

Building Bridges Through Time: 2025, 2050, 2075 and Beyond June 26 - 30, 2024

DAY 1

Session 1

Event trailer, Welcome and Introduction

Video: Ramtha - Iaut Aleph Retreat Part 1 (1995-03-06)

Session 2

Intro to next focus session and plan for overnight focus

Video: Ramtha - Iaut Aleph Retreat Part 2 (1995-03-06)

Instructions for playing overnight focus session audio and instructions for early AM session

DAY 2

Session 1

Walk in nature as Ram instructed last night - I am filled with Vital Energy...

Focus Session: Candles, List, Twilight

Session 2

Instructions, Create Card #1

Focus Session: C&E with Card, Candle Focus, Neighborhood Walk in nature until satisfied

Session 3

Intro to next teaching

Video: Ramtha - Iaut Aleph Retreat (1995-03-08)

Make 2 new cards as Ram instructed

Session 4

Instructions for next session

Video Excerpt: NEW Ram mirror instructions with list and cards

Audio Focus Session: Mirror Focus with cards and the List

For Night focus: Use Bellringer Audio download created for this event.

DAY 3

Session 1

Focus Session: Candles, List, Twilight

Neighborhood Walk

Session 2

Instructions: Choose 1 of your cards for this session

Focus Session: C&E with Card

Audio: Ramtha - laut Aleph Retreat with List and Twilight Practice Led by Ram (1995-03-06)

Neighborhood Walk in nature until satisfied

Session 3

Intro to next session

Focus session:

C&E plus Liquify

Video: Ramtha - Secondary Retreat (1995-03-20)

Create symbols for face in the mirror for your new List items per Ram's instructions

Create Card #4 – following Ram's instructions

Session 4

Instructions for next session and night focus

Focus Session: Candles, List, Twilight

Audio: Ramtha Excerpt - laut Aleph Retreat Part 3 (1995-03-06)

Night focus with Bellringer Audio download

DAY 4

Session 1

Instructions: Use new items for List given by Ram last night

Focus Session: Mirror work with Card and List

Session 2

Instructions. Focus session

Focus Session: C&E plus Laydown

Video: Ramtha Excerpt - Secondary Retreat Part 1 (1995-03-23)

Neighborhood Walk

Session 3

Instructions for discipline block:

Focus Session: Candles, List, Twilight

Neighborhood Walk until satisfied

Session 4

Intro to next teaching and instructions for night focus:

Video: Ramtha Excerpt - Secondary Retreat Part 2 (1995-03-23)

Engage the Bellringer process overnight as Ram instructed

DAY 5

Session 1

Instructions for session

C&E "Be It Process"

Neighborhood Walk

Session 2

Discipline Overview

Video: Resonance Video and message from JZ

Closing announcements

Intro to closing discipline and video

C&E session with card of choice

Video: Ramtha - Secondary Retreat (1995-03-26)

Neighborhood Walk and contemplation in nature ... to complete this event ... At your own pace...

Enjoy all the runners from this event and the timelines you created. See you in the future ... SBI!