

# **Class 101: Remarkable Mind On-Demand Event – 2018**

## **Module 1**

### **Day 1**

#### **Module 1 – Session 1 (1:51:29)**

- **Welcome and Introduction to the Class 101 and the Four Cornerstones of Ramtha’s teachings by Laura Mooney** (Start Time: 0:00)
- **Video Excerpt Teaching by Ramtha in Mexico, April 2010, “The Age of Philosophers Has Come to an End”** (Start Time: 38:50)
- **Introduction and Instructions for focus session of Sending-and-Receiving by Marc Hazewinkel** (Start Time: 42:22)
- **Focus Session: Sending-and-Receiving and Remote-View** (Start Time: 1:13:06)
- **Focus Session: Results** (Start Time: 1:30:30)

#### **Module 1 – Session 2 (3:29:00)**

- **The Mystery of You and How We Got Here: Ramtha’s story of Creation and Model of Reality, the Void, the Triad, Involution and Evolution, and the Brain** (Start Time: 0:00)
- **Video Excerpt Teaching by Ramtha in South Africa: October 11, 2009, “7 Levels of Consciousness”** (Start Time: 1:42:20)
- **Review: 7 Levels of Consciousness and Energy in the Brain** (Start Time: 1:49:30)
- **The 7 Seals of Consciousness and Energy in the Human Body** (Start Time: 1:53:47)
- **Introduction and Instructions on Ramtha’s Discipline of C&E® (Consciousness & Energy®)** (Start Time: 2:10:07)
- **C&E® Demo** (Start Time: 2:29:00)
- **C&E® Practice Session with Instructions** (Start Time: 2:42:00)
- **C&E® Practice Session with blinders on** (Start Time: 2:54:20)
- **C&E® Practice Session with music and blinders on** (Start Time: 3:09:38)
- **Instructions for creating 3 things you want to eliminate and 3 things you want to manifest into your life during the break and before next session** (Start Time: 3:26:35)

### **Module 1 – Session 3 (1:04:47)**

- **Creating 3 things you want to eliminate and 3 things you want to manifest into your life with the discipline of C&E® (Start Time: 0:00)**
- **C&E® Session: your list of 3 x 3 (Start Time: 21:21)**
- **Conclusion of Module 1**