

2022-01-27

A NIGHT AT THE ROUND TABLE

DOCUMENT OVERVIEW

- I ACCESS to THE THREE WEEKLY CALLS via the Internet
- II ACCESS to OTHER CALLS SUPPORTED BY WWW.rainbowroundtable.net
- III OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; LINK TO PODCAST
- IV HARD NEWS

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

A **BBS RADIO** Go To 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:

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B **CALL-TO-LISTEN 1-804-220-6484**

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

- Go to *BBSRadio.com*; in first column, LHS, **FIND TALK SHOW**
- Enter *Friday Hard News*, press the GO button. You'll be taken directly to **Hard News on Friday**; 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 '**hardnewsonfriday including the date**' and the drop down menu appears. Click on '**save link as**'

E **Archives, written and audio, also exist on the rainbowroundtable website:**

- www.rainbowroundtable.net - look under the "Archives" tab for
- **written notes** including the link to the entire podcast, and
- **links to the audio recordings** of the conference calls of the Friday, Saturday shows.

II TO ACCESS OTHER CALLS SUPPORTED BY www.rainbowroundtable.net

A Sunday, Mondays: 9 – 10:30 EST *Cheryl Croci's Activation Calls*
By telephone only: 1-425-436-6260; PIN 9467 441#

B Tuesdays, 2nd & 4th of each month: 9:00 – 10:30 pm EST *Ashtar on the Road; Ashtar Legacy Calls*
Host is Fran

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

To access **by Phone:** • 1 – 559 – 726 – 1300; PIN 972400#

• Call is free [except for long distance charges]

via HD Conferencing: 712-770-4160 **PIN #** 980339 [always the same]

<https://www.freeconferencecallhd.com/hd-conferencing/>

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

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

D Every 2nd Wednesday *The Abundance Call - Caroline Oceana Ryan*
5:45 PM Pacific / 8:45 PM Eastern

60-minute conference call with the Collective,
a group of Angelic and Galactic beings, channeled by

To be notified: email AscensionTimes@gmail.com with the message "YES to Abundance!"

<https://bbsradio.com/podcast/night-roundtable-january-27-2022>

Call In Numbers: 888 429 5471 323 744 4841

HOST: Carolyn Oceana Ryan See below for list of panel members

MEDITATION: Vinayak

Guest Hour: Carolyn Greenleaf See Guest Information below.

PANEL FOR TONIGHT: Caroline Oceana Ryan [COR]	Rama and Tara [R,T]
Randy Miller [RGM]	Vinayak [Vin]
Penny Christoffersen [PCC]	Micah Green [MG]

REPORTS / ENERGY UPDATE FROM THE PANEL MEMBERS

COR: begins with **The Law of One**

Penny: describes the document she created, using a lot of YouTubes to portray what is happening across the country; what is happening at border crossings across the country; the livestream from a viewer standing by the highway near Woodstock, Ontario as the traffic from the SW part of Ontario and the US goes by. Emphasis on the way this is expanding all around the planet . . .

The importance of the Truckers Convoy – also the length of the convoy – from western edge of Manitoba to eastern edge of Ontario - 8 hours at 60 mph = 480 m at least

Micah

1. reads from the press conference Reiner Fuellmich in Brussels

Micah reads the part of the transcript from the news conference. The article below contains the entire transcript

2022-01-25 ["It is always darkest before dawn" Dr Reiner Fuellmich speaking at the Childrens Health Defense Press Conference, Brussels 23rd January, 2022](http://www.doctorofmetaphysics.com/2022/01/25/it-is-always-darkest-before-dawn-dr-reiner-fuellmich-speaking-at-the-childrens-health-defense-press-conference-brussels-23rd-january-2022/)

<http://www.doctorofmetaphysics.com/2022/01/25/it-is-always-darkest-before-dawn-dr-reiner-fuellmich-speaking-at-the-childrens-health-defense-press-conference-brussels-23rd-january-2022/> [SEE BELOW]

[Press conference 23 January 2022 Brussels (with Reiner Fuellmich, Vivian Fischer and Astrid Stucklberger (dutch sub-titles)]

2. Report from the Keshe calls

3. Report on the Freedom Convoy 2022

- military and police in Canada refused to stop the convoy when approached by politicians
- convoy idea being copied in European countries, Australia, South American countries

COR: Will be a new Message to Lightworkers channeling to come out tomorrow – Jan 28th Mother talks about rounding up people – has never channeled Mother before

Omena: has the Masters with her as she speaks. St Germain wishes to speak

As we listen, close our eyes, visualize our heart; see the tri colour (pink, blue, yellow) flame in the heart

St Germain: he created America; has been working on the world for a long time; everyone is doing too much analyzing and not doing enough heart;

- We are all One – goal is to operate as one – won't be achieved if we don't go for same goal - this split is creating problems; 75% of what is going on is based on fear
 - Many souls leaving because can no longer stand the vibration – those who think they have it all are not willing to give it all or to share – this creates energy shifts everywhere – the energy goes up and down all the time, and creates havoc on all levels. Won't interfere – free will is sacred.
- Things getting better – yet we all have to come from the heart - people now leaving out of fear and the fearmongering going on has to be – the peace we want is inside of us –
- if it's in us, and there is no fear there, people will be drawn to us – trust is the **big** word: knowing we're safe, are going to be OK, inviting all our guardians and angels and past family members to work with us, they can help – amazing how much love is being poured into the earth - it's about receiving the love

Asks for questions

COR: Would they confirm that the arrests are happening in a bigger way?

- They are being exposed, but all may not be named – the energy is becoming so strong – the other message: the world is not ready to govern itself – individuals haven't reached the level of maturity to accept the difference between us all; but help will come – we are going to have Masters walking among us, as they are walking amongst us now:
 - How many of us can recognize them? They won't always appear as a master - could appear as the strangest person on the earth: can we deal with it?
- By the summer, will be a levelling of energy that will change everything- how people think; the paradigm shift of the world is being expanded so our thinking expands -
- The energy is changing so much it's creating the shift in our brain – we've been so indoctrinated for thousands of years to think we are dependent and not inter-dependent – we're either in love or in fear: if our heart light is dim, have to strengthen it – and **we do that with our actions towards people**

COR: What about the light coming in: is it shifting how we see the world, ourselves and others ?

St G: If we can ?? our heart light, that is what makes us strong !

COR: we are not even to the basic level of civilizations on this earth and able to accept others

O: We are the mentors!

COR: would like to see inpt from the indigenous elders and other Councils as well

RGM: Glad to have Omena back.

- A message from a friend in Ottawa: the street cams are playing stock footage – so people around the world are not seeing the true numbers
 - even the Amish in the US are joining the truckers there; the Hutterites in Canada are feeding the people of the convoys – for free. This IS the revolution: people helping people.

COR: does believe that they are hiding things – there's an app called Zelo that allows one to access the truckers channels

RGM: only one channel and it's called **Convoy to Ottawa** – the gov't does not want the people to unify!

COR: will be seeing lots of private videos – will have to depend on those, not the main stream media

Rama, Tara: [R, T]

Rama's synopsis: about sitting in the plasma field which showed him the plasmatic field around the planet like a shield -

- Gives an indication of what he saw while in that field . . . as we become like the sun, we can radiate that light too
- In order to get into space, have to go through the heart – it's the only way to get up there . . .
- On Twitter, talking of flying cars – Mr Keshe already has shuttle craft
- pretty soon, exotic technologies are coming forth – the Ashtar Command shuttlecrafts require us to hook up with them through the heart – have to be aligned . . .

Rama begins with Wednesday's report and what Sweet Angelique told him . . . about his training as a co-pilot Also reads today's – the 27th

COR: Is Star Fleet real?

R: Yes, it is; It is called the Intergalactic Federation of Worlds and is connected to the Akashic Records

There is a definitely a Star Fleet Academy – can be taught

RAMA DID NOT READ THE ENTIRE REPORT which is INCLUDED BELOW.

2022-01-20 Rama's White Knight Reports

January 21, 2022 - January 27, 2022

JANUARY 27, 2022

To our readers: Rama's White Knights Report, for the most part, will present information from Rama's contacts on very current events. Sometimes, additional commentary may show up, in the form of more explanation about an important issue, or as an article inserted to provide more insight on the subject being presented.

Find more info on those folks Rama talks to - who are there to keep us in the loop as well – at <https://www.rainbowroundtable.net/rama-s-contacts>

2022-01-21 Friday Dalai Lama

[Dalai Lama@DalaiLama](#) · Jan 21

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

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

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

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

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

2022-01-22 Saturday Dalai Lama

[Dalai Lama@DalaiLama](#) · Jan 22

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



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

See below for examples of the teachings of Thich Nhat Hanh (2022-01-25 29 Mind-Blowing Thich Nhat Hanh Quotes That'll Enlighten You) + further information from Democracy Now, Amy Goodman as host

2022-01-22 Saturday

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

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

2022-01-24

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

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

2022-01-24

Monday

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

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

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

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

2022-01-25

Tuesday

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

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

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

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

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

ALSO, go to [INFORMATION RELATED TO THE NOTES](#) to see the page with a short listing of sites discussing various aspects of this historic site.



2022-01-26

Wednesday

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

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

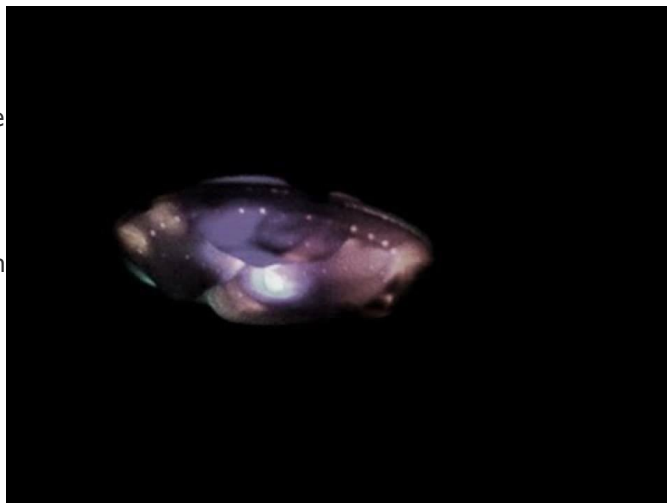
Ram: What Sweet Angelique the Cat is telling me is that things are really heating up, and the message is to give each other hope in these dark times! This is real, not just a fairy tale!

2022-01-27

Thursday

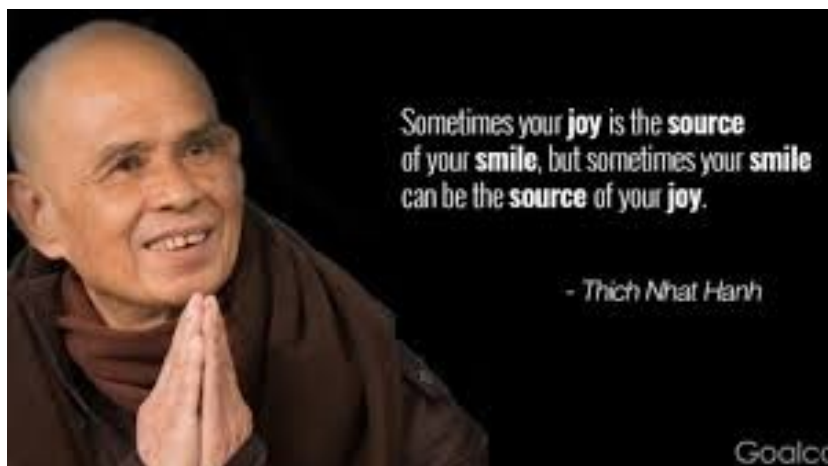
Rama: I went and sat in the plasma field this morning at 11:10 am. For about 5 minutes, I spent time clearing my consciousness and then, after those 5 minutes, the plasma screen came on before me. It showed me Mother Gaia, our Earth, sitting on top of an obelisk, a 5 sided crystal, spinning, and the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

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



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

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



Guest: [Carolyn Greenleaf](#)

TO HEAR THE CONVERSATION BETWEEN COR AND HER GUEST, ACCESS THE PODCAST – THE POSITIVE ENERGY BETWEEN THE TWO MAKES FOR A VERY COMPLEX DISCUSSION WHICH IS BEST APPRECIATED BY HEARING THE EXCHANGE.

Guest Name Carolyn Greenleaf



Guest Website
Guest Category

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

[Literature](#)
[Courses & Training](#)
[Health & Lifestyle](#)
[Philosophy](#)
[Emotional Health and Freedom](#)
[Personal Development](#)
[Self Help](#)
[Spiritual](#)
[Access Consciousness](#)

Guest Occupation Transformational Life Coach, Energetic Healer, Teacher, Speaker, Author

Guest Biography

Carolyn Greenleaf is a Transformational Life Coach, Energetic Healer, Teacher, Speaker & Author who helps individuals achieve deeper understanding and connection with their authentic self, and access a state of peace, joy, and wholeness.

Carolyn blends her experience of over 20 years of education and training within metaphysics, spirituality, and indigenous and energetic healing. The core of her teachings are the result of knowledge and wisdom gained through her own healing process, which cultivated and strengthened the bridge to her spirits wisdom, and communication with multidimensional Ascended Masters, Angels and Guides. Everything Carolyn learns is passed to her students and clients.

Her published books include Re-Entering Eden; Reclaiming our Wholeness & Divine Truth, Heart Wisdoms; Daily Inspirational Quotes. Carolyn is currently writing "The Art of Transformation."

Carolyn has created various programs that consist of the "EDEN" class series, Transforming your Fears, Creating your Reality and Meditation Programs.

Carolyn is also the host of Waking Up! Conscious Discussions About our Changing Reality podcast.

It is Carolyn's mission to assist humanity, through understanding and healing their divisions, achieving a harmonious and balanced relationship with one another once again.

INFORMATION RELATED TO THE NOTES

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

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

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

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

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

29 Thich Nhat Hanh Quotes

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

10th – 19th of Thich Nhat Hanh Quotes

10. "There are thousands of channels in our consciousness; it is up to us to choose the channel." – Thich Nhat Hanh
11. "Patience is the mark of true love. If you [truly love someone](#), you will be more patient with that person." – Thich Nhat Hanh
12. "Life is available only in the present moment." – Thich Nhat Hanh

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

20th – 29th of Thich Nhat Hanh Quotes

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

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

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



Topics

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

Guests

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

Links

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

Image Credit: Chaiwat Subprasom/Reuters

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

Transcript

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

2022-01-25 ["It is always darkest before dawn" Dr Reiner Fuellmich speaking at the Childrens Health Defense Press Conference, Brussels 23rd January, 2022](http://www.doctorofmetaphysics.com/2022/01/25/it-is-always-darkest-before-dawn-dr-reiner-fuellmich-speaking-at-the-childrens-health-defense-press-conference-brussels-23rd-january-2022/)

<http://www.doctorofmetaphysics.com/2022/01/25/it-is-always-darkest-before-dawn-dr-reiner-fuellmich-speaking-at-the-childrens-health-defense-press-conference-brussels-23rd-january-2022/>



"It is always darkest before dawn" Dr Reiner Fuellmich speaking at the Childrens Health Defense Press Conference, Brussels 23rd January, 2022

by [truthseeker January 25, 2022](#)

Alongside Dr. Fuellmich in the panel are Dr. Astrid Stucklberger and Lawyer Viviane Fischer. This is from the press conference organized by the International Children's Health Defense. They were among the several speakers concerned about the current policy and the future of our young generations.

The link to the event as a whole can be found in the bottom of this post.

<http://www.doctorofmetaphysics.com/wp-content/uploads/2022/01/FullSizeRender-2.mov>

Reiner Fuellmich

"They say it is always darkest before dawn. Before the light comes on. This means that things will get better. We will get rid of the mask mandate, social distancing, and most importantly, the very dangerous shots. But this will not happen if we stand at the sidelines and wait for someone to turn on the light, or the cavalry to come riding in and save us. This time we are the cavalry – and this time we have to turn on the light. I'm saying this not because I had a dream but because this is what more than 150 scientists, experts and others from all over the world have told us on our Corona Investigative Committee over the course of more than one and half years.

These people include Dr Mike Yeadon, formerly of Pfizer, Dr Robert Malone, inventor of mRNA vaccines, Professor Luc Montagnier, Nobel Prize Winner but also Professor Alexandra Henrion-Caude, Vera Sharav and others. Now even politicians, members of the European Parliament. These people are my and Vivianne's guidestones. I'll say to hell with the Georgia Guidestones, my most important guidestone is Vera Sharav.

The most important thing we, that is all of us, can do is to bring out the truth. Bring out those facts that make up the pieces of a pretty scary puzzle, so that we can see the whole of the pretty scary picture. Because only if we know what's really going on, no matter how scary it is will we be able to make the right choices.

Well if this is a puzzle of 1000 pieces we now have about 900 pieces in place. It let's us see enough of the picture to know:

1. We cannot trust our governments and our politicians, because they are not our governments and our politicians any more. But rather they have been served as courtesy of the Davos clique or "Mr Global" mostly through it's Young Global Leaders Programme.

2. We cannot trust the mainstream media any more because they are owned by the Davos Clique and therefore we cannot trust anything these two; politicians and mainstream media are telling us about this so-called pandemic, which is really a plandemic in the sense that they, the Davos Clique or "Mr Global" have been planning this as their agenda for many years.

The panic mongering was designed by psychologists and psychiatrists and the means through which they convey their panic propaganda to us, is through those politicians and the mainstream media. However, we can now see through all this.

We now know that the PCR test on which all their measures are based, cannot tell us anything about infections and that there are no asymptomatic infections. And we know that this virus, no matter if it is natural or part or wholly man-made, is no more dangerous than the common flu. What is dangerous of course, extremely dangerous, are the shots which they call vaccinations

These crimes against humanity must be stopped and they will be stopped. The only one who can do this however is us, yes we, the lawyers, we will do our best to help. We have an international group of lawyers that will start an international judicial proceeding very soon, probably at the end of next week. And there will be a real judge, real lawyers, real expert witnesses and real witnesses who will testify to the damage they suffered because of the measures and in particular because of the shots.

I am confident that, through this proceeding, we will get indictments against these defendants whom we consider dangerous war criminals. But it is much more important to get out the whole truth of what is happening to the people of the world so that they can see the whole picture. Because it is we the people who will stop this. No-one else. And we the people will have to disconnect from this totally corrupt and criminal system and create our own system of healthcare, economics, education and, of course, a whole new judiciary. It's happening already. This is happening in our communities and in our regions - the only place where we can tailor-make this new society so that it fits perfectly well. And of course we must get rid of the globalist structures through which the Davos Clique/"Mr Global" is desperately trying to gain complete control over us.

This I believe is the only way to get out and get up. See and understand what is really going on and take action based upon what we can see. Turn away from the criminal Davos Clique and its puppets and create something brand new, completely independent of this rotten system. We will get help - and I believe it will be very powerful help, but we have to get moving. Our criminal proceeding will bring out the truth, through a judicial proceeding and will hopefully be a motivator for all of us, in our communities and our regions, to disconnect from the global criminals and their system and create something much better and finally much more humane.

There will be lots of clean-up to do and we as lawyers will be happy to that but again, the turnaround can only be achieved by all of us. It can be done and it will be done and I am confident that our judicial proceeding will be a very powerful catalyzer for this. Thank you."

<http://www.doctorofmetaphysics.com/wp-content/uploads/2022/01/FullSizeRender-4.mov>
Viviane Fischer

"I would like to make reference to something that Michael Twinwood who is an attorney at law in Canada. He always said - you know he was defending the Native Canadians or, like, work with Native Americans. He was pointing to the atrocities that was committed against them or so - with a medical agenda. He said now in this kind of social experiment and also genetic experiment for the people who decides to or decided or lured to take the vaccine, or this so called vaccine... we are all Indians...now we are all Indians. And that is really something that we have to see.

And this is especially also true for the ones who decided to play along with the system because, like now, with the being obliged now to take the booster shot and then another shot and so on and so on...they always go back to the role of being a.... being a... you know...under a lot of pressure, so you cannot comply with the system...it's always gonna ask more of you. A more dangerous, a more hazard-like - more health hazard basically, so that's something that more and more of the vaccinated are now waking up to and they find themselves in a very uncomfortable situation, now that they complied and they took the risk without knowing it and now they see themselves confronted with a lot of damages and they don't know where to turn to and I think that's something where you really have to reach out and that's really already happening. You know we in Germany we are setting up sort of a help hotline for the ones who got injured in like in this vaccination process.

I took a tour the last two weeks and we spoke to a lot of them and they are really desperate; they cannot take the third shot and, at the same time, they see how it is really bizarre- they are now being the scapegoats or like the - you know - like the ones that the ones who took the vaccine and didn't have any side effects, are now turning in anger and saying now you are a corona denier or you are not just strong enough and it's your fault. It's a really bizarre constellation. So, it's another sort of crime against humanity that is happening here because the authorities [are] leaving them alone in the rain. The doctors are basically discouraged from helping them; sometimes they cannot even take down notes that they got vaccinated or that the side effects might be in connection to that.

So, we are setting up an - like you know - also like an information kind of tool where we can get the information - we are working closely together with the pathology conference where we finance a laboratory for them so we can do our own testing and our own research to help these people because they are [in] desperate need and, you know, with boosters and all that is gonna be more and more people and this really has to be stopped so we can start licking our wounds and you know helping these people and healing as a society. I am optimistic as Reiner, and I think a lot of people here - this house of cards is gonna come crumbling down very, very soon. And then we really are have a great opportunity to build a new society.

The only thing we really have to [do is] make sure is that these people do not [be]come the rats do not enter our new house again; you know, we really have to chase them out. They must never come back and play amongst themselves and you know I think we will have a good time in the future."

<http://www.doctorofmetaphysics.com/wp-content/uploads/2022/01/FullSizeRender-3.mov>

Astrid Stucklberger

"It's an honor to be here. It's an honor to be with Viviane and Reiner, that I finally meet.

It's an important event. Brussels is the center of many things, and the European Union where I was also expert on innovation and research. So, the important point today for me is to show you that science is very important; knowledge and understanding the logic with the critical analysis is extremely important. Not only among scientists, but also for lawyers, but also for the people. And today we have one of the last resort where they are trying to attack the human genome and humanity, and its children. That is why we are doing this event. Dr. Kennedy to be there for so long to defend children's rights.

But why is it so important? It's important because is the last resort of our genome and our humanity. If you really analyze what's going on, since the beginning there is no justification of what's going on. We have proven this on and on. No pandemic. There is no mortality that is superior in 2020 than other years. Professor Ioannidis is the most cited epidemiologist in the world - has said that on and on. And now with Professor Toubiana, Professor Raul and many many more. So, there is no justification; there is no case zero of a virus; there are 159 scientific institutions who say they have not isolated the virus or purified it. According to the Postulate of Koch, they have not analyzed the contagiousity; they have not the causality. This is very important: to inoculate on the repetition of facts, and the scientific knowledge and evidence.

So, knowing this international health regulation had no right to say that there is a public health emergency of international concern. There is no emergency law that is justified because there is no unusual mortality or disease. This is very difficult to make people understand, very very difficult. But we have to say that.

Why is it important? Because that was the basis of the justification of an experiment, that is still an experiment and is still in research and Being on the ethics committee of the WHO for 4 years, I can tell you that this research could never, never taken place and been validated by the ethics review board of the WHO. Because one of the first things, it has to pass all the animal research, and it has not passed any animal research. All the animals are dead, even today when you have doctors who take the blood. All the animals died.

There are many events that are really crazy. But anyway, the Research Ethics Board would never have accepted this, not only because this was directly financed by the people selling, what they wanted to probe but also because they have . . .

They have not taken any ethical dimension in the research. They have not taken care. First do no harm; if you do harm, you have to pay. If you do harm, you have to take care of the people who you have harmed. Do no harm; do good. There has been absolutely nothing to do good to people.

Autonomy – people have to give consent, they have to be informed and they have to be free to choose. And it's absolutely not this; it's a forced consent; it's an extortion of consent; it's an abuse of consent; it's an abuse of weakness and especially with children. It's absolutely crazy because they have put down the consent to 12 years old.

And the last one is justice, everybody has to be treated as equal and given the right to be non-discriminated and we see discrimination. So the end point here, is this experiment, it's still an experiment injection, they want to put this into children.

There is enough evidence today of high mortality, of secondary effect in 27 countries. There are more than 3 million adverse reactions of which 1 million by 7th January -1389404 people with secondary effect of which 20, 363 children from 0-17 years old and that is from 15th January, 2022. So we know this is wrong.

We also know that what is in the vial has been looked at in 17 different types of microscopes and some of them - Professor Buchard and other professors from Germany have proven, with Vivianne, by looking in electronic microscope that there has not been transparent science.

There is more in there than the spike protein. There is graphene oxide, there is metals, chrome, nickel, there's parasites and this is something that we must investigate.

So, this is clear, what they want to do is change the genome, become transhumanist humanity and the children are the last resort because if we change children, we have no humanity anymore and that's the plan: to do a choice between transhumanism: we stay human or we don't stay human. So it's very important that people say no: we don't consent to be changed and to be modified. It is the children of today and the mothers. We should never ever vaccinate or inject into mothers or into children, because they are in full development, and we know this by research.

I'm very happy to be here. But it is a very important moment of history. I'm a fan of innovation and technology with ethics and with law. And now we need lawyers because without lawyers and without people – we need your non-consent to this change. This is the last resort. But we should never give up. There is no return to normal. I want to say this. We have to create a new society and we have to stand firm because the battle will be long but it is becoming better.”

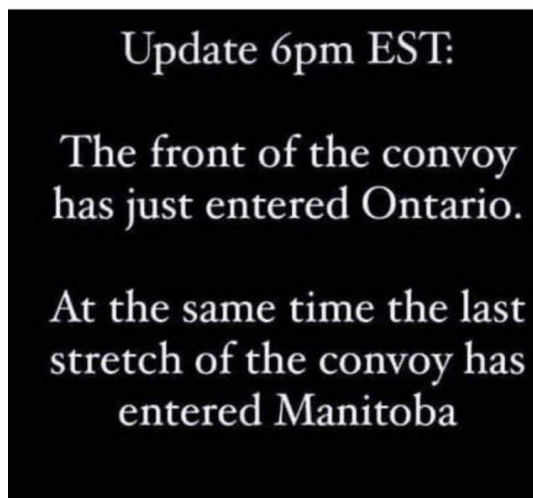
Link to the event in Brussels, where you will also hear other speakers such as Catherine Austin Fitts and Vera Sharaf:

https://tube.childrenshealthdefense.eu/videos/watch/8f79f755-36eb-4699-a473-681a09c1259b?fbclid=IwAR0-okfqqhMUAPBhVDNaP47DqtUaKwYdSaB6SJ39ENq_nOVxJrdY8H_UzzE

2022-01-27 Forwarded from 2.0 Alberta Emergency Anon Channel
via Telegram



" Take out a map of Canada so you can fully appreciate how absolutely massive this is."
~David Whitehead



Let me put this into perspective for you if you're not from Canada.

It takes 8 hours at 100 kilometers per hour to drive from the Saskatchewan side of Manitoba to Ontario. That means this convoy from beginning to end is longer than the province is wide.

This means that the lead truck will be in Ontario for 8 hours (most people work 8 hour days), before the last truck catches up to the lead.

Imagine how many trucks and people that is. We haven't even talked about the thousands of cars, truck, SUVs, that have joined the convoy yet. Or the 1000s of trucks blocking the borders on both sides, or the Americans coming in to join Canada, or the 100s of thousands of Canadians lining the highways and overpasses cheering on the convoy. Are you impressed yet? I am!!

And Trudeau is calling all these Patriots terrorists.