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III OPENING MEDITATION; HOUSEKEEPING
IV HARD NEWS

I ACCESS THE THREE WEEKLY CALLS via the Internet

A BBS RADIO Go To www.bbsradio.com; click on Talk Radio Station #2
 Both Flash Player and HTML5 Player for available.

- * ***A Night At The Round Table*** Hosts: Panel Members
 Thursdays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
 Listen in by phone: 712-775-4842 – PRESS 2
 Direct - 701-719-3600

- * ***Friday Night Hard News*** Hosts: Tara & Rama
 Fridays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
 Listen in by phone: 712-775-4842 – PRESS 2
 Direct - 701-719-3600

- * ***History of our Galactic World & NESARA*** Tara & Rama
 Saturdays at 6 pm Pacific / 9 pm Eastern

Listen live online <http://bbsradio.com/station2schedule>
 Listen in by phone: 712-775-4842 – PRESS 2
 Direct - 701-719-3600

- * **Friday, Saturday CONFERENCE CALL:**

The call moves from the radio to the Conference line:
 For 1 hour – 6 pm Pacific / 9 pm Eastern, then returns to BBS Radio

Listen on the phone 605-313-5166 PIN 353863#
 Listen online 605-313-5166 PIN 353863#
www.freeconferencecallhd.com

To interact during live shows: Canada/US: 1-888-429-5471
 International: 1-530-413-9537

C Skype: BBSradio2

D Archives for the 3 Programs listed above:

- To access the **FREE BBS archives** for any of these programs:
- Go to *BBSRadio.com/ Station 2*; scroll down on LHS; click on **Live Talk Radio Shows**
- Scroll down to **find the name of the show you're looking for**; click on **"Library Archives"**
- Clicking on those words takes you to the listing of all program archives, the latest one being at the top.
- You can download the program to your own computer or listen directly.

E Archives also exist on the 2013 website:

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for **written notes**, as well as the **audio recordings** of the conference calls

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; ACCESS TO PODCAST

A. Opening Meditation: Cheryl Croci

B. Housekeeping: Rainbird

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

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: They need \$150 for food
VIA PAYPAL OR See the PAGE ON 2013 Roundtable

BASICS: ODDS'N SODS, GAS, 2 BILLS - \$ 300 +/-

THANKS TO EVERYONE FOR THEIR GENEROSITY: \$ for BBS RADIO, FOOD & EXPENSES and the RENT - \$1,150

- **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!**

- **Donations to the Fresh Produce Fund for Tara & Rama -**

**** <http://2013rainbowroundtable.ning.com/page/donate> ****

- 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@hotmail.com

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 the CoronaVirus

[https://en.kfwiki.org/wiki/One_Cup_One_Life -
Production and Application -
Prevention and Reversal of the Corona Virus](https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_-_Prevention_and_Reversal_of_the_Corona_Virus)

KF Wiki

<https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

Keshe Foundation Store

<https://store.keshfoundation.org/store/?alias=store>

Keshe Corona site

[www.plasmainnature.com/health/coronavirus-1-cup-1-life-
series-protocols-and-other-info/](http://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-august-29-2020>

HARD NEWS

Rama Reports: Talked to Natasha today

- the empire is at an end; all kinds of distraction being played out
- pay no attention to the man behind the curtain with levers and strings: all he has
- It's challenge to stay in a loving, neutral place – they are pulling our strings! ! !
They have lost, can't leave gracefully
- Many stories about [this story] being right at the end; the messages and energies coming forth are not coming from the voice of an iron fist, absolute control division, creating issues between people no matter their form
- So many stories: not sure which way to turn with them!
 - From what he's being told: the Forces of Light will address the issues in an appropriate manner and it will not be through the White House! ! !

T: They are getting rain! Thanks to all who focussed on California and other fires

R: Climate One on radio today – subject was the goddess & healing

- Indigenous elders from Guatemala, Ecuador, Venezuela, Brazil spoke of corporations messing with ancient glyphs
- in the Amazon, there are gigantic glyphs that are set in the ground since [the time of] Aztec, Mayan civilizations - something like the Nasca glyphs – can only been seen from the air and are as big – giant square images, carved into the earth itself – either Mayan or Aztec empire symbols
 - can only see from overhead – they are being looked after by those helping the elders who look after the sites

- the Elders spoke of Bolsenaro et al coming in and destroying the sacred sites that have never been touched for 3000 – 6000 years – and those who do the messing end up in the Amazon River, dead.
- They have been recently discovered: Bolsenaro and his goons and others have gone in to try and get rid of the people; those who mess with them end up dead in the river . . .
 - If Bolsenaro plays with the military and sends them in, the military could end up dead – by Pachamama – it’s about listening to spirit, not the ego . . .
- Has heard that the full moon in Pisces will move the energies higher, agitate the dark even more, as if it isn’t bad enough! **As Natasha said**, the empire is over
 - **Abby Marten, via a Tweet**, also said the empire is done!

R: Natasha said about Chad Bozeman was a true rep of the king of Wikanda which is the energy of the black goddess of Africa at this time

- diagnosed with colon cancer at 39! Produced 4 films of major import regardless of the cancer.
- Played Jackie Robinson, Thurgood Marshall and King Tchawala of Wikanda
- He did all he could with his art to show the people what needed to be awakened in humanity – passed yesterday – August 28th

T: people talked of Bozeman on AM Joy, Alex Witt and the program after – all were in tears from knowing him and what he left in terms of love: more attention is focussed on the value of every life and following our paths

R: the indigenous elders were saying - we are not this body – this body allows us to move around and connect with the spirit world

T: brings up Shirley Blostock on *A Night at the Round table* – and about the soul.
The body is animated with light

- About **firegell from Freemart**: it’s bringing light into our aura by applying a gel to our bodies – the skin is the largest organ in our bodies! More light through the aura via our skin
- T talked to **John Austen** about it: **he said he’d been working all his life for NESARA**
 - R met KOS in 1980 so knew about the intention then, 40 years ago
- Review of Rama’s personal history and what led up to his meeting KOS; about Bernie and how St Germain took out 2 members of Congress . . .
- Talking about the corporations and their minions; Vatican controls the corps, and the Annunaki control the Vatican – THEY ARE ALL BROKE and were told of that recently. The money they are using is nothing better than toilet paper ! ! !

T: talking of the RNC convention – people shoulder to shoulder, no masks
• people cannot get a test UNLESS THEY are showing symptoms!

- **WHITE NIGHTS telling us: 2.5 BILLION HAVE BEEN MURDERED ON TRUMP’S WATCH!**
 - Mr Fauci has been developing various types of illnesses by isolating various types of viruses SINCE THE 60s.
 - He represents what we know about Dr Mengele who helped build the German death camps and took the Nazi youth to manage the killing process in WW 2. From reading the documents there were 26 MILLION PEOPLE MURDERED

IN THE DEATH CAMPS – JEWS, GAYS, ANYONE WHO WOULD NOT BOW TO WHITE SUPREMACY

- The middle class of Germany was wiped out

R: a group of 18,000 in Germany who protested the virus, not wearing masks, calling out Angelca Merkel

T: She has been dead for 6 months – so they are complaining to her drones

R: THIS – WHAT IS HAPPENING - IS REAL, NOT AN EPISODE OF THE TWILIGHT ZONE

T: Natasha is saying the end of the empire is at hand

- they cannot sustain the empire any longer – have been broke for 3 weeks and are trying to get all they can: the social security \$ for example – they know they are done for
- Mother told us last night – no violence; there will be fleets upon fleets of her Paschat space ships and force fields wherever they are; we will all hear the Music of the Spheres
 - the elite, all in the Vatican who do with obscene rite + the minions of all of them – to be ushered on to star ships, taken to Dracos, tried on an inter galactic court room
- They messed with the Draconian nation – as well as with Earth

R: heard Rev Barbour today – yesterday’s march re MLK Jr ‘I have a dream’ speech – we must carry on with MLK’s speech – no guns, violence, roadside bombs, etc

AUDIO: Meditation – 5 minutes: to work with forgiveness of self and others, and all transgressions – forgiveness of self allows us to get out of old timelines – as we choose to move forward with positive thoughts and actions

A link from Vinayak – Asil Toksal – from Austria; begins with mudras and he allows the energy to flow through his body and that is what’s moving his body

GENERAL INTRODUCTION TO [Asil Toksal - Channel - Trailer](#)

This trailer that introduces him: https://youtu.be/7i0GhtixC_I

Asil has been an active Healer and Channel for many beings recognized as Angels and Archangels by many spiritual belief systems. His work though carries no religious background, it is delivered in an unconditional way to the masses as a form of connecting with the divine. Often connected with a form of energy healing the spoken channelings deliver deep and timeless wisdom.

R: back to **the story of Chad Bozeman and the King of Wakonda**

- More discussion of the significance of the entire story

T: from Thom Hartmann: the slave patrol got permission to kill slaves with muskets – that’s the beginning of the 2nd amendment

- as a simulcast of the public enactment of NESARA
- Slave patrols are current police – and the military in other locations, using racism as the tool of the military to
- The Vatican is keeping Rome alive -

- doing the bidding of the Doctrine of Discovery, 1452 – adopted by European christian countries so they would be covered by LEGAL law to take people hostage, etc etc & so they could pillage and destroy non-white civilizations around the world – people were slaughtered, raped, dehumanized and that is still policy to this day – and has been re-enforced over and over again

AUDIO: Kryon - "Your Divine Heritage" – 2020

When you listen to the podcast, you will only hear Kryon; Rama did not include the other bits.

https://www.youtube.com/watch?v=f4KA19UI_X0

0:00 / 2:18:23

VANCOUVER

This live channelling series was streamed for Vancouver, BC, Canada - August 22-23, 2020.

[00:00:00](#) - "Your Divine Heritage" - Monika Muranyi

[00:01:57](#) - Marilyn Harper

[00:14:03](#) – Kryon

[00:28:16](#) - "The Winter of Consciousness" - Monika Muranyi

[00:32:55](#) - Marilyn Harper

[00:48:16](#) – Kryon

[01:09:17](#) - "The Conduit of The Soul" - Monika Muranyi

[01:11:32](#) - Marilyn Harper

[01:25:39](#) – Kryon

[01:40:02](#) - "Transition" - Monika Muranyi

[01:42:17](#) - Marilyn Harper

[01:51:01](#) -

Kryon Official channelling page: <https://www.kryon.com/cartprodimages/...>

AUDIO: ON CONTACT 2020-08-22 **Teaching history for indoctrination**

<https://www.rt.com/shows/on-contact/498758-teaching-history-indoctrination-loewen/>



Chris Hedges discusses the teaching of history as a form of indoctrination with Professor James W. Loewen. Loewen's book: **Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong**. His new book, a memoir, is: **Up a Creek, with a Paddle: Tales of Canoeing and Life**.

PODCAST: <https://soundcloud.com/rttv/on-contact-teaching-of-history-as-indoctrination>

- T:** brings up the picture about Melania's dress
R: super imposed the picture of Jeffrey Epstein on Melania's dress
T: Someone else saw a picture of Melania, Epstein, Drumpf with Melania leaning in against Epstein, with Drumpf looking on
- Oct 6, 2016 - July 16, 2019 – they all knew about the trafficking – the untold story of Drumpf's model managing – Part 1
 - he was actually doing human trafficking as well as reality shows – just like Hillary
 - None of this will be going on any more! ! ! All of humanity will learn all of this –
 - it's about why we've been going down a dark path with the UNITED STATES CORPORATION: this will be dissolved simultaneously to the announcement of NESARA

WITH THANKS TO DON AND DOUG of BBS radio and their work of 15+ YEARS which is part of the shift from his-story to Her -Story ! ! !

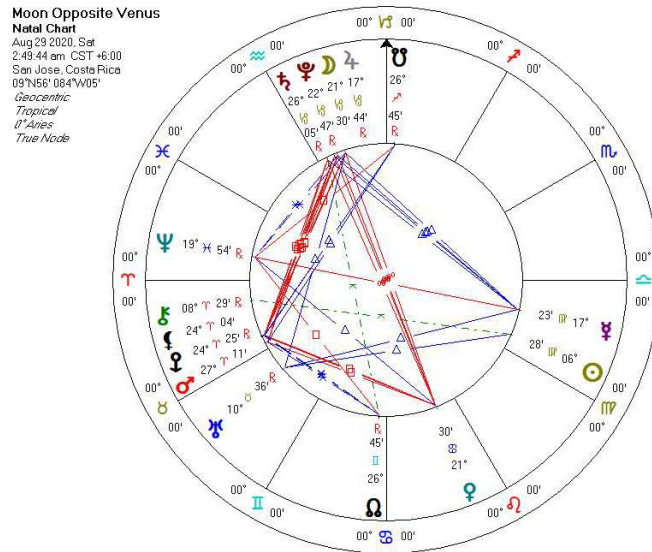
ASTROLOGY

RICHARD [RI]

August 26th, 2020 – Pele Report, Astrology Forecast

VIDEO: [Astrology for the Soul August 26, 2020](https://youtu.be/LaYsH6ciaws) <https://youtu.be/LaYsH6ciaws>

AUDIO: [Click here to download/listen to the Pele Report mp3](#)



***Where I am now is a result of my past
And what I believed to be true.
It helps to go back, compare and contrast,
The original plan with the new.***

I know this week's mantra might be a little tricky and require listening to the whole report to get it, LOL! **But sitting with it can be part of a process to clarify goals, dreams, and aspirations in light of changing circumstances, which is what 2020 is all about, eh?** It's a good week for "house cleaning/clearing," where "house" can symbolize many different things from our physical bodies to psychic space, to beyond.

Our unconscious Soul may "use" others to trigger different emotions, memories, or questions as we head into a Venus/Mars/Saturn T-square (more on that next week), so it's good to remember that the entire universe is conspiring to raise our consciousness!

Try to own as much of your stuff as you can rather than blame, judge, and scapegoat others. **While these times may be emotionally challenging, it can help to remember that they are suitable for laying a foundation for future happiness, security, and prosperity.**

Blessings!

***So Much Love,
Kaypacha***

RI: this report was full of wisdom; one of his best !

- Talks about the North Node in Gemini – where the prime transformation is going on

AUDIO: 2020-08-29 **Venus opposite Pluto: Purification through LOVE**

<https://taniagabrielle.com/venus-opposite-pluto-purification-through-love/>

[Venus Opposite Pluto \[Aug 30\] - Purification Through LOVE - Astrology](#)

<https://youtu.be/722hmWGU0Nw>



On August 30 Venus creates an opposition to Pluto helping us to *purify and purge old paradigms through beauty, joy and love.*

- **Venus** is the planet undergoing a major reawakening now along with the neglected number 13.
- **Pluto** purges old structures and patterns, making room for the NEW.

Together Venus and Pluto are rekindling the importance of BEAUTY of LOVE in the life-death-transformation process.

BEAUTY can transmute pain and loss. Beauty brings us to tears as it connects us with blissful happiness.

Beauty Purifies through LOVE.

Watch the new Star Code Podcast on this magnificent Venus/Pluto activation:

When Venus and Pluto are in opposition – especially right before Mars, planet of the **Sacred Masculine**, stations retrograde (on 9.9.) – *we are being called to look at any imbalance of energy in our life.*

The greatest destruction of balance is Fear.

Keep an open heart, allow your intuition to inspire you with JOY and EXCITEMENT and the blessings that are to come.

Discover how Divine Feminine VENUS and Transformation Power PLUTO are bringing energy into harmony by through intense and beautiful purification and by inviting you to make full use of INTUITION – **your eternal connection to Source.**

Watch the exciting NEW Star Codes Forecast!

Love and Blessings,

Tania Gabrielle

RI: Neptune knows how everything works; Pluto knows everything; Uranus is the big Kahuna/Divine Will – *put your trust in Divine Will!*

CONFERENCE CALL

Please listen to the audio which is found here:

<http://2013rainbowroundtable.ning.com/page/audio>
AUGUST 29, 2020 <https://fccdl.in/vn8T6jhYFL>

NB: Due to some kind of glitch, all of the notes from this point to the end of the show were lost

What follows is a re-building based on the podcast . . .

AUDIO: THE REST OF ON CONTACT

ON CONTACT 2020-08-22 **Teaching history for indoctrination**

<https://www.rt.com/shows/on-contact/498758-teaching-history-indoctrination-loewen/>



Chris Hedges discusses the teaching of history as a form of indoctrination with Professor James W. Loewen. Loewen’s book: **Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong**. His new book, a memoir, is: **Up a Creek, with a Paddle: Tales of Canoeing and Life**.

AUDIO: GAIA – [Great Minds with Freddy Silva](#) **Freddy Silva: Meeting the Gods**

<https://www.gaia.com/video/freddy-silva-meeting-gods>

S2:Ep 6

30 mins

August 24, 2020

Freddy Silva, a traveler and citizen of the world, shares his journey of becoming a guide to ancient civilizations and their temples. From his early childhood in Portugal, he was fascinated by stones and their energy. After a successful career in advertising in the United States, he encountered a documentary on crop circles, and this began his worldwide journey to explore these places connected to the divine. In this conversation, he explains that in the sacred sites from the pyramids of Giza and temples of Central America to the stone circles and crop circles of Europe, people over the centuries have been able to step into places of divine power and transformation. In these sacred sites, we can find portals to higher consciousness. These buildings and circles are still accessible in our current era, to help us reconnect to the wisdom of the past.

Instructor/Host: Freddy Silva

Video Language: English

AUDIO: [Quantum Revolution with Nassim Hamein](#) Complexity in a conscious Universe

<https://www.gaia.com/video/complexity-conscious-universe>

S1:Ep 8

28 mins

August 24, 2020

Is our universe the result of random chance or intelligent design? Nassim Hamein suggests that the complexity of our universe is not built from random chance, but rather a cosmic order to all things. This notion challenges the arbiters of the established sciences. His work shows that we do not need religion to explain the organized nature of our universe. We just need to understand the information feedback structure inherent in every scale of existence which could be considered a form of universal consciousness.

Instructor/Host: Nassim Hamein

Video Language: English

AUDIO: [Cosmic Disclosure with Emery Smith](#) Disclosure: Why Not Now?

<https://www.gaia.com/video/disclosure-why-not-now>

S 11:Ep12

28 mins

August 25, 2020

Guest: Randy Veitenheimer

Randy Veitenheimer and Emery Smith discuss the ever-changing landscape of secrecy and the slow release forbidden technology. Little by little, the disclosure is happening, playing out in subtle ways through mainstream and social media. They look into such questions as, why now? What has changed and what's causing all this? They also discuss what it will take for us to bypass corporate controls and bring more of this tech to the public view.

Instructor/Host: Emery Smith

Video Language: English

AUDIO: [Nuevo with Jaime Maussán with Jaime Maussán](#) Tetrahedron Over the Kremlin

<https://www.gaia.com/video/tetrahedron-over-kremlin>

S3:Ep 2

32 mins

August 2020

This could be one of the most extraordinary UFO cases in history. Witnesses from Russia and the US saw tetrahedral-pyramid UFOs hover over their capitals and recount their experiences with Jaime Maussán.

The testimonies of this great event went viral on the Russian internet and many believe that it is a political message. Jaime first interviews Dimitri, one of the witnesses to the first event that happened 10 years ago over the Kremlin. We also explore the extraordinary geometry of the tetrahedron.

Instructor/Host: Jaime Maussán

Video Language: English

T: Gives some background on Jaime Maussan

**AUDIO: [Great Minds with William Henry](#)
William Henry: Ascension & the Destiny of Humanity**

<https://www.gaia.com/video/william-henry-ascension-destiny-humanity>

S2:Ep7

33 mins

August 24, 2020

William Henry is fueled by the conviction that the work of ascension is the destiny of humanity. When he first began his studies at a Southern Baptist college, he wanted to answer the question, who was Jesus really, and what did he teach? Researching this question and other mysteries, he has discovered compelling evidence that transforming or ascending to a being of light is the universal goal of spiritual and metaphysical traditions worldwide. As a researcher of esoteric traditions, he dives into ancient texts and works of art to show it is possible for every human to realize this potential of their higher selves and bring our planet into a higher state of consciousness in light and love.

Instructor/Host: William Henry

Video Language: English

**T: Closing commentary: today is the 4th day they have seen a rainbow – meaning
We are here! We've made it.**

Closing: Rainbird

**Rama's Music
Universe Consciousness
a piece from *Highlander***

Reading: from Caroline Ocean Ryan:

SEE BELOW

2020-08-28 A Message to Lightworkers – August 28, 2020 by Caroline Oceana Ryan

2020-08-28 A Message to Lightworkers – August 28, 2020 by Caroline Oceana Ryan

This week's guidance from the Ascended Masters, Galactics, Earth Elementals, 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.

Recently a Light Bringer commented to our writer about a channeling she had received for him, from one of his guides.

He wrote:

"In a recent channeling you did for me, my guide said that I am not the savior of the planet.

What I learned from that was, that we as Lightworkers are anchoring many Light codes that have helped bring about many changes and current situations on the planet.

It is our job to bring in the higher Light/energy so that the necessary changes can take place.

What she said also showed me that my most important job is to stay strong, to focus and take care of myself, and not be concerned or worried or stressed about what is going on in the world around me.

Our jobs as Lightworkers is to keep our energy/Light as strong as possible.

By doing this we are enabling our energy to flow, which will allow for a stronger fifth dimensional Light to be distributed around the planet.

If we worry and stress about all the chaos and madness going on simultaneously, this only diminishes the strength of our fifth dimensional Light, which is used to build the New Earth, and at the same time, protect the planet from the darker energies.

So by focusing on ourselves, and having the attitude that all is taken care of and all is complete, we are doing the greatest good that we came here to do.

That might sound selfish, but this is how we stay strong and focused, and stand tall and let our natural abilities as Lightworkers accomplish the most good.

We should not feel guilty about being concerned about ourselves and taking care of ourselves first. This is what we came here to do."



Photo by Alicia Peters

Our writer recently channeled another message from another spirit guide, who offered almost the exact same message.

And she has pondered the point about guilt, as she and so many others were raised with the idea that “It is better to give than to receive,” which is a mistranslation of the text that has led to many misunderstandings of the original teaching.

It is of course possible to understand that this is a misteaching, and not a solid Truth for Light Bearers at this time.

Yet the subconscious is powerful.

Many still carry the feeling that they owe it to their fellow humans to give to the point of imbalanced overgiving, because it is for one thing difficult to see others suffer, and for another, hard to shake off centuries of learned self-negation.

We would say that this is indeed a time when many look out onto the world and see many in despair, weighted by experiences of hunger, homelessness, and unemployment, of illness or environmental destruction, and other dense situations.

And it is very easy to move from a moment of viewing those circumstances to feeling the compulsion to save or rescue those in difficulty.

And certainly, to help out here or there with solid advice, financial contribution, a meal, or smile or kind word of encouragement—all of that is a beautiful moment of connection with another.

In that moment you are sharing something.

They have blessed you with the chance to give, and you have blessed them with the chance to receive.

You are not fooling yourself that you are taking away their pain in any complete way.

And yet—your kindness reassures them that they are worthy to receive, and are gathering to them the tools and resources needed to stand on their own, to be well again or housed or employed again, to believe in themselves and their life path again.



Photo by Harry van Grieken

A beautiful thing indeed!

And you yourself have realized that you are also Abundant; that you have plenty to give and plenty to feel wonderful about.

This is especially true when you are not feeling particularly Abundant, and for example, decide to give regularly 10 percent of all the money that comes to you as a gift and encouragement to a group or individual that inspires you with their work.

That number of 10 being the number of increase, you then bless your own situation—your income, your health, your relationships, and more—with the steady outflow of money that is simply a form of life energy.

The imbalance comes from the belief that giving should be compulsive or come from a need to rescue another.

We would agree with the channelings above, that the rescue idea, based on the victim/savior paradigm, is an idea whose time has well passed.

It is a belief based in scarcity teachings, and on self-denial, that says, “Others are more valuable than me. More worthy of Joy and fulfillment, while I am worthy of self-sacrifice.”

This is a strange and demanding time to be on the planet, and so you will need to watch your emotional and mental vibration, friends, as well as your etheric vibration, so that you do not shift either into despair or into “rescue mode.”

You can avoid that by sending higher Light to any person or place that appears to be suffering now, such as to the populations of California facing extreme fires, among other western states. Send Light to their people, trees and wildlife, their homes, schools, and hospitals.

Send Light to the people of Beirut and their whole country of Lebanon as they rebuild themselves after disaster.

Send Light to those who are ill, or fearful for a loved one who is ill.

Light to those afraid of becoming unemployed, or who have done so, and are not receiving adequate income.

Light to those not able to make their rent or mortgage, or pay for health insurance.



Photo by Sheila Fitzgerald

Certainly you do not have the outer resources to make all this, and all of Earth's other pains and challenges, suddenly fade away.

Yet you can envision all of these situations solved, just as you can envision NESARA Law fully enacted, and all persons living in Abundant and fulfilling circumstances.

You are correct if you are thinking that all will not be ironed out overnight.

Yet know that were you in the etheric, viewing Earth from the distance of being no longer in physical life, you would do no less.

You would not have the luxury of "rescuing" others, and would have to work with them energetically, as they were open to such, in order to assist them.

Recall from deep within you your complete confidence in energetic solutions that find their way outward to physical ones, and draw on that experience.

Assisted by your spirit guides and higher self, you are perfectly suited to help to transform your world, yet in ways that simply empower and encourage others, rather than take them off of their path.

The time to look for saviors and rescuers is well over, friends.

You have come in to learn how to love and trust yourselves and your own higher instincts. You lead the way in that path, as in so many others.

And so allow that particular kind of Joy and relief from heavy burdens, by letting go of that which is not yours to carry.

Care about others, most assuredly. Yet grant that they are powerful enough (perhaps, far more so than you!) to create their own solutions, and that your love for them points that out, with complete confidence in all they are able to transform.

Namaste, friends! So much Joy awaits you, and begins to unfold for you now.

We are with you, always.

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