

## What “tool” to use and when:

Toolboxes contain screwdrivers, hammers, pliers and all kinds of things .... you use each of them at different times – sometimes together – but each with its specific purpose. The same with our tools. You can let go of your need to do them all at once and work them into your life gradually. I have listed which of our products covers the particular worksheet.

A. The forgiveness wake-up is what we consider the “foundation” and should be used daily (Michael says 5 a day for 40 days). Called “Stress / Reality Management Wake-up Sheet”

a. If you go to <https://whyagain.org/stress-reality-management-worksheets> you will find the most recent forgiveness sheet.

b. This worksheet is covered in the “Why Is This Happening To Me ... Again?!” DVDs and CD.

c. The new version of chapter 24 which explains filling in the wake-up sheet in detail [https://whyagain.org/images/PDF/\\_Chapter\\_24\\_Work\\_It\\_Out\\_With\\_Your\\_Best\\_Friend.pdf](https://whyagain.org/images/PDF/_Chapter_24_Work_It_Out_With_Your_Best_Friend.pdf)

d. There is also the MP3s of radio shows where we walk a caller through the wake-up sheet. <https://whyagain.org/special-shows/>

e. The PowerPoint Presentation is a quick explanation of how forgiveness works. <https://whyagain.org/powerpoints-explain-2/>

f. And then there is the APP <https://whyagain.org/service/apps-and-more/> (for Android or iPhone)

g. “Drag-on Cling-on” Game is on the APP and online and can be printed as a PDF <https://whyagain.org/wp-content/uploads/2012/06/DragonClingonGame.pdf>

h. You can do the wake-up sheets online too. You’ll be redirected to Jeanie’s website <http://healingthewholewoman.whyagain.org/worksheets/>

i. And the MindShifters’ Radio Show from 1:00 - 2:00 PM Eastern Time, 5 days a week. **To Join Zoom Meeting <https://us02web.zoom.us/j/84613824189>**

**Meeting ID: 846 1382 4189 No Password Required.**

**“Other Worksheets”** <https://whyagain.org/start-your-new-life-now/> (scroll down to “Other Worksheets” there is a link to download each one)

B. In relationships (even with yourself) use the “My Commitment” to others and speak the “Commitment to Myself” daily in the mirror. You’ll find all the commitments including the children’s versions. This tool is used in the “Healing Through Relationships” DVD and CD.

C. Then if you want to find your purpose in life (which is not punching a time clock) use the “Purpose Worksheet.” This worksheet is covered in the “Purpose, Personal Power & Commitment” DVD

D. The “Mind Goal Management” is a daily worksheet to guide you in setting and cancelling daily goals. You should only set a goal you can accomplish in the next waking period. This worksheet is covered in the “Getting The Stress You Need” DVD.

E. “Three Early Memories” and “When I Heal” go hand in hand and deal with relationship issues. This worksheet is covered in the “Healing Through Relationships” DVD and CD.

F. “Co-Dependence to Inter-Dependence” is an advanced relationship worksheet. This

worksheet is covered in the “CoDependence to InterDependence” DVD.

G. The “Power Person” worksheet helps us see the behavioral dynamics we learned.

H. “Response-ability Communication” is a 7-step how do I get my reality into your mind in tack so you see where I am and can assist me to heal. This worksheet is covered in the “Communication: Did You Hear What I Think I Said?” DVD and CD.

I. “MindShifters” is a super powerful way of digging in and bringing up the unconscious stuff.

J. The “Emotional Release” exercise for releasing emotional attachments.

**There are charts (not worksheets) used in workshops:**

K. Physiological Effects of Emotional Suppression (the physical connection to the suppressed emotion) [https://whyagain.org/wp-content/uploads/2012/06/PHYSIOLOGICAL\\_EFFECTS\\_OF\\_EMOTIONAL\\_SUPPRESSION\\_rev2017.pdf](https://whyagain.org/wp-content/uploads/2012/06/PHYSIOLOGICAL_EFFECTS_OF_EMOTIONAL_SUPPRESSION_rev2017.pdf) This chart is covered in the “Empowered To Heal” DVD and CD.

L. Schematics of the Mind (three filters) [https://whyagain.org/wp-content/uploads/2012/06/Getting\\_the\\_Stress\\_You\\_Need\\_diagram\\_of\\_filters\\_rev2017.pdf](https://whyagain.org/wp-content/uploads/2012/06/Getting_the_Stress_You_Need_diagram_of_filters_rev2017.pdf) This poster is covered in the “Getting The Stress You Need” DVD.

M. Identify your thoughts and emotions <https://whyagain.org/service/the-feeling-wheel/>

N. No issues? [https://whyagain.org/wp-content/uploads/2012/06/Hints\\_for\\_those\\_among\\_us.pdf](https://whyagain.org/wp-content/uploads/2012/06/Hints_for_those_among_us.pdf)

O. “Love Exchange” make it a habit to reconnect to Love. [https://whyagain.org/wp-content/uploads/2012/06/Love\\_Exchange.pdf](https://whyagain.org/wp-content/uploads/2012/06/Love_Exchange.pdf)

P. “The Be-Attitudes” poster [https://whyagain.org/wp-content/uploads/2012/06/Beatitudes\\_poster.pdf](https://whyagain.org/wp-content/uploads/2012/06/Beatitudes_poster.pdf) This poster is covered in the “Laws of Living” DVD. Then there are other sources of tools besides worksheets:

Q. FAQ <https://whyagain.org/frequently-asked-questions/>

R. EFT Tapping is a great compliment to releasing <https://www.youtube.com/watch?v=UnTwiQY2hcM>

S. Heal your whole being. Look at what you are eating, clear your thoughts, look at genetics, healing crisis <https://whyagain.org/healingcrisis/>

T. Our YouTube Channel [https://www.youtube.com/michaelryce\\_whyagain](https://www.youtube.com/michaelryce_whyagain)

U. Watch and Listen for FREE <https://whyagain.org/multimedia/audio-video-free>

V. Why Is This Happening To Me ... AGAIN?! book for FREE <https://whyagain.org/book>

W. Other means of Support (one-on-one private sessions) <https://whyagain.org/healing/support>

X. Get on our mailing list so you receive Newsletters <https://whyagain.org/join-our-mailing-list>

Y. “StillPoint Breathing” this is an experiential process but is one of the most powerful tools. Taught in our Intensives and also the all-day MindShifters & StillPoint Breathing Workshops. There is a DVD that gives an introduction to the process but is not enough to ‘learn how’.

Z. Join the MindShifters Membership monthly online (3 levels of joining).

<https://whyagain.org/event/mindshifters-and-stillpoint-breathing-online-workshop-2/>

Now you have the whole alphabet of FREE Tools & Support - Together they make a whole package – individually they each work in different arenas in your life. Pick and choose moment by moment which one serves you and use them all. In an intensive people will ask “which tools” or “what do I do in this case...” and michael writes on the board “ALL OF THE ABOVE”

Purchase Audios & Videos & Books from our Catalog (which then supports this work)

<https://whyagain.org/shop/> Watch and listen to our videos/audios as each of the above are covered in different DVDs and CDs and online streaming – sometimes you have to watch the same one repeatedly for the information to really be understood – keep watching! Other workshops that we have available to purchase that do not have a specific worksheet to print-off:

- “Circle of Life and How To Play It” DVD
- “On Creating Consciously” DVD & CD
- “Naturopathic Keys to Health” DVD
- “Mind-Body Bio-Energetics” DVD
- Three lessons from “A Course in Miracles” in three different DVDs
- “MindShifters & Introduction to StillPoint Breathing” DVD
- “Aramaicisms” 4 hr DVD
- “Wellness Through Stillness” 20-minute meditation CD

And <https://whyagain.org/category/healing/in-jeanie-s-view/> is a link where you can read Jeanie’s viewpoint of each workshop – my reviews might direct you somewhat towards a particular starting point for using each of the tools. And do use each one – just give yourself some space and time for “building brain cells” and practice, practice, practice. And BREATHE!!!

Thank you for being willing to do your work. Blessings, Jeanie