

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: T & R**

Saturday: 4:30 pm – 2 am EST *History of our Galactic World & NESARA* **Hosts: T & R**

Friday, Saturday: From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [PIN below] 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 number picks up whichever line is available.

B Conference Call: 1-213 -342-3000

Thursday PIN #	87 87 87#
Friday PIN #	23 23 23#
Saturday PIN #	13 72 9#

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 **Current Program Archives**
 - Scroll down to **Hard News on Friday with Tara and Rama**, and click on **"More 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 – 213 - 342- 3000; PIN 9467441#

B Tuesdays, 2nd & 4th of each month: *Ashtar on the Road*
9:30 – 11:00 pm EST Host is Fran; Susan Leland channels Ashtar & others
www.Ashtarontheroad.com
▪ Phone Number: 1 – 559 – 726 – 1300; PIN 163731#
▪ 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

Housekeeping: Rainbird Thank you!

- BBS:**
- A listener-supported radio program; we can access program archives on BBS
 - We need \$300 each week; **this week, we have \$100 for NEXT WEEK!**
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 THE ARCHIVES** for one of the 2 the T & R PROGRAMS, or the Thursday night program: Stargate Round Table, hosted by MariettaRobert
 - Re: archives of the other programs on BBS: 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 of your money is received; using Paypal incurs a fee.
- T & R:**
- T & R's rent for their new home is \$1000 / mo; due on 1st of the month –
NO EXCUSES ACCEPTED OR IT BECOMES AN EXTRA \$50 / DAY
 - We can begin to send money for the rent; they also need food & gas money this week;
 - We can donate via the Paypal button on the website:
www.2013RainbowRoundTable.ning.com
 - **Please notify them if you're sending something:** Koran999@comcast.com
 - 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: 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

NOTE: THE E-MAIL ADDRESS IS back to KORAN999@COMCAST.NET – it will remain in operation!

T: have had issues with the sound: if you have any trouble anything – it is an emergency so call this number: 1-888- 429 – 5471 – try this one first; if you cannot get through, use this # 1-888 – 710-8061

HARD NEWS

Camp Lovewave: Starman was guest, and gave a cosmic update.

- He lives in Truges, is part of the folks coming from Andromeda, Pleiades,
- Had a message from the Paschat people and the Lion People
 - all the folks are here from the Nibiru; he said this is a big F***** deal - it has to do with events in Iraq – Sindhar Mtn and the people connected with Zoroaster
 - The current state of events – the land of Palestine is occupied by skin walkers who are Mother's ancient people who went to the dark side
 - Starman described his message: the Cheetah People, the Leopard People - all the feline races have gathered, as well as the reptilian people and the bird people from the Nibiru – this assembly has made their demands to those ones: the Elohigh who fell to the Elohim, also other beings – Hercules ran into 14 – 20 ' tall people who had wings

- he talked of the and working with the 9 members of the Council of 9 from Sirius – and it is no accident the 9th member of the Council of 9 from Sirius is going to Martha's Vineyard, supposedly for a vacation, but who knows if he will meet with these other ones & things will occur without a shot being fired.
- The ISL group was funded by John McCain, Lindsay Graham and others on that side of the house who hate the black man.
 - **Brian Epstein** – R spoke to him yesterday: every senator and congressman has 5 – 10 lobbyists hanging on their coattails, like pests; it is because corporations are “people”
- Starman's message from the lion people, the leopard people, etc, “We are here; expect us; we come in peace and leave your weapons at the door; all we wish to do is to talk.”
 - **R:** At first there is talk and then there is action – which can be simultaneous
 - It's a delicate dance: like in the movie, the generals get on the phone and call the pres – in this case, it's like Pres Obama, Putin and Xi getting on a party line and they talk, or they all get beamed into one room and sit at a round table to discuss full disclosure. All ideas from Starman.
 - It is about the next step: the Pleiadians, the Andromedans, the Sirians have had it – they are stepping into the mix – please greet us in peace
 - They don't mean maybe, either - things are already happening which are anomalies in our dimensional realities which is just a computer construct as Morpheus said
 - The magnetic field of the planet is diminishing: a crystalline grid is replacing it and it has a direct relationship with the Force, the mitochondria – how we are changing our cell structure from carbon based life-form to crystalline based and eat just liquid light: maybe it is like Jazz Maheine [?] and just drink water and gaze at the sun.
- T:** Some of the things they eat are not what we eat because they live on liquid light; yes, you can convert that liquid light and turn it into plant protein that will nourish our bodies – non-carnivorous.
- T:** We will learn about the Essenes: there was an interloper Essene from the Kumran situation and some disinformation was brought; Dolores Cannon got some of that mixed into her teachings.
 - Aknaton was part of the original Essene in that sense, and also part of the Haplo group energy that ended up in the West, where the Mayan teachings are; the Mayans were Essenes too – we incarnated in different cultures to bring the Essene teachings to the planet to bring the highest good of all concerned – Jeshu as an Ebionite is part of that Essene strain; he was also a Moor and a person of colour and also an identical soul
 - They had star ships & shuttle craft, called vimanas in the Hindu
 - Siharta was the identical soul and came from the same Essene background
 - These are all the connecting links: The **Vedic-Egyptology** is a connecting bridge.
- Starman** gave a history of himself; he went through an NDE when he had Andromedan, Sirian and Pleiadian ships land in his yard in Truges! He went to the first Gulf War as a maintenance worker on an aircraft carrier for the F16s and F14s was subjected to the Gulf War Syndrome and is suing the Navy and the VA.
 - With the help of the 3 star groups and his mother, he kicked the Gulf War Syndrome which was created by the Black Ops so the immune system was damaged and people are subjected to all kinds of things like Aids
 - He is a light skinned dark man
- T:** The Annunaki also beamed people onto their ships and degraded the DNA and dumbed us down
- R:** He witnessed an Andromedan craft hover over the ship he was on: he was beamed aboard the craft – he just disappeared in a blinding flash and was on the craft, then he was sent back to the aircraft carrier. He went to the Persian Gulf: believes it was a message by his “comrades in arms”: being called to active duty as we all are, and we can get some things done on earth – as we are invited [We are All One] – **how we greet folks is the most critical**

- It's like Rana Mu said to Al Franken and the others: are you going to greet us with love, or with an M 16?
Most of the movies describe greeting them with M16s - that will not bring any answers.
- T: that is why Jimmy Carter called for war crimes tribunals to be held around the world
R: This week all the talk about Dick Cheney and Bush Jr, and the Nixon years

Right, Left and Centre – Matt Miller moderating in the middle; Robert Scheer on the Left, and someone representing Reince Priebus.
RS said that ISIS was bought and paid for by Prince Bandar Bush, McCain and Lindsay Graham and the 14 treasonists of Jan 20, 2009 [said all that they did would be on Obama, and that nothing he stood for would happen];

- RS also said that Vladimir the Impaler was a lifetime of St Germain – Dracula who was Vladimir did is what we should be doing now: time to go Icelandic on all who have plotted against Obama, all the zionists, all the banksters and their minions, including Rand Paul, Ron Paul and the Tea Bagger, started by the Koch Bros – the folks who brought us 9 11

T: Over ½ million sub poenas are in place by Patrick Fitzgerald and Eric Schneiderman, constitutional law professors of NY – ½ million individuals with all the evidence against them, they were tried at these various war crimes tribunals and found guilty – **THIS IS A HUGE PRECEDENT**, and Robert Scheer was depicting it clearly. They ran through all the tribunals – they took the individual information on each character, tried them and convicted them – how long will it take to distribute these sub poenas is anyone's guess!

- Not only did they do 9/11 but since 2004, when Obama was introduced as a potential presidential candidate, Scheer made it clear that since 2004, Obama has been moving ever forward into this great cosmic change of all the ages, as have St Germain & other Ascended Masters
- Every single politician, every zionist, every lawyer – all have to answer to the Black Pope's operation – this is the reason St Germain has played all these roles.
- **Movie: Eyes Wide Shut** – Tom Cruise was invited to an Illuminati mansion where they sacrificed people – a woman who was a lady of the night saved his butt and got him out.

T: This weekend, there is an Illuminati event; Google is there, Lloyd Blankfein is there [CEO of Goldman Sachs]

R: Has heard rumours of Prince Charles and other slime discussing having perfect android bodies and infusing them with human soul matrix – NOT GOING TO HAPPEN.

T: this is why we are on red alert and heard from Starman and Robert Scheer – and this coming Sunday, a full moon A SUPER, SUPER, SUPER MOON of all the 3 in a row [July, Aug, Sept]

- This super moon is in Aquarius and is ruled by Uranus, very combustive fire. It has been known to create major, major, major, sudden, unexpected collapses of whatever!
- This combustive energy will move things - we are not told when or how, but the outcome will show up in our faces: we've been told it will happen all at once,
- Uranus is extremely inventive: the NESARA laws would replace everything that was – a disruptive measure for the good.
- The actors in this play are the rebels for the Light, humanitarians, overstanding all the addictions that were part of a very misguided, evil operation – a speaker on Pirate TV talked of what happens in childhood in the form of addiction when people are programmed against their human nature and shuttle us into a system that will be enslaving us so someone can make money off of us., addictions which take the place of a lack of love, lack of self worth etc – altruism is part of this so imagine all the good that can come from this situation

T: We can read a lot about how we got off track – **Ch 2 The Secret Destiny of America** by M P Hall

- Akhnaton was the original Essene which is why we are listening to the video
- Today's spiritual work is focussed on Akhnaton – Rama had a part in this, something to do with this, and so does Obama; millions of us went through the form and experienced at a soul level the
 - merging with the soul of Akhnaton to actualize the Law of One which he wrote.
 - The **real Chosen Ones** were those of us who chose to follow the Essene way

Prelude to the Reading:

- Moses and Akhnaton were the same soul, doing a little body hopping. The bodies lost much of their energy because of what happened in Atlantis –
 - the frequencies were down, there was a hole in the atmosphere which broke the divine plan and we no longer had our Shiddis – the dark ones would not acknowledge what they did when they broke the Atlantic crystal and created that hole in the atmosphere

Audio: Laura McKennet “Egyptian Music”

Reading: Chapter 2 Manly P Hall

- had same mother, Queen Tiyi
 - Nefretiti father was Aya, [Andromeda Rex the head of the Andromedan Galaxy which is opposite our Milky Way Galaxy - a much larger galaxy than ours
 - Akhnaton's father was Amunhotep III; Grandfather was Thotmoses 3rd an incarnation of Kuthumi
 - Born 838 BC, he was to exemplify social consciousness in the administration of a great nation in the West, Egypt is in Altea America: the teachings of St Germain wrote [the new Atlantis] have to do with this
 - Also known as Amunhotep IV
 - Born at Thebes, around 1838 BC – a delicate child; feared he would not live to reach the throne
 - He was beamed up to a starship and taken to Egypt in America and the body expired in America,
- T:** but he did not die – there was another body hop: a conscious move from one body to the next, and that story has gotten lost over time. Many of us are waking up to our own Akashic records and as we become more awake, lift the Veil of Forgetfulness, we literally re-embody our original DNA – we need to re-member from whence we came and then add on to our consciousness.
- Because of the fear that he might die, he was married when he was 12 to his half-sister Nefretiti and Queen Tiyi ruled as Regent/ she was Syrian; brilliant and capable, she recognized in her son qualities that were quite spiritual
- T:** The home base of ISIS, the code for the Islamic State of Iraq and greater Syria: the same folks, McCain, Lindsay Graham, King Bandar Bush gave tons of military equipment and money – McCain went there to make arrangements for this transfer and to kill kids – the false flag operation using the Sarin Gas -
- He became Pharaoh when he was 18, and brought down on himself the wrath of the religion of the state: which is what is happening right now in the US with Obama: the Family / C Street who consider themselves the chosen ones
 - He moved because he incurred the wrath of the existing priesthood
 - The city that he created was - Khut-en-Aton-the horizon of the Aton – and dedicated the city he created
 - He changed his name Amunhotep IV to Akhnaton because the old name had Amun in it.
 - He was born several thousand years too soon!
 - He spent his first years in the new city, working on himself and his mysticism.

Reading: 2010, Obama will triumph, so will America by Frank Schaeffer **[SEE BELOW]**

Audio: **Melissa Harris-Perry** **2014, August 09**

<http://www.msnbc.com/melissa-harris-perry>

What will it take to beat ISIS?

Counterterrorism analyst Michael Leiter joins to discuss the lack of a timetable given by President Obama on U.S. operations in Iraq against ISIS.

IN HERE IS THE SPEECH BY PRESIDENT OBAMA **[SEE BELOW]**

T: the last question is when he takes on the Republicans for the stories they keep harping on.

Obama: Iraq going to be a long-term project

NBC's Jim Miklaszewski talks about President Obama's remarks on the U.S. airstrikes in Iraq against ISIS.

Audio: **Ancient Essenes** The Forgotten Truth of The Ancient Essenes

<https://www.youtube.com/watch?v=JI0-RDJQo9s>

A presentation by Ted Nottingham

Music:

Conference Call

T: reading comments from the documentary on the Essenes:

- a comment by Paul McCartney: if slaughterhouses had glass windows, people would be vegetarians.

T has read in many places that the writings of the Qumran Essenes are incorrect;

- the Nazarenes lived on Mt Carmel in Palestine, now northern Israel
- Dolores Cannon's books spoke of the regressed Essene - not correct; at another level, the Nazarenes actually went into the learning space between the Queens and Kings chambers at Giza and were taught by the Ascended Masters

• The narrator of the documentary was teaching Jesus did not say "I am the Way the Truth and the Life"

- need to read the Aramaic, the cuniform – it has a resonance that Latin and Greek do not have; the Aramaic has another "This is the Way, this is the Truth and this is the Life"
- When you have the higher knowledge, you have a higher responsibility -

• T & R got the info from Robert Scheer as a definitive statement that McCain, Graham and the 14 treasonists have been doing this and funded by Prince Bandar Bush

• And to listen to Barack Obama who knew all this **before** we knew it and Robert Scheer knew it and see how he handled the last question from the reporter: brilliant!

• Alex Witt had on Barry McAffrey on and kept a straight face while McAffrey said what he thought Obama should do in Syria

Larry, Curly, Mo explained to Rama that Israel is playing out the Book of Numbers [Old Testament] – according to the Zionists and the lunatic fringe – Cruz, Bachmann, - they are **not** the chosen ones!

- What is being played out to the tunes of trillions and quintillions are the last days of Revelations: they are preaching that the rapture is on us now and want to pull things out of Area 51 and scare us. Netanyahu has invested trillions in technology to pull off a fake invasion - and it will be real ships!
- People will find out the amount of dirt that has been covered up – they violated the Prime Directive and used their technology and knowledge for themselves and not for the benefit of all.
- Mother keeps telling him You just watch! More and more stories about people seeing our friends! That tells him they are already in the mix; as the invisible curtains go down – like the story of Valiant Thor who sat with the Joint Chiefs of Staff and the people in Congress could actually see him -

R has not seen the ad for Aliens Week – all negative.

- When the bullshit gets to a certain level, Shepherd Smith will let 'er rip!

T talks about being in a beam at 10,000 feet – the vibration can make you nauseous unto the point of throwing up!

- No alcohol, no sugar, no coffee, no meat in order to withstand the power of that beam

C1: talked of hearing drums outside the house, and no one was there

- We might be hearing the gathering of the immortals - the Taos Hum- the sub etheric generator, sounds like a Mac truck coming right your street; the people in Taos can actually hear it and complain to Council! So far no one has been able to find out what it is!
- There is an Ashtar command base under the mountain, with a huge generator under there bigger than the generators under Niagara Falls – creates a forcefield around the mountain; it's like living in a Tesla coil forcefield
 - this has been going on since the Pueblos have come out of the emergent places, the entrances and exits into the middle earth that they went into during the time of Atlantis. Since they are all of immortal, it may be all right to come out now.

C1: Meaning / use of the word “Pueblo”

T: **Pueblo** can be used as the name of the tribe, descendants of the Anazazi – they came out of the breathing holes, the emergent places about 1,000 years ago; they have been hanging out inside the earth since the time of Atlantis. When you go into that Inner Earth space, time is really no-time: no sense of time passing.

C1: Tell them of the woman in black who floated through the living room last Monday: Len saw her; other ghostly visitors have come through in the past.

- Read a few little bits from **The Synarchy**

Pueblo: a town or village in Latin America, especially an Indian settlement

- a member of a North American Indian people living especially in New Mexico and Arizona
- a communal dwelling consisting of a number of multi-storey adobe or stone houses joined together, used by certain Indian peoples of the southwestern US

[The Canadian Oxford Dictionary]

BBS

Audio: Thom Hartmann & Lamar Walden – the 40th anniversary of Nixon resigning from office [August 9th]

Part 1 <https://www.youtube.com/watch?v=xhQXsgjd-ak>

Part 2 https://www.youtube.com/watch?v=N_cmp_wFDSg

Watergate: The Hidden History: Nixon, The Mafia, and The CIA

While Richard Nixon's culpability for Watergate has long been established—most recently by PBS in 2003—what's truly remarkable that after almost forty years, conventional accounts of the scandal still don't address Nixon's motive. Why was President Nixon willing to risk his reelection with so many repeated burglaries at the Watergate—and other Washington offices—in just a few weeks? What motivated Nixon to jeopardize his presidency by ordering the wide range of criminal operations that resulted in Watergate? What was Nixon so desperate to get at the Watergate, and how does it explain the deeper context surrounding his crimes?

For the first time, the groundbreaking investigative research in Watergate: The Hidden History provides documented answers to all of those questions. It adds crucial missing pieces to the Watergate story—information that President Nixon wanted, but couldn't get, and that wasn't

available to the Senate Watergate Committee or to Woodward and Bernstein. This new information not only reveals remarkable insights into Nixon's motivation for Watergate, but also answers the two most important remaining questions: What were the Watergate burglars after? And why was Nixon willing to risk his Presidency to get it?

Watergate: The Hidden History reexamines the historical record, including new material only available in recent years. This includes thousands of recently declassified CIA and FBI files, newly released Nixon tapes, and exclusive interviews with those involved in the events surrounding Watergate—ranging from former Nixon officials to key aides for John and Robert Kennedy. This book also builds on decades of investigations by noted journalists and historians, as well as long-overlooked investigative articles from publications like Time magazine, the Los Angeles Times, and the New York Times. [\[www.amazon.com\]](http://www.amazon.com)

T: reads bits from **The Synarchy**

R: says that Howard Hunt, the recluse, knew where Mengele was until he died

Audio: Breaking the Set – Abby Martin, George Galloway

2014, Aug 9 **Stopping Ebola, Big Ag's Right to Farm & Institutionalize Corporate Greed**

http://img.rt.com/files/episode/2b/bc/c0/00/bts0908_480p.mp4?event=download

In this episode of Breaking the Set, Abby Martin talks about the growing Ebola outbreak; why world governments need to step up efforts to combat contagion, and where you can go to help those infected in West Africa. Abby also reports on the right wing think tank ALEC's and their efforts to squash the rights of individuals under so-called "Right to Farm" laws, which make it nearly impossible to challenge factory farms over the mistreatment of animals or mass pollution; also highlighting efforts by Missouri voters to amend their constitution against this law in their state. Abby then goes over the case of Arthur Demoulas, the former CEO of a grocery store chain, whose philosophy includes putting employees over profits. There is discussion with RT's Lori Harifinest about the conditions of Demoulas' termination from the company and how it relates to institutionalized corporate greed. Abby wraps up by doing an interview with UK politician George Galloway, discussing the violence in Gaza and the latest air strikes the US military has launched against Islamic militants in Iraq.

Audio: Gregg Braden with Bruce Lipton **two intellectual power houses invited together**

<https://www.youtube.com/watch?v=INLi9DfT7rg>

Published on 8 Apr 2014

These guys are so wise. They offer a new way of viewing yourself chemically...one that lets you 'off the hook' a little. All in accordance with the newest neuro-science. How did the organizer get them both together for this 'in house' interview? I have a living room if that's the only prerequisite -ha

2013, Dec 3 **Bruce Lipton and Gregg Braden at the United Nations**

<https://www.youtube.com/watch?v=fSAFE9T9cPc>

Perception News Episode 11

The Biology of Belief and the wisdom of our ancestors visit the UN in New York City to remind

the board of planners how reprogramming the subconscious mind is the answer to creating lasting change that is sustainable.

Audio: interview with Greg Braden with George Noory

Audio: Max Keiser **Episode 638 2014, Aug 9**

http://img.rt.com/files/episode/2b/b4/c0/00/kr0908_480p.mp4?event=download

In this episode of the Keiser Report, Max Keiser and Stacy Herbert discuss free trade rackets like CAFTA, which was pitched to the public in 2005 as a way to halt mass migration from Central America into the USA. The argument went that the 'free trade' deal would cause both economies to boom and so there would be no reason for immigrants to come to the USA. Instead, subsidized agricultural products have devastated the livelihoods of millions in Central America, exacerbating the consequences of devastating drug wars. In the second half, Max interviews Simon Rose, Campaign Manager for GetBritainOut.org, a cross-party group fighting to get Britain out of Europe.

Audio: Google's sponsorship of the camp at Bohemian Grove

- arrangements are hush-hush
- attendees urged to bring their families – a net-working event for Illuminati
- Not one politician was invited.

Audio: Breaking the Set **2014, Aug. 9**

Stopping Ebola, Big Ag's Right to Farm & Institutionalized Corporate Greed

In this episode of Breaking the Set, Abby Martin talks about the growing Ebola outbreak; why world governments need to step up efforts to combat contagion, and where you can go to help those infected in West Africa. Abby also reports on the right wing think tank ALEC's and their efforts to squash the rights of individuals under so-called "Right to Farm" laws, which make it nearly impossible to challenge factory farms over the mistreatment of animals or mass pollution; also highlighting efforts by Missouri voters to amend their constitution against this law in their state. Abby then goes over the case of Arthur Demoulas, the former CEO of a grocery store chain, whose philosophy includes putting employees over profits. There is discussion with RT's Lori Harifinest about the conditions of Demoulas' termination from the company and how it relates to institutionalized corporate greed. Abby wraps up by doing an interview with UK politician George Galloway, discussing the violence in Gaza and the latest air strikes the US military has launched against Islamic militants in Iraq.

Reading: Dyanni Ywahoo

Closing: **Music**

INFORMATION RELATED TO THE NOTES

2010, Sept 30

Obama Will Triumph -- So Will America

<http://www.opednews.com/articles/1/Obama-Will-Triumph--So-W-by-Frank-Schaeffer-100930-495.html>

Before he'd served even one year President Obama lost the support of the easily distracted left and engendered the white hot rage of the hate-filled right. But some of us, from all walks of life and ideological backgrounds -- including this white, straight, 57-year-old, former religious right wing agitator, now progressive writer and (given my background as the son of a famous evangelical leader) this unlikely Obama supporter -- are sticking with our President. Why?-- because he is succeeding.

We faithful Obama supporters still trust our initial impression of him as a great, good and uniquely qualified man to lead us.

Obama's steady supporters will be proved right. Obama's critics will be remembered as easily panicked and prematurely discouraged at best and shriveled hate mongers at worst.

The Context of the Obama Presidency

Not since the days of the rise of fascism in Europe, the Second World War and the Depression has any president faced more adversity. Not since the Civil War has any president led a more bitterly divided country. Not since the introduction of racial integration has any president faced a more consistently short-sighted and willfully ignorant opposition from both the right and left.

As the President's poll numbers have fallen so has his support from some on the left that were hailing him as a Messiah not long ago; all those lefty websites and commentators that were falling all over themselves on behalf of our first black president during the 2008 election.

The left's lack of faith has become a self-fulfilling "prophecy"-- snipe at the President and then watch the poll numbers fall and then pretend you didn't have anything to do with it!

Here is what Obama faced when he took office-- none of which was his fault:

An ideologically divided country to the point that America was really two countries

Two wars; one that was mishandled from the start, the other that was unnecessary and immoral

The worst economic crisis since the depression

America's standing in the world at the lowest point in history

A country that had been misled into accepting the use of torture of prisoners of war

A health care system in free fall

An educational system in free fall

A global environmental crisis of history-altering proportions (about which the Bush administration and the Republicans had done nothing)

An impasse between culture warriors from the right and left

A huge financial deficit inherited from the terminally irresponsible Bush administration"

And those were only some of the problems sitting on the President's desk!

"Help" from the Right?

What did the Republicans and the religious right, libertarians and half-baked conspiracy theorists -- that is what the Republicans were reduced to by the time Obama took office -- do to "help" our new president (and our country) succeed? They claimed that he wasn't a real American, didn't have an American birth certificate, wasn't born here, was secretly a Muslim, was white-hating "racist", was secretly a communist, was actually the Anti-Christ, (!) and was a reincarnation of Hitler and wanted "death panels" to kill the elderly!

They not-so-subtly called for his assassination through the not-so-subtle use of vile signs held at their rallies and even a bumper sticker quoting Psalm 109:8. They organized "tea parties" to sound off against imagined insults and all government in general and gathered to howl at the moon. They were led by insurance industry lobbyists and deranged (but well financed) "commentators" from Glenn Beck to Rush Limbaugh.

The utterly discredited Roman Catholic bishops teamed up with the utterly discredited evangelical leaders to denounce a president who was trying to actually do something about the poor, the environment, to diminish the number of abortions through compassionate programs to help women and to care for the sick! And in Congress the Republican leadership only knew one word: "No!"

In other words the reactionary white, rube, uneducated, crazy American far right, combined with the educated but obtuse neoconservative war mongers, religious right shills for big business, libertarian Fed Reserve-hating gold bug, gun-loving crazies, child-molesting acquiescent "bishops", frontier loons and evangelical gay-hating flakes found one thing to briefly unite them: their desire to stop an uppity black man from succeeding at all costs!

"Help" from the Left?

What did the left do to help their newly elected president? Some of them excoriated the President because they disagreed with the bad choices he was being forced to make regarding a war in Afghanistan that he'd inherited from the worst president in modern history!

Others stood up and bravely proclaimed that the President's economic policies had "failed" before the President even instituted them! Others said that since all gay rights battles had not been fully won within virtually minuets of the President taking office, they'd been "betrayed"! (Never mind that Obama's vocal support to the gay community is stronger than any other president's has been. Never that mind he signed a new hate crimes law!)

Those that had stood in transfixed legions weeping with beatific emotion on election night turned into an angry mob saying how "disappointed" they were that they'd not all immediately been translated to heaven the moment Obama stepped into the White House! Where was the "change"? Contrary to their expectations they were still mere mortals!

And the legion of young new supporters was too busy texting to pay attention for longer than a nanosecond" "Governing"?! What the hell does that world, uh, like mean?"

The President's critics left and right all had one thing in common: impatience laced with little-to-no sense of history (let alone reality) thrown in for good measure. Then of course there were the white, snide know-it-all commentators/talking heads who just couldn't imagine that maybe, just maybe they weren't as smart as they thought they were and certainly not as smart as their president. He hadn't consulted them, had he? So

he must be wrong!

The Obama critics' ideological ideas defined their idea of reality rather than reality defining their ideas--say, about what is possible in one year in office after the hand that the President had been dealt by fate, or to be exact by the American idiot nation that voted Bush into office" twice!

Meanwhile back in the reality-based community in just 12 short months -- President Obama:

#Continued the draw down the misbegotten war in Iraq
(But that wasn't good enough for his critics)

#Thoughtfully and decisively picked the best of several bad choices regarding the war in Afghanistan
(But that wasn't good enough for his critics)

#Gave a major precedent-setting speech supporting gay rights
(But that wasn't good enough for his critics)

#Restored America's image around the globe
(But that wasn't good enough for his critics)

#Banned torture of American prisoners
(But that wasn't good enough for his critics)

#Stopped the free fall of the American economy
(But that wasn't good enough for his critics)

#Put the USA squarely back in the bilateral international community
(But that wasn't good enough for his critics)

#Put the USA squarely into the middle of the international effort to halt global warming
(But that wasn't good enough for his critics)

#Stood up for educational reform
(But that wasn't good enough for his critics)

#Won a Nobel peace prize
(But that wasn't good enough for his critics)

#Moved the trial of terrorists back into the American judicial system of checks and balances
(But that wasn't good enough for his critics)

#Did what had to be done to start the slow, torturous and almost impossible process of health care reform that 7 presidents had failed to even begin
(But that wasn't good enough for his critics)

#Responded to hatred from the right and left with measured good humor and patience
(But that wasn't good enough for his critics)

#Stopped the free fall of job losses
(But that wasn't good enough for his critics)

#Showed immense personal courage in the face of an armed and dangerous far right opposition that included the sort of disgusting people that show up at public meetings carrying loaded weapons and carrying Timothy McVeigh-inspired signs about the "blood of tyrants" needing to "water the tree of liberty""

(But that wasn't good enough for his critics)

#Showed that he could not only make the tough military choices but explain and defend them brilliantly
(But that wasn't good enough for his critics)

Other than those "disappointing" accomplishments -- IN ONE YEAR -- President Obama "failed"! Other than that he didn't "live up to expectations"!

Who actually has failed...

...are the Americans that can't see the beginning of a miracle of national rebirth right under their jaded noses. Who failed are the smart ass ideologues of the left and right who began rooting for this President to fail so that they could be proved right in their dire and morbid predictions. Who failed are the movers and shakers behind our obscenely dumb news cycles that have turned "news" into just more stupid entertainment for an entertainment-besotted infantile country.

Here's the good news: President Obama is succeeding without the help of his lefty "supporters" or hate-filled Republican detractors!

The Future Looks Good

After Obama has served two full terms, (and he will), after his wisdom in moving deliberately and cautiously with great subtlety on all fronts -- with a canny and calculating eye to the possible succeeds, (it will), after the economy is booming and new industries are burgeoning, (they will be), after the doomsayers are all proved not just wrong but silly: let the record show that not all Americans were panicked into thinking the sky was falling.

Just because we didn't get everything we wanted in the first short and fraught year Obama was in office not all of us gave up. Some of us stayed the course. And we will be proved right.

Merry Christmas (or Happy Holidays, depending on your point of view) to everyone!

PS. if you agree that Obama is shaping up to be a great president please pass this on and hang in there!

Frank Schaeffer is a New York Times best selling author. He is a survivor of both polio and an evangelical/fundamentalist childhood, an acclaimed writer who overcame severe dyslexia, a home-schooled and self-taught documentary movie director, a feature film director and producer of four low budget Hollywood features Frank has described as "pretty terrible." Frank's nonfiction includes "Keeping Faith-A Father-Son Story About Love and the United States Marine Corps" and AWOL-The Unexcused Absence of America's Upper Classes From Military Service and How It Hurts Our Country." Frank's latest book is, "Crazy for God: How I Grew Up As One of the Elect, Helped Found the Religious Right and Lived to Take All (or Almost All) of It Back."

2014, August 9

The White House

Office of the Press Secretary
August 09, 2014
South Lawn

For Immediate Release
Statement by the President on Iraq

10:30 A.M. EDT

THE PRESIDENT: Good morning. Over the past two days, American pilots and crews have served with courage and skill in the skies over Iraq.

First, American forces have conducted targeted airstrikes against terrorist forces outside the city of Erbil to prevent them from advancing on the city and to protect our American diplomats and military personnel. So far, these strikes have successfully destroyed arms and equipment that ISIL terrorists could have used against Erbil. Meanwhile, Kurdish forces on the ground continue to defend the city, and the United States and the Iraqi government have stepped up our military assistance to Kurdish forces as they wage their fight.

Second, our humanitarian effort continues to help the men, women and children stranded on Mount Sinjar. American forces have so far conducted two successful airdrops -- delivering thousands of meals and gallons of water to these desperate men, women and children. And American aircraft are positioned to strike ISIL terrorists around the mountain to help forces in Iraq break the siege and rescue those who are trapped there.

Now, even as we deal with these immediate situations, we continue to pursue a broader strategy in Iraq. We will protect our American citizens in Iraq, whether they're diplomats, civilians or military. If these terrorists threaten our facilities or our personnel, we will take action to protect our people.

We will continue to provide military assistance and advice to the Iraqi government and Kurdish forces as they battle these terrorists, so that the terrorists cannot establish a permanent safe haven.

We will continue to work with the international community to deal with the growing humanitarian crisis in Iraq. Even as our attention is focused on preventing an act of genocide and helping the men and women and children on the mountain, countless Iraqis have been driven or fled from their homes, including many Christians.

This morning, I spoke with Prime Minister Cameron of the United Kingdom and President Hollande of France. I'm pleased that both leaders expressed their strong support for our actions and have agreed to join us in providing humanitarian assistance to Iraqi civilians who are suffering so much. Once again, America is proud to act alongside our closest friends and allies.

More broadly, the United Nations in Iraq is working urgently to help respond to the needs of those Iraqis fleeing from areas under threat. The U.N. Security Council has called on the international community to do everything it can to provide food, water and shelter. And in my calls with allies and partners around the world, I'll continue to urge them to join us in this humanitarian effort.

Finally, we continue to call on Iraqis to come together and form the inclusive government that Iraq needs right now. Vice President Biden has been speaking to Iraqi leaders, and our team in Baghdad is in close touch with the Iraqi government. All Iraqi communities are ultimately threatened by these barbaric terrorists and all Iraqi communities need to unite to defend their country.

Just as we are focused on the situation in the north affecting Kurds and Iraqi minorities, Sunnis and Shia in different parts of Iraq have suffered mightily at the hands of ISIL. Once an inclusive government is in place, I'm confident it will be easier to mobilize all Iraqis against ISIL, and to mobilize greater support from our friends and allies. Ultimately, only Iraqis can ensure the security and stability of Iraq. The United States

can't do it for them, but we can and will be partners in that effort.

One final thing -- as we go forward, we'll continue to consult with Congress and coordinate closely with our allies and partners. And as Americans, we will continue to show gratitude to our men and women in uniform who are conducting our operations there. When called, they were ready -- as they always are. When given their mission, they've performed with distinction -- as they always do. And when we see them serving with such honor and compassion, defending our fellow citizens and saving the lives of people they've never met, it makes us proud to be Americans -- as we always will be.

So with that, let me take a couple questions.

Q Mr. President, for how long a period of time do you see these airstrikes continuing for? And is your goal there to contain ISIS or to destroy it?

THE PRESIDENT: I'm not going to give a particular timetable, because as I've said from the start, wherever and whenever U.S. personnel and facilities are threatened, it's my obligation, my responsibility as Commander-in-Chief, to make sure that they are protected. And we're not moving our embassy anytime soon. We're not moving our consulate anytime soon. And that means that, given the challenging security environment, we're going to maintain vigilance and ensure that our people are safe.

Our initial goal is to not only make sure Americans are protected, but also to deal with this humanitarian situation in Sinjar. We feel confident that we can prevent ISIL from going up a mountain and slaughtering the people who are there. But the next step, which is going to be complicated logistically, is how do we give safe passage for people down from the mountain, and where can we ultimately relocate them so that they are safe. That's the kind of coordination that we need to do internationally.

I was very pleased to get the cooperation of both Prime Minister Cameron and President Hollande in addressing some of the immediate needs in terms of airdrops and some of the assets and logistical support that they're providing. But there's a broader set of questions that our experts now are engaged in with the United Nations and our allies and partners, and that is how do we potentially create a safe corridor or some other mechanism so that these people can move. That may take some time -- because there are varying estimates of how many people are up there, but they're in the thousands, and moving them is not simple in this kind of security environment.

Just to give people a sense, though, of a timetable -- that the most important timetable that I'm focused on right now is the Iraqi government getting formed and finalized. Because in the absence of an Iraqi government, it is very hard to get a unified effort by Iraqis against ISIL. We can conduct airstrikes, but ultimately there's not going to be an American military solution to this problem. There's going to have to be an Iraqi solution that America and other countries and allies support. And that can't happen effectively until you have a legitimate Iraqi government.

So right now we have a president, we have a speaker. What we don't yet have is a prime minister and a cabinet that is formed that can go ahead and move forward, and then start reaching out to all the various groups and factions inside of Iraq, and can give confidence to populations in the Sunni areas that ISIL is not the only game in town. It also then allows us to take those Iraqi security forces that are able and functional, and they understand who they're reporting to and what they're fighting for, and what the chain of command is. And it provides a structure in which better cooperation is taking place between the Kurdish region and Baghdad.

So we're going to be pushing very hard to encourage Iraqis to get their government together. Until we do that, it is going to be hard to get the unity of effort that allows us to not just play defense, but also engage in some offense.

Q Mr. President, the United States has fought long wars in Afghanistan and Iraq with uncertain outcomes.

How do you assure the American people that we're not getting dragged into another war in Iraq? Have you underestimated the power of ISIS? And finally, you said that you involved international partners in humanitarian efforts. Is there any thought to talking to international partners as far as military actions to prevent the spread of ISIS?

THE PRESIDENT: Well, a couple of things I would say. Number one, I've been very clear that we're not going to have U.S. combat troops in Iraq again. And we are going to maintain that, because we should have learned a lesson from our long and immensely costly incursion in Iraq. And that is that our military is so effective that we can keep a lid on problems wherever we are, if we put enough personnel and resources into it. But it can only last if the people in these countries themselves are able to arrive at the kinds of political accommodations and compromise that any civilized society requires.

And so it would be, I think, a big mistake for us to think that we can, on the cheap, simply go in, tamp everything down again, restart without some fundamental shift in attitudes among the various Iraqi factions. That's why it is so important to have an Iraqi government on the ground that is taking responsibility that we can help, that we can partner with, that has the capacity to get alliances in the region. And once that's in place, then I think we end up being one of many countries that can work together to deal with the broader crisis that ISIL poses.

What were your other questions? Did we underestimate ISIL? I think that there is no doubt that their advance, their movement over the last several months has been more rapid than the intelligence estimates and I think the expectations of policymakers both in and outside of Iraq. And part of that is I think not a full appreciation of the degree to which the Iraqi security forces, when they're far away from Baghdad, did not have the incentive or the capacity to hold ground against an aggressive adversary. And so that's one more reason why Iraqi government formation is so important -- because there has to be a rebuilding and an understanding of who it is that the Iraqi security forces are reporting to, what they are fighting for. And there has to be some investment by Sunnis in pushing back against ISIL.

I think we're already seeing -- and we will see even further -- the degree to which those territories under ISIL control alienated populations, because of the barbarity and brutality with which they operate. But in order to ensure that Sunni populations reject outright these kinds of incursions, they've got to feel like they're invested in a broader national government. And right now, they don't feel that.

So the upshot is that what we've seen over the last several months indicates the weaknesses in an Iraqi government. But what we've also seen I think is a wake-up call for a lot of Iraqis inside of Baghdad recognizing that we're going to have to rethink how we do business if we're going to hold our country together. And, hopefully, that change in attitude supplemented by improved security efforts in which we can assist and help, that can make a difference.

Q You just expressed confidence that the Iraqi government can eventually prevent a safe haven. But you've also just described the complications with the Iraqi government and the sophistication of ISIS. So is it possible that what you've described and your ambitions there could take years, not months?

THE PRESIDENT: I don't think we're going to solve this problem in weeks, if that's what you mean. I think this is going to take some time. The Iraqi security forces, in order to mount an offensive and be able to operate effectively with the support of populations in Sunni areas, are going to have to revamp, get resupplied -- have a clearer strategy. That's all going to be dependent on a government that the Iraqi people and the Iraqi military have confidence in. We can help in all those efforts.

I think part of what we're able to do right now is to preserve a space for them to do the hard work that's necessary. If they do that, the one thing that I also think has changed is that many of the Sunni countries in the region who have been generally suspicious or wary of the Iraqi government are more likely to join in, in the fight against ISIS, and that can be extremely helpful. But this is going to be a long-term project.

Part of what we've seen is that a minority Sunni population in Iraq, as well as a majority Sunni population in Syria, has felt dissatisfied and detached and alienated from their respective governments. And that has been a ripe territory for these jihadists and extremists to operate. And rebuilding governance in those areas, and legitimacy for stable, moderate governing in those areas is going to take time.

Now, there are some immediate concerns that we have to worry about. We have to make sure that ISIL is not engaging in the actions that could cripple a country permanently. There's key infrastructure inside of Iraq that we have to be concerned about. My team has been vigilant, even before ISIL went into Mosul, about foreign fighters and jihadists gathering in Syria, and now in Iraq, who might potentially launch attacks outside the region against Western targets and U.S. targets. So there's going to be a counterterrorism element that we are already preparing for and have been working diligently on for a long time now.

There is going to be a military element in protecting our people, but the long-term campaign of changing that environment so that the millions of Sunnis who live in these areas feel connected to and well-served by a national government, that's a long-term process. And that's something that the United States cannot do, only the Iraqi people themselves can do. We can help, we can advise, but we can't do it for them. And the U.S. military cannot do it for them.

And so this goes back to the earlier question about U.S. military involvement. The nature of this problem is not one that a U.S. military can solve. We can assist and our military obviously can play an extraordinarily important role in bolstering efforts of an Iraqi partner as they make the right steps to keep their country together, but we can't do it for them.

Last question.

Q America has spent \$800 billion in Iraq. Do you anticipate having to ask Congress for additional funds to support this mission?

THE PRESIDENT: Currently, we are operating within the budget constraints that we already have. And we'll have to evaluate what happens over time. We already have a lot of assets in the region. We anticipate, when we make our preliminary budgets, that there may be things that come up requiring us to engage. And right now, at least, I think we are okay.

If and when we need additional dollars to make sure that American personnel and American facilities are protected, then we will certainly make that request. But right now, that's not our primary concern.

Last question.

Q Mr. President, do you have any second thoughts about pulling all ground troops out of Iraq? And does it give you pause as the U.S. -- is it doing the same thing in Afghanistan?

THE PRESIDENT: What I just find interesting is the degree to which this issue keeps on coming up, as if this was my decision. Under the previous administration, we had turned over the country to a sovereign, democratically elected Iraqi government. In order for us to maintain troops in Iraq, we needed the invitation of the Iraqi government and we needed assurances that our personnel would be immune from prosecution if, for example, they were protecting themselves and ended up getting in a firefight with Iraqis, that they wouldn't be hauled before an Iraqi judicial system.

And the Iraqi government, based on its political considerations, in part because Iraqis were tired of a U.S. occupation, declined to provide us those assurances. And on that basis, we left. We had offered to leave additional troops. So when you hear people say, do you regret, Mr. President, not leaving more troops, that presupposes that I would have overridden this sovereign government that we had turned the keys back over to and said, you know what, you're democratic, you're sovereign, except if I decide that it's good for you to keep 10,000 or 15,000 or 25,000 Marines in your country, you don't have a choice -- which would

have kind of run contrary to the entire argument we were making about turning over the country back to Iraqis, an argument not just made by me, but made by the previous administration.

So let's just be clear: The reason that we did not have a follow-on force in Iraq was because the Iraqis were -- a majority of Iraqis did not want U.S. troops there, and politically they could not pass the kind of laws that would be required to protect our troops in Iraq.

Having said all that, if in fact the Iraqi government behaved the way it did over the last five, six years, where it failed to pass legislation that would reincorporate Sunnis and give them a sense of ownership; if it had targeted certain Sunni leaders and jailed them; if it had alienated some of the Sunni tribes that we had brought back in during the so-called Awakening that helped us turn the tide in 2006 -- if they had done all those things and we had had troops there, the country wouldn't be holding together either. The only difference would be we'd have a bunch of troops on the ground that would be vulnerable. And however many troops we had, we would have to now be reinforcing, I'd have to be protecting them, and we'd have a much bigger job. And probably, we would end up having to go up again in terms of the number of ground troops to make sure that those forces were not vulnerable.

So that entire analysis is bogus and is wrong. But it gets frequently peddled around here by folks who oftentimes are trying to defend previous policies that they themselves made.

Going forward with respect to Afghanistan, we are leaving the follow-on force there. I think the lesson for Afghanistan is not the fact that we've got a follow-on force that will be capable of training and supporting Afghan security efforts. I think the real lesson in Afghanistan is that if factions in a country after a long period of civil war do not find a way to come up with a political accommodation; if they take maximalist positions and their attitude is, I want 100 percent of what I want and the other side gets nothing, then the center doesn't hold.

And the good news is, is that in part thanks to the excellent work of John Kerry and others, we now are seeing the two candidates in the recent presidential election start coming together and agreeing not only to move forward on the audit to be able to finally certify a winner in the election, but also the kinds of political accommodations that are going to be required to keep democracy moving.

So that's a real lesson I think for Afghanistan coming out of Iraq is, if you want this thing to work, then whether it's different ethnicities, different religions, different regions, they've got to accommodate each other, otherwise you start tipping back into old patterns of violence. And it doesn't matter how many U.S. troops are there -- if that happens, you end up having a mess.

Thanks a lot, guys.

END 10:54 A.M. EDT

<http://www.whitehouse.gov/the-press-office/2014/08/09/statement-president-iraq>

2014, August 8

FULL MOON SuperMoon in Aquarius August 10th 2014~

<http://www.mysticmamma.com/full-moon-supermoon-in-aquarius-august-10th-2014/>



ART: MYSTIC
MAMMA

SUPERMOON, FULL MOON, Grandmother Moon, illuminating what has been hidden. What is uncovered is always a treasure of our inner landscape.

We are here to find our True North. Not magnetic north where we navigating according to others magnetic pull, reacting, pleasing and appeasing.

Our Truth North is aligning with our center and our most authentic Self. In honoring our Self, we will have to define our own path as well as our own boundaries. This is the path to Freedom. Choose You, your soul will thank you!

Here are the MYSTIC MAMMA Astral Insights from our beloved featured astrologers and guiding lights. First from the **Molly Hall from *Astrology.About.com***

“The Leo-Aquarius Full Moon is the swing and balance of staying true to yourself, and seeing your own dramatic role in the future-shaping of our times.

“What stands out in the Full Moon chart is the Sun-Moon angle to Saturn (in Scorpio). That forms an activating T-square with deeply entrenched fixed signs. There are tensions that jar to the roots, and could activate an inside-out kind of change.

“One way this can play out is realizing that to live out new, promising visions, there’s a need to restructure. And the restructuring, with Saturn there at a provocative angle, is likely in the psyche.

“So some of the Full Moon release could be of stuck psychic energies, that cry out to be aired and healed.... Aquarius is like an unexpected breeze on a hot summer day. It’s the surprise breakthrough that comes in the midst of struggle. Or a startling event that wakes you up, like a cosmic alarm clock.

“This is a chance to rebel against deadening conformity, to break free — of ideas about reality, a habitual

rhythm, deeply embedded conditioning. Epic ah-has happen at the Aquarius Full Moon, when we bust through our own (often self-imposed) glass ceiling and breathe the air.

“The good vibes of Aquarius are best received with an open mind. If it’s time for a radical upgrade in your thinking, there’s often a period of in-between. Aquarius has two rulers — Uranus and Saturn. One is the evolutionary urge, the other (Saturn) shows us how to ground the charge.

“Being able to see that the way we organize and perceive reality itself, is up for tweaking, can be liberating. This one-two punch of Aquarius Full Moons celebrates out of the box thinking. If you’ve felt at a dead-end, and stagnant, get ready for unexpected plot twists!

“...This Full Moon illuminates: supportive networks, flashes of genius, kindred spirits, human potential for evolution, innovative use of technology, relations with friends, quantum leaps in spiritual growth, sudden events or realizations that alter your life course, your place in the social web...expressing your eccentricities, being true to yourself, act on behalf of human freedom.”

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From the always inspiring **Kelley Rosano**:

“The Aquarius Full Moon on August 10 is a SuperMoon. It is one in a series of five SuperMoons this year. This makes the Full Moon extra potent and powerful being so close to the Earth...”

“This Full Moon could be an emotional roller coaster ride. It is an opportunity to stand in your truth and rise above the drama. Ground yourself daily. Do what balances you.

“Step back and do not react when curve balls are thrown at you. Be proactive and not reactive. This will empower you to be effective. You have no control over what other people say or do. Your point of power lies in what you think and do. Own your power. Your power is in the present in this moment.

“• What do you need to change? • What have you been tolerating? • What supports your balance?”

“...Saturn and Uranus are in a tense awkward angle. This energy can create tension in your body.

“One part of you wants to be free to change. The other part of you can be scared to take action. The result is discord. Practice Extreme Self Care. Take good care of you. This is a good time to get a massage. Do what releases your stress...”

“The Aquarius SuperMoon message is to take good care of you. These are crazy days. You don’t know what to expect next. It is easy to get off balance. Do what supports your balance. Use your intuition. Trust your gut instincts. Love you more than the need for approval. Strengthen your boundaries. Do not walk away from yourself.

“Accept the real you. Don’t hide your light. Shine your light. Love you more than the need for others to support you. You support you...Accept who you are. Accept other people for who they are.

“Merge with your Soul Self and you will be successful. Be creative. Be wise as the serpent and harmless as the dove.

“Get daily physical exercise. This will help to release your tension and anxiety. This is not the astrology for being sedentary. You want to be building your strength. Go outdoors. Breathe the fresh air. Allow Mother Nature to nurture you. She can heal you. Release what no longer serves you.”

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From the insightful **Dipali Desai from her Celestial Space Astrology:**

“...the pressure is on to squeeze out emotions and stuck energy. There is also a symbolic pressure to transform stale or limiting perceptions which are fixated so the energy moves into a place of forgiveness and growth.

“The main focus is taking responsibility for the choices, emotional reaction, perceptions and how you got to where you are rather than projecting the blame onto another or something out there.

“With Saturn in Scorpio creating a symbolic ‘tension’ aspect to the Full Moon in Aquarius and Mercury in Leo, this is a great time to concentrate, go deeply into a study or task as well as produce and accomplish a lasting change in habits to ensure empowerment.

“During this realistic symbolic mental ‘squeeze’ there is potential to be able to zero in on extracting the core and truth rather than sitting in denial. This is very helpful if you are seeking to evolve and heal.”

“... It is possible to feel weighed down, heavy emotionally, slowed down as to be able to examine what keeps you from taking assertive action (what fears and anxieties) as well as old repeated inhibitions. Nothing is denied, just slowed down according to Divine Timing. Patience is a must.

“During the Full Moon in Aquarius, it is possible to notice some ‘inflamed’ issues heating up or coming to a peak. Serious choices have to be made and the courage to back them up.

“...There is potential contained within the Full Moon in Aquarius for clear realizations as the emotional gunk disperses. You have to be willing to seek the higher truth, not just the momentary or skewed version of the truth.

“So liberate yourself from the old habit which prevents you from really feeling emotional intimacy or an expansion of love.”

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And the wise **Sarah Varcas from her Astro-Awakenings.uk:**

“If we attend to painful feelings with a mind and heart that feeds off the drama and identifies with the pain then yes, our attention is problematic.

“If, however, we bring to painful feelings or issues a softened heart, a compassionate perspective, patience, insight and a desire to know the nature of pain so deeply that we actually know it right through and out the other side into freedom, then our attention becomes the path to liberation.

“We don’t have to look away from what hurts or what appears negative. This merely pushes it into the shadows ready to return another day. We can look at it, sit with it, feel it, fill it with compassionate awareness and, ultimately, heal it.

“Any inner resistance encountered at the time of this Moon provides a clue about where to focus our attention. If we can bring to it a penetrating awareness and a questioning attitude we can begin to unwrap the core beliefs which keep that resistance in place...”

“Thus healing begins through the application of gentle awareness and willingness to neither flinch nor falter in the face of our inner pain: compassion and endurance in equal measure lead us out of the labyrinth of mind and emotion, into the light of clarity and wisdom.”

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Find your treasure...realign with your True North....Freedom awaits!
FULL MOON Blessings to us all~~~
~MM