

2020 CAPSTONE SESSION GUIDE

Day 1

Session 1

Welcome / Wow 2020!

Video: Ramtha – Future not what you think (7/01/07)

C&E River of Infrared / Twilight - Focus on Self in Infrared

Day 2

Session 1

Write Down Message to the Future

Audio: Message to the Future Process

Session 2 Part 1

Video: Ramtha - Legacy Retreat IV Part 2 (9/5/04)

Walk of Contemplation – Remember to Stay Present

Session 2 Part 2

Audio: Journey to the Future Process

Session 3

Video: Ramtha (3/28/08)

Audio: UV Egg Process

Neighborhood Walk

Session 4

Make a card for the process

Teleportation Process

Day 3

Session 1

Grid into Neighborhood Walk

Session 2

Video Excerpt: Ramtha (2/17/07 AM)

Mind Archery Segment (2hr):

Blend C&E + Be It Process - Use Card #1

Laydown / Candles,

Into Mind Archery with Card #1,

Laydown, into Mind Archery with Card #2.

Session 3

Make a new God-Scope

Look through the eye of God at your cards, side to side

Mind Archery Segment + NH Walk:

Blend C&E + Be It Process - Use Card #2

Laydown / Candles,

Into Mind Archery with Card #1,

Laydown, into Mind Archery with Card #2,

Laydown / Liquify

Neighborhood Walk

Session 4

Video: Ramtha - God-Scope / Grid (2/18/07)

The Grid

Day 4

Session 1

Grid into Neighborhood Walk

Session 2 Part 1

Video Excerpt: Ramtha (2/3/03)

Video Excerpt: Ramtha - Omni Particle (2/4/03)

Session 2 Part 2

Video: Ramtha - Carbule Teaching (6/22/05)

Neighborhood Walk

Session 3 Part 1

Golden Egg Process NEW!

Neighborhood Walk

Session 3 Part 2

Video: Ramtha – 9 Second Grid (6/21/08)

Neighborhood Walk

Session 4

Video: Ramtha - 8/16/2000 (With Wine)

Day 5

Session 1

River of Infrared Process / Twilight - Focus on Self in Infrared

Neighborhood Walk

Session 2

Closing Announcements, Orb Show

Video: Ramtha –The Corridor of Destiny (5/21/04)