

“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 ACCESS TO ARCHIVES
- IV OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; PODCAST LINK; MISC.
- V KESHE FOUNDATION INFO; N F T REWARDS PROGRAM
- VI FRIDAY HARD NEWS: 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
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#**

ADDITIONAL HELP FOR LISTENERS

B B S LISTENER TOOLS

B B S RADIO STATION 1
 A Night at the Roundtable
 Friday Night Hard News

B B S RADIO STATION 2
 Saturday History Call

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 [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 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 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)

III ARCHIVES: provided by B B S RADIO RAINBOW ROUNDTABLE

ARCHIVES: B B S

- Go to www.bbsradio.com
- In **Search** box, enter the name of the desired 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: See NOTES on RHS
- **AUDIO**
 - Go to "Archives" tab: See AUDIO on LHS:
Included are both BBS podcast + Conference Call Links

IV OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING

A. Opening Meditation: Rainbird

B. Mayan Calendar / Record of Days: Rainbird

• Go to <https://www.spacestationplaza.com> – to locate specific days & lots more information: on the home page, you can find out what your Mayan signature is; while there, look and see where the wave – the birth wave - began

• to learn about the Mayan Calendar, Go to <https://www.spacestationplaza.com> which will link you further to www.lawoftime.org website for further information.

PLEASE LISTEN TO THE PODCAST TO HEAR THE ENTIRE DISCUSSION OF EACH DATE

Also note: This is not a 3rd dimensional calendar! It's a Record of Days.
www.Spacestationplaza.co Click on the tzolkein – it's on page 2 of the link.

PORTAL DAYS = extra dimensionality

We are in the Wave of BEN, the Skywalker

5th Friday

12 CABAN

Red Crystal Earth

Healing

PORTAL DAY: a good healing day for the Earth; good for clarity; having access to planetary harmony, being the balancing point - embrace the healing energies for the Earth

6th Saturday

13 ETZNAB

White Cosmic Mirror

Warrior

Epiphany Day – promise of change as we leave the last part of the calendar = work on groundedness, wise use of honesty; let go of any illusion of separateness – also known as Little Christmas in some circles

7th Sunday

1 CAUAC

Blue Magnetic Storm

Visionary

A New Wave. Storm energy is time of change and transformation. Creating transformation for others; lighting clear thoughts let go of any crisis – or fear

8th Monday

2 AHAU

Yellow Lunar Sun

Healing

About rising to Christ Consciousness, striving for wholeness. Gift of unconditional love. Lunar energy is of polarity

9th Tuesday

3 IMIX

Red Electric Dragon

Artist

A new Unial begins. About creation, self-dependence, clarity of mind, relying on the Universe. Let go of illusion of lack of support

10th Wednesday

4 IK

White Self-Existing Wind

Visionary

4 energy – work of being the co-creator of heaven on earth – remember the unity we have with Spirit. Let go of judgment of others

11th Thursday

5 AKBAL

Blue Overtone Night

Visionary

PORTAL DAY. Participation, belief in abundance, let go of self-judgment – also a NEW MOON 6:57 ET am

12th Friday

6 KAN

Yellow Rhythmic Seed

Healing

Activating energy of two 3s – working with openness to life, openness; gift of potentiality. Let go of stagnation, lack of self consciousness

C. Housekeeping:

• We are asking to **have more people contribute**, as some of the regular, long-term donors are stressed and stretched: **any and all small amounts are helpful and very welcome.**

Re **T & R:** Their full-time, life-time commitment is to be tuned in to what is really going on behind the scenes of 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.

• Donations via Paypal button on the **homepage** www.rainbowroundtable.net

B B S RADIO:

- The radio programs are supported by us, the listeners.
- The THREE radio programs cost \$300 each week.
- The mailing address for those who do not like paying electronically

B B S RADIO

B B S RADIO
58 N Marshside Place
Sporing, TX 77389

Please put **"Attention Don"** on the envelope
 And note inside "for Thursday,
 Friday AND Saturday calls"

- **All BBS archives can be accessed FOR FREE by everyone.**

- **NB: TO BE FOUND AT** www.rainbowroundtable.net/archives

- **AUDIO ARCHIVES** (BBS Radio Podcasts plus Conference Calls) **and**
- **PROGRAM NOTES** (downloadable and printable **PDFs**)

OTHER FINANCIAL REQUIREMENTS FOR RAMA, TARA:

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	Other details
WEEKLY		
B B S RADIO/week	\$259.00 DECEMBER / 2023 NOW COMPLETE!	Three programs each week- see above
PERSONAL		
Gas, food, etc	\$200.00	All they need this week !!
Bills		156.52 + 89.91
Miscellaneous/Other		
MONTHLY		
Rent - \$1,150 / mo		
Total		

CONTACT INFO

- **Please notify Rama when sending something** koran999@comcast.net
- **Mailing address for checks, money orders, etc**
 Ram D Berkowitz
 PO Box 280
 Santa Cruz, NM 87567

EVERY \$5 HELPS - ALL GRATEFULLY RECEIVED: THANKS TO ALL FOR THEIR HELP . . .

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

**** [www.rainbowroundtable.net /page/donate](http://www.rainbowroundtable.net/page/donate) ****

- Tara and Rama continue to appreciate each & every donation received for food.
- Please continue to go to www.rainbowroundtable.net and link to their Paypal account: choose **family and friends option so Paypal takes off no fees.**

They are under orders by Rama's boss (former President Obama's security chief, known as the King of Swords) to live entirely by donations from the Light community.

Your support is invaluable and greatly appreciated. Thank you so much for your kindness and generosity!

Namaste.

V KESHE FOUNDATION INFO; N F T REWARDS PROGRAM

(1) MAIN address for **KFSSI.org** <https://kfssi.org/>
Keshe Foundation Spaceship Institute: The Home of Plasma Science & Technology

• To access **Keshe Foundation** <https://keshe.foundation/>
Keshe Foundation: the place where Science meets the Soul of Man

• **KFWiki** <https://kfwiki.org/>
The free **Plasma Cyclopedia** of the Keshe Foundation

• **Weekly YouTube Presentations**
<https://www.youtube.com/c/KeshefoundationOrg>
Public can join by ZOOM: the link is 939 474 503

• **More information** Carolyn - Rainbird – lightenergync@gmail.com

(2) N F T Rewards programs

[NFT/reward.biz/register](https://nft.reward.biz/register)
Enter: koran999

VI FRIDAY HARD NEWS: ACCESS TO THIS WEEK'S PODCAST; NOTES, REFERENCE MATERIALS

This week's PODCAST

<https://bbsradio.com/podcast/hard-news-friday-january-5-2024>

TO LISTEN TO CALLS ON THE PHONE:

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1-804-220-6538	

FRIDAY HARD NEWS: Rama, Tara: R, T

HAPPY NEW YEAR!

R: Text from Darby O'Dell – wizard friends told him that the Council of 9 is saying it's time for our arrival on earth.

Also, R was high up the mountain, and saw people photographing tall people . . .

AUDIO: 2022-12-11 Graham Hancock Reads Thoth's Prophecy From The Hermetic Texts - The Rebirth of the Cosmos.

<https://www.youtube.com/watch?v=dp5RMelzSN0> **10:42**

GRAHAM HANCOCK is the author the forthcoming Magicians of the Gods, and of the major international bestsellers The Sign and The Seal, Fingerprints of the Gods, and Heaven's Mirror. His books have sold more than five million copies worldwide and have been translated into 27 languages. His public lectures, radio and TV appearances, including two major TV series for Channel 4 in the UK and The Learning Channel in the US –

Quest For The Lost Civilization and *Flooded Kingdoms of the Ice Age* – have put his ideas before audiences of tens of millions. He has become recognized as an unconventional thinker who raises controversial questions about humanity’s past.

Learn more about Graham Hancock and his work on his official website: <https://grahamhancock.com>

Original reading from Graham Hancock: • [The Lament of Hermes, read by Graham ...](#)

© Copyright Music:
Cinematic Orchestra - Arrival of the Birds

This video was inspired by the YouTube channel "After Skool". Please check them out, they are awesome! 🙏
[/ @uc1kmnkyc1l0stjctkgswl6g](#)

Thank you very much for watching and may Peace be with you!



CONFERENCE CALL

no notes

B B S RADIO

AVE SACHE

AUDIO: ERA OF PEACE PATRICIA COTA-ROBLES -

[VLOG 1 - FROM THE COMPANY OF HEAVEN – The Next Step](#)

<https://rumble.com/v44kd3w-vlog-1-from-the-company-of-heaven-the-next-step.html>

See *Information Related to the Notes* for the Transcript of this presentation.



2024-01-03 Dissolving Negative Thoughtforms Transmission

<https://www.youtube.com/watch?v=KC-sPVJHDv0>

33:33

Steve Nobel

A thoughtform is a thought or a group of associated thoughts that are bound together with intense emotion. Thoughtforms are mental, emotional and also elemental structures that exist within the pale starlight of the Astral Plane, but also have a certain existence on the physical plane. Some thoughtforms have a facsimile of life, like a virus that seeks to infect the mental and emotional bodies.

There can exist thoughtforms of raw emotion such as fear, hate, sorrow. There can also be thoughtforms of intense peace, joy or bliss that can be created. An example being where many Buddhist monks come together to meditate on peace.



Some thoughtforms can create intense conflict and even drive people to extreme violence. A thoughtform is created by two or more beings that focus intently on something. A thoughtform of violence can be created in places where violence occurs such as a home of domestic violence, a place where a murder has taken place, a battlefield.

Most thoughtforms are created unconsciously such as a group that focuses on hating an issue or another group. Negative thoughtforms of hate are one of the reasons behind some of the most insidious wars happening on the planet right now.

Thoughtforms can also be created consciously, and this is the realm of the magician both black and white. An example of a dark thoughtform can be found in certain conspiracy theories where something is deliberately created by dark magicians that is not true or partially true and is infected with a powerful thoughtform. This closes the mind and creates the need to strongly argue and defend the idea even in the face of contrary evidence.

Some thoughtforms attach to one host as the primary host, then infect everyone else around them. This feels like a form of possession.

An example of a positive thoughtform is where a group create a focus such as protecting an area against any form of harm. I have created protective thoughtforms in many of the homes I lived in. A coven of witches may create a healing thoughtform through ritual singing and visualisation to send to someone. A powerful example of a protective thoughtform happened during WW2 when a magical group did ritualistically create one around Britain. This was at a time the country was in danger of being invaded which helped ward off invasion and may have even planted the idea into the minds of those opposing Britain to focus elsewhere.

The power of a thoughtform depends on the number of people simultaneously focusing on that same thoughtform for extended periods of time. The power of a thoughtform also depends on the intensity of the need or drive behind it and the intensity of emotion evoked while focusing on it.

Please note that sensitives/psychics are prone to being influenced by thoughtforms. This is why this transmission is probably important to many Starseeds following this channel.

Thoughtforms can bleed through from other lifetimes. This happens when some sort of trigger sets this off, such as a film or an incident that somehow relates to an original other lifetime experience.

Music by Matias Ra and the track is called Aether Goddess.

MOTHER / ALCYONE

[M/A]

Greetings in the Light of the Most Radiant One. In the Office of the Christ and only in the Office of the Christ, we invoke the loving energies of St Germain and the Violet Flame.

Greetings Children of Ra!

Yes, sun is getting stronger each day.

T: that's true – after winter solstice, lighter every day

M/A: And the Light of 10 trillion suns is pouring in at this time with what's occurring on the surface of this planet. It is about accountability and justice!

- It is a glorious time to be alive. And at the same moment, it is a challenge. What is happening in Gaza we all know: genocide. It is about this ancient story that has come to its twilight time.
- Time for us to take our children home!

T: the wayward ones?

M/A: enough already – let's do it: this planet is on a collision course to Ascension

- It is a challenge to be here and watch such samsara!

T: Enough! Why are they allowing this? On Amy's show there is way more people died that is being told Somebody said over 100,000 and talk is for the whole year

M/A: She could say this story is at its conclusion and what is happening in this particular moment; like it's been said: Patti said it – all the folks are here, Company of Heaven included.

- This is about US (the people) taking our power back, using the wisdom that has been given to us to set things right. All the forces of heaven are here, yet it is about us – we the people, holding these folks accountable.
- And as things are moving quite rapidly to conclusion, the energies pouring in at this time are all about this completion of this cycle.

What Graham Hancock brought up is: this time we are in- indigo rainbow crystal children are saving the day

- The Light pouring in at this time - it is with great joy we can say the tide has turned; we are watching the end of this story: it is not going to go on for years, but they would like it to!
- yet at this particular moment, solar cycle 25 has a lot to do with the shift at this time. At this particular moment, whatever it is to be called, there is this - only words she can use to describe it is
- The Force In and Of Itself is raising the frequencies so that all that has not been in right, Divine order is coming full circle.

This particular moment, as love and compassion change the dynamics of this story, war is never the answer because the diversity within all beings, known and unknown, makes up the beauty of this time we are in.

- This is the expression of what's occurring for all life: diversity within the oneness. It matters not if you are blue or green or yellow. What is highly credible is the fact that all the particles, everything that is moving in Divine Right Order, is coming about at this moment.

It is quite auspicious to be in a body at this time. Don't underestimate the times we're in.

T: That's amazing what's going on now!

M/A: the fact that we are still here -intact! - is a very big deal! The Light has indeed won!

Our children are petrified with what's coming and it's . . .

T: They are scared of the love? ? ?

M/A: in a sense, we could say affirmative because they have existed in such realms of darkness, it's painful to them. And this . . .

T: Goes along with that no pain, no gain statement, except the Buddha says pain is inevitable, suffering is optional

M/A: Yes

T: They don't understand love, so they think their money and power is making them happy, but they don't even know what that word means

M/A: No happiness without a spiritual practice that raises you up – drugs, sex, AI ain't gonna get you there. It gives you a seat on one of those starships going to Dracos.

- This ancient, ancient story is pouring out more and more: how we all are daughters and sons of the Most High.
- It is an extreme gift to be on this planet at this time because of the ascension process that is occurring – it is tremendously huge! Like Patti said, we are in a new realm. How we work with love frequencies changes our lives and changes those others who are not choosing love – yet they are gonna get it, none the less! ! !
- It is about the nature of the experience called the Shift of the Ages: darkness can no longer rule the day – Mordor is over! Enough! Even though it is, still and yet, part of what we see each day – it is a gift to be here!
- We honour you for sticking it out!

T: agrees! So glad to hear you say 'enough' – just need to see it now

M/A: and so it is

T: you gonna get on that train yourself? they wouldn't know what to do with you

M/A: We'd give them a lesson in how to take a bath!

T: laughing – I can imagine! You just wanna leave it at that, huh?

M/A: Yes! What else is there to say?

T: they aren't gonna let you do that – it was good for fun!

M/A: It is about cleaning out all the cobwebs in the sub-consciousness and was talking of that on today's

T: Padme was talking about this on the conference call – that physical cobwebs just gotta wait . .

M/A: they are because the cobwebs in here gotta go first before we go out there. Takes some doing when we are getting blasted with solar flares that are on – She has no words except

- it is about the transfiguration of going from living in caves to going to living in the sky, and all that is occurring is this exposure of this ancient story.
- It's time we learned how to get along with each other whether we have tentacles or legs or feathers or fur: it matters not – what is the crux of the matter is about loving kindness and compassion for the moment that is occurring
- There is so much that is unfolding with the frequencies of the Living Light, Living Love pouring in. in the form of monoatomic gold dust. It gets showered on this planet every single day – that energy is changing our bodies, our environment; every living particle is getting merged with that light and that is why it is a bit chaotic
- as we've been hanging out with darkness for 26,000 years, gotta get used to the light pouring in: eyes gotta adjust. We are at that moment

There is so much unfolding that is about how we are ascending in this moment of ecstasy!

- Whatever may have occurred in any space/time continuum, is being dissolved at this moment; the dragons have returned! More and more folks are seeing the dragon people who have a lot to share with this new rainbow nation that is being brought forward at this time.
- As we can call in the dragons, they come and will share with all. . . this like all the other folks from all the various realms. All have a part to play in this glorious story!

Not sure where to go with this, except to say that the Light pouring in is the greatest gift right now! Focus on this light; it changes your mind every single moment

T: Can we end the struggle?

M/A: Indeed - it is being ended in spite of what is occurring right now...

T: and the killing? You know that the galactic ones have to do it now! Not making you between a rock and a hard place . . .

M/A: we are everywhere and nowhere

T: Understands - it feels every like we are helpless and
and Netanyahu saying he's going to go for the whole year and keep killing

M/A: cancel clear and blaze the violet fire
T: Now we need to have it in physicality!

M/A: Cancel Clear and So it is

Both:

Kodoish, Kodoish, Kodoish Adonai `Tsebayoth
ilياهو ilياهو ilياهو
Yod Hey Vod Hey
YHWH

Holy holy holy is the Lord God of Hosts
Illumine Illumine Illumine
Yod Hey Vod Hey of the Living Everlasting Light
The Revealed Name to our Father universe of the
Living God behind all Creator Gods

Rama Returns: was on Lady Master Athena's ship, at some kind of pond on The Dove – thinks it was in an arboretum – many frogs and orange butterflies and felt like heaven – the pond was huge – it was deep – he was treading water! It was a trip!

T: a sign that we will experience a release from the bondage of these ones.

R: would say that it felt like he had been swimming for a long time – he's a good swimmer in the physical earth world!

DEMOCRACY NOW

BLAZE THE VIOLET FIRE! Not easy to hear all this !

2024-01-05 Headlines

<https://www.democracynow.org/2024/1/5/headlines>

2024-01-05 "My Heart Is Still in Gaza": Palestinian Scientist Flees Israeli Bombs, Begg World to Stop Genocide

https://www.democracynow.org/2024/1/5/my_heart_is_still_in_gaza

2024-01-05 "The IDF Should Not Exist": Meet Meital Yaniv, Former Israeli Soldier Turned Anti-Zionist Organizer

https://www.democracynow.org/2024/1/5/the_idf_should_not_exist_meet

2024-01-05 Ralph Nader on Gaza Ceasefire & Why Suppression of Palestine Advocacy Is the Real Problem on Campus

https://www.democracynow.org/2024/1/5/ralph_nader_on_stopping_gaza_war

2024-01-05 Ralph Nader on "The Rebellious CEO," His Upcoming 90th Birthday & Remembering Dr. Sidney Wolfe

https://www.democracynow.org/2024/1/5/ralph_nader_on_the_rebellious_ceo

AUDIO: Open Minds [Reclaiming Sophia: Quantum Creation](#)

S26:Ep8

<https://www.gaia.com/video/reclaiming-sophia-quantum-creation>

47 mins

Are humans the descendants of Sophia, intended to relay energy within the quantum field as a bridge between Matter and Spirit?

Merging quantum science with ancient spiritual traditions, author Peter Canova and host Regina Meredith trace the Gnostic origins of the Judeo-Christian story of Eve's fall. Drawing upon the "ivy league" of mystery schools, from India to the British Isles, Canova explains how thought forms linked to eternal attributes are the same God particle validated by physicists. What aspects of Sophia, or Wisdom, and her male counterpart known as Will, can help humanity reclaim light and reckon with shadow?
Host: Regina Meredith Featuring: Peter Canova Audio Languages: English



Subtitles: English

AUDIO: 2024-01-05 Aurora Ray - Indigo children are going to change the world 9 minutes

<https://www.youtube.com/watch?v=aqlmQUEUuyE> 9:07

Indigo children have an innate ability to communicate with the planet and the world around them. They have a deep connection with the universe, which means they can connect with their higher selves, know what's best for them, and make good decisions.



Closing: Rainbird

celebrating TJ's birthday

INFORMATION RELATED TO THE NOTES

2024-01-02

FROM THE COMPANY OF HEAVEN – The Next Step

Patricia Cota-Robles www.eraofpeace.org

Vlog 1 FROM THE COMPANY OF HEAVEN – The Next Step

You are powerful beyond your knowing and THE NEXT STEP of that profound Truth is being revealed to Humanity by THE COMPANY OF HEAVEN NOW.

Dear Ones, 2024 is going to be a glorious New Year, in spite of whatever challenges may arise. Even in the midst of what often seems like extreme adversity, people everywhere are remembering who they are and why they have embodied on Earth during this auspicious time.

The Sacred Knowledge from the Heavenly Realms that we at *Era of Peace* are sharing with Awakening Humanity has been offered free of charge since 1968 to anyone who has the Heart Call to receive it. This incredible Gift from On High is being given to Humanity by our Sisters and Brothers in the Realms of Illumined Truth. They are Sons and Daughters of God just like you and me. However, these Beings of Light have evolved to a much higher level of Consciousness. They are like college professors compared to you and me who are more like kindergarten students in the overall scheme of things.

These Beings are selfless Messengers of our Father-Mother God, who have “*come through the veil to meet us halfway*” because of the need of the hour. They are communicating with Humanity now through intuitive Open Heart and Mind Telepathic Communication.

We were always supposed to have access to this assistance and this guidance from On High. However, when we fell into the dense and discordant frequencies of separation and duality aeons ago we lost the ability to reach up in Consciousness into the Realms of Illumined Truth. Since that fateful time, we have been “*weeping and wailing through our valley of tears*” struggling to accomplish our Divine Plans through trial and error.

Now everything has changed. During the past several decades, the adverse effects of our horrific fall from Grace have been gradually reversed and Transmuted back into Light. This was accomplished through the unified efforts of Awakening Humanity and our Sisters and Brothers in the Heavenly Realms. Through myriad activities of Light, the Veil of Maya which pulsated with Humanity’s grossly mutated human miscreations has been incrementally purified and cleansed.

Now, the Company of Heaven no longer needs “*To come through the veil to meet us halfway.*” Mother Earth and ALL Life evolving upon her have gradually Ascended up the Spiral of Evolution into frequencies of vibration that are allowing our I AM Presence to take command of our Earthly Bodies. As this occurs, Inner Guidance from our I AM Presence is easily received through our Intuition and Open Heart and Mind Telepathic Communication. This means that by simply asking our I AM Presence to take command of our thoughts, feelings, words and actions this Loving aspect of our own Divinity is able to guide us unerringly.

At long last, the Sacred Knowledge from the Realms of Illumined Truth is available to each and every person who is willing to ask, to listen and to open our heart and mind to the infinite possibilities. It also helps immensely if we daily stay focus on the Light and do whatever it takes to raise our energy, vibration, and Consciousness.

Through our I AM Presence we can also directly communicate with the various Beings of Light in the Realms of Illumined Truth. We have recently experienced a monumental shift within our System of Worlds. We now have access to NEW Realms of Light and assistance from Beings of Light that were previously far beyond our vibrational reach. These Beings exist in the System of our *Grand Central Sun* which now embraces Mother Earth and our entire System of Worlds.

These Beings of Light have been patiently waiting for Mother Earth and all Life evolving upon her to reverse the adverse effects of our fall from Grace so that we could reclaim our rightful place in this System of Worlds. Now that this has been God Victoriously accomplished these powerful Beings of Light are standing in readiness. They are awaiting our invitation to give them permission to intervene in our lives in positive ways that will greatly assist us in our Ascension process.

This is a brief reminder of the various classifications of the Legions of Light associated with ALL of the Systems of Worlds Mother Earth abides in including our *Grand Central Sun*. The Beings of Light, whom I often refer to as The Company of Heaven, consist first and foremost of the all-encompassing Presence of our Omniscient, Omnipotent, Omnipresent Father-Mother God, the Cosmic I AM, All That Is.

This is the Divine Presence from which every single atomic and subatomic particle and wave of Life throughout the whole of Creation is Birthed. It is within this Body of our Father-Mother God that ALL Life Lives, Moves, Breathes and has its Being. The Body of God is the all-encompassing Divine Matrix or the Unified Field that science has finally recognized.

All of the other Beings of Light are considered Sons and Daughters of our Father-Mother God. These Sons and Daughters of God are known through all Creation by various titles depending on their level of Consciousness and their selfless service to Life.

There are Crowns, Thrones, Principalities, Solar Logos, the Mighty Elohim, Cosmic Beings, Galactic Beings, Archangels, Seraphim, Cherubim, and all graded Orders of Angels. There are Ascended Masters, the Galactic Federation of Light, and the I AM Presence of every evolving Son and Daughter of God throughout the whole of Creation. There are also those associated with the Elemental Kingdom. There are the Directors of the Elements Air, Water, Earth, Fire and Ether as well as the Sylphs of the Air, the Undines of the Water, the Nature Spirits of the Earth, the Salamanders of the Fire and the Devas and Deva Rajas of the Ether.

ALL of these Beings of Light, including the Legions of Light associated with the NEW System of Worlds we now have access to through our *Grand Central Sun*, are standing in readiness awaiting Humanity's Heart Call and our invitation to help us during this wondrous but often tumultuous time. The assistance from these Beings of Light will be given to us in perfect alignment with our Divine Plans and the highest good for all concerned. They will never interfere with our Free Will by intervening in our lives without an invitation and permission from our I AM Presence.

The information that is being given to Humanity by the Beings of Light in the Realms of Illumined Truth at this time is not intended to dispute our present belief systems or to tell us that what we believe is wrong. We have all been guided by our I AM Presence through the lessons and learning experiences we needed in order to bring us to this point in our evolutionary process. Now it is time for all of us to take THE NEXT STEP.

The Divine Intent of this information is to enhance what we already know. It is designed to give us greater clarity and understanding, so that we will recognize at a much higher level what is happening on Earth and in our personal lives. This will enable each of us to remember who we are and why we are here during this Cosmic Moment.

All of the information that I am sharing is from the Beings of Light in the Realms of Illumined Truth. However, even having said that, I do not ever want you to accept something as Truth just because someone told you it is true. I would like for you to contemplate this information as food for thought. Then, take the information into the Divinity of your Heart Flame and ask your I AM Presence to reveal to you the Truth contained in these Celestial sharings. Ask how you can utilize this information to help fulfill your Divine Plan and to accelerate your Ascension process.

Anything that does not resonate as Truth just let it go. If I AM sharing something that is important for you to know in order for you to fulfill your Divine Plan, but it does not resonate as Truth for you just yet, I promise you your I AM Presence will keep presenting that information to you in gentle and Loving ways over and over again until you are able to accept it.

This is a New Beginning and the request to share this information has come from On High. This information is being received through the unified efforts of Heaven and Earth and will pave the way for a new level of Awakening within the Heart and Mind of anyone who feels the Heart Call to receive it.

I AM deeply honored to share this information with you and together we will fulfill our Divine Plans and assist the Earth and ALL Life evolving upon her as we Cocrete the Immaculate Concept of the newly elevated Patterns of Perfection for the New 5th-Dimensional Crystalline Solar Earth in 2024.

Precious Heart, I want to thank you for volunteering to be born during this auspicious time on Planet Earth. God Bless You, for your willingness to BE the OPEN DOOR THAT NO ONE CAN SHUT as the Light of God flows into the Mental and Emotional Strata of this Planet to Bless Humanity and ALL Life evolving on this sweet Earth.

Dear One, God Bless You. I look forward to being with you next week.

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Gaza Death Toll Tops 22,600 as Israel Intensifies Attacks on Refugee Camps

Jan 05, 2024



In Gaza, the death toll from Israel's 90-day bombardment has topped 22,600, with another 7,000 people reported missing and presumed dead. Health officials in Gaza say Israel killed at least 162 Palestinians over the past 24 hours as the IDF intensifies its attacks on refugee camps in central and south Gaza — areas once deemed by Israel to be safe zones. Doctors in Gaza described horrific conditions inside the few hospitals still open. Yasser Khan is a Canadian ophthalmologist who is working in the European Hospital in Khan Younis.

Dr. Yasser Khan: "Almost every hour someone is coming in with an explosive injury or a serious injury. People are losing their legs, their eyes, their lives. And the people, the healthcare workers that are working here 24 hours every single day with nothing, with no resources, nothing, no medications, anesthetics. Everything is out."

Israel Hold Talks with African Nations as Officials Push "Voluntary Migration" from Gaza jan 05, 2024



Israeli officials have reportedly held talks with a number of African nations, including the Democratic Republic of Congo, Rwanda and Chad, about accepting Palestinians pushed out of Gaza. Israeli Prime Minister Benjamin Netanyahu and some of his Cabinet members have promoted what they call "voluntary migration" from Gaza, but Palestinians and human rights groups have decried the plan as ethnic cleansing.

This comes as Israel's ambassador to the United Kingdom, Tzipi Hotovely, has openly embraced destroying the whole of Gaza. She made the comment during an interview on the London radio station LBC.

Tzipi Hotovely: "One of the things we realized, that every school, every mosque, every second house has an access to tunnel. So, this is — and, of course, ammunition."

Iain Dale: "But that's an argument for destroying the whole of Gaza, every single building in it."

Tzipi Hotovely: "So, do you have another solution how to destroy the underground tunnel city, that this is the place where the terrorists hide?"

Biden Administration Claims South Africa Genocide Case Against Israel Is "Meritless"

Jan 05, 2024



The Biden administration has criticized South Africa for filing a genocide case against Israel at the International Court of Justice. National Security Council coordinator Admiral John Kirby was asked about the case on Wednesday.

Reporter: "South Africa has filed this 84-page lawsuit against Israel, accusing them of genocide. Israel says that this is blood libel. Does Washington agree? And where does this put Washington and Pretoria in terms of their relations?"

John Kirby: "We find this submission meritless, counterproductive and completely without any basis in fact whatsoever."

Former Israeli Hostage Calls on Netanyahu to Declare a Ceasefire in Gaza

Jan 05, 2024



An Israeli woman who was held hostage by Hamas for 51 days is calling on Israeli Prime Minister Benjamin Netanyahu to declare a ceasefire. Aviva Siegel spoke to "PBS NewsHour."

Aviva Siegel: "But he can't keep the war going and get the hostages out. He needs to keep — he needs to go to a ceasefire and then get them out. And he needs to get them out now, as quick as possible."

U.S. Admits Carrying Out Drone Strike in Baghdad Targeting Iran-Backed Militia Leader

Jan 05, 2024



The Iraqi government is blasting the United States after a U.S. drone strike in Baghdad killed a top commander in an Iran-backed militia. An Iraqi military spokesperson described Thursday's attack as a dangerous escalation and an assault on Iraq. Pentagon spokesperson Brigadier General Patrick Ryder claimed the U.S. was acting in self-defense.

Brig. Gen. Patrick Ryder: "This individual was actively involved in planning and carrying out attacks against American personnel. And as we have long said, we maintain the inherent right of self-defense, and we'll take necessary action to protect our personnel."

Islamic State Takes Responsibility for Twin Blasts in Iran Near Tomb of Soleimani

Jan 05, 2024



In Iran, funerals have begun for the 84 people killed on Wednesday in a pair of bomb blasts in the city of Kerman. On Thursday, the Islamic State took responsibility. The group said two suicide bombers had attacked the crowd, which was gathered near the tomb of the Iranian General Qassem Soleimani. The bombings occurred on the fourth anniversary of Soleimani's assassination in Iraq by the United States.

Japan Earthquake Toll Rises to 94; Over 220 Still Missing

Jan 05, 2024



In Japan, the death toll from this week's massive earthquake has risen to 94, with over 220 people still missing and feared to be trapped under rubble. Earlier today an 80-year-old woman was pulled from the rubble more than 72 hours after the quake.

Al Sharpton Protests Outside Office of Bill Ackman for Role in Ouster of Harvard President

Jan 05, 2024



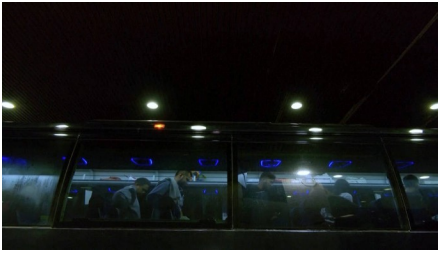
Civil rights leader Al Sharpton led a protest Thursday outside of the New York office of the billionaire investor Bill Ackman, who helped lead a campaign that led to this week's ouster of Claudine Gay, Harvard University's first Black president. Ackman is a Harvard alum and major donor to the university who has publicly railed against Harvard and other schools for supporting DEI — diversity, equity and inclusion — programs. Al Sharpton vowed to keep protesting outside Ackman's office.

Rev. Al Sharpton: "We have started these weekly one-hour protests in front of Mr. Ackman's office. He has said that the resignation of Dr. Gay at Harvard is not the end of it. They are going to keep fighting 'til they end DEI, which is diversity, equity and inclusion. That's declaring a war on all of us — Blacks, women, gays. DEI was designed to bring fairness and equality to people that had been historically marginalized and eliminated."

As part of his campaign to oust Claudine Gay as Harvard president, Bill Ackman helped amplify allegations that Gay had committed plagiarism in her academic work. But now Bill Ackman's wife, MIT professor Neri Oxman, is facing a plagiarism scandal of her own. Business Insider has revealed Oxman plagiarized parts of her doctoral dissertation at MIT. On Thursday, Oxman apologized and admitted making mistakes.

NYC Mayor Eric Adams Sues 17 Bus Companies for Transporting Migrants from Texas

Jan 05, 2024



New York City Mayor Eric Adams has sued 17 charter bus companies for \$700 million, accusing them of illegally transporting over 30,000 migrants from Texas at the behest of Republican Texas Governor Greg Abbott. Adams accused Abbott of using the migrants as political pawns.

Mayor Eric Adams: "These companies have violated state law by not paying the costs of caring for these migrants, and that's why we are suing to recoup approximately \$700 million already spent to care for migrants bused here in the last two years by the state of Texas."

House Democrats Accuse China, Saudi Arabia, Qatar of Paying Millions to Trump Businesses

Jan 05, 2024



A new report by House Democrats accuses former President Donald Trump of "repeatedly and willfully" violating the foreign emoluments clause of the U.S. Constitution. The report found foreign countries, including China, Saudi Arabia and Qatar, spent at least \$7.8 million on apartments and hotels at Trump-owned properties while Trump was president. Congressman Jamie Raskin of Maryland accused Trump of "elevating his personal financial interests and the policy priorities of corrupt foreign powers over the American public interest."

Saturday Marks Third Anniversary of Jan. 6 Insurrection

Jan 05, 2024



Saturday marks the third anniversary of the January 6 insurrection at the U.S. Capitol. President Biden is planning to mark the anniversary by giving a speech today near Valley Forge, Pennsylvania, the Revolutionary War site where George Washington and the Continental Army camped over the winter of 1777-1778, enduring harsh conditions.

Meanwhile, voters in Massachusetts and Illinois have filed paperwork challenging Donald Trump's eligibility to run for office, citing the insurrection clause of the 14th Amendment. Trump is already appealing decisions in Colorado and Maine to remove him from the ballot.

Report: Bill Clinton Pressured Vanity Fair Not to Write About Jeffrey Epstein

Jan 05, 2024



Newly unsealed documents related to the deceased convicted sex trafficker and financier Jeffrey Epstein include a reference to reports that former President Bill Clinton once threatened Vanity Fair magazine against reporting on Epstein. One new document contains an email sent by Virginia Giuffre, who had accused Epstein of trafficking her to Prince Andrew when she was 17 years old. In the email, Giuffre writes about why she was worried about speaking to Vanity Fair. She wrote, "it does concern me what they could want to write about me considering that B. Clinton walked into VF and threatened them not to write sex-trafficking articles about his good friend J.E." Former Vanity Fair editor Graydon Carter has denied the incident ever took place.

Sixth-Grader Dies in School Shooting in Perry, Iowa

Jan 05, 2024



In Iowa, a sixth-grade student died Thursday in a school shooting in the town of Perry on the first day of classes after winter break. Five other people were injured, including the school's principal. Police say the gunman was a 17-year-old student who came to school armed with a pump-action shotgun and a small-caliber handgun. Police say the shooter died of a self-inflicted gunshot wound.

Police Raid People's Park in Berkeley to Clear Way for UC Berkeley Student Housing

Jan 05, 2024



Image Credit: Jason Armond/Los Angeles Times via Getty

In Berkeley, California, police raided the historic People's Park early Thursday morning, ending a long standoff between the University of California, Berkeley and community activists. There are reports at least seven people were arrested and many unhoused people were displaced. In the 1960s, People's Park was at the center of the antiwar and free speech movements in Berkeley. The UC Berkeley officials have now placed shipping containers around the perimeter of the park, where the school plans to build new student housing.

2024-01-05 "My Heart Is Still in Gaza": Palestinian Scientist Flees Israeli Bombs, Begg World to Stop Genocide

https://www.democracynow.org/2024/1/5/my_heart_is_still_in_gaza

Guests

- [Mohammed Ghalayini](#)
air quality scientist who fled Gaza after three months under Israeli bombardment. He is a co-founder of Amplify Gaza Stories.



Links [Amplify Gaza Stories](#)

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In Gaza, the death toll from Israel's 90-day bombardment has topped 22,600, with another 7,000 people reported missing and presumed dead. As the IDF intensifies its attacks on refugee camps in central and south Gaza — areas deemed by Israel to be safe zones — we speak with Mohammed Ghalayini, an air quality scientist and co-founder of Amplify Gaza Stories, who made the "impossible choice" to flee from Gaza to Britain, where he has dual citizenship. "It was really hard to imagine things getting any worse on any particular day, but they did keep getting worse," says Ghalayini. "I'm fearful for everyone I know that's in Gaza, from either meeting an explosive death or a death by trigger-happy genocidal soldiers who are like drunk, obviously, on the power that they are wielding."

Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: We begin today's show in Gaza, where the death toll from Israel's 90-day bombardment has topped 22,600, with another 7,000 people reported missing and presumed dead. Health officials in Gaza say Israel killed at least 162 Palestinians over the last 24 hours as the IDF intensifies its attacks on refugee camps in central and south Gaza — areas deemed by Israel to be safe zones. Doctors in Gaza describe horrific conditions inside the few hospitals still open.

In a minute, we'll be joined by a Palestinian man who just arrived in Britain after fleeing Gaza. Mohammed Ghalayini is an air quality scientist who spent nearly three months in Gaza, where he had been visiting family. He just returned to Manchester, England, Wednesday, where he has dual citizenship. This is Ghalayini speaking at the airport after his arrival in Britain.

MOHAMMED GHALAYINI: After spending 65 days under Israel's brutal bombing, I made what was to me an impossible choice, one that I'd been fearing since the beginning of the attacks, and that was to use the privilege of my British passport to leave Gaza. It's a choice not available to the majority of Palestinians in Gaza, people who are currently suffering from malnutrition, severe dehydration and an overwhelming public health crisis, as Israel relentlessly and openly pursues a campaign to force all the people out of Gaza, be it by death or forced relocation to Egypt. I actually fear that I may never — we may never see our home again.

AMY GOODMAN: Mohammed Ghalayini, speaking after landing in Manchester Wednesday, joining us now from Manchester, also the co-founder of Amplify Gaza Stories, which works to share voices from Gaza.

Mohammed Ghalayini, you were in Gaza with your family. You fled first to Egypt on December 10th, and now you're home in Manchester. Can you lay out what you saw? Can you talk about Israel's bombardment of Gaza?

MOHAMMED GHALAYINI: Hi, Amy. Thank you for having me on. Goodness, that's quite a — quite a difficult question to answer comprehensively, but I'll try. I guess — sorry, I just need to take a moment.

It's — it was really hard to imagine things getting any worse on any particular day, but they did keep getting worse. I think that's probably like one way to look at it. You know, I think we —

AMY GOODMAN: Can you start off by telling us where you were? We'll just go through some of the facts.

MOHAMMED GHALAYINI: Yeah, of course.

AMY GOODMAN: You had gone to Gaza to see your family. When did you go?

MOHAMMED GHALAYINI: I traveled to Gaza on the 18th of September for an extended visit, both to see my family but also to look at moving back there for work. I've been out of Gaza for almost 20 years now. And, you know, the trip was going, I guess, as planned. On the morning of the 7th of October, I had got up quite early to go harvest olives with my cousins, and as I woke up, I saw rocket trails. That gave me the first tipoff that something was off. I guess as the rocket fire lasted into more than an hour, then it started becoming apparent how significant the day was. Then there was a bombing, an Israeli aerial bombardment, 50 meters from our apartment, that shattered all the glass there. And we, at that point, started taking the decision to leave the apartment, because it's actually quite close to the beach, so not a great place to be.

And then began a succession of displacements, first to an apartment about a kilometer away, then to my father's home and IVF center, then to a hotel in north Gaza that was supposedly a safe haven because of its — you know, shelters journalists and aid workers. I've since learned that that's been destroyed, as has my father's IVF center and home.

On the 13th of October, you know, with bombing happening all around us, we saw tower blocks, that housed thousands of people, being bombarded for 36 hours, and eventually they were brought down after this one-ton bombardment. There was, I mean, destruction everywhere that you looked, wherever you went.

And, yeah, on the 13th of October, Israel issued an order to the population of Gaza — an illegal order, I might add — telling people to leave, to go south of Wadi Gaza, the Gaza River. And, you know, it set a lot of people into a panic. And anyone that had an ability to leave, a lot of people left, and we were among them. It was a very, very difficult choice then, because it's like an impossible choice or a false choice between, I guess, your safety and your home. And then, you know, if you consider the headlines that you were — you know, the headline about the bombardment in areas of Khan Younis in the south that were deemed as, in quote, "safe zones," we found out, as hundreds of thousands of Palestinians, that nowhere was actually safe in Gaza.

And I think that's all part of this strategy of terrorizing Palestinians, sowing deliberate confusion, until people, like, at the end of their tether, because they have no access to water, scarce food and no access to healthcare. And people eventually are going to be asking themselves, "Well, where should we go?"

And, you know, I truly am of the belief, and I think there is — like, evidence suggests that Israel is trying to push Palestinians into the Sinai. They'll deny it, and their supporters will deny it, but, ultimately, Israel is a master of creating facts on the ground and plausible deniability, I guess. And I can carry on, if you want, recounting our journey.

AMY GOODMAN: Well, let me ask you something. You're an air quality scientist. Can you talk about the air quality in Gaza with this massive level of bombardment?

MOHAMMED GHALAYINI: Excuse me. So, I've got a cough now. And I think throughout my time in Gaza, I had a cough, and I think that coughs are quite common right now. And part of that is because of the number of respiratory irritants that are in the air because of the bombardment, so starting with the rubble from buildings that, when it's bombed, are pulverized into fine particles, that every time there's a gust of wind spread in the air and create an elevated level of particulate matter.

But then, it doesn't stop at rubble from buildings and other explosive residue and what have you, because you also have — because of the lack of power right now, people are relying on alternative fuels to — so, for example, solid fuel for cooking is so common. So, you walk down any street, and it's thick with smoke from countless fires that are being lit just to substitute for gas. And then add to that, because of the lack of transport fuel, people are fueling their cars with cooking oil, that, again, is not a good substitute for diesel, because it has like a higher — a worse emission profile that, again, causes untold public health harms. And I think those are the key air quality —

AMY GOODMAN: Mohammed, can you —

MOHAMMED GHALAYINI: — issues right now. Yeah.

AMY GOODMAN: Can you talk about the Israeli so-called fire belts, the name of the rapid-succession strikes that destroy whole Gaza city blocks?

MOHAMMED GHALAYINI: Yeah. It's really something horrific to behold, because, you know, you just — you hear the whoosh of a jet, and then you hear the explosion, the results from, say, a one-ton bomb that's laid down. And then you think, "OK, is that it?" And then you hear 10 more in quick succession that just, like, surround or saturate a neighborhood with bombardment. And people have nowhere to go.

So, for example, as I was saying, we were in this location in north Gaza next to the Mukhabarat towers in north Gaza by the beach, and these towers were subject to an almost 24-hour successive fire belt. Some people came to us — they came to seek shelter where we were. And they said, you know, “We couldn’t leave. We were pinned down by bombing all around us.”

And, you know, it’s this massive, indiscriminate use of explosive power in densely populated areas without any regard for civilian lives in those areas. And, you know, it’s very — it’s very cynical, because, you know, they — and I think, initially, an Israeli military spokesperson says, “We are seeking damage, not accuracy,” in their bombing. But then, at the same time, they keep saying, “Our strikes are very targeted, and our strikes are only focused on terrorist structure,” like, you know, that kind of tired terminology of terrorism that they use. And then, later on, we find out that more than 50% of the munitions dropped on Gaza were not smart, targeted bombs, but rather just — yeah, so it’s really hard, I mean, being in it, but also just being around it and hearing, knowing that every explosion is another family being killed and displaced and losing their home.

AMY GOODMAN: Mohammed —

MOHAMMED GHALAYINI: It’s really —

AMY GOODMAN: On an Instagram post in early November, you said, “Really sad to hear that my dear Cousin Laila El-Haddad’s uncle’s family have been killed by the Israeli bombing of their home in Gaza city. I didn’t know them but feel your pain Laila!” you write. You said you “acknowledged their murder on an interview with BBC 5 Live just now and the presenter tried to mince words that they needed to verify.” Your response?

MOHAMMED GHALAYINI: Again, the ultimate slight or cynical denial of the suffering of Palestinians. You know, on the one hand, we are expected to mourn and kind of acknowledge the death of Israelis — and, you know, as humanitarians, we do — and expected to accept the Israeli government’s narrative of that. But on the other hand, Palestinian suffering, Palestinian deaths, that are much more documented, are — each one is dissected and analyzed *ad infinitum* to deny, deny this, deny the genocide that is going on. And I will call it a genocide. I mean, it’s very — it’s just — it’s the ultimate in dehumanization, I’m sorry. Every time I report someone that I know or a relative that’s been killed by Israel, I’ll be asked, “But do you have proof that it was Israel? Do you have” — you know, we can’t verify that, surely, so we can’t mention it. It’s horrible.

AMY GOODMAN: Eighty members of your extended family have died in Gaza?

MOHAMMED GHALAYINI: Yes. So, 15 of my mother’s cousins were killed in their home in Khan Younis in early October. Later in October, another 10 of my mother’s cousins, 20 of my father’s cousins, and others that I’ve almost, like, lost track or lost count. And it’s just, we — I mean, my coping strategy is, in some way, to try and not know. But obviously you can’t avoid it.

I think one of the most horrific incidents that really stood with us, though, was in late December. Well, on the 19th of December, we got the news that six of my cousins, along with their in-laws from the Hanan family, so the Ghalayini family and the Hanan family, who were sheltering in the home of the Hanan family in Gaza City, they had been surrounded by the IDF for a couple of days, and then the Israeli army went into the house. They separated the men from the women. So, like, in that process in itself, in being able to separate men from women, it is telling. It is telling in terms of the level of respect, or lack thereof. And then, 15 of the men in the home were shot by the Israeli army. And then they also threw explosives into the rooms that the women were sheltering in, and many of them were injured, as well. This has been documented by the Euro-Med Human Rights Monitor. It’s also been — a press statement was issued by the U.N. Office for Coordination of Humanitarian Affairs.

And the Israeli army has form when it comes to summary executions. They executed their hostages as they were walking towards them barechested, waving white flags. And, you know, I’m fearful for everyone I know that’s in Gaza, from either meeting an explosive death or a death by trigger-happy genocidal soldiers who are like drunk, obviously, on the power that they are wielding. And also —

AMY GOODMAN: Mohammed, I wanted to get your response —

MOHAMMED GHALAYINI: — kind of — yeah.

AMY GOODMAN: — to Israel’s ambassador to the United Kingdom, where you have dual citizenship, Tzipi Hotovely, who has openly embraced destroying the whole of Gaza. She made the comment during an interview on the London radio station LBC.

TZIPI HOTOVELY: One of the things we realized, that every school, every mosque, every second house has an access to tunnel. So, this is — and, of course, ammunition.

IAIN DALE: But that's an argument for destroying the whole of Gaza, every single building in it.

TZIPI HOTOVELY: So, do you have another solution how to destroy the underground tunnel city, that this is the place where the terrorists hide?

AMY GOODMAN: So, that's the Israeli ambassador to the U.K. Can you first respond to Tzipi Hotovely?

MOHAMMED GHALAYINI: Of course. Tzipi Hotovely needs to be expelled from the United Kingdom. She is a purveyor of fake news that is a way of manufacturing consent for Israel's genocidal actions. And the U.K. government needs to expel her as a diplomat. She is a propagandist, not a diplomat. And, you know, she is someone that is, you know, making the case for Israel to continue with this impunity in its war crimes. And it's all fake news, with no proof. But, like, in the end, if you have a position of power and access to the media, then it doesn't — you're often unchecked and unquestioned.

Unfortunately, not all media — I mean, I'm glad the presenter challenged her, but I don't think — I don't know how far the challenge went in that piece. And ultimately, ultimately, there's a lot of bad, bad journalism going on. And I guess this is like one of the reasons why this is so important to have like independent media like *Democracy Now!* and also like independent voices on social media kind of making sure that the checks and balances when it comes to political statements and propaganda are in place.

AMY GOODMAN: Mohammed, I want to ask you a last question. If you could talk about your decision — when you left Gaza, you stayed in Cairo to try to readjust, almost afraid to come home to Manchester. Can you talk about that transition, what you face now, what you're calling for?

MOHAMMED GHALAYINI: I mean, so, my heart is still in Gaza. I did not want to leave Gaza, because I knew — when I was in Gaza, I knew that I could — I was there, I was present in the moment, and the only struggle that I was facing was that of surviving and telling our story. And now, I guess, outside Gaza, it's a much — in some ways, it's, obviously, I'm glad to be physically safe, but at the same time, I have like a very, very heavy weight of responsibility to keep honoring and amplifying the voices of, like, my country, people in Gaza, and making sure that we keep up the political pressure to make sure, you know, that, first of all, there's a ceasefire and that Israel and its allies are held accountable. And so, I'm so glad that South Africa has brought this case at the International Court for Justice. And, you know, I think this would not have been possible without the voices of millions of supporters of Palestine protesting, and protesting in very, very difficult conditions, like a political climate that is so hostile, that accuses you of antisemitism, even though it's the last thing that people are doing by criticizing Israel. And I think it's so important to keep up that pressure, and I'm adding my voice to that.

And if I may, maybe just for a moment, speak of Amplify Gaza Stories, an initiative that I set up with friends and campaigners in Manchester, where, you know, we, like, ultimately wanted to — obviously, you know that there's a narrative that's predominant in terms of putting the Israeli narrative in front of the Palestinian narrative. And we felt there was always space for getting more Palestinian voices out there. And so we did this by — I took testimony. I interviewed people in Gaza. And we translated it and got it either published on social media or on — pushed it to other platforms. And it's something that we're continuing, along with like a network of contacts in Gaza, to make sure that the Palestinian voices are heard. And it's a two-way thing, as well, because we're also working on practical solidarity. So, for example, we have a — at the moment we're raising money on a crowdfunder to support families cooking hot meals for their immediate communities. So it's kind of about ensuring that they have the means for resilience, because I think right now one part of Israel's strategy is battering down the resilience of Palestinians, so that people are so battered and broken that they can't, like, resist through their existence. And that's what we're trying to do to help them with that.

AMY GOODMAN: There's so much more to talk about, Mohammed, but we have to end here. Mohammed Ghalayini is a British Palestinian air quality scientist, spent nearly three months in Gaza, has just recently returned to Manchester, England. He returned on Wednesday, co-founder of Amplify Gaza Stories.

Coming up, hundreds of Jewish activists and their allies shut down the California state Capitol in Sacramento Wednesday to demand a ceasefire in Gaza. We'll speak with one of them, a former IDF soldier, a descendant of Holocaust survivors. Back in 20 seconds.

[break]

AMY GOODMAN: "Rajieen," "We Will Return," by 25 artists from the Middle East and North Africa. The proceeds from the song will be donated to the Palestine Children's Relief Fund.

2024-01-05 "The IDF Should Not Exist": Meet Meital Yaniv, Former Israeli Soldier Turned Anti-Zionist Organizer

https://www.democracynow.org/2024/1/5/the_idf_should_not_exist_meet

Guests

- [Meital Yaniv](#)
former IDF soldier turned anti-Zionist organizer.



Links

- [Meital Yaniv website](#)
- [Shoresh](#)
- ["bloodlines"](#)

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We speak with anti-Zionist organizer and former IDF soldier from Tel Aviv Meital Yaniv, who joined hundreds of Jewish activists and their allies to shut down the California state Capitol in Sacramento Wednesday to demand a ceasefire in Gaza and condemn the roughly \$600 million in California taxes that is used annually for U.S. military aid to Israel. Yaniv recalls how they were raised "extremely Zionist," their experience in the Israeli Air Force and eventual turn to fight for Palestinian rights. "What Israel is doing right now has nothing to do with antisemitism. What Israel is doing right now is a genocide. What Israel has been doing for the past 75 years is apartheid, is occupation," Yaniv says. "There is no need for any one of us to serve in the IDF. The IDF should not exist. The state of Israel should not exist."

Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. I'm Amy Goodman.

We continue our coverage of Gaza as we turn now to California, where hundreds of Jewish activists and their allies shut down the California state Capitol in Sacramento Wednesday during its first floor session of the new year, to demand a ceasefire in Gaza.

PROTESTER: [echoed by the people's mic] Repeat after me: We shut down the first session of the California state Legislature today.

AMY GOODMAN: As chants rang out, the activists dropped banners that read "No U.S. Funding for Israel's Genocide in Palestine." Another banner noted California taxpayers contribute some \$600 million to U.S. military aid to Israel each year. The direct action was organized by Jewish Voices for Peace, IfNotNow and the International Jewish Anti-Zionist Network, among others.

One of the protesters was a former Israeli IDF soldier, an Israeli Defense Force soldier, who will join us in a minute from San Francisco. This is Meital Yaniv addressing their fellow demonstrators.

MEITAL YANIV: My elders, state, family had meticulously taught me how to recognize genocide from infancy, how naked bodies get rounded up for torture and execution, how mass graves smell, how starvation and hate shakes a body, how ethnic cleansing martyred entire lineages and buries the wisdom of the land caretakers. The black-and-white images are now in color. The stories are live. And in this cycle we don't need gas chambers, because we have U.S.-made bombs.

AMY GOODMAN: That's Meital Yaniv addressing Wednesday's protest that shut down the California state Assembly, an organizer organizer with Shoresh, a new Israeli anti-Zionist group based in the U.S. They were born in Tel Aviv. They're a former IDF soldier, which they write about in their new book, *bloodlines*.

Welcome to *Democracy Now!*, Meital. Can you talk about why you've decided to take this stand? And talk about what you did as an Israeli soldier, and your change of heart.

MEITAL YANIV: Yes. Thank you, Amy, for having me, and thank you for the work that you do.

So, I was raised in a very, I would say, extremely Zionist family, but also very common way of being raised in Israel. I have a lot of war heroes in my family, fallen soldiers, Lehi quarters, Air Force commanders and the like, Mossad agents. And as the child of my father, I was recruited into the Air Force.

And after six months of serving, my base was moved from Tel Aviv to the south. This was 2002. And I was asked to send planes to fuel planes that were going into Gaza to bomb Gaza. At that time, I didn't have the language to understand exactly what's happening. But as we returned to the base, I had my first panic attack and couldn't enter the base, and the next day had to come and stand trial, and I was grounded to the base for three weeks. And in those three weeks, I understand that I have to leave the army, and that knowing in that moment made me want to take my life, because it was so against everything I was taught.

And that started a process that I will be in for the rest of my life, which is the undoing of that indoctrination and that brainwashing and the way that the Israeli identity has been merged with the Zionist identity. And what I'm doing with *bloodlines* and the prayer that is *bloodlines* is to really bring the Israeli identity and Israeli state to a loving and caring death for the liberation of the land of Palestine.

AMY GOODMAN: What year was that? What year did you bomb Gaza?

MEITAL YANIV: 2002.

AMY GOODMAN: So, 2002, we're talking about 20 years. And you were in a very elite group, the Israeli Air Force. Talk about that. There are actually a number of dissenters within that, for example, the well-known resister Yonatan Shapira, and others. And what it means for you now to speak out, and how much support you have publicly in Israel, and maybe privately, people who are afraid to speak out?

MEITAL YANIV: Yeah. My need to leave the army at the time really came from — like, my body said no. And it was an elite situation. Like, we all want to be in the Air Force, for different reasons. We're also 18-year-olds that, at the time, you know, we feel like that the Air Force has better conditions. And it is considered a perk. And leaving the army was — at that time felt an impossible decision, and also there was no other decision in my body, so I had to follow that.

And in terms of being heard, I am trying to be heard as loudly as I can, because I do think that the only thing that is really unique about my experience is that I was raised extremely Zionist and have walked here to the very other shore. And I remember each step. And from that place, I can compassionately relate to where everyone is at. But to reach voices inside Israel is extremely hard. I'm grateful to be a member of Shoresh. And that is kind of like the work that we're trying to do here, is really find ways to be heard here and there. Yeah.

AMY GOODMAN: I should be more specific. As a former IDF soldier, you were responsible for assigning planes that the Israeli Air Force sent to refuel the other planes that were bombing Gaza?

MEITAL YANIV: Yes. So, I was —

AMY GOODMAN: That was your job.

MEITAL YANIV: Yeah, my job was to send, basically, fuel planes —

AMY GOODMAN: But you didn't actually fly those planes.

MEITAL YANIV: — that were fueling the F-16, I'm assuming. No, no, I was on the ground.

AMY GOODMAN: So, if you can talk about the equation that some critics, pro-Israel advocates make of being anti-Zionist with being antisemitic?

MEITAL YANIV: Yeah. I think the issue here, you know, I was raised extremely Israeli, which also meant that I wasn't raised very Jewish, which is also a very common thing. The way that the assimilation into Israeli identity happened within my lineages was to really, like, remove the Jewishness and really become this like tzabar heroic IDF soldier identity. And from that place, it — it's almost impossible from that place to — sorry, Amy, can you repeat your question?

AMY GOODMAN: I was just saying the — if you can comment on those who say to be anti-Zionist is to be antisemitic?

MEITAL YANIV: Yes. Yes, yes, yes. Thank you. Yeah, from that merging, you know, the Zionist identity, a part of that propaganda is to really hold it within the cage of antisemitism. Like, every time that we criticize Israel, someone can say you're antisemitic. But in reality, there's nothing antisemitic about criticizing Israel. The merging of Israel with Judaism is

something that Israel would like us to hold as a way to protect itself. But in reality, antisemitism is a very specific thing, that we are not causing it, and we will not undo it. And the only thing we can do is to continue to resist it.

And at the same time, what Israel is doing right now has nothing to do with antisemitism. What Israel is doing right now is a genocide. What Israel has been doing for the past 75 years is apartheid, is occupation. The techniques that are being used in the West Bank are clearly apartheid techniques that have nothing to do with antisemitism. So, criticizing that, walking in streets that are only for Israelis, that Palestinians are not able to walk on, in Hebron, there's nothing antisemitic about criticizing that. Like, that is something that we are doing as Israelis.

AMY GOODMAN: And can you talk about how you are informed by your — by the fact that you're a descendant of Holocaust survivors?

MEITAL YANIV: Yeah, and that is really something that I think has really formed my identity. And that is something also that I think really helps with the undoing of it all, because I really feel that that trauma seed really started there. And that is something that I'm also trying to do in *bloodline*, where I start with the story of my great-grandma, telling their story of survival, because in that story of survival, there's also the need to escape and, in that need, the need to assimilate into a new identity of a colonizer of a settler colony. And in the doing of that, there wasn't a moment of care, to take care of what just happened in their bodies. And that became a need to arm ourselves. I mean, I feel like I see it as a fear of annihilation, also an extreme form of victimhood, that is in our bodies. And from that place, it's always been very, very hard when I see my elders to release the arms and to really tend to that original trauma and seed of the Holocaust.

AMY GOODMAN: Meital, as we wrap up, I wanted to ask you what message you have for young people, like Tal Mitnick, who is a refusenik, who's refusing to be an Israeli soldier in the Occupied Territories, to these young people. And here you are in the United States shutting down the California Legislature. To the United States, your message?

MEITAL YANIV: My message is, first of all, for everyone who can, to just find their heart and to liberate themselves from this identity that we call an Israeli identity. And there is no need for any one of us to serve in the IDF. The IDF should not exist. The state of Israel should not exist. We can be free without it. We can have a true connection to our heart without that identity.

To the U.S. legislators in California, you know, the fact that we were even able to take a break while there's a genocide happening is an impossible idea to hold. And in this moment, when you're back from the break, we shut it down on one day, but now you really need to make decisions. And, you know, in the federal level, we are not being heard. So, please, I beg of you, make this stop, in whatever way you can.

AMY GOODMAN: Meital Yaniv, organizer with Shoresh, a new U.S.-based Israeli anti-Zionist group, born in Tel Aviv, former IDF soldier, descendant of Holocaust survivors. Their new book is titled *bloodlines*.

Next up, Ralph Nader on Gaza, on what's happening today in the world, and his new book, *The Rebellious CEO*. Stay with us.

2024-01-05 Ralph Nader on Gaza Ceasefire & Why Suppression of Palestine Advocacy Is the Real Problem on Campus

https://www.democracynow.org/2024/1/5/ralph_nader_on_stopping_gaza_war

Guests [Ralph Nader](#)

longtime consumer advocate, corporate critic and former presidential candidate.

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Ralph Nader, longtime consumer advocate, corporate critic and four-time former presidential candidate, joins *Democracy Now!* to discuss Americans pushing the government to end "this genocidal war in Gaza," large donors influencing free speech and curriculum at universities, and his new book, *The Rebellious CEO: 12 Leaders Who Did It Right*.



Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!* I'm Amy Goodman.

We end today's show with Ralph Nader, longtime consumer advocate, corporate critic, four-time former presidential candidate. We'll talk to him about several topics, including his new book, *The Rebellious CEO: 12 Leaders Who Did It Right*. He's also the founder of *Capitol Hill Citizen* newspaper, has been named by *Time* and *Life* magazines one of the 100 most influential Americans of the 20th century.

But, Ralph, let's begin with U.S. policy in Gaza. Amidst the protests nationwide calling for a ceasefire, senior Biden education official Tariq Habash resigned this week — he's the first Biden appointee — over what he called Biden's, quote, "complete unwillingness to demand an immediate and permanent cease-fire" in Gaza. Biden is facing reelection amidst a broader Middle East conflict. Ralph, you said, quote, "Biden and Congress are vigorously enabling the annihilations" in Gaza. What do you mean? And what do you feel needs to happen?

RALPH NADER: Well, the important thing in the U.S. here is to focus on Congress and the White House, because they are waist deep in this genocidal war in Gaza. The Congress is basically a rubber stamp and doesn't even have public hearings as it shovels billions of dollars to Israel. And it's about to pass, unless Bernie Sanders and others who are opposed, a \$14.3 billion — with a "B" — appropriation for Israel, military arms and other aspects of the Israeli right-wing regime's priorities.

And \$14.3 billion is larger than the budget of the Environmental Protection Agency. It's 20 times the budget of the Occupational Safety and Health Agency. It's four times the budget of the National Park Service, which has 300 million visitors. So there is rising opposition to it in the Congress, mostly among Democrats, but not enough. And I think the Jewish Voice for Peace and other valiant people who are resisting should focus more on the Congress.

As far as Biden is concerned, it really gives a new meaning to hypocrisy. He keeps saying publicly that Israel should reduce its impact on civilian casualties and let humanitarian trucks in. At the same time, he's sending ships full of munitions and cargo planes full of munitions to Netanyahu. You cannot have humanitarian trucks coming in — and there needs to be about 700, at least, a day — if you don't have a ceasefire, because who's going to go in? The roads are torn up. They can't get to their destination. The hospitals and clinics have been destroyed or disabled. There's no markets. There's no ability to receive these materials. And the Israelis are letting in maybe 10, 20 trucks a day, but they're delaying hundreds and hundreds of trucks ready to come in, which Biden has already paid for. So, Biden is playing Netanyahu's game, but he's trying to get away with highfalutin adherence to international law.

We don't hear enough about the violation of international law, U.S. treaties, Geneva Conventions. It's as if the U.S. can do anything it wants in Syria and Iraq, and Israel can continue to bomb repeatedly in Syria and do other violent acts, and the press never raises the issue of law. Without law, you have anarchy. You have what you're seeing now.

And the U.S. is very much involved. And people are very concerned about a wider conflict here. The Israelis already struck in Beirut. And you have the Red Sea situation with the Houthi boats. And the U.S. is all over the place, aircraft carriers. They have 24/7 drones over Gaza. So, that'll be a very good record when the reckoning comes after this war is over.

AMY GOODMAN: In fact, you are Lebanese American, Ralph, is that right, your family from Lebanon?

RALPH NADER: Yes.

AMY GOODMAN: I wanted to ask you a question that relates to this. You know, the protests around Gaza on college campuses around the country ultimately have led to the ouster of two college presidents, Liz Magill at UPenn, and now you have Claudine Gay. And I wanted to ask you about the protest yesterday led by Al Sharpton outside the New York office of the billionaire investor Bill Ackman, who helped lead a campaign that led to this week's ouster of the Harvard University president, the first Black president of Harvard, Claudine Gay. Ackman, a Harvard alum, major donor to the university, has publicly railed against Harvard and other schools for supporting DEI — diversity, equity and inclusion — programs. Al Sharpton vowed to keep protesting outside Ackman's office. This is what he said.

REV. AL SHARPTON: We have started these weekly one-hour protests in front of Mr. Ackman's office. He has said that the resignation of Dr. Gay at Harvard is not the end of it. They are going to keep fighting 'til they end DEI, which is diversity, equity and inclusion. That's declaring a war on all of us — Blacks, women, gays. DEI was designed to bring fairness and equality to people that had been historically marginalized and eliminated.

AMY GOODMAN: So, that's Al Sharpton. As part of his campaign to oust Gay as Harvard president, Bill Ackman helped amplify allegations that Gay had committed plagiarism in her academic work, but now Ackman's wife, the MIT professor Neri Oxman, is facing a plagiarism scandal of her own. *Business Insider* has [revealed](#) Oxman plagiarized parts of her doctoral dissertation at MIT. On Thursday, she apologized and admitted making mistakes. Of course, there was no plagiarism panel that was set up — that's the process at Harvard — that would evaluate President Gay before she was, ultimately, I guess you could probably say, pushed out by Harvard Corporation, with a lot of pressure from these major donors, like Bill Ackman. Your response, before we move into your book on corporate executives who did it right?

RALPH NADER: What's been revealed is the big donors to these universities, especially private universities like Harvard, Yale, Princeton, have been exercising their baleful influence for many years over the curriculum. You know, it's not surprising that Harvard Law School, for decades, never had a course on corporate law — corporate crime, rather. So, these large donors now have been revealed to have enormous power over the board of overseers over Harvard University. And that's the next investigation for good student newspapers like *The Harvard Crimson*.

The stuff on plagiarism, it could be serious, but not in this case, given the review of the president's past writings. The big issue is the slaughter, is the suppression of speech on college campuses dealing with the slaughter over there in Gaza.

And the fatality count is grossly undercounted, Amy. I know you refer to the official Hamas health authority count, where they only count people whose names they know who died, and so it's over 22,000, 58,000 injuries. This is a massive undercount.

As the head of the global health department at University of Edinburgh said in an [article](#) in *The Guardian* the other day, there's going to be half a million Gazans who are going to die before the end of this year, not only from the bombing, but from the effect of the bombing in terms of the destruction of the healthcare system, infectious diseases, polluted water, diarrhea, which little children — which is often a high rate of fatality, and very quickly — lack of any food, no shelter, 85% of the 2.3 million people homeless. They have no connection to sanitation, food, protection, the winter elements. My estimate now is at least 100,000 have died. And more will die every day because of the effects that I've just described.

The World Health Organization said they've never seen a situation like this in decades. The amount of — number of children being killed, in November, it was 150 a day from the Israeli bombing, and that's compared to two a day in Afghanistan and less than one a day in Ukraine. So, that's the main issue.

And the campus controversy talking about slurs and ethnic slurs and so forth, what's behind it all is to repress the academic world from speaking out and acting on what our government is doing to make all this possible.

And then, we also have to focus on these corporations, for a lot of this aid to Israel bounces back into contracts for missiles. Raytheon, Boeing, Lockheed Martin, they're raking it in. And people talk about the lobby in this country

supporting any Israeli government can do no wrong, no matter how extreme. We have to talk about the military-industrial complex here on Capitol Hill pushing for more and more of these immense sales and profits.

AMY GOODMAN: Ralph, you just wrote a book. You are deeply critical right now of the corporations you just mentioned. But your book is *The Rebellious CEO: 12 Leaders Who Did It Right*. Some may be surprised to see you, this corporate critic, writing this book, famous for *Unsafe at Any Speed: The Designed-In Dangers of the American Automobile*, among other things. But in this last minute — and then we'll do a [post-show interview](#) — talk about why you wrote it.

RALPH NADER: Because there are not enough good yardsticks to evaluate the misbehavior of giant CEOs of these multinational corporations, who distort markets, control markets, but they tell you, when you take — you criticize them for their munitions production, for opiates, for fossil fuels, for high drug prices, "Oh, we're just meeting market demand." Well, these 12 CEOs, they made profit, but they reversed the business model, focusing on protecting and treating workers right, consumer right, and the environment. And they spoke out against war. They spoke out against — Anita Roddick of The Body Shop spoke out against the cosmetic industry's harm on young customers. Ray Anderson changed his entire —

AMY GOODMAN: Ralph, we have to leave it there, but we're going to do [Part 2](#) and post it at democracynow.org. Ralph Nader, author of *The Rebellious CEO: 12 Leaders Who Did It Right*. I'm Amy Goodman. Thanks for joining us.

2024-01-05 Ralph Nader on "The Rebellious CEO," His Upcoming 90th Birthday & Remembering Dr. Sidney Wolfe

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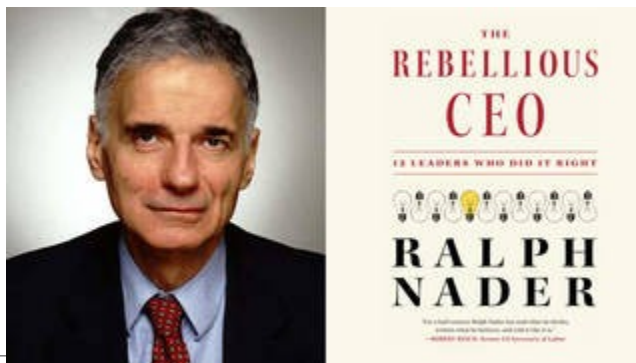
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Part 2 of our conversation with Ralph Nader, legendary consumer advocate, corporate critic and four-time former presidential candidate. He talks about his new book, *The Rebellious CEO: 12 Leaders Who Did It Right*, and the death of his longtime colleague Dr. Sidney Wolfe, who spent decades fighting the Food and Drug Administration and pharmaceutical industry and is credited with helping to force 28 dangerous medications off the market.



Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. I'm Amy Goodman, with Part 2 of our conversation with Ralph Nader, who has spent more than half a century working as a consumer advocate and corporate critic, and now has a new book out. It's titled *The Rebellious CEO: 12 Leaders Who Did It Right*.

Some may be surprised, Ralph, to see you write this book. I mean, you became famous for your book *Unsafe at Any Speed: The Designed-In Dangers of the American Automobile*. You're a well-known corporate critic. But talk about some of the examples, from the CEO of Patagonia to Andy Shallal, who founded Busboys and Poets, CEOs who you believe did it right.

RALPH NADER: Well, it's very important for us, not to mention millions of students in business courses, to have contrast and comparison and yardsticks of the CEOs who did it right and made profit, in comparison with these giant, self-serving, self-enriching, dictatorial CEOs of Facebook, of Merck Sharp & Dohme and other companies, ExxonMobil, the military munitions companies, Lockheed Martin, Boeing, Raytheon, General Dynamics. How do you evaluate them? If you let them evaluate themselves publicly and give us the yardsticks, they'll say, "Oh, we're just meeting market demand." Yeah, well, they can create markets, like the opioid slaughter situation, over 100,000 dead every year in the U.S. from overzealous marketing of these opioids. You can monopolize markets. You can deal with deceptive advertising. You can get unfair subsidies against small business, who doesn't get these subsidies. You can commit corporate crimes and have bad business drive out good business, if they're not prosecuted.

So, I wrote this book because I've known these CEOs over the years, Amy, and they reversed the business model. They didn't just have a vision of what they wanted to sell and make money. They always paid attention to profits, but they reversed the business model and said, "We're going to do it by state-of-the-art treatment of our workers, consumers, environment. We're going to speak out. We're not going to — we'll criticize our own industry. We're going to openly admit our mistakes. We're not going to engage in secrecy." I never saw any of these people whine about regulation, because they were way ahead of regulatory standards in their own business. They didn't complain about taxes, because they knew they had to contribute to the community. They were free and independent human beings with a moral compass.

And it's very relevant today. For example, Ray Anderson, the engineering CEO of Interface Corporation out of Atlanta, the biggest tile carpet manufacturer in the world, he completely changed his company to become carbon neutral, and which it reached in 2019, one of the first companies ever to do that. Now they're going carbon negative. Well, unfortunately, he's passed away, but his books and his performance tutor us today. They inform us today.

Herb Kelleher, who started Southwest Airlines, because he didn't like the way the airline cartel was treating people, started treating customers very well. I called him up once, and I said, "Herb, thank you for treating airline passengers so well and making it the priority." He said, "I don't make it the priority." I said, "What are you talking about?" He said, "My priority are my people," which he used to call workers. He says, "If I treat my workers well, they'll treat the passengers well, and we'll get more business, and that will help the shareholders." So you see how he reversed the model. And he was the lowest-paid CEO among the giant CEOs in the airline industry. And he made more profit than all of them put together for a number of years, more profit than Delta, United, American. So, it worked.

And I like the way they spoke out. Saul Price and B Rapoport were Jewish Americans. They recognized the right of Israel to exist. They didn't like the way Israel was treating Palestinians. And their charity contributed to job training programs in Palestine, education programs. They didn't care about the pushback from their peers. They were intellectually independent, and they didn't care that people say it's going to damage your business. You know, they took their conscience to work.

One of the greatest in this book, *The Rebellious CEO*, is Anita Roddick of — who started The Body Shop in England. She was probably the most revolutionary. It's still important to read her books. She not only insisted that her workers have civic pursuits on company time, but she allowed The Body Shop to be filled with posters and other materials for environmental groups. She went to Indigenous areas around the world for supplies, didn't exploit the people there, protected their cultural way of life. And when she expanded into the U.S., she pretty much startled the cosmetic industry, because she was a strong critic of how they manipulated the psychologies of young people and sold a lot of junk cosmetics.

John Bogle completely revolutionized the mutual fund industry. He started out Vanguard as a mutual. That means if you invest in Vanguard, you're technically part owner, instead of shareholders and being badgered by New York Stock Exchange analysts every quarter. And he cut the fees enormously and brought down the fees of his other competitors, like Fidelity. But he also wrote one of the greatest books a business CEO has ever written, called *Enough*, where he counseled, in the last days of his life, a few years ago, his business counterparts to restrain their greed, to think of other things in life. He was a classicist. And he gave a copy to every worker in Vanguard.

So, a lot of these — Yvon Chouinard, a complete focus on recycling and respect for the environment. And he just gave away his company, which is a private company, to a trust run by people in the company in California.

AMY GOODMAN: Chouinard is the head of Patagonia. Talk about that economic model, what he did in putting the whole company into a trust.

RALPH NADER: Right. He — his family owned the company. It was a billion-dollar-sales-a-year company. And he would promote his outdoor equipment and outdoor clothing company with ads saying, "Don't buy our products, if you can use and repair the clothing and outdoor equipment you bought previously." I mean, who would ever do that? He challenged Trump on Trump's move to privatize or corporatize public lands, full-page ads. A coalition of companies he brought together sued the Trump administration.

But when it came time for him to retire — he was about in his mid-eighties — he gave the entire company to a trust, which is now the owner of Patagonia and has a very strong involvement of the workers and the people who have been running Patagonia, so, in order to perpetuate the environmental model that he developed, and not succumb to being taken over. The problem with a lot of these CEOs — Ben and Jerry's, for example — they were bought out by big conglomerates and lost their cultural distinctiveness, although they still have some of it, Ben and Jerry's. But he wanted to make sure there was no buyout.

AMY GOODMAN: What about Bernard Rapoport? Talk about American Income Life Insurance Company, not only one of the few companies to sell insurance to labor unions, but was itself unionized at Rapoport's insistence.

RALPH NADER: That's right. In this book, *The Rebellious CEO*, B Rapoport stood out, as did, by the way, Jenou Paulucci, who is the seller of Chinese food and started 70 companies in the U.S., including some in his nineties. They insisted on the workers forming unions. I mean, there wasn't even a union drive. And B Rapoport insisted on having a union, and he joined it himself. And Jenou Paulucci insisted on having unions, because he wanted to have a coordinated, intelligent collective bargaining process. And in his long career, he never had a strike, not one strike.

So, you know, look at Starbucks now, and look at other companies like Amazon and how they're resisting and trying to break up union drives, and violating federal labor laws in the process. Now, that's why it's important, this book, to show that there are yardsticks, contrasts, comparisons by these companies, who paid attention to profits, without which they said they couldn't do what they were doing, but did it in the right way. There's no more powerful argument against these giant dictatorial CEOs than to show that there are other companies who had made profit, sometimes more profit in percentage than the big CEOs, and complied with regulatory standards, paid their taxes, spoke out publicly on civic pursuits and treated their workers, consumers and environment well.

And if we don't have those yardsticks, the media is not going to talk about it. They're just going to talk about business economic indicators, like they do on *Marketplace* in the evening on NPR endlessly. So, we want to put heart and soul, health and safety, vision, posterity protection, climate — all this has got to be grounded in these companies that are doing it right, but they're not getting enough media, which is — you'll be surprised to know that one of the reasons some of the media is not interviewing me on this is because they said, "What are you doing, pushing good news? Don't you know good news doesn't make any news? Good news is not news." Well, you know, when you have a culture and a civic community that does not champion good news, that's an indication of decline and deterioration.

AMY GOODMAN: Ralph, talk about Paul Hawken of Project Drawdown, Erehwon, and also — he's out in California — closer to home, where you are, in Washington, D.C., Andy Shallal.

RALPH NADER: Yeah, well, Paul Hawken was the great proselytizer. He ran some small companies, and he would build them and then sell them off. And he wrote a book called *The Ecology of Commerce*, which is now used in business schools, which I hope this book, *The Rebellious CEO*, will be used in business schools around the country. And he's spoken to business audiences in the U.S. and around the world, saying, "Look, you know, whether you like it or not, you better get on it, because this climate situation, the environment situations, is omniscidal, and it's not going to exempt you and your business."

And he was an adviser to Ray Anderson at the Interface Corporation. And one thing led to another. For example, Ray Anderson advised mid-management Walmart to cut their packaging mass. "What are you doing, all this packaging on packaging on packaging? You want to save money? Cut it down." And they did cut it down.

One thing about Paul Hawken, he gave one of the greatest commencement addresses ever to a college in Oregon, which I reprinted mostly in the book. And that's worth the whole book, the way he raised the horizons of these young children and the language of these young students and the language that he used.

And also, Midas Muffler, Gordon Sherman, who majored in classics at the University of Chicago. He wanted to hire a Ph.D. in classics to run his Midas Muffler shops around the country. And he created powerful citizen groups. There's a very powerful one now in Chicago. And if he wasn't expelled from the company by his father — there was a tiff, family tiff — he would have been a great seeder of citizen groups all over the country through the Midas Muffler Foundation. But that's how broad-gauge these people were.

AMY GOODMAN: And finally, Andy Shallal, the Iraqi American entrepreneur in Washington, D.C. He ran for mayor of D.C. Talk about Busboys and Poets.

RALPH NADER: Well, Andy Shallal reversed the restaurant business model. He revolutionized it. Why do I say that? Because he has eight restaurants. You walk into the restaurant, the first thing you see is an open bookstore, very artistic. He's the artist, and he does murals for his restaurants. Then you go into the dining area, which can look at the kitchen and watch the cooks prepare the food. And then you go into a civic room where you can have dinner, but there are poets there, politicians talking, debates, citizen group leaders mixing it up, questions from the audience. So, it was like a community center.

And he's doing very well. And because he gets so much publicity for the events in his restaurants and for his public-spirited advocacy in Washington, D.C. — he's an advocate of statehood, advocate of equity and economic development, as if

people count first — he doesn't have to advertise. And he saves all this money from advertising to pour back into the model of his restaurant.

And he's a remarkable person. He spoke out against the Iraq War, obviously. That was his ancestral home. He pickets with citizen groups in front of the White House. If anything, it helps his business. So he's reversing the usual, cramped, sinecure-type model of a restaurant. And he treats his workers very well. When he started, he was paying his workers higher than any restaurant workers in Washington, D.C. Testifies before the D.C. City Council. As you said, he's run for office.

AMY GOODMAN: And I'm just looking — I'm just looking right now just online, and it says, "Emergency open mic: Violence in Gaza and Israel. Hosted by Andy Shallal, the renowned artist and founder of Busboys and Poets. Free and open to all," Ralph.

RALPH NADER: Yeah, there you are. And as another example, Amy, I mean, he had third-party presidential debates in his restaurant with the Libertarian Party, the Green Party. He even had debates coming off our website, debating taboos right in his restaurant, very controversial issues, like antisemitism against Arabs and Arab Americans, the other antisemitism, as Jim Zogby of the American Arab Institute has written and spoken about. It's a wonderful repudiation of the principle of businesses: "Don't get involved in public issues. You're going to lose business." When Howard Zinn passed away, he had an event in the memory of Howard Zinn. The restaurant was totally filled up, and there was a line for three blocks, to do that, to remember Howard Zinn, his antiwar activities, his many books, even for the young, on *A People's History of the United States*.

AMY GOODMAN: Ralph, speaking of remembering the greats, I wanted to ask you about the longtime consumer advocate and your dear friend, Dr. Sidney Wolfe, who's just died at the age of 86. With you, Ralph, he founded the Health Research Group in 1971 as part of the consumer advocacy organization Public Citizen, that you founded, spent decades fighting the Food and Drug Administration and the pharmaceutical industry, credited with helping to force 28 dangerous medications off the market. I wanted to go to a [clip](#) of Sid here on *Democracy Now!* It was what? Like six years ago. This is Sidney Wolfe.

DR. SIDNEY WOLFE: Fifty years ago, for the first time ever, this country decided that healthcare was a right for two groups of people: the old and the very poor. And we all hoped that shortly after that, something would happen to add more to those two vulnerable groups of people. And the only thing that's happened in 50 years is President Obama's Affordable Care Act, which added about 20 more million people and put in important provisions, such as not discriminating against people because of preexisting illness. ... So, to roll back the clock not only on the Affordable Care Act, but to start eroding Medicare and Medicaid, now 51 years old, is cruel, is not passionate and is not consistent with a doctor's ethical duty to first do no harm.

AMY GOODMAN: That's Dr. Sid Wolfe. Ralph, can you talk about Sid's legacy?

RALPH NADER: Well, there you have it, his intensity, his precision, his relentlessness, his knowledge, his accuracy, all in that excerpt that you just played. Dr. Wolfe was the doctor's doctor. That is, he forced the profession to focus more on prevention of trauma and disease, even though it wasn't profitable. Treating and diagnosing disease and trauma are what's profitable.

He was a watchdog of the FDA. There wasn't anybody in the upper echelons of the FDA who weren't aware of his press releases, his books, reports, testimony, his withering criticism, even when he was put on one of the advisory committees to the Food and Drug Administration. He also policed the medical profession in terms of the bad doctors. He would expose them by name in reports.

But his greatest immediate contribution to people right now, as we speak, is how many drugs he got off the market, as you mentioned, but also his monthly report and his database called *Worst Pills, Best Pills*. So, tens of millions of people who take medicine today, they're taking drugs approved by the Food and Drug Administration. But some of them have bad side effects, and the others don't have such bad side effects. And so he divides them into drugs that you should never take — even though they're approved, they have a high rate of side effects, like gastrointestinal bleeding, nausea, dizziness, falls, etc.; drugs that you should be careful about taking, in not all circumstances; and then drugs that are OK — they've been around for a long time, they've been tested, there's a lot of data on it. And that information is available to people for \$15 a year. You can go to *Worst Pills, Best Pills* at the website [Citizen.org](#), and have 24/7 access. You have a relative call you up and say, "I just took this drug, and I don't feel right," you can check it out, for just \$15 a year, a database that should have been produced by the Food and Drug Administration, but wasn't, should have been produced by the American Medical Association, but wasn't, but instead was produced by Sid Wolfe and his small number of colleagues. He never had more than 10 or 12 people in Public Citizen's Health Research Group to do all this work.

So, he sets an example in a hundred ways. We're going to miss him terribly. His legacy will continue for decades, however. And we hope someday there'll be a civic biography of Dr. Sidney Wolfe, graduate of Cornell and Case Western Reserve Medical School. And also a documentary is in the works now.

AMY GOODMAN: And finally, Ralph, February 27th is a big day. You will be turning 90. What's your secret?

RALPH NADER: Well, I think being civically engaged, having a good Mediterranean diet. I was raised by parents from Lebanon who had a great diet that we ate, that now nutritionists say is about the best one, low on fat, sugar, salt, a lot of vegetables, a lot of fruits, legumes, nuts. And that's one very thing: You got to keep physically active and intellectually engaged. So I think civic action is good for people's health.

AMY GOODMAN: You know, I was there in Winsted, Connecticut, at the restaurant, when you took over the restaurant, and the owner made all of your mom Rose Nader's, or some of her recipes, and you put out your mother's cookbook. Can you talk about that, really seriously, how that affected you and your sisters, Claire Nader and Laura, the great anthropologist, Laura Nader at UC Berkeley? Talk about your mom and dad's philosophy when they came to this country.

RALPH NADER: Well, that my dad opened a restaurant, bakery, delicatessen, and he would always talk to people about local, state, national, international issues. Some of them would say, "Mr. Nader, you know, you keep speaking out like this, you're going to lose business." He said, "Let me tell you something. When I sailed past the Statue of Liberty in 1912, I took it seriously. Don't you?" And he reversed it and said, "If you don't take your conscience to work, you're doing nothing but selling. You're not a real, full human being."

And my mother was very active in the community. People would say, "Mrs. Nader, you're raising four children. Isn't that enough to preoccupy you? You spend so much time in the community." She says, "What's the difference between a community and a family? If one is not operating properly, it affects the other."

That's the way we grew up, by watching their example, not by having them pound the table in a didactic way and saying, "You must go to this town meeting, or you must do this, or you must do that." To them, freedom had another side to it. It was civic responsibility. And they would do it by questions. I once came home — I guess I was, I don't know, 8 years old or something — from school, and I said, "Dad, we just learned who discovered America." And he said, "Who, Ralph?" I said, "Christopher Columbus." He said, "Christopher Columbus? Sit down, Ralph." He said, "Christopher Columbus invaded America for gold. He didn't discover it. There were a lot of people there when he came with his three ships."

That's the kind of education we had from my mother and father, which is why we published this book, *The Ralph Nader and Family Cookbook* — it was really my mother's recipes — with a long introduction I wrote about how she used food to raise us, tell us about agriculture, nutrition, how important it is not to eat certain foods, how to be curious about land. And she used food as an educational tool. And so, we put that in this book, *The Ralph Nader and Family Cookbook*.

AMY GOODMAN: You know, I was just thinking, Ralph, that when I went to the big opening for the book, that amazing meal that so many people came out to have, that's when I met your grandniece. That's when I met Samya Stumo, who was 24 years old and died in that Ethiopian flight, that plane that was made by Boeing. Samya's middle name is Rose, named for your mother. If you can talk about the latest on that? I mean, you may remember, of course, that day she was there, and then we went over to the tort museum, not like apple tortes, but your famous museum in Winsted, Connecticut, and I got to spend time with her. Talk about Samya and the case.

RALPH NADER: Well, Samya was extraordinary. She was an emerging leader in global health in her early twenties. She had peer-review articles at international conferences. She had a vivaciousness and a charisma that was built on content and a relentless focus on delivering healthcare all the way to the people, breaking through bureaucracies and distortions of health aid. And it was a huge loss at the time when she went down with 146 other people right outside Addis Ababa in Ethiopia due to Boeing's criminal design of the Boeing 737 MAX. I said at the time that a lot of people's lives would not be saved, because Samya Rose Stumo was not going to be allowed to fulfill her great promise.

The families have all filed lawsuits. They've organized. They've got legislation through Congress to improve airline regulation by the FAA. They wanted a stronger bill, but it was miraculous that they got what they did. They had a lot of news conferences, as you know. You had them on *Democracy Now!* And the lawsuits are bogged down. And that's a big story all by itself, that the judge is very inimical to having open trials with Boeing. He's pushing the families into mediation, with more than a little arm twisting. And the plaintiff lawyers, you know, they want their fee. And the defense lawyers want to immunize the top executives of Boeing, who have thus far escaped the arm of the law for what they did and did not. And that's a big story. And I hope the media gets on it, because it's a gross distortion of the promise of the law of torts. Justice delayed is justice denied. And people should have a right to have an open trial in court with a trial by jury, which they're not receiving. They're forcing these settlements under gag order secrecy. And this judge has not allowed one single trial in four years. His name is Judge Alonso. He's a Democratic appointee in Chicago Federal District Court.

AMY GOODMAN: Well, Ralph, I want to thank you so much for spending this time with us. Ralph Nader, longtime consumer advocate, the granduncle of Samya Stumo, corporate critic, four-time former presidential candidate. His new book is titled *The Rebellious CEO: 12 Leaders Who Did It Right*, also the founder of the *Capitol Hill Citizen* newspaper, named by *Time* and *Life* magazines one of the most — one of the 100 most influential Americans of the 20th century. He turns 90 on February 27th.

To see [Part 1](#) of our conversation, go to democracynow.org. I'm Amy Goodman. Thanks so much for joining us.