

**“Never doubt that a small group of thoughtful, committed, **organized** citizens can change the world; indeed, it’s the only thing that ever has.”** Margaret Mead

<https://leandroherrero.com/the-missing-word-in-the-famous-margaret-mead-quote/>

### **DOCUMENT OVERVIEW**

- I ACCESS to THE THREE WEEKLY CALLS via the Internet**
- II ACCESS to OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable**
- III OPENING MEDITATION; HOUSEKEEPING; LINK TO PODCAST**
- IV SATURDAY HISTORY CALL – NOTES, REFERENCE MATERIALS**

### **I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://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**

**C Skype: BBSradio2**

### **D Archives for the 3 Programs listed above:**

- Go to *BBSRadio.com*; in first column, LHS, **FIND TALK SHOW**
- Enter **The True History**, press the GO button. You’ll be taken directly to the True History call: 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 'theturehistory **including the date**' and the drop down menu appears. Click on **'save link as'**

**E Archives, both written and audio, also exist on the 2013 website:**  
<http://2013rainbowroundtable.ning.com/> look under the “Archives” tab for **written notes plus audio recordings** of the conference calls plus the entire podcast.

### **II ACCESS TO OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable**

**A Sunday, Mondays: *Cheryl Croci's Activation Calls***  
**6 pm Pacific/ 9 pm Eastern**

- B Tuesdays** By telephone only: 1 – 605-475-4120; PIN 946 7441#  
***Ashtar on the Road***  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month  
6 pm Pacific/9 pm Eastern  
Host is Fran; various guests

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

**by Phone:** 1-228-339-7800 or 1-712-832-8330  
• Call is free [except for long distance charges]

**via HD Conferencing:** <https://www.freeconferencecallhd.com/hd-conferencing/>  
PIN # 980339 [always the same]

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

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

- D Every 2<sup>nd</sup> Wednesday** ***The Abundance Call***  
**5:45 PM Pacific / 8:45 PM Eastern – a 1 hour call**  
with The Collective, a group of Angelic and Galactic beings,  
channeled by Caroline Oceana *Ryan*

**To be notified: email [AscensionTimes@gmail.com](mailto:AscensionTimes@gmail.com) with the message "YES to Abundance!"**

**III OPENING MEDITATION; HOUSEKEEPING; FREEMART WEBSITE; INFORMATION SOURCES RE: M.T. KESHE AND KESHE FOUNDATION; ACCESS TO PODCAST**

- A. Opening Meditation: Cheryl Croci**  
**B. Housekeeping: Rainbird**

**BBS:** • Listener-supported radio programs – Cost is \$300 per week  
**Thanks for keeping us up to date!**

**All BBS archives can be accessed for free,** including the podcasts for the Thursday, Friday, Saturday calls, listed above.

- [www.rainbowroundtable.net](http://www.rainbowroundtable.net) has archives, too.
- Go to BBSradio.com/Station2; find **The True History** call listing & **Paypal** button
- BBS appreciates getting checks via the mail: no Paypal fees!
- The mailing address for those who do not like paying electronically:  
**B B S RADIO** [Please put **"Attention Don"** on the envelope]  
1500 Pleasant Hill RD [Note inside that it's for T & R calls]  
Lafayette, CA 94549 [& the Thursday call, as well]

**Tara, Rama:** Their full-time, life-time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, a home, gas

for the car, and access to BBS Radio in order to compile and distribute this information to the world.

- Donations via Paypal button on the **homepage of 2013 Rainbow Roundtable**

### **FOOD, BILLS, BASICS:**

**Food \$ - Paschats, R & T, the gas tank !! \$400 including a couple of bills**

**Auto Repairs: \$230 (parts)**

**New Tires: \$340 already paid for**

**Payment for mechanic labour: \$220**

VIA PAYPAL OR GO TO [www.rainbowroundtable.net](http://www.rainbowroundtable.net) –  
**where there is a donate button !**

- **Please notify T & R if you're sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)

**EVERY \$ HELPS: no amount is too small!~ ALL GRATEFULLY RECEIVED**

- Rama's mailing address for cheques, Money orders: Ram D Berkowitz  
PO Box 280  
Santa Cruz, NM 87567
- **Remember: you can book a session with Mother, as well!**
- To make **donations to the Fresh Produce Fund for Tara & Rama -**

**\*\* go to [www.rainbowroundtable.net](http://www.rainbowroundtable.net) and find the link to the donation button**

**[koran9999@hotmail.com](mailto:koran9999@hotmail.com) is the link to use with Paypal**

- Your donation supports an account set up for Tara & Rama with Beneficial Farms Community Supported Agriculture in Santa Fe, NM
- These funds are used exclusively to maintain this weekly account for a steady supply of fresh produce to Tara and Rama.  
They and the sponsors are very grateful for your assistance.
- Let Rama know by e-mail that you are sending any donations: [koran999@comcast.net](mailto:koran999@comcast.net)

**FREEMART:** <https://www.shopfreemart.com/tarram> a/c # 7000

- Freemart is a private shoppers club; it's **FREE TO JOIN.**
  - all the products have much to offer, so take a look!
  - check out the headings called **READ MORE** - it's definitely worth the time!

Rama and Tara are being helped by this account: they get their supplements there.

**The returns also help RainbowRoundtable**

### **C: INFORMATION SOURCES RELATIVE TO M.T. KESHE AND KESHE FOUNDATION**

contact Rainbird with questions: [lightenergync@gmail.com](mailto:lightenergync@gmail.com)

<https://www.youtube.com/watch?v=aLaVutWXju0> **(CHECK THIS OUT)**

## One Cup One Life – Production and Application; Prevention and Reversal of CoronaVirus

[https://en.kfwiki.org/wiki/One\\_Cup\\_One\\_Life\\_-\\_Production\\_and\\_Application\\_-\\_Prevention\\_and\\_Reversal\\_of\\_the\\_Corona\\_Virus](https://en.kfwiki.org/wiki/One_Cup_One_Life_-_Production_and_Application_-_Prevention_and_Reversal_of_the_Corona_Virus)

### KF Wiki

<https://www.kfwiki.org>

The free Plasma Cyclopdia of the Keshe Foundation

### Keshe Foundation Store

<https://store.keshefoundation.org/store/?alias=store>

### Keshe Corona site

[www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/](http://www.plasmainnature.com/health/coronavirus-1-cup-1-life-series-protocols-and-other-info/)

**Keshe Letter to World Leaders about the studies using the plasma technology with covid patients**

[www.plasmatimes.com](http://www.plasmatimes.com)

**E: ACCESS TO PODCAST:** The audio link below allows you to listen to the entire program.

<https://bbsradio.com/podcast/true-history-april-24-2021>

**F: THE NEW WEBSITE AND ADDRESS: [WWW.RAINBOWROUNDTABLE.NET](http://WWW.RAINBOWROUNDTABLE.NET) –**

Still under construction, but already in use: take a peek . . .  
all of Caroline Oceana Ryan's updates are posted there too

### IMPORTANT NOTICE:

**March 19, 2021 was the launch of KFTV**

<https://vimeo.com/526497248>

**Go to the 40 minute mark as that is when KFTV goes live**

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**Rama and Tara: R, T . . .**

Greetings to all! Thanks to Cheryl and Rainbird.

**R:** the Nameless Ones are in the Wesak Valley with 30,000 other people, and the ships from various galaxies and their delegations

- They shared that what has happened with G. Floyd and others is about the larger story that Dr Greer talks about: when we have the consciousness, we can talk with beings from all around the Universe
- This story is so huge!

- Also talked to Senator Peter Worth of New Mexico – he knows about the chemtrails and the geo-engineering – quietly gathering folk around him and discussing; he also knowS about Elanna Freeland and Clifford Cornicon - both live in the North West.
- also knows that the dark ones want to detect the warp signatures of the cloaked ships -
- Saw a story today: more spherical shaped ships around the sun – has to do with what is going on with the sun – lots of solar flares – and a solar tsunami as it was called on spaceweather.com – it look like plasma bursting forth from the sun –
  - the galactics are protecting us with force fields from the worst effects
  - **the big story is about us!**
- Sen Peter Worth is getting into these realms – it’s sci fi stuff: how do you explain to simple farmers about the battle between the dark and the light?
- Other things going on:
  - Joe Biden denounced the genocide in Armenia; Erdogan blasted Uncle Joe for doing this
    - Don’t know how to think about the PTSD that comes up when we think of this
  - There are some symptoms about those who are defeated & not wanting to give up –
    - that is what is behind all the shootings esp of black and brown
    - these guys and sex, money – rape is a tool of war and it’s over
    - the ones promoting this wand continued war
- Sen Peter Worth – putting himself out there as someone who is just saying it’s time the truth comes out and as Dr Greer has said: so many have died bringing out the truth about our friends out there and whether the dark side likes it or not, the dark side will have to comply
 

**T:** the language we use to discuss this is important – no ‘us’ and ‘them’ stuff

**R:** because the MIB have infiltrated Hollywood and the stories: things are muddled.

**T: Oscars tomorrow:** 9 POC nominated – shows an increase in diversity

- serious situations going on:
  - today a ceremony for DMX – all kinds of people came to stand as the hearse went by
  - Andrew Brown Jr – 40 years – refusing to take the camera video and make it public
    - this was under the watch of the Sheriff – other police are trying to remove themselves from the sheriff, implication being that something is wrong with the Sheriff
    - Mr Brown has a record of running from the police (which seems to be understandable!) - yet white people have little or no comprehension of what that means as they are not brown or black
      - he had no gun and it was obvious: what was going on is that the sheriff’s office planned this
      - Not only did he not have a gun, they shot him in the back – 10 BULLETS IN HIS BACK – 100% homicide! ! !
- The stripping away of the veil is happening . . .

**Going Underground** today: Tony Blair was guest – can now tell how many lies are going on! Any time there was a lie, the host just said that this and this and this has been said – and never took on the responses given by Blair

<https://www.youtube.com/watch?v=656Gleh96w0>

YOU MUST change the way you make electricity - the way to do it is already here - there are ways of making electricity that are for city blocks so that if one fails you can get some from next door - the utilities will not be able to restore during an ice storm or freezing rain

- tho' it must be against the law to use a wood burning stove - can do so in an emergency
- Gaia goes through these cycles at certain points to restore things  
glaciers recede and then grow - it's a cycle !
- At its height the cycle - 15 years will have some of the coldest and warmest - will see more cold lasting longer than the warmer - the greatest news is that we decided to stay and evolve - the cycle will always provide

Next: how old are you ? Basic truths - using consciousness to extend life

- we would be linear we'd count our age by years
  - this **does not tell us our life span**: there were times when the ave lifetime was 40
- how old are you? Where are we in the expectancy of how long we are going to live? And who is doing the expecting?
  - our lifespan is not determined by a scientist or by data - we have mostly just existed as opposed to living! The human body is designed to live 100s of years !!!
  - it doesn't because consciousness is not raising to that level that believes it can go beyond 80 or so - if you ask the body how old we are it knows, and won't count years!

ASK YOUR BODY - is it possible that we can determine how old we are and our life expectancy completely detached from what anyone else says ! ! !

- There are those old souls who know what he is talking about: my body tells me I am far younger than the # of years I've been on the planet - how can that be?
- What if somehow we reset the body clock by how we think, how we act?  
WHAT WE THINKS CONTROLS WHEN WE ARE GOING TO DIE - we see it as inevitable: why not extend it -

**some truths:**

**life expectancy is COMPLETELY AND TOTALLY controlled by consciousness PERIOD!**

Some will argue - why do you think you can think past disease?

**4 things to think about**

- a higher consciousness human being will not catch disease because the cellular structure knows what to do about it - will change things so nothing sticks
- how do explain spontaneous remissions that happen so fast Could it be that the consciousness of the human being says I don't want to go that way - I WANT TO STAY and the body reacts

## #1 who are you?

- We are a product of what our parents said we were – so many of you come from wonderful upbringings – or not .
  - Were we told we could do anything – or nothing?
  - When we got old enough to make your own decisions, did you ?
  - What was your reaction when you were told you were born dirty? Do you believe that suffering is part of lie [reference to going to church, hearing the story of sin, etc etc etc]
- Many awoke in self-awareness and started to figure it out ourselves - some of us healed our own bodies – how?
  - Our bodies will react to who we say we are! ! ! If you're here to suffer your body hears that
  - what if you can say I AM MAGNIFICENT; I AM A CREATOR OF THE CENTRAL SOURCE AND I HAVE A SOUL IN ME THAT SAYS I WILL STAY AS LONG AS IT'S APPROPRIATE - a meeting in our cells will say 'Did you hear that! The human is in charge! The sacred of us is in charge!'"

## #2 How do we think about our past?

- Recent channelling about forgiving all in our past that would
  - tell him about our past: if he sat next what would it sound like?  
Woe is me – had an awful past – lays out the details . . . and I'm gonna die soon! And you will! Sooner than you should
  - tell me about your past – there's been some challenges; I've walked through the old energy to get to this place –
  - can we re-think about what has happened and re frame it in a positive way: I got thru it because I am magnificent and I will never have to go through it again !
- We've evolved into something greater

## #3 How do you think about your future?

- Some say if it's anything like the past won't be pleasant - and there are so many who are afraid of the future they won't go there and their body is listening
- now we don't know the
  - tomorrow I have light and the day after – I am a light worker -that's who I am - and the body reflects that and the body
  - THE DNA IS PROGRAMMED TO LISTEN TO CONSCIOUSNESS: THE GENES THAT THE DNA MAKES ARE PROGRAMMED TO LISTEN TO US AND WHAT ARE WE TALKING THEM ABOUT OUR FUTURE? ? ?

## #4 He was going to make this first, now it's last

- told us about a teaching from the Pleiadians
- **one of the 5 spokes had to do with life extension** – they told us about the children that the things that pass through veil untouched is LAUGHTER
- the name we have in light shimmers in joy and laughter – that is what compassion does it makes you want to burst out in joy and laughter- all you wanted to do as a child was play and laugh
  - If you don't have laughter, our body know it and we won't live as long as we want to – the child within is not subtle – have it or not –
    - have to find it and find the laughter –

- when you walk into a new situation, do you smile or frown? Where is the inner child when you walk into a building and have to fill out all the forms?

**T, R: The human body has been designed to live 1000s of years! ! !**

**AUDIO: Kryon Speaks Directly to Your Higher Self to Bring The Real You Forward Permanently**

<https://www.youtube.com/watch?v=tvvrT9nUjH0>

- wants us to feel all that is possible to feel
- the channels on the workshop days are different – speaks to seekers, those who stay and ask the questions at the end of the show  
the awakening process is for humans, no matter the age or condition

**Music: 2014-02-22 Deva Premal and Miten: The Gayatri Mantra Made Visible**

<https://www.youtube.com/watch?v=iTjiWYPPe9A>

From the album **The Essence** by Deva Premal, details here: <http://bit.ly/1mjrgHq>.

The Gayatri Mantra is said to be the oldest and most powerful of mantras, purifying the person chanting it as well as the listener.

Now the science of Cymatics reveals the beautiful, transformational patterns that these ancient sounds create when passed through water.

As cymatologist Evan Grant notes, "Sound does have form and we have seen that it can affect matter and cause form within matter."

**T:** body designed to live 100s of years – just for starters! ! !

- **Mr X** said they are playing around with biological and technological energies they have figured out how to play with those energies: it's not a virus any more
- Kryon's words more critical: can remain healthy and vibrant with **consciousness!**

**R:** as Kryon said, THIS IS HUGE!

**AUDIO: Nassim Hamein - Part 1 | PRETTY INTENSE PODCAST EP. 83**

2021-04-22

[Danica Patrick](#)

65 minutes

[https://www.youtube.com/watch?v=RvqY\\_cw0f-A](https://www.youtube.com/watch?v=RvqY_cw0f-A)

**Nassim Hamein - Part 1 - PRETTY INTENSE PODCAST EP. 83**

My guest today is a world leader in physics. The galactically charged Nassim Hamein. I have been looking forward to this interview for a long time, and I made the most of it. So much so, we have had to break it down into two episodes.



Because I recently fulfilled my dream of visiting Egypt, part one of this captivating interview is about Egypt. Nassim has spent many years researching and analyzing the secrets of Egypt. As an expert in the field of proton energy, Nassim's equations suggest, un tapped, boundless energy available to us.

His theories can even be use to explain how it was ever possible for the Egyptian, Mayan, and Inca pyramids to exist. Could they have come form a civilization far more advanced than our own? A civilization so advanced they could control gravity, and have a boundless energy source necessary for building such massive structures. I hope you enjoy this cosmic view of Egypt.

## ASTROLOGY

**RICHARD [RI]**

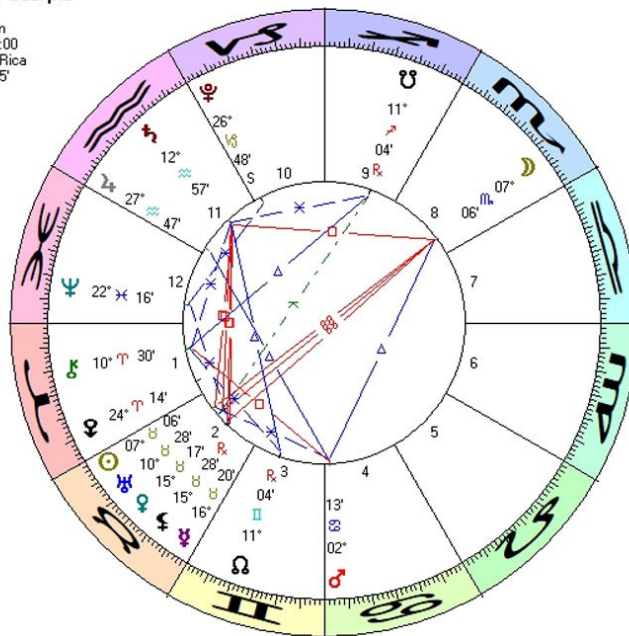
**AUDIO: Astrology Forecast** April 21, 2021

[Astrology for the Soul April 21, 2021](#)

[https://youtu.be/OWLW\\_VQoKC0](https://youtu.be/OWLW_VQoKC0)

[Click here to listen to the Pele Report](#)

**Full Moon in Scorpio**  
**Natal Chart**  
Apr 26 2021, Mon  
9:32 pm CST +6:00  
San Jose, Costa Rica  
09°N56' 084°W05'  
Geocentric  
Tropical  
0° Aries  
True Node



***I can project,  
And live outside myself,  
Or take responsibility,  
To build more health and wealth.***

## **Calling all Bulls!**

**The bull has long been a symbol of fertility. The Sun transiting the sign of the Bull signals a good time for all of us to feel the powerful life energies surge up within our bodies, ready to create something real, something tangible, something powerful.**

**Something new.** Particularly this year, as the great innovator Uranus will be sending lightning bolts of rebellious, "I've got to be me," blasts of energy our way. Rather than be surprised and shocked at how crazy and unpredictable the world, the government, the financial markets, the cost of living, or Bitcoin is, it behooves *US* to be the disruptors, the initiators, and the inventors of a new way.

As the Sabian Symbols depict, my feeling is that rather than get caught up in the frenzy of "madness" going around these days, it's better to sit still (I couldn't leave the river after the Pele Report!), breathe, listen, center, and surrender to the messages rising from within your soul.

**These Sun, Mercury, Venus conjunctions to Uranus squaring Saturn reflects the necessity we may all be feeling to step further into SELF-determination rather than waiting, following, or being pushed.** I urge you to trust the downloads you are receiving now as they are coming directly from your potential future self and calling you forward to a new liberated, more enlightened expression of that Self!

**Perhaps the powerful urge to get your beautiful self down to beautiful Costa Rica is also welling up with your soul! We are ON with ["The Saturnian Reality of Creating a New Uranian Paradigm"](#) workshop!** Despite what erroneous (or manipulative) information may be getting promulgated out there, my sense, and the astrology that guides it, is that the planet and life are safer than many believe. Our mother planet is far more stable than the minds of those who seek to dominate it. I hope you are not fooled. **May you dig deep within your soul to realize your highest personal destiny, which only you can create and summon the power from within to do it! Blessings!**

**Welcome, Taurus with Uranus riding the bull!** In merging all the different aspects and cycles interweaving together at this time, I am both excited for profound revelation and realizing the need to surrender and allow it to arise within me instead of chasing/hunting for it. **The seed from Aries is now planted in the soil of Taurus and needs to be allowed to grow... not pushed.**

**While it's not time to push, it's also not time to be pushed! We need to protect and nurture the seed of new beginnings, meditate upon and listen to the origins of our desires, and ask them to show us the way.** We need to trust that the path will be revealed at the right time and stay the course that has been begun. The pull of the past might try to slow, stop, or hinder the unfolding of the new you. Don't let it. Other's may act as agents of the past, scolding, holding, or trying to control the new emerging you. **Don't let them—time to dig in those hooves like a good bull and be strong.**

**You have a name, you have a song, and you have a dream. Be that. Blessings.**

***So Much Love,  
Kaypacha***

**AUDIO: Ep. 105 – Stellium in Taurus: Express Acts of Love**

[https://www.youtube.com/watch?v=QrDV\\_j7L6f4](https://www.youtube.com/watch?v=QrDV_j7L6f4)



A beautiful meetup in Taurus of the Sun, Mercury, Uranus and Venus – ruler of Taurus – creates dynamic opportunities to break free from separation and embrace your natural state of love acceptance, peace and contentment. A powerful invitation to see love everywhere and in everyone.

<https://taniagabrielle.com/ep-105-stellium-in-taurus-express-acts-of-love/>

**CONFERENCE CALL**

**Link to Conference Call:** <https://fccdl.in/gUSuAb6SFS>  
**rainbowroundtable.net – archives/audio**

Discussion – one of the callers has been exposed to a staff member -

- discussion of various things to do to help – especially using Freemart products
- Use of apple cider and borax when someone has been tested with a swab up the nose – ARRGH!

**Some voices were cutting in and out – difficult to hear**

**T:** when they make it more and more difficult to communicate, it's a sure sign that what we're saying is what they don't want us to know and or pass on to others

**CA:** the ingredients needed for some of these remedies which are not commonly used are items people need to be educated about

- Iodine – the Freemart stuff is the best: the other kinds of iodine have been either removed or reduced in amount for regular use – they knew what they were going to do

**CA: is** driving – why caller can't be heard clearly - brings up the concept of CBD being put in food . . .

**MG:** a lot of the government facilities that are producing the cannabis . . .

**R:** helps with PTSD and the normal stresses of what we are going through now - and CBD is different to [something else]

- DMT is another chemical which works with serotonin on the brain

**SO:** advice is to muscle test if the body needs it/wants it – whatever you are considering to take

**Mel:** reliable source - cbdistillery.com – can go through Thom Hartmann

**Mel:** talking about having Caroline Oceana Ryan on Noory's Coast to Coast show – she knows

**T: BECAUSE OF THE MALINTENT of the dark ones, St Germain WILL BE INTERVENING; it will be/is THROUGH THE LIGHTWORKERS AND US SPREADING WHAT WE'VE LEARNED**

## B B S RADIO

**Rama's music  
for the goddess: the return of spring**

### **All Kinds of People – Love will find a way**

this is the sound of all kinds of people. . . this is what I'm sayin'; this is what I'm saying

**AUDIO:** [Psychedelica](#)      **Cannabis: Tree of Life**

<https://www.gaia.com/video/cannabis-tree-of-life>

S2:Ep6

31 mins

April 19, 2021

Cannabis may be the fabled tree of life mentioned in nearly every spiritual tradition on Earth. Archeological finds prove that this is one of the oldest cultivated crops because of its myriad of uses ranging from expansion of consciousness to construction materials. We explore many of the uses of cannabis and hemp, beyond the psychoactive properties, to see why it was such a revered plant. As many of these benefits are coming to public acceptance, and we see an increase in production, we must be careful that we do not lose the sacred connection to this ancient plant medicine.

*Featuring:* Tricia Eastman, Dennis McKenna, Andre Tannous, Kimba Arem, Brigitte Mars, Maya Shetreat, Rashad Evans      *Video Language:* English

**AUDIO:** [Initiation with Matias De Stefano](#) - **Vibratory Language Of Atlantis**

<https://www.gaia.com/video/vibratory-language-of-atlantis>

Matias De Stefano introduces us to the sacred vibratory language of Atlantis, which they used to build realities through their technology of frequency and sound. He explains that the universe divides its unity into different vibrations, which can be seen with the different names of God, the gods of Atlantis, the flower of life, and the Merkabah. As Matias walks us through a deeper understanding of the "All Seeing Eye", the sacred OM, and the vibrational foundations of the Tree of Life, we rediscover the power of connecting with these sacred frequencies, to consciously build our reality through sound and vibration.

Instructor/Host: Matias De Stefano

Video Language: English

**AUDIO: The Hero's Adventure**      [The Power of Myth with Joseph Campbell](#)

### **The Hero's Adventure**

**S1:Ep1      58 mins      1988**

<https://www.gaia.com/video/heros-adventure>

Long before medieval knights charged off to slay dragons, tales of heroic adventures were an integral part of all world cultures. Joseph Campbell challenges everyone to see the presence of a heroic journey in his or her life.

**SEE BELOW FOR THE LISTING OF THE INTERVIEWS, AND FOR THE LINKS TO THE FIRST 3 EPISODES ON GAIA TV**

**AUDIO:**      **Cosmic Disclosure with Emery Smith**                      **E.T. Communication & Contact**

S13:Ep3

27 mins

April 20, 2021

<https://www.gaia.com/video/et-communication-contact>

The Apunians, E.T.s from Alpha Centauri, have had many years of direct face-to-face contact with Ricardo Gonzalez. This was not the only form of contact he and others have had with such otherworldly visitors. He describes many ways that various civilizations can reach out to Earth including telepathy, dreams, astral travel, and interdimensional portals. He addresses the difference between telepathy and channeling, and how these forms of contact can affect the human host. Plus, we take a look at close encounters of the 3rd, 4th, and 5th kinds.

Instructor/Host: Emery Smith    Featuring: Ricardo Gonzalez    Video Language: English

**AUDIO:**      **Beyond Belief with George Noory**

**Constructing Realities In The Quantum Realm with Marina Jacobi**

S 16:Ep12

37 mins

April 21, 2021

<https://www.gaia.com/video/constructing-realities-in-the-quantum-realm-with-marina-jacobi>

What is the dimensional quantum realm and how does it affect our reality? Dive deep into dimensional quantum experiences by breaking long chain patterns and reconstructing molecular structures to open new possibilities in your life. Marina Jacobi, a 4th generational intuitive, channels inter dimensional beings to help people understand the quantum and the physical structure as magnetic and gravitational fields. It is through our choices and our vibrational outputs that we manifest our reality, affecting all of our timelines or parallel universes. Watch as she weaves possibilities of reprinting & restructuring realities.

Instructor/Host: George Noory    Featuring: Marina Jacobi    Video Language: English

**Reading:**      **A message from The Collective**                      **April 23, 2021**

**Closing:**      **Rainbird**

**Rama**              **Alan Watts – Infinite Possibilities**

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

## INFORMATION RELATED TO THE NOTES

2021-04-24      **JOSEPH CAMPBELL and The Power of Myth – Bill Moyers, interviewer**

Below is the listing of all the episodes.

### **Joseph Campbell and the Power of Myth with Bill Moyers (video)**

<https://www.jcf.org/works/titles/joseph-campbell-and-the-power-of-myth-with-bill-moyers-video/>

**By Joseph Campbell | Bill Moyers**

#### **See also:**

- Book: [Joseph Campbell and the Power of Myth with Bill Moyers \(book\)](#)
- Audio: [Joseph Campbell and the Power of Myth with Bill Moyers \(audio\)](#)

Forty years ago, renowned scholar Joseph Campbell sat down with veteran journalist Bill Moyers for a series of interviews that became one of the most enduringly popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence. Released shortly after Campbell's death on October 30, 1987, *The Power of Myth* was one of the most popular TV series in the history of public television, and continues to inspire new audiences.

#### **Ep. 1: The Power of Myth – 'The Hero's Adventure'**

Joseph Campbell encourages the audience to discover what excites them, and to make that the basis for their personal journeys.

#### **Ep. 2: Joseph Campbell and the Power of Myth – 'The Message of the Myth'**

In this episode of *The Power of Myth* Bill and mythologist Joseph Campbell compare creation myths from the Bible and elsewhere.

#### **Ep. 3: The Power of Myth – 'The First Storytellers'**

Joseph Campbell explains how ancient myths bring humans to understand and accept birth, growth and death.

#### **Ep. 4: The Power of Myth – 'Sacrifice and Bliss'**

Bill Moyers and Joseph Campbell discuss where heroism can be witnessed in modern society.

#### **Ep. 5: The Power of Myth – 'Love and the Goddess'**

Joseph Campbell traces the beginning of love, as we think of it today, to twelfth-century troubadours.

#### **Ep. 6: The Power of Myth – 'Masks of Eternity'**

Bill Moyers and Joseph Campbell discuss the common experience of God across cultures.

## 2021-04-24 The Power of Myth – Joseph Campbell, interviewed by Bill Moyers [PBS]

In this beloved series, mythologist and storyteller Joseph Campbell explores what enduring myths can tell us about our lives.

More than thirty years ago, **renowned scholar Joseph Campbell sat down with veteran journalist Bill Moyers** for a series of interviews that became one of the most enduringly popular programs ever on PBS. In dialogues that adroitly span millennia of history and far-flung geography, the two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, the virgin birth, and pop culture.

Filmed at George Lucas's Skywalker Ranch and New York's American Museum of Natural History, this series demonstrates that, despite superficial differences between cultures, all stories are humanity's story.

### **The Hero's Adventure                      S1:Ep1                      58 mins                      1988**

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/heros-adventure>

Long before medieval knights charged off to slay dragons, tales of heroic adventures were an integral part of all world cultures. Joseph Campbell challenges everyone to see the presence of a heroic journey in his or her life.

### **The Message of the Myth                      S1:Ep2                      56 mins                      1988**

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/the-message-of-the-myth>

Bill Moyers and mythologist Joseph Campbell compare creation myths from the Bible and elsewhere. Campbell compares the creation story in Genesis with creation stories from around the world. Because the world changes, religion has to be transformed and new mythologies created.

### **The First Storytellers                      S1:Ep3                      58 mins                      1988**

[The Power of Myth with Joseph Campbell](#)

<https://www.gaia.com/video/the-first-storytellers>

Joseph Campbell explains how ancient myths bring humans to understand and accept birth, growth and death. Campbell discusses the importance of accepting death as rebirth as in the myth of the buffalo and the story of Christ, the rite of passage in primitive societies, the role of mystical Shamans, and the decline of ritual in today's society.

**2021-04-23 A Message to Lightworkers – April 23, 2021** by Caroline Oceana Ryan

*This week's guidance from the Ascended Masters, Galactics, Earth Elements, Fae Elders, Angelic legions, and Archangels known as the Collective:*

Greetings, friends! We are very pleased to have this moment to speak with you today. Today our writer has a question, which opens an issue that many are dealing with now in more than ever.

**COR:** My friends, I would like to ask about the issues of financial debt. Millions have gone deeper into debt due to the economic effects of the pandemic.

Could you assist us in how to release debt for good?  
I realize that that may be nearly impossible in a system dedicated to debt. But some assistance in this issue would be greatly appreciated.

I know a number of people who lost their job and/or their housing in recent years, or who have been facing large medical bills, among other issues.

But even those who still have a steady income are finding it difficult to carry on as fully as they would like right now.



*Doneraile Park, Ireland – Photo by Sheila Fitzgerald*

**THE COLLECTIVE:** We are happy to speak on this issue, dear one.

You are correct that many are in a position that feels tenuous to them now.

For one, you all of you participate in a system that is not of your making.



The “rules” have been written with non-human entities such as banks and corporations ranking first in order of who is served.

People and environment come last in that system, though occasionally claims are made to the contrary.

**Most people realize the unevenness of this arrangement while still quite young, because as children you tend to ask a parent for something you would love to have.**

**You do this while still resonating with the memory of creating instantly via projected thought, as one does in the higher realms.**

The parent has long been re-trained regarding having what one desires, with all the presumed constrictions of Earth life.

And so they will often reply, one way or another, “No, we can’t spend money on that right now!”

Or they may grow angry with a child who asks for a toy or to be taken somewhere fun, diminutizing the child’s preferences as nonsense or as asking for too much.

Often a parent or caregiver speaks out of a sense of shame or sadness or anger that the family does not have more money than it does at present.

Or they may borrow the money needed, and feel the inner weight of debt in their energies.

Certainly it is not healthy for a child to receive everything they impulsively desire in the moment, as that impedes growth and wisdom rather than supporting such.

Yet the denser effects of almost always hearing “No” from the parent are that, for one, the child feels that it is actually Creator, the Universe telling them “No”—that they must wait, or work hard, or pray hard for what they desire. Or all of that.

They then “learn” that what they or anyone desires does not flow to them easily and joyfully.

No one has answered their request with “If that is for your higher good, then it shall come to you in perfect time and way.”

That sort of answer would make a world of difference to a child, who could then hold a sense of Joy at the thought of easily receiving what they desire, or something better.

They would not be hearing “No” so much as “that which is best for you is always flowing to you, easily and Joyfully.”

**Though children are not known for their patience, much good can come of teaching them to hold something they desire in their hearts, and to take Joy in the thought of it, which children will do quite naturally as they anticipate something Joyful.**

Hearing a flat “No” or “You have to wait for another time” without the affirmation that their Good is always flowing to them builds a sense of loss that is hard to take.

To their young heart-mind, that means that the Universe withholds what they desire for a particular amount of time—perhaps, indefinitely.

This translates over time to the feeling that “If I don’t get that now, I will never have a chance to get it.”

There are other factors as well that contribute to the feeling that something must be bought or experienced in the moment, whether or not the buyer has the money available for it at that time or not.

We are aware that many have gone into debt to cover basic cost of living, and not only due to purchasing something desired yet unneeded.

What we point to now is the underlying belief that “There is not enough,” which undergirds all debt situations.

There are at times valuable lessons to be learned from borrowing.

And there are also what we would call positive borrowing experiences, which are linked to long-term positive situations, such as buying a home, training for a job, or receiving further education.



*Photo by C O Ryan*

Yet even these things, you know in your heart of hearts, should be well within your grasp, in a fair and equitable world, without the action of borrowing.

**And so the social training and overall expectation that debt is a way of life is highly faulted at its conception.**

No one should “owe” anyone anything as a condition of being alive.

Millions are refusing to accept that as a way of life now, and the minimalism movement, the “tiny house” movement, off-the-grid living, and self-education movement—all of these are current forms of refusing to accept that one must buy certain items or experiences in order to feel fulfilled.

In fact, too often the opposite feeling ensues.

**When one desires and obtains something within a particular frequency of consumption, that paves the way for an ongoing sense of Need that relates not to actual outer need but to inner feelings of lack which no amount of outer receiving can ever fulfill.**

This is a cycle perpetuated in modern life in the wealthier nations, and even in some of the less wealthy nations, and it has led millions into unnecessary debt, out of an unending sense of “I must have this,” a false “need” which is never fulfilled.

**Regarding going into debt for essentials, we would ask that all who have done so cease to feel bad or wrong about this.**

We ask that you cease to feel at a loss, or that you have failed in some way, or that the Universe has abandoned you. None of that is so!

You are doing what you can to remain afloat in a tenuous time when your very economies are failing to support that which they have purported to support and stand for, for many centuries. You see now the lie of the “every person for themselves” sort of philosophy.

The feeling now is that either you all sail together, or you all sink together, to revise Benjamin Franklin’s famous comment.

**Humankind is increasingly seeing now that sailing together in a vessel not meant to hold everyone is not only a horrible lie, but a ridiculous undertaking.**



*Photo by Jerry Moriarty*

“Why can’t we ALL know financial Abundance?” is a question being asked by millions now, and not only those who openly call themselves “spiritually aware.”

“Why is it that the elite have written an economic structure that excuses them from all the forms of responsibility that are required of the working man and woman?”

“Why is it that the Earth is expendable to them, and so are workers, while we who do all the work are considered cannon fodder for their wars?”

And so as these questions flow from you, you begin to see the idiocy of “grading” yourself on how much you have saved or how much you owe to others.

**We would say, separate yourself from the energy of debt—from the frequency of it. Notice what you DO have, and give thanks!**

Begin to notice all of the endless and ongoing forms of Abundance in Nature that are constantly available to you—the leaves on the trees, the blades of grass, the grains of dirt or sand—all of it nearly endless and uncountable!

**That is the Universe you live in. Not one of lack, but one of Plenty.**

Look at your own body, and consider all the ways in which you are healthy—what is going Right with your body now? What are the things that never trouble you physically?

Consider all the necessities that are there without your asking for them—the air you breathe, steady ground beneath your feet, any food you are able to have, even if you received it from a food bank.

Consider the depth of your own life experience—all you know and all you are. Your gifts and abilities and depth of interests and inner Wisdom and Knowing—there is true Abundance! And it has nothing to do with a bank balance.

**Give thanks for all you are and all you have, friends!**

Not out of a sense of, “Well—at least I have *something*,” so much as “I have so much that is so important to me, and so amazing! I feel so wealthy! Thank you, Universe. You are always fulfilling my desires in perfect ways.”

This shift in focus and emotional resonance can shift your outer situation powerfully, even quickly. There is much to say on this issue, but we would say for now:

**Take your focus off of that which you do not have, or the feeling that you lack what is needed in the moment, and constantly affirm that you *have more than enough*, that your cup is overflowing.**



*Photo by Vanessa Pillay*

Just holding that image in your heart-mind is very empowering! And know that you are never abandoned to any situation, no matter how trying.

Release the need to judge where you are in life, and focus inwardly on all you have come through so far, and all the incredible wealth you carry within you, though economies should come and go.  
**You are the rock upon which the New Earth is being built!**

**How could you be anything but empowered to create wealth in every way, on every level?**

The more you concentrate on how wealthy you are, and comment on such—better yet, *write down* that you are wealthy and free of all debt, bringing that Truth into the physical world—then the more it will become so, through a series of remarkable events that none can withhold from you.

We ask, in other words, that you *view yourselves differently*, in order to experience something different from what you are seeing now.

The perspective (the vibration) comes first, dear ones, always.

Namaste, friends! We will speak more on this.

And for now, remember that you are never alone.

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