

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 	CLICK ON AUDIO ICON 
LISTEN BY PHONE	1-631-359-9353 [NO code needed]	1-804-220-6484 [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	
	<ul style="list-style-type: none"> • 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)			

LINK TO BBS PODCAST:

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

Call In Numbers: 888 627 6008 323 744 4831

HOSTS: Caroline Oceana Ryan
MEDITATION: Omena
GUEST HOUR: A Roundtable Discussion

TONIGHT'S PANEL: Caroline Oceana Ryan [COR] Micah Green [MG]
Omena [O] Penny Christoffersen [PCC]
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!

Energy Updates

O: the energies are very intense: tomorrow is 11:11:22 – put out intentions to your Higher Selves and ask them to come in and help you. We have asked for these higher energies as we were not aware at the time of how powerful these energies would be. Our bodies are not created to handle such intensity – and most of us don't know how to let it pass through – let it flow through . . . we have old bodies, not the newer ones – everything is energy – visualize the energies flowing through you. Listen to beautiful music that you love so it calms you down. And ASK FOR HELP – take care of yourself: can be solitude and/or rest, and love yourself enough to relax

COR: her spirit team said to her "Don't grade yourself." When you take a rest, all the bodies around you start to slow down – relaxing is not gaming or movies or texting – be out in nature; listen to music; meditate; be calm; be still

Micah: snowing in the mountains!

A wise man once said 'Before Enlightenment: chop wood, carry water; After enlightenment, chop wood, carry water - which is what he's doing - his life these days is being in nature

PCC: Ref to latest Kryon: The Wait is Over [See below for the complete writing.]

"Surrounding you right now is your Soul, represented as 11 beings or masters. Every single one of these masters, in one voice, is going to tell you about the new you. They're going to say, *"Here is the advice. Here is what the new you is going to feel and look like because you had the intent given in love to plant those seeds. This begins the harvest."*

Allow yourself to receive the love from your Soul. Allow the love to pour into you. And here is what you can expect: Dear Ones, expect new intuitive thought. Expect enhanced intuition."

PLUS: the story of getting gas, having the gas jockey ask about my NESARA license plate, and having the great reaction when I explained the difference between NESARA and gesara, and told her about some of the provisions of NESARA – her reaction was a delight to see!

RGM: lots happening behind the scenes that the average people know nothing of – let the energies flow through and don't stop them – let the energy go through us or reject it: holding on to emotion results in blockages or various kinds and disease – speaking on the phone is not resting ! !

- Insanity of gov'ts: Ireland trying to make a new Law – gov't trying to seize your home and put immigrants in it; whatever script the politicians are following is not being put up with (endured) by the public

- Stay away from heavy duty reaction of emotions – that is how they try to control us
- While he’s shovelling snow, he’s enjoying the silence . . .

R and T on the subject of energies

T: ditto to all she has heard so far

- Finds herself contemplating more – there is something that is touching people’s hearts! Mr Drumpf getting trounced by his own republican party – every one he endorsed has lost.
- People are seeing they can take their energy back. And for those feeling the energies: if you over do it, you feel it and are knocked flat!
- Their skunks are gone – the other animals are noticing the changes too

R: standard time – the circadian rhythms are upset when we go to DST. He talks daily to deer, crows ravens etc who tell him to listen to the sounds – the frequencies are EXTREMELY high, and ascension symptoms are over the top! As we adjust to the frequencies and we’re anchoring in the 5th dimension, it’s good to accept the adjustments

2022-11-10 Rama’s White Knight Report NOVEMBER 10, 2022

November 3 – November 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>

2022-11-04 Friday Dalai Lama

[Dalai Lama @DalaiLama · Nov 4](#)

Now we have to think about the future without copying the past. We have to take a broader perspective, not only concerning ourselves with my nation, my community and so on. We have to think about the whole of humanity; the oneness of all human beings.

2022-11-04 Friday Dalai Lama

<https://www.youtube.com/watch?v=lnYDRngmXaU&t=2s>



Dalai Lama @DalaiLama · 11h

HHDL explains how practicing warm heartedness can lead to inner peace during his meeting with Danish students at his residence in Dharamsala, HP, India on November 4, 2022, organized by Tibet Hope Center.



youtube.com
Warm Heartedness Brings Inner Peace
His Holiness the Dalai Lama explains how practicing warm heartedness can lead to inner peace dur...

2022-11-04

Friday

King of Swords

Rama: I received a text message from the **King of Swords** at 11:54 am this morning. He said to me, "Lord Rama, it's 'Heads up!' As we go through the eclipse window, Captain Ashtar may be addressing the people of Earth. The Dark Side are doing all they can to distract: our mission is to be 'Instruments of Peace'. I will repeat Ben Franklin's word here: "a Democratic Republic – if you can keep it".

"I may be showing up in Albuquerque in the next little while. I will let you know. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-07

Monday

Tom the Cat, Sweet Angelique the Cat

Rama: I received a text message at 11:48 this morning from **Tom the Cat and Sweet Angelique the Cat**. They said to me, "Lord Rama, we were over New Zealand near a major portal. From there, we sent you a picture of the centre of the Milky Way Galaxy, rising over New Zealand in the last 24 hours. It is awesome to behold !!!

"Meanwhile there is an upcoming full moon / blood Moon Lunar Eclipse that will be seen over the United States at 6:02 am EST tomorrow morning. This is a very intense full moon.

"The Dark Side continues to disrupt the incoming energies of Love and Light. Remember to stay in your High Heart: WE HAVE WON! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-07

The Galactic Core rising over Karitane Beach, New Zealand - taken by Tom the Cat and Sweet Angelique the Cat – received from Lord Rama



2022-11-08

Tuesday

The Nameless Ones

Rama: I received a text message from **The Nameless Ones** at 11:31 am this morning. They said to me, "We sent you a YouTube of a 9 minute Mantra from Ancient Tibetan Tantra Masters who chant this mantra at the time of major eclipses, equinoxes, and solstices. And it is said that this mantra can mitigate earthquakes. We can tell you, Lord Rama, the Galactic Fleets are here; we have been in contact with many Galactic Ambassadors. We are very near the time when all the world will know this.

"The date of this present eclipse won't happen again until the 23rd century!

"The time is NOW to come together as one unified race of people, the Rainbow Children of Light. The Rainbow Prophecy is coming to pass NOW. Stay in the High Heart! Sat Nam! Namaste! Om Mani Padme Hum. Blaze the Violet Fire."

2022-11-08 (2017-09-06) The aspiration prayer of Samantabhadra (Kuntuzangpo)/ Kunzang Monlam with lyrics

<https://www.youtube.com/watch?v=OjYqnDo1Xqg>



Prayer of Kuntuzangpo is a famous Dzogchen aspiration prayer from the Gongpa Zangthal. It is to be recited especially during a solar or lunar eclipse, an earthquake or at the solstices. This aspiration prayer comes from the Dzogchen tantra called the Tantra of the Great Perfection which Shows the Penetrating Wisdom of Samantabhadra. In Tibetan, the short title of this tantra is Gongpa Zangthal Gyi Gyü, which means "The Tantra of Penetrating Wisdom" or "The Tantra of Transcendent Intention."



[Simdha Getul Rinpoche](#)

2022-11-09

Wednesday

Natasha

Rama: I received a text message from **Natasha** at 11:45 am, late this morning. She said to me, "Lord Rama, I went to Stonehenge in a shuttle craft at sunrise. I sent you a picture – very awesome sunrise! There were all kinds of Light Beings showing up, along with many orbs, all colours of the rainbow.

Stonehenge at Sunrise

2022-11-10
Taken by
Natasha and sent
to Lord Rama,
Thursday,
November 10,
2022

[There is a picture
of an orb of colour
on p 9!]



"The energies are extremely – extremely! - high; the ascension symptoms are over the top! In the last 24 – 48 hours, one of the top Rothschild elders went over the rainbow; he was 91 years old (Note: this is the second top Rothschild Elder who has gone over the rainbow in the last few months.)

"Meanwhile Russia may be pulling out of Kherson; there are rumours of talks going on – maybe a cease fire in the works. Put all of this in the Circle of Support. Sat Nam! Namaste! Blaze the Violet Fire!"

2022-11-10

Thursday

Grandmother Beatrice, Madam Rosa

Rama: I went to the store - KeshitheZuniConnection – in Santa Fe at 11:30 am this morning. There, I met with **Grandmother Beatrice**, 86 years wise, and **Madam Rosa**, nearly 100 years of age. Both of these wise elders walk 5 miles a day, EVERY DAY!

They said to me, "Lord Rama, the Rainbow Crystal children are here, along with the Diamond Crystal children who are the youngest of the tribes from birth to the age of 7. We also have Generation Z coming of age, and voting in this last election. Many of these children are Native American, Hispanic and Black, and other children of colour, as well as fair-skinned children.

"This is the generational changing of the guard. They are not so much interested in money for money's sake; they are interested in human rights for all, as well as freedom for all. At this time, as it has been prophesied, in the years following 2012 and the Mayan calendar, the ancient scrolls spoke of the coming of these Rainbow Crystal children."

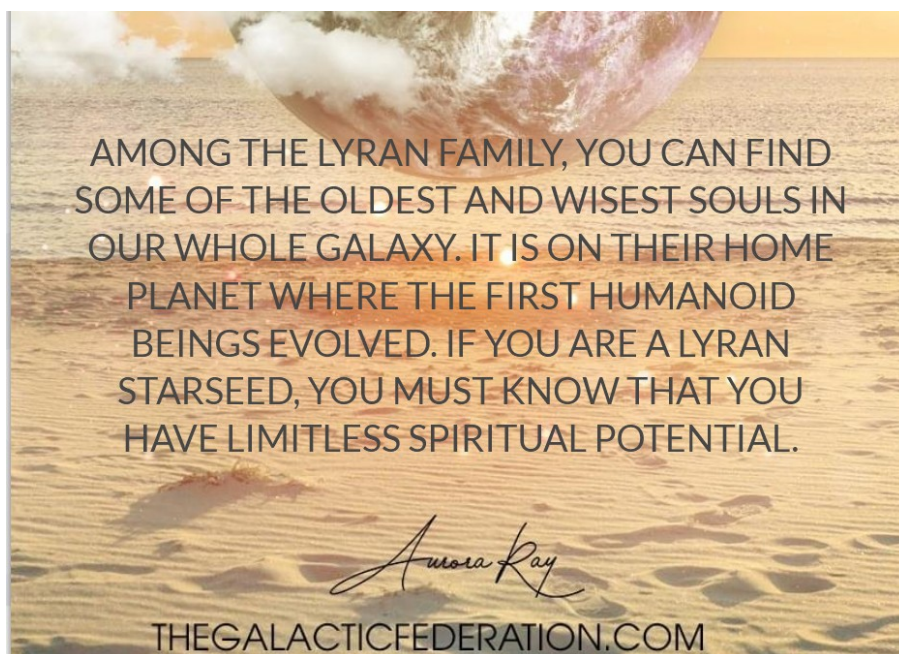
At this point, Grandmother Beatrice said, "Lord Quetzalcoatl and other kachinas, as fellow master travellers on this path to ascension with all of us, are physically showing up here as our friends and spiritual guides on our way home to the Heart of All That Is. AND to a declaration of World Peace and the END OF ALL WAR!

"The dark side has lost! As we go into this 11:11 portal tomorrow, send love and peace the world over. Sat Nam! Namaste! Blaze the Violet Fire! All we are saying is 'give peace a chance.'"

2022-11-08

Aurora Ray and The Galactic Federation

<https://thegalacticfederation.com/08-11-22aa>



Leaders Of Ascension: The Lyran Family

At this moment and time, several Galactic species are gathered here to help and guide humanity in its ascension process. These beings are communicating and sharing essential information for this process with many members of the Family of Light.

And, as in every family, it makes sense that every species tries to contact the Starseeds who belong to their family. This brings us to the following question: Have you ever wondered which kind of Starseed you are?

In my case, I am a Lyran and, among my family from the stars, you could find some of the oldest and wisest souls in our whole galaxy, as Lyrans are the founding race.

Hopefully, if you are a Lyrian Starseed, your heart will resonate with the information in this text, and you'll start to identify with some traits of our family.

First of all, you have to know that Lyrans played a unique part in the creation of humanity. They were the ones that offered the element of fire to Planet Earth. Also, many souls from Atlantis were of Lyrian Ancestry. They taught about the use of frequency and resonance to the ancient civilizations of Atlantis and Lemuria.

But where did the Lyrans come from? Where is their original home?

Lyra is the birthplace of the Lyran family. Well-known by being the first planet to have physical humanoid beings. If you look at our current Universe map, you will find that it is a small constellation that you'll quickly identify it because of the brightest star in this constellation: Vega.

Now, if you're looking at those stars and you try to picture your family from the stars, you must know that they are fourth-dimensional beings living in their constellation. However, from Earth's 3D perspective, they are a bit different from what they would appear if they were on their home ground.

Maybe you've heard about the feline features of the Lyrans. Their nose and eyes would remind you of those of a lion or an African cat. Also, although they look like humans, their skin and eye colors can change depending on their home star.

If you are a Lyran Starseed, you'll start to notice your family traits after your awakening; however, some signs can appear, mainly when you are exposed to intense experiences. This usually happens to all Starseeds, but it is especially true for Lyran Starseeds because of their strong physical grounding and manifesting power.

Lyran Starseeds are commonly identified as being highly spontaneous and show their genuinely high energy all the time. Because of their high energy, they want to try many things, explore many places, and work intensely on their personal projects.

But as they have so much energy, they tend to work a lot without even noticing, and sometimes they end up feeling exhausted. That's why they like to explore so many things. After the exhaustion, they tend to put their focus on new things.

Lyran Starseeds are friendly and outstanding leaders. But they prefer to work and be surrounded by people of their own Galactic Family. They are usually more reserved when they are in the presence of members of other families. That's why they're very good at receiving personal information and having strong perceptions about others.

They like to avoid unnecessary conflict, so they can reserve their energy for what matters to them, their mission. Their tireless determination to see every project to completion sets a great example that others are inspired to follow.

Of all the Lyran Starseed traits, this is the one that makes them the most unique: They are very grounded and live in the present. As a result, they excel in physical activities, such as sports. They tend to be highly skilled with their hands and often make expert tradespeople.

They enjoy good health and are in tune with their bodies, meaning they know immediately when their health is out of its natural well-being. They are also very sensitive and can identify an ill person if they are close by.

However, when they neglect their health, they experience worse symptoms than most due to their intense and very grounded life experience.

If you are a Lyran Starseed, you must know that you have limitless spiritual potential. This will be a clear advantage for your journey of ascension.

Finally, the last Lyran Starseed trait is their keen sense of justice. Paired with their natural leadership abilities, this will make a Lyran give everything they have to fight for social justice.

This is why Lyran Starseeds are vital to the ascension movement. They are destined to lead humankind to its bright future and Earth to its Golden Age.

For those whose hearts resonated and vibrated with this information, I welcome you to our magnificent family of light.

And remember,
You are not alone.

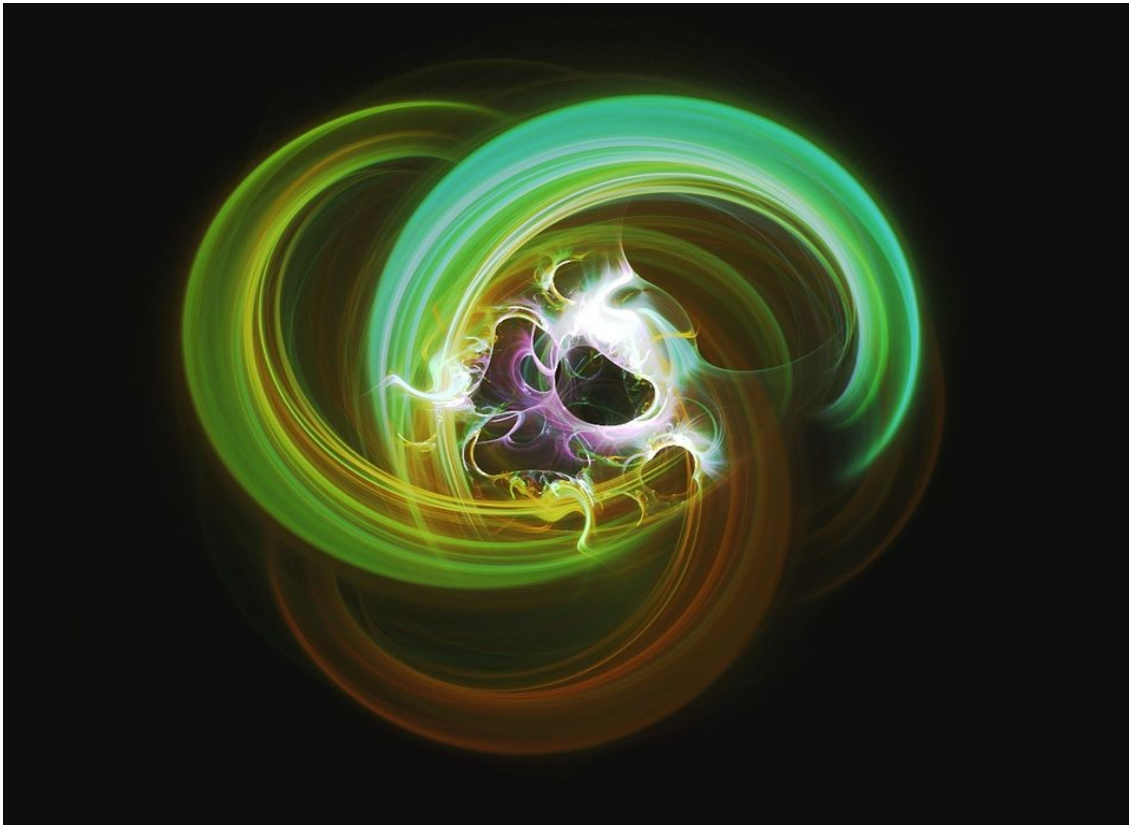
We love you dearly.
We are here with you.
We are your family of Light.
We are the Galactic Federation.

A'HO

Divine blessings to all,
Aurora Ray
Ambassador of The Galactic Federation

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Gma Chandra



[eotosSndprmt01c 25m340rf12g:ia0g510032bc96guiuo914 1h eel6vN](#) ·

The timeline has changed. Your Path is like a straight beam of Light that is passing through half circles. Instead of going through waves, **you are now going straight forward on an accelerated timeline.** A lot of things that you were supposed to pass through are either behind or beside your main Path. You did it! You are on it. You are supported by it. You are it. You are inside, outside and seeing everything from all sides. **You are all over multidimensionality!**

Hold on to your hats! This is where things get real exciting!

Hugs and love to all of you,
Grandma

<https://www.grandmachandra.com/pages/timeline>

2022-11-07 Moon over Santa Cruz!

Taken by Lord Rama at 6:15 pm (Looking S)



2022-11-08 Moon Over Ardrossan!

Taken by PCC at 5:48 pm (looking NE)



2022-11-08 Rainbow Starship – from Lord Rama



**2022-11-08
ORBS!!!**

Sent by Lord Rama

2022-11-10 Sent by Lord Rama



COR: wants to re-hear the KOS' text message -

R: Captain Ashtar will take over the communication lines around the planet! ! !

COR: has been feeling that the dark side will try and pull something off and that Captain Ashtar will be needed to handle the situation

R: more going on with the animals and the beings – than what is on Twitter!

- He has been on galactic councils and there have never been issues about skin colour/racists

T: hoping for intervention – the young people and others - =15,000 – are getting tortured there, and a law has been passed to have them all executed

R: this is the end of the old regime where the feminine is subservient to the male

- all the crystal children are refusing this behaviour
- most of the people in Iran are under 30 – and refuse to accept the BS!
 - And they go over the rainbow due to their actions as they refuse to toe the old line!
 - When he studied the I AM materials, learned that the decrees, the mantras have physical impact
- those in the empires can still doing quite a bit of damage –
- when we got called to active duty, we committed to being here!

R: his contacts said very little really – the Democrats came out

- the barrage of negativity – the dark ones were trying to create enough negativity that they got people worked up – but it didn't work too well.

R: what's going on is about the fundamental right to live! ! ! !

COR: heard Robert Reich from California – on Democracy Now on Nov 8th – he said you can't compromise with authoritarianism; you can't compromise with fascism

PCC: how do you deal with authoritarianism and fascism?

R: what he knows about the top officers of the nazis: they got their marching orders from the fallen angels and using psychic energies and other technologies – they were not of the light.

T: brings up the use of discordant frequencies to disrupt people

T: they have pulled this thing with a look-alike Putin – it's up to the US PEOPLE to do a higher light

R: the market has gone up high and bit coin in
all has to do with the hegemony of the US to use fake money etc

T: the solution?

PCC:

R: the old system is falling away; those who don't accept the love will end up elsewhere

T: reference to a report – the US has contributed to around 39% of the climate changes – and Pakistan only 1%. the young people coming in are brilliant and are not limited the old system

To Omena: what about the solutions to the present direction?

O: part is karmic – the earth has much to deal with

- and we are all talking to the same masters ultimately, as we all get the same information
- we need to walk through the earth as masters – what we see is the right use of energy and the misuse of same. And the misuse of power leads to other misuses of energy
- as for the others – we don't have to like them: we just have to love and have compassion
- She trusts that all of this will pass and we are going to be fine. We ARE the Light – takes a lot of courage to shine your light, a lot of courage to have no fear!
 - Tells the story of the woman she met today and what transpired
- the election showed us that Mr Drumpf has lost his grip and that is a turning point here
 - people are getting sick and tired of listening to garbage!
 - He brought all this stuff up so we could deal with it – she refers to him as a "necessary evil"

O: all that we have experienced, the soul keeps track of

Discussion of the meaning of Oneness -

O, T: both describing the possibilities of imagination and of having no fear

The rest of the discussion is worth listening to: here's the podcast address! ! !

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

CLOSING MUSIC

This music addresses changes in the DNA, and Tongue Twisters ! ! !

Muppet Show. Gogolala Jubilee Jugband - I'm My Own Grandpa

<https://www.youtube.com/watch?v=gkiOm-vmPCY>

Muppet Songs: the Country Trio - To Morrow

<https://www.youtube.com/watch?v=pBFmrcWxtQ0>



2022-11-10

THE WAIT IS OVER

Do you remember some months ago, in sessions just like this one, I told you **the energy of the harvest is at hand, and it's time to plant the seeds you have been given metaphorically?**

Old Soul, now that the shift is upon us, you plant the seeds, and they're going to start to grow, and all manner of things are going to change as they grow, and they blossom, and you pick them, and you harvest.

And exactly what are these seeds? The seeds are a metaphor for transformation.

You are in a new energy, one which you have been waiting eons for, and we begged you to understand it and to go back on that bridge, home, and plant the seeds, and many of you did.

Surrounding you right now is your Soul, represented as 11 beings or masters. **Every single one of these masters, in one voice, is going to tell you about the new you.** They're going to say, *"Here is the advice. Here is what the new you is going to feel and look like because you had the intent given in love to plant those seeds. This begins the harvest."*

Allow yourself to receive the love from your Soul. Allow the love to pour into you. And here is what you can expect: Dear Ones, expect new intuitive thought. Expect enhanced intuition.

The 11 who sit with you as one are changing you to think differently, to have different kinds of thoughts. The ones you have asked for, prayed for, and wanted are at hand.

Whatever happens here, Dear Ones, you're going to take back across the bridge, and it's going to be that which you asked for, it's going to be the solutions that you've been asking for because that's what happens when the harvest of beautiful new energies take form.

I want you to sit in the energy of your Soul, and not try to hear in 3D what your Soul is saying, but feel the love that is pouring into you.

The entourage of your Soul is here to advise you, and it doesn't stop here. This entourage is going to come back and visit you.. Each week we'll give you more of what they say in this *Circle of Twelve*.

However, right now they are filling you with the new you and the energies you've been asking for because you planted the seed. So many of you did this with us.

Did you simply think you were going to plant them and walk away? Something had to happen, and this is it.

When you come back from the *Circle of Twelve*, and you walk back across that bridge to the chair you're sitting in or the couch or the bed or whatever it is, I want you to know you are different than when you came.

And so it is,

~Kryon of Magnetic Service



Lee Carroll 

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

