

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

B Tuesdays

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: Cheryl Croci

B. Housekeeping: Rainbird

BBS: • Listener-supported radio programs – Cost is \$300 per week

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, BASICS, BILLS + BBS

Living Expenses: Food \$; Gas \$; General Bills \$ 300
Bills \$ 90
BBS (\$300/ week – due TODAY) [+\$300 by next Saturday] \$ 135

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

- Please notify T & R if you're sending something: koran9999@hotmail.com
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

<https://www.nugencoin.com/tarram>

FOR THE NUGEN COIN: <https://www.nugencoin.com/tarram>

To help Marshall and support him by signing up under his name:
<https://www.nugencoin.com/marnor>

To **build the matrix** by working together: Carolyn Jones aka Rainbird is seeing to this aspect of the project:
<https://www.nugencoin.com/carjon>

TO GET HELP, Call Carolyn[Rainbird] or Micah

Carolyn's E-mail: lightenergync@gmail.com

Micah's E-mail: thegreenalchemist@gmail.com

PLEASE CALL EITHER OF THEM FOR HELP WITH REGISTRATION / OTHER ISSUES RELATED TO NUGEN COINS

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>

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

<https://bbsradio.com/podcast/true-history-may-14-2022>

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

RAMA, TARA: R, T

Greetings to all! And thanks to all who are joining us – and for the help and wisdom that is coming forth

R: requires another \$185 for the next visit the doctor re: his shoulder . . .

Lianara: has added 2 more Trust addresses – one from Cook Islands
one from Belize

- when the packages come US, Canada, Australia and New Zealand as the people in those countries have been controlled by the worst criminals
- about a shooting in Buffalo, NY – another shooting of 7 folks – about 3 miles north in a neighbourhood where people of colour live.
T: the person who did it has a bit of a reputation – dresses in fatigues; a white supremacist

R: talked to the Nameless Ones today – in the WESAK valley
the dark ones are creating as much chaos as they can

Rama's report: a call from the Nameless ones at 11:45 am – was happy to hear from them

- Lord Rama we are here up in the WV – awaiting the arrival of the Ascended Masters to our little community of 20,000
(they are off the grid, and connected to the earth and the sky – there will be Yetis, snow leopards, still winter turning to spring up there)
- we have created a Jedi temple where people from
- energies are extremely high, thanks to our sun SOL
- give the dark ones NO ENERGY – Captain Ashtar has the final word! Expect us, Lord Rama – we know where you live! ! !

R: it's about focussing on the energies coming in – millions are celebrating the Buddha's Birthday and billions of folks are calling the energies in

Today on *Living on the Edge*: talking of the fiasco being pushed by the right – criminalizing

- do not get caught up in MEDICARE ADVANTAGE! ! ! They don't cover lots of things and will pay through the nose!
- That is why Bernie was not made President – as we would have free health care
he could have been voted in by the people: lots got paid off to create a different outcome
- Talk about electing more pro-choice people to congress in November and to add 4 more supreme judges to the Supreme Court
 - To deny women the right to their own bodies – against the constitution
- On *Moonwatch* today: this Scorpio full moon will bring up a lot of stuff for people to transform and transmute

5 stages: the scorpion – a unique animal: kills itself with its own venom!

2nd level: the swan – about the ugly duckling turning into a swan – about seeing the true part of ourselves – and no FEAR False Evidence Appearing Real

3rd level: the dove – talking about purity of heart with which we ascend – white fire core of being

4th level: the eagle – a keen vision, can see very far in all directions – keeping the eye on the prize

5th level: Ascension - energy of Scorpio at its highest level is the Phoenix Rising – metaphor of all us rising to the highest level we are -

AUDIO: The Last Word – Katie Porter and Laurence O’Donnell

2022-05-11

2022-05-11 [Katie Porter: 'Rage' will grow now that GOP blocked abortion bill](#)

2022-05-11 [Katie Porter goes after Trump, uncovering potential bribery scheme](#)

AUDIO: Write LIFE IS FOR SERVICE

a graduation speech given by an autistic student who cannot speak

AUDIO: 2022-05-02 Economic Update: Inflation - How Markets Fail

SEE BELOW

https://www.democracyatwork.info/eu_inflation_how_markets_fail

R: doesn’t know what to say about markets, except that they are not what is contained in St Germain’s works

AUDIO: 2022-05-12 Gregg Braden - Earth's 'SAFE' Operating Zone... 3 out of 10 Parameters Breached

<https://www.youtube.com/watch?v=B1VX4DnfHM4>

Gregg Braden Q & A Series Episode 12 -

In today’s episode, Gregg Braden highlights the work of Johan Rockström, a Swedish scientist, internationally recognized for his work on global sustainability issues, in response to your question concerning climate change and over population.

Follow the series here - <https://www.youtube.com/watch?v=Lk4BT...>

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Instagram: <https://www.instagram.com/Gregg.Braden/>

10 markers

Biodiversity

Aerosols in the atmosphere

Chemical pollution – know it’s a problem, not yet quantified to can put it up

Climate Change – need a minimum threshold of ? Parts/ million of CO2

Acidification of the Oceans – also linked to the nitrogen cycle

Stratification ozone depletion – the ozone hole has healed

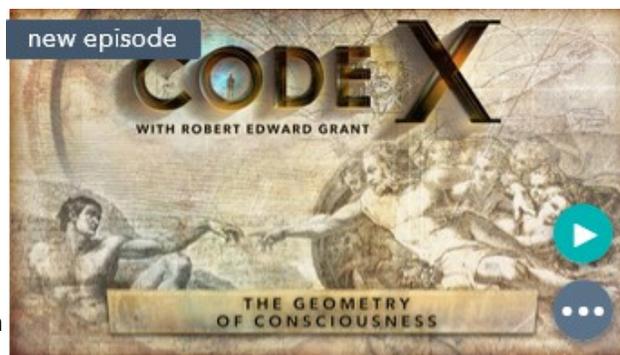
Nitrogen cycle – largely result of pesticides and fertilizers – there are other ways to grow food that don't require chemical sus
Phosphorus cycle
Global fresh water use

AUDIO: [Code X with Robert Edward Grant](#)

The Geometry of Consciousness

S1:Ep5 26 mins <https://www.gaia.com/video/the-geometry-of-consciousness>

What esoteric secrets did Michelangelo encode within his fresco on the ceiling of the Sistine Chapel within Vatican City in Rome, Italy? Exploring the missing links between the mysteries of music and mathematics, polymath and entrepreneur Robert Edward Grant illuminates “the Universal Language of Consciousness” in relation to philosophers and philomaths throughout the ages. Analyzing works from Ancient Greeks like Plato to modern unsolved math problems such as the Riemann Hypothesis, Grant exposes the inherent musical intervals of sacred geometry.



Instructor/Host: Robert Edward Grant

Video Language: English

ASTROLOGY

RICHARD – RI

RI: Looking at the chart today – review of current situation

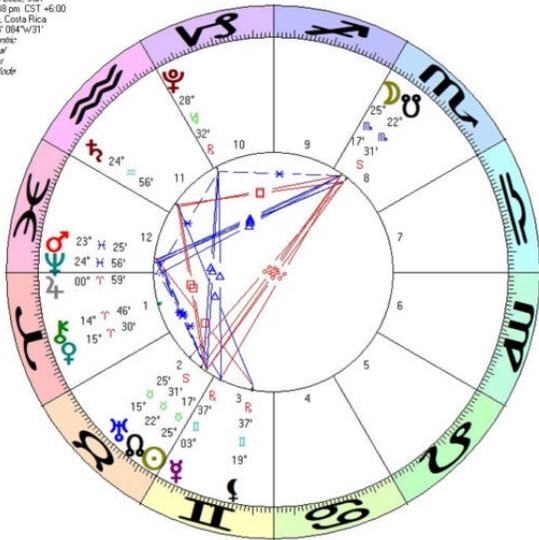
2022-05-11 Astrology Forecast



<https://youtu.be/ym8IMSWRldQ>

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

Total Luna Eclipse in Scorpio
Natal Chart
 May 15 2022, Sun
 10:12:46 pm CST -6:00
 Orosi, Costa Rica
 09°N54' 08"W31'
 Geocentric
 Tropical
 True Node



*Living in harmony with nature,
 I instinctively go with the flow.
 Winning or losing, coming or going,
 Is just more for me to know.*

Hola Nature Lovers!

If there is one thing genuinely coming home to me through this eclipse season and the north node moving through Taurus for a year and one half (January 2022 – July 2023), it's that Taurus is the true sign of nature, nature lovers, and primal, grounded, Gaia energy! Yes, we have other earth signs and the water signs plugged in there too. Still, Taurus, as the second sign of the natural zodiac following close behind the primal scream of Aries, is the original raw, sensuous, pleasure-seeking, and chill-out archetype of them all. **Naturally, it is opposed by Scorpio's intense, complex, intriguing, and seductive energy. They both complement and/or fight one another to the death!**

Hence the intensity of this eclipse season that is happening on these nodes. It is best not to take these wild times too personally but know that there is something we can learn from every experience, if only that there is something we can learn from every experience, LOL! Good to keep our eyes and ears open and awake with a "beginner's mind" that is curiously asking, "Why this, why that, why me, why now, why not?" **Simply questioning the experience leaves the door open for Spirit to answer and helps us evolve through the process.** On the other hand, jumping to premature conclusions, judgments, and reactions can have the opposite effect DEvolving the situation and those involved to ever lower levels of understanding and capacity. So let's take the high road!

If you watch the Pele Report through to the very end, you'll get a little preview of the amazing island of Corfu, Greece, **where I'll be hosting a workshop on "The Astrology of Relationship" this July 24-30!!** OMG, it's gonna be GREAT! Check out the details [HERE!](#)

Can't make it to [Turkey](#) for the Sabians OR [Greece](#) for Relationships? How about [the Netherlands](#)? Check out that workshop [HERE!](#)

Can't make any of those? Stay tuned for Denmark and Ireland. One way or another, I hope to connect with you in REAL, NATURAL TIME somewhere someday. Until then, go for it!

For simplicity's sake, I often refer to the 12 signs of the zodiac in terms of 6 different axes. The Aries/Libra axis is the identity/relationship axis, Taurus/Scorpio is the survival/sex/power axis, and square to that is the

Leo/Aquarius axis I call the creativity axis. **Having Saturn in Aquarius squaring the total, lunar, full Moon eclipse on the Taurus/Scorpio axis is another signature saying that it is time for us to individuate and re-create ourselves and our lives not in the image of anyone else but ourSelf.** As structure and form, Saturn in Aquarius is telling us to reform and restructure a new future Self, a new future society, a new future government, and a new future planet.

These eclipses are telling us that in order to do so, we all need to simplify, connect to our primal, simple selves, become more self-sufficient, and go back to nature. I'm all for it, and I hope you are too. Trust that wild, instinctive, animal self and integrate it rather than suppress it into your Spirit Self. Blessings on your journey!

The Rolling Stones, [You Can't Always Get What You Want.](#)

The Clash, [Should I Stay or Should I Go?](#)

🕒 FREE! Lunar Eclipse Special, Sunday May 15: <https://bit.ly/lunar-eclipse-special>

Depp & Heard's Synastry: <https://youtu.be/ujlC3bxfU8I>

***So Much Love,
Kaypacha***

**Esoteric Healing – Alice Bailey – Vol 4 in the treatise about the 7 Rays
from the master DK – p 143 - *the psychological causes of disease / the blood stream***

the entire etheric vehicle – from the circulatory angle – governed by moon
supports the dense physical body

the nervous system – ruled by Venus

endocrine – ductless glands – 7 of them and related to the 7 chakras – the health of the chakras feeds the glands and supports the hormones and blood stream by Saturn

blood stream – circulatory system, run by the heart, and the blood stream governed by Neptune

the heart which circulated the blood stream **has a neptune component**

the full moon and psychosis – it explains today's topics

AUDIO: Tania Gabrielle Mercury Retrograde [May 10 - Jupiter and Mercury retro

CONFERENCE CALL

Caller: thanks to Richard and his comments; also to T & R for the afternoon

RI: has been working through DK's book – this one was from 1953

Re: this book **Esoteric Healing, reading from Chapter 2:** Some Questions Answered about the full moon and psychosis:

imbalances in people's mental conditions due to 3 things:

- transitional clash between Piscean and Aquarian forces – sensitive people have trouble living normally at all! ! !
- the intense mental and spiritual energies from the to bring to an end to old forms of living to create new forms through process of adjustment and bring in a new civilization based on ?
- pouring in of more light from astral plane and also the tremendous increase of ordinary physical plane illumination which produces over sensitivity. The work done by prevailing use of electric light and the general glare in which humanity now lives until the human mechanism has adjusted to it – important to note that the general use of light is less than 100 years old and had an effect over

responsible for much predisposition

at the time of the full moon certain high contacts [with the spiritual realms] are easier than at other times.

At the time of the full moon, over a period of 5 days, people are recipients of more reflected light than at any other time.

He can only convey to us via a symbol: the period of intensest meditation of our planetary logos comes around at the full moon period of every month. This produces radiance and

PLEASE LISTEN TO THE READING TO GET THE FULL IMPORT OF WHAT IS WRITTEN ABOVE, AND TO FOLLOW THE CONVERSATION: TOO ENGROSSING TO DO MORE THAN LISTEN

AUDIO: A Race of Giants: Our Forbidden History

1 hr, 1 min

<https://www.gaia.com/video/race-giants>



Legends speak of ancient giants that once roamed the earth. From Greek cyclops and titans to the Jötunn of Norse mythology to human beings like the bible's Goliath, these stories of giant beings are countless. In America alone, there have been more than 1,500 newspaper accounts, including one about the discovery and exhumation of 3,781 skeletons of a race of blond-haired giants. Where did the evidence of these human giants go? Did the Smithsonian

Institution cover it up?

Director: J. Michael Long Featured: Paul Hughes and Simon Oliver

AUDIO: [Sound of Creation](#) Healing With Sound

S1:Ep 8

26 mins

<https://www.gaia.com/video/healing-with-sound>

Can sound heal humans through frequencies affecting brainwaves? Exploring breakthrough discoveries in modern science, experts Gregg Braden, Dr. Jeffrey D. Thompson, Dr. Theresa Bullard, Jonathan Goldman and others offer insight into research connecting different vibrations of sound with different brain wavelengths. With EEG scans providing proof of frequencies altering states of consciousness, researchers are finding more correlations between ancient teachings and indigenous rituals with these scientific secrets of sound that could help heal humanity from the inside out.



Featuring: Gregg Braden, Dr. Theresa Bullard, William Henry, Robert Grant, Nassim Hamein, Billy Carson, Kimba Arem, Dr. Robert Gilbert, Dr. Jeffrey D. Thompson, John Beaulieu, Jonathan Goldman, Dr. Konstantin Korotkov, Jeff Volk, Vylana Marcus
Video Language: English

AUDIO: [Beyond Belief with George Noory](#) Forgotten Fragments from the Fertile Crescent

S 19:Ep 5

42 mins

<https://www.gaia.com/video/forgotten-fragments-from-the-fertile-crescent>

Could the secrets of humanity be written in the past? Analyzing breakthroughs in archaeology and his studies of sacred texts, forgotten tablets, and mysterious megaliths, author and researcher Matthew LaCroix explains the significance of different ancient civilizations on Earth. Discussing what we can learn from these mysteries of antiquity, LaCroix explores Baalbek, Eridu, Sumer, the Cradle of Civilization, and the Fertile Crescent to illuminate the missing links between lost wonders of our world.



Matthew LaCroix is currently co-writing a book titled **The Epic of Humanity** with researcher Billy Carson.

Instructor/Host: George Noory

Featuring: Matthew LaCroix

Video Language: English

Reading: 2022-05-13 A Message to Light Bringers – May 13, 2022

SEE BELOW

<https://www.ascensiontimes.com/post/a-brief-message-to-light-bringers-may-13-2022>

Reading: a Tania Gabrielle report

Audio: Thom Hartmann – The Ethnic Cleansing of Palestine: Illan Pappé [from the preface]

Audio: reading from the intro of a book written in **Hidden History of American Health Care**

Rama's Choice

Audio:

Alan Watts Trusting the Pattern of the Universe

<https://www.youtube.com/watch?v=o-13RtxVtIM>

INFORMATION RELATED TO THE NOTES

2022-05-02 Economic Update: Inflation - How Markets Fail

https://www.democracyatwork.info/eu_inflation_how_markets_fail



<https://www.youtube.com/watch?v=y54R5CcOf4E&t=32s>

In this week's show, Prof. Wolff talks about Sri Lanka's economic crisis as a global example, and how US billionaires escape taxation at our expense. In the second half, Wolff discusses how and why the market system produces inflations like today's.

Transcript has been edited for clarity

Welcome friends to another edition of Economic Update. I'm your host Richard Wolff. In today's program we'll be talking about how emerging market economies—in this case Sri Lanka—get themselves into the kinds of catastrophic problems that that island country now has...and that many other countries have had... and will continue to. We're also going to talk about how billionaires here in the United States keep evading their fair share of taxes year in and year out. Then finally the bulk of today's program (mostly in the second half but some in the beginning) we'll be talking about that inflation we're suffering and how it connects to our market economy and to the capitalism that is the name of our system. Okay let's begin.

Sri Lanka, a country in Asia—known in the old days by another name, Ceylon—off the coast of India. An independent country [which] has had a strong manned government for quite a while...a very powerful leader. But it is less interesting for that fact (which it shares unfortunately with many others) than it is for another fact (which it also shares) and that is it is in the last stages of an extreme economic meltdown. There's not enough food, there's not enough fuel, there's not enough medicine. People are in the streets in huge numbers battling against a government that clearly the majority of people there don't want around anymore. And I wanted to explain why that happened...not so much just in Sri Lanka (although every country has its particular facts) but because it happens so often in Asia...in Africa and Latin America.

Okay, here's how it goes...it starts with international banks—usually not located in these countries. Located in —you guessed it—New York or London or Paris or Berlin—one of the old colonial centers. Japan might be another one. Here's how it goes...the bankers see an opportunity to make a very profitable loan. They get in touch with the big strong man government. Sometimes, of course, it goes the other way...the strongman government gets in touch with the bank. By now it has happened so many times back and forward that it really doesn't matter. They get together and they make a big fat loan—these days in the billions of dollars. And here's how it works—the official word is that the loan is for the economic development of Sri Lanka or the economic development of Nigeria or the economic development of Ecuador—doesn't really matter.

Here's what happens—the money comes...billions...but it is used primarily for two immediate purposes. The government of the strongman leader who gets the loan uses it to build up its political support...to give money to those areas where they need votes...to bribe all kinds of political movements or communities to vote for them—the usual things that politicians do. Another part of the loan is used to pay fees and consulting bids to the very bankers from whom the loan comes. That's right—the bank makes the loan because it's going to get back 10, 20, 30, 40 percent of that loan in fees and early payments...in all kinds of money coming back. In other words the two sides of the loan—the lending bank and the strongman government—each get a pot of money to use for themselves. What then does the bank do? Having gotten back 30, 40 percent of the loan within a very short time—they then sell the loan. And remember the loan still says 10 billion dollars or whatever amount owed by Sri Lanka to a collection of banks in London so that debt is still there. But the bank sells it to what is called a vulture capitalist—a company that buys that 10 billion dollar loan owed by Sri Lanka but only pays the bank 6 billion. The bank is happy it's gotten the rest of that money back way earlier than it thought anyway—so it's golden. The vulture capitalist now has the incentive because they own a loan that Sri Lanka has to pay of 10 billion but they only paid 6 [billion] for it. So, they can force payment out of Sri Lanka—even if they give Sri Lanka a billion off—they will have made a fortune too. And so they go to work...they go into courts all over the world hounding the Sri Lanka government...taking its money where they can get a court to seize it...blocking exports and imports that aren't paid for in advance. Because they're demanding repayment of their loan, they use every device to squeeze Sri Lanka. That's what's happening. That's why Sri Lanka cannot import the food, the fuel, the medicine to keep its people going. That's why there's chaos in the street. In other words, in the end, either this strong man will repress these movements—and then you'll really have blood running in the street...or the people will overthrow the strongman.

But here's the sad [part]—you know what they'll turn up next? Somebody else who's going to be the next strong man. And even if he or she isn't intending to...they will be approached by the banks and they will be approached by the political forces in their country to do it all again. There are many countries in which this horrific story is repeated over and over again.

If you allow the people who run your country to be a small unaccountable group—they will cut these deals with bankers and the people will suffer and suffer and suffer. It is the history of what has happened in most of the countries that fought for independence from their own colonial master—just to discover that even when you're independent—if you don't change your basic economic system—you're going to be stuck—again and again. Basically that's the so-called world of high finance.

The ProPublica internet magazine released some documents recently that are really remarkable. They are about the 15 richest income recipients here in the United States and what they pay—or to be more honest—what they don't pay—in taxes. I want to just mention one—because it's so gross it'll stand for the others. Michael Bloomberg, once the mayor of New York City, a multi-multi-billionaire, they looked at his income from the five years 2013 through 2018 during which time he had many billions of dollars of income...that's in addition to the billions of dollars of wealth he already owned. What was his tax rate over those five years?... on the billions of his income...Ready? 4.1%...That's way less than most people who work for a living pay as a percentage of their wages. He didn't work for the money. He got it all in dividends and interest and all the rest. Here's how this works, in case you haven't figured it out already. The billionaires donate to the politicians and the politicians write the tax laws the way the billionaires who donate to them prefer—that

allows the billionaires to hide money around the world, to escape taxes legally and all the rest—and that gives you Mr Bloomberg.

Some of you know that the income tax in the United States is so-called progressive. What that simply means is the higher your income, the larger the percentage of it you are required to pay. What you may not know is that the income tax which is the only progressive tax, basically, in this country, has been bringing in less and less of the government's money. It now brings in less than half of the government's money. Equally important is Social Security which is not a progressive tax. It is the opposite—a regressive tax—in other words, the richer you are the less the proportion of your income you pay for social security withholding. It is the opposite of progressive—but that's just a federal tax. If you turn to the state and local taxes, they're overwhelmingly regressive. In other words, most states rely on a sales tax. You go into a store...you buy a can of beer...you pay exactly the same amount of money as Rockefeller does when he goes into that store and buys a can of beer. In other words, your ability to pay—the idea behind progressive taxes doesn't apply. Mr Rockefeller, for whom the tax is totally irrelevant, is in the same boat as you are—for whom the tax is a significant part of your income. So if you put it all together, we don't have a progressive tax system. We have quite the opposite—federal, state and local put together are regressive.

But here is probably the single most grotesque part of our tax system—we don't rely on taxes the way other countries do. For example, we could have a tax system based on property, not income...what you own—not what income flows to you. So for example, Michael Bloomberg owns billions of dollars mostly in the form of stocks and bonds and financial assets...they're called. Guess what? There's no property tax on that kind of property. Your local community taxes property in the form of land, in the form of your house, in the form of your car. That kind of property, called tangible property, is taxed usually at the local level in this country—not by states and not by the federal, but by the local government. But here's the gross thing—for you never to forget—in our country, the only kind of property that's subject to taxation at the local level is tangible property—land, house and car. It's the kind of property middle income people can afford. The kind of property that rich people (mostly) have— stocks, bonds, cash— stuff like that—does not get subject to property tax. You sell your 100 thousand dollar house, you stop paying property tax. When you had the house you had to pay property tax. When you sold the house and bought shares of stock, you don't have to pay property tax anymore. That's a subsidy to the rich. There's no excuse for it—there's no need for it. Other countries and even this one at different points in time didn't do that. It is simply and grossly unfair, as is Mr Bloomberg and others like him getting away with not paying anything like the same rate of taxation that most of you and I pay as a matter of course. We are being ripped off because the government—that doesn't get the taxes billionaires ought to pay—is a government that either makes us pay in the place of those billionaires or...uses the fact that the billionaires don't give them taxes to do something else...to go to them and borrow the money instead. That's right—instead of the billionaires paying taxes—they lend that money to the government. Get it all paid back to them and we pay extra taxes to give them interest while they wait for the repayment. **Only rich people could have designed the tax system like that.**

We've come to the end of the first part of today's show and as we at Democracy at Work continue to celebrate our 10th anniversary, we want to invite and encourage all of our listeners and viewers to explore the variety of other shows, podcasts and books we produce. For example, *Capitalism Hits Home*, a podcast hosted by mental health counselor and long-time activist in the feminist movement, Dr Harriet Fraad. You can find her show and get further involved with all of the work we do at Democracy at Work by going to our website democracyatwork.info Please stay with us. We'll be right back.

Welcome back friends to the second half of today's Economic Update. I want to talk to you about inflation—the one roaring across the American economy as we speak. Eight and a half to ten percent, depending on exactly how you measure it—may be worse if you measure it in the way maybe you ought to—but let's leave that issue for the experts and the technicians. Prices are rising fast. Everyone knows it, and it's really a burden, isn't it? Let's be honest: we as a nation have come through the worst public health disaster in our country's history—and the second worst economic crash—all in the last two years, 2020 and 2021. What a thing now with that two-year disaster behind us—we get hit with an inflation worse than anything we've seen

in 40 years. It's really extraordinary what you are subjecting the working class of this economic system to these days. Well, let's be clear what it means when inflation happens. **This is all too simple and yet all too quickly overlooked in most of the mass media.**

Prices are set in our country by a tiny minority of the people—employers—the class of employers. If you're an employee, like 99 percent of us, you know that you've never been in a room where you set the prices of the products you help to produce—the goods and services. Your employer has that exclusive responsibility and privilege. So if prices are rising—let's be real clear, friends—**it's the employers that are doing it.** Let's listen to what their employers are saying to explain the prices they're raising for all the rest of us to pay. They give two basic arguments—number one—**we're doing it because everything we buy has gone up in price.** In other words, the employers are telling us they have to do it...Why? Because other employers are doing it...oh, how interesting...**all the employers together are using each other as an excuse.**

Here's the second excuse—workers are demanding higher wages. Well, here's a problem folks; prices are rising roughly 8.5 to 10 percent. Wages are not rising like that. They're not even rising more than about half of that on average—**with millions of workers getting no wage increase at all. So that's simply not true.** But let me do the economics with you because you'll understand something here—very clearly.

Suppose workers have more money to spend—I mean they don't these days—but let's assume they do. Let's assume, even further that...having not spent money during the pandemic and the crash...saving it up—they're now ready to spend. Let's assume they're borrowing more again so they have more to spend. Here's a lesson in economics you should never forget. Every business man or woman—the person who's the employer in the factory, the office or the store—has a choice to make. When workers or consumers (let's call them by their other name) come toward you with more money to spend—there's one thing you can do but there's a second thing you can do—you can respond to the rising demand for whatever it is you produce and sell either by making more of it... because you can sell more...or by raising the price. In the so-called free enterprise system, we give a tiny minority of our population—employers—the freedom to choose. They're going to choose whatever they prefer so one business will raise its prices...another one will order more produce to sell. If more people are coming in the store, you can go either way but the social consequences are enormously different.

If the business responds to rising demand by ordering more goods and selling more—that's great because that will mean people get hired to produce those extra goods. It'll mean more jobs—we like that response. Compare that to the other choice the employer has—not to order more goods—to say—Oh great! All these extra people coming in with money to spend—I'm going to jack up the price! I may even sell less than I did before but I'll make more profit because I've jacked up the price so much! Then the private decisions of employers produce the inflation we're suffering from...**Here's what I want everyone to understand—whether we have more jobs...which we want...or an inflation...which we don't want—is a decision made by a tiny minority of unaccountable people. They're not accountable to us or to the society. They may bless with more jobs or condemn with more inflation. They do whatever they want for their profits and we all live with the results.**

You want to live in that kind of economic system? It's a little bit like choosing to be a slave...[Is that]really a choice you want to make? We live in it now and you know what the institution is—I'm talking about the free market—**that's right—it's the free market that gives to employers that choice how to respond to rising demand from the public. Produce more and get more people jobs or jack up the price and produce the kind of inflation we are suffering through now. And, by the way—do you have to handle things this way? Not at all.**

Let me give you some examples of other ways to do it. We could say, look, we're going to produce more because that gives people jobs. Then we're going to distribute them—not in a market—not by allowing anybody to jack up prices—we're not going to do any of that. Prices are fixed. The government's going to fix them and you know what the government's going to do—it's going to distribute the goods that are being produced—putting more people to work. We'll get more jobs, we'll get more output and we'll distribute it. We

don't need the market. We don't need all this price nonsense. Well, is that really doable? Yes. Did people ever do that? Yes. Did that ever happen in the United States? Yes.

I'm going to give you an example. During World War II, we had a problem. We were fighting a war—partly in Japan, partly in Europe—in Asia and in Europe. We needed a lot of resources to go to fight the war...to make the bullets and the guns and the planes and the ships...to equip the soldiers and all the rest which meant that the resources we had left here in the United States to produce food, clothing and shelter for the American people during the war were less. In other words, there was a shortage. The demand for food, clothing and shelter at home didn't go away but the supply was reduced because we were fighting a war. So the question was—How do we distribute the reduced supply of food, clothing, shelter and so on to the American people? If we had allowed the free market to do it—it would have meant allowing the producers of food, clothing and shelter to jack up the price—the way they're doing now. We would have allowed it then but wise people in Washington understood if we did that, rich people would be able to get through the war very comfortably and everybody else wouldn't. And that would destroy whatever unity we had in this country which we badly needed to fight the war.

So we wouldn't have a free market—we banished the free market. The government issued ration cards—that's right—a little card that entitled you to buy a quart of milk, a pound of meat, a pound of sugar, a gallon of gasoline for your car and many, many, many other things. If you didn't have a ration card, you couldn't get it. Money didn't buy you anything. The price didn't go up—didn't matter if it did—without a ration card, you didn't get it—with a ration card you did. And how were ration cards distributed? Some of you will enjoy the irony here...to each according to their need—if you had a lot of children in your family, you got a lot of ration cards for milk. If you didn't have any children—you got fewer ration cards for milk. Not so hard to understand, and it worked and it worked for years here in the United States. It's a non-market system of distributing. There was no inflation to worry about—because we didn't handle the distribution of goods and services with a market. A market is a human institution. It has got its strengths; it has got its weaknesses. It's important to understand those weaknesses so that we don't get bamboozled by right-wing folks who want us to bend over and pray to the market in the way that we were warned not to let false gods lead us into idolatry, if you may remember. **The market is a false god and Americans know that.**

Let me give you some examples of where we don't allow markets. One of them is inside our home. How do we arrange for the division of labor in a typical family household? You know somebody takes care of the garbage...somebody washes the dishes...somebody cooks the meals...somebody goes out shopping... somebody mows the lawn—whatever. Do we use a market? Do we pay somebody to mow the lawn? Junior, you mow the lawn...I'll give you four dollars. Okay... Mom, I'd like a piece of cake. Okay son, here - three dollars. We don't do that we don't use market exchange. If we do that—we get a lecture from our parents or grandparents saying in this family we don't do that. We help each other because we love each other—that's why we do it. We don't do it—I'll give you two, you give me four.

Here's another example—we don't organize our public parks. I live in New York City. If I go to Central Park, I don't have to buy a square of lawn to put my blanket down and have my picnic. We all put money in a pot together—don't we?...and that takes care of having a beautiful clean park for us to go to when and if we wish to...and I don't begrudge my neighbors' three children going to the park because I only have one child and go. We don't live like that. We don't calculate like that because we don't want to market in park access. Public school—we put a fund together to run our elementary schools and our high schools. You go if you need it. You go if you're a child...you go if you want an education etc etc. We don't do—you got to pay six bucks for two hours worth of instruction in arithmetic.

There's lots of places we don't [use markets] and you know, here's an irony for you—many of the largest corporations have gotten large by what we call vertical integration. That is, they bought the company from whom they used to buy something and they brought it inside the corporation. You know why, if you read the literature, **because they don't want—you'll love this—the insecurity...the uncertainty of markets.** For example, an automobile company doesn't want to worry that it can't get the steel or the copper it needs at the price it can afford...at the time it needs it. If it uses the market, it never knows so it buys the companies from whom

it used to purchase...brings them inside. Then even a greater irony—once the company has brought in, merged, if you like, with all these others: you know how it organizes the movement of goods and services among the units of the company? By central planning—they have a whole office that plans how the corporation works. **The very thing that the head of that company denounces in the larger society—planning—is what that corporation does inside. Don't be fooled. The market is a sometime institution.** It's got as many flaws as virtues. It has to be regulated and controlled like every other institution and nobody should ever allow someone to tell you - it's a perfect mechanism. The next time a politician tells you—leave it to the market—you now know what the real message there is—leave it to the tiny minority of employers to do what they want for their profit and the rest of us pick up the chips wherever they fall. That's what celebrating the market is really about.

Thank you very much for your attention. I hope you have found this of use and as always, I look forward to speaking with you again next week.

Transcript by Barbara Bartlett

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SOURCES FOR SHOW SEGMENTS:

- Sri Lanka: <https://www.theguardian.com/world/2022/apr/14/sri-lanka-gotabaya-rajapaksag-gota-go-home-protests>
- The super-rich billionaires and their low federal tax rates: <https://www.propublica.org/article/americas-top-15-earners-and-what-they-reveal-about-the-us-tax-system>

2022-05-13 A Message to Light Bringers – May 13, 2022

This week's guidance from the Ascended Masters, Galactics, Earth Elements, Fae Elders, Angelic legions, Archangels, and other Divine Beings known as the Collective:

Greetings, friends! We are very pleased to have this moment to speak with you again today.

Today our writer speaks again with Ascended Master Lady Portia, Keeper of the Flame of Justice and Opportunity. She is also known as the goddess of Freedom and Justice, as she anchors the flame of Transformation and Transmutation upon the Earth . . .

COR: Greetings, Lady Master!

Lady Master Portia: Greetings, dear one! How may we assist?

COR: Like a lot of people, I am wondering, when will the Forces of Light be done rounding up the criminals who have ruled this planet with such blatant corruption for so long?

Lady Master Portia: This is a highly relevant question, yet an unanswerable one. Neither you nor I control the Earth timeline, nor does any one person or group, and so that answer is unknown to me as well. Yet the energetic tide has turned. You are aware of this. Humanity long ago chose to flow with the current of higher Light moving through this Universe.

You have chosen to move away from the duality that has long defined Earth life.

And so, yes—you are regaining your sovereignty, after millennia of Earth time.

Yet the hour of that completion is yet unknown. We would say, that is best.

You are all still gathering your inner Light to new heights, as you desire and create those moments that tip the scales more fully into your freedom.

COR: Yes, we do have freedom of expression energetically, to help free our Earth, and I am very thankful for that.

It's just hard to see how desperate the actions of the old power structure are now. They seem to be worsening, even as the Light is growing all the more powerful.

Lady Master Portia: Yes! Let that beautiful, ever-growing Light quotient be your point of concentration now! We say that to all.

If you saw something rather miraculous occurring, would you focus on the spoiled, angry child, throwing a tantrum off to the side somewhere, outside your central focus? A distraction, certainly. Yet this child you are not responsible for. You can only send Light, praying they will come to grow in the Light, and find a higher path, as they are willing and able—is that not so? Then you would turn your attention back to the beauty of what was occurring "center stage," one might say.



COR: Yes, that makes sense. Yet what's difficult, is that our minds have been trained for millennia to focus on survival. And the trauma we have all sustained in this or other Earth lives has made survival and hyper-vigilance feel very necessary.

Our own systems are working against us in that sense. Life was very, very hard on this planet for many centuries. Subconsciously, we remember that. We remember the plague, the famine, the fires, the failed crops, the wars.

Those buried memories (and some very recent) are being played on and exploited now in the media and in our lives. The old crowd have seen to that, to put us into fear and keep us more easily controlled.

Lady Master Portia: Yet the sentient Light particles flowing in now, in powerful waves with each solar flare, speak to the higher mind, the high heart, in all.

They draw the point of focus from seeming unsolvable disaster, loss, or other disturbance, to a place of Peacefulness. Yes, even though the logical mind, and the subconscious, taught to fight outer circumstance at every turn, cannot always see or *feel* the sense in remaining calm, your higher mind understands that to approach any issue from a place of Peace empowers you to think more clearly on how to deal with that issue.

In that moment of deep quiet, and releasing all reaction, you make your mind and its responses and narrow expectations your friend, rather than something that stands in the way as you desire to move higher in your estimation of Earth life at present.

COR: Where does Transformation and Transmutation come into this, Lady Master?

Lady Master Portia: It is present at every turn!

You see Transformation when you decide to bless, Love, and heal those aspects of the subconscious that hold back the higher mind, and the high heart, from doing what they desire to do—which is, to shine in Peaceful and Light-inducing ways.

Those moments that teach the smaller self to stand taller at times, and to relax and rest more at other times.

There is no need to work out “What is going to happen” and to solve all issues in the moment!

That is not the life any of you chose.

Many issues will solve themselves, the more you **stay** in the moment!

The more you release the impulse to panic, or to seek out information about issues you have no outer control over.

Yet you have very great energetic influence within those issues, whatever they may be. And that is the moment Transmutation.



COR: How so?

Lady Master Portia: In that moment that you allow the Flame of Justice to burn through the depth of density of any troubling issue—war, hunger, inequalities, injustices, illness—as you image the issue held within the power of the Transmuting Flame, you hand it over to those Universal properties which are beyond outer circumstance.

They do not answer to it, and do not bend to it.

They stand tall as a Light Warrior protecting the principles of Justice and continuous inner awareness of the power of Transmutation over the apparent power of outer actions.

COR: Yet outer action may be necessary at times—to protect someone.

Or to feed or encourage them.

Lady Master Portia: Of course. Yet those actions are then carried out from a place of calm resolve—not from reaction of anger or fear.

Those energies then anchor energetically in the heart of all you would pray into Peaceful well-being. They then travel thousands of miles, those heartfelt images, words, and intentions.

They flow around the world, to people you will never meet in the physical, yet who would recognize your high heart connection with them, were you to meet in the etheric.

COR: It sounds like a miracle!

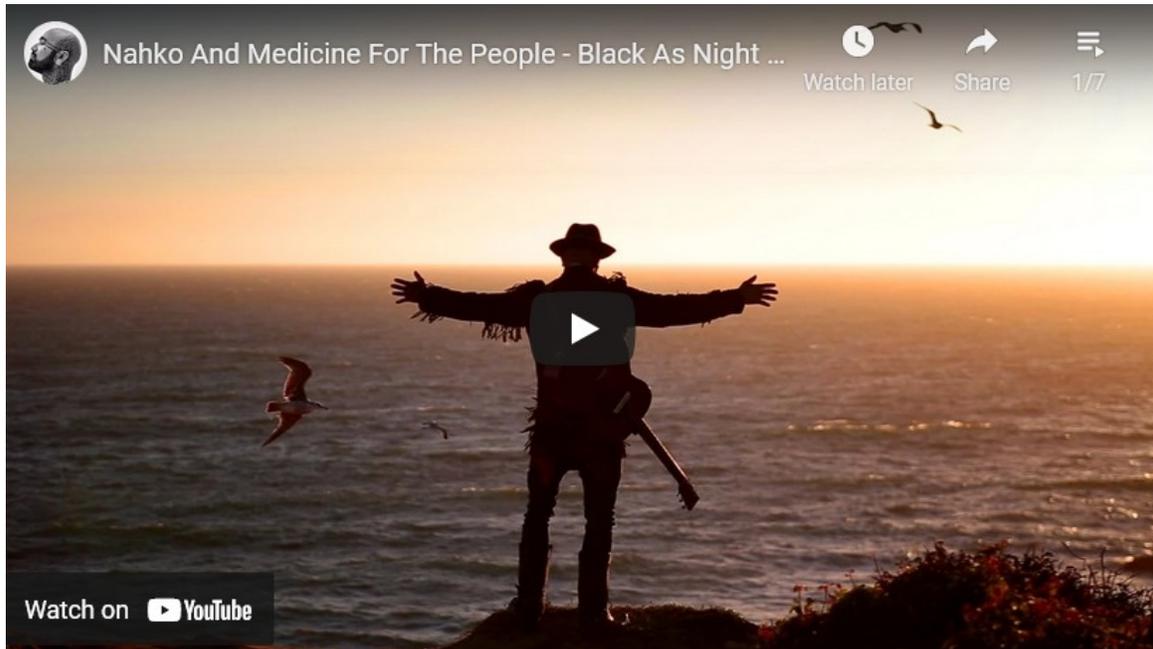
Lady Master Portia: It is, yet it is not, dear one. It is simply how your Universe functions. Release the immediate reaction of fear or anger at viewing an injustice or any other dense event, and breathe your way into a place of calm again. **Then fill that experience with higher Light, and place it in the Transmuting Violet Flame. And call on me or any other guide you trust for assistance.**

Yes, I carry the Flame of Justice, yet I do not do so from the energy of retribution, nor must you do so.

That is the old way. You are here to birth the New Earth forms. Not to rescue, not to pull another off their path, however difficult that may appear.

Can you rescue all? No!

And so, for the Love in your heart, and in all the hearts of all the Light Bringers upon the planet now, there must be a higher way. Realize this, and your path is smoothed, all around, behind, and before you.



Nahko and Medicine for the People - "I Believe in the Good Things"

<https://youtu.be/lkGBLLjAXEA?list=PL3WYI0YF8eDpqRxBJyIQ6noJqH9mgx58z>

COR: Thank you, Lady Master. Putting all in the Violet Flame! And resolving to go into quiet and call in higher Wisdom, before I act or form judgment.

Lady Master Portia: This is the way now!

Remember that from the vantage point of your higher self, all is well!

Yes, even now. On a very deep level, you know this. Go deeply into that level each day, and know that brilliant Light Being who is the higher self of all, calling out to all now.

Namaste, dear ones! We are with you, always.

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Thank you.