

## The Mystery of Birth & Death Workshop ON-DEMAND SCHEDULE

“Ramtha’s Book of the Dead and of the Living”

Green Lead: Mike Wright and Jaime Leal-Anaya

### Day 1, Session 1 (2:30:52)

- Welcome and Introduction by Mike Wright (19:45 min)
- Ramtha Audio Teaching:  
November 7, 1989 - The Plateau for Learning [1hr 13 min]

*Relates to Blue Book Ch-1 and 2:*

*The Wheel of Reincarnation  
Our Choices Before We Were Born  
Living in the Past  
The Path to Illumination*

- Focus Discipline: Ramtha C&E® Be It Process (Start @ 1:44:15)  
Become your Symbol/your Words

### Day 2, Session 1 (1:30:36)

- Intro and Instructions by Jaime Leal-Anaya (4 min)
- Focus Discipline:  
Candle Focus, into Ramtha’s audio teaching, into C&E®  
  
Ramtha Audio Excerpt:  
From September 17, 1996 - Only One Thing [43 min]

*Relates to Blue Book Ch-1 and 2:  
The Shadow Aspect of the Self  
The Art of Detachment and Unconditional Love*

## Day 2, Session 2 (3:29:26)

- Jaime's Intro, related teachings available, and instructions (24:25)

- Ramtha Audio Excerpt:  
January 25, 1997 - Plane of Bliss 1 (65 min)

*Relates to Blue Book Ch-5:  
The Spiritual Walk of the Master  
Practical Application and Instructions from Ramtha*

- Focus Discipline: Contemplate the teaching and Make 2 Cards for Fieldwork®

*List of 4 things Ram mentions: Resolution/Free Will & Choice/ the Self  
The Self (fractured heart - unfinished business) / The Whole Self (Resolution)*

- Focus Discipline: Fieldwork® or alternatives given in the instructions (1.5 hrs)

## Day 2, Session 3 (41:03)

- Review and Instructions by Jaime Leal-Anaya (14 min)

- Ramtha Audio Excerpt:  
January 25, 1997 - Plane of Bliss 1 (26 min)

*Relates to Blue Book Ch-4 and 5:  
Mapping Our New Life on the Plane of Bliss*

- Focus Discipline: Contemplation / Life Review in Bliss

Find a quiet place in Nature/Forest to contemplate on Bliss and your Life  
Review - Blinders optional. Make notes of what you see revealed

- Focus Discipline: Fieldwork® or alternatives given (1.5 hrs)

## Day 2, Session 4 (3:29:52)

- Review by Jaime Leal-Anaya (10 min)

- **Ramtha Audio Teaching:**  
January 9, 1991 – Update on Change [2hr 9 min]

*Relates to Blue Book Ch-3:  
The Last Battle against Tyranny and Slavery*

- **Focus Discipline: Ramtha C&E® Be It Process,  
into the Dance of Becoming,  
into Twilight®/Lay down/ go to sleep**

### **Day 3, Session 1 (1:25:51)**

- **Intro and Instructions by Jaime Leal-Anaya (6 min)**
- **Ramtha Audio Excerpt:**  
January 25, 1997 - Plane of Bliss 1 (13 min)  
*Relates to Blue Book Ch-5:  
Resolution, a Spiritual Revolution*
- **Focus Discipline: Candle Focus, into Ramtha C&E® Be It Process/continue to  
be/lay down if-when ready**

### **Day 3, Session 2 (1:56:44)**

(Note: No video during this segment)

- **Focus Discipline: Neighborhood Walk® (30 min) into Fieldwork® (60 min)**  
Remove Cards

NOTE: Video starts here for this part of the session

- **Accomplishments / Group photo /**

- **Linda Evans presentation and testimonial of personal change with Ramtha's teachings, RSE, and the Blue Book (Starts @ 8:28)**

- **Upcoming events, announcements (Starts @ 23:20)**

- **Jaime's PowerPoint Presentation: "Ramtha's Book of the Dead and of the Living"  
(Starts @ 38:48)**

- **Orb Show (Starts @ 1:15:20)**

- Ramtha Audio Excerpt: (Starts @ 1:20:55)  
August 9, 1997 Excerpt from Plane of Bliss II [21min]  
*Relates to Blue Book Ch-6*  
*Could It Be That You Are Already Dead?*

... Turn to your neighbor and share (Starts @ 1:41:50)

- Ramtha's Excerpt: Closing Words (9 min)  
September 17, 1996 - Only One Thing

*Relates to Blue Book Ch-2*  
*It Is Possible to Own It All in One Lifetime*

**Note: Thank you for participating in this online event. We look forward to seeing you at school, live or online, in the near future. To a great and remarkable life! So be it.**

*— The RSE Staff*