

2023-11-23

A NIGHT AT THE ROUNDTABLE

Because November 23rd was Thanksgiving in the United States, there was no program – EXCEPT a re-play of the November 16th program – which is attached so the program can be listed on the website.

Part of the Notes is the inclusion of the CLOSING MUSIC information – the podcast does not contain that music so, with the information included at the end of the notes, you can click on the link and enjoy your own private performance! ! !

Best wishes to all of you who access this link on the website! ! ! Glad you found us . . .



**All our written archives on this page
have been put together with love and
humour by Penny, our Scribe and Researcher.**

<https://www.rainbowroundtable.net/archives>

DOCUMENT OVERVIEW

I INFORMATION REGARDING ACCESS TO

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

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

I INFORMATION REGARDING ACCESS TO

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

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

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

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

INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

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I - B ARCHIVES - provided by BBS and by Rainbow Roundtable

ARCHIVES: B B S

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

ARCHIVES: Rainbow Roundtable

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

I - C TO ACCESS OTHER CALLS SUPPORTED BY Rainbow Roundtable

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

***** To access past ALC calls, go to [Ashtar Legacy Teleconferences \(ashtarontheroad.com\)](http://ashtarontheroad.com)**

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-november-16-2023>

OPENING: RGM

MEDITATION: Omena

HOST: RGM

TONIGHT'S PANEL:

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

THE LAW OF ONE

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

MEDITATION -

Theme: a divine healing for every soul on earth

Weekly Energy updates from around the table

RGM: plays the intro

spoke to a person on the other side who told him that 12 M angels are now in the realm of Planet Earth, with the orders to 'clean up Aisle 7' – the clean-up will happen progressively

in the higher realms, we are known by our energies and the light we radiate

O: agrees with him and reminds us we have to ask, to receive

COR: as for energy update, what she has heard is very relevant ! She and others know about asking for help and keeping on asking until we get the help – we request and require justice and the end of war – and ask to moved to a place of total empowerment where we get what we have asked for

PCC: telling folks were to find the music and video they are going to hear later:
go to BBS Radio and then to Radio 1; use the Find Talk Show button.

- Then go to "A night at the round table". The listing of all the programs for ANTR will come up.
- Find the November 16th date, click on it scroll down to the section called TALK SHOW PROGRAM ARCHIVES FOR PODCASTING.
- Click on the date, and the podcast name appears in the Search Box on your browser page.
- You will also see the name of the show AND the podcast link which you can listen to.

NOTE: YOU WILL NOT HEAR THE MUSIC CHOICE FOR THE EVENING ON THIS PODCAST: YOU WILL ONLY GET THE LINKS BY READING THE NOTES ON THE WEBSITE – or calling Penny who will send out the info!

R, T: T is wanting the war to stop – and reminds us of Gregg Braden and what he learned from his Pueblo elder friend: don't pray for rain: just PRAY RAIN! ! ! she explains what they did – they prayed rain and in about 10 minutes, they prayed rain which went on for 3 days! ! !

- We as powerful beings can also pray peace . . .

R: a tough week with the energies; he says at times, maybe life might be better on the ships, yet there is no getting out of the situation: this is the biggest story in the galaxy which is unfolding as we speak.

- Yet pieces of the story are missing and with other folks he mentions. Other folks have come from other places and spaces to help us awaken: Sitchen's book is about the cradle of civilization and now the fallen angels have lost; the Light has won.

- Rama has just been sent a picture showing a craft that is partially uncloaked – and there are were 100s of craft in the skies as he went to Santa Fe today – he feels the pain, the sadness – Pres Biden
- is being called Genocide Joe – the oligarchs are behind it all – the craft in the sky are about the end of the old story – he works 4 minutes a day for peace in on the planet, and sends in the violet ray to all these places and the green ray.

- R has experience all the ups and downs with the energies and the ascension symptoms
- what is happening with our sun and the system around it: there are many planets -

T: has been remembering those who went over the rainbow lately – Angel Su made a wand which has been moved to different places in their home, and T didn't do it – so she asked Angel Su to explain, and got the message about Ho'ō pono pono – I am sorry; please forgive me; thank you; I love you.

- Speaks of Rama being a navigator on the bridge at the same time he is sitting with us !
 - It is time for us to know we can make those changes

R: gets a sense that all of a sudden something will shift and it will shift just like that – maybe has to do with certain alignments that are being worked on right now – don't give energy to the old timeline of any kind of smack down the Plains of Aquidao.

- Robert Edward Grant, the polymath – explains about the math and the geometry, and that the beings known and unknown are coming to mix it up. There are beings in our atmosphere – as in the dragons and other mythical beings

Just pray peace! ! !

Rama reads the White Knight Report.

SEE BELOW

One of our group has had surgery yesterday

COR: also put Vinayak in the Circle of Support – he's in Texas at the moment – has pneumonia again

- just put your hands out and use the violet flame and the green flame of healing – for everything and everyone

T: reads a bit from Aurora Ray about financial abundance – which is an issue at the moment everywhere

R: what AR describes is the normal way of life in the galaxy – what we see around us is not normal: it is the matrix . . . that is collapsing . . .

O: Brings up the tri-fold flame of yellow, blue and pink – yellow of wisdom; blue of power, strength; pink of love

- represents the soul, the spiritual US; depending on how much we have grown, it will shine

- What bothers her the most about the war thing, is THE CHILDREN ON EITHER SIDE, the most disturbing thing of all – the bewilderment on their faces is what really gets to her! And she knows that they will be relieved of pain and grief and hurt when they pass over -

O: gives out the numbers and say we offer humour, healing and love . . . we need help and can help others

- she tells Rama about also sensing the changes – like a huge wave comes along and moves things felt good all day and then got whacked with the energy – twice she had to lie
- she sees a huge big wave -

P:

when you don't engage you don't take on another's energies
they are getting nothing back from me
to detach with love is the answer . . .

O: is great to tell people what is good for them and it is work because they are good

COR: this is a relevant conversation for holiday time . . . family members who are hard to deal with

O: every family has to go through it, including hers – and she describes the situation: it doesn't upset her

- she talks about gratitude with an attitude: make sure you want what you are asking for
the energy behind the request is what is important – make it for the higher good

- what ever your parents did or did not do, it's over and done with:

- if you can't give out the love, ask your angels to do it

O: It's not about them giving forgiveness, it's about us – we don't need to carry those memories – ask in your attitude with gratitude that they take away the pain out of your memory

- all the time you are going to the place, keep asking to have the memory without the pain and take your army of angels in with you
- the pain is from us not wanting to be seen as overbearing or mousy or whatever - ask the angels to take the pain away and
- you can send the whole army of angels there to clean out the whole house before you go into it – she does that when she knows what kind of situation she is walking into

P: talks about bringing smiles with you when you go out – and giving them to all you see: it WORKS!

O: send the armies of angels to clear out the energy of the house before you go there and when you go home, have gratitude

- It's hard for families when they expect the same old stuff

O: didn't realize how beautiful and peaceful Christmas could be until she was on her own and without the family drama – and a lot of people hate the holidays because of the pain - and the children can grow up not enjoying the holidays

P describes her family's Christmas

O: describes what happens in her town and what the Knights of Columbus do for the community

Talks about how you want your day to be . . . ask for help from your angels!

They love to be busy, enhance our lives, help us out – and you won't get anything if you're not willing to give stuff up -

T: compliments Omena on her humour and how, the beginning of her time with us; we used to laugh until we fell on the floor ! ! !

O: as long as you don't personalize what has happened to you, you turn into a great observer and can see what the source of pain is for the other . . . and people will tell you who they are

- She has only gone over the limit about 4 times in her life! And the person doesn't move until she is done!

- Use all the power we each have: use the love, the power, the gratitude we have to help all – she's grateful for all of us, for her family, for her life! And you don't even have to like them . . .

COR: smiling at someone is saying you're OK and we're accepting them the way they are;

O: speaks of letting someone go ahead at the store if they have less than you do – it surprises and helps that person, and it changes the energy in the waiting line-up

T, R: thanks Omena for the humour she injected into the program . . .

O: tells the story of being at a channeling conference and one of the speakers knowing who she was even though he was blind! ! !

2023-11-16

MUSIC: A NIGHT AT THE ROUND TABLE

2023-11-16 Where the Hell is Matt? 2012



<https://www.youtube.com/watch?v=Pwe-pA6TaZk>

Dancing to *Trip the Light*, sung by Alicia Lemke of Alice and the Glass Lake

Lyrics: www.wherethehellismatt.com/about/faq
[#triplyrics](https://twitter.com/triplyrics)

The dancers in Syria are blurred for their safety.

This video was made without a sponsor. I don't need you to buy anything. Just remember we need to take care of each other.

2023-11-16

Rama's White Knight Report

NOVEMBER 16, 2023

November 09, 2023 – November 16, 2023

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

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

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

2023-11-12

Sunday

5 deer, 6 crows; Tom the Ring-Tailed Cat, Sweet Angelique the Cat

Rama: I sat with 5 deer and 6 crows, early this afternoon. The crows were very alert and chatty. They were reminding me to stay alert and aware of the energies, in a way demanding surrender to the higher good of all concerned in every moment. I sat with my animal friends for 45 minutes or so.

Then I received a text message from Tom the Ring-Tailed Cat and Sweet Angelique the Cat at 12:40 pm, early this afternoon. They said to me, "Lord Rama, we sent you a short video of Mary Lou MacDonald, one of the Irish ministers, calling out Israel for International War Crimes and Crimes against Humanity. The Irish Parliament said Israel and the United States need to be taken to the Hague for War Crimes and Crimes Against Humanity. Sat Nam! Namaste! Blaze the Violet Fire!"

2023-11-13

Monday

Dalai Lama

Dalai Lama@DalaiLama

The very purpose of spirituality is self-discipline. Rather than criticizing others, we should evaluate and criticize ourselves. Ask yourself, what am I doing about my anger, my attachment, my pride, my jealousy? These are the things we should check in our day to day lives.



2023-11-13 Monday 7 deer, 7 crows, the Caretaker; Mr X

Rama: I sat with 7 deer, 7 crows and the Caretaker for the Theosophical Society's I AM Sanctuary in Santa Fe at 11:28 am this morning. I sat with them for a half hour. They said to me, "Lord Rama, stay in the Oneness as the energies are extremely, extremely intense! The solar flares are humungous, and they continue!

Then I received a text message from Mr X; he said to me, "Lord Rama, there are no Hamas fighters under the hospitals, in tunnels. I have two words for this: "ETHNIC CLEANSING". This is all the United States and Israel, together.

"The energies coming in are so tremendous, we are in that moment that the magic of the Quantum Field merges with our reality, and there are things happening that no one has any explanation for! The time is now to step into the Quantum Field. As we work with the Oneness in our hearts, all the answers are forth-coming. Continue to

Blaze the Violet Fire. See you in the Light of the Most Radiant One. Sat Nam!
Namaste! Peace all over the world!"

2023-11-14

Tuesday

6 deer, 4 crows, 2 foxes; Rosa from Palestine.

Rama: I sat with **6 deer, 4 crows** and, finally, **2 foxes** who showed up last and who were quite hungry. It was a bit after 11 am this morning. They all said intuitively to me, "Lord Rama, the energies continue to be very high."

Then I received a text message from **Rosa from Palestine**. She said to me, "Lord Rama, Israel is going down in flames, along with the United States. Their images, Israel and the United States images, are not looking good in the eyes of the rest of the world. Our image – meaning the United States and Israel's image together – is tarnished, to say the least! ! ! In fact, it is soaked in oceans of blood! **Blaze the Violet Fire! Put all of this in the Circle of Support.**"

Rosa continued: "I am fine. I am with some galactics from the Ashtar Command, as well as with some humans from earth who have a particular mission right now. We have been alerted to let you know, Lord Rama, that your father, Lord Ashtar, will be contacting you in the near term! ! ! Your metatronic chip will begin tingling as the signal is given for Ashtar to connect with you! Be alert! ! ! **See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!**"

From Lord Rama



2023-11-15

Wednesday

3 deer and 6 crows; the King of Swords.

Rama: I sat with **3 deer and 6 crows**, in the forest on the way to El Dorado, just out of Santa Fe, to the west. It was 11: 45 am, late this morning. They intuitively said to me, "Lord Rama, we know your sadness; the world is in a great transition. The old dark ones are leaving. We have a new world, as we choose it. **Love is always the answer!**"

Then I received a text message from the **King of Swords**. He said to me, "Lord Rama, as your animal friends have already told you, Mother Gaia is going through a great transformation. It is about the ending of the old timeline, and as we have said many times before: **War is never the answer! !** What is coming in is this new page of the Age of Aquarius. The Hopi prophecy is coming to pass. The red star kachina and the blue star kachina and all the angels and masters are here.

"The idea of bombing a hospital to the ground, as Spock would say, is highly illogical. There are false stories out there that a stash of weapons and a laptop computer were found in Al Shifa Hospital, the largest hospital in all of Gaza. This, too, is another lie. All we are saying is 'Give Peace a Chance'. [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

From Lord Rama



2023-11- 16

Thursday

Rosa from Palestine

Rama: I received a text message from **Rosa from Palestine, again**, at 11:51 am, late this morning. She said to me, "Lord Rama, Israel's I D F is in the Al Shifa Hospital; they are systematically going, level by level, block by block, pretending to look for guns, ammunition, guns of any sort, and laptops to communicate with the other members of Hamas!"

Rosa continued, "All of this is being set up by Israel and the United States' Deep State, as a cover to make Hamas (also a creation of the United States' Deep State) look like 'the enemy'. The real enemy is the Oligarchy, the Overlords, who are actually fallen angels, stuck here on earth as they have been locked down here and are unable to escape back to space where they came from. That being said, President Biden and Prime Minister Netanyahu must be held accountable according to International Law at this level for War Crimes and Crimes against Humanity.

Rosa went on: "In answer to your question, Lord Rama, about galactic intervention – immediately! - to prevent any more killing for profit in Gaza. "The fleets of the Ashtar Command are here! They are everywhere! (Rama has been seeing lenticular clouds ships everywhere and Penny has seen a few more than she is used to seeing in Alberta!). St Germain will give the signal; you'll be contacted any time! There will come a moment for a pregnant pause where the fighting will stop! ! !" Please put all of this in the Circle of Support!
Sat Nam! Namaste! Blaze the Violet Fire!"



**From Lord Rama: See you in the Light of the Most Radiant One! Sat Nam! Namaste!
Blaze the Violet Fire!"**