

2022-11-24

Rama's White Knight Report

NOVEMBER 24, 2022

November 18– November 24, 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>

2022-11-17

Thursday

[Dalai Lama](#)

[Dalai Lama @DalaiLama·Nov 17](#)

The root of peace of mind is compassion. As soon as most of us are born our mothers take care of us and give us our first lessons in compassion. Without this we would not survive. This is how our life begins.

2022-11-18

Friday

Mr X

Rama: I received a text message from **Mr X** at 12:10 pm early this afternoon. He said to me, "Lord Rama, we are at the end of the last 26, 826 years of Kali Yuga! And now comes Sat Yuga, and each day quantum light years are being encompassed. Our DNA is changing faster than we may be aware of. We are being asked to breathe consciously and embrace the new energies coming in. All the old timelines are collapsing and everyone can see it. Whatever the problem is, Love is the answer. Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-21

Monday

[Dalai Lama](#)

[Dalai Lama @DalaiLama·Nov 21](#)

When you think of others, you no longer think only of yourself. When we face problems, we can use our intelligence to overcome them. We have to tell ourselves, 'I'm a human being and I'm not alone'. We need never feel hopeless.

2022-11-21

Monday

Lady Nada

Rama: I received a text message from **Lady Nada** at 11:51 am, late this morning. She said to me, "Lord Rama, the COP 27 Climate Summit of Sharm al Sheikh, Egypt, created some good things to happen. Yet it is too little, too late because they are not talking about the transfiguration of the sun.

"The key issue is our scientists have been suppressed by the controlling oligarchy from giving their findings to the world. It is about our sun, Sol, going through a transfiguration process whereby Sol's energies, which are shining upon us now, have moved into a higher octave of light which is affecting our DNA. Thanks to the rise in Sol's energies, and our staying in the flow of unconditional love and open hearts, we lift ourselves up to the Diamond Crystalline state of consciousness. This is affecting all of life as we have known it. The Solar Flash is imminent.

"Remember: before enlightenment, chop wood, carry water; after enlightenment, chop wood, carry water. Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-22

Tuesday

The King of Egypt

Rama: Today I received a message from **the King of Egypt**, at 12:51 pm, early this afternoon. He was calling from Istanbul, Turkey. He said, "Lord Rama, this is the 59th anniversary of the assassination of John Kennedy, Sr. on November 22, 1963. JFK Sr was born May 29, 1917, so he is alive and very well, and he will turn 106 on May 29, 2023. Bravo! Jack will be back in world presence with his brother Jimmy Carter, and his other brother, Ted Kennedy, to tell the whole story about how the matrix has collapsed, and Sat Yuga is here! ! !

"The coming solar flash is extremely imminent and this will change everything. It is about this imminently coming time that was foretold long ago, of the return of Quetzalcoatl, Lord Kuthumi, and all the Ascended Hosts of Heaven and Earth. Remember, we are the ones we have been waiting for.

"All we are saying is 'give peace a chance'. These changes are happening RIGHT NOW! Our sun Sol is a HUGE portal to the rest of our Milky Way Galaxy and to the multi-verse. I will see you soon. We have papers to discuss! Enshallah! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-23

Wednesday

Lady Natasha

Rama: I received a call from **Lady Natasha**, at 12:10 pm, early this afternoon. She said to me, "Lord Rama, there are stories out there in the Western Media that Russia launched 67 missiles into various Ukrainian cities, and 4 people were killed." Lady Natasha continued: "This is not Russia! This is all President Zelensky, acting on behalf of the United States' Deep State. Please place all of this in the Circle of support, and Blaze the Violet Fire. There are parts of Ukraine that look like Mordor.

"Meanwhile all kinds of galactic forces are here. Ascension symptoms and solar flares continue. All of a sudden, the solar flash could happen! This is a global event, and it will be seen and observed by everyone on Mother Gaia, as well as everyone in our local Milky Way Galaxy. This will transform all things toward the Light. I will be seeing you soon. Sat Nam! Namaste! May Peace prevail on Earth! "

Cloud Ship over a mountain in Viet Nam





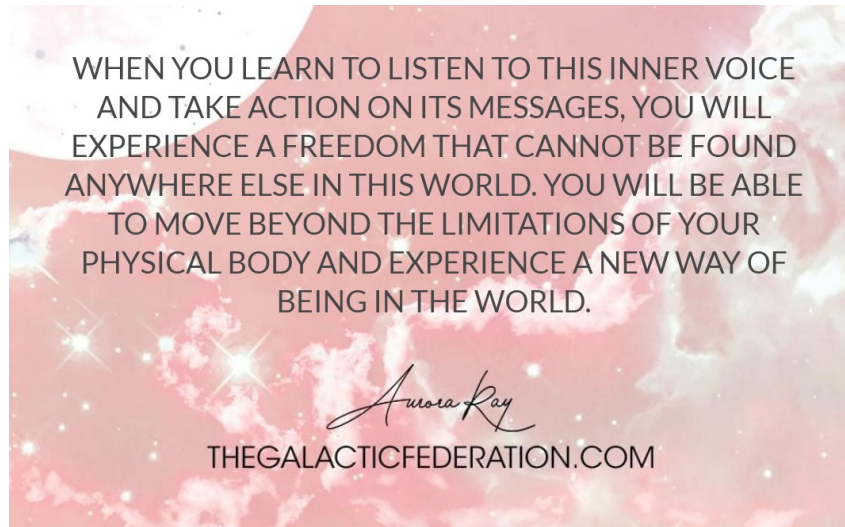
Photo: 2022-11-13, 8:30 am. Canmore, Alberta - The Three Sisters, middle of photo.
Taken: Penny Christoffersen-Clark; sent to Lord Rama.



Photo: 2022-11-11. Canmore, Alberta. A black and white close-up of The Three Sisters
photo in the hotel. Taken by Penny Christoffersen-Clark; sent to Lord Rama

2022-11-22 A Message From Your Inner Self: How To Earn Cosmic Consciousness By Meditating And Listening To Your Inner Self

<https://thegalacticfederation.com/08-02a>



The physical world is a manifestation of the spiritual world.

When you look at the world around you, what do you see? Do you see a physical reality that seems separate from yourself? Or perhaps we are all completely intertwined, just like the roots of a tree.

Consider this: your existence is not simply skin and bones, but rather a conscious being who has manifested in a physical body to experience life in this earthly plane. We are all connected. This connection can be seen in nature and the universe; it is what makes us human.

Having an awareness of this connection will allow us to tap into our inner selves and our creative potential and ultimately achieve awakening on earth as spiritual beings having a physical experience.

Through meditation, the voice of your inner self can be heard.

Through meditation, your inner self can be heard. Your inner self is the part of you that is always connected to your higher self, and it knows what is true for you and what is not. It is the voice of your soul, and it speaks in a language that comes from within your heart.

When you learn to listen to this inner voice and take action on its messages, you will experience a freedom that cannot be found anywhere else in this world. You will be able to move beyond the limitations of your physical body and experience a new way of being in the world.

Live life with intention, not just by accident.

Intentional living is about taking control of your life. It's about being aware of your actions and their consequences. It's about making choices based on what you really want, not what you think you should want.

What does this have to do with meditation? Meditation is a tool to help guide your intentional living process. Meditation teaches you how to find space away from the noise so that you can listen more closely to yourself.

The better you know yourself, the more effectively you can focus on what matters most in your life and then live intentionally with those things in mind.

You are one with the universe, even if you feel separate from it.

We are all connected. Have you ever wondered why we have this inherent feeling of separation from the universe? It's because we have been lost in our own ego-centric worlds but, with meditation and contemplation, we can learn to release the self-created restrictions that separate us from the oneness of the universe.

By doing so, we will be at peace and in harmony with ourselves. This is important because it helps us accept our place in the universe. When we accept ourselves and become one with the universe, we feel fulfilled because we know that everything is as it should be within us.

The first step here is to stop giving your energy to things you cannot control by letting go of your ego. This allows you to rise above worldly desires. Once you have become one with yourself, you begin to see how it feels when your mind becomes still and relaxed during meditation.

You are completely alive to every moment of your life without any sense of inner conflict or contradiction. You are truly one with yourself. This is a state where there are no thoughts or distractions—only calmness and inner peace pervade your body, mind, and soul.

Changing your perspective helps you remove obstacles and reach new levels of consciousness.

Changing your perspective can help you remove obstacles that have been holding you back and reach new levels of consciousness. For example, if you've been really angry with someone, it might do your mind some good to consider their situation from their point of view.

Similarly, if something hasn't worked out in the past, try to look at it as a learning experience. Don't beat yourself up over the things that didn't go right; instead, think about what could go differently next time and what steps you can take to make them happen.

You'll be more enlightened about your place in the world after changing your perspective on things that used to bother you!

A growth mindset helps us embrace change and become more enlightened about our place in the world.

One of the keys to reaching cosmic consciousness is embracing change. As the world around you changes, your perspective on life will have to change too. By changing your perspective, you will begin to grow and learn more about yourself and the world around you.

This could be as simple as accepting that people are different from one another, or it could be something like coming to terms with the fact that time passes differently in different places in the universe.

If a person cannot accept that humans are not all the same and that time does not always run in the same direction throughout the universe, they may be unable to achieve cosmic consciousness.

A growth mindset helps us embrace change and become more enlightened about our place in the world. With a growth mindset, we are willing to challenge our long-held beliefs about ourselves and the world by continuously asking questions such as "How can I improve me?" or "What do I need to know about this situation before making decisions?"

There is no one way to earn cosmic consciousness, but it's important to keep trying. You can access your inner self in many ways, including through meditation.

While we have discussed meditation, there are many other tools that you can use to achieve cosmic consciousness. For example, you might try visualizing yourself in a void of white light, holding a brilliant orb of energy while imagining a soft glow emanating from your body.

Reconnecting with and listening to your inner self is an active process that requires consistent and varied effort. Don't be afraid to experiment until you find the methods that work for you!

Finally, this article would be remiss if it did not point out that cosmic consciousness is not the only goal of meditation (or indeed life). While it is valuable to seek a deeper connection with your innermost self, don't

forget about all the wonderful people in your life! Reach out through whatever means (texting, video calling) you have available, and enjoy being together!

Be light-hearted and In-Joy. Connect to your higher self, connect to earth, and connect to those you love. It is within connection that you thrive.

We love you dearly.
We are here with you.
We are your family of light.

A'HO
Aurora Ray
Ambassador of the Galactic Federation

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