

"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 TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A Sunday, Mondays: 9 – 10:30 EST Cheryl Croci's Activation Calls

- B Tuesdays, 2nd & 4th of each month:**
9:00 – 10:30 pm EST
- By telephone only: 1-425-436-6260; PIN 9467 441#
Ashtar on the Road; Ashtar Legacy Calls
Host is Fran

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

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 with the message "YES to Abundance!"

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/>

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

- A. Opening Meditation: RAINBIRD
B. Housekeeping: Rainbird

BBS: • Listener-supported radio programs – Cost is \$300 per week
Need \$300 for this 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.

• 2013 Rainbow Roundtable has archives, too.

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

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

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

Tara, Rama: Their full-time, life-time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, a home, gas, and access to BBS Radio in order to compile and distribute this information to the world.

- Donations via Paypal button on the **homepage of 2013 Rainbow Roundtable**

FOOD MONEY, BASICS: They need \$ for food, basics, gas \$300
VIA PAYPAL OR GO TO www.rainbowroundtable.net –
where there is a donate button !

THANKS TO EVERYONE FOR THEIR GENEROSITY: \$ for BBS RADIO, FOOD & EXPENSES

- **Please notify T & R if you're sending something:** koran9999@comcast.net
EVERY \$5 HELPS ALL GRATEFULLY RECEIVED

• Rama's mailing address for cheques, Money orders: Ram D Berkowitz
PO Box 280
Santa Cruz, NM 87567

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

• To make donations to the **Fresh Produce Fund for Tara & Rama** -

**** go to www.rainbowroundtable.net 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: koran9999@comcast.net

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

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

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

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

contact Rainbird with questions: lightenergync@gmail.com

<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.keshfoundation.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/archive-description/audio/listen/255535>

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

HARD NEWS

Rama, Tara [R, T] • • •

T: yesterday there were glitches in the program: the elves are in a better mood!

- And Don and Doug survived their 52nd birthday! ! !

R: to be on earth at this time, in this living temple, is such a big, big, deal and we don't really realize it – it's about the gold dust in our veins

- the dark side is tearing its hair out to distract us!
- Talked to Sweet Angelique the Cat, the Poppy Lady, Rosa – they are 12 hours away from the Golden Temple at Amritsar – will link up with the Nameless Ones, and 7000 lamas spinning prayer wheels –

R: they are cranking it up! All we are saying is give peace a chance with the Great Conjunction as Aquarius comes into play.

- And the Orange One is saying the Russians didn't hack the U:IT DID NOT! It is the Deep state, connected with the black budgets

the intergalactic corp conglomerate and others who have made deals with them and without the interests of people at heart – which has to do with money, precious metals – and Sister Maya can come up with a bite from behind when you try to melt down a meteorite made of gold

- T:**
- The #2 has to do with balance
 - It is the nature of life itself to move to balance and that includes humans
 - The ones wanting to throw us in the briar patch have just made us stronger

Song: Syn Kar – she's part of the local Sikh community: her music is her legacy, now she's no longer here

- The Light has won, as Rama is constantly being told - change is what life is about, and when we change our point of view, we see things differently.
- And we are looking for fun in the wrong places

12-18-1968-

PLEASE LISTEN TO TARA'S DISCUSSION

From Rainbird: Don and Doug's galactic signature: KAN - yellow galactic seed – same as Tara's

AUDIO: THE SONG THAT CALLS YOU HOME

"It is very commonly experienced by the people who come here [in the jungle] to realize 'I thought it was gonna be about ayahuasca'...but it's about the songs". Dr. Joe Tafur

THE SONG THAT CALLS YOU HOME

is a personal, scientific and mystical exploration of Amazonian curanderismo - with focus on Ayahuasca and Master Plants, their healing and visionary properties and risks - along with the wondrous world of the Shipibo people and Song.

This film aims to function as a bridge for those seeking to understand the facts and dynamics behind one of the most intriguing phenomena of our time: *Ayahuasca Tourism* -

Westerners who travel to the Amazon each year by the thousands in pursuit of healing and enlightenment through Ayahuasca, shamanic treatments, and specific plant diets.

In recent years the use of Ayahuasca has become widely known, however, there is not much information about other rainforest **Master Plants** that have medicinal qualities and capacity to bring about profound healing and transformation.

In this film we explore the realm of Amazonian plants and the Shipibo traditional way of establishing a connection with the spirit through diet and ceremony.

<https://www.thesongthatcallsyouhome.com/>

AUDIO: The Song That Calls You Home

1 hr, 12 mins 2020

<https://www.gaia.com/video/song-calls-you-home>

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"It is very commonly experienced by the people who come here [the jungle] to realize 'I thought it was gonna be about Ayahuasca'...but it is about the songs" - Dr. Joe Tafur.

AUDIO: Dr Theresa Bullard Our "Junk" DNA Holds Astonishing Powers Which are Accessible

https://www.youtube.com/watch?v=okKJpobn_1o

2019-09-14 Our "Junk" DNA Holds Astonishing Powers Which are Accessible

Discover the Science of Consciousness http://bit.ly/UIY_Mystery_Teachings
Changing the way we live and changing the way we think will paradigm shift us into a new reality. Ancient mystery schools trained their initiates on how to do this and new revelations from quantum science reaffirm these techniques.

Theresa Bullard, Ph.D. in physics, deftly interweaves complex concepts from ancient mystery teachings and quantum physics to bring us real-world ways in which we can deepen our spiritual connections and manifest a fulfilled life. Doing so, she shows us the way to reunite with source and tap into our unlimited potential as conscious beings.

All lost videos can be found here:
<https://subscribestar.com/universe-in...>

Support my channel here: <https://www.patreon.com/universeinsid...>
or here: <http://bit.ly/2COJqdM>

AUDIO: The Thom Hartmann Show – RICHARD WOLFF IS GUEST

2020-12-17 **When Money Devalues You Pay More For Less (w/ Richard Wolff)**

The value of your money is not set in stone. What happens when exchange rates are lowered by monetary authority? Are you about to pay more for less?

ASTROLOGY

RICHARD

- Talks of re-reading the novel called **Dune**: it was a galactic empire operated as a feudal system – what is exactly going on now, on Planet Earth~
 - People are not living in a democracy – a feudal system with oligarchs; a fake system of representative government in most of the governments around the planet, and in the states, provinces, etc in the various countries too
- when votes were calculated, almost equal between the 2 sides PLUS about 16 Million who DID NOT VOTE AT ALL!

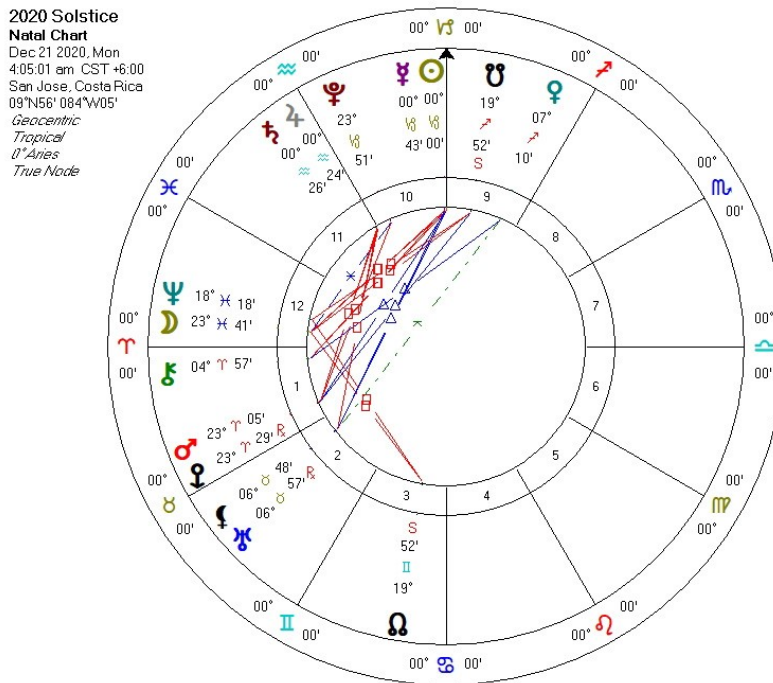
T: This is **the last time** such a vote will occur! ! !

December 16, 2020 Astrology Forecast

[Astrology for the Soul December 16, 2020](#)

<https://youtu.be/HPRMiPUj-vk>

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



Hola Sailors!

One look at the chart below, and you will see four exact conjunctions with four planets at 0 degrees and four planets at 23 degrees. A unique Solstice it is! Conjunctions are both an ending and a new beginning and symbolize a turning point, a period of chaos as the old dissolves before the new impulse emerging. **We are now facing straight into the unknown.** It is uncomfortable but as pregnant with potential as it may be with fear. It's a time well spent centering ourselves within our inner core, tending our hearths, and building the light within.

More so than the Sun/Mercury entering Capricorn together, the Jupiter/Saturn 20 conjunction occurring at 0 degrees Aquarius heralds a societal restructuring. This restructuring may well take 20 years, but I'm going to say that the next five will be the most tumultuous. While we may be tired of the challenges, the negativity, and the separation, collectively, we are going through a grand re-orientation that will take some time to settle out/down. Best to do our inner work to stay centered and bring calm to the rough waters we'll be sailing. Good can be found and created in the harshest of surroundings. We can be that good.

I will be giving a free 90-minute presentation on what lies ahead for 2021 on Awoken TV this Sunday, December 20, at 11 am PST. [Awoken TV will stream it to their FB page.](#) In it, I will have more time to share the upcoming transits and the changes they reflect.

For now, know that this is the time to trust yourself, realize, and believe in your power to create and maintain the life you want to live regardless of what others say and do. Just keep repeating that mantra over and over this week, and we're there!

*As I set sail upon my journey,
What may come I cannot know.
I must stay present, alert, and awake,
If I'm to reach the far distant shore.*

2020 has been the year of the car wash. **Both Jupiter and Saturn went through the "Plutonian cleanse," a stripping, dying, emptying, and purging.** We are now getting down to the bare bones bottom of the pit, stripped to our core. **We have all been tested and prepared for the coming initiation into a new era.** This week in particular and the coming months will require that we dip down into our well of strength, determination, belief, and will power to forcibly fashion new lives for ourselves, those we love, and the world at large. The onus is upon us.

During these times, the stars, nature, breath, and meditation can help us trust ourselves and find the comfort and strength to do what is right, what is needed, and what will help us achieve our goals. The cyclical nature of all growth and evolutionary processes assures us that upon reaching the "bottom," the longest night or darkest hour, the resurrection toward the new dawn, or ascension toward the light begins. We are now reaching that point. It's time to let go of the past, the shore, the security of the harbor that was and head out to sea toward a new future. Trust the process and go for it!

This week's song is none other than an old-time favorite TV show, LOL! Even if our boat is the "Minnow," [we shall not be lost!](#)
[Awakening the Soul Meditation](#)

Opening Jupiter & Saturn photo/thumbnaill [by Mikael Zuber.](#)

***So Much Love,
Kaypacha***

**AUDIO: Jupiter/Saturn Conjunct 0° Aquarius on SOLSTICE Dec 21, 2020! Astrology
Numerology Forecast 2020-12-15**

<https://www.youtube.com/watch?v=s1DFiVl2Gs4>

It's time for the big event – Jupiter and Saturn are both entering Aquarius at the same time signifying a major milestone: the beginning of the Age of the Aquarius! Discover the powerful messages of this celestial celebration and how we are participating in a major Awakening.



CONFERENCE CALL

<https://fccdl.in/s11nTYpGmz>

Ca/Ca: asking about the nurse who passed out and is now dead, also about Jackie Onassis and sister Lee Razwell

Rama: a complicated story – Jack will be back – he can explain!

T: the monumental point is that JACK WILL BE BACK!

Ca/Ca: and his love affair was Marilyn – and his brother Bobby was part of the trio -

R: a menage á trois – they were going to come forward and say that ET s were not a threat and were real, and the bank and banksters were the real threat!

Ca/Ca: Asking about Avalon and Guinevere and . . .

R: people were still following the old religion at that time – the coming in of Mordred was when the energy was taken from the Great Mother Goddess; he was the child born of deception, and symbolized the Illuminati: Arthur came home from the war and Morgana shape-shifted to look like Guinevere and Mordred was the result -

R: Jeff Bezos' former wife gave a huge sum of money to New Mexico – the mayor of Santa Fe bought 3 hotels in order to house the those who have tested positive for the virus and will provide food etc – they are homeless

P: discussion about hotels and people staying in them

RGM: speaks of what happened during the knights of the round tables and books with code

- nurse who collapsed on life TV- from TN – collapsed 15 min after taking the pzier tv - social media posts about her death; reports of death threats against her family for the reporting they have given. Waiting to see if there will be a REAL autopsy
- also reports of people dying from the vaccine all over the world

R: the best thing to do is take tumeric each day

RGM: and drink the GANS WATER ! ! ! Tells T & R to keep cutting the GANS water with regular water until it no longer tastes of salt!

- in response to T's question about his eyes: making progress
- Doctors all over the world talking about the masks causing all kinds of illnesses . . .

Discussion about people losing their sense of smell because of the area they live in – they get de-sensitized. **Not about covid !**

RGM: asking about the odd events around the show last night

T: the birthday boys partied at home; T talked to Rainbird the next day who also asked about the technological glitches . . .

RGM: noted under the provisions of Canada's constitution – judicially noted – the business development bank of Canada – no police force is shall engage in operations . . .

- a video surfaced today about a Calgary police officer was going to taser a person who was playing hockey outside – people are figuring out ways to fight against certain rules!
- the Manitoba premier said only essential items: and the lady stopped a shopper and took the presents out of the buyer's cart as 'non-essential' , then said that the covid police were coming ! ! !

CA: asking about the chem trails – are they lessening?

R: it is getting better: the ships are showing up; the Schumann Resonance goes higher and higher.

CA: that means some of the effects are mitigated?

T: and taking the Freemart things too – with consciousness

Siaga a universal medicine -

Recommends taking all of the products as a practice . . .

R: Abota – the one that is similar to comfrey –

T: and comfrey is a deeply rooted plant as well – they can grow 20' into the earth!

- Today Jennifer Granholm, former Gov of MN -

Another caller: Is Keith Olbermann coming back?

T: He sometimes texts Rama – has been silent for a while

- Mentions Bill Moyers – who knows about NESARA - sending R a text yesterday

- **Alex Witt has 3 full hours on Saturday morning:** spent the last 8 minutes of the second hour talking of some of the team members on free energy/climate change -

- Deb Haaland – nominated Sec of Interior - 35th generation @ 20 years/ generation = 700 years! ! !
- Jennifer Granholm – Sec of Energy – arrived in US from Canada: Irish, Welsh, Newfie; paternal grandfather shot himself out of despair! Her dad was 3 at the time – fighting for rights and for freedom

Ca/Ch: Buttegieg took \$ from Netanyahu -

Ca/CA: Thur – about JoyElaine and the change in the dimensions: what are we supposed to do with this information??? What does this mean to us – and we don't know it for ourselves ! !

T: thinks they should play more of Richard Wolff and about the money

Ca/So: expanded awareness is the answer: we are going to see the changes in the structures of our

Ca/CA: who defines what constitutes a new level of reality – how do we know that for ourselves?

CA: on June 1 when our 8th graders get into 9th grade in September: that's clear!

Where's the guidebook for this? [the levels of reality]

T: there are so many schoolings on this

S: when you study the ageless wisdom teaching and move up in the steps / initiation

T: Books called **Initiation: Human and Solar
Parallel Universes –**

Marianne Williamson will give a talk on Dec 27th - a variety – race, economics, social issues and lack of love

The folks will show up in our face and we will just see it!

Ca/CA: the dimensions and the way people number them – so far, he sees no delineation we haven't learned to distinguish between them

B B S RADIO

Rama's music choices

AUDIO: completion of Tania Gabrielle's presentation

- those with 11 in their birth numbers: it's an antennae – need to exercise and to connect with Source and allow

AUDIO: **Samadhi Movie, 2018 - Part 2 (It's Not What You Think)**

<https://www.youtube.com/watch?v=AQL6qcGqQ0Y>

[IN CASE YOU MISSED THE FIRST PART, PLAYED in an earlier program:

2017-03-10 Samadhi Movie, 2017 - Part 1 - "Maya, the Illusion of the Self"

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=Bw9zSMsKcwk&ab_channel=AwakenTheWorldFilm)

[v=Bw9zSMsKcwk&ab_channel=AwakenTheWorldFilm \]](https://www.youtube.com/watch?v=Bw9zSMsKcwk&ab_channel=AwakenTheWorldFilm)

AUDIO: 2020-12-19 RE-WRITING A BAD DAY: DOWN THE QUANTUM RABBIT HOLE

<https://www.gaia.com/video/rewriting-bad-day>

S 1:Ep 6

38 mins

2006

Having a bad day? Facing a circumstance that you hate to face? What if you could change it? Now we get into the nitty gritty of the implication that consciousness and observation creates the reality we live in. The human brain is unique, in that it has the frontal lobe which can override emotions and rewrite belief patterns. Once we learn to overcome the programs embedded deep in our psyche, and start to realize that we are creating the reality we live in, then we can consciously choose the circumstances we experience.

Featuring: Actors: Marlee Matlin, Elaine Hendrix.

Interviews: Fred Alan Wolf, Dean Radin, John Hagelin, Candace Pert, Joe Dispenza, Amit Goswami, Jeffrey Satinover, Daniel Monti, David Albert, William Tiller, Micheal Ledwith, Masaru Emoto, Ramtha

Video Language: English

AUDIO: [Cosmic Disclosure with Emery Smith](https://www.gaia.com/video/secrets-hollow-moon) Secrets of the Hollow Moon

S 12:Ep 7

31 mins

December 15, 2020

<https://www.gaia.com/video/secrets-hollow-moon>

Inside information concerning our moon is revealed by David Adair, who worked to develop technology for secret programs. He explains that the moon is not what many of us have been led to believe. It is a hollow vessel that was transported to our planet eons ago. The denizens of this not-so-natural satellite have not been pleased with humanity's forays to the lunar surface. David reveals inside information concerning the moon as an artificial body brought here by an ancient E.T. civilization and why it is important that they do not take our moon away.

Instructor/Host: Emery Smith

Featuring: David Adair

Reading: the message from Vrillon

Closing: Rainbird

Rama's Choices:

You are eternal: the universe <https://www.youtube.com/watch?v=5FELdBsixGg>

What you are basically deep deep down, far, far in, is simply the fabric and structure of existence itself - Alan Watts

Annie Lennox - Into The West (live)

<https://www.youtube.com/watch?v=E05-5EQfeXw>