

The Great Awakening

EQUINOX PROGRESSIVE RETREAT

DAY 1

Session 1

Welcome and Introduction

Video: 2006-03-25 Ramtha NYC – Art of Awakening

Session 2

Video: 2009-02-18 The Alchemist's Fire candle twilight excerpt

C&E / Candles / Twilight List / Candles

Walk on your own – hold the trance state as you arise.

DAY 2

Session 1

Mike: Electron Free Will

Video: 2007-04-14 Ramtha: Electron free will excerpt

C&E / Candles / Twilight List

Session 2

Video: 2009-02-23 Accessing a New State

Re-work your List and then Walk on your own

Session 3

Illustrated Audio 1991-01-09 Now is the Mother of Time

C&E Torsion process / Twilight List / Candles Silently mouth "I have always" / Twilight /C&E IR

River process / Twilight List / Candles

Walk on your own – hold the trance state as you arise.

Session 4

Video: 2009-04-16 Redefining God (1:24)

Walk on your own "I have always been wonderful"

DAY 3

Session 1

C&E IR River / Twilight List / Candles

Session 2

Illustrated Video: 1995-01-31 Ramtha teaching with dance opening

- Make a card and review your List for focus based on this teaching

Review of the List and Twilight (not the same as "liquify") + "get up and dance"

Candles / List / Twilight

Session 3

Intro to focus session

AUDIO: 1995-01-31 C&E-Dance-Twilight

Neighborhood Walk then contemplation in Nature until satisfied

Session 4

Mirror focus led by Ramtha: C&E, Candles, and Mirror

DAY 4

Session 1

Intro to next teaching.

Illustrated Video: 1993-10-03 The Personality Grid

Grid on your own, then Neighborhood Walk until satisfied

Session 2

Notes for contemplation: connect Ram's various teachings on the Grid

- Personality and Genetic Grid
- The Grid in the sky, the soul ,and Plane of Bliss
- the Blue Grid

Instructions for next session: years in the past and in the future are relative to you

- Make a new Card how you see yourself in the future? Choose a year!!!

Future Remote View #1 and #2

AUDIO: Quantum Leap C&E process / Liquify

Neighborhood Walk, until satisfied

Session 3 Parts I & II

Illustrated Video: 1992-02-20

DAY 5

Session 1

Grid on your own, then Neighborhood Walk until satisfied

Session 2

Intro session

Illustrated Audio: 1997-01-08 Crossing the River, part 1- Starts with C&E

Homework: What has manifested, what snags have you in your river/life?

Review and revise your List to find out where you are at in your river-crossing

Contemplation time and walk in Nature, until satisfied

Session 3

Illustrated Audio: 1997-01-09: Crossing the River, part 2

Candles / List / Twilight

Session 4

Instructions for session + Future Remote View #1 and #2 from yesterday revealed

AUDIO: 1992-02-20 C&E / Dance / liquify

DAY 6

Session 1

AUDIO: 1995-09-05 Chaos C&E

Session 2 Part I

Q&A with Mike & Jaime

Session 2 Part II

C&E IR River / Twilight List / Candles / Twilight

C&E Seal Activation / Twilight List

Session 3

Candles / Twilight List / Candles / Twilight / C&E Seal Activation / Twilight

Walk on your own – hold the trance state as you arise.

Session 4

Video: 2009-02-28 The Door to Infrared

DAY 7**Session 1**

Video: 2009-07-16 Sustaining your changes

C&E / Candles

Session 2 Part I

Closing announcements

C&E / Candles / Twilight List / Candles

Session 2 Part II

Video: 2009-07-14 Trance Work Delivers