient teachings was called the "Veil of the 'temple,'" — the barrier between the sub-conscious and the unconscious mind — and removal of assault energy — appeared 2,000

years ago in the Aramaic language! Properly called Forgiveness, the technology was almost instantly changed from an internal process to an outer directed act. Forgive, let "them off the hook" we have been told! With that directive, Forgiveness was LOST to humanity. You cannot change an internally generated dynamic through an outer directed act! Engaging in the lost art of Forgiveness creates a visceral opening that facilitates the flow of Light and Love into every instant of our lives!

Pain or turmoil is always an opportunity to put an end to denial, to learn and apply Forgiveness!

Here is a free download link to my book... "Why Is This Happening TO ME... Again?!" (in 9 languages) which explains how... <https://whyagain.org/the-book-why-is-this-happening-to-me-again/>

Denial, thinking, or speaking as though something outside of oneSelf is the cause of what is moving on the inside blocks awareness of one's own internal dynamics and creates the unnatural condition of an unconscious mind!

To those locked into unconsciousness — psychologists tell us that 90, 95, perhaps 98% of the average person's mental processes are unconscious — Carl Jung uncovered why people hide from themSelves, and what is hiding within — "What if I should discover that the poorest of the beggars and the most impudent of offenders are all WITHIN me; and that I stand in need of the alms of my own kindness, that I, myself, am the enemy who must be loved -- what then?"

Perception — the world we think we see with our eyes — is a hologram generated out of past content — a projection of the mind! We "see" nothing with our eyes... We "see" with our brains! There is no life in the holograms produced by the mind! We have been suckered!

Anil Seth, professor of Cognitive and Computational Neuroscience at the University of Sussex, England, explains that perception is a mental construct, generated by the mind/body/nervous system... "The whole world we (think) we see is an hallucination," he says, "unique to each person! "When we agree on our shared hallucinations, we call it 'reality...'" <https://youtu.be/lyu7v7nWzfoAn>

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

Reality, the output of the mind is either a high quality, accurate picture, or a poor quality, deceptive projection. The experience of the Presence of Love in one's physiology indicates the mind is on track, any form of fear and/or hostility is an indicator that the mind is using corrupt data to build its constructs. When using corrupt data, the mind massages its unconscious content into pictures of "external" things at which point one is born into the outrageously damning, damaging and all pervasive One World, Religion of blame! When I tell you that you are the cause of what is happening inside of me, I have become the equivalent of a full-fledged, card-carrying member of that church!

ALL perception, including sensations in the "body" are autobiographical! Projection is not the act of pretending something inside of me is outside of me, it is the act of building realities out of internal content and pretending that hologram is actually out there!

Actuality is what is... Reality is nothing more than a construct of the mind that gives meaning to that actuality.”

~ dr michael ryce

Here is an example of what can be done with actual Forgiveness... an awesome piece of ancestral work that a woman did in our Codependence to Interdependence /Communication Practicum recently. A powerful opening and healing of generational physical, mental and emotion trauma... <https://whyagain.org/letter-to-ancestors/>

What Is The World? How do I Forgive? <https://youtu.be/fFPn8heN21Q>

Why Is This Happening TO ME... AGAIN?! The full 3-hour workshop...
https://youtu.be/ZQ_4NvNftdk

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

The App? HeartLand Aramaic Forgiveness App instructions...
<https://youtu.be/MQRBT3XTING>

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.”

Listen to this Tributaries Radio interview with Robin Claire titled: Unity of Life:
<https://tributariesradio.wordpress.com/2022/12/18/dr-michael-ryce-unity-in-life/>

LOTS OF UPDATES - JANUARY 2023 NEWS

1. **We have added two new videos to our website to help you navigate both the app and the website - listed under 'Start Here' at top of website. Direct link <https://whyagain.org/instructional-videos-to-navigate-website-and-app>**
2. **We have a HeartLand Maintenance Fundraiser (see below)**
3. **The website Shop is all new and we are running a 'Super Sale'. Please use the coupon at the top of the Shop page <https://whyagain.org/shop/>**
4. **We received the Swedish translation of the Why book in digital form, it is now online for FREE. Previously just available as a hardback printed copy.**
5. **We have personally begun to create a Homegrown National Park, it is a grassroots call-to action to regenerate biodiversity and ecosystem function by planting native plants and creating new ecological networks. <https://whyagain.org/homegrown-park/>**

6. Read michael's article on our site "Healing From the Ground Up" Here is an holistic outline of the real solution to virtually all of the challenges facing us as humans! Such massive benefits for just a little work... With a detailed study of the CAUSE OF HEALTH, with the right tools and a true, holistic understanding we can each improve our mental, emotional, physical, relationship, financial, community, soil, food and climate health!
<https://whyagain.org/healing-from-the-ground-up/>
7. New page created due to question on the Khabouris Manuscript <https://whyagain.org/the-khabouris-project/> and a recording from a radio show where the question was asked about the Khabouris being a legit source <https://whyagain.org/khabouris-radio-show-october-2019/>
8. Additional interviews from various radio shows and TV outlets and services can be obtained at <https://whyagain.org/free-radio-tv-interviews/>
9. New quick links (icons) at the top right of the website include redirection to Why Again Facebook, Why Again Vimeo, YouTube for michaelryce_whyagain, iHeart Radio Podcast for MindShifters Radio, WhyAgain RSS Feed, the Search Magnifying-Glass, and a cart/basket if you have been shopping.
10. One way you can support this work is to go to our https://www.youtube.com/michaelryce_whyagain and 'Subscribe' and then spend some time watching and listening and click 'Like' on a video. We have 89 videos on YouTube and adding more every week. We have 984 subscribers and need 1,000 to monetize through YouTube.

Now go back and look at our December 15, 2022 Newsletter for all the updates on the App, Monthly MindShifters & StillPoint Breathing, Global BookClub, Self-Study Intensive, FREE 3-hr Why Workshop, Radio Show, potential for next online intensive (via Zoom) and the AVACEN video and article. It is titled "Happy Holy-days as 2022 ends 2023 begins" (link <https://conta.cc/3Yk0P9c>)



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 \(click here\)](#)

Translations - reaching the world



The [Why Again book is in NINE different languages](#) not all of them in its entirety - We now have the Swedish version online (previously just in hardback). *As of December 2022, it is*

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.

soon to be translated in Mandarin (Standard Chinese).

[The Reality Management Wake-up Sheet is in more than NINE 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](#)**



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