

2022-01-27 Rama's White Knight Reports
January 21, 2022 - January 27, 2022

JANUARY 27, 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>

2022-01-21 Friday Dalai Lama

[Dalai Lama@DalaiLama](#) · Jan 21

We have to make an effort to extend our natural compassion, not just through prayer or coining nice words, but by putting our intelligence to good use. That's how we'll become happy ourselves, living in a happy family, a happy community and a happier world.

Rama: I received a text message from the Poppy Lady at 12:15 pm this afternoon. She said to me: "Lord Rama, the times are what they are. Things may look very dark right now, yet the Light of the Christ is pouring in. Lord Maitraya, the Mahdi, is here; 500,000 light forms that decided to play Masters of the Universe are being rounded up! I cannot give you any details, yet they are being corralled right now! This is you why you and the people of Earth are feeling the intensity of these energies! The Schumann Resonance is off the charts!

"Russia and the United States are at that very thin Red Line; the stakes couldn't be higher, yet we are approaching Imbolc the first of the festivals before Spring Equinox. The return of Bridget is at hand; there is also Groundhog Day. The Dark Side has seen its shadow!

"The Goddess is here. As we have said, they will be going to Dracos; they will have to deal with the last 13,000 years of misqualified energies they have instigated. You have only seen a splinter of how dark these stories go!

"The time is NOW to rejoice with the return of the Sun. See you in the Light of the Most Radiant One! Sat Nam! Namaste! Blaze the Violet Fire!"

2022-01-22 Saturday Dalai Lama

[Dalai Lama@DalaiLama](#) · [Jan 22](#)

Venerable Thich Nhat Hanh lived a truly meaningful life. I have no doubt the best way we can pay tribute to him is to continue his work to promote peace in the world.



dalailama.com
[Condolences in Response to the Death of Venerable Thich Nhat Hanh | The 14th Dalai Lama](#)
[The Official Website of The Office of His Holiness the 14th Dalai Lama](#)

See below for examples of the teachings of Thich Nhat Hanh:

2022-01-25 29 Mind-Blowing Thich Nhat Hanh Quotes That'll Enlighten You

2022-01-22 Saturday

Rama: I received a **text message from Mr X** at 1:00 pm this afternoon. He said to me, "Lord Rama, there was a skirmish going on on the Iranian-Kurdish border (**comment from Rama**: in 1972 and 1973, as I was travelling in the Middle East, the Kurds had their own country called Kurdistan; now they don't have a country any more, and their land has been absorbed into Northern Iraq.)

"Place all of this in the Circle of Support and Blaze the Violet Fire! Call in all the Archangels and Masters. Enshallah! Sat Nam! Namaste! All we are saying is give peace a chance!"

2022-01-24 Monday Dalai Lama
[Dalai Lama@DalaiLama](mailto:DalaiLama@DalaiLama) · [Jan 24](#)

When we care for others, we manifest an inner strength despite any difficulties we face. Our own problems will seem less significant and bothersome to us. Reaching beyond our own problems and taking care of others, we gain confidence, courage and a greater sense of calm.

2022-01-24 Monday

Rama: I received a **text message from Tom the Ring-tailed Cat** at 11:45 am. He said to me, "Lord Rama, the empires are making their final chess moves, and Captain Ashtar has the final move. It is about 'the singularity' that is currently going on.

"Meanwhile, the earth-based media are all compromised, save a few.

"All of this has to do with the incoming photonic light. This photonic light is changing everything, whether it is animal, vegetable, or mineral. We are exiting the photon belt, yet it does not mean we do not continue to be bathed in photonic light even as it is to a lesser degree.

"Things are moving very quickly now. Stay in the high vibes and the Violet Flame. Sat Nam! Namaste."

2022-01-25 Tuesday

Rama: I received a **text message from Larry, Curly and Mo** at 11:45 this morning. They said to me: "Lord Rama, we are at the sphinx at the Giza Plateau and behind the Sphinx we can see the Pyramid of Giza as well. We can tell you, Lord Rama, there is an entrance to the underground city located under Giza's Plateau right on the left side of the left paw of the Sphinx. We went in through that entrance into the underground city; there we saw many vimanas (starships) sitting on their landing pads, fully operational, as far as the eye could see!

"Very soon now, all of this is going to come out to the public. People such as Graham Hancock, Freddy Silva and the folks on *Ancient Aliens* have been talking about this underground city on recent episodes.

"Meanwhile the Dark Side is pushing, in blind rage, towards war with Russia. Captain Ashtar and Commander Sananda Kumara have said 'No more nukes! Period!'

"The time is NOW. We will be calling you soon, Lord Rama. As your Metatronic chip is tingling, go look in your backyard! Sat Nam! Namaste! Blaze the Violet Fire!"

The picture below was sent to Rama by Larry, Curly and Mo . . .



See page 10 for a very short listing of sites discussing various aspects of this historic site.

2022-01-26

Wednesday

Rama: I received a text message from Sweet Angelique the Cat today; she said to me, "Lord Rama, I have got my eye on you! You would make a good co-pilot though you need some more training regarding what your father, Ashtar, taught you before.

"I have studied your Star Fleet records; it is about time you learned what you have always known! Watch your back yard; I will be calling on you soon. Sat Nam! Namaste! Blaze the Violet Fire!"

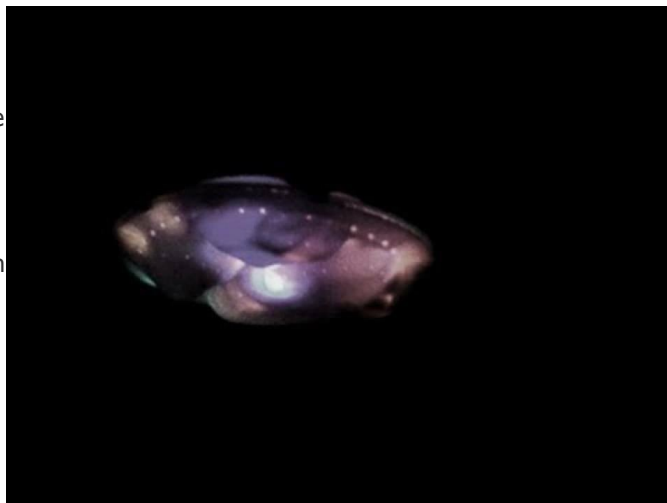
Ram: What Sweet Angelique the Cat is telling me is that things are really heating up, and the message is to give each other hope in these dark times! This is real, not just a fairy tale!

2022-01-27

Thursday

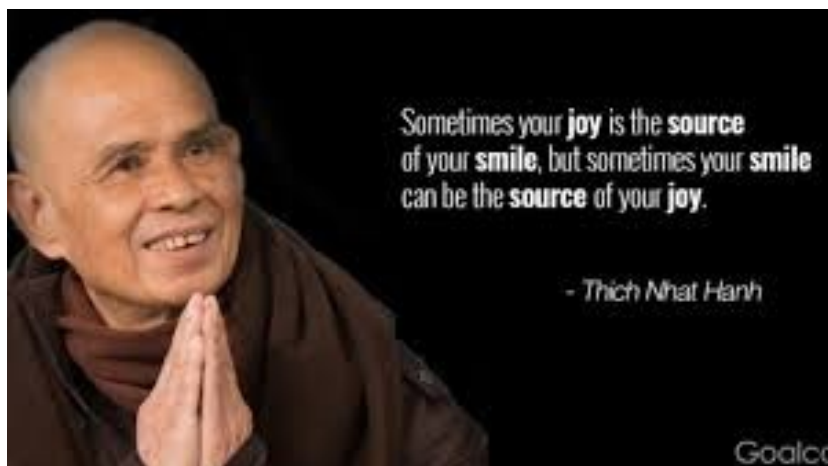
Rama: I went and sat in the plasma field this morning at 11:10 am. For about 5 minutes, I spent time clearing my consciousness and then, after those 5 minutes, the plasma screen came on before me. It showed me Mother Gaia, our Earth, sitting on top of an obelisk, a 5 sided crystal, spinning, and the Earth was wrapped in a field of plasmatic energy. It was iridescent and shimmering with rainbows. Every now and then, a beam of light would shoot out from our spinning earth, across the galaxy.

At this point, I asked the plasma field "How is this going to save us and our planet?"



Then the plasma field showed me the last scene in the movie **Matrix Revolution**. In that scene, Neo steps out of his space craft and onto a pathway of light. As he walks along this light path, in thin air, right there in front of him is a sudden burst of light. It sent out a super nova, a shock wave burst of light, and Neo gets absorbed into the super nova burst of light, and he becomes the sun.

The Plasma Field said to me, "You must become the sun. Remember what Goddess taught you: we are all suns/sons and daughters of the Most High. See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire!"



2022-01-25 29 Mind-Blowing Thich Nhat Hanh Quotes That'll Enlighten You

<https://educateinspirechange.org/thich-nhat-hanh-quotes/>

Thich Nhat Hành, born October 11, 1926, is a Vietnamese Buddhist monk and peace activist.

He lives in Plum Village in the south of France, and regularly travels over the world, for retreats and speaking events. In 2005, Thich was given permission to make his first return trip to Vietnam, after a long exile.

Nhat Hành has published more than 100 books, including more than 40 in English. He is active in the peace movement, promoting nonviolent solutions to conflict and he also lives a vegan lifestyle, banning all animal product consumption from his life, as a means of nonviolence towards non-human animals.

29 Thich Nhat Hanh Quotes

1. "We have to learn to live our life as a human being deeply. We need to live each breath deeply so that we have peace, joy and freedom as we breathe." – Thich Nhat Hanh
2. "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." – Thich Nhat Hanh
3. "Because you are alive, everything is possible." – Thich Nhat Hanh
4. "Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today." – Thich Nhat Hanh
5. "Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment." – Thich Nhat Hanh
6. "If [we are peaceful](#), if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society will benefit from our peace." – Thich Nhat Hanh
7. "Walk as if you are kissing the Earth with your feet." – Thich Nhat Hanh
8. "Yesterday is already gone. Tomorrow is not yet here. Today is the only day available to us; it is the most important day of our lives." – Thich Nhat Hanh
9. "If we take steps without anxiety, in peace and joy, then we will cause a flower to bloom on the Earth with every step." – Thich Nhat Hanh

10th – 19th of Thich Nhat Hanh Quotes

10. "There are thousands of channels in our consciousness; it is up to us to choose the channel." – Thich Nhat Hanh
11. "Patience is the mark of true love. If you [truly love someone](#), you will be more patient with that person." – Thich Nhat Hanh
12. "Life is available only in the present moment." – Thich Nhat Hanh
13. "Look at flowers, butterflies, trees, and children with the eyes of compassion. Compassion will change your life and make it wonderful." – Thich Nhat Hanh

14. "To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself." – Thich Nhat Hanh
15. "Many people think excitement is happiness.... But when you are excited, you are not peaceful. True happiness is based on peace." – Thich Nhat Hanh
16. "When we practice smiling peacefully and calmly, our peace can permeate the entire universe. The source of a true smile is an awakened mind." – Thich Nhat Hanh
17. "You must love in such a way that the person you love feels free." – Thich Nhat Hanh
18. "We need enlightenment, not just individually but collectively, to save the planet. We need to awaken ourselves." – Thich Nhat Hanh
19. "When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending." – Thich Nhat Hanh

20th – 29th of Thich Nhat Hanh Quotes

20. "The energies of mindfulness, concentration and insight can liberate us from our anxiety and worries. We let go of the past and the future, and come in touch with the wonders of the present." – Thich Nhat Hanh
21. "While you are walking, smile and be in the here and now, and you will transform that place into paradise." – Thich Nhat Hanh
22. "When you love someone, the best thing you can offer is your presence. How can you love if you are not there?" – Thich Nhat Hanh
23. "[Meditation can help us](#) embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work." – Thich Nhat Hanh
24. "You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment. In that insight of inter-being, it is possible to have real communication with the Earth, which is the highest form of prayer." – Thich Nhat Hanh
25. "No one can be successful in the art of meditation without having passed the gate of breathing." – Thich Nhat Hanh
26. "Every one of us already has the seed of mindfulness. The practice is to cultivate it." – Thich Nhat Hanh
27. "We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves. And we'll also have a lot more joy in living." – Thich Nhat Hanh
28. "Your body is your first home. Breathing in, I arrive in my body. Breathing out, I am home." – Thich Nhat Hanh
29. "Life is not about getting to a certain place. Life is a path. Walking meditation is a way to practice walking without a goal or intention" – Thich Nhat Hanh

2022-01-25 Thich Nhat Hanh After 9/11: Ignorance, Discrimination, Fear & Violence Are Real Enemies of Humanity

https://www.democracynow.org/2022/1/25/john_dear_on_thich_nhat_hanh#transcript



Topics

- [Vietnam](#)
- [Thich Nhat Hanh](#)

Guests

- [John Dear](#)
Catholic priest, antiwar activist, author, and former director of the Fellowship of Reconciliation. He was nominated for the Nobel Peace Prize by Archbishop Desmond Tutu.

Links

- ["Living in the light of Christ's Peace: A Conversation Toward Disarmament"](#)

Image Credit: Chaiwat Subprasom/Reuters

In memory of Thich Nhat Hanh, the world-renowned Buddhist monk, antiwar activist, poet and teacher who died Saturday, we reair a speech Hanh gave at Riverside Church in New York in 2001. Shortly after the 9/11 attacks on the World Trade Center, Hanh urged the audience to embrace peace in the face of anger, citing his experience of witnessing suffering on both sides during the war in his native Vietnam. "The real enemy of man is not man," says Hanh. "It is ignorance, discrimination, fear, craving and violence." We also speak with Hanh's longtime friend and fellow peace activist, Father John Dear, former director of the Fellowship of Reconciliation, the organization that first brought Thich Nhat Hanh to the United States in the 1960s. "He was really an embodiment of peace and gentleness and nonviolence," says Dear.

Transcript

This is a rush transcript. Copy may not be in its final form.

AMY GOODMAN: This is *Democracy Now!* I'm Amy Goodman, with Juan González, as we end today's show remembering the world-renowned Buddhist monk, antiwar activist, poet and teacher Thich Nhat Hanh. He died Saturday in his native Vietnam at the age of 95.

Thich Nhat Hanh was exiled from Vietnam for decades beginning in the '60s after he spoke out publicly against the war. In 1966, he traveled to the U.S. and met with Dr. Martin Luther King Jr., helping to persuade Dr. King to speak out against the U.S. War in Vietnam. King went on to nominate Thich Nhat Hanh for a Nobel Peace Prize a year later, calling him an "apostle of peace and nonviolence." In 1969, Thich Nhat Hanh led a Buddhist delegation to the Paris peace talks that resulted in accords between North Vietnam and the United States. He believed Buddhist principles should be applied to everyday life and even to solve difficult political problems. In 2001, on September 25th, two weeks after the 9/11 attacks, Thich Nhat Hanh spoke at the historic Riverside Church here in New York, where Dr. Martin Luther King first spoke out publicly against the Vietnam War. The subject of Thich Nhat Hanh's speech was "Embracing Anger." This is part of his address that *Democracy Now!* [aired](#) the next day.

THICH NHAT HANH: My dear friends, I would like to tell you how I practice when I get angry. During the War in Vietnam, there was a lot of injustice — injustice. And many thousands friends of mine, many disciples of mine were killed. I got very angry. One time, I learned that the city of Ben Tre, 300,000 people, was bombarded by American aviation just because some guerrillas came to the city and tried to shoot down American aircrafts. They did not succeed, and after that, they went away. And the city was destroyed. And the military man who was responsible for that declared later that he had to destroy the city of Ben Tre in order to save it.

I was very angry. But at that time, I was already a practitioner, silent practitioner. I did not say anything, I did not act, because I knew that acting or saying things while you are angry isn't wise. It may create a lot of destruction. I went back to myself, recognizing my anger, embracing it, and looked deeply into the nature of my suffering. ...

I was able to understand the nature of the suffering in Vietnam. I saw that not only Vietnamese suffer, but Americans suffered, as well, during the War in Vietnam. The American young men who were sent to Vietnam to kill and to be killed, they underwent a lot of suffering. And the suffering continues even today — their family, the nation. And so, I could see that the cause of our suffering in Vietnam is not the American soldiers. It is a kind of policy that is not wise. It is a misunderstanding, it is fear, that lie at the foundation of the policy.

And many of us in Vietnam have had — had burned themselves in order to call for a cessation of the destruction. We did not want to inflict pain on other people. We wanted to take the pain on ourself in order to get the message across. But the sound of bombs and mortars was too loud. People in the world, not many of them were capable to hear us. So I decided to go to America and call for a cessation of the violence. That was in 1966. And because of that, I was prevented to go home. And I began my exile since that time, 1966.

Because I was able to see that the real enemy of man is not — the real enemy of man is not man. It is ignorance, discrimination, fear, craving and violence. And that is why I did not have hate vis-à-vis the American people, the American nation. So, I came in order to plead for a kind of looking deeply, so that your government could revise that policy. I remember I met with Secretary of Defense Robert McNamara, and I told him the truth about the suffering. He kept me with him for a long time, and he listened deeply to me, and I was very grateful for his quality of listening. And three months later, when the war was intensified, I heard that he resigned from his post. Hatred and anger was not in my heart. That is why I was listened to by many young people in my country, advocating them to follow the path of reconciliation. And together, we have helped bring about the negotiations for peace in Paris.

I hope my friends here in New York are able to practice the same. I understood, I understand suffering and injustice. And I feel that I understand deeply the suffering of New York, of America. I feel I am a New Yorker. I feel I am an American. We want to be there for you, to plead with you not to act, not to say things when you are not calm. There are ways that we can go back to ourselves and practice so that we rediscover our calmness, our tranquility, our lucidity. There are ways by which we can look deeply to understand the real causes of the suffering. And that understanding will help us to do what needs to be done and not to do what could be harmful to us and to other people. ...

And if we can listen to each other, we can also listen to the people outside of the country. Many of them are in a situation of despair. Many suffer because of injustice and discrimination. The amount of violence and despair in them is very huge. And if we'd know how to listen as a nation to their suffering, we can already bring a lot of relief. They feel that they are being understood. That can defuse the bomb already.

AMY GOODMAN: World-renowned Buddhist monk, antiwar activist, poet and teacher Thich Nhat Hanh, speaking just two weeks after the September 11th attacks right here in New York at Riverside Church. Thich Nhat Hanh died Saturday at the age of 95.

For more, we are joined by his longtime friend and fellow peace activist, Father John Dear, former director of the Fellowship of Reconciliation, the group that first brought Thich Nhat Hanh to the United States in the 1960s.

Father Dear, welcome back to *Democracy Now!* That was when he met with Dr. Martin Luther King, influenced him to write the speech against the War in Vietnam, and then King nominated Thich Nhat Hanh for a Nobel Peace Prize. Talk about your relationship.

FR. JOHN DEAR: Thank you so much, Amy. And thank you for playing that beautiful clip.

So, I knew Thay because of my friendship with Daniel Berrigan and because I was the director of Fellowship of Reconciliation, but I had been in contact with him in the late '80s and early '90s. Remember, Amy, the Fellowship of Reconciliation is the group that brought him to the United States in 1966. And our friend John Heidbrink was the genius who set this up. His idea was: Nobody knew who Thich Nhat Hanh was; I need to bring, introduce this unknown Vietnamese monk to the three most important religious leaders in the United States — Martin Luther King, Thomas Merton and Daniel Berrigan. And that was brilliant. And each of them were changed by Thich Nhat Hanh. Dr. King said he had never met anybody like him, and same with Thomas Merton. And then Daniel Berrigan became very close with him. And after Dan got out of prison, moved to Paris and lived with him in 1974 and '75.

And so, I met him. I spent a day with him when I became the executive director of the Fellowship of Reconciliation in the late '90s, and knew him up 'til — actually, spent a day with him shortly before his massive stroke in 2016 in Plum Village. So I got to know him personally and talk about all these things, our friends, especially Daniel Berrigan, peace movement, nonviolence. He was always challenging me and criticizing me, but, wow, he was really an embodiment of peace and gentleness and nonviolence.

He practiced what he preached. And his message to me and the peace movement in the United States was: Be the peace you want to seek. He had that sentence, "To practice nonviolence, you have to become nonviolence." And he did that. So, all his teachings about engaged Buddhism and mindfulness and living in the present moment of peace and being as nonviolent as you can to yourself and everyone, and part of the engagement in the world, as you saw in that speech, of disarming the world, he said — and really important to activists who care about justice and disarmament and creation — we more than all have to be on our game and totally centered in peace 24/7. And it was a great pleasure and joy to know the great man. I had a feeling, every time I was with him, it was like being with Gandhi. You know, he was so peaceful.

AMY GOODMAN: Well, Father Dear, we're going to do a [Part 2](#) with you, talking about the life of Thich Nhat Hanh. You were also a dear friend of Archbishop Desmond Tutu, who we also lost in the last weeks, and we'll talk about him, as well. Father John Dear, longtime peace activist, Catholic priest, executive director of the Beatitudes Center, now in Big Sur, California.

That does it for our show. *Democracy Now!* produced with Renée Feltz, Mike Burke, Deena Guzder, Messiah Rhodes, Nermeen Shaikh, María Taracena, Tami Woronoff, Charina Nadura. Special thanks to Julie Crosby. I'm Amy Goodman, with Juan González.

2022-01-25 Some Links to the story of the Sphinx and the underground city . . .

Here are **just a few of the links** to the story, found by looking up “underground city under Giza Plateau, Sphinx”; **there are many, many more!** ! !

“There is a hidden underground ‘city’ beneath the Giza Pyramids, experts claim”
[Oliver Cook](#) | TheBL 07/12/21 3,534 views

<https://www.ancient-origins.net/news-history-archaeology/giza-plateau-0010702>
Hidden Underworld of the Giza Plateau is Finally Brought to Light

<http://www.ancient-wisdom.com/gizaunderground.htm>

<https://humansarefree.com/2021/07/lost-underground-city-beneath-the-pyramids-of-giza.html>

https://www.bibliotecapleyades.net/piramides/esp_piramide_25.htm
Ancient Cities under the Sands of Giza: The Lost History of the Pyramids

https://www.andrewcollins.com/page/articles/Beneath_Breakdown_240709.htm
Andrew Collins Beneath the Pyramids - An Introduction

Also, the TV series called ***Ancient Aliens***



The sun, as it appeared at 9:36, January 27, 2022, about 30+ km east of Edmonton, Alberta.