

DOCUMENT OVERVIEW

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

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

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

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

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

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

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

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

Call to interact / ask questions:

Canada & US:

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

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

C Skype: BBSradio2

D Archives for the 3 Programs listed above:

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

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

- www.rainbowroundtable.net - look under the "Archives" tab for
- **written notes** including the link to the entire podcast, and
- **links to the audio recordings** of the conference calls of the Friday, Saturday shows.

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

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

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

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

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

• Call is free [except for long distance charges]

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

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

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

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

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

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

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

<https://bbsradio.com/podcast/night-roundtable-march-10-2022>

Call In Numbers: 888 429 5471 323 744 4841

HOST: **Vinayak** See below for list of panel members

MEDITATION: **Vinayak**

Guest Hour: **To be following soon**

PANEL FOR TONIGHT:

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

REPORTS / ENERGY UPDATE FROM THE PANEL MEMBERS

- O:** Quite a week – will talk of the Divine Chaos going on – brings up our empathy and compassion
- Her messages from her guides are that they are letting things play out; will not interfere unless there are certain events – most to do is send out love and compassion for those who are suffering and are leaving
 - not to make things so traumatizing for ourselves as that takes away from our own spirituality
 - What comes up for ourselves is what we have to heal – we are affecting others as they affect us

- She gives out the numbers so anyone/everyone can call in to any one on the panel.

COR: Loves the Divine Chaos phrase: yes this is where we are, and a new creation is being born from that – no room for trepidation or hesitation

- Resentment of companies taking advantage by rising gas prices will not help us; people in australia being flooded out; Saudi Arabia, Ukraine – now is the time to realize this is the break-through moment!
- We can just hold the Light: breathe and call in our Spirit Team for assistance: our souls and the Universe have not abandoned us

RGM: This last week has been insane: we are being hit with so much cosmic energies – people are calling in from all over the world are wanting to know: what is going on with my body? ? ?

- The sun has been doing its thing for a long time now; people are seeing things in front of their eyes; we can't bring war, hate, greed, control – that time and energy is DONE! Many of the shamans are saying that old energy is already gone!
- Blaze the Violet Fire! Send them Love; they've made their choice – love them for who they are, not for what they did – what they have done has helped us learn what real unconditional love is – we are where we are now because they did what they did.
- The energy of the Universe is continually loving us – we are riding out the storm and at the moment, we are in the eye of the storm. When we get dispondent, center yourself!

VIN: talks about communicating with nature as long as we are willing to open our hearts and still our minds so we can hear the birds singing, the winds whistling, the mountains communicating, trees bending down to talk to us – it's all available. Commune with nature when you feel you are alone.

Rama, Tara: To all that we have been listening to – accountability is required before NESARA is enacted – yet the western media is strangled!

R: in the last week, as we watch the drama being played out by the old empires, it looks more like Mad Max and Thunderdome: not pretty! Tremendous light pouring in from all the suns! The Schumann Resonance is over whelming -

- He has no words to describe what is being played out, save what they have seen for the last 22 years - dystopian stories being played out – yet THE LIGHT HAS WON! Send more love !
- This story is larger than any one person: we are seeing the war in heaven playing out in front of us and it's been happening for the last 13,000 – 16,000 years.
- The Dalai Lama sent him a text about staying in our High Hearts
- He goes out every day and talks to all the kingdoms: they are here and are willing to listen, assist the help comes from within!

T: Dr Lee Merrick on Rumble.com – about the bioweapons labs in Ukraine where the west/US have put 15-18 labs, and creating all kinds of bio-weapons that are trying to over come our original DNA. As we meditate, and are responsible for our own missions – we're past the ability for the Dark Ones to get their way – no longer! ! !

- She reads Tania Gabrielle's **message from Merlin** **[Include]**

- Discussion/comparison of gas prices across the US and some prices from Canada: about coping!

O: THIS WILL NOT LAST FOREVER and we need to remember that. We can change what we do to get the best – we are getting traumatized: high prices for food and gas brings up our trust: "OMG! I can't afford it" – put a different spin on this like: say thanks that you have the ability to pay

RGM: put \$50 in the car here. The truckers put in 200 gals - \$1,150 in Kentucky! ! !

- Discussion about the gas reserves in Utah! Enough to do for a VERY long time!

T: talking about the stuff in the 'shots'- feels the people are moving to higher octaves, moving beyond all this

Completes the Merlin message . . .

The Oracle Report – moon in Gemini – first quarter moon

Rama's White Knight Reports

2022-03-10 Rama's White Knight Reports

MARCH 10, 2022

March 3, 2022 to March 10, 2022

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

Find more info on those folks Rama talks to - who are there to keep us in the loop as well - at <https://www.rainbowroundtable.net/rama-s-contacts>

2022-03-04

Friday

The Plasma Field

Rama: I went at 11:30 am this morning and sat in plasma field. It showed me the solar flares that were going on, and how they are raising the frequencies of every living thing. Then it switched screens and showed me 2 giant airships buried in 2 areas of North Central regions of Ukraine. These are very ancient craft, connected to the time of the Mahabharata, a war between the 3rd century BC and the 3rd century AD [CE] which lasted about 5,000 years. These craft are fully powered and are slowly rising up through the earth, coming up to the surface. Putin knows about the craft which are a part of the Intergalactic Federation.

The Plasma Field said to me: "Lord Rama, Full Disclosure could happen any time. Sat Nam. Namaste. Blaze the Violet Fire!"

2022-03-05

Saturday

Ray McGovern & Co; Tom the Ring-Tailed Cat

Rama: I heard Ray McGovern, a group of Los Alamos whistleblower employees, and a group of veterans speak on a radio show called New Perspectives. They talked about Los Alamos labs and how it was during World War 2 called The Secret City because Los Alamos labs at that time were building the two nuclear bombs, Fat Man and Little Boy. Bombs that the U S dropped on Hiroshima and Nagasaki, Japan, respectively.

At this point, **Ray McGovern and all the others** said, "it is inconceivable to think about nuclear war at this point." Then Ray McGovern piped up and said - on air - "Our galactic friends are here, and Hillary Clinton and Bill Clinton are guilty of high treason for using the Clinton Foundation moneys to support the Deep State in funding defense contractors to build weapons of war for the agenda of the elite, rather than for or by the will of the people."

Then **Tom the Ring-tailed Cat** sent me a text message. He said to me, "Lord Rama, the Captain is here; he has fleets upon fleets of angels with him in our atmosphere and on the ground. They said that they will not allow Mother Gaia to be destroyed. "All we are saying is Give Peace a Chance! Sat Nam! Namaste! Blaze the Violet Fire!"

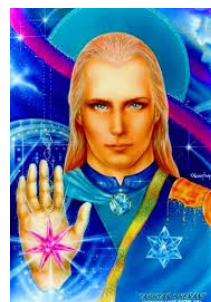
2022-03-07

Monday

Tom the Ring-tailed Cat; Sweet Angelique the Cat

Rama: At 12:45 pm, early this afternoon, I received a call from **Tom the Ring-tailed Cat** and **Sweet Angelique the Cat**. They said to me, "Lord Rama, we are over Sweden and there are HUGE emerald green Aurora Borealis overhead, everywhere! The Schumann Resonance is so high, we cannot calculate it.

"Read our whiskers: THERE WILL BE NO NUKES: THE CAPTAIN IS HERE! The earth civilizations are playing a very dangerous game.



"All we are saying is 'Give peace a chance! Sat Nam! Namaste! Blaze the Violet Fire!"



Sent to Lord Rama from Tom the Ring-tailed Cat and Sweet Angelique the Cat

2022-03-08

Tuesday

Dalai Lama

[Dalai Lama](#) @DalaiLama · 10h

Times change and reality changes. In the past, social customs and cultural tradition may have held women back, but modern times favor equality and education has brought equality of opportunity. Now is the time to change our old ways of thinking—gender, color, no difference.

2022-03-08

Tuesday

A Jedi Council

Rama: I created a Jedi Council today at a high mesa in Pecos, NM, at 11:30 am, and the **Poppy Lady**, along with **Tom the Ring-tailed Cat, and Larry, Curly and Mo** showed up in the circle.

They all said to me, "Lord Rama, the solar flares continue to come in, and they are really stirring the pot!!!! **This is that moment where everything turns itself around!** It is about how we are waking ourselves up.

"And our sun, Sol, by continuing to release stronger and stronger solar flares, is providing us with increasing access to more light, as well as increasing our ability to receive it (by opening our hearts more and more.)

"We say to you: Stay in your High Heart! Send more love!"



Then **Tom the Ring-tailed Cat** said to me: "Lord Rama, Ukraine carries a very ancient story, **and it is NOT about Putin!** It is about the oligarchs over there and the oligarchs over here, fighting tooth and claw to maintain control over the world, using war for profit – again! This is orchestrated by the Vatican, granting the fallen angels permission to keep the old timeline going – meaning, keeping the Kali Yuga overlords' ability to cause endless Samsara alive."

At this point, **the Poppy Lady** spoke up and said: "Lord Rama, on this International Women's day, the Goddess is here (and Happy Birthday, Rainbird!). It IS about restoring the balance to this planet: this is the time of the Age of the 6th Sun, the return of the Great Mother Goddess.

"The 6th ray of Lady Master Nada brings in the ruby magenta ray, speaks to us, encouraging us to lead with the power of Love In Action, NOW! May peace prevail on earth! NESARA NOW! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-03-09

Wednesday

Dalai Lama

Dalai Lama @ DalaiLama

Mar 9



Dalai Lama
@DalaiLama

HHDL in an online dialogue with young peace builders organized by International Campaign for Tibet, PeaceJam, and the documentary Never Forget Tibet, at his residence in Dharamsala, HP, India on March 9, 2022. (Photo by Tenzin Jamphel)



n't miss what's happening

2022-03-10

Thursday

His Holiness the Dalai Lama; King of Swords

Rama: I received a direct text message from **His Holiness the Dalai Lama**, at 11:35 am late this morning. He said to me, "Lord Rama, stay in your high heart. I know the news is awful; we all are the ones who can change this. War is not the answer. The Captain will be contacting you shortly. Om Mani Padme Om!"

Rama: Then I received a text message from the **King of Swords**. He said to me, "Lord Rama, even though it looks like the darkest depths of Mordor and it looks as though Mt Doom is threatening to swallow us whole, the Light of 10,000 Suns is pouring in at quantum light speed. War is never the answer. I have seen it first hand at the front lines of Viet Nam. And I am still here to say '**All we are saying is give peace a chance.**' **Imagine all the people living in a world of love. Sat Nam! Namaste! Blaze the Violet Fire!**"

Note: It's the 63rd anniversary of the **Uprising in Tibet** in which many Tibetan people died, and His Holiness the Dalai Lama made his way with many of his followers across the Himalayas.

There is a movie about this, called **Seven 7 Years in Tibet** (1997) starring Brad Pitt. May peace prevail on Earth!



2022-03-08 Solidarity with Tibetans on 63rd anniversary of national uprising
By [International Campaign for Tibet](#)



The International Campaign for Tibet expresses our solidarity with the Tibetan people on the 63rd anniversary of the Tibetan National Uprising of March 10, 1959.

On March 10, 1959, Tibetans rose up as one to oppose China's occupation and call for their right to determine their own affairs. Sixty-three years later, the situation in Tibet has only deteriorated. Tibet is the [least-free country on Earth](#), in a tie with South Sudan and Syria, according to new rankings from the watchdog group Freedom House on Feb. 24, 2022.

On March 10, 1959, tens of thousands of Tibetans surrounded the Norbulingka palace in Lhasa in an attempt to protect the Dalai Lama.

Sixty-three years of occupation by China have not reduced the reverence and loyalty the Tibetan people have for the [Dalai Lama](#) and the values that he represents. This is a strong message to the Chinese government. The Dalai Lama's commitment to keeping the Tibetan struggle nonviolent in the face of tremendous challenges continues to be an inspiration to ICT and [nonviolent movements](#) throughout the world.

Recently, the crisis in Ukraine and the plight of the Ukrainian people have also been of serious concern to the international community. Like the Tibetans, a smaller community is facing direct attack and threats to its survival from a larger, more powerful neighbor. We express undaunted solidarity with the Ukrainian people and believe that peace-loving people throughout the world should be behind them.

The world community failed in supporting the Tibetan people as the Chinese army marched into Tibet in 1949. Today, 73 years later, the problem in Tibet is far from resolved. There has not been a [dialogue process](#) between the Dalai Lama's envoys and the Chinese leadership since 2010.

We urge the international community to proactively support the Tibetan people's peaceful struggle. We call upon the Chinese government to understand that resolving the issue of Tibet through negotiations with the representatives of the Dalai Lama is the only viable solution to this decades-long problem.

Today there is a new generation of Tibetans who have grown up in Tibet. Despite the fact that they do not have any direct experience of life before the Chinese occupation, these young people take pride in their language, culture, traditions and spiritualism, which are constantly targeted by the Chinese government.

As we observe this March 10 anniversary, we stand in solidarity with Tibetans in Tibet in their quest for freedom and justice.

2022-03-22 Received from Rama – front page of The Globe Tabloid March 3, 2022



Micah: Some things to share:

- brings up Edward Dowd – used to work for Blackrock for nearly 10 years – that company and they are unhappy about what he’s revealing
- Particularly bothersome is the 9 pages of all the effects caused by the Moderna

- Brings up one of Putin’s addresses -

VIN: asks for questions from the listening audience

PCC: reading of Kryon on March 2, 2022 Canada

Rama asked about any more events:

- Dr Greer has a new video out about Ukraine and other situations on the planet – w
- We’re right at the time as the UFO whistleblowers has said: we are at the end game and they want to do something to distract the world and they are doing a good job what with Europe etc
- It is NOT PUTIN! IT IS DEEPER THAN THAT! When you grock how the oligarchs play with the money on the planet and move it through the various agencies in the matrix –
 - This process is failing thanks to the Light from the sun and through all the energies of the Universe – the energies are so intense and can both terrifying and exhilarating
- **What is happening now has not happened before: all kinds of timelines are ending** – all kinds of beings, known and unknown are being called in to help.
- Peace is the order of the day!

COR: and her questions! ! !

- today she channeled that the Collective said our energies are shifting as we realize what is happening when we are in the etheric – so this is not wishful thinking on our part!

R: he concurs! And the level of excitement is so high, he cannot describe it – like meeting Yeshu in the physical and it’s not what you expect! He is The Man and is also very down to earth

- this is about the salvation of this planet – how do we give the people on the earth a crash course on the Urantia book which is small slice of this Universe of Nebadon – and there are so many multi- universes connected with the 7 super universes!
- There are so many folks who are here to orchestrate how this planet is becoming free! The biggest thing he’s experienced is waking up to the fact of the issue of skin colour – he meets all kinds of people and they are just as equal as the rest of us
- COR is describing how these folks are so excited to see us again – could be thousands of years or millions of year – difficult to explain when people have no idea!

R: watched an episode of Resident Alien on the Sci Fi channel – even if you cannot conceive of the fact that we love you

- and the ships rising out of the soil in Ukraine – they are about 10 football fields end to end. They are fully operational – the guys on *Ancient Aliens* are not whistling dixie: this is real!
- To do what Dr Greer says: get in touch with the different races who are not here to eat us

VIN: talks to the listeners: the only way we can open peoples mind is to be an example of an open mind – and he gives some qualities of what that means – being supportive of nature, the trees; of our brothers and sisters; of our galactic family – imagine what it’s like to be where you feel not welcome – we are to open our hearts

Caller: about getting funds open for various activities related to health, mental health, soul-perfect jobs for everyone . . . art, music, singing, dance and all other kinds of assistance for all kinds of conditions, situations

VIN: asks her to send an e-mail listing the things that she’s suggesting,

O: to remind everyone that she will be the hose next week; **talking about Vicarious Trauma**

- she’ll have the Masters present to help her with any and all questions
- She’ll do the meditation as well

Caller: Thanks to all

- Knows that RGM has looked into what is happening in Ukraine: some of it looks so calm compared to what is on the MSM
- Asks after Omena – who responds that she is fine, and is accepting clients Omena777.com to connect with her . . .

COR: recommends Omena! ! ! Also doing channeling

Caller: Certainly grasps the reality of the collective consciousness we all are experiencing: **vicarious trauma**

RGM: His answer to the caller: there are 18 TV stations in Kiev – all have live feeds with no battles or war – only common life events- ie, **IT'S ONLY KABUKI THEATRE! ! !**

VIN: says that people will only hear truth on these programs – we are probably the only program to have a Faction 3 White Knight as part of the story ! ! !

- Remember that THE LIGHT HAS WON! Whatever is going on is ending . . .

T: the astrology is saying that something radically will change over the next 5 days – now to Tuesday.

- Everyone has the feeling that the Ukraine stuff is really only temporary: War is no longer a thing!

VIN: We are holding the light, sharing the Love, allowing people to be

CLOSING MUSIC

George Harrison **Give Me Love (Give Me Peace On Earth) (Live)** **3.48 MINUTES**
<https://www.youtube.com/watch?v=EjHLxTGn--s>

2022-03-10 The Plasma Energy coming in right now Posted on Telegram

We are upgrading for sure and these solar flares and CME are intense but they are helping with the process.

These flares are full of plasma that burst off the sun and sometimes head directly towards the earth hitting the magnetosphere with the electrons and protons. Once they are here, they distribute plasma energy levels throughout the planet. When it hits our bodies ,it goes straight into the cellular structure shifting it from carbon to Crystalline. This also affects our physical reality process with our 5 senses. The light that is coming in can be seen, felt, and heard. It also can be tasted in the food from the garden and smelled from the flowers in the garden also or all around.

Light is entering everything and transforming it all just not our bodies or minds. Everything and everyone all over are using these 5 senses to determine the light coming in. The more space you have in your body for light, the higher you will vibrate. The less you do, the lower you vibrate. It is that simple, and now you know why they spray in the sky to keep you away from the sun.

The sun is connected to everything even your alpha brain waves and your aura. Do you know how you lay in the sun and feel a deep sense of love or balance? Because the light that goes inside the body through the eyes creates this peaceful feeling. Why do you think they want you to wear sunglasses? Blocks the sun from entering your eyes and having that direct connection which opens up the pineal gland because its food is sunlight.

Last night, very heavy plasma energy came in, causing symptoms such as bloated stomachs, limited appetite, sluggish movement, belly cramps, lethargy, irritability, exhaustion, etc. A possible GI storm could be coming in from the CME that was released 3 days ago, but we will have to wait and see. The CME is weak per say, but the storm might not be, so we could flip from feeling super slow to very fast by tomorrow mid-day. Light energy is high, so sleeping might be a problem for a lot of people for the next few nights.

Electromagnetic energy is on high alert as we are at a threshold. This is coming from the Sun's rise in electrons. This will be targeted around the solar plexus, the sacral and root chakras. Lots of cramping, nausea, bloating, water retention, loss of appetite, constipation, kidney pains, sour belly etc. These are the parts that get affected by the electrons the most. Headaches and watery eyes will also be some of the symptoms as the ascension flu is still going on. Take care of yourself for the next few days.