

# LEGACY 2.0 SESSION SCHEDULE

## Day 1

### Session 1 Part I

Video: Ramtha - 7/27/03

### Session 1 Part II

Make Propensity Cards

Walk of Contemplation

### Session 2

Make 2 Cards from Propensity List

Put a Web on your Forehead

Make a Blue Body card

C & E - Blow out Propensities

Lay Down

Blue Web Candle Focus

Laydown and go to Sleep

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## Day 2

### Session 1

C&E - first Create Day, then Blow out Propensities

Nh Walk

### Session 2

Video: Ramtha - 7/28/03

Homework

NH Walk

### **Session 3 Part I**

**Ramtha Candle Mirror Process**

**Laydown**

**Walk as Blue Body**

### **Session 3 Part II**

**Video: Ramtha - 7/29/03**

### **Session 4**

**Make Card on moving into a Greater Neighborhood on a Parallel Timeline**

**C&E**

**Focus (hands on knees)**

**C&E**

**Laydown and go to sleep**

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## **Day 3**

### **Session 1**

**UV Egg Process (2020)**

### **Session 2**

**Video: Ramtha - 6/17/03**

### **Session 3**

**Examine Feedback Loop**

**C & E**

**Journey to the Past Process**

**NH Walk**

**Contemplate what message you would send Yourself 200 Years in the Future and write it down**

## **Session 4**

**Video: Ramtha - 7/31/03**

**Video: Ramtha - 8/1/03**

**Message to the Future Process**

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## **Day 4**

### **Session 1**

**Message to the Future Process**

### **Session 2**

**Video: Ramtha - 9/3/04**

### **Session 3**

**Webbing**

**Blue Star C & E**

**BB Dance**

### **Session 4**

**Video: Ramtha - 9/5/04**

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## **Day 5**

### **Session 1**

**Wake Up and Create Your Day**

**Grid**

**NH Walk**

## **Session 2**

**Video: Ramtha - 9/5/04 Part II**

**Walk of Contemplation**

## **Session 3**

**Quantum Leap Process**

**NH Walk**

## **Session 4**

**Video: Ramtha - 9/24/04**

**Includes Ramtha leading**

**Blue Webs and C&E**

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## **Day 6**

### **Session 1**

**Wake Up and Create Your Day**

**Grid**

**NH Walk**

### **Session 2 Part I**

**Introduction to next session**

**Blue Body Webbing**

### **Session 2 Part II**

**Immersion Discipline Block**

### **Session 3**

**Video: Ramtha - 9/8/04**

**With Wine**

## **Day 7**

### **Session 1**

**Wake Up and Create Your Day**

**Grid**

**NH Walk**

### **Session 2 Part I**

**Journey to the Future Process**

### **Session 2 Part II**

**Closing announcements**

**JZ's Live Talk**

**Orb Show**

**Video: Ramtha - 8/2/03**