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I ACCESS THE THREE WEEKLY CALLS via the Internet

A BBS RADIO Go To www.bbsradio.com; click on Talk Radio Station #2
Bot Flash Player and HTML5 Player for available.

- * ***A Night at the Round Table*** Host: Various
Thursdays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
Listen in by phone: 701-719-3600 or 515-605-5809

- * ***Friday Night Hard News*** Hosts: Tara & Rama
Fridays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
Listen in by phone: 712-775-4842 – PRESS 2
Direct - 701-719-3600

- * ***History of our Galactic World & NESARA*** Tara & Rama
Saturdays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
Listen in by phone: 712-775-4842 – PRESS 2
Direct - 701-719-3600

- * **Friday, Saturday CONFERENCE CALL:**
Each evening, the call moves from the radio to the Conference line:
For 1 hour and then returns to BBS Radio

Listen on the phone 605-313-5166 PIN 353863#
Listen online 605-313-5166 PIN 353863#
www.freeconferencecallhd.com

To interact during live shows: Canada/US: 1-888-429-5471 Direct: 323-744-4841

C SKYPE: BBSradio2

D ARCHIVES FOR THE 3 PROGRAMS listed above:

- To access the **FREE BBS archives** for any of these programs:
 - Go to *BBSRadio.com/ Station 2*; scroll down on LHS; click on **Live Talk Radio Shows**
 - Scroll down to **find the name of the show you're looking for**; click on **"Library Archives"**
 - Clicking on those words takes you to the listing of all program archives, the latest one being at the top.
 - You can download the program to your own computer or listen directly.

E Archives also exist on the 2013 website:

<http://2013rainbowroundtable.ning.com/>

look under the "Archives" tab for **written notes**, as well as the **audio recordings** of the conference calls

II ACCESS TO OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A Sunday, Mondays: *Cheryl Croci's Activation Calls*
6 pm Pacific/ 9 pm Eastern
By telephone only: 1-605-475-4160 PIN 9467441#

B Tuesdays *Ashtar on the Road*
2nd & 4th Tuesday each month: **6 pm Pacific/9 pm Eastern**
Host is Fran; various guests

<http://www.ashtarontheroad.com/ashtarteleconferences.html>

by Phone: 1-228-339-7800 or 1-712-832-8330
▪ Call is free [except for long distance charges]

via HD Conferencing: <https://www.freeconferencecallhd.com/hd-conferencing/>
PIN # 980339 [always the same]

via Skype **Click on the VOIP button** and enter what they ask for:
<https://www.freeconferencecallhd.com/hd-conferencing/>

C Wednesdays: 7:00 – 9:00 EST
The Friends of The Aboriginal Moabite Nation Call
By telephone only: 1-712-432-0900 PIN 666238#
Replay# [good for 1 wk] 1-712-432-0990 PIN 66238#

D Every 2nd Wednesday *The Abundance Call*
5:45 PM Pacific / 8:45 PM Eastern – a 1 hour call
with the Collective, a group of Angelic and Galactic beings,
channeled by Caroline Oceana Ryan

To be notified: email AscensionTimes@gmail.com with the message "YES to Abundance!"

III GENERAL INFORMATION; PODCAST ADDRESS; OPENING MEDITATION

A: Host: Vinayak

TONIGHT'S CALL: **Part 1:** Rama and Tara's reports
Part 2: Caller questions/observations – current events, larger picture

PLEASE CALL IN: CALL-IN NUMBERS

US & CA: 888-429-5471 INT'L: 323-744-4841 ARE ABOVE.

Tonight's Co-Hosts: Caroline Oceana Ryan – COR Omena – OM
Randy Miller – RGM Rama, Tara – R, T Vinayak – VV

B: Opening Meditation: Vinayak

C: Podcast: B B S RADIO

<https://bbsradio.com/podcast/night-roundtable-march-18-2021>

D: INFORMATION ON Dr Keshe:

Introduction to the Keshe website

- There is a wikipedia on the foundation website: lots of definitions and answers to questions there too; also a first aid information page -
- The Kerry Ellis workshops are also good
- On March 20

Opening Comments from the Co-hosts:

Omena: about ascension and ascension symptoms

- This is about our consciousness ascending to higher levels, and the energy coming in can affect our bodies – we don't have the flu – and we're not going anywhere in ascension: our energies are just getting higher.
- The consciousness of loving our ego without allowing it to be in control!~

COR: yes, they are individual masters- in response to a comment about who members of The Collective are: Omena can actually see them, and COR feels them

COR asked them to address how urgent things are at the moment -

TC: we are not the same person even an hour ago – that is how fast things are going!

- We can get dizzy with this and we can't coast through all this
- our minds and bodies have been handled a bit roughly over the last centuries
- Nothing is fitting anymore and our past lives experiences are not really helpful anymore
- Tune in enough to know what is happening in the world, then look to your own intuition what is happening try and get images or inner nudges or words -
- muscle testing may work for you – ask your body what a YES is and a NO
COR for a no moves a bit backwards
- We need to integrate our spirit and our
as for our issues, we can get past the good or bad thing – and we can get further by not expecting what
- drink more water, be out in nature as we can – we are moving to a place of higher evolvment
- We are in transition to a new timeline

VIN: begins by acknowledging the beauty that we all are, and that we are here doing the work we came here to do! We ARE doing the work – our presence, our joy, our happiness, our difficulties facilitate all of us becoming more of who we came to be

We have won the awakening within ourselves that we are indeed all ONE

Our Faction 3 White Knights – Rama and Tara [R, T]

[See <https://www.rainbowroundtable.net/rama-s-contacts> for info on Rama's contacts]

RAMA: Greetings! I talked to **Lady Nada today**, and she said, "The news is what the news is—leave it alone!"

- And then she said, "Go and figure out Windows 10 [just downloaded to their computer], and "get ready for this—the Light that's coming in right now from the Sun."

- You can physically see the gold dust coming in, and the particles. I see this every day when the Sun is out, at certain angles when the Sun is shining through the fake clouds - they are fake, created by the chemtrails, aerosol sprays and stuff. But the gold dust is literally coming in.

LM Nada talked about other elements—exotic extraterrestrial elements that are coming in at this time - has to do with this particular position Earth is in as we're going across the galactic plane.

- That might sound like stardust stuff, but our scientists aren't really talking about it yet, even though they know—these elements aren't on the periodic table.
 - One of them is vibranium, like in the movie *Black Panther*, which their civilization, Wakanda—that is the chief element by which they create their exotic technology.

TARA: Is that a blue color?

R: It's more of a gold color. And Adamantium—that's what Iron Man's iron suit is made of. These are actual particles that come in from different celestial objects that come into Earth's atmosphere as we move across the galactic plane.

- Another one is called incalorium, which is hundreds of times harder than diamonds, and they use it in the creation of the ship technology—the hull of the different spaceships that the Galactic Confederation advocates, and incalorium is one of the chief elements. It creates a shield, whereby you can get very close to the corona of the Sun without burning up in the Sun's proximity to your craft.

R: I saw an old friend today whom we both know.

T: From the late '80s early '90s.

R: R: Yeah - she knows NESARA and the 78 programs. She just said, "Spring is coming, and it's coming in like a lion. Hold that Light right now, because things are shifting and changing so rapidly, so radically! It's about forgiveness, Love, accountability.

"There are so many stories coming out about how the folks who did the riot on January 6th are going to be held accountable, and are being brought into the limelight for what occurred."

- Nada didn't say this, yet what happened in Atlanta [with the deaths today]—I would say it is connected with the dramas that are connected with the dramas going on right now, where the crazy right wing and the 13 Families are targeting people of color. It is a larger issue. At this time as we approach the Spring Equinox, let us send more Love.

T: She also said, or you said to her, "This is not a fairy tale story," - meaning the story about NESARA. And it's not connected with Faction Two or Cobra. And that's really important.

- A lot of the changes now that we're seeing is preparing the way. Rama told her that President Obama and Michelle [Obama] are the ones to change the course of this planet.
 - I'll just say, that's quite a surprise to many out there who have been told through various organizations, in particular Q Anon, that Michelle is a 'man' and Obama's 'gay'.
 - That is the most ridiculous story ever! Let's check with our hearts. Deep in our hearts.

- I think the police officer, regarding the character who killed the 8 people in Atlanta—he was apologetic. He was actually giving them somewhat of an excuse, to get away with it, that he was trying to get rid of his guilt for being a sex addict, and he had to go kill those Asian women because they were tempting him.

R: This has to do with the Matrix and the mind control, and it's so rampant right now!

T: They also found in the past, a few years ago, that there were pictures of this police officer, wearing one of these t-shirts with an emblem on the back, calling the virus the "China Virus."

- Which was something being mimicked that he, being very pro-Trumpian – he mimicked Trump, and the t-shirt was made because former Pres. Trump was propagandizing the virus and putting a stigma on the Chinese people.
- There are many, many crimes in the last years being committed against Asian people in general, and the whole story about how many is not being told, but I've heard figures up in the hundreds in the last few years, that have been killed for this reason [that people were blaming them for the virus].
 - So again, without judging anybody you haven't walked in the shoes of, the product of somebody's behaviour and mind control—it's systemic.
 - It's as Professor Richard Wolff spoke of in his book, *The Sickness is the System*. So that people who have power with force, which would be the police in particular—they have been trained to use force if the individuals they're going after don't fit the picture they've been programmed to.

R: They've not been taught about de-escalation, mediation, negotiations.

T: It was supposed to be part of it [their police training].

R: Yet it's not.

T: It's not, no. So I'm sure our sister Omena will share lots of things about how we as people here present can help in various ways. And I know Omena knows the system, because she's been able to learn about it through the work she's doing to help people stuck in hard places throughout the system. That's not a healthy thing

- So as we were listening to Caroline and all those Collective golden Beings of Light she brings through her spirited self, and all of us—Vinayak too—look up!

R: Look up!

T: They are here! We see ships in lenticular form in our area every single day! And at night, we see ships decloaked in the clear night sky.

- It's the fact that we are as a people experiencing these higher energies coming in and acknowledging more of who we are as a result, and learning how to surrender to Love no matter how difficult the situation is, and not use force—it's a time when fear can come in even to the most steady of us.

- I remember Caroline saying in a previous moment—"How we supposed to use the friggin' rent?" I don't remember the word she used, but I got the gist of it. We're not really asking a lot!
 - But what NESARA brings—it brings in what FDR did. He created a second Bill of Rights. In other words, nobody homeless. *Everybody* has a roof over their head. Everybody has what they need to nourish themselves. Everybody has free education, free energy.

R: Free healthcare!

T: Free healthcare. Of all the OBCB countries—there's 34 of them—the United States is the only country that doesn't provide those things. The average amount people are paid in the Western countries—some of the countries are in a different category, being extremely right-wing.

- But Denmark and Norway and Sweden and England, Spain, Portugal, Germany—the people are getting paid a minimum of 80% of what they were getting when they were getting paid when they were working, and the average amount is \$2,000 per month [in pandemic assistance payments].

- And we've [the US] gotten *three* checks cut for people. So the \$1200 check was back in 2020, then the \$600 check cut, and the majority of the people got it in December and January, and it was supposed to be \$2,000.

- Then the next one is the \$1400 one. So there's nothing regular about anything. I was mentioning this last Saturday—[Congress member] Ilhan Omar was being interviewed,

and she said that the average person in this country is at least \$6,000 behind in their rent, MINIMUM. So what does \$1400 do? It doesn't do the job!

- Then there's another story, and Nada kind of remarked about it. I was listening, and yesterday, Joe Biden was asked by George Stephanopoulos, "Is Putin a killer?" And the way that Biden answered, he said, "Hmmm-hmmm. Yes, he is!"
 - Then George Stephanopoulos said, "Are we going to do anything about that?" And he said, "Yes, and you'll see soon enough," or something to that effect.
- **Then Nada**, Rama—she said about that comment, that she heard Putin—they talk: the Faction Three White Knight talk to the other leaders.
 - R:** Putin said to Joe Biden said he'd like to have a face-to-face Zoom call or a conference where they could talk about things.
 - But he said to Joe Biden calling him a killer: "It takes one to know one."
 - T:** But I don't think Putin was admitting in that statement that he was a killer. They said on the news, there's no evidence-based information to state that.
 - R:** Everything goes on has to do with propagandizing, and creating false narratives about Putin and Russia that go back to ___[?] and the 13 Families.
 - It is a big deal, because the Q-Anon story is connected into it, stirring the pot. And Faction One and Faction Two are looking to create incidents across the planet, to blame Russia and stir the pot, to escalate a new Cold War.
- T:** Putin recalled the Russian ambassador to the United States, said it was temporary, and that he and the people at the Kremlin are going to discuss what kind of relationship this is going to entail. You don't tell the world, as a president, without any evidence, that another president is a killer. That is a serious situation! We'll keep this in the Circle of Support.
- R:** I'll just say it again—Captain Ashtar has said, "No nukes!"
 - T:** That's another one—Rama calls Boris Johnson "Boris the Animal," but Boris announced he's going to escalate/increase the Trident weaponry of England to 40% more, to the tune of \$250 billion of the people's money.
 - R:** It is an insane move at this time.
 - T:** And the Biden administration said they're going to do the same. Today I heard that.
 - So you asked King of Swords, and he said, "No way, Jose! Not happening!"
- R:** As Dr Greer has said, if we were to push this to that crazy moment, Captain Ashtar knows what to do! We're going to have to figure out how to talk to each other [interculturally]! That is another bridge we're going to have to cross.
 - Folks who don't understand the next step that I call walking onto the Rainbow Bridge, are going to get some interesting interplays with our galactic friends. Because they mean business, that there will not be a nuclear war on this planet!
- T:** One last thing that Saint Germain said through the Collective some three weeks ago, that Caroline shared with us on this call three weeks ago—
 - Saint German said that this situation where people are going to get their vaccinations—not people who are consciously aware and don't allow things like that to affect them. We're talking about the masses who are just thinking they can go get a "vaccine," and it's all over with and everything's fine.
 - What Nada said and King of Swords said, is that "This is a cover-up, because they already killed 4 billion human beings on this planet, and they are trying to cover it up and blame it on the virus. They are using this tool called satanic sound frequencies, along with the virus, and targeting the people they want to kill.

- It was an edict from the Vatican. We've said this before. When they issued the church doctrines—the one we're most familiar with is the Doctrine of Discovery—that people of color are not equal to white people.
 - The doctrines were a cover-up back then so they could create plagues and target the people they wanted to kill and then blame it on the plague. So they're doing the same story over and over again.
- One more thing made very clear: that Cobra is compromised, and has been for a very long time. Back some 30 years ago, he started working with the CIA. And you know that statement—"Once you're working for the agency, you're always working for the agency." So send more Love and Light.
- As we get more and more embracing of these newer energies, and take them into our hearts, and walk with all these Angels who are present—they're really here on the ground, and remembering that—and especially, hang out with the Faeries!

R: Yes! So we'll pass this talking stick to our Faery Sister, Omena!

CAROLINE: Did Rama finish sharing everything that he was sharing? He spoke with Lady Master Nada. Did you finish telling us everything, Rama?

R: Yes, pretty much. Just to allow ourselves to embrace the energies coming in with the Spring Equinox, and to not get caught up in the ensuring dramas they're stirring right now to create more division and darkness. That's simply what she said.

T: And you told me that she said one more thing, Rama. Yesterday—Happy St Paddy's Day!—Nada picked up on that, and told everybody to stay in the emerald green ray and the Violet Flame.

- "The old paradigm is just that—it's fading away very quickly. See you in the Light of the Most Radiant One!"

GUEST HOUR: OMENA 888-429-5471 323-744-4841

- Gives a shout out / Hello to Marietta!
- As we were talking earlier about ascension: she is giving her opinion and this is in no way, a judgment of others' opinions
 - She's a soul historian – so many different souls, problems, prejudices and so on
 - eg the young man who killed the women and said he was a sex addict
 - she's worked with addictive people – never has she had a sex addict who killed people for the addiction they have
 - earth souls are the only ones with spiritual, mental, emotional bodies [as opposed to souls who exist as pure consciousness]
 - We have so many groups fighting with each other
- 2 callers

Vin: asked if any of his family members have passed over?

Omena: ask your future self what is for our highest good – we all exist in the same time-consuming and the future self has already gotten through what we're involved in now

FOR FULL DETAILS OF QUESTIONS AND RESPONSES, PLEASE LISTEN TO THE PODCAST
<https://bbsradio.com/podcast/night-roundtable-march-18-2021>

CLOSING MUSIC

Sam Cooke - A Change Is Gonna Come (Official Lyric Video)

<https://www.youtube.com/watch?v=wEBlaMOmKV4>

"A Change Is Gonna Come" by Sam Cooke

Lyrics:

I was born by the river in a little tent Oh,
and just like the river I've been a-runnin' ever since.
It's been a long, a long time comin', but I know,
oh-oo-oh, a change gon' come, oh yes, it will.

It's been too hard living but I'm afraid to die
'Cause I don't know what's up there beyond the sky
It's been a long, a long time comin', But I know,
oh-oo-oh, A change gonna come, oh yes, it will.

I go to the movie and I go downtown
Somebody keep tellin' me don't hang around.
It's been a long, a long time coming, but I know,
oh-oo-oh, A change gon' come, oh yes, it will.

Then I go, oh-oo-oh, to my brother
and I say, brother, help me please.
But he winds up knocking me back down on my knees, oh.

There've been times that I thought I couldn't last for long
But now I think I'm able to carry on
It's been a long, a long time comin', But I know,
oh-oo-oh, a change gonna come, oh yes, it will.

Directed & Produced by: Hector Sanitizo, Robin Klein, Julian Klein, Mick Gochanour,
Video Editor: Andre Murrugarra (C)
2016 ABKCO Music & Records, Inc.

Music video by Sam Cooke performing 'A Change Is Gonna Come'. (C) 2016 ABKCO Music & Records, Inc.



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Occupation: Natural born Clairvoyant, Soul Historian, Spiritual Counselor, Coach, and Medium

Biography: My name is Philomena aka OMENA. I'm a natural born Clairvoyant, Soul Historian, Spiritual Counselor, Coach, and Medium. I use my gifts to explore ways to break life patterns that no longer serve your higher good. My life mission is to educate about the soul and to help bring people to a higher level of self-awareness. Enjoy learning about yourself without feeling as if you are in Therapy.

- I studied Reiki and became a Reiki Master Teacher
- Certified Hypnotherapist – the use of a guided meditation to find your truth
- Rebirther (energy breathing) – used to clear patterns of old emotional trauma
- As a counselor, I can help you grow by providing you with a clear understanding of yourself, and your relationship with people, places, and situations in your life
- My Human Services experience enables me to provide you with practical solutions to real-life challenges that are easy to apply, so you can make those needed changes for the better
- As a spiritual coach, I will provide you with tools and guidance to help you along your spiritual journey
- As a Medium I am able to help you communicate with loved ones who passed over (incl. pets)
- As a Soul Historian I can dive into and explain your past lives and possible karmic debt, as well as current circumstances related to either
- Have you ever wondered what your baby is thinking? I can communicate with their souls.
- Are you curious about a specific place or person(s) in that place? Just provide the coordinates, and I relay any information and messages I receive to you.
- Have you lost a beloved pet? With their permission, I can relay the information I received.
- We can explore so much more – and no topic is off limits.

And I do so with honesty, compassion... and a wee bit of humour.