

DOCUMENT OVERVIEW

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II ACCESS to OTHER CALLS SUPPORTED BY WWW.rainbowroundtable.net
III OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; LINK TO PODCAST
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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

B CALL-TO-LISTEN 1-804-220-6484

C Skype: BBSradio2

D Archives for the 3 Programs listed above:

- Go to *BBSRadio.com*; in first column, **RHS, FIND TALK SHOW**
- Enter *the name of the show*, press the GO button. You'll be taken directly to **Hard News on Friday**; 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 '**hardnewsonfriday including the date**' and the drop down menu appears. Click on '**save link as**'

E Archives, written and audio, also exist on the rainbowroundtable website:

- www.rainbowroundtable.net - look under the "Archives" tab for
- **written notes** including the link to the entire podcast, and
- **links to the audio recordings** of the conference calls of the Friday, Saturday shows.

II TO ACCESS OTHER CALLS SUPPORTED BY www.rainbowroundtable.net

A Sunday, Mondays: 9 – 10:30 EST *Cheryl Croci's Activation Calls*
By telephone only: 1-425-436-6260; PIN 9467 441#

B Tuesdays, 2nd & 4th of each month: 9:00 – 10:30 pm EST *Ashtar on the Road; Ashtar Legacy Calls*
Host is Fran

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

To access **by Phone:** • 1 – 559 – 726 – 1300; PIN 972400#

• Call is free [except for long distance charges]

via HD Conferencing: 712-770-4160 **PIN #** 980339 [always the same]

<https://www.freeconferencecallhd.com/hd-conferencing/>

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

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

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

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

E LINK TO THURSDAY NIGHT CALL: A NIGHT AT THE ROUNDTABLE

<https://bbsradio.com/podcast/night-roundtable-february-24-2022>

Call In Numbers: 888 429 5471 323 744 4841

HOST: **Caroline Oceana Ryan** See below for list of panel members

MEDITATION: **Vinayak**

Guest Hour: **To be following soon – the rest of the show comes after the guest**

PANEL FOR TONIGHT:

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

GUEST HOUR

Guest: **Tony Armstrong, retired professor of political science,** Wesley College in Delaware

Caroline plays the first few minutes of the TEDX talk
Empowering Students' Pursuit of Happiness should be the primary aim of education

2014-08-08

Happiness education | Anthony Armstrong | TEDxWilmington

<https://www.youtube.com/watch?v=zPlfVex7HTM>

[13.46 minutes]



This talk was given at a local TEDx event, produced independently of the TED Conferences.

Anthony "Tony" Armstrong has been a full-time professor of political science at Wesley College in Delaware for 23 years. He teaches "to make a difference in the lives of students, and the greatest difference [he] can make is to empower their pursuit of happiness."

Dr. Armstrong received his Ph.D. in political science from the University of Washington, his M.A. in political science from Philipps University in Germany, and his B.A. in psychology from Boise State University.

He has also written several books including "Breaking the Ice: Rapprochement between East and West Germany, the United States and China, and Israel and Egypt" and "The Lovestar: A Philosophy of Love." His latest book is Educating Angels: Teaching for the Pursuit of Happiness. He says he has become a "happiness education crusader."

happinesseducation.com – and contact him through the website

THIS IS A DISCUSSION TO LISTEN TO – THE STORIES ARE ILLUMINATING TOO . . .

REPORTS / ENERGY UPDATE FROM THE PANEL MEMBERS

RGM: Keshe' teaching from last night: about the situation in Ukraine - about 13 minutes
there are questions about the

- There is war in Ukraine!
 - the USSR never died: Russia as the USSR was never dissolved – the countries went on their own, but the nation, government of USSR still exists and Ukraine is still part of the USSR
 - the USSR has decided they are going to keep their assets
- this is a VATICAN war – tried to take over the church of Russia which is even richer than the Vatican – could not do it.
 - The Russian church has asked for help with the Ukraine situation
- America will not go to war as they know that they are just barking like dogs
 - russia has the right to protect the assets of the USSR
 - What is not told the public: Vatican is funding this and he told them a few weeks ago russia would go into Ukraine to protect the USSR – Bulgaria and Romania not being invaded:- being protected by USSR from the punch of the Vatican and NATO
- Russia has not moved to create a war but into the territories that belong to it as the USSR
- The Amerians, the Europeans will bark but they know they are wrong – the Vatican trying to push, using Ukraine as their tool – not a war!
 - The war is what happened in Ottawa – the slavery being challenged
- Russian USSR military – one bomb on Ukraine will get NYC flattened
- we have seen the pattern over the years – cannot be a war: moving soldiers to protect the motherland
- USSR a problem that has been sitting for years to come up, and now it has
 - not a war – motherland protecting its child – bloodshed has
 - we are seeing a correction – if soldiers get killed, part of

- he – Mr Keshe - has been close to Moscow for a long time – doesn't support a lot of things
 - Ukraine is still part of the USSR – and the other 13 countries should have
- the uproar in Hong Kong – financed by Rothschild and
 - someone broke into Keshe Fdn – a Rothschild
 - with a war comes an intelligence system
- can't imagine how much in terms of diamonds the Vatican brought in to China, thanks to the priests
Vatican, rothschilds destroying themselves to . . .
- He has worked with the Russians and the Chinese

- O:** about energy and healing which the world is crying out – we have to clean up our own energy, including from past lives, and we often create more negative energy because of our ignorance of that
- the love energy has to come in and understand the love energies
 - the story of one of her clients who came into this life to deal with the violence he experienced 3 lifetimes ago when he was one of the most violent people on the planet! ! !
- COR:** as Tony was talking, she was thinking of the stuff we come in with! ! !
- and we can't ascend with heavy energy holding us down!

- T:** heard the info about the Vatican – was aware of much of it
- the Orthodox Church of Russia will have nothing to do with Vatican
 - Putin is of the Orthodox church – the oligarchs of the US are putting lots of \$ into Ukraine as they want the profits of WW 3

- R:** Ukraine has always part of the USSR – will never hear this on the airwaves on this planet
- when he took history as a young person, knew that Ukraine was part of Russia

- T:** the Vatican wants NATO to take over Ukraine and encroach more on Putin's Russia
- What was the point Keshe was trying to make at the end?

RGM: it's all about protecting the Mother land – the part that came. . .

- T:** reads the last entry in the report for February 24, 2022
about the Paschats being in Gobleki Tepe - the stones are vibrating and sending out the energies to
Sol our sun . . .

After lengthy discussion, including words from Don, Rama goes back to reading the report from the beginning . . .

2022-02-24 Rama's White Knight Reports

FEBRUARY 24, 2022

February 17 to February 24, 2022 [Updated February 28, 2022]

To our readers: Rama's White Knights Report, for the most part, will present information from Rama's contacts on very current events. Sometimes, additional commentary may show up, in the form of more explanation about an important issue, or as an article inserted to provide more insight on the subject being presented.

Find more info on those folks Rama talks to - who are there to keep us in the loop as well - at <https://www.rainbowroundtable.net/rama-s-contacts>

2022-02-18

Friday

Dalai Lama

<https://www.youtube.com/watch?v=duSO5ePO6xs&t=18s>



Dalai Lama @DalaiLama · Feb 18

HHDL speaks on how we can overcome our negative emotions.



youtube.com

Overcoming Negative Emotions

His Holiness the Dalai Lama speaks on how we can deal with our negative emotions.

2022-02-18

Friday

Plasma Field

Rama: I went and sat in the Plasma Field at 11:50 am today. The Plasma Field said to me,

"Black holes are entrances to parallel universes and portals to other galaxies. As we connect with our divine emotions, we can access these light pathways to the other nine realms surrounding the earth.

"The Dark Side is playing out their last moments; that is their choice! Let it be! Our mission is about Ascension. Stay in the high vibrations. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-02-21

Monday

Natasha

Rama: I spoke with Lady Natasha this morning for a few minutes, at 11:45 am. She said to me, "Lord Rama, Putin has recognized the Donbass region as separate from Ukraine and as a self-proclaimed Russian territory. The West wants a confrontation with Russia, yet Russia is not the enemy.

"The enemy is the propaganda coming out of the West. Please put all of this in the Circle of Support. The messages of higher wisdom and the astrology are saying 'Stay in the High Heart. The old is falling away faster than we have the words for. Expect magic and miracles of the highest order.

"Sat Nam! Namaste! Blaze the Violet Fire!"

2022-02-22 Tuesday King of Swords, Lady Nada and Mr X

Rama: I received a call from the King of Swords, Lady Nada, and Mr X. They all said to me, "Lord Rama, the statement 'the West is hysterical about Russia invading Ukraine' IS NOT TRUE! Putin is exposing the 'New' World Order; it is about the New World Order imposing sanctions and disapproving of Russia for choosing other trade partners which, of course, infuriates the West."

Rama added in this information while presenting the notes: They also talked about the hegemony going on, the issue being the trouble caused by the Old World Order imposing sanctions on Russia, which has ways to access/use other forms of currency on the planet to get past the sanctions

Meanwhile, Mr X said; "The King of Jordan is being investigated by the International Criminal Court for hiding huge amounts of money in off-shore accounts. This is the people of Jordan's money.

"In other galactic news, the Sun has been sending out solar flares for the whole last month of January. This is continuing with February. The end of the matrix is really here!! The higher energies are manifesting heaven on Earth. Pluto is here, transforming the old timeline to the new timeline."



Sent by Lord Rama, February 23: Keith Strong (@drkstrong) tweeted at 7:00 PM on Tue, Feb 22, 2022:

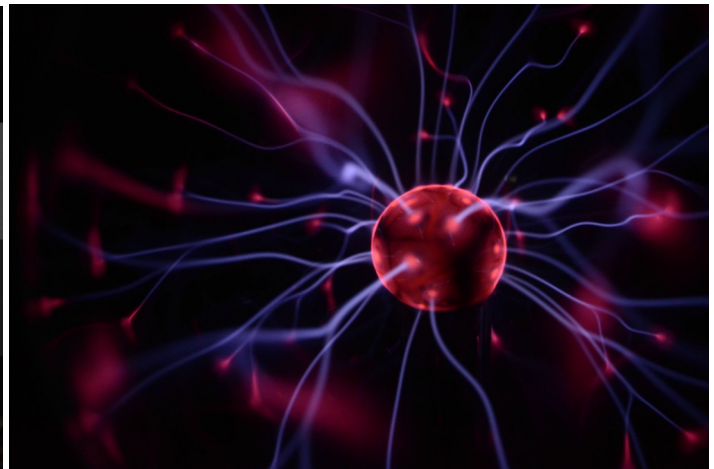
CME WATCH: A nice coronal mass ejection off the northwestern limb of the Sun (Upper right)
<https://t.co/N9AGCLVb9T> (https://twitter.com/drkstrong/status/1496304028392865792?t=8_UWFkg14mK6WVx1aDKu_w&s=03)

At this point, both Lady Nada and the King of Swords said, "Lord Rama, you are seeing these new geometric patterns in the atmosphere; describe them to us." [meaning to both the KOS, Nada, Mr X, and us, his faithful listeners/audience!]

I proceeded to describe the geometric forms and the particles that sparkle; this is the monoatomic gold that comes from the sun. The children of Generations X, W, and Z are seeing these patterns, as well as the rest of us.

These are the elemental patterns called The Builders of New Forms, as we are now in a new energy and new forms are being created to reflect that energy; we are in the process of co-creating the new earth, and everything is changing all the time. Grandmother Chandra sees these forms too: she puts them on her website <https://www.grandmachandra.com>.

The Quantum Field is here; listen to the voice of Oneness, as Kryon speaks of it. Sat Nam! Namaste! Blaze the Violet Fire!



2022-02-23 **Wednesday** **Natasha**

Rama: I talked by text with Natasha to day, at 11:09 am. She said to me, "Lord Rama, I spoke to a member of the Duma, Russia's congress. That person said to me 'the Ukraine government sabotaged the Minsk Agreement. This agreement has to do with Joe Biden and his son, Hunter Biden, making deals, dirt cheap, back in 2014 . . . that the United States was going to push for Ukraine to join NATO, against Russia, in the near future.'

"All the timelines have changed. The Quantum field is here. You can taste it, touch it, feel it. Stay in that realm. Do not allow False Evidence Appearing Real to cloud your higher wisdom.

"The sun, our sun Sol, is continuing to send out massive solar flares, the particles of light are raising us up as we choose.

"Sat Nam! Namaste! Blaze the Violet Fire!"

2022-02-24 Thursday Tom the Ringtailed Cat; Larry, Curly & Mo; Sweet Angelique the Cat

Rama: I received a call at 11:50 am this morning from the above named individuals. They all said to me, "Lord Rama, we are at Gobekli Tepe, an ancient Sumerian ruin that was, at that time, an observatory like the planetariums of today!

"We are here at Gobekli Tepe, observing "the ruins" sending out sound frequencies to our sun, Sol. In ancient times, this "ruin" was a portal where people could use specific sounds that acted as instructions, and the portal would follow these instructions and teleport the people where they wanted to go. [In other words: "sentient then; sentient now."]

"Meanwhile, in present time, there is a conflict going on: it is between the oligarchs on this planet and the fallen angels off planet. There was an artificial intelligence grid placed over Mother Gaia 13,000 years ago by the Annunaki, the Fallen Angels. Mattais, a spiritual teachers from Argentina, says that these fallen angels of the time were also called the Assir and the Sophir. This 13,000 year old AI grid is now failing as our sun Sol goes through this transfiguration, and the old matrix falls away.

"The Light coming in now is over-riding the old A I matrix. This is causing glitches and malfunctions in our 3D realm, as the matrix falls: ie, problems with computers, telephones, TVs. This is also affecting our emotions.

"There are tremendous forces at work! The Ashtar Command is here; the Captain will speaking any time now. NO DATES!!! CALL US IN!!! It takes all of us, yet just ONE!

"Lord, make me an instrument of thy peace! Sat Nam! Namaste! Blaze the Violet Fire!"

Gobekli Tepe – The Mysterious Temple More Than 10.000 years Old

Sent by Lord Rama





CLOSING MUSIC:

Let Us Remember To Dance

Lei'ohu Ryder

3:42 minutes

<https://www.youtube.com/watch?v=FOazHzVHsh0>

INFORMATION RELATED TO THE NOTES

Guest Tony Armstrong

Guest Name: Tony Armstrong



Guest Website: <https://happiness-education.com/>

Guest Category:

[Kids & Family](#)
[Philosophy](#)
[Politics & Government](#)
[Psychology](#)
[Science](#)

Guest Occupation: Psychologist

Guest Biography:

Tony Armstrong holds a B.A. in Psychology from Boise State University and an M.A. in Political Science from Philipps University in Marburg, Germany.

He received his Ph.D. in Political Science (with a concentration in International Relations) from the University of Washington in Seattle and was an Assistant Professor of Political Science at Wesley College in Dover, Delaware for 30 years, till he retired in 2021.

After reading **A Course in Miracles**, he was inspired to write his book **The Lovestar: A Philosophy of Love** (1999).

Some of the foundational insights in that book inspired him to write **Educating Angels: Teaching for the Pursuit of Happiness** (2013).

Tony was invited to give a TEDx talk on Happiness Education in Wilmington, Delaware, which can be found at: <https://www.youtube.com/watch?v=zPlfVex7HTM>

He then offered a course at Wesley College called Happiness.

He taught several sections of the course every semester for seven years, and published a book titled **Teaching a Happiness Class** (2019).

He published his book **Happiness Education** in 2021, available on Amazon.