

# THE BIRTH OF THE BLUE BODY

August 13 – 17, 2024

## Day 1

### Session 1

Video Excerpt: Ramtha (2009 Feb 28)

Video Excerpt: Ramtha's Assay (2012 Aug 22)

Audio Excerpt: Ramtha - Blue Body Excerpt (2024 Jul 20)

Put Stars on 7 Seven Seals and Feet / Hands

Web Body

Make Blue Body card

Blue Body Candles

NH Walk – Blue Body

### Session 2

Illustrated Audio: Ramtha - Blue Body Assay (1994 Sept 13)

The List – Blue Body

Re-Web

Sit Up Focus on Blue Body

Do List

## Day 2

### Session 1

Morning Discipline Block

NH Walk

### Session 2 Part I

Excerpt: Ramtha (2015 May 23)

Illustrated Audio Excerpt: Ramtha - Blue Body Assay (1994 Sept 13)

C&E into Blue Body Dance as Shiva

Walk - Repeating the Montra, 'I am filled with vital energy the power of God Flows in me and through me'

### Session 2 Part II

Illustrated Audio: Ramtha - Blue Body Assay Part I (1994 Sept 14)

Re-Web

### Session 3

**Slumber**

### Session 4

**Illustrated Audio: Ramtha - Blue Body Assay Part II (1994 Sept 14)**

**Walk - Repeating the Montra, 'I am filled with vital energy the power of God Flows in me and through me - I am filled with the glory of my blue body'**

## Day 3

### Session 1

**Morning Discipline Block**

**NH Walk**

### Session 2 Part I

**Discipline Block**

### Session 2 Part II

**Illustrated Audio: Ramtha - Blue Body Assay Part I (1994 Sept 15)**

### Session 3

**Illustrated Audio: Ramtha - Blue Body Assay Part II (1994 Sept 15)**

### Session 4

**The List and Bellringer (Use Bellringer Download for Day 3)**

## Day 4

### Session 1

**Morning Discipline Block**

**NH Walk**

### Session 2 Part I

**Discipline Block**

### Session 2 Part II

**Illustrated Audio: Ramtha - Blue Body Assay (1994 Sept 16)**

## **Session 4**

**The List and Bellringer (Use Bellringer Download for Day 4)**

## **Day 5**

### **Session 1**

**Morning Discipline Block**

**NH Walk**

### **Session 2 Part I**

**Discipline Block**

### **Session 2 Part II**

**Closing Comment/announcements**

**Illustrated Audio: Ramtha - Blue Body Assay (1994 Sept 17)**