

**INFORMATION REGARDING CALLS PRESENTED AND/OR SUPPORTED BY
2013 RAINBOW ROUND TABLE**

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

A BBS RADIO Go To www.bbsradio.com ; click on Talk Radio Station #2; click on "64K Listen"

Thursday: 9 pm – 12:00 pm EST ***Stargate Round Table*** **Host: Marietta Robert**

Friday: 9 pm – 2 am EST ***Friday Night Hard News*** **Hosts: Tara & Rama**

Saturday: 2:30 pm – 2 am EST ***History of our Galactic World & NESARA T & R***

Friday, Saturday: From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [8-9 pm MST **1-209-647-1600** pin 353 863#] and then returns to BBS Radio.

- Use the following phone numbers to ask questions or make comments during the radio show.
530 – 413 – 9537 [line 1]
530 – 763 – 1594 [line 2 & 3]
530 – 746 – 0341 [line 4]

- **BBS Toll Free # in Canada, US** 1 – 888-429-5471 This # picks up the first available line.

B Conference Call: 1-860-970-0300 Thursday PIN # 87 87 87#
Friday PIN # 23 23 23#
Saturday PIN # 13 72 9#

BBS Phone Line: 1-716-748-0144 NO PIN REQUIRED: **this line is very, very clear!**

C Skype: **BBSradio2**

D Archives for the 3 Programs listed above:

- To access the **FREE BBS archives** for any of these programs:
 - Go to [BBSRadio.com/ Station 2](http://BBSRadio.com/Station2); scroll down; click on **Live Talk Radio Shows**
 - Scroll down to **Saturday History Call with Tara and Rama**, and click on **"Library Archives"**
 - Click on those words and you will be taken to the listing of all program archives, the latest one being at the top.
 - You can download the program to your own computer or listen directly.

- The **2013 website also has an archive section:**

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for written notes.

II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A Sunday, Mondays: 9 – 10:30 EST *Cheryl Croci's Activation Calls*
By telephone only: 1 – 605-475-5950; PIN 9467441#

B Tuesdays, 2nd & 4th of each month: *Ashtar on the Road*
9:00 – 10:30 pm EST
Host is Fran; Susan Leland channels Ashtar & others
www.Ashtarontheroad.com
• Phone Number: 1 – 559 – 726 – 1300; PIN 972400##
• Call is free [except for long distance charges]
• Can also listen to the call via Skype

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 week] 1-712- 432-0990 PIN 666238#

Opening Meditation: Cheryl Croci – Meaning of the Day out of Time, Mayan Calendar

Housekeeping: Rainbird - Begins with specific information on the Mayan New Year

- BBS:**
- A listener-supported radio program; we can access program archives on BBS
 - The radio program costs \$300 per week; **this week, we need \$ 195**
 - Everyone doing a little helps a lot - **many thanks to everyone for paying it forward!**
 - Go to BBSradio.com/Station2; find the listing for True History call; find the **Paypal** button
 - BBS appreciates getting checks through the mail – no fees taken off by Paypal
 - **NO COST TO ACCESS BBS ARCHIVES** for either of the 2 T & R PROGRAMS, or the Thursday night program: MariettaRobert's Stargate Round Table
 - Re: archives of other BBS programs; the money we pay to listen to someone else's archives is put towards our BBS bill!

 - The mailing address for those who do not like paying electronically:
BBS Network, Inc. [Please put **"Attention Don"** on the envelope.]
5167 Toyon Lane
Paradise, CA 95969
 - Sending a check to BBS means all your money is received; using Paypal incurs a fee.
- T & R:**
- They still need **food, gas money & for some bills as well. [\$600]**
 - We can donate via the Paypal button on the homepage of 2013 Rainbow Roundtable

 - **Please notify them if you're sending something:** koran999@comcast.net

 - Rama's mailing address for cheques, Money orders: Ram D Berkowitz
1704 B Llano St, # 249
Santa Fe, NM 87505

 - **phone contact** is via MariettaRobert Pickett: 317-773-0061
or by e-mail: stargatemarietta@gmail.com
 - **Remember you can book a session with Mother, as well!**
- MR:**
- Please remember to support MariettaRobert's show, too
 - **You can also book a session with MR for a transformational clearing.**
- T:**
- **if you have any trouble hearing, that means there is an issue with the sound and it is an emergency - so call this number: 1-888- 429 – 5471**
 - **if you cannot get through, use this # 1-888 – 710-8061**

Intro Notes

- The following audio link allows you to listen to the entire program.

<http://bbsradio.com/podcast/true-history-august-1-2015>

- The **new number for the Conference Line: IN USE STARTING MID AUGUST**
 - for an hour, 8 – 9 pm MST, every Friday, Saturday – **641-715-3650**; pin 353 863#
 - for the rest of the show, it's BBS Radio for those with computers, or for those without - 1 - 860 - 970 – 9300; pin codes are listed on page 1
 - **if you can't hear on the 860 number, call 1-716-748 – 0144 out of Texas:** this gets you straight into the BBS radio program which is very clear.
 - There is no PIN CODE; you can only listen – and you can hear BBS Radio 24/7.

- **Whatever it takes, we'd like to see everyone contributing: a concentrated effort is required! And every little bit helps. NESARA NOW!**

HARD NEWS

T: they prioritize the money that comes in: 1st rent, radio

R: he can no longer ask Betty Rubble and the homeless folks for help

T: suggests making a specific helpful donation by sending it to T & R to their location

- Yes KOS can help, but they only use KOS for the rent money, so sending money to their address for other things would be very helpful – or use Western Union for a \$5 charge
- One solution is what one Sister does: send a little bit more than usual so T&R are not without.
- Rent received, but there is nothing left for anything else.
 - The radio is \$195 – a great deal of goodness came in in one day!
 - Getting gas is urgent; if anyone can send something directly, it will be appreciated.
 - Need gas and food, \$300 in bills, and to figure out how to get a printer!

Pacifica Radio – Richard Wolff's program at 7 am MDT, Saturdays – about China & economies going on and how the influence of the fake story – loved what R Wolff and Dr Cornell West said yesterday on Laura Flanders' program about Karl Marx: about the false info people have been fed about Karl Marx – the whole idea of socialism vs capitalism vs communism

Russia has more nukes than the US & always have; they have been neutralized by Ashtar & Sananda

- Wolff talked of the story about the big red communist threat which is the cover story vs capitalism, socialism and about the bad boy billionaires who moved entire business to China
- Recalls a commercial from early 2010, 2011 by rabid Republicans – with a woman in it; the whole fiasco in China is thanks to the bad boy billionaires who picked up their factories and took them to China where the people are getting 75 cents an hour
 - 65 year old men are getting \$7.25 an hour to be greeters at Walmart, Macdonals
- Wolff spoke of this: said outright that Jamie Diamon said to E Warren and sat back in his chair and said "Do your worst! Fine me" – how can you threaten with any level of conscience a sitting US Senator? A big deal!
- He talked of China going from a 3rd world nation to a 1st world nation; they have entire, empty cities with no people in them: looks like something out of a sci fi movie - they are empty!
 - Also talked of people like Mitt Romney, Shelly Adelson, Mr Hair who have dealings in China, Singapore, Hong Kong – these are the life forms that we want to trust with the full faith and credit of the country with and sitting in the Commander's chair?
- Wolff didn't say NESARA, but just that **there is a huge financial change** in the works – gave no dates.
 - Went into a comedy kind of thing – brings up a TV show called "Mr Robot": the guy is a computer hacker, works for a corporation, is part of a group of hackers that break into corporations like anonymous & do stuff
 - the 1/32nd of the 1% who are so rich, they rub elbows with the white dragons like Lagarde and Mr Baron von Rothschild; they have secret organizations and they observe those who are watching them – it's technology that is advanced, but not as advanced as that of Ashtar and the Andromedans; they play with the technology and spy on us and things happen: like John Mack getting hit by a bus which just suddenly shows up when he steps off the pavement. Or the idea that with a little help from ALEC – they lean on folks – brought up that Jeb Bush signed into law Stand Your Ground and Trayvon Martin would still be alive if that law had not been signed into effect.
- Today, **Cecil's brother Jericho Lion** got killed today by another hunter; 90%+ of the people who hunt there are Americans; Richard brought up that every 28 hours a black person is killed in the US are killed by law enforcement. How many of these things are NOT discussed?
 - They are the SS in this company; might as well wear the swastika!

- Every single year, 105,000 animals are killed: 600 lions, 600 elephants, 800 leopards and sometimes even black rhinos - a seriously endangered species.
- Africa makes \$25Billion a year on "nature tours" aka hunting – boils down to money

Richard Wolff: talked about the issues of dealing with China, US – wouldn't give dates but **could very well see a huge financial shift** across the planet right now

Had on Craig Barnes & Ellen Brown [WebofDebt] – the 3 spoke of issues at hand where Ted Cruz is calling for another gov't shutdown & playing with the peoples money; McConnell, Boehner have violated their oaths of office, and are guilty of high treason, murder, genocide

Camp Lovewave: had Edward Snowden on LIVE! There was **no recording**

T: what is good about this: Teran at Camp Lovewave is part of the 13 families; can't talk about this kind of stuff: he denies everything so he and his family are safe: a renegade who risks every day

MSNBC / new owners: Want to get rid of Chris Hayes and Rachel Maddow: both of those are "too liberal"; **we are watching SOME VERY SCARED FOLKS WHO ARE ACTING IN A PARTICULAR WAY**

- **Like:** Hillary got a standing ovation at Urban League conference in Fort Lauderdale, FL
- they are trying to paint a picture and leave everything else under the rug
 - Close to the end of her show, Rachel brought up Michael Grim and how he challenged a reporter and said he'd throw him off the f***** balcony: the question was about some of his shadowy dealings: involved with the mob, didn't pay taxes and other things; the reporter Michal Scoto said it's a valid question – Grim "I'll break you in half like a boy"
- Rachel: whatever he meant by that, we'll never know – but we should have realized that 2015 would be an excellent year for the business of criminal prosecutors who specialize in defending members of Congress
- the backdrops of her show ["lock up Congress?"] is one of the reasons they want to get rid of her. Fills in what has happened to Michael Grim
 - We are off and running to a great year of criminal investigations of members of Congress
- Under this present Congress and even in the Republican take-over of the last part of Clinton's term, and the police who do not have to keep records and are guaranteed they will not be held accountable for anything they have ever done: Rachel pulled up another story:

Rachel: we now have 3 indictments of police when there were none before: things are changing in the favour of "we the people" and she does what she can under the mugging that she works under.

 - 48.5% of all crime in the US is about people of colour being murdered, tortured, whatever [last 10 – 15 years]
 - 20.8% sexual orientation
 - 17.4% religious focus [Islam, etc]
 - 13.3% are all the other crimes you can think of.

Caller: those 2 young boys from Florida missing at sea – anything about this?

- What Alex Witt said today: there was a major storm warning, they went out without permission; everyone coming back to shore; they were not equipped; nothing surreptitious – just ornery teenagers who thought they were smart. R does not know if they got beamed up or drowned – T: the boat was found over turned; they were 65 or so miles out.

C: Obama last week said if there were no restrictions on having a 3rd term, thought he'd win

again! This is a good indication of a precursor for Michelle?

- Absolutely! A story from a conversation with GG Lillie: asked her who she thought would be next president; first thing she said is that she did not see Barack leaving the White House: it will be Michelle was what GG Lillie said

C: Hillary does not know what she wants to do: evading all kinds of question – yet she knows she's for the pipeline and for the TTP; if she comes out and says that, she knows she'll lose the support of the people. Does not think Bernie will be president -

- Bernie's only purpose is to lay out the issues & policies to the people: his speech at the National Convention of the Urban League was all about the policies

C: Richard Wolff believes that we are very near to the world / financial blessings: Caller agrees

- hearing all kinds of things about certain foreign exchanges closing – Sterling Group closed their doors due to Federal / FBI investigations; now hearing that other foreign exchange companies are also closing due to improprieties re foreign currencies – eg, Dinar Court - there is a cease and desist order on their doors, as well as on others.

R: all of this is a very convoluted ball of wax, round robin game, playing with dinars, dongs, foreign exchange currencies

T: they will all go down – there's a much bigger story behind all of this [full disclosure]

R: cannot serve two masters: as you expect to get astronomical amounts from TNT Tony, Dinar Recaps, others – **IT'S ALL B. S.**

T: REALIZE THIS IS BEING DECIDED BY THE GALACTICS. Does not matter where you put your money, what program you put money into – NONE OF THAT WILL COUNT!

- What is happening has nothing to do with anything else: this has to do with going inside and doing the ho'o pono pono; BE CAREFUL ABOUT GIVING DATES OR TIMES: some lightworkers are doing this again and this is leading people down the wrong path.
- it is not pre-determined about anything - there is a trajectory we watch doing the astrology – we are in 2000 + years of Lady Virgo and she has “mouse medicine” meaning she applies to all the details and with the nugal.
 - linear time is a MALE THING: THE DETERMINATION IS FEMALE, GOING TO SOURCE WHICH IS MOTHER, FEMALE, NON-LINEAR. Unity consciousness is about knowing when to receive and when to act -
 - There is nothing linear about this time: we are moving beyond 3D and which is non-linear:
 - even to the point of Michelle Obama being the next president: that is bull pucky – that cannot be stated! There is a trajectory and there is a possibility that can happen
 - Rachel pointed out what is the deal that we have gone from the idea of black men being killed and now black women and the police are not charged; there was no attention to this until movement upon movement upon movement happened to make this happen

- Important for us to be humble in this process : ask and it shall be given, knock and the door will be opened – this applies to everything even as we need an extra dollar to fill the gas tank: there is no such thing as blame or shame or regret or fear or I get this because of that

C: things are happening; pray and put Mother Gaia in the circle as she is making a transformation for the light and for all mankind.

- Snowden said **we're going to get some help from an outside source** and it's not being looked for by MSNBC or even Free Speech TV; he was talking about the galactic helpers who will help with all the areas of finance, social, economic, political, scientific, religious - all of the areas of being human with divine capabilities
 - Also with divine sexuality and kundalini yoga – a good time to work with that teaching – put it in computer and learn how to work with the yoga of breath and sexual energy as a

transformative tool – the Higher Love is what they are talking about

- Said he follows Kaypacha every week and Rama added - it goes without being said that **he listens to our shows every week**

- Mr Putin and the Russians had nothing to do with the downing of MH17 jet over the Ukraine, nor are there any Russian troops on the Ukraine/russian border inside eastern Ukraine, now or ever – it's a massive black op tied in with Khazarian Nazi collaborators of the Kiev Govt, Isreal and Shinzo Abe from Japan
 - Behind the scenes, Merkel and others are trying to get hold of the Tessarch, one of the 5 Infinity stones. The 5 infinity stones that sit on the Guantlet of Power glove – they are located around the Milky Way Galaxy and will not be found
 - The tesserach is equal to the power of Metatron's Cube which, on its own [this one stone!] , can be used to open up interdimensional portals into anti-matter.
 - Angleca is interested in opening up other portals so she can get out of here and not have to face her karma: shows how how frightened they are - PLEASE SEND THEM MORE LOVE!
- The 4th Reich wants to use the tesserach to go after Russia who have their own sidereal weapons which are millions of years in advance of our own weapons.
 - the Andromedans gave some sidereal weapons to Putin and other
 - They have also given some of these weapons to Obama:
 - Obama as a Senator and Hagel went to Russia in the 90s and were held for a while; this was a cover story: Obama, Hagel, Putin, and Russia's Minister of Defence Schevnazi – under cover of the media story – along with trained russian Scientists - they teleported the sidereal weapons into Russia to use against the archonic reptilian overlords of the planet; this is a useless attempt by Merkel to escape her

R spoke to Kathryn: she said that the Andromedans are sworn to practice peace and they know that Putin and friends will never use the weapons which are equal to Death Star technology, yet we are in a precarious moment: they want to turn on the CERN, the super collider and Ashtar will not allow this. Right now, in this nano second, everything changes through us!

- as we do our spiritual work equally alongside our 3D life activities; We need to learn HOW to use it and it is via the Divine Feminine; we learn how to whistle while we work and stay in a high vibration; can use the wisdom of higher work, doing the higher thing while we work.

Audio: Bernie Sanders at the National Urban League Conference in Fort Lauderdale, FL

2015-07-31 **Bernie Sanders: 'We need some new thinking, some bold thinking' National Urban League**

https://www.youtube.com/watch?v=LWh4fTtVj_U

"We need some new thinking, some bold thinking" Bernie Sanders breaks down his plans to fix education, jobs, minimum wage and the criminal justice system e extremely rich have "psychiatric issues" and it affects day-to-day Americans, populist presidential candidate Bernie Sanders (I-VT) said recently. Research shows that he's on to something. "We all know people who are addicted to alcohol or drugs. These people are addicted to money," Sanders said earlier this year, according to MSNBC. The result? A "philosophical war being waged against the middle-class and working families." Sanders wants to revive a time in American history where "one person could work 40 hours a week and make enough to take care for the entire family." That will take a political revolution, he said, and again he could be right. Last August, Maria Fernandes became the poster child for the new American economy, in which the cost of living has far surpassed the minimum wage and political inaction has let it fester.

Fernandes, a 32-year-old from New Jersey, worked four part-time, low wage jobs to make a living. She died in her car while she was napping between shifts, accidentally inhaling carbon monoxide, according to the New York Daily News.

According to the Pacific Standard, we tend to look at the lifestyles and patterns of average and low-income people with critical detail, even though it's the elite class that has the most power and incentive to influence government policies that impact our day-to-day lives. if he becomes president bernie sanders gave a speech at the National Urban League Conference where he discussed a bunch of issues. watch the video. im tired of writing. Presidential candidates Hillary Clinton, former Governor Jeb Bush (R-FL), Dr. Ben Carson, former Governor Martin O'Malley (D-MD), and Senator Bernie Sanders (I-VT) spoke at the National Urban League conference in Fort Lauderdale, Florida.

Audio: Andreas Mamet interviews Dr. Steven Greer July 28, 2015

28 July 2015 for Radio Ici et Maintenant in Paris

talking of his upcoming European conference on Sept 17th

<https://www.youtube.com/watch?v=BnT8Hln0mTg>

Audio: Part 2 The Life of Mohammed

Islam: Empire of Faith. Part 1: Prophet Muhammad and rise of Islam ...

<https://www.youtube.com/watch?v=yX3UHNhQ1Zk>

16 Oct 2009 ... Part 1 of the famous PBS Documentary "Islam: Empire of faith" produced in 2000. ... nader alkhazrajy

Islam: Empire of Faith. Part 2: The Awakening (full; PBS Documentary)

<https://www.youtube.com/watch?v=X1PxJomypQE>

17 Oct 2009 ... Part 2 of the famous PBS Documentary "Islam: Empire of faith" produced in 2000. ...

The life of The last Prophet & Messenger | Muhammad | Documentary

<https://www.youtube.com/watch?v=Unh5XfRWxo8>

17 Jul 2011 ... A documentary about our prophet Muhammad (peace be upon him) ... HOW can Muhammad be a prophet for our time when he wrote the FIRST part of Quran 4: 24 of the Prophet is a PBS documentary film about the life of the Islamic ... of many (2) In the beginning there were 4 different versions of Quran.

Musical Break

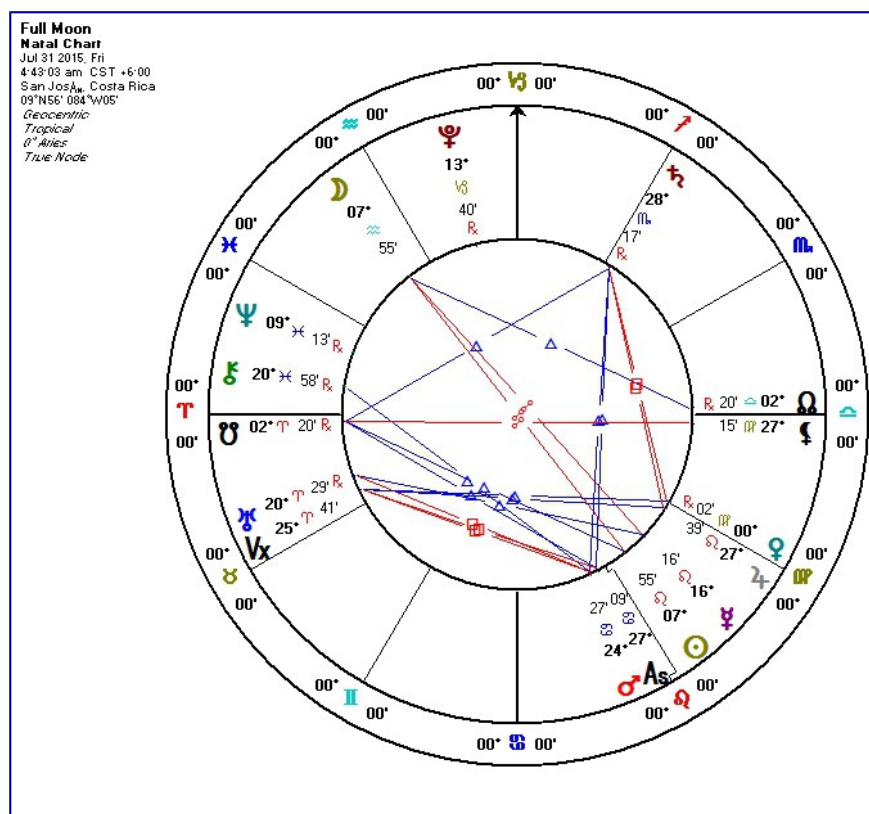
ASTROLOGY

Kaypacha: Astrology for the Soul – July 29, 2015

<https://youtu.be/hYioi0-xH4E>

***I see that this plan, this purpose of mine,
Is going to take some time.
And part of the process,
Is a need to discuss it,
So boundaries are clearly defined.***

CLICK the chart below for a larger, printable version



We've got the full Moon coming in Aquarius this Friday opposing the stellium of planets in Leo = Individual opposite Community/Group. The need for us to cooperate with each other in order to really get anywhere these days is becoming more apparent all the time now, isn't it?

[T: and they are trying hard to change the timelines & our getting together: getting rid of Ed Schultz, Alex Wagner and rumours about getting rid of Chris Hayes, Rachel . . .]

In addition to this full Moon, we are 3/4 of the way through a 20 year "social change" cycle of Jupiter/Saturn that began in 2000 and will go to 2020. Remember when George Bush was elected? Where were you and what were you thinking/planning? These long range goals are now at a turning point of adjustment and recalibration, possibly to accommodate the needs of the greater Aquarian future of humanity and earth herself? Let's hope the personal and collective changes are wholistic and harmonious. Injoy!

CONFERENCE CALL

C: is this it – has clients who are asking

- Can only say the astrology is indicating some events

Reading:

[SEE BELOW]

2015-08-01 **Astrology for August 2015 by Sarah Varcas~Small Acts of Great Power~**

Caller: from NY, near caller 1 who is on facebook

- Taken with the simplicity of Dr Greer's words – getting on free energy helps everyone so powerfully! Takes people like Bernie too – doing remarkable things to -

C1: everyone around her getting on the bandwagon

- Bernie got 100,000 people on one night! T never heard there was any empty seats!

C1: every place where he was to appear was filled up

C3: heard the therapist / healer – finding it's hardest to get people to understand the importance of healing centres being open 24 hours and all they will be offering, and get thought forms focussed on them to get people out of the old mind sets. Up to the healers and lightworkers to get together on this one. She's been kicked off Facebook – connecting with people who were clairvoyant and psychic in the Middle East – someone didn't like that!

- Told not to put any energy into Facebook – not nice people are looking at Facebook

C3: [missed most of it]

- everything that C3 is talking about falls under the rubric of NESARA;
 - explains the testing and scoring system of people applying to be police: the score of 22 is the score being looked for – anything higher, gets the person sidelined or booted out: too smart and therefore not too malleable.

C3: has been talking to Sanders, Warren about the importance of body, mind healing – so many do not “get it”. So much the kids don't know about; the basic income for people allows them to volunteer and spend their time healing

- No one is ever, ever, ever going to be on the money system again – won't be much longer.
- There is energy around 2023 – no one will ever have a need again for money, food, air to breathe. There is accountability here – those who have been knowingly diverting the purposes of nature and nature's god will be leaving and the timelines will be re-adjusted.
- The movement going on now: 2009 was moving forward and “yes we can” changed anything and every thing

C3: all she is talking about is having people focussed and with organized intentions; this means that the old falls away.

- Talks of a coffe shop in Santa Fe complete with every kind of healing art in the facility; there are all kinds of healing centres in SF and there will be an indoor/outdoor hydroponic gardens – the farmers market is 90% organic and is teaching the 10% that aren't

C3: there is a lot to do

C4: asks about the \$2600 / mo and volunteering

C3: go to the Sec of State website for the state you're in, then go to the elections page and download the manuals for writing House Bills so we the people can start to write the legislation that allows people to cooperate and work together, or create whatever kind of legislation might be required.

- People can volunteer for whatever they would like to do as they have enough \$ to follow their heart's passion – can bring all the communities together to do the healing: hands on healing, music, not guns! Have to focus on what you want to manifest and give people the opportunity to make different choices. Instead of paying so much for Juvenile services and incarceration etc etc etc, give everyone \$2600 – there are all kinds of peace groups, groups that want to create Montessori schools and other kinds of schools –

- anyone who is into shifting the education programs that are the deliberately dumbing down of the education system, be sure and listen to a program on PBS radio at 2pm PDT to get off the Common Core

C5: asking about the **spacecraft** – refers to Brenda Hoffman's posts and recently said that the type of communication with the galactics – they don't need a vehicle to travel anyways: she does a channeled communication – there are multiple beings everywhere

- Brenda Hoffman does what she does:

- people can do both/ and – it's all equal and every person who has a star ship does not need it, but it is there to show people how to get beyond – we are social beings, and we are all from the stars; on the Pleiades, they seldom use the birth canal process – they just create the being they want. So everything is manifesting all the time and what is not needed is de-manifesting – and what is not needed anymore is the old way of thinking, programs that do not operate out of love.

C3: to let people know it is an unlimited universe and are stuck in the thinking about the planet is too small, there's not enough

- The Luciferian program is even worse that people have known about

T: it was Carlton she was talking to, he's in GA; David is in MN. Likes the way that Barack said we'll move forward – didn't give specifics. Often times we see in the world what is in ourselves, but we don't see it: when we sweep the floor, we are sweeping our aura!

C3: Kevin Arnett; national Liberty Alliance, David Wynn Miller – helping get rid of another

T: Miller is part of a group that is **totally Black Ops**

C3: he is bringing some kinds of awareness about the existing systems

T: there is a fine line . . .

- We have to juggle things while we are waiting, though the waiting time is nothing at all.

BBS Radio

Audio: **Islam: Empire of Faith. Part 2: The Awakening (full; PBS Documentary)**

<https://www.youtube.com/watch?v=X1PxJomypQE>

17 Oct 2009 ... Part 2 of the famous PBS Documentary "Islam: Empire of faith" produced in 2000.

Audio: about Palestine and the constant attacks from Israel

<https://www.youtube.com/watch?edit=vd&v=LEhHYNcMazs>

Uprising's guest expert Cristina Mislán, Assistant Professor of Journalism Studies, Missouri School of Journalism, analyzes today's news headlines:

Jewish Israeli settlers set fire to two Palestinian homes in the West Bank this morning, killing a toddler, and injuring four others. The baby was 18-month old Ali Saad Dawabsha. The arsonists spray painted the Star of David on the walls of the burned homes and scrawled the word "revenge." According to the Washington Post, "The arson assault was quickly labeled a 'price tag attack' in the Israeli media — a phrase used to describe violence and vandalism carried out by settlers and their supporters to extract 'a price' for any actions against them, either by the Israeli government or Palestinians." Both Palestinian and Israeli officials agreed that the attack was an act of terrorism. Jewish settlers in the West Bank have targeted both Palestinians and the Israeli government, demanding the building of more settlements. [Click here](#) for a *Vice.com* article, and [here](#) for a *Washington Post* article about the story. - See more at: <http://uprisingradio.org/home/2015/07/31/newsflash-palestinian-baby-killed-activists-protest-shell-ship-sanders-house-parties/#sthash.1Gu7jn3X.dpuf>

the court is allowing Israel to demolish the village of Sosia, Palestine – has refused to stay the demolition
Israel is trying to paint a picture of itself as the victim in all of this! Its policies are in violation of global human rights

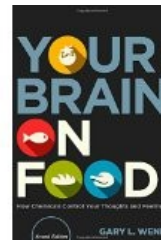
Audio: the purpose of his research is to study brain aging; used to get compounds from drug companies – has given up on trying to find the magical compound from them;

- Now turning to food and paying attention to epidemiology – and the gut/brain

BOOK: Your Brain on Food: How Chemicals Control Your Thoughts and Feelings, Second Edition

Dec 30, 2014 by Gary L. Wenk

Foods and drugs are identical – the neural patterns underlying the addiction to drugs are the same for addiction to salt, sugar, chocolate, etc [Amazon.com]



Gary Wenk: Your Brain On Food

<https://www.youtube.com/watch?v=qB90LQXtnKs>

Published on 22 Apr 2015

Is chocolate or exercise better for your brain? What happens when you eat cinnamon? How many cups of coffee per day is too much—or enough? Part psychologic study, part dietary guideline, Gary Wenk's popular "Your Brain on Food" blog answers these and other food-related questions about what the things we eat do to our bodies. In his new book of the same name (**Your Brain on Food**) Wenk revisits some of the most important of these questions—with expanded answers. He discusses some of these, and offers insight into the positive—and negative—consequences of what we eat. Wenk also offers a roadmap for using food to turn off and on different neurotransmitters in the body, and explain why "eating your feelings" isn't just an expression.

Gary L Wenk Ph. D., a Professor of Psychology & Neuroscience & Molecular Virology, Immunology and Medical Genetics at the Ohio State University and Medical Center, is

a leading authority on the consequences of chronic brain inflammation and animal models of Alzheimer's disease. He is also a member of the OSU Center for Brain and Spinal Cord Repair.

Thanks to Seattle Town Hall & Ada's Technical Books

Audio: Max Keiser [\[KR791\] Keiser Report: The Precariat – The Dangerous New Class](#)

<https://youtu.be/RBJU4xIxBk>

2015-08-01 We are joined by Guy Standing, co-President of the Basic Income Earth Network and author of [The Precariat: The Dangerous New Class](#), to discuss the problem of declining incomes, automation of many jobs, and the rise of the Precariat. As a possible solution to the problem of ever fewer high paying jobs, they discuss basic incomes – the arguments for and against.

Audio: The Daily Show – Jon Stewart

July 29, 2015 Doris Kearns Goodwin, presidential Historian, is Guest

<http://www.thcomedynetwork.ca/shows/thedailyshow?vid=666297>

Jon talks about his visit to the White House – supposed to be “secret”

July 28, 2015 – Guest is Tom Cruise

<http://www.thcomedynetwork.ca/shows/thedailyshow?vid=666290>

Reading: Buddha in Redface

Closing: Rainbird

Music: Rumi – music by Loreena McKennet

Shanandoah: as the eagle cries.

INFORMATION RELATED TO THE NOTES

2015-08-01 **Astrology for August 2015 by Sarah Varcas~Small Acts of Great Power~**

<http://www.mysticmamma.com/astrology-for-august-2015-by-sarah-varcas-small-acts-of-great-power/>

Here is the collective astrological energy report for August 2015 from the wise and illuminating [Sarah Varcas](#) and her [Astro-Awakenings.uk](#):

'Gently does it' is probably the best advice for the coming month, not to be confused with 'don't do anything', which is most definitely not!

"There's much to be done throughout August, as we initiate action on some of our recent plans, aided by Mercury, Jupiter and then the Sun entering Virgo, remedying a lack of earth energy since mid May.

"After a rather intense end to July with a powerful full moon that confronted us with some uncensored truths, August may begin to feel like something of a 'back down to earth with a bump' month!

"If you love to be proactive and focused you'll be in your element. If, however, your tendency is more to enjoy the dream but stop short of engaging with the mundane world to make it a reality, this month may come as something of a challenge.

"It won't however, be an impossible challenge, and we all have cosmic support to take effective action and make progress, the only issue being will we make the effort or find an excuse not to?!"

"Uranus and Chiron begin an alignment at the start of this month which continues until February of next year, one in the first sign of the zodiac (Uranus in Aries) and the other in the last (Chiron in Pisces). There exists great hope in this alliance, even though many may overlook it in favor of more dramatic cosmic affairs!"

"It whispers of new beginnings born of hard won wisdom. As it works away in the background, gently reminding us that whatever comes to an end in this time clears space for new life, it illuminates the importance of a willingness to let go of our wounds rather than become them, to remove the hooks of past hurts allowing them to gradually dissolve.

"Given the length of this alliance it's only just gaining ground this month, laying the foundations for healing to come. If we feel so inclined, a stated commitment – in ritual or prayer, in front of our mirror or simply to the skies above – that we're on board with this release of hurt, will help claim our place in the collective healing to come.

"But remember, as with all things, our will is paramount. An injured limb does not return to full health by doing nothing, but through gradual and graded exercise as it regains strength. We are the same.

Healing requires a willingness to try taking the weight of life on the parts where our wounds used to be, strengthening them bit by bit, not hiding them away for fear of their vulnerability.

"2nd August sees Saturn station direct in Scorpio, signaling the final few weeks of its passage through the emotional waters of our darkest shadows.

"It's been quite a ride for many since it entered Scorpio in October 2012, churning up those things

we'd sooner avoid and confronting us with the consequences of having done so for too long.

"Between now and mid September it offers one more chance to act on what we've learned about ourselves and commit to breaking the habits that underpin avoidance in the first place.

"No matter how squeamish we may be about addressing such challenging issues, the consequences of not doing so are much more difficult in the long run. It takes courage and fortitude but allows for a freer and more authentic existence.

"Facing head on those things we'd prefer to avoid allows life itself to support us through the subsequent healing, rather than our forging on alone as we struggle to keep it all under wraps.

"Throughout this month we have the opportunity to shed light into the darker corners of our psyche where still may lurk thoughts and feelings, fears and foreboding we'd just as soon avoid. And given the nascent alliance between Uranus and Chiron, it's very timely that we do so!

"Jupiter's arrival in Virgo on 11th August signals a significant shift of focus: it's time to stop imagining, hoping, wishing, planning and start doing, even if we only take baby steps toward a distant goal.

"Jupiter in Virgo delights in the minutiae that form a coherent whole. It sees each tiny part of creation as a precious jewel, perfect in itself as much as it is part of something greater. This needs to be our attitude, for the necessary actions now are equally small but precious.

"This is not a time of bold acts and risky undertakings but of gradual, step by step activity that furthers our aims piece by piece. It's important we don't allow apparent insignificance to fool us, for every adjustment, every nuance right now paves the path ahead.

"The New Moon in Leo on 14th is a personal Moon with a collective message: we each have a role to play in furthering the thrust of conscious evolution, but we play that role in the intricacies of our own individual lives.

"It's all too easy to forget that small acts carry great power, especially when our attention is taken up with life's daily demands.

"This Moon reminds us that everything we do, each thought, word and intention, matters more than we can possibly imagine. It challenges us to step off the habitual tracks of the mind to break any cycles of negativity, victim-consciousness or just plain old hopelessness that may threaten to keep us stuck in past pain and old fears best released.

"A square to Saturn from the Sun between 18th and 25th helps out with this, even though it may not feel like it at the time! It is more vital than ever that we strike a balance between personal fulfillment and the responsibilities that come with incarnation on this awesome planet which houses seven billion people and countless other species and life forms.

"As more planets approach Virgo, and Saturn speaks, we're reminded it's not all about us, as much as our individual lives may seem to be. Without listening in to Mother Nature, to the planet itself, to the cosmos, the elements and their echoes within our own hearts we cannot know what to do or how to act. Not really.

"If all our decisions are made solely from a subjectively individualistic point of view we will reap only individualistic results, separated from the whole and existing in a vacuum which fails to nourish in the long run.

"Virgo seeks to serve and Saturn nods in agreement, knowing that the most heartfelt service offers the most profound satisfaction, freeing the heart and mind to honor the greater good.

"Once the Sun enters Virgo on 23rd, we may be so absorbed in the tasks at hand we forget to look up at the world around us, which is why an alliance between the Sun and the North Node reminds us to do so.

"Balance is the watchword here, affirming that we can only live effectively in this world if we remember to gaze upon it in all its beauty and majesty, not allowing ourselves to be so absorbed with doing that being is lost.

"Mother Earth is our guide and the heavens along with her. If we stop and listen in the midst of our hectic lives, we will hear her whispers on the breeze and her roar in the wind. Soft rain or bird song becomes the sound of our soul coming home.

"In a world where competition is king and we are told enemies are everywhere, this passage of the Sun through Virgo reminds us that everyone doing their part is far more effective than each pursuing their own personal powerbase from which to dictate events.

"With Venus retrograding through Leo throughout this month, we must remember that isolationism divorces us from the flow of abundance that shapes our world, as does fear of the "other". We need each other to survive, like it or not.

"We cannot do it alone. Nor can we place ourselves at the mercy of others and still live a fulsome life. It is in the tension of this paradox that we must live each day right now, finding the balance between nurturing interdependence and nourishing self-sufficiency.

"Mercury's entry into Libra on 27th supports mutual understanding and exploration of the very dynamics which keep our relationships alive or condemn them to the scrap heap of misunderstanding and discord.

"Conjunct the North Node at this point, Mercury reminds us once again of the creative potential alive at the heart of every relationship we have, every connection we make, no matter how small or seemingly inconsequential. A brief exchange with a stranger can make or break their day; a harsh word spoken in haste can do lasting damage in the blink of an eye.

"We owe each other a duty of kindness and compassion, support and understanding. The more people that can embrace this duty, fulfilling it whenever possible, the deeper flows the vibrant bond which connects us all.

"The challenge of relationship is often exactly this: to create a space in which we can all make mistakes and mess up, be forgiven and loved enough to start over once again.

"The Full Moon in Pisces on 29th raises the issue of commitment and where we choose to invest ours. Do our choices enslave us to the tiny self or align us with the higher one? Do we honor the collective as we forge our path ahead or seek only to suit ourselves?

"And how do we bridge the gap between personal and ultimate truths which may contradict each other? We each live an individual life which only we can know from the inside. Simultaneously we are a small cog in the mighty machine of becoming.

"How we balance these roles, where we decide to dig in our heels or give ground, insist or submit, is key to the coming months during which we can bring into greater alignment our individual

orientation with the greater one of unity-consciousness.

"As Neptune opposes the Sun at the month's end, the heavens remind us that relinquishment of personal desire can be an act of martyrdom which binds us or liberation which forever sets us free. Discerning one from the other is vital to our well-being and the longevity of our commitment to awakening.

"We are here to live, love and laugh as much as to confront life's challenges. Our world is changing, poised on the brink, as are we. To shift with those changes, to become their very essence, is what it means to awaken. In doing so, we can embrace both our uniquely individual perspective and our place in the ever-changing collage of humanity.

"September will be one of the most powerful months of 2015. As we approach it, the decisions we make and priorities we honor will reverberate throughout our future, gathering influence and pace.

"Thus do we further (or not!) conscious evolution, not as an act of super-human will, but of enduring commitment to a world in which life is respected, wisdom honored and the quality of our presence is more important than a sprint to the finish line.

"We are in this for the long haul, not to get this awakening over and done with so we can get on with our lives! Our lives are awakening. They are evolution. So are we, in our very essence and to our very core.

"Don't be fooled by the gentle hum of August, the tiny steps of seeming insignificance. Each and every one carries great power and profound influence. As do we, even in the most 'inconsequential' moments of our lives..."

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