

**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.

- During the radio show, use the following phone numbers to ask questions or make comments

530 – 227-7602 [line 1]

530 – 413-4522 [line 2]

530 – 530-413-5011 [line 3 & 4]

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

B Conference Call: 1-860-970-0300

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

C Skype: **BBSradio2**

D Archives for the 3 Programs listed above:

- To access the **FREE BBS archives** for any of these programs:
- Go to [BBSRadio.com/ Station 2](http://BBSRadio.com/Station2); scroll down; click on **Live Talk Radio Shows**
- Scroll down to **Hard News on Friday with Tara and Rama**, and click on **"Library Archives"**
- When that screen comes up, click on ARCHIVES; when that screen comes up, check on the date you want. It opens in a new tab: you'll see the "free to listen box"; click the bars to play; use the tab to stop and start the tape.
- Right hand click on "direct MP3 Link" and then you can download the program to your own computer, or click on "Listen" without downloading the archived program.

- 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 – 11:00 pm EST** **Ashtar on the Road**
Hosts: Fran; Susan Leland channels Ashtar, Mother Sekhmet
www.Ashtarontheroad.com

- Phone Number: 1 – 605-562-3140; PIN 980339 #
- 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: Rainbird

Housekeeping: Rainbird Thank you!

- **BBS:** A listener-supported radio program; we know the White Knights listen but they cannot contribute anything; part of our job is to pay for them too
- **We need at least \$ 488** for this week!!! Much gratitude for gifts!! Many, many thanks to all who pay it forward. Thanks to all the new donors – makes it easier for all.
- What we hear and learn feeds our minds and our souls! And, as LM Nada said, it is also part of our contribution to the work being done by Tara & Rama and to the changes going on. **Every little bit helps!**
- Go to BBS.com/Radio 2; find the listing for Friday Night Hard News; find the **Paypal** button
 - BBS appreciates getting checks through the mail – no fees taken off by Paypal
- **NO COST TO ACCESS THE ARCHIVES** for any of the T & R PROGRAMS, or the one for Thursday night: Stargate Round Table, hosted by MariettaRobert
- Re: archives of the other programs on BBS: the money we pay to listen to someone else's archives is put towards our BBS bill!
- The mailing address for those who do not like paying electronically:
**BBS Network, Inc. [Attention: Don]
5167 Toyon Lane
Paradise, CA 95969**
- A check / money order means all you send is received; using Paypal incurs a fee.

AN OPTION ON HOME PAGE: A BUTTON TO SET UP A MONTHLY SUBSCRIPTION

- **T & R:** Help with food, gas and bills is much appreciated - \$300
- **need to concentrate on BBS radio**
- Also unseen expenses re: the car, which they are preparing for the trip
- Pray for your own abundance, for that of loved ones and also for T & R.
- Can donate via the Paypal button on the website: 2013RainbowRoundTable.ning.com
- **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: 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

Introductory Notes:

- the Gofundme for Rama's operation is doing well: <https://www.gofundme.com/RamaSurgery>
 - **please keep the donations coming & send them to his paypal a/c with a memo -**
 - **The gofundme accounts of everyone are being held up by Homeland Security**
- **CUSTOMER SERVICE # 1- 888-710-8061 For use in case you cannot hear: DON'T WAIT: CALL!!**
- **CONFERENCE CALL: 9 – 10 PM, EST: 1 – 641-715-3650 PIN#: 353 863#**
- **716-748-0044 - use this number to hear the call very clearly: Link is courtesy BBS!**
- **NOTE:** Please use the following audio link to listen to the entire program.

HARD NEWS

- Prof Xavier's school for gifted children is up and running – from **The X Men**
 - We are getting our gifts and abilities back, and moving higher from 5th to 12th D

Sam Seder: The Majority Report

- Ms Hillie will probably try to flip the votes in Wyoming and put Bernie's votes in her basket: It will be seen for what it is – the Clinton Crime machine in operation
- they certainly don't want the big banks to be broken up, or the multi-national death merchants and the bio-medical industrial congressional complex to go away: it's her kitty Pot!
- Bernie keeps on saying he does not accept money from such, and he doesn't
 - He's holding a pot luck in Santa Fe – Saturday and Sunday – it's free, and he might pop in live for a conference call with the people in SF
- at the same time, George Clooney in NYC is hosting a \$20,000 a plate dinner for the Clintons; his wife is a constitutional lawyer, trying to help people of Islamic descent as the undeclared war against Islam has been going on

Tom the Cat, Curly & Mo [Larry, KOS are with the President]

- they said there are wild rumours that they want to do a brokered convention for the repubs – Paul Ryan as Pres, Boehner as VP – let it all be hogwash!
 - Eric Cantor has a cushy job with some kind of lobbying firm – the only good lobbyist R knows is Stephen Bassett but even then, you cannot continue to appease Hillary because she is a dragon and she will kill you
 - Bernie is the only one representing true change and NESARA law.
- Has heard stories about things going on in the solar system – the energies moving up very rapidly, going from 5th to 12th
 - this portion of the MGW is on lockdown – only interdimensional beings can come in
 - from **KOS and Nada**: there are special scientists talking about technologies that work with the space between the particles which is so miniscule – even tinier than atoms – as Nassim says, the vacuum is so full of life!
 - Dr Judy Beebe's gem spheres are the perfect conduits to work with that energy

Tom, Curly and Mo: wished them well on their journey;

- the last time R had surgery was when he was 12: tonsils and adenoids!
- This might be easier! The last was 2 days in hospital; this is ½ hour and then out!

Tom, Curly and Mo: the markets are so close to going down

- there was a rally with oil – yet they are playing with false money

• someone called Thom Hartmann and talked of the 40 zeros:

- they were talking of a penny and adding interest – it was serendipity, no accidents in the universe; when 40 zeros are mentioned, he knows St Germain is in the room! Hint! Hint!

Audio: to finish Listen Liberal! <https://youtu.be/W70qorByR4E>

Thomas Frank, **Listen, Liberal...Or, What Ever Happened to the Party of the People?**
(Also by Thomas Frank: Pity The Billionaire, The Wrecking Crew and What's the Matter with Kansas?)

For tonight's **Conversations with Great Minds**, we're going to take a closer look at what happened to the Democratic Party. From the New Deal until the middle part of the 20th century - the Democratic Party - like most left or center left parties the world over - was the party of the people. It was the home of unions - social security - medicare - and American working and middle-classes. But then something strange started happening. Over the course of the 1970s - the 1980s - and then the 1990s - the Democrats - well - they got a lot less democratic. They were still "liberal" - or said they were - but they now got their economic policies from Wall Street - and their trade policies from multinational corporations. And that was just the beginning. Then came school "reform" - welfare "reform" - the bankruptcy bill - the bailout. What happened? What happened to the party of FDR - Henry Wallace - and Lyndon Johnson? When did that party disappear and become the party of Bill Clinton - Tim Geithner and Larry Summers?

Joining me now to help answer these questions and more is Thomas Frank, founding editor of the Baffler, contributor to Salon and author of numerous books - including his latest - "**Listen, Liberal: Or, What Ever Happened to the Party of the People?**"

R: neither of them think it will be much longer

CONFERENCE CALL

1-641-715-3650; 353863#

Rawlene: Surgery? Tuesday - wishes them well!

- How come there are so many Hillary clones? Everyone she sees looks a little different!
- It's obvious: some look older than others!

R: has noticed the same thing; has been told to pay no attention to the wizard behind the curtain!

- The kind of liberal social democrat is what E. Warren & Bernie Sanders are bringing up.
- The DNC council is a group of dragons too - got kind of twisted along the way!
 - What we see is not a pretty picture - a caller called up Thom Hartmann and said there is no real news anywhere except perhaps RT.
 - Mr Putin when he gets on a program may bring up what's really going on

Rawlene: David Wilcox was on a radio program with another guy - both of them stayed silent when they were asked if there were any cabal members running for President

- ET Corey was being very careful with what he said; not a breath from Wilcox

T: that's because he's in bed with them!

Raw: Can't remember the program she was listening to; were talking of lockdown of the solar system

- Asks about Judy Beebe - who do you think that Stephen Greer could help her get her product out?

T: he's over busy already : doing more research on the little alien

Raw: Sam Seder brought this up: about Hillary having over 400 superdelegates and Bernie only a small number - is this a big deal?

T: in other times, things might be worked out between 2 people on the same side but Hillary is a naughty girl and don't know what she'll do

R: Barack is a super delegate

- a story of a week ago - Margo Kidder plays Lois Lane in Superman movie and Thom Hartmann wanted to write her off as loony toons -
- she knows what's going on, like other folks in Hollywood who have been black listed because they don't lick the boots of those from Israel in Hollywood
- Absolutely true that some super delegates are getting bribed by Hillary

Raw: the battle is really going on - the whole thing about NYC and Wall Street - we need to shine a light on this

T: the only reason she got in as a Senator was due to upstate NY - she did not win 3 major boroughs in the city

R: Rumour from Tom the Cat: Bobby Kennedy Jr is going to endorse Bernie: will really piss off

some!

Carlton: Rama sounds pretty good; surgery went well!

T: he's not gone yet: they only leave Sunday morning!

Car: We all bless him with lots of light and love!

- Would be hard to believe that Bobby K would support Bernie

T: Even more revealing **as** this happens is that the Clintons don't have the grip on power any more

- Bill has Parkinson's – and they have all kinds of things against them: embezzlement, money laundering, murder, bribery – and everything else. They are hoping for him to be here for the arrival of the grandchild – Chelsea's father is Webster Hubble

C: have they heard more about the energies coming in for us to anchor during new moon week?

T: most important thing to know is that the 4th dimension has been shut down. It is more demanding as we worked with the spiritual path and engaged with the higher practices of ceremony and working with the creative spirit we each have and do it with the highest good for all concerned: we all have an art gift – the art of who and what we are in the world; there is an exponentially increasing energy where beings are being helped from non-linear places.

- Tells the story of a sailor on a ship; there were 30' waves and the ship was on the top of a wave and the next wave came and crashed on the ship; the sailor was knocked unconscious. Even though he could not breathe – the light he saw kept him going and the next wave picked him up and threw him against the ship, which knocked the water out of his lungs and brought him back to consciousness – he was saved by those on the ship who saw him being returned to them.
 - There are so many stories like this!
- The hobbit they have to look after the kitties knows what time of day it is too

Reading: 2016-03-31 Planet Alert April 2016 by Mahala

[SEE BELOW]

T: this week she heard about the concept of Michelle as President and Angela Davis as Vice – that is true Goddess energy!!! [this from Cornel West, via Rama]

- Democracy – small D – is hard, and it will get harder
 - AA Michael and Sananda co-hold the seat of Planetary Prince on this planet
- there is to be a huge march starting on Sunday, going to the 18th – going to walk to DC and all kinds of groups converging on DC
- **The dark ones just lost their control of the astral plane: the light has won and it is now time for victory on the earth plane: things have to be resolved on the astral first – and they have been!**
- The Emerald Tablets are in the Bruton Vault – put together by Thoth/Kutumi

Correction: Aruhabbi was the one, from the 6th dimension, who took Jeshu's place – this allowed them to bring in more children and to bring in the higher vibrations into that lineage.

- The astrology of the last few years has been telling us to clear up our old patterns and that includes knowing the past history

Lyn: democracyawakening.org; democracyspring.org – they have all kinds of organizations pulling groups together for the DC march slashthettp.org

T: both Thom Hartmann & Amy Goodman have had the leader of Democracy Awakening on there is another one called OccupyLove.

Going back to the reading:

- Here is a link that tells you how to activate your Amygdala <http://www.clear-mind-meditation-techniques.com/amygdala-brain-training.html> [hear this Saturday]

- Then I read the book called **Change your brain, Change your life** by Daniel G. Amen, M.D. What a godsend that book was for me. Now smells hardly bother me anymore. [hear this Saturday]

Carol Gochenour – 832-594-4732 – sells monoatomic minerals

they are quantum minerals that go into the realms of Thor

- we have to do our part: Judy Beebe is high on life and what she is doing
- Most food has been chemtrailed & as we vibrate at these higher levels, we are helping ourselves
- **from Mahala:** Here is a two hour video that talks about the benefits of distilled water. The first half hour talks about urine therapy and what he says about that is interesting. Here is the link to that video. [The Fountain Of Youth Has Been Found – Vinny Eastwood & Andrew Norton Weber.](#)

[we will hear this on Saturday]

- In the last week, a mountain by Mexico City erupted – and many ships were seen around the volcano. It is also 19.5*!
- About the Vatican: Francis not the pope put out a paper last week – he addresses the church position on marriage; the church is still 2 – 300 years behind the time, as the young people are pointing out.
- **Bruce Springsteen** cancelled his concert in North Carolina due to the law just passed which covers up what is happening regarding the unconstitutional voting processes in the state
- Bring up the idea that Hillary will try and rig the vote in Wyoming – caller asks if the people will see this? Yes, they will and the people will not take anything anymore unless it is of the highest integrity.

- In NM, when you go to vote, your name is on a list but they don't demand to see any ID

T: When the changes are implemented, those like the Koch Bros will have nothing – bank accounts go to zero.

- All the kids still missing in southern Mexico

BBS RADIO

MOTHER / ALCYONE [M/A]

Greetings in the Light of the Most Radiant One; in the Office of the Christ and only in the Office of the Christ, we invoke the loving energies of St Germain and the Violet Flame.

- That we literally imbue the awareness of the androgeny of our being& radiate it, and do no harm!

Greetings, Children of Ra!

- Indeed, this time we are in is most auspicious! With the new moon energy pouring it, there is much transpiring, lifting us up into the higher realms. It is shifting from the old into the new as we are speaking. All the Chaos that Carl spoke of in the month of April coming up; it is all about the issues that are transpiring in these moments –

- secrets revealed; no news except infotainment that separates the heart from the mind, and they babble at us about inane stories like Dancing with the Stars: not that - it is a bad Joke. With all due respect, we need to get this beloved ship of state – like Leonard Cohen says: democracy coming to the USA with a small d: bringing balance and wisdom.
- There is much that is pouring out now: there are rumours from deep in Hollywood that Tom Hanks is working on *The Lost Symbol* as a movie

T: about the Golden Compass, Part 2?

M: It is called the War of the Witches: the magisterium is the analogy for the fake church where they eat the brains of babies!

- It is a dichotomy to live in this realm with all the light pouring in and all the fake news coming in that distracts and keeps people on the edge of their seats: breaking news – Mr Hair just farted! It is that bad! We will not outdo Bill Maher tonight!!
- hold all these issues in just sacred balance and joy, as her wayward children are in the last moments – just like Coleman Barks said in the last Rumi: this is how to die and it is about the death of the ego.
- And sit with the wisdom of Padma Sumbaba and Babaji, other living masters here in our midst, right now - Sri Sri Sri Swami Purna – so many are speaking simple words of love, based in the power of living love, living light that only hold that sacred pure white fire core of being that shatters and consumes all darkness, no matter what it is. As we watch the rest of the clown show go by the wayside; already Mr Hair's numbers are collapsing – Mr Hair will be out of it very soon.
- No dates, yet the DC madam and her lawyer know very well how to let out the pages of the black Book – John Boehner, Eric Cantor, Chuck Grassley, Paul Ryan, Donald Trump, Mitch McConnell -

T: and they want Paul Ryan anointed for president!

M/A: Little Eddie Munster running for president; Grandpa would turn in his grave!

the other one on the ticket is John Boehner, the town drunk. Love these ones, it is a challenge to be in this time and watch such acts of demoralization and disrespect for Mr 19.5*

- He has a gentle way of moving around and discussing the issues at hand. Even though it is said he is to the right of Bernie, it is what he had to do to walk the pathless path to get to the next level of disclosure, talk about the folks on Mars and the 9th ray of wisdom.
- All the truth will come out about all the planets in our solar system, and all the beings that co-habitate with all of us. As we can begin to telepathically – already we have the gifts, the abilities – talk with our feline, canine friends that have the wisdom of the ages to share with us; they are simply waiting for us to put down the remote, look them in the eye and say “Let us talk about the nature of reality as it is, not the fake news. All the kingdoms want to join in this cosmic dance with us” They are standing on their heads screaming at us!
- at the same time, have to turn it all off and listen to her breathing in and out, and that energy will awaken like what Mahala speaks about: the 3rd eye, the soma in your brain. The best psychedelic you got going, the DMT in there - all the wisdom you ever needed is

downloaded already into this merkaba vehicle: don't need to take anything, you already got it. It is just an illusion - like the song John Sebastian used to sing: put that little sugar cube on my tongue and I'll show you the wisdom of the universe.

- you don't need the sugar cube - have already got it in your hands: just work with it each day – the meditations, the frequencies - all that is coming into our pervue of the sacred moment of this hour, this nano second, and then you can shink down to the size of particles and then get in between the particles - the vast light years between the particles where everything is nothing and then some.
 - The answers are there, and it is right in here: no difference – the veins and arteries and how this temple of the living goddess is put together – same reflections as what you see in deep space - all the suns, stars, black holes, the super novas - everything is moving in the constant cosmic flux and sceaming at us to listen up and still and yet . . .
 - It takes a monumental event for everyone to get it – not Mr Cobra's event – it's about the one in here that is transpiring; this wisdom in the body temple of All That Is – it is simply in the wisdom of the ages of these cells; all that has come to pass and is already transpiring with each breath we take, every move we make, shakes up the tonal into the naqual and then the answers are all in front of us.
- These answers are about how we take our power back with love – it is so simple, yet it is a challenge each day to figure out the monumental tasks of the movement of just being in this sacred time of All That Is. Simply because of the fact that the space between the particles are so vast and there is no time, all time is NOW –
 - it is a paradox of such great proportions that she may sound like she's talking in riddles and circles. It is not so: it is the wisdom of how these plasma spheres work and how the energies of the simple frequencies of how we interact with planets, stars, suns, super novas - none of the maya to get in the way.
 - The maya is the monkey mind with the ego that gets a little caught in the moment and then, with that single thought, things get a little murky. Gotta remember the split flash of quantum light speed - we get an intuition that is the vert right answer and we get to the next step which is murky – thus it is about setting aside the ego, setting aside doubt, blame, shame, judgment
- we are divine gods, goddessess of the Most High, sons and daughters of the most high who have asked to do this with such grace - it has already happened. As she keeps saying, they are visitors from our future which is their past
 - As we can really grok what this means, we have our answers: NESARA has already come to pass, and this is the very reason we are still here in these temples of the living goddess and not swinging from a star, so to speak. Yet we are moving at quantum light speed into these realms and in the same breath, it is so joyful
- It is a joy to behold folks, especially the millenials who are taking up the quantlet of power with love and saying no more war – war in heaven is over; only war consciousness going on down here in these realms; yes, **4th shut down** and it is in these realms here though it may look like 3rd – it is as she keeps talking about - all the folks who used to hang out in the 4th are down here and they are being cornered. It is already over! The very last dregs of the Kali Yuga is what we are watching and bless each moment.

- We are the ones we are waiting for – it is so magnificent to behold that we have the power with love to change this – It is just as the song says: lord, make me an instrument of thy peace.
- The first order of business is taking care of the least among us: Black Lives Matter and all lives matter in this sacred nano second. They want us to set aside all she is saying and go back to sleep and forget about things until after the election is over.
- She is not saying we're gonna have to wait for anything: all time/space is NOW – we are already there! The scales have been tipped already in our favour; the light already won.
- Even though we still have to watch the good old boys play their games out – like Larry King and the others: there is a grand purpose for what they are doing – even if for one split nano second there is a light that goes off that has a super nove in our brain: it changes things across this entire universe of Nabadon. As Morpheus said “It only takes one!” We are the one! That simple!

T: Thanks, Mother – and it's not gonna be that long!

M/A: She is preaching to the choir! They do some toning sounds! A, E, I, O, U

- Use the sounds to shift ourselves into the naqual and we will ride on her back through the Jungle; there is much to share; as we walk into the realms, look out for monkey mind – he wants to play with us gently to shift us into awakening to all the beauty around us.
- even the cobra in the jungle has a message: it is about awakening the kundalini in us so we get to the soma and that we activate the DMT in our 3rd eye – never need to take another trip again. All we need to do is the prana yama all we need to do is the kundalini breath of fire
- google – **the kundalini breath of fire!** You may get really high when you do it: Be careful - do this with gentleness – can't do it all at once, we'll get ourselves so far out we'll have to reel ourselves back in! And sometimes it's so fun being out there, we don't want to come back to this samsara
- It's about losing the ego: as we drop the ego and surrender to the naqual and what it teaches us about the pathless path. All the answers . . .

Greetings in the light of the Most Radiant One! Kadoish, Kadoish, Kadoish

R: has been up the mountain talking with the snow beings again – like the snow lions – the snow is melting, though there is still quite a bit left. He was working with the energy of the silent watchers, the shadow hunters who are removing all the darkness of this realm right now

- this is why the folks on the lunatic fringe on the right are so petrified: they are just like us and are deathly afraid of looking at their sins; they got in their own way when going home – bless them on their way! They want to play their game out to the very end –

T: She does not see too much remorse

R: No - they want to play the game out to the end

T: and it is not very pretty and they must be put in place and Mother knows what she's doing!

Audio: Bill Mahers HBO Real Time Guests: Friday April 8, 2016



The Interview:

Sec. Thomas Perez has served as the 26th United States Secretary of Labor since 2013. Prior to his appointment, he was the Assistant Attorney General for the Civil Rights Division of the Department of Justice. **Twitter:** [@LaborSec](#)

The Panel:

Max Brooks is a senior fellow at [The Atlantic Council](#) and a non-resident fellow at Westpoint. He is the author of the NY Times bestselling novel, [World War Z](#), as well as [The Zombie Survival Guide](#) and [The Harlem Hellfighters](#).

Heather McGhee is the President of Demos and [Demos Action](#), a public policy organization working to combat inequality in America. **Twitter:** [@hmcghee](#)

Andy Dean is a CNN political commentator and former President of Trump Productions. He was the host of the syndicated radio show "America Now" from 2011 – 2014. **Twitter:** [@AndyDean2014](#)

Mid-Show Interview:

Kathy Griffin is the two-time Emmy and Grammy award-winning comedian who is currently in the middle of her 80-city ['Like A Boss' Tour](#). **Twitter:** [@kathygriffin](#)

Audio: Max Keiser [KR898\] Keiser Report: Planning is everything](#) [April 7, 2016](#)
<https://youtu.be/WIH2j2QJIZw>

We discuss planning that is everything, plans which are nothing. We also look at the British economy as if Eisenhower were examining it. In the second half, Max interviews Tom Coughlin of the Allocated Bullion Exchange ([ABX.com](#)) about the first real gold exchange.

Audio: Building a Movement Beyond the Elections: Jesús "Chuy" Garcia, Dan Cantor & Steve Phillips

<https://youtu.be/9XBhOmmizkk>

Jesus "Chuy" Garcia is the progressive Chicago politician who forced conservative Democrat Rahm Emanuel into the first run-off in that city's history. Dan Cantor is the cofounder and national director of the Working Families Party. Before co-launching the WFP, he was a union organizer in New Orleans and Detroit; a community organizer in Arkansas, Texas, and Missouri; and Labor Coordinator for Rev. Jesse Jackson's 1998 presidential campaign. The two talk with Laura about how they see a path for progressives to change the Democratic Party, and national politics.

Later in the show, Steve Phillips discusses the importance of cultural competence in electoral politics. Phillips is a civil rights lawyer, co-founder of PowerPAC.org and the author of the new book **Brown Is the New White: How the Demographic Revolution Has Created a New American Majority**

The F Word: Concentrated Media Power is Real Power: We've Let Markets Rule the Public's Airwaves

<https://soundcloud.com/lauraflanders/concentrated-media-power-is-real-power-weve-let-markets-rule-the-publics-airwaves>

Audio: The Late Show with Stephen Colbert - April 4, 2016 - a variety of segments

Reading: The Dalai Llama's Cat

Closing: Rainbird

Music: a Sufi poem: Become the Sky

<https://www.youtube.com/watch?v=7wlrB7KGjcg>

Song: Every part of this earth is sacred to my people

INFORMATION RELATED TO THE NOTES

2016-03-31 Planet Alert April 2016

March was one of the most intense months I have experienced in a long time. There were two eclipses, the Spring Equinox, two comets, and Easter. This equinox changed everything as far as I am concerned because it was the end of the war on the astral plane and that is a big deal. I experienced this final war on the dream plane and that is how I know it is over. This war has gone on for eons of time and it has finally come to an end.

This means that we definitely jumped out of 4D and now we need to anchor ourselves firmly in 5D. The final battle is now occurring on Earth. Everything happens on the Astral first and then it happens on Earth. It was shortly after the Spring Equinox that Brussels was attacked by terrorists. Incidentally, the March 23rd full moon was on 3 degrees Libra. This means that the moon was exactly over Brussels at the time the attack happened.

My compassion goes out to all those people who have gone through so much suffering. The chaos on Earth will get stronger as we move through the summer unless our loving thoughts change that energy. This chaotic energy will climax in either September or October 2016. Just a couple of days ago there was another attack in Pakistan. (Mars was over Pakistan at that time).

The battle that has waged for so long has been between two factors for control of the Earth. The dark ones just lost their control from the astral plane which is part of 4D. That density is where the good, the bad, and the ugly all exist. The light has now won on that density and it is now time for victory on the Earth plane. Many of us have gone back and forth between those two densities for a long time. Now it is time to stay in 5D energy.

The Bible talks about the fierce fighting God called Jehovah in the Old Testament. That is one side of the force and the other is represented by the feminine energy of love which is represented by the people who are part of the Emerald Covenant. Two emerald comets passed by Earth on March 21 – 22. This was a message to the people who belong to the Emerald Covenant that the war is over on the astral plane. The light has won and now it is time for light to rule on earth.

In the time of Jesus (Joshua) and Mary Magdalene there was a group of people called The Sisterhood of the Emerald Fire. The word Mary means healer and Magdalene means a whole group of people. A lot of people who now live on Earth are very familiar with this group. They are the great healers of our time. If you resonate with this information, you were part of that group. This group actually started at the time of Hermes (Thoth) who wrote **The Emerald Tablets** thousands of years ago. Two emerald green comets just activated heart chakra energy. The heart chakra is emerald green on the outside and the inside is a beautiful bright pink. It is definitely time to 'Think with your Heart' and it's time to manifest this love on Earth.

The Sisterhood of the Emerald Fire used living oils to anoint themselves and to breathe in the smell of the oils. The Bible talks about how the three wise men came to visit Jesus (Joshua) with Gold, Frankincense, and Myrrh. It also talks about how Mary anointed Jesus with expensive oils. They also did a technique of smelling the oils which activated their pineal gland and the amygdala in the brain. Those parts of the brain control our emotions. The amygdala coordinates the autonomic and endocrine systems. By breathing in the smell of oils, you also activate your limbic system in the brain.

It appears there is a deep connection between amygdala and Magdala and resurrection. The amygdala looks like an almond on each side of the head close to the ears. It is said that if your

amygdalas are facing backwards, it brings negativity into your life. If you click them forward, it brings happiness into your life. Here is a link that tells you how to activate your Amygdala
<http://www.clear-mind-meditation-techniques.com/amygdala-brain-training.html>

I know for a fact that by smelling the oils, it heals your limbic system. I was chemically poisoned in the early seventies and after that I became sensitive to all chemical smells like perfume, etc. A friend of mine was giving me a massage several years ago when she had me smell the oils. Almost any kind of smell would knock me out and I would feel like passing out, and it would turn off my brain. The oils did not affect me that way so I started to smell them. Then I read the book called **Change your brain, Change your life** by Daniel G. Amen, M.D. What a godsend that book was for me. Now smells hardly bother me anymore.

The knowledge of smell activating the higher consciousness is a way of developing the soul. The olfactory bulbs in the nose stimulate the amygdala gland through smell and this activates the frontal lobes of the brain, transcending space, time, energy and matter, through consciousness.

Then there is another conspiracy theory about water. Do you know why they put fluoride in our water? One of the reasons was to calcify our pineal gland. Our pineal gland is our connection with source and when the gland is healthy it emits light. Did you also know that distilled water decalcifies your pineal gland? There are two types of minerals in our water. One is organic and the other is inorganic. The inorganic minerals in our body harden our arteries and get caught in our bodies and cause all kinds of problems.

Regular or filtered water has both kinds of minerals in it. Distilled water is just plain water with no minerals in it. Then when you eat lots of fruits and vegetables, you get lots of good minerals for your body. Here is a two hour video that talks about the benefits of distilled water. The first half hour talks about urine therapy and what he says about that is interesting. Here is the link to that video. [The Fountain Of Youth Has Been Found – Vinny Eastwood & Andrew Norton Weber.](#)

Now what are the planets doing this month. Many people will awaken in April because of some of the events that will happen this month. Aries is ruled by the planet Mars. Uranus is in the sign of Aries right now. This means that we will have an interaction between Mars and Uranus all month. Then on the new moon of April 7th, the sun and moon will be conjunct Uranus in a square aspect to Pluto.

Mars rules anger, violence, fires, and with Uranus, it rules explosions and revolutionary action. Uranus rules wind and right now we have a huge wind storm moving across the United States causing much damage. Pluto rules transformation and that energy has taken down lots of structures lately, including governments. This new moon will trigger lots of action. It will be an exciting month if we stay in observer mode. The areas ruled by Aries and Libra are Alaska, where there is a volcanic eruption going on right now, and the other area is Europe, including the Vatican.

Walk gently on this beautiful planet because we are the ones we have been waiting for. We are God's perfect child. If you would like to release anger and negative energy from your mind, body, and environment, just say the ho'oponopono, which is a [prayer from Hawaii](#).

I AM SORRY. PLEASE FORGIVE ME. I LOVE YOU. THANK YOU.

Thank you Earth Angels for the donations you have sent me and for ordering Edgar Cayce Past Life charts.

I love all of you! Mahala Gayle

<http://blog.mahalasastrology.com/2016/03/31/planet-alert-april-2016/>