

# NEWS RELEASE

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**dr. michael ryce will present:**

## **A FREE FIVE DAY WORKSHOP SERIES**

**dr. michael ryce**, the director of Heartland, a self-healing center in the Ozark mountains, will present a workshop series entitled “**Why Is This Happening To Me . . . Again?!**” These workshops explain, with profound simplicity, how the mind/body/emotion interaction affects health, every event in life and all relationships. In each self-contained workshop, effective tools will be presented to assist in creating high-level wellness and eliminating upset, lack and conflict.

These workshops are free so that everyone, regardless of the ability to pay, will have access to the tools presented. Almost one with health, financial, career or relationship problems will benefit.

dr. ryce has a background in electronics, business, Naturopathic Medicine, philosophy and theology and is also the director of The Khaburis Foundation which is translating the oldest known copy of the New Testament from its original Aramaic into English. A world renowned lecturer and teacher of the practical application of “self-help” tools, he has done pioneering work in the fields of self-healing, relationship building, world peace, and the inner process of forgiveness. His work is a powerful blend of spiritual principles and intellectual clarity, guided by the heart!

## **SCHEDULE**

**Unity Of Sarasota**

3023 Proctor Road, Sarasota, FL 34231

**Sunday, APRIL 25, 9:00 AM & 10:30 AM Services:** *Coin Of The Realm*

**Sunday, APRIL 25, 1:00-4:30 PM-** *Why Is This Happening To Me . . . Again?!*

**Monday, APRIL 26, 6:00-7:30 PM** - *A Course In Miracles: What Is The World?*

**Wednesday, APRIL 28, 7:00-9:30 PM-** *On Creating Consciously - Keys To Abundance*

**Thursday, APRIL 29, 7:00-9:30 PM-** *Healing Through Relationships*

**Friday, APRIL 30, 7:00-9:30 PM-** *Codependence To Interdependence*

**Saturday, MAY 1, 8:00 AM to approx. 6:00 PM-** *MindShifters & StillPoint Breathing*  
(\$125 fee for this one day)

**For more information or to schedule an interview contact:**  
**Unity of Sarasota (941) 955-3301 or [unitysarasota@juno.com](mailto:unitysarasota@juno.com)**

“A brilliant synthesis, a must for everyone in need of healing”– Dr. Gregory Sharp

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**“I don’t have enough time! There are too many patients to educate each individually. I know thoughts, feelings and attitudes have a profound effect on emotional/physical health but people do not want to hear that. They want to keep their negative habits and expect me to ‘fix them.’ The stress of taking responsibility for my patients’ health is taking its toll on me.”**

**WE HAVE A SOLUTION!** We have a *FREE educational support service that alleviates you of the burden of getting patients to take responsibility and understand how “everything works together.”*

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

is a no-fee workshop that explains, with profound simplicity, how the mind/ body/ emotion interaction effects physical/ mental/ emotional health. A step-by-step process is presented for creating high level wellness by undoing old patterns that keep people locked into conflict or dis-ease. Almost anyone who has been sick, experienced financial difficulties, or relationship problems, will relate to and benefit from the material presented. A simple, hard-hitting two and a half hours that will assist your patients to change their attitudes, thoughts, and feelings – **and make your work easier!**

Topics covered include personal responsibility, how the mind functions, feelings, relationships and the effect of judgments and resentments on health. Effective tools participants easily use in their lives are the basis of the workshop’s ongoing success.

**The workshop is free so it is accessible to everyone, regardless of ability to pay.** This is part of my personal commitment to make the principles of inner healing available to every mind on the planet. While there is no requirement for money, there will be an opportunity to donate in support of others taking the workshop in the future.

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

By dr. michael ryce

**“Why is this happening to me . . . Again?!”**  
**“Why is every relationship the same?”**  
**“Are loving relationships even possible?”**

These are common complaints, often accompanied by a host of painful emotions, extreme bewilderment, and a desperate “Why are they doing this to me!! . . . Again?”

An instant later, the culprit will be judged and sentenced. Full of remorse, the separating parties cry, “If only *you* would change, I wouldn’t have to leave!” Both parties in their confusion, ask the same questions and reach the same conclusions, “*I’m right! You’re wrong! It’s settled! Why argue?!*” Each tells the truth but somehow they see opposite realities. The inconsistency of alternating from confusion to absolute judgment is not realized.

In ancient times, this state of ‘confused absoluteness’ was known as “a house divided against itself.” It is caused by the dis-ease, Blockage of Truth, a state in which one is locked into and can only see error but calls its error truth.

Seldom does it occur to the confused mind that, “If I’m present in *every* experience of my life, perhaps I’m involved in creating my pain.” Rarely does one in pain ask themselves the question, “If they’re the one with the problem, why am I the one with the pain?” Only for a fleeting moment can this mind conceive that it might have set up what’s happening . . . Again!

Pain signals a self-imposed dis-ease, Blockage of Truth. A person in pain usually identifies who they think the ‘guilty party’ is and it’s always *someone else! That opinion is worshipped more than the truth.*

The typical solution is blame, guilt, and separation which initiates another downward cycle into more pain and resentment. Sound familiar?

There is joy and aliveness beyond pain and there are ways to heal the need to struggle! The primary requirement for healing is the ability to admit, if I’m in pain—I’m in error. Next comes willingness to do one’s work—to face responsibility, tell oneself the truth and heal. What the world calls “impossible” *can be achieved with the right tools!*

Effective tools for self-correction coupled with a willingness to actually use them are critical to the healing process! Haphazard use of the tools will not produce healing nor the desired changes in relationships, health, or finances.

A new mind set is needed to recognize and undo Blockage of Truth. One must redesign the personal thought system that has led to confusion, pain or loss. Healing starts with a ‘renewing of the mind.’ Though these ideas may at first sound crazy or impossible, thousands have healed themselves with these tools.

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Total explanation of this new, though actually ancient, thought system is not the objective here. That would take volumes. The goal is to give you practical, workable tools and a glimpse of the philosophy that backs them up. Another key to healing is an open mind.

## **YOU CANNOT SOLVE A PROBLEM WITH THE MIND THAT CREATED IT!**

*Albert Einstein*

The basis for all true healing, mental, physical and emotional, is knowing that the body is not real—it does not exist! Scientifically, this was powerfully communicated by Albert Einstein, “What we have heretofore called matter, is energy whose vibrations have been so lowered as to be perceptible to the senses. There is no matter!” Max Planck, in his acceptance speech for the Nobel Prize in physics said it this way, “As a man who has spent his entire life studying matter, I can tell you this much, there is no matter as such! Our entire world is made up of succeeding smaller patterns of vibratory fields, nested one within another, within another . . .” Ancient teachings called matter ‘appearances’ and cautioned not to ‘judge,’ or be taken in by them.

What appears as a body is an energy field, integrated and organized by what is back of and superior to it. The field is not self-existent, there is an organizing quality behind it. There two basic qualities of organizing energy relative to any energy field, including the ‘body’:

1. Integrative—in humans—enthusiasm, love and joy that express as creativity, health and aliveness.
2. Disintegrative—in humans—fear, anger, criticism or revenge that are expressed in pain and dis-ease.

The quality of organizing energies we engage in is our choice and the determiner of the health of our bodies, lives, relationships and finances – in short – everything in life! The ancients called disintegrative energy ‘sin’ or ‘defiling the temple,’ warning that if disintegrative energy is stored in tissue, it violates the integrity of the host tissue and causes dis-ease. The wages, or result, of ‘defiling the temple’ is that the body decays and eventually dies. This warning came from *simple physiology, not religious dogma nor a threat from a Deity!!*

When involvement in an experience we refuse to own is denied we hide our disintegrative energies thereby creating our own dis-eases! Pain and disease are helpful signals that warn that we are in error. Although reputed to be enemies, they are friends in disguise. Pain is *never* a sign of someone else’s mistake. It is the body’s ‘error message,’ a reminder that the quality of energy we are putting into our system is self-destructive.

Most people ignore the messages, drug the messenger (the body) and wonder why disease strikes. They wish someone would discover a ‘magic pill’ that would allow them to continue destructive habits and not pay the piper. “Let me hate and gossip, have fear and anger. Let me put down, criticize whom I wish and be a cheap as a nickel. Yet, please, don’t make me accountable for my

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words. Let me ignore nutrition, eat junk, and please, PLEASE make me healthy and happy!” *An insane wish!* We cannot engage in negativity and have health, anymore than a farmer can sow wheat and reap corn. No matter what the justification, sow hostility or fear and reap disease. *Sow sparingly in Love, ethics or money and the universe must return in kind!* It is an immutable LAW that we always reap as we have sown!

Failure to be aware, response-able and to release negativity leads to an endless succession of similar events. Hence, the question: “Why is this happening to me . . . Again?! And Again?!”

‘Premature positive thinking’ (pretending all is well, when it’s not), produces the same result. Appropriate and honest thinking is the goal. Self-correction follows naturally.

The only *restorative processes* are those which face and release stored negativity. The body can then use its recuperative powers to rebuild.

## **LET GO AND YOU CAN CHANGE YOUR LIFE!**

Healing begins by understanding that:

1. The purpose of life is *to heal you and to bring you joy!* Anything less is Self-Inflicted Nonsense.
2. We will define the output of the human mind *as reality*. In ancient times, called the ‘mind of man.’
3. Pretending someone else is the cause of your mind’s pain or disturbing output is projection.
4. Blaming another for *your* reality (the output of your mind) is irresponsible and the *key to being a victim*.
5. Entertaining a mindset of victimhood is *destructive* to mental, emotional, and physical health.
6. Pain is the energy that results from holding onto disintegrative energy and/or negative thoughts. *Pain warns of the need for tools with which to create internal healing*.
7. *Forgiveness (changing the reality, the output of your mind) is the only PERMANENT solution*.
8. Forgiving is *NOT* something done to or for others. It is an *internal healing process*.
9. The transition is simple, but not always easy.
10. It takes commitment and work to heal!
11. The rewards are beyond what the mind in pain can conceive in its present condition.

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TRUE FORGIVENESS is the master release process, a tool that opens the energy field of the ‘body’ and liberates destructive energies from within. Once understood, you will never forgive anyone again. Forgiveness is not letting another off the hook for their offenses.

The mind selects its data and outputs its reality about a particular object of attention (them!) as a result of holding a goal. The root meaning of forgiveness in Aramaic is ‘to cancel, untie or let loose.’ It is *a tool for changing a reality in the mind and releases stored destructive energies from within*. The first step in True Forgiveness, THE internal healing process, is, at least temporarily, canceling the goals that support painful realities, whoever those realities *appear* to be about.

Next, identify any disintegrative emotions or thoughts that reside within your ‘energy system.’ Own them as yours, although they may appear to be caused by someone else. If you’ve had a particular conflict eighty-seven different times, with forty-two different people—notice you are the one who has been there EVERY time.

*Your* thoughts are the output of your mind and the realities from *your* mind reflect the energies held in *your* body. *The output of a human mind tells more about the content of that mind than about the perceived world!*

The next step toward healing is verbal release of the mental and emotional energies that make up repeating realities.

Say aloud, if practical, “I totally release from my life and body all feelings of \_\_\_\_\_. “Be specific with your feelings (i.e., fear, anger, criticism, or pain). “I release the thoughts that \_\_\_\_\_. “Be specific with your thoughts (i.e., Life hurts, No one loves me, or I’ll never make it).

TAKE RESPONSIBILITY! The steps to liberty? Be accountable for your thoughts, emotions, and realities. It’s your life! Recognize and undo disintegrative energies. *Learn to forgive!* The person or event you think ‘causes’ pain only surfaces realities that are already within you. They have given you the opportunity to heal . . . Again! Take advantage of that opportunity!

This poem summarizes the body of work you are about to engage in. It expresses the truth about each of our lives and the essence of our responsibility.

**IT MAY SOUND BACKWARDS, TRITE OR TOO SIMPLE, BUT,**

**IT COSTS NOTHING TO *TRY IT!***

***FORGIVENESS WORKS MIRACLES!***

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## EACH MOMENT

Each moment of love,  
Each moment of giving,  
Each moment of joy,  
Is a moment of living.

Each moment of anger,  
Each moment of lying,  
Moment of vengeance,  
is a moment of dying.

All our moments add together  
like the digits in a sum,  
The answer tells us plainly  
whether life or death shall come.

*Lord Cecil Martin*

Based on the book  
“Why Is This Happening To Me . . . AGAIN?!”  
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