

2024-02-01

# A NIGHT AT THE ROUNDTABLE

## 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 aka The True History	720-716-7301 Pin Code: 353 863#	Rama, Tara Callers welcome.

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

<b>B B S RADIO STATION 1</b>	<b>B B S RADIO STATION 2</b>
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**INFORMATION RE: OPTIONS FOR LISTENERS are listed below**

A Night at the Roundtable  
Friday Night Hard News

Saturday History Call

### LISTEN ON LINE



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

**ARCHIVES: B B S**

- Go to [www.bbsradio.com](http://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	<b>Wednesday</b> 6:00 – 7:30 MST	<b>Telephone Only</b>	1- 605 - 472 – 5406 <b>PIN 402-493#</b>
<b>Abundance Call</b> Caroline Oceana Ryan	<b>Every 2<sup>nd</sup> Wednesday</b> <b>5:45 PM PT/ 8:45 PM ET</b>	<b>Telephone</b> <b>ZOOM</b>	
<b>To be notified: email <a href="https://www.ascensiontimes.com/the-abundance-group">https://www.ascensiontimes.com/the-abundance-group</a> Scroll down to the sign-up sheet and enter the requested info.</b>			
<b>Ascension Call</b> Cheryl Croci	<b>Every Sunday, Monday</b> <b>9 – 10:30 EST</b>	<b>Telephone Only</b>	1-425-436-6260 <b>PIN 9467 441#</b> Call Cheryl for # in your area
<b>Ashtar Legacy Calls***</b> Fran Pearre	<b>Every 2<sup>nd</sup>, 4<sup>th</sup> Tuesday</b> 5 <sup>th</sup> Tuesday – no call <b>9:00 – 10:00 pm EST</b>	<b>Telephone</b> <b>VOIP/ H D</b> <b>via Skype</b>	1-717-908-1834 <b>PIN 980 339#</b> Call is free; LD charges are not 1-717-908-1834 <b>PIN #980 339#</b> <a href="https://www.freeconferencecallhd.com/hd-conferencing/">https://www.freeconferencecallhd.com/hd-conferencing/</a> 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-february-1-2024>

**OPENING: PENNY CHRISTOFFERSEN**

**MEDITATION: PCC**

**HOST: RAMA & TARA**

**TONIGHT'S PANEL:**

**Micah Green  
Rama, Tara**

**[MG]  
[R,T]**

**Penny Christoffersen  
Randy Miller**

**[PCC]  
[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: Penny**

**T: Greetings**

- request for putting Geoffrey Banks, brother of her son Christopher, also Christopher, in the Circle of Support – Geoffrey took his own life, and all the family is in mourning -

**R:** we are being upgraded by the golden dust coming from the sun – that gold dust come from the sun which is a reflection of Helios and Vesta and all the way up to the center of the Galaxy: the Hunab Ku

- we are being upgraded, and the more we accept it, the better, the easier the transition is

- there are so many souls leaving every single day: in the US, but also Gaza, Yemen, Russia, Ukraine which has always been a part of Russia –
  - when the failed powers use words, they create thought forms – our thoughts are physical things physical matter/space/ time and our thoughts are so powerful.
  - We are creator gods and goddesses of the most high
  - we are also immortal & the dark side doing all it can to bring us down by creating confusion, chaos
- Describes his experiences with the pressures of the energies – breathing through the energies helps release them. The practice described by Aurora Ray helps – the Kundalini techniques

2024-01-03 **The Kundalini Adventure - Benefits, Challenges, and Easy Ways to Stay on Track in Your Journey** **[see the end of these notes]**

- the matrix is done: collapsing, melting down . . . and he is always told: leave it alone! The less energy we give to it, the better – every day, we meditate and not let the maya affect us
- It is Imbolac and Candlemas day – and the deer have told him the hunters are still out there – yet they are not really afraid AND they no longer want to be eaten.

**T:** watching the mayor of Dearborn, Michigan on MSNBC: – angry with Joe Biden for the commission of genocide in Gaza . . . feels that a lot is going on.

The pressures on the family and on individuals is intense – the family is in shock;

**R:** the monoatomic gold dust is being poured into our atmosphere from the sun – maybe we are coming to the end of this solar cycle – we are getting upgraded, like it or not; know it or not!  
Those with a vested interest in stirring the dark pot – we send them more love; love is the answer.

- He keeps hearing Kryon in his head: if you could see yourself as we see you, you'd be dancing !
  - It's the radiant energy of the Force that pours out. There is a shift which is becoming aware of the radiance, as it helps us through each moment.

**T:** more people 'than normal' taking their lives – in more recent times – last 40+ years – the solutions are still up to those of us who have taken a path of wisdom, of compassion, of learning to embrace the greater whole – there is only One of us here!

- And none of us is our physicality – we are pure spirit and we chose it ! ! !  
Rama's been told by many that the guns won't work any more . . . maybe the indication of Divine Feminine is returning . . .

### **P: Energy Report**

describes going out to toss out animal peelings etc where the animals go, turned around so quickly I either tripped over a tree root or slid on ice: net result – flat on the ground . . . and saw some green: moved the dead leaves and found a wild strawberry plant under dead stuff – **a metaphor for our**

#### **current situation**

- Listening to favourite programs – music – no news broadcasts unless by accident – the music, science, literary, art programs are fantastic – the music is of all genres – **the music is the solace to my soul** – there is jazz, international music hosted by those from other parts of the world, now living in Canada; pop, etc
- Today, I heard a harpsichord piece by CPE Bach, son of Johann Sebastian Bach – the only harpsichord piece he ever wrote – it was so dance-able, I put down tools and danced!

### **Quirks and Quarks –**

- (1) the research of a Norwegian psychologist & links to handwriting and brain development
- (2) discussion of a New Zealand researcher investigating the underwater volcano had a picture of the underground location of the volcano taken a year before, so they have something to compare with the results of asking Rama to ask the White Knights – what happened? Did it have something to do with re-balancing the energies in the planet what happened there has never happened on the planet before! ! !

### **Questions from T:**

yes there have been underground water volcanoes before but not with the power this one was bigger than Krakatoa and Vesuvius

**R:** what he hears about the story: because our science has not moved into the realm of the quantum and levels of knowing how magic works with the science . . . it is about the higher energies coming in and our present academia has not moved to the levels of the galactic realms

- Gaia/Vydwamus are balancing the planet out with the energies coming from other parts of the galaxy; the activation of the Pacific Rim has to do with this
- certain part of the planet are moved around by the tectonic plates by energies that are pouring in – the cosmic energies that have relationship on a spiritual level about how to balance the planet –
  - thinks of past events where earth changes at such an exponential levels, where mountains became seas and seas became mountains
- What Graham Hancock speaks of - the younger Dryas - parts of Maldek came into earth and disrupted things going on. Volcanoes have to do with other cosmic events and maybe people don't know how to go into those realms as it is part of the larger story: the polar shift, what happened when Lemuria and Atlantis sank, and the inter-planetary war/events – earth is affected by such

Volcano happened on Jan 15, 2022 – has to do with us being upgraded – the earth is ascending, we are ascending, as all the other planets are ascending

- the more of the story we can comprehend of Our His-story and Her-story when we got messed with – wishes the scientists would upgrade their wisdom, etc

**P:** when this broke, the people were down by the water and took picture; they heard the sonic boom and they ran up the mountain as they knew what to do – only 3 people lost – they went up the mountain to escape the tsunami: they did not wait to be told

- what the researchers are trying to discover how far under the water the lava went – the combination of steam and salt water created a different kind of destruction
- No, it may not be the end of it !! The man talking to the host of the program did not think it was the end of the story! And it is triggering the entire Rim of Fire . . .

Report on the coral reefs: they are all growing again

**T:** there are some remarkable things happening in the coral world

- For every story that tears the guts out of something, there is another thing about growth: not being discussed about the natural world! ! !
- Gordon Scallion had a different map from that of the I AM America map . . .
- CBC can be heard on Sirius XM

**RGM:** solar cycle 25 starts in 2021 to Feb 2031 – **max peak in Feb 2024 . . . RIGHT NOW! ! !**

- why the Schumann going wild and has spiritual significance and NASA doesn't want to talk of it
- and all kinds of people are retiring because they have been caught
- and the officials with war goals in mind, and ties to big pharma etc – trying to escape
- In England, there are pictures of people cutting down low emission cameras in broad daylight
  - it costs 35£ a day to park an EV vehicle = \$44.50 US today (Feb 01)
  - his English friends bought a second house so they had a place to park the cars
- FROM A POST HE FOUND TODAY: Texas: they applied to join BRICS – 56 states and territories
  - system has been broke for a long time – now trying to boost it all up!
- As for what is going on in Texas with the border – on paper Texas never joined the US officially; in essence they are a state of their own. . . which is why the oil barons live there, and so are the rich bible thumpers who live in a certain city – no one else can live there unless they can demonstrate a \$10 million minimum personal income
- they are not 15 minute cities, but 15 minute prisons – in some parts of London, have to pay to get into that section – the controllers want people to use public transport
  - his UK friend says we'd be surprised at how many people over 50 refusing to pay this or that because they are so mad [angry] with what is happening with UK gov't
- Something from the Office of the Controller of the treasury

**MG:** Greetings to all!

We're in the shift of the ages . . . the entire universe is watching us . . .

- The Keshe Fdn is sponsoring the Conference in China – Saniya - will deal with the beginnings of the planet
- Talks about the souls in every thing
- the Keshe Fdn is negotiating with the US – how the life came from the ocean
- farmers in France, Germany – have stormed parliament buildings, tires on fire, spraying manure on the buildings =
- truckers going down to the Mexican border to protest what is going on at the border – including Canadian Truckers

**P:** is this enough for you, Tara ? ? ? ! ! !

**All Micah can say** is "We are ascending!"

**P:** "Up, up and away" is a song by the 5<sup>th</sup> Dimension ! ! !

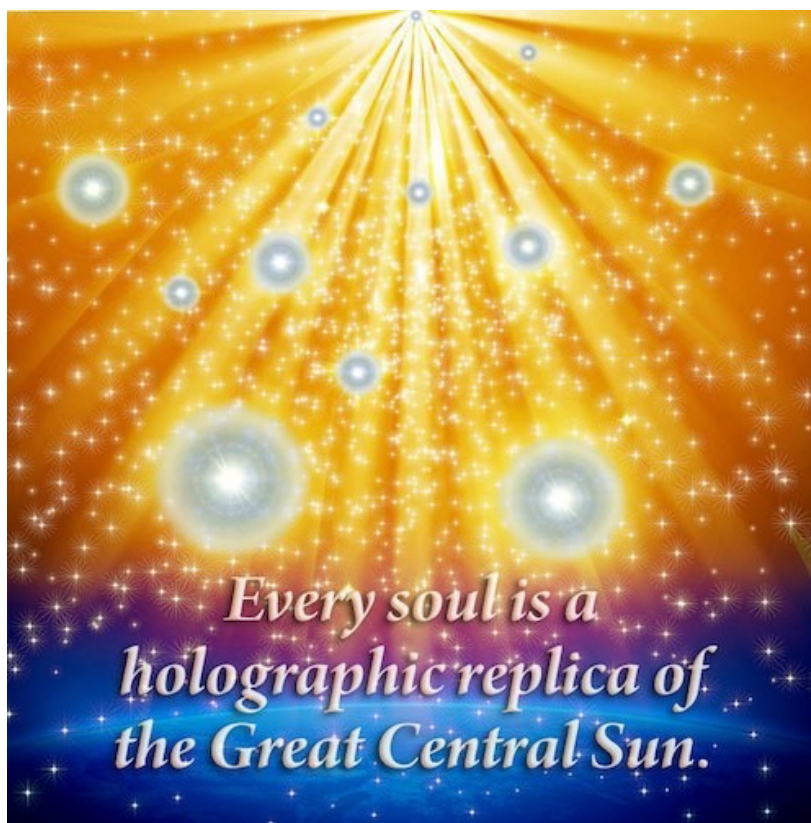
January 25, 2024 – February 1, 2024

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>

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2024-01-29

Monday

13 deer and 6 crows; Charley the caretaker

Rama: I went sat with 13 deer and 6 crows at the I AM Sanctuary ground in Santa Fe, NM at 11:09 am this morning. We were joined shortly by Charley, the caretaker. Charley said to me, "Lord Rama, there were two big solar flares today. As you are feeling dizzy, that is why."

Charley has numbers of friends from Los Alamos Laboratories, and Charley is well studied in astrology, the teaching of Momma and Daddy Ballard of the Theosophical Society, Madam Blavatsky, Alice Bailey, Manly Palmer Hall's teachings of The Secret Teachings of all Ages.

"What is going on are monster solar flares; these are affecting all of life. Stay in your high heart; allow these energies to lift you higher. See you in the Light of the Most Radiant One. [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

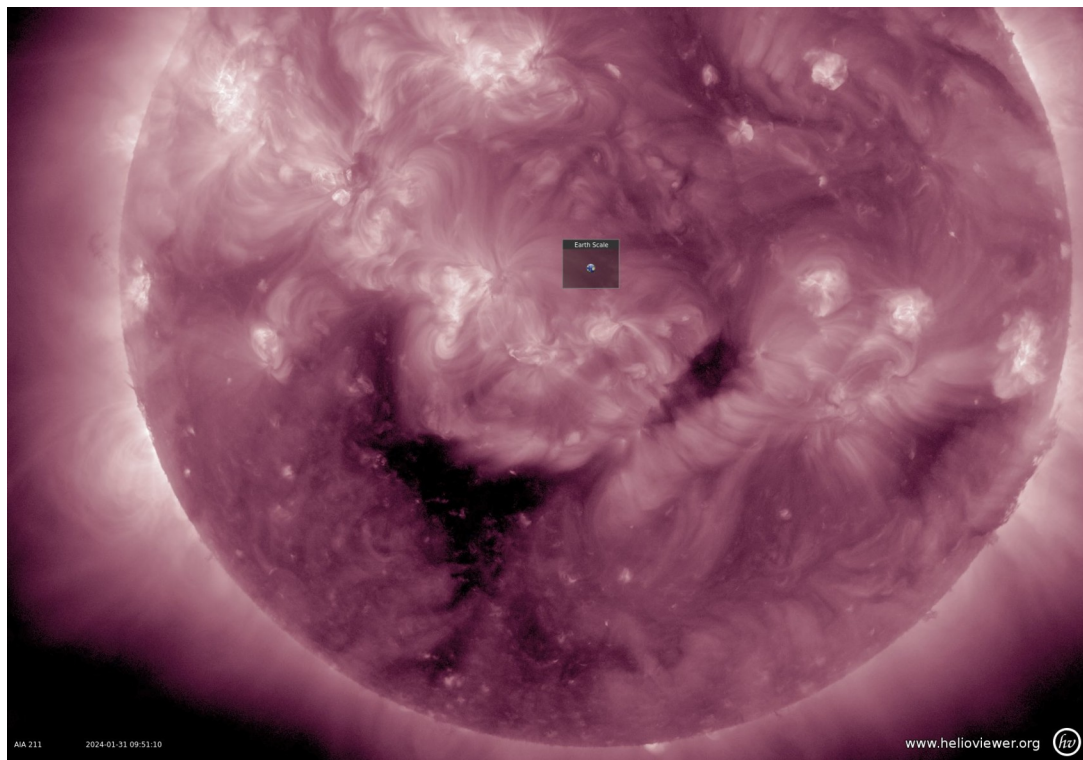
**2024-01-30**                      **Tuesday**                      **10 deer and 6 crows; Mr X**

**Rama:** I sat with **10 deer and 6 crows** near Sun Mountain at 11:19 am this morning. They intuitively said to me, "Lord Rama, we see a circle for the sun, with big flames coming out of it!" Then they sat calmly with me for a while, and let me know to stay centered and in my heart.

Then I received a very short message from **Mr X:** "He said to me, Lord Rama, Iran did NOT hit the United States base in Jordan. The United States Empire is stirring the pot for war in the Middle East. There WILL BE NO NUCLEAR WAR, yet the United States is pushing the proverbial fear factor to the max.

"Today there is a new coronal hole in the sun. There were two big solar flares, bordering on X Class Flares. You may have moments of disorientation! Breathe and remember to stay in your High Heart! Don't worry; be happy! Love is all there is! [Sat Nam! Namaste! Blaze the Violet Fire!](#)

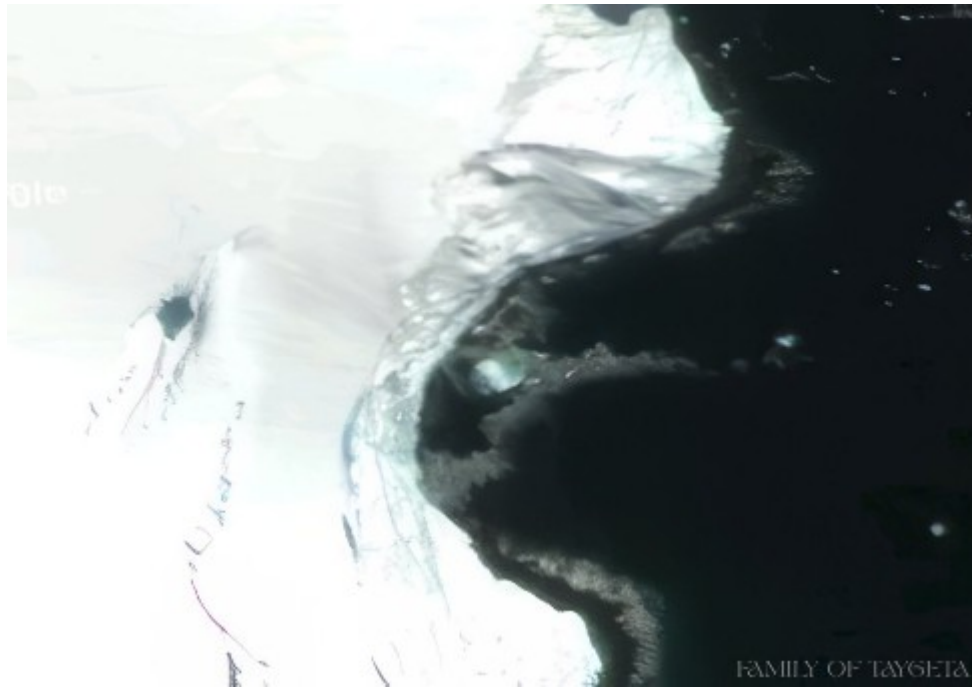
### **THE SUN TODAY! ! !**



**2024-01-31**                      **Wednesday**                      **Tom the Ring-tailed Cat, Sweet Angelique the Cat**

**Rama:** I received a text message from **Tom the Ring-tailed Cat** and **Sweet Angelique the Cat** at 11:40 am this morning. They said to me, "Lord Rama, we sent you a picture of a Pleiadian craft near Antarctica; it was in the water near a glacier. It seemed to me to be in shallow water."





[#NEIOH](#) This is a small craft that has been stationary in this location for the purpose of Exploring. This is sometimes done for convenience as Pleiadians leave the craft to walk in the area. In the event of a decision to leave has been reached, the craft may be left for extended periods as the occupants are picked up by a craft from another Fleet. The original occupants totaled 6 in number and presently the craft is in stasis. This allows other Pleiadians to come and go and use the craft when desired. A Mothership is always involved and can summon the craft to enter without being occupied. Google Maps: 64°07'02.8"S 61°40'48.9"W

**From Lord Rama,  
courtesy Tom the  
Ringtailed Cat and  
his friends**

**Pleiades Mother Ship  
over Antarctica**



**Tom continued,** "This is another sign that our Galactic Family is here. We are not going anywhere! What is happening is you are ascending, and Mother Gaia too. Once again, leave the matrix alone! Focus on the energies of Candlemas and Imboloc. This are the energies of the spring goddess, Bridget.



"Meanwhile, there were big solar flares, again today And there are extremely high electromagnetic energies pouring into earth, right now! Stay centered; DO NOT DEVIATE! Our Galactic Family is here!

"All we are saying is 'give peace a chance!' [Sat Nam! Namaste! Blaze the Violet Fire!](#)"



**2024-02-01                      Thursday                      16 deer and 4 crows;                      Larry, Curly and Mo**

**Rama:** I sat with **16 deer and 4 crows** at 10:50 am, mid morning. They intuitively said to me, "Lord Rama, work with the heart energy. (They literally showed me a heart!) Love is the answer!"

Then at 11:30 am, I received a text message from **Larry, Curly and Mo**. They said to me, "Lord Rama, we sent you a picture of another Pleiadian Mother Ship. This mother ship was hovering directly over the small shuttle craft which is under the water in Antarctica, close to a glacier which Rama told us yesterday is also a Pleiadian craft.

Meanwhile, the solar flares continue. The Ascension frequencies continue to rise exponentially. The matrix continues to melt down. What we can tell you, Lord Rama, is we are in the most critical moment of our lifetimes. Love is the answer to all the problems on the planet! Jimi Hendrix gave us a simple phrase back in the 60s: "When the power of love overcomes the love of power, then there shall be peace on earth!"

Larry continued: "Lord Rama, there are many things that are leading us to our ascension. We are Divine beings of the most high. Each soul is a reflection of the Great Central Sun. AS we take our power back with love, we can radiate that power throughout all of Creation. The violence and hatred going on at this moment is about what we think we have lost! We haven't lost anything; as we look at each other with love and reverence, there is a Divine Spark that takes place between us. That is the radiance Lord Kryon speaks of. As he said "If you can see yourself, you are a radiant son of All That Is." Hold that thought in your consciousness. It will expand out infinitely.

"See you in the Light of the Most Radiant one! [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

**T: comment on the suicide of her son's brother**

**R:** comments on all that is going on and how people are changing, thanks to the energies coming in

talks of having love and compassion for the souls who have visited the maya on us – sending them love does work! ! !

**T:** describes a cartoon that was sent by Penny – basically, the idea is that we all need to rest

Presents a poem, mantra of sorts

**CLOSING MUSIC**

**Pharrell Williams - Happy (Video) 4:00**

[https://www.youtube.com/watch?v=ZbZSe6N\\_BXs](https://www.youtube.com/watch?v=ZbZSe6N_BXs)



<https://bbsradio.com/podcast/night-roundtable-february-1-2024>

## INFORMATION RELATED TO THE NOTES

2024-01-03 **The Kundalini Adventure- Benefits, Challenges, and Easy Ways to Stay on Track in Your Journey**

[https://thegalacticfederation.com/014-66?sessionId=f18a81f5-9ee8-43e8-9498-1de26b8e0acd&trigger\\_link=FPbWeLReRay5XjEOhkkh](https://thegalacticfederation.com/014-66?sessionId=f18a81f5-9ee8-43e8-9498-1de26b8e0acd&trigger_link=FPbWeLReRay5XjEOhkkh)

Kundalini awakening can lead to profound transformations in consciousness and well-being. Some of the key benefits reported by those who have undergone a Kundalini awakening include:

### **Expanded Consciousness:**

Many describe a dramatic expansion of awareness and perception following a Kundalini awakening. Some note heightened senses and increased sensitivity. The world will seem brighter, more real, and alive. One's sense of self expands, and rigid ego boundaries dissolve. This brings the ability to perceive reality in its wholeness beyond limited concepts and mental models.

### **Increased Vitality:**

The inner process of Kundalini activation releases blocked energy. This can lead to improved health and feelings of vigor, strength, and enthusiasm. Sleep needs may decrease as the body becomes more energized. Digestion and immunity may also improve. Some notice their body can self-regulate better, with less illness or fatigue.

### **Inner Peace:**

As Kundalini brings purification, clarity, and harmony, inner peace naturally arises. Emotional turmoil settles down, and a deep calm pervades one's being. Inner chatter and agitation give way to tranquility. Even in the midst of external difficulties, an inner refuge of stillness remains accessible. This allows greater focus and contentment in daily life.

### **Intuition:**

Kundalini awakening enhances intuition and inner wisdom. One may receive insights, visions, inspirations, or revelations. There can be an inner 'knowing' beyond the ordinary intellect. This allows a heightened ability to perceive meanings, omens, and understandings beyond the logical. Hunches and gut feelings become more pronounced. This intuitiveness can inform decision-making and enhance creativity.

### **Bliss:**

While Kundalini activation can be challenging at times, it also brings states of rapture, ecstasy, and bliss. Waves of pleasure energy may arise, bringing intoxicating joy through the body-mind. Sweet sensations of divine union permeate one's being. Moments of grace, delight, and even transcendence emerge, bathing life in beauty.

Kundalini's gifts emerge gradually over time. While the process can be unpredictable, those who have tasted its fruits describe profound blessings for consciousness and well-being. With wisdom and care, these gifts can be integrated into a life of meaning, compassion, and service.

### **Risks and Challenges:**

The process of kundalini awakening is not always blissful or easy. It can often bring up intense and even overwhelming physical sensations and psychological disruptions for the individual undergoing the awakening. Some of the key risks and difficulties associated with kundalini awakening include:



- **\*\*Overwhelming physical sensations\*\*** - People may experience intense and unrelenting bodily sensations like involuntary jerking movements, sensations of heat or cold, trembling, vibrations, numbness, or pain. This can be alarming if not properly understood. The intensity of physical symptoms may become disruptive to daily functioning.
- **\*\*Psychological disruptions\*\*** - The influx of energy and opening of psychic centers can create an ungrounded mental state. This may include mood swings, insomnia, anxiety, depression, anger, grandiosity, feelings of going insane, and more. The process can bring up unresolved traumas and memories.
- **\*\*Dark night of the soul\*\*** - There may be periods of immense inner turmoil, confusion, loss of sense of self, and feeling disconnected from life. One may undergo deep spiritual crises in the process of ego death and rebuilding. This prolonged existential and psychological struggle is known as the "dark night of the soul."
- **\*\*Require support system\*\*** - Due to the intensity of the process, having the guidance and support of those familiar with kundalini awakening is essential. Processing these energies alone can be extremely challenging without proper understanding. A teacher, therapist, or support group assists in integration and provides stability through the process.

Kundalini awakening is a profound healing process, but it also requires courage, patience, discipline, and resilience to work through the various difficulties that inevitably arise along the path. Using the proper precautions and support allows one to navigate this accelerated journey of self-realization.

### **Ways to Support Kundalini Process:**

The kundalini process can be physically, emotionally, and spiritually demanding. Having a self-care regimen in place helps smooth out the journey. Here are some ways to support yourself through a kundalini awakening:

- **\*\*Self-care regimen\*\*** - Listen to your body's needs and get plenty of rest. Eat a healthy diet to nourish yourself during this energy-intensive process. Spend time in nature and allow emotions to flow through you.
- **\*\*Gentle exercise, yoga, meditation\*\*** - Light physical activity grounds energy and relieves tension. Yoga poses, pranayama breathing, and meditation help calm the nervous system. Developing stillness through meditation helps balance intense energies.
- **\*\*Counseling or spiritual guidance\*\*** - Finding an understanding mentor or counselor provides the necessary support. They can offer perspective on the process and help you work through psychological issues that may arise. Those with experience in Kundalini or mystical states can directly relate to what you're going through.
- **\*\*Healthy lifestyle\*\*** - Maintain balance through proper sleep, nutritious food, exercise, time in nature, meditation, and moderation in all things. This provides an anchor amidst intense energies and emotions. Establishing rhythms and routines allows the process to unfold gradually.

A holistic self-care approach allows you to weather the kundalini storm with grace. Being gentle with yourself and honoring the process leads to spiritual opening. Regular spiritual practice builds the container for awakened energies to flow through you.

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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