

"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; 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

2nd & 4th Tuesday each month
6 pm Pacific/9 pm Eastern
Host is Fran; various guests

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

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

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

via Skype

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

C Wednesdays:

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 2nd Wednesday

The Abundance Call

5:45 PM Pacific / 8:45 PM Eastern – a 1 hour call

with The Collective, a group of Angelic and Galactic beings,
channeled by Caroline Oceana *Ryan*

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

**III 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
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 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 [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, BILLS, BASICS:

Food \$ - Paschats, R & T, the gas tank !! \$200 + \$250 for a couple of bills

VIA PAYPAL OR GO TO www.rainbowroundtable.net –
where there is a donate button !

- **Please notify T & R if you're sending something:** koran999@comcast.net

EVERY \$ HELPS: no amount is too small!~ 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 and find the link to the donation button**

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

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 RainbowRoundtable

C: 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

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/

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

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-may-1-2021>

F: THE NEW WEBSITE AND ADDRESS: WWW.RAINBOWROUNDTABLE.NET –

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

IMPORTANT NOTICE:

March 19, 2021 was the launch of KFTV

<https://vimeo.com/526497248>

Go to the 40 minute mark as that is when KFTV goes live

Rama and Tara: R, T . . .

R, T: Greetings to all! Happy May Day, Lei Day, Beltane – also China's Labour Day

- Please keep India in the Circle of Support – had 300,000 cases in one day health system pretty much collapsed AND IT'S INTENDED!
- The virus thing is a cover story: there are other sources of biological and technical items they are using -

It's difficult to help people to understand HOW EVIL THIS IS!

R: This makes other events look like church boys, playing!

Dr Greer: they are still playing with ET invasion – if they try it, will be met by Ashtar!
Will BE NO WAR OF THE WORLDS!

R: Went up to the fairy ring and listened to the energies – calling the Goddess to come in

- Winter solstice is called the rise of the King as the sun rises
- Summer solstice: the death of the king as the sun is going down

T: Major fires on April 30th – what will the temps look like this summer?

- In the meantime, call in the fairies and angels and ask the salamanders to cool their jets! And call in the rain spirits – PRAY RAIN

T: IN THE NEWS:

Florida has been restricting voting rights – and she gives the list

- Similar in TX, GA, AZ
- the audit in AZ will go all over the place

Miss ? Did another interview with Mr Fauci

- Bill de Blasio, Mayor of NYC: said that on July 1st, will open the city 100%
 - we cannot believe anything we hear about this !!! there is something else on the agenda

R: has heard that the Taliban will not follow the conditions that have been set up – meaning taking pot shots at the soldiers etc

T: the CIA is paying off the Taliban to pay off US soldiers; whatever is happening, the CIA set it all up

- Joe Biden is not alive -
- The evil part of the Deep State has been creating things to us ie, using the dead image of Joe B to kill more people – how evil is this?
- We remain in the higher levels of inner peace, higher knowledge; remember who we are and stay in the High Heart

R: a text from Tom and Sweet Angelique the Cat

- said they are hanging out; he asked where? They said Washington DC

R: Guiliani is in NYC; Matts Gaetz is from FL and in DC – he’s quite evil as he is tied in with the Q’ANON stuff which is part of the collapsing matrix, a deep state operative

T: none of this is of the light – important to remain in Divine Unconditional Love

R: Telegram is a messenger service, but different than Twitter
Parler is a similar service for extreme right wing message

T: Those services require discernment: check them out - if you don’t,

- In 1949, the thousands of trillions of dollars of what was valuable on the earth were represented by the Dark Side and Sam Brown was one of them who had all kinds of noteholders in his possession

- It was **when the fallen angels made their moves to begin the full take over of the planet**

AUDIO: Freddy Silva – Freddy’s story of how he came to do what he does

[https://www.gaia.com/share/cko4l8gnt00380jqtc2zkfztj?language\[\]=en&utm_source=share](https://www.gaia.com/share/cko4l8gnt00380jqtc2zkfztj?language[]=en&utm_source=share)

R: has been in the sarcophagus in the pyramid:

Listen to Paul Horn, inside the Great Pyramid – when he plays the flute

- Discussion follows

Kryon Explains Why Its So Special to See 11-11 and Other Repeating Numbers

https://www.youtube.com/watch?v=1YbvRJixJcC&ab_channel=Kryon-LeeCarroll

- to explain numerology and how it relates to the shift
 - numbers have energy – some say they are just numbers, used for calculations that's all
- numerology is complex; will start with the basics
 - the premise is still difficult: how can a number mean something?
 - A book has numbers; otherwise, we'd be lost – which says numbers have a story
 - in the simplest sense, numbers have meaning – there are generic meanings for numbers
- The number today will define the simplest of numbers
 - what do those reading tea leaves really read? Numbers
 - what about reading the stones? Reading the # of sides!

1 thru 9 – will give the meaning, as well as the extensions

- 1 – new beginnings; a re-writing, re-framing – means new
- 2 – duality; also responds to free choice – a #2 all kind of free choice
- 3 – the energy moves everything without changing – it's a catalyst
the three pars•
- 4 - an earth # - community, Gaia – more things than we can define – a grounded #
farmers,
- 5 – raw change – a 5 means the energy of the situation, or the year – is change
you don't have to believe in these things – you can steam roll right through them
 - if you don't cognize it – that is not your reality or truth – as you're almost in another paradigm
his partner believed none of these things – but if you understand this and cognize it, you can find out
lots of things
- 6 - a spiritual #, a high one – it means harmony – as you see, some of these numbers would be
great – co-operative, harmonious
Which get
- 7 – does mean spirituality – a spiritual overtone, or basis -
- 8 – manifestation and abundance – everyone wants 8! you can manifest light, long life, a powerful
immune system – not just money! It en
- 9 – the active # - completion – which can mean many things. 9 would be graduation: finished the
course – it speaks of the end of something – mostly of paradigms, systems, sorrow, a
certain way of thinking, the end of a project, the coronation of something that has existed
before.

• Moves on to **the complications:**

- what happens when # sit beside each other on a page:
- each # has its own astrology patterns, and all of the planet are involved in the
numerology – the systems that identify the # of something, and then go on to
looking at the astrology of things – but not talking about this

• **Precession of the equinoxes**

- no matter how long a # is, add it up to one number – and only one exception is when
have 2 identical numbers: 11, 22, 33, 44, 55 up to 99 – called Master Numbers –
have identifies and energy of their own

- 11 a foretelling – 11:11 is an illumination that is coming – 11:11 was on the clocks so much before the shift – the shift was foretold
- 22 strong duality
- 33 most compassion
 - 33 is the active n of DNA – the compassion of the mastery – the highest compassion known to exist for mankind.
 - What about the 33 miners who came out of the mine in Chile – 33s were all over the place – those who studied numerology knew they would come out of the ground completely safe – even before the drilling began!
- 44 is unknown when consciousness reached a level of understanding – the numbers contain another energy -
- Precession of is a 26,000 wobble of the universe – it's an 8 - Dec 21, 2012 – it's the story of manifestation – the earth going into graduate status: 26,000 is an 8
 - the precession for this wobble to walk through the Milky Way is 36 years
 - it yeiles 9 9 9 9 yeas into, 9 out of it – 18 years = 9 – the love of god will pour through us one day – there will be a consciousness on the planet at 44, maybe even 55
- physics will be what we can manipulate
- there are others who had it worse: they had full genocide
 - the ones who seeded up have gone through it worse than we do – how long it took for them
 - change our attitude towards time: we measure it by how long we live
 - THAT IS NOT ACCURATE: WE ARE ETERNAL AND WILL ALWAYS BE HERE
 - AND YES, WE ARE COMING BACK – WE WILL AWAKEN AND REMEMBER
 - FROM THE TIME WE WERE BORN, THE ENERGY HAS CHANGED – WE WILL NOT MAKE THE SAME MISTAKES AGAIN
 - from ages 8 – 18 we come alive socially; this is what is happening to humanity
 - we won't go to war; we no longer kill or see others as 'others'
 - the 9 represents all the manifestations – the end of an old civilization – we've always been in the energy of the wobble – the new energy has a wobble too and has a brand new #
 - this message came in 2016 – a 9 = the recalibration of the

It means the sun is coming out :

R: this was put out in 2016 – a 9 (and brought forward for a replay)

AUDIO: Kryon - May 2021 ☸ You Only Have One Year

2021-04-26

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

This is about the PINEAL TONES - which resulted in the Lemurian choir that sang on Dec 12, 2012 – Dr Todd brought this information frontward from his memories in Lemuria

AUDIO: On Contact

On Contact: Police abuse & torture

2021-05-02

VIDEO: <https://www.rt.com/shows/on-contact/522608-police-abuse-flint-taylor/>

PODCAST: <https://soundcloud.com/rttv/on-contact-police-abuse-torture>

Chris Hedges discusses police abuse and torture with civil rights attorney Flint Taylor. Taylor's new book is 'The Torture Machine: Racism and Police Violence in Chicago'.

With his colleagues at the [People's Law Office](#), Taylor has argued landmark civil rights cases exposing the corruption and cover-ups within the Chicago Police Department and throughout the city's political machine, from the alderman to the mayor's office.



The book takes the reader from the 1969 murder of Black Panther Party Chairman Fred Hampton and Panther Mark Clark – and the historic 13-year trial that followed – to the pursuit of chief detective Jon Burge, the leader of a torture ring within the Chicago Police Department that used barbaric methods including electric shock and suffocation to elicit false confessions from suspects – a violation of the UN Convention against Torture.

Taylor and the People's Law Office gathered evidence to bring suit against the Chicago Police Department, breaking the department's "code of silence" that had enabled decades of cover-ups. The legal precedent they set has since been adopted in human rights legislation around the world.

SEE BELOW FOR THE ENTIRE TRANSCRIPT

ASTROLOGY

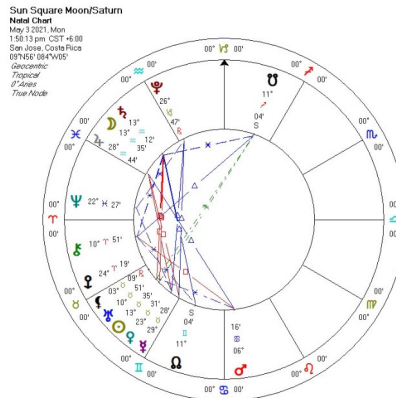
RICHARD [RI]

RI: Play Kaypacha: I wanna know what's goin' on!!! **[Ed:** the cry of a desperate man!!!]

2021-04-28 THE PELE REPORT Astrology Forecast

<https://youtu.be/PGYfWRs8Yek>

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



*I'm feeling the need to escape or rebel,
The more the hammer comes down.
I need to tap the genius within,
To create more common ground.*

Hola Initiates!

Hold onto your hats for the wild ride of Sun/Uranus square Saturn (to be joined by the Moon)!

The old saying with Uranus is "expect the unexpected." I've always struggled with that one, wondering exactly how you prepare for the unexpected. My general feeling is that the more you are centered in your core, the less you are shaken. Like when riding a motorcycle, skiing, or doing many athletics, the key to remaining balanced is to lower your center of gravity. The trees with gigantic, spread-out roots, especially those that go deep, are more able to withstand the storm. **All these challenges serve us to hunker down, go within, and more clearly define ourselves and our truths, leading us to manifest our highest, most authentic destiny.**

From reading a few of the comments on this week's Pele Report, it seems I have struck some nerves with my message and mantra for the week. **Please know that we are in a complex state of affairs and that I am not "this" or "that," and am constantly researching and willing to change with new evidence and information that can serve to deepen my understanding.** That being said, I find myself deviating from the current narrative and have opened a channel on [Bitchute](#) in the event that I am censored on other social platforms. This does not mean that I am some extreme conspiracy theorist, so please let's not jump to conclusions. **At the same time, if you have been following my work for any length of time, you'll know that I have spoken of Ahriman and a particular "agenda" that looms on the horizon that I would like to address, and that is not for everyone.** There may well be the formation of some future secret societies as some occult (hidden) knowledge is not to be comprehended by all.

While I may put out a special video or two on [Bitchute](#), I don't have the time to be doing multiple reports on multiple channels to reach the general public. **I think it is better to share my personal perspectives with those interested enough to join the [NPA community](#).** I started this community to help connect like-minded souls on a spiritual path of evolution that involves a deeper understanding of star wisdom. With that as a foundation, I feel safer to open, share, and be understood than on these social platforms. **If you're not already a member, [consider joining](#) as it is my intention to be spending more time and sharing deeper insights with you there! Many blessings wherever you are!**

So yeah, the Sun will conjunct Uranus in Taurus and square Saturn in Aquarius within days (actually active all week). As I often refer to Uranus as the alarm clock, we can expect an alarming week! **Time to wake up to what is happening right before our very eyes as the north node in Gemini and Mercury moving into Gemini tells us. Whoa!**

I purposely took the time in today's report to discuss [this video](#) before posting the link somewhere. Please, please, please, do not judge me or put me in a box because of the source or the radical page or other suggested videos that come up when you click the link! **I am not a John Bircher, patriot, or any other label that comes to mind (and disagree with much that appears related to this video anyway). Try to listen to get his description of**

Collectivism and Individualism. You may also see them as good descriptions of Aquarius (the Saturn side of Aquarius, not the Uranian that is most often touted in New Age circles), and Leo, its polar opposite. I'm interested in your thoughts, so leave a comment.

Next, I have to change the order of the songs that I mentioned because I think Neil Young and "[Are You Ready for the Country](#)" is more Moon in Sag.

Then she moves in Cappy, opposes Mars in Cancer, and wants some [Blue Bayou](#).

Finally (even though there's no such thing, LOL), she moves into Aquarius on Sunday and buddies up with Saturn to tussle with Sun/Uranus. This will definitely be some Schizo energy that feels like [King Crimson](#).

And lastly, to end on a happy note, let's have some [high vibrational food!](#)

I'm going down the rabbit hole with some folks in Costa Rica next month (coming up fast!). I will explain all about what's going on and do little chart readings for everyone to make it personal. If you'd like a crash course in astrology along with some beach time and sailing, come on down! [It's not too late to join!](#)

So Much Love,

Kaypacha

AUDIO: 2021-05-01 Ep. 106 – TAURUS NEW MOON: How Grace Guides You

<https://taniagabrielle.com/ep-106-taurus-new-moon-how-grace-guides-you/>



TAURUS New Moon - 11:11:11:11 Code [May 11, 2021] Astrology Numerology Forecast

<https://youtu.be/apnL2GUJrUU>

A highly positive Taurus New Moon attracts exciting opportunities for self-growth and expansion in every way.

Uranus is in Taurus at 11°, and both Mars and Chiron are also at 11°, so this sets off a quadruple 11:11:11:11 code.

Discover how Grace, the energy of the Universe, shows up with great benevolence and love.

RI: closing comments

CONFERENCE CALL

<https://fccdl.in/fIHEFLDXyq>

VA: calling in – working on helping his technologically challenged friends in the creation of GANS

RGM: reads a message about incoming frequencies - the next few days will uplift human energetic frequencies **SEE BELOW**

VA: wondering how to spread the word about GANS

RGM: this is why the Keshe TV station is up and running

- Can sign up and watch it for free; website is in Italian - have to make sure to sign up in English
- Since the TV station belongs to the Fdn and to Keshe, there can be no one who can take stuff down
 - people working 24/7 to get teachings out
- we as people are more like a walking GANS factory
 - why are people being kept inside: to keep them out of the sunshine & away from others
- Tell the story of what is happening in AB and the rodeo being held on both sides of the highway
- In Ontario, the court has said the church services can continue to be held – no more court reviews until middle of May or later

SO: someone talking about the covid being a lack of Vit B12

RGM: the sun is a life force energy and we need the light of the sun

- the Vit D needs to be fat soluble
- People who live in the sun all the time don't get western sicknesses -
 - had some information [in an old computer!] - in the 1880s – tobacco industry looking for a way to pollute the slaves who picked the tobacco

SO: found out that Pushkin was black; Alexandre Dumas was a mulatto -

RGM: some one teaching the truth about the fact that -the movies with Charlton Heston – the Egyptians were white – but they were black in reality – the movie changed things

Gerry: a friend was Macedonian from Bulgaria – 8000 years in Bulgaria at the univ of Sophia that the lines were white

- he's reversing his age – eyesight coming back; hair reversing colour too - in his case and others: eyes and hair colour changing
- comment about B12: takes blood exams to mark his progress – has to do with uric acid, a type of gout – dr said it's about B12

SO: uric acid is a metabolic waste – does it have to do with digestive system?

G: he eats a bit of meat – his take is that it's do with with digestive system -

SO: lupna removes uric acid

G: started with black cherry juice and celery seed – will keep up the regular blood tests

- working with sovereign groups
 - working with Anna -{Judge Anna?} spoke of some generals at the time of the civil war and said they were of the original hue
 - in CA there are 58 counties with a coroner – and the coroner can get rid of the governor!
 - Has mentioned something a while ago - now coming to fruition for funding – working with digitized assets [not bit coin] – someone pooh-poohed it
- Shares the website with another caller –
- website is **liquidgoldRX** - comes from Europe - with the additives
 - after you get to the website, **go to IHercules**

- has to do with repairing the telemers
- concentrating all the phytonutrients

Dr Gary Null – google his name to get to his website

Gerry: gladiator barley – from Canada – bones from the archeological sites finding the bones to be still very very hard!

- using spirulina from Spain – claims to be the purest

Ca/Me: can find some things in Costco – juiced veggies at a good price

- General discussion about various protocols and sources for health

B B S RADIO

RAMA’S MUSIC in honour of Beltane

One was about the sound of crickets in the corn fields . . .

[Yusuf / Cat Stevens - Father & Son – YouTube](#)

<https://www.youtube.com/watch?v=P6zaCV4niKk>

T: with reference to some info from a caller on the Conference Call: long before even 8000 years ago, the people on the planet were dark-skinned – the fallen angelic presence used the white skin to create the notion of exceptionalism -

AUDIO: [Cosmic Disclosure with Emery Smith](#)

Nephilim at Mt. Hermon

<https://www.gaia.com/video/nephilim-at-mt-hermon>

S13:Ep4

24 mins

April 27, 2021

Thousands of years ago, a mission was sent to Earth in which human-looking beings were to act as guardians or watchers, simply observing early civilizations. But something went wrong. Some of these beings mingled with the human population, unintentionally creating a race of giant, six-fingered beings we call the Nephilim. Ricardo Gonzalez describes the events that took place at Mount Hermon, one of two massive time portals on Earth, where these beings landed and gave rise to historic events that have shaped human history including the ascension of Jesus as the establishment of a secret shamanic order that has persisted through the ages.

Instructor/Host: Emery Smith

Featuring: Ricardo Gonzalez

Video Language: English

AUDIO: [The Power of Myth with Joseph Campbell](#)

The Message of the Myth

<https://www.gaia.com/video/the-message-of-the-myth>

S1:Ep2

56 mins

1988

Bill Moyers and mythologist Joseph Campbell compare creation myths from the Bible and elsewhere. Campbell compares the creation story in Genesis with creation stories from around the world. Because the world changes, religion has to be transformed and new mythologies created.

SEE BELOW FOR THE ENTIRE LISTING OF THE EPISODES, PLUS LINKS TO THE FIRST THREE IN THE SERIES FROM GAIA.COM

AUDIO: Rise Of The Gods [Initiation with Matias De Stefano](#)

S3:Ep4 26 mins April 26, 2021

<https://www.gaia.com/video/rise-of-the-gods>

When alien beings came to Earth to guide the people of Atlantis, they were seen as gods. These alien beings accepted this because they knew that everyone is a projection of god, as is the sun, moon, and Earth, which founded the trinities of Atlantean mythology. Matias De Stefano explains how a conflict arose between E.T. factions. to control humanity or help guide them into higher states of being. The controlling ones created the limiting beliefs that these gods and their temples were the only way for humans to connect with the divine. The guiding beings tried to teach us that the divine is represented in all things, and that we are divine projections ourselves. These concepts of the divine incarnated as the twelve families of Atlantis and twelve prominent deities of Egypt. We still see these conflicts played out in holy themes of the modern world.

Instructor/Host: Matias De Stefano

Video Language: English

AUDIO: [Beyond Belief with George Noory](#) **Quantum Leap to the Other Side**

S16:Ep13 41 mins April 28, 2021

<https://www.gaia.com/video/quantum-leap-to-the-other-side>

Are you aware of the connection between consciousness and the soul? There may be a quantum view to explain this. Mark Anthony bridges the scientific and spiritual perspective of what he terms the "electromagnetic soul" which unifies us all. When we die, the soul quantum leaps from the material world to the other side, which is considered the collective consciousness. Watch as he organizes the thoughts of Newtonian theory and the quantum view by correlating studies of biophotons, quantum leaping, and the relationship of death to the infinite.

Instructor/Host: George Noory Featuring: Mark Anthony Video Language: English

READING: 2021-04-30 A Message to Lightworkers – April 30, 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:

Closing: Rainbird

Rama's Final Choices: The Real You – Alan Watts

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INFORMATION RELATED TO THE NOTES

INFORMATION REGARDING INCOMING ENERGIES

Read by R G M

Source: Telegram

WAYSHOWERS:

Just to give awareness

There will be a SERIES of powerful INCOMING WAVES of energies from our Sun, over the next few days. Most likely starting evening of APRIL 30th (tonight), plus more on 1st AND 2nd MAY. Possibly into MONDAY 3rd MAY. Time reference is based on U.K. time zone.

Whilst ALL Incoming Energies are ultimately designed to increase energetic vibration within humanity and upon Mother Earth, THESE NEXT FEW DAYS of INCOMING energetic PATTERNS, pulses and VIBRATIONS (light codings) will UPLIFT. I emphasize 'UPLIFT' human ENERGETIC frequencies.

If relaxed, detached from the MAIA (matrix/illusion), in no resistance, and less THOUGHT forms (of the personality), you will FEEL the ECSTASY: the vibrational energies WILL present. As always, any and each incoming energetic pattern (light coding) takes 3 solar days to become fully integrated into the physical cellular human body. (Photon Light codings turn into the crystalline light within our cells).

You may notice with THESE particular forthcoming energies, that many unawakened shall AWAKEN. And show you their own signs of their "awakening".

Finally just a word of wisdom:

As with all POWERFUL incoming energies, there can be the opposite play out in the illusion, to simply witness. If you get immersed in any OUTER chaos, it will temporarily lower your energetic frequency at a TIMELINE of such energetic WAVES.

Remember, each [one who is] here [is] in the process of GRADUALLY, mastering their ENERGETIC reaction to the old physical reality, in order to hold and maintain higher energetic vibrations to later create from, in Service to One.

Be ready... Up we shall go in frequency! Just relax, to feel the ecstasy of these imminent Incoming Energies. One Love

Amanda Lorence

30 April 2021 (written morning of 30th)

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2021-05-02 On Contact: Police abuse & torture

VIDEO: <https://www.rt.com/shows/on-contact/522608-police-abuse-flint-taylor/>

PODCAST: <https://soundcloud.com/rttv/on-contact-police-abuse-torture>

Chris Hedges discusses police abuse and torture with civil rights attorney Flint Taylor. Taylor's new book is 'The Torture Machine: Racism and Police Violence in Chicago'.

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Chris Hedges: *Welcome to On Contact. Today, we discuss police abuse and torture with a civil rights attorney, Flint Taylor.*

Flint Taylor: It doesn't really matter who the mayor is, if the mayor continues to be--to fuel this cover-up as exposed as it is here in the City of Chicago as we sit here today, and men and women still remain in the penitentiary who have been tortured and we continue with other lawyers and community activists and survivors and also families to fight these cases. Here we are in 2021 and the torture started under Burge in 1972 and we still haven't had full resolution of these cases. And the conscience of this city with regard to torture has not been completely cleansed in any regard.

CH: *Flint Taylor, along with his colleagues at the People's Law Office, has dedicated nearly five decades to exposing systematic corruption, abuse, violence, and torture within the Chicago Police Department and throughout the city's corrupt political machine. In his book "The Torture Machine", he chronicles the war police have carried out against poor people of color beginning with the 1969 assassination by the FBI and the Chicago police of the charismatic Black Panther Party Chairman Fred Hampton and Panther Mark Clark. Taylor spent 13 years litigating the Hampton case, in the process exposing the routine torture.*

The title of his book "The Torture Machine" comes from a field telephone reconfigured by Chicago police to administer electric shocks to those they were interrogating, along with a series of other torture practices including savage beatings and suffocation with plastic bags. He led the campaign against police commander Jon Burge who honed his torture techniques while serving in the army in Vietnam and who elicited scores of false confessions through torture. Joining forces with community activists, torture survivors, and their families, other lawyers and, local reporters, Taylor and the People's Law Office gathered evidence from multiple cases to bring suit against the Chicago Police Department officers and the City of Chicago. He was one of the leaders in the successful campaign to end the death penalty in Illinois and obtain reparations for many of the torture survivors setting human rights precedents that have since been adopted across the United States.

Joining me to discuss his book, "The Torture Machine", is the legendary civil rights attorney, Flint Taylor. So, Flint, you open with Hampton, the assassination of Fred Hampton, and perhaps you



can lay that historical groundwork, why was Hampton considered such a threat to J. Edgar Hoover at the time the head of the FBI, and why was he--why was he a target?

FT: Chris, thank you for having me on your show. It's an honor and a pleasure. The Fred Hampton case, of course, is the one case where it is documented without a shadow of a doubt that the FBI and its COINTELPRO program was behind the assassination of Fred Hampton and the murder of Mark Clark.

And in terms of why Hampton was targeted, a 21-year-old charismatic leader here in the city of Chicago who was on his way to being a national leader in the party, we can go back to the COINTELPRO documents that were penned by Hoover and William C. Sullivan, his first lieutenant in the Domestic Intelligence Division. And those documents in 1967 and 1968, before Hampton had become the leader that he became in 1969 in the Panthers, talked about neutralizing and disrupting African-American or Black leaders and their organizations and they--it named Dr. King, it named Malcolm X, it named Elijah Muhammad, Rap Brown, Stokely Carmichael, and all of those organizations that they headed up.

But what he also highlighted and underlined was that these organizations had to be stopped in forming coalitions, forming coalitions between Black organizations and organizations such as Young Lords, The Young Patriots here in Chicago, other organizations not only of color, but SDS and radical and revolutionary white organizations. And Hoover was deathly afraid not only of the messiah, the Black Messiah as it were, but also of their organizations and the power and the threat of them coming together particularly in an era where not only Black power and Black liberation was at the forefront, but also the fight against imperialism and the war in Vietnam.

CH: *The techniques that the FBI used to assassinate Hampton--and you exposed much of this, kind of lay out how they operate. Let's begin with the informant, O'Neal, and, of course, this was something that was part of Malcolm X assassination, they withdrew the--or they arrested the--his bodyguards outside. There were nine informants inside the ballroom where Malcolm was assassinated. And the person who allegedly pulled the shotgun out from under his coat was never charged because he perhaps had FBI links. But talk about, because--but you really exposed the mechanisms by which they went after Hampton and finally killed him. So please talk about especially the informant that they used and how they drugged him the night before, et cetera.*

FT: Well, the informant was named William O'Neal. William O'Neal, and he was not only an informant, he was a provocateur. And he was--got his way up close and personal with the Panthers and particularly with its leadership, Fred Hampton, Bobby Rush. And he was reporting directly to the Racial Matters Squad and Roy Martin Mitchell at the FBI.

And what we were able to document with the help of the Senate Church Committee on Intelligence back in the mid-'70s was that this informant, O'Neal, had mapped out a floor plan of the apartment where Fred Hampton and Deborah Johnson, his fiancée, would be sleeping. And they passed that on, the FBI and his control, to the raiding police officers and the state's attorney, Edward Hanrahan, who planned the raid. And we documented not only later after fighting years in court, that O'Neal did this, we got this floor plan but that O'Neal was rewarded for the--setting up the raid, that he was given a bonus by Hoover and his men in Washington for setting up the raid, \$300 as it were, 30 pieces of silver.

And that it was--this reward was because of the tremendous value that O'Neal had played in setting up the raid. And also we obtained a COINTELPRO document, the counterintelligence

document, the program that we alluded to earlier, which claimed the raid which, of course, was executed by local police and the prosecutor here in Chicago was part of the COINTELPRO program. And that document was dated the day before the raid.

So that trilogy of documents established not only that the FBI and COINTELPRO was behind the raid on Hampton's apartment, but showed us the importance of the provocateur, William O'Neal, in set--not only setting up this raid, but also in attempting over the time that he was in the Panthers in setting up Panthers to be arrested, setting up Panthers in encouraging criminal activities of the kind of classic provocateurism that we saw in the '60s with the Clan and the FBI informants, and we've seen throughout history with regard to FBI and local informants. So that was one of the major stories that we uncovered during the 13 years of litigation in the Fred Hampton case.

CH: *Although it was never finally determined who drugged Fred Hampton the night before, was it?*

FT: No, it wasn't. What--we were able to have an independent toxicologist look at the blood of Fred Hampton after he was murdered. And she found that there was a large amount of secobarbital in his system. Now everyone knew that Fred didn't use drugs, so the question is how did those drugs get into his system? The government and the state fought very hard to discredit the evidence that Fred was drugged, but our toxicologist was very, very independent and bulletproof as it were. So the question became how did he--how was he drugged. O'Neal, of course, denied it but he was in the apartment the night before, he had access to Fred. Some people in the--survivors in the apartment said that he served drinks and food to Fred the night before, so circumstantially it could well have been O'Neal or it could have been someone else like with Malcolm, there were many unidentified informants in the Chicago Black Panther party in 1969. We perhaps will never know for sure who drugged Fred Hampton, we just know that there's no way that Fred Hampton would have laid in his bed and been shot through the head after the police came in, if in fact he had not been drugged, and the toxicology confirms that.

CH: *And that's the pretty important point that you speak about in your book, that the police are already in the apartment and one of them walks--apparently just walks in the bedroom where Hampton is prone on the bed and shoots him through the head, is that correct?*

FT: Right, we--there were two bullet holes through Fred's head, he--there was blood all over the bed and Deborah Johnson, who was in bed with him and pregnant with their son, was taken out of that room. And at that point, Fred was still lying there and hadn't moved really. And then she heard two more shots, and before that she heard an officer say "he's barely alive, he'll barely make it", and then two shots and then "He's good and dead now." So that was the evidence that established the murder.

CH: *I want to read from your book, this is the reaction--this is in the process of litigating that case. "The judge also refused to admit a police radio tape on which unknown officers cheered when it was announced that Fred was taken to the morgue. And on which one said in unwitting affirmation of our evidence that is the time to catch them, when they are in bed. We also offered as evidence the chilling picture of smiling cops carrying Fred's body out of the apartment."*

This really was part of a war. I mean, we don't know much about it, so this--the litigation that you did is extremely important in giving us a window into a small piece of activity by the FBI. But this was being carried out nationally, and of course I think, you would probably agree the vast part of

this activity, despite the church commission probably to this day remains unknown, would that be correct?

FT: Well, yes, there were raids across the country, most of them were locally or originated in the sense that police led the raids. We see it in LA only four days after the murder of Fred Hampton and Mark Clark. We see it in Chicago several raids, mostly police raids with some FBI raids, but if you use that template that was used here in Chicago that the FBI was behind the police raids as well as orchestrating their own raids and their own arrests and their own provocateurism, and all the kind of tools and techniques of disruption, and illegal and unconstitutional conduct that COINTELPRO use, then you see a broader, broader plan which was basically embraced publicly by Nixon, by John Mitchell, the Attorney General, and by Jerris Leonard, he's head of civil rights quite ironically, and Hoover, all of whom who targeted the Panthers not only secretly but also called them out publicly as the greatest threat to this country and talked about how they had to be stopped.

CH: *Well, when we come back, we'll continue our conversation about the police war against people of color with civil rights attorney, Flint Taylor. Welcome back to On Contact.*

We continue our conversation about the police war against people of color with civil rights attorney, Flint Taylor. So you go on from the Hampton case. I mean, there's much that you uncover including of course the systematic use of torture. And you then go after the police department, the Chicago Police Department. But this--let's not limit it. I mean, you know, police departments in major cities are also carrying out these kinds of techniques. We'll talk a little bit about Burge. But what I find fascinating is that transference of knowledge, especially in the case of Burge, people who had served in the military in Vietnam, had been present or complicit in the torture techniques that we're using, especially this field telephone - this appears on the cover of your book, brought these techniques back into the inter-cities and used them against American citizens.

So perhaps you can speak about torture as a technique. We're talking about, you know, across the country, without a doubt, thousands, if not tens of thousands of people--again, mostly poor people of color, railroaded into prisons on false confessions. You have heroically exposed some of those false confessions and have been able to free people. But tell us how--you know, what's happening behind the scenes, you know, what are the techniques that they use and how did it become institutionalized?

FT: Well, the Burge torture was somewhat unique in the extreme that it--that it took in terms of electric shocking people and suffocating people, dry submarino as it were, and mock executions, the kind of techniques that were internationally-used not only in Vietnam that--where Burge learned this, but, you know, in South Africa under apartheid, in Central America in those regimes. But it was not thought to be used here in this country. But Burge brought it back and used it again and again and again over a 20-year period against African-American suspects in Chicago on the south side.

But the broader question that you ask is these techniques or similar techniques to get false confessions or to get confessions, some of which may be true, some of which may be false, somewhat--who knows? But torture, of course, cannot be countenanced no matter what it's used for. And torture, as defined by the United Nations, is much broader than just using electric shock or suffocating someone is, of course, using coercive tactics whether it'd be psychological or whether it'd be physical to obtain confessions or to punish. And, of course, that's what we see

every day in the police stations across this country, to get confessions and send men and women, particularly men and women of color, to the penitentiary. And that, of course, has been a major aspect of mass incarceration over the years. And that was a mass--an important aspect of what happened. And what continues to happen not necessarily with electric shock and suffocation here in the City of Chicago, but detectives are still coercing confessions--coercing false confessions and people are still being sent to the penitentiary on the basis of these confessions.

CH: *You chronicle in the book many cases of people who are innocent, profess their innocence, but finally are so broken that they agree to sign just to stop the torture.*

FT: Yes, definitely. We started out with one remarkable case, the Andrew Wilson case, African-American man who was charged and ultimately convicted of killing two white police officers. And he was brutally and repeatedly tortured with all the techniques that I previously mentioned. And we went to trial and represented him on an--on a civil rights case claiming that he was tortured by Burge and his men.

And during that case, an anonymous police source who we dubbed "Deep Badge" told us that, "Hey, you're not just looking at one extreme case, this is a pattern and practice of racist white supremacist torture that everyone in the police department of power, and the States Attorney of Cook County who was at that time Richie Daley who went on to be the long-time mayor here, they all knew about it, they all countenanced it, they all used those confessions to send people to the penitentiary and to death row.

And so over the years, we uncovered--and some of those cases are chronicled from their testimony in my book, over a hundred and twenty-five cases of African-American men who were tortured under Burge's twenty-year regime. And during that period of time, he went from a detective fresh from Vietnam and the tactics that they used on the POW camp that he worked on, from detective, to sergeant, to lieutenant, to commander. And as commander, was when we were taking him on in federal court, and the evidence that we were able to uncover led to a re-investigation, led to him being fired and ultimately decades later, led to him being sent to the penitentiary for lying about torture.

CH: *And yet during that whole period when you were publicly exposing systematic torture, then-state senator Barack Obama did not utter a word and as you point out in your book, endorsed Daley who had been the attorney-general overseeing this empire for the mayor's office.*

FT: You notice that, yes, in the book. It was--at the time, I didn't think quite so much about it because Barack Obama was just Barack Obama, he was a state senator, he was doing some decent things in terms of reform of the death penalty, but he never spoke out against the death penalty. And my daughter heard him speak when she was in sixth grade and she came back and was wondering why he wouldn't come right out against the death penalty because the kids in the sixth grade at that point were definitely against the death penalty or many of her classmates and she were. But, yes, when you look back on it, we had a few politicians who were progressive and courageous enough to stand with us as we fought through the many, many chapters of exposing the police torture and trying to bring some modicum of justice. Unfortunately, Barack Obama wasn't one of those people.

CH: *Well, he took the seat. He defeated one of them, didn't he?*

FT: Well, he ran--the only--yeah, he took a defeat from Bobby Rush, the only time Obama ever lost was against former Panther defence administrator, Bobby Rush, who, of course, was a co-leader

with Fred Hampton, and escaped his own assassination because he didn't happen to be in the apartment on the night of December 4th. And Barack took him on and Bobby soundly beat him in the--I believe it was the--I forget what kind of race it was, might've been a state senator race or whatever. But I think he learned his lesson about how to pick his spots after Bobby beat him on his own turf.

CH: *Let's talk at the last few minutes about the culture of the police, which you know very well, all of these charges are coming out and police are holding fundraisers for Burge, the torture is now publicly verifiable. There's this code of silence within the police. Talk to us about the institution itself and its, kind of, orientation to the outside world.*

FT: Well, Chris, as you know, you can trace the history of policing to the south and the slave patrols, and you can trace it to the anti-labor thugs that were police in the early 1900s. And that culture has continued. And that culture as African-Americans became more front and center in the attacks, they became the focus of the police and the police culture. And that culture, of course, the code of silence, covering each other's backs no matter how racist or violent the conduct of the police is, is a trademark of that culture. And that kind of culture is something that starts at the top with the powers that be.

And, of course, you can analyze it in terms of the protection of property under capitalism, you can analyze it in terms of what the police are supposed to do. And they are in fact in the communities of color and poor communities, an invading force, an oppressive force. Not a force that serves and protects, but a force that imposes the laws of the power structure and the white supremacy that is showing them in society. So when we talk about defunding police, we need to take more of a look at some of the more fundamental changes that people in the streets are talking about in terms of abolition and defunding.

CH: *Well, one of the things at the end of the book that I found fascinating is you talk about the amount of money that cities, in essence taxpayers, put out to defend police officials who carry out torture, you know, lethal attacks. You said, "According to public records which I have obtained and updated since 2005, the scandal across the city and county in taxpayers, \$140,000,000 by the end of 2018. The federal tab for investigating Burge and his confederates and for prosecuting Burge was an additional unknown amount. Burge had collected \$900,000 in pension money. Chicago police officers implicated in the torture scandal had collected an additional \$31,000,000 in pension, pushing the still-mounting total past \$170,000,000."*

FT: Well, I guess I need to update my book because that meter keeps running and I guess that now we're getting close to \$200,000,000. And what's interesting is not only did Daley, as the mayor, not only did Rahm Emanuel, as the mayor, continue in one form or another to fund the defence of these cases in court, but now we have Lori Lightfoot who ran on a progressive approach, and there was a torture--a torture case that she put to trial rather than to settle in the last year or two, cost the city another \$10,000,000. So it doesn't really matter who the mayor is, if the mayor continues to fuel this cover-up as exposed as it is here in the city of Chicago as we sit here today, and men and women still remain in the penitentiary who have been tortured and we continue with other lawyers and community activists and survivors and also families to fight these cases. Here we are in 2021, and the torture started under Burge in 1972 and we still haven't had full resolution of these cases and the conscience of this city with regard to torture has not been completely cleansed in any regard.

CH: ***Great. Thank you. That was civil rights attorney and author Flint Taylor on his book, "The Torture Machine."***

Below is the listing of all the episodes.

Joseph Campbell and the Power of Myth with Bill Moyers (video)

<https://www.jcf.org/works/titles/joseph-campbell-and-the-power-of-myth-with-bill-moyers-video/>

By Joseph Campbell | Bill Moyers

See also:

- Book: [Joseph Campbell and the Power of Myth with Bill Moyers \(book\)](#)
- Audio: [Joseph Campbell and the Power of Myth with Bill Moyers \(audio\)](#)

Forty years ago, renowned scholar Joseph Campbell sat down with veteran journalist Bill Moyers for a series of interviews that became one of the most enduringly popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence. Released shortly after Campbell's death on October 30, 1987, *The Power of Myth* was one of the most popular TV series in the history of public television, and continues to inspire new audiences.

Ep. 1: The Power of Myth – ‘The Hero’s Adventure’

Joseph Campbell encourages the audience to discover what excites them, and to make that the basis for their personal journeys.

Ep. 2: Joseph Campbell and the Power of Myth – ‘The Message of the Myth’

In this episode of *The Power of Myth* Bill and mythologist Joseph Campbell compare creation myths from the Bible and elsewhere.

Ep. 3: The Power of Myth – ‘The First Storytellers’

Joseph Campbell explains how ancient myths bring humans to understand and accept birth, growth and death.

Ep. 4: The Power of Myth – ‘Sacrifice and Bliss’

Bill Moyers and Joseph Campbell discuss where heroism can be witnessed in modern society.

Ep. 5: The Power of Myth – ‘Love and the Goddess’

Joseph Campbell traces the beginning of love, as we think of it today, to twelfth-century troubadours.

Ep. 6: The Power of Myth – ‘Masks of Eternity’

Bill Moyers and Joseph Campbell discuss the common experience of God across cultures.

2021-04-24 The Power of Myth – Joseph Campbell, interviewed by Bill Moyers [PBS]

In this beloved series, mythologist and storyteller Joseph Campbell explores what enduring myths can tell us about our lives.

More than thirty years ago, **renowned scholar Joseph Campbell sat down with veteran journalist Bill Moyers** for a series of interviews that became one of the most enduringly popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, the virgin birth, and pop culture.

Filmed at George Lucas's Skywalker Ranch and New York's American Museum of Natural History, this series demonstrates that, despite superficial differences between cultures, all stories are humanity's story.

The Hero's Adventure S1:Ep1 58 mins 1988

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/heros-adventure>

Long before medieval knights charged off to slay dragons, tales of heroic adventures were an integral part of all world cultures. Joseph Campbell challenges everyone to see the presence of a heroic journey in his or her life.

The Message of the Myth S1:Ep2 56 mins 1988

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/the-message-of-the-myth>

Bill Moyers and mythologist Joseph Campbell compare creation myths from the Bible and elsewhere. Campbell compares the creation story in Genesis with creation stories from around the world. Because the world changes, religion has to be transformed and new mythologies created.

The First Storytellers S1:Ep3 58 mins 1988

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/the-first-storytellers>

Joseph Campbell explains how ancient myths bring humans to understand and accept birth, growth and death. Campbell discusses the importance of accepting death as rebirth as in the myth of the buffalo and the story of Christ, the rite of passage in primitive societies, the role of mystical Shamans, and the decline of ritual in today's society.

2021-04-30 A Message to Lightworkers – April 30, 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, friends! We are very pleased to have this moment to speak with you today.

Today we wish to share an excerpt from our book *Earth Life Challenges: The Collective Speak on Dealing with Trauma and Life Changes*.

This is from Chapter 4 –“**On Facing Earth Troubles and Disasters.**” It answers a question sent to us from a Light Bearer:

QUESTION: Planet Earth appears to be going through hell. War, destruction, poverty, starvation, terrorist attacks [and illness]—these only begin the list of horrors.

Has the time arrived when humanity is able to digest the phenomenal reality of just how simple it could be to shift the Earth's vibration?

Is it time to enter the next thousand-year cycle? An age foretold with Peace and Light and beauty?

THE COLLECTIVE: This is one of the greater questions of your age.

For it has to do far less with “When” but “How” Earth and Her beings may rise in vibration to begin experiencing a far higher reality than you have seen in eons of your time.

We would say that one of the reasons you are experiencing the dissatisfaction you feel with how Earth is functioning now, is that you are yourself aware of your own ever-increasing vibration. You have an increasing awareness of how beautiful the Earth life could be, if the majority held a higher consciousness.

This extends beyond the current challenges of dealing with extreme weather and climate change, armed conflict, violence on the streets or in the home, and illnesses and disorders that you know intuitively have been cured, though the cure is kept hidden from the public.

This issue extends into the entire realm of each person's soul purpose, and why you are here. When you move into that issue, as you lift above the chaos that is Earth's current frequency, you enter a completely different realm.



Photo by Sheila Fitzgerald

For then you are no longer asking, *When will we get it? When will we finally surrender our guns for Peace, feed and house everyone, see the Divine Light in one another, and fall in Love with that?*

At that point, you have left behind your attention to What Is, to outer circumstance.

You have then reclaimed your magician's ability to envision, to think in terms of what you will create next.

You are, in fact, asking a far simpler question—one of the few you ever need to ask: *What did I come here to do? How do I serve humanity's and my own higher good? How do I naturally live in the energies of Joy, Peace, and Divine Love, so that others pick up on the beauty of that, and aspire to live there also?*

Even as you and millions of others are asking those questions, Earth is now entering the next age or cycle on Her timeline, and it is an age that extends very far beyond the thousand years you mention.

And to usher in this beautiful era of the Sat Yuga, as the Hindus call it—a time of unprecedented Peace, prosperity, progression, and beauty—you need not wait for things to improve, or wonder why things are moving so slowly.

We would call upon every heavenly help you could conceivably imagine, as well as your intergalactic brothers and sisters, and require their assistance at levels unknown and unheard of since the Fall of Earth into the third dimension.

And more than that, realize your own connection to these great beings! It is time to come out of the feeling that so many looking to the heavens have sunk into over the eons—this feeling that though you have cried out for help, none is coming to you.

Earth Herself cried out for help when the weight of this form of existence became too heavy, too painful, to damaging for Her to carry out any longer.

And the answer that came from higher realms was *you*.

You heard Earth's cries, and you volunteered to step forward and say "Yes," committing to living yet another Earth life on the most pained and troubled planet in the solar system.

You stepped forward with the mission of anchoring higher Light on the planet, in human consciousness, in this entire quadrant of the galaxy. All for the purpose of not only establishing Divine Love as the new normal for Earth life, but celebrating it.



Photo by Sheila Fitzgerald

This is why we remind Lightworkers (or spiritual seekers, Light Warriors, Starseeds—choose any label you like—they are all too small to hold your true vibration) that you are not passive recipients of what flows before you as you observe life on your planet, any more than you need be passive recipients of what is happening in your own lives.

As co-Creators, you are here to change or influence something that you see has low vibrational purpose and intention.

You are here to realize each time you see a condition, thought, or emotion that is crying out for healing, renewal, or a new life, that you are the one who can lift it to a higher level, even when you are convinced that it was your vibration that created that condition in the first place.

This is why you cannot go it alone, dear ones.

You are in a human body, and the frailty and limits of that existence are considerable, particularly as you walk the Ascension path.

Everything unlike pure Love is now rising to the surface to be healed or transformed, while you experience cellular, heart-mind, and etheric transformation.

For that journey, and for all Earth journeys, you need helps, supports, encouragements, inspirations. Call out for them, and demand them from your higher self. You will not be abandoned. You will be led to exactly what you need, if you will only ask for this assistance.

We recommend to many that they listen to inspiring, high vibrational music whenever they feel to be at a low frequency in heart, mind, body, or spirit, or simply as a part of their day. These can be found online on YouTube.com, on certain websites, or purchased as recordings.

We recommend reading inspiring books that encourage you to turn your thoughts and energies—your focus and *attention*—to Abundance, Joy, fulfillment, Love, and living out your life purpose in joyful ways.

The best of these books will, as with the one you are reading now, hold higher energies that do the job of lifting your outlook to where you see yourself not as the passive receiver of Earth's current conditions, but as a powerful influencer. One who helps to set the tone for how the world sees itself, and what it sees as necessary, possible, and real.

Your vibration alone influences thousands of people. You are even now beaming out a transmission of Light and higher energies that reach thousands of miles beyond where you now sit.

If you want to see more Peace in the world, you must exude that vibration as the New Reality.

We strongly suggest that you release all need to watch anything that is not Peaceful—to cease watching any film, television, news reports, videos, music (which often is not music, but chaotic entrainment) that portrays or describes acts of violence, whether between a few people or between whole countries.

Even economic news that takes a downward turn can feel to be a form of violence, as your subconscious will be quietly calculating, as you listen to the news report or commentary, how many thousands or millions of people will be affected by a "sudden downturn in the markets."

There is so much in that one phrase alone, oft-repeated in the media, that is intentionally designed to lower your vibration and set you into anger, hopelessness, and feelings of loss—that is reason enough to no longer listen to news reports.

We are aware that there are alternative news outlets, programs, and reports that are insightful on spiritual levels, and that seek the true nature of that which is being reported in the mainstream media.

Yet carefully watch your vibration as you listen to these—are you heartened by them, or disappointed? Are you feeling empowered, or weakened?

If you are feeling anything that is not positive and strengthening to you, do as any sensible parent would do.

If your child was watching something that showed violence or some form of struggle without resolution in sight—inviting passivity, desensitization, and helplessness on the part of the viewer—you would turn it off immediately.

We say this not to discourage you from knowing what is happening in the world, but to limit your intake of that information (and you live in information-obsessed times), so that you are mainly taking in only that which feeds you on a soul level, and not that which depletes you.

Dense or negative news will have a harder time wearing you down if you are in the habit of not listening any further than the first few sentences that introduce what is going to be announced or discussed.

That is often all you need to grasp the basics of a situation. And often, even that is more than you are truly interested in.

You have simply been mentally programmed to “need” to know what is happening everywhere, and to sink yourself into the hyper-emotional stance of most news reports, as if all of Earth’s fate hung in the balance with that one story.

That is the sort of holding-your-breath-and-wondering-what-will-happen-next unhealthy excitement—a concentration on the low vibrational—that we would like you to step away from.

It is vital—not just a nice idea, but vital—that you take time every week and in a smaller way, every day, to steep yourself in that which, for you, describes the New Earth.

Go out of your way to find beautiful and inspiring pieces of music or artwork, inspiring films, quiet and replenishing time spent in Nature, time with loved ones, reading inspiring stories, or laughing at comedies or life situations, getting your diaphragm engaged in the process of expunging the deep emotions that lie buried there . . .

Earth Life Challenges: The Collective Speak on Dealing with Trauma and Life Changes is available on [Amazon](#) at shorturl.at/ioFPY.

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