

# Class 201: Genetics of the Future

## On-Demand Event - Module 2

### Day 2

#### Module 2 – Session 1 (56:15) + N. Walk (30)

- **Introduction by Mike Wright to Ramtha’s teaching on Create Your Day® early in the morning and Instructions for this session** (Start Time: 0:00)

- **Audio Teaching by Ramtha: “Atop the Roof of the World”** (Start Time: 3:25)

Note: This teaching is available for purchase on CD:

CD-045: “Tales of the Masters”

<https://store.ramtha.com/list/style.ashx?style=CD045>

- **Focus Session: C&E®, then the Neighborhood Walk® on your own (30)** (Start Time: 27:30)

#### Module 2 – Session 2 (2:26:19) + N. Walk (30)

- **Introduction and Review of the Mechanics of C&E®, Twilight®, Candle Focus, the Neighborhood Walk®, and the Torsion Process®** (Start Time: 0:00)

- **Focus Session: C&E® Torsion Process® guided by Ramtha, followed by Twilight®, into Candle Focus, and the Neighborhood Walk®**  
(Start Time: 1:02:00)

Note: Transition instructions between disciplines are included in the focus sessions.

#### Module 2 – Session 3 (3:20:21)

- **Review and orientation. Introduction to next video teaching by JZ Knight**  
(Start Time: 0:00)

- **Video Teaching by JZ Knight, January 11, 2014: “Confronting One’s Religion by Creating the Next Lifetime” (from Fresh Air II Workshop)** (Start Time: 9:05)

- **Orientation and instructions: Contemplate and create a plan for your future lifetime**  
(Start Time: 2:24:55)

Note: Optional Candle Focus and/or the Neighborhood Walk® during this session

#### Module 2 – Session 4 (2:14:09)

- **Review and orientation. Introduction to next video teaching by JZ Knight**  
(Start Time: 0:00)

**- Video Teaching by JZ Knight, January 11, 2014: “Creating Your Year in a New Way: Side Notes for Creating a Big Future” (from Fresh Air II Workshop)**  
(Start Time: 10:55)

**- Instructions for optional activities: Upgrade your plan for a future lifetime**  
(Start Time: 1:42:35)

Note: Optional Candle Focus and/or the Neighborhood Walk® during this session

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