

2023-08-17

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: 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
LISTEN ON LINE	 CLICK ON AUDIO ICON	 CLICK ON AUDIO ICON
LISTEN BY PHONE	1-641-793-8120 [NO code needed]	1-804-220-6484 [No code needed]
CALL IN TO INTERACT Only during live calls	888-627-6008 Direct: 323-744-4831	1- 888-429-5471 Direct: 323-744-4841
ACCESS CUSTOMER SERVICE	Toll Free: 1-888-710-8061	Direct Line: 1-323-744-4828
OTHER BBS SERVICES FREE PHONE APPS	<ul style="list-style-type: none"> • Free BBS Radio Android phone app • Free BBS Radio iPhone and iPad app 	

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://Ashtar Legacy Teleconferences (ashtarontheroad.com))

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-august-17-2023>

HOST: Omena
MEDITATION: Omena
GUEST: Panel members and Callers

TONIGHT'S PANEL:

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

THE LAW OF ONE

We are all One.
When One is harmed, all are harmed. When One is helped, all are helped.
Therefore in the name of Who 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 by Omena

Reminder of phone numbers **Call In Numbers:** **888 627 6008** **323 744 4831**

Reports on individual energy

COR: feeling sadness due to the Lahaina Fires – mentions her channeling from The Collective

- learned that the star elders, the ancestors have been helping for quite a while – decided to use what the dark ones were doing and create some kind of alchemy
- wherever the people from that area go, they will spread the light thanks to what has happened
 - none of this had to happen and should not have, but in spite of it all – marvellous things, outreach - happening in the local areas of Hawaii
- the World Central Kitchen group has shown up too

PCC: 2023-08-17 A Buddhist Healing Prayer & Wisdom From A Zen Master
From Nick Polizzi <info@thesacredscience.com>

Host of Remedy: Ancient Medicine for Modern Illness & Founder of The Sacred Science
see page 10 for the article the Buddhist healing prayer was read.

MG: not too much to report – maintaining the surf!

ambassadors conference in London – Nov 11th and 12th

the Keshe Foundation Plasma Space Technology in exchange for Peace
the cleaning up of GMO seeds by Keshe Fdn efforts is already occurring

edu.20205@kfssi.org 7:31 PM

<https://store.keshfoundation.org/store/product/AmbasadorConferenceLondon2023/>

RGM: the only news outlet on Maui is Fox News – the mayor there is trying to kick them out -

- also info about someone involved in the emergency preparedness -
- lots of things happening on many levels and sometimes it takes something really unnatural to happen to bring things to the surface – lots of nefarious stuff going on but it does bring people together
- and who knows what kind of agreements made at higher levels

- **time to ban electric vehicles!! !** 108 fires in NYC 66 people injured and 13 died – due to lithium fires – the vehicles literally explodes! And those fires are really difficult to put out -
 - Gives lots of other examples of the kind of things happening
- About smart cities – no cars, etc etc – some age groups can't see what's happening to them, where the older generation can! ! !

R: as the energies keep getting higher, we are riding the waves of light as they come through

- the main stream news is not hooking up with the rainbow bridge! ! !

Today, a moderate M Class Flare went out from the sun – it was gigantic! These are the energies which are shifting us and the planet

Rama reads today's White Knight Report – what follows are some of the comments from the reading, and from what Omena is talking about

- Which is about language: subjective language, Objective language
- About the way language is used and ends up confusing us
- The Ascended Masters have no ego – and they are objective: does not mean they are not compassionate
- Being Objective means being objective with LOVE
- the heaviness of the emotions of the people has to be left behind – be objective
- She doesn't do sympathy – drives the energies down – but she is objective and does have compassion does her best to keep away from " OMG! Isn't that awful!"
 - Idea is to make things clearer – have to be aware of what's coming out of your mouth -

PLEASE LISTEN TO THE PODCAST – IT'S VERY INFORMATIVE AND VERY HELPFUL

2023-08-17

Rama's White Knight Report

AUGUST 17, 2023

August 10, 2023 – August 17, 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>

2023-08-12

Saturday

Dr Steve

Rama: I got to see **Dr Steve** in one of the health food stores in Santa Fe today. He said to me, "Lord Rama, how are you doing? How are you handling these energies?" I responded by saying, "Fair to middlin', Sir, and I am blazing the Violet Fire!" Then Dr Steve said to me, "As you are handling these energies, that is good. They are getting you ready for sitting on the bridge."

Dr Steve continued: "The light coming in at this time is the greatest that has been since the last encounter with Nibiru 26, 826 years ago! At that time, we had the same climate disruption events that we are having now, as well as the same kind of conflict going on back then as we are having now. This time around, though, we are transforming the energies towards the Light, with love. As we go through this new moon in Leo, call on that Cat Lady Goddess with the Solar Disc atop her head, the Four Musketeers are here indeed – Lord Michael, Lord Metatron, Lord Maitraya, and Mother Sekhmet. [See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire.](#)"

2023-08-14

Monday

Dalai Lama

[Dalai Lama @DalaiLama · Aug 10](#)

<https://www.dalailama.com/news/2023/his-holinesss-statement-regarding-recent-natural-disasters>

His Holiness's Statement Regarding Recent Natural Disasters August 10, 2023

This year we have seen a shocking series of natural disasters in many different parts of the world. There have been floods, wild fires, and hurricanes that have resulted in a tragic loss of life, as well as damage to property and the natural environment. Clearly the consequences of global heating affect us all.

As I told a delegation of educationists this morning, whenever such disasters take place in different parts of the world, I try to express my concern and offer support for those who are suffering and those striving to help them.

In recent days, flooding in the north of China and in some Tibetan areas has resulted in the loss of life and widespread damage to property and the local ecology. I pray for those who have lost their lives and express my sympathy and concern to all those affected by this calamity. We are all the same as human beings. We all wish to be happy and to avoid such tragedies and in the context of the oneness of humanity, we all have a responsibility to help and support each other. On this occasion too, as a mark of my solidarity with the people of China, I hope to be able to make a donation to the relief efforts.

Under these circumstances, I appeal to my brothers and sisters across the world to pray for all those affected by these natural disasters, and to take whatever steps they can to address the climate crisis and its effects.

With my prayers and good wishes,

Dalai Lama

10 August 2023

2023-08-14

Monday

Tom the Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Cat and Sweet Angelique the Cat** at 12:31 pm, early this afternoon. They said to me, "Greetings, Lord Rama. We were at Stonehenge early this morning. We have been opening portals to bring in the higher energies with this new moon coming up on Wednesday. There are strong solar magnetic blasts coming in and hitting the earth. These solar frequencies are extremely transformative, and they are transforming us too. Our reality is changing faster than we know how to talk about it. Venus is bringing in intense rays to transform us all. May Peace prevail on Earth. **Sat Nam! Namaste! Blaze the Violet Fire.**"

2023-08-15

Tuesday (Assumption Tuesday) The Poppy Lady

Rama: **The Poppy Lady** sent me a simple text message right before we headed to the concert today at 2:30 pm this afternoon. She said to me, "Lord Rama, please pray peace in Afghanistan in every NOW moment. Pray Peace all over the world. **Sat Nam! Namaste! Blaze the Violet Fire. Om Shiva!**"

2023-08-16

Wednesday

The Plasma Field

Rama: I went and sat in The Plasma Field at 11:30 am late this morning. The Plasma Field said to me, "Greetings, Lord Rama. I answered, "Greetings!"

The Plasma Field went on to say: "Here are the energies going on today." Then the Plasma Field showed me a Crop Circle that showed up in Wiltshire, England, in a farmer's field. "There was a crop circle with one big circle on the outside, and in the center of that circle, there was a sphere representing the sun."



2023-08-11 – Crop Circle in Wiltshire, England

Then the Plasma Field continued: "Lord Rama, 'One Sun, One Moon, One Earth, One People' " This was the same message that Robert Mirabel delivered on the Santa Fe Plaza at his concert which we attended, along with Caroline who joined us to enjoy the music, the singing, the poetry reading, the dancing, the ceremonials that Mirabel had created, and Mirabel's good words for Peace.

Then The Plasma Field said. "Go and share the good news that **we have won. See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire.**"

Rama: I received a text message from **Darby O'Dell** at 11:38 am, late this morning. He said to me, "Lord Rama, I am in upper Scotland for fairy business. There is a fall wedding coming up in the fairy kingdom. It is on the Fall equinox, September 23rd, in Libra at 2:50 am eastern time in the wee hours of the morning. I am to be the best man to this fairy lad, my 4 ½ foot tall fairy friend, named Lokar. Quintessa is his 3 1/2 tall fairy bride-to-be. They help me with my garden. They will marry in someone's provincial garden who is also a friend of mine. This garden is a short journey from my garden in upper Scotland. It will take place during that equinox day.

Meanwhile, Darby continued: "Happy New Moon, Lord Rama. There was a big, big solar flare today. The Dark continues to go down at quantum light speed. All they have got is fear: False Evidence Appearing Real. Stay in your high heart, where all we have is LOVE. At this time of the 6th sun, the 5 elements are calling to us: earth, air, fire, water, ether. In the United States, the scientists are about to make a major break through: they are about to tap into the quantum field where they will open a portal and send some electrons through and see if they come back. This is about the beginning of Warp Field Technology. We already know they have it, yet it is beginning to leak out to the public."

(Note from Rama: I see reference to it on the internet and, last Saturday, we heard Nassim Harimein, a quantum physicist, do some explaining about this quantum field of knowledge.)

Darby: "We live in exciting times. [See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire.](#)"



SpaceWeatherNews ✓
@SunWeatherMan



Plasma eruption on the sun today, erupting in a helix CME.



9:30 AM · Aug 17, 2023 · **27.7K** Views

199 Reposts **26** Quotes **697** Likes **16** Bookmarks





CLOSING MUSIC

[Lei'ohu Ryder](#)

A Wise One Of The Stars 5:34

https://www.youtube.com/watch?v=hli3-Xi-ffc&ab_channel=Lei%E2%80%99ohuRyder-Topic



2023-08-17

A Buddhist Healing Prayer & Wisdom From A Zen Master

From Nick Polizzi <info@thesacredscience.com>

Host of Remedy: Ancient Medicine for Modern Illness & Founder of The Sacred Science

Last year (2022), one of the most influential Zen masters of our time, Thich Nhat Hanh, departed his physical body at age 95. Lovingly known as the "father of mindfulness," his wisdom lives on and continues to heal and inspire millions worldwide.

To celebrate his life, I've included a powerful Buddhist prayer below. But first, here is some advice from Thich Nhat Hanh on the "right way to pray."

. . .

"If you are standing on one shore and want to cross over to the other shore, you have to use a boat or swim across. You cannot just pray, 'Oh, other shore, please come over here for me to step across!' To a Buddhist, praying without also practicing is not real prayer.

"In a real prayer, you ask only for the things you really need, things that are necessary for your well-being, such as peace, solidity, and freedom... freedom from anger, fear and craving. Happiness and well-being are not possible without peace, solidity and freedom. Most of our desires are not for our peace, solidity and freedom.

"While you pray, you are deeply aware of what you really need and what is just the object of your desire. This kind of prayer is the light of God that shines upon you, telling you which way to go in order to obtain peace, solidity and freedom. In a real prayer, you also touch the wholesome seeds in your consciousness and water them. These are seeds of compassion, love, understanding, forgiveness and joy.

"If while praying you can recognize these seeds in you and help them grow, your prayer is already a deep practice."

. . .

Here is a Buddhist prayer for love and compassion that embodies Thich Nhat Hanh's words above.

The Nine Prayers

May I be peaceful, happy, and light in body and spirit.

May I be free from injury. May I live in safety.

May I be free from disturbance, fear, anxiety, and worry.

May I learn to look at myself with the eyes of understanding and love.

May I be able to recognize and touch the seeds of joy and happiness in myself.

May I learn to identify and see the sources of anger, craving, and delusion in myself.

May I know how to nourish the seeds of joy in myself every day.

May I be able to live fresh, solid, and free.

May I be free from attachment and aversion, but not be indifferent.



***Actual products may differ in appearance to images shown**

Ambassadors Conference London

Plasma Space Technology in Exchange for Peace

Conference: Saturday 11th of November and Sunday 12th of November 2023

Ambassadors meeting: Saturday 11th of November 2023, 19:00

Location: London

After several years, Keshe Foundation is proud to announce the next conference in the series of ambassadorial conferences by the invitation of Keshe Foundation to the world ambassadors to be given the new space plasma technology as a gift to humanity in exchange for peace.

The knowledge seekers who attend the conference on Saturday 11th of November and Sunday 12th of November 2023 will then attend the meeting with ambassadors from all nations on Saturday 11th of November at 19:00 London time and will be given the opportunity to address questions directly to the ambassadors, to put the proposition to their ambassadors for the knowledge of the Keshe Foundation in exchange for their nation for peace.

The space becomes the premises of area, where there should be no wars. In this Ambassadors meeting as in the previous one where the MaGrav systems were offered to each nation, a new space plasma technology development for energy and space will be offered to the ambassadors to be taken back to their nations. We expect a number of ambassadors from the world's leading nations to attend, and many representatives of the British government will be invited to attend this meeting.

The number of seats allocated to knowledge seekers will be limited. The entry ticket for the entire event is 1500 euro + VAT for two days of conference and being given the chance to be present in

the meeting with the ambassadors. Groups of 10 people and more can attend for 1400 euro + VAT per person. Booking will close very early as we expect a large number of people who would like to attend this conference and the meeting with the world Ambassadors in London.

***The tickets include only the entry and participation during the two event days and it does not include meals, drinks, transportation and accommodation.**

€1500.00

(plus shipping & taxes)



3rd Ambassador Conference Rome 2015

**3rd Ambassador Conference
Rome 2015**

