

**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*; 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:
9:00 – 10:30 pm EST** ***Ashtar on the Road***
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

Housekeeping: Rainbird

- BBS:**
- A listener-supported radio program; we can access program archives on BBS
 - The radio program costs \$300 per week; **this week, we need \$ 300**
 - 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 or MariettaRobert's Stargate Round Table
 - 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:**
- Their full-time, life time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, gas, a home, and access to BBS Radio on order to get the information out.
 - **This week** they need food money, gas money, and some money for bills [\$ 300]
 - **THEY ALSO NEED ANOTHER \$250 FOR THE RENT – BY TOMORROW!**
 - 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-january-30-2016>

- The **new number for the Conference Line: 641-715-3650 - pin 353 863#**
 - for an hour, 8 – 9 pm MST, every Friday, Saturday
 - 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.

HARD NEWS

T: As Nada said it's been done [the passing of Kali Yuga] for a long time; and it's been done in phases - and people call saying "What do you mean by "soon?"

- As Cheryl says we are on the higher timeline and all things come to those **who INVOKE** the loving energy of the higher beings who are in service to humanity in all its forms.

R: Talked with **Nada** today

- also listened to **a friend of Erin Schwartz** who told us of SOPA and PIPPA
 - friend was talking of Bush/Clinton Crime family which brings the story up to today; and of how so many whistleblowers are doing what they can without getting dead!

Nada is in Beirut, working with the energies of James Twymann & the others

- Rama told her what Bill Maher said last night about getting out of there or end up dead
- Nada said we don't know the power of the Violet Flame
 - The frequencies he and others are connecting with are powerful
 - a doctor came on a TED talk when James Carrey graduated from his TM course to talk about how it has been proven that TM and all forms of working with the Violet Flame, St Germain, LM Liberty and many of the Ascended Masters including K19 [Commander Kortonn of Mars] – legions upon legions of the angelic beings are here
- what is being said here as even Ben Fulford has been saying in his weird way: those working with money and banksters want a piece of you: Ben and Robin Williams talked of this; Steven Greer told them he was not willing to give them a piece – he's a free soul – and he's also protected from them.

Nada, and Camp Lovewave: all is leading back to the issues having to do with the fact that Hillary's e-mails and the 38 pages of e-mails have been redacted as they go into the realm of beyond cosmic clearance – what Scully and Mulder talked about

T: what Snowden dumped?!?

R: This is another added piece to what Teran's talking about: all has to do with the Majestic 12 etc

- the dark ones will be well aware of the Sphere Alliance, the Blue Avians & the others who are contingency forces who are hereinafter
- R is always being told we are in Sat Yuga NOW; it has already come to pass that we have **100,000 years of peace**, in spite of the remnants of the Kali Yuga

Camp Lovewave's Teran:

- played a longer clip of **The X Files**: all of this leading up to Ms Hillary, the Bush/Clinton Crime Family, are involved in the messes in the Middle East; they want to create WW III - yet Ashtar, Sananda, the legions of heaven have all said: NO NUKES!
- They are playing a dangerous brinkmanship game – they are pulling out their last cards to stay alive
- More and more countries are saying if Iceland puts bankers in jail, why not put Jamie Dimon on ice along with Bernie Madoff who is sitting in jail for 100 years, the one with whom Chris Christie was involved
- Bernie Sanders is straight as an arrow; what he is saying leads right into Universal Economics in which the acquisition of wealth ceases to exist as we move into Sat Yuga:
 - folks like Trump, Gates, Buffet will find themselves on a level playing field, where helping the least among us is the first order of business: how St Germain and his brothers and sisters get this done is by the bringing forth of Universal Economics which is not tied into false humans

Nada also said: these dark ones may even send out packages and a few folks will get them, with instructions to go to another country to sign papers: those who do may end up in a body bag – there is no intention to let people keep the money if they do give any out.

T: there is a group that have made deals to get \$38.50 / dinar; ordinary people get \$3.85 / dinar – but NO ONE WILL GET ANY MONEY! A few might get some money to keep people

interested; but they will be killed and the money taken back – it's intended to keep the distraction going

R: this is the schism going on on the planet: focus with the energies of love, and the space/time is changed -

Nada: about Snowden's download: he said that Sweden is getting ready to go to war with Russia! They say that Russia is spying on their north coast & that Sweden is collaborating with US, Israel and the other Khazar gangsters - no nukes will be used; it's just about fear!

- Sweden's turning out about 80,000 refugees that have only been there for 2 yrs.

T: The DW News, Berlin, said that some countries are throwing out those who have come and str not allowing them to bring their families FOR 2 YEARS! By which time, the families can be dead. The story in Iraq is only about the Stargates.

- These guys started the wars and their Black Ops have been behind it all; when the people leave the war torn countries, suddenly "there is no room at the inn" - which is a metaphor: the same story is in the Vedas: Krishna means Christ in Sanskrit. Christ is Pistus Sophia: Emmanuel of the house of Faith & Divine Wisdom. The same contemplative story is being told
- Nor was there a physical cross anywhere: Christ in the physical incarnation did not die on the cross: in the metaphor of the story, JUST HIS MISSION died on the cross
- The first democratic republic was Rome; the first democracy, a pure democracy, was in Greece, meaning everyone went to weekly meetings, and voted on the issues discussed. It wasn't a republic in terms of representation: they ALL went.
- Things got bigger and bigger and now there are over 7 billion people on the planet

Nada: we are in Sat Yuga; focus on the prosperity and ever lasting joy

- she went on to the Hillary indictment – there were 38 redacted pages; the indictment is about 22 emails that WERE classified using gov't e-mail services; Hillary says they weren't
- R asked how is this very 3D thing going to go anywhere when it is just a Black Ops of the nazi republican ones to get people to vote for them?
- she said that Hillary's indictment is THE COMPLETE DOWNFALL OF THE BUSH CLINTON CRIME FAMILY – it goes past cosmic clearance and into the realm of unacknowledged black budgets – all leads back to secret space command and full disclosure
- R asked: Will this reach the TV screen and the swamp of the republican campaign stuff?
- Nada would not let him push her further: she said it all leads to full disclosure: have a nice day [ie, it's none of your business; behind that, you're not on my payroll and behind that, the answer is YES!]
- How it unfolds remains to be seen as they try to hang on to the reins of power. Yet it's already done.

T: Important to discuss:

- we are all star seeds here; the younger ones have a limited experience of this life-changing time
- our Elders are the silent generation, born before the bomb; they remember what happens when people open their mouths and get disappeared; they lived through WW 1 and WW2 and knew what happened to those who spoke out: they were basically terrified
- then there are the Prophets
- then the Millenials

R: the Tesserach, the 5 Infinity Stones, the Gauntlet of power are in the hands of the cosmic masters, ascended master realms of the Office of the christ.

- the fear and fascination with the dark side is the challenge of getting past the fear: don't worry; be happy! And it is still a challenge for Rama, too.

T: discussed this a bit on Thursday:

- there have been **clones of all the Ascended Masters downloaded through Mt Shasta**. The clones were then programmed as to what to be, say, do
- lots of people got snagged along the way – when the channeling comes through those people, we're not getting the true information.
- when we talk of the secret space commands, there is no access to that bigger story and this includes the channels.
- In 1945, the silent generation ended, and the Prophets generation started, with no connection to the past of 1945 – this is intentional as we are trying to save humanity

R: the global PTSD that has gone on since the dropping of the 2 bombs: even Oppenheimer who created the bombs tried to commit suicide 4 x because he realized what he had done

T: it's in the story of **Buddha in Redface** when the crippled native American who was from just north of where they live – there are vortexes there and hot springs there

- the double nuke created a fissure in the space time continuum and separated the prophets from the silent generation and generations before that.
- So the prophets were the Flower Generation and so on

R: Paul Cantnor of Jefferson Airplane died recently at 1974, probably pushed the river: took acid more than Rama!

- Their song: Have you seen the stars tonight – then they changed their name to Jefferson Starship and changed the band members and became more pop; the record industry and Hollywood are all about money
- the story about AIPAC and the white jewish Khazars not wanting to put black actors up for awards is a really big deal!

T: Going back to the **Snowden files**: there is a whole section about Israel using US drones and not even acknowledging that they have the military attack program

- Dr Greer's info about unacknowledged black budget groups is accurate
- a media group called the Intercept was on Al Jazeera – it was Cora who said Israel has not acknowledged the US drone programming and that they passed the info onto India
- Israel is flying US drones: almost no visual evidence is in the public domain, as the Israelis have been good at keeping a lid on the info about drones: despite the fact that there are over 10 years of reported drone strikes, no one has been able to pin it on Israel
- **OBAMA HAS NO AUTHORITY OR POWER TO STOP THIS**
- Mr Brennan, head of CIA and Rahm Emmanuel who is Jewish, are tethered to the Mossad which has controlled the CIA and this country!
- **Has all been done from Israel controlling intelligence: Rahm Emmanuel who is mayor of Chicago in in charge of the Mossad in the US**
- When you see a drone go down and hear what Obama says – if he does not say what he is told, he and his family are dead

• These black ops, no matter where they come from, have no access to the region called 38 levels about the President: Xi, Putin, Obama are the only ones with access to that sphere which is at 38 levels above the President

- **Obama is fully merged at that level with El Morya** which means he is at the same level as the Wingmakers, the Ashtar Command & others who have influence out to 175 million years into the future : the 13 families & minions cannot override this White Knight intervention

R: We are in Sat Yuga – rejoice: this is the constant message to Rama from his contacts

BTW: Britain has a black site on Cyprus where they can spy on Israeli & see the F16s on their screens and killing people in Gaza, all over Palestine

R: they'd like to do it in the US, but can't

T: the section on The Daily Show last night, with the comedians debating about Trump: not only would he drop nukes on others, he would do it in the US as well if he didn't like someone!

- why was US spying on Israel? Sounds like the relationship is uneasy at best
Cora to Al Jazeera: wanted to keep an eye out on Israel trying to strike at Iran. Also mentions unrest in Gaza and if it could cause problems
 - It's been known for some time that Britain has had this lookout going
 - WSJ reported last night that the US carved out an exemption for Israel when they spoke of looking into who is using drone programs against whom.
- It's coming out now because the Snowden dump is so massive; it takes time to get through it and provide some context for what is being said in them.
 - It also raises the question of whether what Snowden did is harmful to the US
 - the US drone program has gotten a lot of publicity in the last 2 years; Israel's has gotten less though there other countries using US drones.
 - And much, much more is coming forward from the Snowden documents.

Audio: a chant in honour of St Bridget & Candlemas, a western word for Imbalauc; coming up is the first crossover point in the year

T: will be going more and more into the higher teachings: when they say that Rama is NESARA, it's that Rama is the only one with a direct connection to the region others cannot access, the regions where the Divine Feminine is known.

- Like at the end of the Star Wars movie: The Force Awakens when the talking stick was passed: this shifting from 13,000 years of the masculine to the feminine is necessary
- The nitty-gritty of the stories they bring includes such people as Lady Di, LM Nada, Mother – and people can also access the Ashtar on the Road calls; also, the energies shared with Cheryl on Sunday and Monday are over lit by Quan Yin

Reading: Foreward from **The Secret Teachings of All Ages** by Manly P Hall, the incarnation of Madam Blavatsky

- After reading a part of the foreward, in which Hall describes the "cloud" which keeps things from those who do not have integrity of purpose, T reads what Hall says about the indirect use of communications: "to remain unknown was the best way to prevent the repetition of what happened to the Knights Templar" [Hall's words]
 - The region above the 38th level is protected by a cloud until such a time as we are in the cosmic level of our consciousness: with integrity of purpose and with understanding, etc.
- The Knights Templar were slaughtered by Lucifer through the Vatican for their gold & silver, their land and to take their power and empower it with Luciferian principles, the darkness of the Vatican.
 - the modern day story of the same thing is some of the elite people, the minions of the dark ones, getting money from dongs, dinars, etc; setting up their accounts, and then getting killed by the dark ones who want their money back and kill to get it: **no one will ever get to keep the money, and that is their intention.**

NESARA represents that Universal Economics as its base.

- The NESARA bill as sometimes called the 2nd Declaration of Independence.
 - The original document was written in the Iroquois language with all kinds of people involved over a long period of negotiation [See NESARA tab on <http://2013rainbowroundtable.ning.com/main>]
 - The original which, among other things, proposed the union of all the tribes in the Iroquois Confederacy, was amended by a document, handwritten by Thomas Jefferson in English, in which he proposed the end of slavery. This entire document is now in the Bruton Vault. St Germain was responsible for getting it there [along with the original

version of The New Atlantis by Sir Francis Bacon, and the Shakespearian plays, also by Sir Francis Bacon, nom de plume of St Germain]

- America did not get the original writing: the south said they would not sign the Declaration unless the part about ending slavery was taken out. St Germain told Jefferson to take it out and sign it; posterity, plus the waking up of the people plus the intervention of the Ascended Masters and the Ashtar Command means we'll all meet again!
- there is systemic racism in America as a result of what happened: Barack Obama made a dent in the prison system process by mandating that no child will be put in solitary confinement ever again: the republicans were all negative in their comments about the action! Lucifer is out of here!

See Melissa Harris-Perry's show for Saturday, Jan 30, 2016.

[Melissa Harris-Perry](#) 1/30/16

<http://www.msnbc.com/melissa-harris-perry/watch/major-new-reforms-to-solitary-confinement-612318787560> Major new reforms to solitary confinement

A large topic in the Republican debate this past week was criminal justice reform. However, President Barack Obama has made it clear that he wants criminal justice reform to be a lasting part of his legacy, something that could only happen if his successor is sympathetic to that cause. Melissa Harris Perry talks to the President and Founder of JustLeadership USA, Professor of English, Law, and African-American Studies at Duke University, Karla Holloway, and MSNBC's Ari Melber discuss.
Duration: 8:09

- There are no disappointments about NESARA; only about the disappointment of being able to absorb what it is about – thanks to BBS, we are opening more doorways to bring this information forth.
- There is more commentary by Tara; **please listen to the podcast.**

Audio: Democracy Now

2016-01 – 27 **Life, Animated: A Remarkable Story of How a Family Reached Their Autistic Son Through Disney Movies** [SEE BELOW]

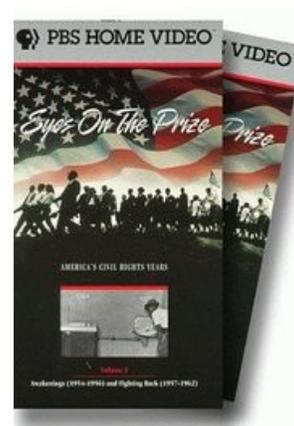
Audio: Eyes on the Prize: Blacks testify against whites accused an Alabama boycott forces desegregation of busses –

- this segment is the story of Emmet Till
6h | [Documentary](#), [History](#) | [TV Series \(1987–\)](#)
[Episode Guide](#) [14 episodes](#)

- A documentary about the American Civil Rights Movement from 1952 to 1965.

- Stars: [Julian Bond](#), [Eugene 'Bull' Connor](#), [Unita Blackwell](#) | [See full cast & crew](#)

T: Black History Month begins Feb 1st



Audio: S J Tucker: I am the Firebird
St Bridget is the goddess of fire, coming here on Candlemas and the Groundhog Day

ASTROLOGY

RICHARD:

Looks at February, 1st week

- Mercury has gone direct and conjuncts Pluto at 1 am EST + a square to Aries
 - Mercury is how we think about things; Pluto deals with all things hidden, things about love; Scorpio is about dark things which are hidden

Sat Feb 6th huge amount of energy in Capricorn with some Virgo thrown in
Monday, Tuesday: easy days comparatively speaking.

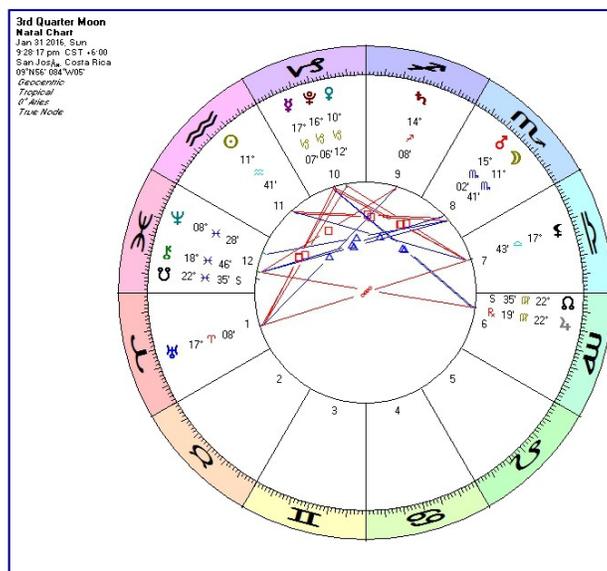
T: the Fire Monkey: the most forceful of monkeys – 1956; 2016
passionate, expressive, interested in opposite sex
have no idea of own limitations

The Pele Report:

<http://newparadigmastrology.com/january-27-2016-pele-report-astrology-forecast/>

<https://youtu.be/QbZv9hIOBI4>

Life is learning how to breathe,
Expanding you, then filling me,
Gathering in then putting out,
Sitting in stillness then dancing about!



Wow, maybe didn't get to the best until the end with this one. Can't really stress enough (well we are ALL stressed enough haha!) how so many of the challenges we face these days can be solved

through downsizing. Yup, trim the fat, simplify the life, lessen the fb posts/friends, emails, commitments, workload etc.

This is a good time to set your priorities and focus on them while realizing your limitations (physical, emotional, and mental that is). Virgo is the efficiency expert and this year is "do Virgo" year! And of course, lest you burn out, repeat that mantra and equalize between being and doing. Injoy!

T, Richard: Seems like getting truth, simplicity and love into the groove, for 2000 years

- To comment on Mercury in Capricorn: Venus went to Capricorn on the 24th, so it follows Mercury now and will stay this way for a while. When we get to the new moon, Mercury is at 25* Capricorn, and Venus is at 21* Capricorn. Then they go into Aquarius and travel together in Aquarius, only 5* apart. By the end of Feb, Mercury will be at 22* Aquarius and Venus will be at 16* Aquarius.
- As we work on clearing up our own stuff with the Mercury energy and Venus is what we receive as a result of the work we do as we work on clarity of thought. We do this until Feb 17th & then they travel together through Aquarius and through Pisces when we get into March.
- It's a setup for growth – a mental growth [Mercury] and an emotional growth [Venus] – one of the goals is to be clear in your thinking, calm in your emotions and to be light which is to bring up any of your shadows - dissolve them back into the heart of love.
 - This is spiritual food as we clear and make way for the new.

Reading: 2016-01-24 Planet Alert February 2016 by [Mahala](#) [SEE BELOW]

CONFERENCE CALL

- this whole year is about that that you need is what you need, and all the rest is cleared away so the teachings can get in – we live in amazing times!
- So many shenanigans when Owen Suskind was being played on *Democracy Now*: he was able to speak truth to power: to be able to change his voice: he was about 3 when he went totally silent
- Maya Angelou went silent for another reason of psychic, emotional abuse
- Owen's rapport with his Dad, and with the camera man were moving
- There's a special university for kids like him – for Owen, it was the disney characters that brought him out - his learning to speak, read, write - all based on that
- the autistic kids are usually super smart – needs lots of emotional support; some can be suicidal
 - need special attention as well as the group energy / community / many adults supporting each child.

Caller: talked about hearing a radio program about one of the nations of indigenous people in Canada, using art, dancing, music as a way of healing the young people, and re-establishing their identities which were stolen during residential school experiences

T: tells about an Inuit – preserving their traditions, all the children in the tribe got lots of attention. The animals, the children the elders – and the passing on of the language

Caller: tells of the radio program on CBC describing how indigenous people in eastern Canada are using social networks to find speakers of their various languages and have sessions where the language is used, thus bringing it back into the community memory. In some areas, there are very few elders left who can speak the language, which means it is on the verge of extinction.

R: next movie in The Golden Compass series is due to come out.

- everyone is anxious to see the end of the reptilian story lines

Reading: 2016-01-28 [Message to Lightworkers – Jan. 28, 2015](#) [SEE BELOW]

Philip: sent something in: about restoring teeth www.calciumtherapy.com

- a mouth rinse, for brushing – calcium and zinc are main ingredients
- sending it for Tara's benefit – to get in touch with his friend, call Philip

• Also heard on NPR about Hillary and her e-mails:

T: what we are seeing here is that things are coming through former Republican source, not to be trusted, and then Snowden has dumped a lot of stuff.

- Hillary answers to those who did 9/11 and she was involved: it's coming down the pike pretty fast and people are seeing this.

Reading: Earth's Grids and Portals [SEE BELOW]

R: "a download and a half" was his only comment: needs time to digest the info!

Audio: Eyes on the Prize: Blacks testify against whites accused an Alabama boycott forces desegregation of busses
The balance of what was played earlier in the show.

Audio: Pirate TV 1/25/2016 Eric Holt-Giménez: Climate Food and Race

<https://www.youtube.com/watch?v=tfDKY65jv5E>

Published on 29 Oct 2015

Climate, Food and Race: Challenges for the Food Movement

[9:50](#) Eric Holt-Giménez, Director of Food First

[51:20](#) Jill Mangaliman, Exec. Director of Got Green

Hosted by CAGJ Community Alliance for Global Justice

October 27, 2015 - Seattle

Heather Day - Exec. Director

Community Alliance for Global Justice

Eric Holt-Giménez, Director of Food First - October 27, 2015

"Climate, Food and Race: Challenges for the Food Movement"

Jill Mangaliman, Exec. Director of Got Green - October 27, 2015

"Climate, Food and Race: Challenges for the Food Movement"

Join CAGJ & UW partners to hear a timely talk by the Executive Director of Food First, Eric Holt-Gimenez, linking food sovereignty, climate justice and racism. Eric is an author, organizer, and agro-ecologist.

Jill Mangaliman, Got Green's Executive Director, will speak about statewide organizing for climate justice in partnership with Communities of Color for Climate Justice!

Global warming has become the largest single threat to health, community well-being and the environment, worldwide. Mass migrations, famine, and conflict over food and water access and the concomitant spread of chronic and communicable disease are already underway. The disastrous effects of climate change fall hardest on low-income communities and people of color, in the US and around the world. "Climate victims" are linked by the critically high levels of vulnerability; the result of historical (and recent) processes of dispossession, exploitation and oppression. Our modern food system is at the center of both the causes and effects of climate change. Pathways to community climate resilience and the reversal of global warming pass through the multiple challenges of capitalism, racism—and food.

SPONSORED by Community Alliance for Global Justice and University of Washington:

Audio: Max Keiser [\[KR869\] Keiser Report: Tumbling, Fumbling Ruble](#)

<https://youtu.be/-zRNowHVoWY>

Coming to you from Moscow, we discuss whether or not the price is right for a ruble? A big mac? A salmon? A barrel of oil? A Deutsche Bank? A Clinton? In the second half, Max interviews Vladimir Rojanovsky, head of research at OK Broker Investment Company, about the ruble's tumble and what that means for the Russian economy going forward.

Audio: The Late Show with Stephen Colbert

Audio: The Last Word – Laurence O'Donnell - the former students of Brenda Ames, Hunter College in Manhattan, sing a song they learned from their teacher about Martin Luther King Day and are now performing in the play "Hamilton"

Reading: The Dalai Llama's Cat

Closing: Rainbird

Final Music: Chakra Balance Meditation, a poem by Rumi
Shanandoah – Path of Beauty

INFORMATION RELATED TO THE NOTES

2016-01 – 27 **Life, Animated: A Remarkable Story of How a Family Reached Their Autistic Son Through Disney Movies**

<http://www.democracynow.org/shows/2016/1/27?autostart=true>

Today we spend the hour with a young man with autism who learned to interact with the world in an unusual way. Owen Suskind was diagnosed with regressive autism when he was three years old. He stopped talking, and his family said Owen "vanished" within himself. He did not speak for years. Then his father, the Pulitzer Prize-winning journalist Ron Suskind, discovered a remarkable way to talk with his son involving characters from Owen's favorite Disney films. Owen had memorized the lines to dozens of Disney films, and this discovery changed all of their lives, opening a new way for Owen to communicate. His story became the focus of Ron Suskind's best-selling book, "Life, Animated: A Story of Sidekicks, Heroes, and Autism." Owen has since gone to college and now holds two jobs. Last year Owen, who is now in his twenties, even appeared on a Comedy Central special alongside the comedian Gilbert Gottfried who did the original voice of Iago the parrot in the Disney film "Aladdin." Now the story of Owen's life has been turned into the documentary "Life, Animated," which just premiered at the Sundance Film Festival. In an extended interview, we feature excerpts from the film and speak with Owen Suskind, his father Ron and Roger Ross Williams, the film's director, in Park City, Utah.

TRANSCRIPT

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AMY GOODMAN: We're broadcasting from the Sundance Film Festival here in Park City, Utah. Today we spend the hour with a young man with autism who learned to interact with the world in an unusual way. His name is Owen Suskind. He was diagnosed with regressive autism at the age of three. He stopped talking. His father said Owen "vanished" within himself. He did not speak for years.

And then his dad, the Pulitzer Prize-winning journalist Ron Suskind, discovered a remarkable way to talk with his son involving characters from Owen's favorite Disney films. Owen had memorized the lines of dozens of Disney films. This discovery changed all of their lives, opening a new way for Owen to communicate.

His story became the focus of Ron Suskind's best-selling book, *Life, Animated: A Story of Sidekicks, Heroes, and Autism*. Owen has since gone to college and now holds two jobs. Last year, Owen, who is now in his twenties, even appeared on a Comedy Central special alongside the comedian Gilbert Gottfried, who did the original voice of Iago the parrot in the Disney film *Aladdin*.

GILBERT GOTTFRIED: Well, hello, Owen.

OWEN SUSKIND: Hello, Gilbert.

GILBERT GOTTFRIED: Owen, you like doing scenes from *Aladdin*, right?

OWEN SUSKIND: Uh-huh, I do.

GILBERT GOTTFRIED: You want to do one with me right now?

OWEN SUSKIND: Yes, I would.

GILBERT GOTTFRIED: Which scene?

OWEN SUSKIND: How about the lamp scene?

GILBERT GOTTFRIED: OK, let me see if I remember any of this. "I can't believe it! I just don't believe it! We're never going to get a hold of that stupid plan! Just forget it! Look at this! I'm so ticked off, I'm molting!"

OWEN SUSKIND: "Patience, Iago, patience. Gazeem was obviously less than worthy."

AMY GOODMAN: The story of Owen Suskind's life has been turned into the documentary *Life, Animated*, which just premiered here at the Sundance Film Festival to huge acclaim. The film is directed by Roger Ross Williams, the first African-American director to win an Academy Award. On Tuesday, I spoke to Owen Suskind, his father Ron and Roger Ross Williams here in Park City.

AMY GOODMAN: Owen, how did it feel to stand up at the Sundance Film Festival after a film about your life and to have people giving you a standing ovation, not for one minute, not for two minutes, not for five minutes—how many minutes did people stand and applaud you?

OWEN SUSKIND: A couple of great times. And I loved it.

AMY GOODMAN: How does it feel to have a film about your life?

OWEN SUSKIND: Feels wonderful, actually.

RON SUSKIND: Are you surprised at how good it feels?

OWEN SUSKIND: Yeah.

ROGER ROSS WILLIAMS: Owen has been thriving in front of an audience. He's just—the audience loves Owen, and Owen loves the audience. And it's just been a joy to see.

AMY GOODMAN: So, Roger, can you talk about why you decided to make this film and how it all happened?

ROGER ROSS WILLIAMS: Yeah. Ron and I have known each other for about 15 years. We worked together years ago on *Nightline* and PBS. And when Ron was working on the book, he approached me, and he said, "This is going to make a great film." And I jumped on it. You know, for me, I made a film called *Music by Prudence* about a Zimbabwean girl with severe disabilities, that won an Academy Award. And for me, it's about championing the outsider, the other, telling the story of people that have been left behind. And Owen represents a whole vast population of people who have so much to offer us, and we're losing out by leaving—by not recognizing the genius of people like Owen.

AMY GOODMAN: Owen, what does it mean to be autistic?

OWEN SUSKIND: It means you have special talents and skills inside you.

AMY GOODMAN: What are those talents?

OWEN SUSKIND: Oh, god. Being a good artist and a piano player and a good writer, author and storyteller, and possibly a good golfer and a great problem solver.

AMY GOODMAN: So each person is individual.

OWEN SUSKIND: Yeah, yeah.

AMY GOODMAN: And what is your special talent?

OWEN SUSKIND: Drawing animation, especially from Disney and Disney/Pixar.

AMY GOODMAN: Let's take a step back, Ron Suskind, and talk about your life with your younger son, with Owen.

RON SUSKIND: Since the time Owen was about three, he gets whacked with autism. It's late-onset autism, same as most [inaudible] kids who are born with it. But he's chatting away at two, and then he vanishes at three, loses all speech.

AMY GOODMAN: What do you mean, he vanishes?

RON SUSKIND: Well, he stops speaking, and he won't look at you. All the signs that you look for and fear as to autism, it just sort of suddenly comes upon him in a few months, right around the time he's three years old. Cornelia and I, my wife, are just, you know, stunned. One of the things that we realize in this time of fear is that the thing he loves after the onset of the autism is similar to before: He loved the Disney animated movies. And over the years that follow, he speaks often in gibberish. You're not sure what he's saying. And right around the time that this clip occurs, we have a revelation, that he's memorized 50 Disney animated movies as sound alone, and if you throw him a line, he throws you back the next line. That's what I discover the night that I hold up the Iago puppet, which is the scene that I think you're about to see.

OWEN SUSKIND: Yeah, yeah, yeah.

RON SUSKIND: Was that a big night for us?

OWEN SUSKIND: Yeah, yeah, sure.

RON SUSKIND: It's the first time we talk since you were two years old.

OWEN SUSKIND: I am so happy. Love that night.

RON SUSKIND: Yeah, it was a great night.

AMY GOODMAN: Let's go to a clip from *Life, Animated*.

OWEN SUSKIND: Why not? Uh-huh.

RON SUSKIND: So, I go up to his room. I see Owen on the bed flipping through a Disney book. And I see—sort of over to my left, I see Iago, the puppet. Now, Iago is the evil sidekick to the villain Jafar from *Aladdin*. Now, I know Owen loves this puppet.

IAGO: Jafar! Jafar! Get a grip!

RON SUSKIND: I grab the puppet, I pull it up to my elbow, and I begin to crawl across the rug as quietly as I can. And Owen turns to the puppet, like he's bumping into an old friend. I say to him, "Owen, Owen, how does it feel to be you?"

OWEN SUSKIND: And I said, "Not good, because I don't have any friends."

RON SUSKIND: Now, I'm under the bedspread, and I just bite down hard. You know? I just say to myself, "Stay in character." And I said, "OK, OK, Owen, when did

you and I become such good friends?" And he said, "When I watched *Aladdin*, you made me laugh." And then we talk, Owen and Iago, for a minute, minute and a half. It's the first conversation we've ever had.

AMY GOODMAN: So, that is the moment. Now, is it possible, Owen, that you remember when your dad was talking to you under the sheet with the puppet?

OWEN SUSKIND: Yeah, yeah, yeah.

RON SUSKIND: How did that feel?

OWEN SUSKIND: Felt good.

RON SUSKIND: I mean, we never had really talked before. It must have been strange for you to talk to Iago. You knew I was under the sheet, though, right?

OWEN SUSKIND: Yeah.

RON SUSKIND: But still, Iago, "Well, I don't know."

OWEN SUSKIND: Ha! Love it.

RON SUSKIND: Then you spoke back to me in Jafar—Iago is the sidekick to the villain Jafar.

OWEN SUSKIND: You bet.

RON SUSKIND: And what did Jafar say back to Iago?

OWEN SUSKIND: "I love the way your foul little mind works."

RON SUSKIND: That was the—

OWEN SUSKIND: That's our Disney buddy Jonathan Freeman.

RON SUSKIND: That was the next line of dialogue, and that's when we knew, oh, my, we can converse in Disney dialogue. We couldn't speak at that point. If you threw him a line, he'd throw you back the next line. Of course, he'd outrun you quick, because he had hundreds of hours in his head. And we started to speak in Disney dialogue as a way to communicate. We had no other way.

AMY GOODMAN: Now, before that, Owen had said a few things, and you thought he was really processing. But the doctor told you it was echolalia?

RON SUSKIND: Yeah. That's a term of art for the idea that the kids just repeat what they hear as sound alone. They don't understand mostly what they're saying.

AMY GOODMAN: It's echoing.

RON SUSKIND: Echoing, just like it says. And I said, "You mean like a parrot?" He's like, "Kind of." I said, "Can he be understanding what the words mean?" He says, "Our sense"—this is 1994, '95—"we don't think he does." That went on for years, before you have this moment with Iago. Of course, we gave him every therapy. We had great therapists. And he—before he says this to Iago, he's up to about a three-word sentence, says, "I want juice." That's about all. But then there's an explosion when we see he's got this deep well of understanding, processing all

the Disney movies.

OWEN SUSKIND: Yeah.

AMY GOODMAN: Wait. That word "juice"?

OWEN SUSKIND: It's "just your voice."

AMY GOODMAN: OK. Explain this part, "just your voice."

OWEN SUSKIND: Yeah, yeah.

AMY GOODMAN: Why was this so important? How old were you when you said something that your parents did not quite understand?

OWEN SUSKIND: Three.

RON SUSKIND: Yeah, you were just shy of your fourth birthday. That's right.

OWEN SUSKIND: Yeah.

AMY GOODMAN: And did you guys and your mom think you were asking for juice?

OWEN SUSKIND: Yeah, but it was really trying to read the dialogue from *Little Mermaid*.

RON SUSKIND: And what is the dialogue? So, this is one where Ariel is the mermaid, and she makes—has to make a trade to become human.

OWEN SUSKIND: Yeah.

RON SUSKIND: And the sea witch—

OWEN SUSKIND: Ursula.

RON SUSKIND: —Ursula, says to her—

OWEN SUSKIND: Ursula.

RON SUSKIND: What does Ursula say?

OWEN SUSKIND: "It won't cost much. Just your voice!"

RON SUSKIND: At that moment, we said, "It's not juice he wants. He's saying 'just.'" I grabbed Owen. I said, "Just your voice." And he says, "Juicervose, juicervose, juicervose." And it's the first time he's looked at me in a year. It's the first time he looked right at me. And we knew something was going on. It took three years, though, before we got to Iago. And that's when things got crazy.

AMY GOODMAN: You have been listening to Owen Suskind, his father Ron Suskind, the Pulitzer Prize-winning journalist. They are featured in the new documentary *Life, Animated*, directed by Roger Ross Williams, which just premiered here at Sundance Film Festival. We'll continue with our conversation in a minute.

[break]

AMY GOODMAN: "This Isn't Disneyland" by The Sisters of Invention. This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. I'm Amy Goodman. We're broadcasting from Park City, Utah, from the Sundance Film Festival, as we return to our conversation with Owen Suskind, the subject of the new documentary, *Life, Animated*. I spoke to Owen along with his dad, Ron Suskind, and filmmaker Roger Ross Williams.

AMY GOODMAN: What is it about Disney movies? Why do you love Disney so much, Owen?

OWEN SUSKIND: Because it's fun and entertaining, keeps me happy and entertaining and upbeat.

RON SUSKIND: What is it about Disney, though, that's different from other animated movies or movies in general? Why do you think that's the one you picked?

OWEN SUSKIND: Because—

RON SUSKIND: What do you think? What's different about those characters?

OWEN SUSKIND: Because—because they help me express my feelings.

AMY GOODMAN: So, when you were moving out of your house, when you graduated—

OWEN SUSKIND: Yeah, yeah.

AMY GOODMAN: —this big moment that's in the film—

OWEN SUSKIND: Yeah.

AMY GOODMAN: —what was the school you graduated from?

RON SUSKIND: That's when—that was, oh, from Riverview School. It's a college-like program in a school for folks with various developmental challenges on Cape Cod. That was Riverview.

OWEN SUSKIND: It was Riverview.

AMY GOODMAN: There's a part where you're nervous about moving, and so you say to your dad, "Can we watch just a couple of scenes about moving?"

OWEN SUSKIND: Yeah.

AMY GOODMAN: What movie did you want to see then?

RON SUSKIND: Was that when we watched *Dumbo*?

OWEN SUSKIND: Yeah, *Dumbo*.

RON SUSKIND: Because *Dumbo* has a big moving scene in it, doesn't it?

OWEN SUSKIND: Yeah, it does.

AMY GOODMAN: And did it help you move to see *Dumbo* move?

OWEN SUSKIND: It sure did.

AMY GOODMAN: Why?

RON SUSKIND: What is—tell me about why—why do you love *Dumbo*? What's it really about, deep down? What's the big message?

OWEN SUSKIND: Finding your inner hero.

RON SUSKIND: That's what *Dumbo* is about.

OWEN SUSKIND: Yeah.

RON SUSKIND: Yeah. And that's why you love that movie.

OWEN SUSKIND: Yes, I do.

RON SUSKIND: But Dumbo's ears make him an outcast, right?

OWEN SUSKIND: Correct.

RON SUSKIND: But you've talked about this. It also makes him different. But then he finds out what?

OWEN SUSKIND: That he's special.

RON SUSKIND: The thing that makes him different is what?

OWEN SUSKIND: His ears.

RON SUSKIND: Are his greatest what?

OWEN SUSKIND: Strength.

RON SUSKIND: Right. And you kind of—that's part of your discovery, too.

OWEN SUSKIND: Yeah.

RON SUSKIND: You want to do some *Dumbo*?

OWEN SUSKIND: "Dumbo!"

RON SUSKIND: What does Timothy say to—Owen is a fan of the sidekicks, because—what is a sidekick's job? They do what?

OWEN SUSKIND: They happily help the hero fulfill their destiny, with fun-loving gags, too.

RON SUSKIND: OK. And so, what does Timothy say to Dumbo that's so powerful to help him fulfill his destiny?

OWEN SUSKIND: "Don't worry, Dumbo. We'll—don't worry, Dumbo. We'll get you to fly." Then the crows say, "All you need is 'chology. You know, psychology. Ain't that right, boys?" "[inaudible]" "You want to make the elephant fly, don't you? Well, then use the magic feather!"

"The magic feather?" "Yeah! I gotcha!" "Dumbo! Have I got it! The magic feather! Now you can fly!"

AMY GOODMAN: I was so touched when you went to Paris.

OWEN SUSKIND: Yeah.

AMY GOODMAN: You were invited to address a group of—what were they? Professionals? Were they psychologists?

OWEN SUSKIND: Yeah.

AMY GOODMAN: Were they doctors, social workers?

OWEN SUSKIND: Yeah.

RON SUSKIND: All of them.

AMY GOODMAN: What were you telling them?

OWEN SUSKIND: That I have—

AMY GOODMAN: Do you remember standing there?

OWEN SUSKIND: Yes, I do.

AMY GOODMAN: I didn't know you knew French.

OWEN SUSKIND: Yeah.

RON SUSKIND: Who told you those French words?

OWEN SUSKIND: Who?

RON SUSKIND: When you—

OWEN SUSKIND: Mom and Dad did.

RON SUSKIND: Well, Mom. I don't know any French.

OWEN SUSKIND: Mom taught me some French.

AMY GOODMAN: But what were you telling them? Why were you standing there and giving a speech to all these people that could have been your parents and your grandparents?

OWEN SUSKIND: Well—

RON SUSKIND: Remember, you talked about *The Hunchback* at the end.

OWEN SUSKIND: Yeah.

RON SUSKIND: What did you find in *The Hunchback* that it was so powerful?

AMY GOODMAN: *The Hunchback of Notre Dame*.

OWEN SUSKIND: Yeah.

AMY GOODMAN: Tell us about what you learned from *The Hunchback of Notre Dame*. What was he doing at the end of the movie?

OWEN SUSKIND: Quasimodo doesn't get the girl, but he saves the city of Paris and becomes the hero and is no longer an outcast.

RON SUSKIND: Why don't you do a *Hunchback* scene you like? How about one of your most meaningful, emotional ones about Quasimodo? Want to do Laverne? That's a beauty.

OWEN SUSKIND: How about Hugo, Victor and Laverne?

RON SUSKIND: OK.

OWEN SUSKIND: All three of them.

RON SUSKIND: OK. Who are they? Hugo, Victor—

OWEN SUSKIND: Hugo, Victor and Laverne are Quasimodo's three fun-loving, playful, wacky, comic relief gargoyle friends and companions, the comic relief characters of the movie.

RON SUSKIND: OK.

OWEN SUSKIND: Yeah, I can do it. Give me a second. OK. "Quasi, take it from an old spectator. Life's not a spectator sport. If watchin' is all you're gonna do, then you're gonna watch your life go by without ya." "Yeah, you're human, with the flesh and the hair and the navel lint. We're just part of the architecture. Right, Victor?" "Yet, if you kick us, do we not flake? If you moisten us, do we not grow moss?"

RON SUSKIND: And that's a big one for you.

OWEN SUSKIND: Yeah.

RON SUSKIND: "Life's not a spectator sport."

OWEN SUSKIND: Yeah.

RON SUSKIND: OK, that's a good one.

AMY GOODMAN: So, today, Owen, you have a job.

OWEN SUSKIND: Yeah.

AMY GOODMAN: Where are you working?

OWEN SUSKIND: I work at Toys "R" Us and the Regal Cinema.

AMY GOODMAN: Where?

OWEN SUSKIND: In Hyannis, Cape Cod, where I live.

AMY GOODMAN: And what do you do at the movie theater?

OWEN SUSKIND: I rip off tickets for the customers and show them what theater the movie is playing in. And I sometimes sweep.

AMY GOODMAN: Do you also get to sometimes see free movies?

OWEN SUSKIND: Yeah.

AMY GOODMAN: Do you like movies that aren't Disney?

OWEN SUSKIND: I don't mind. I have all different kinds of fun movies.

RON SUSKIND: You know, you were telling me recently about going through some tough times, getting knocked down. You told me a scene from *Batman*, the Christopher Nolan series. Who did you do? Alfred, right?

OWEN SUSKIND: Alfred.

RON SUSKIND: Why don't you do Alfred for Amy? You'll love this. This is a—Owen grabs scenes from lots of movies. He's kind of the movie expert.

OWEN SUSKIND: Yeah.

RON SUSKIND: And he finds scenes that help him navigate the world. What does Alfred say?

OWEN SUSKIND: "Why do we fall, sir? So we can learn to pick ourselves up again." It's like getting back on the horse saddle.

AMY GOODMAN: Can you do a scene with your dad? What would be a good scene to do?

RON SUSKIND: Do you want to Simba—

OWEN SUSKIND: Simba and Mufasa.

RON SUSKIND: OK. So, you want to do—

OWEN SUSKIND: Both.

RON SUSKIND: So, who am I? You do both parts. Or do you want me to do one?

AMY GOODMAN: What's this from? What movie?

OWEN SUSKIND: Disney's *The Lion King*.

RON SUSKIND: Set it up, so—she might not—

OWEN SUSKIND: I can do it. So, when Simba is a grown-up, young adult lion, he sees the magical ghost of his dead dad Mufasa, who was killed by his evil, villainous uncle Scar, and says, "Simba, you have forgotten me." "No. How could I?" "You have forgotten who you are, and so forgotten me. Look inside yourself, Simba. You are more than what you have become. You must take your place in the circle of life." "How can—how can I go back? I'm not who I used to be." "Remember who you are. You are my son and the one true king. Remember who you are."

AMY GOODMAN: What does that teach you about life, Owen Suskind?

OWEN SUSKIND: You must move on from the past.

RON SUSKIND: What does it say about who you are?

OWEN SUSKIND: I am your son and the one true king.

ROGER ROSS WILLIAMS: What does it say to you, Dad?

RON SUSKIND: It says that Owen is growing into no longer a sidekick, as he often thought of himself, but to become the hero of his own journey. And that's happening with each day, and it's certainly happening here at Sundance. It's been an extraordinary week.

AMY GOODMAN: Owen, I wanted to talk about two major changes in your life and how you overcame them.

OWEN SUSKIND: Yeah.

AMY GOODMAN: One was moving from a school-like facility and, before that, home—

OWEN SUSKIND: Yeah.

AMY GOODMAN: —to being independent and moving into your own apartment.

OWEN SUSKIND: Yeah.

AMY GOODMAN: How hard was that?

OWEN SUSKIND: It was a little bit hard, but not too hard. Would be a great place to have my own place. Yeah.

AMY GOODMAN: And I don't know if it's hard to relive it when you see the film about your life, when you see *Life, Animated*, but you had a girlfriend for three years, Emily—

OWEN SUSKIND: Yeah, yeah.

AMY GOODMAN: —and then she broke up with you, right when you moved into your own apartment. And she was living right next to you in her apartment.

OWEN SUSKIND: Yeah, yeah.

AMY GOODMAN: How did you cope with that?

OWEN SUSKIND: It took me the rest of that year and the whole year of 2015, last year, to get over it. I've finally gotten over it.

AMY GOODMAN: How?

OWEN SUSKIND: By learning I can always meet another new girl, who have the exact same fun interests like I do.

RON SUSKIND: Like what?

OWEN SUSKIND: Like who's like a fun movie fanatic and loves fun children's family colorful movies and animated ones and Disney and Disney/Pixar, and also loves other fun things and still collects Disney toys, plushes and collectibles like I do, loves magical, fun, colorful Disney on Ice shows and Disney parks and Universal Studios parks.

RON SUSKIND: You know, at one point after you were working through that breakup, you said something, I think, from *Inside Out*, didn't you?

OWEN SUSKIND: The emotions.

RON SUSKIND: You used the *Inside Out* characters brilliantly.

OWEN SUSKIND: Yeah.

RON SUSKIND: What did you say? What did you say about sadness and fear and joy? What was the thing you were saying?

OWEN SUSKIND: I want to put joy back in charge for the rest of my life.

AMY GOODMAN: You want to put joy back in charge.

OWEN SUSKIND: Yeah.

AMY GOODMAN: What is—what's joy?

OWEN SUSKIND: Joy is the main character of *Inside Out*.

RON SUSKIND: You know—

ROGER ROSS WILLIAMS: What do you mean by that, Owen?

RON SUSKIND: What do you mean by joy?

ROGER ROSS WILLIAMS: Joy back in your life?

OWEN SUSKIND: I don't want to be sad forever.

RON SUSKIND: Are you feeling joy now?

OWEN SUSKIND: Yeah.

RON SUSKIND: You know, it's hard, because you had to get through something that a lot of people go through, the breakup of a first relationship, a first big one.

OWEN SUSKIND: Well, there was a second one.

RON SUSKIND: Right, but this was your first big relationship. And, you know, and that's something that helps us grow up.

OWEN SUSKIND: Yeah.

RON SUSKIND: That's part of what you do in the movie.

OWEN SUSKIND: Yeah.

RON SUSKIND: Is it odd for you to watch that happening on the screen, though? That's a little different, right?

OWEN SUSKIND: Yeah, yeah.

RON SUSKIND: But how does it feel now?

OWEN SUSKIND: Feels good and better.

RON SUSKIND: Roger?

ROGER ROSS WILLIAMS: I mean, the wonderful thing about this film, the way I always saw it, is that it's a true coming-of-age story. It's a true coming-of-age story that everyone can relate to, because everyone has their first love and their first breakup, and moves into their apartment for the first time and becomes independent and graduates. And so, Owen, the stakes are higher, but he's experiencing something that we all experience and we all feel, and I think that's why the film connects with so many people.

AMY GOODMAN: So, Roger, I mean, we wouldn't know this story if it wasn't your absolute mastery of this artform. I mean, what you did with this film, going from Owen as the main character, and all of your brilliance in this, Owen, to the Disney characters and going back and forth—now, Disney is known for being very proprietary. How do we get to see so many of these cartoons?

ROGER ROSS WILLIAMS: Well, I think—well, early on, Sean Bailey, the president of Disney, I connected with Sean. He's a trustee on the board of Sundance. I'm on the alumni board. Sundance put us in touch with each other. And, you know, it was a process, many meetings with Disney. But in the end, they were supportive. They licensed the clips. They don't have any ownership or editorial control over the film, but they're really supportive, because it's a very positive story. Why would they not want to support it?

RON SUSKIND: In a way, it's a universal story about how we use movies to shape our lives. And we all talk about that, how important stories are in shaping our reality. And, of course, Owen, like caught on a desert island with 50 Disney movies, had to make sense of himself and his place in the world from those movies. The universal theme, of course, is how powerful movies are in shaping us, because Owen really had to rely on that.

AMY GOODMAN: Owen, do you do animations yourself?

OWEN SUSKIND: Yes, I do. Yeah.

RON SUSKIND: And he draws them powerfully and beautifully, because he has so much emotion he invests in them, in some ways even more than the animators themselves. And that's why they're very vivid and powerful, color and splashes of emotions. And he, in a way, communicated through those pictures for years. He'd draw a picture of a sidekick and hand it to you. He turned the whole family into sidekicks. Often I was Merlin or Rafiki. Cornelia, my wife, was Mrs. Potts or Big Mama from—

OWEN SUSKIND: *Fox and the Hound*.

RON SUSKIND: *Fox and the Hound*, thank you.

AMY GOODMAN: Wait. What are your two famous lines? "No sidekick ..."?

OWEN SUSKIND: "... gets left behind."

AMY GOODMAN: What do you mean by that?

OWEN SUSKIND: Well, no—what do I mean by that again?

RON SUSKIND: You're the one who wrote it, a long time ago.

OWEN SUSKIND: "No friend gets left behind."

AMY GOODMAN: And you are the protector?

OWEN SUSKIND: Yeah.

AMY GOODMAN: Of sidekicks?

OWEN SUSKIND: Yeah.

AMY GOODMAN: What does that mean? How do you protect sidekicks?

OWEN SUSKIND: I keep on the sunny side. The sunny side.

ROGER ROSS WILLIAMS: Yeah, you know, it was really important for me as a filmmaker to tell the story from Owen's point of view, to get inside Owen's head. And that's why Owen addresses the audience directly, and that's why we create this world of sidekicks, that Owen himself created, and bring it to life, because a lot of films you see about people with a disability is from the outside looking in. And it's important that this film was from the inside looking out.

AMY GOODMAN: That's a part I couldn't get, is how could you stand, Owen, to be followed by a camera? I mean, these are some of the most difficult times of anyone's life. I mean, you're told your girlfriend is breaking up with you, and we're watching you try to figure this all out. That means a camera was in your face.

OWEN SUSKIND: Yeah.

AMY GOODMAN: Did you get used to the camera being there?

OWEN SUSKIND: Yeah, I got a little used to it.

AMY GOODMAN: Did you forgot the camera was there?

OWEN SUSKIND: Yeah, I forgot.

RON SUSKIND: And Thomas, the cameraman, was with you a lot.

OWEN SUSKIND: Yeah.

RON SUSKIND: You liked Thomas, though, didn't you?

OWEN SUSKIND: Yeah.

ROGER ROSS WILLIAMS: Thomas was part of the family. And, you know, I mean, Thomas would be there filming when Owen would fall asleep at night, and there when he would wake up

in the morning. And it was really important to have someone who was consistent and who always—who Owen could rely on and who Owen knew, and so that we embedded ourselves with this family.

RON SUSKIND: And one of the things, just briefly, that's interesting is that Thomas had to be there a lot, because Owen doesn't do things for effect in a transactional way. When the truths come bubbling up, they come at all kinds of times. So Thomas had to be there when Owen's great moments of wisdom emerge, often through stress or situations he was in or ways to solve problems.

AMY GOODMAN: Now, there's someone we haven't talked about. We've talked about your mom and your dad.

OWEN SUSKIND: Yeah.

AMY GOODMAN: We've talked about the camera person.

OWEN SUSKIND: Yeah.

AMY GOODMAN: What about your brother Walter?

OWEN SUSKIND: Oh, he's good.

AMY GOODMAN: He's your older brother?

OWEN SUSKIND: Older brother and only sibling I have.

AMY GOODMAN: What have you taught him?

OWEN SUSKIND: About how to help me through my life.

AMY GOODMAN: He is very concerned about that.

OWEN SUSKIND: Yeah.

AMY GOODMAN: Because he knows that you guys are a kind of a moon unit for the rest of your lives.

OWEN SUSKIND: What's a moon unit again?

AMY GOODMAN: I don't know why I use that term, but you two are together for the rest of your lives.

OWEN SUSKIND: Together, yeah.

RON SUSKIND: What do you think—what do you think you've taught Walter? He always says, "Owen is my best teacher." What have you taught him?

OWEN SUSKIND: That Disney movies are a great thing.

RON SUSKIND: OK, definitely that. What else have you taught Walter about courage and resilience?

OWEN SUSKIND: Courage and resilience.

RON SUSKIND: What have you taught your brother?

OWEN SUSKIND: Well—

ROGER ROSS WILLIAMS: He's your hero, isn't he?

OWEN SUSKIND: Yeah.

RON SUSKIND: He was the only one you drew as a hero as a kid. Hey, I have an idea.

OWEN SUSKIND: What?

RON SUSKIND: What character, of your many characters, right now, if Walter was sitting with us, would you have talk to—

OWEN SUSKIND: I'd say Baloo.

RON SUSKIND: OK. What would Baloo tell Walter?

OWEN SUSKIND: "Come on, Baggy, get with the beat."

RON SUSKIND: How about do a little—one of your other favorites, you say to Walter, is Merlin.

OWEN SUSKIND: Merlin.

RON SUSKIND: What's your favorite line from—this is from *Sword in the Stone*.

OWEN SUSKIND: *Sword in the Stone*.

RON SUSKIND: Owen gleans the best lines. What would you say is the—what's some Merlin lines?

OWEN SUSKIND: "You know, boy, that love business is a powerful thing." "Greater than gravity?" "Why, yes, boy, I'd say it's the greatest force on Earth."

RON SUSKIND: And so, they talk about love, Walter and Owen, about finding love and about love in their life. OK, so, go—two more scenes. Go ahead.

OWEN SUSKIND: Disney's *Hercules*.

RON SUSKIND: Who's talking, and what is—what's up?

OWEN SUSKIND: Phil, the voice of Danny DeVito, the little round goat man, who's Hercules's pal, friend and lead of his companions.

RON SUSKIND: A key sidekick for you, yeah.

OWEN SUSKIND: Key sidekick. Oh, boy.

RON SUSKIND: What's he say to Herc?

OWEN SUSKIND: Herc.

RON SUSKIND: Hercules has some tough times, doesn't he?

OWEN SUSKIND: Yep. "Listen. Listen, kid, I've seen them all, and I'm telling you—this is the honest to Zeus truth—you've got something I've never seen before." "Really, Phil?" "Really, kid. I can feel it in these stubborn legs of mine. And if you keep trying and believe in yourself, there is nothing you can't do."

RON SUSKIND: Man, that's a good one.

OWEN SUSKIND: And Disney's *Mulan*.

RON SUSKIND: You want to do *Mulan*?

OWEN SUSKIND: Yeah.

RON SUSKIND: OK, that's a good one. Who is—who's talking?

OWEN SUSKIND: The emperor of China, the ruler of China, says, "The flower that blooms in adversity is the most rare, beautiful of all." That's the film's main tagline.

RON SUSKIND: And what would you say?

OWEN SUSKIND: I am the rare, most beautiful of all.

RON SUSKIND: The flower blooming in adversity.

AMY GOODMAN: You started a Disney Club?

OWEN SUSKIND: Yeah, at Riverview.

RON SUSKIND: That's the school.

AMY GOODMAN: Uh-huh.

OWEN SUSKIND: I am the first official—I am the first official president and the official founder of Disney Club.

AMY GOODMAN: And you would all watch the movies together. And one of your friends played Disney songs, right? On the keyboard.

OWEN SUSKIND: Patrick Birmingham.

RON SUSKIND: Special gifts. That's what we're talking about, those compensatory gifts. He could play anything, right?

OWEN SUSKIND: Yeah.

AMY GOODMAN: Well, speaking of special gifts, Ron, this week is the 100th anniversary of the Pulitzer Prize.

RON SUSKIND: Yeah.

AMY GOODMAN: And you're a Pulitzer Prize winner.

RON SUSKIND: Yeah.

AMY GOODMAN: You were writing for *The Wall Street Journal* in Owen's early years, so here you're a man of voluminous words, and your son is, as you say, vanishing—he stopped talking. What was that like for you? And, you know, early on, you won the Pulitzer Prize for covering voiceless people, as well.

RON SUSKIND: You know, part of—well, Cornelia and I say, you know, the book and the movie are about Owen changing, but it's really about how he changed the rest of us. And not long after he's whacked with the autism, my career starts to change. I start looking for left-behind people all over the world, in innercity America, in Pakistan, in Afghanistan. And what I realize some years later, that Owen is driving me in a way, shaping me and teaching me. And, of course, the most dramatically left-behind person I know is living in the bedroom, someone who's deemed uneducable, who was in the discard pile. And what's powerful is that, in a way, Owen leads all those other characters in finding a voice. And that's always—well, certainly, certainly, since those days, that's what my career has been.

AMY GOODMAN: Who is Cedric Jennings?

RON SUSKIND: Well, Cedric Jennings was actually the first of those characters. Right after Owen is diagnosed with autism, I travel across town in Washington to the worst high school I can find in America, and I meet Cedric, who's the prickly honor student who walks a gauntlet in a gang-dominated high school and dreams of going to the Ivy League. I follow him for three years. That was the series in the *Journal* that wins the Pulitzer and the book, *A Hope in the Unseen*. And it's interesting. Cedric and Owen met early on, and here are two outcasts. And Owen really couldn't say almost anything in those days, but he and Cedric had kind of a bond. They sat on the couch of our house.

OWEN SUSKIND: Yeah.

RON SUSKIND: Remember Cedric?

OWEN SUSKIND: Cedric, yeah, man.

RON SUSKIND: And what did you do when you first saw each other?

OWEN SUSKIND: I don't know. What did we do?

RON SUSKIND: Well, you were sitting on the couch, and you just started to laugh.

OWEN SUSKIND: Laugh! Hahaha!

RON SUSKIND: They just laughed, like they were in on some kind of joke, an inside joke about where human value sometimes hides and how it can shine forth. And, of course, we're all buddies still.

OWEN SUSKIND: Yeah.

RON SUSKIND: Cedric is another member of the family, like Roger and a whole gang now that has been brought together around our guy.

AMY GOODMAN: You've written about George Bush. You have written books about George Bush, about Barack Obama. Talk about the difference in being this fierce critic, investigator,

investigative journalist, and writing the story of your own life and living your own life.

RON SUSKIND: You know, for many years, we had a kind of a double life, where we didn't talk to folks about this private life we had. I was living a very public life. And I was kind of whipsawed between them, sitting with presidents, often having them tell me things that may or may not be totally true, investigating some of the perfidies of this age, and in the basement we would meditate on the emergence of the hero. And I think part of that dialectic, that dialogue, was one that eventually I said people should know that that's really what was happening. And interestingly, what people are finding in the story is even a bigger theme, which is one that in some ways all of the presidents, you know, maybe talk about, but often duck, which is about all the left-behind people in this world, who are not on the table more and more with, it seems, each passing day. How do we get them to a place where their voices are heard? You know, and that, of course, is the great, you know, struggle of our age, with inequality, with these enormous gaps between those of privilege and so much of the rest of us.

AMY GOODMAN: We'll return to our conversation with Ron and Owen Suskind and filmmaker Roger Ross Williams in a minute.

2016-01-24 Planet Alert February 2016 by Mahala

I am writing this article right before the full moon on January 23, 2016. The moon was in Cancer on Friday January 22, and was affecting the Southeast and East Coast of America. This caused lots of snow to come down in those areas, and then comes the flooding. If you live in those areas, are you enjoying all that snow, or is it very challenging? It was a very powerful monster storm and it was a major full moon event. I'm sure the alignment of five planets in our solar system added energy to that storm. This alignment will continue for several more days. The planets are Mercury, Venus, Mars, Jupiter, and Saturn.

The sun is now in Aquarius and that area rules Japan, the Koreas, Australia and the surrounding islands. There was a 6+ earthquake in Japan, and we may hear more news from the leader of North Korea. Aquarius is an air sign and is ruled by Uranus. This planet rules storms. It also rules electricity, power outages, electronic devices, like your computer and cell phones, and all of these electronic gadgets will be under the energy of Uranus (unexpected disruption) this upcoming month. There will also be lots of storms all over the world for the next thirty days.

Uranus and Pluto are still in a square aspect, which means there will be a lot more transforming events in many parts of the world this month. Then right before the new moon on February 8th the sun will be making a square to Mars over the Middle East, and the sun will be affecting the Koreas. What will that create? Mars will be in Scorpio over the Middle East until March 6, 2016.

Mars in Scorpio means that you may have to deal with stuff that comes up in your life again; that you thought you had already dealt with long ago. If this happens, remember to breathe, detach from the drama, and remain calm, grounded and centered. If you witness chaos unfolding around you, or in the world, please stay calm. This too will pass.

Everything is coming to the surface now and if this causes you to feel fear, release that fear and remember that you are a great Being of Light. Scorpio is the energy of deep dark secrets. These secrets are being brought up to the surface for everyone in the world to see. Life is not as it has been portrayed. It's major wake-up time.

We are still in the period of jumping time-lines. It can be very confusing when you don't know what time-line you are experiencing. The fourth dimension is one where everything happens at once, and it rules time. Have you noticed how fast time is moving? Wars are still part of that time-line and the drums of war are still beating in the Middle East. The fifth dimension is one of peace and unity. I have also experienced a lot of miracles lately and that is a sixth dimension manifestation. Move out of the chaos by staying on a higher frequency time-line by manifesting unconditional love.

Mars is also affecting the West Coast and there is a confrontation going on in Burns, Oregon right now. This has been going on for almost three weeks. There are a lot of military people in Burns right now and so far it has been non-violent. I hope it stays that way. This full moon will be the test. This event appears to be the beginning of a growing revolution in the United States for freedom. Please focus your attention on Burns, Oregon and send your loving thoughts their way.

There was also an event that happened recently with a Volcano that is just off the Oregon Coast. The water in that area dropped four feet and it is a wonder there was not a tidal wave from that

event. The Internet said there would be a large quake in the Pacific Northwest from it. I said, 'I don't think so'; the planets are not right for that to happen at this particular time. However, there was a 4.5 quake off Vancouver Island. That is the acupuncture point for the Pacific Northwest, and lots of quakes happen in that area because it is at the top of the subduction zone for our area. There was also a 6.7 quake that occurred yesterday in the Gulf of California, and a 6.8 SW of Anchorage.

The new moon of January 9th was under the theme of abuse, and this full moon is still under that theme. In fact this influence lasts until the new moon of February 8, 2016 when we enter into the Chinese New Year of the Fire Monkey. The theme of abuse means that if you have experienced any abuse in the past it is now coming up for you to look at and release. If you are interested in finding out the theme of a new or full moon, look on the Internet for [Astrology King](#).

I also realized how abusive we have been to our planet. Earth is our Mother and she has been taking care of us for a long time. Our planet is a conscious being. The soul of this planet made an agreement, as part of its incarnation as a physical reality, to host a diversity of life forms and to interact with and sustain these life forms in keeping with the planets own destiny. She has allowed much abuse to her body while patiently waiting for humans to get the message of what they were doing to that which sustains them.

Do you think that because we are in the energy of releasing abusive events that Mother Earth is about to say no more, this is enough? You have had your chance and you still continue to abuse me. I will not stand for that anymore. Maybe we could apologize to Mother Earth and send her love. I think the abusive cycle is about to be over because the leaders of the world did sign an agreement last year to work on cleaning up the Earth.

Saturn is in Sagittarius, which rules the banking system. We all know that the new banking system is in place just waiting for the right moment to come on-line and be announced to everyone. There has been a lot of drama about the financial system going down, and this may happen on 4 D Earth. I do not believe this will happen on the higher frequency time-line. I believe we enter this new time-line of financial abundance on or around March 6th after Mars moves into Sagittarius.

Walk softly on this beautiful planet and know that "everything is going to be alright."

So Be It! I love you!

Mahala Gayle

<http://blog.mahalasastrology.com/2016/01/24/planet-alert-february-2016/>

2016-01-28 [Message to Lightworkers – Jan. 28, 2015](#)

The latest guidance for Lightworkers, from our friends, the fifth and sixth dimensional beings known as the Collective:

Greetings, friends! We are glad to have the opportunity to speak with you again today.

You have noticed many shifts—some more comfortable than others—already occurring in this new year of 2016, after what may be called a tumultuous month of January.

Understand that you are never abandoned to the process of releasing past energies, whether of this lifetime or any other, and that is indeed much of what has been occurring.

For when Mercury is in retrograde—appearing to move in a backwards pattern—much that has been hidden begins to come to the surface, some to be dealt with, some to be celebrated, but none of it to be repressed or hidden.

This calendar year you are in is also becoming swept up in a huge arc of energies coming from the Great Central Sun, as waves of higher photon Light move through your galaxy.

Though you are at the moment still on the periphery of the Milky Way, you nevertheless experience all that occurs in your natural home, energetically.

We would say that when things pile up, when pressures seem to be too much—when the many internal shifts and changes, combined with the realities and responsibilities of everyday life, gather into a great storm in your heart and mind—consider this:

You are undertaking movements that create new worlds.

You are in fact creating not only a New Earth, but an entirely new form of reality for humankind, one not experienced previously, even though higher dimensional life has existed on this planet before now.



The particular fifth dimensional reality you are all building is not built upon cataclysm and disaster, though you feel to be experiencing inner earthquakes some days.

But it is one of a remarkably finer vibration than what you have experienced so far in this Earth life, though glimmers have appeared from time to time—joyful dreams that carried you to higher dimensions that you can still remember upon awakening.

Music that transported you to higher realms with its purity, beauty, and connection to the rhythms and tonal frequencies of higher thought and feeling.

The pure joy on a child's face when they witness what they realize is a miracle of Nature, friendship, or family life.

And the growing realization that you are not alone in the Universe.

We are aware that many millions of you greatly desire to hear one powerful world leader or another announce that very thing.

And that you feel impatient some days for the Disclosure that will be a formal confession of an entire hidden world, intergalactic communication, technology, cultures, and civilizations.

We understand your confusion and feelings of impatience, as you wonder how long it will be before such things as advanced space programs, and ET/human contracts and communications, will finally be admitted to.

The moment when that great door will finally swing open on its very old hinges and allow you to see what most of you have been kept from, outside of dreams and stories labeled as fiction.



We would say, that that impatience, though some feel it is not a very high spiritual state, is in fact a powerful intention that your most powerful leaders are indeed aware of—and are reminded of, by their Galactic contacts and advisors.

And that far from having been relegated to the “some day” pile, that announcement and many others are in the offing, and far closer than you would imagine.

You are aware of the veil of secrecy and suppression of information that was forbidden to reach the masses for many centuries.

And yet—you are aware that that tide has shifted now, in ways that cannot be undone.

You may know of a very popular program of the 1990s and early 2000s, know as the *X Files*, which returned to television recently (and not accidentally, in the greater sense).

In its very [first episode](#), it openly revealed much of the agenda of the New World Order, genetic engineering companies and programs that mix ET and human DNA, media suppression of the Galactic presence, and the production of anti-gravitic alien reproduction vehicles (ARVs).



As these scenes unfolded, they reignited for millions the overwhelming desire not merely to see ships in the sky, which many have indeed been witnessing and asking to witness, but to bring those experiences into the realm of everyday life—to the evening news, the presidential speech,

the congressional or parliamentary debate, the family dinner table.

And so, as they say—one step at a time.

For though you cry out for abundance and justice for all, for an end to low wages, mass incarceration, institutionalized discrimination, war profiteering, and other inequalities, you do so not merely because you have woken up to the fact that there is a better way.

You do so because *you are not the beings you were even six months ago.*

The entire human race is evolving into carrying an energy signature that is a far higher, far more sentient, more intergalactically and interdimensionally aware group of beings than you have ever been.

Those who cannot keep up with that fast-moving tide are being removed to dimensions or planets where they will be able to continue the paths they have chosen.

And so we would say (though we understand your impatience), take time to notice the changes occurring around you!

Take time to notice how it feels to be living upon the Earth now—how openly and easily She relates to you in your times of connecting to Her beauty and Her sacred places.

Feel the prevailing winds on an inner level, and ask your guides and Angels to show you what you have not yet noticed or dared to believe could be true.



For you are moving forward at an increasing pace, and the discomfort you feel some days is not the whole story.

Though birth pangs are unavoidable now, so is celebration.

And so choose now to bring in—to activate and materialize—the next wave of Disclosure and pre-NESARA events and revelations with your own joyful anticipation and expectation of such.

And know that there are millions of Angelic beings raising their vibrational soundings even higher as you do.

Namaste, lord and lady masters of the fifth dimension!

We are with you, always.

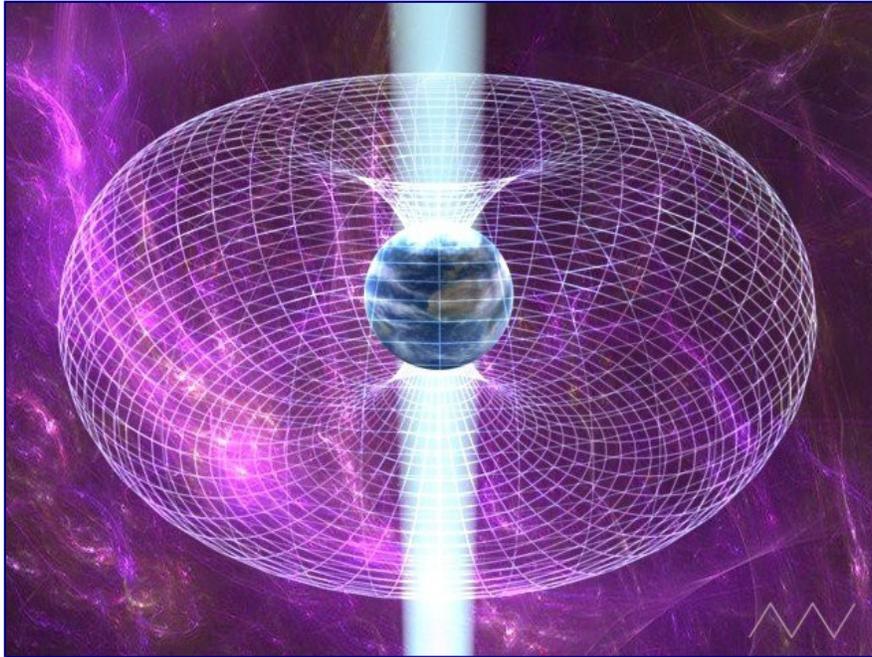
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<http://carolineoceanaryan.com/2016/01/28/message-to-lightworkers-jan-28-2015/>

2015-02-18 Earth's Grids And Portals

In5D <http://in5d.com/earths-grids-and-portals/>



The following is an excerpt from the book, [Crystals, Gateways of Light and Unity](#) by [Soluntra King](#)

THE CRYSTALLINE GRID

There are three main Grids that operate through and around Earth; the first we will look at is the Crystalline Grid, which links the Crystals in the Earth.

Where this Grid crosses are major portals, vortexes and dimensional doorways that connect the Inner Earth and Earth to,

- other dimensional worlds
- Stars and Planets in the Galaxy
- Solar System and Beyond

The Crystalline Grid keeps harmony within the Earth plane and at the portals links the Earth to the Stars and Universe to have harmony with our neighbors in space.

Just as with us when the meridians are free and flowing and so we are in good health within our body and with other beings, so to with the Grids in the Earth.

The Ancients were aware of this and so constructed Pyramids, Temples, Standing Stones, Stone Circles to align this energy with the Stars and Inner Earth and



hold the beam as it were, as well as creating dimensional gateways for beings to travel from other worlds. These beings are from different Star Systems, Universes and Worlds, and all have an agenda with Earth.

Many of them having been here for eons, or actually starting the story of life on Earth.

The Dragon people, who are part of the Reptilian story on Earth, along with the Snake and Lizard people, worked with the Crystals within the Earth to create the Crystalline Grid, this created life on the planet as we know it.

They came to Earth from Altair when the Earth was still sonic winds, and so went and lived within the Earth, like many others in other Dimensions, generally the 6th and the 7th. The Dragon people connected the Crystals around the Earth and constructed endless tunnels with the Snake people.

Crystals are electro-magnetic and the Grid that was created through their joining put out an electro-magnetic energy field around the Earth that drew moisture and then life started to gradually form as we know it.

Because of the energy that this Crystal Grid gave off as Light, which is Life, life was able to be created with a more harmonious weather pattern, as the Earth stabilized and harmonized with the Sun and Planets.

This created an environment that was then conjugable for many other Star people to travel to Earth to colonize here, as they were now able to handle living on the surface and cope with the gravitational pull.

Some ET s have more of a story here than others but now everyone is back to sort it out as we merge with the Sun, [Great] Central Sun and Greater Central Sun; we are all completing this cycle and ready to move on, beyond duality and the old dramas.

The energy vortexes, which power their civilizations, are in these tunnels, along with enormous stores of precious stones and metals. At major junctions in the Grid, we have what you may call Dragon Lairs or Serpent vortexes. This is the portal that holds the energy and has a great Guardian Crystal beneath it.

These portals are spiraling vortexes that spin clockwise and anti-clockwise; this is how all energy moves in the universe: with anti-gravity from the Earth to the Heavens and with gravity from the Heavens to the Earth. This spiraling energy is Serpent Energy that is the life force; just as it flows up your spin as the kundalini or in your cells as the DNA that hold the codings of the creation story.

As the Serpent rises within us, so too does our DNA activate the memory of who we are and we become our Body of Light.

We raise our frequencies to the higher dimensional worlds as the Earth is also raising hers to become a fifth dimensional planet. For some this is evolving way beyond the fifth dimension, at the portals are doorways into ancient civilizations that have moved



into Light which are now becoming clear again as we make the dimensional shift.

The Crystalline Grid, known also as Dragon or Ley lines, is working on all dimensions. In first density, you have the physical Crystals and mineral kingdom; these same minerals are within our bodies and the Universe.

So the Grid links all the major portals of the Earth, through the Crystalline Grid which resonates in Divine Light and as a window of Light and a doorway between the worlds, linking with the Light Grid on the higher planes.

So creating a Gridwork on many dimensions, at major portals on this Grid, Pyramids, Temples, Standing Stones and Stone Circles have been built.

The Pyramids, which are all over the world, not just Mexico and Egypt, hold a resonance of Crystal Light; even structurally Pyramids are built of Granite which has Quartz in it.

The Pyramids once kept the harmonious resonance with the Earth and the Universe, their energy working at higher octaves of Light, and all of us who have parallel world connections with them are now like Pyramids of Light bringing back the harmony. As we become as clear as a Crystal, we have a harmonized resonance with the Earth, each other, and the Universe and Cosmos.

So we become the Crystal or Pyramid holding the Beam, and creating a new Light Grid as we open our resonance to that of the Crystalline Grid that also runs through us. At this time on the planet, a whole new resonance is being anchored through us as clear crystals and through into the Earth.

As we become the transducer of the energy from Heaven to Earth, as we unify, we marry heaven and earth within us.

THE LIGHT GRID

The Light Grid is in the Causal and Higher mental planes around the Earth as it links us all in our Higher/Inner Self, so this is fifth and sixth Dimensional.

This Grid is used often when you meditate to connect with others who are 'Lightworkers' or whatever name you want to give to those beings who are here in service to assist in the change in cycle and are either placed around the Grid at different locations synchronistically to anchor in higher energies at particular cosmic events, or who through meditation link and in their higher state of consciousness see and know all beings as whole, healed and divine.

Thereby creating a higher level of consciousness to assist all humanity to make the shift. The shift is happening regardless of whether anyone wants it or not, just as day follows night; it is a cyclic event, a rather grand one.

This Grid connects everyone in their Higher/Inner Self level of being, and often they are not conscious of what is happening as they work together often while asleep or through trusting in their hearts to go where guided on the Crystalline Grid to hold the energy.

The Light Grid is also where you travel in your Body of Light on a Soul Level and can move through higher dimensional doorways and through Stargates and different doorways to accelerate your own growth.

As well as for service to others and the bringing in of higher octave codings of Light to be

anchored on the Earth plane.

This is where, even on a personal level, you can communicate to others Higher Selves for the resolution of conflict or difficulties or to give them assistance to heal themselves as, once their Higher Self receives the energy, it can be downloaded to them on the lower planes.

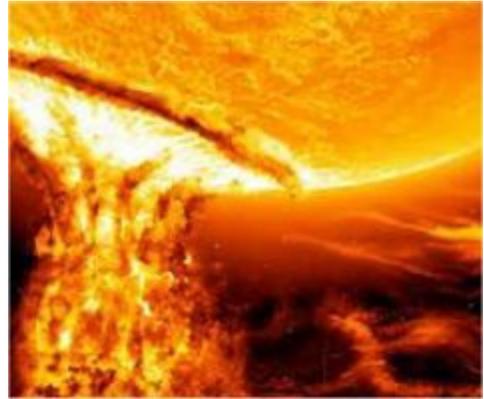
This is where you work on what you may call the Inner Planes.

THE SOLAR GRID

The Solar Grid links the Golden Solar Discs around the planet, they hold the energy of the Central Sun and codings of Light that create life as we know it.

They are also working at the frequency of us when we are unified and being the Creator Goddess/God of our true self, creating Heaven on Earth and working with the higher dimensional aspects of self as a member of the Council of Light, as the Golden Solar Disc is within our Heart, our Solar Self, one with the Central Sun.

These Golden Solar Discs are still in higher dimensions hidden to the third dimension while humans still see Gold for power and greed, but are now activating around the planet, some have always been active and are linked in the Solar Grid that brings in the Golden Rays of divine love essence to the Earth plane.



Since September 1997, the Solar Grid has been activated from Tiwanaku, ancient Lemurian site in northern Bolivia near Lake Titicaca that anchors the Sun God/Goddess.

This has been able to happen since the Golden Solar Discs, one at the Island of the Sun in Lake Titicaca, have been activated over years. They were fully operating in the last Golden Age and assisted the Earth to be aligned through its centre to the Sun, Central Sun and Greater Central Sun.

At that time everyone was their Divinity, but still in more Etheric bodies; we are now doing this again, but this time in full physical bodies, and so able to complete our sacred mission, the marriage of Heaven and Earth through our body, our Body of Light.

In 1995 at the October Solar Eclipse, the Councils of Light agreed to up the vibrations through the Discs, to the point where the Grid linking them world wide could be activated two years later.

This is now the case, so the Solar Grid, which is a very high frequency Divine energy, is now operating again around the Earth. We also have the Crystalline Grid, Ley lines as mentioned, that are linked with crystals, rocks, standing circles or pyramids. As well as the Light Grids that link our Higher Selves to the Etheric Diamonds around the Earth that has been well in place long before we were ready to open to the frequencies of the Solar Grid.

This, of course, is running in conjunction with the fact that we are almost completely at zero point, no magnetics and the higher frequencies, into No Time as we move fully into the 5th Dimension and beyond.

Once we had to go to a major vortex portal, for example the Pyramids, or Himalayas to move dimensionally and become activated and awakened. Nowadays because the Grids are flowing again, the energy is charging around the whole Earth and even sitting in your living room you are experiencing the higher energies.

In the late 70,s early 80's I was in India up in the Himalayas at an active Golden Disc.

I did not know it at the time, but loved living there in a small village with a hot mineral pool in a temple bath. I was not into ashrams or gurus so just walked and sat all day in the mountains. When I came back to the west, I became a vegetarian, taught myself to meditate and do yoga, as well as deciding to train as a Naturopath and fully getting onto my spiritual path, instead of wandering.

I was activated without even realizing it, simply by being at this place. When I first started doing Grid work consciously years ago, my intention was that everyone would be able to experience that energy no matter where they lived.

This is now very much a reality; by being in the higher energy field, we naturally shift into that frequency.

PORTALS – DIMENSIONAL DOORWAYS

Portals are vortexes of spiraling energy points; like chakra or acupressure points in a human, this energy moves clockwise with gravity and anti-clockwise with anti-gravity.

There are Crystals within the Earth there that receive and transmit energy, assimilate it and send it through the Grids, as well as storing, amplifying and focusing energy.

They are aligned to our Solar System, Galaxy and the Cosmos, often aligning to a particular Star System and are Electric, Magnetic or have both qualities:

- The Electric vortexes are male energy, giving emotional and physical charge and stimulating the consciousness.
- The Magnetic are female energy, which enhances psychic perception and the sub-conscious
- Electromagnetic vortexes combine both energies. providing balance



There are major portals such as

- Uluru in Australia
- Mt Kailash in Tibet
- Macchu Picchu in Peru
- the Giza Pyramids in Egypt
- Sedona in Arizona USA
- Stonehenge in England,

...as well as many other major as well as minor portals.

Related: [Earth Chakras and Vortices](#)

Many of these are classed as chakra points for the Earth or for the particular countries that they are in; there are sometimes differences of opinion on this but, regardless, it is better to stay in your Heart and trust what feels right for you. It is not necessary to visit any of these places, but often you may be drawn there in a Soul Travel or in dream state.

These places do hold incredible energy, activate, and awaken those who travel either physically or in Soul Travel to them.

This can often be the case when people are not spiritually awakened but go there, then years later when they wake up consciously, they realize that by going to these places it had an effect on their energy field and consciousness and would have been part of their awakening process.

Some portals are aligned to different Star Systems and it is easy to access these when you are at one of these.

For example:

- the Mayans Pyramids at Palenque are a doorway to the Central Sun Alcyone
- at Coba, to the Pleadian Star System on many different dimensional levels and also a starmap of this Galaxy
- at the pyramid in Lake Coothraba in Queensland, a doorway to Andromeda
- the Giza Pyramids to Orion and Sirius
- the Nasca Lines to many different Star Systems
- at Kuringal Chase National Park, Sydney, to Ophiuchus
- at Serpentine National Park, Western Australia, to the Southern Cross

So accessing these doorways is very easy at the locations they are mapped onto the landscape on Earth, but when you are clear enough, you can travel through these Stargates regardless of where you are.

Most portals will call you when the time is right, and if you honor this, you will receive an amazing shift in consciousness. One place I wanted to go to - Armanath Cave in Kashmir, where Shiva and Pravati come down and anchor immortality on the earth plane - never happened. I was in Kashmir in 1994, 95, 96 and each time I asked my inner self if it was appropriate to go, each time I got NO.

The militants shot dead pilgrims the first two times and the last time they allowed the pilgrims to go, but a great storm came and landslides killed 600; the place definitely wanted to be left alone. Or like Uluru: the first time I went in 1989, I was totally transmuted in the way I did my healing work with others.

Then on the Blue Full Moon and March Equinox 2000, I was invited by the Guardians again, made the star essence of the Southern Cross with some of the rock on the rock, then went walking over to the next location on it and all the tourists had gone. I was there all day on my own; these beautiful flowers growing on the rock called me over to go in the essence as well.

Then the Aboriginal Woman on the inner planes called me over to this pool of water (it had been raining out there, which was very rare) and I was naked in the sacred water on Uluru for the Blue Full Moon and Equinox all on my own. I felt so incredibly blessed to be given this gift by the Guardians. So if you listen and go when guided, it can have a profound effect not only on your

life, but also with your planetary service.

Some portals are doorways to Light Cities and, on the Wesak Full Moon May 2000, I was called to Mukinath 5,000 meters high in the Himalayas in Nepal bordering Tibet, as the Shambala energy came into the planet; this was a doorway for this to anchor on the earth plane.

At other portals it may be time to return things: for example, one experience I had in 1996 was returning Moses' Staff to the Sirian Light Ship in Kashmir at Moses Tomb. This was a very tricky situation as tourists were not allowed to go there due to the war going on, but I knew I had to. All my Kashmiri friends were convinced I would be killed or taken but, of course, I got there against the odds with ease as I was supported fully with this mission in the higher dimensional worlds.

Sometimes the energy may need to be closed, like the Pyramid in the Bermuda Triangle that was sucking in all the aeroplanes and ships into it.

When on any of these missions, it can only succeed when done in alignment with Divine Will, allowing and in total connection to Source and the Guardians of these places, Councils of Light and all others involved on all levels.

There are also portals that are reopening like the Light City in Antarctica and being reactivated for the earth changes, or ones that are anchoring in vast energies for the changes like Tikal in Guatemala.

- Often there are Councils of Light that work at these portals, as they are dimensional doorways that the ground crew can access the energy and it can be downloaded.
- Often there are codings that need to be activated like the top of the Himalayas in Kashmir with the border of Pakistan and the Source of the Ganges with the Living Library of Light; these activations happen at Solstices and Eclipses and times when the energy from the Greater Central Sun can illuminate easily through the doorways to the Earth plane.
- Often codings from one place will be required to be linked to another by a ground crew person travelling the Grids doing this.

There are also new portals being made very active as we are now aligned to the Second Sun and the Galactic Center such as at Rainbow Beach, Queensland and Lake Waikaremona in New Zealand.

Portals will also often have Light Ships or Mother Ships over them or they are doorways for ships to come out from the Inner Earth.

Then there are the Serpent tunnels and these can only be travelled through when we are vibrating at higher Light octaves; there are doorways into these tunnels at special locations such as the Potala at Lhasa, or through the Andes, or through India to Australia which are in a higher dimension and one can travel the tunnels through the Earth and into the Inner Earth.

There are also cities and civilizations under the Earth at certain locations such as Mt Shasta; these portals are often at sacred rocks or mountains.

So these portals are doorways for many dimensional worlds that interface with the third dimension. Some of the very old portals are also now transferring their energy to other new energy places; this is particularly true of the Northern Hemisphere ones as the Southern

Hemisphere is bringing in the new energies.

A lot of these old portals are still being fought over by beings still hooked into the duality dramas of Light and Dark, like the Sinai Desert or Iran – Babylon.

Whereas the new energy portals operating in oneness and are hidden to most, as some people are still seeking to get something rather than being of service, trusting and holding oneness, so there is a major reshuffle going on at present and many astral dramas as this game of duality has its final throes.

A lot of these new energy portals are not even sensed by people unless they resonate in unity with their being and all creation.

STONE CODE KEEPERS AND GATEWAYS

The codings of the Living Library which illuminate from the Central Sun of our divine selves at that level of frequency is stored in our DNA; the full codings are 40,000 strands, rather than 2 strands as an enslaved human body; they are also found in our bones and the stones and crystals of Earth.

The Crystalline Matrix of Light that we are as we awaken to our Divinity, and come from Love rather than Fear, we get Clear like a Crystal. The more we are clear, the more we are able to access the full spectrum of the color coding of DNA to our Christ Light Body.

We remember our multi-dimensional selves and higher purpose for being here on Earth. We open up our consciousness and expand our awareness, having inner vision, telepathic connection, awareness of other dimensions and worlds, and clear perception of the energies we are working with or are moving towards.

The rocks and stones also hold the codings of the Divine Blueprint, as do we. Earth was seeded from countless galaxies and civilizations, and all the information was stored in Earth, in rock and bone, and we as humans hold the key to the gateway of our own Divinity.

We are very incredible beings and our genetics, when activated, are amazing; when we come from the love that we are, we realize we are a Hologram, and we have created myriad Holograms of our self as we experience the furthest extremes of our love in a human body on Earth.

We realize we are the Earth; there is no separation and what is the earth is us; even the Earth Changes are our changes so, as we become at peace and unify in love, the Earth also shifts in peace. It's all up to us.

Many of the rocks, and this includes mountains, rock outcrops or hills, standing stones and steles, are often very active already, or are becoming activated again, as we merge into the higher dimensions and the veils begin to disappear.

They are gateways through into the higher octaves of Light, Light Cities, Councils of Light, Light Grid and dimensions.

SOME EXAMPLES OF ROCK GATEWAYS

ULURU in the centre of Australia is one such rock. It is the Heart of Australia, and the Solar Plexus Chakra of Earth.

There is a Mothership there on the Inner Plane Planes, and many souls travel there to clear their emotional bodies, open up to the higher frequencies, and receive new codings of Light. It is a major point on the Light Grid, a focus and doorway for many beings in the dimensional worlds.

Uluru is also a major focus for planetary healing and a portal that links all the Grids; it is the sort of place that calls you. If visiting in a conscious way of honoring and surrendering, with a willingness to change and open up to higher Light codings, then you will experience a transformation.

To experience the healing and transformational energies of Uluru, as well as assisting in the earth/gridwork and merging into the next dimension, you may not be able to get there physically but can visit anytime you like on the Inner Planes.

This is called Soul Travel and you can go there in your sleep, or while meditating or being still within. You simply go there; your intention takes you straight there; open up your awareness by simply trusting what you intuit is happening. You can do this as you go there awake, or the next morning after you have gone in the night.

By meditating, simply align to Source through your Heart and Earth and see yourself there; trust what comes. Or if you choose to go in your sleep, then see all your Chakras spinning and Light, and have the intention of where you are going before you go to sleep. You may want to ask your Inner Self to assist or other Divine Beings. In the morning or when you get a chance, tune in and see what comes up for you about your journey.

You can travel wherever you choose in this way, be it to the pyramids, a planet or star, Council of Light or Light City.

OLLANTAYTAMBO is an Inca sacred site in the Sacred Valley of the Incas in the Andes, Peru.

There are many incredible examples of the power of these rocks; at one place on the site is a natural rock that is a doorway through into the Light City of AN which was a civilization from another cycle, that is operating at higher frequencies of Light and Love. AN uses the symbol of the Sun and Moon, and all civilizations using these symbols are connected to AN.

As the energies got denser, AN went beyond the veil, into the higher dimensions that appeared separate from third density Earth. Now as the veils are disappearing, as we once again merge with the higher realms, it is becoming easier to step through into these higher dimensions, or worlds within the Earth. The dimensions are no longer so separate, and we can walk through.

Also at this site is a Cosmic Computer Rock; it has been laser cut like all the others that make up the site, but is now away from the site and so not disturbed. When two friends and myself connected with it, having all remembered coming in from the Stars at one point when the site was created. My friends remembered building the site, and the knowledge of how all the water was channeled.

There was a stone channel of water next to the rock that came down the hill. As the rock was activated, the water started to flow uphill with antigravity! It stayed like that and felt incredible to



stand in.

Next I laid down on the rock. My friends were standing on the hill above watching, and they said my body was moving, my head aligning to all the mountains around it. I felt completely stationary the whole time but, after making an attunement, was shown the last cataclysm with the words very clear of how important it was that humanity get clear.

Then I saw all the power places on Earth, one at a time, as they were realigned with the Cosmic Computer Rock. So called because on the higher levels, it is a Golden connector of sacred geometry, and just like a Cosmic Computer, and major link in the Grid.

Some other examples are rocks that have been specially carved into code keepers, aligners and unifiers of Solar, Lunar and Stellar energies and their cycles, and of Divine Energy. Like the Sun God/Goddess at Tiwanaku in the Andes, Bolivia.

Stonehenge in England, the Stelaes and Pyramids at the Mayan sites in Mexico and Guatemala. The statues of the Gods at Easter Island. Every country has pyramids and standing stones, a lot of these have been hidden by time and deteriorated, more recently still hidden by politics and power dramas.

Crystals both physical and on the higher levels in mountains like Macchu Picchu in the Andes, Mt Kailash in Tibet, the Crown Chakra of Earth, and home of Shiva and Pravati.

The Himalayas, Abode of the Gods, and the Andes, which are also doorways to the Councils of Light. You will find in your own locality a hill, mountain or rocks that hold higher frequencies of Light, and are doorways and links in the Grid.

These places you feel drawn too, and just being in their energy is a transforming experience.

We all have a strong connection to these inter-dimensional doorways; there will be a place on the planet where you actually came in the first time, and a portal you will leave from. Your Higher Self uses these energies for your purpose on Earth. Even when you were birthed into this body, your Higher Self was able to utilize the energy of the local vortex near where you were birthed to anchor in your Higher Self and multi-dimensional energies.

This portal is linked up to your own soul story and has the energies that are in harmony with your vibrations.

CONNECT TO A PORTAL AND TRAVEL THE GRID

This is a meditation to do at a place that feels energizing or special to you.

If you dowse, you can check it out to see if it is a doorway and, if so, which way the energies run, and where it is connected to on the grid. Most importantly, just trust if you feel a certain place is right; it could be on top of a hill, at a river mouth, a certain place on the coast or in a valley or forest.

You may wish to take Crystals with you and make a circle, medicine wheel or any other sacred shape you feel guided. You may also feel to take candles, incense, water, flowers, any other crystals or feathers, herbs, essences etc.

Always trust what you feel to bring, if any thing at all.

Connect to Spirit, Earth, your Divine Self, the Source within your Heart, and the Guardian of the place, Guides, Golden Beings, and all Divine Beings in the One Heart, the Devas, Elementals

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Sitting with the spine straight: on the earth is preferable. Relax and deepen.....

The spiraling Rainbow moves up through your centre and other chakras..... feel and sense this... be with it awhile.....

As it reaches to the top of the head, it flows out the Crown as sparkling White and Golden, Effervescent Light.....Keep your awareness on the spiraling rainbows of Light still coming down from spirit all around you to the Earth and Base Chakra, then up through your centre and out the top..... Be with this vortexing energy as it moves down through you and around you, then up through your chakras and Central Channel as you merge into the vortex....

Now become aware of the vortex within the earth you are sitting on, as well.... You open up to all the vortexing energy through you, and through the Earth where you are..... This vortex takes you into the Crystal deep in the Earth where you sit....

You merge into the Crystal and become radiant with Light through all your bodies.... as you open to the crystal clear Light within the Crystal... the Crystal is singing and vibrating in harmony with you and the Earth..... Connected to other Crystals through the beautiful Crystal Grid....

You become aware of the crystalline energy as it moves out through the Grid around the Earth....the Earth is surrounded in this beautiful Crystalline Grid..... This Grid links into all the Grids within the Earth and beyond the Earth, circling it in the ethers... all the dimensions and grids are linked..... sparkling Light throughout all..... You allow Peace to be through the Grids and see all beings on all levels and dimensions open to their Divinity, Love and Peace.....



Then your Higher Self takes you to a special portal vortex somewhere on Earth....

Trust whatever comes to you as you travel the Grid..... Be aware of coming up through the Grid and into the portal your Inner Self has brought you to..... Notice the geography and what type of portal it is. Is it a pyramid, stone circle, temple, standing stones, rocks, mountain, in the ocean, in a forest, at the coast, in a forest or by a lake or river?..... It is familiar to you; how does it feel?...

This place has a special connection for you; it maybe at your home, nearby, a place you have visited before, or somewhere that you may not have been in this experience.....

Become aware of the place you have been taken too... feel the energy, sense your connection... allow yourself to merge and let it take you or show you what you need to experience now.....

How is this place connected to you? Does it have a gift for you, or is it helping you to remember something?.....

Do you need to be open to its healing energy and allow it to flow through you?.....

Is it important for your service on Earth, your mission, in some way?.....

Do you need to take on the codings and share them elsewhere?..... How is it connected with where you are now?.....

When you have completed, be aware of giving thanks to the place and Guardians, and be aware of yourself back where you are seated.....

Feel the connection to where you are now; be open to whatever you are receiving, giving, remembering, completing.....

Be aware of yourself fully present in your body, or body of Light.....

Now imagine spiraling Rainbows of Light, with all the colors of the Rainbow. The Spirals are moving both clockwise and anti-clockwise, but do not be concerned if you cannot see this: just know that it is happening. The spirals of Rainbow colors move down and around your body. When they reach to the Base Chakra and connect to the earth, the spiraling energy then moves in through the Base Chakra.

Feel, sense or know all the colors as they move up through the chakras, from the Base up to the Sacral, Solar Plexus, Heart, Thymus, Throat, Third Eye, Crown.