

SPRING EQUINOX 2026 - MARCH 15-21

Program Guide

MAKING THE CHOICE FOR THE GREATEST POTENTIAL

DAY 1

Session 1

Welcome/Intro

Video Excerpt: Ramtha 4/24/2001 Quantum Computer – Out of Body Experience

DAY 2

Session 1 Part I

Make Cards – OBE IR

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

Session 1 Part II

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

NH Walk

Session 2 Part I

JZ's Birthday Celebration – Video Montage

Session 2 Part II

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

Session 3

Video Excerpt: Ramtha 2003 Feb-22 Landscapes of the Sleeping Brain

NH Walk

DAY 3

Session 1

Audio Process: Candle & Laydown – focus on OBE card

NH Walk

Session 2

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

Session 3

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

NH Walk – working with cards and list

Session 4

MOV: Ramtha 1998-03-11 [Wine](#)

After the teaching share with your partner a review of your notes

DAY 4

Session 1

Audio Process: Candle & Laydown – focus on OBE card

Session 2

Make Card

Fieldwork

If unable to do Fieldwork:

Audio Process: OBE – Unfolding the Self (no lay down)

NH Walk – working with cards and list

Session 3

Candle Focus

MOV: Ramtha 1998-03-12 [Wine](#)

Fieldwork

If unable to do Fieldwork:

Audio Process: OBE – Unfolding the Self (no lay down)

NH Walk – working with cards and list - take a walk and look at night sky

DAY 5

Session 1

Audio Process: Candle & Laydown – focus on OBE card

Session 2

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

C&E - Audio: 2003-08-01- Message to the Future 20m V2-MP3

Fieldwork

If unable to do Fieldwork:

NH Walk – working with cards and list

Session 3 Part I

Mov: Ramtha 1998-03-13, Part 1 [Wine Supplies](#)

Session 3 Part II

Mov: Ramtha 1998-03-13, Part 2 [Wine Supplies](#)

Walk and look up at the sky

DAY 6

Session 2

Audio Process: Spin the Bands & Ride the Light - Be Still Observe the Voices – Lay down -Do Your List - Go to sleep

NH WALK

Fieldwork

If unable to do Fieldwork:

NH Walk – working with cards and list

Session 3

Audio Process: Spin the Bands & Ride the Light - Be Still Observe the Voices–

Lay down -Do Your List

Fieldwork

If unable to do Fieldwork:

NH Walk – working with cards and list

Walk and look up at the sky

DAY 7

Session 1

Candles, card focus into laydown (students are to place their card on ground in front of them)

Audio Process: OBE – Unfolding the Self

Lay down – focus on your card

Fieldwork

If unable to do Fieldwork:

NH Walk – working with cards and list

Session 2

Celebrate Accomplishments

Closing Comments/Announcements

Video Excerpt: Ramtha 2003 Feb 10