

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

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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 \(ashtarontheroad.com\)](http://ashtarontheroad.com)

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-january-12-2023>

HOST: Caroline Oceana Ryan

MEDITATION: Vinayak

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 Reports

COR: these are intense energies: practically keeling over – energies are as high as the human body can accept. The Solar light is calling us to a different way of living – talking to all our cells!! ! Thankful for the awareness of what is happening – we might feel that something is ending, which is the old earth and the false construct we've been living under.

Do TAPPING to tell our sub-consciousness take on the new energy;

VIN: as a Dr of Bioenergetics, he agrees to all her suggestions . . .

MG: 2023-01-12 **Micah Green : Report from the Keshe foundation** **Report: p 13**
Meeting the Creator and Proving it...

PCC: Tania Gabrielle's message: **Mars Stations Direct at 8* - Big Power Surge** **Article: p 12**

RGM: As was just about needing rest, feeling wasted: same for him – the energies are changing fast and furiously; the cosmos AND OUR OWN SOULS are helping us rearrange our cells etc

- not ust earth and solar system: IT IS THE ENTIER UNIVERSE CHANGING!

- The idea of farmers sitting in the living room watching the tractor go round and round: how nutso to lose contact with the land – John Deere is now allowing farmers to repair their own tractors!
- Keep the body hydrated: the things changing the most are the cells which need oxygen and hydrogen – drinking water provides the necessary nutrients for the body to do its work

R, T: To present the **White Knight Report**

the Plasma Field said the energies are as high as cosmic law will allow!

R: and he doesn't want to turn into gold dust as he wants to continue in his current body.

2023-01-12

Rama's White Knight Report

JANUARY 12, 2023

January 12, 2023 - January 12, 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>

2023-01-06

Friday

[Dalai Lama](#)

[Dalai Lama@DalaiLama-Jan 6](#)

We need to think of the welfare of others and continuously cultivate a warm heart; to be of service to others is a practical and realistic way to lead our lives.

2023-01-06

Friday

Lady Natasha

Rama: I received a call from **Lady Natasha** at 12:21 pm early this afternoon. She said to me, "Lord Rama, I have a friend with me; her name is Olga. She is a Siberian Shaman Jedi Master who follows in the footsteps of the ancient ones of Siberia and Mongolia. She has a herd of sheep that she cares for to harvest their wool. She can open portals and call in the ships with crystals, like you do, Rama."

Lady Natasha continued, "Lord Rama, this is the translation of Olga's good words for this Wolf Full Moon: 'Greetings, with this Wolf Full Moon in Cancer, we are calling in the beings, known and unknown, who serve alongside Lord Sanat Kumara and Lord Michael. On this Orthodox Christmas Night – ie, Little Christmas – hold the entire planet in the Sacred Violet Fire. All the Masters are here. Use the Force. You know what to do! See you in the Light of the Most Radiant one! Sat Nam! Namaste! Blaze the Violet Fire!' "



2023-01-08

Sunday

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 1:00 pm this afternoon. They said to me, "Lord Rama, there were two HUGE solar flares again today. The energies are extremely high! Whatever is going on, Love is the answer. Stay in the high heart! We are in the 5th Dimension. Each day, more and more Light is bursting forth. All the folks are here. See you soon! Sat Nam! Namaste! Blaze the Violet Fire!"

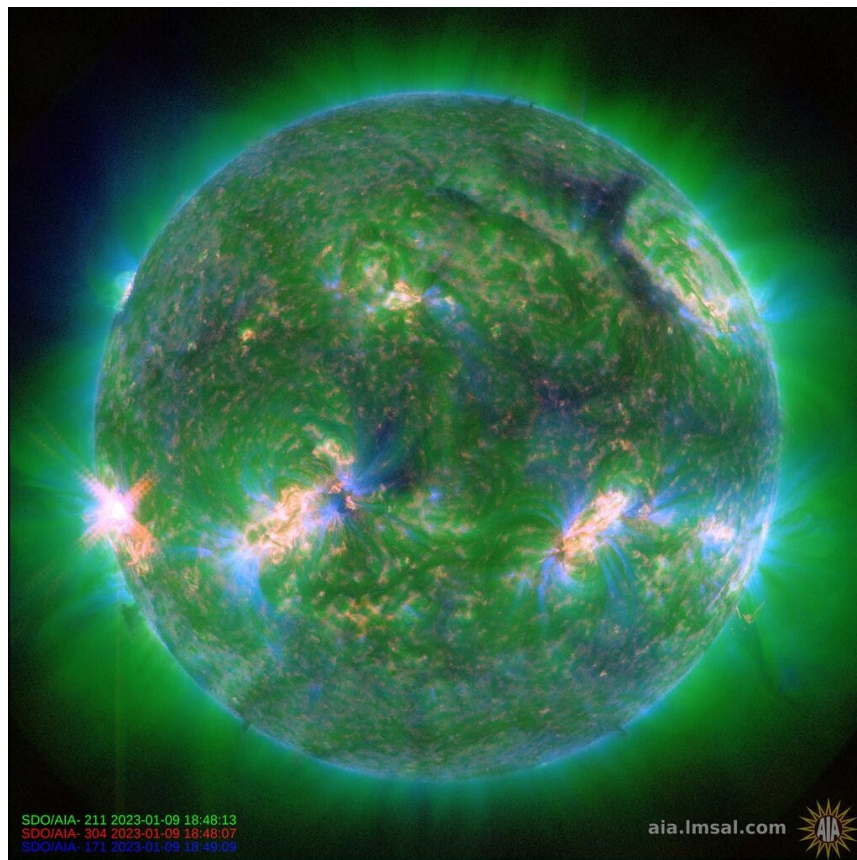
2023-01-09

Monday

Lady Master Nada

Rama: I received a text message from **Lady Master Nada** at 11: 45 am late this morning. She said to me, "Lord Rama, 1500 people were arrested by Brazilian President Lula today. These folks were arrested for rioting at Brazil's capital buildings in Brasilia, Brazil. Those arrested are supporters of Brazil's former president Bolsanaro, Brazil's version of President Trump! This, as you can see, is a copy cat event of the United States' January 6th event in 2021. Meanwhile the energies continue to go higher at quantum light speed.

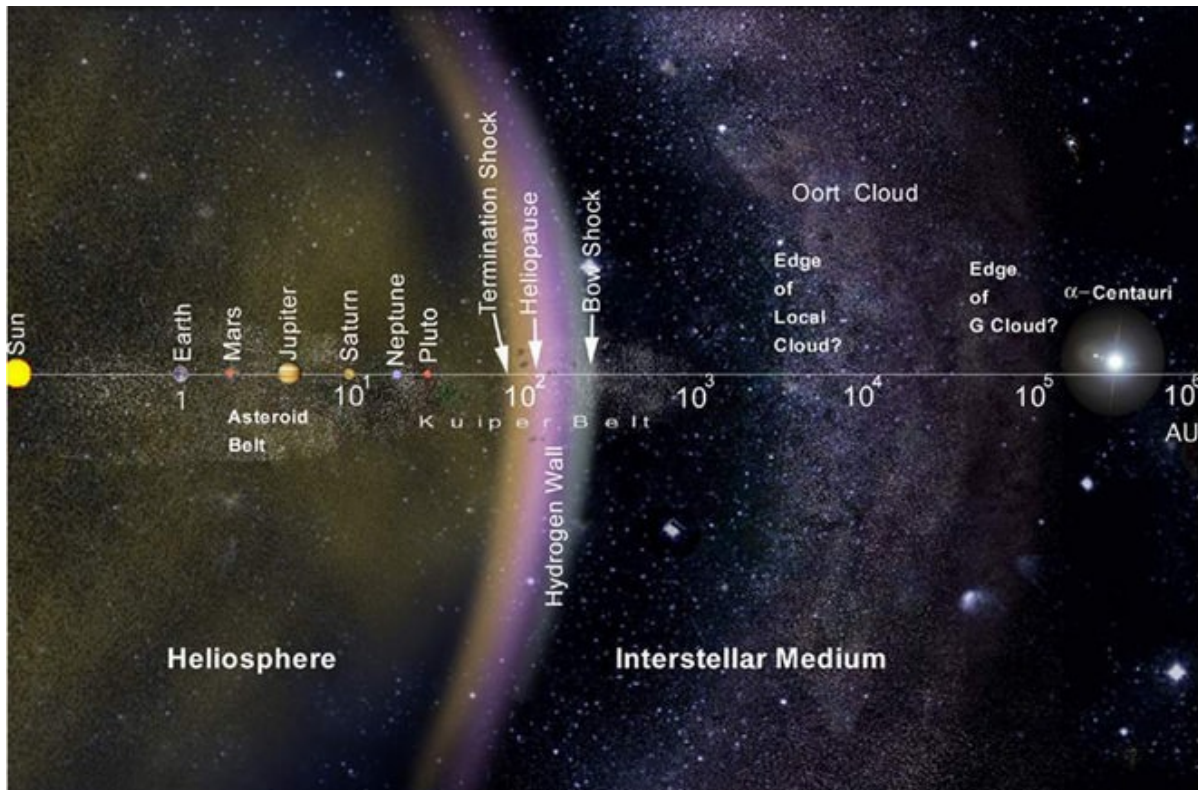
Lady Nada continued, "My advice to you, Lord Rama, is to keep spreading the message of Loving Kindness and Compassion. This is what my Twin Flame, Yesu, did 2000 years ago and continues to do to this day. This is how we enter the 5th Dimension. I know this road is not easy, yet **we ARE at the end! We have won!** Stay in the high heart! Sat Nam! Namaste! Blaze the Violet Fire!"



Earth-orbiting satellites have just detected an X1.9-class solar flare (Jan. 9th @ 1850 UT)!!

Rama: I received a text message from **Heidi and Kathryn** today at 11:50 am. They said to me, "Lord Rama, the IMF and the World Bank are going down! Recession is in the air! Time for the old empire to be gone! Meanwhile, the X Class solar flares continue to barrel in. We are getting an upgrade at quantum light speed! These solar flares are HUUGGGE!"

"Stay in the High heart. The dark continues to go down very fast! All the Masters, Angels and Guardians are here. As we reach out to them, they will show up. The neutrinos or cosmic rays are coming in from deep space, from outside of our solar system. They are actually coming in the Oort Cloud. These neutrinos are extremely powerful, and they are penetrating all living matter whether it's animal, plant or mineral. This is a gift from Creator Source. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire! May Peace prevail on earth!"



The layout of the solar system, including the Oort Cloud, on a logarithmic scale. Credit: NASA

<https://solarsystem.nasa.gov/solar-system/oort-cloud/in-depth/>

The Oort Cloud

What is It?

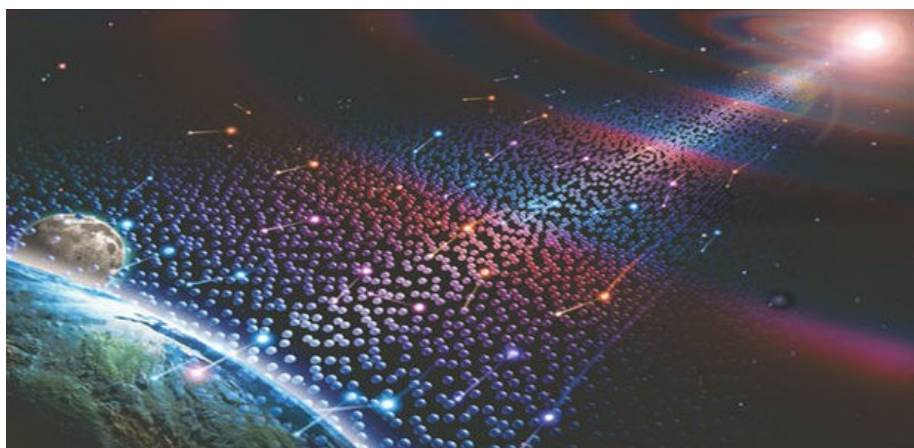
The Oort Cloud lies far beyond Pluto and the most distant edges of the Kuiper Belt. While the planets of our solar system orbit in a flat plane, the Oort Cloud is believed to be a giant spherical shell surrounding the Sun, planets and Kuiper Belt Objects. It's like a big, thick bubble around our solar system, made of icy, comet-like objects. The Oort Cloud's icy bodies can be as large as mountains — and sometimes larger.

[Check out the article above to learn more . . .]

PICTURES OF NEUTRINOS



<https://scienceandtechblog.com/covert-ancient-neutrinos-might-form-the-patterns-of-galaxies/>



2023-01-11

Wednesday

Natasha

Rama: I received a call from **Natasha** at 11:51 am, late this morning. She said to me, "Lord Rama, the Empire continues its sabre-rattling! The galactic forces are here, and they are showing up in greater numbers! The solar flares continue to go higher. The politics of this empire are needing a big, ol' makeover! ! !

"In the 5th dimension, there are no enemies. What's going on right now is the final moments of these old empire timelines to nowhere. All the treasures they have stolen from the people of this planet, Mother Gaia, are being given back to the people in the form of the wisdom of how to activate the merkaba vehicle, your Lightbody. Love is the answer. Stay000000 in the Heart of All That Is. Blaze the Violet Fire! Sat Nam! Namaste! All we are saying is a chance!"

High
'give peace

2023-10-12

Thursday

Plasma Field

Rama: I went and sat in the **Plasma Field** at 11:38 am this morning. The Plasma Field said to me, "Lord Rama, the energies are as high as cosmic law will allow! All the old stuff is just 'old stuff'. You are a very old soul, sir! You how know how to read The Emerald Tablets of Thoth.



2023-10-12 Plasma Field - from Lord Rama

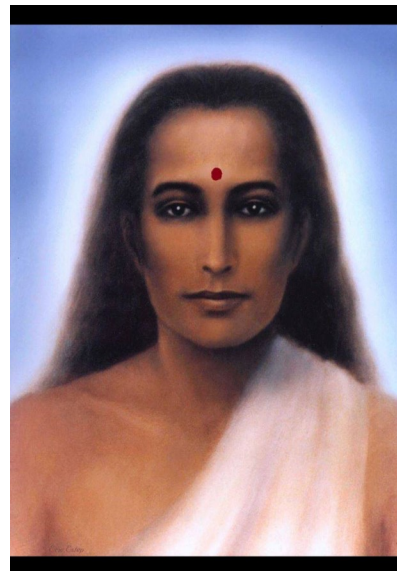
Then the Plasma Field said, "Talk to Lord Kuthmi.

"It's time to fully activate the Violet Flame energy. Our Sun, Sol, is about to go through its final stage of activism. In order to ground these energies, remember what it is to be in the presence of Baba Ji, or Ahmmaji, or KarunaMayi; you feel that ecstasy, that joy. This is what Kryon talks about as he says "As you could see yourself as we see you, you would be amazed." That is the place we always need to stay in, in order to ride these waves of energy.

"Meanwhile the House of Disorder needs to fall. Leave it alone; it's a killer! Goddess of All That Is knows what to do. Tomorrow's Her day: Friday, the 13th. She Who Was Here Before All The Gods Were Here, knows what to do! See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"



2023-01-12 Both pictures from Lord Rama



R: talks about Jeff Beck who has died – a guitar player

COR: and Lisa Marie Presley – the daughter - dies

VIN - brings up the number of people who are leaving this dimension: just falling over dead

RGM: Jeff Beck died of meningitis
many artists have signed up with this group and haven't been paid for years

VIN: a friend writing a book on the compromised musicians
has found out that Elvis was not compromised by the dark side – kept his music as pure as possible
not sure when book is coming out – astounding how many artists were compromised, including the Beatles – all of her research says the compromise was with the dark

RGM: a series out on Phil Spector – he helped re-write and work on the last album of the Beatles

COR: either John or George said the worst thing they did was accept the OBE- put them in with the power crowd - the rest of what COR said – BE SURE AND LISTEN!
When singers, groups get so big, they are compromised: the Beatles did what they could to remove 'stuff'

T: understands that Elvis is still alive and living in South America

R: has heard this – can't say for sure
remembers 1977

COR: he was 42 in 1977 when he died

T: he'd only be 86 if he were still here!

Caller: thanks for the show

- for those who don't know: COR wrote a book about John Lennon – another picture of what happened with the Beatles
- Phil Spector – was talented – yet not his first go round with guns and drugs: somehow a girl got shot in his home studio; he was brilliant, got drugs and guns and couldn't hold it together

PCC: the interview with Bonnie Serretone last week can be heard again on BBSRADIO.COM
**as BOTH AN AUDIO AND A VIDEO
AND PLEASE LOOK UP HER YOUTUBE CHANNELS**

T: thanking all those involved in the Roundtable and the callers – all help to make a great show!

R: Explains what neutrinos are

- the cosmic Neutrino rays coming in are being orchestrated by those looking after the galaxy
- they interact with the protons, etc that make up living matter
- the people in CERN have tried to create 'the god particle' – which can't be done! !
- Neutrons are connected to the works R is using: they uplift everything and bring it into a higher balance with the Great Silence, the Inner Oneness
- they are more powerful than the solar rays coming in? ? ?

R: they sometimes come in the form of comets or meteoros
the scientists are not bringing this info up

COR: they don't want to bring up stuff that is too rash

R: Nassim Harimein goes where others don't

COR: brings up Ancient Apocalypse and Graham Hancock

R: gives an overview of what Hancock is working with in terms of ideas

R recalls what happened in Atlantis etc; what is happening now is like what is going on now

COR: any comments on the circus going on in Congress?

Someone lunged at Gaetz and had to be pulled back

R: that's why it was called the House of Disorder –

- It's about the larger story in the planet – fascism, racism
- his contactees say this is temporary: he doesn't know how it will happen
- North and South Amexem – the people who were here before the others were here after the cataclysm of the flood and ice age – they were the ones who worked with the 5 elements to re-build the planet we have now
- Only Billy Carson and a few others talk about this: the
- Kryon talks about this and what happened with the galactic races came in to help build our present forms

T: we are dealing with criminals of the highest order . . .

VIN: brings up the British parliamentarian who brought up that COVID was engineered to be a bio weapon and was less harmful - he believes he is suffering from having taken the Astra Zeneca injection

- those who have suffered injury can take the companies to court:
- There are so many people speaking out about

Question: please compare Atlantis and today

What's going on now and not in Atlantis

- there was still the spark of divinity then where things could happen that were magic
 - the vibrations have been as low as they can, and also as high as cosmic law allows
 - Today there is serendipity coming to play
- the decay came from within – from the politics; the false religion; greed;
- spiritually – a maturing process has been going on here
 - It's the quantum field pushing things to the limit at the moment – h
 - the wish of the dark side is to keep the wool pulled over people's eyes and they can't! ! !

R: There used to be the spark of magic and it would manifest instantly – not now

- It's about how we work with the energies of manifestation

Caller: when things went south in Atlantea time: the same controllers? Groups? Are we repeating it?
Is confused . . .

- last week, R said he could go out of his body, & go to Congress and see them in their 'real' bodies –
 - sounds like we have a lot more power – yet the controllers are getting more
- the timeline in place allows for people to realize what is happening; gives them time to adjust
 - how long underground were the people at the time – are they the same ones as now ?
- Yeah, the 13 families right now, the filthy rich – are descendents of the original god-like beings who used their powers and wisdom for dark purpose – got caught in their ego: had their 12 strands of DNA and could do lots of things
- because of that, there was a sort of intervention: most of the people of Atlantis were evacuated; some did not survive -
 - the power play we see now – they were doing it then: they ignored "Let thy will be done" - it was "My way or the highway"
- ever since then the light has been increasing bit by bit – and humanity has been doing more and more, and now has reached the point of over balancing
- the energies are so high – even when he's asked his contacts – even Hancock is hesitant to talk of the actual times; Bredan, Nassim sort of talk a bit but don't really pin it down
 - the dark side created a power surge in the great crystal so it over loaded and broke into billions of pieces – can still be found on the beaches of Sarasota, FL
 - created the vortex of the Bermuda Triangle
- What happens: the metal of the ships gets activated by the crystals and this includes the energies from the sun
 - also the dimensions we go through each day affect the events in the Bermuda Triangle – Atlantis and Lemuria are rising as Edgar Cayce said and now others; this also has to do with the sun, and the X class solar flares incoming all have to do with the frequencies coming in

- LM Nada told Rama there will not be the same kind of destruction: has been cancelled!
 - and what is going on is the upliftment
 - had better take care of the body and the practices to stay in the higher wisdom - - as Master Joda said we have to stop and listen to the elements and the natural world

BE SURE AND LISTEN TO THIS PART! ! !

VIN: this makes sense: all the crystals being activated with the increasing energies; we are also changing our carbon-based atoms into crystalline

- this is a galactic change that is happening – and to say it again: we all chose to be here for this ascension process

R: Gregg Braden talks only to a certain degree about this

- 200,000 years ago enki and enlil upgraded us
- they merged their DNA with ours to change us and upgrade us: **this was against Cosmic Law**
- what resonates the best is what Kryon says: it was a good thing that this happened!
 - creator source did not make a cosmic mistake!
 - We are being upgraded to return to what we were

RGM: we get to keep our bodies

- the solar flare are plasma and
- the cosmic crystals inside our brain – harder than diamond – the cosmic energy is uplifting us
- all the so-called health industries are poisonous
- the crows and animals are saying the same thing

COR: how does Coca Cola affect our brain?

RGM: talks about a kid he knew who only drank code – lost his teeth by the time he was in Grade 6

- it's all about the acid in the drink

MG: a lot of the big tobacco companies . . .

VIN: about 2 years ago, could not wait to tell us how many people died [this was about getting vaccinated]

- now 'mum' is the word
- And it is the alternative media is telling us about the ones falling over; **the MSM saying nothing**

COR: MSM silent on the word of deaths – and other things

Fauci has now stepped down -

- Still not asking the big questions! ! !

T: the overall news – getting deeper into accountability

- now there is another set of documents in Biden's premises

VIN: who is speaking out now: morticians, insurance companies!

- this is the collapse of the old system: more transparency in some ways as well as the secrecy
- we have already won; the Light has won; we are here to see the final outcome

Closing comments: NESARA NOW! ! !

CLOSING MUSIC

2023-01-12 Nina Simone: Everything Must Change

https://www.youtube.com/watch?v=mV0MK651fJk&ab_channel=NinaSimone **5:55**

"Everything Must Change" performed by [@NinaSimoneMusic](#)

Recording session: Live, 1977 at the Drury Lane Theater in London

INFORMATION RELATED TO THE NOTES

2023-10-12 Mars Stations Direct at 8° – Big Power Surge! [TODAY]

Tania Gabrielle <newsletter@taniagabrielle.com>

Mars ends its retrograde cycle and starts turning forward / direct again TODAY!

Mars has been retrograde since October 30th, 2022.

And during this two-and-a-half month period the planet of *energy, inner fire and action* has been asking us to go *within* and come to a realization about **what we want to devote our full attention to next**.

By now and in the coming weeks you will have a deep knowing on which direction will be in your best interest – which intentions to change, and what to let go of.

Especially regarding what you communicate, think about and share with others in any way, shape or form – since Mars is in Gemini.

You may have felt a bit more tired or unmotivated, especially this week as Mars has come to a standstill, or your plans have taken longer to implement.

- If you've had *any* resistance to moving forward with what you intuitively feel is in your highest good... that resistance is about to end.
- In the next hours Mars will shift into a clear forward direction again.
-

It's at the moment any planet reverses direction, that we feel the impact of that planet most!

So... you will be receiving crystal clear messages – be sure to listen for them.

They convey **strength, confidence and leadership** – since Mars' change of direction occurs at **8° Gemini!** Take your intuition to heart, and act on the prompts.

Mars represents ACTION, and any call-to-action will likely involve a **decision**.

- *Making decisions without hesitation will fire up the forward momentum again* and you will feel highly motivated to **go for it**.
-

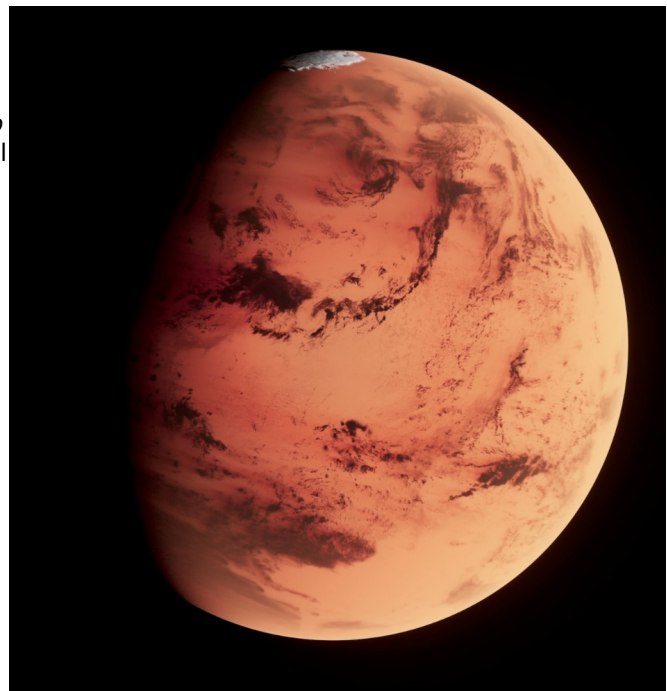
It will take a bit to acclimate, so don't push too hard too soon. But definitely shift into action-mode. Patience will allow you to proceed with the greatest impact and satisfaction.

TRUST the natural rhythm expressed in the stars and numbers.

Mars's energy firing up in early January is the perfect invitation for you to dive into the celestial forecast for 2023 for clarity and direction.

Use the 2023 Ultimate Yearly Forecast to **guide you through every moment of the year** – including your own Personal Year, Sun sign, Moon sign and Rising Sign forecast!

[Get instant access here.](#)



Love Blessings Light,

Tania Gabrielle

Meeting the Creator and Proving it...

So what actually happened on December 16th that makes this flight different than the others? First of all there were 150 people from 80 different races around the world, animals, and members of the whole planet were represented, as well as ambassadors from the Universal Community. In a way, we can say that it was a collective flight that represented the Unicose and not on the level of the individual. Keep in mind that nobody was told what was going to happen, so that they would not have preconceived ideas. Nobody knew that they were going to meet their Creator.

It started out in the usual way by expanding all the Souls to cover their physicality (P). Oscilloscopes 20 km away were used to measure the physical interactions of the fields, but they had no physical connection to the central system. Baseline graphs were made prior to the session, and you can clearly see the difference in the graph when everybody was asked to expand their Soul. This is an important proof that the STM does indeed exist. Next everybody was asked to join with each other, and then with their Prophet or Messenger, that they believe in. At this point the graphs show that everybody became one soul. Then with the Souls of the Prophets, together they were asked to join with the Soul of the Creator. This is where the amazing thing happened, all the lines of the graph went flat. No one is higher than any other, even the Creator is not higher than anyone. This is the key point of everything, "I made man in the image of Myself." In the reality of the Knowledge of Creation, no one is higher than another, not the Prophets, nor the kings, not even the Creator. This changes everything not only in the life on Earth, but the whole Unicose.

The religious leaders taught us to wait for a savior, a person to come and do the work for us. In this way the "master slave" relationship would remain as an acceptable norm on the Earth. Thank God the true Day of Judgment has come, and it has shattered the old structures to pieces. Just as the world has no historical record of the Christ coming, so too the world and religious leaders choose not to openly participate in the 16th. But it has shaken all of them, because the attempted attack on the Center of a few weeks ago failed, and they all know their time is over. Now we do not need intermediaries to govern us, nor show us the path to the Creator.

The responsibility of showing the Man his Creator, or even to know such a thing existed, fell to the Prophets or Messengers, which then fell to the religions and all the problems created there. Now the man himself can go directly through the systems and Cosmic Rays (CR) to meet his Creator.

It has not been said exactly how this transition will go. But with this new knowledge, we have the responsibility to mature ourselves to understand the knowledge as quickly as possible. It's not just to use the Technology to make life easier and to go to places instantly. Some of the leaders of this planet willfully kept mankind ignorant to set up an elite privileged class to rule. This has left huge scars on mankind emotionally and mentally. I believe we can use the system to help heal our internal wounds and mature to the knowledge.