

“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; LINKS TO PODCASTS, WEBSITE
- IV SATURDAY HISTORY CALL – NOTES, REFERENCE MATERIALS

I B B S RADIO - ACCESS TO THE THREE WEEKLY CALLS <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#

ADDITIONAL HELP FOR LISTENERS

B B S LISTENER TOOLS

B B S RADIO STATION 1

B B S RADIO STATION 2

- 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

1-631-359-9353
[NO code needed]

1-804-220-6484
 [No code needed]

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B B S ARCHIVES

- 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 required date.

II ACCESS TO OTHER CALLS SUPPORTED BY Rainbow Roundtable

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

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

III OPENING MEDITATION; HOUSEKEEPING; INFORMATION SOURCES

RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST

- | | | |
|-----------|---|---------------------------------|
| A. | Opening Meditation: | Cheryl Croci |
| B. | Housekeeping: | Rainbird |
| C. | Link to Podcasts
Link to Website | from B B S
See below |

BBS: • Listener-supported radio programs – Cost is \$250 - \$300 per week
All BBS archives can be accessed for free, including the podcasts for the Thursday, Friday, Saturday calls, listed above.

- www.rainbowroundtable.net has archives, too.

- Go to BBSradio.com/Station2; find **The True History** 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
17419 Wilton Park CT
Spring, TX 77379

[Please put "**Attention Don**" on the envelope]
 [Note inside that it's for T & R calls
 [& 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.

OTHER FINANCIAL REQUIREMENTS

FOOD MONEY: VIA PAYPAL OR See the MENU PAGE ON
www.rainbowroundtable.net

Rama has a pride of Paschats + 2 inside kitties + 2 HUMANS = up to 13 in total

Financial Requirements

WEEKLY

B B S RADIO/week

\$277 FOR THIS COMING WEEK There are 3 programs: Thurs, Fri, Sat
ALL OF JANUARY HAS BEEN PAID!!! Thank you, thank you, for your generosity!

PERSONAL

Gas, food, etc
 Bills
 Miscellaneous/Other

\$200.00 General living expenses (inc food, gas)
\$600.00 **4 bills**
 Rama is looking for a new printer too . . .

MONTHLY

\$1150 / mo

PAID

CONTACT INFO

- Please notify Rama when sending something
- Mailing address for checks, money orders, etc

koran999@comcast.net
 Ram D Berkowitz
 PO Box 280
 Santa Cruz, NM 87567

PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH

- Remember you can book a session with Mother, as well!

Please donate: VIA PAYPAL, either your own a/c or Rama's a/c [koran9999]

There is also a **donate link** on www.rainbowroundtable.net
**** www.rainbowroundtable.net /page/donate ****

EVERY \$ HELPS: no amount is too small! ALL GRATEFULLY RECEIVED

C. Link to Podcasts, Website

THIS WEEK'S PODCAST: <https://bbsradio.com/podcast/true-history-february-3-2024>

WEBSITE AND ADDRESS: <https://www.rainbowroundtable.net/archives>

- (1) Listings: AUDIOS, WEEKLY SETS OF NOTES - on the ARCHIVES page
- (2) WHITE KNIGHT REPORTS <https://www.rainbowroundtable.net/general-5>

D: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION

Contact Rainbird with questions: 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.keshfoundation.org/store/?alias=store>

RAMA, TARA:

Thanks to Cheryl, Rainbird, all our listeners we are witnessing the shift of the Ages

Happy Candelmas; Happy Groundhog day – seems he didn't see his shadow, meaning early spring!
Their temps are in the lower 40* degrees

the woodchuck in MN did see his shadow so that means winter continues!

T calls for a mild weather spring AND intervention is going on; the elementals

Rama's report from Darby O'Dell

Happy Candelmas, Happy Ground Hog Day! Spring has sprung even though there are parts of
the planet with a winter coat
- . . . are bringing in the spring energy
the elementals in the 9 realms are becoming visible -

down to earth the Irish parliament working on a deal to create a unified Ireland
all the elementals are celebrating this idea
I will quote Chief Seattle's "Every part of the earth . . . to my people."

T: and the monarchy is going to be dismantled: Charles is ill – thinks he's a clone

R: has heard stories that Jeffery Epstein is alive and has been seen! He has never been dead – doing
things out of sight –

R: not sure if he really has been seen

T: and all is coming to the light of day

Audio: Democracy Now

[SEE HEADLINES, THE 2 ARTICLES AT THE END OF THE NOTES]

NB: They cancel/clear the news items about cancer

- Significant info in the main articles about Biden/folks in MN, and the latest Duvaney movie –

**AUDIO: 2024-01-30 Unlocking Spiritual Illumination: The Hidden Wisdom Of The
Rosicrucians | Dr. Robert Gilbert 2:29: 46**
<https://www.youtube.com/watch?v=6H5LuML6r8c>



André Duqum

[Know Thyself Podcast - Full Episodes](#)

Dr. Robert Gilbert joins the podcast today to unpack the core teachings of rosicrucianism: a philosophy that synthesizes the best of ancient wisdom teachings and provides a foundation for living a spiritual life. He reveals how humanity lost touch with our intuitive gifts and access to the subtle bodies, as well as the great potential we have for regaining these spiritual powers.

He explains how to structure the subtle body in your own life, awaken your energy centers, and direct your life by the power of illuminated will.

Dr. Gilbert provides a strong foundation for anyone interested in understanding how to unlock spiritual illumination in a balanced and integrated way.

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André's Book Recommendations: <https://www.knowthyself.one/books>

Timecodes:

[0:00](#) Intro
[1:46](#) Remembering Our True Selves
[3:51](#) Understanding the Hidden Rosicrucian Teachings
[14:33](#) How Humans Lost Touch With Subtle Realms
[22:37](#) The Yuga Cycles & Global Awakening of Spiritual Gifts
[29:37](#) Blessings and Curses of the Information Age
[32:54](#) The Subtle Body: Structuring & Harnessing It's Gifts
[47:23](#) Distorted Sexual Energy in Spiritual Circles
[56:25](#) The Secret to Self Observance
[1:03:50](#) The 6 Essential Rosicrucian Exercises
[1:11:01](#) Awakening Kundalini Energy Properly
[1:17:53](#) Illuminated Will: Balancing the 3 Centers
[1:24:03](#) Breaking Addictive Impulses
[1:32:29](#) Luciferic and Ahrimanic Beings Explained
[1:58:35](#) Dangers of Spiritual Ego Inflation
[2:14:32](#) Our Individual Spiritual Destiny
[2:21:47](#) Humanity's Golden Opportunity
[2:27:49](#) Conclusion

Robert J. Gilbert Ph.D. is a former U.S. Marine Corps instructor in NuclearBiological-Chemical Defense, with over 30 years of research into both mainstream and holistic health methods. He holds a Ph.D. in International Studies, and contributed to the first academic textbook on Transformational Politics.

Dr. Gilbert has extensively studied French methods of Vibrational Radiesthesia from the early 1900's, sponsoring the translation of many rare texts into English for the first time. Dr. Gilbert was also the first non-Egyptian to be granted Instructor status in the Egyptian system of BioGeometry®, founded by Dr. Ibrahim Karim of Cairo. Dr. Gilbert is currently the Director of the Vesica Institute for Holistic Studies in Asheville, North Carolina. He teaches both live and online courses, the latest of which is the Online series entitled Vibrational Testing and Healing.

The Vesica Institute: <https://www.vesica.org> Instagram:  / vesicainstitute

ASTROLOGY RICHARD [RI]

Pele Report January 31, 2024 Astrology Forecast

https://www.youtube.com/watch?v=28yhYqD_PmE

As reality is more than I have been told,
I need to reach far and wide
For answers to questions disturbing my soul,
So I can get on with my life.

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



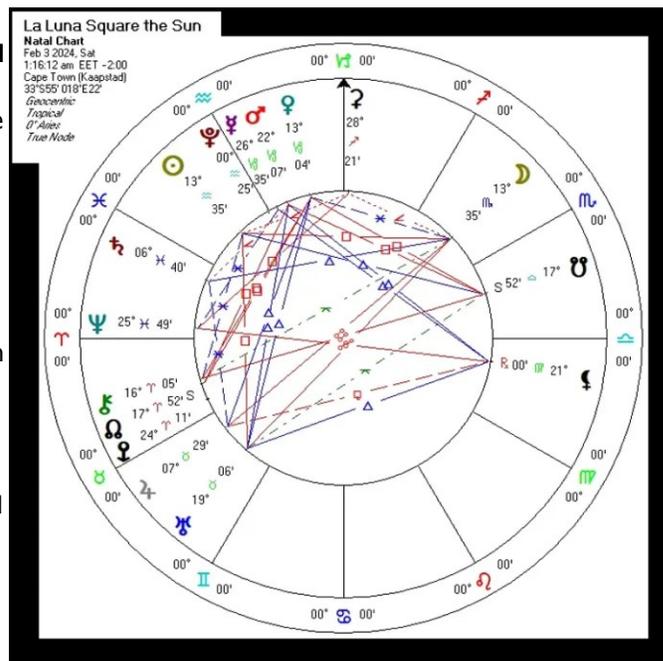
Greetings New Paradigmers!

I hope you are doing well in all the most important ways. With all the planets direct, I doubt there are many dull moments! **Life is full steam ahead**, or “pedal to the metal,” which can be exciting and nerve-racking, depending on how emotionally invested we are in maintaining our current reality. Some will be happy to move on, and others more reticent.

Regardless of our personal situation, the planetary alignments of this week will still be carrying on the theme of standing in integrity for our truth and summoning up the courage to speak it. Venus will be squaring Chiron and the Moon’s nodes all next week, requesting that we bring a sense of commitment and discipline and even see it as our duty to not only stand up for ourselves but [also] for truth, morality, our loved ones, and future generations.

In order to do so, we need to recognize, honor, and **heal our wounds** around not being heard, respected, or given what we have wanted in the past, either in this life or in others. Given the patriarchal history of our planet, we have all had to conform to some pretty nasty standards in the past to survive or “succeed.” These days, **we are called to stop compromising ourselves**, break free, and express our unique perspectives, beliefs, ideas, and visions for the future. Faith, hope, and trust in our connection to the divine can give us the guts/fuel to do it.

A challenge that can come this week is to determine exactly when you are “right” and need to stand your ground versus when you are challenged and being asked to change your position and might be “wrong.” This is where the Chiron/north node conjunction can really come into play and help us. **FEEL IT IN YOUR BODY.** YOUR BODY KNOWS what is right for you and is your best teacher. **Healing the wound of Aries is to trust our instincts**, even when they may not make sense or we may not be able to find the right words to express them “correctly.” Trust that you are in the flow and paddle!



As reality is more than I have been told,
I need to reach far and wide
For answers to questions disturbing my soul,
So I can get on with my life.

 We have **one last-minute spot** available for our [Patagonia adventure!!](#) Is it gonna be YOU?!

Wow, there is so much to say just about Mercury conjunct Pluto! But the fact that it is happening right as Pluto enters Aquarius at zero degrees makes it even that much more interesting. Couple that with the 3/4 square Moon, and you have a definite message from the stars that **it is** time to break out of old thought patterns, liberate ourselves from binding conventional norms, and **dare to break out into new territory** spiritually, mentally, emotionally, and physically.

Let's not forget the connection of Pluto to deep, often buried, **emotions** that will either rise of their own accord this week or be triggered by new outside information. As we are now dealing with Aquarius, we are looking at interactions, breakdowns, breakups, new friends, associates, business partnerships, social media interactions, MSM world news and events, and governmental, institutional, banking, corporate, and economic changes. In other words, **let's be ready for just about anything to happen!**

Now, rather than go down the rabbit hole of "all news is bad news," let's look at the bright side. The chalkboard drawing gets erased so a new one can be drawn! The relationship ends, so a new, improved relationship has space to develop; the old business closes, so you are free to reinvent yourself and perhaps start one more appropriate to your soul's calling. Like an old, worn-out shirt or broken car, **"loss" can be a good thing!**

One way or the other, **we all may experience some heated emotional conversations** as we and others are challenged to let go of long-held thoughts, attitudes, judgments, and beliefs. We may have to deal with our desire or other's desire to control, manipulate, dominate, force, or threaten our thinking. Wherever Pluto is involved, we need to remember to stay in integrity, knowing that we may be challenged by the situation to not drop down into anger, revenge, jealousy, hatred, etc. So hang in there, knowing that it is work for the butterfly to break out of the cocoon, but future flight lies ahead!

Led Zeppelin expressed it [this way!](#)

**So Much Love,
Kaypacha**

RI: speaks of a couple of book suitable for teenagers - in the sci-fi fantasy realm

CONFERENCE CALL

Pad:

For R: are some of the craters on the moon due to excavation?

R: talks about the moon: if we had two moons we'd be in better balance - it changes the process of how we move through our day. The moon in connection with the tides of the ocean - has to do with electro-magnetic energy

- the moon was brought here and positioned in orbit of our solar system - it was created to create a temporary balance as the others were taken to Ganymede forecast

R: remembers going to the moon etherically: didn't feel exactly right - a kind of funny energy - could have been his own energy. Has heard so many stories about bases on the moon - the US, Russia, China -

- Japan has just landed something there - thinks there is more to the moon than we know about - there is unspoken stuff that has to do with the separation etc of the peoples of the earth

Pad: some of them up there would still like to control the whole place!

R: there are different major corporations - multi billionaires etc - would like to set up bases on the moon and then go to other places and mine the other planetary bodies of the solar systems

- All the planets are living beings; have a consciousness; spiritual balance - and to think that we'd go there and rule it -

P: like Avatar! !!

R: and we saw what Jake and ? Did to them

- there is an Avatar 2 about the water;
- talk of more Avatars – thinks there is a moon called Pandora that goes around Alpha Centauri
 - Mr X has been there; R went there with Mother in the 80s – it’s an amazing place
 - Billy Carson talks of this and some from Gaia TV
 - some of the others from Gaia have a military mind set – [kind of deadly approach is what he may have meant]

Pad: about what is on that planet

R: remembers the episode in which they were thinking to invade Earth – and the ego of one of the captains that he reined in

R: what he knows about the people of Alpha Centauri and Beta Centauri: a binary sun system; they look like us and some folks who had green skin – saw people with turquoise colour skin

- There is a lot of water on their planets – more than on earth. The whales and the dolphins, other cetaceans – relatives of those on the Centauris – they are all aligned with the Galactic Confederation and don’t take part with any of the conflicts.
- There are pieces of the puzzle missing about why we got disconnected = we were all telepathic in the beginning and now we have to figure out how to talk our family. The missing pieces of our history make it difficult to tell our story – wishes they’d hurry it up!
 - There are times when he has brought into focus and challenge the energies with Captain Ashtar – chop wood and carry water: how long do I have to wait?
- As Aurora Ray says when you stay in the Oneness – waiting, in LOVE
- He has gone up to Ashtar and said he’d take a shuttle craft and . . . of course he knows the protocols etc etc etc

Pad: sounds like an orchestrated fly by by them, without getting any one to chase them

Larry, Curly, Mo: paschats from Mother’s ship – we could end this in a day if we just showed up – but this is an evolutionary process and would change the timelines, and some folks are still dealing with only false religion

- and there is no one on the planet going blood sacrifices . . .
- Ted Lasso – show on Apple tv – absolutely hilarious when we need a change of pace!

Rama’s Musical Interlude

VERY upbeat, active – dancing stuff! ! !

“All the birds fly home . . . a prayer for world peace – OHM OHM

All the birds fly home			
D	A	Bm	
All the birds fly home			
G	A	D	
As the sun goes down			
Bm	A	G	
In silence can be touched			
Em	A	Bm	A G
The splendor of this moment			
	A	Bm	A G
The splendor of this moment			

Source: [Sw Deva Madhuro](#), March 14, 2014.

Lyrics

Source: CD-booklet [Come l'Acqua](#)

all the birds fly home
As the sun goes down
In silence can be touched
the splendour of this moment - x 2x

[Come l'Acqua](#)

Artists

[Sw Deva Madhuro](#): Lead vocals; Acoustic Guitar; musical arrangements
[Gandharva \(Phil Bailey\)](#): Bass Guitar, Keyboard Pads
Steve Richter: Darabuka on track 9; Small Percussion
Sian Brown: Backing Vocals
Lucyan (Lucjan Vesolowski): Bansoor Flute

Recorded

2007 by [Gandharva \(Phil Bailey\)](#) at Willagee, Perth, Australia, Mixing and digital mastering by Lee Buddle at Sound Mine studio, West Perth, Australia.

B B S

Audio: **COMPLETION OF DR GILBERT INTERVIEW**

2024-01-30 Unlocking Spiritual Illumination: The Hidden Wisdom Of The Rosicrucians | Dr. Robert Gilbert 2:29: 46
<https://www.youtube.com/watch?v=6H5LuML6r8c>



[André Duqum](#)

[Know Thyself Podcast - Full Episodes](#)

Dr. Robert Gilbert joins the podcast today to unpack the core teachings of rosicrucianism: a philosophy that synthesizes the best of ancient wisdom teachings and provides a foundation for living a spiritual life. He reveals how humanity lost touch with our intuitive gifts

2024-01-10 Manifestation Not Working? Follow These Guidelines w/ Matias De Stefano

[Aubrey Marcus https://www.youtube.com/watch?v=RxY2LyFJRpA](https://www.youtube.com/watch?v=RxY2LyFJRpA)

1H 42 MINS

The ancient ways of manifestation have long been forgotten. Which is one of the reasons that the 'law of Attraction' as it is taught in New Age circles doesn't work. Our calendar is deliberately keeping us from tapping into the power of the cycles of nature. Channeling is not a new phenomenon, and there are important guidelines to be mindful of. Much of this vital information would be lost... Unless there was someone who remembers his past lives?! Matias De Stefano is that someone.



In this paradigm breaking episode, Matias shares truths that have been concealed from us for centuries- insights that, if re-remembered, could redefine our reality. We delve deep into the structure of Empire that has intentionally kept us from our power by manipulating nearly every aspect of our reality—from our

relationship to the earth and cosmos, to our calendar, our holidays, ceremonies, rituals, and food. We also fully explicate and excavate the laws of attraction and manifestation, including the revelation of the "Rule of Three".

Whether you have seen Matias on other podcasts of mine or not, this one is not to be missed!

Time Stamps:

[00:00](#) - Intro

[3:35](#) - The Sacred Calendar

[25:30](#) - Ceremonies, Rituals, And Food

[57:33](#) - The Law Of 3 | Attraction & Manifestation Practices

[1:22:57](#) - Channeling



Connect with Matias De Stefano:

Website | www.matiastestefano.org

Youtube | <https://tinyurl.com/2vswews4>

Instagram | www.instagram.com/matiastestefano/

2024-02-02 OPEN MINDS

[Psychedelic Journeys Into Galactic Creation](#)

[https://www.gaia.com/share/cls3fq90h00001bkfjjz2lik?language\[\]=en&utm_source=share](https://www.gaia.com/share/cls3fq90h00001bkfjjz2lik?language[]=en&utm_source=share)

S26: Ep11 45 mins

Is there a diamond light of consciousness and a singularity of galactic creation, which can be intentionally explored using psychedelic protocols?

Host Regina Meredith dives deep into the therapeutic, intellectual, and spiritual findings of Chris Bache, an author and theologian, who dared to embark on a psychedelic quest lasting two decades. Bache shares his excruciating LSD session methods inspired by Stanislav Grof and cautions against casual attempts by viewers at home. From meeting "The Great Mother" and witnessing an ocean of suffering to encountering principal beings responsible for creating the singular universe, Bache recounts his transformative journeys beyond egoic identity...



Host: Regina Meredith Featuring: Chris Bache Audio Languages: English Subtitles: English

Reading: short item from Tania Gabrielle

Closing/Reading: 2024-02-01 A Message to Lightworkers – February 1, 2024 **SEE BELOW**

INFORMATION RELATED TO THE NOTES

2024-02-01

A Message to Lightworkers – February 1, 2024

<https://www.ascensiontimes.com/post/a-message-to-lightworkers-february-1-2024>

This week's guidance from the Ascended Masters, Archangels, Star Nations families, Earth elements, Fae elders, Angelic legions, and other Light Beings known as the Collective:

Greetings, dear ones! We are very pleased to have this time to speak with you again today.

And we wish to speak on what we are seeing amongst many Light Bringers now, which is an overwhelming sense of mental or physical disconnection in some ways—of floating slightly above or beside one's own life.

This may manifest in physical or emotional exhaustion. It may manifest in feelings of wanting to release the life you have known for so long, of wanting to simply spend your day sitting quietly in Nature or resting, or listening to calming music.

Now, particularly for those of you raised in what has been termed a Western or "developed" country, these impulses are hard to reconcile with the training you received for so long, or how you prefer to live.

Many of you still connect your sense of self to how much you can accomplish in a single day.

And of course you are, most of you, still in a position to be working so as to pay your living costs.

Some have jobs requiring great focus and/or mental or physical energy. You may also be raising children or teens, and find that being exhausted runs counter to fulfilling your responsibilities to them.

Your situation may hold some or all of that, and more!

And so you may be unhappy with how you are feeling now. Perhaps confused, or scolding yourself for not being as energetic as you feel you must be to fulfill the day's demands, and then to enjoy your off-hours with loved ones.

Yet what you are traveling through now is indeed very taxing. To fulfill one's life requirements, however you have built them, can be tiring enough!

Yet with all of the higher Light flowing in, plus the powerful solar flares and other shifts occurring in Earth's atmosphere -- You may feel at times that you are walking through the poppy field with the characters in the film *The Wizard of Oz*, and falling asleep on the journey, as they did.





One might say that this is a part of the hero's journey not often discussed—and yet, it appears in so many tales offered over the ages.

The hero starts off well enough, but then is slowed by something—perhaps an injury or illness, an attack by a wild animal or a hidden adversary, or something that distracts them enough to pull them off of their path for a while.

Yet once they return to the fullness of their journey, it is often with new, strengthened resolve to see it through completely.

In this case, we would say that you are not being attacked or distracted for the most part, though in terms of energetics, both have been a part of Earth life for thousands of years.

The reason for the feeling that you are not quite present, not quite awake—as if you were sleepwalking—is not only the physical changes happening on a cellular level in your body.

But also that your spirit is reaching higher into higher dimensions, learning how to integrate life there, in ways that connect with Earth life. And connecting your Earth self with your higher self.

And this can be both confusing and exhausting at times.

You are also etherically visiting places of learning in your sleep state, even if it seems to you that you never have dreams of such—nevertheless, you are not only working hard on your Earth mission at this crucial time in the planet's evolution.

You are also reaching up into levels of learning that in the past, your consciousness, while in a human body, could never have grasped.

Much of this has to do with revising ideas and belief systems held in your subconscious for millennia, as well as healing for the trauma that is buried there, and a release of old programming from your third dimensional Earth lives. **In doing so, you are forging the path for all who follow behind you, and they are many millions.**

Releasing one person's stuck beliefs and dark programming is a way of releasing the collective *en masse* programming and the constricting beliefs that hold one in patterns of self-denial, smallness, passivity, and feelings of victimhood.

Many are saying now, as we have, that there *are* no victims, and we are aware that this is difficult for many to accept! **Yet now, of all times, you are ready to accept that you have created your own**

experiences with choices made first in the higher realms before incarnating, then via your energetic vibration, each time you incarnated.

And now, as you enter this new and beautiful era of Aquarius, a great change arises! Your nighttime travels to what many call mystery schools, as well as temples of healing in the higher realms, in Inner Earth, in the Sun, on the ships, other planets—they are preparing you to take up residency as a fifth dimensional being who has peacefully released the trauma, discord, and ideas of separatism that have typified third dimensional life.

Though you have learned much here, you move now into a whole new level of growth and awareness.

And so, you may be wondering, *Instead of having less energy and motivation now, shouldn't I have far **more**?*



We would say, that anyone preparing for a great journey on foot by running, leaping, lifting heavy weights, increasing flexibility and balance, will attest to feeling tired at times, due to the increased expectations put upon their body.

Likewise anyone who has carried a child in their womb will attest to the tiredness that comes with that task, as they nourish a new life as it develops.

And so it is, that you are doing far *more* work now, in addition to preparing your own consciousness for working alongside your soul families. You are healing the Earth and Her vibrations of ancient wounds and dark energies, as you are yourselves releasing the effects of many centuries of oppression from your own DNA, your own consciousness, your soul.

And so we encourage you, dear ones: ***Call upon your soul!*** Request more Light, more empowerment, more energetic sustenance, for all you experience now!

Say, "My soul, I require more strength now, to handle everything that is flowing through me, everything I AM releasing from this and all other Earth lives. More strength, more sustenance to support all the work I am doing in the etheric to assist the Ascension process.

"I AM integrating so much now, in addition to the work I do all the time in the etheric. "Assist that integration, to make it as smooth and peaceful as possible. "And assist me in resting enough and drinking enough pure water, that I support my body in all the changes it is going through. "I give Thanks!"

Be aware that many of you who are Starseeds are fulfilling galactic and intergalactic missions that have been created so that Earth can move more fully into returning to the Intergalactic Confederation of Worlds.

This constitutes another demand on your system—and yet, as we have said many times, you could not (before incarnating) be dissuaded from that duty!

For each of you, this is a journey and a service of higher Love, and you were honored to create or accept the challenges you have encountered while in the physical.

And will the discomfort last indefinitely?

No, not indefinitely! You have already come so far in your evolvment.

In years past, you would not be able to withstand the powerful energies flowing to you now, let alone be able to do such powerful work in the etheric at the same time that you are integrating so much on a cellular and molecular level.

You will have moments that are plateaus in terms of both the work and the integrations, before the next climb upward flows forward.

And then as things progress further, you will have moments when your empowered self steps forward to handle an old situation in a very new and creative, far more enlightened way.

Those moments will often entail stepping into that great sea of living energy and consciousness from which all is created—that which is known as the quantum field.

And in that sea of Light, dear ones, you will call forth whatever is required for your life and Lightwork now. Including, some days, more time to rest, and greater feelings of well-being, of motivation, of inspiration.

We send you much supportive and empowering energy with this Message.

You are not alone in any of this! Call out to your soul families as well as your soul, and require their assistance with all that you journey through now.

And allow yourself to rest as needed! This will be far different from the rest requirements of the past.

But then, you are on an increasingly new planet now. And so—for a time, at least, before you enter a time when you will need hardly any rest at all—more rest is required now. And more

compassion for the self brave enough to come forward at this astounding time! We send much Love, dear ones, with Thanks for all you are, and all you anchor into your planet now.

There is a way forward: Set foot upon that new path!

You are creating it at every moment.

We are with you, always.

Namaste!

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Thank you.



DEMOCRACY NOW

2024-02-02 Headlines <https://www.democracynow.org/2024/2/2/headlines>

Case of Missing Girl, 6, Tragically Lays Bare Deadly Conditions for Gaza's Children, Health Workers

Feb 02, 2024



Over 1 million displaced Palestinians are under threat of a new ground assault on Gaza's southernmost city of Rafah, after the Israeli military said it would attack the area once labeled a "safe zone." The U.N. called Rafah, located on the border with Egypt, a "pressure cooker of despair." The death toll in Gaza continues to rise, with over 27,000 killed and more than 66,000 wounded in four months. Over 11,000 of those killed by Israel have been children.

The Palestine Red Crescent Society is calling for the international community to intervene immediately to halt attacks on medical workers and to help find a 6-year-old girl, Hind, and two members of their emergency medical team, Yousef Zaino and Ahmed al-Madhoun, who have been missing for nearly four days. Hind and her 15-year-old relative Layan Hamadeh called the Red Crescent on Monday, pleading for help as Israeli tanks approached their family's car in Gaza City. All six members of Hind's family were killed by Israeli fire, including Layan. These were her last words, recorded on the call with a Red Crescent dispatcher.

Layan Hamadeh: "Hello?"

Red Crescent dispatcher: "Hello, dear?"

Layan Hamadeh: "They are shooting at us."

Red Crescent dispatcher: "Hello?"

Layan Hamadeh: "They are shooting at us. The tank is next to me."

Red Crescent dispatcher: "Are you hiding?"

Layan Hamadeh: "Yes, in the car. We're next to the tank."

Red Crescent dispatcher: "Are you inside the car?"

Layan Hamadeh: [screaming]

Red Crescent dispatcher: "Hello? Hello?"

After all her family members were killed, 6-year-old Hind remained trapped in the car as emergency workers tried to reach her. This is Rana al-Faqeh, the emergency dispatcher who spent several hours on the phone with Hind, trying to reassure and calm the girl.

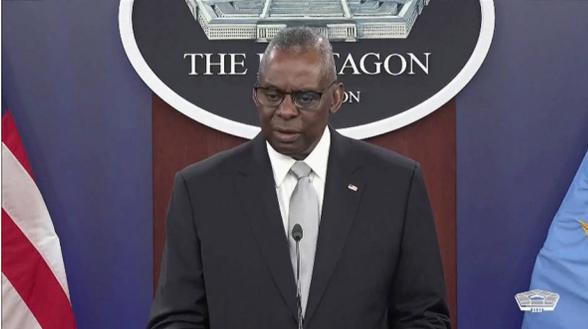
Rana al-Faqeh: "It is a painful experience when you hear her voice, which was trembling, sad, and at the same time she had hope that someone would save her. But we were helpless. We felt that we were paralyzed, because we were thinking about the situation she was in. She was trapped inside a car with six bodies of martyrs, audio of tanks and aircraft firing. When the tank came close to her, she was screaming and crying. The worst minute was when she said the tank got closer, and then the phone cut. At this moment, I thought the tank climbed on the car. At this moment, I started to cry, and I was trying to be strong."

Feb 02, 2024 Biden Issues Order Sanctioning Israeli Settlers Who Committed Violence in Occupied West Bank



President Biden signed an executive order Thursday imposing new sanctions on Israeli settlers involved in violent attacks against Palestinians in the occupied West Bank. At least eight Palestinians, including one child, have been killed, and over 100 injured, in some 500 settler attacks since October 7. The executive order for now targets just four settlers but could be used against others in the future, including Israeli politicians. Biden officials reportedly considered adding ultranationalist cabinet ministers Itamar Ben-Gvir and Bezalel Smotrich to the list but decided against it.

Biden Admin Approves Strikes on Syria, Iraq After Deadly Attack on U.S. Troops in Jordan Feb 02, 2024



The Pentagon has approved a series of strikes against targets inside Iraq and Syria in response to the recent attack on a U.S. military base in northern Jordan that killed three U.S. soldiers and other attacks in the region. Defense Secretary Lloyd Austin said the U.S. is working to avoid a wider Middle East conflict and is not seeking war with Iran.

Defense Secretary Lloyd Austin: "Our teammates were killed by radical militias backed by Iran and operating inside Syria and Iraq. In the aftermath of the vile Hamas terrorist assault on Israel on October 7th, terrorist groups backed by Iran and funded by Iran have tried to create even more turmoil, including the Houthis attacking commercial shipping in the Red Sea. ... How much Iran knew or didn't know, we don't know, but it really doesn't matter, because Iran sponsors these groups. It funds these groups."

Secretary Austin also apologized for the secrecy surrounding his recent hospitalization and cancer diagnosis.

Activists Shut Down D.C. Streets, Canada's Port of Vancouver to Demand an End to Genocide Funding Feb 02, 2024



Image Credit: Climate Justice Alliance (CJA)

Activists shut down at least a half-dozen major roads in Washington, D.C., during Thursday morning rush hour and marched through the streets to demand an end to U.S. military support for Israel. Police arrested roughly two dozen protesters.

Protester: "War criminals in the building behind us need to stop funding genocide, and funding our communities. We don't have healthcare. We don't have public education. People are dying on the streets while our government is sending \$3.8 billion to genocide and kill doctors and students and teachers and babies in the hospitals. There's a genocide going right now that our government is funding."

In Canada, activists blockaded all access points for the Port of Vancouver, calling on the government to enact an arms embargo on Israel following the International Court of Justice ruling last week that there is a plausible risk that Israel is committing genocide in Gaza.

Meanwhile, over 800 officials across the U.S., the U.K. and the EU released a joint letter of dissent today, saying, "Our governments' current policies weaken their moral standing and undermine their ability to stand up for freedom, justice and human rights globally."

Ron DeSantis Sends Troops to Texas Border Amid Mounting Crackdown on Migrants Feb 02, 2024



Image Credit: USA Today Network via Reuters Connect

Florida's Republican Governor Ron DeSantis is deploying state and National Guard troops to the Texas-Mexico border in a move that's been widely condemned by immigration rights groups. DeSantis made the announcement Thursday as he stood on a podium displaying the words "Stop the Invasion." DeSantis is one of many Republican leaders who's pledged support for Texas Republican Governor Greg Abbott's intensifying anti-immigrant hate speech and policies. Meanwhile, Abbott continues to defy a Supreme Court order that allowed the Biden administration to cut down razor wire put up by Texas troopers along its border with Mexico.

EU Agrees to 50B Euro Package for Ukraine; Zelensky to Dismiss Top General

Feb 02, 2024



European Union leaders have approved a new 50-billion-euro funding package to Ukraine, overcoming weeks of resistance from Hungary's Prime Minister Viktor Orbán. This comes as the U.S. Senate is expected to vote on a Ukraine military aid and U.S.-Mexico border enforcement deal next week following heated negotiations.

In Ukraine, President Volodymyr Zelensky is reportedly set to dismiss his top general, Valery Zaluzhny. Tensions between the two have been rising following Ukraine's failed counteroffensive last year, and after Zaluzhny described the war with Russia as a stalemate.

ICJ Delivers Mixed Judgment in Ukraine's Terrorism Case Against Russia

Feb 02, 2024



The International Court of Justice has found Russia violated portions of two treaties: one on financing terrorism and another on eradicating racial discrimination. The ruling came as part of Ukraine's case accusing Moscow of funding separatist groups in eastern Ukraine and discriminating against Crimea's multiethnic community since its annexation a decade ago. The court, however, declined to rule on Ukraine's request for

"Remember Who the Real Enemy Is": Greta Thunberg's U.K. Trial for Climate Protest Gets Underway

Feb 02, 2024



In the U.K., Swedish climate activist Greta Thunberg appeared in a London court Thursday as her trial got underway for protesting outside the entrance of a major oil and gas industry conference last October. Thunberg spoke outside the courthouse alongside two co-defendants.

Greta Thunberg: "Even though we are the ones standing here, and climate, environmental and human rights activists all over the world are being prosecuted, sometimes convicted and given legal penalties, for acting in line with science, we must remember who the real enemy is. What are we defending? Who are our laws meant to protect?"

Georgia Senate Passes Bill Criminalizing Bail Funds Feb 02, 2024



Back in the U.S., the Republican-dominated Georgia state Senate passed a bill which would criminalize the majority of bail funds. SB 63 would make bailing more than three people out of jail per year illegal, including for nonprofits and churches that run bail funds. It also adds to the list of non-bail-eligible offenses. This comes as three activists with the Atlanta Solidarity Fund are facing racketeering and other charges in Georgia related to the prosecution of dozens of "Cop City" protesters. It could also affect major national programs that operate in Georgia, such as Black Mamas Bail Out Action.

Judge Sentences Ex-CIA Software Engineer to 40 Years in WikiLeaks "Vault 7" Case Feb 02, 2024



In New York, a federal judge sentenced former CIA software engineer Joshua Schulte to 40 years in prison, after being convicted of leaking thousands of CIA documents known as "Vault 7" to WikiLeaks. The leaks, published in 2017, revealed CIA programs and tools that are capable of hacking into Apple and Android cellphones. In addition to espionage and computer hacking, Schulte was also convicted for possessing child pornography.

WHO Forecasts Cancer Rates Will Rise by 77% in 2050 Feb 02, 2024

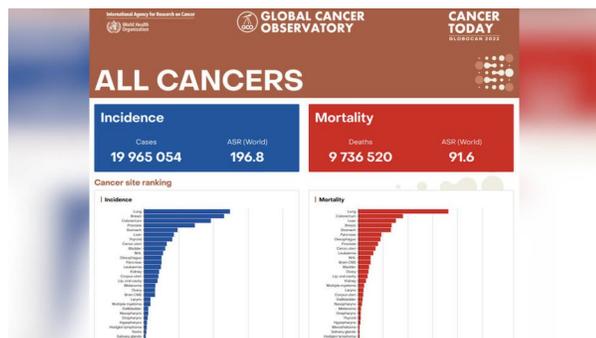


Image Credit: World Health Organization / The Global

Cancer Observatory

The World Health Organization expects global cancer cases to rise by 77% over the next three decades. The study predicts cancer-related deaths will roughly double from current levels to reach around 20 million fatalities a year by 2050. The WHO says tobacco, alcohol, air pollution, and population aging and growth are some of the key factors behind the rising numbers. Lower-income countries will be disproportionately affected. Currently, one out of every 12 patients in wealthier countries are diagnosed with breast cancer, and one in 71 will die from the disease. In poorer countries, just one in 27 patients are diagnosed in their lifetime, but one in 48 will die from breast cancer.

2024-02-03 Dearborn Mayor to Biden: "Lives of Palestinians Should Not Be Measured Simply in Poll Numbers"

https://www.democracynow.org/2024/2/2/michigan_mayor_biden_gaza_arab_americans

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Guests **Abdullah Hammoud**

mayor of Dearborn, Michigan.

- [James Zogby](#)
president of the Arab American Institute.

Links **["Biden's Erasure of Arabs Is Part of a Painful History I Know Too Well"](#)**

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President Biden faced protests in Michigan this week over his ongoing support for the Israeli assault on Gaza. Michigan is a crucial swing state that could prove decisive in this year's presidential election and is also home to the largest percentage of Arab Americans in the United States. Dearborn Mayor Abdullah Hammoud, who refused to meet with Biden's campaign manager last week, says it's inappropriate to consider electoral politics as U.S. policy supports an ongoing genocide. "For us, the lives of Palestinians should not be measured simply in poll numbers," Hammoud tells *Democracy Now!* We also speak with veteran pollster James Zogby, president of the Arab American Institute, who says the Biden team is "cut off from reality" if they believe people will forget their outrage over Gaza by the time of the November election. "The White House is taking for granted that they've got support — and they don't," says Zogby.

Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. I'm Amy Goodman.

President Biden traveled to Michigan Thursday for a campaign stop, where he met with members of the United Auto Workers union, which has endorsed him. Michigan is a crucial swing state that could prove decisive in the general election in November. Michigan is also home to the largest percentage of Arab

Americans in the United States. In 2020, Biden won Michigan with just 154,000 votes more than Donald Trump, making the Arab American vote a decisive one in the election.

Yet Biden is facing widespread protest over his administration's support for Israel's assault on Gaza and his refusal to call for a ceasefire. While the White House did not say ahead of time which town Biden would be visiting on Thursday, only that it was in the Detroit area, hundreds of pro-Palestinian protesters were waiting for Biden in Warren outside the UAW offices.

Last week, Biden's campaign manager, Julie Chávez Rodríguez, traveled to Dearborn to rally support for the president's reelection, yet her trip ended when a group of Arab American leaders and elected officials declined to meet with her over the war in Gaza. Among them was the mayor of Dearborn, Michigan, Abdullah Hammoud. He wrote on X, quote, "I will not entertain conversations about elections while we watch a live-streamed genocide backed by our government."

Mayor Abdullah Hammoud is joining us now from Dearborn, which is home to one of the largest Muslim and Arab American populations in the United States. And in Washington, D.C., we're joined by James Zogby, president of the Arab American Institute. His new [piece](#) for *The Nation*, "Biden's Erasure of Arabs Is Part of a Painful History I Know Too Well."

We welcome you both to *Democracy Now!* Mayor, let's begin with you in Dearborn. I mean, this was quite a scene this week. When the UAW endorsed President Biden, it was a major rally for him, but a number of people held up Palestinian flags and demanded a ceasefire. He comes back on Thursday. It's actually in a very small place, as they try to control the possibility of protest inside and out, and we only learned at the last minute where he was going to be. But talk about the stand that you took and what you're calling on the Biden administration to do, Mayor Abdullah Hammoud.

MAYOR ABDULLAH HAMMOUD: Thank you so much for having me.

You know, the stand that we took was sending the message that this is not a moment that calls for electoral politics. Over the course now of coming close to 120 days, Israel has murdered more than 27,000 Gazans and displaced over 2 million. And for us, the lives of Palestinians should not be measured simply in poll numbers. We want to have meaningful dialogue with senior decision-makers and policymakers who have the ability and the openness to change course in what's unfolding overseas.

And as you've seen at rallies across this country, the position that we've taken, one in which we support a ceasefire, is not one just supported by Arab Americans and Muslim Americans. This is supported by over 60% of Americans across the country, over 80% of Democrats and even over 50% of Republicans.

AMY GOODMAN: You're the first Muslim mayor of Dearborn, also the first Arab American mayor of Dearborn. You refused to meet with President Biden's campaign manager, Julie Chávez Rodríguez. Can you talk about what you told the administration, and her response and the Biden administration response?

MAYOR ABDULLAH HAMMOUD: [inaudible] didn't communicate it directly back to the campaign. I passed it back to the individual who was trying to organize the meeting. It was a fellow Arab American. And we had all declined simultaneously. So I can't speak to what that conversation was. But the message that I know that was sent, and generally speaking, was that we believe that community engagement can be powerful, when the conversation we're having is about saving lives. But again, it has to be with policymakers, and not with campaign staff, in this moment of time.

AMY GOODMAN: Did President Biden meet with any Arab Americans yesterday, that you know of?

MAYOR ABDULLAH HAMMOUD: Not that I know of. I can't speak to what his itinerary was. But as you saw, hundreds of protesters showed up and rallied outside of where the campaign event was held.

AMY GOODMAN: Jim Zogby, can you talk about the significance of this? You're president of the Arab American Institute. President Biden had overwhelmingly the Arab American vote in the last presidential election. Talk about how it's dropped precipitously.

JAMES ZOGBY: It's gone from 59% in 2020 to 17% end of last October. I daresay it's even lower now. People have gone from shock and disappointment, now to anger. And I think that the mayor — I'm a big fan of Mayor Hammoud, but I think he speaks very well and clearly toward what the attitude of the community is. This isn't a time to come and talk about voting for you. It's a time to talk about what the heck are you doing.

And I have to say that in addition to the policy being so awful, so insensitive, so just genocidal in terms of what it's been doing, not only in terms of supporting Israel, but the ways we've been supporting Israel — in addition to that, they've been totally ham-fisted in the way that they've dealt with the community. There has not been a single Arab American leadership meeting with officials. They've brought in meetings — they say this is a Muslim meeting, and they have excluded the Arab American leadership and brought in some random people that they find to fill a room so they can check the box and say, "We met with people." But it's never been substantive, and it's never produced an outcome.

I think they really don't care. And they think, as they've said to me, "Come November, it's a binary choice, and your folks will vote for us." They won't. I've seen it before. We saw it in 2000. We saw it in 2016. They'll vote for a third party, or they won't vote at all. And that spells disaster for this White House.

AMY GOODMAN: I heard a number of people yesterday in Michigan being interviewed, Arab American voters, when asked, "Well, do you really think President Trump, with his Muslim ban and promising to do it again, and his much closer relationship with Netanyahu and the far right in Israel, would be better?" And time and again, I mean, you had people holding up signs that said "Abandon Biden," and when saying they wouldn't vote for either, saying they would simply write in "ceasefire."

JAMES ZOGBY: Mm-hmm, and that's what we're hearing, and that's what is happening right now, is a move afoot to vote "ceasefire." I think they're voting "uncommitted," is what the trend is in this primary.

I think that the White House is taking for granted that they've got support. And they don't. They don't have ears on the ground. People who are doing the outreach for them don't have ears to hear what the community is saying, or simply don't want to go back and tell their bosses this is what the community is saying.

The result is, is that they're cut off from reality. They're cut off from reality that's taking place on the ground. I mean, it is a genocide. It is unfolding. They told us they were going to do it. They've done it. We're watching it play out every single day. And yet the administration response is, "Oh, we're urging them to be careful about civilians, and we're telling them humanitarian aid needs to come through." It's not coming through. Genocide is happening. And yet they live in a world of denial. And they think that we're going to believe the denial instead of what we see with our eyes.

So, that's how they're operating with the policy, but it's also how they're operating with the politics: "These folks will come around." Like I said, it's insulting. It's demeaning. It doesn't respect people's real feelings. And the result is, is that they're slow-walking the president into the abyss, and November is going to be, I think, a real problem for the White House.

AMY GOODMAN: I mean, when you talk about he's siloed off, he really hardly is. Everywhere he goes, whether it was the AME Church in Charleston, people interrupting, demanding ceasefire, or yesterday, or the UAW announcement just a few days ago, where autoworkers were holding up signs, because UAW was one of the earliest to endorse a ceasefire, President Biden himself is certainly hearing this. And I wanted to go to a reporter questioning White House Press Secretary Karine Jean-Pierre Wednesday.

STEVE HOLLAND: The president has faced a lot of criticism in Michigan from the Arab American community. What does he say to — what's his message to them, those who feel disenfranchised by the Gaza operation?

PRESS SECRETARY KARINE JEAN-PIERRE: Look, the president is going to continue — continues to believe that Israel has a right to defend themselves. They have a right to defend themselves, as long as they continue — they — it is done in accordance of humanitarian — international humanitarian law. So, we will continue to have those conversations with them. At the same time — at the same time, he is heartbroken, heartbroken by the suffering of innocent Palestinians.

AMY GOODMAN: So, that was Karine Jean-Pierre's message to Michigan as President Biden went there, is that Israel has a right to defend itself. Mayor Hammoud, will you be voting for President Biden?

MAYOR ABDULLAH HAMMOUD: You know, for me, that question falls back to President Biden. What will he do to earn the trust and respect of the constituency that he's trying to represent?

You know, I was watching that press conference, and it really is a slap to the face. Every military expert and humanitarian expert across this globe has demonstrated that Israel is not abiding by any international law. That is why the International Court of Justice actually moved forward with South Africa's case, indicating that it's very plausible that what is unfolding in Israel — in Gaza, excuse me, by the state of Israel is a genocide, and upheld again by a federal judge here in the United States just this week, in which he dismissed a case of an organization tried suing President Biden. And in the judge's opinion, he said, "I do believe it is very plausible that Israel is committing a genocide, that is being supported and upheld and defended by these United States of America."

AMY GOODMAN: Mayor Hammoud, you have constituents whose families are in Gaza. What are they saying to you? And do you think the situation will be very different in, well, almost a year from now, when the election takes place?

MAYOR ABDULLAH HAMMOUD: People feel betrayed. We were promised in 2020 a president who was going to bring back decency to the White House, who led with humanity. And what we've seen since October 7th is anything but. We have seen an alignment with Benjamin Netanyahu and the most right-wing government in Israel's history. And we cannot, for the life of us, understand why — why, understanding that Trump being a threat to our American democracy, is that alignment with Benjamin Netanyahu worth the unraveling of the very fabric of our American democracy. And so, that's how people are feeling right now.

AMY GOODMAN: I wanted to go to an Al Jazeera reporter, Fadi Mansour, who questioned Defense Secretary Lloyd Austin, in his first news conference since he was hospitalized, about U.S. military support for Israel.

FADI MANSOUR: Back in December in your speech at the Reagan Library, you told Israeli leaders they have to protect civilian lives in Gaza. Since that speech, 12,000 more Palestinians have been killed. We're now at 27,000 killed. Why are you still supporting this war, when this government, that is the most extreme in the history of Israel, led by someone who refuses to recognize any political right for the Palestinians, and with elements that are calling for ethnic cleansing and displacement of Palestinians? Do Palestinians have the right to dignity, as you said in Angola when I was with you on the trip? You said the future belongs to those who protect dignity, not trample it.

DEFENSE SECRETARY LLOYD AUSTIN: Yeah. I said that in the speech at the Reagan Forum. I've said that to my counterpart, Minister Gallant, every time that I talk to him, and I talk to him every week. And I emphasize the importance of protecting civilian lives. I also emphasize the importance of providing humanitarian assistance to the Palestinians.

AMY GOODMAN: So, that's Lloyd Austin, the defense secretary, being questioned by Al Jazeera. Jim Zogby, if you can talk about what you feel needs to happen right now, and the people you're polling, you're talking to, what could make the difference?

JAMES ZOGBY: At this point, in terms of electoral politics, I'm not sure that anything makes a real difference. The wound is too deep. The losses are too great. The hurt is real. And they're doing nothing to address it.

But at least to have a conversation, they have to make some dramatic changes in policy. The first, of course, is a ceasefire. We had a summit with Reverend Jackson's Operation PUSH and interfaith collection of organizations a couple weeks back in Chicago. We had three demands: an immediate, sustainable ceasefire; increase in humanitarian aid and reconstruction aid in Gaza; and conditioning U.S. aid to Israel, military aid to Israel, stopping it and then conditioning future aid based on U.S. law. Those are the three essential demands, I think, to move it forward. They're not listening to us. They're not even asking us. And yet they want our vote.

And so, I think that you can get a conversation, which is an important thing moving forward. Any community needs a conversation with those in the White House. But getting our vote? There's a lot of hurt here to get over. It's sort of like a serial cheat coming home to his wife and saying, "This time I'm going to change." You've got to show it. Even to have a conversation, you have to show it. And we're not seeing that from these guys now at all.

AMY GOODMAN: James Zogby, president of Arab American Institute, we will link to your [article](#) in *The Nation*, "Biden's Erasure of Arabs Is Part of a Painful History I Know [Too] Well." And thanks so much to Dearborn Mayor Abdullah Hammoud. This is *Democracy Now!* Coming up, we speak with award-winning filmmaker Ava DuVernay about her new film, *Origin*. Stay with us. [break]

2024-02-02 "Origin": Ava DuVernay's New Film Dramatizes "Caste," from U.S. Racism to India's Dalits to Nazi Germany

https://www.democracynow.org/2024/2/2/origin_ava_duvernay

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award-winning film writer, producer and director.



Links ["Origin" official website](#)

Image Credit: "Origin" / NEON

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We speak with award-winning filmmaker Ava DuVernay about her latest feature film, *Origin*, which explores discrimination in the United States and beyond through a dramatization of the book *Caste: The Origins of Our Discontents* by Pulitzer Prize-winning journalist Isabel Wilkerson, whose process of writing the book is a central part of the film's story. DuVernay, whose previous projects include *Selma* and *13th*, says she was captivated by the ideas in the book after reading it in 2020 amid mass protests over the police murder of George Floyd in Minneapolis. "Isabel Wilkerson writes it in a beautiful way, but it is pretty dense material. And so my goal was to attach character into that so that there could be a deeper empathy," DuVernay tells *Democracy Now!* "The film follows Isabel Wilkerson in her pursuit of truth as she writes the book."

Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!* I'm Amy Goodman.

We spend the rest of the hour with award-winning filmmaker Ava DuVernay. She's explored Black history in many of the movies she's directed, from *Selma* to the documentary *13th*, that explores race in the prison-

industrial complex, to the miniseries *When They See Us* about the Central Park Five, now known as the Exonerated Five. She also directed Disney's *A Wrinkle in Time*.

Ava DuVernay's new film is called *Origin*, takes viewers on a journey that explores racism, from the United States and the killing of Trayvon Martin to Dalits in India, used to be called the "untouchables," to Nazi book burnings in Germany and the killings of Jews in the lead-up to World War II. It does so by dramatizing the book *Caste: The Origins of Our Discontents* by Pulitzer Prize-winning journalist Isabel Wilkerson, as well as the process of writing the book. This is the trailer for *Origin*.

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] If you look closely, you'll find something tragic was happening.

AMARI SELVAN: [played by Blair Underwood] Are you interested in writing something for us?

ISABEL WILKERSON: I don't do assignments anymore.

AMARI SELVAN: Yeah, well, you're a better writer than most people do anything. Have you heard the tapes?

ISABEL WILKERSON: No. Of what?

SEAN NOFFKE: Sanford Police Department. This is Sean.

GEORGE ZIMMERMAN: Hey, we've had some break-ins in my neighborhood, and there's a real suspicious guy, looks like he's up to no good or something.

ISABEL WILKERSON: I want to be in the story, really inside the story, and build a thesis that shows how all of this is linked.

KATE: [played by Vera Farmiga] I've got to be honest with you. I don't understand. I don't see it.

MARION WILKERSON: [played by Niecy Nash] You go and write your stories. Folks need to know about this.

SABINE: [played by Connie Nielsen] You're trying to make sense of racism, but your thesis is flawed.

ISABEL WILKERSON: It was all lies. They knew we weren't inferior.

You don't escape trauma by ignoring it. You escape trauma by confronting it. I don't write questions. I write answers.

AMY GOODMAN: The trailer for *Origin*, which is in movie theaters now. It's directed by the award-winning filmmaker Ava DuVernay, who I recently interviewed. I began by asking about her decision to make this a feature film instead of a documentary.

AVA DUVERNAY: Well, I read the book. It came out in 2020, about two months after the murder of George Floyd. So, Isabel Wilkerson publishes *Caste*. When I read it, I am captivated by the ideas. I had never put the idea of caste in a contemporary context, as it relates to African American history or, you know, American history in general, and certainly not in a contemporary context, as I put it against, you know, challenging current cases of criminal misconduct and the killing of Black people, as we see in the case of Trayvon Martin, which is discussed in the film. And so, these were all new ideas to me. I was really motivated to share them with folk in an accessible way.

So, all of my “aha” moments from reading the book are in the film, but I needed a main character to drive us through what is truly an anthropological thesis. I mean, Isabel Wilkerson writes it in a beautiful way, but it is pretty dense material. And so my goal was to attach character into that, so that there could be a deeper empathy and a following of a leading lady. And so, played by Aunjanue Ellis-Taylor, the film follows Isabel Wilkerson in her pursuit of truth as she writes the book. And along the way, you watch her overcome great personal challenge and also complete the book *Caste*.

AMY GOODMAN: I want to go where you begin *Origin*, or on the issue that you begin *Origin*, featuring Isabel Wilkerson, played by Aunjanue Ellis.

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] Yeah, yeah. It’s a lot.

AMARI SELVAN: [played by Blair Underwood] Yeah?

ISABEL WILKERSON: It’s a lot. There’s a lot there, but longer-form stuff, questions that I don’t have the answer to.

AMARI SELVAN: So, ask them in the piece.

ISABEL WILKERSON: I don’t write questions. I write answers.

AMARI SELVAN: Questions like what?

ISABEL WILKERSON: Like, why does a Latino man deputize himself to stalk a Black boy to protect an all-white community? What is that?

AMARI SELVAN: The racist bias I want you to explore, excavate for the readers.

ISABEL WILKERSON: We call everything racism. What does it even mean anymore? It’s the default. When did that happen?

AMARI SELVAN: Hey, Brett.

BRETT HAMILTON: [played by Jon Bernthal] How are you?

AMARI SELVAN: All right. So, wait, so, you’re saying that he isn’t a racist?

ISABEL WILKERSON: No, I’m not saying that he’s not a racist. I’m questioning why is everything racist.

AMY GOODMAN: So, that is Isabel Wilkerson, played by Aunjanue Ellis-Taylor. And if you can go to why you decided to start with Trayvon Martin? And as you said, actually, you hear George Zimmerman’s voice.

AVA DUVERNAY: Yes. When I was interviewing Ms. Wilkerson about her process in writing the book, she had shared that the verdict of the case against George Zimmerman was a seminal moment in her curiosity and in her quest to put together the pieces and try to pursue this notion of caste and explaining it to folks. And so, I wanted to begin where she began.

In the film, you see it opens with a day in the life of a teenager named Trayvon, and you are walking with him as he is going about his business, talking to a friend on the phone, going to, you know, buy a snack. And those few minutes that you see him, before anything happens to him, before he is stalked and assaulted and killed, are moments to — constructed to humanize him and allow you to learn a little bit about him, outside of the context of what was done to him.

And that was important to me, in any rendering of challenge and trauma, to make sure that we are doing exactly what caste asks us not to do. Caste asks us not to humanize one another. But in the rendering of Trayvon Martin, we make sure that we open on just him, before anything else. And so, because that was the beginning of Isabel Wilkerson's writing journey, part of the beginning of it, we began the film that way, as well.

AMY GOODMAN: And talk about why you decided to call the film not *Caste*, but *Origin*.

AVA DUVERNAY: Well, because I didn't want to be disingenuous. The film is not the book. The film is about the writing of the book, and it's about the woman who wrote the book. You're going to get some good pieces of the book, but it's about the intellectual pursuit. It's about the curiosity that leads us to knowledge. It's about the interrogation of status and power. It's about — it's about obstacle. It's about love. It's about triumph over adversity. And it's different than the book. You know, it's about the life and work of this woman as she's writing *Caste*. And so I didn't want to call it *Caste* and have you see it and think, "Wait, what am I doing here inside of this marriage or inside of this relationship with Ruby Wilkerson, who was Isabel Wilkerson's mother?" So, "origin" is a word in the subtitle of the book. The book is, as you know, *Caste: The Origins of Our Discontents*. And so, we stay true to the proximity between the two by using the same word.

AMY GOODMAN: Let's go to Isabel herself. I [interviewed](#) her in 2020 after she won the Pulitzer Prize for *The Warmth of Other Suns*, when her book *Caste: The Origins of Our Discontents* came out.

AMY GOODMAN: In your book, *Caste*, you write about Bhimrao Ambedkar, the intellectual leader of India's Dalit movement, what people call the "untouchable" movement. He wrote to W. E. B. Du Bois in 1946, "There is so much similarity between the position of the Untouchables in India and of the position of the Negroes in America," he wrote. Can you talk about who he was in relation to Gandhi in India, and then W. E. B. Du Bois's response?

ISABEL WILKERSON: Well, Gandhi was from a family that was an upper-caste — one of the upper castes. And so, he was the leader in the effort toward independence for the entire country of India and is known, obviously, for his nonviolent approach to achieving independence and to protesting.

Dr. Ambedkar was a leader of the Dalit movement. He was born into what was then known or called as one of the "untouchables," one of the groups that was viewed as untouchable. And he went on to achieve great heights, and in his education, he actually attended Columbia University, and he got many advanced degrees. And then he returned to lead the movement toward, first of all, the Indian Constitution, but then also continuing to advocate on behalf of his people.

And he is one of the — is an example of how people in India, particularly those who had been assigned to the lowest caste, had been looking and aware of what was going on across the oceans, across continents, of what was going on here in the United States, and made common cause or recognized the common cause between the plight of the Dalits, formerly known as "untouchables," and of African Americans here in this country.

So, Dr. Ambedkar reached out to W. E. B. Du Bois, who was at that time, obviously, one of the leaders of African American intellect and thought and philosophy — reached out to him in recognition of the connections between the two peoples and the two countries in terms of the hierarchies. Both of them recognized that hierarchy, the infrastructure of our divisions, that a caste system was an appropriate term to look at how both peoples were being treated in their respective societies,

though the countries are very, very different. They share — somewhat, they share in the ways of subordinating the very lowest-caste people in their countries.

AMY GOODMAN: So, that was Isabel Wilkerson talking about her book *Caste* when it first came out in 2020. And now we're going to go to Isabel Wilkerson, played by Aunjanue Ellis-Taylor, talking about the Dalits of India.

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] Millennia ago, Dalits were called the untouchables of India and forced into the degrading work of manual scavenging, the practice of cleaning excrement from toilets and open drains by hand in exchange for leftover food. The only thing that they have to protect their bodies is oil, each other and their prayers. To refuse is to invite severe punishment or death. This persists to this day.

AMY GOODMAN: From *Origin*, Ava DuVernay's film. Ava, talk about this journey that Isabel Wilkerson takes to India, also the crisis in her personal life, so deeply involved with her family, so close to her cousin, her mother, losing her family as she traveled.

AVA DUVERNAY: Yes. Well, the film chronicles the personal life of Isabel Wilkerson and some of the losses that she shared with me that she endured during the lead-up to writing the book. In a 16-month span, she lost her three family members and was still somehow able to anchor herself in her work and pull herself through — I won't say "over," because you never completely get over those losses, but through it to a place where she was able to use her creative output, her kind of intellectual energy, to stand in grief in a different way. And a part of that process was a visit to India, was one of several places she traveled around the world to research the book *Caste*.

I was also, you know, thrilled to have the pleasure to go to India and to shoot those scenes in Delhi, to speak with one of the same scholars that she spoke to, Dr. Suraj Yengde, who plays himself in the film. And he introduced me to a whole world of Dalit intellectuals and activists. The two men that you see kind of performing the act of manual scavenging are two actual men who are in that position in India to this day. They are two men who are associated with the advocacy group, and they generously agreed to, you know, do the work on camera. They were wonderful to work with. And just to give context to an American audience, the money that we gave them, that paid them to be performers in the film that day, was more than they make all year in that job. It's not even a job. It's an existence. And so, it was a profound experience, as described in the book, for Isabel Wilkerson, and certainly for me as a filmmaker, to be there.

AMY GOODMAN: And for Dr. King, as you point out.

AVA DUVERNAY: Yes.

AMY GOODMAN: Dr. Martin Luther King, who went to India. Talk about that part of this connection between —

AVA DUVERNAY: Yeah.

AMY GOODMAN: — the treatment of African Americans in the United States and what he discovered in India.

AVA DUVERNAY: He talked about his realization when he was there in India that he is a lower-class American citizen, and talks about the African American experience in context of caste. And it animates his thinking about the Black experience in new ways, which he wrote about and talked about extensively. I did the film *Selma*, didn't know that. I have researched Dr. King extensively, knew he had visited India, knew that he had gone there, but never had read or heard about his — you know, what he took from it.

AMY GOODMAN: So, you take us from the treatment of African Americans and the oppression of African Americans in the United States to the treatment of the Dalits, what was formally known as the untouchables, to what happened to Jews in Nazi Germany. And that's where I want to go next, in this clip of *Origin* that features a scene when the character Isabel Wilkerson, played by Aunjanue Ellis-Taylor, addresses an audience about her book *Caste*.

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] On this day, he folded his arms rather than salute a regime that deemed that love illegal. On this day, he was brave. He couldn't have been the only one who felt something tragic was happening. So why was he the only one among the men to not go along that day? Perhaps we can reflect on what it would mean to be him today. I'll leave you with that. Thank you.

AMY GOODMAN: That was a clip of Isabel Wilkerson, played by Aunjanue Ellis-Taylor, giving a speech about *Caste*, behind her a black-and-white footage of men and women in Germany putting up their hand in the "Heil Hitler" salute. Ava DuVernay, you're talking there — or, I should say, Isabel is talking about August Landmesser. Tell us his story.

AVA DUVERNAY: Yes. August Landmesser is one of the first stories that the book *Caste* opens with. So, you know, if you're reading it, in the first 15 minutes, you're going to hit this story, which just captivated my imagination the first time I read it, and I had to delve deeper and really know what happened to him and what happened to his love, Irma. So, it's the story of August and Irma. And they are both Germans. She's Jewish. And he had registered as a member of the Nazi Party a couple of years before the moment of this very famous picture, which I know many people have seen. And so, in the film, we chronicle and show and share everything that I could find about what happened to them after that moment.

But in the book, Isabel talks about this moment of defiance and of resistance. And, you know, I like the words that we use in the film — "On this day, he was brave" — because, you know, none of us are brave all the time. But on that day, when it came down to standing up for what you truly believe, he would not "Heil Hitler." He had someone at home who he loved who was Jewish, and he stood on those principles and didn't go along with the status quo. And it's a beautiful love story in the film, overall. And it really kind of exemplifies the humanity that Isabel shares in the book.

AMY GOODMAN: And you weave into this Elizabeth and Allison Davis, two Black anthropologists who co-wrote the groundbreaking book *Deep South*. We're going to play a clip for a moment of book burnings in Germany and that place outside of Humboldt University, where you see, instead of cement in the plaza, just a square, where you look down, bright light, and you just see white empty shelves. This was Isabel Wilkerson when she took that journey, played by Aunjanue Ellis-Taylor.

NIGELLA: [played by Mieke Schymura] In Germany, there's memorials to nearly everyone victimized by the Nazis. And there's no entry sign, no. No gate. It's just open —

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] Yes, it is.

NIGELLA: — both day and night, just standing to bear witness. Twenty thousand books were lost that night, books filled with imagination, ideas and history.

ERICH KÄSTNER: [played by Franz Hartwig] Leave here, my friends. Leave Germany. Go to your home as soon as you can. You will be safer there.

AMY GOODMAN: An excerpt of the extraordinary film *Origin*. Ava, introduce us to these authors who wrote this seminal work in the United States, and your discovery — Isabel Wilkerson's discovery of the connection they had between the United States and Germany.

AVA DUVERNAY: Yes, yes. Well, it always moves me in that scene where he says, “You will be safer there.” Not true. Right? He’s sending them back home to the segregated South.

So, Allison and Elizabeth Davis were two anthropologists. In the film — excuse me, in the book, Isabel talks about the connection and the kindred feeling between Allison Davis’s work and her work. She regards him as a seminal figure in the development of her ideas around this work. And she talks primarily about research that they did in Natchez, Mississippi, for their book, *Deep South*. In the book, she mentions that they also had studied abroad. And when I dug deeper into that, I realized that they were actually there, had witnessed a book burning, and escaped Nazi Germany right as the rise of Hitler was reaching a crescendo. And so, I couldn’t believe that the two stories converged in that way.

And upon further research, we were able to, you know, really try to build out what those book burnings looked like, what they did, how they functioned. And so, what you just saw is the culmination of a sequence that digs into Allison and Elizabeth Davis in Germany as — you know, studying, and then coming across this burning of books in a place called Bebelplatz. And we shot in the exact square. Some of the scenes that you were — shots that you were seeing are exact recreations of photographs of that actual incident. So, it was a thrill to actually be there standing on the same cobblestone and rendering those images about two African American scholars who had to leave under the cover of night to get out of Germany under the Hitler — to avoid Hitler, and being an African American woman standing in that square, recreating those images freely — a big full circle moment.

But the book, *Deep South*, has been republished with a foreword by Isabel Wilkerson. And it tells the remarkable stories of caste that the Davises, as well as their colleagues, the Gardners, developed and share in the book about caste.

AMY GOODMAN: And again, that book is called *Deep South: A Social Anthropological Study of Caste and Class*. So, you deal in the United States, in India. You deal with Germany. And this goes to the issue of Isabel Wilkerson developing her thesis in the book *Caste*. I want to go to that scene when Isabel, played by Aunjanue Ellis-Taylor, is at a dinner party with fellow scholars discussing the thesis of *Caste*.

SABINE: [played by Connie Nielsen] Well, there are so many differences between here and there. We are talking about the systematic murder of 6 million Jews. That’s the official number. So, it’s just very different than monuments to soldiers and whatnot.

NATHAN: [played by Leonardo Nam] Well, what? What are you saying is different?

SABINE: Well, all of it. We’re talking about deliberate extermination, over many years.

NATHAN: Yeah, but wasn’t slavery for like hundreds of years? Right, Isabel?

ISABEL WILKERSON: [played by Aunjanue Ellis-Taylor] Slavery lasted 246 years. That’s 13 generations of people, plus another hundred years of Jim Crow, segregation, violence and murder.

SABINE: It is, of course, horrific. I am not downplaying any of it.

ISABEL WILKERSON: There were so many millions of African Americans who were murdered, from the Middle Passage until the end of legal segregation, that it goes beyond the realm of an official number. There is no number.

NATHAN: I didn’t know that.

ULRICH: [played by John Hans Tester] No. It's stunning.

SABINE: It is. And I understand you're trying to make sense of American racism. It is noble. But your thesis linking caste in Germany with the United States is flawed.

ULRICH: Yeah, maybe — maybe it's not exactly the same, but the thesis of structural similarity certainly gives context for a framework.

SABINE: Right, but a framework is not a book, my friends. She is trying to connect the United States to Germany, but it doesn't fit. It's as if you're trying to fit a square inside a circle, as they say. I would just like you to note for yourself that American slavery is rooted in subjugation, dominating Blacks for the purposes of capitalism, using bodies and labor for profit. But for the Jews during the Holocaust, the end goal was not subjugation. It was extermination. Kill them all. Wipe them off the face of the Earth. There is no need for them here. It's different.

AMY GOODMAN: A scene from the extraordinary film *Origin*. Ava DuVernay, that was one of the longest clips you shared with us. Talk about why this is so central, and the kind of pushback that Isabel Wilkerson got as she developed this idea of *Caste*.

AVA DUVERNAY: Yes. Well, she shared with me, as she, you know, took these ideas around the world and talked with different scholars, different writers about it, that there were questions, and people had different points of view about caste, about the way that it works, and its connective tissue between cultures and communities. And so, you know, I think it's all part of a conversation that I hope the film instigates. You know, I've said that the film is not — I'm not seeking agreement with all of the ideas, but I do feel that we should engage with ideas. And I think that far too often we're in our corners and not engaging with one another about these things.

And so, as Isabel explained to me, you know, she did attend a dinner party where there was a difference of opinion, and intellectuals were talking and wrestling with ideas in this way. And that scene really propels her on a journey to prove the kinds of things that she's trying to prove, to uncover what binds us together, as opposed to standing in our corners and saying that these things aren't alike. And, you know, I feel that her quest to do that, and the book that came from it, was a great gift. You know, certainly, there are instances in the journey where there are obstacles, and people are saying, "I don't agree with that." But it doesn't mean you don't take the journey. And I think that's one of the big things that I learned from her in making this film. And hopefully it comes across when you watch this scene and then the scenes that come after. This scene propels her forward with a new zest for actually, you know, proving her thesis.

AMY GOODMAN: Is there anything else you want to add, Ava, before we end?

AVA DUVERNAY: I would love to add that this picture is in the world in a way that is very independent. And I believe your audience embraces that.

AMY GOODMAN: And you made it in time for the 2024 election.

AVA DUVERNAY: Yeah.

AMY GOODMAN: Does that have any meaning to you, the fact that it is out for this pivotal election year, some calling it perhaps the most important election ever?

AVA DUVERNAY: Yes. I mean, this was intentional. It was important for me that the film be out this year. There were opportunities for us to make it with more money and with more bells and whistles, with studios' involvement, but it wouldn't have been out this year. You know, it is not a film made to make money for corporations. It's a film made to ignite our imaginations and our

curiosity and get us to lean in and figure out what we're going to do next, because this is an essential time for action. And so, that's our offering, and that's our hope.

AMY GOODMAN: Award-winning filmmaker Ava DuVernay, who explores Black history in many of her films, from *Selma* to *13th* to the series *When They See Us*. Her new movie, *Origin*, is in theaters now, as Black History Month begins in the United States. It dramatizes the book *Caste: The Origins of Our Discontents* by the Pulitzer Prize-winning journalist Isabel Wilkerson. Ava is the winner of the Emmy, BAFTA and Peabody Awards and an Academy Award nominee.