

Rekindle the Joy Program Guide

If we can't laugh at this situation, we've got a problem.

“What finally will this practice give to you? Ultimately, power, power embraced with wisdom, peace, and joy, a loftiness of that which is termed a state of consciousness that will allow the miraculous to come about.”

— Ramtha. February 21, 1997

Session 1

Trailer: 1998-02-12 (3) Greatest of things achieved in light heart

Mike: welcome and introduction (20)

Illustrated Audio: 1997-02-21 Ramtha – Joy and the Holy Spirit (20)

Put blue webs on body (10) / 528hz tone cue for List.

Audio: Feb 97-Twilight Visualization Process: Healing v.528hz (60)

Neighborhood Walk on your own (30)

[On break contemplate: Who am I? What is Holy Spirit? What is Mind of God?](#)

Session 2

Mike: session intro

Video: Stop It, Bob Newhart (5)

Video: Rockumentary Excerpt (3)

Video: 2009-07-16 Ramtha – If you like your drama, keep your drama (1)

Mike: teaching intro

Illustrated audio 1997-01-24 Ramtha – Plane of Bliss Part 1 excerpt (31)

Audio: Feb 97-Twilight Visualization Process: Healing v.528hz (60)

[On break, stretch, walk gently, and refresh the body](#)

Session 3

Mike: closing announcements

Video: 2022-09-10 Ramtha – Choice, evolution, and pearl of wisdom (11)

Illustrated Audio: 1993-12-07 Ramtha – Celebrating a Holiday So Holy (60)

Make card to blow away that which you can't yet forgive (5)

Freestyle C&E session (15)

Illustrated Audio: 1993-12-07 last comments from Ramtha after C&E (2)

Links

Full Rockumentary (free): <https://www.ramtha.com/free/rockumry.aspx>

Plane of Bliss downloads:

Part 1, Day 1 https://www.ramtha.com/list/product.ashx?item=Audio_CD9703

Part 1, Days 2&3 https://www.ramtha.com/list/product.ashx?item=Audio_CD9703.1

Part 2 https://www.ramtha.com/list/product.ashx?item=Audio_CD9716

The Mystery of Birth and Death (book includes Plane of Bliss teachings)

<https://www.quantum-cafe.com/list/style.ashx?style=9781578731220>

Ramtha Live: Knowledge is Power, Sep. 10, 2022

https://www.ramtha.com/list/product.ashx?item=Ram_Sep_Evt

Celebrating a Holiday so Holy:

Download: https://www.ramtha.com/list/product.ashx?item=Audio_CD9334

CD: <https://www.quantum-cafe.com/list/style.ashx?style=CD9334>

STATE OF THE WORLD UPDATE I, II, and III

https://www.ramtha.com/list/product.ashx?item=Ram_Mod_223 Feb. 11, 2023

https://www.ramtha.com/list/product.ashx?item=Ram_Mod_323 Mar. 11, 2023

https://www.ramtha.com/list/product.ashx?item=Ram_Mod_423 Apr. 08, 2023