

MIND SPA

MY PERSONAL RETREAT

Welcome to your personal retreat. Below is the list of school supplies you will need for the day.

Blinders
Candle
Mirror
Lighter
Blue pen/marker for webbing
1 Blue Body Card
2 Cards of your desire
Your list for speaking and mouthing in the mirror

Please review the guide below and prepare for the day. (Note: Some of the sessions are led by Ramtha. Start time and end time of the sessions are a guide, flex as needed as you move from session to session but don't get distracted. Stay detached and entangled with the future.

Mind Spa Sessions

Session 1 – (1.30) Grid Sky – Neighborhood Walk

If you are not familiar with Grid Work, we recommend you review this event:
https://www.ramtha.com/list/product.ashx?item=Grid_Day_OD

What you will need for the next session: Mirror, Blinders, Candle, blue pen/marker, lighter, and 1 Blue Body card. Be prepared to lay down.

Session 2 – (2.08) Mirror Work Process – With Webs and 1 Blue Body Card

Snack Break

What you will need for the next session: Place a card of desire behind your candle so it can be seen while focusing into the heart of the flame

Session 3 – (1.30) C&E - Candles - Neighborhood Walk

What you will need for the next session: Mirror, Blinders, Candle, lighter, and 2 cards of your desire. Be prepared to lay down.

Session 4 – (2.30) Mirror Work Process -2 cards - No Webs
Neighborhood Walk

Short Bathroom break

What you will need for the next session: Place card of desire behind your candle so it can be seen while focusing into the heart of the flame

Session 5a – (1.30) C&E - Candles - Neighborhood Walk

What you will need for the next session: Mirror, Blinders, Candle, lighter, and 2 cards of your desire. Be prepared to lay down.

Session 5b - (2.02) Mirror Work Process - 2 cards - No Webs

Short Bathroom Break

For the next session be prepared to go directly out to focus on the Grid and into Neighborhood Walk after C&E

Session 6 – (1.30) C&E - Grid Sky – Neighborhood Walk

What you will need for the next session: Mirror, Blinders, Candle, lighter, blue pen and 1 Blue Body card.

Session 7 – (1.09) Mirror Work Process – With Webs and 1 Blue Body Card

Snack Break

What you will need for the next session: Prepare a new card to give to the entity behind the door.

Session 8 – (2.45) Introduction to the Bell Ringer
C&E, Candle Focus, Twilight, Bell Ringer

Sweet Dreams.....