

**DOCUMENT OVERVIEW**

**I INFORMATION REGARDING ACCESS TO**

- A THE THREE WEEKLY** Internet / BBS Radio CALLS
- B ARCHIVES** - provided by BBS and by Rainbow Roundtable
- C OTHER CALLS SUPPORTED** by <https://www.rainbowroundtable.net>
- D LINK TO PODCAST**

- II OPENING MEDITATION; ENERGY UPDATE**
- III HARD NEWS**
- IV GUEST HOUR**
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**I INFORMATION REGARDING ACCESS TO**

**I – A THE THREE WEEKLY CALLS: GO TO BBSRADIO.COM <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: 2<sup>nd</sup> CONFERENCE CALL # for both Friday, Saturday  
605-313-5166  
Pin Code: 353 863#**

**B B S RADIO STATION 1 B B S RADIO STATION 2**

**INFORMATION RE: OPTIONS FOR LISTENERS are listed below**

A Night at the Roundtable  
Friday Night Hard News

Saturday History Call

**LISTEN ON LINE**



CLICK ON **AUDIO ICON**



CLICK ON **AUDIO ICON**

**1-631-359-9353**

**1-804-220-6484**

**LISTEN BY PHONE**

[NO code needed]

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**I - B ARCHIVES - provided by BBS and by Rainbow Roundtable**

**ARCHIVES: B B S**

- Go to [www.bbsradio.com](http://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 desired date.

**ARCHIVES: Rainbow Roundtable**

- Go to <https://www.rainbowroundtable.net/>
- **WRITTEN** • Go to "Archives" tab for written notes: NOTES on RHS
- **AUDIO** • Go to Archives" tab for audio links on LHS:  
includes BBS podcast + Conference Call Links

**I - C TO ACCESS OTHER CALLS SUPPORTED BY Rainbow Roundtable**

NAME OF CALL / HOST	WEEKDAY / TIME	ACCESS POINT	TELEPHONE NUMBER
Aboriginal Moabite Nation Call Grand Goddess Lillie	<b>Wednesday</b> 6:00 – 7:30 MST	<b>Telephone Only</b>	1- 605 - 472 – 5406 <b>PIN 402-493#</b>
<b>Abundance Call</b> Caroline Oceana Ryan	<b>Every 2<sup>nd</sup> Wednesday</b> <b>5:45 PM PT/ 8:45 PM ET</b>	<b>Telephone</b> <b>ZOOM</b>	
<b>To be notified: email <a href="https://www.ascensiontimes.com/the-abundance-group">https://www.ascensiontimes.com/the-abundance-group</a> Scroll down to the sign-up sheet and enter the requested info.</b>			
<b>Ascension Call</b> Cheryl Croci	<b>Every Sunday, Monday</b> <b>9 – 10:30 EST</b>	<b>Telephone Only</b>	1-425-436-6260 <b>PIN 9467 441#</b> Call Cheryl for # in your area
<b>Ashtar Legacy Calls</b> Fran Pearre	<b>Every 2<sup>nd</sup>, 4<sup>th</sup> Tuesday</b> 5 <sup>th</sup> Tuesday – no call <b>9:00 – 10:00 pm EST</b>	<b>Telephone</b> <b>VOIP/ H D</b> <b>via Skype</b>	1-717-908-1834 <b>PIN 980 339#</b> Call is free; LD charges are not 1-717-908-1834 <b>PIN #980 339#</b> <a href="https://www.freeconferencecallhd.com/hd-conferencing/">https://www.freeconferencecallhd.com/hd-conferencing/</a> Click on VOIP button and enter info as requested
<b>To access past ALC calls, go to <a href="http://ashtarontheroad.com">Ashtar Legacy Teleconferences (ashtarontheroad.com)</a></b>			

**Call In Numbers: 888 627 6008 323 744 4831**

**LINK TO BBS PODCAST:**

<https://bbsradio.com/podcast/night-roundtable-march-9-2023>

**HOST:** Rama, Tara  
**MEDITATION:** Omena  
**GUEST HOUR:** The Panel and callers

**TONIGHT'S PANEL:** Caroline Oceana Ryan [COR] Micah Green [MG]  
Penny Christoffersen [PCC] Omena [O]  
Rama, Tara [R,T] Randy Miller [RGM]

### THE LAW OF ONE

We are all One.  
When One is harmed, all are harmed. When One is helped, all are helped.  
Therefore in the name of Who I AM – and I AM One with All there is -  
I ask only that the Highest Good of all concerned – Happen.  
And I give thanks that this is done!  
So Be It!

### ENERGY REPORTS

#### After the meditation, she said we ARE The World!

**O:** she's all about LOVE!

We will get what we want for our highest good – AND THERE CAN BE NO DOUBT, NO FEAR!

Tells the story of driving a friend to see a doctor – 2.5 hours away! We are not going away until they see us! !! We have the power to clear the path for ourselves and for others too – has to be clear to get past the obstacles! Love yourself enough to know you CAN do it! And that you WILL do it.

So she and the friend did get to see the doctor – downright disrespectful after 2.5 hours of driving and arrogant to think they can get away with that!

**COR:** has been forgetting about coming up to March 17; dealing with the energies is a full time job!

Knows during meditation that she feels a touch on the crown of her head

Omena's meditation was very helpful and beautiful – our sub-consciousness responds to the symbols need to release all the

**PCC: Over the last few days,** I've been feeling more evened out energetically speaking which is great!

The material I'm reading and preparing speaks to the increasing awareness of people

Last night and the night before, when I went outside to greet the visitors in the western sky, they seemed to be much bigger and brighter than they usually are. By the time I scooted into the house and came back with my camera, they were back to their usual size and brightness – which is still pretty bright. So I'm thinking they were saying 'hello'! I did manage to get a photo – and one of Sirius/The New Jerusalem as well – tiny, but a picture!

I sent out a single-subject e-mail a little earlier today of the aurora borealis over Elk Island Park just to the east of me. Those pictures were returned to me, with the face book graphics removed, and all of them the same size: large! And they are even more beautiful – so there'll be a second e-mail later with the better pictures . . . I had seen the auroras on the same night as these photographers did, but it was earlier in the evening so they were not as bright, and there is a bit more light pollution on my side of the Park.

**O:** when she was a child, Omena's mother made sure all the children went out and looked at auroras

**T:** reports on seeing auroras etc at 11:30 pm and later – never saw such things in Chicago!  
**R:** the presence of auroras has to do with what's happening with the sun – he sees gold dust coming into his hands

**RGM: starting countdown to equinox – 4:54 pm dst**  
2 earthquakes in northern Alberta today – 4-5 pm this afternoon

**MG:**

- he too has been having adventures with energies rising and falling, increasing, decreasing intensities . . .
- Mr Keshe on creation

In a recent KSWorkshop, Mr. Keshe gave a historic teaching of the knowledge of the universe and creation and a PHD on the subject, the Soul of the Universe. Unraveling the secret of life - how we convert energy of the Cosmos. Man already unknowingly taps into Universal Energy, due to Earth's magnetic (MG) fields. Calcium (Ca) structure is the cornerstone of life and conversion of energy on this planet; every animal & mineral has Ca seed center – it's like the soul of every cell in our bodies that converts Cosmic Rays and Carbon 14 into Carbon 12. 80% of our energy comes through this process of converting Cosmic Rays from the Universe; only 20% of our energy comes through the food we eat. This same process replicates itself throughout the entire universe.

This unravels the secret of life, and how the energy of the cosmos is converted into an energy that can be used in the structure of the man. And how man unknowingly connects and taps into the Universal Energy without his knowing. Our human scientists have never understood this process). (To unravel this connection between C14 and C12, we (need to discuss) the structure of the calcium in the body of the man with the eye as the cornerstone of life of man on this planet. Not only Man would not exist, but the animals and even the minerals would not exist (if there wasn't a Ca) as the seed center of every life. Mankind needs to understand this.

In other news Mr. Keshe said in the coming weeks there will be knowledge and technology released that cannot even be imagined.

And The Elevating the Soul of World Leaders for Peace event will take place on Friday, 24th of March 2023, at 12:00 CET (noon).  
The Addiction Awareness event will take place on Sunday, 23rd of April 2023, at 12:00 CET (noon)

Even if you cannot be in attendance of these events, you can still tune in with your soul. These have been very powerful events that have been rolling out on a monthly basis. Many testimonials from all walks of life have been coming through 'nothing' (to) short of 'incredible'. Slowly but surely we work towards world peace, elevating the souls of our beautiful planet.

**R:** 50 years ago today, the far side of the moon came out by Pink /floyd  
**T:** and the Shock and Awe program of the US in Iraq – neither iraq or Afghanistan did anything

**Rama:** reads the WK Report . . . see below

**Caller:** wanting listeners to be aware of several sites:  
geoengineering.org  
speaks of need to do an audit on the Vatican and another body  
James Gilliland & and his ranch where ship sightings are standard occurrences -

**COR:** asking about food and people's concerns about there being enouhg: have the WK said anything?  
**R:** the ongoing dramas having to do with the widening canyon between the left and the right, and the right creating the division with hatred, false narrative about 'others' including Ets – if we can't get along with each other,

- the leaders of the big governments are creating chaos and creating fear so they have loosh! -
- tells people to turn Fox News off -

**RGM: got**

- O:** Fox News is not a news channel, it's an entertainment channel so they can say what they want! Doesn't give Fox News any thought at all! Wondering what makes Trumpsters -
- what Trump said to people last week: "I'm gonna be your retribution"
  - All the thing she can say is "God Bless the man!"

**PCC:** presents some parts of a story about women warriors -

**2023-03-16 (2023-03-09) The Untold Stories of the Women Who Led Slave Revolts  
Their inspiring acts of resistance were ignored or erased for centuries—until now.**

by [Sarah Durn](#)

[https://www.atlasobscura.com/articles/women-led-slave-revolts?  
utm\\_source=pocket-newtab](https://www.atlasobscura.com/articles/women-led-slave-revolts?utm_source=pocket-newtab)

- Discussion about the role of women – historically, and in current times
- there are those who would like to turn everything upside down, make the physical plane the only reality, why do men fear women? For one thing, women are creative, have a direct line to the creator -

**COR:** what about the banks, as per the W Ks?

**R:** doesn't think the system will be changed immediately

**T:** the dark ones only want to crash things down on a Democratic president!

**R:** we're moving into higher energies every single day: portals opening up; people meeting various kinds of interesting folk; ships decloaking everywhere – it's a challenge to stay in the ONENESS with all that is happening to distract us! ! ! Be outside on a daily basis

- Change is happening in spite of the efforts to create drama

**T:** met Lady Nada in '87 before T met Rama – T used to walk Nada's child while Nada was working

- she's head of Solar Tribunal on Saturn; from Lebanon and was born of human parents
- What Nada told Rama today means they are into intervention now!

**T:** why is an American drone hanging out over Russia and Ukraine? On the news tonight, look-alike Putin said 'the waters around the US are international waters, so what about one of our drones over your waters? ? ?'

**R:** then whatever happens will involve Captain Ashtar – there are all kinds of civilizations in the solar system and beyond that we know little or nothing at all – and they are family . . .

**R:** this time we are in is so critical – the equinox coming is a HUGE DEAL! Entire dimensions are shifting and changing – and we are getting uplifted in spite of the maya!

**COR:** why is the spring equinox a 'stargate'?

**R:** at the time of the equinox the lines, ley lines, energy vortexes across the planet open up – all the different grid points when equinoxes and all these energy points open

- when equinoxes and solstices occur, there is a shift in the magnetic field around the planet – so the rays from outside the earth penetrate more deeply into people, animal, plants
- things happen around the planet at the times of equinoxes and solstices and astrological events
- In answer to a question: yes, this plan to help humanity wake up has always been in existence

**COR:**

**R:** energetically and physically – might get even more intense these days

- be careful on the road or in life – it's only about LOVE

**R:** Michael Cohen has been testifying: don't pay out money to porn stars for nothing -

**COR:** Drumpf is trying to rally his base – which is getting smaller; he's also facing all kinds of legal stuff

**O:** time was invented to create the sense of being organized

- She loves dancing and music – those are things of the soul!
- She tells RGM she can dance anywhere – so they have a date to meet in the universe somewhere, sometime . . .

**CLOSING MUSIC:**

**The Sound of Music | "My Favorite Things" Lyric Video**

[https://www.youtube.com/watch?v=2G6dd7ikrXs&ab\\_channel=FoxFamilyEntertainment](https://www.youtube.com/watch?v=2G6dd7ikrXs&ab_channel=FoxFamilyEntertainment)

2023-03-16

Rama's White Knight Report

MARCH 16, 2023

March 09, 2023 – March 16, 2023

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.

To find more info on the folks Rama talks to – who keep ALL OF US in the loop as well! – go to

<https://www.rainbowroundtable.net/rama-s-contacts>

2023-03-10

Friday

[Dalai Lama](#)

[Dalai Lama @DalaiLama · Mar 10](#)

Each of us must learn to work not just for his or her own self, family, or nation, but for the benefit of all humankind. Universal responsibility is the real key to human survival. It is the best foundation for world peace.

2023-03-10

Friday

Natasha

**Rama:** I received a text message from **Natasha** at 12: 15 pm, early this afternoon. She said to me, "Lord Rama, there are ships decloaking all over the planet. This is the time we have talked about." (and as I was talking to Natasha, I saw a starship decloak right in front of me!)

Natasha went on: "The Dark Ones are out of options, save one: that one is called Love."

Then I heard on the radio a recorded talk of Tich Nat Kahn; he was speaking about the Dark Ones and having loving kindness and compassion for these ones.

Natasha continued, "Lord Rama I am hooking up to the two High Venerable Lamas who know his Holiness, Koon Doon; they are in a temple on the border of Tibet and Buhtan, and this temple is called Kamar Taj. This temple goes back to the time as Lord Buddha walked the planet, about 5000 + years ago." The Two Lamas greeted me and said, "Lord Rama, this temple has various access points to portals that take you to various parts of the Milky Way Galaxy." They said, "All the Ascended Masters, Teachers and Angels are returning now. As you call them in, they will come to you. See you in the Light of the Most Radiant One! Sat Nam! Namaste! **Blaze the Violet Fire!**"

2023-03-13

Monday

[Dalai Lama@DalaiLama · Mar 13](#)



**Dalai Lama** @DalaiLama · Mar 13

The Dalai Lama Global Vision Summit 2023, a free online global event presented by Lions Roar and Tibet House US, will explore how we can navigate our increasingly uncertain world with compassion, goodness, and virtue on March 16-20, 2023. [lionsroar.com/dalailamasummi...](https://lionsroar.com/dalailamasummi...)



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2023-03-13

Monday

Rama's Animal Friends – 39 in all!

**Rama:** I went and sat by the river at 2:10 this afternoon. I laid my crystals out in a circle on the ground, under a very big old pine tree. Clouds began to form, and there was a large downpour. I got a little bit wet, yet the pine tree mostly protected me. As the rain continued, I was joined by 28 deer, 8 crows and 3 foxes. I spun my crystals and sat quietly with the animals for about a half hour. And then my phone rang and everyone disappeared: it was a SPAM call! The message I received from the animals and the rain was "Stay in the Oneness with a high open heart, with loving kindness and compassion for all sentient beings. May peace prevail on earth. Sat Nam! Namaste! **Blaze the Violet Fire!**"

2023-03-14

Tuesday

Tom the Cat, Sweet Angelique the Cat

**Rama:** I received a text message from **Tom the Cat and Sweet Angelique the Cat** at 1:30 pm this afternoon. They said to me, "Lord Rama, the Great Central Sun keeps churning out the solar flares. These are filtered through Helios and Vesta, the sun behind the sun, and then they come to our sun, Sol. And then, the solar flares filter down to our atmosphere in the form of monoatomic gold dust, just as you saw in the movie *The Golden Compass*.

"Meanwhile the Dark Side continues to go down fast. The fiat currency is losing value by the day. Stay in the heart of All That Is. The banks continue to go down, playing with the currency. There have been high level galactic meetings on Saturn and Titan, one of Saturn's extremely large moons, to the point of it's being mistaken for a small planet. This moon is teeming with life. There are 96 moons orbiting Saturn; all of them have life on them. The folks there may not look like you and me, but they are sentient, conscious, advanced 5<sup>th</sup> dimensional ascended beings. They are glowing, super conscious spheres of light.

Captain Ashtar has been at many of these solar galactic meetings; it is all about establishing a new heaven and a new earth on Mother Gaia. As we do our meditations and invocations, call us in: we are one nano second away; our star ships are silent. As you hear a soft knock at the door, it is us. We like green jasmine tea. Sat Nam! Namaste! **Blaze the Violet Fire!**"

2023-03-15

Wednesday

Lady Nada,

**Tom the Ringtailed Cat, Larry, Curly Mo and Sweet Angelique the Cat.**

**Rama:** I went up the mountain and created a Jedi Council in the forest, at 11: 35 late this morning. Then **Lady Nada** showed up, followed by **Tom the Ringtailed Cat, Larry, Curly Mo** and **Sweet Angelique the Cat.**

Lady Nada who spoke on behalf of everyone, said: "Lord Rama, the Deep State is playing their final cards! All they have is fear and nuclear sabre rattling. On behalf of the Solar Tribunal Council and this local solar system of our sun, Sol, I am here to let you know we are in the last few nano-seconds of this old timeline. The emperors who have no clothes are out of options, save one – it's called LOVE. I have seen many intergalactic situations; it always comes back to the Law of Love. They do not get to destroy this planet; they would rather use the psychic holocaust which is called The Matrix, and the Matrix is being assimilated by LOVE!

"We are in a most auspicious time. The Sun and Neptune are in a conjunction. We are entering the Age of Aquarius. See you in the Light of the Most Radiant One! Sat Nam! Namaste! **Blaze the Violet Fire!**"





**Rama:**

I received a text message from **Darby O'Dell** at 11: 49 am, late this morning! Again, Darby O'Dell, a personal friend of the King of Swords, is a bit of an Irish Wizard – to say the least; like Gandalf the Wizard in *The Lord of the Rings*, he knows how to open portals and has – all through England, Ireland, Scotland and Wales.

Darby had a message for me today; he said to me, "Lord Rama, higher frequencies of the ascension plasma waves are coming in from the Great Central Sun. Then they travel through our sun, Sol, and carry lightbody activation beams to Planet Earth. Then, as we have our hearts open, and we are in a state of attentive awareness and, with our permission, these



sentient light beams will enter our physical bodies in the form of monoatomic gold. On taking these golden light particles in, we can literally experience an upgrade in our DNA."

Darby continued: "By the way, Lord Rama, this spring equinox stargate on March 20<sup>th</sup> will be a 0 degrees Aries! ! ! This could well be the zero point energy that activates the flash! May the Luck of the Irish be with you! See you in the Light of the Most Radiant One! We are off to see the wizard, the Wonderful Wizard of Oz! Sat Nam! Namaste! **Blaze the Violet Fire!**"

[[https://harrypotterfanon.fandom.com/wiki/Erehnoll\\_School\\_of\\_Witchcraft\\_and\\_Wizardry\\_\(Epic146\)](https://harrypotterfanon.fandom.com/wiki/Erehnoll_School_of_Witchcraft_and_Wizardry_(Epic146)) ]



**The Rainbow Bridge, The Bit-Frost...road to Asgard - from Lord Rama**



**A portal to Sirius B... from Lord Rama**