

**"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  
**THIS WEEK, THE SUM IS \$450 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 **homepage of [www.rainbowroundtable.net](http://www.rainbowroundtable.net)**

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

**Food \$ - Paschats, R & T, & gas tank !! \$200 + \$450 for bills**

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 heading **READ MORE** - 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/g th////e plasma technology with covid patients**

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

**KFTV**

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

<https://vimeo.com/526497248>

**The 40 minute mark is when KFTV goes live**

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

**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

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

Greetings to all Things feel so imminent and also so ominous

**R: Text message from Sweet Angelique the Cat**

- as Lord Michael said last night: call me in
- Major undisclosed events are going on – to do with what’s gonna come out as the narrative gets out about the craft that have been seen by navy pilots and others around the world

- Sen Harry Reid has lots to talk about – they are involved with Skinwalker Ranch in Utah, a place where portals open – about disclosure of all kinds going on
- there is a fight to the death between the Right and the Left – to do with obfuscation and distraction; the idea of Drumpf getting back to the White House is insane
  - 25% of voting folks claim to be Republicans and of those republicans, he carries 35% at the polls – very few people joined in his blog, so it is now shut down
  - on the tv today, he looks so old; still going to give a speech in N Carolina –
- They are going to Dracos: a huge deal about all the stories that have gone on since Prof Howard Carver discovered King Tut’s tomb and to this day still not talking about what they found; some things are still functioning technologies – and other forms of electro-magnetic energy
- There is something called the Djed pillar of Osiris and – used in healing – will be coming out sooner than later – the fight to the death between Left & Right: about the money!

### ***Djed***

**From Wikipedia, the free encyclopedia**



The *djed*, an ancient Egyptian symbol meaning 'stability', is the symbolic backbone of the god [Osiris](#).

The ***djed*** ([Ancient Egyptian](#): *dd* □, [Coptic](#) ⲁⲃⲉⲛ *jōt* "pillar", anglicized /dʒɛd/)<sup>[1]</sup> is one of the more ancient and commonly found symbols in [ancient Egyptian religion](#). It is a pillar-like symbol in [Egyptian hieroglyphs](#) representing stability. It is associated with the creator god [Ptah](#) and [Osiris](#), the Egyptian god of the afterlife, the underworld, and the dead. It is commonly understood to represent his [spine](#).

[Rama said nothing further about the Djed Pillar of Osiris – see the article in Wikipedia for more info]

- The real story is about wisdom – give them the wisdom to know about ascension in spite of the best efforts to send us all to the Borg!
- There are huge things going on: to do with the exposure – navy pilot and others have had experiences with our galactic friends back to the time of George Van Tassel – will all come out
  - has to do with the radical shift – he keeps being told at a certain point Commander Vrillon will turn on the switch and we'll have a chat!~

- It's not BS – it's real and feeling the love from these people cannot be faked: there is no agenda they come in peace!~

**T:** Major issue – the **insistence that Drumpf will be re-instated as president**, and Biden sent packing

**R:** This discussion has to do with serious issues going back to the Founding Fathers. The country supported itself using slavery to keep the country's economy going – now it will be a new timeline, and using consciousness – Sat Yuga is the order of the day!

**T:** another situation today **to do with transgender children** – it is not a choice; it is a psycho- genetically disposed condition; a child may have one set of organs in the body, but not in the psyche

- a number of states banning transgender children from playing in sports – not really constitutional

• **all the programs this morning speaking of UFOs** and showing full on footage – clocked in at **11,000 mph** – which is not even sub atomic speed, says Rama!~

- this is HUGE! They can change directions and continue the same speed - plunging into the sea without slowing down – these things are not from here as was said in TV!

~

**R:** very soon, either Commander Vrillon or Ashtar will take the screen and we'll hear another form of communication as we are prepared for Star Fleet

**T:** another craft – an object like a flying spinning top at hyper speeds – there is nothing like that on earth.

**R:** the Deep State wants to play with an anti gravity aircraft carrier which can go from the ocean up to space – an idea from **Avengers: Infinity War:**

- such an item is already built and they have it! There's lots of stuff they want to use to mess around with our minds - when we create our merkaba vehicle – our light body – we need no craft.

**R** has both seen it and experienced it – it's real! **It's about WHAT WE ALL ARE AND WE ARE ABOUT ETERNAL BLISS.** There are folks who've already gained that

**T: the cruise industry** returned to Venice, and met with huge protests – over the safety risk of huge ships in tiny canals!

R: need to find another way to travel

**T:** The number of **teens with covid** decreased radically at the start of the month – now moving upwards & they are being put on ventilators: being attributed to the variants – in a sense, the virus will go everywhere until it can't go anywhere

### **GETTING THE VACCINE IS DANGEROUS TO EVERYONE'S HEALTH. THE DANGERS OF WHAT IS IN THE VACCINE CAN LEAD TO DEATH OVER TIME! ! !**

**T:** T & R have made contact with a homeopath in Santa Fe who deals with people individually

- a homeopathic remedy is made with the minutest amount of a substance
- the virus hasn't been around for over a year – and that story will come out too:
  - it's about the American black ops with Fauci – he created AIDS with some of his buddies and put it in the blood banks that serve gay people -
  - there are kids with AIDS virus at 3-4 years old - and they are dying

• About 13,000 years ago they invaded the earth -

- next week R will talk to Lianora about living for 20,000 years without sickness

**AUDIO: David Icke on 'Energy, frequency and vibration and what Tesla called the akash'**

**2020-05-13 [IMPORTANT] This Is One Of The Most Important Videos On Youtube.**

<https://www.youtube.com/watch?v=516bBrCgv-k>

That's what NIKOLA TESLA meant by his famous quote: "If you wish to understand the secrets of the universe, think of energy, frequency and vibration."

<https://www.davidicke.com/>

**AUDIO: Interview with Martin Luther King Jr.'s daughter Bernice King (E1019) 2021-06-05**

**VIDEO: <https://www.rt.com/shows/going-underground/525740-interview-martin-luther-king-daughter/>**

**PODCAST: <https://soundcloud.com/rttv/going-underground-interview-with-martin-luther-king-jrs-daughter-bernice-king>**

On this episode of *Going Underground*, we speak to Bernice King, the daughter of legendary civil rights icon Martin Luther King Jr. She discusses why she believes her father was assassinated for speaking about economic justice and linking poverty to the immiseration of the working classes; the attempts to create a divide in the black liberation movement by pitting MLK against Malcolm X; the often unacknowledged yet vital role of her mother Coretta Scott King in the civil rights movement; MLK's opposition to the Vietnam War; the Black Lives Matter movement and the murder of George Floyd; the Tulsa Race Massacre and its significance in American history; claims by liberals that more black politicians and business leaders show marked improvement in conditions for African Americans, and much more!



**AUDIO: KRYON 2021 ~ The Most Profound Message**

2021-06-01

<https://www.youtube.com/watch?v=O4-3Bvo3IJQ>

will be the 2<sup>nd</sup> channel – from the start called "Assumptions"  
This is "Assumptions 2"

**AUDIO: KRYON 2021 – It Will Come Soon**

<https://www.youtube.com/watch?v=4Vj3z8vPTcE>

**R:** it was spoken of by Dr Strange in the multiverse of madness –

**AUDIO: On Contact: Confronting the ruling elite**

**2021-06-06**

**VIDEO:** <https://www.rt.com/shows/on-contact/525703-confronting-ruling-elite-falk/>

**PODCAST:** <https://soundcloud.com/rttv/on-contact-confronting-the-ruling-elite>

On the show this week, Chris Hedges talks to Richard Falk about the inner workings of the power elite and the institutions that do its bidding. Falk is professor emeritus of international law and practice at Princeton University, and the former United Nations human rights rapporteur in the Israeli-Occupied Territories.



Falks' new memoir, **Public Intellectual: The Life of a Citizen Pilgrim**, documents how he confronted entrenched political, military and economic power, especially after visiting Hanoi in 1968 at the height of the Vietnam War. During his tenure as rapporteur from 2008 to 2014, he often clashed with Israeli officials and the Israel lobby in his efforts to document and condemn human rights violations against Palestinians. He compared Israel's treatment of Palestinians to the Nazis' treatment of Jews. In 2008, Israel refused Falk, who is Jewish, entry into the country and deported him.

Falk has also denounced what he calls "*the global legalization of rogue behavior embedded in the UN Charter*," which vests a right of veto in the five permanent members of the Security Council, the only organ within the UN system with the authority to reach binding decisions.

**SEE TRANSCRIPT BELOW: INFORMATION RELATED TO THE NOTES**

## **ASTROLOGY      RICHARD [RI]**

**RI:** have had moon conjunct Saturn, then Saturn, then Jupiter this week

- new moon eclipse coming up in a couple of day
- Everything going on in Gemini

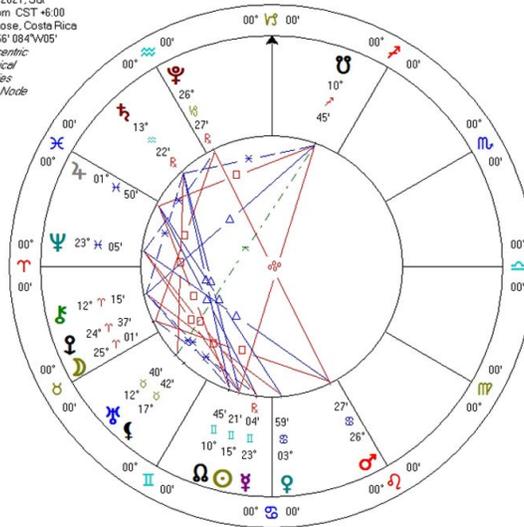
## **2021-06-02 Astrology Forecast**

[Astrology for the Soul June 2, 2021](#)

[https://youtu.be/M\\_88ja6hTI0](https://youtu.be/M_88ja6hTI0)

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

Mars opposite Pluto  
Natal Chart  
Jun 5 2021, Sat  
1:43 pm CST +6:00  
San Jose, Costa Rica  
09°N55' 08.4"W05'  
Geocentric  
Tropical  
0°Aries  
True Node



***I am sick and tired,  
Of doing what I'm told to do.  
I've got to be free if I'm to be me,  
And get into something new.***

**Hola Cosmic Crabs!**

**Well, one thing I didn't talk so much about in today's report but is certainly worth looking at is FAMILY!** With Venus and Mars both in Cancer (home, roots, and family) and the Sun, Mercury, and north node in Gemini, the sign ruling siblings, we've got some fam issues arising, I am sure. Let's remember that for "better or worse," we chose our family prior to incarnation, and it therefore carries a ton of karmic weight. **Feelings of abandonment, longing, resenting, blaming, missing, wanting, fearing, ignoring, the list goes on and on, can/will be coming up to be dealt with this week.**

**Of course, you have to look at your natal chart to see where Gemini/Cancer fall in it and the planetary aspects being made (intensely from 24-28 degrees of the cardinal signs Aries, Cancer, Libra, Capricorn) to gain more personal insight into the meaning and soul intentions.** However, one thing we all can do is be aware of the root dual co-existing desires within the soul. The one to separate from the Source that created us and the other to return to the Source that created us. All other desires arise from one of these, so you may want to remain aware when feeling this "need" (desire) or that, just which way you're going!

**Personally, I want to do more astrology! I'm working on a couple of workshops that hopefully will come together in a few months, but in the meantime, it might be fun to do an online Astro course.** It's been a while! I'm now interested in the significant, biographical periods of change common to all humanity. So stay tuned, and when I get it together, we can look back and make sense of what happened and look ahead from however old we are to see what's coming, together! Until then, blessings on your journey!

OK! I won't say get ready for some fireworks even though that's possible this Saturday with la Luna transiting through fiery Aries. **It will be more of a time of covert, challenging to express/speak emotional intensity going on this weekend.** We can focus on the positive results that can emerge out of the swamp of conflicting feelings. So many of us have been taught that irrational feelings don't make sense and we should not honor/respect/follow them that some of us may write them off to our own peril. **We ARE our feelings in contrast to HAVING our thoughts... let's put first things first!**

The second point to stress here is what I got to at the end of the report. **With Mercury retrograde, now is a better time to discuss, contemplate, and clarify these emotional needs more than impulsively or explosively ACTING on them.** There may be a tendency to overreact or have to deal with someone else who is overly defensive, in fear, not wanting change, clinging to the past, etc. etc. etc. Good opportunity to put into practice all that spiritual loving and patient caring/listening skills we've been working on! Blessings!

This week's song One! [Cat Stevens – Father & Son](#)  
And song Two! [Lynyrd Skynyrd – Sweet Home Alabama](#)

***So Much Love,  
Kaypacha***

**AUDIO: Ep. 111 – Gemini Solar Eclipse: Reflection + Rejuvenation**

<https://taniagabrielle.com/ep-111-gemini-solar-eclipse-reflection-rejuvenation/>



**Beautiful State of Mind: Gemini TOTAL ECLIPSE [June 10]  
Astrology Numerology Forecast**

<https://www.youtube.com/watch?v=nwN-Y5GKKOY&t=13s>

On June 10 the second of two eclipses takes place in Gemini, a highly positive New Moon Eclipse with Mercury, ruler of Gemini, in retrograde and conjunct the Sun and Moon. At the time of this eclipse your unconscious thoughts will come to light. Discover the wonderful opportunities birthed by this solar eclipse.

## **CONFERENCE CALL**

- RGM:** heard in interview from Saskatoon – 2 kids of 18 years old, holding a sign saying resist the jab – teacher told the kids that if they didn't get the jab the parents would die
- in Saskatchewan, parents no longer allowed to go inside the school to get their children - the kid said I get one hour of why to take the jab – and I want my friends to be alive in a year – and they are high school kids saying this!
  - The vaccines being used are known to have side affects both girls and boys: the girls can't bear children, the boys have no sperm count.

- Has sent an e-mail of Mr Keshe's interview about 30 minutes – an excellent interview to play on the show - update on corona virus; life enhancement units – an update on the Keshe Fdn – hosted by someone in the Philippines.
- He will be in the White House in Sept – **NASA wants his technology and the only way to get it is sign the peace treaty**
- Has sent out the link in Telegram to Connie; will send to Philip and to Kevin:
  - Kevin has been a quiet listener – sitting at the back of the class; finding calls very interesting – collective consciousness works together – S California

**RGM:** the Alberta Health Services has barricaded a church – padlocked it – against the law to stop services – but AHS says too many people at then – but really, the gov't is afraid of us!

- In AB this week, a lot of people were told to delete their Twitter accounts as there might be incriminating evidence now that Fauci has been found out and yes, it's dehumanization of people. People have been dumbed down

**About Chris Sky** – has toured all over Canada, telling people about their rights and freedoms

- the police in MB put out a warrant for him – so someone took him back to Ontario by plane!
- He said, if all you Q believers are going to sit on a couch and wait for a saviour you're nuts!
  - All I'm doing is telling people their rights and freedoms
  - the Fed Gov't sent someone to be his friend and then reports
- the police are targeting individuals because businesses are closed down and there is no revenue coming in
- in Thailand if you don't take the jab you'll end up in jail for 5 years and be fined  
Gates, et all have lined their pockets
- Chris is being sponsored to travel around Ontario to speak

**T:** 4.5 Billion going on 5 billion have been killed in last 21 months – want to get rid of as many as possible [before they, themselves, are removed!]

**RGM:** Chris issued a challenge to others. He went to a particular store to get some maple syrup - has a mask exemption, put his money on the counter, took the syrup and left –

- then he issued a challenge and 60 people did the same thing all at once;
- the store changed its position and dropped the requirement re exemptions

**T:** the physical body can still be killed – and they using the covid as an excuse

**Caller:** re the masks - shopped in her local town in 3-4 stores with no mask – interesting to watch people move away and watch you – hasn't been stopped tho'

**T:** Says the situation is not the same: black and brown people are being killed massively -

**Caller:** has coloured folks in her family ! !

**T:** many coloured people are dying like flies in the US; they are now getting it - that people are being targeted

**Caller:** people don't understand that they are immortal -

**T:** she made the distinction about people not being their bodies!

**Ca/Pa:** have spent a lot of time in this body working to improve – doesn't want to lose this current life!

**T:** to reincarnate will have to go to another time/space continuum -

- there is one dispensation: when people die since 9/11, can come back in their original bodies, healed [This dispensation was given by Mother]
- the energies coming in now are activating ascension consciousness – people still have to open their hearts
- it is also important to learn how to take care of the body – the medical thing is a lie from end to another

**Ca/Pa:** people don't really feel all that great, no matter what they eat

**T:** And some people have better access to good food than others

**Ca/Ge:** doesn't wear a mask - age is reversing: I HERCULES – feels pretty good

- has been told this from a galactic source:  
because of the mask BS, the galactics have said the “no interference regulation” [a galactic principle] has been lifted – the disclosure is in the hands of Ashtar – can expect contact at any time!
- Hollywood Bowl is open; shops at Trader Joes – no mask.
- Brings up the Nuremberg Code; don't need to take anything unless you know what is in it

**RB:** to ask about giving blood -

**Ca/Ge:** gave blood - 2<sup>nd</sup> time – rub your hands together it increases the count to make the blood more suitable – THEY DID NOT ASK ABOUT THE VACCINE!

- The blood was for the children in that hospital

**T:** question – the galactics are in everyone's face at this moment

LM Nada represented Lebanon and

she has connections – galactic in nature -

- Lady Nada is a wonderful human being – with a lot of persistence

**Ca/PA:** in physical form – like St G being Sir Francis Bacon -

**T:** yes, St Germain was born of parents

**T:** every single one of us are ascended masters – we have that template! And when we made the choice to return [to earth, as humans], we were omnipresent etc [ie, galactic in nature]

- Discussion about the difference between perfectionism and narcissism . . .

**Namaste**

**B B S RADIO**

**Rama's choices:**

- **Kadoish, kadoish, kadoish** – the singing version that Angelsu loved so much!
- Instrumental Music
- [Cat Stevens – Father & Son](#)

**AUDIO: Deep Space Energy Secrets of the Great Pyramid**

<https://www.gaia.com/video/energy-secrets-of-the-great-pyramid>

S3: Ep3

36 mins

New evidence suggests that the great pyramid on the Giza Plateau were used to generate electrical power. Try as we might, we still cannot replicate how the pyramids were built, let alone tap into their original purpose. We must let go of the mainstream notions that the pyramids were tombs, or that they were built only 4,5000 years ago. Our team of experts have been to these locations, gathered the evidence, and present a convincing case that an ancient civilization -- possibly of extraterrestrial origin -- created the structures at Giza to generate massive amounts of power. A power we can still tap into through the proper tuning of sound, vibration, and consciousness.

**Featuring:** Christopher Dunn, Desiree Hurtak, Jonny Enoch, Andrew Collins,  
Mohamed Ibrahim, J.J. Hurtak Video Language: English

**AUDIO: Cosmic Disclosure with Emery Smith Intergalactic Organization Revealed**

S 13: Ep9

28 mins

June 1, 2021

<https://www.gaia.com/video/intergalactic-organization-revealed>

From ancient times to modern secret space programs, advanced extraterrestrial technology has always been on our planet. Jason Shurka reveals what he has learned from a clandestine organization known as The Light System [TLS ] that has intergalactic connections. He describes consciousness enhancing technology that could be used to move megalithic stones or control space craft as far back as ancient Egypt. Jason Shurka also reveals similar consciousness assisted technologies used today in secret programs; ranging from weaponry, armor, and interstellar vehicles.

Instructor/Host: Emery Smith Featuring: Jason Shurka Video Language: English

**AUDIO: Initiation with Matias De Stefano**

**Khem: The New Atlantis**

<https://www.gaia.com/video/khem-the-new-atlantis>

S3:Ep9

28 mins

May 31, 2021

During the Age of Virgo, we find the crumbling of the Atlantean Empire. This was a time when the sacred temples stopped sharing in a rotating power structure and people stopped being educated in the vibrational language of the universe. Atlantis was disintegrating from an Empire into new colonies, fighting for independence.

Matias De Stefano shares his memories of his life in Khem, a colony of Atlantis, that was located along the Nile river in what is now known as Egypt. This colony was built to become the "New Atlantis", a place where humans were once again taught how to become Gods and Goddesses.

Through Matias' memories during the Age of Leo, we uncover a deeper understanding of the design of Pyramids, the Halls of Amenti that Djehuty and the ancient Atlantean ancestors used to preserve their cosmic knowledge and how Khem was able to reignite the ancient knowledge to become a new "Mother Civilization" on the planet.

Instructor/Host: Matias De Stefano

Video Language: English

### **AUDIO: Elongated Head DNA Discovery... Interplanetary Beings or Another Species of Humans?**

2021-06-02

<https://www.youtube.com/watch?v=jXLaDx0cyK4>

Genetic material taken from elongated heads found in Peru, as analyzed by Nassim Hameiri's team, indicate an otherworldly origin. Our team of experts connect the dots between the locations of pyramids around the world and the discovery of elongated skulls. These people, who appear to be from an advanced culture, would have been revered as gods to the human civilizations rising from aftermath of a great calamity.

Plus, their mitochondrial DNA shows these people had mothers who herald from the Middle East, but the fathers' lines cannot be traced to any known DNA on the planet.

Could this be evidence proving that advanced beings from another world came to usher in a new form of consciousness and to guide the earliest of civilizations to fruition?

### **AUDIO: [Open Minds with Regina Meredith](#)**

### **Breaking Down the Heart Wall**

S 19: Ep 5

45 mins

**June 3, 2021**

[www.gaia.com/video/breaking-down-the-heart-wall](http://www.gaia.com/video/breaking-down-the-heart-wall)

Giving and receiving love depends on the flow of energy from our heart, which is the seat of the soul. Energy healer and author of the book **The Emotion Code**, Dr. Bradley Nelson explains why negative emotions from the past can affect our physical body, and how releasing these emotions can empower us with forgiveness, and opens the emotional heart wall that blocks us from expressing love. Coming out of isolation, we may have more emotional baggage now than we had in the past. As we open our hearts, we reconnect to the people around us, and heal ourselves and our communities through feeling and practicing unconditional love.

Instructor/Host: Regina Meredith

Featuring: Dr. Bradley Nelson

Video Language: English

### **Reading: A Message to Lightworkers – June 4, 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:*

**SEE ENTIRE MESSAGE**

**BELOW**

### **CLOSING: Rainbird**

### **Rama's Closing Choices:**

**Alan Watts – what is it to see?**

<https://www.youtube.com/watch?v=hCOJnIysQ1A>

## INFORMATION RELATED TO THE NOTES

**AUDIO: On Contact: Confronting the ruling elite**

**2021-06-06**

**VIDEO:** <https://www.rt.com/shows/on-contact/525703-confronting-ruling-elite-falk/>

**PODCAST:** <https://soundcloud.com/rttv/on-contact-confronting-the-ruling-elite>

**CH: Welcome to On Contact. Today, we talk about the collapse of the rule of law in international affairs with legal scholar, Richard Falk.**

**RF:** The UN is extremely important and effective on the symbolic level of politics in determining legitimacy of behavior and illegitimacy. But it can't implement its findings because the geopolitical forces can, if they're activated, they can block it. They can block implementation, so in the substance of the UN is ineffective. This throws in a--in a sense of - throws responsibility to civil society, because civil society is influenced by these symbolic recognitions of legitimacy and illegitimacy. And the global solidarity movement that brought apartheid to an end in South Africa is also focused now on the wrongdoing of Israel and a feeling of some solidarity with the Palestinian struggle for basic rights.

**CH:** *Richard Falk, Professor Emeritus of International Law and Practice at Princeton University, and the former United Nations Human Rights Rapporteur in the Israeli-occupied territories. In his new memoir, "Public Intellectual, the Life of a Citizen Pilgrim," rips back the veil on the inner workings of the power elite, and the institutions that due its bidding.*

*He calls out the merit-based professionalism in academic life for its inherent biases designed to perpetuate the ruling class, noting that during his tenure at Princeton University, the Dean of students recruited for the CIA and faculty worked regularly as consultants for the RAND Corporation and The Pentagon.*

*He has repeatedly confronted entrenched political military and economic power, especially after visiting Hanoi in 1968 at the height of the Vietnam War. During his tenure from 2008 to 2014, as the United Nations Human Rights Rapporteur in the Israeli-occupied territories, he often clashed with Israeli officials and the Israel lobby in his efforts to document and condemn Israeli human rights violations against the Palestinians. He once compared Israel's treatment of Palestinians to the Nazis' treatment of Jews. In 2008, Israel refused Falk, who is Jewish, entry into the country and deported him.*

*Falk has also denounced what he calls "the global legalization of rogue behavior embedded in the UN charter, which vests a right of veto in the five permanent members of the Security Council, the only organ within the UN system, with the authority to reach binding decisions. In effect, the UN charter rather shockingly acknowledges the uncontrollability of the five political actors, although these are the states that most endanger international peace and security," he writes.*

*Joining me to discuss his new memoir, "Public Intellectual, the Life of a Citizen Pilgrim," is Professor Richard Falk. So I love the book, it's huge, we can't go into the funny and great salacious parts, the fact that you knew Zsa Zsa Gabor and Alexander Kerensky; the people would have to buy the book and read.*

*But I do want to focus on three seminal moments in your own life that I think taught you a lot about what it means to take a moral stance and the consequences of that. Let's begin with the Vietnam War. Before I begin that, I do have there this one little side, you begin your academic tenure, the FBI is carrying out witch hunts for people supposedly who are closet communists and they go to your dean and tell the dean that you had been the director of a hypnosis institute in New York City that was being used as an active recruiting front of the Communist Party in the 1940s. But as you told your dean, at the time, you were 12 years old and you'd never heard of the institute. So we just want to say the FBI's not...*

**RF:** That was in Ohio--that was in Ohio State, it's not Princeton.

**CH:** *So let's talk about the Vietnam War. You're an international legal scholar. And you first begin your critique of the war from a legal position based in the Nuremburg Laws, based on the wars of aggression as being a crime, and eventually got pushed or certainly were seen as an activist. But let's begin with, first, that study of Vietnam from a legal standpoint, because of course now the violation of international law is just carried rip--wide--ripped wide in Iraq and Syria and Libya, and everywhere else. But let's begin there.*

**RF:** Yes. Well, there's no question that I started my interested in the Vietnam War from a rather mainstream position with partly political realist and partly saying it was an imprudent use of American power and position somewhat similar to what George Kennan and Hans Morgenthau were arguing at the time. And that, combined with my legal analysis, as you point out, made me a critical position, but a position without any moral underpinnings or any emotional attachment to the conflict.

And I was invited to go to North Vietnam by a French group, who--which had been invited to view the bombing damage that at the time, Robert McNamara the Secretary of Defense was claiming was the most surgical precise bombing in all of history of air warfare. And this turned out to be untrue, but they thought it was much more important to have an American observe that damage than for some European to come back and confirm that the bombing was very imprecise. So I went with that idea in mind, but what struck me almost as I got off the plane was that this was a war between a high-technology country, that was using the most advanced weaponry mainly from the air, against a low-technology society that had no real means to defend itself. And I immediately was affected by the human side of that kind of one-sided warfare, and came to the understanding also that what was at stake was not really a cold war agenda, but it was people fighting for their own homeland and to be in control of their homeland. And this had been true throughout Vietnamese history usually in relation to China. But this time in relation to the United States and they were prepared for a 50-year war because they were so dedicated to this idea of national self-determination, it was time of decolonization. So it transformed my attitude toward the conflict. Expert to being a really engaged citizen, I guess, is the best way to express it.

**CH:** *I want--you make an important point. You say at the time. So you come back and present the legal case as to why the war is a violation of international law. And you write, "American foreign policy was not significantly restrained by international law in war/peace context here either," you're talking about Vietnam. "But political leaders and their chief advisors at least made efforts to reconcile and justify policy by law through partisan modes of interpretation." Which you argue later in the book is now lost, is that correct?*

**RF:** Yes. Yes. I think the kind of liberal sensibility that was prevalent at that time felt it important to reconcile foreign policy with international law. They stretched the interpretation as I--and manipulated it and in some ways maybe it was more misleading than to acknowledge that the pursuit of geopolitics was something that transcended law and that really became the policy later on where there wasn't much attention given to legal constraints.

**CH:** *You make a very interesting point. You go to South Africa, you meet Mandela, but you are--you--I found this very fascinating. You said that the liberals would argue that they weren't racist at the time. And--but they supported the apartheid regime in South Africa because they shared with the political leadership in Pretoria an anti-Communist outlook that coincided with Washington's policies in conducting the Cold War. So on the one hand, they would say, "No, we're not racist. We're--we oppose--but we have to support the apartheid government because of the war against Communism." And I thought that was a really interesting point.*

**RF:** I think there's a further point there, which is that they wanted to be credible in the South African context and yet press for reforms of the racist character of the regime. And so their credibility depended on solidarity with the government on its anticommunism. But they directed it at Vietnam rather than at opponents of apartheid. It was a very interesting experience for me.

**CH:** *Yeah, I thought that was--very--I thought--and I just want to get this moment, you're called down to the Pentagon to meet with Mort Halperin, the Deputy Assistant Secretary of Defense for International Security Affairs, and Leslie Gelb, he later becomes the Head of the...*

**RF:** Council.

**CH:** *Council on Foreign Relations.*

**RF:** Council on Foreign Relation.

**CH:** *So--but you used that moment to talk about the corruption of intellectuals. These people come out of the academy, you knew them. But talk a little bit about that. Because I thought it was a really important point.*

**RF:** Well, it was somewhat accidental. It was the only time I've ever been in the Pentagon in my life. And I had a colleague at Princeton who was on leave at the Pentagon and who was a friend also and he knew I was going to Vietnam and he said, "Would you mind coming down and talking to Les Gelb and Morton Halperin, and they were all friends. And so I agreed and they said to me, "We'll give you a letter from the Secretary of State and Secretary of Defense to take to the leadership of--in Hanoi, but we put one condition. You'll have to agree not to talk publicly against the war.

And I couldn't do that for a variety of reasons but it gave me the odd feeling that maybe it was important to talk publicly against the war. People in--at Princeton, they always told me, "Don't speak to the street, speak to [INDISTINCT] back at the State Department or do something, go to Washington and speak to the--" and I'm convinced it was more important to speak at those demonstrations than it would've been to have drinks with important people in Washington. And so that was--that was an important learning experience for me. And as I--when I was in Vietnam, I had the--I was one of the first people I think that went to Hanoi who had some credibility as someone who could talk to the American leaders, and they were eager to indicate that they were ready for a peace talk that would lead to the end of the war. And when I came back to...

**CH:** *Wait. One--wait, Richard. We're going to--we got to--we have to stop there. We're going to just take a break.*

**RF:** Okay.

**CH:** *When we come back, we'll continue our discussion about the collapse of international law with Professor Richard Falk.*

*Welcome back to On Contact. We continue our conversation about the collapse of international law with Professor, Richard Falk.*

*So before the break, you were talking about how you were in North Vietnam. The leadership in Hanoi was willing to make an arrangement that would have given the United States government far more than Kissinger, who extended the war eventually got. But I want to get back to just quickly to that point about academia Gelb in these figures because you write in the book that they really sold there--once they began working for the centers of power, they really sold their souls to those centers of power in exchange for a small piece of power themselves. And you're constantly running into that and that's something that you refuse to do. And so, that many of these figures who had been your colleagues and friends over many years in essence kind of push you out.*

**RF:** I think they--to--using your metaphor, I think they sold their souls before they got to the Pentagon. They were waiting for the phone to ring, kind of Potomac fever that was prevalent particularly at Harvard more than Princeton. And once they got that, they were ready to play by the rules of that game. And I never was for whatever reason, which I tried to understand in the course of the memoir, but I--I'm not sure I did very effectively, I never was motivated to do that. I never wanted. I enjoyed the freedom of academic life and teaching and scholarship, and activism much more than the lures of power and influence in Washington. That made me an--and sort maybe an odd duck within this elite institution.

**CH:** *Well, that's right. Well, you're quite critical of the elite institutions but unfortunately, we only have a half hour. You talk about geopolitics as trumping international law. Can you explain how that works?*

**RF:** Yes. Well, I think that what you read in the introduction is the most explicit recognition of that because--and it--and it flows out of a sense that why the League of Nations failed was because it treated sovereign states equally. And Franklin Roosevelt had the idea that to make the UN work, it would be important to acknowledge the uncontrollability of the powerful states and they happened to be the victorious states in World War II. And so there was that explicit constitutional acknowledgement that law was subordinated to be political will of these powerful states. The Mexican delegate to the UN, when it was established, said--was asked what kind of institution is this, and he said, "We've created an institution that holds the mice accountable but the tigers roam free." And that's really been the story at least in peace and security. The UN does a lot of useful things and is adjusted to this geopolitical constrains. And when the geopolitics is right, the UN can be too powerful as met--arguably it was in Libya in 2011, because geopolitics used international law in order to justify a war, an interventionary regime changing war which left the country in chaos for the next 10 years.

**CH:** *Although they didn't publicly say it was regime change, they said it was in defense of the liberal intervention and Samantha Power defending the people of Benghazi. I want to move on because we only have about seven minutes left. And I want to talk about Israel-Palestine. You*

*begin your work as the Human Rights--the Special Rapporteur for occupied Palestine. You yourself are Jewish and you are just excoriated viciously by Zionist institutions that really seek to discredit you. I mean, terrible forms of character assassination, because you're just trying to do your job. Explain what happened.*

**RF:** Well, I think what fundamentally happened was that Israel on the substance had very weak arguments because the facts were pretty clear, this kind of occupation. And they felt that it was more important to attack the messenger than to respond to the message. That was--I think that was the underlying idea. Of course they were enraged by the fact that I was chosen to be the special rapporteur because I've written previously they knew what to expect in that sense. I've been critical of Israel's policies for quite a long time. And had been a close friend of Edward Said and had participated in some public events and so on. And they had lobbied very hard at the Human Rights Council to try to get someone who was more sympathetic to the positions than I was. I used to say that you only had to be 10% objective to reach the conclusions I did, that the violations were so clear and overwhelming. And almost acknowledged by Israel's own documentation of what its policies were, that it was not really at all controversial to reach the conclusions I reached, and everyone familiar with the situation. It wasn't a confirmed Zionist. Agreed with that.

**CH:** *You write, "I wanted to avoid the false symmetry so popular in Western liberal discourse that acted as if responsibility for the failure to find peace, or even stability lay equally on both sides, which was only a shade more reflective of the realities than was the United States tendency to condemn Palestinian terrorism and castigate Hamas, while turning its blind eye to the most flagrant Israeli violations of international law." You come out and state these kind of truths. Talk about what happened within the media, because you're really shutdown.*

**RF:** Yes. And that--that's something that happened after Vietnam, after Iran, and when I cross this no-go line of openly and publicly criticizing Israel. I mean--and I think that's primarily responsible. And others have endured the same fate as I have. So I'm often invited to speak in Middle East media and even the most mainstream things like Al-Haram and Egypt or Al Jazeera, but very rarely in the US.

**CH:** *I want to note that the Weizmann Institute in Los Angeles listed you in 2012 as the third most dangerous anti-semitic in the world on their list of ten. You were behind only the Supreme Guide of Iran and the Turkish Prime Minister, Erdogan. Yeah. It was--it's absolutely...*

**RF:** I felt I was doing good...

**CH:** *What's that?*

**RF:** It made me feel I was doing good job.

**CH:** *Well, you were, because you have intellectual honesty which most of these others don't. One of the things--one of the points you make is that the UN is able to document pretty accurately the human rights abuses that are carried out by Israel against Palestine, but is utterly defanged in terms of doing anything about it. Why?*

**RF:** Well, let's--the UN is extremely important and effective on the symbolic level of politics in determining legitimacy of behavior and illegitimacy, but it can't implement its findings because the geopolitical forces can--if they're activated, they can block it. They can block implementation. So on the substance, the UN is ineffective. This throws in a--in a sense throws responsibility to civil

society because civil society is influenced by these symbolic recognitions of legitimacy and illegitimacy. And the global solidarity movement that brought apartheid to an end in South Africa is also focused on now the wrongdoing of Israel and a feeling of some solidarity with the Palestinians' struggle for basic rights.

**CH:** *The--you write that, "Israel, by making the two-state solution unattainable, has ironically made a one-state solution whose ultimate features may either contradict by laws of Jewish, dominance, or further discredit by maintaining Jewish dominance via systematic apartheid, their Zionist orientation, seem almost inevitable." Is that where we're headed?*

**RF:** I feel so. I think that the idea of a Jewish state imposed on a non-Jewish society is not really viable and in a post-colonial period, the people won't accept it. And we learned that the--a national struggle that persists generally prevails even though it's militarily inferior. And that's the unlearned lesson of Vietnam actually is how did we lose the war although we had total military superiority. And this is--in all of the colonial wars, this was a dominant feature.

**CH:** *Yeah, that...*

**RF:** And it should--it should be...

**CH:** *...for that--for that--and that's of course how the French were driven out of Algeria militarily they won the conflict, but politically they lost.*

*That was Professor Richard Falk on his new memoir "Public Intellectual: The Life of a Citizen Pilgrim."*

2021-06-04 **A Message to Lightworkers – June 4, 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, dear ones! We are very pleased to have this opportunity to speak with you again today.

Let us walk together for a moment amidst the beauty of your favorite scene. That may be the seaside, walking on a sandy beach next to gentle waves. Or a beautiful green forest, full of quiet Nature sounds and gentle breezes. Or it may be a desert, or a mountaintop.

**Choose a place on Lady Gaia that is meaningful to you, even if it is a special place you travel to inwardly in Inner Earth, as you meditate.**

**We will join you there.**

And in this place of beauty, there is a sense of Oneness, of the completion and perfection of all things.

If you have placed yourself out in space somewhere, flying amongst the planets and the stars, do you see the symmetry of movement—the interchange amidst each planetary being, as they move along their elliptical or trajectory?

**See if you can hear the music of the spheres, subtle yet growing more distinct and more colorful in its harmonies . . .**

**See if you can feel the Light flowing to planet Earth now, and the shifts of consciousness of all living beings there . . .**

Be aware that as you sit or move quietly in any of these or other Peaceful scenes, you are resonating beautifully with the vibration of that place.



You may wonder, *How do I shift my current life and its challenges, which have only increased over the past year or more, by simply thinking or feeling to be elsewhere?*

*Isn't it best to just sit in whatever situation I am in, and accept it without trying to escape inwardly?*

And we would say, most assuredly, accepting "What Is" holds its own amazing presence and power.

**We encourage all to accept the Present Moment without struggle or resistance, as resistance only more fully embeds the energies of what you push against.**

What we image all of you doing, is connecting inwardly with images and experiences that offer you the immediacy of Peace and Well-Being.

From there, you can approach the circumstances of your life (and the world) with a renewed sense of calm, with your energetic "sensor" registering at a frequency that is centered and tranquil.

From this place of reassurance, you then look upon whatever feels burdensome to you as you move through your day, and realize that this outer condition really has no power over you.

Of course, you may feel that the unanswered questions, the uncertain future, the current struggles to understand what is happening, let alone solve it—that all of this has very real power to influence how you feel at any moment.

And this would be so, yet it stands a far smaller chance of taking you out of your center if you first establish Peacefulness as your dominant vibration.

One that is part of Who you are, and therefore natural to you.

**The more often you spend actual physical time in Nature, with your heart-mind quieted, taking in the calm scenes around you, and the more time you meditate on calm scenes where there is a steady and unbroken sense of Well-Being, the more that vibration becomes natural to you.**

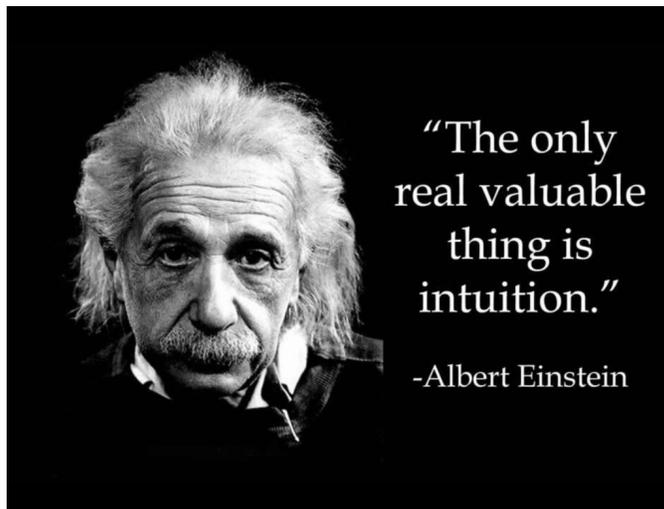
**That then becomes your norm, your default position, and not the tumultuous vibration of the shadow world.**

We do not view the world as being in shadow, but like you, we are aware of a shadow world.

And what we mean by that, is that version of the world, demonstrated in some of its current situations, that transmits the vibration of fear, uncertainty, loss, shame, and other forms of density.

These images and emotions cannot carry you to experience your higher good; they may even cause you even to doubt its existence some days.

That is their function—to carry you away from a vibration of solidity and calm, and into a broken and dissonant vibration.



In those moments, you are not who you truly are, but a being who has momentarily lost their center and been taken in by outer appearance and the energies it projects.

That is the shadow world—the representation of Earth life that is not an ongoing presentation of open possibilities, each moving higher than the last in its expression, but a representation of life as an ongoing struggle that slowly but surely spirals downward.

You may be thinking that that is the world you see as you watch or read about the daily news, or watch certain videos on the internet, regardless of whether they come from the old established channels of information or some of the newer ones, many of which promise to be the only truthful ones.

We would be extremely careful at this time, regarding what information you allow yourself to take in, for this is not simply information, but an energy stream.

Some of it will connect you directly to the shadow world, which is a tool and resource used for the purposes of lowering your vibration and bringing you to an emotional and psychological state that lowers your overall etheric vibration, and therefore the trajectory of your inner and outer path.

These tolls were created for the purposes of gathering humanity's energies, to further a far darker agenda than you would ever support were you to understand fully what you were partaking in.

Be aware that these news programs and information outlets do not come in any special color or have any identifying marks, except for their vibration.

Most have the appearance of respectability, and present information in ways you have been trained to accept without question, yet offer much that is not trustworthy.

The only distinguishing mark is their vibration, as it registers with you as you watch or listen.

And so we encourage you to turn off that which pulls your energy down or seems to be pulling your energy into it.

It is possible to be basically aware of what is happening in the world, and to send Light to all difficult situations occurring now, without dwelling on details to where you feel hopeless or sad, or where you must run from one internet spiritual message to another for reassurance that all is not lost.

**As you protect and honor your vibration, you listen more to those messages and realization that bring you feelings of Peacefulness, not distress.**

**These are messages that tend to come from within, not without.**



*Photo by Harry van Grieken*

**Take those quiet moments each morning, whether in meditation or out in Nature or both, where you will center yourself in the Well-Being that is naturally yours.**

**Note that the presence of your beautiful, resilient spirit desires to become stronger now than you have ever experienced it.**

*How can that be, you ask, when the world feels to be in a more precarious place than ever? When my own life holds so many questions and What Ifs?*

And we would say, you have *never* been a collection of ideas, or information, or outer situations.

**These are holographic projections, and not your true life.**

**You have only ever been a bundle of powerful Light and Love, with visions of an Ascended Earth, and an Ascended humanity.**

You are intrinsically a great Sun that pours out a living vibration to all around it.

There is much that your rays touch and give life to, that you are not even fully aware of yet.

Leave the old training behind, dear ones, for it cannot serve you any longer.

Decide now what constitutes Joy and Peaceful reality to you—the Love that sustains within all situations, and rely on that alone.

For this you came.

Namaste, dear ones! We are with you, always.

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