

DOCUMENT OVERVIEW

I INFORMATION REGARDING ACCESS TO

- A THE THREE WEEKLY** Internet / BBS Radio CALLS
- B ARCHIVES** - provided by BBS and by Rainbow Roundtable
- C OTHER CALLS SUPPORTED** by <https://www.rainbowroundtable.net>
- D LINK TO PODCAST**

II OPENING MEDITATION; ENERGY UPDATE

III HARD NEWS

IV GUEST HOUR

V CLOSING MUSIC

I INFORMATION REGARDING ACCESS TO

I – A THE THREE WEEKLY CALLS: GO TO BBSRADIO.COM <https://bbsradio.com/>

| DAY | B B S Station | TIME | PROGRAM | CONFERENCE CALL | HOSTS |
|----------|---------------|------------------------------|---|------------------------------------|---|
| Thursday | #1 | 6 pm Pacific 9 pm Eastern | A Night at the Round Table | None | Panel Members Guests Callers welcome. |
| Friday | #1 | 6 pm Pacific 9 pm Eastern | Friday Night Hard News | 720-716-7301 Pin Code: 353 863# | Rama, Tara Callers welcome. |
| Saturday | #2 | 1:30 pm PT/ 4:30 Eastern | History of our Galactic World & NESARA aka The True History | 720-716-7301 Pin Code: 353 863# | Rama, Tara Callers welcome. |

**NOTE: 2nd CONFERENCE CALL # for both Friday, Saturday
605-313-5166
Pin Code: 353 863#**

B B S RADIO STATION 1 B B S RADIO STATION 2

INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

LISTEN ON LINE



CLICK ON **AUDIO ICON**

1-631-359-9353



CLICK ON **AUDIO ICON**

1-804-220-6484

LISTEN BY PHONE

[NO code needed]

[No code needed]

CALL IN TO INTERACT *Only during live calls*

888-627-6008
Direct: 323-744-4831

1- 888-429-5471
Direct: 323-744-4841

ACCESS CUSTOMER SERVICE

Toll Free:
1-888-710-8061

Direct Line:
1-323-744-4828

OTHER BBS SERVICES **FREE PHONE APPS** • [Free BBS Radio Android phone app](#)
• [Free BBS Radio iPhone and iPad app](#)

I - B ARCHIVES - provided by BBS and by Rainbow Roundtable

ARCHIVES: B B S

- Go to www.bbsradio.com
- In **Search** box, enter the name of the required program;
- scroll down to the heading **TALK SHOW PROGRAM ARCHIVES FOR PODCASTING**
- Find the table listing the dates. Click on desired date.

ARCHIVES: Rainbow Roundtable

- Go to <https://www.rainbowroundtable.net/>
- **WRITTEN** • Go to "Archives" tab for written notes: NOTES on RHS
- **AUDIO** • Go to Archives" tab for audio links on LHS: includes BBS podcast + Conference Call Links

I - C TO ACCESS OTHER CALLS SUPPORTED BY Rainbow Roundtable

| NAME OF CALL / HOST | WEEKDAY / TIME | ACCESS POINT | TELEPHONE NUMBER |
|---|--|--|--|
| Aboriginal Moabite Nation Call Grand Goddess Lillie | Wednesday 6:00 – 7:30 MST | Telephone Only | 1- 605 - 472 – 5406 PIN 402-493# |
| Abundance Call Caroline Oceana Ryan | Every 2nd Wednesday 5:45 PM PT/ 8:45 PM ET | Telephone ZOOM | |
| To be notified: email https://www.ascensiontimes.com/the-abundance-group Scroll down to the sign-up sheet and enter the requested info. | | | |
| Ascension Call Cheryl Croci | Every Sunday, Monday 9 – 10:30 EST | Telephone Only | 1-425-436-6260 PIN 9467 441# Call Cheryl for # in your area |
| Ashtar Legacy Calls Fran Pearre | Every 2nd, 4th Tuesday 5 th Tuesday – no call 9:00 – 10:00 pm EST | Telephone VOIP/ H D via Skype | 1-717-908-1834 PIN 980 339# Call is free; LD charges are not 1-717-908-1834 PIN #980 339# https://www.freeconferencecallhd.com/hd-conferencing/ Click on VOIP button and enter info as requested |
| To access past ALC calls, go to Ashtar Legacy Teleconferences (ashtarontheroad.com) | | | |

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-january-5-2023>

NB: THIS LINK INCLUDES BOTH AUDIO AND VIDEO LINKS, THANKS TO DON

HOST: Caroline Oceana Ryan
MEDITATION: Short meditation to center listeners
GUEST HOUR: Bonnie Serratore and callers

TONIGHT'S PANEL: Caroline Oceana Ryan [COR] Micah Green [MG]
Penny Christoffersen [PCC] Rama, Tara [R, T]
Randy Miller [RGM] Vinayak [Vin]

THE LAW OF ONE

We are all One.
When One is harmed, all are harmed. When One is helped, all are helped.
Therefore in the name of Who I AM – and I AM One with All there is -
I ask only that the Highest Good of all concerned – Happen.
And I give thanks that this is done!
So Be It!

INTRODUCTION TO BONNIE SEE BELOW FOR HER BIOGRAPHY, OTHER LINKS

The best way to understand this interview/teaching is to watch it! ! !

Energy Reports:

- RGM:** He called in to get some help from Bonnie; feeling much better, thanks to Bonnie
- News from Mr Keshe: coming out with a set of headphones to allow people to contract directly to Creator – that is one thing which is coming
 - we are very unique beings in this galaxy because of our range of emotions
 - we have to make progress, need balance between emotions, logic and the physical

AGAIN, PLEASE LISTEN TO THIS

PCC: synthesis of Kryon presentation, January 5, 2023 : See Below for entire presentation

2023-01-05 We're More Powerful Than We Think

Micah: adds to RGM's report:

The highlight of this year for the Keshe Foundation was, without a doubt, December 16th, when for the first time, Man was able to join together his Soul with each other, his Prophets, and members of the Universal Community, and by adding Cosmic Rays (CR) become as a single "Soul". And then without knowing, they were asked to go to the Creator, which they did. It was physically shown on instruments and graphs. The implications are huge, not only on this planet but across the Unicos.

Mr. Keshe went on to say, that the hardest thing has been to teach man that he has a Soul. They have been trying for thousands of years, but now man knows and has scientific proof, so the taboo to talk about the Soul will be lifted along with all the false understanding about it. Part of our acceptance of our "slave" mentality and way of life has come through our ignorance of how Creation in the U actually works. Everybody that joined the 16th has made a connection to their Creator that can never be broken. All they have to do is remember it, and they immediately feel that Presence. The religious leaders and world leaders have used this ignorance in a way, to control the man. Therefore, this is the obvious next step, to expand on

these sessions and spread them, so the masses can experience it, then their false belief's will vanish.

A time gap was given between the 16th and the next session of January 20th, which will be even more amazing, for people to digest and go deeper into their own experience. Those who choose to continue on with the sessions will go deeper into their Soul. The more knowledge they gain, the more they can teach the others. Now that we have the proof, it is important for all of us to join in and quickly bring the change across the planet.

The plasma revolution is upon us this year.
Everything has been made ready, The souls are ready, humanity is ready.

From both RGM and Micah:

to learn more about what they are sharing, go to youtube and Knowledge Seekers workshops, starting with #464 and moving to present time

464th Knowledge Seekers Workshop – Part 1

https://www.youtube.com/watch?v=bHHYzFJDt4A&ab_channel=KesheFoundationSpaceshipInstitute

464th Knowledge Seekers Workshop – Part 2

https://www.youtube.com/watch?v=yUPlat46ty8&ab_channel=KesheFoundationSpaceshipInstitute

Rama, Tara:

- begin with the financial need: Funds needed to pay BBS radio 243 + 300
 - Rama's car needs more help - \$660 – 4 motor mounts, the labour to install
 - ET says Rama is pushing the envelope with continuing to drive it: he has to stay off main roads; has to be away from all kinds of surroundings to speak to other WHITE KNIGHTS

R: to Bonnie: while she was working, he could see the platinum rays coming out of her hands !

COR: Rama and Tara are under the Ashtar Command – see the website

- they are supposed to be supported by the Light Community: what they do is singular

WEBSITE: <https://www.rainbowroundtable.net/>

See also: <https://www.rainbowroundtable.net/archives> **ARCHIVES: AUDIO, NOTES**

See also: <https://www.rainbowroundtable.net/general-5> **White Knight Reports**

R,T: We are going through the knothole right now, and dropping the 3D paradigm

- the Ukraine war is thanks to the US, **not Putin [who is an Ascended Master]**

2023-01-05

Rama's White Knight Report

JANUARY 05, 2023

December 29, 2022- January 05, 2023

To our readers: Rama's White Knights Report, for the most part, will present information from Rama's contacts on very current events. Sometimes, additional commentary may show up, in the form of more explanation about an important issue, or as an article inserted to provide more insight on the subject being presented.

To find more info on the folks Rama talks to – who keep ALL OF US in the loop as well! – go to

<https://www.rainbowroundtable.net/rama-s-contacts>

2022-12-30

Friday

[Dalai Lama](#)

[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama)·Dec 30, 2022

Everyone has some interest in peace of mind. To maintain such inner peace, we have to learn that it is destructive emotions like anger and suspicion that disturb our minds, while compassion brings peace and self-confidence.

2022-12-30

Friday

Tom the Ring-tailed Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Ring-tailed Cat and Sweet Angelique the Cat** at 12:50 pm this afternoon. They said to me, "Lord Rama, the light coming in is only getting brighter and clearer each day. The frequencies are as high as our bodies can handle. The 5th Dimension is right in our midst. The Age of the 6th Sun is at hand. Leave the dark stories alone; what is happening as we keep our hearts open is we are being lifted higher and higher into the Light of the Most Radiant One. Any time now, we may be showing up. Set a dinner plate at the table for us.

"Happy New Year in the Light of the Most Radiant One! All we are saying is Give Peace a Chance. Sat Nam! Namaste! Blaze the Violet Fire!"

2022-12-31

Saturday

Mr X

Rama: I received a text from **Mr X** at 12:30 pm early this afternoon. He said to me, "Lord Rama, the dark are going down fast. Three Russian oligarchs died mysteriously. Mr Ratzinger and Barbara Walters have gone over the rainbow. The Light coming in is so awesome to behold. We are all extremely grateful to be here at this time. There are beings here from worlds beyond worlds; these are Divine messengers sent from the throne of the Father/Mother God. Only Love and Compassion is the order of the day. Blaze the Violet Fire! See you in the Light of the most Radiant One! Sat Nam! Namaste!"

2023-01-02

Monday

Natasha

Rama: I received a text message from **Natasha** at 12:10 pm early this afternoon. She said to me, "Lord Rama, Ukraine sent 4 missiles into the Donetsk region and killed 63 Russian soldiers. The report from Kiev, meaning President Zelensky and the West, in the western media, insists that 400 Russian soldiers were killed. Meanwhile, the magnetic waves coming in from our sun, Sol, which have been steadily flowing in for quite a while, are raising up everyone with an open heart and moving us into the 5th Dimensional consciousness. All we are saying is Give Peace a Chance! Sat Nam! Namaste! Blaze the Violet Fire!"

2023-01-02

Monday

Dalai Lama



Dalai Lama @DalaiLama · Jan 2

...

HHDL, Dr. Richie Davidson, Roshi Joan Halifax, and journalist Dan Harris created a free meditation course on how to cultivate compassion for yourself and others. The course is available at bit.ly/DalaiLamaGuide



2023-01-03

Tuesday

The Plasma Field

Rama: I went and sat in **The Plasma Field** at 11:30 late this morning. It said to me, "Lord Rama, this is what is going on in this realm." Then the Plasma Field showed me all of the planets in our local solar system, all 14 of them and it showed me how our sun Sol's transfiguration is affecting all 14 planets.

"First, all 14 planets are moving higher up in octave, meaning all these planets, now including Mother Gaia, are already in the 5th Dimension. And now our sun Sol is moving them even higher as it approaches the 'Solar Flash'. The magnetic waves we are feeling each day are part of the sun moving us up in octave and this is going on throughout our local solar system."

At this point, the Plasma Field said to me, "Lord Rama, these magnetic white waves are bringing us into that Oneness place, that place is where all time is now. This is what the Ascended Masters, Immortals, Eternals have been teaching us for millenia. This particular moment in space/time is where it all changes. Pay no attention to the disarrayed chess men on the chess board. They hold no power any more. Goddess is here; it's time to collect the wayward children and send them on to Dracos.

"Stay in the High Heart. Sat Nam! Namaste! Blaze the Violet Fire!"

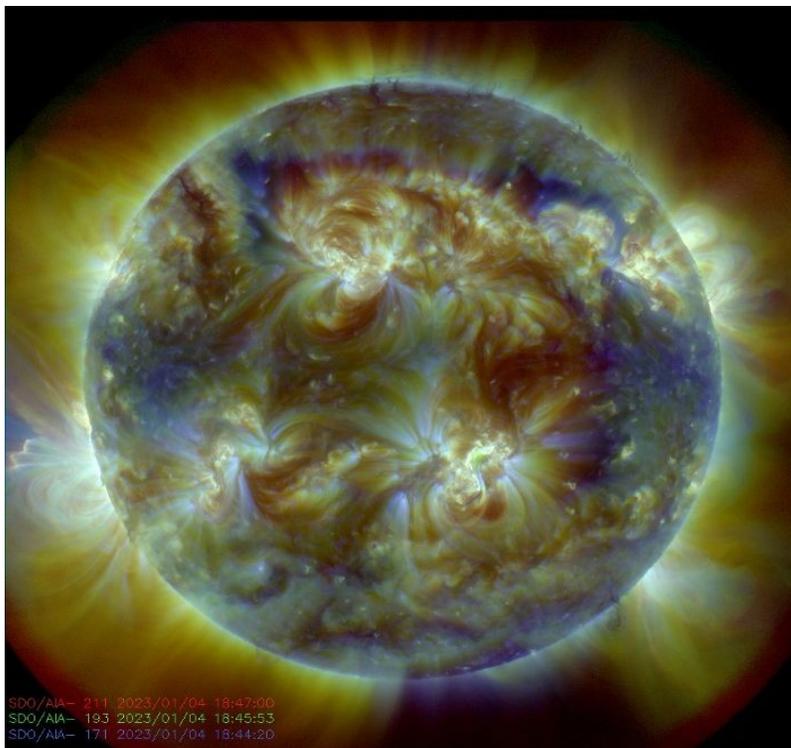
2023-01-04

Wednesday

Tom the Ring-tailed Cat, Sweet Angelique the Cat

Rama: I received a text message from **Tom the Ring-Tailed the Cat and Sweet Angelique the Cat** at 12:10 pm, early this afternoon. They said to me, "Lord Rama the solar flares are massive! There are 3 mass coronal holes that have emerged in our sun, Sol, today. Also there have been X Class solar flares today. There are many more galactic folks coming through the portals in our sun. The electro-magnetic waves hitting the earth are HUUUge!"

"This is about Ascension. As we embrace these energies and do not get caught up in the matrix, they will only lift us higher. This is the time and the place. See you in the Light of the Most Radiant one! Sat Nam! Namaste! Blaze the Violet Fire!"



2023-01-04 The sun on Wednesday, January 4th – from Lord Rama

2023-01-05

Thursday

Tom the Ring-tailed Cat, Sweet Angelique the Cat

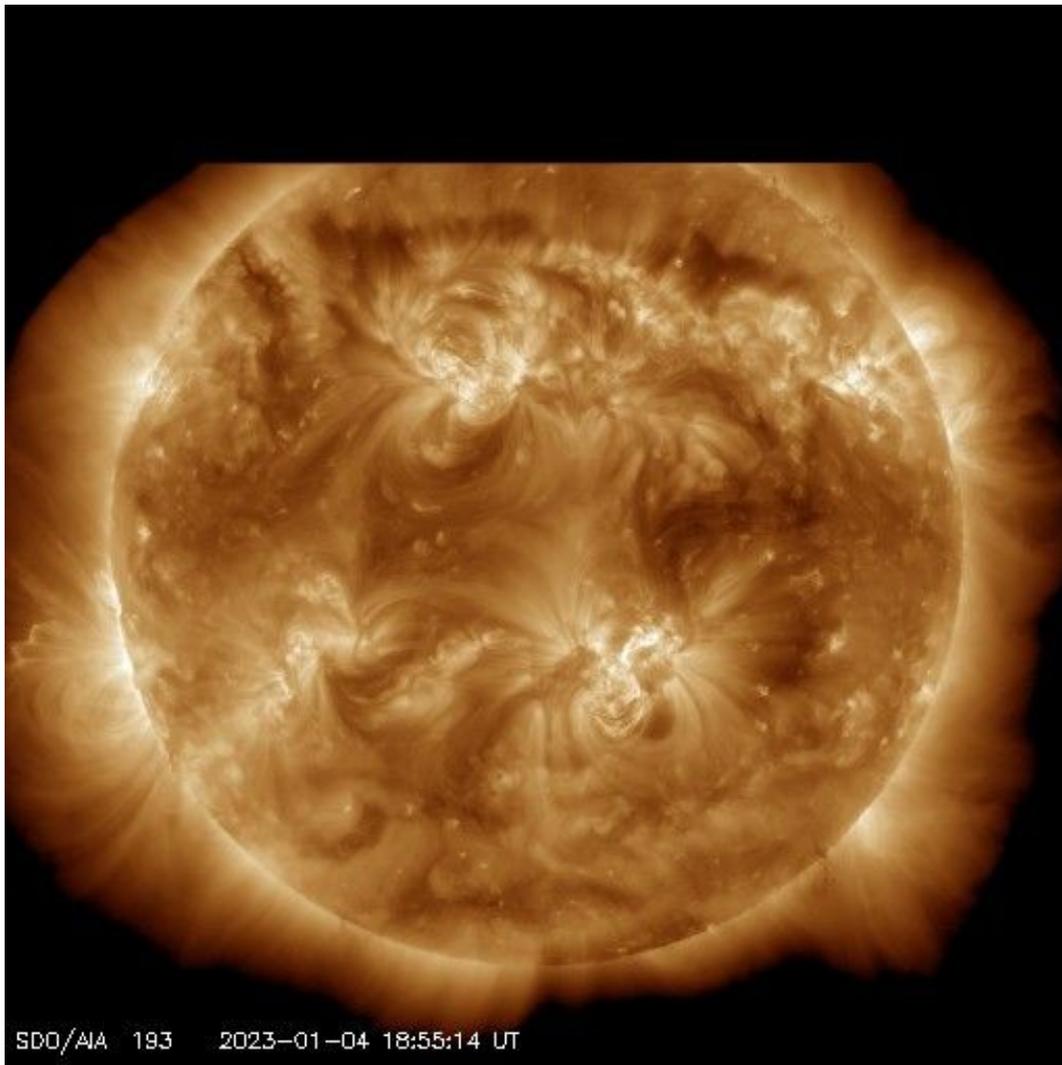
Rama: I received a text message from **Tom the Ring-tailed Cat and Sweet Angelique the Cat** at 12:05 pm this afternoon. They said to me, "Lord Rama, there are huugge solar flares going on, and this is affecting the people on earth and all life on Mother Gaia. These waves are transformational. As we stop and be in the Oneness, we will actually see the gold dust, the mono-atomic gold, show up in our hand! Meanwhile, the House is in a major row over who's going to be the Speaker."

At this point, Sweet Angelique spoke up and said: "The Republicans are all guilty of intentionally thrashing the Constitution and inciting insurrection and treason. Divine Justice now needs to come in, and it comes in on the wings of Lady Master Justice, Lady Master Liberty, and Lady Master Victory who are all REAL ANGELS! They all wear golden armour made out of mono-atomic gold! As for other stories in the news, Russia has stated they will begin a cease fire, starting Friday night and going through Saturday night, to honour the Russian Orthodox (Catholic) celebration of Christmas."

"Another breaking story is Prince Harry is writing a book, named **Spare**. The book is talking about the ongoing argument between Prince Harry, Meghan and the Royal Family. This whole story boils down to this: the Royals are not happy that there is a child of colour in their midst.

"Starting tomorrow, January 6, 2023, we celebrate the Feast of the Epiphany, known in other parts of the world as Traditional Christmas. This day remembers the story in the play *Ahmal and the Night Visitors*. The story tells of the night the three wise men, the three kings, followed the star to Bethlehem where they stopped for shelter at the home of Ahmal, a poor, crippled shepherd boy who lived with his widowed mother.

"We are going to Stonehenge again to amp up the energies for peace and good vibrations! Stay in the High Heart! Remember what his Holiness Dalai Lama said: 'My religion is Kindness.' Sat Nam! Namaste! Blaze the Violet Fire!"



2023-01-04

The Sun at 18:55:14 UT

From Lord Rama

CLOSING MUSIC

Jon Batiste - What A Wonderful World (Live at the 50th Montreux Jazz Festival) 4:59

https://www.youtube.com/watch?v=8aJcmZR6Ias&ab_channel=QuincyJonesProductions

2023-01-05 We're More Powerful Than We Think

Kryon Masters <newsletter@kryonmasters.com>



2023-01-05 We're More Powerful Than We Think

Let this be a moment where absolute healing, biological healing happens. Aches, pains, anomalies, things that are not quite right, and diseases that are then taken away and removed.

You know the masters of old did this to others in their time, and some of those masters are in the audience.

Did you know that? They can do it now as well. That's why they're here.

What this does is keep you here longer on this planet because you are needed. Do you understand this?

This is for you, and it's not so that you'll feel better or live longer because you want to. This is so that you can show your light to others.

You can tell them about this. "*What happened to you? Didn't you have this disease?*" And you can say, "*I found something you should know about. We're more powerful than we think,*" and then you can take it from there.

This is not something that belongs to a few. This episode, you're feeling as you're in the chair as these things are happening right now, belong to everybody, everyone. Not just those watching this program.

Anyone who realizes it, anyone who can start dismissing that consensus reality that says these things are not possible, that was trained in you. You know better. You're receiving it. This is real.

This is what I want for every one of you.

There will be some of you who say, "*And when this is over, what happens then? I'm liking this. Can I watch this again?*"

Yes, as many times as you want. You can sit here as often as you want, and you can feel all this inappropriateness leaving your body. **It's inappropriate for someone carrying as much light as you do to have these things in your body.** I want you to feel it starting to move away from you.

Dear disease, dear inappropriateness, this is your last day in my body. You may have served me in some way formally, but not anymore because this energy is different. I am different. It is time for you to

leave. The healers in this theater are doing that which they came for with arms outstretched.

Oh, now they're singing your name. Oh my, can you feel this?

You're going to leave this chair differently than you came, but it's going to require something else, complete and total surrender and belief that you deserve this. Stay and deserve this, stay and feel this, stay and be healed.

I'm Kryon in love with all, with all of you as you stay, and stay, and stay.

Beautiful it is. Wow.

And so it is.

~Kryon of Magnetic Service



Lee Carroll  *Kryon*

"Original Kryon Channel" since 1989
Author of 17 books, translated into
more than 25 languages worldwide.



GUEST HOUR: **BONNIE SERRATORE**

Guest Name Bonnie Serratore

Guest Website <https://spiritualacceleration.com/bonnie-serratore/>

Guest Category

[Courses & Training](#)
[Health & Lifestyle](#)
[Energy Healing](#)
[Kids & Family](#)
[Philosophy](#)
[Psychology](#)
[Self Help](#)
[Spiritual](#)
[Shamanism](#)



Guest Occupation Master Energy Tracker, Healer

Guest Biography

Bonnie Serratore is a Master Energy Tracker & Healer.

She accelerates personal healing and growth, furthering one's spiritual path at a quantum level.

She accomplishes this by clearing the individual of unhealed trauma, limiting beliefs and foreign energies from all time and space, so that the expression of one's Divine self can shine through.

Bonnie has honed her shamanic healing skills through direct personal experience, and from working with clients and students.

She utilizes the White Light of Creation and does not rely on spirit guides or trance-inducing tools to heal, thus giving her the ability to navigate with clarity the unseen territories of the human emotional and energetic bodies, to help uplift humanity to higher vibrations.

Bonnie Serratore on YOU TUBE https://www.youtube.com/channel/UCpeb8MHAlpQiOSpEbZbkj_g

- MORE explanation of what Spiritual Acceleration is all about
- Must Watch for Empaths – Tip to Not Pull energy Into Your body
https://www.youtube.com/watch?v=sM_AJteEVNA
- 2023 Energy Forecast and Predictions
https://www.youtube.com/watch?v=nZg_BtiP4RY
- January 2023 Energy Update Plus an Activation
<https://www.youtube.com/watch?v=4fjRTQTbzkw>
- Free Mini Energy Clearing to Leave 2022 Behind
<https://www.youtube.com/watch?v=JFj301pX-Vs>