

**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]

[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-february-9-2023>

**HOST:** Rama, Tara  
**MEDITATION:** Caroline Oceana Ryan  
**GUEST HOUR:** The Panel and callers

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

### 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 UPDATES

**Rama, Tara:** much going on: at 9:00 am this morning, the number dead in Turkey and Syria: 19,000 dead; when Rama reported at the end of the day, Lady Nada told him 20,000 had died. In 1939 had an earthquake in the same spots!

In the early days, the prophecy was that there would be many earth changes; those prophecies have been largely mitigated

The answer to a question about the galactics being able to see in the rubble: yes, they can with their technology

**R:** nothing easy with the energies; lots of oceans of tears over what is happening . . .the challenge is to stay grounded and work with the energies . . .

**MG:** about today's **Knowledge Workshop and what's coming up**

### Greetings to all of our listeners from around the planet and throughout the cosmos!

In today's knowledge seekers workshop, Mr. Keshe announced another Blueprint workshop this coming Monday Feb 13, and the following Monday the 20th of February. 2 new technologies are to be released each workshop. This is to usher in a New Era in plasma technology, a Revolution in the fields of electronics and electrical systems, energy and technology. Back when Tesla was around, he was able to power an electric vehicle positioned in New York, from his energy transformer in Russia. Scientists to this day are still baffled about how he did it. Now this knowledge is delivered to humanity on our tabletops.

In other news, an update on the 2 boys with rare genetic defect disease the KF has been working with. There has been a sensational evolution in their development with these two brothers. There will be genetic tests done in 8 weeks on these brothers to see Through the understanding of plasma they have been able to change the genetic code of these boys. These 2 brothers have a very rare genetic defect and everyone with this condition does not make it past their teenager years. The parents have been watching the progress of their kids in awe after seeing the kids undergo the interaction with the plasma technology.

Lastly there is a new 5 part documentary series by holocaust survivor Vera Sharav called **Never Again Is Now Global**. I highly recommend tuning into this; it is profoundly powerful and informative. You can go to [www.neveragainisnowglobal.com](http://www.neveragainisnowglobal.com)

**The title of the video he's referring to do refers to the Holocaust . . .** there are stories from the survivors, and are drawing parallels to the current situations

**T:** Reports that more are dying of the vaccinations than from C\* \* \* \*. and more and more people are catching on about the "reliability" of the main stream media . . .

**COR:** reports on the State of the Union address and one of the lies was turned upside down – it was about getting rid of medicare

**T:** the Speaker of the House isn't respected by his party . . .

**PCC:** In Lak'esh Ala K'in – comments on the descripton given in the write-up. [See Page 11.](#)

### **Rama's White Knight Report:**

**2023-02-09**

**Rama's White Knight Report**

**FEBRUARY 9, 2023**

**Febuary 2, 2023 – February 9, 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>

**2023-02-06**

**Monday**

**Dalai Lama**



[Dalai Lama @DalaiLama·Feb 6](#)

It is important to be honest and truthful in all our dealings with others. A meaningful life is one that is based on moral integrity, honesty and truthfulness.

**2023-02-03**

**Friday**

**Tom the Ringtailed Cat, Larry, Curly, Mo**

**Rama:** Today I received a test message from **Tom the Ringtailed Cat, Larry, Curly, and Mo** at 1:10 pm. They all said to me, "Lord Rama, the Chinese balloon has swallowed up the air in the Pentagon. All the news media agencies are putting out fear stories about the Chinese balloon. We can tell you, Lord Rama, this is another attempt of the Deep State to create a false flag event and blame China and escalate the sabre-rattling.

Larry said at this point: "Lord Rama, this is a plot right of the cartoon called *Rocky and Bullwinkle* from the 60s. Let us blaze the Violet Fire and send more love to all these wayward souls. The true path to peace is kindness and compassion. All we are saying is 'Give peace a chance.' Sat Nam! Namaste! Blaze the Violet Fire!"

2023-02-06

Monday

[Dalai Lama](#)



**Dalai Lama** @DalaiLama · 15h

I offer my condolences to those families who have lost loved ones and pray for all those affected by the devastating earthquakes that have struck Turkey and Syria.



[dalailama.com](http://dalailama.com)  
Offering Support to Rescue and Relief Efforts in Tur...  
The Official Website of The Office of His Holiness the 14th Dalai Lama

192 1,285 9,734 478.6K

2023-02-06

Monday

**The Poppy Lady**

**Rama:** I received a text message from **The Poppy Lady** at 12:21 pm this afternoon. She said to me, "Lord Rama, we are here at the site of 2 big earthquakes. The first one was 7.8 on the Richter scale; the second one was 7.5 on the Richter scale, just a few hours later. The quakes were felt as far away as Lebanon, Jordan, Israel and Egypt.

"I am here with my crew, and we are blending in with the other First Responders and international Aid Teams.

"We have an inkling that the activation of the **full moon in Leo at 1:29 pm eastern time** yesterday afternoon, Sunday, **Feburary 5<sup>th</sup>**, along with a very tight and tense T-square of Uranus with both the Sun and the Moon, created this sudden and unexpected double quake event. Please place this situation and other trouble spots on Mother Gaia in the Circle of Support and Blaze, Blaze, Blaze the Violet Fire! ! Sat Nam! Namaste!"

**Full Moon -  
Oracle of Delphi, Greece**



2023-02-07

Tuesday

Lady Nada; Mr X; Tom, Curly and Mo

**Rama:** I went up the hill and created a Jedi Council above 10,000 Waves. It was 12:15 pm early this afternoon. The hill lit up like there were spotlights on it and **Lady Nada** showed up, along with **Mr X and Tom, Larry and Curly** in the Jedi Council. They said to me, "Lord Rama, even though it looks like the darkest day in Mordor, the energies pouring in from Creator Source are raising all of us even higher. Archangel Michael is here with Excaliber. The sapphire blue rays are transforming all the darkness. There are thousands of starships over the affected areas of Turkey and Syria, where the 2 major earthquakes hit yesterday, very early in the morning: the first one at 7.8 on the Richter scale between 4 and 4:30 am, and the second quake about 2 hours later."

**Mr X** said at this point: "There are 7,000 + people who have gone over the rainbow; there could be, when all is said and done, 10,000 souls who will have gone over the rainbow."

**Tom, Larry and Curly** continued: "As we the people can blaze the Violet Fire and send the rose-coloured healing rays, it will greatly uplift and transform the people who have requested our support there, and bring good vibrations over all the land."

They all said to me, "Lord Rama, as we work with our hearts, the Love can transform any disorder or disharmony anywhere across our world. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

**The Bit-Frost rainbow bridge coming down from Asgard to the Mountains.of Turkey.... Help is on the Way!!!**



2023-02-08

Wednesday

Grandmother Beatrice

**Rama:** I received a text message from **Grandmother Beatrice** of the Zuni Nation at 12:51 pm this afternoon. She said to me, "Lord Rama, the Dark Forces have abused their power and are no longer in control of the matrix. They are no longer in control of using the people as slaves. They are desperate; they need love. For so many eons of time, they have bargained with the devil in the backyard. The devil is gone. The Light has won! Expect the kachinas to return as we enter fully the Age of Aquarius in March. In Lak'ech AHO! Sat Nam! Namaste! Blaze the Violet Fire!"

2023-03-09

Thursday

Lady Nada

**Rama:** I received a text message from **Lady Nada** at 12:07 pm, early this afternoon. She said to me, "Lord Rama, I am in an undisclosed location. Due to the quakes, the death toll has passed 20,000 in southern Turkey and north western Syria. These changes going on have to



do with the new 5<sup>th</sup> dimensional timeline which is presently anchoring itself on Mother Gaia. We have been told by the Galactic Councils that there would be some earth changes during this period of time. Yet that was in the past; many of these earth changes that have been prophesied for this time have now been mitigated greatly.

“The sabre-rattling between Russia [really, the United States’ Deep State] and Ukraine [also the United States Deep State] continues.” Lady Nada went on to say: “President Zelensky went to Brussels to beg for war planes and he got them! Let us put all of this into the Circle of Support and Blaze the Violet Fire! War is never the answer! I have presided over many civilizations who have bitter differences between each other; we have always come to mutual respect and agreement after a period of disharmony. This was in the ancient past of our solar system and Milky Way Galaxy. We are in a new timeline; it is getting better all the time! Stay in the radiant energy of The Violet Flame! This is our salvation. See you in the Light of the Most Radiant One! Sat Nam! Namaste! All we are saying is ‘give peace a chance.’”



**Portal  
Opening over  
one of the  
pyramids of  
Giza**

Taken by Tom  
the Ring-tailed  
Cat and sent to  
Rama for  
sharing.



**Crater Lake, Oregon**



## ENERGY UPDATES – continued

**RGM:** talks of Josh Alexander, age 16 – he spoke up in a discussion class and said he was only expressing his beliefs as the others had – sent out of class and eventually banned until the end of the school year [Catholic school; Ontario]

- the Liberty Coalition group of Canada is backing him
- the teenager has been banned from school for the rest of year! And they accused him of bullying
  - he was also standing up for the rights of the girls who didn't like having the boys claiming to be female in their bathroom
- the beings behind this story love the disharmony and division – it creates loosh for them: all they are interested in is creating that kind of fear
- in England – there are students beating up other students and colour is the reason!
- To stop all this: we promote our own self- love and that love emerges, spreads all over the world
- the MSM news is not telling the world that Turkey has okayed Russia to come and help
- rescued a woman & a new born baby – she had the baby and her husband was present: all 3 were rescued
- a rescued dog went back to where she was rescued and her 2 puppies were then found too

**T:** brings up the **Democracy Now** program today – about the quake and the after shocks

- Erdogan has established himself as a dictator a long time ago – and the Earthquake fund had only \$5 in it - they had to wait for other countries to come and help them . . .

**R:** the teenager being arrested: Rainbow Crystal Children and the Rainbow Diamond children – they have the ability to shift things – they see all as equal

**RGM:** all the technology after WW 2 came from the good guys; the good reptilians

**COR:** significance of the blue sapphire ray

**R:** brings calming, cooling, healing – AA Michael uses it

**COR:** what about the cobalt blue ray?

**R:** as been in the presence of sapphires: they generate an awesome energy

**COR:** rose-coloured healing rays – connected to Mother Mary, Mother of Jeshua

yes, connected to divine feminine – kindness, compassion , LOVE

about Grandmother Beatrice: kachinas – arriving because of certain astrological alignments? **YES**

**T:** asking if the flash is possible at this time (of March)

Rama said yes – the full moon and the equinox will certainly stir things up

- About the prophecies and maps: I AM America map; one by Gordon Michael Scallion – and **all these have been mitigated because of the spiritual work that has been done**

**R:** the **pyramids were part of the grid system – that never goes out**

**Caller:** the tetrahedron, the pyramids

1. how can we tie in the 6 pointed star and the 6 pointed Star of David?

2. when we talk of energy grid: how do we connect the pyramid and the obelisk to enhance our understanding?

**T:** 3 obelisk – Rome/Vatican; London; DC – the Washington Monument – they are 5 sided – these structures can create healing – and they can promote healing in those locations

**R:** in Egyptian times: the obelisks were like tesla coils and can be hooked up to the Atlantis grid so we don't need other generators

- pyramids all over the planet are part of the original system to keep things balanced – listen to Mattais and his *Initiation* series on Gaia TV

**RGM:** why does no one talk about the foundations each of the pyramids  
the foundation of the Giza complex is 5<sup>th</sup> D

- Discussion about the country of Africa
- Discussion about Thailand and the Princess and the doctor who spoke out to that country

**KEY 109 of The Keys of Enoch** – about pyramids

- As for WHEN?

**RGM: About David Hudson** – had several heart attacks as he was trying to figure out how to consume the monoatomic gold

**RGM:** describes the process of making the water and usable products from Ormes

- The Kesha PLASMA WATER IS LIGHT YEARS AHEAD OF WHAT ORMES IS - we are the chemistry, the test tube, and the Universe is providing us the energy

**LISTEN TO THIS to understand the entire process**

## **Closing Music:**

### **Tine Thing Helseth - Libertango (March 8th, 2013)**

[https://www.youtube.com/watch?v=h8cNnxLsvdk&ab\\_channel=KaareK.Johnsen](https://www.youtube.com/watch?v=h8cNnxLsvdk&ab_channel=KaareK.Johnsen)

Mar 9, 2013

Written by Astor Piazzolla, arranged by Øivind Westby. Orchestra conducted by Halldis Rønning. From the 100th anniversary celebration concert for women's right to vote (in Norway), at Kilden Theatre and Concert Hall in Kristiansand, March 8th, 2013.

<https://www.facebook.com/inlakeshband/posts/in-la-keshin-mayan-tradition-there-is-a-greeting-that-many-people-working-with-m/687290954747313/>

In Mayan tradition, there is a greeting that many people working with Mayan wisdom know of. It is the law of ***In Lak'ech Ala K'in***, which means I am another yourself (A modern day interpretation). It also means I am you, and you are me.

We have come to understand that this Mayan greeting is an honoring for each other. It is a statement of unity and oneness. When this sacred greeting is given, there is always an action of placing the hands over the heart. The more I walk the Mayan path, the more I understand the depth that *In Lak'ech Ala K'in* teaches. This greeting has become more than a simple, honorable greeting. It has evolved into a moral code, and a way to create a positive reality for all life. Every action we take in our lives affects all living things. We understand that if we act negatively, our actions impact all life negatively. When we act positively, we affect all life in a positive manner. When we live the code of *In Lak'ech Ala K'in*, we know that every action we take is out of respect for all life, and we are living and giving from our hearts. We can give our hearts in a positive manner every day by saying *In Lak'ech Ala K'in* to each other, to the trees, to the sky, to the birds, and to the stars. You can greet each sunrise by saying *In Lak'ech Ala K'in*. Each and every day we have together is sacred, so acknowledge this day by giving it your heart. Remember when you give in this way, you are also giving to yourself! You are not giving your energy away to something separate from yourself. You are giving to another part of yourself!

Understand the challenges in staying positive in these days where the energy is so compressed that we can hardly breathe! There is one simple exercise that can turn it all around for me! Each day, simply walk in gratefulness. Say *In Lak'ech Ala K'in* to that which gives us life everyday, and that is the heart of the Great Spirit. Instead of solely taking from the Great Spirit by asking for insight and direction, give back your heart, love, and appreciation. You will be amazed at the results. If we open our hearts and send gratitude, it opens all doors that were previously closed. Remember you are a part of Greater Spirit! When you give to Great Spirit, you are giving to yourself.

Practice *In Lak'ech Ala K'in* tirelessly, because when and what we give to others is giving energy to ourselves. When we give, we receive. So how do we know if we giving right? It is really simple. When we are energized by our giving, we know we are giving from our hearts and from the code of *In Lak'ech Ala K'in*. If we feel drained or exhausted, it is possible that we gave out of fear, lack, obligation, ego, or a need to be accepted or liked. The more one practices *In Lak'ech Ala K'in*, the clearer we will become about our motivations regarding our actions, and the more we will receive. Remember . . . what goes around comes around exactly the way it was sent out. If you don't like what life is sending to you, look at what you are sending out to life.

When we begin to live and practice *In Lak'ech Ala K'in*, a lot of our old ways of doing things will no longer work for us. For instance, we cannot act like victims anymore, and we cannot live out of fear either. We find ourselves no longer preparing for disaster; instead we anticipate a glorious future! The past will become just a bad dream, and the future will become a beautiful vision of which we will create right now. Practice *In Lak'ech Ala K'in*; quit being neutral in our world; understand that Spirit works with those that take action. Take action by adding to the positive experience of this dimension. What kind of world do you want? Don't just stand there waiting for the world to appear in front of you. Create: you are a divine creation.

With my hand on my heart i'm grateful for life and love and all of you!

In la Kesh Ala K'in my sisters and brothers.

<https://archive.org/.../InLaKeshLive2015-07-18...>