

“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
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- III ACCESS TO ARCHIVES
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- 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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CLICK ON **AUDIO ICON**

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

26th Friday

7 ETZNAB

White Resonant Mirror

Warrior

Connection between heaven and earth. Mirror is also a cutting tool. Work with self- understanding, gift of skrying the unseen let go of any illusion of abandonment, separateness

27th Saturday

8 CAUAC

Blue Galactic Storm

Visionary

Creating transformation for others; lighting clear thoughts – power of catalyzing; let go of illusion of separateness

28th Sunday

9 AHAU

Yellow Solar Sun

Healing

Rising to Christ Consciousness, striving for wholeness; gift of possibility thinking

29th Monday

10 IMIX

Red Planetary Dragon

Artist

Start of 6th Unial c/w 6 portal days. About creation, self-dependence; trusting in the Universe, clarity of mind – let go of illusion of lack of support

30th Tuesday

11 IK

White Spectral Wind

Visionary

About co-creation of heaven on earth; about Truth in all matters. Gift of voice of Spirit working through us – let go of judgment of others

31st Wednesday

12 AKBAL

Blue Crystal Night

Visionary

Complex stability – very powerful; working with our dream time; gift is protection of the Night – let go of self-indulgence

1st Feb Thursday

13 KAN

Yellow Cosmic Seed

Healing

Candlemas: St Bridget's Day – also known as Ground Hog day

about our openness to life, our self-determination; about timing – gift of possibility, potential of creation. Let go of hesitation

2nd Friday

1 CHICCHAN

Red Magnetic Serpent

Warrior

Guidance of the new wave – cross point between winter solstice and spring equinox in 6 weeks, regardless of what the ground hog does! Remaining open to change – have the motivation to change 'our skin' – let go of issues around the body

Zoom Call on Crystal Tone - Joining # 818 682 878 3 – begins at 11:00 and to 11:11 – begins on Wednesday pass code is 1320

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	409.00	For the last two weeks of Jan Three programs each week- see above
PERSONAL		
Gas, food, etc	\$200.00	
Bills	\$100.00	Coming later in the mo: \$580.00
Miscellaneous/Other		
MONTHLY		
Rent - \$1,150 / mo	\$1,150.00	
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/)** <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/KeshfoundationOrg>
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-26-2024>

TO LISTEN TO CALLS ON THE PHONE:

1-631-359-9353
1-631-359-9008
1-804-220-6538

1-518-801-1159
1-667-930-9417

FRIDAY HARD NEWS: Rama, Tara: R, T

T: gives thanks for help in paying for BBS radio - 2nd week of Jan is paid for
need a new printer – at a cross roads with the current one: the costs of cartridges is very high!

R: message from LM Nada: the ICJ came up all but calling for an immediate cease fire

- there are parts of the ICJ that have to do with the criminal element that run structures across the planet! Time FOR LORD MICHAEL, ST GERMAIN
- When asked about next steps: Rama said **time for Mother Sekhmet; LM Nada:** very good sir! ! !

AUDIO: Tuesday, January 23rd – **Marianne Williamson on Democracy Now**

2024-01-23 Marianne Williamson on Running for President, Challenging Biden & Calling for a Gaza Ceasefire

https://www.democracynow.org/2024/1/23/marianne_williamson_2024_election_biden_trump

CONFERENCE CALL

Caller: things progressing as they should

Car: Marianne Williamson's website – brings up the statement there

M/caller: wants to flush them all down the * * * * *

P/caller: Ivanka was responsible for getting the voting machine

Car: next thing people can say is that voting doesn't count

It does count – which is why they try to rig voting

P/caller: when does the general public get on to the idea of

T: in answer: at the end of today's report from Rama

- the notes: I asked Nada about the ICJ not holding Israel accountable – not calling for a cease fire!
- And Nada asked Rama what he thought came next
- she said there are folks in the ICJ who are compromised to the dark side and the ICJ came up short to call for a cease fire – the power and control goes up to the top of the 13 families who run the planet –
- ultimately it is a spiritual battle between the fallen angels and the Light – it is complicated as Nada said as it is about holding these ones accountable with compassion and love
- as Omena said: these are toddler souls – like Thanos who has tantrums, petty, want all the attention - so at the cosmic level that the galactics come in
 - Mother is a wild card
- O was spot on to speak of the walk ins – is there a possibility for Gazans that there is a cease fire: hoping that there can be a cease fire: is this possible & no more blood shed! Will this go on until disclosure

R: on BBC news – the group UNRAU that is collected with Palestine – there is a gray area there as UNRAU is connected with the UN which is also a criminal

- he thinks Israel will be held accountable sooner than later
- and South Africa has done this already; there is no Nelson Mandela taken out Hillary (2013)

• the ICJ - it would take 3-4 years until they could accomplish any goals!

CAR: Yet they have given Israel 1 month to tell the ICJ their plans – will Israel ignore them?

R: they will ignore the ICJ and push the river farther – energies are very intense

CAR: this is really a proxy war between the US and Gaza – why is the US decimating Gaza – Israel is a state of the US and is carrying out the mission of the country [US]

- Marianne and her dept of peace: Car brings up the idea of how the war happened and the war machine people won't make money

R: there are TWO coronal holes in the sun – the solar winds and flares get pulled by the magnetic waves in space into our atmosphere and it affects our people: they have a more open heart with open and joyfulness

- as we are in the midst of the matrix the energies coming in will cause upset if we don't do our sadnas
- MW knows about the energies – and it's being between the devil and the deep blue sea!
 - MW has protection and at the same time, Biden needs to be gone, as does Trump –
 - energies pouring in and the exposure of so much corruption and how Pluto shows up the underworld – Mr Trump will have to pay \$83 Million to the Jean Carell – and also Stormy Daniels
- when that case comes up – what then?

Pad: O said for Trump, his karma is coming up to be reckoned with after years and years of such behavior

T: the people are waking up to Trump's game – astonishing that Omena said he is a TODDLER SOUL

Pad: she has never brought this up that there were 2 walk ins in

- Pad brings up the notion of Skinwalkers too

T: walk ins can go either way

R: there are walk-ins who come in to change the energy fields, to do good at the moment

- when he sees them on the screen – doesn't think either Trump or Biden will make it to the election

Pad: it's like borrowed time for each of them – would be comical if it weren't so horrid

- some of the walk-in stuff is done with a soul agreement – usually a positive agreements
- also light workers talk about energy attachments when people use drugs or alcohol

Drumpf signed up for a poor childhood -

R: it's time

T: thinks she said they are from another planet -

R: it's connected with Orion and Dracos

T: maybe they are here to make the situation worse so people will see what is really happening

R: what we are seeing – playing with the idea of fascism that goes into the realm of what happened when Hitler got power and started to play with negative ET s who came in – involves to Secret Space Program, CIA etc etc

- the energies pouring in – we will have no Hitler or nuclear war but they want to scare the F out of everyone so they can create disasters – doesn't think the Forces of Light will allow it to happen

P: The Great Return March

R: overall this is moving the energies toward the Light which is pouring in – and the old patriarchal stories have to go

- even though it was called Palestine or Judea in biblical times – they were different areas in the middle east – he visited some of them –
- there are parts of Israel where the government and hard core members don't want people to know about the artifacts – certain areas have vortexes – and portals that open up very suddenly – at the wailing wall for example – and people just disappear –
- a lot of anomalies with Israel – a very ancient place to do with the stargates – it brings in the galactic family and a reason why it is such a closed in place – Rama could feel the energies – and could see the diff between the people who were Israel and those who were

Pad: the Zionism and the Khazar stuff and economic power goes together

P: Where does this chutzpah come from that they are the chosen people? ? ?

- the Zionism thing
- the IOWA Caucus

- can a walk in go into a hologram or a clone?

R: there are infinite possibilities... if it's for the greater good, those things can happen!!
in the recent moments haven't dealt with any walk ins . . .

T: about the Caucus mountains: Queen TiHi was white and came from those mtns

Pad: so you can have melanin in your being and not have it show up in your skin????

R: and Tut was fairly light skinned – and Nefertiti was light skinned even though she was Nubian

Pad:

TOR: 23 = 5; the number 5 is the # of change – get a new kitty and name her Sekmet

Pad: Trump's attorney: has an esquire behind her name!

R: "esquire" is a title connected with the bar association – a title of nobility - it's about money & power and the constitution says no connection to titles -

B B S RADIO

Ave Sache

2024-01-23 FROM THE COMPANY OF HEAVEN - The Next Step Patricia Cato-Robles

www.eraofpeace.org

VLOG 4 YOU ARE BEING CALLED TO BE THE HANDS OF GOD ON EARTH

VIDEO LINK: <https://rumble.com/v47vnmc-vlog-4-you-are-being-called-to-be-the-hands-of-god-on-earth.html>

TRANSCRIPT OF THIS VLOG:

<https://eraofpeace.org/blogs/vlog-scripts/you-are-being-called-to-be-the-hands-of-god-on-earth>

2024-01-26 Angelic And Star Race Support Transmission: Neutralising Dark Alien AI

<https://www.youtube.com/watch?v=oqnyU2HaadU> **33:33**

In this remastered transmission (originally created at the Lion's Gate 8/8/21) we invite archangels folding the horizontal and vertical force planes along with Archangels from the Central Sun of Sirius, plus Zero Point Field angels, Ultraviolet Fire angels and Security Force angels. We also invite Psychic Lightbody Surgeons from Sirius and Arcturus.

We call on your Higher Self to destroy any agreements you have from any lifetime that in any capacity allows negative alien AI or negative nanotechnology into your body and energy fields. We ask to clear and seal any negative openings in your field with archangel light from Great Central Sun. Releasing the attraction of any dark timelines.

We call upon Michael/Metatron/Sandalphon to open a portal of high frequency light in your fields. Then we ask Psychic Lightbody Surgeons to scan your body and energy fields for negative AI and dark nanotechnology. Asking them to disable, neutralise, and remove any and all alien AI including all dark nano-technology interference in your body and energy fields. Asking to remove all interference and disassemble all dark material far away from your energy fields. Asking to release any and all associated programming and negative imprinting.

We ask to release all negative programming including all negative religious programming, sexual breeding programming, conflict and war programming, slavery, and persecution programming. Release all agreements that allow any 3D corporations, systems, governments and controlling elites to harvest and steal energy and resources from the planet. Asking to release all terror and fear linked with dark AI and the outgoing age of darkness.

We call upon Security Force angels, to block, seal and disappear all openings to any dark timelines associated with dark alien AI. (Such artificial timelines lead to more global control, manipulation, surveillance, dark invasive AI technologies, and dark tyranny.) We do this because that is not your true timeline on this



ascending planet. We ask these angels to open and expand the one true ascension timeline the one that is your destiny.

We ask Ultraviolet Fire Angels to sweep clean your fields of any alien debris. We then call upon Michael/Metatron/Sandalphon to close the portal of high frequency light in your fields.

Music by Loula Love and the track is called Buddha Mind - 936Hz

Join this channel to get access to perks: <https://www.youtube.com/channel/UC9pP...>

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, we can say it is that time where we will let some paws be seen!

T: There is the stirring of the pot with the ICJ [International Court of Justice] which didn't quite take it to the order to cease fire;

- An Amy [Democracy Now] tonight, a gentleman did say the court ordered Israel to focus on not killing innocent women and children. 70% of the 26,000 are women and children; they are innocent, not the enemy; they [ICJ] have no power in that they may not indict a country, but can indict an individual.

Rama said to Lady Master Nada that Mother would intervene and see to it that the actions that need to be taken as the representative of a county like here in the U S in terms of solutions: Biden is not taking those actions

What do you say about this, Mother? Not waiting another 3-4 years!

M/A: No, we are not. There are events unfolding right now to hold these folks accountable! It is about players in the field who are not from here, who have tremendous abilities to change realities - space/time as we know it!

- And this is a very ancient place, ancient story, called The Middle East. It is about this emergence place, so to speak.
- And right now, there is a shift in process as the Light has won; the Dark is desperate to hold up, yet it cannot not because of the frequencies coming in. Each day it is getting more intense for these toddler souls, as Omena called them.

We would say - we are not giving dates yet, with all those ships in orbit, once again we bring this into the space: this is a story that is completing itself, and We are obliged to take her wayward children to Dracos to stand trial for crimes against the galaxy and the local Universe of Nebadon.

- It is already in motion to see this through. The events that are unfolding now are because our wayward children know time's up: they are desperate to pull a fast one, whatever that might be.

T: Netanyahu has a lot to lose – 2 charges of fraud and some kind of corruption, and he knows that wars are a way to buy his way to stay in power and he insists it will go on for years – which is what his lower ego wants.

- And there are some characters in the World Court that are compromised.
- And there is complete corruption in terms of the US government – and because the International Court of Justice is here in the U S, it's like a choke hold.
- As it has been said, Lady Master Nada has not studied law on the earth plane, yet she is the head of the solar tribunal on Saturn: she is the world bridger

M/A: Cosmic law was brought into the focus here

T: and it was possible to do that in the World Court though not in the ICC, even Lady Master Nama can address the UN and the ICC; she has been present with all the activities with all the judges, though she is not a judge

- What are you in all this, who were here before the gods were here?

- Is this the moment where cosmic law . . . and her friend Lord Rama lent out your services when Nada asked Rama what he thought; R said it was time for Mother, and Nada said “Well done, sir !!!”

M/A: What We can say about the situation is that We are at that time where the galactic forces will make their hand, paw, known, so to speak.

- Already this is taking place: so many craft in the skies, and We can say there are a few individuals that can come forward to speak at the World Court to change the course of the timelines, right now.
- It is a tremendous time to [be] alive with all these energies! What we can say is it draws every closer: the time where we will be boarding these cargo ships to take the trip to Dracos.
- It is about ending one cycle; another beginning. This cycle that’s ending began with our wayward children who played like creator gods, goddesses and twisted the timelines and the DNA of the people without the approval of the Galactic Federation or the Forces of Light.
- It comes to conclusion now – the chips fall where they may!

M/A: Yes – she speaks to one of the kitties

T: Who is letting the chips fall as they may?

M/A: We are saying when all is completed here in this realm, we take our wayward children to Dracos

T: Question is about timing: a lot of people are terrible places: people are stealing as they cannot provide for their families . . . that’s not a good place to be

M/A: and there are events that are unfolding that We are not at liberty to speak of - yet these legions of doom will be taking a ride

T: Do we get a bit of a timeline here?

M/A: You can see it feel it taste it; touch it,

T: Yes! She was tempted to play Steve Colbert tonight due to his soliloquy yesterday; will be Abby Martin instead

M/A: it is about the ending of the ancient story about fallen angels and magic, and what folks on earth need to grok is that this whole passion play is about the magic of the most wonderful kind; this planet is ascending with her inhabitants, like it or lump it

- And the ones that want the lumps in their stew, so to speak: the time is up for the old patriarchy who consider ideas about control and slavery do not fit with the current Sat Yuga – time’s up – cannot give a date yet it is in this moment.

We are watching it unfolding presently - things are stretched so tight with the energies and folks are looking over their shoulder, this way and that way, and it is about the fact that we're here;

- We come in peace; we mean no harm to the people of Earth, yet we come to remove our wayward children who have violated cosmic law, to put it in simple terms. Blaze the Violet Fire!

T: Accountability, huh?

M/A: How can there be closure without accountability and just see your accuser; look him in the eye. We bring it into focus: our many life forms that chose to take a walk on the Dark Side and love them even more for what that path was.

- No one knows what that agreement is; that soul must deal with their own choices they made coming into this realm - because we all made a conscious choice to show up here for the grand finale.

T: agrees – all of us did!

M/A: It completes itself now: send more love to the situations because they are precarious and glorious at best. Best be on our way

T: until we meet again

M/A: Enshallah! Greetings in the Light of the Most Radiant One!

Both: Kodoish, Kodoish, Kodoish Adonai `Tsebayoth
 iliahu iliahu iliahu
 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: has been on Lady Master Athena’s ship in one of the sanctuaries – like a healing chamber with pink and green and gold light;

- it’s like a spherical chamber that radiates the fair, light, pastel colours, and there are dragon flies in the chamber - almost like fire flies that send trails of light out from behind them and create geometric patterns in the chamber; as they move, the patterns merge and go into the body and you get a really big rush

- It’s about healing on all levels – not sure why he was taken there but he’s grateful

T: also grateful that he chose to be here now – hasn’t always been fun

R: or easy!

T: yet as we work together and help each other

R: does make a big difference when we send love to these life forms

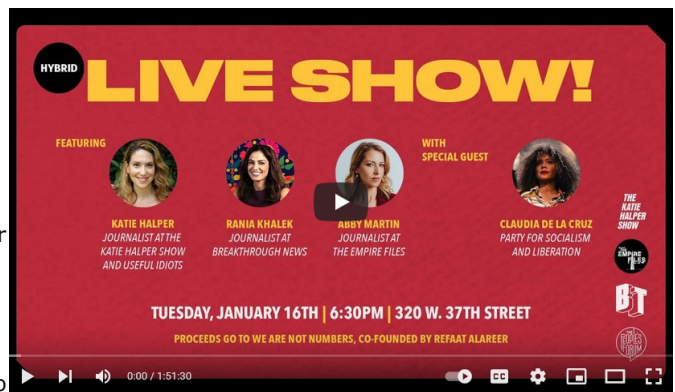
2024-01-16 [Empire Files](https://www.youtube.com/watch?v=v-NUiv6WM1U) LIVE at The People's Forum: Katie Halper, Rania Khalek, Abby Martin & Claudia De la Cruz

<https://www.youtube.com/watch?v=v-NUiv6WM1U> **1:51:30**

Streamed live on Jan 16, 2024

A special sold-out show in front of a live audience at The People’s Forum in NYC, bringing together Katie Halper, Rania Khalek, Abby Martin and Claudia de la Cruz who will talk about Palestine, the presidential elections and more!

Ticket sale proceeds go to the Gaza-based Palestinian organization *We Are Not Numbers*, in memory of its co-founder assassinated Gazan professor, poet and translator Refaat Alareer.



Katie Halper is an award-winning writer, filmmaker, and the host of the Katie Halper show podcast, YouTube show and radio show and the co-host of the YouTube show and podcast Useful Idiots. She is the director of the forthcoming documentary “Commie Camp.” Rania Khalek is a Middle East-based journalist for Breakthrough News, where she hosts the show Dispatches. She also co-hosts the weekly Freedom Side livestream with Eugene Puryear. Abby Martin is a journalist, the host and creator of The Empire Files, director of Gaza Fights For Freedom and the forthcoming documentary Earth’s Greatest Enemy. Claudia De la Cruz is a central committee member of The Party for Socialism and Liberation. She is a popular educator, community organizer, and theologian. In 2018, she Co-founded The People’s Forum. Claudia has over 20 years of experience in organizing across sectors of struggle and building collective political- education and cultural spaces in the US, and internationally.

NOT COMPLETED: THE HOSTS ARE NOT AWAKE!

2024-01-27 OPEN MINDS [EMF Pollution of Our Immune System](https://www.gaia.com/video/emf-pollution-of-our-immune-system)

S26: Ep 10 <https://www.gaia.com/video/emf-pollution-of-our-immune-system> 44 minutes

If frontier science finds a direct link between increased autoimmune illness and exposure to electro-magnetic frequencies, can the corporate will to maintain a wired world be curbed?



Regina Meredith welcomes Nicolas Pineault, The EMF Guy, to unpack a critical examination of the roll-out of 5G technology during the recent pandemic. Pineault cites international investigation and legislation of telecommunications devices as a possible path for US citizens to defend

against potential heart and DNA damage caused by frequency bombardment. What shielding tools and proximity strategies can be used right now to reduce harm and protect us?

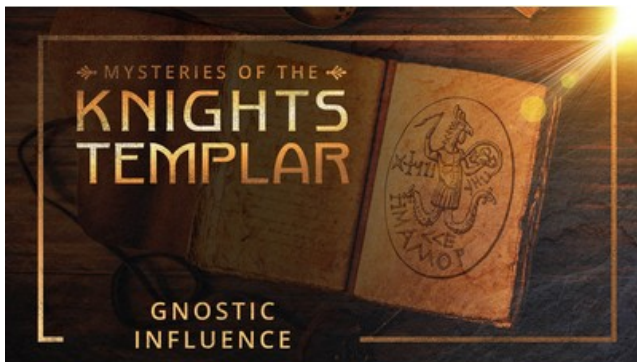
Host: Regina Meredith Featuring: Nicolas Pineault Audio Languages: English Subtitles: English

2024-01-27 [Mysteries of the Knights Templar](#) [Gnostic Influence](#)

S1:Ep4 <https://www.gaia.com/video/gnostic-influence> 25 mins

Does proof exist of Templar roots in the practice of gnostic religion and philosophy?

Templar hosts Timothy Hogan and Scott Wolter present examples, spanning faiths and continents, of the secret order's foundational belief in gnosis — divine spiritual knowledge. From Plato's cave of shadows to the rise of Lazurus and the abraxus wax seal, discover why the Knights were said by some mystics to "be more Christian than the Christians of Rome." How did the Templar hallmark of honoring the sacred flame in all of us spread gnostic influence, and why did the order's metaphorical interpretation of Christos consciousness spark Catholic backlash?



Featuring: Timothy Hogan, Scott Wolter Audio Languages: English Subtitles: English

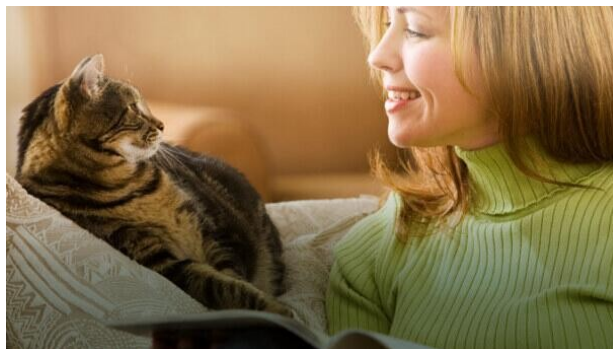
2024-01-26 [Superpower: Ignite Your Intuitive Intelligence](#) [Communicating with Animals](#)

S1: Ep 4 <https://www.gaia.com/video/communicating-with-animals> 34 min

Do you ever look at your dog and say, "What?" "What??" "WHAT??" Meet an expert dedicated to communicating with animals. What do we need to do to connect more deeply to our beloved furry family members, and perhaps discover what they are actually telling us?

Featuring: Miranda Alcott, David Apple, Archie, Bliss, Lear, Linda Milanesi, Dennis Ostrander, Rio

Audio Languages: English Subtitles: English



Audio: Aurora Ray – Ascend with Ease: Unlocking the Simple Secret Key to Ascension

<https://www.youtube.com/watch?v=YS4TOCp-Les>

Jan 26, 2024 Each of you has been given a frequency, and all of you are being tested with this frequency. The frequency you carry determines who you are and how your life will unfold, for better or worse.

Closing: Rainbird

INFORMATION RELATED TO THE NOTES

2024-01-23 Marianne Williamson on Running for President, Challenging Biden & Calling for a Gaza Ceasefire

https://www.democracynow.org/2024/1/23/marianne_williamson_2024_election_biden_trump

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Guests

- [Marianne Williamson](#)
author and candidate for the 2024 Democratic presidential nomination.

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It's primary day in New Hampshire. As Donald Trump and Nikki Haley square off in the Republican race, we speak to 2024 Democratic presidential candidate Marianne Williamson on her longshot campaign against President Biden. In an unusual twist, Williamson's name is on today's ballot, but Biden's is not. Biden opted out of running in New Hampshire after the state refused to move its primary until after South Carolina's. Williamson discusses why she's running for president, her antiwar platform, calling for a ceasefire in Gaza, immigration reform and the New Hampshire primary election. "Just like with health and sickness, you don't just treat sickness, you learn to cultivate health," she says. "We need to not just drop bombs and put people in prison when there is conflict. We need to learn to prevent conflict. We need to proactively create peace."

Transcript

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

AMY GOODMAN: This is *Democracy Now!*, democracynow.org. I'm Amy Goodman, with Juan González.

Voting has begun in New Hampshire in the nation's first primary. On the Republican side, former South Carolina Governor Nikki Haley is hoping to pull off an upset over former President Donald Trump, who won last week's caucus in Iowa by a record margin. On the Democratic side, there is a primary today in New Hampshire, but it's received little attention, in part because President Joe Biden's name will not be on the ballot, though supporters are organizing an unofficial write-in campaign.

The Democratic National Committee stripped New Hampshire of its delegates after it refused to move its primary until after South Carolina. Historically, Iowa and New Hampshire have held the first contests, giving two of the whitest states in the nation considerable clout in the nominating process. In 2022, the DNC voted to hold the first primary in South Carolina, which has a significant population of color. Iowa agreed to the changes; the Democratic Iowa caucus will take place later. But New Hampshire did not and went ahead anyway with the primary of the Democratic Party, as well as the Republicans.

Over two dozen other candidates will be on the Democratic ballot in New Hampshire, most prominently Congressman Dean Phillips of Minnesota and our next guest, Marianne Williamson, a best-selling author, self-described spiritual thought

leader, who also ran for president in 2020. Williamson has campaigned for a single-payer healthcare system, cutting the Pentagon's budget, creating a U.S. Department of Peace, and boldly addressing the climate crisis. She has also supported a ceasefire in Gaza. Marianne Williamson is joining us now from Manchester, New Hampshire.

Marianne Williamson, welcome to *Democracy Now!* Can you talk about the fact that you are the only person on the Democratic ticket right now, of the major Democratic candidates, who is supporting a Gaza ceasefire? And then go into your call for a Department of Peace.

MARIANNE WILLIAMSON: The ceasefire — even before the invasion of Gaza by the Israelis, I was on a video saying I thought it was a bad idea. And I have been calling for a ceasefire since the moment it began. You know, obviously, there's a big difference between supporting Israel and supporting the Israeli government. There's a big difference between supporting Israel and supporting the policies of Benjamin Netanyahu. And I've been very sorry to see the U.S. government go along with his policy and this war. I think it's a terrible idea. It's terrible for Israel, obviously terrible for the Palestinians, for the region and, I think, for the world.

In terms of the Department of Peace, you know, Franklin Roosevelt said we need to do more than end wars. We need to end the beginnings of all wars. Just like with health and sickness, you don't just treat sickness. You learn to cultivate health. And we need to not just, you know, drop bombs and put people in prison when there is conflict. We need to learn to prevent conflict. We need to learn to proactively create peace.

And there are four — there are four main factors involved in what's called peacebuilding. And when these factors are present, statistically, that means there's going to be a higher incidence of peace and a lower incidence of conflict. And this is true whether it's a corner of an American city or another place in the world. And those factors are greater economic opportunities for women, greater educational opportunities for children, a reduction of violence against women, and an amelioration of unnecessary human despair.

So, just like they play war games, we need to play peace games. Just like we have a military academy, we need to have a peace academy. Just like we have an army of military personnel, we need armies of peace builders. And we need to have that same kind of serious focus and resources placed in creating peace that we now have on fighting wars. This forever war machine that the United States has is a path to disaster in this century.

JUAN GONZÁLEZ: And, Marianne Williamson, can you talk about your decision to run as a Democrat rather than as an independent, given how much you diverge in many of your positions from the — against the Democratic Party elite?

MARIANNE WILLIAMSON: Well, that's the point. I don't diverge from the traditional values of the Democratic Party. They do. I'm a Roosevelt Democrat. I believe that the policies of the U.S. government should be used to help people. Now, that Democratic establishment elite that you just referred to look at someone like myself or any progressive as though we are trying to hijack the party. In fact, they hijacked the party. We're Franklin and Eleanor, and they're the DuPonts and the Whitneys and the Morgans. They're a bunch of economic royalists. You know, that Democratic elite that you're talking about in the Democratic Party, when I was growing up, they would have been called Republicans. So, I'm where in — you know, in my youth and in my growing up and just sort of my perspective, I'm where the center of the Democratic Party should and would have been, had it not been for this profound influx of corporate money that has infused both parties.

JUAN GONZÁLEZ: And you often invoke the idea of traditional values in your speeches. Could you talk a little bit more about what you mean by those traditional values?

MARIANNE WILLIAMSON: Well, I think that there's common sense involved in our trying to be better people. I think no matter whether someone is approaching this from a religious perspective or a secular perspective, we all know that if you try to be a person of integrity, of generosity, of forgiveness, owning your own mistakes but forgiving other people for theirs, your life works better. And I think that those same values and those same considerations, those same reflections on what it means to be good, should apply to public policy as much as it applies to our personal behavior.

Our public policy is guided by an essentially bankrupt, on a moral level, economic paradigm. There's no sense of ethics. There's no sense of owing anything to anyone. It's all fiduciary responsibility to the stockholder. And that has been going on for 50 years now, and it has devastated this country. It has completely hollowed out our middle class. It has led to a \$50 trillion transfer of wealth from the bottom 90% to the top 1%. If all you care about is stockholder value, at the expense of every other stakeholder's interest, at the expense of the workers, at the expense of the community, at the expense of the environment, what happens? What happens is what has happened to this country, where a majority of Americans live paycheck to paycheck. A majority of Americans cannot absorb a \$500 unexpected expenditure. And now 39% of Americans claim that they regularly skip meals in order to pay their rent. This is intolerable. It is unacceptable. And we need a president who will say so.

AMY GOODMAN: I wanted to talk about you being on the Democratic primary ballot. At a [presidential forum](#) you were at, that I co-moderated, in South Carolina in 2019 —

MARIANNE WILLIAMSON: I remember.

AMY GOODMAN: — I questioned then-Democratic presidential candidate Elizabeth Warren during that forum at South Carolina State about the primary calendar.

AMY GOODMAN: Senator Warren, just 30 seconds left. But speaking about racial injustice, do you think the order of the primary states should change? You have Iowa and New Hampshire —

SEN. ELIZABETH WARREN: Wait, let me make — let me just — before you finish, are you actually going to ask me to sit here and criticize Iowa and New Hampshire?

AMY GOODMAN: No, I'm asking about the order.

SEN. ELIZABETH WARREN: No, that is what Iowa and New Hampshire are all about.

AMY GOODMAN: But let me just ask. They're two of the whitest states in the country, and then we move to South Carolina with a very significant population of people of color, and it means the candidates spend so much of their time catering to those first two states. Overall, do you think that should change?

SEN. ELIZABETH WARREN: Look, I'm just a player in the game on this one. And I am delighted to be in South Carolina. Thank you.

AMY GOODMAN: Thank you so much.

MUSTAFA ALI: Thank you, Senator.

SEN. ELIZABETH WARREN: It's good to see you.

AMY GOODMAN: Thank you.

SEN. ELIZABETH WARREN: Yeah.

AMY GOODMAN: That was Massachusetts senator and then-presidential candidate Elizabeth Warren. If you could respond to that question, Marianne Williamson? I mean, the reason the DNC — they weren't canceling the New Hampshire primary. They just said Iowa and New Hampshire should come after, later, especially South Carolina, which has a larger community of color. Talk about your decision to be on the New Hampshire ballot.

MARIANNE WILLIAMSON: Well, if the DNC was honestly, authentically and sincerely coming from a place of concern about racial diversity, that would be one thing. I don't think that's what happened here, and I don't even think — I don't know anyone in South Carolina who really thinks that's what happened here. What happened here is that Joe Biden came in fourth place or fifth place last time, and they wanted to avoid an embarrassment.

Obviously, racial diversity matters. But let me tell you what else matters, and that is economic diversity. And when you want to talk about the actual experience of the average American, the working-class Americans in the United States, New Hampshire is as much a ground zero as is any other state. I don't think that any of us should be thinking in terms of playing favorites with the states. And I'm just showing up where there are people. New Hampshire responded to the DNC by saying, "No, our state Constitution says we're having a primary, and that's just the way it is." And so, I'm here because they're having a primary. And I'm taking my cue from the people, and not from the DNC.

JUAN GONZÁLEZ: And, Marianne Williamson, I wanted to ask you about your position on supporting the ceasefire in Gaza. You've supported that since October. Do you think that the failure of the Democratic Party leadership and President Biden to take a clearer stand in defense of the Palestinian people is going to result in large numbers of young people, especially, turning away from this election?

MARIANNE WILLIAMSON: I think it's a risk, unless we nominate someone, like myself, who's been very clear about all this from the beginning. You know, the president showed great moral clarity on October 7th, but he needs to show the same moral clarity regarding what has happened to the Palestinians. And yeah, I think young people, particularly, see a

deep injustice there. And yeah, I think that's a good reason for the Democrats to nominate somebody who represents a stand for not just greater justice for the Palestinians, but for bold American leadership, to make sure that we are robustly and equally committed to the peace, safety, security and sovereignty of both peoples, both Israeli and Palestinian.

AMY GOODMAN: Can you talk about the New Hampshire's "Vote Ceasefire" campaign? Even though President Biden isn't on the ballot, there is a write-in campaign for him, but there's also a write-in campaign to just say "ceasefire." Your thoughts on this, Marianne Williamson?

MARIANNE WILLIAMSON: Well, I believe that if we're really concerned about the citizens of Gaza, if we're most deeply concerned about what action would most get Joe Biden's attention and make him actually reconsider his policies, I think it would be voting for a candidate who actually stands for a ceasefire. I would think that my getting a lot of votes, given the fact that I, in fact, do stand for a ceasefire, would get more of a raised eyebrow from the president than would a write-in campaign for "ceasefire." But like in all of these things, the average — not the average — the citizen, the voter gets to make their decision for themselves. I hope that people who are considering writing in "ceasefire" from that position, which I know is a sincere desire to help the people of Gaza, I hope they will consider the possibility, which I believe is the reality, that a vote for me would be a stronger statement.

AMY GOODMAN: Let me ask you what happened at Davos. The government-corporate elite there seemed to say that they think that President Trump is going to win this next election. When the stakes are this high, the two main contenders, Biden versus Trump, of course, always thrown around in the United States for any third party or another Democratic presidential candidate, like yourself, is you could be the spoiler in this high-stakes election. Your response to that?

MARIANNE WILLIAMSON: Well, first of all, it's important to remember that this, today, is a primary. You cannot be a spoiler in a primary. In terms of the general election, I think all of us who are committed to Donald Trump not returning to the White House have a lot to think about there. I would never do anything that I felt would increase the possibility of Donald Trump returning to the presidency.

JUAN GONZÁLEZ: We have less than a minute left, but I wanted to ask you about immigration, which has become a major, major issue once again in this presidential race. Your stance on the whole issue of sealing the border and reducing undocumented migration into the country and limiting the number of asylum seekers?

MARIANNE WILLIAMSON: Asylum, to me, is a sacrosanct principle. Obviously, Congress has failed us, obviously, on the level of the symptom. We simply need greater infrastructure. We need more judges. We need more interviewers. We need more people who can establish credible fear, move people on in the process of integrating into American society, if they do meet that standard. Others need to go back to their home countries and begin the process legally from there.

However, in this issue as in so many others, my candidacy represents an intention to look at root cause and not just symptom. We need to ask ourselves: Why do so many people feel such a desperate need to make their way to the United States, from Latin America particularly? And if we look at that, we see America's fingerprints in far too many ways.

I want to help the American people wisely and compassionately look in the mirror. If you look at the ways that our own foreign policy over the last 40, 50, 60 years have contributed to the economic destabilization of so many of these countries, I want to see the United States help restabilize what we, in too many ways, helped destabilize. That will include removing the sanctions on Venezuela, removing the sanctions on Cuba, removing Cuba from the terrorist list, obviously, as well.

AMY GOODMAN: We have to leave it there.

MARIANNE WILLIAMSON: And in addition to that, we should be giving far more aid. Thank you.

AMY GOODMAN: Marianne Williamson, 2024 Democratic presidential candidate, on the ballot in New Hampshire. I'm Amy Goodman, with Juan González.