

“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 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	B B S RADIO STATION 2
LISTEN ON LINE	<ul style="list-style-type: none"> • A Night at the Roundtable • Friday Night Hard News CLICK ON AUDIO ICON	Saturday History Call CLICK ON AUDIO ICON
LISTEN BY PHONE	1-631-359-9353 [NO code needed]	1-804-220-6484 [No code needed]
CALL IN TO INTERACT	Only during live calls 1-866-627-6008 Direct: 323-744-4831	1-888-429-5471 Direct: 323-744-4841
ACCESS CUSTOMER SERVICE	Toll Free: 1-888-710-8061	Direct Line: 1-323-744-4828
FREE PHONE APPS	<ul style="list-style-type: none"> • Free BBS Radio Android phone app • Free BBS Radio iPhone and iPad app 	
B B S ARCHIVES	<ul style="list-style-type: none"> • 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	Wednesday	Telephone Only	1- 605 - 472 - 5406 PIN 402-493#
Grand Goddess Lillie	6:00 – 7:30 MST		
Abundance Call	Every 2 nd Wednesday	Telephone	
Caroline Oceana Ryan	5:45 PM PT/ 8:45 PM ET	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	Every Sunday, Monday	Telephone Only	1-425-436-6260 PIN 9467 441#
Cheryl Croci	9 – 10:30 EST		Call Cheryl for # in your area
Ashtar Legacy Calls	Every 2 nd , 4 th Tuesday 5 th Tuesday – no call	Telephone	1-717-908-1834 PIN 980 339#
Fran Pearre	9:00 – 10:00 pm EST	VOIP/ H D	Call is free; LD charges are not 1-717-908-1834 PIN #980 339#
		https://www.freeconferencecallhd.com/hd-conferencing/ via Skype	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 OPENING MEDITATION; HOUSEKEEPING; INFORMATION SOURCES

RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST

A. Opening Meditation: Rainbird

B. Housekeeping: Rainbird

BBS: • Listener-supported radio programs – Cost is \$300 per week
All BBS archives can be accessed for free, including the podcasts for the Thursday, Friday, Saturday calls, listed above.

• www.rainbowroundtable.net has archives, too.

- Go to BBSradio.com/Station2; find **The True History** call listing & **Paypal** button
- BBS appreciates getting checks via the mail: no Paypal fees!

• The mailing address for those who do not like paying electronically:

B B S RADIO
17419 Wilton Park CT
Spring, TX 77379

[Please put **“Attention Don”** on the envelope]
[Note inside that it’s for T & R calls
[& the Thursday call, as well]]

Tara, Rama: Their full-time, life-time commitment is to be tuned in to what is really going on behind 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.

OTHER FINANCIAL REQUIREMENTS

FOOD MONEY: VIA PAYPAL OR See the MENU 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

\$834.00 There are 3 programs: Thurs, Fri, Sat

** This includes the rest for October, Thank you, thank you, thank you! !
+ for Nov programs for your generosity

PERSONAL

Gas, food, etc

\$200.00 General living expenses (inc food, gas)

Bills

\$161.17 1 bill

Miscellaneous/Other

MONTHLY

\$1150 / mo

CONTACT INFO

- Please notify Rama when sending something
- Mailing address for checks, money orders, etc

koran999@comcast.net

Ram D Berkowitz
PO Box 280
Santa Cruz, NM 87567

PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH

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

Please donate: VIA PAYPAL, either your own a/c or Rama's a/c [koran9999]

There is also a **donate link** on www.rainbowroundtable.net

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

EVERY \$ HELPS: no amount is too small! ALL GRATEFULLY RECEIVED

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

C: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION

Contact Rainbird with questions: lightenergync@gmail.com

<https://www.youtube.com/watch?v=aLaVutWXju0> **(CHECK THIS OUT)**

One Cup One Life – Production and Application; Prevention and Reversal of CoronaVirus

https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_Prevention_and_Reversal_of_the_Corona_Virus

KF Wiki <https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

Keshe Foundation Store <https://store.keshfoundation.org/store/?alias=store>

D: ACCESS TO PODCAST: The audio link below allows you to listen to the entire program.

<https://bbsradio.com/podcast/true-history-november-25-2023>

E: THE NEW WEBSITE AND ADDRESS: WWW.RAINBOWROUNDTABLE.NET

RAMA, TARA:

Thanks to Cheryl, Rainbird, all our the listeners

- The paradigm has been shifting very quickly

R listened to Medea Benjamin at 11 AM this morning- she said Israel is not playing with a full deck: THEY WANT TO REMOVE ALL PALESTINIANS FROM THEIR LAND

- and Lord Ashtar said to R: THAT IS NOT ON THE MENU!
AND ALSO THAT A NEW PHASE IS BEGINNING (the anchoring of 5D, said Rama)
- **calling in the angels etc is part of living in 5D all the time!**

R: 26, 826 years is how long the situation on the Middle east has been going on! !

- only spoke to 4 deer and the crows! They weren't happy with the rainy cold weather and disappeared after 10 minutes! ! !

- There are amazing things happening on Earth, our galaxy and our sun system – war is not the answer!

- It is about the 5th dimension which is unfolding now – as Aurora Ray says we have all our gifts and abilities; we have all we need – all we do is listen

Audio: Aurora Ray

2023-11-25 Reaching for the 5D New Earth: A Journey of Hope and Healing!

https://thegalacticfederation.com/014-40?sessionId=f18a81f5-9ee8-43e8-9498-1de26b8e0acd&trigger_link=5iC6YOXC19pjgwuLgz1r



2023-11-23 Enlightened Manifestation | Micheila Sheldon & Ethann Fox | Channeled Revelations 18 |

[AAE tv](https://www.youtube.com/watch?v=vN-laonqc4c) <https://www.youtube.com/watch?v=vN-laonqc4c>

2:01:13

In this episode of Channeled Revelations, Micheila Sheldon channels the 9th Dimensional Pleiadians and the Elohim. Ethann and the guides discuss the architecture of Stone Circles around the world, their purpose and who built them. The conversation begins with

- a discussion into who are the Elohim and their relationship to the Annunaki.

The topics include

- stone circles of South Africa, Göbekli Tepe, and others.

Further discussion topics range from

- the purpose of gold in ancient to modern times,
- The Sirians and the lion iconography,
- the Orion beings,
- how matter is perceived in the 10th, 11th, and 12th dimensions, and
- what physical appearance Sekhmet took during her incarnation in ancient Egypt.



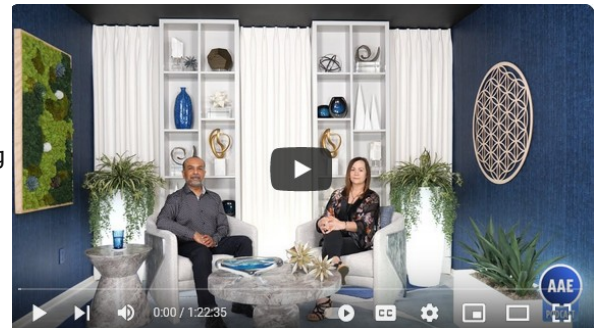
2023-11-18 Bridging Dimensions | Ethann Fox & Micheila Sheldon | AAE Podcast 19 | 11.18.23

[AAE tv](https://www.youtube.com/watch?v=c-JeFgpClhg) <https://www.youtube.com/watch?v=c-JeFgpClhg>

1:22:35

[AAE Podcast](#)

Join hosts, Ethann Fox and Micheila Sheldon for another episode of the Awake and Empowered Podcast to explore cutting edge advancements, channeled transmissions and practical solutions to peacefully navigate an incredible age of awakening. Pioneering voices in the movement to higher consciousness, Ethann and Micheila perfectly balance masculine and feminine energies to share wisdom and insights through higher dimensional access. You will walk away feeling vibrationally uplifted, inspired and excited to contribute to this incredible period of vibrational acceleration on planet Earth.



In this episode, Micheila and Ethann discuss how the 3rd dimension could be a utopia and that by helping create one, we will usher in a better 5th dimensional experience.

About Ethann Fox Ethann Fox is a spiritual teacher who assists lightworkers to uncover and live their life missions through his unique ability to remove karmic density and raise consciousness. As the founder of the Flower Of Life Institute, he oversees the vision and direction of global initiatives such as the AAE Expo, Seed Of Life School, AAE Magazine, and AAE tv, for which he is also the host. As a serial entrepreneur, Ethann has focused much of his career in business, finance, branding, and marketing, while also becoming an accomplished astrologer and numerologist of 29 years. Ethann now uses his expertise, to assist Lightworkers to develop their spiritual gifts, build world class brands, and create opportunities to reach a global audience. www.ethannfox.com

Rama's Music

ASTROLOGY

Richard [RI]

Current Conditions:

2023-11-22 November 22, 2023 Astrology Forecast

I need to break out of duality,
To be one with all that is.
The paradox is it's not doing a thing,
But allowing it all to exist.

ASTROLOGY FOR THE SOUL NOV 22, 2023

<https://www.youtube.com/watch?v=y7MrcfqjM9w>

[Click here to listen to the Pele Report](#)



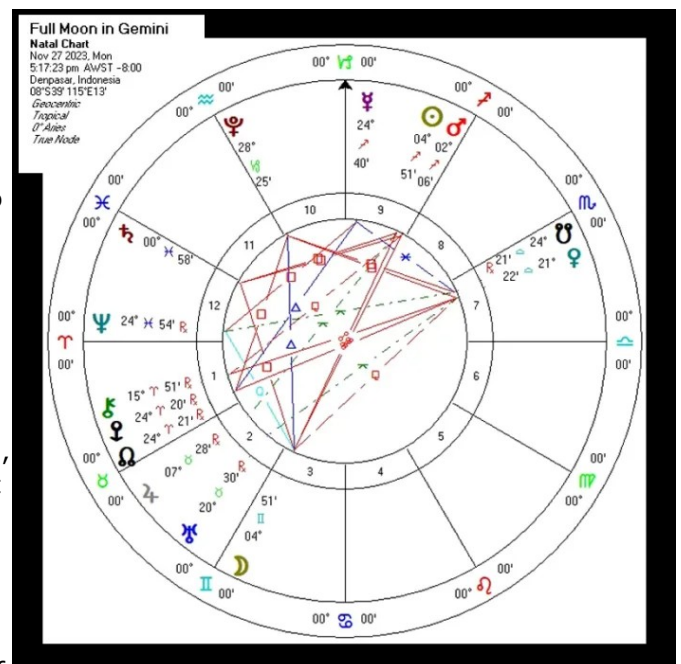
Hola New Paradigmers!

Well, if we want to take this week's Sabian Symbol literally, **it's time for a "psychedelic experience,"** whether you've got some psychedelics or not. LOL! The Uranus/Mercury/Venus yod is crazy-making for sure, and we know it is a fine line between crazy and genius. Through awareness and discipline, the genius can stay grounded and present, bringing his perceptions down into 3D rather than letting them pull him out.

It is our task these days to "walk the storm," as Okumura Roshi says, which means living with the paradoxical reality that opposites that "should" cancel each other out or not be able to coexist, actually do. We are forever being exposed to mind-blowing realities that we thought could never happen or "should" never happen, and yet here we are, needing to come to terms with what is maintaining our equilibrium.

Both Saturn and Neptune in Pisces for the next couple of years are about **practicing the art of surrender and acceptance without giving up** or fighting the fight. Equanimity is illusive! Zazen shows us that as this river of life flows from the head to the heart, from thinking to feeling, from winning to losing, and from pain to pleasure, the best approach is not to judge it, resist it, or hold onto it, but to experience it all. So go for it, knowing that it's not gonna last!

I need to break out of duality,
To be one with all that is.
The paradox is it's not doing a thing,
But allowing it all to exist.



So yup, we have another explosive week ahead of us as the Sun and Mars burst out of Scorpio into Sag and hit the wall of a square to Saturn in Pisces, who says, "STOP, you ain't goin' nowhere!" There are many ways of dealing with this, as I discuss in the report and the mantra. It is a heck of a lot of energy, particularly with the Moon waxing to full in fiery Aries now! That is not going to stop for long. It's best to find good physical exercise and activities to burn off some steam!

However, as the Sabian symbol notes, this energy can take various forms and outlets: one is on the physical level, another is emotional, another mental, and another spiritual. We are also afforded the possibility of **channeling that energy right up the sushumna** and through the crown like a breaching whale into the spiritual world!

So, while the full Moon in Gemini (with a Uranus/Mercury/Venus yod) might drive you crazy, confuse you, and wrap your head up in mind games (maybe having another person wrap your head up in mind games?), **the trick is to be still, in the heart, and breathe.** Letting it all go is a Scorpio exercise... and a lifelong path! Enjoy!

Take the [Road to Shambala!](#)

**So Much Love,
Kaypacha**

AUDIO: Tania Gabrielle – Gemini Full Moon Nov 27, 2023

2023-11-25 Gemini FULL MOON: Hold the Highest Resonance

https://taniagabrielle.com/gemini-full-moon-hold-the-highest-resonance/?inf_contact_key=1a66422b9e7d251b858a43e3e20439e9d18a532c4142cb79caf2b269de1401fa

Welcome to the **Full Moon in Gemini** exact on Monday November 27 (9:16 am UT, 4:16 am ET, 1:16 am PT).

This full moon is fiery, energizing and ultimately grounding.

- **Sun and Mars** are **conjunct** in Sagittarius.
- **Moon** in Gemini is **opposite Mars**.
- **Saturn creates a powerful T-square** to both the Moon and the Sun/Mars conjunction!

Since Gemini is ruled by Mercury and governs *Motion, Activity, Communication Skills, Facts, Information, Writing and Speaking*, you will be asked to look at **how you assimilate thoughts, information and conversations.**

Saturn's impact can harness the fiery energy in a highly productive way, especially if you channel it into an important project. A lot of progress can be made!

For all the details, watch the important Gemini Full Moon Forecast [here](#):

<https://www.youtube.com/watch?v=4gO6xqKnCOc>

It's important to be self-motivated and self-activated at this time.

This Saturn T-square leaves a long-term impact, so know that **the seeds that you sow now will return to you exponentially.**

You also may need extra rest – Sun and Mars square Saturn may make you feel a little more depleted.



And, with Sun and Moon at **4°**, symbol of organization and reality, you are pruning a tree – trimming all that is unnecessary, distracting and no longer of value.

Gemini, the Twins, invites you to **explore two ways of seeing a situation** – without losing sense of the whole. When something presents itself that triggers you, refrain from reacting to the situation or person, and instead *go deeper into the trigger*.

The good news is, the 2024 Ultimate Yearly Forecast will support you every step of the way.

This powerful livestream event on December 12 will reveal [12 months of stunning star code developments](#), profound numerology revelations and specific 2024 tools for spiritual and abundance advancement.

- You'll discover **your personal Sun, Moon and Rising Sign astrology forecast**.
- You'll receive the detailed 2024 Star Code Guide for **every Cosmic Event next year**.
- You'll get my personal "Fortune Calendar" - a **secret list of highly fortunate days** *based on the combination of astrology AND numerology codes for ALL twelve months of 2024!*
- *And so much more...*

Watch a short video [here](#).

We still have the special discount for loyal subscribers, like you – **but only for a few more days!**
[Click here to get your Early Bird discount.](#)

Blessings and Love,

Tania Gabrielle

CONFERENCE CALL

R: the beings Michaela brings through know about the different dimensions, more than Rama does

- What they talked of – the device with the concentric circles is a giant elector magnetic fusion generator – created by Enki and Enlil, to mine the gold and take it to Nibiru
- The circles all over South Africa that look like ruins are actually arc reactors / fusion generators that work with the earth and sky – Tesla's giant tesla coil that he sat beside was also a giant arc reactors – the energies coming into earth make things work
- Michael Tellinger is a piece of work: knows a lot of this stuff – yet there is a division between the various groups and he goes along with the currency reset program as he's spoken of it in the past
 - he also gave a whole lecture on IMBUTU – a program to bring peace on earth
- R doesn't know if the IMBUTU idea is an off shoot of Nelson Mandela

Pad: thinks M T has about 10% of him along the Ben Fulford thing – sometimes

R: yes he sometimes leans toward Ben F

Pad: going back to the idea of doing laundry and talking about what we talk about – and then about astral travel

About Gobekli Tepi – a giant space portal before humanity came on board

- the folks from Ancient Aliens go there – yet R would not go because Turkey's president, Erdogan, is a bit funny
- people don't talk about star gates and portals and G T has been here since the beginning – it's part of the foundations that a giant elector magnetic generator [was seated on] – many ships came and went: HUGE HUGE SHIPS
- The Millennium Falcon is a sports car compared to The New Jerusalem! ! ! It's the size of a football field ! And the NJ is 5,000 miles across and 12 layers deep, and 1.5 million people live on it

and Rama knows 300 maybe – on the bridge out of the 1.2 million – AND THERE ARE 12 SHIPS LIKE THAT SURROUNDING OUR PLANET WITH 1.5 MILLION PER SHIP

PAD: and does everyone on the ship know why they are there?

R: yes without question: are committed to the mission and their oaths to the galactic federation

Pad: when he was at Gobekli Tepe, did he . . .

R: Yes he could feel the energies there but he didn't stick around there – a most unique place: a UNESCO heritage site -

- and Stonehenge is also gentrified and protected by M I 5 and M I 6 -

Pad: to be sure we are protected from our Divine Selves! ?!?! !

R: Ethan and Michaela are used to speaking about it as galactic life is normal, everyday stuff and to us it is magic because we don't comprehend the quantum physics

- Thoughts are what catalyze and create matter -
- Thoughts are creative and do create things
- it's called the Oneness -
- and we are still moving into the place of TOTAL ACCEPTANCE of the idea that we can create anything
- it is about fear of giving up what they have (13 families)
- the unknown is an adventure and he is learning to trust the Force -
- We're on a journey of discovery

CJC: brings up the comment about war – and the response is: THERE IS NO MORE WAR! ! !

PCC reads the info on Reiner Fuellmich – to be made into a document and sent out . . .

RAMA'S MUSIC:

- I've got faith of the heart . . .
- something from a movie: probably something involving the Millennium Falcon – YES!

AUDIO: THE REMAINING PART OF 2023-11-18 Bridging Dimensions | Ethann Fox & Micheila Sheldan | AAE Podcast 19 | 11.18.23

2023-11-25 BEYOND BELIEF [Manifest Blue Sky Ideas](#)

S 22: Ep 24 [https://www.gaia.com/share/clpcreyj7000i01ashhjr0sr?language\[\]=en&utm_source=share](https://www.gaia.com/share/clpcreyj7000i01ashhjr0sr?language[]=en&utm_source=share) **40 min**

"We see ourselves the way we've been told to see ourselves."

According to Georgina Cannon, author and original founder of Canada's largest hypnosis school and clinic, the common denominator for success is to see yourself as successful. She uses neuro-linguistic programming to study modalities of success broken down into minute dimensions and coaches clients to become successful at everything in life.



From her new book, "Your Guide to Self-Discovery," Cannon invites experts spanning numerology to corporate coaching to share their insights with George Noory. She also discusses hiring by birth order, gratitude practices for strangers, and techniques for changing karma.

Host: George Noory Featuring: Georgina Cannon Audio Languages: English Subtitles: English

AUDIO: 2023-11-19 Ascension Quest | William Henry | Inanna | Jesus | Mary Magdalene | Common Sentience Sacred Stories

Sacred Stories

Be intrigued as William Henry explains what ascension is and brings us through a timeline from the original ascension story in Sumerian times of the Goddess Inanna through St. Francis of Assisi in the 14th century, giving more details of the ascension stories of Jesus, Mary Magdalene, Mother Mary, and St. Francis. William also shares how sacred art is a transmission tool to assist us with our own ascension. Based on the book - Ascension: Divine Stories of Awakening the Whole and Holy Being Within, a book in the Common Sentience book series.

2023-11-25 Ancient Civilizations Anomalies of Our Ancient Moon

S5: Ep 5 <https://www.gaia.com/video/anomalies-of-our-ancient-moon> 27 min

Woven into legend and lore, the mysterious origin of our planet's moon has long been explored by NASA missions, alternative researchers, and even Pink Floyd. Since the Younger Dryas, three prevailing mainstream theories have surfaced to explain our moon's mathematical precision. The satellite's size and orbit correspond to sacred numbers found in world religions. This episode explores a fourth theory, rooted in ancient mythology: was our moon precisely placed to counteract the effects of the Younger Dryas?



Featuring: Gregg Braden, Randall Carlson, Ben Van Kerkwyk, Rita Louise Ph.D., William Henry, Maria Wheatley, Kaedrich Olsen, Andrew Collins, Erich von Däniken Audio Languages: English Subtitles: English

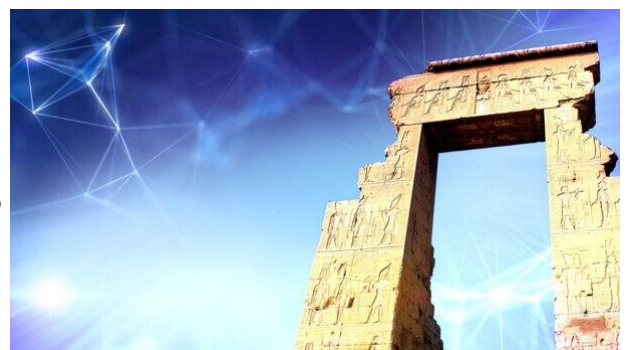
AUDIO: Beyond Belief with George Noory Egypt's Area 51: Stargates & Wormholes

S 22: EP 23 <https://www.gaia.com/video/egypt-s-area-51-stargates-wormholes> 39 min

Is current science rediscovering ancient transport methods known as stargates?

Filmmaker Mike Ricksecker returns from Egypt to share his insights from investigating sites believed to be ancient stargates used to access faraway locations and multiple dimensions. He discusses the active military base known as Egypt's Area 51 where a phenomenon similar to the aurora borealis is thought to indicate a working stargate.

Ricksecker also shares footage from Egyptologists demonstrating how portals within pyramids like Giza and temples like Elephantine were powered by energy harnessed from rose granite. How are scientists today recovering this lost portal technology through quantum experimentation and finding proof of the Einstein-Rosen bridge we call wormholes?



Host: [George Noory](#)

Featuring: Mike Ricksecker

Audio Languages: English

Reading: Aurora Ray – A New Earth is emerging where respect and dignity are extended to all. Abundance replaces scarcity
SEE TRANSCRIPT BELOW

Closing: Rainbird

Rama's final choice:

Alan Watts – The Mystery of Sleep!

<https://www.youtube.com/watch?v=crHqKoD-Ngc> 9:05

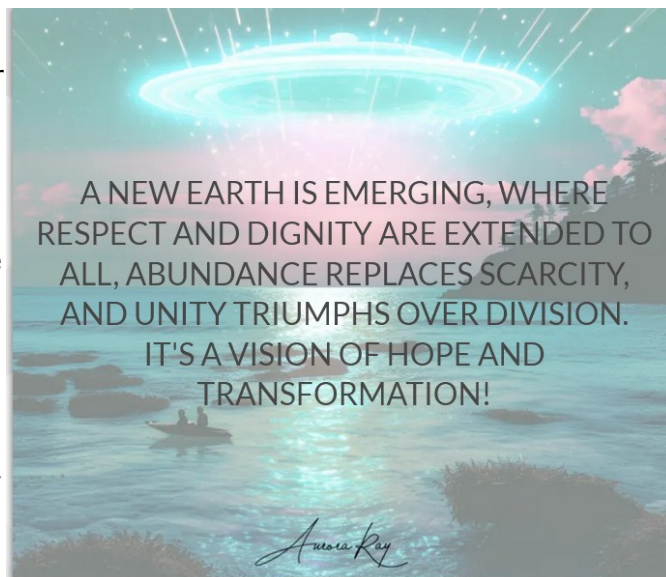


https://thegalacticfederation.com/014-40?sessionId=f18a81f5-9ee8-43e8-9498-1de26b8e0acd&trigger_link=5iC6YOXC19pjquLgz1r

We are all spiritual beings undertaking the human experience. Though our journeys differ, we all wish for the same basic things - joy, connection, fulfillment. When we recognize this truth, we see all people as fellow travelers rather than strangers or opponents.

The more we transcend duality in our individual lives, the more humanity will transcend it as a whole. As we raise our consciousness and vibration, so too will that of the planet. The era of separation is ending, and a new age of unity is dawning. We each have a role to play in manifesting this shift.

The awakening of our collective consciousness allows us to live as one human family, bound not by creed or race but by love. Though this transformation begins within, it has the power to reshape our world.



Embracing Oneness:

Oneness is the understanding that all life and existence is interconnected and interdependent. When we embrace oneness, we move beyond the illusion of separation and realize that we are all one unified whole.

The main benefit of cultivating an oneness mindset is that it leads to greater compassion. When we understand that we are all deeply connected, we naturally feel more empathy and care for others. An oneness perspective also helps us appreciate the fundamental unity behind the apparent diversity we see around us.

There are several ways we can cultivate a sense of oneness:

Spending time in nature and contemplating how all elements of the natural world are intricately linked and reliant on one another. This helps us recognize the inter-connectedness of all life.

Practicing meditation and exploring non-dual states of consciousness where the subject/object split dissolves. Deep states of meditation can reveal our inter-connectedness.

Performing acts of compassion and developing greater empathy for all people, animals and nature. Compassion helps knock down artificial barriers between self and other.

Reflecting on the fundamental similarities we all share as humans - we all wish to be happy and free from suffering. This can reduce judging others as separate.

Spending time around spiritual teachers and communities, like ours, that promote oneness principles through their practices, wisdom and way of life. Their example can be inspiring.

Considering the ways our actions or consumption habits may negatively impact other people, species or future generations. This encourages acting from an interconnected worldview.

When we consistently think, feel and act from a perspective of unity rather than separation, we increasingly realize oneness in our direct experience. By embracing oneness, we help co-create a more just, peaceful and sustainable world.

Living in the Present:

As the great awakening unfolds, it's vital that we learn to live fully in the present moment. This means releasing our attachments to the past and future, and grounding ourselves in the here and now.

When we live in the present, we open ourselves to become more conscious, aware, and attuned to the energies unfolding around us. Presence and consciousness go hand in hand.

Being present means letting go of rumination about the past or obsession over the future. It means centeredness, mindfulness, and embodiment in this very moment. We train ourselves to be awake to what is, without getting tangled in narratives about what was or fantasies about what will be.

The more we make it a daily practice to live in the now, the more we will elevate our consciousness. This expanded awareness then allows us to perceive reality at a higher frequency. We start to witness the inter-connectivity of all beings, and realize our shared divine nature.

The present is a gift and now is the only time we have to open it. When we are fully engaged in the present, our vision clears, intuition strengthens, and we feel purpose course through us. We shed everything that is extraneous so we can be conscious conduits for the evolutionary energies birthing our global awakening.

Being fully present is the doorway to enlightenment. It allows us to go beyond ordinary perception and touch the sacred ground of being. As we collectively awaken, living in the now will help reveal greater truths and speed humanity's evolution. The time is now for living in the present.

A New Chapter for Humanity:

As we stand at the precipice of a great awakening, we have the unique opportunity to co-create a new future for humanity. Though the path has been laid out before us, the ultimate destination depends on the choices we make in this pivotal moment.

Visualizing the world we wish to inhabit is the first step. A world where all people are treated with dignity, where abundance replaces scarcity, where cooperation triumphs over conflict. This is a world our hearts know is possible.

To manifest this vision, we must live consciously in the present, embracing our oneness and transcending the illusion of separation. We must release the shackles of fear and choose love.

We love you dearly,

We are here with you,

We are your family of light,

We are the Galactic Federation.

A'HO

Aurora Ray

Ambassador of the Galactic Federation

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