

2023-08-03

A NIGHT AT THE ROUNDTABLE

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
LISTEN ON LINE	 CLICK ON AUDIO ICON	 CLICK ON AUDIO ICON
LISTEN BY PHONE	1-641-793-8120 [NO code needed]	1-804-220-6484 [No code needed]
CALL IN TO INTERACT	Only during live calls 888-627-6008 Direct: 323-744-4831	1- 888-429-5471 Direct: 323-744-4841
ACCESS CUSTOMER SERVICE	Toll Free: 1-888-710-8061	Direct Line: 1-323-744-4828
OTHER BBS SERVICES	FREE PHONE APPS • Free BBS Radio Android phone app • 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://ashtarontheroad.com)

Call In Numbers: 888 627 6008 323 744 4831

LINK TO BBS PODCAST:

<https://bbsradio.com/podcast/night-roundtable-august-3-2023>

HOST: Tara, Rama

MEDITATION:**Omena****GUEST:****Panel members and Callers****TONIGHT'S PANEL:**

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

THE LAW OF ONE

We are all One.

When One is harmed, all are harmed. When One is helped, all are helped.

Therefore in the name of Who 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!

ENERGY UPDATES:**Explanations re the meditation – getting ourselves anchored in the 5th Dimension**

this will help the body adjust to the energy

Gold – ready to let go, to receive; all in divine order

White – process of purifying

Purple – have the power of transmuting

Blue -

Green – healing

- Can change the colour whenever you do this meditation as you progress
- seeing dead people around us – old ideas dying
- key: change all you can; let the rest go

- the language is important: we have to think about the language we use
- allow the brain to accommodate the new energy -

Omena: will be happy when people have integrated the 5th dimension – is hoping this new energy will cut through the old energies in people's souls – the old energies are like concrete – would like to help people more yet it's hard work getting through the old ideas

COR: Lennon Speaks: Messages from John

He lived a fascinating life – he was going to start

working with the Music of the Spheres. His desire for peace is still there . . . he thinks in terms of Oneness

- This year's book: **Messages from the Spirit of Abundance** – go to Amazon. Every chapter opens with a question, received from a light bringer, all the speakers talk about what slows us down
Readers are supported just by reading the books Ascensiontimes.com – and go to 'channeling session' – send an e-mail
- as for the energies right now: was completely wiped out by the full moon – our bodies are doing what they can to integrate the light; at times, we are revisiting our past. Drink lots of water. May find we eat more or eat less – have to find a way to have time for yourself! ! !
- Quite an adventure!

R: all week, headaches, watching the physical dimensions shift higher and watching the outcry from the old timeline and not getting absorbed by those cries – can wake up feeling like he's between worlds
sol, the sun; Helios and Vesta are the Solar Logos: they appear as glowing spheres of light, or angels from 10 feet to miles high; they encompass entire systems. The Great Central Sun Alcyone is consort to Mother Sekhmet; they are tied in with the Hunab Ku, 26* Sagittarius.

The energy coming out of the Hunab Ku is connected with the Solar Flash . . . sun is coming to the end of an 11 year cycle – and the planets are connected with

- Today's news – the whole OTHER STORY! ! ! Drumpf was indicted today – the 3rd criminal indictment – 78 items that are criminal in nature: it was made clear that what he did was try to overthrow the government – getting people to do things since 1861
 - Some people have compared it to what is going on in Russia, Ukraine , other places – like failed states.
 - Trump and those around him have ties to organized crime around the planet . . . we're watching the fall out as the energies rise up – we are going through having to look at the underworld – 13, 000-14,000 years of trauma for the whole planet – every living molecule.
 - The new kids won't put up with this

MG: info from Keshe Fdn –

22 New elements have been created from the MaGrav (Magnetic and Gravitational) fields. Now the KF has created a Joint organization - China Keshe Corporation and will proceed with a rapid spread of plasma space technology.

Also there will be some major KF plasma and space technology conferences later this year in London and Beijing. London will introduce new T;

The KF Wellness Center is now completely in the hands of the Doctors, and will soon open in other countries.

"China Keshe Organization Corporation" will allow rapid spread of T - through strength power of Chinese government and is Committed to spread across China in next 10 years - then to rest of world. It does not matter if carries KF name or not - what matters is that it creates peace - brings prosperity and change for humanity. This is what we came here for, to Become a peaceful human race.

PCC: Penny's energy contribution – in two parts

One of my enduring and favourite sources of inspiration are the daily *Notes from the Universe*, created by Mike Dooley – and today's seemed particularly a propos, given that it's Thursday and I am thinking of the show and of our collective impatience at the seeming lack of concrete results, given all the visualizations, prayers, affirmations, foot-stomping and every other kind of attention-getting activity we can dream up and engage in, just to get the attention of the Universe! ! !

Thursday, August 3rd

How is it, Penny, that with so many brilliant beings on your planet, so few recognize that when one's life encounters turbulence, choppy waters, or setbacks, it's always a sign that things are about to get wildly better than they've ever been before?

And by brilliant beings, I'm not talking about the dolphins (this time).

Don't fight it,
The Universe

P.S. This is really, really good news, Penny.

Later, while I was involved in my morning writing, I was being reminded of what is going on, as we all gain in wisdom and strength and growth. IN SPITE OF WHAT WE MAY THINK IT

LOOKS LIKE, I heard it's like a set of scales – and then I 'saw' the scales and was told about the big word on one side of the scale, and a pile of 'stuff' on the other side

Then that became: the word LOVE on one side in golden, shiny, CAPITAL LETTERS. On the other, there was piled on every story; every bit of history; all the discussions and arguments about law, pipelines, covid, etc; all the stuff you receive from me; all the stuff you read, hear, see on radio, tv, social media; every topic we discuss on this program, on the Friday and Saturday programs; the videos, movies, TV series we take in and share -

Not only that, the more stuff that was loaded on that side of the scale, the bigger and brighter the word LOVE got on the opposite side of the scales – and it always, always, always outweighed whatever was added to the opposite side -

This is how the Universe works; and these are hard-won realizations the Universe is waiting for all of us to make

That is what I heard and wanted to share . . .

RGM: the Universe is handing out so much healing for each of us; the tide is turning – a big win for freedom – today the public health orders given out in AB were against the province's charter

Who do you think handled the payouts for Veterans Social insurance – in the US? Pfizer – THIS IS ONE OF THE ARMS OF THE COMPANY – it's way more than a pharmaceutical company

THE SYSTEM IS BROKEN - no one has any money and at the same time, we are bombarded by the news of be – by 2050 – solar panels won't save anything! ! !

what does it make to make a turbine: and he lists the ingredients. And the blades when they wear out they have to be buried as there is no technology for re-cycling them – all is designed to suck the money of the citizens – it's about kick backs to

Ford has quit making electric trucks as they don't hold up!

Tesla backing up and making a new one – the power grid service is designed for only so much draw . . .air conditioners were pulling the most power – in Saudi Arabia they use totally different technologies as the air conditioners work all the time: in the US, they are designed to suck money

the Bill of Goods: what we are told will help us, only helps the corporations

13 more elements announced today created out of the plasma, in the air! What will this do for technologies – we can use the plasma made elements to create technologies

there's a new healing centre in Beijing

there are different levels of manufacturing in China – and he discusses

July 27, 2023 – August 03, 2023

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>

2023-07-28

Friday

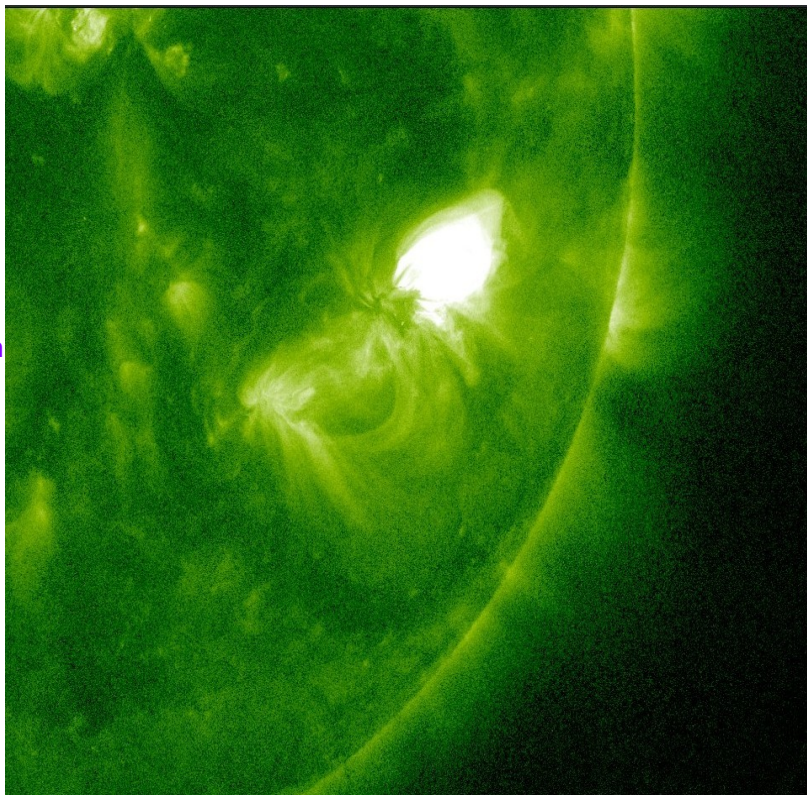
Plasma Field

Rama: I went and sat in the **Plasma Field** today at 11:03 am this morning for 1h 15m. The Plasma Field said to me, "Lord Rama, we are going to take a little journey to the sun today. So focus on creating your merkaba vehicle and together we will open a portal."

So I focussed on my merkaba vehicle, and the next thing I knew was that I was in a close orbit to the sun. Then I saw a solar flare shoot off the surface of the sun, and then I heard a voice in my ear, and the voice said to me: "Lord Rama, say HI to the sun!" and so I waved to the sun and said "HI". Then I saw the solar flare wave to me in its own way, and I accepted this as acknowledgment of my presence.

Then I heard the Plasma Field in my ear say to me: "Lord Rama, it's time to come back now!" I focussed on coming back and I found myself back in the pool. Then I noticed Mrs Fenn was in the kitchen; she smiled and said "It's time for you to be on your way, Commander!"

The Plasma Field said, *See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire.*



2023-07-31

Monday

Dalai Lama

Dalai Lama@DalaiLama · [Jul 31](#)

HHDL greeting members of the crowd gathered at the Buddha statue in the Himalayan region of Stok, Leh, Ladakh, India on July 31, 2023. Photo by Tenzin Choejor



2023-07-31

Monday

Darby O'Dell

Rama: I received a text message from **Darby O'Dell** at 12:33 pm this afternoon.

He said to me, "Lord Rama, Happy Lammas *, early! Happy full moon in Aquarius! Venus is going to dance backwards for a few moments, meaning Venus is going to go retrograde.

"There are HUGE, HUGE energies coming in from the Hunab Ku, located at Super Galactic Center. There is a new energy coming to Earth from the Super Galactic Center, one that is speeding up the vibration of the light particles which make up this physical realm. As the vibrations rise, it creates an expansion of the consciousness of a world, and its integration of new realities with a higher light quotient.

"Welcome to the **Era of Light**, where humanity remembers the natural way of Light and their connection with Mother Gaia. This is the moment where Peace and Love become the dominant energies. In order to shift with Mother Gaia into the higher realms, in this case going from the 3rd to the 4th to the 5th dimensions, one must release the old thought patterns. In addition, one must release the trauma that goes with the 3rd dimensional way of life. We do this by moving from the mind to the heart. These energies are going to raise so many folks up that, collectively, the world is going to have a change of heart.

"Stay in YOUR High Heart! [See you in the Light of the Most Radiant One.](#)
[Sat Nam! Namaste! Blaze the Violet Fire."](#)

* Lammas also known as Loaf Mass Day, is a Christian holiday celebrated in some English-speaking countries in the Northern Hemisphere on 1 August. <https://en.wikipedia.org/wiki/Lammas>

* See also: <https://www.britannica.com/topic/Lammas>

* The Origins and Practices of Lammas/Lughnasad

<https://www.bpl.org/blogs/post/the-origins-and-practices-of-lammas-lughnasad/>

Lammas, also known as Lughnasad, or Lughnassadh, is a pagan holiday and one of the eight Wiccan sabbats during the year. Each sabbat marks a seasonal turning point. The sabbat occurs on August 1, which is about halfway between the [summer solstice \(Litha\)](#) and the fall equinox (Mabon). **This holiday celebrates the grain harvest.** Grain is a very important crop for most civilizations. If the grain was left in the fields for too long, or if the bread made from the grain was not baked in time, families might starve.



2023-08-02

Tuesday

Rana Mu

Rama: I went and saw **Rana Mu** this morning. It was 10:50 am, mid morning. I got on the bio bed, and Rana Mu activated the lasers. They were all the primary and some secondary colours of the rainbow. Excaliber Archangel Michael sapphire blue; Rose pink on Lord Lanto's second ray; Sunshine yellow, Emerald green, the Ruby magenta ray, and the Violet Ray. I could feel these rays of energy penetrating deep into my being.

Rana Mu said, "Lord Rama, focus on your merkaba vehicle." She went on to say: "Many folks around the planet, including you, are getting massive downloads from Galactic Center. These downloads are in the form of many geometric shapes, sacred symbols, and light rays that I could only describe as intense cosmic rays.

"It is at this time that you are getting your briefing orders. As you sit quietly and do the Prana Yama, you will recall the downloads. They are just like you tubes.

Then Rana Mu said to me, "Lord Rama, you are done. You are cooked! ! ! [See you in the Light of the Most Radiant One. Sat Nam! Namaste! Blaze the Violet Fire.](#)"

From Lord Rama:

a nebula from somewhere in the Milky Way Galaxy



2023-08-02

Wednesday

Professor Nicodemus

Rama: I received a text message from **Professor Nicodemus** at 1:30 pm, early this afternoon. He said to me, "Lord Rama, look at the pictures I sent of the solar flares. What's going on is the solar flares are shooting out, going past the earth, past the moon and Mars. This is a sign that the solar flash is near! Stay in the High Heart. As Jerry Garcia used to say, "What a long strange trip it's been!" "

The Professor, a 4 foot rat, went on: "Even rats like The Grateful Dead! **Sat Nam! Namaste! Blaze the Violet Fire.**"

2023-08-03

Thursday

Mr X

Rama: I received a text message from **Mr X** at 1:09 this afternoon. He said to me, "Lord Rama, I have been in an undisclosed location in a cloaked starship, over Poland in the last 12 hours. I have been monitoring the activities of the U S Deep State and the US "Ukraine story", along with the fake Putin created by the same Deep State.

Mr X went on:" The Dark Side is out of options. The LIGHT HAS WON! We are in a new timeline. Each day that passes, the energies coming in from our sun, Sol, increase exponentially. In the last couple of days, there have been plasma solar flares that have gone out past the earth, the moon, and Mars.

"As we are all here and still sane, at this moment we will see the Rule of Law come into play. You cannot overthrow a peacefully elected President just because you are having a Bad Hair Day, AND you lost the election! There are ramifications for that kind of behaviour. In the Constitution, it is stated that as you attempt to overthrow a duly elected government - a terrorist act - it is called **HIGH TREASON**. We all know, at this present moment, that there are two sets of laws in this country. One set for the poor, unwashed masses, and another set of laws for the filthy rich white folk at the top.

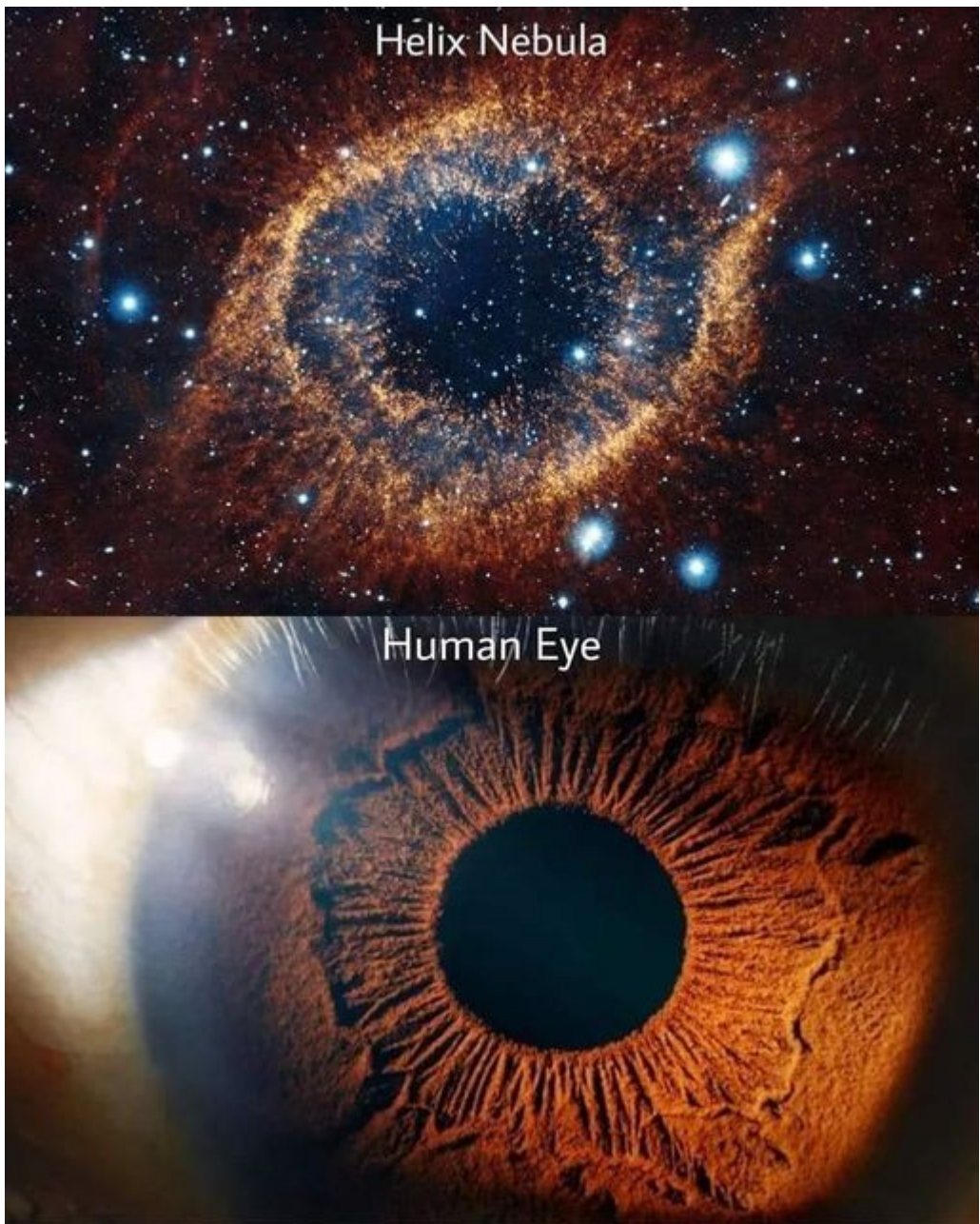
"This House of Cards is crumbling very quickly. Disclosure about our galactic sisters and brothers from the stars is happening. Our Congress members, Democrats and Republicans alike, are very nervous and jerky about this. Many Congressional members have deep ties to the Unacknowledged Black Budget of the Deep State. We are in a most unique moment. We can change physical reality with our thoughts. Focus on peaceful solutions. All we are saying is 'Give peace a chance.'" **Sat Nam! Namaste! Blaze the Violet Fire.**"

**From Lord Rama:
Ship over London...**



From Lord Rama

**"as within, so
without"**



**From Lord Rama:
The Hour Glass
Nebula**



Rama: gives much more information, background about the news he has presented

RGM: what's behind the life bulb ban in the US? People are now forced to buy LED bulbs go and buy as many incandescent light bulbs as you can

- get fluorescent lights that are full spectrum: these will help people to see better than just plain fluorescents
- Discussion of the Pure Light <https://pure-light-tech.myshopify.com/en-ca>
- we are getting divine intervention all the time
- The significance of Rama's visit to the sun: to experience the radiance of being in that energy – like visiting Baba Ji
 - it's the joy and ecstasy of what is pouring forth for us to embrace – when you are in that kind of energy, no darkness can enter

COR: brings up Darby O'Dell

- asks Rama how the lasers work: he thinks it has to do with an interaction between the bio bed and the lasers, once her computer activates the transmission for Rama's – everyone has their own personal configuration

- there are technologies that can replace limbs, for example . .

Commander Richert broke his arm; with Dr Crusher's handheld technology, he was repaired in 5 minutes

Switch from butter tarts to darker moments: any indication of the former pres going to a jail cell

- another hearing on aug 28th

- R has heard lots of people saying others would be put in jail after similar situations – as Mr X said, there are 2 sets of laws in the US! ! !

- We have lost our abilities to work with full galactic law -
 - the man who shot the people at the synagogue got the death penalty – in other star systems there are ways to heal people like that – it's about healing, not murder

O: we're all forgetting we are dealing with a lower brain in these situations

- she wonders if he will make it to the 28th – he's very delusional! ! ! and when the delusions no longer work for him, there's something going on in the brain – he's going out looking for adoration – he brought up all the things that are wrong with the country but he did nothing about it
- 'we've risen out of the animal realm into a higher realm and it's getting better and better which we hear nothing about -

- for him, money talks – and imagine how much money he has passed out . . .

Trump is a toddler soul – toddlers have to have own way, are always right. He's a toddler having tantrums because he is not getting what he wants. There is also a rigidity in his life. If a person has no insight into their makeup or their problems, there is no change! The ability to have insight that they might be creating a problem . . . means they can look at their own behaviour

- she blesses him: he came to stir up things – he's just a trouble maker and got power out of that – a misuse of god-given gifts; a wanna be dictator

RGM: sez good night to Omena

O: she will meet him for dancing . . .

CLOSING MUSIC

Jan 20, 2020 The King's Singers: If I can help somebody - Alma Androzso (arr. Stacey V. Gibbs)

https://www.youtube.com/watch?v=JuPSPAXAdyY&ab_channel=TheKing%27sSingers

3:52



The King's Singers

This is a new single from The King's Singers' upcoming album '*Finding Harmony*', which explores songs from all of the world which have helped bring communities together and give them a voice in difficult times.

'If I can help somebody' is a song which became popular during the struggles of the American Civil Rights movement. It was one of Martin Luther King Jr's favourite hymns, and he quoted it in one of his final sermons before his assassination. The Civil Rights movement had music and singing at its very core, and the words of this song summarize the message of hope which lay at the centre of it.



The arrangement was written for The King's Singers by American composer and arranger Stacey V. Gibbs. Stacey grew up in Tennessee, as part of a large family who frequently sang together. This song is one of his all-time favourites, and The King's Singers are thrilled that Stacey collaborated with them for three of the songs on *Finding Harmony*.