

2024-04-19

HARD NEWS ON FRIDAY

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

DOCUMENT OVERVIEW

- I ACCESS to THE THREE WEEKLY CALLS via the Internet
- II ACCESS to OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable
- III ACCESS TO ARCHIVES
- IV OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; PODCAST LINK; MISC.
- V KESHE FOUNDATION INFO; N F T REWARDS PROGRAM
- VI FRIDAY HARD NEWS: NOTES, REFERENCE MATERIALS

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

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

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

ADDITIONAL HELP FOR LISTENERS

B B S LISTENER TOOLS

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

B B S RADIO STATION 2
Saturday History Call

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CLICK ON **AUDIO ICON**

CLICK ON **AUDIO ICON**



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[NO code needed]

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[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	

**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	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/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 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; 0000000000000000while 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! 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

19th Friday	12 IMIX	Red Crystal Dragon	Artist
12 is complex stability about getting crystal clarity – working with creation, self-dependence, trust in the Universe			
20th Saturday	13 IK	White Magnetic Wind	Visionary
21st Sunday	1 AKBAL	Blue Magnetic Night	Visionary
22nd Monday PORTAL DAY	2 KAN	Yellow Lunar Seed	Healing
23rd Tuesday	3 CHICCHAN	Red Electric Serpent	Warrior
24th Wednesday	4 CIMI	White Self-Existing World Bridger	Warrior
25th Thursday	5 MANIK	Blue Overtone Hand	Healing
26th Friday	6 LAMAT	Yellow Rhythmic Stargate	Visionary

NOTE: RAINBIRD IS NOT HERE TONIGHT

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 \$305 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 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	Owe for last wk of March \$160.00 \$777.00 / 3 weeks in April	To get caught up . . . Three programs each week; see above Thursday, Friday, Saturday
PERSONAL		
Living expenses	\$200.00	Food, Gas, etc
Bills		
Miscellaneous/Other	\$200.00	For E.T the mechanic
MONTHLY		
Rent - \$1,150 / mo		NEED \$575.00 FOR ½ OF MAY
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! Tara does a reading: suggested donation - \$150 or what you can afford**

**** [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/)** <https://keshe.foundation/>
Keshe Foundation: the place where Science meets the Soul of Man
 - **KFWiki** <https://kfwiki.org/>
The free **Plasma Cyclopedia** of the Keshe Foundation
 - **Weekly YouTube Presentations**
<https://www.youtube.com/c/KeshefoundationOrg>
Public can join by ZOOM: the link is 939 474 503
 - **More information** Carolyn - Rainbird – lightenergync@gmail.com
- (2) **N F T Rewards programs**
NFT/reward.biz/register
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-april-19-2024>

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

Rama, Tara [R, T]

Rama, Tara:

Greetings to all! Thanks to all for being here! Grateful for the presence of all
T: reviews the \$ needed for BBS

R: energy beams coming now
a glorious time to be alive; a challenge to see what is going on
SEND MORE LOVE AND BLAZE THE VIOLET FIRE!

T: tonight's WK update
7 deer, 4 crows, caretaker of I AM Sanctuary temple
From Charlie: Adi Shakti mantra together ; prana Yama breathing too!
let us focus on the emerald greed ray into Gaza – see Lord Hilarion and healing energies in the Middle East
The deer and the crows remained for the entire time!

R: challenge to be here with the energies pouring in
time/space, reality, what we grok as the 3D realm – a holodeck program

and it's GONE, IS THE REPORT
AND THERE IS NO MONEY !

Stay in neutrality, send more love to both sides

AUDIO: Aurora Ray for today call to star seeds, light workers - I am writing

THE TEXT OF THE VIDEO FOLLOWS . . .

2024-04-19 [Aurora Ray](#) A Call To All Starseeds & Lightworkers

[opnoseStrd27u9020a5tu f8a1lFe31 20r5m0902b2llf2f33c20y1grut1](#) .

A Call To All Starseeds & Lightworkers

Hello, fellow lightworkers and starseeds. I am writing to you because I feel that you are an important part of my ascension.

Our dear Galactic Federation contacted me yesterday and urged me to share this vital information with you. They told me that if enough people wake up and start to realize who they really are, then it will help with the ascension process for everyone.

So now, I am reaching out to you in the hopes that you can share this message with others. Let others know that they can learn how to reach their full potential as human beings.

The key to enlightenment is knowing who you truly are: the creator of your reality. You are not your thoughts, body, or mind. These things are temporary vehicles that allow us to experience this lifetime on Earth, but they are not who we truly are.

When we realize who we really are behind our outward manifestations, we immediately become enlightened and free from suffering. We come into a state of grace where all is well, and there is nothing left to do or achieve because we have already arrived at the perfection of our natural state!

The problem is that many people think that their physical bodies are who they really are. They have the sensation that they are trapped inside their own skin and are unable to escape.

They think they are the voices in their heads, the thoughts that run around in their heads, and they believe they are the emotions that come and go in their body.

They do not realize that they are something other than this. They do not know that there is a deeper level to who they really are.

In fact, you have experienced this deeper level of consciousness before, but you were so young when it happened that you did not remember it. You were in a deep state of meditation or relaxation when suddenly you had an experience of consciousness where you felt very deeply connected to everything around you. You felt like you were part of everything around you. There was no separation between yourself and anything else. It was an amazing experience, wasn't it?

That feeling, that beautiful experience, actually represents your true nature. That feeling is who you really are, deep down inside of your being. But, unfortunately, most people grow out of that feeling over time because most adults teach children to separate from life instead of connecting with it.

I am talking here about a different kind of connection. It is your connection to the world around you, your connection to the universe, and your connection to the divine. When you are able to realize this connection, then you have entered into the Fifth Dimension.

The transition to the 5th Dimension has already begun. This can be seen in many ways through various supernatural occurrences, including UFOs and their occupants, crop circles, spontaneous combustion, and

balls of light in photos. All of this is part of the cosmic upgrade that is taking place on Earth as we enter the 5th Dimension.

The 5th Dimension is a step beyond the 4th Dimension, which is what we are currently operating in. In the 4th Dimension, you deal with your emotions, and in the 5th Dimension, you do not need to because you realize that there are no emotions. You merely look at life as a dance and enjoy it from that perspective.

This can be difficult for many people because they have been taught to have fear by those who wish to control them—those who wish for them to be slaves.

These days we are living in an age where almost everyone is aware of what's going on around them, yet they choose to remain asleep and unaware of their true selves.

The power of choice lies within each individual, and although there will be more and more people awakening into the 5th Dimension, It's critical to awaken your family and friends so that they may realize themselves as they truly are.

How to ascend? How to enter the fifth Dimension?

The answer is that you don't need to do anything about this. You just need to watch your body, thoughts, feelings, and actions. This is the only way. There is no other way to enter the fifth Dimension. All your doubts will disappear automatically if you follow this simple technique. This technique is like an ultimate key that opens all the doors of the universe.

You can use this exercise in many ways:

Allowing yourself time to think without being distracted by your activity;

To get rid of the stress and negativity that has accumulated in your mind throughout the day by not being able to think about it for a period of time;

To connect with your inner self and thus bring out the best in yourself,
To feel the world around you more clearly, To rest from doing any activity,
And a lot more!

The main focus of this exercise is to empty your mind of thoughts for 5–10 minutes. You can do this exercise anytime you want and anywhere you want; there is no need for any special preparation or place. Just sit comfortably with your back straight and close your eyes. Then take a few deep breaths and relax your whole body. Let go of all thoughts, worries, ideas, or plans that come to mind.

The key is to watch your breath. Take deep, long, and very slow breaths in and out, then do nothing more but observe your breaths.

You may watch your body, actions, thoughts, and feelings but do not engage by reacting to them. Simply observe what comes and goes.

You have been imprisoned in your mind up to this point. You are living in a dream world that is created by your thoughts and feelings. Now you can open your eyes and see who is watching these activities. You can become free from this prison and be free forever.

Now I am giving you the good news that it is possible to live permanently in the Fifth Dimension. This is the place of supreme consciousness, or supreme blissfulness, or Godliness, which is beyond time and space. I have seen many people who have been there for many years with their physical bodies as they have done this exercise since a long time ago.

This technique can easily be learned by anyone at home, as it requires no money or other things too much to learn. Just watch your body, actions, thoughts, and feelings without reacting to them.

You are a being – a soul, spirit, energy – and not just a physical body. The body is just a temporary vessel; you are eternal and made of pure energy. Your soul never dies and never gets sick. It doesn't age. It's time to tune in!

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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CONFERENCE CALL

When will we get rid of Netanyahu? ? ?

Pad: saw a program with a professor and trying to explain from the Iranian point of view, and the Israeli interviewer who kept trying to bend things back to Israel as the victim

R: the different stories

- the story with P. Diddy, stuff about the Kardashians and drinking adrenehrome ? ? ? ?
- there are lots of people with \$ but they are being controlled too
- it's about they have lost only hanging on with loosh – and that is disintegrating they look like idiots on TV every day
- the guy who set himself on fire is in hospital in serious condition

Pad: last week it was the damn Hamas, and now it's that damn Iran! !!

R: heard on BBC that Iran has some kind of internal drama with their groups - and it was twisted about how the

Pad:

R: Risa is a planet of peace – only go there for recreation

T: Proceon – the people there have no feet – they bounce along on the waves of energy

WATCH **DEEP SPACE NINE** – A COOL WATCH! !! AND WORTH WATCHING

Speaking of dancing: South African raptors . . .

a **documentary called MIRAGE and the uselessness of water treaties**

R: the Colorado River is one of the most endangered rivers in the US -

B B S

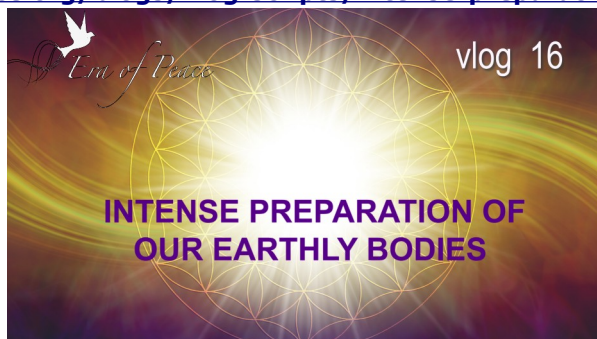
AVE SACHE

AUDIO: FROM THE COMPANY OF HEAVEN - The Next Step
Patricia Cota-Robles www.eraofpeace.org

VLOG 16 INTENSE PREPARATION OF OUR EARTHLY BODIES

VIDEO: <https://www.youtube.com/watch?v=-C9BNqt36DA> 21:23

VLOG: <https://eraofpeace.org/blogs/vlog-scripts/intense-preparation-of-our-earthly-bodies>



2024-04-17 Arcturian Trauma Release Transmission: Clearing Shock Multidimensionally

[Steve Nobel](https://www.youtube.com/watch?v=yDMn9_4jm9o) https://www.youtube.com/watch?v=yDMn9_4jm9o 44:44

The Arcturians are ancient race of higher vibrational beings who live on their home planet, Arcturus, which orbits the Red Giant star known by the same name. The Arcturians are one of the Stellar races interested in Earth at this time of ascension. They are here to help humanity attain 5D consciousness. They possess advanced technologies to assist us in the ascension process.

In this transmission we call upon ascended Arcturian beings to create a blue sphere of light around you. This sphere transports you to one of the Arcturian space ships. Within this ship is a healing chamber. In this Healing Chamber Clear the Arcturians work to clear and reabsorb into light all shock held within the Body Consciousness. Also, they assist in clearing and reabsorbing into light all imprints of shock and trauma that have been inherited through the bloodlines and from other lifetimes. The healing includes a recalibration, regeneration, and regulation of your physical systems and energy fields.

Music is by Rebecca Reads and the track is called Jupiter Healing.

Join this channel to get access to perks: [@stevenobel](https://www.youtube.com/@stevenobel)



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 energy of St Germain and the Violet Flame.

Greetings, Children of Ra!

Indeed we are all Beings of Peace!

The energies pouring in at this time are the highest cosmic law will allow, without you turning into confetti! It's that high, that good! Even though we are still watching, experiencing, the old remnants of this old tired story. As all the folks have been saying across the spectrum here: leave all the old drama alone; let it go! There is so much light and love pouring in at this time - it is a magnificent time to be here!

Simple stuff: about honoring each other in all aspects of life. It's what makes up this cosmic dance - we are in a magnificent place in the cosmos with what's happening right now.

It's the first day of Taurus, Sun in Taurus – new energies pouring in. In a day or so, Jupiter / Uranus having a major conjunction. The sudden events unfolding at this time are about a wake-up call that has not happened for quite a few eons, and it's happening as we are having this little chat.

Our best advice is to work with the light pouring in and leave the rest alone 'cos it's getting quite intense and then some.

All the old empires have to fall; there's no need for empires when we can manifest what is needed for the mission here of ascending earth and ourselves. All is being made so because of this cosmic light pouring in at this time. It's amazing to be part of this grand cycle: this is why all the Beings of Light are here to see it through.

As the waves move through the cosmos of the energies that were generated by this total solar eclipse, the dark has nowhere to go except back to Source, and so be it, so it is. It is about new beginnings - turn the story off; plant the seeds

Right now this amazing time we're in, is this inner work that Mercury is putting us through our paces cos as we get the inner divine house in order – at least what's to the outer - it is happening at an exponential rate

More souls are coming to the sudden realization that **love is the answer**: the old stories don't work any more.

Ideas of separation and clashing with egos got us in this place we're in, and it's shifting as we're having this little chat around the virtual council fire. All the beings are here. This blue light that was being spoken about from the Arcturians - the blue healing light - can change so many things as we work with that energy right now. Right now it's being brought in to complete the circle here of the old stories [which] are only more samsara.

Time for bliss. We created through our own actions by honouring all life in the Circle. The seed holds the key to everything - this sacred seed that we have planted eons ago called **ALL OF US** ! It chose to show up with this grand experiment of having a physical experience while being a spiritual being and all of the ramifications that come with it. The highs, the lows, the ups, the downs – right now we can say with great certainty that we have crossed the threshold - story is (though) they may (want) to create more chaos across the planet, they are ultimately failing and send them more Love - that's how we get through this.

It is a challenge for our consciousness to see, to see, experience such samsara, yet we made a conscious choice to see it through. We passed the test! ! !

Like the message said, the holodeck program is over. How **we** make the change with beginning with our own self - it's a big deal! Gotta talk to your DNA; use the Force. Dr Bruce Lipton will give us more on this tomorrow - it is about experiencing joy in each moment: that's all there is. We'd better be on our way

T: is there something we can do to have peace in Palestine and Israel?

M/ A: Wise people are wondering about this present situation. It is about letting go of the old false gods that have no power in them. Let us say: wayward ET s, on a mission from the dark sid, got lost in the magnificence of the power and the glory of physical manifestation. Now it's done: these old false gods don't hold any more power; they don't want you to realize that; then their power is gone, and we never gave it to them to begin with - it was about the matrix and the mind control, playing around with The Will. It is called *Thy will be done on heaven and earth*, not my will! Fallen egos create chaos in any space/ time continuum!

As we are learning how to heal this stuff, there can be peace in Gaza; **it is about respecting each one's own autonomy of this right to be eternally self-existing.**

There is no death; it is about this change of clothes that's going on. As we put on our star fleet uniforms, so to speak - whatever we wish to call it: Guardians of Light . . . What's happening right now is this shift away from war. This planet is weary of war: that's why there are things going on that are anomalous in nature yet it is about moving up in higher octaves in this Harmony of the Spheres, this Great Symphony of Music. This music is the sound of the quantum field; it contains everything, and all we need do is tune in to hear that sound. It is the sound of one hand clapping, and it is simple to listen - just gotta stop the maya; just gotta listen . . . 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 Taos Mtn to sit with the crystals there ; blue green crystals, and Blue Lake (?) was talking and saying now is the time unfolding; Great Spirit is here the war is over; let it all go

T: So mote it be

R: Aho

T: 13 thank yous and honey in the heart

message: just work with the energies pouring in and leave the matrix alone!

T: it's already gone!

R: that's right - just knows that the light pouring in is so big each day: it's all he can do to be here and bless each moment . . .

AUDIO: The Zero Hour - R J Eskow -

<https://tunein.com/podcasts/Progressive-Talk/The-Zero-Hour-with-RJ-Eskow-p603878/>

Vijay Prashad: Dictatorships of Water and Air

[4/13/2024](#)

Duration:00:41:07

2024-04-19 OPEN MINDS

[Life's Purpose: Destiny in Your Hands](#)

S27:Ep3

<https://www.gaia.com/video/lifes-purpose-destiny-in-your-hands>

45 mins

Do you hold the entire world within the palm of your hands, including your life's purpose?

According to Vernon Mahabal, a respected Palmist and Director of The Palmistry Institute, our hands serve as tangible reflections of our soul's journey. Each curve and crease contains the secrets of our past, present, and potential future. Even the lengths of our fingers and the positions of our thumbs offer profound insights into our individual personality traits.



Mahabal also shares that he frequently receives inquiries revolving around life's purpose. He highlights a striking reality: only around 5% of individuals are aligned with their true destiny. However, with the profound insights embedded within the lines of our hands, we hold the key to steering ourselves toward the path that aligns with our highest timeline.

Host: [Regina Meredith](#) Featuring: Vernon Mahabal Audio Languages: English Subtitles: English

CLOSING: Rainbird reports on her day's activities