

**"Never doubt that a small group of thoughtful, committed, *organized* citizens can change the world; indeed, it's the only thing that ever has."** Margaret Mead

<https://leandroherrero.com/the-missing-word-in-the-famous-margaret-mead-quote/>

### **DOCUMENT OVERVIEW**

- I ACCESS to THE THREE WEEKLY CALLS via the Internet**
- II ACCESS to OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable**
- III OPENING MEDITATION; HOUSEKEEPING; LINK TO PODCAST**
- IV SATURDAY HISTORY CALL – NOTES, REFERENCE MATERIALS**

### **I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://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**

**C Skype: BBSradio2**

### **D Archives for the 3 Programs listed above:**

- Go to *BBSRadio.com*; in first column, LHS, **FIND TALK SHOW**
- Enter **The True History**, press the GO button. You'll be taken directly to the True History call: 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 'theturehistory **including the date**' and the drop down menu appears. Click on '**save link as**'

### **E Archives, both written and audio, also exist on the 2013 website:**

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for **written notes plus audio recordings** of the conference calls plus the entire podcast.

### **II ACCESS TO OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable**

**A Sunday, Mondays: *Cheryl Croci's Activation Calls***  
6 pm Pacific/ 9 pm Eastern

By telephone only: 1 – 605-475-4120; PIN 946 7441#

**B Tuesdays**

***Ashtar on the Road***

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday** each month

**6 pm Pacific/9 pm Eastern**

Host is Fran; various guests

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

**by Phone:** 1-228-339-7800 or 1-712-832-8330

• Call is free [except for long distance charges]

**via HD Conferencing:** <https://www.freeconferencecallhd.com/hd-conferencing/>  
**PIN # 980339** [always the same]

**via Skype**

**Click on the voip button** and enter what they ask for:

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

**C Wednesdays:**

***The Friends of The Aboriginal Moabite Nation Call***

**7:00 – 9:00 EST**

By telephone only: 1-712-432-0900 PIN 666238#

Replay# [good for 1 wk] 1-712-432-0990 PIN 66238#

**D Every 2<sup>nd</sup> Wednesday *The Abundance Call***

**5:45 PM Pacific / 8:45 PM Eastern – a 1 hour call**

with The Collective, a group of Angelic and Galactic beings,  
channeled by Caroline Oceana Ryan

**To be notified: email [AscensionTimes@gmail.com](mailto:AscensionTimes@gmail.com) with the message  
"YES to Abundance!"**

**III OPENING MEDITATION; HOUSEKEEPING; FREEMART WEBSITE; INFORMATION  
SOURCES RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST**

**A. Opening Meditation: Cheryl Croci**

**B. Housekeeping: Rainbird**

**BBS:** • Listener-supported radio programs – Cost is \$300 per week  
**Need \$300 for this week. Thanks for keeping us up-to-date!**

**All BBS archives can be accessed for free,** including the podcasts for  
the Thursday, Friday, Saturday calls, listed above.

• **2013 Rainbow Roundtable has archives, too.**

• Go to [BBSradio.com/Station2](http://BBSradio.com/Station2); find **Hard News** call listing & **Paypal**  
button

• BBS appreciates getting checks via the mail: no Paypal fees!

• The mailing address for those who do not like paying electronically:

**B B S RADIO** [Please put **"Attention Don"** on the envelope]

1500 Pleasant Hill RD

Lafayette, CA 94549

[Note inside that it's for T & R calls

& the Thursday call, as well]

**Tara, Rama:** Their full-time, life-time commitment is to be tuned in to  
what is really going on behind the artificial world we see around us.  
They don't ask for anything but they do require food, a home, gas

for the car, and access to BBS Radio in order to compile and distribute this information to the world.

- Donations via Paypal button on the **homepage of 2013 Rainbow Roundtable**

**FOOD MONEY, BASICS:** They need **\$ for food, basics, gas, bills \$400 +/-**

VIA PAYPAL OR GO TO [www.rainbowroundtable.net](http://www.rainbowroundtable.net) –  
**where there is a donate button !**

- **Please notify T & R if you're sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)  
**EVERY \$5 HELPS ALL GRATEFULLY RECEIVED**

- Rama's mailing address for cheques, Money orders: Ram D Berkowitz  
PO Box 280  
Santa Cruz, NM 87567
- **Remember: you can book a session with Mother, as well!**
- To make donations to the **Fresh Produce Fund for Tara & Rama** -

**\*\* go to [www.rainbowroundtable.net](http://www.rainbowroundtable.net) and find the link to the donation button**

**[koran9999@hotmail.com](mailto:koran9999@hotmail.com) is the link to use with Paypal**

- Your donation supports an account set up for Tara & Rama with Beneficial Farms Community Supported Agriculture in Santa Fe, NM
- These funds are used exclusively to maintain this weekly account for a steady supply of fresh produce to Tara and Rama.  
They and the sponsors are very grateful for your assistance.

- Let Rama know by e-mail that you are sending any donations: [koran999@comcast.net](mailto:koran999@comcast.net)

**FREEMART:** <https://www.shopfreemart.com/tarram> a/c # 7000

- Freemart is a private shoppers club; it's **FREE TO JOIN.**
  - all the products have much to offer, so take a look!
  - check out the headings called **READ MORE** - it's definitely worth the time!

Rama and Tara are being helped by this account: they get their supplements there. **The returns also help 2013 Rainbow Roundtable**

### **C: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION**

contact Rainbird with questions: [lightenergync@gmail.com](mailto:lightenergync@gmail.com)

<https://www.youtube.com/watch?v=aLaVutWXju0> **(CHECK THIS OUT)**

### **One Cup One Life – Production and Application; Prevention and Reversal of CoronaVirus**

[https://en.kfwiki.org/wiki/One\\_Cup\\_One\\_Life -  
Production\\_and\\_Application -  
Prevention\\_and\\_Reversal\\_of\\_the\\_Corona\\_Virus](https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_-_Prevention_and_Reversal_of_the_Corona_Virus)

## **KF Wiki**

<https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

## **Keshe Foundation Store**

<https://store.keshefoundation.org/store/?alias=store>

## **Keshe Corona site**

[www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/](http://www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/)

## **Keshe Letter to World Leaders about the studies using the plasma technology with covid patients**

[www.plasmatimes.com](http://www.plasmatimes.com)

**E: ACCESS TO PODCAST:** The audio link below allows you to listen to the entire program.

<https://bbsradio.com/podcast/true-history-january-30-2021>

**F: THE NEW WEBSITE AND ADDRESS: [WWW.RAINBOWROUNDTABLE.NET](http://WWW.RAINBOWROUNDTABLE.NET) –**

Still under construction, but already in use: take a peek . . . all of Caroline Oceana Ryan's updates are posted there too

## **HARD NEWS**

**Rama, Tara [R, T]**

**RAMA, TARA:** Greetings, and thanks to all . . .

**RB:** discussion about Menahunies . . . little blue people

**T:** mixed messages these days; Don say buy silver this week – it's going up on Monday: it's a game that's being played! ! !

- Silver is \$26.98 an oz today; it's to go up to \$1000 an oz - and then the big banksters have to find the cash to give to buyers
- Art Bell used to say buy silver – and he's been gone since 2018  
Shot up to \$50 in that time – so \$1000 is an increase.
- SOPHIE - Producer was a leading talent musician – she was truly a galactic with her music – truly avant garde – electronic pop music
  - Sophie was from Scotland – passed around 4 am in Athens, Greece where she had been living – a sudden accident
  - the pioneer of a new sound: influential artist of last decade
  - She was transgender – and was awesome – says Rama!
  - 'Its OK to cry' - name of a song from 2017; worked with Madonna, Lady Gaga

Rama **HEARD NOT ONE PEEP TODAY** from any of his sources

**R:** And Marjorie Taylor Green needs to be in jail for the death threats against members of the gov't – called for death of Nancy Pelosi

- the energies are taking these folks out as they don't follow the Office of the Christ
- Drumpf is praising Marjory from the background . . .

- 5,000 National guards remaining in DC until the middle of March
  - and Mercury went retrograde today until middle of February
  - so this huge change going on is being overlit by the Mercury retrograde

**Reads:** Tania Gabrielle's information

[see text below]

### Mercury Retrograde [Jan 30 - Feb 20] Expressing Free Will: Astrology Numerology Forecast

[https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb\\_logo](https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb_logo)

- R:** Shiprock has been showing up in his peripheral vision; it's a formation up near Farmington at Four Corners on Dene – Navajo land
- Freddy Silva talked of Shiprock being created by an actual ship from Venus, and it took the form of the rock formation
  - it is a beacon that, when activated, sends out a light beam across the galaxy; he experience that in the physical and Ashtar told him a long time ago it is not to be activated unless it is time to leave –
  - It's showing up in his sight – R thinks we are past the point of extinction level events like a solar shift
- T:** could have magnetic shifts – don't affect physical existence, but could affect the emotion, mental, spirit, cosmic light body – so be aware of it
- things are up in the air and not landing anywhere; everything is in 'wobble' mode on the whole planet and all life on it!~

- To find out **the state of the economic situation**, we are going to

**AUDIO: Keiser Report Companies pour money into China (E1652) 2021-01-30**



FILE PHOTO. The GameStop store seen inside the Susquehanna Valley Mall, January 27, 2021. © Global Look Press / Keystone Press Agency / Paul Weaver

**VIDEO:** <https://www.rt.com/shows/keiser-report/513999-gamestop-debacle-options-trading/>

**PODCAST:** <https://soundcloud.com/rttv/keiser-report-companies-pour-money-into-china>

In this episode of *Keiser Report*, Max and Stacy look at the options trading that led to the GameStop debacle, and at the surge in foreign direct investment into China, and the collapse of FDI into the US that may lead to the next one.

In the second half, Max continues his interview with investment manager Lawrence Lepard, about the return of the commodities bull market and the price predictions on bitcoin from Wall Street.

**Phrases from Max: This is going to look like the 1929 crash; Casino gulag**

**Started: an interview with Elizabeth Warren by Tiffany Cross – NOT COMPLETED**

**R:** a story out there about Putin owning a mansion: turns out that it's owned by Putin's friend and DOJO partner; Navalny was trying to make it that Putin owned it it's about the Russian oligarchs – and

**AUDIO: 2021-01-04 The Creation of the Universe, The False Reality, and The Divine Spark**

<https://www.youtube.com/watch?v=QskgCfwY00g>

**AUDIO: 2021-01-15 The Untold Story of A Progenitor Race... The Seeds of Re -Civilization**

<https://www.youtube.com/watch?v=5GWIRnHqxtk>

**AUDIO: [Open Minds with Regina Meredith](#)**

**12-Chakra Healing with Cyndi Dale**

S 18:Ep 4

46 mins

January 28, 2021

<https://www.gaia.com/video/12-chakra-healing-cyndi-dale>

Using our intuitive gifts, we can initiate healing through the 12-chakra system. Cyndi Dale, author of **Energy Healing**, explains that we are energetic beings existing in relation to the universe around us and we can use this connection to align the energy flow through our own chakras. She discusses the possibilities of using affirmational work and energy healing as a means to find and heal the deep causes of emotional trauma.

**AUDIO: The Late Show - STEPHEN COLBERT ON JOE BIDEN**

[https://www.cbs.com/shows/the-late-show-with-stephen-colbert/video/pH66LR4M\\_GnKxmqvbszqZBv2OppqwQBR/the-late-show-1-29-21-joe-biden-jill-biden-kamala-harris/](https://www.cbs.com/shows/the-late-show-with-stephen-colbert/video/pH66LR4M_GnKxmqvbszqZBv2OppqwQBR/the-late-show-1-29-21-joe-biden-jill-biden-kamala-harris/)

**AUDIO: On Contact: Radical as reality itself**

**2021-01-31**

**VIDEO: <https://www.rt.com/shows/on-contact/514073-civil-rights-attorney-memoir/>**

**PODCAST: <https://soundcloud.com/rttv/on-contact-radical-as-reality-itself>**

On the show this week, Chris Hedges talks to Michael Smith about civil rights attorney Michael Ratner's recently published memoir, "*Moving the Bar – My Life as A Radical Lawyer*". Smith was a close friend and collaborator of Ratner's for over three decades.

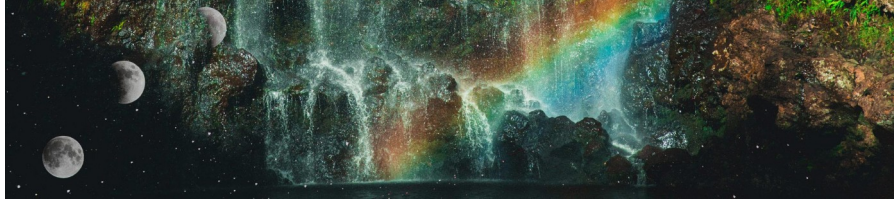
Michael Ratner was one of the most important civil rights attorneys in our era. He spent his



life fighting on behalf of those who state and empire sought to crush, from the leaders of the prison uprising at Attica to Muslim prisoners held in Guantanamo, to Julian Assange.

**SEE TRANSCRIPT BELOW + LINK TO PODCAST.**

## ASTROLOGY – RICHARD [RI]



**RI:** has been reading a long commentary of the theme of the right hand and left hand paths

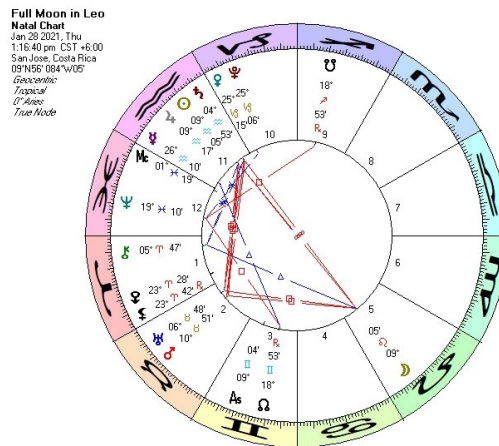
- starts on P 410 – astrologers need to look at charts more closely: huge events can really affect the smaller
- Be sure and **listen to the short reading RI gave . . .**

### January 27, 2021 Astrology Forecast

[Astrology for the Soul January 27, 2021](#)

<https://youtu.be/BXpZ8yiDQ5c>

[Click here to download/listen to the Pele Report](#)



*I simply need to socialize,  
Go out with someone new,  
Expand the circle of friends I have  
To include you and you and you!*

Hola Aquarians!

I hope that you are well! And by that, I mean physically, emotionally, psychologically, and spiritually integrated, as that is what real health is. **We'll be getting some disturbing news these coming days and weeks, which will require that we remain steady and robust within our core beliefs and healthy spiritual practices.** As I mentioned in the report this week, I was fortunate to attend the "Take Back Your Health Conference" this last weekend and hear several health professionals offer powerful alternative (Aquarian) perspectives on our world situation. **I will be posting some of these talks with links to the authors on the NPA website so check them out [HERE!](#)**

One perspective offered regarding the COVID virus was that it is like firemen gathered around a burning house, not the cause of the fire but called to the fire. Our bodies, which are the end result of spiritual, mental, and emotional dynamics integrating well (or not), are like that house. **This virus may well be a crisis (fire), pointing to the need for us individually and collectively to look at what environments we have created and how life-supporting they are or are not.** Looking at the big Aquarian picture will give us more long term solutions than rushed, insufficiently tested, and overestimated short-sighted approaches. **Let's learn as much as we can from what nature tells us rather than avoid, suppress, or deny her wisdom.**

The old materialistic paradigm suggests that if the physical body is still functioning, we are "well." This week's astrology and mantra raise that bar to include emotional, social, and psychological health as essential ingredients to that definition. **May this Leo full Moon reflect our powerful capacity to create (and recreate) ourselves and a world that is a joy to live in and brings joy to others.**

**There is no better manifestation of 5 planets in Aquarius and the Moon's north node in Gemini than each person making informed decisions based upon their own research coupled with their own intuition, beliefs, and life situation.** These times repeatedly demonstrate that patriarchal, hierarchical, top-down, particular (often personal) interest, external authorities are usually far less informed, correct, open to alternatives, moral, or caring than many of us have innocently thought.

**Rather than blindly accepting what we are told, it is now incumbent upon us to fully inform ourselves and make the necessary changes in lifestyle, diet, exposure to EMFs, toxins, and pollution.** The south node, currently in Sagittarius, is "the path of least resistance." For now, that is spouting off other people's beliefs, judgments, and conclusions as our own with undue and often exaggerated righteousness as if we "know." **Aquarius/Leo demands that we really DO know, and that requires patient, thorough study. Which is what the Gemini north node is all about.**

What we will undoubtedly find when conducting this research is that solutions currently being presented by scientific and medical authorities are highly questionable and not as understood, adequately researched, or definitive as they are being shown. **In the meantime, these enforced solutions are destroying the fabric of our lives and society, which we will see unravelled, deconstructed, and "transfigured" this year.**

**May you be a part of the change.**

***So Much Love,  
Kaypacha***



This week's song is "[Come Together](#)" by John Lennon

**AUDIO: Mercury Retrograde [Jan 30 - Feb 20] Expressing Free Will: Astrology Numerology Forecast**

[https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb\\_logo](https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb_logo)

**CONFERENCE CALL:**

<https://fccdl.in/wxseXHa3FA>

**RI** picks up where he left when reading the book -

**CA/B:** Brings up Dr Simone Gold and the Front Line Doctors group behind ???

- America's Frontline Doctors - [www.AFLOS.COM](http://www.AFLOS.COM)
- Dr Simone Gold - gave a talk on you tube
  - he was surprised that other countries are using hydroxochloroquine
  - and someone in Ireland - the people there are using this hydroxochloroquine

**Ca/RB:**

**T:** says it leaves tremendous side-effects - long term debilitation

**CA/B:** is this to scare people away from it, as they don't want competition?

**Ca/Ph:**

**CA/B:** when listen to the astrology report, says

There's a new independent study on the hydroxochloroquine

**Ca/DO:** there are lots of naturopathic doctors using it and it works

also hear of plants being burnt down

and another on Ivermechtin

the pharmaceutical companies are just trying to get rid of solutions that eat into THEIR profits

- upset about friends getting vaccines - the pharmaceuticals
- brings up story from Randy about a couple being separated at Calgary airport: she was taken away and no one would tell him what was going on
- this is a different one - Jay Widner - his wife was taken also in Canada

**T:** in TO people peacefully demonstrating against the lock down

what's going on is the govt agencies are proving to be untrustworthy

**T:**

**RB:** people working on vaccines - women - being taken out - MSM only pumps vaccines

her nurse friend is all about hydroxochloroquine - used all the time before

Donna: man with a show on you tube - he used a de-wormer on his dogs and used it on his

cancer; it cleared his cancer: the pharmaceuticals need to go away! She's from Colorado

**T:** she now knows people who have died from the vaccines

and people reporting on hydro ch - having negative reactions

what is the source of

**Ca/DO:** Yes - the teachers in CO to be vaccinated - and she knows teachers who are refusing

Authorities trying to do it to everyone

**T:** it's AI and it cuts off the connection to the god code

**Ca/DO:** lots of friends who have been meditating and think Bill Gates is a good guy!

**T:** collective mind control + fear + belief that America is the best place

**RB:** Fauci - masks don't work and now it's 3 masks

**T:** the masks - like the vaccine - cut you off at your Source  
they've been planning for ever to keep people from

**Ca/EI:** all the universities are requiring that all staff and students get the vaccinations  
It's medical tyranny - Tracking - certificate of vaccination - best thing is to bolster the  
immune system - it's the one world order and

**T:** it was created with Fauci who funded the studies - it was all created on purpose - to stop  
people from waking up

- the EU was one control grid -
- hydroxochloroquine has been used before

**T:** have a whole plan to reduce the human pop to under 2%

**CA:**

**Ca/B:** Kamala got her 2<sup>nd</sup> dose -

**RB:** thinks it's a fake dose -

**T:** they are between a rock and a hard place - will end up dead if they don't do what they are  
told; could be suicide or car accident

- Raising our consciousness is the highest option
  - remain in unconditional, Divine neutrality
  - the only example is being what we are

**CA:** there is mass consciousness PLUS the mass subconsciousness

**T:** There are different ways to touch people

**CA:** people are really scared

**T:** the elites are the ones who are scared witless as the people are waking up

**CA:** accelerating their plans by years!

**T:** we are right where the pedal hits the metal when we moved into the age of Aquarius

- the old para is moving very fast and the reaction is extreme -

**caller:** yes, and the whole year is a 5 a year of freedom

**T:** yes, it is over whelming

- astrologically the whole year could be a bumpy year as you fight against it
- the 5<sup>th</sup> ray is on Lord Hilarion and it's about healing - all over the country, areas  
municipality where the rights of Nature are being declared -
- this is happening around the world - people at the grass roots level -
- the technologies behind the enactment of NESARA are like day and night

- half way through the interview being played with E Warren: get your vaccine - **which is why they shut it down!**

**Philip:** got the correct address for Padme!

- Randy sent P an article about Steven Lynch of ? Getting his 2 shots and then testing positive

**T:** hang in we're in the middle of the changeover -

**B B S RADIO**

**RAMA'S MUSIC**

**Cat Stevens- Father and Son – YouTube**  
**<https://www.youtube.com/watch?v=XGrm3WgzFPI>**

20 Apr 2009 ... **Its** not **time to make a change**; Just relax, **take it** easy. You're still young, that's **your** fault, There's so much you **have** to know. Find a girl, settle down ...

a scene from Guardians of the Galaxy – someone raised Yandu as his son  
Rama explains what was happening in the movie

**from Sophie, the lady who just transitioned in Athens**

**2017-10-19 SOPHIE – It's Okay To Cry (Official Video)**  
**[https://www.youtube.com/watch/m\\_S0qCeA-pc](https://www.youtube.com/watch/m_S0qCeA-pc)**

**T: functioning on 11 dimensions all kinds of beings coming to provide**

**AUDIO: 2020-01-26 Cosmic Disclosure with Emery Smith The Agarthan Network**

S 12:Ep 13

29 mins

January 26, 2020

**<https://www.gaia.com/video/agarthan-network>**

Across the vast subterranean sphere of our planet lay a network of caverns and tunnels that serve as staging grounds for many advanced species visiting and living deep within the Earth's crust. This is the Agarthan network, as described by Randy Cramer, who tells of the beings who reside here and operate space ports that remain hidden from the undiscerning eye. He explains that there is a collective governing body which has been an active part of our planet, long before surface-dwelling human civilizations arose. We hear tales of these subterranean people in indigenous lore throughout the Earth

Instructor/Host: Emery Smith

Featuring: Randy Cramer

**AUDIO: On Contact: Radical as reality itself **BALANCE ON INTERVIEW** 2021-01-31**

**<https://www.rt.com/shows/on-contact/514073-civil-rights-attorney-memoir/>**

**On the show this week, Chris Hedges talks to Michael Smith about civil rights attorney Michael Ratner's recently published memoir, "*Moving the Bar – My Life as A Radical Lawyer*".**

**SEE TRANSCRIPT BELOW + LINK TO PODCAST.**



## **AUDIO – GREGG BRADEN AND OTHERS - UNDERGROUND TUNNEL SYSTEMS OF THE AMERICAN SW**

**T:** to take in the loving presence of Ellen Ratner after her brother was taken out - she was with Katrina Vanden Houvel at the time

- and Stephen Cohen [Katrina's husband] was also taken out. One of the last pieces he did was with Larry King, the underbelly of whose story is not nice!

**Ca/Pa:** what do they know about the Agarthan people – are they Native American people?

- What happened to Rattner?

**T:** he was killed because he revealed 9/11 as an inside job (R) AND he defended Julian Assange  
T brings up the last interview he had with Amy Goodman – his aura was

extremely thin – thinks he knew what was going to happen

- and what Amy has seen – has had many folks on her show that are not here now

**Pa:** loved that Michael Smith said Rattner had such a finely-tuned antennae

**T:** Julian Assange should be walking with us at any moment now – said by M. Smith!

**PA:** the Agartha people?

**R:** Hopi, the Dene, the Zumi – all talk of the breathing holes, emergence places – they came out after the destruction of Atlantis and Lemuria; were inside the inner earth – pockets of huge celestial cities right out of Star Wars – travel on beams of light

- she is the daughter of the king and Queen of Telos – not the same kind of kingship, queenship – they follow the laws of the One – talk to Ashtar and St Germain hangs out there: a regular!
- Sherula – T & R's friend - looks like a human being – Shield was Montezuma; she was Maria in the story of Cortez when Cortez came over and killed Montezuma; she was Maria who came from Spain – a book that Shield and Sherula wrote
- There is a connection between the Pleiades and the Agartha network – and the tunnels are all over the world -

2021-01-29 **Ancient Cave Systems of The American Southwest... Hopi & Zuni Folklore**

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

**Ancient Civilization Season 3:** Free World Premiere Screening - Watch Now!!! -

Follow this link [https://bit.ly/GreggBraden\\_WorldPremiere](https://bit.ly/GreggBraden_WorldPremiere)

A vast subterranean complex of tunnels and caves in the American Southwest holds great importance to indigenous people, extraterrestrial civilizations and secret military programs staged within the earthly hollows.

Zuni and Hopi folklore tells us of the people who live in these grottos, which have long helped human civilizations to survive and thrive. They also tell us of powerful energetic nodes in the region that once served as sacred sites, but are now occupied by heavily armed military forces.

Our experts try to unlock the secrets underlying the Four Corners region by examining folklore, eyewitness accounts and archeological discoveries which offers a retelling of human history with extraterrestrial connections.

**AUDIO: [Initiation with Matias De Stefano](#)****Four Foundations for Humanity**

<https://www.gaia.com/video/four-foundations-humanity>

S2:Ep4

33 mins

June 22, 2020

Throughout the eons, several advanced beings have visited Earth, but for the past roughly 1,000,000 years, four specific races have been major influences on planet Earth to guide humans to advanced stages of progress and spiritual evolution. These four main species took up residence in the major portals of the Earth to influence the planetary elements, directions and states of human consciousness. Matias De Stefano shares his memories of these four foundations of humanity that we now call: Mu, the Annunaki, giants, and reptilians. Some were loving and benevolent; others used fear and frustration as the energy and impetus to help propel human evolution to a more advanced state.

To comprehend how these beings used this polarity as a tool for our growth, we need to understand:

- The geometry of creation, from the sixth to the fourth dimension, that created an evolutionary path for beings in the third dimension
- The portals that brought advanced civilizations to the Earth and the kingdoms they ruled over
- The advances that they brought to primitive humans which include language, genetics, and consciousness
- Emotions are the portals to every dimension and why some of these beings felt they needed to rule over human emotions

Instructor/Host: Matias De Stefano

Video Language: English

**AUDIO: [Ancient Civilizations](#) [Siberian Pyramid Energy Experiments](#)**

<https://www.gaia.com/video/siberian-pyramid-energy-experiments>

S3: Ep3

27 mins

January 25, 2021

**Konstantin Korotkov** has conducted field experiments with pyramids to learn of their effects on human wellbeing. His results are surprising and unexpected.

The experiments conducted in Siberia were designed to mimic the construction materials and geometry of the great pyramids of Egypt. A deeper examination of their energy shows beneficial results for plants and other living things surrounding them, but maybe not so good on the interior. What comes to light is that we need to rethink how we work with pyramids for our psychological and physical wellbeing. As our experts examine these results, it comes to light that the effects of the pyramids can connect us with the energies of the Earth, and may even help us to communicate with far away worlds.

Featuring: Gregg Braden, Jack Carry, Andrew Collins, Freddy Silva, Maria Wheatly, Valery Uvkarov, Konstantin Korotkov, Matias De Stefano

**Audio: The late show with Steve Colbert – ‘Check your Melarkey at the door’ session**

<https://www.youtube.com/watch?v=899MOQKs1uE>

**Caller: Z** talks of the crystals rising to the surface in British Columbia

**T:** Oregon, Washington State, and Part of British Columbia were part of ancient Lemuria – sank under the ocean and came back up about 5,000 years ago

**Reading a short piece** – about the ascension process and 2021

**2021-01-19 HighHeart Phone HOME**

<https://highheartlife.com/>      [January 19, 2021Denise](#)

How you like January **2021** so far?! These first weeks of 2021 have felt like a strange nonlinear lifetime. Many of you sensed in 2020 that 2021 would not magically turn into an *everything's okay now!* year. This is still early Phase 2 of the Ascension Process and it is difficult living all this separation and shifting every couple of days. It won't always be like this but it is now and will continue all year so do your best to relax into compressed evolution and in the latest higher still NEW ways.

Over the years I've repeatedly written about how the demolition and removal of the old lower 3D patriarchal Earth world and all that went with it was happening simultaneously to the creation and manifestation of 5D+ NEW Earth(s). The Ascension Process has had many Volunteers simultaneously transmuting more and more **personal and collective** old lower frequency stuff while embodying more and more of the NEW stuff. This left us existing within a strange *no mans land* place and state for over two decades. We didn't belong to or were compatible with the old lower frequency world, but we weren't close enough to the NEW higher one(s) yet either, meaning we've lived and Worked for a long time in this strange transitional *nowhere land* throughout Phase 1 of the intense Ascension Process.

There's plenty to say about what's going on now but this article is focused on what some Volunteers have been living and feeling very intensely emotionally and physically due to their individual Embodiment Processes. These particular powerful sensations have only amplified since January 2020 and has and will continue to get more personal, transformational and life, consciousness and reality-changing throughout 2021. **This article is not for everyone but for those few who've been and continue living this themselves now.** Discernment and honesty please.

SEE BELOW FOR COMPLETE DOCUMENT

**Closing:**      Rainbird

**Rama**

[The Real You - Alan Watts – YouTube](#)

<https://www.youtube.com/watch?v=mMRrCYPxD0I>

## INFORMATION RELATED TO THE NOTES

2021-01-29 **Mercury Retrograde in AQUARIUS**

from: Tania Gabrielle <[newsletter@taniagabrielle.com](mailto:newsletter@taniagabrielle.com)>

### **Mercury Retrograde [Jan 30 - Feb 20] Expressing Free Will: Astrology Numerology Forecast**

[https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb\\_logo](https://www.youtube.com/watch?v=XEEqdr8Tk9E&feature=emb_logo)

The **first** (of three) **Mercury retrogrades** this year begins on January 30th.

All three Mercury retrogrades in 2021 take place in Air signs, the element aligned with *communication and freedom*.

This retrograde takes place in **Aquarius** – continuing a powerful activation of that sign as a huge stellium of celestial bodies meets up in Aquarius from now until mid February.



We are deepening our commitment to freedom and unhinging from those energies and beliefs that are set up to control our choices.

Freedom is the key energy of Aquarius, the Aquarian Age and 2021 – a 5 Universal Year of freedom.

Mercury in retrograde brings reflection on how we communicate – ultimately liberating you to communicate with absolute joy.

And this is where FREE WILL comes in.

Not only do we have the ability to be conscious of our thoughts – *which are the software in our brain*, but also the ability to CHOOSE what we think about!

On TOP of that, we have the ability to CHOOSE how we respond to our thoughts.

- This Mercury Retrograde allows us to progress and raise our vibration with rapid speed.
- It is pointing us INWARD, reminding us that the Source of Wisdom lies INTERNALLY.

Have a magnificently enriched Mercury Retrograde!

Love and Blessings,

Tania Gabrielle

## **2021-01-31 On Contact: Radical as reality itself**

<https://www.rt.com/shows/on-contact/514073-civil-rights-attorney-memoir/>

On the show this week, Chris Hedges talks to Michael Smith about civil rights attorney Michael Ratner's recently published memoir, "*Moving the Bar – My Life as A Radical Lawyer*". Smith was a close friend and collaborator of Ratner's for over three decades.

Michael Ratner was one of the most important civil rights attorneys in our era. He spent his life fighting on behalf of those who state and empire sought to crush, from the leaders of the prison uprising at Attica to Muslim prisoners held in Guantanamo, to Julian Assange.

**YouTube channel:** [On Contact](#)

**Follow us on Facebook:** [Facebook.com/OnContactRT](https://www.facebook.com/OnContactRT)

**Podcast:** <https://soundcloud.com/rttv/sets/on-contact>

**CH:** *Welcome to On Contact. Today, we discuss the legacy of the radical civil rights attorney, Michael Ratner, with his close collaborator and friend, Michael Smith.*

**MS:** Michael took what seemed to be a hopeless case and he lost. Went to the court of appeals and he lost. They went up to the Supreme Court and they won and he, along with a team of 600 lawyers that he had organized to defend the Bill of Rights, went on to litigate those cases and they eventually freed--it forced Bush to free over 500 of these prisoners. And they stopped Bush from torturing these men. So, I think that amongst the many, many great cases that Michael handled or initiated, that was probably the foremost case.

**CH:** *Michael Ratner was one of the most important civil rights attorneys of our era. He spent his life fighting on behalf of those the state and the empire sought to crush. From the leaders of the prison uprising at Attica to Muslim prisoners held in Guantanamo to Julian Assange. First in this class at Columbia Law School, he could've easily slipped into the lucrative world of corporate law.*

*But Michael wanted something more than money and status out of life. He wanted to make a difference. He wanted to make the world a better place. Michael, who died in 2016, was the president of the National Lawyers Guild. He spent 40 years at the Center for Constitutional Rights, first as a Staff Attorney, then Litigation Director and finally as President. He helped establish the European Center for Human and Constitutional Rights and the Palestine Legal fund to defend supporters of the Palestinian people against what he called The Palestine Exception to the First Amendment.*

*In 2004, he started the radio show, Law and Disorder on WBAI with other attorneys including Michael Smith, and it is now broadcast nationally on 120 stations. As a lawyer, often working pro bono, he won historic legal victories such as protecting Haitians infected with the HIV virus who are initially confined by the US at its military base in Guantanamo, Cuba. He initiated and organized some 600 lawyers and firms large and small across the country to come to the defense of Muslim prisoners accused of terrorism and held at Guantanamo after 9/11. He took the case to the Supreme Court and won for these prisoners the basic right of habeas corpus.*



*He was, as Vladimir Lenin wrote, as radical as reality itself. He understood that those who are above the struggle are also beside the point. He had four key principles of being a radical lawyer. Do not refuse to take a case just because it has long odds of winning in court; use cases to publicize a radical critique of U.S. policy and to promote revolutionary transformation; combine legal work with political advocacy, and finally, love people.*

*Joining me to discuss Michael Ratner's recently published memoir "Moving the Bar, My Life as A Radical Lawyer" is his close friend and collaborator for nearly three decades, the attorney Michael Smith. So I--once you--Michael, as an attorney who has been long in the struggle to set the stage for us, because I think reading Michael's book, you get a sense that it's almost a rearguard action that there was a period certainly right after the 1960s, the late '60s, early '70s, when the courts were a positive force for social change. But then there was this steady deterioration--I think in his book, Michael talks about the Patriot Act, he actually calls it a coup d'etat, but talk about that trajectory that really dominates your work as an attorney and Michael Ratner's work as an attorney.*

**MS:** Well, I think that Michael viewed the degradation and decline of democracy as something that's going on since Ronald Reagan, really, over the last 40 years. Michael thought that democracy was not compatible ultimately with capitalism. He thought fascism was, but not democracy. And in the course of his almost 50 years of litigating, he saw that decline and resisted it, resisted it 40 years ago with his litigation around Central America.

When the Nicaraguans rose up and overthrew Somoza, the dictator, Somoza was a second generation dictator. His father had been the dictator in the '30s. Roosevelt called Somoza a bastard, but he's our bastard. His kid came to power, was overthrown by the Nicaraguans who tried to control their own country and their own lives. And an organization called the Contras was established to overthrow the Nicaraguan revolution. Reagan called them the George Washington of his times. And Michael began litigating what is an illegal war in financing the Contras.

That was 40 years ago. And so I think that you make the point that it's been a rearguard action actually since then. Michael didn't live to see the consequences of Trump, but Trump is really a reflection of that, isn't he?

**CH:** Yes. I was in Central America then, it's so funny how many times Michael's life's work and life converged with my own. Of course later I was in the Middle East and then I flew to London with Michael to meet Julian Assange. Michael was going almost every month to London as Assange's lead attorney in the United States.

*Let's talk about the deterioration of law which Michael talks about in his book. Let's kind of lay out for people what has happened to diminish our democracy and diminish our rights as citizens over the last few decades. I know not just going even before the authorization to use Military Force Act in 2002 I believe, that--was that the right year.*

*And--but going back even to the misuse of grand juries, talk about how the judiciary, and I think one of the points Michael makes in the book that it's really the legal system that makes significant change, it's never the elected politicians who are too cautious. So, it was the judiciary was kind of the last readout. And talk about that process, you know, the legal decisions that have diminished the judiciary as an effective force for our own rights and our own protection.*

**MS:** Well, Michael saw law as a method of social control created by a socioeconomic system that was determined at all cost to perpetuate itself by any means necessary and for as long as

possible. So he understood the rule of law. Now there are exceptions. The Bill of Rights is an exception. The American constitution did not contain the Bill of Rights initially and it was only the small shopkeepers and farmers, people who actually made the revolution that would not support the constitution until they put in the Bill of Rights. So there's a contradiction between capitalist law and the Bill of Right and it was in that area, that contradiction that Michael worked.

He started off--well, let me just--let me just begin with some background from Michael because I think it's important for our viewers to understand that Michael came from an immigrant family in Cleveland. His father came from Poland. He always talked Poland at age 20. He was five foot four inches tall. He didn't speak English, he spoke Yiddish. He married a woman from an extremely poor family, Anne Spott. She was the 11th of 12 children who grew up during the depression in Cleveland. And that's how they started out.

When Michael was born, Yiddish was his first language. His parents had to send him to school to learn how to articulate English. The parents were attached really to the old country and many of their relatives were killed during the Holocaust. So Michael remembers as a young child, men and his father--his father developed into a successful businessman. He started off literally carrying water on a construction site and he became the head of a company that sold building supplies. And he hired Black people and he hired refugees from the deportation camps, Jews with numbers on their forearms.

His mother took Michael and his young brother, Bruce, around looking for apartments so they could help resettle these refugees from Poland. So Michael saw that terrible consequence of the Second World War and he grew up with that consciousness. And the thing I think that turned him into what he became was his experiences in 1968.

And I think it's important to understand for our listeners who are younger than we are that 1968 was a crucial year in world history. In many respects, the Vietnamese revolution was unfolding. United States was trying to stop it unsuccessfully. The Civil Rights movement was unfolding. There were huge uprisings in '67, King was killed then. The French workers and students almost made a revolution. De Gaulle, who was the head of France, left the country. If it wasn't for the reformism and hesitancy of the Communist Party, we would've had a socialist France. The undemocratic Stalinist dictatorship of Czechoslovakia was almost overthrown. So the world was in an upheaval.

Michael took a year off at the Columbia Law School and went down to Baltimore to work for the NAACP and the Civil Rights movement. And he came back to Columbia Law School on the very day that the students had occupied several buildings on the campus. Michael showed up, the cops raided these buildings, brutalized the students. Seven hundred students were sent to the hospital. Michael was grabbed and beaten down to the ground and badly hurt and I think that's what changed Michael.

That was the crucial point because he understood the role that Columbia was playing. They had tried to build a gym on a park in Harlem, and they put up a separate door in the back for Black people. They had an institution that helped theoretical studies on the war in Vietnam and do mathematics. They were connected to the whole imperial system. And Michael thought about what his uncle had told him, "Don't work for somebody else."

Well, Michael decided he would work for somebody else, but that somebody else wouldn't be a private corporation in a white-shoe law firm that somebody else would be the movement. And

when he graduated two years later, he went and got a job with Constance Baker Motley who was the only Black federal judge in the country. When he got out of that job, he started a private law practice with Margaret Ratner who became his wife. And then in 1971, he was asked to work at the Center for Constitutional Rights. The center had come out of the Civil Rights movement.

The three leaders to the center were the great lawyers at that time for the Civil Rights movement [INDISTINCT] of course our listeners will remember. But also Morty Stavis and Arthur Kinoy and they had a little loft in the pornography district on 42nd Street that'll walk up--in one room, there are about 12 people in the room. And instead of joining a law firm that was real fancy with suites, Michael joined this one room loft in the porno district on 42nd Street.

Three days later, they sent him to Attica. It was the first day that outsiders were allowed to come in to Attica. And Michael's job was to interview the prisoners on what happened. It was a massacre. Governor Rockefeller had his eyes on becoming president. He didn't want to see his opponents talking about him as being soft on the rebellion. The prisoners said, "Rose up for good reason in this overcrowded medieval fortress just south of Buffalo." And they had taken over the prison and Rockefeller called in the troops and they gunned down people in the D Yard. They killed 37 people. And Michael went up there to find out what happened. That was his first assignment from the center. He was a Staff Attorney there. He became the Litigation Director. Then he became the President to the Center for Constitutional Rights. He stayed there for 40 years and that's something that we could talk about the various cases that he handled when he was part of the center.

**CH:** *Great. When we come back, we'll continue our conversation about Michael Ratner's new memoir with the attorney, Michael Smith.*

*Welcome back to On Contact. We continue our conversation about Michael Ratner's new memoir, "Raising the Bar" with the Attorney Michael Smith. I want to go back, Michael, to his work with Judge Motley, he writes in the book "But the appeals court very often reverse Judge Motley's decisions and her courthouse critics gossiped that Judge Motley was 'not that smart,' referring to a woman who had argued ten cases in the Supreme Court and won nine of them. No appeals court judge had a record close to that.*

*Not that smart," Ratner writes, "...simply meant that the conservative business-oriented appeals court did not agree with decisions she had based at least in part on elementary fairness or equal treatment before the law. I have often thought about this question of who is 'smart.' Somehow, conventional legal pundits consider Supreme Court Chief Justice John Roberts 'very smart.' He can upend court president by narrowly reading earlier decisions that establish fundamental protections. He confined all the ambiguities in those cases and can color key facts in his own way. He can reach a decision that appears logical, but is simply a scholastic exercise masquerading as a judicial opinion. However, when a woman and/or a Black judge reads cases to establish rights broadly and interject fairness into its decision, the legal pundits label that judge not smart."*

*And I think what he's really saying here is how those who take a broader sense of the law, as he did and you do, a broader understanding of law are dismissed by the conservative hierarchy. Can you just talk about that? That was a really interesting point.*

**MS:** Yeah. Very interesting. I'd like to put that in the context of what you said initially about the decline of democracy in the rule of law, because I think that Constance Baker Motley was somebody that would have held--upheld the rule of law and democracy, and conservatives like

Roberts are the ones that are picking away at it. And I wanted to talk a bit about Michael's most famous case, Rasul versus Bush, which illustrates that, because Michael was very sensitive to the decline of democracy.

And when he saw the planes hit the Twin Towers, he was down there, he was jogging past those Twin Towers when the--when the planes hit, he knew that the world was going to be a qualitatively different place. Then the world was ginned up against Afghanistan and then, of course, against Iraq on a--on a false pretense that Saddam Hussein had weapons of mass destruction and was an ally of Osama bin Laden. And then the Military Order Number One, the Authorization for the Use of Force, were both passed along with the Patriot Act.

And that's what spurred Michael into action. The Military Order Number One set up Guantanamo. Guantanamo was an offshore prison island. The government had schemed to set up a place where prisoners had no rights. They weren't prisoners of war, they were detainees. They weren't criminals, they were detainees. And as such, they had no rights as prisoners of war or of criminals.

And Michael brought a lawsuit. He was totally alone. He had to convince the CCR to go along with it. Michael brought a lawsuit in to get those Muslim prisoners in this offshore prison camp on Guantanamo to get them the right of habeas corpus, which means literally produce the body. Under our law, if you're arrested, they have to tell you why they arrested you and they have to bring you in front of a judge, and they weren't doing that with these prisoners. So Michael took what seemed to be a hopeless case and he lost. Went to the court of appeals and he lost. They went up to the Supreme Court and they won and he, along with a team of 600 lawyers that he had organized to defend the Bill of Rights, went on to litigate those cases and they eventually freed--it forced Bush to free over 500 of these prisoners. And they stopped Bush from torturing these men. So, I think that amongst the many, many great cases that Michael handled or initiated, that was probably the foremost case but we can talk about some other ones if you'd like.

**CH:** *I just want to pull from another section of the book, "The Authorization to Use Military Force Act," Michael writes, "Gave the president such unprecedented disturbing and broad power that I was not just concerned but truly stunned. It essentially said the president can use military force to attack any country, organization, or a person who aided, assisted, or harbored persons in the September 11th attacks, and that he could use that military force to prevent any further attacks. He could start wars against all 37 countries where the US Government claims the al-Qaeda network is present or against anyone else he suspects of involvement in the attacks of 911 or any future attacks. The president could do all this without getting any further approval from Congress even if it leads us into World War III.*

*So legally and politically, with the Authorization to Use Military Force Act, Congress gave up its authority over war and handed it to one individual in the White House. There was no time limit. They even gave the president a fat \$20,000,000,000 check to help him along in this endless war. This is not what framers of our constitution imagined. On the contrary, the constitution was drafted to keep presidential wars in check.*

*As I read the details of the Authorization to Use Military Force Act, I could see--I could just see the excesses coming, illegal surveillance, indefinite detentions, torture, all in the name of national security." He was--one of the things about Michael is that he--his antenna was so acute that he instantly saw which way the winds were blowing and, of course, the famous case is Julian Assange that he realized after the release of the Iraqi War Logs long before Julian or anyone around him that the US State was coming for him.*

**MS:** Absolutely. We used to record our radio show in Michael's basement and he had an encrypted phone at his desk, and very often, Julian Assange would call in that encrypted phone. Michael enjoyed - he would talk almost daily. And he'd go over to London about every month because he knew that if they were able to get Julian Assange for essentially telling the truth - Julian Assange never published anything that was inaccurate. He acted as a journalist and as a publisher. He received information, he encouraged people to give him information, he took that information, he distributed that information, that's what journalists and publishers do.

The Times took it, El Pais took it, the German papers, the French papers, and the American imperial system was so embarrassed by what Julian Assange was revealing that they decided to get him. I'm not being conspiratorial here: we have a document from the State Department that says just that. They influenced the Swedes to make a false allegation that he was guilty of rape, they destroyed his character. He fled back to London. Michael had advised him don't go to Sweden to answer these false charges because the Swedes will send you over to the United States and they'll lock you up forever. So Michael was successful and Julian went back to England, but then they went after him there, too. And he finally had to take asylum in the Ecuadorian Embassy. He was living in this tiny little embassy in two rooms for seven years. So they had succeeded really in silencing him.

And then they--the whole thing is just unbelievably illegal. They got the Ecuadorian--it was a new government in Ecuador, the first government under Rafael Correa, had granted Michael asylum and citizenship in Ecuador, and that's where he was holed up now but at least he was--he wasn't in prison. But the American Government bribed the new successor, Lenin Moreno, with several billions of dollars, and they got Moreno to agree to allow the British police to enter the embassy and snatch Julian and put him in Belmarsh Prison in isolation. And so they were able to silence him and silence cut off the funding for WikiLeaks, Julian's organization. It's an imperial worldwide system, and they cannot stand any kind of objective criticism because it's the--it's the truth upon which democracy is based, and that's that fundamental contradiction between imperialism and democracy.

So I think that Julian, who was Michael's last client, the Julian Assange case was really another high point in Michael's ability to sense the future in the instant, and rally people to expose the system. And in the case of Julian, to eventually free him because I think he'll be walking amongst us very soon. The problem though is that the decision that Michael was fighting against Julian, they had 17 counts all violating the First Amendment against Julian for being a journalist, and the judge, Baraitser, in London, upheld all those judges. So we still have a pistol pointed on our head as journalists, and Michael was in that fight to the very end.

**CH:** *I want to talk about this quote that you used in the foreword of Michael's book, "Moving the Bar," about I think--I think it's from Lenin, about being as radical as reality itself. Explain what that means and why it was important as a kind of grounding for Michael.*

**MS:** Well, I think that all of us had to go through a process of learning actually what reality is because there's an ideological system in this country. Marx said that the ideology of the ruling class was a ruling ideology and we have an ideological system, the educational system, the communication system, and so on, that prevents us from really understanding in a radical way the roots of what's going on here. And Michael eventually, as we talked about, by 1968 came to understand that reality. And he reacted in a way that reflected that understanding. So he became as radical as reality itself.

**CH:** *And by that, he meant that he understood, you know, what was taking place behind the veil, the crimes of empire. He was very involved against the endemic racism within the United States that when you looked at the actual machinery of power, the human suffering that it caused both at home and abroad was so radical that it demanded a radical response.*

**MS:** Yeah, precisely. Michael was not enamored of either one of the major political parties. He believed that social change came from below. He very much admired Howard Zinn whose history described that. And his whole strategy in the cases that he took was to facilitate that social change from below. He would take cases that he knew he wouldn't win, but it could expose in a radical way the system that was oppressing people.

On the Guantanamo cases, David Cole, who's now the Director of the Litigation for the American Civil Liberties Union, David asked him "Why'd you take this case?" And Michael said "100% on principle." And David asked him "Did you think you'd win?" And he said "No, we didn't think we'd win. It was a hundred on principle." And that's--this defines Michael's radicalism, principled litigation.

**CH:** *And just to close, he always argued that activism was vital to judicial progress. Why?*

**MS:** Well, unless the system is shaken up, unless there are people in motion demanding democratic change, economic change, demanding more freedom, it's not going to happen. They're not going to give it to us. It's what Frederick Douglass said, of course, "Power concedes nothing without a demand. It never did, never will." And Michael was using his skills as a lawyer to agitate and organize and facilitate those demands percolating up from below that would eventually change the law. We've seen it happen before, we may see it happen again. But it's going to come from below.

**CH:** *Great. That was Michael Smith talking about Michael Ratner's new memoir, "Moving the Bar: My Life as A Radical Lawyer." Thank you.*

## 2021-01-19 [HighHeart Phone HOME](https://highheartlife.com/)

<https://highheartlife.com/> January 19, 2021Denise

How you like January **2021** so far?! These first weeks of 2021 have felt like a strange nonlinear lifetime. Many of you sensed in 2020 that 2021 would not magically turn into an *everything's okay now!* year. This is still early Phase 2 of the Ascension Process and it is difficult living all this separation and shifting every couple of days. It won't always be like this but it is now and will continue all year so do your best to relax into compressed evolution and in the latest higher still NEW ways.

Over the years I've repeatedly written about how the demolition and removal of the old lower 3D patriarchal Earth world and all that went with it was happening simultaneously to the creation and manifestation of 5D+ NEW Earth(s). The Ascension Process has had many Volunteers simultaneously transmuting more and more **personal and collective** old lower frequency stuff while embodying more and more of the NEW stuff. This left us existing within a strange *no mans land* place and state for over two decades. We didn't belong to or were compatible with the old lower frequency world, but we weren't close enough to the NEW higher one(s) yet either, meaning we've lived and Worked for a long time in this strange transitional *nowhere land* throughout Phase 1 of the intense Ascension Process.

There's plenty to say about what's going on now but this article is focused on what some Volunteers have been living and feeling very intensely emotionally and physically due to their individual Embodiment Processes. These particular powerful sensations have only amplified since January 2020 and has and will continue to get more personal, transformational and life, consciousness and reality-changing throughout 2021. **This article is not for everyone but for those few who've been and continue living this themselves now.** Discernment and honesty please.



The more you Embodiment, the more *everything* changes and often in ways that are sometimes rather hard emotionally and maybe unforeseen as well. We live them nonetheless to continue our **individual** Embodiment Processes for the greatest, highest good of **All** during this universal ascension. We haven't come this far, endured all we have, transmuted and created anew what we have to date to be derailed by anyone or anything anywhere. Period. That's not to say they won't try however.

Remember around January 1, 1999 (give or take for some of us) when **Phase 1 of the Ascension Process** started fully in the physical for the First Wave Volunteers, the First Everythingers as I've called them? The start of Phase 1 of the Ascension Process and my personal, your personal, our individual physical level activations were extremely severe and overnight energetically forced us out of what we had been doing and where we had been living and working prior. It was hard back then abruptly having to disengage from loved ones, family and friends, most all relationships, earthly careers, locations and homes to do what you as a Volunteer were incarnate on Earth now to do. You set out on a very difficult and dangerous phase of the Ascension Process first and it was extremely hard for the very reason that you were first. No one had Pathpaved the way for you because you were *the* Pathpaver(s). We were attacked, hated, ridiculed, disrespected, misunderstood, abused and used for numerous reasons but we Pathpaved through it all despite the opposition, our battle wounds and increasing exhaustion.

January 1, 2020 **Phase 2 of the Ascension Process** began and from the very start it included what I've called a Divine Cease & Desist Order. It's still in effect in 2021 and will be for as long as needed. I sense it will be mostly completed when we enter the enormous energy shift that **2022** is into full NEW Divine Mother/Feminine energies — what some are correctly calling the '*Feminine Christ Consciousness*'.

Remember your personal start of **Phase 1** first group Volunteers (around 1998-1999-2000) and remember how severe and abrupt, how instantly lifechanging and radical it was for you back then. The start of **Phase 2** of the Ascension Process in January 2020 wasn't any different in how abrupt, radical and all-encompassing it was for some of the Volunteers starting it first again too. This time however all the Volunteers, plus all of unaware global humanity experienced the start of Phase 2 on January 1, 2020. The start of Phase 1 was radical and changed us, our bodies and lives overnight back in 1998-1999-2000, and the start of Phase 2 in January 2020 wasn't any different in how intense and abrupt it was and still is and will continue to be throughout 2021.

**2020** was a Divine Cease & Desist timeout Order for Volunteers and global humanity because a species-wide shift was happening and we all were put in that mandatory NEW space and told to **be still and live it** without running around like terrified chickens with our heads cut off. Some dealt with this better than others as would be expected.

**2021** continues the Divine Cease & Desist Order because humanity and many Volunteers needs more physical time to make this intense and profound **SERIES of rapid energy staircase shifts** out of the old lower everything and continued preparation to enter the NEW higher frequency template codes etc., consciousness and reality or exit from it one way or another.

**2022** is the beginning of Volunteers and ascending humanity existing fully—not partially but completely—in the NEW Divine Mother/Feminine crystalline HighHeart template codes, consciousness and reality of ascending NEW Earth and all that goes with it.

Obviously 2020 and 2021 are tumultuous years of profound evolutionary energetic change for humanity, and NOT in the ways most think or believe at the moment. The surface shit is surface shit and it's going on across the dimensions and galaxies due to the Universal Ascension and rapid shifts out of the previous energy templates and distortions and into the totally NEW higher ones. I do not mean to sound like I'm diminishing the volatile "surface shit" because it's a very big deal that its all ending and shifting now. We've Worked a very long and hard time for what's finally happening on the physical level now. Let it unfold, but for god sake pay attention to your consciousness and who is doing their best to grab and use it for themselves and their agendas even when she/he/they claim their agendas are lofty and ascension related.

It's wretched that I had to say that at this point in the Ascension Process but I did. If you've been paying attention and have been honest with yourself, been honest about what some "ascension teachers" have been saying, writing, video recording and/or channeling for years, then you already **know** what I'm talking about and why I've been saying it since Phase 2 began a year ago this month.

The Divine Cease & Desist timeout Order was to help us stop doing what had become entirely habitual to us all. It was a powerful *stop us in our mindless tracks* Divine Intervention to prepare us for and help us with these **rapid and continuous shifts** on all levels. The best way to live through them—I'm speaking specifically here to the few Volunteers that are capable of doing this in 2020 and/or 2021—has been to be more still physically and focused internally within yourself, not externally on another person or group of people, external events and/or external energy rituals be they ascension related or not.

As I shared in some articles last year, on January 1, 2020 I very clearly and loudly perceived that Phase 2 had begun and that the way to NEW Earth was from within myself, specifically my HighHeart. From your HighHeart as well First Phase 2 Volunteer Everythinger. I tried to express this last year but I don't think it was as successful as it should have been.

Throughout Phase 1 of the Ascension Process—1998-1999 through the end of December 2019—many of the Volunteers did a wide variety of ascension related energy Work. Some of us did this Work by intentionally time jumping into the near future to energetically Work from *that* position, space, frequency, level and so on. Some of us intentionally moved ourselves forward into the near future a bit to stop negative timelines and actions being done in them. What all we did isn't the point I want to make here but that we've always been able to intentionally move from our current physical time and place into the near future or farther when



needed, and then move ourselves back into the near past to, what was at *that* time, our current physical time and place on Earth. We often and repeatedly intentionally moved ourselves and our focus into the near future and then back in time to our current time throughout Phase 1. That's the point I want to make now, not what we did but that we were capable of intentionally moving ourselves and awareness around this and other timelines from "now" to the near "future" and then "back" into the near "past" where we were incarnate on Earth.

When Phase 2 started January 2020, I very strongly perceived that that part of my and some of our Volunteer mission Work had ended for important reasons, the main one being that we had finally reached that point within the Ascension Process where we were needed to **Cease & Desist** running to and fro within future and past timelines and other dimensions doing ascension related Work and focus ourselves squarely in and from the current **remain at home** position and location. It's the why of this that's so great and interesting.

**Phase 1** had to do with the need of some of us to go into the near future to Work on this ascension from that and other locations in time and space and then return to what were our current lives in present time physically incarnate on Earth. **Phase 2** was an unexpected and abrupt end to that and it was revealed to me January 1, 2020 that me, my physical body and embodied energies in it, my consciousness, HighHeart and higher abilities and awareness were now very much needed to remain in current time in this present moment. This huge change in my personal ascension related Work, in *some* of the First Everythinger Volunteers Work, **had dramatically shifted into our now needing to remain at home on present ascending Earth and its timeline and energetically Work from my physical body's HighHeart and quite literally pull-in the near future ascended NEW Earth so it becomes impalpable from this Earth.** In other words, this current ascending Earth is pulled in so close to already fully ascended near future NEW Earth that the old Earth automatically becomes *the* NEW Earth.

I perceived this as "my" but I knew it meant not just me but every Volunteer that was capable of doing this part of the Ascension Process and shift in 2020. A few more Volunteers in 2021—and there are far less of us capable of doing this than you'd ever guess—are and will join in with this Phase 2 ascension Work to get us and NEW Earth closer together physically by 2022, so much so that most won't even sense or know that *the* Shift from ascending Earth to full-tilt-boggie actual fully ascended NEW Earth happened. Happened while *they* were waiting for ETs to do the job, or Jesus, or fleets of UFOs, or their group's external physical rituals or whatever or whoever. The Work is entirely internal and needs to be done from and in our current time and from your and my HighHearts in our physical bodies. We've Embodied enough that in Phase 2 of the Ascension Process we're not only capable of but needed to stay at home in place and time to help shift ascending Earth in becoming fully ascended NEW Earth. Today there's two of them but soon there will be only one, only NEW Earth.

Pull baby, pull NEW Earth right to you from your individual HighHeart in your physical body seemingly doing nothing much externally on ascending Earth. *The* Shift will be imperceptible to the majority but you **know** better because you helped get here there and there here if you get what I'm saying about all this. *This* is why the 2020 Divine Cease & Desist Order to timeout and stay at home was implemented. It's all been to get ascending home to ascended HOME and ascended HOME to ascending home so it/they becomes the one ascended NEW Earth HOME we'll exist on. No more going into the near future to guarantee this but Work it from this current moment in time in the physical and our own bodies and HighHearts in 2020 and 2021.

Biff boom bam and it's done, and done while the majority continued to be entirely focused externally and on distortions from different self-proclaimed ascension teachers and their egos still hustling recruits to fuel their personal agendas and pad their bank accounts. Yeah, all *that* really feels and seems like NEW Earth doesn't it? Wake the hell up lower stairsteps ascension community people or not and find yourselves on **not** NEW

Earth in 2022 or beyond. Human consciousness is immensely valuable and it's been used by many to fuel and support their agendas for a lot of reasons. Your responsibility now is to **discern** and **know** when this is happening and who is doing it within the ascension and conspiracy communities.

Denise

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