DESTINATION FREEDOM

The Labyrinth of Emotions and the Journey to Enlightenment

September 22 - 26, 2026

Program Guide

DAY 1

Session 1

Video: JZ Knight Live - Part 1 & Part 2

Go on a contemplation Walk out in nature based on what JZ Knight taught us.

Meal Break

Session 2

Welcome and Introduction to Equinox

Make 2 Cards for Fieldwork® and Focus

List and Twilight + Bell Ringer.

Audio Focus Session: C&E, into Neighborhood Walk with card

Return and engage the List and Twilight Bellringer Audio File, go to sleep

Use Download Link: Bellringer Audio File

DAY 2

Session 1

Focus Session CYD: Instructions

Audio: Candles, List, Twilight®, into Neighborhood Walk®, until satisfied

Meal Break

Session 2, Part 1

Session 2 Instructions

Session 2, Part 2

C&E®, into Neighborhood Walk®, with your card

Then return, cover up, engage the List & Twilight® with the group in next session)

Session 2, Part 3

List & Twilight® (ocean subliminals), directly into Ramtha excerpt

Ramtha Excerpt: 1994-09-03 (1)

Meal Break

Session 3

Ramtha Excerpt: 1994-09-03 (2)

Into Neighborhood Walk®, until satisfied

Before meal break take a walk around the field saying:

“I am filled with the Mind of God.

“I am filled with the Love and Joy of God.

“I am the vessel of God. Create me.”

— Ramtha

Meal Break

Session 4

Define what past experience / event you want to change

Instructions for the night

Focus Session: Candle Focus into the Void (Use 2 candles), directly into Twilight

Play Audio: Ocean Subliminals with the List and Twilight, with Bell-Ringer

DAY 3

Session 1

Intro by Laura

Focus Session: 1989-10-12 Om Akad Retreat - Journey to the Past, with Ram intro

Meal break

Session 2

Instructions

Ramtha C&E: 1990-09-07 Breaking Cracks in the Grid C&E

Neighborhood Walk with your card, short break, return to your Walk, until satisfied

Meal Break

Session 3

Instructions: Cover up: List & Twilight®

Ramtha Excerpt: The Emotional Body (1994-09-04 Adv Wks)

Announcement message from JZ, and instructions for next day sessions

Neighborhood Walk®, until satisfied (as Ram instructed)

Meal Break

Session 4

Instructions for Tank Day. Remember the Test of the Initiate (CD/Download)

Draw 7 stars and Blue Webs for healing on your body (in a focused state)

Blue Body® animation plays in the background, in a loop

Video Excerpt from Ramtha Teaching Last Night on Blue Body®

Focus Session: Blue Body® Dance, laydown, into Twilight and Bell-Ringer

Play Audio: Ocean Subliminals with the List and Twilight, with Bell-Ringer

DAY 4

Session 1

Focus session: C&E®, into Neighborhood Walk®, until satisfied

Meal Break

Session 2

Focus Session: Instructions: Contemplate what you want to change. Make a card

Audio: Om Akad Retreat - Journey to the Past (1989-10-12)

Into the List & Twilight, Laydown. Liquify,

Then engage the Neighborhood Walk®

Meal Break and Contemplation

Session 3

Tank Debrief

Video: Ram Tank debrief in Arena (2005-06-21)

Short Break

Session 4

Video: Ramtha in Italy (2014-08-21)

DAY 5

Session 1

Neighborhood Walk with your card, until satisfied

Meal Break

Session 2

Accomplishments, Group Photo

Session 3

Video: RAMTHA Live

Video - Part 1 & Part 2