

"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; 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

- B Tuesdays** By telephone only: 1 – 605-475-4120; PIN 946 7441#
Ashtar on the Road
2nd & 4th 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 2nd 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 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: Rainbird**
B. Housekeeping: Rainbird

BBS: • Listener-supported radio programs – Cost is \$300 per week – and
when there are 5 Saturdays, there is a little more for the cost. . . .
THIS WEEK, THE SUM IS \$323.19 - 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.

- www.rainbowroundtable.net has archives, too.

- Go to BBSradio.com/Station2; find **The True History** 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]
58 N Marshside Pl [Note inside that it's for T & R calls
Spring, TX 77389 [& 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 **homepage of www.rainbowroundtable.net**

FOOD, BILLS, BASICS:

Living Expenses: Food \$ for Paschats, R & T, car - \$225
Bills \$425
Rent for August \$1,150

VIA PAYPAL OR GO TO www.rainbowroundtable.net –
where there is a donate button !

- **Please notify T & R if you're sending something:** koran999@comcast.net

EVERY \$ HELPS: no amount is too small!~ 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!**
- Let Rama know by e-mail that you are sending any donations: 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 heading **READ MORE** - definitely worth the time!

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

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

contact Rainbird with questions: 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

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/

Keshe Letter to World Leaders about the studies/g th////e plasma technology with covid patients
www.plasmatimes.com

KFTV Launch of KFTV - March 19, 2021

<https://vimeo.com/526497248> – **GOES LIVE AT 40 minute mark**

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

<https://bbsradio.com/podcast/true-history-july-24-2021>

F: THE NEW WEBSITE AND ADDRESS: WWW.RAINBOWROUNDTABLE.NET –

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

Rama and Tara: R, T • •

Both: Greetings! And thanks to all –

R: Sweet Angelique the Cat – at noon today

- was at an Irish castle – there's a portal there and she is supposed to meet other beings there on The Day out of Time and 8:8 Lions Gate
 - They will open the portal into Avalon / Stonehenge – no need for vehicles
- She stayed there to experience the portal – they are going to open it
- the stargates opening with these two dates: continuing energies of the folks showing up from around the galaxy: it's right now as we send more love to the horror show going on as they are still locked into an old program from Reagan – castigating big government both conservatives and libertarians
- Sweet A – they are calling all the beings known and unknown
- the electro magnetic energies are off the scale – use the Violet Flame to get through this
 - Sun continues its transformation, transfiguration
- Heard a 19 year old kid on a program called off the Edge / Near the edge?

T talked with Richard Astrology – the book he's reading, printed in 1941, **Basic Works of Aristotle** 1400 pages – about 200 pages / chapter! He spends about 3 hrs / day reading this kind of material

- A discussion about the word Rhetoric and how to say it: and also Rhetorica and also the Torch – Aristotle talked of different forms of government
 - dictatorships – part of a monarchical arrangement, with an emphasis on dictatorship; • Oligarchy – rule by the wealthy – modern day aristocracy; democracy

R: the 19 year old man on *Living on the Edge* was bringing up these philosophies and brought in what Mattias [one of the Gaia TV programs] talks of – the temples along the Nile that line up with the chakras -

- the kid was saying we need to bring back the ancient teaching: each chakra has a different temple and working with it, stay in balance. Called out the Deep State, Q Anon
- It's a radio program on Santa Fe radio; host is Zoobie Wilson
- the young man was talking of communities talking – he's been to Gaia and talked with Mattias – the galactics are showing up and are here; he talked of all the websites connected to Q Anon, to Faction 2 – and how they repeat the same kind of stuff – whatever they chose for content, they keep repeating

• we as individuals have the ability to respond and must use it . . . we have to

• there were 160,000 people protesting in Paris – idea of another lockdown – and Macron may have to call in his military as the people are not taking it any more

T: what works is exposing the truth - you think the lockdown is being protested, but that's not what's really going on

- The first Law of Love: BE CALM! This is necessary in order to learn about and accept the truth
Until I reach enlightenment, I take refuge in the Buddha, the Sanga and the Tonga
I can achieve buddhahood

6 Perfections – Moabite Nation also teaches these

1. Be Calm

Love

Truth

Peace - and let peace begin with me – inner peace – all the time!

Freedom – so to have a Freedom March

Justice – is not really justice until there is Divine Wisdom, Divine Mercy;

Divine Compassion

• Joe Biden made a ruinous set of laws when he caused drug laws to be put in place so the justice system need reformation

• Buddha and the teachings of Christ are based in the same astrology, astronomy, history, mathematics – came from black people -

R: re-asked Sweet Angelique the Cat about Tom Hanks – HE IS ABSOLUTELY BEING TARGETED -

- want to get rid of him, Oprah who know of the stories going deep into Hollywood
- he is very wealthy and has been exposing via movies eg ***The DaVinci Code***

R: about the Vatican and huge amounts of land around the world – the Vatican is having to admit that they own real estate in countries around the world.

- About the ancient story when the power was taken from Jeshu and Magdalene and the Mother goddess – the Vatican does not teach the word of the Force which is what is inside each of us

A link from Penny – a 20 minute video from Melissa – about Dr Li-Meng

AUDIO: Professor Emeritas of Physics from U of California Berkeley
Richard Muller – an article in wall Street Journal - much read
 has been in particle physics – has gone into archeology and climate change
 • he’s calling for ??listening to peoples’ credentials and not on what they say is not scientific

AUDIO: The Joe Regan Experience #1684 – Abby Martin 165 minutes 2.75 HOURS

- Abby Martin Joe Regan talking about Palestine and what Israel is doing there – and Goddess is here!
- This is the time of change and the exposure of this evil must be known!
- It has always been Palestine: **there was never an Israel**

**#1684 – Abby Martin
 The Joe Regan Experience**

<https://open.spotify.com/episode/3qCSnEEAUxFasoKSWq7LiM>

THIS IS WELL WORTH THE TIME IT TAKES TO LISTEN TO IT ! ! ! !

ASTROLOGY

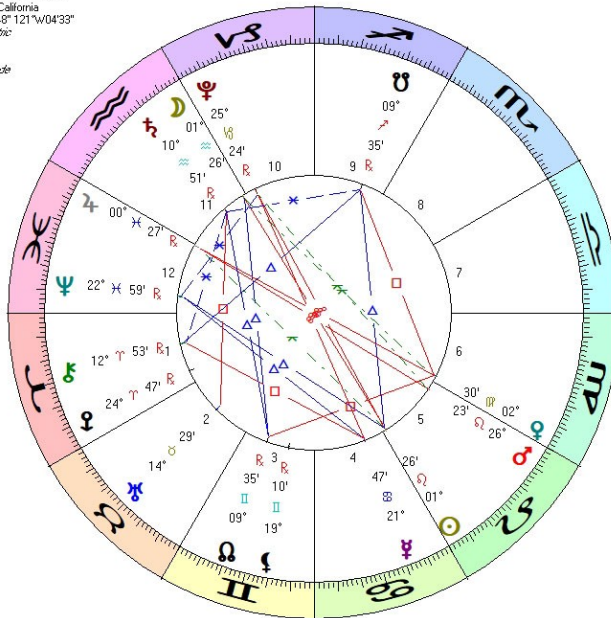
RICHARD – RI

2021-07-21 Astrology Forecast

<https://youtu.be/tlFu55EnWms>

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

Full Moon in Aquarius
 Natal Chart
 Jul 23 2021, Fri
 7:36:33 pm PDT +7:00
 Auburn, California
 38°N53'48" 121°W04'33"
 Geocentric
 Tropical
 0° Aries
 True Node



*There is a place beyond right and wrong,
I will meet you there.
We will sing and dance and play in the Sun,
Like children without a care.*

Hey Kids!

“Come on! Let’s go play some ball! Oh, your mom won’t let you? Can you sneak out the back door without her seeing you?” That’s Leo bursting out of Cancer this week, with Jupiter in Pisces opposite Venus! Time to put the paper down, stop cleaning and cooking, put on some fancy clothes, get all dolled up and head on out to the dance floor! I’m sure there are plenty of reasons not to, you shouldn’t, more important things to do, it’s not safe, bla bla bla. OK then, stay home then, but DO something creative, something new, just to say you did.

And yes, with Mercury opposite Pluto you might have some writer’s block. Somebody or something right in the doorway you’re trying to go through. It may take some persistence, some pushing, some determination. You may need to summon up that dormant energy sleeping at the root of your spine and give yourself a kick in the behind. But once you do get going, you’ll build up speed, get some wind in your hair, start smiling, **and be glad you’re ALIVE!** You get the blood moving, and before you know it, the blood is moving you!

We’re moving and shaking it around here at NPA! **I’m not only going to Ibiza coming up, but then I’m heading down to Dubai!** I’ve passed through there before but never got outside the airport. So I’m super grateful and excited to be invited by the SEVA Experience to teach for a couple of weeks. I’ll be sharing both “Discover Your Soul’s Purpose” AND “What Will Happen When,” LIVE with kundalini yoga, breathwork, meditation, and more. Check it out [HERE!](#)

We’re also putting the final touches on a couple other surprises that I’ll be announcing through “Leo Season,” so stay tuned. Maybe we should have a “creative contest” or something like the dancing for Astrology Rising. Hmmm, I’ll put some thought into that and let you know. If you are a member of the NPA Community, you’ll get “in the know,” first about many things, astrology, yoga, and otherwise. [Check out all the advantages of membership HERE!](#)

Welcome the Sun into the fiery realm of Leo the Lion (hearted)! Children playing in the Sun is a beautiful reminder of how healing, strengthening and centering simple pleasures can be. Joy sends the blood coursing through our veins just a little bit faster, lighter, and more luminous. Like the laughing Buddha, some good belly laughs lift our spirits higher, and we can feel an incredible lightness of being. Today’s mantra was Rumi inspired as he wrote a poem about not just a place but a whole field beyond right and wrong. **There is room for everyone and everything under the Sun, and while it is true that we face challenges, obstacles, and perhaps angering limitations, we don’t want to forget the creative spirit within.** Let’s remember the old axiom, “Use it or lose it!” The sheer ability to create expands and grows the more we make! And if we doubt, feel small, unworthy, and uncreative, surely our thoughts will create that reality! So let’s light up and live!

[Let’s do a little Ramblin’](#) with the Allman Brothers!
[Welcome Back My Friends](#) to the Show That Never Ends!

**So Much Love,
Kaypacha**

AUDIO: Ep. 117 – Mars Opposite Jupiter: 29:29:29 Star Code!

<https://taniagabrielle.com/ep-117-mars-opposite-jupiter-292929-star-code/>



https://www.youtube.com/watch?v=sdFGPdjIN_k

On July 29 an incredibly intense 29:29:29 Star Code activates with this opposition of Mars and Jupiter, placing a major spotlight on all your close relationships and your relationship to your Inner Voice. Mars takes action and Jupiter expands. Discover the amazing, spontaneity in this Star Code!

RI: moon conjunct Jupiter in a couple of hours

Mon: moon in Pisces

Tues: Moon conjunct Neptune

Thurs: Moon conjunct Ch iron in Aries [healer healing self]

Next Saturday: Moon conjunct Uranus in Taurus

First 5 * of Leo – Combustion is the larger theme

First half Virgo – characterization

LEO 1°: BLOOD RUSHES TO A MAN'S HEAD AS HIS VITAL ENERGIES ARE MOBILIZED UNDER THE SPUR OF AMBITION.

KEYNOTE: An eruption of bio-psychic energies into the ego-controlled field of consciousness.

LEO 2°: AN EPIDEMIC OF THE MUMPS.

KEYNOTE: The spreading power of individual crises through a collectivity.

LEO 3°: A MIDDLE-AGED WOMAN, IN HER LONG HAIR FLOWING OVER HER SHOULDERS AND IN A BRA-LESS YOUTHFUL GARMENT.

KEYNOTE: The will to meet the challenge of age in terms of our modern society's glorification of youth.

LEO 4°: A FORMALLY DRESSED ELDERLY MAN STANDS NEAR TROPHIES HE BROUGHT BACK FROM A HUNTING EXPEDITION.

KEYNOTE: The masculine will to conquer his animal nature and to impress his peers with his skill in performing the ancient traditional power rituals.

LEO 5°: ROCK FORMATIONS TOWER OVER A DEEP CANYON.

KEYNOTE: The structuring power of elemental forces during the long cycle of planetary evolution.

. . .

This symbol points to our need to acquire a much vaster perspective on what we are able to do - and on our yearning for prolonged youth and our pride in masculine achievements. The works of nature should make us feel humble and help us to 'planetarize' our consciousness.

PISCES 1°: IN A CROWDED MARKETPLACE FARMERS AND MIDDLEMEN DISPLAY A GREAT VARIETY OF PRODUCTS.

KEYNOTE: The process of commingling and interchange which at all levels demonstrates the health of a community.

AQUARIUS 30°: DEEPLY BOOTED IN THE PAST OF A VERY ANCIENT CULTURE, A SPIRITUAL BROTHERHOOD IN WHICH MANY INDIVIDUAL MINDS ARE MERGED INTO THE GLOWING LIGHT OF A UNANIMOUS CONSCIOUSNESS IS REVEALED TO ONE WHO HAS EMERGED SUCCESSFULLY FROM HIS METAMORPHOSIS.

KEYNOTE: The ability for the person with an open mind and a deep feeling for self-transcendence to come in contact with higher forms of existence.

AQUARIUS 1°: AN OLD ADOBE MISSION IN CALIFORNIA.

KEYNOTE: The power inherent in all great human works to endure far beyond the workers' life spans.

AQUARIUS 2°: AN UNEXPECTED THUNDERSTORM.

KEYNOTE: The need to develop the inner security which will enable us to meet unexpected crises.

CONFERENCE CALL

Ca/Pa: That Abby Martin!! !! She had every right to use that word [F word!]

The things that she said and has investigated – amazing journalism

T: she has protection! !!

yes, the protection is 3D and she has balls: willing to take the risk others won't

Ca/Pa: Holy Toledo!

T: and this is what we've been waiting for – always told we'd have to see the accountability we live in a pan-octagon world – something said by Abby

Pa: about the case she won against Georgia -

T: she would have had to sign her life away to speak at a GA university – and said no

Pa: what is the name of the law – 30 – 31 states

T: and all red states – all wanting fascism – that is what they are up to

Pa: bad enough to cut up counties so they can have a sway over them but quite another to have Israeli judges or reps

T: the US does not have a country – only a corporation ! ! !

Pa: was physically upset when heard about all that happened to the Palestinians

T: brings up the young lady who was run over by a bulldozer or a tank so many years ago and what is really happening is way, way worse that she spoke of

Pa: between the Palestinians and the humanized mice she couldn't

T: and Dahr Jamal is right up there with Abby Martin – the Poppy Lady worked with him for some time too

PA: the humiliation she described of the Palestinians with the # of barriers and checkpoints to go from one place to another – no chance of a normal day

T: get lights about 2 hours a day, and water 2 hrs a day – mostly toxic!
We've talked a lot about the Khazarian mafia calling themselves Israelis

Pe: comments on the nature of the interview between her and Joe Rogan

R: some of his interviews are not so much – she was teaching him and lifting him higher – and she can't talk about the ships. He knows that Rogan interviewed

- Dr Greer And Greer didn't say some things he says on other shows: about the level of awareness the interviewer is at and the level of consciousness of

About RT: asking about restrictions on the contributors?

- She was on Free Speech Breaking the set
 - with Jesse Ventura for a while
 - she interviewed Dr Greer and the cosmic hoax
 - then they watched Empire Files : she was right in the countries where there active war zones
 - she went to Palestine, she was banned, called an Iranian spy!

PA: does she have funding

R: she is getting some help – some connection to the Forces of Light
hasn't heard her talk about the story of Sumeria and the Annunaki

Pa: She's right into what is going on

T: and she never lets go

[SEE

<https://www.rainbowroundtable.net/post/1684-abby-martin-the-joe-rogan-experience>]

[26 million were killed – **way more than he said**]

Caucasus Mountains – the galactics had to take on human form, came in via these mtns

R: describes as Mattais – controllers and teachers who came in from the stars – those who came in with

Pa: Enlil – Luciferian Enki was Jehovah or

- Enlil was Lucifer and had more compassion for humanity – had huge ego

T: they did volunteer –

- Jehovah is 1st born son of Sekhmet & Alcyone : Jehovah is an aspect of Alcyone
- Lilith is 1st born daughter of Sekhmet and Alcyone,
 - Lilith and Jehovah were Twin Flames
 - Jehovah and Lilith – first born son was Lucifer
 - Lucifer's son - Satan
 - . . . Satan is Beelzebub

- We went from anti-matter in Pleiades to Matter in Pleiades
 - so we co-created with Mother – we are equal to Mother – except we needed the experience to find out who we were;
 - Mother said we could incarnate in our creation except for 1 thing

- **IT IS CALLED THE Prime Directive**
- **AND IT MEANS non-intervention in a civilization's development unless and in case of nuclear and or psychic holocaust**

- we were ALL present in whatever form and we said we would do this together – which is the Law of One
 - and Abby is so good at degining this

COR: Marshall sent some videos – one is from a guy - former military 23rd – he understands from people he knows: get yourselves and families plenty of water and food – any comment from KOS?

- **KOS – when that comes up: that is not the right energy at all – they want us to freak out**

R: if it's coming from US soldiers to ??? like drones programmed to carry out tasks

- They want to create a coup on this planet – will have galactics in their face if they try

Aria – the thing is the galactics may not violate free will choice they are watching the ones of us who know what we know and are doing with love and no violence

- **it is important – no judgmentalism, no violence** if we have those thoughts in our head . . .

COR: doesn't think people – just want them where no more . . .

T: Mother says they will be frogmarched on to Paschat starships and everyone on earth will be watching on TV

RGM: when they tell the military – will talk and speak and get . . .

COR: They want us to go into fear- based reaction to manipulate the people

- hence the Delta 1 or Delta 2 – she can't watch the late show as Stephen Colbert mocks those not taking the vaccines

T: Thursday: Thom Hartmann saw Bernie talking about vaccines –

T: He has to talk about, support their use; otherwise, Bernie and all his family will be killed from babies to grannies, and all the existing genetic lines

T: they have to speak as if they believe it – otherwise, they will be killed

- Thom went and got the vaccine as he was scared out of his mind as he'd been shot at twice
- Bernie said Reformation Act on the show and that's when they shot the bullet in the back window of Thom's car -
 - and of course you don't want all killed
- Have done it to Tom Daschle who had the balls: gave the response to Bush's inaug address - said they did 9/11 – every member of his family got dead and were cloned – they let him watch and said you're next

Do: these ones giving the shots must know that the vaccines are killing people

T: they have them in the frame of

- If someone quits will kill the person who quits and their family

Aria: what happens after N - will the holograms just vanish

T: the 5-44.5 billion – no holograms

- remember: this has to do with what Mother said: since 9/11 anyone who died after that event, has A CHOICE TO COME BACK IN THE SAME BODY, TOTALLY HEALED.
- THERE IS NO TIME LIMIT ON THIS – CAN CHOOSE TO COME BACK OR NOT!

T: YES THERE ARE lots of holograms

ARIA: What happened with BBS – a glitch?

T: we've been on the entire time

Aria: saying he couldn't access the show – looked like an empty time slot -

T: reviews the

Pa: said she sounds a bit like Bernie today! ! ! the way T says all and calls
T: Bernie was also in Chicago for quite a time too
DO: tried to get the playback
T: takes a couple of days

BBS RADIO

Rama's Music

Snatam Kaur - The Sun Shines On Everyone

<https://www.youtube.com/watch?v=VbCBJ05gdwc>

One More Kiss, Dear - Vangelis

<https://www.youtube.com/watch?v=q4xDVQNHRsE>

Greensleeves - alas my love you did me wrong - opening with harp

AUDIO: balance of Abby Martin and Joe Rogan

AUDIO: Kryon Gives a Special Message About Fulfilling Your True Purpose on Earth as a Lightworker

2021-07-22 <https://www.youtube.com/watch?v=nKeHmE6E-P8>

AUDIO: **[Beyond Belief with George Noory](#)** **Dispatching Your Spirit Guides**

<https://www.gaia.com/video/dispatching-your-spirit-guides>

S 17:Ep7

41 mins

July 21, 2021

How can people improve their lives by accessing their spirit guides? Bruce Goldberg, a healer hypnotherapist and author of award-winning books, developed a technique called 'the super conscious mind tap'. Through this, he trains patients to access their higher selves.

Learn to connect to your higher self as the dispatcher to your spirit guides to raise the vibrational frequency of our soul. This enables us to become psychically empowered and to let go of fear. We can receive guides in more advanced ways as we lift our energy. The interaction of these guides in our lives can be subtle or a profound physical experience – reaching out to us as animal spirits, gate keepers, biochemical, doctor, and messenger guides.

Instructor/Host: George Noory

Featuring: Bruce Goldberg

Video Language: English

AUDIO: **[Mystery Teachings with Theresa Bullard](#)** **From Source to Creation and Back Again**

<https://www.gaia.com/video/from-source-to-creation-and-back-again>

S 1:Ep 3

36 min

January 21, 2019

Journey from the beginning of the universe to the formation of Earth and life that evolves. Theresa Bullard guides us through different eras of the Big Bang Model as they correlate with the geometry of the Tree of Life. This cosmology from the Kabbalah traces the divine origin of our universe to source, known as Ain Soph, to the dark energy and dark matter fueling the expansion of the universe. This is a journey which takes us from oneness, to diversity, and back to Source, that the Hermetic teachers call, The All.

Instructor/Host: Theresa Bullard

Video Language: English

READING: 2021-07-18 A message to Lightworkers

<https://www.ascensiontimes.com/post/a-message-to-lightworkers-july-18-2021>

Closing: no Rainbird

Rama's Final Choices

Alan Watts - It all goes together

<https://www.youtube.com/watch?v=qml1-xzPpxY>

Sin-kar and Gary Stadler