

“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? What have I done wrong?”

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 different and opposite realities. The inconsistency of alternating from confusion to absolute judgment is seldom realized and the behavior that follows this mindset is usually bizarre.

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. And this error is *called* truth.

Seldom does the confused mind think to ask, “If I’m present in *every* experience of my life, perhaps I’m involved in creating my pain.” Rarely does it occur to this mind to consider, “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 itself up for what is happening . . . Again!

Pain signals the all to common dis-ease, Blockage of Truth. A person in pain usually identifies who they think the ‘guilty party’ is — and it’s always *someone else* — *and, they’re, “stuck in their story!”* This opinion creates a block in the mind that makes it impossible to see the truth! The typical solution is blame, guilt, and separation which initiates another downward cycle into more pain and deeper 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*. This admission does not mean that the “other” person is freed of responsibility for *their* actions, it simply gives the person brave enough to take responsibility *power* over their own lives.

Responsibility, interpreted through a mindset of victimhood, tends to look like guilt, fault and blame — totally invalid ideas. The Truth about responsibility is that it is simply a tool that uncovers the hidden internal dynamics that lead to the confused absoluteness referred to earlier.

Next comes the willingness to do one’s own work — to take a different action based on self-responsibility. Love of Truth fosters the ability to tell oneself the truth and heal. This makes what the world calls impossible, achievable!

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 the desired changes in relationships, health, or finances. Without tools, real healing will remain just out of reach, and seem to be the impossible dream.

With the right tools, not only will healing occur, but, as a result of facing conflict with a responsible mind, a blame free mind, wisdom and empowerment will result!

A new mindset is needed to recognize and undo Blockage of Truth. One must redesign the personal thought system that has led to generations of confusion, pain and loss. Change starts with a 'renewing of the mind.' Though these ideas may at first sound crazy or impossible, thousands have changed their lives with the use of these tools.

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 best said by Albert Einstein when he said, "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!" 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 are organizing forces behind it, forces that can be known and, through cooperation, harnessed.

There are two basic qualities of organizing energy superior to and back of any energy field, including the 'body':

1. Integrative — expressed in humans as Love, enthusiasm, and joy which manifest as creativity, health, beauty and aliveness.
2. Disintegrative — expressed in humans as fear, blame, anger, criticism and revenge which manifest as pain, suffering and dis-ease.

The ancients called disintegrative energy 'sin' or 'defiling the temple,' cautioning that if these energies are stored in the "body," it violates the integrity of the host tissue, causing the deterioration we refer to as dis-ease. The wages, or result, of 'defiling the temple' is that the energy system decays and eventually dies.

This understanding and warning, which is usually interpreted as some kind of punishment or threat from the Creator, came from an *energy based* knowledge of physiology, *not religious dogma!!*

The beauty and power of recognizing and coordinating with these causative energies is that we are at choice. We put these influences in place and can change them at will, if we have the courage to face them.

The quality of these underlying energies, *our choices*, is the cause of everything — the health of our bodies, minds, lives, relationships and finances — every circumstance we seem to arrive at by accident and chance! *And* we are *never* the victim of cause, we are its determiner.

When involvement in our experience is denied, we hide the cause of that event inside of ourselves. We pretend we are innocent victims and can carry out that scam on ourselves because our denial has suppressed that part of the mind that is at cause. It is then, with these hidden disintegrative energies, that we create our lives. Again, the Ancients who understood these energy principles, warned, "Take care the heart (the unconscious) for out of it are the issues in life." Through our own internal, hidden dynamics we create our conflicts and 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, gossip, have fear and anger, put down and criticize whom I wish. Let me steal and be as cheap as a nickel! Yet, please, don't make me accountable for my words and actions. Let me ignore nutrition and eat junk, but please, PLEASE make me healthy, happy and abundant!" *An insane wish!*

We cannot engage in negativity and have health, anymore than a farmer can sow wheat and reap corn. *It is a LAW that we always reap as we have sown!*

Failure to be aware, response-able and release negativity leads to an endless succession of similar events. Hence, the agonizing question: "Why is this happening to me . . . 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 internal recuperative powers to rebuild.

LET GO AND YOU CAN CHANGE YOUR LIFE!

The steps to true healing begin 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 causes your mind's 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. Functioning as a victim *breaks down* relationships! It compromises immunity and tends to destroy physical, emotional, mental, and financial health.
6. Pain is the energy that results from holding onto disintegrative energy and/or negative thoughts. *Pain warns of the need for tools to release stored negativity and create internal healing.*

7. *Forgiveness (changing your reality, the output of your mind) is the only PERMANENT solution.*
8. Forgiving is *NOT* about others, rather, it is an *internal healing process*.
9. The transition is simple, not always easy.
10. It takes commitment and work to heal yourself of patterns that have continued, often, for generations!
11. The rewards are beyond what the mind in pain can conceive.

Forgiveness, in Aramaic, is 'to cancel, untie or let loose.' It is *a tool for changing a reality in the mind*. 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 ever again. Forgiveness is not about letting another off the hook for their offenses — that is the act of pardoning — a nice thing to do, but it is not forgiveness!

To heal, identify disintegrative emotions or thoughts that reside within your 'energy system.' Own them as yours, although they 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 TOO SIMPLE, BUT
FORGIVENESS WORKS MIRACLES!

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,
Each 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.

Sir Cecil Martin