

“Never doubt that a small group of thoughtful, committed, **organized** citizens can change the world; indeed, it’s the only thing that ever has.” Margaret Mead
<https://leandroherrero.com/the-missing-word-in-the-famous-margaret-mead-quote/>

DOCUMENT OVERVIEW

- I ACCESS to THE THREE WEEKLY CALLS via the Internet
- II ACCESS to OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable
- III OPENING MEDITATION; HOUSEKEEPING; LINK TO PODCAST
- IV SATURDAY HISTORY CALL – NOTES, REFERENCE MATERIALS

I B B S RADIO - ACCESS TO THE THREE WEEKLY CALLS <https://bbsradio.com/>

DAY	B B S Station	TIME	PROGRAM	CONFERENCE CALL	HOSTS
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Thursday	#1	6 pm Pacific 9 pm Eastern	A Night at the Round Table	None	Panel Members Guests Callers welcome.
Friday	#1	6 pm Pacific 9 pm Eastern	Friday Night Hard News	720-716-7301 Pin Code: 353 863#	Rama, Tara Callers welcome.
Saturday	#2	1:30 pm PT/ 4:30 Eastern	History of our Galactic World & NESARA <i>aka The True History</i>	720-716-7301 Pin Code: 353 863#	Rama, Tara callers welcome.

NOTE: 2nd CONFERENCE CALL # for both Friday, Saturday
605-313-5166
 Pin Code: 353 863#

ADDITIONAL HELP FOR LISTENERS

B B S LISTENER TOOLS

B B S RADIO STATION 1

B B S RADIO STATION 2

- A Night at the Roundtable
 - Friday Night Hard News
- CLICK ON **AUDIO ICON**

Saturday History Call

CLICK ON **AUDIO ICON**



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1-631-359-9353
 [NO code needed]

1-804-220-6484
 [No code needed]

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- go to www.bbsradio.com
- In **Search** box, enter the name of the required program;
- scroll down to the heading **TALK SHOW PROGRAM ARCHIVES FOR PODCASTING.**
- Find the table listing the dates. Click on required date.

II ACCESS TO OTHER CALLS SUPPORTED BY Rainbow Roundtable

NAME OF CALL / HOST	WEEKDAY / TIME	ACCESS POINT	TELEPHONE NUMBER
Aboriginal Moabite Nation Call Grand Goddess Lillie	Wednesday 6:00 – 7:30 MST	Telephone Only	1- 605 - 472 – 5406 PIN 402-493#
Abundance Call Caroline Oceana Ryan	Every 2nd Wednesday 5:45 PM PT/ 8:45 PM ET	Telephone ZOOM	
To be notified: email https://www.ascensiontimes.com/the-abundance-group Scroll down to the sign-up sheet and enter the requested info.			
Ascension Call Cheryl Croci	Every Sunday, Monday 9 – 10:30 EST	Telephone Only	1-425-436-6260 PIN 9467 441# Call Cheryl for # in your area
Ashtar Legacy Calls Fran Pearre	Every 2nd, 4th Tuesday 5 th Tuesday – no call 9:00 – 10:00 pm EST	Telephone VOIP/ H D	1-717-908-1834 PIN 980 339# Call is free; LD charges are not 1-717-908-1834 PIN #980 339# https://www.freeconferencecallhd.com/hd-conferencing/ via Skype Click on VOIP button and enter info as requested
To access past ALC calls, go to Ashtar Legacy Teleconferences (ashtarontheroad.com)			

III OPENING MEDITATION; HOUSEKEEPING; FREEMART WEBSITE; INFORMATION SOURCES RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST

- A. Opening Meditation: Cheryl Croci**
- B. Housekeeping: Rainbird**

BBS: • Listener-supported radio programs – Cost is \$300 per week
All BBS archives can be accessed for free, including the podcasts for the Thursday, Friday, Saturday calls, listed above.

- www.rainbowroundtable.net has archives, too.
- Go to BBSradio.com/Station2; find **The True History** call listing & **Paypal** button
- BBS appreciates getting checks via the mail: no Paypal fees!

- The mailing address for those who do not like paying electronically:
B B S RADIO [Please put "**Attention Don**" on the envelope]
17419 Wilton Park CT [Note inside that it's for T & R calls
Spring, TX 77379 [& the Thursday call, as well]

Tara, Rama: Their full-time, life-time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, a home, gas for the car, and access to BBS Radio in order to compile and distribute this information to the world.

OTHER FINANCIAL REQUIREMENTS

FOOD MONEY: VIA PAYPAL OR See the PAGE ON www.rainbowroundtable.net

Rama has a pride of Paschats + 2 inside kitties + 2 HUMANS = up to 13 in total

Financial Requirements

WEEKLY

B B S RADIO/week

\$ This brings us up to date! **THANKS!**

PERSONAL

Gas, food, etc	\$200.00
Bills	\$245.00 Printer inks
Miscellaneous/Other	\$660.00 4 motor mounts + labour to install

MONTHLY

Rent - \$1,150 / mo

\$ 1 150.00 PAID - with thanks

CONTACT INFO

- **Please notify Rama when sending something** koran9999@hotmail.com
- **Mailing address for checks, money orders, etc**
Ram D Berkowitz
PO Box 280
Santa Cruz, NM 87567

PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH

- **Remember you can book a session with Mother, as well!**

Please donate: VIA PAYPAL, either your own a/c or Rama's a/c [koran9999]

**There is also a donate link on www.rainbowroundtable.net
** www.rainbowroundtable.net/page/donate ****

EVERY \$ HELPS: no amount is too small! ALL GRATEFULLY RECEIVED

FREEMART: <https://www.shopfreemart.com/tarram> a/c # 7000

<https://www.nugenmart/tarram> CHECK OUT THE WEBSITE

- Freemart is a private shoppers club; it's **FREE TO JOIN**.
- all the products have much to offer, so take a look!
- check out the heading **READ MORE** - definitely worth the time!

Rama and Tara are being helped by this account: they get their supplements there.

The returns also help RainbowRoundtable

THE NUGEN COIN: <https://www.nugencoin.com/tarram>

To help Marshall and support him by signing up under his name:

<https://www.nugencoin.com/marnor>

TO GET HELP, Call Carolyn[Rainbird] or Micah

Carolyn's E-mail: lightenergync@gmail.com

Micah's E-mail: thegreenalchemist@gmail.com

C: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION

Contact Rainbird with questions: lightenergync@gmail.com

<https://www.youtube.com/watch?v=aLaVutWXju0>

(CHECK THIS OUT)

One Cup One Life – Production and Application; Prevention and Reversal of CoronaVirus

https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_Prevention_and_Reversal_of_the_Corona_Virus

KF Wiki

<https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

Keshe Foundation Store <https://store.keshefoundation.org/store/?alias=store>

D: ACCESS TO PODCAST: The audio link below allows you to listen to the entire program.

<https://bbsradio.com/podcast/true-history-january-7-2023>

E: THE NEW WEBSITE AND ADDRESS: WWW.RAINBOWROUNDTABLE.NET

Saturday Hard News! Rama, Tara – R/T

R, T: Opening comments

R: about the voting going on for the role of Speaker of the House

T: reading the rules about the events going on

- all one of them has to do is make a motion to the floor, and he's out !
- They're saying that McCarthy is the next in line for president – The Constitution says the Vice president takes over and they are not saying it: because the VP is black
- the speaker is 3rd in line NOT SECOND!
- On its face it's TREASON TO GIVE FALSE INFORMATION; IT IS NOT IN THE CONSTITUTION, SO IT'S FALSE
 - THE REPUBLICAN PARTY HAS REMAINED FOCUSSED ON MAKING THE US A FASCIST STATE
 - to KEEP THE "REPUBLIC" AND THEN MAKE A FASCIST WORLD!
- THIS IS NOT ST GERMAIN'S PLAN – [HE HAS OFFICES – 2 IN DC. One in LONDON]
- THE FREEDOM CAUCUS MEMBERS COMMITTEES
 - TALKING ABOUT budget and THERE NOT BEING enough money NEVER MIND THAT TRUMP PUT AT LEAST ?? BILLION IN HIS OWN POCKET! ! !
 - THEY WANT A TAX CUT, AND THEY WANT TO CUT SOCIAL PROGRAMS – ALL OF THEM!
 - THE US HAS A DEBT OF 8 TRILLION - when Trump gave tax cuts to cronies
- they don't want to raise the debt ceiling so taxation is a way to get enough money but only of the noe-rich

2. Rules to raise taxes and ,...

- the weapons are being donated by the US military to those destroying the Somalians and others
 - And put that on the taxes/tab of the people
- **the story is being cloaked:** playing a blame game with Russia WHICH IS NOT THE GUILTY PARTY HERE
 - The Vatican is the oligarch of Oligarchs!
- Presents budget that balances over 10 years – which is where they want

- New COVID committee – the one thing she doesn't like about Jeffries – he wants to install the jab as a must do – he doesn't know what he's talking about just going along with things

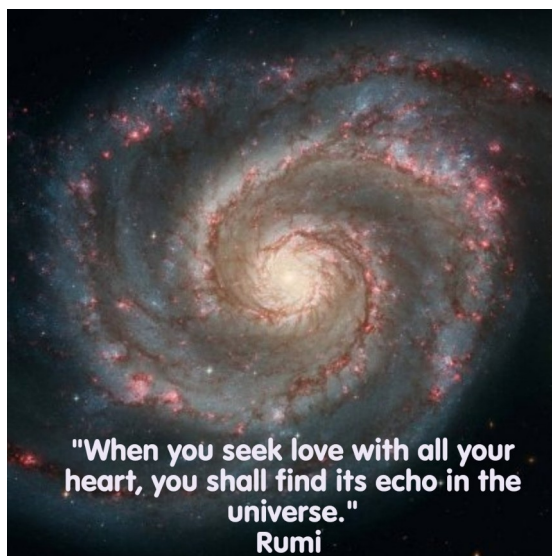
**Michael Beschloss on a tv program: CHECK PODCAST FOR ALL THE DETAILS
of how many rounds it took in other times over choosing a speaker**

- there are sme very very very extreme people in the Republcian part who would like a civil war in the US and there are as many who are angry and hateful to the key issue – RACE.
- There is only one of us here! (Don't understand that idea, btw)
Many people believe that people on the African continent are sub-human,
- This is the 118th congress is this one - Nancy Pelosi has been Speaker of the House since 2006 to 2022 -

Rumi: "As you seek love with all your heart, you will find it in the echoes of the Universe."

AUDIO: Kryon JANUARY 2023 🎧 How to Receive Unlimited Guidance

<https://www.youtube.com/watch?v=qRMD6hrsQXg&t=23s>



AUDIO: Initiation with Matias De Stefano Portals of Time & Space

S4:Ep4

<https://www.gaia.com/video/portals-of-time-space>

27 mins

Is the structure of our universe built upon portals? Guide Matias De Stefano shares how souls function as portals through space and time to co-create realities throughout interweaving dimensions. As Matias says, at the center of these structures of light, geometry and base elements, we find transcendence.



Each soul has the seed of divine creation, so every spirit can express and experience these patterns of evolution, and then transcend them by doing so. According to Matias, portals are places where all pathways of evolution are reflected in between time and space. Through understanding the origins of evolutionary patterns and how the mirrored portal system operates with the rhythm of the universe, Matias reminds us of the importance of connecting to our hearts.

“Whoever is not aligned with their heart chakra is not aligned with the portals of time and space.” – Matias De Stefano

Instructor/Host:

Matias De Stefano

Audio Languages: English

AUDIO: Initiation

Evolutionary Patterns of the Universe

Matias De Stefano

Episode 3

<https://www.gaia.com/series/initiation/season-4>

25 mins



Evolutionary Patterns of the Universe

Delving deeper into the Polarities of Grand Design, Matias guides us further into the sixth dimensional geometric structures of physical worlds and their evolutionary patterns.

ASTROLOGY

2020-01-04 Astrology for the Soul January 4, 2023

0:41 / 27:58

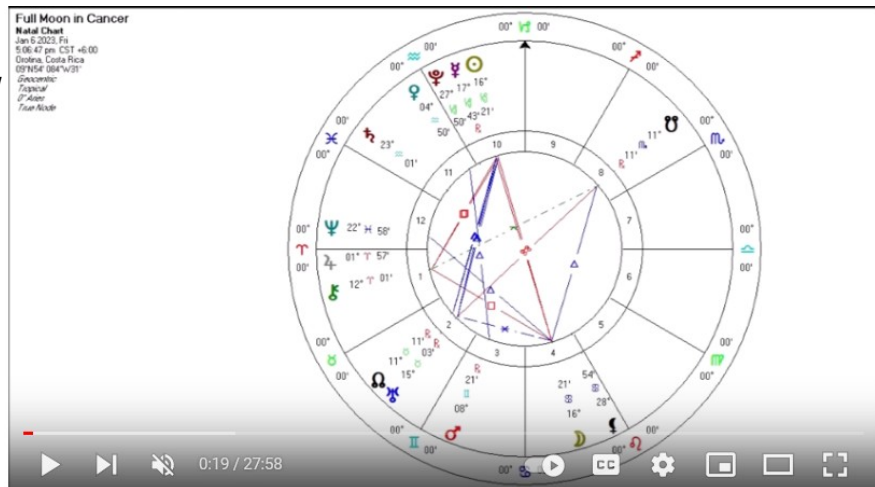
https://www.youtube.com/watch?v=naYfXtOMLok&ab_channel=NewParadigmAstrology

There's a lot coming at me,
So much I need to digest;
I will sit and relax and sort through it all,
Trusting myself to do what is best.

🍷 Start your new year with THE ASTROLOGY OF RELATIONSHIP online course starting Saturday! I will be live for 4 hours Saturday and Sunday and again on the 21-22nd. This full-on astrology course includes worksheets, handouts, and required reading. While there is more excitement in doing it live within a classroom setting with others, all sessions will be recorded for future listening (and re-listening). Check out all the details and sign up: <https://bit.ly/astrology-relationship>

So yup, we are now concluding/resolving/completing what was begun/initiated nine months ago. This may involve letting go of what has been and completing the purchase/beginning of something new. One way or the other, it changes our "reality."

Secondly, we are beginning a new cycle, a new year. Saturn (and most all the other planets) will now head into new degrees, aspecting new points in your chart, and begin "downloading" your new script for the future. These two converging points in time make these few first weeks of 2023 a little bit of a "nailbiter." Even if we know what is ending, we don't yet know what lies ahead!



Hence the last line of this week's mantra refers to the need to simply, wholly, and completely TRUST ourselves. This will give us

the guts, the grit, the confidence, and the power to take off running! Also, trusting that the wind will fill our sails and our wings will be lifted as we soar to new heights this year. Blessings on your journey!

RICHARD:

- something strange going on: 5 planets on one side; 5 on the other; NEPTUNE is the center of the arc
 - the details = listen to the podcast!

AUDIO: TANIA GABRIELLE

SEE HER PRESENTATION BELOW

CONFERENCE CALL

#729 <https://fccdl.in/5jkxhFxd49>

Discussion of Roger Bacon, considered to also be Sir Francis Bacon – St Germain

Toriana: needing some encouragement, feedback

she knows she was with R when he was Aknautan
 knew Baba Swami Luktenanda – has her going back to her galactic roots
 considers T & R part of her galactic family

T: back to the rabbit "I'm late, I'm late for a very important date!"
 every message says IT'S NOW

R: Kryon is saying the same thing: you're so magnificent that you can't see it
 the political game makes you feel like an ant – and that's part of the game

T: when you see such extremes – and he's dumb as a rock

Tor: that this great galactic sun bursting out will change it all – and it's awakening the DNA

P: and Kryon said our DNA will be releasing the Akashic records of us all

T: grateful for the question – it's about going into timelessness against the backdrop of dropping into darkness

Tor: the death of the pope was a big thing -

T: the pope who died and Francis were lovers for a long time – and they had that relationship within a structure that said you'll go to hell for such behaviour

R: a major drama in Kenya – a transgender one was killed, an outspoken advocate for LGBTQ
Kenya is a slave to the WEF, and the Bilderbergers, etc etc etc

T: Kryon kind of making a statement that will die – and we don't have to! As we raise our soul energy

TOR: the flash will be like a kiss to waken people

T: feels it in conversations

Gerry: in 1986 in California and befriended some Indian folks who told him they are called Syrian Christian – 200 families from Syria in 200 boats - went to India because of Jesus/St ISSA and the miracles performed. The king welcomed them.
Today over 20 million Christians in India! And a church of St Thomas in Bangalore!

T: about a book about the look-alike who walked the crucifixion path – looked exactly like Jesu – the Roman centurians thought they had Jesu – Aruhabi was a 6th dimensional energy and he showed up to do that walk – it was both/and – who was 6th dimensional energy – Yesu and Aruhabi he was crucified in the sense that he was in two places and no place at all.

Bibically it says that Barrabas and the 2 thieves – were tied up on a makeshift cross – they just hung there, but their arms were wrapped in ropes. They said they put the nails in the wrists, not

Magdalen and Miria took the being from the cross, he did not die – was still awake and conscious – he was going through an initiation – Elizabeth Haich's book **INITIATION** – that book states that it was the will of 'the Father' [the Monad – the 7th layer of consciousness] – and Aruhabi had to go through that 3 days to reach the Monad! He appeared to Miria in the garden which is not far from the sepulcher- he was saying I am passing the stick to the Divine Feminine – meaning to pass it to the Feminine!

Farewell to all . . .

B B S RADIO.STATION

Rama's music

John Lennon – So this is Christmas – with the kids singing behind him !

Last song: spirit song: a Nordic lullaby

T: relates the music to what we discussed on the conference call – all about consciousness

Richard brought up the concept of MONAD, which is the concept of 'Father'

the 7th level of consciousness is about alchemy

what they were watching with no sound, was about OZ

AUDIO: [Open Minds with Regina Meredith](#)

Sarah Breskman Cosme

S 23:Ep 11 Atlantis & Indigenous Tribes of America

44 mins



How are the tribal people of Northern America connected to the ancient civilization of Atlantis and Lemuria? Regression therapist and QHHT practitioner Sarah Breskman Cosme shares her clients' perspectives of their past lives from Atlantis to the Native American tribes.

Cosme brings this story to you with the voice of

Aniwaya, a Native American man from the 1800s, who from the Trail of Tears, speaks through a female client under hypnosis. Aniwaya describes how the native people of America lost their traditions and how these practices and knowledge of ancient times can be regained as we reach out to understand our deep human past.

Sarah Breskman Cosme is the author of the book **A Hypnotist's Journey from the Trail to the Star People**. Her previous interviews on Gaia are: Waves of Karma from Atlantis, Regression to Atlantis, Atlantean Secrets of the Sphinx.

Instructor/Host: Regina Meredith

Featuring: Sarah Breskman Cosme

AUDIO: Superhuman: the Invisible made Visible

MIND OVER MATTER -

S1:Ep4

<https://www.gaia.com/video/mind-over-matter-0>

42 mins

How do mind and matter co-exist? Filmmaker Caroline Cory explores how individuals can train their mental power to move objects. This power of psychokinesis (PK) has been demonstrated in many settings and by many individuals. Cory facilitates an experiment in psychokinesis using thought and intention

Featuring: Corey Feldman, Naomi Grossman, Rachele Brooke Smith, Karina Smirnoff, Robert Picardo, Michael Dorn, Tom Campbell, Dean Radin, Rudolph Schild, Glen Rein, Jim Gimzewski, Caroline Cory



Audio Languages: English

T's comment - the movement of collective consciousness is moving very quickly

AUDIO: Palmistry, Personality, and Destiny

Beyond Belief – George Noory

Episode 16

<https://www.gaia.com/series/beyond-belief/season-20>

42 mins

Palmistry, Personality, & Destiny

Are clues to our personality and destiny held in the palms of our hands? Palm reader Vernon Mahabal shares his study of human personality, based on thousands of readings.

Palmistryinstitute.com
he answered a question:



T: Hakim Jeffries – she plays one section of what he said – about how they don't want McCarthy as the speaker of the house of representatives and what it means

. . . .

Music: completes what was begun on Friday night, January 6 – about Jewish influence on Broadway

BBC.Imagine.2013.Broadway.Musicals.A.Jewish.Legacy.720p.HDTV.x264.AAC.MVGroup.org

<https://vimeo.com/260670343> 1:22:49

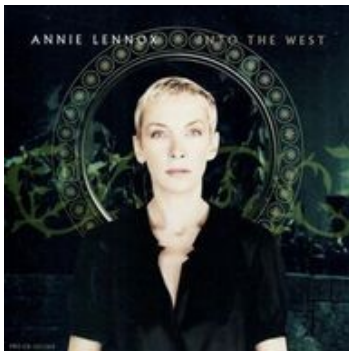
Reading: 2023-01-05 A Message to Lightworkers – January 5, 2023

Closing: Rainbird

Closing Music: Rama

Into the West:

https://www.youtube.com/watch?v=HvF31-2bVNE&ab_channel=AnnieLennox-Topic



Into the West

[Annie Lennox](#)

Track 15 on [The Annie Lennox Collection](#)

This song is played in the end credits of the third Lord of the Rings movie, The Return of the King when the journey of Frodo and the ring had finally come to a close.

INFORMATION RELATED TO THE NOTES

2023-01-07 Happy 2023! New Year Blessings

Tania Gabrielle <newsletter@taniagabrielle.com>

Discover the magic revealed in the New Year's Day. Pluto and Venus merge to ignite a deep yearning for heart-centered passion and divine connection while the numerology code for 1.1.2023 echoes a major transformational shift as well. Welcome the New Year with an open heart!

<https://www.youtube.com/watch?v=EuP0zn1OTqQ>



Happy New Year! 2023 has officially launched!

And what a New Year's Day it is in the Stars and Numbers... giving us wonderful instructions on how to be present now with grace.

- **Venus conjuncts Pluto** on January 1, 2023.
- **1.1.2023** adds up to a **9** Universal Date.

Love, Passion, deep Release and New Birth stimulate profound connection.

Pluto's main gift is to help empower yourself.

To begin, see where you dis-empower yourself, release that conditioning and feel connected now.

Give all of yourself and you will be accepted as yourself.

Venus conjunct Pluto's message is to learn to love the shadow part of yourself – your wounding, your ego, your secrets – the veil you withhold from the world.

Venus and Pluto are merging at **27° Capricorn**.

- **Mercury stationed retrograde in Capricorn** at the very end of the year.
- Capricorn is the "take responsibility" sign.



Such a stunning series of messages are unleashed in the astro-numerology code to start the year.



How many thoughts are you entertaining in your mind that you are not creating in this moment right now?

Recognize the difference between thoughts that you are creating and the thoughts you have attached to that are in your subconscious.

Notice random thoughts that pop into your head will tend to devalue you.

Thoughts generated in this moment now, and never existed before, are pro-active and only deal with what is needed presently.

That eliminates worried thoughts, judgmental thoughts, thoughts of lack and limitation...the thoughts you have learn to control.

We tend to be in our minds all the time, which prevents us from being present in this moment right now - **until we control the mind.**

Venus conjunct Pluto ignites passion and deep affection.

Begin the New Year by neutralizing thoughts that just pop into your head out of nowhere (which are not generated in this moment) by being fully present right now.

Right now is where your breath is.

Your breath is your power – not your mind.

When your mind wanders, take control.

[Watch the special New Year's Star Code forecast here.](#)

Here's to a beautiful you and a wonderful 2023!

Love and Blessings,
Tania

2023-01-05 A Message to Lightworkers – January 5, 2023

This week's guidance from the Ascended Masters, Galactics, Earth Elements, Fae Elders, Angelic legions, Archangels, and other Divine Beings known as the Collective:

Greetings, dear ones! We are very pleased to have this moment to speak with you today.

Today our writer has a question or two for us:

COR: *My friends, these energies are completely out of hand.*

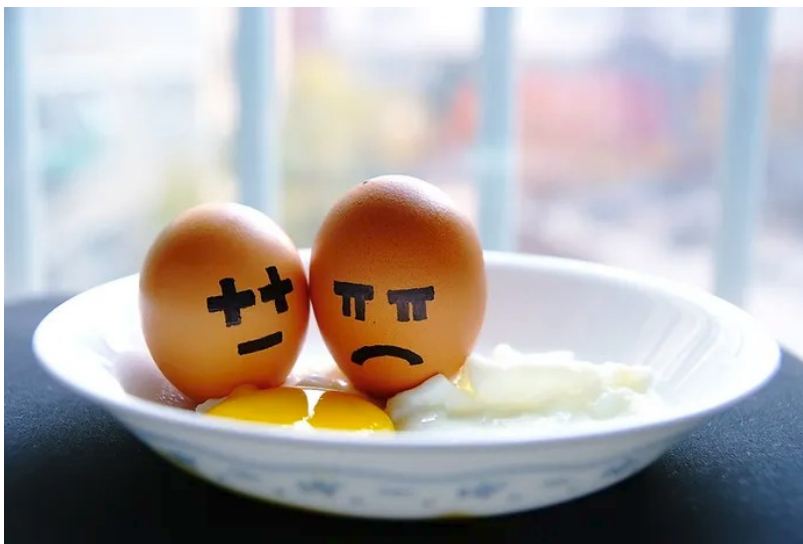
Many are experiencing extreme dizziness, exhaustion, erratic emotions, old anger and trauma rising to the surface, disturbed sleep . . .

I can't even count all the symptoms people are experiencing. Many will wonder if they're suffering a serious illness of some kind, or re-experiencing old shocks and upsets over issues from their past that they'd thought were resolved.

If you have any insights on this, we'd be happy to hear them!

The news cycle is likewise in a state of confusion: A young pro football player collapsed with a heart attack on the playing field the other day, a former president is probably facing tax fraud charges, which will only increase the extreme divisiveness in the US. And the US House of Representatives in disarray over the House Speaker vote, among other even heavier issues, such as deaths and imprisonment from the human rights demonstrations that women and young people are holding in Iran. The façades that are usually held up in front of the old systems look to be crumbling at a phenomenal rate.

Even if all this symbolizes a time of awakening, many of us barely recognize the world now from what it was even a year ago. Even if that's a good thing, it's still hard to watch. If you have any insights on these issues as well, we're more than happy to hear them!



THE COLLECTIVE: What you are seeing, dear ones, is the end of the old order.

Some of what you mention here has to do with false government structures, and some of it has to do with the brutality of the capitalist system. Other issues have to do with the attempt to silence the Divine Feminine. And much of this has to do with race.

We will speak of race, as you mention a young man nearly dying on the field. This is not to vilify the game of football, but to assist those who are unaware of the exploitation of professional players, who are predominantly persons of color, and mainly African American.

And as well, all contact sports mimic war in intention and strategy.

The professional level of the game in particular, presents its players as avatars on a field of battle. **This appeals powerfully to the wounded masculine in the human psyche, and supports the desire for aggression and revenge amongst those who would like to feel vicariously that they are warriors seeking glory.** The warrior archetype does have its merits, but in this context, it represents subjugation, not freedom or strength.

Regarding government, the United States is a country that has long presented itself as a democracy, yet is covertly run by a dark experiment of both subtle and overt racism, economic separatism, a sharply divided social hierarchy, and suppression of human rights. Most of those who are offered up as sacrifice in the war game (whether actual war enacted by the military or the simulation of such in sport) are too often nonwhite persons, whether male or female.

You will see a parallel to this in who is chosen to perform slave labor in for-profit prisons around the country.

Many will say, "But professional athletes are paid so well!" to which we would say, Yes and No.

Looking at professional football, we see a cultural fascination with violence and brutality, and a sacrifice of nonwhite lives, that the white supremacist stance in the US and elsewhere have systemically placed upon nonwhite persons. Particularly amongst the white elite, the idea of bringing Black persons from one continent to another to retrain their DNA for intergenerational trauma, slavery, and dehumanization was part of a long-range plan for control of all races and social classes.

To put nonwhites or some other "minority" in an arena to watch them harm or destroy one another for the entertainment of the elite and the masses is a very old idea, friends.

It goes back thousands of years to the Greek and Roman empires, and before.



The prevailing energetics now reaching the planet are such, that it is impossible that the forms of exploitation that one sees in the arenas of professional football and elsewhere would continue without recourse.

It is time to regain the dignity and humanity of those being exploited—and of those in the masses who are being lied to regarding the kinds of life experience that these players maintain.

Severe and long-lasting head injuries are only one aspect of the issues faced by these men.

You will also have heard how few Black men are chosen as coaches and quarterbacks. This is due to the overriding philosophy within the professional league (and the power structure that controls it), which has long been based on the idea that Black men are not hired for their mental capabilities, and should not be put in positions of power and influence.

Though there are there some Black coaches and quarterbacks, they are still comparatively few in number, because of the overarching philosophy that seeks to retain white male control of the sport, due to both social and psychological influence over the populace, and the tremendous financial wealth that flows from the league's many channels of commerce.

It took many years for the league to drop its nonprofit status, or rather, to be persuaded to do so. That is the very definition of white privilege, in ways that would shame any organization.

Moving on, we would say, regarding the House of Representatives, that the United States Congress is also based on white male privilege. It was established as an expression of such, to guard and ensure the protection of group and private commercial interests, independent of "the mother country," an experiment which has failed in many respects. Despite the increasingly powerful presences now of women and nonwhites in that body, many of the Old Earth control measures, including the propagation of a pretend democracy, have nevertheless remained—until now. The presence of the Divine Feminine is now powerfully amongst you.

This beautiful energy flow will only grow stronger now, upending the old structures and revealing their inherent density, as they flow against Divine Law, and all that humanity and Earth are rising to now.

What you see disintegrating in the Old Earth structures now, is the façade of respectability and authority, crumbling before the eyes of the world to reveal service-to-self density beneath the rhetoric and heroic images.

So long as these institutions, built on destructive capitalist structures, social division, and cruelty to Earth and humanity, insist on remaining in place, as if the world had not changed, the cohesion of their general makeup will continue to crumble in the Light of the powerful solar energies now flowing to the Earth.



What is coming to you now, more powerfully than ever as the astrological alignments signal the beginning of the Sat Yuga, are the eye-opening Truths of the Divine presence, both Masculine and Feminine, which cannot now be denied.

Most assuredly, many have obeyed for thousands of years the false structures of a dark world government, false religions that demanded the sacrifice of millions, and exploitation of both humanity and Lady Gaia.

The old powers-that-were prefer to continue to lie to themselves now, however fruitless that may be, thinking that to reap the energies of human misery and to steal human thoughtforms and life energies, is still a viable business.

It is not. Their time is done. The young man who collapsed on the field chose to do so, on a higher level, before incarnating.

His soul and higher self are watching over him as he seeks healing from his injuries, and his life mission continues unabated, as millions awaken to the uselessness of slaughter, whether on a real or simulated field of battle.

We send Light to that young man's journey now, and we bow to his bravery, as we bow to yours!

Know that on a higher level, you fully support the disintegration of the corruption in the US and other governments, as these continue to catapult themselves over the very cliffs they themselves created.

You mention also the Ascension symptoms, or Ascension responses, one might call them, of body, mind, and spirit.

This occurs as the solar flares continue to increase now, causing much upheaval of Earth and human energies, and as the movements of the stars and planets break through with powerful influence that is no longer possible to ignore.

We would call this a breakthrough moment, though we realize that many are indeed feeling ill, dizzy, exhausted, emotionally disrupted, and unsure of what is next.

What is next is your continuing realization that you are remaking your very lives, and all of human life, and consciousness, in this unprecedented moment.

Are you aware of changes lately in how you are feeling about your life, and realizations regarding changes you wish to make inwardly and outwardly?

Are you feeling increased desire to heal and rise above the fray of your past?

To clean out every belonging you no longer need or reap joy from?

To refresh and revise your daily diet so that it contains more live foods—foods that grow and hold Light, rather than which is food product, and not alive?

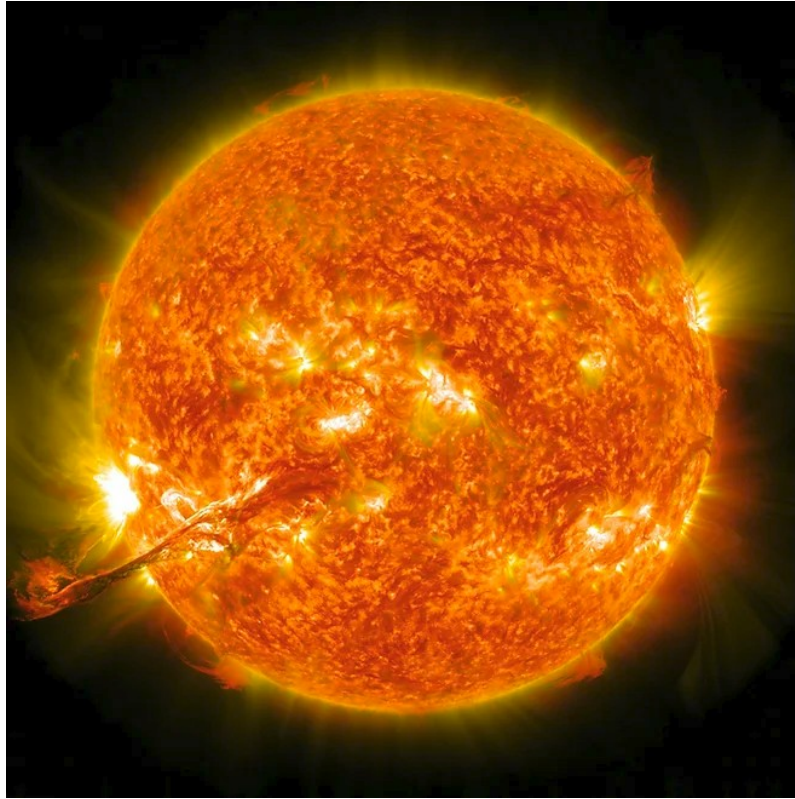
To spend more time in Nature and to use spiritual practices such as yoga, qi gong, and tai chi as ways to connect more fully with your own life essence?

Are you feeling some days that you are every bit as powerful as any billionaire, politician, or celebrity—simply, that you express that power in a different way?

Are you increasingly realizing when to use your voice to state your Truth, and when to release the moment and move on without comment?

Are you feeling the need to move to a new location, or to create a new job or business, or change your

current one?



All or any of these or similar shifts signal that your very resonance as a powerful Light force is reaching higher at every moment.

One might say that humanity is cleaning house, and the thrill for all of us, is to see it happening *en masse*.

Ten years ago, as you celebrated December 21, 2012, we saw Light Bearers of every description, all over the planet, calling forth Divine Light and powerful shifts into fifth dimensional living.

Now that it is actually coming forward—amidst the tumult of releasing 3D—would you shrink back from the power of this moment? We see all of you stepping up now, and saying Yes to great changes, despite the discomfort and strangeness of the hour.

We see you accepting the shocks along with the more obviously positive developments in your life, your culture, and the world at large.

We see you allowing others their path, while venerating and accepting your own with new and unprecedented levels of grace and heart-based integration.

So many have disliked the lives they chose before incarnating once more into Earth life, at Her most tenuous and difficult time.

Yet we see you now “forgiving” your own choices for this life, so often burdened by episode of illness, abuse beginning in childhood, and heavy emotional losses.

And so we see your field of battle entailing so much more now than who wins or loses, but who comes to fully Know themselves as rays of Light—the Universe expressing as human, to know itself in new ways,

including Ascension.

We cannot pity you, dear ones, despite all you journey through now!

You are so much closer to your highest expression now than you could ever know.

And so, carry on with inner Knowing that though the world is in turmoil on many levels, the Universe is at Peace, and holds this troubled child Earth in Her arms, till She is Reborned into the beautiful, miraculous goddess she has dreamt of being.

And you, the midwives to this Rebirth, must carry on!

We say often that you are never alone, and to see the higher beings flowing onto the Earth now, the ship sightings, and the firsthand meetings between humans and Angels, and humans and ETs, we will say again—you have never been *less* alone!

We bow to the Divinity within you, and we ask that you allow yourselves to see that Divine presence within yourselves. Even the slightest glimpse into your own increasing Creational power will astound you now. So tell your Spirit team, Give me an image of how far I have come, in joyful ways! And know that is on its way to me.

Namaste, dear ones—Light Bringers and Light Warriors, carrying the banner of Truth forward in Time.

And in all of this, we are with you, always.

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Thank you.