

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**

(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 (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)
[The Wonderful Story of Henry Sugar](#), by Roald Dahl.
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