

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

INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

LISTEN ON LINE



CLICK ON **AUDIO ICON**



CLICK ON **AUDIO ICON**

LISTEN BY PHONE

1-641-793-8120

1-804-220-6484

[NO code needed]

[No code needed]

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OTHER BBS SERVICES FREE PHONE APPS

- [Free BBS Radio Android phone app](#)
- [Free BBS Radio iPhone and iPad app](#)

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;
- scroll down to the heading
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://Ashtar Legacy Teleconferences (ashtarontheroad.com))

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-february-29-2024>

OPENING: Carolyn Oceana Ryan

MEDITATION: Omena

HOST: Rama, Tara

TONIGHT'S PANEL:

| | | | |
|----------------------|-------|----------------------|-------|
| Caroline Oceana Ryan | [COR] | Micah Green | [MG] |
| Rama, Tara | [R,T] | Penny Christoffersen | [PCC] |
| | | 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: Omena

it is about etheric ribbons, cords that are connected to one particular person in our lives who caused us pain or something . . .

Energy Updates

March 07, 2024 March 14, 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>

2024-03-08

Friday

RanaMu

Rama: I went and received a treatment from RanaMu today, at 11:09 am this morning. I got on the bio bed, and RanaMu said to me, "Lord Rama, you are going to be going on a little journey here. I am turning the lasers up to 90%." So I watched the lasers come out of the ceiling and scan me from head to toe. They seemed to focus on all of my 7 basic chakras, and one more above my crown chakra. RanaMu said to me, "Lord Rama, focus on your crown and you will see the 9 stars above your head."

So I did, and they lit up like a Christmas tree! At this point, I was no longer on the bio bed; I found myself in orbit around Mother Gaia. I was enveloped in a rainbow sphere; then I noticed there were other rainbow spheres around me! And there were beings inside the rainbow spheres, looking at me!

I reached out with my 3rd eye and said "Hi!" to the being in the rainbow sphere closest to me. Then that sphere became clearer and I saw a praying mantis being waving back at me!!! I received a wave of intense love being projected towards me!

Then I heard RanaMu calling me back, and I found myself back on the bio bed. RanaMu said to me, "Lord Rama, you were out for 1 hour and 20 minutes!" And I said to RanaMu, "To me, it only felt like 5 minutes!"

Rana Mu responded: "Time is being stretched. You are learning how to step into timelessness, which is a good thing. Now I've got to go to my next appointment, Lord Rama! See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

2024-03-11

Monday

9 deer and 3 crows;

Tom the Cat

Rama: I sat with 9 deer and 3 crows in the forest in Tesuque on my way to Santa Fe at 10:29 am this morning. They intuitively said to me, "Lord Rama, big things are afoot! We are moving higher and higher in the energies. Stay in a high loving space in the heart!"

Then I received a text message from Tom the Cat at 12:09 pm, early this afternoon. He said to me, "Lord Rama, I sent you a picture from your Twitter feed of the sun getting an upgrade. What is happening with the sun is the solar cycle is bringing in more photons, electrons and neutrons to shower Planet Earth with even more monoatomic gold dust.

"Meanwhile, on earth, the energies are so much moving forward, and the dark side is pushing as hard as they can against these energies. Lady Master Victory is in our skies; she shows up as diamond white light energy. This brings in the freedom to move NESARA law into position

to be announced to the world. WE HAVE WON! !! See you in the Light of the Most Radiant One! [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

From Tom the Ring-tailed Cat, who took the picture: The sun is receiving an upgrade!

2024-03-12

Tuesday

6 deer and 15 crows; Lady Master Nada

Rama: I sat with **6 deer and 15 crows** at 10:35 mid morning, in the forest in Tesuque, down by the Rio Grande River. They intuitively said to me, "Lord Rama, the energies continue to go higher, and we are saying 'Send more love to all the conflict in the world!'"

Then at 11:35 am late this morning, after I had stayed with the crows and the deer for a whole hour, I received a text message from **Lady Master Nada**. She said to me, "President Biden and Prime Minister Netanyahu are both guilty of crimes against humanity.



"This is a horror show! With Ramadan in our midst, and Easter approaching, this is a time where we need to talk about stopping all the violence permanently and come into resolution of how we can get along with each other.

"With the upcoming eclipses, there is a moment here where Divine Providence may just step in! I have heard rumours where the IDF – the Israeli Defence Forces – are going to say to Prime Minister Netanyahu 'Reach for the sky! It's over! !!' This is about the fact that the Israeli government and its people are weary of war; they do not support Prime Minister Netanyahu any more!

"The majority of the American people are also calling for an immediate and permanent cease fire. The energies at this time are saying something has got to give! The aspects of the astrology are saying 'We need to come to closure of the old timeline.' As John Lennon has said, 'War is over if you want it!'

"What is being brought in in this moment, are these higher energies of the monoatomic gold dust. This monoatomic gold is pouring in from our sun Sol, and as we stop and listen to the Oneness, peace will come! All we are saying is 'give peace a chance!' [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

**Exclusive: Found in the Archives . . .
Rama as a baby! ! ! ! ! ! ! !**



2024-03-13

Wednesday

2 deer and 5 crows; Rana Mu

Rama: I sat with **2 deer and 5 crows** this morning, part way up to the top of the Santa Fe Ski Basin. They intuitively said to me, "Lord Rama, there is snow coming and big energies are still coming in. Stay safe."

Then I went to see **Rana Mu**, and she gave me a treatment with the Rainbow Lasers again. She turned it up to 99% today.

Then she said to me, "In terms of the big story, we are approaching the spring equinox on March 19th and 20th, along with Ramadan which began last Sunday, the 10th of March, and Easter on the last day of this month: Sunday, March 31st. The energies of the Office of the Christ are fully embracing Mother Gaia and all of us. The most important thing right now is to send Divine, Loving, Compassionate energy to all the dark stories on the planet. Whatever the problems are: LOVE IS THE ANSWER. We are being asked to go beyond our present reality and see a New Heaven and a New Earth. It only takes a small group of us. WE HAVE WON! ! !

"You will see the real power of Shiva / Shakti pour forth at this present time. I could best describe this Shiva/Shakti energy as the monoatomic gold dust pouring in. See you in the Light of The Most Radiant One! [Sat Nam! Namaste! Blaze the Violet Fire!](#)"



2024-03-14

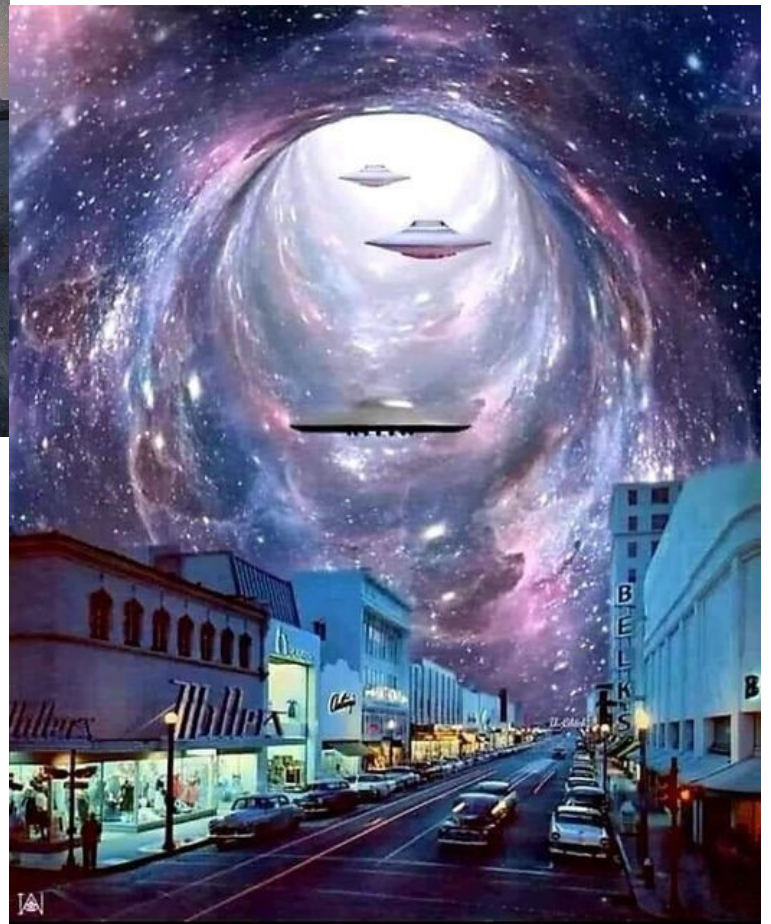
Thursday

4 deer and 16 crows; Plasma Field

Rama: I went and drove down a road into Tesuque, heading up the back side of the mountain toward the Hyde Park Ski Valley. I stopped along the way and sat with **4 deer and 16 crows**. We had a bit of a Jedi Council: they all intuitively said to me, "Lord Rama, the humans are getting out of control! The Circle of Light is all colours of the rainbow."

Then I went on my way into Santa Fe and sat in the **Plasma Field**, and the Plasma Field showed me our sun, Sol, and how it is making micro adjustments to the light shining on Mother Gaia. The Plasma Field said to me, "Lord Rama, as we approach this total solar eclipse on April 8th, the energies are going to increase exponentially! There may be anomalies and strange things people will see! This is part of a Grand Cycle where our sun is getting an upgrade and, subsequently, all the other billions of suns in our local Milky Way Galaxy are also getting an upgrade!"

The Plasma Field continued: "This is the most glorious time to be in a body and be alive! Something is going to happen, yet Lord Rama, we cannot say! ! ! All we CAN say is you are already in The Promised Land! See you in the Light of the Most Radiant One! **Sat Nam! Namaste! Blaze the Violet Fire!**"



2024-03-14 CLOSING MUSIC

2021-09-21 "Peace Train" featuring Yusuf / Cat Stevens | Playing For Change | Song Around The World

<https://www.youtube.com/watch?v=0QpjR6-Uuks>



[Playing For Change](#)

Premiered Sep 21, 2021 [#InternationalDayofPeace](#)
[#WorldPeaceDay](#)

"Peace Train" – Yusuf / Cat Stevens' timeless anthem of hope and unity – was originally released on the classic album 'Teaser and the Firecat' in 1971 and was Stevens' first US Top 10 hit, reaching number 7 on the Billboard Hot 100 chart.



This Song Around The World version features more than 25 musicians from 12 countries and unites Yusuf / Cat Stevens, singing and playing a beautiful white piano in a tranquil open air setting in Istanbul, Turkey, with musicians such as

- five time Grammy Award winning blues/american artist Keb' Mo';
- Grammy nominated Senegalese artist Baaba Maal;
- Silkroad's Rhiannon Giddens—also a Grammy Award winner;
- Ghassan Birumi playing the oud in Ramallah, Palestine;
- musicians from the Silkroad Ensemble in Rhinebeck, New York;
- Pat Simmons (The Doobie Brothers) and
- James "Hutch" Hutchinson (bass player with Bonnie Raitt) performing in Maui, Hawaii;
- and bringing together conflict regions with

Tushar Lall playing the harmonium in Delhi, India, and
Joshua Amjad playing the Kartaal in Karachi, Pakistan.