

2024-01-25

A NIGHT AT THE ROUNDTABLE

DOCUMENT OVERVIEW

I INFORMATION REGARDING ACCESS TO

- A THE THREE WEEKLY Internet / BBS Radio CALLS
- B ARCHIVES - provided by BBS and by Rainbow Roundtable
- C OTHER CALLS SUPPORTED by <https://www.rainbowroundtable.net>
- D LINK TO PODCAST

- II OPENING MEDITATION; ENERGY UPDATE
- III HARD NEWS
- IV GUEST HOUR

I INFORMATION REGARDING ACCESS TO

I – A THE THREE WEEKLY CALLS: GO TO BBSRADIO.COM <https://bbsradio.com/>

DAY	B B S Station	TIME	PROGRAM	CONFERENCE CALL	HOSTS
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 aka The True History	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#

B B S RADIO STATION 1	B B S RADIO STATION 2
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INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

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I - B ARCHIVES - provided by BBS and by Rainbow Roundtable

ARCHIVES: B B S

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

ARCHIVES: Rainbow Roundtable

- Go to <https://www.rainbowroundtable.net/>
- **WRITTEN** • Go to "Archives" tab for written notes: NOTES on RHS
- **AUDIO** • Go to "Archives" tab for audio links on LHS:
includes BBS podcast + Conference Call Links

I - C TO ACCESS 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 via Skype	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/ Click on VOIP button and enter info as requested

*** To access past ALC calls, go to [Ashtar Legacy Teleconferences \(ashtarontheroad.com\)](http://ashtarontheroad.com)

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-january-25-2024>

OPENING: Carolyn Oceana Ryan

MEDITATION: Omena

HOST: Omena

TONIGHT'S PANEL:

Caroline Oceana Ryan	[COR]	Micah Green	[MG]
Omena	[O]	Penny Christoffersen	[PCC]
Rama, Tara	[R,T]	Randy Miller	[RGM]

THE LAW OF ONE

We are all One
When One is helped, all are helped.
Therefore in the name of the I AM – and I AM One with All there is -
I ask only that the Highest Good of all concerned – Happen.
And I give thanks that this is done!
So Be It!

MEDITATION by Omena about abundance

Discussion of what is involved in abundance of various kinds, and how to ask for abundance

Meditation with The Collective, via COR - they took us on a journey to the sun; they are honored to assist with all our journeys and honour our hutzpah too

Weekly Energy updates from around the table:

COR: we all need miracles these days

O: thanks for the journey! Finding that the energy is becoming very relaxing – her dreams are out there! Has had her 4th dream about Trump – when we have people like him who are so challenging, we can love them even though we don't like them . . . she doesn't want to be part of the chaos

COR: also finds the body wants to relax

RGM: In Canada, a court ruled that the Trudeau and Freeland and others are backing down

- Tucker Carlson came to Canada; all sorts of people paid \$200 to hear him; he hammered what's happening
- Communities are helping each other in spite of what is going on – a police officer in Houston carries a little ticket writing machine – can spit them out easily – one lady has had 90 tickets and carries on: the people she is helping still need feeding! ! !

PCC: brings in the good news of the material of the last few days: people are finally seeing what is going on

2024-01-25 US Supreme Court upholds free speech in Palestinian rights advocacy case

<https://www.nationofchange.org/2024/01/25/us-supreme-court-upholds-free-speech-in-palestinian-rights-advocacy-case/>

2024-01-24 Congressman: DOJ investigation of Big Oil is now 'even more urgent' following Shell

Rep. Ted Lieu is once again urging the Department of Justice to look into whether fossil fuel companies broke the law.

<https://www.nationofchange.org/2024/01/24/congressman-doj-investigation-of-big-oil-is-now-even-more-urgent-following-shell-revelations/>

2024-01-24 (2023-01-30) They SILENCED Nikola Tesla over THIS! | Redacted History with Clayton Morris

<https://www.youtube.com/watch?v=bbUbJetZIRU> 26.07

2024-01-24 Economic inequality exposed: The Roosevelt reports unmask the fallacy of corporate tax cuts revelations

<https://www.nationofchange.org/2024/01/24/economic-inequality-exposed-the-roosevelt-reports-unmask-the-fallacy-of-corporate-tax-cuts/>

2024-01-24 (2023-12-12) Spain to dismantle 7,500 wind turbines in five years

https://www.westernstandard.news/business/spain-to-dismantle-7500-wind-turbines-in-five-years/50981?utm_source=website&utm_medium=related-stories

2024-01-13 STIRLING: When magical thinking meets a polar vortex cold, hard reality follows



Mohamad Alrefai Wiki Commons

<https://www.westernstandard.news/opinion/stirling-when-magical-thinking-meets-a-polar-vortex-cold-hard-reality-follows/51646>

MG:

Greetings to all of our listeners from around the planet and throughout the cosmos!

So I was watching an interview with Gregg Braden the other day and felt the knowledge shared to be so profoundly helpful I would share it with our audience tonight.

The title of the interview is **Forbidden Knowledge, Optimizing Human Performance, Becoming Superhuman** | Gregg Braden - On Coherence of the Mind Heart Connection and aligning with the natural rhythms of the earth and cosmos.

Many religions, spiritual texts, tribes from around the world have an Acknowledgment that there is a neural network in the heart that thinks, feels, and remembers.

Gregg Braden gives a 3 step procedure to create a synergistic mind heart connection

The first Step is to touch your heart center with your fingers or palm of your hand (in the middle of your chest just above the sternum) – this is to take your mind off your thoughts and outer world and focus on your heart center. It usually helps to close your eyes.

The second step is a shift in your breath; breath is a trigger point for the parasympathetic nervous system. It is the key to maintaining a relaxed state telling the body it is safe. Even when the human body is in high levels of activity (olympic athletes etc.), it can still maintain a state of relaxation in the body with elevated heart rates.

So the most important thing about the shift in breathing is that the exhale is longer than the inhale. For example 4 seconds inhale and 6 seconds exhale. This focused concentrated breathing will trigger the parasympathetic nervous system into a state of relaxation.

It tells your body you are safe. When you're safe, your body begins to kick in a special chemistry that reflects that safety. This is the chemistry of healing, regeneration, optimization of the cells.

Another excellent breathing technique is 4 seconds inhale, hold for 7 seconds, and slowly breathe out 8 seconds.

These exercises bring about a sense of peace and calm in the body. When we are Not safe (in fight or flight mode), the body shuts down all the other physiological functions. We don't need to heal or regenerate; we just need to get the heck out of here or get to a place that's safe.

Now step 3 is really key and it's a very different way of thinking.

We begin to create an emotion or a feeling in the heart even if the world around us is not giving us a reason to have that feeling. As we are conditioned to have a feeling in response to the world outside of us.

So what we are Empowered to do and what scientists have found is that a positive feeling of gratitude works pretty much for everyone. Feelings of gratitude, appreciation and care for anything and anyone. Family, your pets, gratitude for your life, for success and opportunities.

So, when we create these feelings of gratitude and appreciation inside of this place where the parasympathetic nervous system has been triggered, in the place where the breath is slowed, and the focus is in the heart, here's what happens:

The heart begins to send an electrical signal to the brain that is optimized. It's a very low frequency at 0.1 htz. When this signal is created through the heart and the brain, it creates a coherence between these 2 neural networks.

The beautiful thing about this is that this coherence extends throughout the entire body to all the cells and systems, even on to the quantum level.

So folks, there is without question, an evolution of consciousness taking place on the planet right now, unlike anything we have ever seen before. It may not be evident in the mainstream media but it's happening on a quantum level.

Here are Gregg Braden's top 10 Rules for success.

1. Awaken your consciousness
2. Reprogram your beliefs
3. Use the power of prayer
4. Never limit yourself
5. Recognize your emotions
6. Discover your potential
7. Learn to truly connect
8. Let go of the past
9. Study the universe
10. Be an optimist

Also a brief update from the Keshe Foundation...

This March there will be another Keshe Foundation Plasma Technology Conference in Sanya, China. Sanya is an island that is called the Hawaii of China. Mr. Keshe has said it's one of the most beautiful places on the planet.

There they will be releasing brand new plasma space technology that can create life in any dimension. And it keeps in essence in its Center, the rays of the creational fields of the emotion of the creator. And how it communicates with every position direction and dimension.

This is a new dimension of science and technology which humanity has not seen before, and is the beginning of major changes for our planet.

**Rama, Tara – discussion of Rama's mission to be present in his current work which is HIS JOB!
It is our job as listeners and supporters to provide financial assistance for them**

R reads the White Knight Report! ! !

COR: calls for assistance from everyone listening to support Tara and Rama as they can

R: The Dark Ones have a hard time losing face and admitting they screwed up! Has to do with the proud nature of Reptilian consciousness; the ones he knows from working on The New Jerusalem are 100% ok

PCC: brings up what LM Nada said on Wednesday: **INVASION AND OCCUPATION IS AGAINST COSMIC LAW WHETHER IT IS ON EARTH OR ANY OTHER PLANET! !**

COR: are the reptilians being lied to somewhere?

R: in some of the ancient stories, reptilians are part of the earth, yet he doesn't know enough to comment- some of the indigenous peoples on the planet call them Naga

• Ethan Fox and Michaela have discussed in the past that not all the reptilians were dinosaurs and were not bad. There were groups of other extra terrestrial peoples – not all the Annunaki were bad – some were great teachers, and there were also controllers who started wars, like Enki and Enlil – see **Nibiru: the 12th planet** by Zacharia Sitchen – Mataias [of

Gaia tv fame] says the same: not all were evil; the destruction of Maldek caused the flood and the ice age – these are parts of the missing history that have not been taught and that have caused people to remain confused

- this is a GIANT STORY and he's only telling a very small bit of it

Question about the validity of comparing Trumpism and what happened with the Confederacy, the Civil war

T: it's an intervention by the galactics

- both PCC and COR saying they don't want to admit they are wrong AND they want to go and live somewhere else – the galactics put this planet on lock down so they are freaked out.
- Trump thinks he's an exception – discussion about exposing himself and his mental imbalance

O: Trump is TODDLER SOUL; his followers are ANGRY TODDLER SOULS – he has no answer to the energy coming in – if you look at a toddler, it's all about the toddler

- his soul state is showing and he's angry because he is not getting what he wants: to be a dictator - and is following those who have been classified as such
- he will not be the next president! ! ! !
- He is a soul going amuck and we don't want to repeat history; we will get army of other souls coming at him - they will help PUT OUT THE ENERGY THAT HE WILL NOT WIN!
- Karma has come into his face and he has to face it – TOMORROW IS one of the cases – can ask for 2 damages: the punitive damage can get into the millions; will punish him with a large enough sum to keep him quiet
- the judge cut him off after 2 minutes because he wanted to make out the court was like Hitler

Was Hitler a toddler soul?

- No an ADOLESCENT SOUL BUT THERE IS NOT MUCH DIFFERENCE !
- The soul goes through all the stages: the toddler soul and the adolescent soul are all about gaining independence, and they get stuck there; he's already told them what he's going to do when he gets elected -
- the US is the laughing stock of the world
- he's out of control – not mentally stable either – he does not like to lose – goes to great ends to be right-
- About which class of reptilians - Rama said they are not all bad; the one with Omena is highly intelligent
- Trump was an experiment by the elite – they designed him with sperm from the sperm bank of Hitler, and of Mussolini – and impregnated a Dutch princess; he was born in South Africa. The pseudo parents were chosen to hate him and they did it for money
- O:** has had no info on that but it does explain the behaviour
- he was a bully and that is why he got moved from school to school!
- She looks at Mr Trump from a soul level: she sees him with a couple of walk-ins - from other planets and they are very nice -
- Trump's biological history would make anyone insane – and he has 2 walk ins which makes it much worse; one has been for there for quite a while, another for 10 years

Reminder: he's already been dead – it's a hologram!

O: he's got walk in souls!

T: this is the most rogue planet of all the planets -

O: it's worse in other places -

T: it's 9:11 right now! ! !

COR: Thanks to cohosts, listeners

we're offering so much information to everyone on this program: thanks to Omena, and what Rama brings in; even Amy of Democracy Now cannot say what we say here - BBS allows us to speak about the way it is

2024-01-25

Rama's White Knight Report

January 25, 2024

January 18, 2024 – January 25, 2024

To our readers: Rama's White Knights Report, for the most part, will present information from Rama's contacts on very current events. Sometimes, additional commentary may show up, in the form of more explanation about an important issue, or as an article inserted to provide more insight on the subject being presented.

For more info on the folks Rama talks to – who keep ALL OF US in the loop as well! – go to

<https://www.rainbowroundtable.net/rama-s-contacts>

2024-01-19

Friday

Lady Nada

Rama: I received a text message from Lady Nada at 11:55 am, late this morning. She said to me, "Lord Rama, Indonesia is taking Israel to the International Court of Justice [ICJ] for unlawfully occupying Palestine for over 70 years. You were one year old when this began, Lord Rama! This ancient story of invasion and occupation is over! It is time for Sat Yuga. Starting tomorrow, Pluto goes into Aquarius and stays there until 2044. All we are saying is 'Give peace a chance.' Sat Nam! Namaste! Blaze the Violet Fire!"

From Lord Rama: taken 2024-01-20: Big Ship over Santa Fe! ! !



2024-01-22

Monday

Rama Mu

Rama: I went to see **Rama Mu** this morning for a rainbow ray treatment at 11:29 am, late this morning. Rama Mu showed me, on a holographic screen, the huge geo-magnetic storms coming in. She said to me, "Lord Rama, these geo-magnetic storms are affecting the satellites and the other forms of communication here on Mother Gaia. There was a big radio black-out today over the entire Western Hemisphere. These cosmic rays coming in are coming from Lord Alcyone, the Great Central sun in the Pleiades, as well as from Super Galactic Center, where our Milky Way Galaxy converges with 26 other galaxies. Also, in Mayan astrology, the HuNabKu is located right there in the center of the action.

"These are very intense energies. Be gentle with yourselves. Drink lots of clean water. Mr Keshe's GANS water is excellent high dimensional water. Send more love to all political situations, for the highest good of all concerned to happen here! See you in the Light of the Most Radiant One! [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

2024-01-23

Tuesday

14 deer, 6 crows; Tom the Ring-tailed Cat, Larry, Curly and Mo

Rama: I went and sat with **14 deer and 6 crows**, halfway up Sun Mountain in Santa Fe, at 10:38 am mid morning. With their minds, they showed me rainbow images. This went on for about 20 minutes. Then I received a text message from **Tom the Ring-tailed Cat, and Larry, Curly and Mo**. It was 11 am this morning.

I asked them about the images the deer showed me in my 3rd eye. They all said to me, "lord Rama, the images they are showing you are the big geo-magnetic storms coming in. Meanwhile, there are going to be 17 states in the United States which will be able to view aurora borealis in their night skies tonight. There have ginormous solar flares today as well. The ascension symptoms are off the chart! The full moon on Thursday, January 25th, at 12:22 pm ET, (at 5*15 m Leo) is bringing in the Cosmic Christ light."

Tom the Ring-tailed Cat continued: "Lord Rama, how we handle these energies right now is with love and compassion. It is for the highest good of all concerned to work with these rainbow rays coming in. Again, these have been the highest energies that cosmic law will allow in each given moment.

"The Dark Side continues to race to the bottom. Send them more love!

"Even though we are in the so-called dead of winter, this cosmic Christ light is lifting all this higher in frequency. WE HAVE WON! !! The Age of Aquarius is at hand! All we are saying is 'Give peace a chance.'
[Sat Nam! Namaste!](#)
[Blaze the Violet Fire!"](#)

From Lord Rama:

Somewhere over Sweden



2024-01- 24

Wednesday

Lady Nada

Rama: I received a text message from **Lady Nada** at 11:20 am this morning. She said to me, "Lord Rama, the **International Court of Justice will be dealing** with the case of genocide by Israel against the Palestinian people on Friday, January 25th at 1 pm in The Hague. This has been going for 70 years: Invasion and occupation is **AGAINST COSMIC LAW WHETHER IT IS ON EARTH OR ANY OTHER PLANET! ! !** We are at the end of the Matrix!

"At times, these energies are very choppy. Many people on earth are having dizzy spells, disorientation of space and time, headaches, pain in joints and extremities, feeling dead tired as you just wake up in the morning! All of this is ascension symptoms. We are being upgraded to the 12th Dimension!

"The fleets upon fleets of Mother Ships are here! The Captain will give the word, and we will have an extra ordinary conversation about Love!

"See you in the light of the Most Radiant One! [Sat Nam! Namaste! Blaze the Violet Fire!](#)"



Fleets upon Fleets of Ships are here

2024-01-24

Thursday

13 deer, 16 crows; Tom the Ring-Tailed Cat

Rama: I sat with **13 deer and 16 crows** today, on the way to Chama, NM, at 11:35 am late this morning. They intuitively said to me, "Lord Rama, this is a full moon. (a Wolf Moon. It took place at 12:54 pm, ET, early this afternoon.) I felt them as they gathered much closer in a circle around me, as though to offer a sense of safety, of warmth, and of protection from the cold.

Then I received a text message from Tom the Ring-Tailed Cat at 11:50 am, late this morning. He said to me, "Lord Rama, Happy Full Moon in Leo! The energies are as high as cosmic law will allow – again! Big, big solar flares are going on. The energies are raising us up by the nano second.

"The Dark Side continues to melt down with false ideologies about so-called white men who think they are strong men, yet they are being led around by their fallen egos!

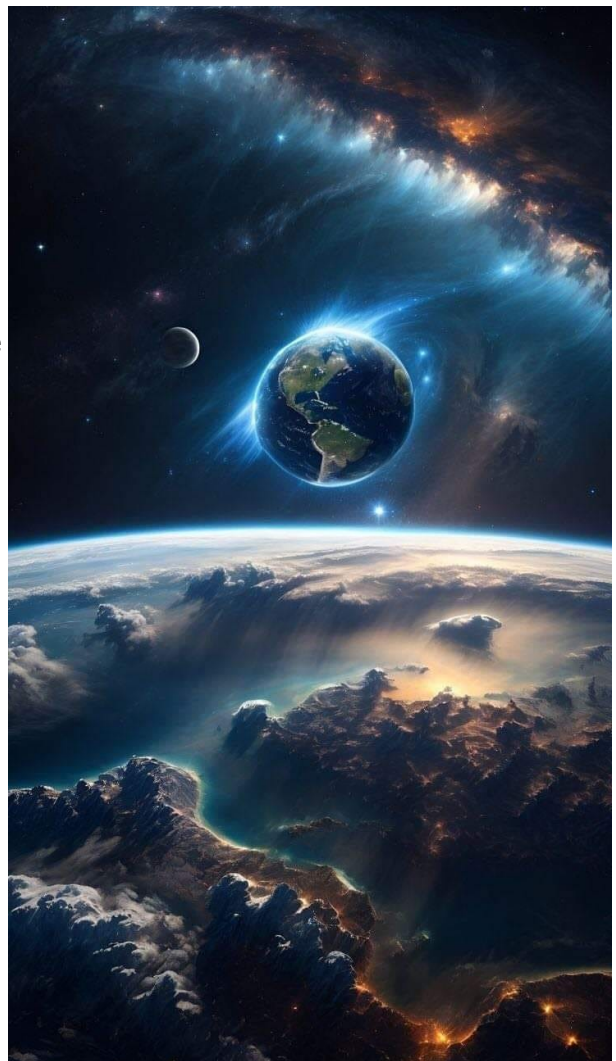


From Lord Rama: A Full Moon Circle for this Wolf Full Moon...

"We are at such an auspicious time. There are legions upon legions of Archangel Michael's galactic commanders here with their starships, in our skies!

"We know about your financial situation, Lord Rama: please talk about this in your Sacred Circle tonight, and we can tell you, Lord Rama, it is not time for you to get a job! You already have THE job of bringing the message of the bigger story through the media: in this case, through B B S Internet Radio. So please call on the people to contribute to you so you can be gentle with yourself and maintain a healthy body, mind and spirit.

"See you in the Light of the Most Radiant One!
Sat Nam! Namaste! Blaze the Violet Fire!"





STONEHENGE

CLOSING MUSIC:

Cat Stevens Peace Train 2014 Rock & Roll Hall of Fame Induction 4:09

<https://www.youtube.com/watch?v=HEXjPn547Z0>

