

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
- V CLOSING MUSIC

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: 2nd 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 
LISTEN BY PHONE	1-631-359-9353 [NO code needed]	1-804-220-6484 [No code needed]
CALL IN TO INTERACT	Only during live calls 888-627-6008 Direct: 323-744-4831	1-888-429-5471 Direct: 323-744-4841
ACCESS CUSTOMER SERVICE	Toll Free: 1-888-710-8061	Direct Line: 1-323-744-4828

OTHER BBS SERVICES FREE PHONE APPS

- [Free BBS Radio Android phone app](#)
- [Free BBS Radio iPhone and iPad app](#)

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

ARCHIVES: B B S

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

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-november-17-2022>

Call In Numbers: 888 627 6008 323 744 4831

HOSTS: Omena

MEDITATION: Omena

GUEST HOUR: **The initial hour:** Omena will be answering questions about Karma. The link to a short 2.28 minute long You tube presentation is below.

- OMENA will provide a brief overview, followed by a Q&A with the listening audience
- For ideas about what to ask OMENA about KARMA click [KARMA Questions](#)

https://www.youtube.com/watch?=ByybfKnHT7U&ab_channel=TheOMENACHannel

TONIGHT'S PANEL:	Caroline Oceana Ryan [COR]	Micah Green [MG]
	Omena [O]	Penny Christoffersen [PCC]
	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!

Omena will take the first hour and discuss karma, a subject people misunderstand and often consider it negative one.

- Introduces the subject of Universal Laws -
- Leads everyone present in A Mindful Meditation -
- Discussion of Souls: infant, toddler, etc
- our gift of free will makes us responsible for what happens: NOT “god” or any other names we give the divine
- Karma is about balance
 - If we've paid off 51% of our karma, we have completed the work – however, we had better not create any new karma
- Everything we think creates something
- Sometimes we decide to pay off karma by choosing the particular parents we choose
- **the misuse of energy creates karma**

THIS DISCUSSION NEEDS TO BE LISTENED TO FOR THE FULL IMPACT OF OMENA'S WORDS, AND WHAT WAS BROUGHT UP BY THE PANEL MEMBERS . . .

Energy Updates

COR:

Caller: about the subject of creating karma

O: if you focus on your mission, chances are you won't misuse your energies

Caller: Asking about the relationship between dharma and karma

T: Dharma is from Tibetan Buddhist teachings – it is the end of Karma, and you are doing the Dharma in

your mission: it's the power of looking at life with a positive attitude of gratitude, and thinking with your heart, feeling with your heart. The mind will come up with all kinds of excuses – not the heart.

COR: the word Karma has been given a very dense level of meaning; has been misunderstood – which is why The COR don't use that term; Karma is considered negative, doesn't have anything to do with positive – so they don't use the term.

O: Karma is both negative and positive

RGM: November 17, 2022 – Billy Carson's Telegram

1 gram of DNA can store upto 700TB (Terabytes) of data... this means your body has stored 13.5 billion years of data within its DNA ☐.

You the universe!!! Or should I say the universe is within you. Remember Energy cannot be destroyed, it can only be transformed.

You are literally a walking data bank of History & knowledge... connected to servers which can upload and download additional data... This data can be Accessed by each and every one of us..

You are a super power being of light and energy which cannot be destroyed. You have the power to bend reality at your will. You can create your own reality via the power of manifestation, knowledge, data and wisdom.

Having Knowledge is one thing, applying it is another.

PCC: a reminder from Kryon that we are magnificent beings

2022-11-17 See Magnificence All Around You

One of the things that I often think about is that **Kryon reminds us of the magnificence that we have inside.**

It's not something that we grew up hearing. So I'd like to have us do a brief meditation to really contemplate the idea that inside of us is this spark of the divine creator.

There is a piece of God living inside every cell of your body, and if that's the case, why don't we see it? Why don't we see it in ourselves in the mirror? Why don't we see it in every single person we come across?

So let's use that as our inspiration for meditation. I invite you to close your eyes and allow your breath to become softer and slower so that as you breathe, it's a count of five or more. And as you breathe out, it's a count of six or more.

Your breathing in and out becomes a slow rhythm that signals to your body that you are in a safe place and can completely relax. In this safe, relaxed place, let us put a question into the field.

Dear spirit, show me my magnificence. Dear spirit, bring to me things that remind me of my magnificence. **Dear spirit, show me the magnificence in others.**

Now that we have set that request, just be observant of what things will unfold in the day ahead, in the week ahead, in the months to come, **things to remind you and show you, your magnificence.**

Love and Blessings,
~ **Monika Muranyi**

MG: Greetings to all

Latest news from the Keshe Foundation

- new cosmic energy systems about to be released
- Keshe Foundation [KF] – ready to start
- the doctors are ready to handle the processes that include dealing with certain conditions

* * *

In the next few days the KF will release the new cosmic energy systems. This will change the history of man. This will bring something beyond the imagination of man/woman kind. This will start a new path, a new way of life, a new condition of understanding. Because of the cosmic rays, Cosmic lights from the systems we receive higher fields, we are enlightened.

Now as of Today Keshe Foundation is ready to complete the process of processing your conditions. We are looking for those of you who have Cancer of the prostate, epilepsy, MS, ADHD, Fibromyalgia, Depression, and others. The Keshe Foundation Doctors are ready to handle these processes. KF has nothing to do with pharmaceuticals. KF goes through the energy of the process of creation. The mobile cosmic ray process will start from next week. You can send your request for your condition that needs to be met to

health@spaceshipinstitute.org

* * *

2022-11-17

Rama's White Knight Report

NOVEMBER 17, 2022

November 11– November 17, 2022

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.

Find more info on those folks Rama talks to - who are there to keep us in the loop as well - at

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

2022-11-11

Friday

Dalai Lama

[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama) · [Nov 11](#)

As a Buddhist monk, I'm dedicated to promoting inter-religious harmony. All religions accept the value of warm-heartedness. Some believe in God; others have faith in karma. When I hear about fighting among religious people, I feel very sad—as if medicine has become poison.

2022-11-11

Friday

Tom the Cat and Sweet Angelique the Cat

Rama: I received a text message from **Tom the Cat and Sweet Angelique the Cat** at 11:50 am This morning. They said to me, "Lord Rama, we sent you a picture from Big Sur, California, where we watched the Milky Way rising. As you can really see how big this story is, and we, on Mother Gaia, are a tiny speck in this multi-verse, you can begin to understand, inner-stand, over-stand the nature of our mission at hand. Love is the answer.

"On a more mundane physical level, the calendar says 11-11-22 is Veterans' Day; however, at the higher level, this day is the 11-11 Portal Opening. As Tania Gabrielle says, 'Happy 11:11. 11 is the number of Light. Today's 11-11 date is extra special, invoking a lightening strike of Soul-Level awakening.'

[* See below for links to the Tania Gabrielle YouTube and Podcast and further explanation.]

“As above, so below. That’s because, in numerology, 11-11-22 adds up to the number 10, the number representing the binary code, a code that uses the binary digits 0 and 1. Everything is a binary code because your soul is built on numerical quantum physics and geometry. You can liken 1 and 0 to the positive and negative charge of a battery. Both are necessary for a battery to function: as you only have a positive charge in your car battery, for example, your car won’t start. In the same way, as you only focus on the positive side of things, your internal battery would get very low.

“With this portal opening, Archangel Michael’s legions upon legions of angels are here.

“War is over as you want it. The **transfiguration of the sun is extremely imminent**. The Ascension Symptoms continue: stay in the high heart. Sat Nam! Namaste! Blaze the Violet fire!”

* <https://taniagabrielle.com/ep-179-1111-portal-in-2022-make-fearless-choices/#>

* Podcast: https://content.blubrry.com/starcodes/Star_Codes_with_Tania_Gabrielle-EP_179-PORTAL_NOVEMBER_11_2022_.mp3

2022-11-14

Monday

[Dalai Lama](#)



Dalai Lama @DalaiLama · Nov 13

Join the Global Joy Summit Nov 13-16. HHDL will be a keynote speaker and there will be screening of Mission: JOY— the documentary with HHDL and Archbishop Tutu, as well as inspiring and practical sessions with 30+ speakers. Sign up free: bit.ly/registerjoysum...



Dalai Lama

1,842 Tweets

Follow



141

847

4,168



2022-11-15

Tuesday

Natasha

Rama: I received a text message from **Natasha** at 12:05 pm, early this afternoon. She said to me, "Lord Rama, Russia is being blamed for supposedly sending over 100 missiles that hit various Ukrainian cities. One missile landed in Poland and killed two people. It was farm land. This is an attempt by the empires, oligarchs, and President Zelensky, an asset to the Deep State of the United States, to create an incident that could possibly lead into you-know-what: a nuclear confrontation."

Lady Natasha went on: "Lord Rama, let me make this crystal clear: **there will be no nuclear war – period! ! !** Instead, Captain Ashtar has a lot of talking to do; it is about how we come together as one unified consciousness. We are all One People. War is never the answer. I will be talking to you soon. Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-16

Wednesday

Tom the Ring-tailed Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Ring-tailed Cat and Sweet Angelique the Cat** at 11:58 am, late this morning. They said to me, "Lord Rama, we were in space between Mother Gaia and the Moon, and we took a picture and sent it to you! All the planets seem to be lined up – this is not a coincidence! The gigantic story is unfolding as it should. It is called Mother Gaia's Ascension AND ours. All the Galactic Forces are here. They/we are making open contact whether the earth-based governments and the media are talking about us or not! Call us in! We are not joking! This is real!"

"Meanwhile, in other news, the world is waking up to the fact that Ukraine is bombing itself into oblivion. Russia did not strike Poland. This was all Mr Zelensky and his stash of cold war era bombs. And, again, he blamed it on Russia. Please put all of these situations into the Circle of Support and Blaze the Violet Fire. All we are saying is 'Give Peace a Chance!' Sat Nam! Namaste!"



[Neptune – not in this line -up!]

Uranus

Saturn

Jupiter

Mars

MOON

Tom /**Sweet Angelique** : "All the planets seem to be lined up – this is not a coincidence! The gigantic story is unfolding as it should."

2022-11-16 Taken by Tom the Ring-tailed Cat and Sweet Angelique the Cat, and sent to Lord Rama

Rama: I received a text message from the **King of Swords** at 12:30 pm this afternoon. He said to me, "Lord Rama, I sent you a text message from Billy Carson that sums up the state of affairs of our Congress: "There is no such thing as a Democrat or a Republican. What does exist is an elite group of psychopathic oligarchs who torture men, women and children world wide." "

The King of Swords went on: "Lord Rama, Venus is coming out of Scorpio and moving into Sagittarius; therefore, the Venusian energies are aligning with Galactic Center. Ascension is assured! Right now, our biggest test is to stay in our high hearts. This is true for me, as well. Let's say, I have seen stuff that would scare Gandalf the White!

"The galactic forces are here; have no fear. The galactic forces are making open contact at this time. We can call them in; they WILL show up! See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"



R: Right now, at this critical juncture, everyone he speaks to says 'Send more love and compassion to the situation at hand' as we are seeing a re-play of nazism etc –

BOTH ASHTAR AND LORD SANANDA say: THERE WILL BE NO NUCLEAR WAR

O: a perfect opportunity to say "Think LOVE, not fear"

Here's a little prayer to clear up karma: it's from St Germain: REPEAT 3x whenever we use it

COSMIC LAW OF FORGIVENESS

I AM the cosmic law of forgiveness
and the violet transmuting flame,
Forgiving all past mistakes that I have ever made.

I AM the cosmic law of forgiving
and the violet transmuting flame,
Forgiving all past mistakes mankind has ever made.

In God's most Holy name I AM.



O: call in your fairies to help you and send them to others

NOTE: THANKSGIVING next week – the program will be a re-play

CLOSING MUSIC

Nina Simone

Here Comes the Sun

3:47 minutes

https://www.youtube.com/watch?v=UTQz-zCDxv8&ab_channel=NinaSimone-Topic