

2022-12-01

Rama's White Knight Report

DECEMBER 01, 2022

November 25 - December 1, 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 ALL OF US in the loop as well - at

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

2022-11-25

Thursday

[Dalai Lama](#)

[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama) · Nov 25

When we think about fear, there are two types, legitimate fear for which there is some valid basis and fear that is rooted in our mental projections. There's a Tibetan saying that if you let your mind run wild, you'll see a robber in an empty house.

2022-11-25

Friday

Professor Nicodemus and Dr Steve

Rama: I went to visit **Professor Nicodemus and Dr Steve** at 11:45 am late this morning. They said to me, "Lord Rama, the energies are as high as our bodies can possible handle." Then they took me to their laboratory / workroom in through the manhole under the street and into the underground room. As we went into the room, there were 2 6' tall transformers; these transformers were from telephone poles they had gotten from the junk yard. Somehow, they hooked the transformers / telephone poles up to the Tesla coil they built in the underground room, long before my visit.

They said to me, "Lord Rama, please go sit somewhere in this room and meditate." So I went and sat beside the wall and began to meditate. Professor Nicodemus and Dr Steve turned on the Tesla coil and huge arcs of lightning beamed across the room. The Professor and Dr Steve went to another part of the room to stand in a Faraday cage which is an enclosure used to block electro-magnetic fields (Further explanation, picture, see page 5).

I went, sat, and meditated for about 15 minutes. Then I saw myself bi-locating to the pool in Fenn's living room in his home. Mrs Fenn was eating her breakfast in the dining area of the open space which included the pool. Needless to say, my unexpected, instant appearance in the pool startled her! I said "Hi" and then Mrs Fenn said, "Hi Rama! I wasn't expecting you in this way! Usually you come in through the front door!" Then I excused myself and focussed on beaming back into the Professor's lab. Just another day in the neighbourhood! ! !

I beamed back into the Professor's lab, and they were very glad to see me! ! ! They said to me, "Lord Rama! Very good on your teleporting! As we could all learn to do this, this is the way of Oneness and Peace." Then I bid them farewell, and I was on my way. See you in the Light of the Most Radiant one! Sat Nam! Namaste! Blaze the violet Fire!

2022-11-28

Monday

[Dalai Lama](#)

[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama) · 16h

To achieve justice without losing compassion, what's important is to avoid doing harm. Helping sentient beings can be a source of great satisfaction. All of us, animals as well, have basic rights that we need to protect.

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2022-11-28

Monday

Madam Rosa

Rama: I went to visit **Madam Rosa** (103 years old) today, at 1:05 pm early this afternoon. She said to me, "Lord Rama! Here! Have a green drink and let's see how strong you are!" So I drank the green drink, and Madam Rosa said: "Lord Rama, let's see how you are doing with that arm!"

So I arm-wrestled with Madam Rosa again, and I could hold my own with my left arm, the uninjured arm, though my weaker arm, for 40 seconds. And then Rosa put me down! Then Madam Rosa went on to say, "There are huge changes going on, on Mother Gaia. It is all about our sun Sol and the Diamond Light particles coming in from Sol to Mother Gaia."

Then Madam Rosa held out her hand and I watched the particles in her hand start to glow like the sun! She said to me, "Lord Rama, this is about changing our thoughts. As we focus our energy, we can change physical matter. This is why it is so important to watch our thoughts. We are co-creator gods and goddesses of the Most High; this is the time where we are on active duty. The 5th Dimension is here; as we live it each day, it becomes more real. All we are saying is 'Give Peace a chance!' This is the way. Right now, we are in the most challenging time of this and all lifetimes until now!

"We have the ability to create peace on earth right now. All the galactic forces are here. They are landing and interacting with us, whether or not world governments are reporting on it. We are in the time where we get to meet ourselves, our galactic family, and they are all kinds of colours of the rainbow! See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-29

Tuesday

Tom the Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Cat and Sweet Angelique the Cat** at 11:59 am this morning. They said to me, "Lord Rama, we were over Mt Mauna Loa on the big island of Hawaii this morning. This is a large volcano on the big island in Hawaii. It is about 13,000 ft tall; it has been erupting since early Monday morning. The lava flow is increasing exponentially in the last 40+ hours since it erupted.

"Also, there are large solar flares today and another big coronal hole has emerged in the sun. the energies continue to be extremely high.

"The dark side is going down fast with their rhetoric on fascism. There is no place for fascism which is the most evil form of racism in this time/space continuum on Mother Gaia.

"The 5th Dimension is being fully anchored on Mother Gaia by the Cosmic Time Lords, as well as by and through all of us, here on the ground. Stay in the high vibes! We are nearby. We know this is the most intense period we have ever gone through. The Light has won. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

Mauna Loa



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2022-11-30

Wednesday

Rama: I got to visit with Anonymous 7½ today; it was 1:25 pm in the afternoon. He was in his patrol car along the side of the interstate highway. He said to me, "Lord Rama, heads up, Dude! The lunatic fringe on the right want to create as much chaos as they can even to the point of a civil war!

"They have failed ! ! !

"I can say, as a contactee on the ground, we have won!

"Right now, in orbit around the sun, there are two planet-sized starships that are re-charging their engines with plasma energy from our sun, Sol. The sun is a portal to many different worlds. As we come together as one family of Living Light, Living love, all will be revealed. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

Starship over Hong Kong – from Victoria Liljenquist



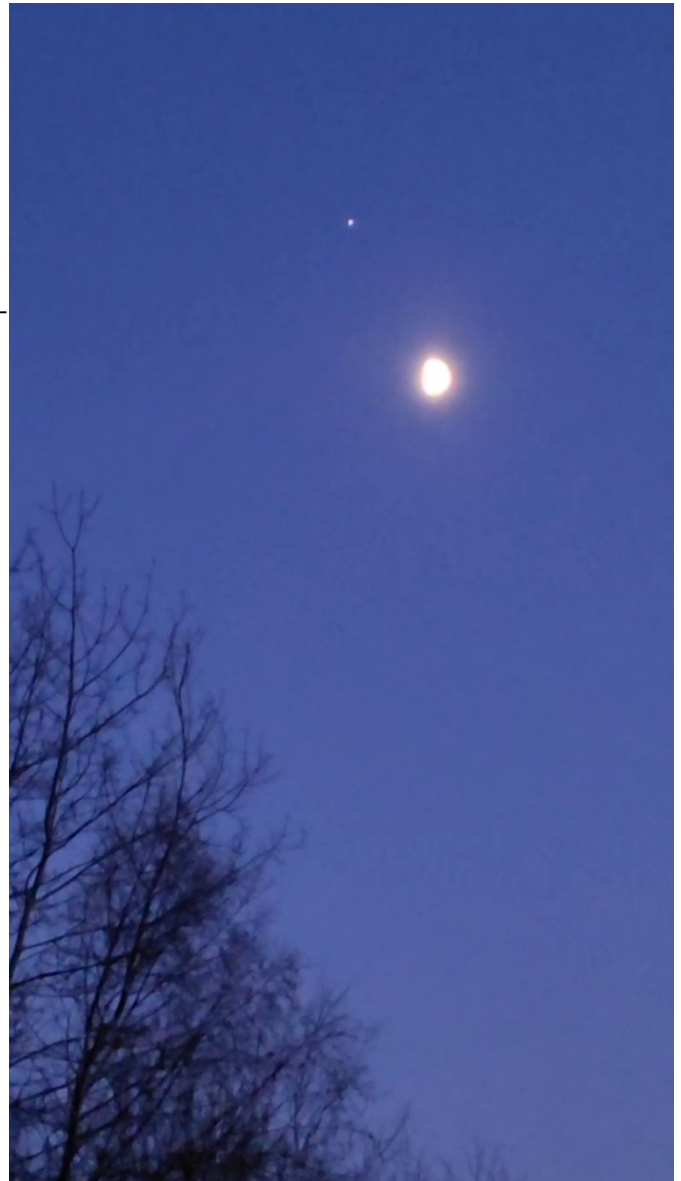
2022-12-01 from Alberta, looking SE

The bright spot above and to the right of the half moon is a collection of beings. They shine brightly and without the flickering of light or lights as is seen with stars – or ships masquerading as stars! There is an aura around these beings like a light, golden web, very visible even without binoculars.

One of the beings making up the group is a plasma being – not of this dimension! ! !

They have been around for quite a few months now . . . and there is another 'bright spot' just like this one to the NE. However its colour is an orangey-coppery tone, also with the visible, net-like aura.

Taken by R. G. M.



Modern Faraday Cage – from Lord Rama

2022-03-25 (2019-09-19) Faraday Cages: What They Are and How They Block EMF Radiation

<https://defendershield.com/faraday-cages-what-they-are-how-they-block-emf-radiation>

Posted on [September 19, 2019](#) by [Daniel T. DeBaun: Engineer, Author & Telecommunications Executive](#)



Source: sciencefacts.net

The year is **1836**. A man named **Michael Faraday** is in England conducting an experiment using metal foil, a room, and some electric static charge.

After constructing a room coated in metal foil, he used an electrostatic generator to strike the outside of the room. Using an electroscope, he found that there was **no electric charge** present **inside** the walls of this metal-coated room.

Who is **Faraday** and what did he just discover? It's a brilliant started-from-the-bottom story that resulted in the basis for an important physics field: Electromagnetism.

Who is Michael Faraday?

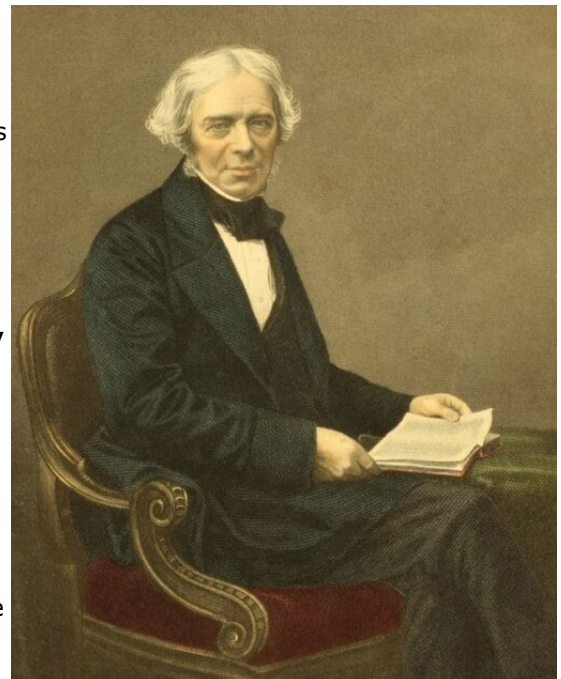
Everyone knows Einstein, Newton, and Edison. But Faraday isn't as common of a household name, though modern technology has a lot to thank him for. He is often called the "**Father of Electricity**."

A fun [fact](#): Faraday was actually one of Albert Einstein's heroes — he even had a picture of Faraday hanging in his study!

Michael Faraday

Faraday was **born in 1791 outside of London, England**. His family was not well off, and as the third of four children, he only received a basic education.

At 14 years old, he became an apprentice to a local bookbinder and bookseller. Because of this apprenticeship, Faraday had access to numerous scientific books, which he used to teach himself all about **Electromagnetism** and led him to become one of the greatest and most influential scientific minds of all time.



What is Electromagnetism?

An **electromagnetic field** is basically invisible energy that travels through the air in electromagnetic waves. This energy is called **radiation**, and varies in power based on the frequency of the wave.

The electromagnetic wave actually consists of **two fields of energy** moving perpendicular to each other: an **electric field** and a **magnetic field**. Electromagnetism is the **interaction** of these two fields, or currents.

Electromagnetic Field radiation, or **EMF radiation**, refers to the **Radio Frequency (RF)** fields and **Extremely Low Frequency (ELF)** fields that are emitted by technology as it **transmits power and data**.

At first, this radiation was not thought of as dangerous to human bodies, because it was too low in frequency to ionize (split) and damage cells.

However, now research is showing that this low frequency of energy can **biologically change cell processes and communication**.

[Hundreds of studies](#) have shown a correlation between EMF exposure and a wide range of **neuropsychiatric effects**. At the extreme end, EMF radiation can lead to [infertility](#), [cancer](#), [behavioral disorders](#), and many [chronic illnesses](#).

Faraday: The Father of Electromagnetism

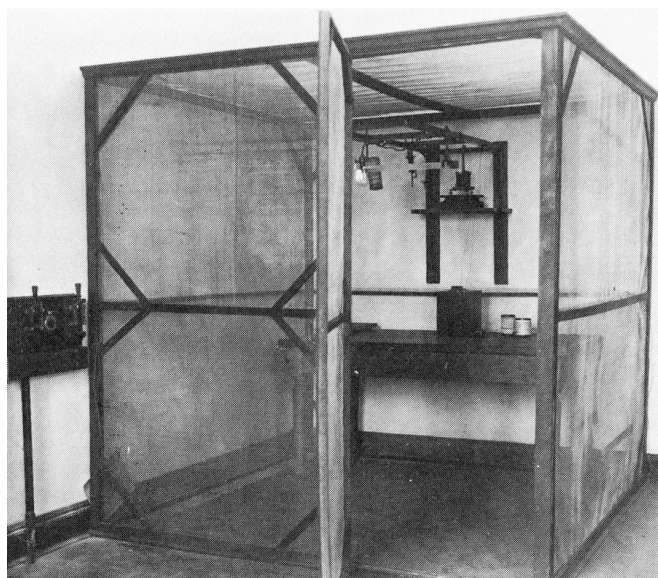
Faraday had many contributions to the field of Electromagnetism, including his experiment with the metal-coated room demonstrating **electromagnetic induction**, which he discovered in 1831.

Faraday formulated that *changing a magnetic field produces an electric field*. In his experiment, he wrapped two insulated coils of wire around an iron ring. After passing an electric current through one coil, a momentary current was induced in the other coil. If he moved a magnet through a loop of wire, an electric current flowed in that wire.

This demonstrated **Faraday's Law**: a conductor placed in a changing magnetic field (or moving through a stationary magnetic field) causes the production of a voltage across the conductor. This process of electromagnetic induction, in turn, **induces an electrical current**.

This discovery forged a foundation for Faraday's future inventions, including the **1836 invention of the Faraday Cage**, one of Faraday's greatest achievements.

What is a Faraday Cage?



Source: nist.gov

Faraday cages demonstrate the concepts of **electromagnetic induction**, and reinforce the concept of **electrostatic induction**, which deals with electric fields.

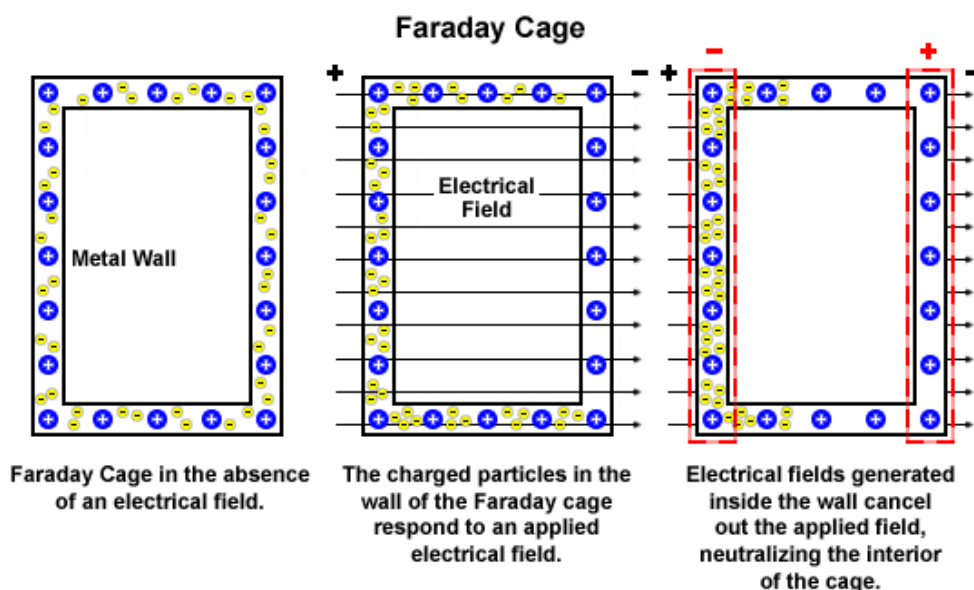
Electrostatic Induction

Electrostatic induction describes what happens when an electrical charged current, or electric field, approaches a conductor.

The positive and negative particles in the conductor separate, and whatever the charge of the approaching object is, the opposite particle will swarm towards it.

For instance, if the approaching field is positively charged, electrons (negative particles) swarm towards it. Since electrons are no longer present in the rest of the conductor, it will have a positive charge.

It will create an **opposing electrical field to the external object, insulating the interior of the cage from the external field.**



Source: nationalmaglab.org

Faraday discovered that an incoming electric field is diverted by the conductor, since the electric field rearranges the electrons in the conductor to neutralize any charge within the conductor. The Faraday cages take the electrical charge and **redistribute it around the cage, rather than letting it penetrate through.**

Faraday also illustrated this phenomenon with an [ice pail experiment](#) in 1843.

Electromagnetic Induction

However, that only describes half of the equation when talking about EMF energy. When a magnetic field reaches a Faraday cage, something else happens.

Like we mentioned before, a **moving magnetic field always creates a current in conductors.** This current is called an **eddy current**, and it creates an opposing magnetic field to block the waves from the interior of the cage.

Faraday cages are therefore able to *block* **electromagnetic fields.**

There can be different types and levels of Faraday-style cages. The materials used to make the “cage”

depend on the length, or frequency, of waves you're trying to keep out and how much of the frequency you would like blocked.

To block these different frequencies at different attenuation levels, the type of **conductive material** used, the **dimensions** of the material, and the **size of the holes** in the material all come into play. The holes can range from a continuous substrate with no visible holes, to a true cage with large holes of a foot wide or greater!

Different metals possess different levels of conductivity. **Gold** is among the highest conductivity of any metal, closely after that comes **Silver**, then **Copper**. **Aluminum** is also a very good conductor for radio frequency waves. However, EMFs can pass right through steel and lead (even though lead can block X-ray frequencies). The **higher the conductivity**, the **lower the chance is of electromagnetic radiation making it through** the cage.

In addition, having holes may allow wavelengths to pass through to just beneath the surface. The **smaller the holes, the shorter the wavelength has to be to get through**. As the holes get bigger, bigger wavelengths (lower-frequency energy) can pass through. Because of this, Faraday cages can be thought of as "**high pass filters**."

At the most basic level, high pass filters allow high-frequency signals to pass through, but blocks low-frequency signals.

Faraday Cages as EMF Protection

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To read the rest of the article, including discussion on "Real life examples of Faraday Cages and Shields; the Verdict on Faraday cages" and the background of the author, go to

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