

# CREATE YOUR YEAR 2020 WORKSHOP

## Day 1 Session 1

Welcome ...Introduction...

**Video:** 2009 Feb 14

Web Body

(when done webbing write down the new NH 2020)

Blue Body Candles / Laydown

NH Walk -...ALWAYS RADIANTLY HEALTHY

**(Future Self, the New Self. We Change, We Get a New History)**

## Day 2 Session 1

BB Candles / Laydown – focus on webs

NH Walk

## Day 2 Session 2

**Audio Excerpt:** 1995 Adventures in Consciousness

Start writing down notes of what happened in 2020, what did you do/accomplish .. tomorrow night we will make a card of the new you that you have always been...OBE looking at future self

**Video:** 5-21-04 Legacy Evening - Quantum Leaping and

The Corridor of Destiny

NH Walk

## Day 2 Session 3

Renew Webs on Body

STAR SEALS AND FEET/HANDS

Make BB Card

Blue Web Candles

BB - Build/Dance....

Laydown

NH Walk/Fieldwork

### **Day 2 Session 4 Part I**

**Video:** Ramtha – 10/4/2008 Out of Body River of Infrared

Make card architecture of you above the Body looking down

### **Day 2 Session 4 Part II**

**Audio:** IR River OBE Process (target the future self that already is)

Laydown

### **Day 3 Session 1 Part I**

Extended Focus – Create the New Life

Blue Web Candles

Laydown

OBE Process River IR

Lay down (twilight state - keep looking at what you saw)

### **Day 3 Session 1 Part II**

C&E – Candle Focus - Laydown

NH Walk

### **Day 3 Session 1 Part II**

Closing Announcements/Accomplishments/Group Photo

Orb/Event Show

[Trailer for upcoming Retreat...](#)

**Video Excerpt:** Ramtha 10/5/2000