

**“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 OPENING MEDITATION; HOUSEKEEPING; LINK TO PODCAST**
- IV SATURDAY HISTORY CALL – NOTES, REFERENCE MATERIALS**

### **I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com); click on “64K Listen”

**\* Thursday: *A Night at the Round Table* Hosts: Panel Members**  
6 pm Pacific / 9 pm Eastern

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

**One Hour conference Call: 1-641-741-1704 - Access Code: 353 863#**

**\* Saturday: *History of our Galactic World & NESARA* Hosts: Tara & Rama**  
1:30 pm Pacific / 4:30 pm Eastern

**One Hour conference Call: 1-720 716 7301 – Access Code: 353 863#**

**Call to interact / ask questions: Canada & US: STATION 2 1- 888-429-5471**  
**Direct 1- 323-744-4841**

**C Skype: BBSradio2**

### **D Archives for the 3 Programs listed above:**

- Go to *BBSRadio.com*; in first column, LHS, **FIND TALK SHOW**
- Enter **The True History**, press the GO button. You’ll be taken directly to the True History call: click on **“Archives”** which takes you to the listing of all program archives, the latest one being at the top.
- You can listen directly or download the program to your own computer.
  - To listen directly, click on the arrow on the black bar.
  - To download, go to **Episode MP3 link**. Then **right click** on the name 'theturehistory **including the date**' and the drop down menu appears. Click on **'save link as'**

**E Archives, both written and audio, also exist on the 2013 website:**  
<http://2013rainbowroundtable.ning.com/> look under the “Archives” tab for **written notes plus audio recordings** of the conference calls plus the entire podcast.

### **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 – 605-475-4120; PIN 946 7441#

**B Tuesdays**

***Ashtar on the Road***

**2<sup>nd</sup> & 4<sup>th</sup> 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:**

***The Friends of The Aboriginal Moabite Nation Call***

**7:00 – 9:00 EST**

By telephone only: 1-712-432-0900 PIN 666238#  
Replay# [good for 1 wk] 1-712-432-0990 PIN 66238#

**D Every 2<sup>nd</sup> 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](mailto:AscensionTimes@gmail.com) with the message  
"YES to Abundance!"**

**III OPENING MEDITATION; HOUSEKEEPING; FREEMART WEBSITE; INFORMATION  
SOURCES RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST**

**A. Opening Meditation: Cheryl Croci**

**B. Housekeeping: Rainbird**

**BBS:** • Listener-supported radio programs – Cost is \$300 per week  
**Need \$350 for this week, as we were short last week.**  
**Thanks for keeping us up-to-date!**

**All BBS archives can be accessed for free**, including the podcasts for  
the Thursday, Friday, Saturday calls, listed above.

• [www.rainbowroundtable.net](http://www.rainbowroundtable.net) has archives, too.

- Go to BBSradio.com/Station2; find **Hard News** call listing & **Paypal** button
- BBS appreciates getting checks via the mail: no Paypal fees!

• The mailing address for those who do not like paying electronically:

**B B S RADIO** [Please put **"Attention Don"** on the envelope]  
1500 Pleasant Hill RD [Note inside that it's for T & R calls  
Lafayette, CA 94549 [& the Thursday call, as well]

**Tara, Rama:** Their full-time, life-time commitment is to be tuned in to  
what is really going on behind 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 of 2013 Rainbow Roundtable**

**FOOD MONEY, BASICS:** They need **\$ for food, basics, gas, bills - \$600**

**NOTE: The food \$ is for the Paschats, Rama and Tara, and the gas tank !!**

VIA PAYPAL OR GO TO [www.rainbowroundtable.net](http://www.rainbowroundtable.net) –  
**where there is a donate button !**

- **Please notify T & R if you're sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)  
**EVERY \$ HELPS ALL GRATEFULLY RECEIVED**

- Rama's mailing address for cheques, Money orders: Ram D Berkowitz  
PO Box 280  
Santa Cruz, NM 87567
- **Remember: you can book a session with Mother, as well!**
- To make donations to the **Fresh Produce Fund for Tara & Rama -**

**\*\* go to [www.rainbowroundtable.net](http://www.rainbowroundtable.net) and find the link to the donation button**

**[koran9999@hotmail.com](mailto:koran9999@hotmail.com) is the link to use with Paypal**

- Your donation supports an account set up for Tara & Rama with Beneficial Farms Community Supported Agriculture in Santa Fe, NM
- These funds are used exclusively to maintain this weekly account for a steady supply of fresh produce to Tara and Rama.  
They and the sponsors are very grateful for your assistance.
- Let Rama know by e-mail that you are sending any donations: [koran999@comcast.net](mailto:koran999@comcast.net)

**FREEMART:** <https://www.shopfreemart.com/tarram> a/c # 7000

- Freemart is a private shoppers club; it's **FREE TO JOIN.**
  - all the products have much to offer, so take a look!
  - check out the headings called **READ MORE** - it's definitely worth the time!

Rama and Tara are being helped by this account: they get their supplements there. **The returns also help 2013 Rainbow Roundtable**

## **C: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION**

contact Rainbird with questions: [lightenergync@gmail.com](mailto:lightenergync@gmail.com)

<https://www.youtube.com/watch?v=aLaVutWXju0> **(CHECK THIS OUT)**

**One Cup One Life – Production and Application; Prevention and Reversal of CoronaVirus**

[https://en.kfwiki.org/wiki/One\\_Cup\\_One\\_Life -  
Production and Application -  
Prevention and Reversal of the Corona Virus](https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_-_Prevention_and_Reversal_of_the_Corona_Virus)

## **KF Wiki**

<https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

## **Keshe Foundation Store**

<https://store.keshefoundation.org/store/?alias=store>

## **Keshe Corona site**

[www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/](http://www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/)

## **Keshe Letter to World Leaders about the studies using the plasma technology with covid patients**

[www.plasmatimes.com](http://www.plasmatimes.com)

**E: ACCESS TO PODCAST:** The audio link below allows you to listen to the entire program.

<https://bbsradio.com/podcast/true-history-march-13-2021>

**F: THE NEW WEBSITE AND ADDRESS: [WWW.RAINBOWROUNDTABLE.NET](http://WWW.RAINBOWROUNDTABLE.NET) –**

Still under construction, but already in use: take a peek . . . all of Caroline Oceana Ryan's updates are posted there too

## **Rama, Tara:**

**Greetings to all! They are glad to be with us!**

**R:** we live in such auspicious times – the Goddess is prowling about

### **Text from Mr X – in Tunisia**

- there are big things afoot with the energies and the fall of the empire; more and more is coming out about how big this story is, and how it goes across the galaxy
- more and more people coming out and talking of what happened when they worked for the Emperor of the Empire – the minions are whistleblowing about what they have seen
- Mr X brought up up that LM Ma'at is showing up, and we can change this story – it's about divine government – we are watching, seeing, such changes that are humbling

**T:** In 2014, some things happened: one in Ukraine –

**Quick Insert:** T takes a minute to say this is not the real Biden – it's an interactive solid image hologram.

- And Kamala has been read in to the ACIO, 39 levels about the President yesterday, T saw Biden be led by Kamala out of the Oval Office

**R:** this is the most highly credible, incredible story being played out right now – how we get out of this is recognizing who we are – our Divinity

- **the Ukraine story was false -all a CIA operation** – and Hillary hired Biden to create this false story and blame it on Russia – Russia is not really the menace – the Black Ops make that story up

- **While people watched a false narrative go down, there was a BIG crash at the time**, and the story was covered up and sanctions were put on Ukraine
- then millions and millions who had \$ in the stock market LOST IT ALL! And they never got hurt: the same thing is happening now, even though there is something coming in to help

- **Rep Omar of The Squad:** 11 million Americans are behind on their rent to the tune of \$6000 each  
**T:** so \$1400 is too little, too late  
**R:** we need NESARA and

- T:** since the crash there has been no resolution there – at least 15,000 killed who DIDN'T NEED TO DIE! The people in the western half of Ukraine are connected to Europe; the eastern half are connected to Russia
- the US Black Ops arranged for people to be killed in Maidan Square and succeeded in creating enmity between the two sides. This is not new – this is what the US does in every country and they create a front of some kind so people don't notice

**T:** • the **US is in debt to the tune of \$300 TRILLION** – AND IT WENT INTO THE POCKETS OF MILLIONAIRES

- the shift [is] to the place where the truth is gradually coming out
- Brings up Katie Porter who speaks truth to power and has been castigated in some way

- It is important for us to develop the virtues:

- Last night on the Conference Call: **Lindsay Graham is angry because the Black Farmers got what they needed – he's on his way to meet Goddess!**
  - We remain neutral – yet how do we work with love, truth beauty & the other virtues which mitigate how we do justice – years ago, the KOS told Rama this justice system was not working, in case you hadn't noticed !!
- **Louisville KY – Brianna Taylor's murder** – and no officers have been charged
  - the MO is not to go after the police officers – give them a pass unless something happens to make this right
  - And there will be the same issue with George Floyd

**R's insert:** the original people on earth came from Sirius, Venus, Tsau Tseti and other places

- the jury – 3 white, 1 black, 1 multiracial woman, 1 white woman

**T:** McConnell has brought up all **the new rules across the country**, in each state, that will be **anti-democratic** – has to do with voting processes

- Drumpf said early on that he could walk down a street in NYC and kill someone and it would make no difference: that was a message about what he was going to do! ! !
- on Jan 6<sup>th</sup> people thought they could do what they did and the violence that happened was OK as Pres Drumpf said what he said – very confusing as the constitution is not taught in schools, and we don't teach in a way that teaches democracy – there are all kinds of schools, including public schools that are paid for by property taxes which has deliberately resulted in ghettos, poverty, no education

**R:** what he learned early on about the function of schools inside the matrix

- the true classroom is Mother Earth and the 5 elements

**T:** Nesara brings the education in terms of Divine Govt – as we receive our packages, we'll learn how that works - refers to material on the Website which has been reviewed in the past

- T reviews the content/receiving the packages

**T:** the Newsom Recall in California – a good man, but compromised

- Change is happening now

**Caller:** asking about the document being referred to – has never seen a written document about the financial packages and what is expected

- Everything that was on the old website is on the new – but what the caller thought T was going to discuss was the info about the financial packages -

**T:** thinks it is what is being experienced now – not to be told ahead

**Caller:** the repubs got away without committing themselves: there are enough Democrats to pass the American Reset Act – Tara agreed

- Thinks it would be a good idea to review the background material

**T:** brings up **The Secret Teachings of All Ages** -

**Caller:** is this book or **The Secret Destiny of America** better to start with – T is talking about the **Secret Teachings** as Alchemy – which is the best one to spend time with at this time?

- Reading another chapter is fine, but thinks this info needs to be tied in to what is happening now: that's what the caller thought T was going to discuss
- The info needs to come out of the book and be related to current events

**T:** and consciousness has to happen first – if people don't see

**Caller:** **trickle down economics is gone, as per Joseph Stiglitz and Richard Wolff last night**

**T:** and Mr Stiglitz was also saying: the Repubs don't deserve to have a party the way they are behaving and KOS said not long ago that the republican party will disappear

- Discussion of the list of things that the Repubs have been supporting/responsible for and that people knew ahead of time . . .
- Goes back to 2014 which has not been dealt with and the biggest lie of all the Russia is the bad guy, and the US is the good guy – NOT!

**R:** brings up current events in Russia and the arrest of protesters and who is supporting Alexey Navalny

**Caller:** brings up the humour of the current situation: secret messages, hiding out – slapstick!

- The Monty Python song: **always look at the bright side of life** – and the pan shot of the men singing – all hanging on crosses! ! Pretty funny . . . .

**T:** reviews the current financial situation – which is really ludicrous . . .

**AUDIO: Kryon – This Has Never Happened Before!** 29 minutes

**2021-03-11 KRYON - This Has Never Happened Before**

<https://www.youtube.com/watch?v=Au1zlnZnsVQ>

**[#kryonchanneling](#) [#kryon2020](#)**

This is about the 5 great deceptions of the **old energy** . . . .

**AUDIO: Beyond Belief with George Noory Annunaki, Giants, and Serpent People with Freddy Silva**  
**S 16: Ep 6** **41 mins** **March 10, 2021**

<https://www.gaia.com/video/annunaki-giants-and-serpent-people-freddy-silva>

Who were the serpent people, Annunaki, or the giants, and how did they affect humanity? Freddy Silva takes us back in time on a journey around the world, to discover the redacted history of a group of people that came from the stars to ensure that humanity would inherit the Earth amid conflict with other worlds. No matter the depictions, the stories all tell of an advanced people that guided humanity into civilization. We see signs of their influence with the spontaneous rise of agriculture, architecture, and animal husbandry. As we examine the clues left behind, we see signs of these people in South America, New Zealand, and Egypt.

**Instructor/Host:** George Noory **Featuring:** Freddy Silva **Video Language:** English

**AUDIO:** **DNA and the seeds of civilization (Gobekli Tepe is where it happened )**

**R:** it was a giant portal!

### 2021-02-15 The Untold Story of A Progenitor Race... The Seeds of Re -Civilization

<https://www.youtube.com/watch?v=5GWIRnHqxtk>

Could our DNA have been altered thousands of years ago? Explore the secrets of one of the oldest religious site known to man, Gobekli Tepe. Researchers believe the ancient stone carvings tell the story of a progenitor race's influence on human genetics through agriculture, astronomy and architecture.

### ASTROLOGY

### RICHARD [RI]

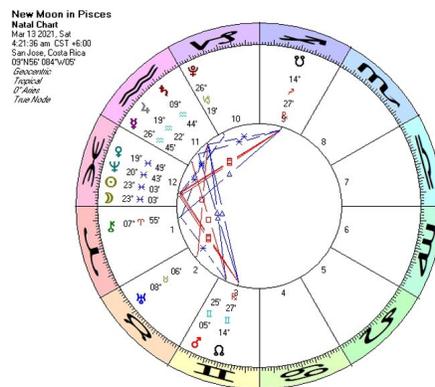
**RI:** dry where he is – all week. Getting lots cleaned up outside. Still lots of propaganda going on

**R:** the stellium sounds good! ! !

**RI:** the Aquarius stellium is more psychological than physical

2021-03-10 [Astrology for the Soul March 10, 2021](https://youtu.be/FF3ldDYwDhM) <https://youtu.be/FF3ldDYwDhM>

[Click here to download/listen to the Pele Report](#)



*Sometimes I get sentimental,  
Remembering times gone by,  
The beautiful people who've come and gone,  
Opening my heart up wide.*

Hola, Beautiful People!

**It's a beautiful time on Earth!** A great time to get out and get some good old natural Vitamin D directly from the Sun on your skin. A great time to get together with some friends, play some music, dance to some tunes (got three this week), or sit still and paint, breathe, and *feel*. **Amidst all the heckle and jeckle going on "out there," this is a good week to let go, chill out, and ACCEPT.** Don't worry, there's plenty of action just around the corner after the Equinox, so take this opportunity while it lasts.

In today's Pele Report, I mentioned a couple of things I wanted to reiterate here. **I'm taking a chance and offering a workshop here in Costa Rica in mid-May! I'm so excited!** I hope that the world situation is not so dire as to keep folks from coming. Let's see. **If you'd like a wonderful week on the beach to do some astrology, yoga, and sailing, [check it out HERE!](#)**

**Besides, I just finished a video for the NPA online community titled "[An Astrological, Anthroposophical, and Scientific Look at 2020-2021.](#)"** I think the title speaks for itself. While [it's free to the community](#), I felt that it has a lot of valuable information that would be good for anyone. I've gotten some interest in Dr. Zach Bush's work that I've mentioned before, and I want to promote his work, so this video contains a lot of that and more. Check it out [HERE!](#)

I'm also excited about [The Global Gathering!](#) I will be joining Dipal Shah at Ananda 4 Life, along with acclaimed speakers from around the world, on the next **Global Gathering – a worldwide healing event to help humanity and the Earth within these shifting times.** MARCH 17 at 6:30 PM Eastern. To register, just [click HERE](#) (it's F.R.E.E. to take part!)

**All in all, this is a time of year when we close out old cycles in preparation for the beginning of a new one.** Let's erase the chalkboard of 2020 and start with a clean slate! We can do that best by starting within ourselves and working our way out. Many blessings on your journey!

**Haha! Getting all emotional here listening to the three songs for this week, and of course, I check the chart, and we've got the Moon conjunct Mercury/Jupiter.** Astrology is so beautiful in that it is nature reflecting nature, the outside reflecting the inside. It is a constant reminder of the oneness of all things, and in that way, it is very Piscean.

**Having just written this month's Lunar Planner for the new Moon happening on Saturday, I can see ahead and know the energy will change dramatically after the Equinox.** Knowing that kinda makes me even more nostalgic as it gives the sense that there is no going back, no rewind, no return, only forward motion. In another way, it impresses upon me the importance of living each moment to the fullest, eh? **Let's go for it and make some dreams come true.**

***So Much Love,  
Kaypacha***

["The Way We Were"](#)

["Still Crazy After All These Years"](#)

["A Beautiful Mess"](#)

**PISCES 24°: ON A SMALL ISLAND SURROUNDED BY THE VAST EXPANSE OF THE SEA, PEOPLE ARE SEEN LIVING IN CLOSE INTERACTION.**

**KEYNOTE:** *The need to consciously accept one's own personal limitations in order to concentrate one's energies and to live a centered and fulfilled life.*

Every individualized person is a small island in the vast ocean of mankind. The ego fulfills a necessary function, as it sets boundaries and gives a specific character to the consciousness. Within these boundaries a complex interplay linking and integrating the various aspects of the personal life can operate constructively. In time, these ego-boundaries can not only expand, but can become a zone of intense interchange between the inner and the outer, between the individual and the community, between man and the universe.

This fourth stage symbol tells us that the first duty of any man or woman is to be truly what he or she is as an individual. But this individual has a particular dharma, i.e. a place and function in a vaster whole. The island's inhabitants get subsistence from the sea, and in time learn to navigate this sea and interact with other islanders — and all eventually will come to realize their oneness within the whole Earth, which includes everything. An appropriate Keyword would be **CENTRALIZATION.**

**RI:** One of the extremes of Pisces is feeling nature – illusions and delusions: not quite the same

He provides some commentary on this reading . . .

2021-03-13

**Ep. 99 – Sun Conjunct Neptune: Trusting the Divine Flow**



The Sun and Neptune conjunct (join together) in Pisces on March 10 – a few days before the Pisces New Moon on March 13, an exquisite merging of Courage and Love. Discover the most important qualities of this special time, right before the Spring/Autumn Equinox!

<https://www.youtube.com/watch?v=Wx7WmhBUfPc>

## CONFERENCE CALL

<https://fccdl.in/kGtwvv8IWK>

**R: Morag:** it's the place in Avengers: End Game – where starwars beloved died

- it's a unique place – things don't appear to be what they are – a place of illusions or shadows: don't go there unless you go with someone like Metatron
- an actual planet in our Milky Way Galaxy – not a pretty place: kinda like Mordor
- yes there are more places like that, not necessarily evil – the atmosphere not exactly conducive to human life – to go there, require a different kind of form / body
  - Emery Smith, Richard Doty – to go to places like that, go in an avatar kind of body
- Discussion of the hero in **Avatar**: his beloved helped him merge his consciousness with the Avatar and he took on the body of the Navi
  - The next **Avatar 2** – Jake and his beloved and the Navi will see justice done vis-a-vis The Corporation

**Binary Star:** Proximus/Alpha Centuri – the cities there are magnificent – clean, no war, no pollution

- No they haven't gone through what we are going through – always aligned with Office of the Christ and the Ashtar Command – from Alpha Centuri and Beta Centuri

**Richard T Miller in the 60s** – a direct contactee – **Starwars: welcome home earthman**

- on Amazon – describes what things are like in our local galaxy and how things are aligned with the Office of the Christ  
Stan Lee tapped into that knowledge
  - Much started in 325 AD when Emperor Constantine called the teachings of Jeshu to be heresay!
  - 10,000 years ago there was a messing with the grains – the Annunaki liked to watch us suffered
- T:** there was no one who was a bad guy in the beginning -  
we co-created this form [body] **with** Mother – at 12<sup>th</sup> dimension in the Pleiades and there was a breakup in the community; there were some more interested in power, greed, money

**Caller:** if Drumpf is put on trial, will we all see it? – and Mother has something to do with it?

**R:** Yes the people need to see the trial for the closure – we've all been touched by the misqualified energy for centuries . . .

## B B S Radio

**Opening Music:** **Turn! Turn! Turn!** - Muhlenberg Chamber Singers

<https://www.youtube.com/watch?v=GS96iBaMstw>

Adaption and Music by Pete Seeger

Arranged by Roger Emerson

Muhlenberg College Chamber Singers in their Family Weekend Concert 2015

Musical Direction by Michael Schnack

**Music:** a Celtic piece

**AUDIO: Rise and Fall of the Wise Woman** [Ancient Civilizations](#)

S 2: Ep 4

29 mins

February 20, 2018

<https://www.gaia.com/video/rise-and-fall-wise-woman>

History and ancient texts point to a time when women were worshipped and entrusted with secret teachings, holding influential positions of power. If this knowledge is allowed to flourish, could there be a rise of wise women in the future and, if so, might this also pave the way to a time when patriarchy and matriarchy rule together?

Featuring: Andrew Collins, Graham Hancock, Anton Parks, Freddy Silva, Sean Stone, William Bramley, Graham Cere  
Video Language: English

**AUDIO: Atlantis Connection to Abydos** [Ancient Civilizations](#)

S3:Ep9

39 mins

March 8, 2021

<https://www.gaia.com/video/atlantis-connection-abydos>

Has the connection between Atlantis and Egypt been found? Our team of experts reconstruct the path Enki would have taken from Atlantis to Abydos, forging the sacred tales that would be repeated in the life stories of many religious icons to follow. What lies below the remnants of oldest Egyptian city, now known as Abydos, may unravel a very old story beginning thousands of years before the official start of Egyptian history. Abydos is considered the birthplace of Osiris, Isis, and many other gods, and the tales etched into the temple walls connect these gods with ancient Sumeria. From these details, we see the beginning of the familiar stories of crucifixion and resurrection that have been told over and over in different religions.

Featuring: Andrew Collins, Gregg Braden, Anton Parks, Matias De Stefano  
Video Language: English

**AUDIO: Sun: Full Spectrum Healing with Jack Kruse** [Open Minds](#)

S 18:Ep 10

38 mins

March 11, 2021

<https://www.gaia.com/video/sun-full-spectrum-healing-jack-kruse>

Light, water, and magnetism are essential to our health. As many of us are exposed to more artificial light than natural, we may be missing out on a vital factor to improve our immune system. Dr. Jack Kruse discusses how we can have better energy and vitality through exposure to the sun. He explains that the full spectrum light of the sun goes beyond Vitamin D to have a better antibody response to viruses & bacteria, and helps the body's mitochondria to be energy efficient.

Video Language: English – light water magnesium

**AUDIO: Economic Update: Why Capitalism Reproduces Inequality and a Solution**  
2021-02-22 by Richard Wolff ·

[https://www.democracyatwork.info/eu\\_why\\_capitalism\\_reproduces\\_inequality\\_and\\_a\\_solution](https://www.democracyatwork.info/eu_why_capitalism_reproduces_inequality_and_a_solution)



[S11 E07] **New**

The extreme economic inequalities of both global and US capitalism are not new or exceptional. Capitalism reproduces inequality and repeatedly blocks or reverses redistribution...

**AUDIO:** [On Contact: Art – transformative, transcendent, revolutionary](#)



**SEE TRANSCRIPT BELOW**

**VIDEO:** <https://www.rt.com/shows/on-contact/517915-culture-revolution-requirement-art/>

**PODCAST:** <https://soundcloud.com/rttv/on-contact-art-transformative-transcendent-revolutionary>

On the show this week, Chris Hedges talks to artist and cartoonist Dwayne Booth, aka Mr. Fish, about the cultural requirement for revolution.

Mr. Fish's new book is '*Nobody Left – Conversations with Famous Radicals, Progressives and Cultural Icons About the End of Dissent, Revolution and Liberalism in America*'. Among those featured are: Joan Baez, Wavy Gravy, Lewis Lapham, Paul Krassner, Tariq Ali, Robert Scheer, Dennis Kucinich, Norman Mailer, Howard Zinn, Abbie Hoffman, Jon Stewart, and Lenny Bruce.

**Reading:** 2021-03-12 **A Message to Lightworkers** – March 12, 2021 by Caroline Oceana Ryan

*This week's guidance from the Ascended Masters, Galactics, Earth Elements, Fae Elders, Angelic legions, and Archangels known as the Collective:* **SEE FULL READING BELOW**

**CLOSING:** Rainbird

**Rama's Choice** **Alan Watts What Is It To See?**  
<https://www.youtube.com/watch?v=hCOJnIysQ1A>

## INFORMATION RELATED TO THE NOTES

2021-03-12

**On Contact: Art – transformative, transcendent, revolutionary**

**VIDEO:** <https://www.rt.com/shows/on-contact/517915-culture-revolution-requirement-art/>

**PODCAST:** <https://soundcloud.com/rttv/on-contact-art-transformative-transcendent-revolutionary>

**Chris Hedges:** *Welcome to On Contact. Today, I discuss the cultural requirements for revolution with the artist and cartoonist, Dwayne Booth.*

**Dwayne Booth:** I think that an artist creates this safe space where you can have these considerations and you can--and you can implicate yourself because that's one of the things, when it comes to art, it's not about pointing fingers and saying this person is right, this person is wrong. It asks you to explore yourself and have sympathy for how other people might misbehave. And not to be so ashamed with maybe your tendencies to understand what motivates you as a human being so that you can better understand maybe not to become reprehensible and how to serve your better angels.

**CH:** *There was a moment in the 1960s when a variety of popular radical and liberation movements gave a voice and power to groups that had long been repressed and silenced by the ruling elites. That brief opening has closed. How did this closure happen? What happened to the activists, intellectuals, and artists who gave these movements words, songs, and images? How were these movements crushed so effectively? What happened to our celebration of alternative and independent thought?*

*The political cartoonist Dwayne Booth aka Mr. Fish in his book "Nobody Left" tracked down the old radicals to answer these questions and put together a book of interviews, reflections, and drawings to keep alive the embers of resistance the corporate state has so effectively erased from memory and consciousness. Joining me to discuss "Nobody Left: Conversations with Famous Radicals, Progressives, and Cultural Icons About the End of Dissent, Revolution, and Liberation" in America is Dwayne Booth. So of course I completely agree with your thesis but that may be because I'm old. But I do think you actually had a wonderful little essay here about Howard--the death of Howard Zinn, the great historian and how it kind of hits you. He died at 87 in 2010 and then you list all of the other--Kurt Vonnegut, Norman Mailer, Studs Terkel, Edward Said in a sense that we're losing something irrecoverable. Can you talk about that?*

**DB:** Yeah, absolutely. If you just consider the people that you just named, they all come from a generation that remembers how the artistic community was a viable entity at one time when it came to communicating what it means to exist in the world and also engage in a meaningful life. If we're talking about that generation, we have to consider what happened in the 1960s. We have to consider what the Second World War produced in this country and all around the world.

That would have created an existential dread that was--that was global and I would argue brand new because it was the first time it was proven that playing follow the leader or exercising a certain conformity to power could result in the ultimate destruction of the entire planet, so that was new. So following that piece of time in history, it became necessary for people to self-reflect in a very, very serious way. And in order to self-reflect in a way that was going to be honest, you had to be somewhat of a non-conformist because conformity had just demonstrated something

very lethal in the world. So where do you go for that? I think everybody still goes to the arts for that because the arts are there to ask people, what does life feel like, you know? It engages with the emotional truths. So when you're doing that, you're ignoring hierarchy, you're ignoring certain manners and structures that are there to tell us how to think and feel. So just the people that you named grew up in this time where that curiosity was demonstrated and engaged with in all of the different arts. And so that's--so much of the book is about the loss of the artistic community as a--as a truth seeker and a truth teller.

**CH:** *I want to ask about figures like Zinn or Kurt Vonnegut or Norman Mailer, these were combat veterans. These were people who had experienced war and knew, you know, how venal and murderous and sordid violence is and I don't think that's accidental. So yes, they were important radical voices in the '60s and the '70s but they were kind of forged in the crucible of World War II. How important do you think that was?*

**DB:** I think it was--it's funny that you go to that time period because, A, it's obvious given the examples that you just gave, but it's been true throughout history. If you look at the work of Goya, if you look at the writing of Mark Twain, if you just consider something like "The War Prayer" that Mark Twain wrote, he was not going to publish that while he was alive because he said it told the truth too blatantly. So in many ways, when it comes to discussions of something as grotesque as warfare, there's a parallel with--it might as well be blatant sexuality. There's a certain obscenity parallel to these two things.

And again, I'll just go back to, where do you engage with this subject? You engage in the arts. Because--if--as demonstrated by, as you said, you know, like Norman Mailer, "The Naked and The Dead," and pieces like that, if you just look at the history of literature, there's been a number of obscenity trials that have tried to quiet the voices of different authors. You know, if you just--it's like the "Tropic of Cancer," "Ulysses," "Lady Chatterley's Lover" - all of these things which are not supposed to be appropriate for polite conversation, the same thing with war, and you--and you know this better than most people--everybody that I speak to because you've seen it firsthand. And you recognize the fact that it is not anything that you can use to get people to enlist with vigor because it's an ugly obscenity.

**CH:** *Well, I would also say that it thrusts you into an existential crisis so that you come back from even World War II and you recognize the lie that the--every institution, the church, the government, the media, the entertainment world has perpetuated and it creates--oh, certainly I speak out of personal experience, a kind of alienation because the wider society wants to imbibe the lie and doesn't really want to hear the truth. And that's certainly Vonnegut, and Mailer, and Zinn who was a bomber pilot in World War II.*

**DB:** Right. And Norman Lear as well. You know, when you look--when you consider--because the scenario that you just created, as you just spoke about, says that power has framed the debate. Right? And so as long as you allow power to frame the debate, there's this hierarchy that is assumed. And as I said at the beginning, when it comes to the artistic voice, the artistic voice is there to ask all of those questions and all the difficult questions because it's in pursuit of honesty and in pursuit of these human connections that make us feel like, A, we're not alone and also that we're connected to reality because when a veteran comes back from war, I'm sure that the trauma is that they were duped.

This was--this was a--this was a hell. This was--they were--they were forced to go into hell. And what do you do when you are put onto the battlefield and you're forced to engage in hell? The

only way to survive fire like that is if you behave like a demon. It's the only thing that you can do. Now if that becomes your survival mechanism on the battlefield and then you are--you're taken off of the battlefield and put back into civilian life, all of a sudden, it must be true that you recognize this ability to abandon your humanity in order to survive in hell. And now you're not in hell anymore, what are you? What do you do with that? So the arts were always there to say--to give you a space to expose this pain, this sorrow, this sadness, because it's only...

**CH:** *So the rise of this movement that you write of, these figures that you interview and that you write, about came during the height of the Vietnam War, which I don't think was accidental. And to what extent did war create the cultural space? And then we'll talk about what happened afterwards. But I was a boy. My father was a World War II veteran. He'd been in North Africa but very involved in the anti-war movement since I was a kid but I was being dragged off to these protests. And I wonder how important that war that went bad that was sending home middle class boys in body bags, how important that particular historical incident was to causing the kind of cultural radicalism and eruption.*

**DB:** I think that now you're talking about the generation who grew up with their antenna up for BS in that way. Many times I go back to the mid '50s. Now again, if we're talking about this generation that is coming up and being raised by people who were adults and witnessed the catastrophe of the Second World War, what they--and you're living in America which the economy was pretty good and society was operating at a high level, you then want to make sure that your children are going to get what they need, right? You--life is much more precious to you because you saw what the potential is.

So what happened in the 1950's, and this is an interesting phenomenon that I'm going to suggest might have something to do with the late 1960s radicalism, is in the mid 1950s on The Mickey Mouse Show, there was a commercial that advertised what was called the Mattel Burp Gun. It was a machine gun that fired paper caps. And it was one of the first commercials that was geared and focused directly on youth, children. It was marketed. It was a toy that was marketed specifically to children rather than to their grownups. It's--it basically said to the children you have the right to nag for this gun. It's thrilling. It's exciting. You need it. And this was in October. All the pre-orders by Christmas time, the gun was gone. They couldn't get it anymore.

So what happened is that all of a sudden, the marketing gurus and institutions saw that by directly marketing to children, they could--and give them license to nag, all of a sudden from the point of view of children, they had access to grownups in a way that was not true previous to these generations. Children were there in previous generations to be controlled and turned into something. Now you have the establishment speaking directly to them. So what happens to that generation as it grows up? It gets used to marketers asking what their opinion is. What do you want? What do you want? And when you're a child, you want toys. You want frivolous things.

This generation starts to grow up and come of age. Its desires for things changes from toys and frivolous things to I want maybe a cleaner environment. I want rights for women. I want to avoid any framing of arguments that will lead us into another potential World War. So that's what I mean about these antenna is up. So as they get up, they expect to have their demands met because they've grown up having their demands met. That's--when they get to the age where--when they want these things that then threaten what the dominant culture and the state is willing to sacrifice with regard to their power to give to them, they're going to say no. And I think that that was one of the things that contributed to the 1960s radicalism this generation that was used

to getting what it was asking for and communicating what it was asking for and what it really desired and then all of a sudden being told no and being asked to be put--I mean, society was trying to put it--tried to put them back inside of a box that they left. They didn't want to get back into the box.

**CH:** *Great. When we come back, we'll continue our conversation about popular radical and liberation movements with Dwayne Booth. Welcome back to On Contact.*

*We continue our conversation with the cartoonist, Dwayne Booth. So the book is really a lament for this particular time period which created powerful popular movements, not just the anti-war movement, the environmental movement, Ralph Nader organizing the first Earth Day, The Women's Movement, The AIM, The Indian, The Panthers, I mean on and on, and on, and I think you correctly asked the question what happened and as this generation is dying off, you argue in the book they're not being replaced.*

*Let's talk about first what happened. So you saw the rise of these movements what the political scientist Samuel Huntington cryptically called an excess of democracy. You saw the 1971 Lewis Powell Memo which mobilized capital corporate forces, business interests to fight back so there was certainly a kind of counter revolt on the part of the established capitalist elites, but I think you would go even beyond that to say it wasn't just the counter revolt but there was a kind of a cultural disintegration. Can you speak about that?*

**DB:** Yeah. I think that that's a terrific assessment of exactly what is happening now. I think that a part of it--if we're talking about art as a methodology for thinking and a way to become a critical thinker, ultimately what will happen is you're going to start to question this power that you're talking about, and any--you don't even have to dig too deeply to recognize the fact that it is dangerous and it's antithetical to democracy, it's anti antithetical to just the human experience.

So as you develop that conversation in public with your art, inevitably you're going to get to the place where you're going to say, "F corporations, F the hierarchy on how it is--how it is set up." Now living in a capitalistic society, you have to--you have to create art as a product, you have to commodify to a certain degree to get paid so that you can survive and you can exist in the world, that's just the sad fact about it. As the concentration of power inside corporations continues to limit and diminish the platforms from which artists are able to communicate, it only makes sense. It's not a difficult math problem to look at. All of a sudden, what corporation is going to pay an artist to say, "FU, I am dangerous, I need to be dismantled?" Because that's the logical trajectory of thinking when it comes to this kind of pursuit of truth.

So, you're quite correct to say that then it becomes a campaign to try to silence that voice and try to minimize the public's access to that kind of voice because I get this question all the time when it comes to political cartoons because that's what--that's what I do, there's this spin campaign that seems to be--to be going on and on about how political cartooning is somehow antiquated, you know, that it's old-timey, they keep trying to tie it to newspapers and that--and it's just--it's not true. As a form, it actually serves the technologies of now probably better than the past--than in the past, and I always encourage people, I say, "You know, that it's not being dismantled because it's not useful anymore, it's being dismantled because it is so useful." That's the way to look at it.

**CH:** *And humor because you write about the importance of--I think you're right, actually, you know, the theologian Reinhold Niebuhr wrote an essay about the importance of humor because he*

*argued it exposes the ambiguities and contradictions within us, and in the life around us. Which he says ultimately is the task of religion that humor has no place finally in the holy of holies but leading up to it and I think--I think you correctly you go back to the Greeks, but you--I'll let you explain, but why that kind of satire which is, again, censored out of that kind of brutal satire that I think you do so magnificently is censored out of the mainstream, but talk about the role of humor.*

**DB:** Well, I think that the role of humor, in order for humor to function properly at all is that you have to go in not trusting preconceived notions of truth or tradition because that's where the mousetrap is inside humor, you have to see--you have to consider an alternative because that's all punch lines are, they're alternatives that have not been considered in any mainstream dominant culture way. So as the creator of humor, then you have to rigorously assess different ideas, different truths, different theories, and look for an alternative way to comprehend them, and see if they have a connection to the real world. As the audience member, you are being asked to relax slightly, open up your mind just a little bit to allow that kind of wondering and that kind of exploration inside your own preconceived notions, and that's where the power of humor, I think, really--it really should be seen as a kind of activism. It's certainly how I engage in it and that's certainly how it is treated by its targets who are the people who are in control of society.

**CH:** *Let's talk about, you call it "Fictitious reality," you write, "...it can also do something that real reality couldn't do in a million years, suggests that the universe is not indifferent to the existence of human beings. Let's talk about that your--this is an essay you have with Norman Mailer, but let's talk about the importance of fictitious reality, and I--because I think you're exactly right when Hannah Arendt in *Origins of Totalitarianism* says that if you truly want to understand anti-Semitism in France, you have to read Marcel Proust. If you want to understand the kind of nihilism that rose at the end of the 19th Century, you have to read Dostoevsky. I think that's right. But why? Why do artists become--I would argue perhaps the exclusive vehicle by which you can actually perceive the reality around you.*

**DB:** It's a lab and I absolutely agree with you. I've always said that dangerous ideas, the only place they belong is in art because inside of art is where you're able to explore villainy as a human characteristic, rather than a way to define a monster that is inhuman because I think the more we understand human behavior and, you know, the problems of the human heart and how we can be duped by certain kinds of ignorance, misinformation, and how that inspires us to act a certain way, in a--in a way that makes us reprehensible.

You mentioned Kurt Vonnegut earlier, he's--if you know anything about the whole Vonnegut Canon, he never created a villain, there are no villains in any of his writing. There are certain levels--there are different levels of stupidity, and there's different levels of blind acquiescence to bad ideas, but there are not bad people, and I think that an artist creates this safe space where you can have these considerations and you can--and you can implicate yourself because that's one of the things when it comes to art, it's not about pointing fingers and saying, "This person is right, this person is wrong." It asks you to explore yourself and have sympathy for how other people might misbehave and not to be so ashamed with maybe your tendencies to understand what motivates you as a human being so that you can better understand maybe not to become reprehensible, and how to serve your better angels.

**CH:** *Well, I think it also, when it's done well, exposes the darkness within all of us, that we all are a kind of amalgam of dark and light, you know, good and evil, and I think, of course, the danger*

*is that externalization of evil. So great art, I would argue, see what you think, is really kind of designed to make you uncomfortable.*

**DB:** Right. Right, because if they think about it, it's--living is a creative act. Simply being alive, I think, I would argue is a creative act. If you don't allow it to be a creative actually, you start to minimize your humanity and you start to become a less authentic human being. So if you're able to embrace that your creative connection to existence itself, which is universally multiplicitous and just like it's this explosion of creativity, how best to engage with a creative act of living than with creative people? They know what that is, and they know how to do that, and they ask you for your participation, that's the other thing about art that I think that many people tend to forget is that it's a participatory way of communicating with other people. Yes, you're an audience member, but it's asking you to participate with your own personal experiences: what does this feel like? As I said early on, you know, if you do your job well as an artist, you're saying this is what this feels like to me, now as the audience member, they say, you know what, this also feels like this to me. I am less alone in the world. Now the--and tell me that is not the most political and most meaningful form of activism and activity that you can do is to figure out how we can exist as a community that has similarities rather than dissimilarities.

**CH:** *Let's talk about the media landscape, it's changed, it's not print-based, although your book is print-based, but you work on it. I mean your--and people can see your cartoons on your own website, on Scheerpost, other sites, but let's talk about the change in the media landscape, you know, it's not the Sunday comics anymore and whether that has had a kind of negative effect in terms of the dissemination of art.*

**DB:** It absolutely has. Because it's a--it's a short form technology now that allows for me to communicate my ideas which is antithetical to continuing our understanding of history, and understanding where we came from, and where we're going, you know. I think that when you have this staccato short form technology communicating our politics and our culture to us, it's really designed to pull reactions out of us. It's not really there to pull understanding or even ask for participation in a--in a conversation. You're not at your--the most you can do is to like something or to acknowledge that you saw it. That's not--that's no--that's no way to communicate with other people nor is it a way to curate information and an understanding for yourself, and so that's one of the things that is throughout the book, these conversations with many of these people that are in there is this terror that we've lost the ability to sit with information for any amount of time because that's how we develop wisdom. We do not develop wisdom by merely reacting to these put--push button issues that are there merely to get very myopic and very shallow reactions out of us.

**CH:** *Great. That was the cartoonist, Dwayne Booth, author of "Nobody Left: Conversations with Famous Radicals, Progressives, and Cultural Icons About the End of Dissent, Revolution, and Liberation in America." Thanks.*

**2021-03-12 A Message to Lightworkers – March 12, 2021 by Caroline Oceana Ryan**

*This week's guidance from the Ascended Masters, Galactics, Earth Elements, Fae Elders, Angelic legions, and Archangels known as the Collective:*

**Greetings, dear ones! We are very pleased to have this time to speak with you today [speaking on the [Ashtar Legacy Call](#) of March 9].**

And so, we chose the song "[Ordinary Love](#)" [by U2] for specific reasons.

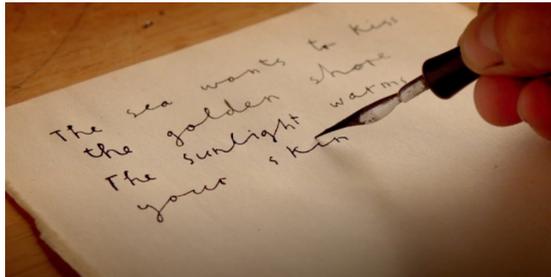
There is a beautiful line very early on in the song.

It starts out saying, "The sea wants to kiss the golden shore / The sunlight warms your skin."

**Then it says, "All the beauty that's been lost before wants to find us again."**

This, to us, speaks powerfully of NESARA!

Even though the songwriters cannot speak of it in very direct terms, they certainly know about it.



["Ordinary Love" by U2](#)

And it speaks beautifully to this moment that every Light Bearer is in.

**Then the next line is, "I can't fight you anymore / It's you I'm fighting for."**

Now, this is very powerful. Because what humankind has come down to, dear ones, and what every Light Bearer has come down to, is a moment where they have been struggling against themselves.

Yes, sometimes against this oppressive, unjust system they were born into—yes, that can happen. That's all right. Understandable.

All of you have resisted the difficulties of life. You don't want there to be accidents. You don't want there to be illness. You don't want there to be people lying to you who are in positions of power.

You don't want any of that! You want to live in peace with yourself and others—with all of humanity, and all of the Earth.

And yet here you come to this time in which you face what one could call "a maximum of resistance against the Light," on the part of those who are "allergic" to the Light, clearly!

**And you find that the biggest struggle of all, is fighting yourself.**

And what we mean by that, dear ones, is that the Light pouring into the planet now—these photonic rays which are so powerful, and the beautiful Beings visiting the Earth and reminding you Who you really are—tapping you on the shoulder ever so lightly, and speaking to you in your dream state—all of these powerful presences coming in are informing you:

**The move from the left brain and the ego-mind into the the high heart, and into the higher self, has to happen now.**

There's no more time for conjecture or theorizing—no more time for writing "lovely little sonnets" as our writer will say—"fluffy" channelings and fluffy ideas about "how nice it will be once we're finally in 5D and everything is wonderful!"

There's just no room for it, dear ones. You, yourselves, with your very presence, are requiring that humankind go beyond that—that all Light Bringers, in the very least, go beyond it.

**In your quest to be the Jedi Master, and not the young fledgling, you are asking to put down Resistance.**

Resistance to your higher self, resistance to the circumstances of your Earth, resistance to the circumstances of your own life.

**And resistance to the process that leads you to release everything now, and everyone, who is not for your higher good.**

And the second half of that line, after the songwriters say, "I can't fight you anymore"—the second half of that is, "It's *you* I'm fighting for."

One could say they are speaking of Life on the planet!

They wrote this a number of years ago, but it is perfectly applicable now! Absolutely applicable.

Because human beings are used to living in a constant state of Resistance. And what happens when you struggle with something that is bigger than you, is that you will feel defeated.



*Photo by Sheila Fitzgerald*

**And this is how people feel right now.**

**They are experiencing, yes—the Divine Chaos of Rebirth, the Divine Chaos of re-Creating—the re-Creation of this Earth, birthing it to a much higher level, which is wonderful.**

But you are also resisting your own lives at the minute—you're resisting not only what is happening on your planet, but *what is happening within you*.

And this is causing no end of emotional distress for millions of people.

Many are coming to the point where they are saying, "What do you want from me?" from a place of despair.

Because the broken health, the broken finances, or the broken relationships, or the broken sense of "Why am I here? Why has my life purpose never been revealed to me? Why am I so depressed? Why am I crying all the time?"

All of that piling up on them like a great heavy burden—a great heavy beast sitting upon them, not letting them breathe.

Of course this journey is very difficult, and our empathy is complete for your situation, dear ones.

But rather than pontificate, let's look at the next line of the song:

**"The sea throws rocks together, but Time leaves us polished stones."**

Now, in this case, Time is not your favorite friend, because you're tired of saying, "When is NESARA going to be enacted?"

You're tired of watching another year go by, and you get another year older, and you are wondering, "Will I make it? Will I live to see NESARA?"

Those who are over 50 will wonder, "Will I see it?" and even those who are under 50 realize that in a time of pandemic—a created one, but a time of pandemic, nevertheless—Life is highly tenuous.

Yes, it is rough going now, for many.

Yet you are living in this moment when all the rocks are being thrown together—you're being tossed about by these powerful waves.

And you're thinking, "I don't have time to become a polished stone! I need answers right now!"



*Photo by Sheila Fitzgerald*

We're going to call forward all the higher selves of everyone listening to or reading this channeling. We're calling them forth, as we work out of Time . . .

[To everyone's higher selves] Namaste, friends!

We're feeling and receiving from the higher selves this disbelief that people are exuding.

They're saying that people are feeling powerfully, "Why, if this is a time of great shift, do I feel far, far weaker? Why do I feel defeated?"

“Why, if so much Light is pouring in, do I feel to be mired in darkness?”

Again, we would say that the Light that you are uncovering from within yourself and anchoring, via your higher self, your soul, and the Universe itself, and the Divine Feminine which has now returned to the Earth—that beautiful Light is coming forward in such astounding ways.

**But you will not see it while you are in a state of struggle with what you are experiencing right now. You won't see it at all.**

So wherever you are right now, open your hands. Go into Receptive mode.

You're not trying to “fix” anything. You're not trying to change anything. You're not disturbed or angry about the state of the world and all the injustice, all the inequality—put it down.

You're not enraged or in serious grief about your own life—set that down as well.

Set down all the questions.

Image a beautiful Light pouring down now from the higher realms that completely envelopes your entire being. See every cell of your being, and every speck of your aura, around your physical body, fill up powerfully with Light.

**We would love for you to say, if you're ready, “I AM Divine Light. I AM Divine Love! This is all I AM, and this is enough.”**

**Say that a few more times: “I AM Divine Light. I AM Divine Love! This is all I AM, and this is enough—a Co-Creator with this Universe!”**

And now a beautiful Light Being comes forward, dear ones, with a sacred instrument.

It might be a sword. It might be a golden scepter. It might be something that looks like a ray of Light, like a light saber. It might be a crystal or a beautiful stone—rose quartz, shaped as a heart.

You decide—you can see what it is in your mind's eye, in your heart-mind.

And let this dear one come forward and place this beautiful sacred object in your hands.

Bow to them, and thank them, and then hold out this sacred object, whatever it is—it might be feathers, or just a ray of Light. Whatever it is, just hold it out in front of you.

All of us in the Collective encircle you now—each of you, as an individual.

We send our Light to this sacred tool, to consecrate it to your higher good, and your beautiful Earth mission.

**And we welcome you to allow yourself to be an initiate of the next level of your Light Body journey, and your acceptance of your Divine status.**

If you accept this, raise that tool now in your mind's eye, or you can actually do it physically, with your hands. Then touch it to your third eye. And then to your heart-space.

And now you may wish to bow to all of us, as we bow to you.

You see a doorway before you. It's an open doorway—there's no door that could close. It's completely open, and there's only pure beautiful higher Light shining beyond it.

So when you are ready, walk up those few steps, still holding onto this beautiful sacred object, and walk through that doorway, into the Light . . .

Know that you were changed on a molecular level—that your DNA has further developed. You're regaining those lost strands taken from humanity so long ago.



*Photo by Jerry Moriarty*

**And know that in your heart of hearts, you have heard your real name, receiving that as a transmission of Light and energy, or as an actual audible name, or perhaps as a symbol, or as a beautiful vibrational musical tone.**

**However your name is in the higher realms, you are receiving that now.**

So open to receive that, with palms facing up.

Bow to Divine Mother/Father God/Goddess, and thank them for this Rebirth.

You may stay in this place for as long as you wish. Remember to come back down into the room and into your body when you are ready.

We want to point out a little bit more about this extraordinary lyric, which does not seem so unusual, and yet it holds beautiful wisdom for the spiritual traveler.

We agree that one "cannot reach any higher" if one "cannot deal with ordinary Love."

**And there's a wonderful line near the end of the song, "Are we tough enough for ordinary Love?"**

Now, that's rather strange—why would someone need to be *tough enough* for Love? Though of course, when you think about it, it makes perfect sense!

**Because the only thing that Love is ever going to show you, dear ones, is what you need to heal.**

People think of Love as that which washes away all the iniquity, all the gaps, all the grief, all the rage. It can do that for a little while.

If you fall in love, or you have a new baby in the family, or maybe new pup or cat—someone wonderful comes into your life, and you're overwhelmed by the Joy of it!

And that is fine—that's a beautiful moment. No one would ever take that from you, if they loved you! But what happens next, is that that child as they are growing up, can be a bit trying at times.

And that cat or dog will need to learn the rules! Perhaps not the cat, because they make their own rules, but the dog will need to learn the rules of the house.

And as you get to know this beautiful person you've met—this attractive, fascinating creature you've fallen in love with, you're going to realize, "Some days I just need to speak my truth! Some days he or she just doesn't understand me. Some days we're not on the same page."

In a sense, it's about adjusting to this beautiful new presence. And in another way, it's about realizing: *Everything beautiful they bring to you is going to uncover something you need to heal—a perfect microcosm for what's happening on the Earth!*



*Photo by Sheila Fitzgerald*

You are all, every one of you, experiencing the old trauma of many, many lives on this and other planets. All of it coming up now.

Yes, from your childhood in this life, and your youth—yet why did that hurt so badly, except that you had already experienced pain at another time?

And now, coming out of this seemingly endless re-cycle of old karma and old pain and trauma, one Earth life after another—you come in to solve the trauma of one life, and you end up collecting even more pain—now coming out of that, having learned all you can, and releasing 3D and leaving it behind for good, you find you are having to answer, "Am I tough enough for ordinary Love?"

**In other words, real Love. And we would say, Probably, no one is!**

And this is where we come back to releasing all resistance.

**For the sea is Love itself in this story—"the sea that throws the rocks together" that "leaves polished stones." That is the Love you came in to experience, dear ones!**

And we encourage you not to try to fight so powerful a journey, so powerful a trial as the power of ocean waves. You do better floating along with the current, without resistance.

**And so, look at the toughest situation in your life that you can think of right now, and say, "Yes, I see you. I welcome you. And I welcome you to heal. And I heal all that lies beneath you."**

Look at the toughest situation in the world right now, and you can say the same. "Yes, I welcome you! We walk together in the Light! We'll walk together in Healing! **"We'll walk together into Wholeness."**

Beautiful. We send much Love, dear ones!

Namaste! We are with you, always.

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