

DOCUMENT OVERVIEW

I INFORMATION REGARDING ACCESS TO

- A THE THREE WEEKLY** Internet / BBS Radio CALLS
- B ARCHIVES** - provided by BBS and by Rainbow Roundtable
- C OTHER CALLS SUPPORTED** by <https://www.rainbowroundtable.net>
- D LINK TO PODCAST**

- II OPENING MEDITATION; ENERGY UPDATE**
- III HARD NEWS**
- IV GUEST HOUR**

I INFORMATION REGARDING ACCESS TO

I – A THE THREE WEEKLY CALLS: GO TO BBSRADIO.COM <https://bbsradio.com/>

DAY	B B S Station	TIME	PROGRAM	CONFERENCE CALL	HOSTS
Thursday	#1	6 pm Pacific 9 pm Eastern	A Night at the Round Table	None	Panel Members Guests Callers welcome.
Friday	#1	6 pm Pacific 9 pm Eastern	Friday Night Hard News	720-716-7301 Pin Code: 353 863#	Rama, Tara Callers welcome.
Saturday	#2	1:30 pm PT/ 4:30 Eastern	History of our Galactic World & NESARA aka The True History	720-716-7301 Pin Code: 353 863#	Rama, Tara Callers welcome.

**NOTE: 2nd CONFERENCE CALL # for both Friday, Saturday
605-313-5166
Pin Code: 353 863#**

B B S RADIO STATION 1 B B S RADIO STATION 2

INFORMATION RE: OPTIONS FOR LISTENERS are listed below

A Night at the Roundtable
Friday Night Hard News

Saturday History Call

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1-804-220-6484

[NO code needed]

[No code needed]

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 - [Free BBS Radio iPhone and iPad app](#)

I - B ARCHIVES - provided by BBS and by Rainbow Roundtable

ARCHIVES: B B S

- Go to www.bbsradio.com
- In **Search** box, enter the name of the required program;
- scroll down to the heading
TALK SHOW PROGRAM ARCHIVES FOR PODCASTING
- Find the table listing the dates. Click on desired date.

ARCHIVES: Rainbow Roundtable

- Go to <https://www.rainbowroundtable.net/>
- **WRITTEN** • Go to "Archives" tab for written notes: NOTES on RHS
- **AUDIO** • Go to "Archives" tab for audio links on LHS:
includes BBS podcast + Conference Call Links

I - C TO ACCESS OTHER CALLS SUPPORTED BY Rainbow Roundtable

NAME OF CALL / HOST	WEEKDAY / TIME	ACCESS POINT	TELEPHONE NUMBER
Aboriginal Moabite Nation Call Grand Goddess Lillie	Wednesday 6:00 – 7:30 MST	Telephone Only	1- 605 - 472 – 5406 PIN 402-493#
Abundance Call Caroline Oceana Ryan	Every 2nd Wednesday 5:45 PM PT/ 8:45 PM ET	Telephone ZOOM	To be notified: email https://www.ascensiontimes.com/the-abundance-group Scroll down to the sign-up sheet and enter the requested info.
Ascension Call Cheryl Croci	Every Sunday, Monday 9 – 10:30 EST	Telephone Only	1-425-436-6260 PIN 9467 441# Call Cheryl for # in your area
Ashtar Legacy Calls*** Fran Pearre	Every 2nd, 4th Tuesday 5 th Tuesday – no call 9:00 – 10:00 pm EST	Telephone VOIP/ H D via Skype	1-717-908-1834 PIN 980 339# Call is free; LD charges are not 1-717-908-1834 PIN #980 339# https://www.freeconferencecallhd.com/hd-conferencing/ Click on VOIP button and enter info as requested

*** To access past ALC calls, go to [Ashtar Legacy Teleconferences \(ashtarontheroad.com\)](http://Ashtar Legacy Teleconferences (ashtarontheroad.com))

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-february-22-2024>

OPENING: Micah Green

MEDITATION: Omena

HOST: Micah

TONIGHT'S PANEL:

Caroline Oceana Ryan	[COR]	Micah Green	[MG]
Rama, Tara	[R,T]	Penny Christoffersen	[PCC]
		Randy Miller	[RGM]

THE LAW OF ONE

We are all One
When One is helped, all are helped.
Therefore in the name of the I AM – and I AM One with All there is -
I ask only that the Highest Good of all concerned – Happen.
And I give thanks that this is done!
So Be It!

MEDITATION: Caroline Oceana Ryan

PART 1: INTERVIEW: BONNIE SORRETORE & CAROLINE OCEANA RYAN

T: story about being in a center for 2 years . . .

BE SURE AND LISTEN TO THE INTERVIEW; THE MAIN ITEMS IS HOW BONNIE SORRETORE TRAINED TO DO WHAT SHE DOES NOW . . .

PART II: Energy Updates, THE W.K. REPORT

COR: almost getting used to the feeling of being over whelmed with the energies – sometimes feeling joyful

MG: Greetings to all listeners!
2 massive X Class flares in last day
the race for world peace has now begun in earnest . . .

PCC: good news reports – see the articles at the end of the notes!

RGM: the email he received outlining all the conditions the writer is experiencing

- all the emotions, conditions all of humanity has buried have to come to the surface
- weird sleep patterns/ not sleeping; wild dreams
- why are medical institutions closing? A question that no one seems to be asking and he lists a variety of reasons
- there is light at the end of the tunnel: nature can provide us with everything we need – all we do is fix the inner symptoms – something we have created as individuals and as a collective

T: brings up the Julian Assange story

- R has been told that the galactics are going to land all over the world; treated as a fact by the WK! !! It is on the board! !! She has seen fully uncloaked star ships; it changes your life!

- Republican party is a thing of the past: a matter being discussed on the Thom Hartmann show

- Discussion of a person whose nickname is Spirit Hacker! A short meditation – T mentions Dave Asprey
 - the energies are available for people to call on; take good care of ourselves and rest, etc

Housekeeping: the battery is holding out thanks to working with the energies: it stopped 4x en route to Santa Fe. Still need \$200 for the rest of the battery; some \$ for more bills, and for BBS (Dec 280 still due; all for February – 1111 for the month of Feb +280 from Dec = \$1390)

Rama, Tara:

R: today has been a royal ride with the energies, the solar flares – waves of spaciness; ungrounded, dizzy watching amazing things across the planet – the dark side going down highly credibly fast! Situation is moving so fast, and sometimes feels so slow – little trouble sleeping; in the dreamtime sees amazing energies coming in for a wide number of places in the galaxy we are watching the lunatics lose it on a daily basis: send more love! Describing the news: illogical as Spock would say – these people are not in their hearts, and are lost in the matrix: send more love!

READS THE W. K. REPORT

R: concurs with COR's assessment of the situation

- he also knows the time is imminent even though there is no time mentioned – ref to announcements, arrests, etc
- also, there is a consensus growing across the planet about the recognizing of the Oneness brings up the story of someone in the US running over some Palestinian people and is ending up in jail for life !

T: the KOS told Rama a long time ago that the prison system needs to be completely revised

RGM: describes what will happen if someone does try to use a gun – and what the galactics will do

COR: need to bring the frequency on the planet up higher – it is how we build our side of our bridge

R: means we must do our meditations, being in our Oneness on a daily basis

- being with the animals gives him immense hope!
- There are lots of beings that he can see – from the cemeteries
- There has been so much trauma in this area over so many thousands of years – we have been in occupation for 26,000 years and this is being lifted – the matrix is being lifted and people are coming out of their slumber; the dark side tries to create incidents so they get their 'loosh'

T: there are 2 separate groups criticizing Israel

- Malaysia has joined South America, Turkey and Egypt, Brazil and just now, Columbia
- and this is different from the 50 other countries who are appearing in front of the ICJ

COR's closing

Articles referenced by PCC:

2024-02-20 **Is America great enough to learn great lessons from great Trump debacles?**

Either we learn from failures (threats, disruptions, chaos, illegality) or we invite being buried by them.

By [Robert S. Becker](#) SOURCE [NationofChange](#)

2024-02-20 **Guangxi: An Unknown but Spectacular Development Model**

<https://www.globalresearch.ca/guangxi-unknown-spectacular-development-model/5850068>

2024-02-21 **US and its politicians defend Israel's occupation, civilian casualties in Gaza at International Court**

<https://www.nationofchange.org/2024/02/21/us-and-its-politicians-defend-israels-occupation-and-civilian-casualties-in-gaza-at-international-court/> PLEASE NOTE THE PHOTO OF THE I C J IN NYC

2024-02-22 **A new chapter in Wisconsin politics: Ending gerrymandering**

The gerrymandered districts had long been a point of contention, with numerous legal experts deeming Wisconsin one of the most gerrymandered states in the nation. SOURCE [NationofChange](#)

2024-02-01 **Chicago sues Big Oil for climate deception and damages**

<https://www.nationofchange.org/2024/02/21/chicago-sues-big-oil-for-climate-deception-and-damages/>

Chicago is targeting industry giants such as ExxonMobil, Chevron, BP, Shell, ConocoPhillips, Phillips 66, and the American Petroleum Institute for their alleged long-term misinformation campaign.

ALSO: story of Julian Assange;

20/21st Feb Day X Julian Assange - How does it end?

See Intuitive reading by Amanda Ellis: https://www.youtube.com/watch?v=rnK_sGH--aY&t=10s

February 15, 2024 – February 22, 2024

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.

For more info on the folks Rama talks to – who keep ALL OF US in the loop as well! – go to <https://www.rainbowroundtable.net/rama-s-contacts>

2024-02-16

Friday

Tom the Ring-tailed Cat; Sweet Angelique the Cat

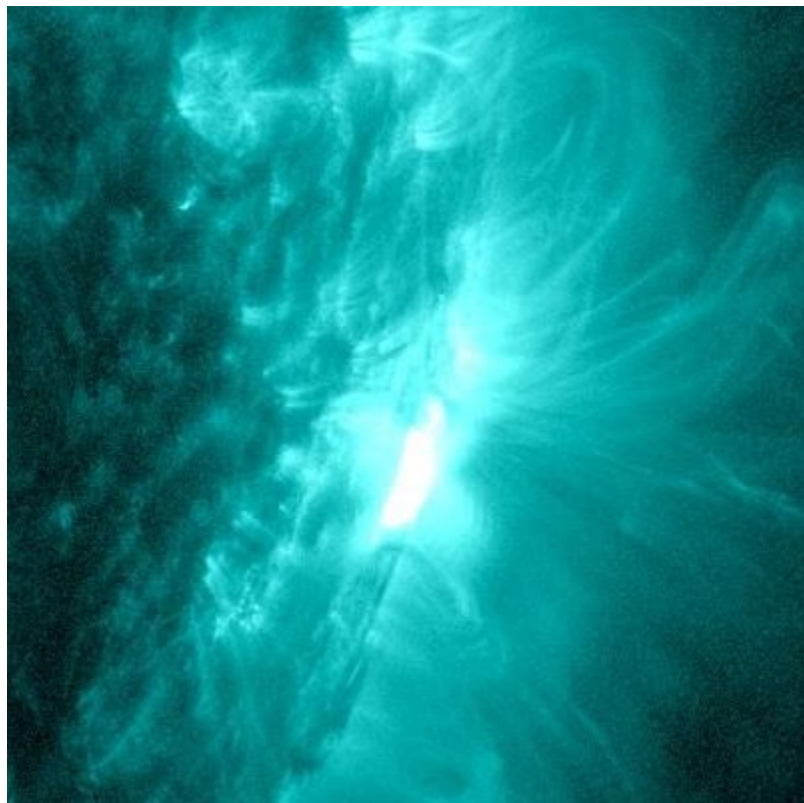
Rama: I sat with 3 deer and 7 crows at Fort Marcy Park in the trees, at 11:08 am this morning. Then I received a text message from Tom the Ring-tailed Cat and Sweet Angelique the Cat at about 11:20 am this morning. They said to me, “Lord Rama, there was an X Class 2.56 solar flare today. We are hoping your head is not hurting! These solar flares are only going to get bigger. The magnetosphere is letting the plasmatic light in. This light is showing up as pastel colours in the sky.

“Please keep Gaza in the Circle of Support, and Blaze the Violet Fire! The world is dealing with a mad man, and he needs to be contained. There are things going on that we are not at liberty to tell you. They are good things! ! ! What we can tell you is to keep looking up! There is a multi-universal shift going on in all the 7 Super Universes, and Divine Intervention is at hand.

“All we saying is ‘give peace a chance.’ Sat Nam! Namaste! Blaze the Violet Fire!”

From Lord Rama:

X class 3.5 flare



2024-02-19

Monday

The King of Swords; 7 deer and 9 crows

Rama: I received a text message from **The King of Swords** at 10:21 am, mid morning. He said to me, "Lord Rama there are some galactic dignitaries from several galactic councils meeting with some top members of the I C J: International Court of Justice., including Lady Master Nada who is a special lawyer of the ICJ, as well as the head of the Solar Tribunal on Saturn. This is concerning the blatant genocide being imposed on Gazans.

"Meanwhile, President Lula DaSilva of Brazil has condemned Israel – meaning Netanyahu - for committing against humanity. So Brazil has now joined South Africa, Turkey and Egypt in their stance against Israel for committing ongoing genocide. Also, President Lula has recalled Brazil's Ambassador to Israel.

"In retaliation, Benjamin Netanyahu has permanently banned President Lula DaSilva from ever setting foot on Israel again.

"In the international press, President Lula DaSilva has compared Prime Minister Netanyahu to Adolf Hitler. For this, Prime Minister Netanyahu has demanded an apology from President Lula DaSilva of Brazil. On behalf of Brazil, President Lula Da Silva has refused to apologize. President Lula DaSilva went on to say: "I cannot condone genocide." Please place all of this in the Circle of support, and [Blaze the Violet Fire!](#)"

PS: I sat with **7 deer and 9 crows** in rural area, north west of Santa Fe. It was 12:10 pm, early this afternoon. They all intuitively said to me, "Lord Rama, focus on the sun. Spread that white fire solar energy across the universe! All we are saying is 'give peace a chance.' [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

2024-02-20

Tuesday

17 deer, 10 crows; Larry, Curly, Mo, Tom the Ring-tailed Cat

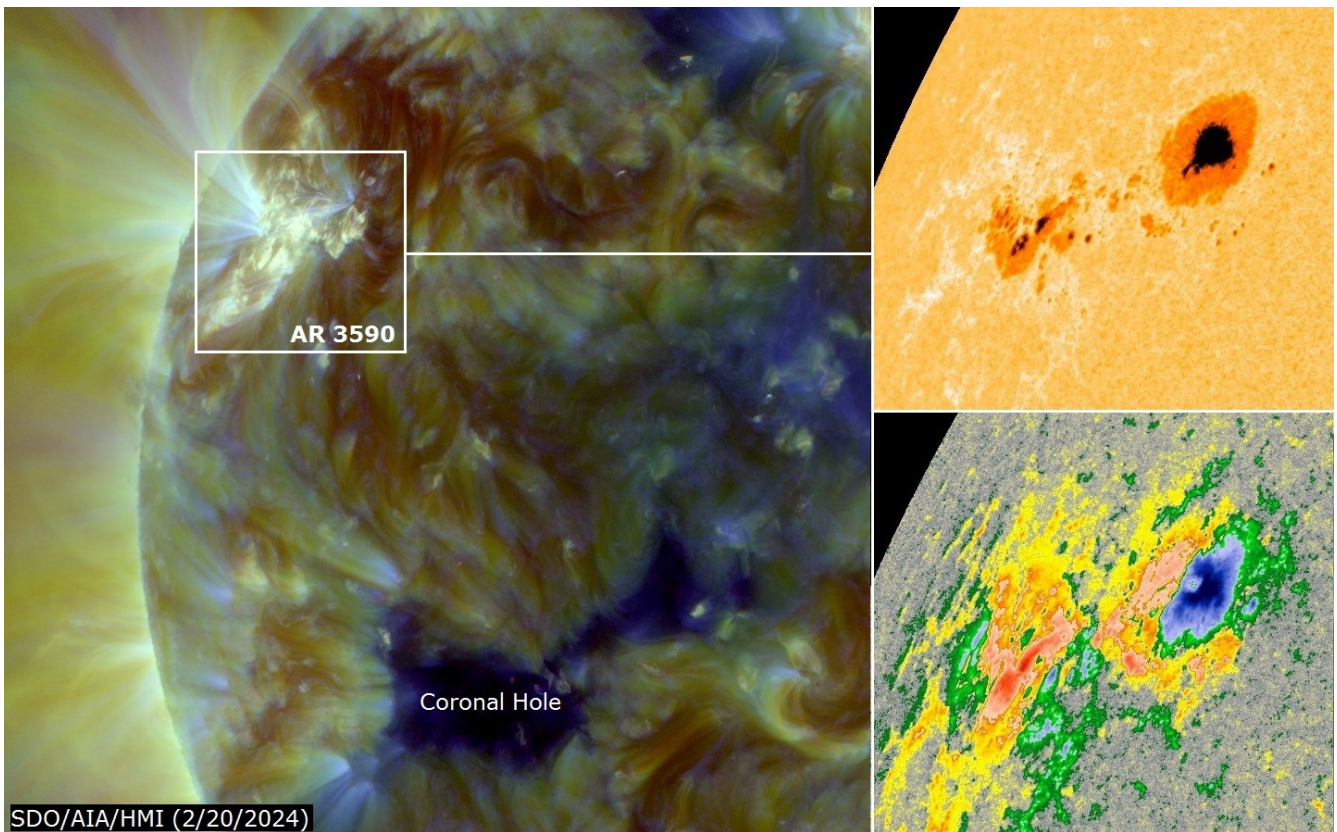
Rama: I went almost to the top of Sun Mountain, laid out my crystals, and then I was joined by **17 deer and 10 crows!** They were very excited and happy! It was 10:58 am this morning. Then I received a text message from **Larry, Curly, Mo and Tom the Ring-tailed Cat.**

At this point, it was 11:15 am. They all said to me, "Lord Rama, there are all kinds of star ships in our skies, all around Mother Gaia. This is happening today, due to a number of major coronal holes that has opened up in our sun, Sol. There are many galactic civilizations coming into our atmosphere through this coronal hole in our sun. This is happening because of the conflict in the Middle East. Each day the cosmic energies are getting exponentially higher. This is affecting all of life.

"As you are still stuck in the matrix, these energies can be painful. We are telling everyone to take special care with these energies coming in. Go gently with yourself. As much as you can, focus on the Violet Flame and the Emerald Green Ray. All we are saying is 'give peace a chance.' [Sat Nam! Namaste! Blaze the Violet Fire!](#)"

FROM Lord Rama: A SUNBOW TODAY





From Lord Rama: THE SUN TODAY [FEBRUARY 20, 2024]

2024-02- 21 Wednesday 3 deer and 4 crows; Lady Natasha

Rama: I sat with **3 deer and 4 crows**, just west of Santa Fe, in a rural area. It was about 11:30 am this morning. They intuitively said to me, "Lord Rama, the sun's light energies are extremely high in frequency – again!"

Then I received a text message from **Lady Natasha** at 11: 30 am. She said to me, "Lord Rama, I have been inside Mt Kailosh, studying advanced Jedi Training with ancient Jedi masters from the Andromedan Galaxy.

"There are many galactic forces of Light here with me who have come from all over the Milky Way Galaxy and the 26 other galaxies that converge in space with our galaxy at Super Galactic Center or, in the Mayan Language, the Hunab Ku.

"I have seen places here that are at least 4 football fields long. These spaces serve as landing bays where the many visitors' Starships are parked. Also, there are many other large spaces here that house all kinds of galactic technologies. This is a very busy place! All these galactic beings are here to study the effects of the Light of the Sun on humanity's consciousness.

"There were 2 more X Class flares today. 5th Dimensional consciousness is being fully anchored and made available to all at this time. Stay with that energy! Do your breathing! Work with the Violet Flame! See you in the Light of the Most Radiant One! **Sat Nam!**
Namaste! Blaze the Violet Fire!"

Rama: I sat with **4 deer and 8 crows** in the forest behind Fort Marcy Park today at 10:50 am, mid morning. The deer were all big bucks – with BIIGGG antlers! And Very hungry! They intuitively said to me, “Lord Rama, keep your head down - there are big solar flares today.”

Then I received a text message from my friend, former New Mexico State Senator **Max Cole**, a Democrat who faked his death in 2009 because he was speaking out about 9/11, exposing and implicating the 13 families as the operatives of this black op. He now lives in Taipai, Taiwan with an alias name, where he is an investor in N G Os that are helping indigenous people across the planet.

“There were 2 X Class solar flares today; there have been radio black outs, cell phone interruptions, and big electro-magnetic waves that are enveloping the planet. As you are affected by these energies, lay low; breathe and drink lots of good water. Meditate.

“From what I am hearing from my scientific friends, is that solar flash could happen at any time! Your galactic friends, Lord Rama, are everywhere in the sky! At a certain point here, everything will shift. It has to do with the activation of our sun, Sol, where there may be 3 or 4 X Class flares in the course of a day!

“The fallen angels, the old Dracos bunch – meaning the 500,000 unsavoury oligarchs and their friends who have been enslaving humanity here on Mother Gaia - are going to be boarded on the giant cargo star ships and removed from earth, **never to return!** !! They will be taken to Dracos in Orion’s Belt where they will stand trial for intergalactic war crimes.

“Please place all of this in the Circle of Support. **Blaze the Violet Fire! Sat Nam! Namaste!**”



FROM LORD RAMA: SHIPS OVER AUSTRALIA

**PLEASE CHECK THESE PICTURES BY HITTING
“CONTROL” AND “ENTER” BUTTONS**

**SolarHam (@SolarHam) posted at 6:10 PM on
Wed, Feb 21, 2024:**

**Double flare threat with AR 3590 and ex 3575
set to take center stage.**

**Although no guarantees, the next several days
could get interesting.**

<https://t.co/aqK4Q6XdAY>
<https://t.co/XN4B6ofR9e>

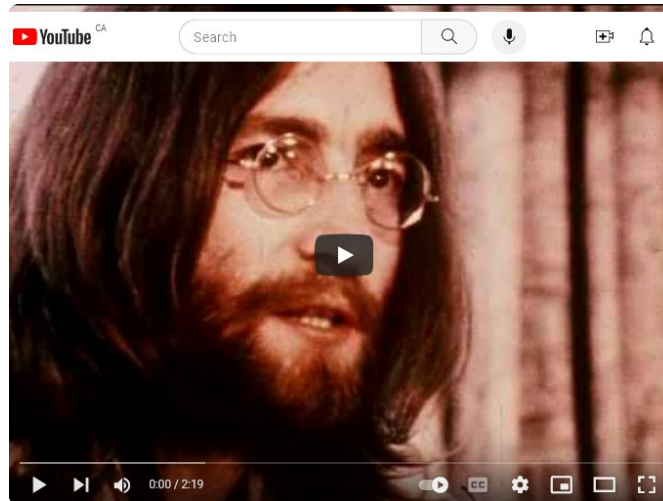
<https://x.com/SolarHam/status/1760472220155904342?t=DOujarjJVGkMD0tsxEiOLg&s=03>

2024-02-22

CLOSING MUSIC

John Lennon & Yoko Ono: Give Peace A Chance

<https://www.youtube.com/watch?v=acb15JsCGSk> 2:19



John Lennon & Yoko Ono - Give Peace a Chance (1969) 3:43



https://www.youtube.com/watch?v=w_SEEv5DQq4

Guest: Bonnie Serratore

Guest Website <https://www.spiritualacceleration.com/>
Guest Category

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[Spiritual](#)



Guest Occupation **Spiritual Accelerator**

Bonnie Serratore is a Spiritual Accelerator, meaning that she helps people accelerate their personal healing, growth, and spiritual development.

Bonnie accelerates the liberation of our authentic, true, and divine self. She does so by removing and clearing all unwanted foreign energy from the individual, in all time and space, as these interfere with the expression of our divine self.

Everything Bonnie Serratore knows she has learned through direct experience in her own life, as well as from working with her clients and students. She has not studied or trained with any teachers, living or dead, and does not use spirit guides or any trance-inducing tools – she relies on nothing but her own inner knowing and the energy of the White Light of Creation.

Although she was born with these abilities, she has developed an intimate connection with herself and the Light through her profound personal experiences. Bonnie lived alone in the desert of Arizona for four years, speaking to almost no one. There she expanded her skills and burned through much of her own interference and ego.

Bonnie has taken personal trips where she studied the energy of the pyramids of Egypt, and the sacred sites throughout Israel.

In these experiences, she cultivated deeper and deeper connections with Source by realizing the true nature of her own divinity. Bonnie's work has led to the start of the White Raven Center and many other spiritual centers throughout the west coast of the United States.

Spiritual Acceleration is the culmination of everything Bonnie has discovered and the realms of consciousness that she has expertly explored.

She is on the leading edge of the Spiritual Acceleration movement – a global community of people dedicated to their own personal liberation and supporting others who are on the same journey.

Her work is like no other in that its transformation is profound, permanent, and accelerated beyond expectation.

She currently holds regular intensives and professional trainings where she teaches Spiritual Acceleration techniques & Master Tracking skills.

Website: <https://www.spiritualacceleration.com>
Facebook: <https://www.facebook.com/spiritualacceleration/>
Facebook Group Page: <https://www.facebook.com/groups/SpiritualAcceleration>
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