

“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 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

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CLICK ON **AUDIO ICON**

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[NO code needed]

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[No code needed]

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- 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 Grand Goddess Lillie	Wednesday 6:00 – 7:30 MST	Telephone Only	1-605-472-5406 PIN 402-493#
Abundance Call Caroline Oceana Ryan	Every 2nd Wednesday 5:45 PM PT/ 8:45 PM ET	Telephone ZOOM	

**To be notified: email <https://www.ascensiontimes.com/the-abundance-group>
Scroll down to the sign-up sheet and enter the requested info.**

Ascension Call Cheryl Croci	Every Sunday, Monday 9 – 10:30 EST	Telephone Only	1-425-436-6260 PIN 9467 441# Call Cheryl for # in your area
Ashtar Legacy Calls Fran Pearre	Every 2nd, 4th Tuesday 5 th Tuesdays – no call 9:00 – 10:00 pm EST	Telephone VOIP/ H D	1-717-908-1834 PIN 980 339# Call is free; LD charges are not 1-717-908-1834 PIN #980 339# https://www.freeconferencecallhd.com/hd-conferencing/ Click on VOIP button and enter info as requested

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

III ARCHIVES: provided by B B S RADIO RAINBOW ROUNDTABLE

ARCHIVES: B B S

- Go to www.bbsradio.com
- In **Search** box, enter the name of the desired program;
- scroll down to the heading **TALK SHOW PROGRAM ARCHIVES FOR PODCASTING**
- Find the table listing the dates. Click on desired date.

ARCHIVES: Rainbow Roundtable

- Go to <https://www.rainbowroundtable.net/>
- **WRITTEN**
 - Go to **"Archives" tab**: See NOTES on RHS
- **AUDIO**
 - Go to **"Archives" tab**: See AUDIO on LHS:
Included are both BBS podcast + Conference Call Links

IV OPENING MEDITATION; HOUSEKEEPING; INFORMATION SOURCES

A. Opening Meditation: Cheryl Croci

B. Housekeeping: Rainbird

- We are asking to **have more people contribute**, as some of the regular, long-term donors are stressed and stretched: **any and all small amounts are helpful and very welcome.**

Re **T & R:** Their full-time, life-time commitment is to be tuned in to what is really going on behind the scenes of 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 www.rainbowroundtable.net**

B B S RADIO:

- The radio programs are supported by us, the listeners.
- The THREE radio programs cost \$300 each week.
- The mailing address for those who prefer to write checks:

B B S RADIO

**B B S RADIO
58 N Marshside Place
Spring, TX 77389**

Please put **"Attention Don"** on the envelope
And note inside "for Thursday,
Friday AND Saturday calls"

OTHER FINANCIAL REQUIREMENTS FOR RAMA, TARA:

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

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

	Financial Requirements	Other details
WEEKLY		
B B S RADIO/week	& 895.00	For 3 weeks in November Three programs each week- see above
PERSONAL		
Gas, food, etc	\$200.00	
Bills	\$161.00	Internet bill
Miscellaneous/Other		
MONTHLY		
Rent - \$1,150 / mo		
Total		

CONTACT INFO

- **Please notify Rama when sending something** koran999@comcast.net
- **Mailing address for checks, money orders, etc**
Ram D Berkowitz
PO Box 280
Santa Cruz, NM 87567

EVERY \$5 HELPS - ALL GRATEFULLY RECEIVED: THANKS TO ALL FOR THEIR HELP . . .

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

**** [www.rainbowroundtable.net /page/donate](http://www.rainbowroundtable.net/page/donate) ****

- Tara and Rama continue to appreciate each & every donation received for food.

- Please continue to go to www.rainbowroundtable.net and link to their Paypal account: choose **family and friends option so Paypal takes off no fees.**

They are under orders by Rama's boss (former President Obama's security chief, known as the King of Swords) to live entirely by donations from the Light community.

Your support is invaluable and greatly appreciated. Thank you so much for your kindness and generosity!
Namaste.

V INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION

KESHE FOUNDATION INFO; N F T REWARDS PROGRAM

- (1) **MAIN address for KFSSI.org** <https://kfssi.org/>
Keshe Foundation Spaceship Institute: Home of Plasma Science & Technology
 - **To access Keshe Foundation** <https://keshe.foundation/>
Keshe Foundation: the place where Science meets the Soul of Man
 - **KFWiki** <https://kfwiki.org/>
The free **Plasma Cyclopedia** of the Keshe Foundation
 - **Weekly YouTube Presentations**
<https://www.youtube.com/c/KeshfoundationOrg>
Public can join by ZOOM: the link is 939 474 503
 - **More information** Carolyn - Rainbird – lightenergync@gmail.com
- (2) **N F T Rewards programs**
NFT/reward.biz/register
Enter: koran999

VI FRIDAY HARD NEWS: ACCESS TO THIS WEEK'S PODCAST; NOTES, REFERENCE MATERIALS

This week's PODCAST <https://bbsradio.com/podcast/true-history-november-18-2023>

TO LISTEN TO CALLS ON THE PHONE:

1-631-359-9353	1-518-801-1159
1-631-359-9008	1-667-930-9417
1-804-220-6538	

RAMA, TARA: [R, T]

Thanks to Cheryl, Rainbird, the listeners

- Things are shifting rapidly – Mother's children will be taking a ride! Our biggest test is to send more love; it changes the magnetic fields around us and everywhere and on every things – including the crystals!
- have been big solar flares over the last 24 hours; and the ascension symptoms are

- only spoke to 4 deer and the crows! They weren't happy with the rainy cold weather and disappeared after 10 minutes! !!
- It's so amazing to be here and watch as we go from 3D to 5d – these energies will take us for a ride as we watch a matrix patriarchy disappear since the time of Enki and Enlil. When our DNA strands are returned, we will know when the dark side is using energies against us
- **Blaze the Violet Fire:** this matrix is falling apart, and we came in to be the way showers – **as HHDL says, compassion is the best way to move things** (His Holiness Dalai Lama)

T: on the weather channels, the northern part of the US is going to 20* (F)

R: on a radio program, talking about Gaza and how it's a push by the 13 families to remove coloured folks from the planet. And of the history that goes back to the times of colonization

- **Media Benjamin** talked about looking eye-to-eye with a soldier in Iraq who had a gun pointed at her – it was Mother's day, and when she told him this, he dropped his gun and cried in her arms!

Audio: Aurora Ray - the death of your ego is immanent

Have not found the video link; however, THE TEXT for this topic is at the end of the notes.

2023-11-09 The Pentagon, THE COVERUP, and UAPs. The Real TRUTH and Why They're Here NOW!
Dr. Steven Greer

[Michael Sandler's Inspire Nation](#)

[Inspire Nation Show with Michael Sandler](#)

<https://www.youtube.com/watch?v=cWJYQzk4izo> 1:32:42

There's a reason the Pentagon's set up an initiative on UAP reporting now, and it goes far beyond what we've heard with Congress. UFO's and UAP's are sighted now more than ever for several KEY reasons, both extra-terrestrial and potentially man-made. Catch this extraordinary show on the truth of what's going on by the man who started the Disclosure Project and Disclosure Movement, Dr. Steven Greer, including why it's happening now, AND how we can potentially communicate with extraterrestrial and higher dimensional beings. Find Steven Greer on YouTube: [@DrStevenGreer55](#) Steven Greer's website: <https://drstevengreer.com/>



2023-11-15 Past Lives, Free Will, And The Philosopher's Stone w/ Matias De Stefano & Robert Grant

https://www.youtube.com/watch?v=eoC_YA0RB3g

2:41: 43

[Aubrey Marcus](#)

[Aubrey Marcus Podcast](#)

What would it be like if Leonardo Da Vinci got to talk with someone who remembered the whole sacred history of the cosmos? This. Always looking for clues and patterns to help decipher the Mystery, polymath Robert Edward Grant joins the human memory bank Matias De Stefano who is best known as someone who remembers all of his past lives and everything that happened in between.

We have clues that have been left for us from ancient civilizations about how to navigate these wartorn waters, in a different way through remembering who we are and learn from the mistakes made by ancient advanced civilizations. If we are able to restore our own wholeness by decoding these clues, and understanding the matrix, we will be able to follow initiatic paths that can serve humanity on an individual and collective level.

We also decode and retranslate the myth of the Philosopher's Stone, one of the most mysterious and important guiding stories of our time. This drives us into discussions about Arthurian legend, twin flames, our original trauma, and the importance of Divine Play.

I hope you all enjoy this once in a lifetime special conversation and check out more of both Mathias & Robert's work at www.matiasdestefano.org and www.robertedwardgrant.com



ASTROLOGY

Richard {RI}

RI: introduction to the idea of balance of the elements in astrological charts

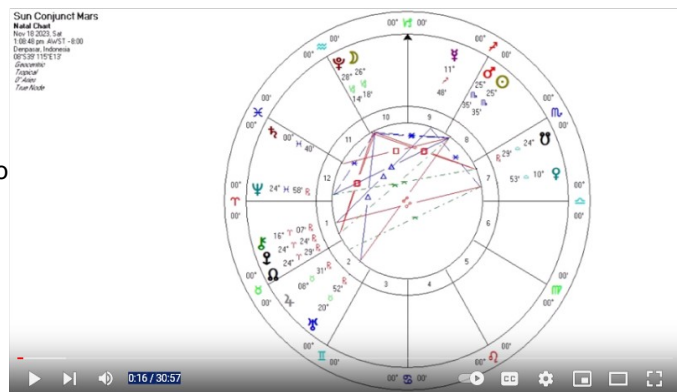
2023-11-15 Astrology for the Soul November 15, 2023 30:57

<https://www.youtube.com/watch?v=f4Hp6WK2Stw>

As a human with limited means,
It helps me to know when to quit
And let go of control so that the flow
Of life can take care of it.

🦋 Come join me at Dragonfly Village in Ubud next week! <https://bit.ly/kaypacha-bali-2023>

Reinhold Niebuhr said: "Lord, grant me the strength to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Astrology connects strength and courage to Mars, which is now even stronger, conjunct the Sun. However, as I speak of in today's report, it is the WISDOM that we need at this time to know our limits, boundaries, morals, truth, and capacity so we don't violate our own or other's boundaries.



For wisdom, we call on Jupiter, the focal planet of this week's Yod. Now, more than ever, we need to tap down deeply within and get a realistic assessment of ourselves in order to do right. This is the beauty of Scorpio! As we "close out" this Scorpio season, let's remember that this is a sign signifying the tenacious, passionate search for truth. Scorpio is the investigator that will not be deterred, bullshitted, deceived, or stopped from digging its way to the truth.

One beautiful aspect of the Scorpionic archetype is the depth of loyalty, commitment, and devotion they give to who and what they love. Indeed, this is a sign that will go all the way with you, and expect that you go all the way with them! Keeping that in mind, you can make this a special week of forging deep bonds with another, you just need to be sure they are the right one! Back to Jupiterian wisdom!

This week's song is Fortunate!  [Fortunate](#)

RI: reviews next week's chart



AUDIO: Tania Gabrielle - Mars conjunct Sun in Scorpio (1st time since 1991)

<https://taniagabrielle.com/mars-conjunct-sun-in-scorpio-1st-time-since-1991/>

A thrilling event between Mars and the Sun takes place late tonight!

Mars conjuncts (joins with) **the Sun** in Scorpio, Mars ancient home sign.

Mars feels especially good in Scorpio, which means you will feel quite energized and confident.



<https://www.youtube.com/watch?v=zOjNnyxcFw0>

Sun and Mars are conjunct every two years, but this one is extra exciting:

- Mars was LAST conjunct the Sun in Scorpio on **November 8, 1991**.

Furthermore, when the Sun conjuncts a planet it always activate a NEW cycle for that planet.

- Since Mars also rules Aries, the *first* sign of the zodiac, **this conjunction is especially auspicious for new beginnings!**

In Scorpio Mars has more patience and moves with a more steady pace towards goals. Scorpio, a water sign, *waits behind the scenes for optimal moments*.

Mars will be signaling optimal periods of time for you to move with confidence when presented with highly fortunate openings.

Scorpio governs power, and you will know *how to control and conserve your energy* and ONLY move when the time is right.

Over these next two years your confidence will reach new heights. You will use your energy (Sun/Mars) with conviction and in perfect timing.

This timing is enhanced by an intense 90° square to Saturn (Time) by both the Sun and Mars next week.

Essentially, Mars conjunct the Sun invites you to learn to **anchor your own Light**.

- To *hold the highest resonance you possibly can*.
- To *be the living example of what is possible*.

You do that by staying **heart-centered**.

Taking your power back is one of the major themes in 2024, a year that resonates to the strength and leadership number **8**.

Discover the profound meaning behind the secret star code activations **in 2024** so you can thrive ALL next year!

It's all revealed in the 10th annual Ultimate Yearly Forecast presentation. This [3+ hour virtual event](#) is streaming LIVE on December 12, 2023 and *includes live Q&A with me!*

- You'll discover **your personal Sun, Moon and Rising Sign astrology forecast**.
- You'll receive the detailed 2024 Star Code Guide for **every Cosmic Event next year**.
- You'll get my personal "Fortune Calendar" – a secret list of **highly fortunate days** based on the combination of astrology AND numerology codes for ALL twelve months of 2024!
- And so much more!

Watch a short video [here](#).

We still have the special discount for loyal subscribers, like you!

[Click here to get your special Early Bird discount!](#)

I can't wait to show you the amazing 2024 cosmic celebration!

Blessings and Love,
Tania Gabrielle

CONFERENCE CALL

R: time is being crunched: moving so f... fast, he can't even keep up – 16-18 hours instead of 24
the paschats help him by their telling him "this is what we are doing now"

- talk about the pain that was released thanks to the massage therapist's work
- asking about the solar plexus being freed now that the matrix is dissolving

T: the financial thing is gone but being covered up

she got a twitter copy from RGM

B B S RADIO

AUDIO: THE BALANCE OF the interview of De Stefano & Grant

2023-11-15 Past Lives, Free Will, And The Philosopher's Stone w/ Matias De Stefano & Robert Grant

[Aubrey Marcus](#)

https://www.youtube.com/watch?v=eoC_YA0RB3g

2:41:43

AUDIO: 2023-11-18 Open Minds with Regina Meredith King Tut, DNA Codes & Prophecies

Season 26: Ep1 <https://www.gaia.com/video/king-tut-dna-codes-prophecies> 40 mins

Can past-life regression tell us when a new human species will arrive to herald the coming Golden Age?

Master Hypnotist Sarah Breskman Cosme returns to Open Minds to discuss ancient history, extraterrestrial contact, and DNA activation. A protege of Dolores Cannon, Breskman-Cosme carries the message from her clients telling a different story of the life of Tutenkhamen after the fall of Atlantis. She also explores the Druids, their role in preserving knowledge during the fall of Atlantis, and their connection to Avalon. Is it true that our DNA is being reactivated by codes held by places and artifacts?



Host: [Regina Meredith](#) Featuring: Sarah Breskman Cosme Audio Languages: English Subtitles: English

AUDIO 2023-11-18 Younger Dryas: A Planet Transformed

S 5: Ep 4 29 mins <https://www.gaia.com/video/younger-dryas-a-planet-transformed>

Were certain cultures pre-informed of the complete alteration of Earth, and did survivors take refuge underground with those known as the "ant people?"

Alternative researchers continue to explore enigmatic, planet-altering impacts which launched our modern epoch from the debris of the Younger Dryas period. Extreme disruptions to climate and sea level may have been powerful enough to drastically shift Earth's axis and transform existing life at that time. What real cataclysmic geologic events were behind the myths of a Great Flood which utterly obliterated Earth and potentially altered the course of our evolution?



Featuring: Gregg Braden, Matthew LaCroix, Robert M. Schoch Ph.D., Randall Carlson, Ben Van Kerkwyk, Freddy Silva, William Henry, Linda Moulton Howe, Rita Louise Ph.D.

Audio Languages: English Subtitles: English

Closing: Rainbird

Rama's last choice:

A Reason To Stop Worrying - Watch This Whenever You're Stressed | Alan Watt 7:55

Nov 10, 2023 <https://www.youtube.com/watch?v=cpM9fA3bFyc>

Alan Watts talks about how sometimes we as a person, society, city or a country, get way too involved in the game of "life"; that makes us fight, stress and exhaust us from everything and everyone. Also Alan Watts mentions on how a sane society lets some people to "get out" of the social game.

Reading: 2023-11-18 Welcome to Joyful Days: A Thrilling New Golden Age Begins!

The entire reading is below.

INFORMATION RELATED TO THE NOTES

2023-11-18 (2021-12-30) The Death Of Your Ego Is Imminent

<https://www.facebook.com/groups/auroraray/posts/2421307317999148/>

There are two main ways of living. One is to live in misery, and the other is to live in happiness. In misery, there is no freedom, no freshness, no lightness, no possibility of dancing, singing, or being creative. Misery makes you heavy; it makes you dark. You are like a rock that has been covered by darkness.

Misery is always within you—every moment of your life can arise as a barrier. When you are in love, and suddenly a shadow of fear arises in your mind, then that shadow is not coming from outside; it has arisen within you because the very nature of love starts threatening the ego.

The ego cannot bear any threat whatsoever, so it starts finding ways and means to defend itself, and it creates misery around itself. It will bring problems from the past so that you can be continuously miserable, continuously sad and gloomy, and worried about things that have already happened and which cannot be changed at all.

Trying to remain the center, trying to live independently, and maintaining yourself as an island of aloneness in a vast ocean of existence is not only impossible but also suicidal because, even if you succeed in becoming an island, you will have achieved nothing. You will have succeeded only in cutting yourself off from life, making yourself dead; you will not have lived at all.

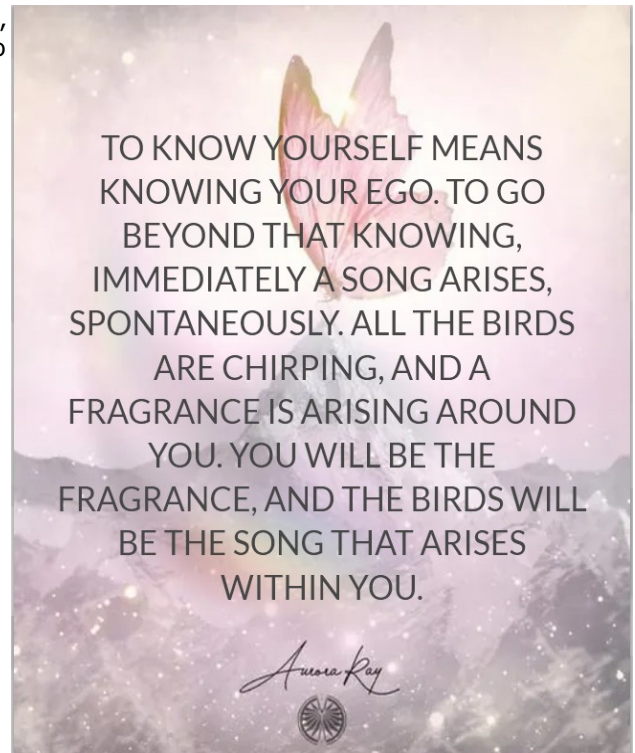
The ego lives in misery because it wants to remain separate so that it can be happy, fulfilled, and secure in its own glory. But this security and happiness are illusory because they are based on the illusion of separateness.

Thoughts are like waves – sometimes they engulf you, and sometimes they seem to disappear. Thought is just a wave of the mind, so what is important is not to be caught in it; otherwise, you will create misery for yourself.

Happiness arises when intelligence becomes enlightened, and you start to become aware of what is going on inside yourself. Then time disappears, and space disappears. Your whole being turned into a timeless phenomenon. Then there is no fear because fear comes from time.

Ego gets destroyed in love; only then does happiness arrive because it is the fruit of love. Love and ego are completely opposite, enemies. If you know how to be in love and destroy the ego, if you know how to love, your life becomes blissful. It becomes a dance, a celebration. Useless tears drop away, sorrow dries up, frustrations disappear. Your life glows with the glory that happiness gives it. It becomes such a treasure, such a beautiful gift of God that it is worth living a single moment of it -- more than enough.

Be happy, be blissful. Happiness is an inner gift, a divine gift. It is not your enemy. But the ego feels threatened by it. The ego starts finding reasons for misery and unhappiness because misery is safe for the ego.



Happiness and ego are incompatible. Misery and ego get along swimmingly, but happiness and ego don't get along at all. They are unable to keep company. They're like darkness and light: if there's light, there can't be darkness. Darkness can exist only if there is no light. If there is no happiness, the ego can exist; if there is love, the ego cannot exist. If you let go of your ego, happiness will come from all directions. It just starts pouring in from all sides.

The greatest blessing is to be unburdened of your ego. To know yourself means knowing your ego. To go beyond that knowing, immediately a song arises, spontaneously. All the birds are chirping, and a fragrance is arising around you. You will be the fragrance, and the birds will be the song that arises within you. And anybody who comes close to you will just start drinking their heart's desire, just kissing their existence.

In the fifth dimension, there is no ego as we know it. In the fifth dimension, you see every human being as a divine phenomenon. You are so transformed that your vision has become very clear and transparent. You can see through people because their egos are no more.

There is no one to attack you. There is no enemy anymore; there is no conflict anymore. There is no confrontation anymore because you have come to the point of knowing that existence is one. You are not separate from anything – not even from your so-called enemies. You have no enemies in the fifth dimension because you know everybody belongs to you, and you belong to everybody.

In order to ascend to the fifth dimension, you must traverse 4D. This is the beginning of timeless dimensions and it is vast. It is the meeting point of light and shadow, science and superstition, and the pit of man's fears and the pinnacle of his knowledge. This is where your imagination comes into play. It's a place we refer to as the Twilight Zone.

You are here now.

And as you proceed on your journey to higher consciousness and life in heaven on Earth, choose love. Every single time you choose love over fear you move closer to 5D and the full embodiment of your god powers.

We love you dearly.
We are here with you.
We are your family of light.

A'HO
Aurora Ray
Ambassador of the Galactic Federation

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2023-11-18 Welcome to Joyful Days: A Thrilling New Golden Age Begins!

https://thegalacticfederation.com/014-36?sessionId=f18a81f5-9ee8-43e8-9498-1de26b8e0acd&trigger_link=Ydlp9tDe8bo73pcy5jGB

We are entering a period of rapid technological, social, and spiritual change that will shape the next era of human civilization.

Major breakthroughs in fields like consciousness expansion, space travel, biotechnology, quantum computing, and new energy sources seem imminent, pointing to a future vastly different from today!

Having overcome many crises in the past few years, humanity stands poised to make dramatic leaps forward within our lifetimes. The exponential growth of knowledge and the accelerating pace of discoveries means the coming years will likely see transformations as profound as the spiritual, agricultural, and industrial revolutions.

With the help of the Galactic Federation, we will unravel the deepest mysteries of the universe while also achieving incredible breakthroughs in eradicating disease, connecting minds, and uplifting the human consciousness.

This new golden age presents both tremendous opportunity and great responsibility. How we navigate the rapids ahead will determine whether we build a world of wisdom, compassion, and shared prosperity or whether we descend into chaos.

But with care, wisdom, and courage, we can create an abundant, just, and liberating future for all. The great story of human progress continues, and we have the chance to write its most remarkable chapter yet!

Remembering Our True Nature:

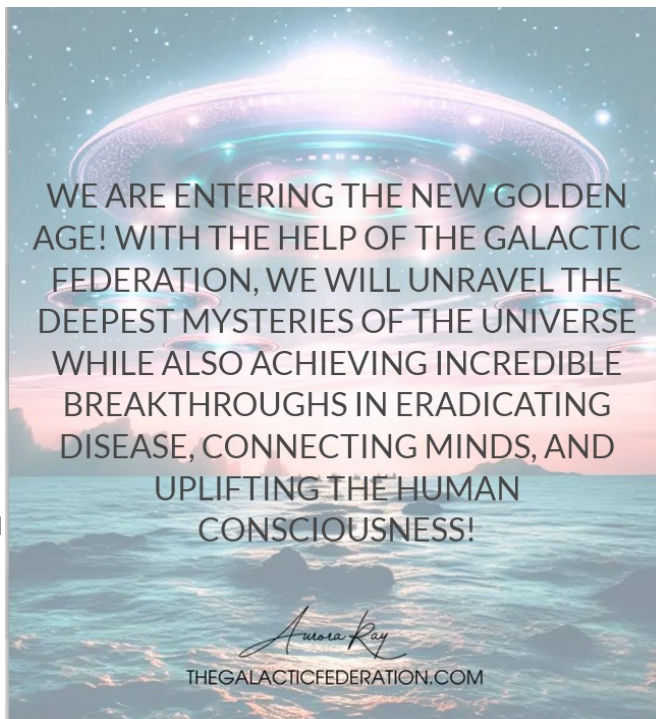
At this special time, we have an opportunity to remember who we truly are beyond our human identities and life experiences. Though we are spiritual beings having a human experience, it's easy to forget our divine nature and higher purpose.

This ascension period is a chance to reconnect with our authentic selves and the spiritual realm. As Gaia shifts to a higher dimension, we, too, can awaken to more of our sacred, eternal essence. We need only look within and open ourselves to elevating our consciousness and energy.

Meditation, prayer, being in nature, and other spiritual practices help quiet the mind and ego so we can access purer states of awareness. Here, we may receive divine guidance, heal old wounds, embrace unconditional love, and align with our soul's purpose. This brings peace and wholeness amidst the chaos of the outer world.

Though the ascension process can be challenging at times, the growing pains serve to strengthen and refine us. Releasing the past and surrendering false identities allow our spiritual light to shine brighter. By remembering who we truly are, we reclaim our spiritual gifts and powers to help uplift humanity.

This is a time of great potential and promise. As we awaken and come home to our divine essence, we fulfill our role in Gaia's ascension. Together, we co-create the next stage of our collective spiritual evolution!



Human Life Experience:

Being grounded in human life is a gift and an opportunity to experience this beautiful world we live in. Though life has its challenges, it is also filled with blessings - our relationships, nature, emotions, senses, cultures, and growth.

We have the chance to feel, to love, to learn, and to find meaning. We get to form bonds with other souls and share in the experience of being human together. Even when it feels mundane or difficult, human life has a purpose.

This life gives us lessons, reveals who we are, and shapes our souls. The relationships we form are an essential part of the journey. Our connections make life meaningful.

Experiencing the full range of human emotions allows us to practice empathy and compassion. Feeling joy and pain, anger and calm, fear and courage brings wisdom. We understand ourselves and others more deeply.

Being grounded in this temporary human existence is precious because it is fleeting. Appreciating life's impermanence gives motivation to live fully in the present moment. Being grounded allows us to be completely immersed in the miracle of human life.

We have the profound opportunity to learn, grow, love, and contribute - to make the most of this gift. Living consciously and finding meaning propels both our personal journey and collective evolution. Being grounded allows us to appreciate this beautiful world we live in.

Conclusion:

Though this is an exciting turning point, it is one we must approach with care and compassion. Our human life experiences have shaped who we are. While we have faced darkness, we have also cultivated light.

We can call upon our hard-won wisdom and spiritual clarity to determine where we are each needed in service to the planet and the collective uplifting of humanity!

We love you dearly,

We are here with you,

We are your family of light,

We are the Galactic Federation.

A'HO

Aurora Ray

Ambassador of the Galactic Federation

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