

# 2021 CAPSTONE PROGRAM GUIDE

## Module 1

### Day 1 Session 1

Introduction

Intro Video into Video: 2005 Feb 24 - Forging the Sword, Alchemists, Wizards and Elves

Make 1 card representing what you want to conquer including a symbol of your sword

C&E

Hands on Knees - Focus on Symbol of Card

C&E - Blow out Symbol

Illustrated Audio: 2003 Jan 29 - I Love Gandalf

### Day 2 Session 1

Create Your Day

### Day 2 Session 2

Intro to Ramtha on the Great Awakening and Superconsciousness

Video: 1986 May 31- Ramtha– Superconsciousness: The Next Step

C&E

Neighborhood Walk

### Day 2 Session 3

Audio Illustrated: 1998 February 20-21, Excerpt #1 Ramtha: The Great Awakening – Part I (wine optional)

Instructions for focus session: Become the Observer and Listen to the Voices

Candle Focus

Observe and listen to your thoughts with blinders on

Write down what you Observed and learned about yourself. Add what you observed and want to change and conquer to your List. Go out in nature and contemplate as the Observer

### Day 2 Session 4

Light Medicine Book Trailer

Audio Illustrated: 1998 February 20-21, Excerpt #2 - Ramtha: The Great Awakening – Part II (wine optional)

Focus session: review your List and Card, get ready to go down the steps and sleep

Ramtha Led Audio Process: Candles + Down the Steps with Bell into Sleep

## Module 2

### Day 3 Session 1

Create Your Day

### Day 3 Session 2 Part I

Recall **CYY Card of Room in IR**

Video: 2015 Aug 19 Ramtha Excerpt: The Past Swallows the Future

### Day 3 Session 2 Part II

C&E IR River Process

Laydown

Candle Focus

Twilight Room in IR

Neighborhood Walk

### Day 3 Session 3

Video: 2011 May 6 Ramtha Accessing the State

Neighborhood Walk

## Module 3

### Day 3 Session 4

Video: 2021 Jan 23 Ramtha Excerpt - Mind Warriors Activated

C&E IR River Process

Laydown

Candle Focus

Twilight into Sleep

### Day 4 Session 1

Video: 2012 Aug 18 Ram on Field Relearning the Marvelous

Neighborhood Walk

#### **Day 4 Session 2**

Video: 2012 Aug 19 Ramtha The Spiritual Eye ([2012 Remote View Links on Schedule Page](#))

C&E

Neighborhood Walk

#### **Day 4 Session 3 Part I**

Capstone Event Intro Trailer

C&E

Card behind Candle

Neighborhood Walk

### **Module 4**

#### **Day 4 Session 3 Part II**

C&E

Hands on Knees - Focus on Card

Neighborhood Walk

#### **Day 4 Session 4**

2020-2021 Trailers & Intros Montague

Candle Focus

Neighborhood Walk

#### **Day 5 Session 1**

Illustrated Audio: 1998 Feb 12, You Shall Not Pass

Quantum Leap Process

Neighborhood Walk

#### **Day 5 Session 2**

Closing Announcements

Video: 2003 Dec 31 The Return of The King (With Wine)