

DOCUMENT OVERVIEW

- I ACCESS to THE THREE WEEKLY CALLS via the Internet
- II ACCESS to OTHER CALLS SUPPORTED BY WWW.rainbowroundtable.net
- III OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; LINK TO PODCAST
- IV HARD NEWS

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

A BBS RADIO Go To www.bbsradio.com; click on "64K Listen"

* **Thursday: A Night at the Round Table** Hosts: Panel Members
6 pm Pacific / 9 pm Eastern

* **Friday: Friday Night Hard News** Hosts: Tara & Rama
6 pm Pacific / 9 pm Eastern

One Hour conference Call: 1-641-741-1704 Access Code: 353 863#

* **Saturday: History of our Galactic World & NESARA** Hosts: Tara & Rama
1:30 pm Pacific / 4:30 pm Eastern

One Hour conference Call: 1-720 716 7301 – Access Code: 353 863#

Call to interact / ask questions:

Canada & US:

STATION 2 1- 888-429-5471
Direct 1- 323-744-4841

B CALL-TO-LISTEN 1-804-220-6484

C Skype: BBSradio2

D Archives for the 3 Programs listed above:

- Go to *BBSRadio.com*; in first column, **RHS, FIND TALK SHOW**
- Enter *the name of the show*, press the GO button. You'll be taken directly to **Hard News on Friday**; click on "**Archives**" which takes you to the listing of all program archives, the latest one being at the top.
- You can listen directly or download the program to your own computer.
 - To listen directly, click on the arrow on the black bar.
 - To download, go to **Episode MP3 link**. Then **right click** on the name '**hardnewsonfriday including the date**' and the drop down menu appears. Click on '**save link as**'

E Archives, written and audio, also exist on the rainbowroundtable website:

www.rainbowroundtable.net - look under the "Archives" tab for

- **written notes** including the link to the entire podcast, and
- **links to the audio recordings** of the conference calls of the Friday, Saturday shows.

II TO ACCESS OTHER CALLS SUPPORTED BY www.rainbowroundtable.net

A Sunday, Mondays: 9 – 10:30 EST *Cheryl Croci's Activation Calls*
By telephone only: 1-425-436-6260; PIN 9467 441#

B Tuesdays, 2nd & 4th of each month: 9:00 – 10:30 pm EST *Ashtar on the Road; Ashtar Legacy Calls*
Host is Fran

<http://www.ashtarontheroad.com/ashtarteleconferences.html>

To access **by Phone:** • 1 – 559 – 726 – 1300; PIN 972400#

• Call is free [except for long distance charges]

via HD Conferencing: 712-770-4160 **PIN #** 980339 [always the same]

<https://www.freeconferencecallhd.com/hd-conferencing/>

via Skype **Click on the VOIP button** and enter what they ask for:
<https://www.freeconferencecallhd.com/hd-conferencing/>

C Wednesdays: 7:00 – 9:00 EST *The Friends of The Aboriginal Moabite Nation Call*
By telephone only: 1-712-432-0900 PIN 666238#
Replay# [good for 1 wk] 1-712-432-0990 PIN 66238#

D Every 2nd Wednesday *The Abundance Call - Caroline Oceana Ryan*
5:45 PM Pacific / 8:45 PM Eastern
60-minute conference call with the Collective,
a group of Angelic and Galactic beings, channeled by

To be notified: email AscensionTimes@gmail.com - message is "YES to Abundance!"

E LINK TO THURSDAY NIGHT CALL: A NIGHT AT THE ROUNDTABLE

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

Call In Numbers: 888 429 5471 323 744 4841

HOST: Omena See below for list of panel members

MEDITATION: Omena

Guest Hour: Omena

PANEL FOR TONIGHT:

Caroline Oceana Ryan	[COR]	Micah Green	[MG]
Rama and Tara	[R,T]	Randy Miller	[RGM]
Penny Christoffersen	[PCC]	Vinayak	[VIN]
Omena	[O]		

REPORTS / ENERGY UPDATE FROM THE PANEL MEMBERS

Vinayak: sharing a presentation he's heard – a good summary by Dr Pierre Cory – 5 minutes
innumerable failed policies: not testing the vaccinated; not recommending Vit D or checking Vit D
levels – he calls attention to the corruption and that the policies are recommended by the
pharmaceutical companies. He talks about Ivermectin and its successes around the world – but not in
the US! Avoid It has solved pandemics in Mexico through the medium of treatment kits; Argentina; a
province in northern India – medical people visited 75 districts -eradicated COVID which was not

covered in the MSM; a city in Brazil – complete data on 160,000 citizens – 113,000 decided to; 50,000 did not – those who did had ; Argentina – test and treat programs – successful

O: Quite a week – will talk of the Divine Chaos going on – brings up our empathy and compassion

COR: Thanks for sharing – needed to be said!

- Feeling the energies are so powerful – feeling spacey, not terribly awake; channeling that full disclosure is unfolding so there's a growing sense of excitement – almost like sleep-walking! We are being kept in as calm a state as possible – DNA being upgraded, have more rest – we don't go into relaxation every often in Western culture but this is what is happening to us – beels we are being adjusted – what she's been noticing

RGM: an audio report: a report that Putin is running out of bullets – and other not true things! ! !

Laura: so much misinformation and after 35 years has never heard such a thing: supposed to either love Putin or hate him! He knew exactly what he was doing when he went into Ukraine

- What Russia has done has been very strategic – knew where the bio weapons labs were
- lots going on about the dishonesty and Ukraine history, and the AZOV battalion which has nazi signia even on the female soldiers – the AZOV battalion has been fighting its way
- Western Ukraine was the HQ for the Nazi SS!
- Long history of the the US funding the actual Nazis in the war

HOST: pointing to a real credibility factor regarding US leaders . . . and others

Brought up: what Jan Psaki said in a news conference

Laura Logan: Zelensky is Jewish, yes – but he's not the only one who suffered during WW 2

- What is the truth here and we are being lied to on an epic scale !
- There are increasing problem with technologies etc – it's a barefaced lie to say this is about the war between Ukraine and Russia: Putin has said for 15 years and more that he will fight the globalists! ! !
- There is so much corruption here, and Ukraine is in the middle of it
- Look up S E S – and the law was brought into being which had

Broadcaster: Real America's Voice AM

Randy Miller, [3/17/2022 7:51 PM]

[Forwarded from IET 17 * * * (IET 17 * * *)]

[Video]

KABOOOOOOOOOOOOOOO

I'm surprised they didn't cut her off - "oops sorry we lost Lara there"



Micah: has a report from Mr Keshe and the Knowledge Workers Workshop from today

- He said they are back on track about transporting units around the world
- Peace has been taken and claimed to create World Peace
- AZ and Nassau -

GO TO #424 Knowledge Workers Workshop ON YOU TUBE- to hear it in detail

Omena: HAPPY ST. PATRICK'S DAY TO ALL! !

PCC: Message from Kryon

From Kryon Book Nine: The New Beginning: 2002 and Beyond

Hopeful News

With all of the items on Earth that seem negative right now, we're giving you the most powerful, inspirational, hopeful news that has ever been given. That the veil is being postured

to be slightly lifted—reduced to a place where you can move into another dimension, keeping the one you're in.

In the process, wisdom will replace chaos, and answers to eons of strife may be revealed.

In order to move forward with this, you're going to have to tune to that new station—the one that you can't see or hear—the one that's beyond your senses. Let's call it what it is: You're going to have to calibrate to the new Universal energy.

This is not a new attribute of Earth.

This dimensionality has always existed on the planet, but it has been out of reach to everyone but the avatar or shaman until now.

~ **KRYON**

through Lee Carroll, the Original Kryon Channel (via gary@kryon.us)

NOTE: Many comments are added throughout the reading . . . they are not reported in the notes, but are available in the podcast . . .

Rama's White Knight Reports

2022-03-17 Rama's White Knight Reports

MARCH 17, 2022

March 10, 2022 to March 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>

2022-03-11

Friday

Rosa From Palestine

Rama: I received a call from Rosa From Palestine at 11:30 am late this morning. We must be kind and loving to each other. The end game is at hand. They, the Dark Side, are playing into Mother's paws. Send more love to all the situations on Mother Gaia.

There are about to be very huge discoveries in the archaeological world which have to do with our brothers and sister from the stars. We are one people, the rainbow nations of Mother Gaia. All we are saying is 'Give Peace a chance!' Sat Nam! Namaste! Blaze the Violet Fire!"



Our Brothers and Sisters . . .

2022-03-12

Saturday

Lianara

Rama: I received a text message from Lianara at 11:12 am this morning. She said to me, "Lord Rama, all of this may be over by the end of March! Call in all the Forces of Light! Sat Nam! Namaste! Blaze the Violet Fire! "

2022-03-14

Monday

Dalai Lama

[Dalai Lama @DalaiLama · Mar 14](#)



Dalai Lama ✓
@DalaiLama

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HHDL taking a group photo with newly ordained novice nuns at the conclusion of the ordination ceremony at his residence in Dharamsala, HP, India on March 14, 2022. (Photo by Ven Tenzin Jamphel)



2022-03-17

5 / 12

3:44 AM · Mar 14, 2022 · Twitter Web App

2022-03-14

Monday

Tom the Ring-tailed Cat

Rama: I received a call from Tom the Ring-tailed Cat at 12:15 pm this afternoon. He said to me, "Lord Rama, the so-called controllers of Russia, the Russian oligarchs, would like to put nuclear weapons in Belarus. We are playing out the end times story here. The 13 Families want to pull off a False Flag event, like a Fake Alien Invasion. That is the absolute last card." He added that Project Bluebeam could project a holographic image of Lady Di showing up in the sky. This is one scenario or way of distracting people.

"What the 13 Families would really like to do is scare everyone with a fake alien invasion. As that were to occur, Captain Ashtar or his representative would take to the airwaves and let everyone on Mother Gaia know these are the naked emperors that have no clothes. And they would be exposed for the criminals that they are!

"We, the Galactics, are here with the whole of heaven! War is never the answer! Goddess is here. Take that to heart! She is moving tremendous amounts of energy for good, right now! The solar flares continue. Stay in the Violet Flame! All we are saying is 'Give peace a chance!' Sat Nam! Namaste!"

2022-03-15

Tuesday

Rosa From Palestine

Rama: At 12:10 pm early this afternoon, I received a call from Rosa From Palestine. She said to me, "Lord Rama, the ships are here; they are being seen all over the Middle East. They are being seen over Ukraine and Russia, as well as over many other places across the planet. We are in the most intense time ever. The Dark Side is playing out their very last days and hours. Send more love to all situations. All the angels and masters are here. All we are saying is 'Give peace a chance!' Sat Nam! Namaste! Blaze the Violet Fire!"

2022-03-16

Wednesday

Tom, Sweet Angelique – both Paschats!

Rama: I received a text message at 12:15 pm early this afternoon from Tom the Ring-tailed Cat and Sweet Angelique the Cat.



They said to me, "Lord Rama! We are over the Arctic Circle in a shuttle craft. We are on patrol, so to speak. All the old order of crime families' information is coming out across the internet; the Empire of Fallen Angels is at an end. This is happening because our Sun is going through its transfiguration. The 13 Families know about this transfiguration of the sun and they cannot handle it, nor can they stop it.

"This is the time where 'She Who Was Here Before the Gods Were Here' returns with the entire Company of Heaven. All we are saying is 'Give peace a chance!' Sat Nam! Namaste! Blaze the Violet Fire!"



From Tom on March 14: "Goddess is here. Take that to heart! She is moving tremendous amounts of energy for good, right now!"

2022-03-17

Thursday

Lady Master Nada

Rama: I talked with **Lady Nada** by text today; it was 12:05 pm early this afternoon. She said to me: "Lord Rama, the Main Stream Media along with the Dark Side are a bunch of ravenous wolves. They want to create an extinction level event; they LOVE high drama! At this moment, they cannot control the fallen matrix any more. This is a war between the 13 families and their overlords, the fallen angels.

"At this moment, our sun, Sol, continues to send out massive solar flares. Let us focus on the Light of Spring Equinox and the Return of the Christ. Rejoice! The Most Radiant Ones are here AND THEY ARE US! As Yoko Ono says, 'War is over, as you want it.'

"See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire!"



2022-03-17

THE ORACLE REPORT

Fwd: "A Fertile Garden Under the Full Moon" - Full Moon in Virgo - Thursday, March 17, 2022



PHOTOGRAPH TAKEN BY WISE OWL MIKE THE GREAT PHOTOGRAPHER AND SENT BY WISE OWL KAREN

The Full Moon enters at 2:18 am EST, Friday, March 18, 2022. The Full Moon forms a Grand Trine with Pluto (transformation) and the North Node (future, destiny). This is highly significant! Whatever transpires over the 3.7 days of the Moon phase will have implications for the future.

Before we dive into the energetics, here is a list of synonyms for "transformation." Which word resonates with you? Which word can you pair with the Great Pluto Return to remember that it is a good thing?

Alter revamp revolutionize convert reconstruct transmute transfigure renew mutate mold translate switch commute

1 - SEIZING POWER - The Sabian symbol for the Full Moon at 28 Virgo is "a bald-headed man who has seized power." The astrology tells us that he is leading the revolution against the archons and their minions. In the World Theatre, this is Putin. Russia's actions are forming the future.

On the micro level of our individual lives, the Full Moon is about seizing our willpower. It is about tempering our responses and maintaining our equilibrium. This could be a challenge for people who are Eris Point dominant because...

2 - SATURN IS IN EXACT SEXTILE THE ERIS POINT - Saturn says there is too much going on and he wants to be part of it. What does Saturn bring us right now? "A woman, disappointed and disillusioned, courageously facing a seemingly empty life." Ah, Saturn. Let's continue, and hold the thought.

3 - THE SUN IS FULL - At the Full Moon, the Sun is discharging "a fertile garden under the Full Moon." How appropriate! The Sun is full of CMEs right now, but that would take another Oracle Report for those. We will stick to the overflowing astrology.

This symbol tells us that we have all that we need. There are opportunities — many of them — that are available. Look outside of the box, and see what is there. See what is in there hiding. Is there fulfillment?

4 - MERCURY'S MUSEUM - Mercury has come to 13 Pisces, the degree of this Pisces cycle. The symbol

is "a sword, used in many battles, in a museum." This is about war and peace. The sword is used to fight and then it is memorialized in order to prevent fighting. Over the Full Moon, people are thinking about and talking about what is happening. This will shift the "transformation" to higher levels of thought. And Venus joins in with...

5 - "PEOPLE ON A VAST STAIRCASE GRADUATED UPWARDS" - Venus is pulling things up! This is the Evolution of the Revolution! Viva la Evolution!

But before Venus moves to the vast staircase, it will complete discharge of "during a silent hour, a man receives a new inspiration which may change his life." So before we rise, we have a tete-à-tete with higher powers. A Full Moon Grand Trine is the sort of thing that can change our lives. Take a moment to connect in and receive inspiration about what is happening in your life.

6 - MARS' EAGLE - Mars is discharging "a flag turned into an eagle." In context of the Full Moon astrology, the bald-headed man's operation (an ideal towards freedom and God) is soaring. This applies to our willpower, as well. Mars' energy is uplifting!

7 - DARK FATHER - Today is 10 Reed in the tzolkin. 10 is darkness, deconstruction, and chaos. Reed is duty and doing the right thing. The Full Moon enters during the night (New York time, which is where we focus as a location for the collective of humanity). The tzolkin runs from sunrise to sunrise, so even though it is a new Gregorian day, it is still the energy of 10 Reed.

Russia is the hidden or unknown place (dark) that is implementing deconstruction of the archontic system, and the disruption causes chaos. Chaos is a part of transformation. We need deconstruction to set things right. Putin is the archetypal "dark father." He was born under the energy of 10 in the tzolkin.

8 - TEA - Tea played a big part in the revolution of America. Pluto is discharging "a woman reading tea leaves." We see the future when we study astrology. We see that the Full Moon has long lasting impact. We know when to observe, and we can become objective — discerning in our own way.

Back to Saturn. I never forget Saturn. A fertile garden. Seizing our own power. A sword is put away and left to others to remember what it was like to take out the archons. In silence, God speaks to us.

We are aligned with fellow wise owls of the large aviary that is going somewhere (up). A flag is waving the willpower of the Eagle.

Is there anything to worry about?

After the chaos, the world become fertile. After the archons, there is no more need for war.

From Tom the Ring-Tailed Cat, on March 14:

"We, the Galactics, are here with the whole of heaven! War is never the answer! Goddess is here. Take that to heart!"



From Lord Rama: Lenticular Clouds – South Africa Mountain

GUEST: OMENA

Philomena "Omena" McGee
Ellington
CT USA

Occupation: Natural born Clairvoyant, Soul Historian, Spiritual Counselor, Coach, and Medium
Biography:

My name is Philomena aka OMENA. I'm a natural born Clairvoyant, Soul Historian, Spiritual Counselor, Coach, and Medium. I use my gifts to explore ways to break life patterns that no longer serve your higher good. My life mission is to educate about the soul and to help bring people to a higher level of self-awareness. Enjoy learning about yourself without feeling as if you are in Therapy.

- I studied Reiki and became a Reiki Master Teacher
- Certified Hypnotherapist – the use of a guided meditation to find your truth
- Rebirther (energy breathing) – used to clear patterns of old emotional trauma
- As a counselor, I can help you grow by providing you with a clear understanding of yourself, and your relationship with people, places, and situations in your life
- My Human Services experience enables me to provide you with practical solutions to real-life challenges that are easy to apply, so you can make those needed changes for the better
- As a spiritual coach, I will provide you with tools and guidance to help you along your spiritual journey
- As a Medium I am able to help you communicate with loved ones who passed over (incl. pets)
- As a Soul Historian I can dive into and explain your past lives and possible karmic debt, as well as current circumstances related to either
- Have you ever wondered what your baby is thinking? I can communicate with their souls.
- Are you curious about a specific place or person(s) in that place? Just provide the coordinates, and I relay any information and messages I receive to you.
- Have you lost a beloved pet? With their permission, I can relay the information I received.
- We can explore so much more – and no topic is off limits.

And I do so with honesty, compassion... and a wee bit of humor.

* * * * *

TO HEAR THE REST OF OMENA'S CONVERSATION WITH THE CALLERS, PLEASE GO TO THE PODCAST . . . Listeners who have heard Omena in the past realize how wonderful the conversations are and that listening to her talk and assess what callers' questions or comments is something that cannot really be captured via notes . . .

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

Omena: gives some **definitions of Vicarious Trauma**

Caller Paula: about a future career -

O: she's a people person – yes;
could think of teaching, training people – focus on where gifts are

O: discusses various characteristics

For self care

- A list of things that one can do – a few suggestions:

Physical Part

- get up and move! Or have a massage – either go to a therapist, or visualize
- change eating happens – no sweets or carbs – more high energy foods
- find a new hobby or activities
- if can't go outside, watch a physical movie

Emotional part

- be aware that might be over emotional think instead of feeling!
- Sort out conflicts – talk to someone else – have someone just listen! Feed back not required
focus on what's bothering you and on what's to discuss
- use positive self talk – where does negative self-talk come from?
- Once you accept yourself, no one has power over you!

Mental Part

- expand your frame of reference – no matter what the subject is
- Challenge your intellect
- Spend more time in your mind in a different way
- select a vocation – something new
- become an expert on something

Spiritual Aspect

- connect and re-connect with people
- have personal reflection time – writing?
- Accepting self doubts!
- Share the grief – reli
- find your place of worship – whatever it is – what connects to spiritual self
- Meditation – just close your eyes and put yourself
- Clarify your values and take a stand on your beliefs
- take yourself out of reading , watching a movie

Another caller:

T: thanks to Omena: it's the first time in 3 months or so that Omena has been with us
AND it's St Patrick's day . . .

- Discussion about origins of St Patrick's Day

MUSIC:

<https://www.youtube.com/watch?v=N7IAS4ZfCpw>

The Irish Rovers, Raise A Glass To St. Patrick