Class 101: Remarkable Mind
On-Demand Event – 2018

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

- 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)
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 (43:43)

- Brief review of the discipline of Candle Focus. (Start Time: 00:45)

- Focus Session: Candle Focus, into C&E (Start Time: 02:37)

- Neighborhood Walk® (Start Time: 43:43)

Module 5 – Session 2 (1:40:35)

- Overview of the upcoming sessions. Book recommendation (Start Time: 0:00)
  Further training available in [The Grid® Advanced Workshop](#)

- Welcome and Introduction with Marc Hazewinkel. (Start Time: 06:38)

- Video excerpt teaching by Ramtha – Introduction to the Blue Grid (2002) (Start Time: 41:50)

- Make 1 Grid Card (Start Time: 1:21:35)

Module 5 – Session 3 (2:15:10)

- Grid Experience - Debbie Christie (Start Time: 05:52)

- Focus Session: Candle Focus – be nobody (Start Time: 19:28)

- Focus Session: C&E (Start Time: 46:38)

- Focus Session: Fieldwork or Candle Focus on card on your own (Start Time: 1:15:10)
Module 5 – Session 4 (1:44:49)
- Video Teaching by Ramtha – The Grid – Progressive (2015) (Start Time: 0:00)
- Instructions for making the Grid Card (Start Time: 1:28:15)
- Grid the Sky (Start Time: 1:44:49)

Day 6
Module 6 – 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 6 – Session 2 (1:00:38)
- 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)

Module 6 – Session 3 (1:26:08)
- Group Accomplishments and Future Remote-View revealed (Start Time: 0:00)
- Final event announcements, Ramtha’s teachings highlighted in News Headlines, On-demand events available, and closing words (Start Time: 5:47)

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, July 16, 2009: “Sustaining Your Changes” (from Blue College) (Start Time: 17:31)

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