

Class 101: Remarkable Mind

On-Demand Event - 2016

Day 1

Module 1 – Session 1 (1:51:29)

- **Welcome and Introduction to the Class 101 and the Four Cornerstones of Ramtha’s teachings by Laura Mooney (Start Time: 0:00)**
- **Video Excerpt Teaching by Ramtha in Mexico, April 2010: “The Age of Philosophers Has Come to an End” (Start Time: 38:50)**
- **Introduction and Instructions for focus session of Sending-and-Receiving by Marc Hazewinkel (Start Time: 42:22)**
- **Focus Session: Sending-and-Receiving and Remote-View (Start Time: 1:13:06)**
- **Focus Session: Results (Start Time: 1:30:30)**

Module 1 – Session 2 (3:29:00)

- **The Mystery of You and How We Got Here: Ramtha’s story of Creation and Model of Reality, the Void, the Triad, Involution and Evolution, and the Brain (Start Time: 0:00)**
- **Video Excerpt Teaching by Ramtha in South Africa, October 11, 2009: “7 Levels of Consciousness” (Start Time: 1:42:20)**
- **Review: 7 Levels of Consciousness and Energy in the Brain (Start Time: 1:49:30)**
- **The 7 Seals of Consciousness and Energy in the Human Body (Start Time: 1:53:47)**
- **Introduction and Instructions on Ramtha’s Discipline of C&E® (Consciousness & Energy®) (Start Time: 2:10:07)**
- **C&E® Demo (Start Time: 2:29:00)**
- **C&E® Practice Session with Instructions (Start Time: 2:42:00)**
- **C&E® Practice Session with blinders on (Start Time: 2:54:20)**
- **C&E® Practice Session with music and blinders on (Start Time: 3:09:38)**
- **Instructions for creating 3 things you want to eliminate and 3 things you want to manifest into your life during the break and before next session (Start Time: 3:26:35)**

Module 1 – Session 3 (1:04:47)

- **Creating 3 things you want to eliminate and 3 things you want to manifest into your life with the discipline of C&E®** (Start Time: 0:00)
- **C&E® Session: your list of 3 x 3** (Start Time: 21:21)
- **Conclusion of Module 1**

Day 2

Module 2 – Session 1 (43:36)

- **Orientation: Changing Habits** (Start Time: 0:00)
- **C&E® Session: “Inhale, Tighten Down, Focus, Breathe...”** (Start Time: 11:50)

Module 2 – Session 2 (2:38:49)

- **Introduction to the Bands of Consciousness and Energy, Binary Mind and Analogical Mind** (Start Time: 0:00)
- **PowerPoint Introduction to Orbs** (Start Time: 1:09:35)
- **Orb Contact Session** (Start Time: 1:20:47)
 - **Video Clip by JZ Knight on Orbs** (Start Time: 1:21:15)
 - **Video Excerpt by Ramtha on Orbs, November 9, 2007** (Start Time: 1:26:13)
 - **Video Clip by Ramtha: “Orbs: You Are Never Alone”** (Start Time: 1:33:35)
- **Instructions on Making an Orb Contact Card for Focus Session** (Start Time: 1:35:15)
- **Focus Session: Orb Contact C&E®** (Start Time: 1:56:17)

Module 2 – Session 3 (3:30:54)

- **Introduction to the discipline of the Neighborhood Walk® and Self-Correction** (Start Time: 0:00)
- **Focus Session: Engage the Neighborhood Walk® out in nature for at least 30 mins** (Start Time: 51:17)
- **Review of the Neighborhood Walk® and Self-Correction** (Start Time: 51:30)
- **Presentation on Neurogenesis, Neuroplasticity, and the Neighborhood Walk®** (Start Time: 1:06:10)

- Focus Session: Engage the Neighborhood Walk[®] out in nature for at least 30 mins
(Start Time: 2:41:00)

- Audio Clip by JZ Knight on the Bands, June 27, 2013: “The Walk and Wiring a New Reality” (Start Time: 2:41:04)

- Focus Session: Reengage the Neighborhood Walk[®] outdoors or indoors at your own pace
(Start Time: 3:30:21)

Module 2 – Session 4 (2:18:45)

- Video Teaching by Ramtha in Switzerland: May 14, 2014, “The Cover Up”
(Start Time: 0:00)

- Conclusion of Module 2

Day 3

Module 3 – Session 1 (53:05)

- Orientation for upcoming focus session (Start Time: 0:00)

- Focus Session: Ultraviolet Blue Egg C&E[®] led by Ramtha (Start Time: 06:40)

Module 3 – Session 2 (2:46:31)

- Video Teaching by JZ Knight, September 23, 2006: “Gladys[®]” (Start Time: 0:00)

- Introduction to Carbules, Cells skeletal structure, DNA and the Blue Webs
(Start Time: 1:15:00)

- Focus Session: Blue Web candle focus (Start Time: 2:21:25)

Module 3 – Session 3 (3:45:47)

- Video Teaching by JZ Knight, January 31, 2014:
“Quantum Physics of the Miraculous – Part I” (Start Time: 0:00)

- Video Teaching by JZ Knight, January 31, 2014:
“Quantum Physics of the Miraculous – Part II” (Start Time: 1:31:15)

- Video Teaching by JZ Knight, January 31, 2014:
“Quantum Physics of the Miraculous – Part III” (Start Time: 2:40:00)

Module 3 – Session 4 (59:12)

- **Video Teaching by Ramtha in Mexico, April 3, 2010: “The Journey of the Soul”**
(Start Time: 0:00)

- **Conclusion of Module 3**

Day 4

Module 4 – Session 1 (25:23) + Neighborhood Walk® (30)

- **Focus Session: Candle Focus** (Start Time: 0:00)

- **The Neighborhood Walk® out in nature at your own pace** (30 mins)

Module 4 – Session 2 (2:30:03)

- **Introduction to the discipline of Fieldwork® and making cards for focus** (Start Time: 0:00)

- **Make 2 cards for Fieldwork®** (Start Time: 46:50)

- **Video Excerpt Teaching by Ramtha, June 12, 2009: “Fieldwork® & Destiny”**
(Start Time: 1:16:20)

- **Fieldwork® Demo** (Start Time: 1:20:13)

- **Focus Session: Fieldwork® in action** (Start Time: 1:40:00)

- **Instructions for online students without a Field for Fieldwork®** (Start Time: 1:43:10)

- **Focus Session: Fieldwork® at your own pace** (45 mins)

Module 4 – Session 3 (50:21)

- **Instructions for next session of Fieldwork® and making new cards for focus**
(Start Time: 0:00)

- **Focus Session: The Neighborhood Walk® (30 mins), into Fieldwork® (60 mins)**

- **Focus Session for those without a field: Candle Focus with your cards** (Start Time: 5:18)

Module 4 – Session 4 (2:41:21)

- **Acknowledgment of students who accomplished the discipline of Fieldwork®**
(Start Time: 0:00)

- **Introduction to Blue Body® and the symbology of Shiva** (Start Time: 5:15)

- **Instructions for applying Blue Webs on the body for healing and restoration** (Start Time: 14:10)
- **Instructions for the Blue Body® Dance and Demo** (Start Time: 37:40)
- **Guided Practice Run for the Blue Body® Dance** (Start Time: 1:04:20)
- **Focus Session: Blue Body® Dance** (Start Time: 1:19:10)
- **Focus Session (continued): Blue Body® animation video clip** (Start Time: 2:35:00)
- **Conclusion of Module 4**

Day 5

Module 5 – Session 1 (55:06) + Neighborhood Walk (30 mins)

- **Instructions for the discipline of Create Your Day®** (Start Time: 0:00)
- **Focus Session: Create Your Day® with Candle Focus, into the Neighborhood Walk®** (Start Time: 30:20)

Module 5 – Session 2 (2:51:39)

- **Final remarks and instructions for continuing the work at home** (Start Time: 0:00)
- **Group Photo and Future Remote-View result revealed** (Start Time: 11:30)
- **Focus Session: Fieldwork® in the field or through Candle Focus (45 mins)** (Start Time: 13:50)
- **Group Accomplishments and Future Remote-View revealed** (Start Time: 1:00:43)
- **Final event announcements, Ramtha’s teachings highlighted in News Headlines, On-demand events available, and closing words** (Start Time: 1:06:30)

Note: The Orb Show of this event is available online in the [Orb Gallery](#) page of the [RSE-Newsletter.com](#)

- **Concluding Video Teaching by Ramtha in Switzerland, May 18, 2014, “Alchemists of the Future”** (Start Time: 1:19:09)

Note: Thank you for participating in this online event. We look forward to seeing you at school, live or online, in the near future. To a great and remarkable life! So be it.

— The RSE Staff