

2023-05-18

A NIGHT AT THE ROUNDTABLE

DOCUMENT OVERVIEW

I INFORMATION REGARDING ACCESS TO

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

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

I INFORMATION REGARDING ACCESS TO

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

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

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

B B S RADIO STATION 1 B B S RADIO STATION 2

INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

LISTEN ON LINE



CLICK ON AUDIO ICON

1-641-793-8120



CLICK ON AUDIO ICON

1-804-220-6484

LISTEN BY PHONE

[NO code needed]

[No code needed]

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- [Free BBS Radio Android phone app](#)
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I - B ARCHIVES - provided by BBS and by Rainbow Roundtable

ARCHIVES: B B S

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

ARCHIVES: Rainbow Roundtable

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

I - C TO ACCESS OTHER CALLS SUPPORTED BY Rainbow Roundtable

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

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-may-18-2023>

HOST: Omena
MEDITATION: Omena
GUEST HOUR: Elena Harder

TONIGHT'S PANEL:

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

THE LAW OF ONE

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

Wonderful meditation by Omena

GUEST: Elena Harder

PLEASE LISTEN TO THE PODCAST: IT IS ALSO A VIDEO SO THE INTERACTION BETWEEN OMENA AND ELENA IS A TREAT! ! !

ENERGY REPORTS

COR: intense energies – felt she was in a stupor at one point; speaks of seeing a bright light in the sky that doesn't sparkle or move

RGM: a wild week all round: energies off the charts; if you hear of disasters, people in trouble – feel the compassion but leave others to their journey; people on the planet wondering if to stay or go. Only the soul can decide when it's time to leave and go back to Creator source – allow people to make those choices

- Many changes happening on this planet

PCC: it's like being a yo-yo in terms of energies going up and down; brings me down and then I was up!

MG: concurs with the intense energies; get some exercise every day – really helps + lots of water

- this month, Keshe Fdn . . . to elevate the souls of children being abused on the planet at this time
- next month, intention will be to elevate the souls of those doing the abusing

Rama, Tara: R is the one with the interaction with the White Knights; has been in the physical on star ships since he was 13 -

- there is a small group of rich people who think they will get to rule the world – we can/are putting things to right – with a little help from Our Friends!

R: what we have experienced and shared up to this moment is awesome to behold: this is how we change the planet – about learning of / from the light coming in: he's been experiencing the solar flares and the energies coming in – kinda dizzy, pressure in the head; could fall asleep at the drop of a hat. 14 deer and 7 crows joined him – sat there for about an hour, and started to fall asleep and they sat with him – when the rain started, he packed up his crystals and left

- they got their car back and are very grateful. Still can't get the Go Fund Me going

2023-05-18

Rama's White Knight Report

MAY 18, 2023

May 11, 2023 – May 18, 2023

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

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

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

2023-05-12

Friday

Dalai Lama

[Dalai Lama@DalaiLama-May 12](mailto:DalaiLama@DalaiLama-May12)

My simple religion is that there is no need for temples; no need for complicated philosophy. Our own brain, our own heart are our temple; and our philosophy is kindness.

2023-05-12

Friday

[Blaze the Violet Fire!](#)

2023-05-15

Monday

Dalai Lama

[Dalai Lama@DalaiLama-May 15](mailto:DalaiLama@DalaiLama-May15)

If you try to subdue your selfish motives - anger, and so forth - and develop more kindness and compassion for others, ultimately you yourself will benefit more than you would otherwise. So sometimes I say that the wise selfish person should practise this way.

2023-05-15

Monday

Tom the Ring-tailed Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Ring-tailed Cat and Sweet Angelique the Cat** at 11:46 am, this morning. They said to me, "Lord Rama, the massive solar flares continue. Mother Gaia and her surrounding neighbourhood are getting turned inside out. Could this be that moment where the flash shows up, coming from Galaxy M 87? I responded by saying, "Is this a test?"

They responded and said to me, "Yes. As you are the Commander in Chief of the night shift on the bridge of The New Jerusalem, what would your response be to your crew?" I responded by saying, "Stay in the Oneness; this flash is a gift from Creator Source. Allow the energies to move through you, and your heart will expand exponentially. This is how we all go through our various missions. We stay in the Oneness as magic happens."

Then Tom and Sweet Angelique said, "The media continues to go down with the dark side. Leave it alone. That's an order! We outrank you, Sir! It is for your highest good! See you in the Light of the Most Radiant One! Sat Nam! Namaste! **[Blaze the Violet Fire!](#)**"

From Lord Rama



2023-05-16

Tuesday

Lady Master Nada

Rama: I received a text message from **Lady Master Nada** at 11:35 am late this morning. She said to me, "Lord Rama, the sun is doing amazing things at this time. There are more big portals opening. The Pleiades Portal is aligning at this time with Galactic Center which also opens a portal to Alcyone, the Great Central Sun in the Pleiades. These energies are pouring into Mother Gaia right now. This new moon with Taurus in the mix is opening the multi-verse. There are beings coming who have not been here since the Great Silent Watchers were seeding lifeforms billions of years ago in this 4th quadrant sector of the Milky Way Galaxy. These beings come with the wisdom of Creator Source. We are receiving this wisdom at this time. This wisdom is coming through the light rays of the sun hitting the earth. "This process is creating magic and miracles at this time. There are possibilities and probabilities that the Red Star Kachina and the Blue Star Kachina are showing up now. Stay in the Light of the Most Radiant One! Sat Nam! Namaste! **Blaze the Violet Fire!**"

2023-05-17

Wednesday Tom the Ring-tailed Cat; Sweet Angelique the Cat; Larry, Curly and Mo

Rama: I received a text message from **Tom the Ring-tailed Cat, Sweet Angelique the Cat, Larry, Curly and Mo** at 12:09 pm early this afternoon. Tom the Cat, on behalf of everyone there, said to me, "Lord Rama, today there are more big, big solar flares going on. They are going from Large M Class flares to extremely large X Class Flares. X Class Flares are so large, they can cause interruptions in the satellite communication. Also they can fry the circuit boards in the satellites. This could also cause certain parts of the global electric grid to go down.

"The best advice at this time is to drink lots of pure, clean water (GANS water is an excellent choice.) Rest, and meditate, preferably in nature. Every day, get out and connect with Father Sky and Mother Earth. Your Galactic Family will connect with you, as you ask! That's a fact! ! ! We are in the extreme imminence of the full experience of the solar flash. Stay in the High Heart. Sat Nam! Namaste! [Blaze the Violet Fire!](#)"

From Lord Rama



2023-05-18

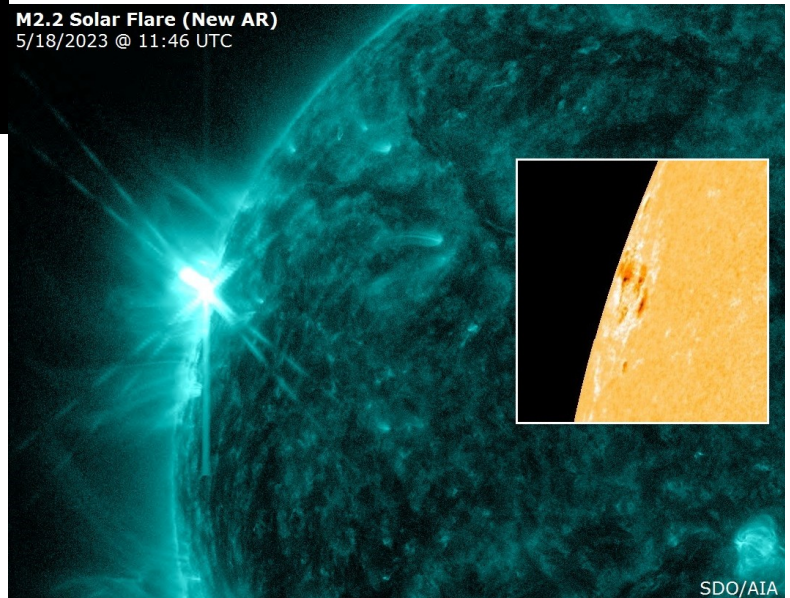
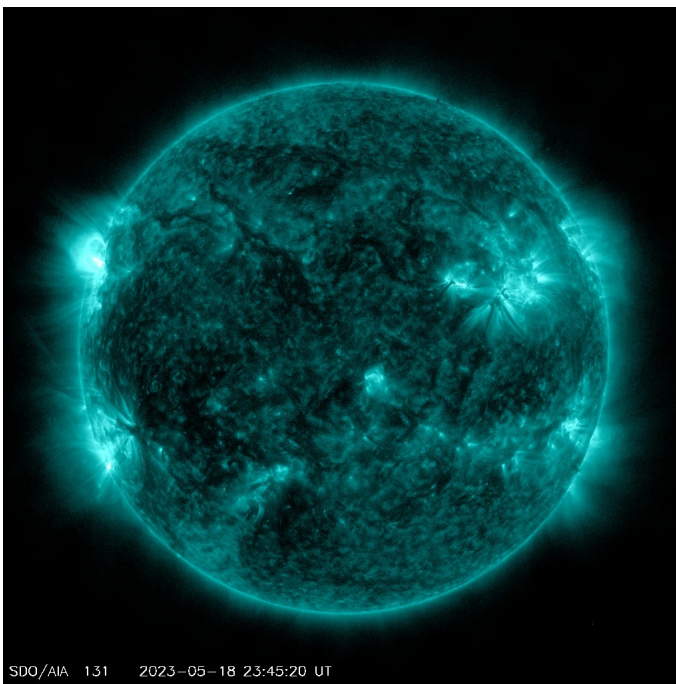
Thursday

Rama: I received a text message from Professor Nicodemus and Professor Steve at 11:58 am late this morning. They said to me, "Lord Rama, these solar flares are metamorphizing all of us. These are M Class, X Class Flares – they are extremely high vibrationally, as well as extremely intense. Drink plenty of good clean water, preferably GANS water. Do not engage in the old timelines. As Aurora Ray has said, "Mother's children have made their choices."

Professor Nicodemus said "We are on the right side of this story. It is about Love and Compassion, not political infighting or paparazzi. We are in the moment where it all changes. The cosmic clock is striking midnight! As we go through this new moon tomorrow morning at 11:53 am eastern time, stay in your High Heart. Sat Nam! Namaste! **Blaze the Violet Fire!**"

Tweet from SpaceWeatherLive (@_SpaceWeather_)

(https://twitter.com/_SpaceWeather_/status/1659308915664756742?t=XE7XZ8Ps3ByI_5VR6M06tQ&s=03)



Tweet from SolarHam (@SolarHam)

A couple more M-Flares to report around newly assigned AR 3311. An M3.8 solar flare at 20:23 UTC (May 18) was followed up by an M4.5 at 21:05 UTC. So far, none of these events appear to be eruptive.

(<https://t.co/aqK4Q6XdAY>)
(<https://t.co/MLCp8e17Va>)
(<https://twitter.com/SolarHam/status/1659310285407100936?t=Gn5RbSxPJ5pXUgw2rqfNXA&s=03>)

- R:** what we are seeing in Congress is infighting, causing people to go into fear and confusion.
We are at our most critical juncture in our lives as we want to ascend.
He is seeing the grafittie on the virtual wall: drop the pretenses, the hate, etce
as we can learn to love each other in spite of what we look like – it’s about the Oneness that
is happening right now; WE HAVE ALREADY WON!
• As Aurora Ray says, this is the final battle – but the dark ones won’t go lightly.
- T:** we can say in a cosmic way – we can all win from this
• brings up the coins, etc that Micah talks of – everyone wins
• and instant manifestation is the new paradigm

• The KOS speaks of the crypto currencies as a bridge to the new economy
- R:** the old paradigm really is collapsing on itself
and there are stories of folks having to deal with their karma now
he is being told to leave the old media alone, and focus on the light coming in from the sun
- T:** the old paradigm has a karma attached to it – no sharing!
The new paradigm has a dharma attached to it – good things follow
- O:** all she has to say is that there are a bunch of toddlers in the government – and hopes to see adult souls
show up pretty soon

CLOSING MUSIC

Belinda Carlisle - Heaven is a Place on Earth Drum Cover 4:10



https://www.youtube.com/watch?v=JyYQVvdBPDI&ab_channel=4NINETY5Drums

Guest Name Elena Harder
Guest Website <https://elenaharderr.com/>
Guest Category

[Literature](#)
[Business](#)
[Health & Lifestyle](#)
[Kids & Family](#)
[Philosophy](#)
[Emotional Health and Freedom](#)
[Personal Development](#)
[Inspirational](#)
[Motivational](#)

Guest Occupation entrepreneur, best-selling author, podcaster

Guest Biography

Elena Harder is here to catalyze your Joygasm! Through her own experience of decades of depression, postpartum rage and psychosis, she awakened to the need for mother centered communities of care.

Spending far too many years as a workshop junkie, single mother and struggling entrepreneur, she knows what it is to work too hard for too little reward. A destined encounter with Joygasm showed a path out of the shitstorm and into a new beautiful life. Sharing vulnerable stories of transformation through her podcast The Joygasmic Life, she offers attunements to release rage from your yoni, quit expecting the worst from your kids, and heal compulsive over giving. She is an international best-selling author of 3 books with a postpartum healing journal coming soon.

She catalyzes mothers to empower themselves through digestible eCourses to help remove negative self-talk, alchemize daily stressors, and create their own Joygasmic Life.

Product | Book Link <https://elenaharderr.com/jgbook/>

