

DOCUMENT OVERVIEW

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- II OPENING MEDITATION; ENERGY UPDATE**
- III HARD NEWS**
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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

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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 \(ashtarontheroad.com\)](http://ashtarontheroad.com)

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-may-11-2023>

INTRO: Carolyn Oceana Ryan **HOST: Rama, Tara**

MEDITATION: Omena

GUEST HOUR: Panel Discussion

TONIGHT'S PANEL:

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

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!

Wonderful meditation by Omena

ENERGY REPORTS

COR: does yoga moves – ankles can hurt because feet chakras are open

O: how the energies affect our bodies
 we live in bodies of the earth – the ascension energy comes in; the body absorbs it, though is not as swift as absorbing it – the energy comes in and speeds up whatever condition is happening in the body – if we understand this, maybe we can help ourselves

the energy can shift our skeletons! The high pressure energy can jam the skeleton – the ego is part of what's going on with the body – allow the energy to go through the body – energy needs to flow, as that's what energy does! ! !

It's about opening up and letting it flow – if you get dizzy, sit down and get grounded.

Be familiar with how your body handles things – talk to your body; it will talk back to you AND DON'T OVERDO IT! ! !
 People are not sick – energy just changes the temperature of your body.

in the morning before you get out of bed – deep breathing, and let the energy slow down

No matter how evolved we are, we WILL BE AFFECTED by the energies – and that is because we are in human bodies, and will get whacked!

COR: we can ask our spirit teams to slow it down.
 We are very active at night - ask the spirits to knock me out and do what you need to do to me

O: She asked her guides to help her – they have to respect the Universal Law and don't interfere with the laws of creation – our bodies decay as we get older . . .
 and we do have to ask

MG: Greetings to all – excerpts from a couple of Knowledge workshops: **SEE LAST PAGE OF THESE NOTES.**

PCC: affected in the eyes – describes it

O: cortizone – get an ophthalmologist – it's an infection

RGM: BC relies on lumber; AB oil and gas; SK and MB grain, farming; ON – industry – and Trudeau has given a huge amount of \$ to create electric cars to a company in Windsor, Ont

PCC: about the people in Grande Prairie – behaving the same way as Deena Henshaw did when she was the spokesperson for Alberta Health Services during the C episode!

MG: solar panels have 15 year shelf life; and when they are done, they have even more toxic waste in them they cannot be recycled – have to be specially handled

RGM: goes back to the story of a man who had preparations to move the cattle

- think back to Fort Mac: Trudeau refused all outside help and let it burn so HR Clinton could take the uranium away! And she got some of it

RGM: taking dire circumstances to bring the people together!

- The Mayor of Calgary \$4,000 a day for 5 months to staff 2 down town toilets – and this mayor has a special police force – 2 boys referring to the Bible are protesting the drag queen story AND they were outside the 'security zone' the mayor imposed around City Hall - she sent 6-8 cops to arrest these 2 teenagers and put them in jail!

The UK is sending a \$22 M drone to Z so he can attack the Russians and the only aircraft that could carry the missile – to Ukraine, so he could attack the Russians - he had to buy from Russia! ! !

Apes and gorillas have 24 strands of DNA; humans have 23 Strands of DNA. What happened to the other 2 strands of DNA? ? ?

R, T: their car has gone over the rainbow! ! ! ET will look for another used vehicle etc etc etc

COR is preparing a Go fund Me project to get the necessary help

R: took a long walk today and was able to get a message from the White Knights

T: asks people to check out the \$ opportunity that is becoming available

- the energy of movement going on at the spiritual level: what is god? Why would god allows these things to go on on this planet?

R: The 2 extra strands of DNA have to do with the tinkering by Enki and Enlil a long time ago . . .

what is on the lame stream media is the dark side holding on with a death grip – we are to send the more love, as that is how we all ascend! ! !

watching the solar flares – impacting the planet, impacting us – dizziness, nausea, breathe through it!

He talks to the animals: saw a raccoon today – it looked at him and then went off the road somewhere - take care for the animals when driving

- seeing massive solar flares – ONLY TAKES 8 MINUTES FOR THE SOLAR FLARE ENERGY TO HIT THE EARTH! !

We're being given everything we need to help ourselves . . .

- the Quantum Field says merge with the energies – don't fight it

- Kryon sees us as magnificent as the sun and are sons and daughters of the Most High

R: Reads the White Knight Report for May 5th

2023-05-11

Rama's White Knight Report

MAY 11, 2023

May 4, 2023 – May 11, 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>

2023-05-05

[Dalai Lama@DalaiLama](#) · May 5



Dalai Lama @DalaiLama · May 5

HHDL wearing a traditional hat and shawl from Himachal Pradesh during the Silver Jubilee Celebration of Bharat Tibbat Sahyog Manch at the Main Tibetan Temple courtyard in Dharamsala, HP, India on May 5, 2023. (Photo by Tenzin Choejor)



471 732 6,407 752K

2023-05-05

Friday

The Nameless Ones; The Poppy Lady

Rama: I went up the mountain a bit and created a Jedi Council at 11:38 am late this morning; **The Nameless Ones** showed up, with **The Poppy Lady**. They said to me, "Lord Rama: Happy Wesak; Happy full moon/lunar eclipse."

And I said: "Ditto!" The Nameless Ones continued: "There are thousands of lamas from all across the Wesak Valley that are here with us. We are chanting the 'om mane padme hum' and the 'om tryambakam yajamahe sugandhim pushtivarhanam' [the MAHA mantra that has been used for thousands of years! Goes back to the Mahabarata story]

There are many craft here; this lunar eclipse ushers in the energies of Lord Maitraya. As we work with these energies, it will lift us up out of the maya; it takes a disciplined will to bring the energies up. This is why we teach the martial arts in our Jedi Temple, here in the Wesak Valley. Stay in the High Heart. We could tell you all kinds of stories, yet the most important thing right now is to focus on the Violet Flame and send Love. Sat Nam! Namaste! [Blaze the Violet Fire!](#)"

2023-05-08

Monday

Dalai Lama

[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama)·May 8

Reason and analysis can help us understand the benefits of compassion. We learn that it yields peace of mind, which leads to inner strength—so fear and suspicion are reduced. If you think about it, you may see that destructive emotions are closely related to self-centredness.

2023-05-08

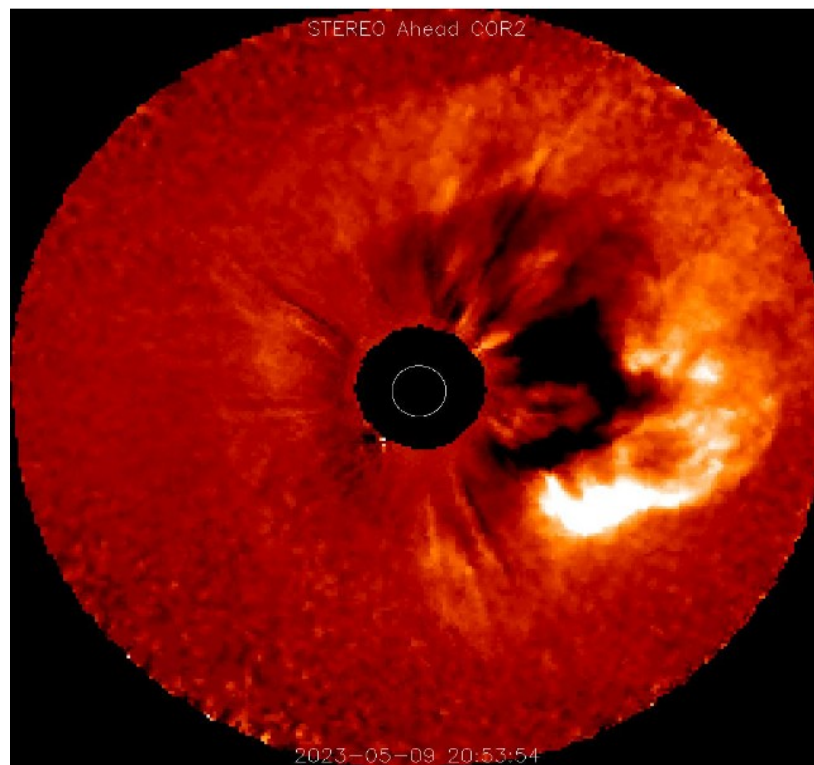
Monday

Professor Nicodemus

Rama: I received a text message from **Professor Nicodemus** at 12:35 pm early this afternoon. He said to me, "Lord Rama, the solar flares are M and X Class today, and they are extremely intense! Drink lots of water and stay in the high vibrations. The energies of Wesak, the full moon and the eclipse of last Friday - 5-5-23 - are still rippling across the galaxy. Leave all the political shenanigans alone! Focus on the Violet Flame! It can create miracles in your life. See you in the Light of the Most Radiant One! Sat Nam! Namaste! [Blaze the Violet Fire!](#)"

2023-05-09

Tuesday's photo of our sun, Sol.



2023-05-09

Tuesday

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 12:20 pm early this afternoon. They said to me, "Lord Rama, the sun is continuing to barrel out large solar flares. These again are C Class and M Class solar flares. They are extremely powerful! There have been radio blackouts all across the planet. These energies are transforming and transmuting 'The Matrix'.

"The people of Earth are waking up like never before! In terms of the big story, the Dark Side are out of control! We have won! !! Stay in the Light of the Most Radiant One! Sat Nam! Namaste! [Blaze the Violet Fire!](#)"

From Lord Rama. [The kind of ship we're all looking forward to seeing! Ed.]



2023-05-11

A NIGHT AT THE ROUNDTABLE

7 / 11

2023-05-10

Wednesday

King of Swords, Grandmother Beatrice

Rama: I received a text message from the **King of Swords and Grandmother Beatrice** at 12:40 pm this afternoon. They said to me, "Lord Rama, there are monster solar flares going on today: M Class, X Class flares!

"The energies are extremely intense and high! As you are able to handle these energies, we commend you! ! ! It takes a Master to be on this planet at this time.

"The Dark Side continues to go down fast. They are worn out and bedraggled! PLEASE SEND THEM MORE LOVE AND COMPASSION! This is the path into ascension and the 5th dimension. We understand your predicament about your shuttlecraft; we are asking everyone to please help these two souls continue to get the message out from the Forces of Light.

"We are right at the edge of this Age of Aquarius; WE HAVE WON!

"As we move forward, the Quantum Field moves forward as well. Stay in the Light of the Most Radiant One! In Lak'ech – I AM another yourself! A ho! Sat Nam! Namaste! [Blaze the Violet Fire!](#)"

From Lord Rama:

This is a **Ship materializing** in a forest in Pula, Croatia

[We'll soon be seeing more of this . . . Ed.]



2023-05-11

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 11:38 am, late this morning. They said to me, "Lord Rama, the Light coming in is getting stronger each day and is affecting all of life. As we embrace it, it will magically lift us up. The massive solar flares continue. This is the most critical time ever to be in a body.

"We start at the juncture where the Force Itself is calling to us. It unto itself is raising our energies higher. As we approach the end of this Mercury Retrograde cycle this Sunday, Mercury and Saturn are lifting us higher. Things are only getting better. As for the Dark Side, things are getting more out of control. We don't need to say anything about the Lame Stream Media and the propoganda that is being promulgated there. We are in the most magnificent of times, and the most terrifying!

"It was one year ago today that Palestinian-American journalist Shareen Abud Akleh was assassinated by an IDF soldier's bullet to her head. She was reporting on an Israeli military raid just out side the Jenin Refugee Camp, in the Occupied West Bank. She was fatally shot while wearing a blue helmet and a blue flak jacket clearly emblazoned with the word PRESS. No one has been held accountable to this day.

"Meanwhile we are asking everyone to look deep into their hearts and **help these two messengers of ours to get a well-running shuttle craft**, to use to get our messages to the people. We know we can create this miracle. Please place all of this in the Circle of Support, and **Blaze the Violet Fire!** Sat Nam! Namaste! See you in the light of the Most Radiant One!! Om Shiva!"

[Their current one is not quite up to the task, as per this recent photo from Santa Fe ! Ed.]



Imaged by Heritage Auctions, HA.com

T: \$259.00 + \$259 for this week – for BBS this week \$520 in all

a shortage of used cars in Santa Fe

RGM: people can't afford to buy new cars so they keep their old ones!

COR: found the news about EJean Carroll's win over the Trumpster – the jury found him guilty of several things, including defamation of character a victory for all women! The goddess establishing her presence more fully.

O: can't charge him with rape in a civil suit

COR: she couldn't get him on rape, battery – they are criminal charges

O: Still sees Trump as a necessary evil; if he came to earth to be such, he's doing a good job!!!

R: it is a lesson for us to wake up and realize how out of control things have become on the planet – he's only a wanna be mob boss: not smart enough to be a real Mob Boss.

He has opened a Pandora's Box and they are going down DAILY! This is about Aquarius, Pluto coming in to dig up all that is coming to the surface. Rape is rape – yet accountability is on the table.

T: she was radiating joy: said it wasn't about money but ABOUT WOMEN!

R: ET the mechanic said that he's been having insights about Enki and Enlil and the others; said that when the energies of male controllers came here with no idea of teaching etc – it was only about control etc. (So people are beginning to understand . . .)

O: about Adam and Eve: he was jealous of Eve and took her apple and swallowed it – hence, Adam's apple!! **[We all got it - eventually ! !]**

R: if you visualize the violet flame, and see yourself enveloped in it – you are impenetrable this is the light coming in from the Center of the GM Way – it's part of the spiritual teachings: create a ball of violet light and you are inside: cannot be harmed.

O: agrees totally! Has been doing this from the 1980s and has never been harmed – no one ever threatened her or touched her: she violet flames in front of her wherever she goes She was going through a check out just recently: someone ahead of her paid for her

T: speaking of molecule water – in the UN – there were 2 White Knights present – in 1999 – Mr I N G and the molecule water – he tried to give the water to Erdogan to help the people of Turkey and got told to go peddle his papers

COR: talks about what the Collective tell people about what to put in the Violet Fire – particularly in the last 6 months: being in the Violet Fire means stuff around you is transmuted, transfigured

O: teaches her clients to do it: cleans up past lives – cleans up old negative patterns, etc – put whomever in the violet fire to help them, reduce your own stress & cleans up your energy
- People who use it find there are changes in their lives – violet fire all that you eat, it's a total total total miracle worker!

- It will prove itself to you – whether you believe in it or not: just have a willingness to allow it – bring in the Violet Fire – when you ask, Universal Law says they have to answer.

- She mixes the natural and spiritual with the medical: in answer to P's question about her eyes

T: Ukraine is the US; Russia is the Deep State with the fake Putin the objective is to keep up the conflict for profit

R: as we shift the timelines, the concept of getting something over on another is gone!
- The Majority of this Universe is joyful, and loving, and so on

RGM: thinks we're living in Babylon 5 . . . Explains why

CLOSING MUSIC

George Harrison - Ding Dong, Ding Dong

3:53

https://www.youtube.com/watch?v=SrXswIbWA7Y&ab_channel=GeorgeHarrisonVEVO

From the first part of the notes: ENERGY REPORTS.

FROM MG: Micah Green

THE ONE NATION STRUCTURE: excerpts from KSW 482 and 483 -

We have set up an international One Nation organization. And when you do this, you have to have a feed of contracts with people in the physical dimension of the Man. When you need a structure for health, you need a structure of the food, you need the structure to be able to reach energy to people, you need to have a structure of finance, you need a structure of governing, governance. And you need a structure to be able to connect everything together. If you look at it, we have brought all this in.

We brought in the Keshe Coins to start the new financial structure. You can join in as part of the health, the food; you can join the wellness or for your energy. We made the wellness available. So, you can pay a fee and receive most of the nourishment you need through headphones and the systems we set up. Next, we bring in the energy, which is now set up. So as a citizen of a One Nation government, it doesn't matter if you're in Berlin, in Toronto, in Beijing, or you're in Lagos, everyone can lock in. The Keshe Foundation is all being set up. It doesn't matter wherever you are in the world, you receive the same health care, the same pleasure for food, the same energy, the same financial structure. Everything for the governance of One Nation has been set up. And a lot of you are participating in it without your knowing. And the Satellite system is part of that. And then we set up the government, which is the Universal Council. A structure to govern as one planet by the people, for the people, through the people, through knowledge and technology and not politics is set up.

The KFSSI as a university education center has been set up. The television has been set up. The structure for "One nation, One government, One policy, One benefit" is 60% in position. 20% will be delivered in the next few months. And the completion of the 20% will be in the next 5 to 10 years. This is planned for centuries and I (Mr. Keshe) will deliver it completely when it comes. But if we do it all in on go, it becomes magic. When the human race "reaches us the hand", as Knowledge Seekers, then it will be accepted.

Never ever in the history of Man has such a just system been delivered through technology and science. And it's done by you Knowledge Seekers; we just deliver the knowledge. Keshe Foundation is just about to break through in the dimension of the space technology (T), in dimensions of the structure of the technology worldwide. And this has come through the hard work of many of you as Knowledge Seekers (KS).

It allows us to deliver the development of the STM [Soul of the Man] for more people to understand, for more people to benefit by this structure of the technology, which has come through the introduction, understanding of the collective fields effects of any entity, be it the STM, be it the atom, be it electron, be it the soul of a tree, be it the soul of an animal. Now the knowledge has reached to the point that it's time to leap forward; the frog leap will be so huge in the coming months and years, that many of you will say, "I was there when it started. I am one of the original Knowledge Seekers. The promised day of milk and honey is here for Humanity; you just wait till it's served."

Elevation: it is understanding; it is awareness of acting well, speaking well and thinking well. When you dedicate yourself to understanding, you learn to give. You are expanding the Love for the other, because you recognize him as your equal; that is why you are looking for the energetic range of his Soul to Elevate because similar ones attract. You want everyone to be, [to] receive that same state of fulfillment, that you feel. By understanding, appropriating and sharing the knowledge of the Creator and Creation, we then increase this energetic range of the Soul. We feed our soul. It feeds when we give, to everyone else. As we transform our daily actions, we attract those similar and "smaller" energy ranges-to call it somehow- more or less as it happens with the energy package that locked us up for a while.

It "trapped in our energy, and we were still physically. When the knowledge is expanded, the Emotion of Loving and sharing is used; then you are not cultivating the Egos, but you are physically giving. When we master our physicality - with humility - we are the example that it can be achieved, that by respecting and feeling others as equals, we consciously join the energy of our creator.