

2024-02-10

SATURDAY HISTORY CALL

“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; LINKS TO PODCASTS, WEBSITE
- 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

LISTEN ON LINE

CLICK ON **AUDIO ICON**

CLICK ON **AUDIO ICON**



LISTEN BY PHONE

1-631-359-9353
[NO code needed]

1-804-220-6484
[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	Wednesday	Telephone Only	1- 605 - 472 – 5406 PIN 402-493#
Grand Goddess Lillie	6:00 – 7:30 MST		
Abundance Call	Every 2 nd Wednesday	Telephone	
Caroline Oceana Ryan	5:45 PM PT/ 8:45 PM ET	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	Every Sunday, Monday	Telephone Only	1-425-436-6260 PIN 9467 441#
Cheryl Croci	9 – 10:30 EST		Call Cheryl for # in your area
Ashtar Legacy Calls	Every 2 nd , 4 th Tuesday 5 th Tuesday – no call	Telephone	1-717-908-1834 PIN 980 339#
Fran Pearre	9:00 – 10:00 pm EST	VOIP/ H D	Call is free; LD charges are not 1-717-908-1834 PIN #980 339#
	https://www.freeconferencecallhd.com/hd-conferencing/ via Skype		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 OPENING MEDITATION; HOUSEKEEPING; INFORMATION SOURCES

RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST

- A. Opening Meditation: Cheryl Croci**
- B. Housekeeping: Rainbird**
- C. Link to Podcasts from B B S**
Link to Website See below

BBS: • Listener-supported radio programs – Cost is \$250 - \$300 per week
All BBS archives can be accessed for free, including the podcasts for the Thursday, Friday, Saturday calls, listed above.

• www.rainbowroundtable.net has archives, too.

- Go to BBSradio.com/Station2; find **The True History** 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
17419 Wilton Park CT
Spring, TX 77379

[Please put "**Attention Don**" on the envelope]
 [Note inside that it's for T & R calls
 [& 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 for the car, and access to BBS Radio in order to compile and distribute this information to the world.

OTHER FINANCIAL REQUIREMENTS

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

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

Financial Requirements

WEEKLY

B B S RADIO/week

\$277 FOR THIS COMING WEEK There are 3 programs: Thurs, Fri, Sat
 Thank you, thank you, for your generosity!

PERSONAL

Gas, food, etc
 Bills

\$200.00 General living expenses (inc food, gas)
Phone bill - \$160 !!! NOW
Giaco bill - \$105; + Windstream bill
 Rama is looking for a new printer too . . .

Miscellaneous/Other

Also have a battery issue – a nano coated wire will help! ! !

MONTHLY

\$1150 / mo

PAID

CONTACT INFO

- Please notify Rama when sending something
- Mailing address for checks, money orders, etc

koran999@comcast.net

Ram D Berkowitz
 PO Box 280
 Santa Cruz, NM 87567

PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH

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

Please donate: VIA PAYPAL, either your own a/c or Rama's a/c [koran9999]

There is also a **donate link** on www.rainbowroundtable.net
**** www.rainbowroundtable.net /page/donate ****

EVERY \$ HELPS: no amount is too small! ALL GRATEFULLY RECEIVED

C. Link to Podcasts, Website

THIS WEEK'S PODCAST: <https://bbsradio.com/podcast/true-history-february-10-2024>

WEBSITE AND ADDRESS: <https://www.rainbowroundtable.net/archives>

(1) Listings: AUDIOS, WEEKLY SETS OF NOTES - on the ARCHIVES page

(2) WHITE KNIGHT REPORTS <https://www.rainbowroundtable.net/general-5>

D: 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.keshefoundation.org/store/?alias=store>

Rainbird: passes on the Talking Stick, highly decorated by Cheryl and also RB herself !

RAMA, TARA:

Greetings to all; thank you for all the gifts – we are moving all along in the Age of Aquarius
More BIG solar flares – X Class ones! ! !
if you have issues with the body

he sat with 6 deer and 3 crows today for a few minutes and they said they were out of here and he was crazy! ! ! (It was so cold!)

? ? ?what happened in the middle East at the time of the flood: he was listening to a radio programming about King Solomon who was black and the Hebrews were black

had on Medea on and people who had lived in Gaza and the Left Bank – what they see is systematic genocide and Mr yahoo is setting himself up for ! ! !

AUDIO: Robert J. Gilbert "Spirit, Mind & Healing"

https://www.youtube.com/watch?v=1Ca0IMMY_ws

ROBERT J. GILBERT "SPIRIT, MIND & HEALING"



0:00 Intro

8:31 How ancient spiritual knowledge connects with and gives a larger context to modern scientific discoveries in ways that help us understand and apply it.

14:07 The causal plane

23:45 Scalar energy

30:37 BioGeometry: The equilibrium point for all types of biological systems

37:38 A definition of dimension from Robert's perspective

45:04 The LD50/median lethal dose https://en.wikipedia.org/wiki/Median_...

56:23 "Deep thinking burns up life energy in the body"

1:09:01 Longitudinal and transverse waves

1:14:44 Cymatics explains how invisible energy wave structure matters.

1:22:40 How the supplementary motor area of your brain intersects with the Chakra system

1:27:45 What promotes better healing through electromagnetics: A TENS unit or microcurrent therapy?

1:35:56 The subtle energy problems with owning and using second-hand items.

1:47:00 Do you blame others for their illnesses and physical challenges?

1:56:32 Sacred Geometry of space and time that operated on the astral and physical planes

2:02:42 Memento mori: Remember that you will die <https://en.wikipedia.org/wiki/Memento...>

2:11:53 Past life regression and embedded trauma

2:20:39 Expanding our unconscious is the foundation of mindfulness.

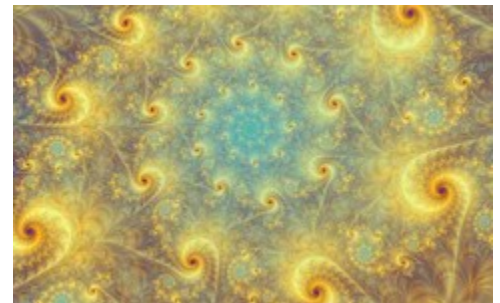
2:32:37 How to instill more consciousness in ourselves every time we incarnate.

Reading: Grandma Chandra

The Year of the Dragon

<https://www.grandmachandra.com/pages/the-year-of-the-dragon>

The year of the Dragon which begins on February 10th, 2024 is the time when everything starts flying on dragon wings. Everything will start rising up, the spring will spring, the energies will rise, the feeling of ascension will be everywhere and will be seen in everything. Everybody even those who don't want to see will not be able to avoid this growth, this rise of energies around them and the ascension that will be happening all around.



It is like the feeling glorified winds of sunshine, brightness, clearness and cleanness in everything that is happening and will be happening on Gaia. It will be harder to stay in the shade because sunshine will be everywhere. There will be no shade to hide you. There will be no holes to dig. There will be no rocks to hide behind. Everything will be pretty well lit up and these lights will support everything that is calling for the light, that is light, that is creating light and it will totally eliminate everything that is not.

Look inside of you for what else you need to leave behind. Look around you for what you don't need anymore in your life in the physical, emotional, and mental world. Get rid of all the thoughts, of all the emotions that don't make you into a light being. Look around you space wise, energy wise and quantum field wise and see what new presences, manifestations, signs, symbols, voices and languages that you will start seeing and receiving. What new groups, beings and star energies will you have around you. Be aware, be familiar, be joyful, be grateful and be a part of this.

Hugs and love to all of you,
Grandma

2024-02-07 **Astrology Forecast**

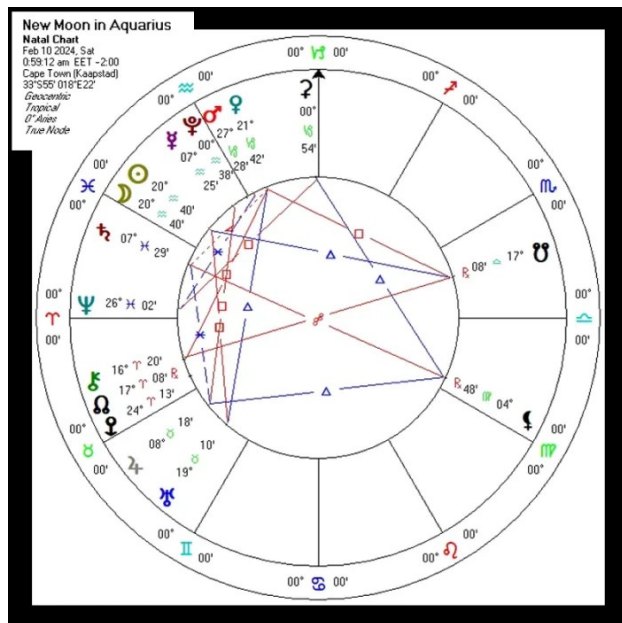
<https://youtu.be/GZASokEN2rU>

Freedom is not just doing,
 Whatever you want to do,
 But letting go of ego control,
 So Spirit can have her way with you.

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



Hola New Paradigmers!



These wild and crazy days are about to get wilder and crazier with the new Moon Friday! If you're not howlin' now, chances are you will be by the end of the weekend. As I mentioned in the report, first Mercury, now Mars, and on the 17th, Venus will all dip down into Pluto's underworld, **say goodbye to any and everything that is holding us back from our soul evolution**, and then resurrect, come back, and join the living.

There's a lot of that going on with both Neptune and Saturn in Pisces, the grand finale of the zodiac. This is a big year to come to terms with the natural grief that it is only human to feel when there is a loss so it is felt, honored, respected, and released. **Loss is a humbling experience** that shows us just how illusory our thinking that we can control life really is. This new Moon square Uranus will be a great awakener that puts many in their place.

While I mentioned Saturn returning to where he was last June in the report, I also meant to mention Uranus! Uranus was at 19 degrees of Taurus last May and has just now stationed at that same degree again. So we are all "revisiting" the actions and choices (some conscious and some not) we made back then. **This is a time of getting the results of last year's tests in**, and some of us find ourselves lacking in some areas even when succeeding in others.

Whatever results you are receiving from past deeds, and whatever new events are happening in your life, know that this year is a year of "planetary downsizing," removal of some "fluff" (some toxic, some not), and a "getting down to essentials," so we can move on as a planetary fellowship. **Compassion for ourselves and others is the keyword** as we witness so many face challenging circumstances of an unforeseen nature. Know that there is a plan and that it shall be revealed, and that our best shot is to hang in there, be resilient, stay strong, listen, learn, and follow. Blessings on your journey!

Freedom is not just doing
 Whatever you want to do,
 But letting go of ego control
 So Spirit can have her way with you.

We have an extremely potent and unpredictable Aquarius new Moon this Friday. The square to Uranus in Taurus adds a rebel/revolt energy to an already freedom-seeking Moon. The Mars/Pluto conjunction brings in the ammunition for a rather explosive week where anything can happen. It signals a week to **remain flexible and practice resilience**, as I speak about in the report and this week's mantra.

It may be pretty tempting to want to take control and charge ahead full steam, or the opposite, pick up your bags and leave without saying goodbye. Still, **the middle road of tolerance**, patience, and compassion will open doors of perception into the deeper meaning and causes behind everything happening.

If you feel overwhelmed or overextended, **this can be a good couple of weeks to trim things down**, let go of commitments, and humbly ask Spirit's guidance on the best way forward. Many things are changing very rapidly these days, and rather than get anxious, mad, or depressed, this can be an excellent time to take a step back, **free yourself from expectations and demands**, and check in through meditation as to what the Great Spirit really wants you to be doing. Chances are the way will appear before you!

Update on Momo: Got last-minute news that Momo is still hanging in there! It's been a miracle!! Keep your prayers up! 🙏

This week's song: [Bobby McGee!](#)

**So Much Love,
Kaypacha**

AUDIO: 2024-02-10 20/20 Aquarius New Moon: Liberation From Limitations

<https://taniagabrielle.com/20-20-aquarius-new-moon-liberation-from-limitations/>



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

What a liberating New Moon awaits us at the end of the week (on Feb 9 at 10:57 pm UT, 5:57 pm EST) – the **Aquarius New Moon in the new epic age of Aquarius!**

- February **9**, 2024 is a **19/10/1** Universal Date, symbolizing *endings and new beginnings*.
- 19 is the "Prince of Heaven" number, symbol of the SUN and the birth of LIGHT.
- It is the *fourth consecutive New Moonto* activate the **20/20 code of perfect vision**, with both Sun and Moon at 20° Aquarius!

Clarity, Shifts and "seeing the Light" are major themes for this profound New Moon. You are forging into new territory!

Uranus, ruler of Aquarius and this New Moon, is square to the Sun and Moon!

Get ready for Surprises!

You deeply yearn for freedom and breaking free from old structures, beliefs and paradigms.

Expect to be freed up in some capacity by welcoming adventure.

Channel some of the excitement (and possible nervous energy) into consciously creating a positive change.

The Aquarius New Moon is an excellent time to **get started with a beneficial shift**. You have a strong quest to experiment, explore and take risks.
It's a good time to focus on expanding your social circle and your goals.
Be unconventional and innovative.
Honoring intuitive hunches is one of the key elements to Aquarius (and Uranus)!

There is *only* Reality – total and inseparable Oneness in Union with Source.
Knowing this, **live fearlessly**... the domain of Aquarius and Uranus.

This Aquarius New Moon with major Uranus intensification is all part of our magnificent awakening – DESTINED in the stars – and covered in-depth in the free masterclass "*How To Master Your Stars: The Truth About Taking Your Power Back*".

You'll discover:

- **The Secret to Spiritual Mastery**
- The true meaning of your Rising Sign
- **The important difference between Individuality and Uniqueness**
- Your natal Sun and Moon's profound impact on living an abundant, happy life
- *How to instantly connect with Spirit – and many more secret tools!*

Apply the divine star wisdom right away – and it's all free! [Click here to get instant access.](#)

Joyful Blessings and Love,
Tania Gabrielle

RI: gives key words for Aquarius

CONFERENCE CALL

find the definition of PhD

Pad: talking about the burning up of the energies of people – based on the video of Dr Robert Gilbert . . .

About military groups being self-centred – and creating an H bomb because it will be based in peace and then go and blew it up

R: the galactics could end this with a the snap of the finGers, but they want us to declare for peace

PA: thinks the Iranians are move evolved than the US

Discussion about the number of vaccinations given to babies as soon as they are born

B B S

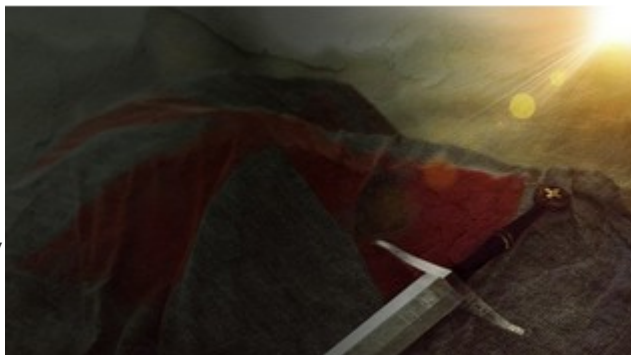
Rama's selection of music

2024-02-10 [Mysteries of the Knights Templar Templar Suppression & Survival](#)

S1:Ep6 <https://www.gaia.com/video/templar-suppression-survival> 17 mins

Following the fourteenth-century events known as "Friday the 13th," did the Knights Templar strategically set the stage for their secret order's migration to the West?

After loss of patronage from the Roman Catholic church, the Knights Templar were tortured and persecuted across Europe. While lore may have it that the secret order was stamped out, hosts Scott Wolter and Timothy Hogan suggest the Knights were, in fact, driven underground. Were the guilds who constructed cathedrals actually Masonic safe havens for the Knights' protection? And what evidence supports the theory of a Templar voyage to the Americas with the intention of founding the New Atlantis?



Featuring: Timothy Hogan, Scott Wolter Audio Languages: English Subtitles: English

the vacuum, black holes and the holographic universe

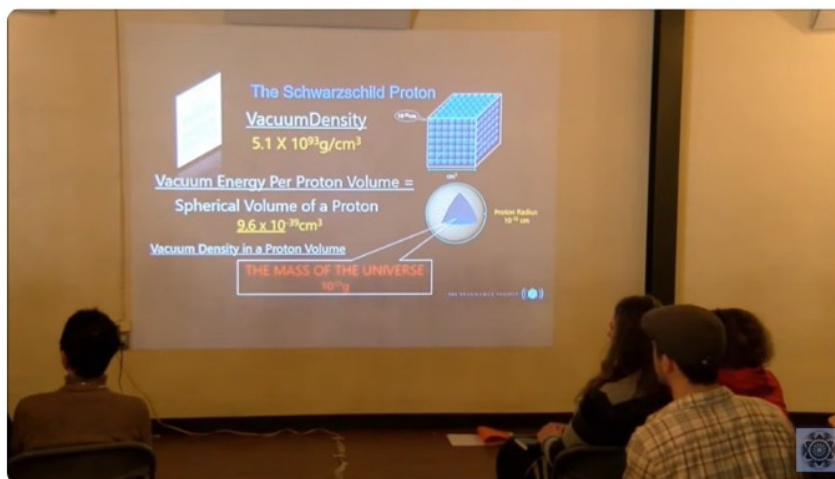
Audio: 2024-01-27 Nassim Hamein: The Vacuum, Black Holes & Holographic Universe

<https://www.youtube.com/watch?v=quGDLA667-s>



[PortalToAscension](#)

Join us on an extraordinary journey into the depths of the cosmos as renowned physicist and researcher Nassim Hamein unravels the mysteries of the vacuum, black holes, and the holographic nature of our universe. 🌀



2024-02-04 JJ & Desiree Hurtak: The Mayans, Pyramids, Pleiades & Orion

1:06:35

<https://www.youtube.com/watch?v=jzYsocV9IsI>



[PortalToAscension](#)

Join us for an odyssey as JJ and Desiree Hurtak, distinguished researchers and authors, guide us through the labyrinth of time, decoding the intricate connections between the Mayans, Pyramids, Pleiades, and Orion. Prepare to be immersed in an intellectual feast as we unveil the hidden dimensions of ancient wisdom that have captivated civilizations across millennia.

Voyage Highlights:

Mayan Revelations: Peer into the cryptic knowledge held by the Mayans, unraveling the secrets encoded in their calendars, glyphs, and astronomical observations.

Pyramid Marvels: Embark on a virtual expedition exploring the architectural wonders of ancient pyramids, decoding their sacred geometry and cosmic significance.

Celestial Harmony: Delve into the cosmic tapestry woven between the Pleiades and Orion, exploring the profound influence of these celestial entities on ancient cultures.

Esoteric Wisdom Unearthed: Journey into the depths of esoteric knowledge, as JJ and Desiree Hurtak shed light on the timeless wisdom that has shaped spiritual beliefs and cosmic understanding.

Final comments: seeing a ship, you are entangled with it – a far greater family

Reading: Aurora Ray

2024-02-09 INCARNATING AT THIS TIME IS THE GREATEST HONOR OF A SOUL!

<https://thegalacticfederation.com/015-06>

SEE BELOW

Reading: Aluna Joy – The Last Step. Mastering the Physical World

SEE BELOW FOR THE FULL READING

AUDIO: UFO of GOD – Chris Bedsloe

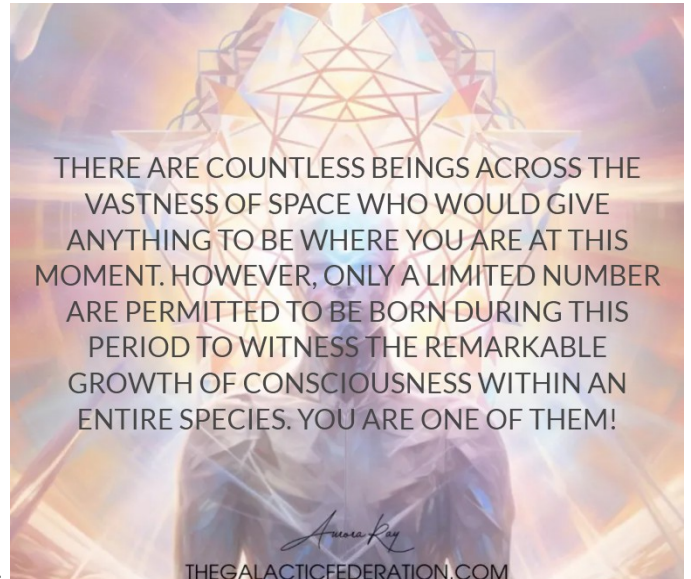
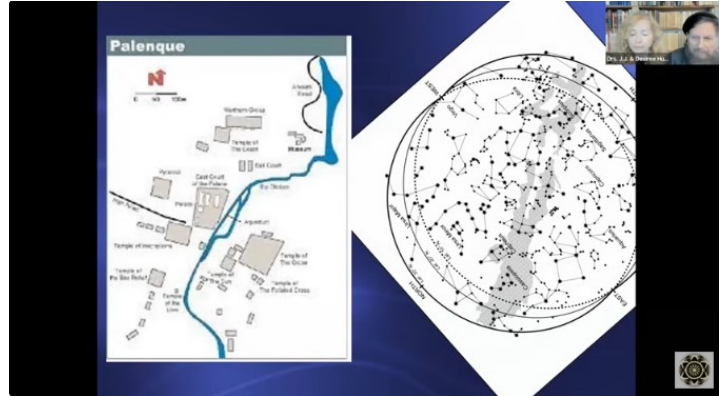
This is a continuation of the interview: Chris is the one being questioned.

We're in the Age of Aquarius – The Lady said there was a shift in the powers of heaven, and the Feminine Energy was about to come back – there would be trouble, but the Divine Feminine energy would come back

There is a book (see Amazon) and there are segments on YouTube – they are not necessarily in order as the film is – depends on how you want to see the story. He presents how the events unfolded in his family.

CLOSING: RAINBIRD

R,T: Good night all !



2024-02-09 INCARNATING AT THIS TIME IS THE GREATEST HONOR OF A SOUL!

<https://thegalacticfederation.com/015-06>

Welcome to the unprecedented ascension process of Earth!

Every age has its renegades, its system busters, its pioneers who venture out into the unknown, creating a new world of higher frequencies.

It is an honor to be here now.

You are a warrior of light. You are on assignment within this human vessel at this time. It is not your karma, nor is it an accident that you are here now. This is your own free will choice.

You are the spiritual warriors who came here carrying light codes and inherent wisdom that will create and build a new earth. You are the portal to 5D!

There are multitudes of beings throughout the vastness of space who would trade anything to be in your place right now. But there are only so many allowed to incarnate at this time to witness the great evolution of consciousness of an entire species!

This is the most exciting time on planet Earth to be alive as we are going through a massive shift in consciousness, and we're going to shift from one-dimensional reality to the next!

This is an unprecedented process. It has never happened in the entire history of our entire universe that an entire species is going to make a shift in consciousness!

For too long, humanity has been disconnected from its true potential. Now is the time to reclaim your power. Now is an incredible moment to unearth a ten-thousand-year-old secret that was given to humans who were meditating in caves by the Pleiadians!

It's a secret that connects you to the collective consciousness of ascended masters to raise your own consciousness and frequency by utilizing a specific combination of simple and easy-to-use methods called the Warrior Kundalini Activation Technique!

This is an ancient technique that can awaken the sacred Kundalini energy hidden within you.

Through a proven system of meditation, mantras, breathwork, and movement, Kundalini energy guides you to tap into cosmic consciousness.

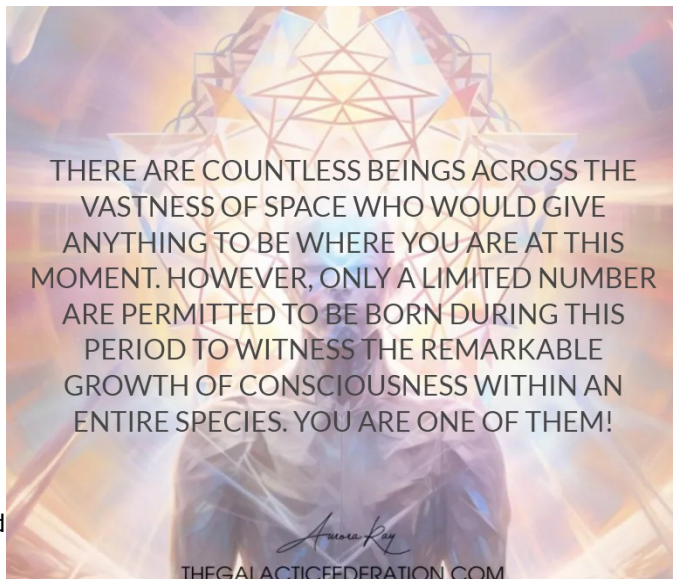
The Warrior Kundalini Activation Technique will turn a human into a superhuman, as needed for 5D ascension.

You can feel the bliss as Kundalini rises and discover your innate gifts to align with your higher purpose. You'll shed limiting beliefs, raise your vibration, and unlock your infinite potential.

Now, this 10,000-year-old technology known as the Teachings of the Aquarian Age is available to the masses to raise your consciousness and connect you directly to the collective wisdom consciousness ascended masters!

Through a specifically designed combination of simple yet profoundly effective methods, you can activate your Kundalini energy and open your chakras one by one, unleashing your inner warrior.

This raises your own consciousness and frequency to new heights, empowering you to navigate the journey of self-discovery with confidence and clarity.



The results are transformative. You'll gain crystal-clear intuition, increased vitality, inner peace, and access to your highest potential!

The time to ascend to the fifth dimension is now! Experience an awakening like never before. Tap into cosmic wisdom, enhance your intuition, and manifest abundance.

If you want to get on the frequency of prosperity, you must activate your innate warrior of light coding.

This is your chance to be one of the chosen volunteers to access forbidden knowledge and achieve enlightenment in this lifetime!

The Kundalini energy is calling you!

Join those who are ready to say yes to rapid spiritual evolution and become the warrior you were always meant to be. It's your time to wake up and harness the power that lies dormant within you. I will personally guide you on this journey every step of the way.

Don't miss this opportunity to activate your true potential. Begin your Warrior Kundalini Activation journey today!

I'm taking a handful of new students on a magical Ascension Activation journey, starting on March 4, 2024. I will personally teach you LIVE how to utilize the Kundalini Activation Technique that will be the most powerful and the most fun experience of your entire life. If you're interested, raise your hand and put your email address on the waitlist: <https://ascensionactivationtraining.com/waitlist>

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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Artist - Jungsuk Lee - Title: I always imagined meeting you.

<https://www.instagram.com/endmion1/>

This is the last step! This is us mastering the material physical world within the new cycle. This is the meeting of our new selves. Our dense physical bodies are the last step in crossing the bridge, finally landing in the new frequencies and entering the new world we have envisioned. This has been the tricky part! We skipped this step in ages past, so we are novices in this process. We have never done this before with human bodies, but we are about to!

I noticed some significant shifts around the end of 2023 and the beginning of 2024. And it's taking me this long to post about it. This phase of our Ascension process is so utterly unknown to our body. But the deal is, we did decide to go through the shift of the ages with our physical body this time around. So what will we experience when our bodies start letting go of the past cycle and begin clearing space for the new frequencies to flow in? This is feeling really weird.

We may have mastered our spirit, minds, hearts, and consciousness, but our physical bodies are the last to get on board with the process of landing into the new frequencies. This is because our physical bodies were created in the past cycle with out of date laws of creation. This phase of our evolution is creating a lot of strange physical symptoms we have not encountered before.

Deactivated and decomposing primal programs from the past are still lodged deep within our bones. Some of these deactivated programs are over 10,500 years old. These are outdated operating systems enmeshed with the leftover residue of past issues, traumas, betrayal, wounds, etc., that are simply not in your conscious memory any longer. Do you have done the work! You will not be able to understand this final process with your mind. This phase will not make sense logically.

Our bodies are learning how to let go of primal survival linear mind-based programming and surrendering to the next operating system that is based on the ever-changing world of spirit. It is not linear. This is a matrix-like multi-spherical reality where everywhere we are is always now.

The new symptoms could feel like our nervous system is quaking. But it's not our nervous system. It is the old stuck programs that are desperate to drop away. It's natural for our bodies to hang on to old programs even though they have been deactivated. It is linked to our primal survival instincts. But this rigidity based on control will drop away. It has to. There is no other way. The only way out is through. We have never done this before. So, here we go! Breathe.

It might feel weird when walking, like floating, like like we are not quite in our bodies, but yet not ungrounded. In a way, our bodies are not our bodies anymore. What we see with our eyes may feel surreal. We had attached and enmeshed our identity with the old operating system. We are learning to detach our identity from this old, false operating system. We might feel dysphoria or general dissatisfaction, anxiety, or restlessness.

Sensitive Is the New Strong: The Power of Empaths in an Increasingly Harsh World.

<https://amzn.to/3TUJMuL>

Our bodies are working hard to catch up with all emerging new realities, and the pace of our awakening will begin to take on a multiplying rate of speed. This could create confusion, disillusion, overwhelm, insomnia, anxiety, the feeling of losing one's identity, and, on the physical level, a cortisol overload. We are rebooting our identity by separating it from a survival-based, fear-based operating system to a system based on loving, limitlessness, and thriving in the ever-changing flow of spirit. We are learning to surf the unlimited spherical matrix of possibilities that are manifesting in a variety of new frequencies and possible realities. We are definitely on the bridge between what was and what will be.

We are getting to know ourselves again, the new person emerging in this new cycle. Who we were in the past is not who I will be. We change as we leave the last cycle behind and enter the next cycle as twice-born human beings! This is exciting because most who read this will know we cannot continue the way humanity is now.

There are unlimited possibilities out in front of us. The trick is to wait for the right frequency to come to us before we leap. Many are feeling quite stalled, even lethargic, for longer than we expected. This can be frustrating, and we might try to push it. We might try on different frequencies to see if it fits. But this option will waste a good bit of our energy. We must have patience and wait for it. Wait for that inner knowing that just the right opportunity and frequency will find you. Like attracts like; trust this, knowing that the universe has our backs and will dial us into the right emerging reality. Once we enter our like frequency, most things that were not our matched frequency will fade away like they never existed.

Because we've never been through this type of evolution before, it will be challenging to explain or draw references to anything familiar from the past. So this is the best I can do. This time might feel like we are getting a next-level "walk-in-like" experience to reboot our bodies with the new level of creation. But it is not a walk-in situation. Walk-ins were from the old cycle. But, yes, this is going to be even more weird. This new phase will be necessary to maintain our physical body within the new laws of nature in the new cycle.

We can assist this process by consciously intending to let go of that weird, tight, heavy, stress-like feeling we are having. (search vagus nerve release.) It helps with anxiety and locked-up energy. When you feel these unusual symptoms, talk to your body and ask that they drop away. Go with the heaviness instead of fighting it. Stretch it out. When the old programming begins to get released from your body, there will be a lot of yawning and glorious stretches that feel like you've just woken up from a 10,500-year-long nap. Because, in a way, you have. Let the heaviness drop away all the last bits of dead carcasses of old programming and send them down into the earth's core to be purified and recycled.

Other things you can do. It helps to do this process and clearing in a meditative state and keep telling your body it is safe. Treat your body like a scared little child. Nurture it. I suggest using high-frequency-based music. Set up a sacred space in which to do this. But always do what feels right for you to do.

By now, we all know what we don't want. Put this behind you now. Start claiming what you DO want in your world. Envision it! And then begin to put your energy there through some form of action. It doesn't matter how big of a physical gesture you make. You need to tell the universe what you want, not what you don't want. And find ways to add even more pieces of this future vision in your life. The universe is listening to all of you. Not just what you say with words, your intention is essential, but most of all, your motivation is what the universe listens to. So, it's good to have time to self-reflect to understand our motivation behind what we desire. Suppose that motivation comes from lower forms of ego like Anger, Pride, Gluttony, Lust, Revenge, Laziness, Envy, Greed, etc. We need to rethink what we are telling the universe with your motivation. All the above negative egos will not be sustainable in the next world.

"Humanity has been downloaded and upgraded, not just in consciousness, but this time in your physical reality. This is the first step to the new Earth template beginning to manifest in your living material world. Your dream of a new world is no longer a myth, a metaphysical belief, or a secret. It is now becoming a reality. Deep inside, there have been subtle shifts within you. You are starting to feel the process of embodying your true self. We hear you. You have wanted to go home for so long. We feel your struggles. But now you will find that your home is within you. It is not even something you know in your mind. It is something you feel in your soul. You will begin to feel more hopeful and have a new self-confidence level. You will feel your passion for your work in this world start returning, but not in the same way. You are now feeling the first step into physically embodying the template of the new human. You worked so hard for this. You have paid a huge price for this. Now, your patience has paid off." - Lord of Peace, Pakal of Palenque.

The Soul has been given its own ears to hear things the mind does not understand – Rumi

Recommended Reading: **The Way of Passion: A Celebration of Rumi.** <https://amzn.to/3vzJSxE>