

CYY 2026

PROGRAM GUIDE

“Now when we call upon the Spirit and invoke the Spirit, the Spirit, as it were, is indeed the whole of the mind of God. We are asking the Spirit not for our dream but for its dream. We are saying to the Spirit, ‘This I cannot do, but I tell you, do it for me.’ Then the Spirit, who is the cosmic, fundamental resource of all mind and all life, moves that web of knowingness into shakable power. And then we have the ultrasupernatural happening, when the Spirit is called upon. It essentially means, ‘Help me.’”

— Ramtha

Day 1

Session 1

Video Excerpt: Ramtha – Hour of Discontent ([Teaching with Wine](#) - Feb 3, 2001)

Contemplation Time

Session 2

Video Excerpt: Ramtha – (June 27, 2011)

Video: Ramtha - Evoking Our Omnipotent Spirit Through True Prayer (Feb 23, 1996)

Make card

Day 2

Session 1

Start with blinders down invoking the holy spirit through prayer (silence/no music), then slowly lift blinders and start D2S1 (focus with the candle and card)

Focus Session - Invoke the Holy Spirit

Candles with Card

NH Walk

Session 2

Intro Session

Dance - Move as the Blue Body

Video: Ramtha - Surrendering the Sacred (Oct 22, 1996)

Session 3, Part I

Review Surrendering the Sacred – Make cards

C&E

NH Walk

Field Work

If not doing fieldwork engage Session 3 Part II and then transition to the NH Walk

Session 3, Part II

Focus Session: Power Breath Card Focus v2 (Sept 16, 1991)

You will need one card placed on the ground in front of you... as soon as the process starts, blinders down, make sign of triad, the breath.. C&E.. there is no music.. move energy.. Ram will instruct further into process.

NH Walk

Session 4

Intro to Session – Students homework - need their New Years desires or NH List

Video: Your Holographic Brain: The Rendering Engine of Reality

Dance - Move as the Blue Body

Video: Ramtha - Remember the Future (Jan 4, 1993)

Day 3

Session 1

Audio Process: Remember the Future – Create Your Year Process (Jan 1, 1999)

Session 2

Make a card to represent your New Year/New NH

C&E

NH Walk

Fieldwork

If not doing fieldwork engage Session 3 Part II and then transition to the NH Walk

Session 3

Celebrate Accomplishments

Closing Announcements

Video: Ramtha - Ask and it shall be Done (Feb 10, 2003)

HAPPY NEW YEAR!!!!