



## *Beginning Retreat Home Study Program*

### 2010 HOME STUDY PROGRAM IN SIX MODULES

#### MODULE 1

Audio Book: Ramtha, The White Book (Audio Book)

Video: RSE Montage (00:03)

Video: Ramtha: New Fieldwork® (00:02 – 6/09)

Video: Ramtha: RSE, A School Beyond Your Expectations (00:08)

Video: Mike Wright: Sending-and-Receiving/Remote-Viewing (00:30)

Video: Ramtha: Days of the Ram, Then and Now (1:55)

Discipline: Sending-and-Receiving and Remote-Viewing

#### MODULE 2

Video: JZ Knight: Create Your Day,® Part 1 (1:15)

Video: JZ Knight: Create Your Day,® Part 2 (1:15)

Video: Ramtha: C&E® Breath Technique (1:45)

CD: Ramtha: Create Your Day® (CD-0503.1 - 00:47)

Discipline: Create Your Day® — Daily

Discipline: C&E® Breath Technique

Discipline: Remote-Viewing — Online: [www.ramtha.com/remote](http://www.ramtha.com/remote)



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MODULE 3

Video: Ramtha: My New Neuro-Neighborhood (2:50 - 5/28/09)

Video: JZ Knight: Gladys, Part 1: How Attitudes Affect Our DNA (1:15)

CD: Ramtha: God's Only Law (CD-0230)

Discipline: Create Your Day® — Daily

Discipline: C&E® Breath Technique

Discipline: Remote-Viewing — Online: [www.ramtha.com/remote](http://www.ramtha.com/remote)

Discipline: Neighborhood Walk® — Daily

MODULE 4

Video: Ramtha: The Mystery of Incarnated Destiny (1:40 - 12/8/08)

Video: JZ Knight: Serotonin Rising: The Solutions to Depression (00:45)

CD: Ramtha: Taking Back Your Power (CD-0618)

Discipline: Create Your Day® — Daily

Discipline: C&E® Breath Technique

Discipline: Remote-Viewing — Online: [www.ramtha.com/remote](http://www.ramtha.com/remote)

Discipline: Neighborhood Walk® — Daily



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MODULE 5

Video: Debbie Christie: Card Demonstration and Explanation (00:45)

Video: Ramtha: Moving the "Chips" in Your Life (00:18)

CD: Ramtha: Acceptance: The Key to Magic (CD-9411)

Video: JZ Knight on UFOs: Understanding Our Brain's Connection to Alien Life (1:15)

Discipline: Create Your Day® — Daily

Discipline: C&E® Breath Technique

Discipline: Remote-Viewing — Online: [www.ramtha.com/remote](http://www.ramtha.com/remote)

Discipline: Neighborhood Walk® — Daily

Discipline: Seeing the Future — Daily

Module 6

CD: Ramtha: Change: The Days That Are Here (2:45)

Video: Ramtha: Predictions: 1986 – 2008 (00:30)

Video: Ramtha: Greatness Comes from Adversity (2:25)

Video: Ramtha: There Is No Better Ramtha (00:03)

Email: OPTIONAL EMAIL Q&A with Appointed Teacher.

Discipline: Create Your Day® — Daily

Discipline: C&E® Breath Technique

Discipline: Remote-Viewing — Online: [www.ramtha.com/remote](http://www.ramtha.com/remote)

Discipline: Neighborhood Walk® — Daily

Discipline: Seeing the Future — Daily