

Class 101: Remarkable Mind On-Demand Event

MODULE 2

Session 1 (58:59)

- **Introduction: What wakes you up before the alarm goes off?** (Start Time: 0:00)
- **Review: Sign of the Triad** (Start Time: 7:53)
- **C&E® Session: “Inhale, Tighten Down, Focus, Breathe...”** (Start Time: 11:44)

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)

Session 3 Part 1 (2:46:02)

Part 1:

- **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**

Part 2:

- **Presentation on Neurogenesis and Neuroplasticity** (Start Time: 0:00)

Part 3:

- **Audio: JZ Knight on the Bands, June 27, 2013: “The Walk and Wiring a New Reality”** (Start Time: 0:00)

Session 4 (59:12)

- **Video Teaching by Ramtha in Mexico, April 3, 2010: “The Journey of the Soul”** (Start Time: 0:00)

- CONCLUSION OF MODULE 2

