

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

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

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

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

Friday: 9 pm – 2 am EST **Friday Night Hard News** **Hosts: T & R**

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

Friday, Saturday: From **10 – 11 pm EST**, for one hour, the call moves to the Conference Call Line [PIN below] and then returns to BBS Radio.

- Use the following phone numbers to ask questions or make comments during the radio show.

530 – 413 – 9537 [line 1]

530 – 763 – 1594 [line 2 & 3]

530 – 746 – 0341 [line 4]

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

B <u>Conference Call</u>	1-213 -342-3000	Thursday PIN #	87 87 87#
		Friday PIN #	23 23 23#
		Saturday PIN #	13 72 9#

C Skype **BBSradio2**

D Archives for the 3 Programs listed above

- To access the **FREE BBS archives** for any of these programs:
 - Go to BBSRadio.com; scroll down the column on the left hand side and click on "Current Program Archives".
 - The next page which comes up lists the programs alphabetically under the picture of the presenter. Find MariettaRobert's picture: Stargate Roundtable with Marietta Pickett and click on "Other Archives".
 - The page which comes up is the familiar one; click on "Save link as" and the archive will download to the site you indicate on your computer, or you can listen to the program directly.

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

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

II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A Sunday, Mondays: 9 – 10:30 EST **Cheryl Croci's Activation Calls**
By telephone only: 1 – 213 - 342- 3000; PIN 9467441#

B Tuesdays, 2nd & 4th of each month: **Ashtar on the Road**
9:30 – 11:00 pm EST Host is Fran; Susan Leland channels Ashtar, Sekhmet & others
www.Ashtarontheroad.com

- Phone Number: 1 – 559 – 726 – 1300; PIN 163731#
- Call is free [except for long distance charges]
- Can also listen to the call via Skype

C Wednesdays: 7:00 – 9:00 EST **The Friends of The Aboriginal Moabite Nation Call**
By telephone only: 1– 712-432-0900 PIN 666238#
Replay # [good for 1 week] 1-712- 432-0990 PIN 666238#

Host: MariettaRobert

Meditation: Angelsu

Mayan Calendar: Rainbird

19th Thurs – 2 CIB have just started wave of MEN, the eagle vision, NESARA.

- Day 2 of this wave: CIB the warrior, this aspect is great for the solstice we are in; the warrior is about trusting in the journey and bringing awareness of right action, access to cosmic consciousness. 2 is about stabilizing, a lunar energy

20th Fri – 3 CABAN Caban is the earth glyph; 3 is electric as we activate planetary harmony and take responsibility for the healing of the planet

21st Sat – 4 ETZNAB – solstice; Etnab is about looking at self; working on our groundedness, use of honesty, can scry the unseen as we look in the mirror; persistence and fluidity come with this too.

- The destiny chart for this day: ditone of IX the jaquar shaman;
- support guide is IMIX the dragon guide;
- challenge teacher is Lamat, the stargate. The 4 energy is measured, crystal clarity of form.

22nd Sun – 5 CAUAC a portal day; still in energy of solstice so makes it more multi-dimensional; 5 is the centred movement; Cauac is the storm – can be a very powerful day. The 22 day adds to the strength

23rd Mon – 6 AHAU – Ahau is the sun – rising to Christ consciousness; has the rising energy of the 6

24th Tues – 7 IMIX - another portal day; IMIX is the new beginning, the first solar glyph with good dragon energy; 7 is the most powerful tone there is, right in the middle of the 13 – represents the ability to go to source and return to matter.

25th Wed - 8 IK – Ik is the wind; listen to the voices of our ancestors, our guides, the wind; 8 is all about relationships

27th Thurs - 9 AKBAL – 9 is expansion and activation; Akbal is the Knight -

There will be **2 spiritual Yoga classes** July 1st will be the first, July 2nd will #2 – both in the evening
lightenergync@gmail.com

This is a conference call class; she asks for contact information so she can send out a handout.

Hard News:

R: spoke with Tom the Cat and Larry, and Sam Seder – everything we are watching is a re-hash of all the criminals that brought us 9/11 and where we are today.

- Has been a fiasco since Sunday: David Gregory of Meet the Press had on Paul Wolfowitz; other stations have been parading all the ones who brought us 9/11
- Chris Christie is at the top of the list for doing 9/11; Rick Scott [FL]; Scott Walker [WI]; Rick Perry [TX]; Rick Synder [MI] – last two to be confirmed as part of that list
- Everyone he has talked to: the absolute fiasco has nothing to do with WMD or oil, but is **about the stargates**
 - Some people are talking of them, and the ancient story Zacheria Sitchen laid out in his series of books has not been discussed as the history of Iraq.
 - The Sunni and Shia have lived together for almost 7,000 years – this is a galactic story and has to do with earth and the super civilizations

- 95% of all Islamic people are Shia; the Sunnis are a small group and getting beaten up by Maliki who is Shia, as are Iran and Al Assaud of Syria
- T:** the group ISIS or ISIL exists because of this imbalance; it is not just the Sunni youth that are rising up – it is ALL YOUTH, who are anti-Maliki because he collaborated with the Nazi collaborators of the west
- When ISIS went into Musel, they got hummers, US weapon grade weapons, ammunition which had been left behind; in a sense, our forces trained these folks
 - Pro-counsel Paul Bremmer – brought up by Normand of another radio station
 - Paul Bremmer said to the Iraqi army, you're fired and he also took away their banking system
 - When people sit in cafes and talk to friends, they figure out what to do – it all goes back to these ones in Congress: the talking heads on TV are making fun of things –
 - the FBI is looking into death threats against the Bergdahl family! It is affecting all of us and our energies:
 - **Richard said today:** the sun squared Mercury with a conjunction is increasing the energies for a confrontation which is on both physical and etheric levels
 - 7 billion people have said they want peace; the small rebel band of Mother's children has disagreed – have chosen anything else but peace: they are working out their karma
 - Naomi Klein brought up The Shock Doctrine once again
 - Thom Hartmann: Paul Bremmer's idea of the free market was a failure in Iraq – it was a mixture of libertarianism, friedmanism and objectivism and none of these things have ever worked
 - Keynesian economics is an absolute disaster – time for NESARA
 - **Mike Papantonio:** Project for a New America has been cancelled
 - There is a snow job of Biblical & intergalactic proportions going on:
 - how can you talk to the GM worker and Sally Soccer mom who works 2 jobs, or others who work 2-3 jobs & barely have enough to eat, and the Koch Bros and their friends are cutting food stamps, etc – people do not want to hear about the reality of the galactics and other such ideas that are based in reality
 - Beau Bergdahl witnessed the stargates first hand, sending US troops through the openings and seeing them die because they did not have 12 strands of DNA and could not withstand the frequencies of the stargates. This involves stories that have not been discussed except in the context of the Disclosure Hearings.
 - This information is best brought out in the context of the disclosure hearings with Greer and Bassett –
 - Greer's 2nd wife got cancer - KEEP THEM IN OUR PRAYERS.

MR: about those going through the stargates – when will it be possible to go through them?

R: we are in such a pivotal point in our destiny of the planet and of our own evolving; since we past the date of 2012, every day the frequencies are increasing exponentially;

- cannot give a time or a day yet things are happening across the planet and more and more and more of us will begin to experience these things, as 3D completely falls away merging with 5D – this is happening in spite of the discussion about 3D horror stories happening on the groundwork and so many good things are happening in spite of what has been said
- The Libertarianism and what is going on in Iraq: this is so subtle – in 1999, Ron Paul was on the phone talking to people a couple of times a week; Dove of Oneness went to see him and he told her to get out and not come back or he would have her arrested.
- What is going on in **Iraq is A LIBERTARIAN PLOT – the dinar is also a LIBERTARIAN PLOT** - The same people are playing the game with Iraq and the dinar - give it all back and let those in the hierarchy that we know what's been going on. We were all hooked into this and thought that something good could come from all this KOS SAID GIVE THEM [dinars] BACK.
 - Now we need to mature and dispense of what had been getting in the way of the announcement of NESARA.
 - As we let all other money games go, NESARA WILL BE ABLE TO COME SOONER.

MR: question about global reset of all currency

T: the people behind what is going on want to have a system that allows them to remain in power – and they will not. Things will happen in a whole different way; the term “**revalue**” is an **Illuminati term**; **don't use that language.** NESARA does not use that language

MR: question: as N happens, does the global reset mean the currencies will be more equal to each other?

T: when N comes on line:

1. N law has been operating since Nov 1, 2008, yet it has not been ENACTED
2. Cannot answer the question in the current mindset: the markets are all fake; all the markets are fake, all the money being printed at a great rate
 - we will have a basket of currencies not the single dollar as it is now.
 - We will each have \$10M for each one who is aligned – there will be rules for us: trust indentures will be set up for people and rules about what needs to be provided for these ones; there will be NGOs who will come and teach them how to build light cities, sound, light and vibration healing centres – each \$1 will be worth 10x
 - There will be no borders
 - In the old mindset, cannot really answer the question.

MR: with no borders and – to have people more equal

T: we **will** be equal: the Constitution will be changed – so the inequality & the loop holes will be gone

- True value of the currency is related to how well we look after Mother Earth
- The separation where we can commit crimes against Mother Earth will [change]

R: as we still have people like the Koch Bros in power / around – as that goes by the wayside –

- the way they have manipulated money around the planet, and used the way that people exchange energy - there are 400 people who have more wealth than the rest of the world – the inequality of this will be levelled by the Great Goddess.
- This brings in how the light cities will come into manifestation: a lady in Sedona, AZ called Genii Townsend has talked of light cities already being manifested. This is already happening.

T: there is always the law that says we must do our part. This planet has been so damaged that if people knew the extent of it, they might just drop off with the terror of it - time to stop worrying about the money and things will be changed forever: the idea is that all should have enough to eat and live

- Bill De Blasio has put it on the table that every body gets enough whether they work or not: single month you are alive, you should have a home, clothes, water, food, place to live so our dignity comes back
 - this is being done for lots of people in the US: putting homeless people in homes is 5-7x cheaper & making sure there are enough food stamps, water, health care, etc
- Working by the sweat of your brow is old testament; as we live by the new testament, there is a different way to do things
- All the ideas of how we make things equal is about

CL: her friend has been using Michael King's products; has been using the digestive bitters and it is helping greatly – used to take Privosec; had to try something else due to digestive issues

- When he started using Michael's supplements, he thought he needed more out of them and considered re-using the Privosec again though he knew that they were not good for him;
- Cathy persuaded him to talk to Michael and a good answer came up: Michael did not even ask her friend if he'd been taking antibiotics: just said that this happened because her friend had taken antibiotics as a young man.
- CL's friend was very impressed.

Guest: Michael King

LISTEN TO THIS TAPE for the full discussion

- Speaks of his youth & taking antibiotics and too much sugar etc which set himself up for major problems
- Antibiotics are the antithesis to good health as any broad spectrum approach is, eg, radiation, etc
 - Antibiotics take out the friendly bacteria unless you know how to reverse the process – this is because they kill whatever is in front of them

- Michael discusses how friendly bacteria help us and how food from our organic gardens are best for us.
- Probiotic supplements are not the best way to replace those friendly bacteria: we need dirt!
 - **Fibre** is one thing that supports the friendlies!
 - **Chlorophyll** rich foods also help
- Digestive enzymes: harmful in the long haul because they are not helping the pancreas rebuild itself
- If you are sick, eating anything with sugar is worst thing to do: builds up even more sugar levels in the blood which causes fungus – eating bread causes the beer belly appearance, as do the grains in beer

Body's digestive processes are helped in 3 ways

- Rebuilding friendly bacteria is about what we eat, also the clays
- digestive enzymes do not stimulate our pancreas to create the digestive juices
 - Need to have sugar control as well – pancreas produces insulin
 - We get fungus due to too much sugar
 - Ezekiel bread is made of GMO grains
 - Intestines play a big role
 - Stomach plays a role – produced hydrochloric acids based on what you've eaten
 - If you eat foods that are compatible, the hydro hydrochloric acid level is lower.
 - Eating meat raises the level considerably
- Using clay or diatomaceous earth in the bath, a regular clay bath at least once a week, will help us with detoxification
 - DOES NOT RECOMMEND HILDA CLARK'S OLIVE OIL PROCESS FOR CLEANING THE LIVER OR KIDNEYS, can end up with olive oil gall stones.
- Pay attention to food combining
- Digestion improves radically when the food combining rules are down pat!
- About fruits especially the banana, which he has always said is the one fruit you should not be eating
 - The problem is not so much with the fruits, **but with the fats** – the olive oil in the salad he was eating was affecting the digestion of the fruit; it interferes with the various sugars in the fruits [bananas have all 3 kinds of sugar: fructose, sucrose and glucose]
- Fructose does not require insulin
- Sucrose and glucose do require insulin – it's like a starch sugar; insulin is the acidifier at the cell level – problems can arise when you have a lot of oils in the blood stream – they cause higher sugar levels and the insulin is required in higher levels which creates an acidic condition which leads to cancer down the road
- Nuts which have been out of the shell for several days have micro toxins on them; their job is to break down food which is not good for you to eat.

www.vitalityherbsandclay.com

- Look on the RHS of the first page and find the article about “What CAN I eat?”
- Consider taking clay baths, taking bitters;
- watch how much fat you eat and how much oil – [80-10-10 guide] – if you don't eat a liquid oil prior to eating the fruit the next moment and if not consuming fats in most of the meats, your digestive tract will remain clearer – they use lots of spices
- The salad dressing they make:
 - Cukes, avocado, properly cultured olives in water & salt, not vinegar & salt;
 - slice them up take out seeds, spice them up, add a little water; blend them - use lemon as opposed to vinegar
- Has just found out that organic apples can be sprayed with tetracycline and streptomycin! Which is why some of the apples might be having problems.

- **Change is eat the fruit and watch the oils!** It's the oil that causes so much acidity in combination with starches and with sweets of all kinds.

Minimize or eliminate your oils

- After you have eaten your fruit meal in the morning, don't have any more in the day
- Can consume starches esp in the evening but with no fats except for avocados – starches can be eat as long as the food combining rules are followed
- Use spices to enhance the flavour of food.
- Stir fry onions in water as a way of flavouring foods; can add other veggie; use arrow root to thicken; add spices as desired.

3 food combining rules

1. Eat watermelon all by itself – it's an alkalizing fruit; can consume in moderation

- Can take mineral sources with fruit
- **DON'T EAT GLUTEN FREE BREADS [or baking]** – worsens the sugar! Have lots of additives

- Quinoa soaked and cooked is good – basically, get off the breads
- About **amaranth**: it's an alkalizing and nutritious grain; has a bit of gluten in it, but those go when you get rid of the leaky gut – goes over how to do this.
 - Won't have problems if you follow food combining and ease up
- Eliminate cheese, nuts, meat **which are hard to digest** – they eat eggs soft boiled or hard boiled; otherwise, it is heavy on the digestion if you use oils. The effect of eating oils lasts 24-36 hours and your system needs to be clear of oil before you eat fruit.
- Take digestive bitters – they help prevent constipation
- Start off with citrus fruits also why lemons are good – no sugar but helps emulsify oils

Eat Melons alone

- Citrus consumed alone, except for lemons; herbs can be consumes with citrus & with sweet fruits.
- Can have 2-3 fruit meals a day as long as you have enough time between the types of fruit [2-3 hrs] .
 - Then have a salad to break the ice, and then have the cooked foods after 4 pm but not too close to bed because the oil will not digest before you come back for breakfast.
 - Bitters judiciously, wisely – they are laxative; help correct problem of constipation which is a bile problem and an acid problem – correct the problem with earthen sea greens
 - If you drink coffee, take some minerals to offset the acidity [earthen sea greens] alkalize or put diatomaceous earth in it.
- What about mould in bananas?
 - He worries about that: can't eat an unripe banana – will get very acidic and get bloaty
 - If there is brown on the outside, you might think it's off inside – not so
 - What goes on with the neck of the banana is important: the ideally ripe banana – the neck breaks easily and says it's ripe; if there is too much brown, it's too ripe and then there is mould – micro toxins can be handled with clays which farmers know about feeding animals
 - It will be slightly soft and slightly sweet – cut out the brown spots
- What she taught him about the products: they were going in regularly for alpha biotics treatments
 - She started doing massive amounts of the various products – relatively pain free once she stayed on the program; repaired quickly
- **Alpha biotics treatments** – she was always in alignment when she went in: she was consistent in what she took
 - Earthen Sea Greens kept him in alignment between treatments; if he didn't, his spine was out of alignment; if he stayed on the steady amount, he stayed in alignment
- The products seem to keep the body aligned, **kept it in alkaline state**,
 - The acid condition is triggered by the nuts, the meats, the coffee etc – an acid state damages the cell, affects the DNA – triggered by the fats, oils, coffee etc - need to neutralize the body and oxygenate the lactic acid and the Carbon Dioxide which you can do by deep breathing.

Tara: Only used one oil; coconut oil.

- Tells him of the change to Ezekiel bread – will only be using Einkorn
- **About Spelt:** they have organic spelt bread – purified water, sea salt, sprouted spelt – that is all that is in it;
- Grow the grain in **Germany Berlin Natural Bakery: old fashioned sourdough spelt bread.**
- His understanding is that spelt is a natural hybridizing of einkorn
- This grain is grown indoors because of the results of the Chernobyl

- **Coconut oil** is least problematic in terms of oils and sugars.
Anything that alkalizes helps

HARD NEWS

T: Rachel Maddow interviewed Michael Hasting's wife; Michael Hasting was taken out by General Petraeus and General McChrystal who planned the murder. Tara transcribed the interview.

<http://www.msnbc.com/rachel-maddow-show/watch/characteristic-courage-seen-in-hastings-novel-282682435511>

Rachel Maddow 2014, June 16

Characteristic courage evident in new Hastings novel

Elise Jordan, the wife of the late Michael Hastings, talks with Rachel Maddow about Hastings' journalistic courage and the shortcomings of the media ahead of the war in Iraq, the subject of his posthumous novel "The Last Magazine" available tomorrow.

Closing: Angelsu