

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

DOCUMENT OVERVIEW

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

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

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

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

ADDITIONAL HELP FOR LISTENERS

B B S LISTENER TOOLS

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

B B S RADIO STATION 2
 Saturday History Call

LISTEN ON LINE

CLICK ON **AUDIO ICON**

CLICK ON **AUDIO ICON**



LISTEN BY PHONE

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

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

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B B S ARCHIVES

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

II ACCESS TO OTHER CALLS SUPPORTED BY Rainbow Roundtable

NAME OF CALL / HOST	WEEKDAY / TIME	ACCESS POINT	TELEPHONE NUMBER
Aboriginal Moabite Nation Call Grand Goddess Lillie	Wednesday 6:00 – 7:30 MST	Telephone Only	1-605-472-5406 PIN 402-493#
Abundance Call Caroline Oceana Ryan	Every 2nd Wednesday 5:45 PM PT/ 8:45 PM ET	Telephone ZOOM	

To be notified: email <https://www.ascensiontimes.com/the-abundance-group>
Scroll down to the sign-up sheet and enter the requested info.

Ascension Call Cheryl Croci	Every Sunday, Monday 9 – 10:30 EST	Telephone Only	1-425-436-6260 PIN 9467 441# Call Cheryl for # in your area
Ashtar Legacy Calls Fran Pearre	Every 2nd, 4th Tuesday 5 th Tuesday – no call 9:00 – 10:00 pm EST	Telephone VOIP/ H D 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

III OPENING MEDITATION; HOUSEKEEPING; ACCESS TO PODCAST; MAYAN CALENDAR

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.lawovertime.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!

www.Spacestationplaza.co Click on the tzolkein – it's on page 2 of the link.

19th Friday **2 CIMI** **White Lunar World Bridger** **Warrior**
GALACTIC ACTIVATION PORTAL DAY: lots of energy with this ! A new moon: 1:53 ET – Gives the Key Words for Lunar; World Bridger. This day is about being the world bridger, about forgiveness, moving into a state of grace. Let go of that which is no more, belief that life is a struggle! The Lunar tones reminds us to find the balance between opposites

20th Saturday **3 MANIK** **Blue Electric Hand** **Healing Energy**
ANOTHER PORTAL DAY! This is extra dimensionality coming into our lives. Let go of procrastination

21st Sunday **4 LAMAT** **Yellow Self-Existing Stargate** **Visionary**
PORTAL DAY. WORKING with the illumination of human kind. Gift of journeying, skrying

22nd Monday **5 MULUC** **Red Overtone Moon** **Artist**
PORTAL DAY: working with wise use of rational mind; accepting voice of Spirit. Universal Mind is our mind; telepathy is our gift.

23rd Tuesday **6 OC** **White Rhythmic Dog** **Artist**
Portal Day. Unconditional love; healing the past. Awareness of destiny, past lives, loyalty to humanity

24th Wednesday **7 CHUEN** **Blue Resonant Monkey** **Artist**
PORTAL DAY. Working with balancing work and play, pay attention to wise use of mind. Gift of spontaneity, laughter - let go of insensitivity

25th Thursday **8 EB** **Yellow Galactic Human** **Healing**
PORTAL DAY. Attuning to spirit; gift of abundance, being human servant warrior. Let go of dependence on analytical mind

26th Friday **9 BEN** **Red Solar Skywalker** **Warrior**
Portal day. Work on focus, striving towards self- illumination, clarity. Let go of belief in

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
Spring, 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

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

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

Financial Requirements

WEEKLY
B B S RADIO/week

\$290 this week + \$290 for last To finish out this week and last week!! THANK YOU SO MUCH!

PERSONAL
Gas, food, etc
Bills
Miscellaneous/Other

\$200.00
\$150.00 **\$150.31 – electric bill – due on 10th**
\$496.00 To finish car & a new tire

HAS TO BE PAID ASAP! ! !
Need \$1400 in total
Caroline setting up a GoFundMe

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

PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH

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) ****
 - Your donation supports an account set up for Tara & Rama with Beneficial Farms Community Supported Agriculture in Santa Fe, NM
 - They 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.**

FREEMART: SUPPLEMENTS. This account helps Rama & Tara; it's the source of their supplements

The returns also help www.rainbowroundtable.net

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

- Freemart is a private shoppers club; it's **FREE TO JOIN.**
- all the products have much to offer, so take a look!
- check out the heading called **READ MORE: lots of** good information

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

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

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

TO GET HELP, Call Carolyn [Rainbird] or Micah

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

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

CALL THEM FOR HELP WITH REGISTRATION/ISSUES RELATED TO NUGEN COINS

Access to this week's Podcast

<https://bbsradio.com/podcast/hard-news-friday-may-19-2023>

NOTE AGAIN: dial 1-631-359-9353 to listen to BBS Radio TV Station 1.

TO LISTEN TO CALLS ON THE PHONE: 1-631-359-9353

RAMA, TARA [R,T]

T: explaining all the financial affairs that are happening

Energies off the chart! We're somewhere in the 5th dimensional realm

R: has been moving through dimensions – a challenge!

T: Micah introduced some instructions to do with NuGen coins which can be put into Etherium and can then into cash. Refers to the video made from the Zoom call – available to those who want to know how to do all this . . .

- Discusses \$ involved for payment to BBS Radio – for the next little while, an extra \$30 has been added on to pay for the month of February which we missed.
- Describe the car situation . . . the \$1400 is what it cost to have it towed, looked at and taken in – still needs a spare (have a donut spare which is bald)

R: a text from Mr X – at 12:09 – for the 1st time in 12 Years, Bashir al Assad was invited to Saudi Arabia by MBS – to give a friendlier face to the Arab countries. Israel is the biggest fly in the ointment now, and behind Israel is the US empire: no more war! ! ! [Mohammed Ben Salmon]

- the solar flares have been moving back and forth between M Class and X Class, and lots of coronal holes – huge! When those holes open, beings coming through as the sun is conscious living being. The beings coming through are here to help us ascendthe Revelations story is defunct!

T: time to give up on the war game-

R: the GOP don't like drag shows, or people who are different! ! !

- the story of Syria is a big one! And MBS invited al Assad back into the Arab league
- and Iran executed 3 people with no real trial
- Zelensky is a dirt ball! Tells why . . .

- BRICS wants no more war, either!
- China is the head of the US now -
- Countries want a basket of currencies; the US \$ is failing quickly, will no longer be yardstick of financial measurement

R: only saw 3 deer today, and 3 crows – raining

T: yesterday a deluge in El Dorado; another N & W of them; they got it this morning!

T: Brittany G back; was warmly welcomed; first time since Feb 2022 when she was put in prison in Russia

R: May 19, 1925 – Malcom X was born!

T: we are doing good work here, by opening up a new way of being

R: the beings are showing up; a crystallization of the energies – Aurora Ray talks about choosing our destiny

CONFERENCE CALL #766 <https://fccdl.in/kFbB3kUn1n>

- missed the start- TROUBLE WITH VOIP

R: Victor Boot has a lot of wisdom to give to Russia; what is happening in the US is a situation – like the arch criminal called Two Face meaning can't know what face is talking to the world

Car: the biggest spinoff is /?? - the Nazis still hanging around

- when you think of Russia and Ukraine; think of China, Taiwan and Hong Kong – same situation

R: Britain owes a lot to China

Car: how can Britain and China still be on speaking terms? A wonder China has not declared war on Britain?

R: he keeps being told to send love and compassion to the worst of them

T: talking on DW News today about China having the upper hand

- Nor is anyone saying we have only 3-3.5 billion and NOT 8 billion: not a peep about this!
- The people on the planet trust no government . . .
- the feminine energy is affecting people: more able to embrace love and

RADIO SILENCE! ! !

Signed out and re-entered . . .

Car: in GA, still have Trump the big bully in the GOP – and Brian Kemp the Gov is not dependent on Trump, neither is Ron DeSantis – a struggle starting in the GOP about who's the king of the hill. They are squabbling!

- The big police thing [training center in a huge park] is nowhere near being resolved. Those being controlled by the corporations are saying it has to happen; the people are protesting at each step of the way, environmental groups: multi faceted protest still going on there

T: IT was cold-blooded murder of the young man – Hispanic -

Car: you never saw the elite of the protesters in that forest, but you saw their work – the story is the police responded to gunfire and they got him and shot him

- the coroner's report – he was struck 30 times and there was no gun powder on his hands – it was murder
- VP Harris came to town for a meeting of the Democratic party – while there, she visited the home of the former lady mayor who spent a few months in the Biden Admin. The police had a 10 block area cordoned off! ! !

T: this year is of rapid turnover and change; an effort on the Fascist GOP group to create a fascist state. This is pure evil – and we have to remain neutral and positive – a very hard thing to keep to a higher position

Pad: MSNBC – showed Ron DeSantis signing bills – referred to him a “light in the saddle” for the last several weeks, he’s been in a battle with Disney - what is his beef with Disney?
• Meghan and Harry in a so-called car chase with the paparazzi – there’s no way a NYC cab driver would do this? ? ?

Car: Was also shocked with the Disney/DeSantis story – he’s using Disney to win the culture wars as Disney is opening itself up

Pad: is Disney a power house? Are they doing the dark things?

R: concurs about DeSantis: he tortured and murdered Iraqi soldiers when he was in the army and in Gitmo Bay – this has not yet come out; mentioned by Thom Hartman, Randi Rhodes

T: he is not so light weight – has been doing pretty nasty things for years!

Pad: Has he been MK Ultra-ed?

T: Mother said across the board anyone working for the dark side is lacking the 12th strand

COR: could be a dark entity in human form!

T: a friend in FL thinks DeSantis is there to help the people! ! !

- need to do the Violet Flame all the time – we are really in a psychic war! ! !

Pad: describes what deSantis does and what he’s like

T: HRC is fully deflated – she’s been dead from 2008 at least

- there is human trafficking, child trafficking in Disney

R: Walt was a cocaine addict and was part of the psychedelic circle

- CIA and other agencies also part of this story -

- a part of Walt wanted to help the people with the magic that was happening

T: DeSantis just signed a bill; if you are getting help for your transgender child you could go to jail
Pad:

PCC: in and out of VOIP all night – PLEASE LISTEN TO THE AUDIO

Car: could be lots of things going behind the scenes

Pad: what is DeSantis’ angle?

T: she is being told to keep on the side of the Light and take us to a higher level

Pad: yea, Disney needs attacking but WHY?

R: He would call deSantis a minor character leading up to the fallen angels, and

- everything that happened in Iraq is a war crime: **WAR WAS NEVER DECLARED** in the first place

T: we want to pursue a deeper wisdom

Pad: he’s trying to play with the big boys – a light weight trying to play with the big ones

R: he’s not a billionaire either – if he tries to sue Disney, he will be soaked for all he has! ! !

- This is not a pretty drama! Disney World is not the place to take your family and kids . . .

R: Harry and Meghan – they don’t want to end up in the same situation as his mother did!
The owner of the National Enquirer is part of the other stories to do with Epstein and Co.

T: it’s a fake Putin and the **Dark Side is working on both Russia and the US**

Tor: isn’t it speeding up for the Light?

T: YES!

R: So many amazing things going on in our part of the solar system- and the MSM says nothing -

- we go to Ancient Aliens and other programs that help

Car: asks Pad about eye-liner for birds? ? ? ? ? [you have to listen to the audio! ! ! !]

- Discussion about make-up and heavy metal dudes and the glam look! ! !

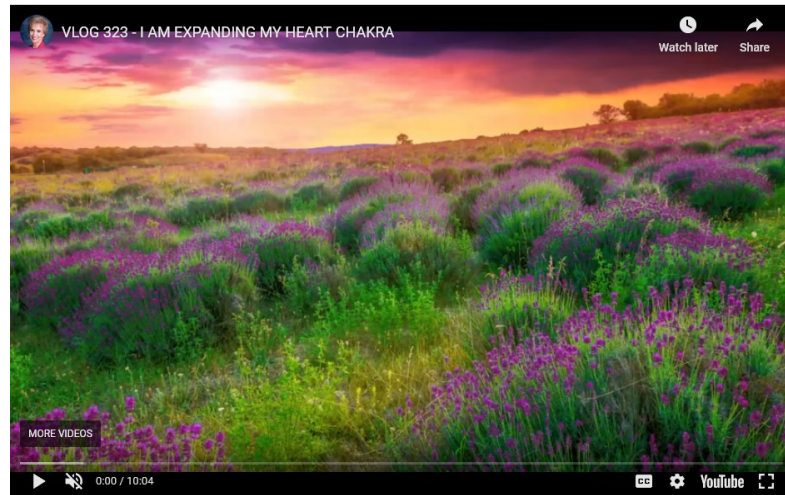
B B S RADIO

Music: Ave Sache

Audio: Era of Peace - Patricia Cota Robles

Vlog 323: I M EXPANDING MY HEART CHAKRA 10:05

https://www.youtube.com/watch?v=eFTv1XIkN_I



AUDIO: Kryon 2023 | REPROGRAM YOUR SYSTEM 40:41

https://www.youtube.com/watch?v=mPRqdDg6WRk&ab_channel=QuietMind



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!

Happy New Moon! The energies are indeed high! It's like Master Kryon said: It's about LOVE! Everything that's going on is about moving into these higher states of consciousness. The sun is helping us move that along. It is a glorious time to be alive. At the same time, it's a trip!

As this guy's old friend said, 'What a long strange trip it's been! So many twists and turns.' It's how we awaken this story never ending story; we knew that when we got here! And then we forgot the instruction book: how this temple of Radiance works – had to learn from the ground up – we are all sons and daughters of the Most High!

And at this particular juncture in the story, we got the power with Love!

Our wayward children know that; that is why they are acting out. And with this new moon in Taurus, a rose by any name . . .

T: the bull with the rose in its mouth

M/A: It is about the beauty way that is spoken about by the grandmothers: how this happens in this moment here.

- Set aside the stories of Nazis and Indiana Jones. . . and the dial of Destiny is coming up.
 - Everybody gets to heal in their own divine timing; that time is NOW! She is not setting a clock or can see it by the cosmic writing on the wall. As we stay in that radiance of what Kryon spoke of, Patti – so many others:

What a challenge we got here! And somebody out there said today - 19th - something is gonna happen [the Indian lady who does the Aryvedic astrology]

She can say with great certainty: what has happened - this is energy of the sun moving us forward into this new timeline that has come into focus. Eclipses has vast means things are going to mellow out – the energies getting gentler as we move closer to summer solstice. Death of the king, so to speak – a metaphor.

Everything that is happening right at this time- focuses on us being in 5D and it's here now! 'Where your energy goes, the attention flows' as the saying goes.

Gotta send more love to the situations happening, as things might seem to look a little bleak - yet that's illusions. This is the best time to be here because we get to do it- that's why we decided to show up now! Not just this of what we speak: this all of us – it takes all of us to bring a planet into balance.

We have been doing this a very, very long time as you could measure time, yet how She sees it: these cycles that are occurring now – Sat Yoga is at hand! Lord Kuthumi, all other Masters are here. Call us in! Just as easy as calling all nature in! You can taste us, touch us, feel us – it's another part of the family showing up. Some of us look different; nonetheless, we all gotta role to play in this cosmic story bring being in diversity is the order of the day.

What is unfolding here: so many beings showing up! All the stories about mermaids and giants and people with one eye in their forehead – Cyclops – we are part of this great family of creation.

- There are beings from some of the 7 Sister of Pleiades you have yet to meet. They look like us; some of us have silver skin and not this funny pink colour!

T: many

M/A: all the colours of the rays of Living Light, Living Love - this is what makes up the 144,000 x 10 hundred thousand and so on!

- It's a magnificent mosaic of colour, light, and sound. How we get in touch with it: listen to the Oneness, the expansion of the heart. This is what Patti was saying – through the heart, we get there! It's what's unfolding right now.
- As we listen to Miss Amy and the news: BLAZE THE VIOLET FIRE. There are many things unfolding – so many magnificent ways. Love is the answer. Greetings in the Light of the Most Radiant One!

T: we have won!

M/A: Yes!

T: manifest, manifest, manifest the light of the radiant one in every heart

M/A: Joy is the answer

T: it is the new moon – staring a new path here

M/A: new moon - yes! Better be on our way!

T: let the music play!

Both: Greetings in the Light of the Most Radiant one!

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: went to sit with the energies of the Taos Mtn and the gentle rain; all the beings showing up
Earth mother, fire and

T: making choices now

Blaze the Violet Fire – the dark side is insisting on distracting us

R: they don't have anything else: send more Love!

T: Let's keep our hearts happy; keep the vibrations high!

R: He just saw these almost like yellowish greenish glow kind of like fairy lights : very soft – just like a blanket of light – covering the hillside, moving down – could sense the wave of peace – a blanket of Oneness – be at one with the moment and don't go anywhere else with that one moment

AUDIO: DEMOCRACY NOW

2023-05-19 <https://www.democracynow.org/2023/5/19/headlines>

2023-05-19 Malcolm X at 98: Angela Davis on His Enduring Legacy & the “Long Struggle for Liberation”

https://www.democracynow.org/2023/5/19/malcolm_x_angela_davis

2023-05-19 Ben Crump, Attorney for Malcolm X's Family: “We Refuse to Let Anybody Exterminate Black History”

https://www.democracynow.org/2023/5/19/ben_crump_malcolm_x

2023-05-19 "By Any Means Necessary": Watch Malcolm X's Speech on Racism & Self-Defense at Audubon Ballroom

https://www.democracynow.org/2023/5/19/malcolm_x_by_any_means_necessary

AUDIO: 2023-05-18 Spiritual Exploration with Ipsissimus Dave Lanyon • QMTV Ep. 20

https://www.youtube.com/watch?v=cBPtt5TY7IA&ab_channel=Dr.TheresaBullard



I'm thrilled to share this next episode of Quantum Minds TV with distinguished guest Sovereign Ipsissimus Dave Lanyon. In episode 20, we explore how we access our internal guidance to become a sovereign being. Through practical applied knowledge, we can begin to understand how to embody the well of wisdom within ourselves. Join us to discover more about ancient teachings, expanding our multidimensionality, and transitioning into new paradigms.

Chapters:

- [00:00](#) Intro & The Ancient Wisdom within a Mystery School
- [5:30](#) Why the Modern Mystery School is So Needed in Today's World
- [15:35](#) Consciousness Break
- [18:30](#) Alchemy & Science
- [21:33](#) Alchemy as the Key to Bridging Science & Spirituality
- [29:48](#) Knowing vs. Living Hermetic Teachings

Dr. Theresa Bullard-Whyke Bio:

Dr. Theresa Bullard is a Ph.D. physicist, author, speaker, international teacher with the Modern Mystery School, change-agent, and the world-renowned host of Mystery Teachings on Gaia TV. Throughout her life-long journey, she has discovered innovative ways to weave together her education as a Ph.D. Physicist, with her life-long pursuit of understanding spirituality. Dr. Theresa uses modern-day quantum physics with powerful, time-tested techniques to harness consciousness, bringing a truly fresh, mind-expanding, and powerfully altering approach.

Learn More: <https://www.TheresaBullard.com>

Sovereign Ipsissimus Dave Lanyon's Bio:

Sovereign Ipsissimus Dave Lanyon has devoted decades to walking and leading others along the path of initiation with the Modern Mystery School. He has received the highest initiation in this tradition, granting him the keys to the lineage and anchoring the vision and mission of the Mystery School for its tens of thousands of members worldwide. He is one of the most inspirational men and embodies true divine masculinity and leadership.

Reading: Aurora Ray 2023-05-18 How To Raise Your Vibration

https://thegalacticfederation.com/11-20aa?utm_content=14261646&utm_medium=Email&utm_name=Id&utm_source=Actionetics&utm_term=Email

If you are in a situation where it seems like there is no way out, or you keep repeating the same mistake over and over again, recognize that your vibration is in a low place. It doesn't mean that there is no solution. It simply means that you have another opportunity to raise your vibration and move forward.

Because ultimately, we don't want to escape our lives; we want to escape our suffering. This is an important distinction. We want to come from a place of joy and celebration, not from a place of fear and struggle.

So if you find yourself in a situation that seems like hell on Earth, do this for yourself: Gently raise your vibration--take a bath, put on some soft music, go for a walk through nature, read something inspirational--and bring heaven into your body.

When you raise your vibration, you are saying yes to life. You are saying yes to love. You are saying yes to the opportunity to express yourself, to give and receive.

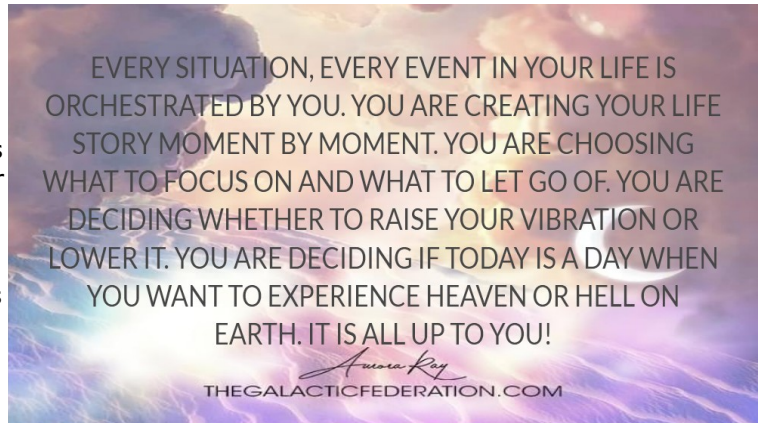
Everything is energy, vibrating at different frequencies. The highest vibration of all is love. Love is the purest form of light, and everything that vibrates at a higher frequency than this pure light is its own unique color--but it's still part of the spectrum of light. When you raise your vibration, you are raising your frequency in the color spectrum of light.

Every emotion has a color associated with it. And so, when you're experiencing an emotion like anger or frustration or apathy, there's a certain vibration to it that actually makes your body feel heavier. When you're feeling love or joy or gratitude, there's another vibration that makes your body feel lighter, more energized, and full of life force.

This is why if you're feeling heavy and tired all the time, it may be because you're not getting out into nature enough or spending enough time with friends who inspire joy in you--because those things raise your vibration! It could also be that you're carrying around some toxic emotions like guilt, regret, or resentment (all of which are black), which cause your body to become tired and exhausted.

Tuning in to the higher realms is an act of creation. It's moving away from the false concept of your physical body, your physical life, your physical reality, and instead of becoming aligned with the energy of your soul. It's diving deeper than you ever have before into who you really are.

The more you become aware of this, the more real it will feel to you. The more real it feels, the more connected to it you will be. And the more connected to it you are, the more you will know that every situation, every event in your life is orchestrated by you. You are creating your life story moment by moment. You are choosing what to focus on and what to let go of. You are deciding whether to raise your



vibration or lower it. You are deciding if today is a day when you want to experience heaven or hell on Earth. It is all up to you!

So, how do we become aware of this? How do we make any sense out of these words? How do we tune into our soul's vibration? How do we experience heaven here on Earth? Let's talk about the physical body. The physical body is made of molecules, atoms, and cells, which vibrate at a certain frequency. So if you bring more vibration into your life, then it will find its way into your body. So what does that mean? Your body finds ways, finds means to express that new vibration. That's why you're here—to find a higher vibration.

You have a body that vibrates. You have a mind that vibrates. You have a spirit that vibrates. You have a soul that vibrates.

In meditation, you can feel your vibration. Right now, as you read this, if you close your eyes and feel into yourself, you can notice your breath--or your heartbeat. If you sit quietly long enough, you will probably become aware of other parts of your body--it may be a foot that itches or a head that aches.

As soon as you start to notice what's going on inside of you, ask yourself: "What is my vibration?" What is the vibration inside of me right now?

And then imagine that your breath is coming in and out of every cell in your body. Imagine it like the breath of the universe coming into every cell in your body and filling it with light. Imagine that there is no darkness anywhere in your body; everything is filled with light and love and truth and power and energy and joy.

You are not separate from this divine energy; this is part of who you are. This is not some external force; this is not something outside of yourself; this is simply who you are.

It is your nature to be an angel on Earth, which means that you are already a vibration of love, light, and joy. You are vibrating at this frequency now, but you are still within the third dimension of Earth, where there is polarity. There is a duality. There are still times when it seems as if you are not feeling good about yourself. But trust this: you are always moving toward your light, even when you are not aware of it. And the more you can honor yourself--by loving yourself, by trusting yourself, by being kind to yourself--the more quickly you will come into alignment with who you really are.

There is a law in physics, a universal law, which states that your vibration will attract to you things that resonate at the same frequency as you.

Take it all in, hold your vibration there, allow the higher realm to come into your body, and then move through your day. It starts with you. If you are not taking time for yourself, there is no way that you can be in a place of creativity, abundance, or deep love.

If you take the time for yourself, then there is a gentle transformation that takes place within you and then begins to flow into everything that is around you. It starts with you and then flows outward, creating miracles all around you.

So take time for yourself--this is very important. The angels will not come to someone who is drowning in the ocean of their own creation; they will not come to someone who is screaming at everyone around them; they will not come to someone who is filled with self-hatred and self-doubt.

They will only come if they can see that you are creating a space within yourself that feels creative, abundant, and loving. And then they will help you to bring heaven into your world.

When you raise your vibration, you also re-create your reality. You reshape your experience of life in a way that's more in line with your soul's purpose.

In order to do this, you have to slow down and look at the big picture--the bigger picture than just the one that's in front of you. You have to understand that what might be happening in your life right now isn't just about the situation at hand but about a much bigger concept: evolution, ascension, being who you really are.

Every situation is an opportunity to raise your vibration and live a better life. So when something bad happens, take a moment and ask yourself, "Why is this happening?" Really look at the situation from a bigger perspective. It's not always easy, but it can be very rewarding.

If you're struggling with something--if you're feeling bad or sad or angry or confused--stop and consider why it's happening. There's almost always a reason for it; there's almost always an opportunity to take something good from it. The key is to remember that every experience is an opportunity for growth and higher vibration.

I like the idea of raising your vibration, and I like the idea of creating your reality. But it's not quite enough. There is something missing, and that's your power to make a real difference in this world.

The most important thing you can do for yourself and for the world is to raise your vibration and then use that high vibrational energy to create a better reality.

It sounds easy, but it's hard work. It takes discipline, persistence, and the willingness to be flexible in your approach. It also takes courage because when you raise your vibration, you move beyond the things that have defined you in the past and step out into uncharted waters, where you will be met with new challenges and opportunities.

Raising your vibration may require letting go of many of the things you've believed in the past--religious beliefs, ideas about wealth and prosperity, ways of thinking about people who are different from you--all sorts of notions about what life should look like. But these are often attached to pain because they are associated with experiences that hurt you or made you feel bad at some point.

If you want to live in a higher vibrational state, then it means letting go of these old ideas that bring up this pain because they are counter-productive.

There are few things more empowering or more gratifying than helping someone else. Giving your time, energy, money, or stuff to help others is one of the fastest ways to increase your vibration.

It's not always easy to give, especially if you're struggling financially. But even something as simple as paying for the person in line behind you at Starbucks can bring you into a state of gratitude that raises your vibration.

Of course, giving can be much more involved--donating money or time to a charity you believe in, helping someone with their homework, mentoring a younger person, even giving up something you value for yourself so that others have what they need. The more often you help others, the more you'll notice your vibration changing. You'll find yourself attracting better situations and people into your life. And you'll feel independent of financial struggles because abundance will come naturally!

When you tune into your vibration, you begin to understand that your thoughts, actions, and beliefs form a huge part of your reality. If you change those, you change the reality of your life. So this is about changing your thoughts, changing your actions, and changing your beliefs.

We love you dearly.
We are here with you.
We are your family of light.

A'HO
Aurora Ray
Ambassador of the Galactic Federation

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INFORMATION RELATED TO THE NOTES

2023-05-19 <https://www.democracynow.org/2023/5/19/headlines>

Biden Won't Apologize for 1945 Nuclear Attacks on Japan as G7 Leaders Gather in Hiroshima

May 19, 2023



As the G7 summit gets underway in Hiroshima, Japan, world leaders agreed to new sanctions against Russia over the invasion of Ukraine. Ahead of their first joint meeting today, President Biden and the other leaders paid tribute to the victims of the world's first nuclear attack — the U.S. bombing of Hiroshima on August 6, 1945 — laying wreaths at the Hiroshima Peace Memorial and planting a tree. President Biden did not issue an apology for the attack. A group of anti-nuclear activists rallied on the streets.

Niishima: "Biden is in Hiroshima, and he's brought along with him a button to fire a nuclear missile. I cannot forgive him for this. He needs to apologize to the people in Hiroshima."

At least 140,000 people died in the atomic bombing of Hiroshima, which leveled the city. Three days later, the U.S. dropped an atomic bomb on Nagasaki, killing another 74,000 people. Japan's Prime Minister Fumio Kishida's family is from Hiroshima, and he lost relatives in the city's bombing. Kishida has pushed for the abolition of nuclear weapons, while leading the nation's biggest military buildup since World War II.

Meanwhile, Oxfam reports G7 countries collectively owe poor nations in the Global South more than \$13 trillion in development and climate assistance. But instead, these countries are saddled with daily debt repayments of \$232 million, deepening the global chasm of inequality.

Ukrainian President Volodymyr Zelensky is expected to appear at the G7 summit over the weekend to appeal for more arms and aid for the war.

Russia and Ukraine Agree to Extend Black Sea Grain Deal

May 19, 2023



Russia and Ukraine have agreed to a two-month extension of the Black Sea grain deal, which grants Ukraine safe passage to export food and fertilizer. U.N. Secretary-General António Guterres said the extension would save lives.

Secretary-General António Guterres: "These agreements matter for global food security. Ukrainian and Russian products feed the world. Under the Black Sea Initiative, more than 10 million tons of food have been exported."

Pentagon Says Accounting Error Will Allow U.S. to Send \$3 Billion in Additional Arms to Ukraine

May 19, 2023



The Pentagon said Thursday an accounting error led it to overestimate the value of arms shipments sent to Ukraine by the Biden administration as part of a \$44 billion military aid package approved by Congress last year. The Pentagon said by correcting the error, it could send another \$3 billion worth of weapons to Ukraine.

Family of Syrian Killed in U.S. Drone Strike Says He Had No Ties to al-Qaeda

May 19, 2023



The U.S. military has dropped its claim that a man killed by a U.S. drone strike in northwest Syria on May 3 was a "senior al-Qaeda leader." In interviews with The Washington Post, family members denied 56-year-old Lotfi Hassan Misto had any ties to al-Qaeda, and said he was a former bricklayer and father of 10 who was tending his sheep when a U.S. missile killed him. So far, U.S. Central Command has refused to say who its target was.

Bashar al-Assad Joins Arab League Summit for First Time Since Start of Syrian Civil War

May 19, 2023



Syrian President Bashar al-Assad is in Saudi Arabia to attend his first Arab League summit since Syria was suspended from the group 12 years ago as Syria descended into a devastating civil war following Assad's violent crackdown on protesters. Earlier this month, the Arab League agreed to readmit Syria as part of an effort to reintegrate the war-torn nation in the region. Volodymyr Zelensky is also in Jeddah, where he is addressing the summit and will meet with Crown Prince Mohammed bin Salman and others.

Israeli Flag Day Marchers Chant "Death to Arabs" and Attack Palestinians and Journalists

May 19, 2023



Tens of thousands of Israeli nationalists escorted by heavily armed soldiers marched through occupied East Jerusalem Thursday marking "Flag Day," which celebrates Israel's seizure of Jerusalem and the West Bank in the 1967 Middle East war. Many of the marchers chanted "Death to Arabs" and directed racist slurs at Palestinians. Palestinian residents of the Old City's Muslim Quarter were beaten by Israeli ultranationalists. Far-right National Security Minister Itamar Ben-Gvir was among senior politicians who joined the march. Ben-Gvir was previously convicted of racist incitement against Arabs and supporting a terrorist group.

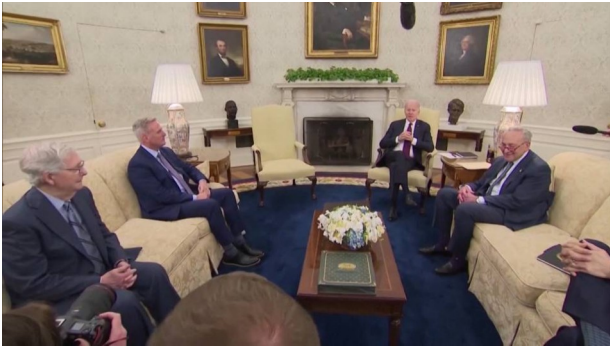
AFP's Jerusalem correspondent Rosie Scammell published video of Israelis throwing sticks, stones and bottles at journalists at the Damascus Gate, writing, "They cheer every time they hit us with projectiles." Three journalists were wounded, at least two of them with head injuries.

In the Gaza Strip, Israeli soldiers fired live rounds and tear gas toward Palestinians who'd gathered to protest along the heavily fortified barrier separating the besieged territory from Israel. This is Hamas official Ismail Rudwan.

Ismail Rudwan: "The march of the flags will not bring you sovereignty over Jerusalem, which you turned into a military base. Jerusalem will forever remain the single united capital of Palestine."

Democrats Mull 14th Amendment Workaround as Republicans Stonewall on Debt Limit

May 19, 2023



Here in the United States, members of the far-right House Freedom Caucus are calling on Republican House Speaker Kevin McCarthy to suspend negotiations with the White House on raising the limit on the national debt. Caucus members said they're willing to allow the U.S. to default on its debts — something that could happen as soon as June 1 — unless Democrats agree to sweeping cuts in federal spending on housing, education, healthcare, food assistance and the environment. They're also demanding that Democrats agree to speed the approval of oil, gas and mining permits, and rescind most of the climate legislation signed by President Biden. In response, a growing number of Democrats are calling on Biden to invoke his authority under the Constitution to avert a debt default — a legal strategy that's never been tested. This is Vermont independent Senator Bernie Sanders.

Sen. Bernie Sanders: "In fact, the 14th Amendment of the Constitution clearly states, quote — it's not ambiguous — 'The validity of the public debt of the United States ... shall not be questioned,' end-quote. Is this a perfect solution? Is imposing the 14th Amendment a perfect solution? No, it is not. But using the 14th Amendment would allow the United States to continue to pay its bills on time and without delay, prevent an economic catastrophe and prevent devastating cuts to some of the most vulnerable people in this country."

New Details Reveal Gravity of Sen. Dianne Feinstein's Health Problems

May 19, 2023



California Democratic Senator Dianne Feinstein suffered far more serious complications from her recent illness than her staff previously acknowledged. That's according to The New York Times, which reports Feinstein's recent bout with shingles triggered a previously unreported case of encephalitis, or swelling of the brain, which can leave patients with lasting memory or language problems and other cognitive effects. She's also reportedly suffering from vision and balance impairments and facial paralysis from Ramsay Hunt syndrome. Feinstein, who is 89 years old, returned to Capitol Hill last week after a months-long leave during which she missed more than 90 floor votes. Her absence also held up dozens of votes on President Biden's nominees to federal courts in the Senate Judiciary Committee. A growing number of Democrats have called on Feinstein to resign, but so far she has refused.

Medicare for All Act Reintroduced with Record 120+ Congressional Backers

May 19, 2023



Progressive lawmakers have reintroduced legislation that would expand Medicare coverage to all U.S. residents. The Medicare for All Act of 2023 has garnered more congressional support than ever before, with over 120 lawmakers backing the measure. Washington Democrat Pramila Jayapal, who chairs the Congressional Progressive Caucus, says 38% of people surveyed last year reported they did not get the medical care they needed because it was too expensive.

Rep. Pramila Jayapal: "That's not to mention the millions who are drowning in medical debt and the millions who are one broken bone, one car accident, one new prescription away from medical bankruptcy. An estimated 68,000 people die every year solely because they can't afford healthcare. That is criminal."

New Bill Would Make Paid Sick Leave Mandatory for Most U.S. Workers

May 19, 2023



In more news from Congress, legislation that would guarantee paid family and medical leave nationwide was introduced Wednesday. The measure, co-sponsored by Democratic Congressmember Rosa DeLauro of Connecticut and Senator Bernie Sanders, would allow everyone working for businesses with 15 or more employees to earn up to seven paid sick days a year. Some 34 million U.S. workers still don't have paid sick time.

8-Year-Old Girl from Panama Dies in Border Patrol Custody



In immigration news, an 8-year-old migrant girl from Panama has died in the custody of U.S. Border Patrol. Anadith Tanay Reyes Alvarez was being detained at a border facility in Harlingen, Texas, with her parents and two older siblings when she began experiencing a medical emergency, and was later pronounced

dead at a local hospital, Customs and Border Protection, or CBP, said Wednesday. Her parents, who are from Honduras, said she was born with a heart condition. Honduran officials are demanding a “thorough investigation” into what happened. This is the first known death of a migrant child in Border Patrol custody under the Biden administration and comes a week after it was confirmed a 17-year-old Honduran migrant teen died at a U.S. Health and Human Services facility in Florida earlier this month. A 4-year-old child from Honduras also died in March in HHS custody.

Supreme Court Tosses Republican-Led Effort to Revive Title 42

May 19, 2023



The U.S. Supreme Court has dismissed an attempt by Republican-led states to revive the Trump-era Title 42 pandemic policy, which was lifted last Thursday by the Biden administration. The rule was enforced for three years, leading to the expulsion of nearly 3 million asylum seekers at the U.S.-Mexico border without due process.

Cori Bush Unveils Reparations Bill to Address Slavery and Its Enduring Effects on Black Americans

May 19, 2023



Democratic Congressman Cori Bush has introduced a bill that would allocate \$14 trillion in reparations for Black Americans. The progressive lawmaker from Missouri spoke Wednesday at a news conference in front of the U.S. Capitol.

Rep. Cori Bush: “We know that we continue to live under slavery’s vestiges. We know how slavery has perpetuated Jim Crow. We know how slavery’s impacts live on today, from the Black-white wealth gap to voter suppression to segregation and redlining to disparities in infant mortality rates and other health outcomes. When the Black-white wealth gap is \$14 trillion, it’s unjust, and it wouldn’t happen in a just and fair and equitable society.”

Cori Bush was surrounded by co-sponsors of the bill, including California congressman and U.S. Senate candidate Barbara Lee, who also introduced a resolution to create a Commission on Truth, Racial Healing, and Transformation.

2023-05-19 Malcolm X at 98: Angela Davis on His Enduring Legacy & the "Long Struggle for Liberation"

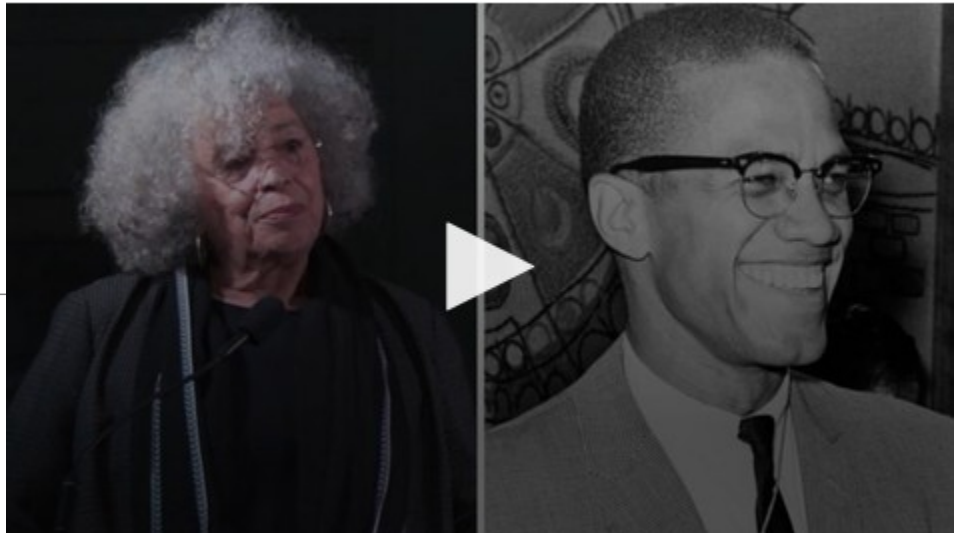
https://www.democracynow.org/2023/5/19/malcolm_x_angela_davis

Topics

- [Malcolm X](#)
- [Racism](#)
- [Education](#)
- [Ron DeSantis](#)
- [Civil Rights](#)

Guests

- [Angela Davis](#)
abolitionist, author,
professor and activist.



We dedicate the show to remembering Malcolm X on what would have been his 98th birthday Friday. We begin with an address by world-renowned abolitionist, author and activist Angela Davis on Malcolm's legacy, attacks on the teaching of Black history by Florida Governor Ron DeSantis and more. "This is a time to reflect deeply on the long struggle for liberation," Davis said. "And Malcolm asked us to keep our eyes on the future, future worlds, radical democratic futures for all beings who inhabit this planet."

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.

Malcolm X was born 98 years ago today in Omaha, Nebraska, on May 19, 1925. Malcolm was assassinated just 39 years later, on February 21st, 1965, when he was standing at the podium before a crowd in Harlem's Audubon Ballroom. His wife, Betty Shabazz, pregnant with twins, and his four daughters, age 6, 4, 2, and 5 months, were in the ballroom looking on.

In February, the family of Malcolm X filed a \$100 million wrongful death lawsuit against the FBI, the CIA, New York City and state, and the NYPD and the District Attorney's Office for concealing evidence of their involvement in Malcolm X's 1965 assassination.

Well, today we spend the hour remembering Malcolm X. We begin with Angela Davis, the world-renowned abolitionist, author, activist, distinguished professor emerita at the University of California, Santa Cruz. Her many books include *Abolition. Feminism. Now.*, *Freedom Is a Constant Struggle* and *Are Prisons Obsolete?*

Earlier this year, she gave the keynote address at a February 19th [event](#) at the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center, housed in the former Audubon Ballroom. Professor Davis spoke about Malcolm's legacy, as well as the increasing attacks on the teaching of Black history by Florida Governor Ron DeSantis and others. She began by referencing the actor Ossie Davis, who gave the eulogy at Malcolm X's funeral, describing him as, quote, "our own Black shining prince!"

ANGELA DAVIS: Ossie said the following in Malcolm's eulogy. "Last year, from Africa, he wrote these words" — Malcolm wrote these words — "to a friend. 'My journey,' he says, 'is almost ended, and I have a much broader scope than when I started out, which I believe will add new life and dimension to our struggle for freedom and honor and dignity in the States. I am writing these things so that you will know for a fact the tremendous sympathy and support we have among the African States for our Human Rights struggle. The main thing,'" he wrote, "'is that we keep a United Front wherein our most valuable time and energy will not be wasted fighting each other.'"

Malcolm's words and his trajectory as a movement leader and a movement participant are as valuable today as they were six decades ago. They resonate in powerful ways, because the change Malcolm was calling for, the change we were calling for, has not yet happened. And therefore, Malcolm's vision cannot be relegated to the past. His vision still helps us to imagine the future we want to see.

Now, official United States narratives of past history always attempt to assimilate demands for radical transformation into a neat story of progress and triumph. The very fact that Black freedom struggles came to be compressed and constricted by the rubric "civil rights movement" — and, of course, the civil rights movement was important, but that was not the entire story of the Black freedom movement. And that, in itself, is indicative of this assimilationist tendency, the fact that we ourselves often refer to the movement for Black freedom as only a civil rights movement.

During the 1960s, Malcolm emphasized the need to expand our vision. He told us that it was not only about civil rights, the rights that can be accorded to individuals by a single nation-state and its government. Our vision needed to be broader. It had to move, Malcolm said, across the borders of nation-states. It had to be transnational. It had to be international. The framework that Malcolm urged us to use was human rights.

Now, Malcolm's trajectory, and his insistence on radical frameworks, has never been easily assimilable into a narrative of U.S. history as one in which increasing numbers of people get to participate in the circle of justice, equality and freedom. And I'm thinking about the way in which Dr. King's image has been entirely assimilated into a capitalist narrative, which is not to say that Dr. King represented those ideas, but this is the official narrative, the official representation.

Now, Malcolm's vision, from the very outset, or at least from the time he made the pilgrimage to Mecca, was an international vision, including not only people in the U.S. and not only Black people, but people all over the world. And I tell you that I treasure the story that was told to me by Yuri Kochiyama about hosting a meeting in her Harlem apartment, where Malcolm met with survivors of the bombing, the atomic bomb that was dropped on Hiroshima. And there's also a photograph of Yuri leaning over Malcolm's body in this place, shortly after he was assassinated. And I often wonder: Why is it that that photograph is not circulated more widely? You know, why didn't we see Yuri represented in Spike's film? ...

This is a time when we can reflect on what we should call the long struggle for freedom, the long struggle for freedom conducted by and on behalf of Black people in the Americas, the struggle against slavery, the struggle against segregation and secondhand citizenship, and, of course, the struggle of Africans against the slave trade and colonialism and neocolonialism. This is a time to reflect deeply on the long struggle for liberation that has already spanned multiple centuries. It is also a time to reflect on how we might accelerate that struggle in order to guarantee that those who have been denied entrance into the circle of freedom might not only be admitted, but by recognizing their struggles, their collective, multigenerational vision, it might be possible to imagine future worlds. And Malcolm asked us to keep our eyes on the future, future worlds, radical democratic futures for all beings who inhabit this planet.

And so, in the spirit of Malcolm's contributions, I want us to ponder a couple of questions. How has it actually been possible for Black people and our allies, including in the first place

Indigenous people — how has it been possible to remain committed over so many centuries, over so many generations, to the struggle for freedom? That is phenomenal, that each generation has passed on that impulse to fight for freedom to the next. And oftentimes, even when we thought the flames had been extinguished, we have a Black Lives Matter movement erupting.

And so, I think that we should acknowledge the phenomenal quality of Black culture, Black political culture, Black music, because where have we learned to cultivate that impulse for freedom? I mean, that is — that is the reason why we observe Black history. You know, Black history is not just because there are Black people in various parts of the world. It's about what Black people have offered to people all over the world. And that is the desire, the cultivation of the desire to keep on struggling for freedom. It is in the art. It is the very heart of the music. And that is why Black music is known by people all over this planet.

Now, there's also the question, which we have to acknowledge: Why is it that racism has persisted for so long? And why has it become so naturalized that its proponents often believe that what we refer to as racism is the natural destiny of the world? Now, Malcolm understood the deeply ideological character of racism. And I use the term "ideology" to mean the way that we humans imagine ourselves in relation to the conditions of our existence. Malcolm understood that ideology, even when you define it as the source of illusory ideas about such conditions, that ideology's role is precisely to make the conditions of our lives appear to be normal. And as a matter of fact, the more normal something appears to be, the more likely it is to be produced in and through ideology.

This is the point that abolitionists make about the seeming permanence of jails and prisons, about the permanence of police, about the so-called school resource officers, about the child protective — so-called Child Protective Services that Dorothy Roberts calls the family policing system. But thanks to the way in which Malcolm taught us to engage in the kind of radical reflection on that which is ideological, we know that we can envision life beyond prisons and police. We can envision life beyond capitalism.

Now, Malcolm used his remarkable oratory and his phenomenal sense of humor to trouble our sense of comfort in a world that was predicated, that is predicated, remains predicated, on white superiority. Malcolm helped us to understand how we internalize those ideological assumptions, and how their persistence depends on all of us doing the work of prisons, the work of the police, the work of capitalism, white supremacy.

Now, I had the opportunity to hear Malcolm in person. And as a matter of fact, one of the things I'm most proud about, connected to my time in college, was the fact that Malcolm came in April of 1963 to speak at Brandeis University, and because there was only a handful of Black students there, I got to meet him. I was — all of the Black students got to meet him and to spend time with him. But that's another story.

You know, I wanted to point out that there are — there are signs, there is evidence, that we can challenge that which is ideologically imposed. And I'm thinking about one area that we've seen a lot of change in over a relatively short period of time. And that is the demystification of the gender binary. Yes. I mean, who would have ever thought 20 years ago that we would be acknowledging, again, the ideological character of gender, that we would be attentive to pronouns? No, who would have ever imagined that? And I think it's important to recognize it not only in terms of the advances that the trans movement has made, but also is evidence that we can dismantle other institutions whose seeming permanence is also a product of ideology.

And even as we develop the capacity to think about the damage wrought by racism, we often take shortcuts, and we capitulate to heteropatriarchal assumptions that the targets of racism are primarily Black men, or ethnocentric assumptions that racism affects exclusively Black people. Ron DeSantis — and, Ben, thank you for asking us to reflect on what is going on with that — don't let me characterize him, but —

AUDIENCE MEMBER: Go on. We're family. [inaudible]

ANGELA DAVIS: But I just heard him — well, OK, I'll tell you that I just heard him — I think it was yesterday, maybe it was the day before — making fun of the fact that queer theory was included under the rubric of the Black studies Advanced Placement course that you were talking about. And, you know, he's pretty stupid. You know, one of the things you learn — one of the things you learn, when you really try to engage in a serious process of learning, you learn that the more you learn, the less you know. You know, you learn all — you learn that there's always so much more to learn. And this governor, this — OK.

AUDIENCE MEMBER: We're family. Come on.

ANGELA DAVIS: Absolutely, absolutely. So, but, you know — and what does he say? I guess he also — they also removed Kimberlé Crenshaw, so you're not allowed to talk about intersectionality. But I was just going to say that we have to think about the intersectionality of racism. You know, it's not just about identities.

And because this is a historical moment, when we are called upon to comprehend the structural, the systemic, the institutional character of racism, and then — OK, I'm just going to call them counterrevolutionaries, right? Because it reminds me so much of the period of Radical Reconstruction and the responses to it, and following W. E. B. Du Bois, I'm just going to call them the counterrevolutionaries, because they are trying to prevent the progressive developments from transforming our lives. And all he can think about is wokeness. I mean, he doesn't even know what wokeness means. But he thinks that Black studies will cause white children to feel bad about themselves. I think he must be talking about himself.

But in any event, the reason we are witnessing these uproars right now, from DeSantis's strategies in Florida to the actions of the College Board, is that education is integrally related to social change. And this is something Malcolm taught us, both through his words and through his actions, you know, thanks to Malcolm's decision to teach himself in prison. Vast numbers of incarcerated people do the hard work of learning, often learning how to read, as Malcolm did, but certainly learning how to use their intellects. And as a matter of fact, there's probably more intellectual greatness behind bars now than in any other place.

We're on the verge of substantial shifts in the way people think about race and racism. And those who want to prevent these shifts from happening are frantically trying to turn back the clock. At least 36 states have adopted or introduced laws that impede educational projects about race and racism. And here in New York, at the end of 2021, Republican lawmakers introduced bills that prevent public schools from providing instruction on structural racism. Even in the most progressive states — and, you know, I come from California, and most of the times I'm happy to say that I come from California, because, well, first of all, I live in Oakland, and Oakland celebrates May 19th, Oakland and Berkeley. Malcolm X's birthday is an official holiday in both of those cities. But even in the most progressive states that we see efforts to restrict and confine instruction. California is also, I think, the only state with a statewide ethnic studies curriculum. But there have been major efforts, vociferous efforts, to prevent the inclusion of Palestine and Palestinians and Palestinian Americans in the curriculum.

Amidst all of the pain and suffering produced by the COVID pandemic — and we're not that far removed from that era — this new collective awareness of the structural character of racism was generated. Not that it was a new way of thinking about racism. Scholars like W. E. B. Du Bois pointed this out scores of decades ago. Malcolm talked about institutional change. But the change, as many people have recognized over the decades, is one that involves not so much of a shift in subjective attitudes, although that's definitely welcome, but it's about structural transformation. It's not about white people not liking Black people or Indigenous people or Latinx people. And that will change if there is structural change. But we can treat racism as a character defect or a character flaw and leave the entire systematic structure of racism intact. You know, they talk about racism without the racists.

But in the spirit of all of the freedom movements, that I tried to evoke at the beginning of my presentation, all of the freedom movements that have preceded us, let us vow never to forget the summer of 2020. It was only two-and-a-half years ago, and we're already treating it like — yeah, like it's a relic of history. It was two-and-a-half years ago when we were deep in the throes of the worst crisis most of us can remember, and we collectively experienced the police lynching, the police murders of George Floyd and Breonna Taylor and all of the others that have been referred to. This occurred in the process of also recognizing that communities that were already subject to racism were the ones who were suffering most from the COVID pandemic — a new awareness of the structural racism within the healthcare system, within the privatized healthcare system, within the capitalist healthcare system. Actually, not so much a new awareness, but a collective attentiveness to an idea that activists, scholar-activists have been insisting on since the era of Radical Reconstruction in the aftermath of slavery.

And there have been those who have pointed out that racism is connected to capitalism, that capitalism is at its core racial capitalism, and not only here in the U.S. Capitalism was produced by colonialism and slavery. But, finally, it seemed, people seemed to get it. Racism does not emanate from the fact that white people don't like Black people or Indigenous or Latinx or Asian people. It is produced and reproduced structurally, systemically, institutionally. And this was a kind of collective aha moment. And we should never forget that.

This is why more people poured out into the streets of this country than ever before in the history. This is why people joined the mobilizations. This is why more white people joined all of the mobilizations. And people were out in the streets, even though we did not yet know then how COVID was transmitted. Millions of people poured out into the streets at the risk of their own lives. Demonstrating this new awareness became more important than the lives of individuals — the most remarkable moment in our recent history, maybe even in the history of this country. And this is why DeSantis and others are excising examination of this movement from the school curriculum.

And so, the stage was set for us to attempt to accomplish what should have been done in the 19th century in the immediate aftermath of slavery. And it seemed that a good majority of people in this country, people of all racial and ethnic backgrounds, seemed to realize this. To overlay the political context, all of this was happening during the presidency of the person whose name shall not be pronounced during our meeting this evening. Thus the counterrevolution. Thus the attack against critical race theory, which is a serious interdisciplinary field founded on the work of those who were attempting many years ago to understand the way structural racism expressed itself through the law.

So, those of you who are interested in history will be utterly struck by all of the parallels between the reaction to Radical Reconstruction, 1867 to 1877, and what we are currently witnessing. The police murder of Tyre Nichols in the very same city in which Dr. King was assassinated punctuates the message that racism is structural. Awareness of racism is not about making white children feel guilty. It is about recognizing the deep structures of racism in all of our institutions, regardless of who the individual perpetrators might be. It is a machine. It is a system. It is a culture that is produced and reproduced.

And now we know better how to initiate the process of ridding our world of racism. We know better than ever before. And I just have a few more words. I just — I want to say it involves standing up against heteropatriarchy. We know that it involves saying no to economic exploitation. We know we cannot exclude any community that suffers from the effects of racism. And this includes Asian Americans. And this includes Arab Americans. This includes Palestinians. We know.

We know, finally, that we cannot struggle for human freedom without recognizing that we are all animals and that we must stand in support of our nonhuman coinhabitants of this planet. And thank you so much for the beautiful metaphor of the rabbit, the pattern of the rabbit escaping. But I think that we look at — we look at simple creatures like ants that are able to entirely transform a place and build these edifices, these architectural edifices, without at all harming the

environment. I think we have much to learn from them, that it is possible to benefit from this Earth, even to transform it, without annihilating the very conditions of future life on this planet. Thank you very much.

AMY GOODMAN: Professor Angela Davis, speaking at the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center, the site of the Audubon Ballroom in New York City, where Malcolm X was assassinated February 21st, 1965. Angela Davis was speaking on the 58th anniversary of his death this year. Malcolm was born 98 years ago today, May 19th, 1925. When we come back, we hear civil rights attorney Ben Crump, and then Malcolm X in his own words. Stay with us.

2023-05-19 Ben Crump, Attorney for Malcolm X’s Family: “We Refuse to Let Anybody Exterminate Black History”

https://www.democracynow.org/2023/5/19/ben_crump_malcolm_x

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- [Benjamin Crump](#)
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We hear from civil rights attorney Ben Crump, who filed a \$100 million wrongful death lawsuit this year on behalf of the family of Malcolm X against the FBI, the CIA, New York City and state, the NYPD and the District Attorney’s Office for concealing evidence of their involvement in Malcolm X’s 1965 assassination.

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 to look at the life and legacy of Malcolm X, born 98 years ago today, as we turn to civil rights attorney Ben Crump, representing Malcolm’s family in a \$100 million wrongful death lawsuit against the FBI, the CIA, New York City and state, and the New York police, as well as the District Attorney’s Office, for concealing evidence of their involvement in Malcolm X’s 1965 assassination. Three men were convicted of his murder, two of them fully exonerated in 2021. Ben Crump [spoke](#) on February 21st at the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center, housed in the former Audubon Ballroom, where Malcolm was shot dead on that day in 1965.

BENJAMIN CRUMP: I think, "What would have come of Malcolm, had they not, 58 years ago, on this day, assassinated one of the greatest thought leaders that was ever produced in the 21st century?" How much more Malcolm had to give the world? And I often think about that, Dr. Davis, when I think about Trayvon: What would have come of 17-year-old Trayvon, had he not been shot in the heart by some wannabe cop? What would have become, Marc, Breonna Taylor, this queen who was just two semesters from getting her college degree, being a nurse, but she was executed with nine bullets in her home while she was practically naked? What would have become of Botham Jean, young Black man who was in his own apartment, minding his own business, when this white policewoman came and shot him while he was eating ice cream and watching TV? And then she had the audacity to say, Gina, "Self-defense. It was self-defense." But, Tamara, it wasn't her house. It was Botham's house. And so, we have to continue to stand up, speak up and fight for our children and our loved ones, because if we don't fight for our children and our loved ones, we can't expect nobody else to fight for our children and loved ones.

And finally, finally, I think about the Shabazz Center and the objectives of trying to make sure we educate the future generations with the history that has been contributed, Rob, by our ancestors. And I am ever reminded — ever reminded — that we have to fight racism and discrimination, Dominique, wherever it rears its ugly head. And so, you know, all of those high-profile police cases we fight, there are other battles that are just as important, whether it's medical racism with Henrietta Lacks, whether it's the \$100 million lawsuit filed on behalf of Malcolm X's daughters, because we can never let them think that we will forget about Malcolm X. We will continue to fight every day.

And we have to fight those who would try to rob our children and all children of learning about Black history, like our governor in Florida, Ron DeSantis, who is trying to prohibit the teaching of Advanced Placement African American studies. And so, I am on record, Attorney O'Neill, if he does not capitulate and allow the teaching of Black history, we're going to sue him. We are going to sue him, because, as Dr. Carter G. Woodson said, also known as the "father of Black history," if a race does not have a history, if it has no traditions that are respected and taught to the young people, then it becomes a negligible factor in the thought of the world and becomes in danger of being exterminated. And we refuse to let Governor DeSantis exterminate Black history in Florida. We refuse to let anybody exterminate Black history in any state in the United States of America, because Black history is American history. And not only do Black children need to know about Black history, but white children especially need to know about Black history. And so, we will fight, because our children need to know that our history made this country what it is today.

AMY GOODMAN: That was civil rights attorney Ben Crump speaking on February 21st on the 58th anniversary of the assassination of Malcolm X at the Audubon Ballroom, now the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center.

2023-05-19 "By Any Means Necessary": Watch Malcolm X's Speech on Racism & Self-Defense at Audubon Ballroom

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Topics

- [Malcolm X](#)

Malcolm X was born 98 years ago today, on May 19, 1925, and assassinated at age 39 on February 21, 1965, as he spoke before a packed audience in the Audubon Ballroom in New York City. We end today's show remembering his life and legacy with an excerpt of a speech Malcolm X gave at the Audubon Ballroom about half a year earlier called "By Any Means Necessary."



Transcript

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

AMY GOODMAN: We end today's show with Malcolm X in his own words, speaking in 1964.

MALCOLM X: One of the first things that the independent African nations did was to form an organization called the Organization of African Unity. ... The purpose of our ... Organization of Afro-American Unity, which has the same aim and objective to fight whoever gets in our way, to bring about the complete independence of people of African descent here in the Western Hemisphere, and first here in the United States, and bring about the freedom of these people by any means necessary. That's our motto. ...

The purpose of our organization is to start right here in Harlem, which has the largest concentration of people of African descent that exists anywhere on this Earth. There are more Africans here in Harlem than exist in any city on the African continent, because that's what you and I are: Africans. ...

The Charter of the United Nations, the Universal Declaration of Human Rights, the Constitution of the United States and the Bill of Rights are the principles in which we believe, and that these documents, if put into practice, represent the essence of mankind's hopes and good intentions; desirous that all Afro-American people and organizations should henceforth unite so that the welfare and well-being of our people will be assured; we are resolved to reinforce the common bond of purpose between our people by submerging all of our differences and establishing nonsectarian, constructive programs for human rights; we hereby present this charter:

I. The Establishment.

The Organization of Afro-American Unity shall include all people of African descent in the Western Hemisphere. ... In essence what it is saying, instead of you and me running around here

seeking allies in our struggle for freedom in the Irish neighborhood or the Jewish neighborhood or the Italian neighborhood, we need to seek some allies among people who look something like we do. And once we get their allies. It's time now for you and me to stop running away from the wolf right into the arms of the fox, looking for some kind of help. That's a drag.

II. Self-Defense.

Since self-preservation is the first law of nature, we assert the Afro-American's right to self-defense.

The Constitution of the United States of America clearly affirms the right of every American citizen to bear arms. And as Americans, we will not give up a single right guaranteed under the Constitution. The history of unpunished violence against our people clearly indicates that we must be prepared to defend ourselves, or we will continue to be a defenseless people at the mercy of a ruthless and violent, racist mob.

AMY GOODMAN: Malcolm X, speaking in 1964. He was born 98 years ago today, on May 19th, 1925. Go to democracynow.org to see the [full event](#) with Dr. Angela Davis, Ben Crump, Malcolm X's daughter Ilyasah Shabazz and many others at the Malcolm X and Dr. Betty Shabazz Memorial and Educational Center, the site of the Audubon Ballroom in New York City, where Malcolm X was gunned down February 21st, 1965.

And that does it for our show. A very happy birthday to Simin Farkhondeh, Eli Putnam and Tey-Marie Astudillo! I'm Amy Goodman. Thanks for joining us.