

# Class 101: Remarkable Mind On-Demand Event - 2016

## Module 2

### Day 2

#### Module 2 – Session 1 (43:36)

- **Orientation: Changing Habits** (Start Time: 0:00)
- **C&E® Session: “Inhale, Tighten Down, Focus, Breathe...”** (Start Time: 11:50)

#### Module 2 – Session 2 (2:38:49)

- **Introduction to the Bands of Consciousness and Energy, Binary Mind and Analogical Mind** (Start Time: 0:00)
- **PowerPoint Introduction to Orbs** (Start Time: 1:09:35)
- **Orb Contact Session** (Start Time: 1:20:47)
  - **Video Clip by JZ Knight on Orbs** (Start Time: 1:21:15)
  - **Video Excerpt by Ramtha on Orbs, November 9, 2007** (Start Time: 1:26:13)
  - **Video Clip by Ramtha: “Orbs: You Are Never Alone”** (Start Time: 1:33:35)
- **Instructions on Making an Orb Contact Card for Focus Session** (Start Time: 1:35:15)
- **Focus Session: Orb Contact C&E®** (Start Time: 1:56:17)

#### Module 2 – Session 3 (3:30:54)

- **Introduction to the discipline of the Neighborhood Walk® and Self-Correction** (Start Time: 0:00)
- **Focus Session: Engage the Neighborhood Walk® out in nature for at least 30 mins** (Start Time: 51:17)
- **Review of the Neighborhood Walk® and Self-Correction** (Start Time: 51:30)
- **Presentation on Neurogenesis, Neuroplasticity, and the Neighborhood Walk®** (Start Time: 1:06:10)
- **Focus Session: Engage the Neighborhood Walk® out in nature for at least 30 mins** (Start Time: 2:41:00)

**- Audio Clip by JZ Knight on the Bands, June 27, 2013: “The Walk and Wiring a New Reality** (Start Time: 2:41:04)

**- Focus Session: Reengage the Neighborhood Walk<sup>®</sup> outdoors or indoors at your own pace** (Start Time: 3:30:21)

**Module 2 – Session 4 (2:18:45)**

**- Video Teaching by Ramtha in Switzerland: May 14, 2014, “The Cover Up”** (Start Time: 0:00)

**- Conclusion of Module 2**