

2015-07-31

Friday Hard News Call

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:
9:30 – 11:00 pm EST** **Ashtar on the Road**
Hosts: Fran; Susan Leland channels Ashtar, Mother Sekhmet
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#

HARD NEWS

T: birthday on Wed, Aug 5; will be 68; Obama will be 54 on Aug 5th – a 9 year, the completion of love!

- Thanks for the rent! Have no money – grateful for a roof over their heads – the first week of the month is when bills come in @ \$300; from late middle to end of month it's another \$300 plus the rent
- They need a new printer and R is on 38 miles to empty!

R: so grateful to be here at this time

- Rowdy Roddy Piper from WWF left the planet today: he's like Hulk Hogan and Jesse Ventura when he used to be a wrestler. RRP was an awesome dude; in touch with the ships – he was 61; R is not sure why he left the planet. Made a prophetic movie on topics like Project Bluebeam – this agenda has been cancelled.

T: a little Palestinian boy of 18 months was killed today – the building was fire-bombed; his older 4 year old brother was saved; parents in critical condition in hospital – 500 people at the burial. Netanyahu came over and offered his condolences; Israelis who hate Palestinians came out on the streets and got after Netanyahu – very ugly.

KOS: Mahmoud Abbas calls for arresting Netanyahu for war crimes; saw 2 settlers leaving the area of the burning building; a star of david and the jewish word for revenge were on the wall.

- The whole reason for all of this is because of the settlements in the first place. Two buildings that were considered illegal were knocked down, the Palestinians thrown on the street and another settlement is to be built.

Dylann Roof: the state court indicted him for 33 counts; his attorney said he want to declare his guilt but wants to know what they'd punish him with – a not guilty plea has been entered.

- A hate crime – the Shepherd Bird Act - to do with the death of 2 people
- the law is involved with hate crimes related to religious beliefs also against people and their sexual orientation
- Going to be dealt with at the Federal Level as well as the State Level

Audio: Barack Obama in Kenya

[SEE BELOW FOR THE FULL PRESENTATION]

draws on the talents of all the Kenyans, including women and girls

To continue down this path of progress, it will be vital for Kenya to recognize that no country can achieve its full potential unless it draws on the talents of all its people -- and that must include the half of Kenyans -- maybe a little more than half --who are women and girls. (Applause.) Now, I'm going to spend a little time on this just for a second. Every country and every culture has traditions that are unique and help make that country what it is. But just because something is a part of your past doesn't make it right. It doesn't mean that it defines your future.

Look at us in the United States. Recently, we've been having a debate about the Confederate flag. Some of you may be familiar with this. This was a symbol for those states who fought against the Union to preserve slavery. Now, as a historical artifact, it's important. But some have argued that it's just a symbol of heritage that should fly in public spaces. The fact is it was a flag that flew over an army that fought to maintain a system of slavery and racial subjugation. So we should understand our history, but we should also recognize that it sends a bad message to those who were liberated from slavery and oppression.

And in part because of an unspeakable tragedy that took place recently, where a young man

who was a fan of the Confederate flag and racial superiority shot helpless people in a church, more and more Americans of all races are realizing now that that flag should come down. (Applause.) Just because something is a tradition doesn't make it right.

Well, so around the world, there is a tradition of repressing women and treating them differently, and not giving them the same opportunities, and husbands beating their wives, and children not being sent to school. Those are traditions. Treating women and girls as second-class citizens, those are bad traditions. They need to change. (Applause.) They're holding you back.

Treating women as second-class citizens is a bad tradition. It holds you back. (Applause.) There's no excuse for sexual assault or domestic violence. There's no reason that young girls should suffer genital mutilation. There's no place in civilized society for the early or forced marriage of children. These traditions may date back centuries; they have no place in the 21st century. (Applause.)

These are issues of right and wrong -- in any culture. But they're also issues of success and failure. Any nation that fails to educate its girls or employ its women and allowing them to maximize their potential is doomed to fall behind in a global economy. (Applause.)

You know, we're in a sports center. Imagine if you have a team and you don't let half of the team play. (Laughter.) That's stupid. (Laughter and applause.) That makes no sense. And the evidence shows that communities that give their daughters the same opportunities as their sons, they are more peaceful, they are more prosperous, they develop faster, they are more likely to succeed. (Applause.) That's true in America. That's true here in Kenya. It doesn't matter.

And that's why one of the most successful development policies you can pursue is giving girls and education, and removing the obstacles that stand between them and their dreams. And by the way, if you educate girls -- they grow up to be moms -- and they, because they're educated, are more likely to produce educated children. (Applause.) So Kenya will not succeed if it treats women and girls as second-class citizens. I want to be very clear about that. (Applause.)

Audio: **CONVERSATIONS WITH GREAT MINDS:** Rev. Barry W. Lynn, *God and Government: Twenty-Five Years of Fighting for Equality, Secularism, and Freedom of Conscience - An Insider's Account*/Americans United for Separation of Church and State

[Full Show 7/31/15: The Religious Right is Wrong on the Constitution](http://www.thomhartmann.com/bigpicture/full-show-73115-religious-right-wrong-constitution)

<http://www.thomhartmann.com/bigpicture/full-show-73115-religious-right-wrong-constitution>

In tonight's special hour-long edition of "Conversations with Great Minds" Thom discusses separation of church and state with Rev. Barry W. Lynn, author of the new book "God and Government."

- Rev Lynn's focus is the separation of church and state
- He's Exec Dir of Americans United for Separation of Church and State which began in 1948 when the Catholic Church was exerting so much influence on public policies

CONFERENCE CALL

Caller: any more comments on the galactic wave, the pope coming?

- Boehner invited the Pope to come to Congress

R: the way Sept is being described: we are not waiting for Sept! It's already at quantum light speed now – it's an exponential quantum shift!

- The man on the street who is watching what is happening in Santa Fe: the energies are pouring in; as the energies move higher and higher, the chaos is moving higher and higher
- he's seeing more undercover cops, more police
- not seeing UN military vehicles on the streets yet, but there are enough of the others!
- They are not wearing regular police uniforms, but the kind of military jackets worn by troops in Iraq – sees them come into the cyber cafe coffee shops to get a coffee – essentially looking like the troops but not carrying the huge guns. R goes via the back streets and keeps his head down!

Caller2: NESARA has to be announced and not in 2 years!

T: Yes, it's happening under our feet right now – won't be anything like 2 years. We have no idea of how fast this is going – saying that the new financial system to be in place by Sept!

C: Has to be announced while Obama is president;

- **Yes, it will be during Barack's tenure;** Caller is talking of next year, 2 years – T says don't do that! Stay with the **"right now" timeline**

R: he has a foot in both worlds: sees the ships in the 9th dimensions -quaturro decillian ships and then some, and **they will decloak en masse;**

- at the same time, the ensuing chaos is going on which is why we see Mr Hair who is a joke; he's not a valid lifeform, except to say he is an illegitimate child of the royal dutch family

T: Today someone came on Thom Hartmann today and said they hoped that Bernie Sanders would choose Michelle Obama for his VP – a jaw dropping statement!

- Michelle will put herself in at the appropriate time; gave a talk on July 9th

2015-07-09 **Remarks by The First Lady at White House Tribal Youth Gathering** [SEE BELOW]

How will the wave affect Wave X is the name given by Dr Simon Atkins

C2: yesterday R talked about Lions Gate and 2 black hole s

R: was saying that 8-8 Lions Gate: as we go into ?? 3* of Leo there is a black hole which is a portal; all he knows it's at 3* in Leo & is a dimensional portal that goes to the anti matter universe; there is also the Scorpi Black Hole.

- At the end of the tail of the Scorpion constellation, there is another portal – these portals are opening and all kinds of fplks are showing up as contingency forces – so it a certain sense it's over and done with
- everything old is done with: what we have now is bad dream
- the old energies are falling by the wayside; Homer Simpson, Joe the Plumber, Dave the Carpenter are still catching up – their energies are rising and they are starting to question reality – and thinking that maybe Dr Greer and Dr Bassett are really valid

R was at the Verizon store to talk about his phone; the guy was dressed in a suit and tie – R told the clerk what he was doing – and the guy said he's been listeing to David Wilcock – this straight as an arrow guy is waking up and starting to see through what is going on.

Ana: what does that have to do with matter, anti-matter?

- nothing is as it seems: there is no veil – so the portals are bringing in cosmic frequencies that are changing our physical matter – the energy comes in from the various areas of the anti

matter universes

- 3* Leo, and the end of the Scorpion's tail, the Scorpi Black Hole

R: in the quiet moments of his going around the city, and the pockets of wilderness where he goes to do the crystals, he can really feel the energies that are so high - makes him want to jump for joy! Warms his heart to share it- in these intense moments, the fairy lords and ladies are here and saying all we are saying is give peace a chance.

C4: isn't it just the high altitudes and lack of oxygen?

R: he's acclimated – but going to sea level is very heavy! At 5,000', finds it still a bit heavy!

T: going into the higher and higher vibrations is really a good thing -thinks that's what they meant when they said that the first capital of the US was in the west in Santa Fe area – so high.

Reading: 2015-07-22 [WAVE X~ How Will The Frequency Shift Affect You Wed ~ July 22, 2015](http://roserambles.org/2015/07/22/wave-x-how-will-the-frequency-shift-affect-you-wed-july-22-2015/)

Posted on [July 22, 2015](http://roserambles.org/2015/07/22/wave-x-how-will-the-frequency-shift-affect-you-wed-july-22-2015/) by [cindyloucbp](http://roserambles.org/2015/07/22/wave-x-how-will-the-frequency-shift-affect-you-wed-july-22-2015/)

<http://roserambles.org/2015/07/22/wave-x-how-will-the-frequency-shift-affect-you-wed-july-22-2015/>

T: the ISIL problem will be solved when Al Assad is gone -

BBS RADIO

Mother Sekhmet / Alcyone

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.

Greetings, Children of Ra

- Indeed that deep place of which Tara speaks: that time is now:
 - frequencies pouring in, changing everything – smallest particles like your friend Nassim says: when you get down to it, as you get to the particle and then beyond the particle, it is not emptiness: it is full, it is the reality you are beginning to touch upon, not vastness, emptiness of space – so full, it seems black.
 - It is depending on your point of view – are you looking through a black hole or a white hole: depending on your view point, which side of the portal you're on – they see us, we see them: it is as St John said: Imagine all the people! We are One
- the energies that are pouring in right now are only for the highest good of all concerned; it is affecting everything, everyone, even the most heinous of criminals are getting upliftment and it is affecting their consciousness
 - It is that place – you gotta let go sometime, somewhere: now is a good time to let it go, let it go, let it go, as the lady says. It is in this moment, in this very nano second – whether you let go or not, the energies are making you let it go – can't do anything about it: it's called ride the tiger, as it were, and that tiger gonna take you all the way home in this nano second.
- What is transpiring for this culture, these people: we are all One – this humanity of divinity in such a deep place. The magic, the music is all around us, all we have to do is get very, very quiet, then you can hear her breathing; you can hear him breathing as well.
 - That in breath, that out breath – this is Gais / Vywamus moving up the frequencies. As we move with that in breath, that out breath, that hand of one hand clapping, is creating the frequencies that are affecting living matter as well as anti matter. The combination is most magnificent to behold because, quite literally, miracles are being received in this very nano second. It is very humbling to behold; it is such a magnificent time to be alive in a physical

form, and experience this with all our cells, all our particles

- They are dancing ecstatically as it moves up and up and higher, in spite of her children who only want to see us go by the wayside and buy the great lie that we are less than an ant. And even Antman gets to step into the picture and say "I AM that I AM"

- What has transpired in the last little while as she may address the issues of the day:
 - Goddess/ Mother Zudiachas of this black land – the issues of the moment here [are], as we rise to the occasion for the highest good of all concerned: Mr Dubos, Trayvon Martin, Mike Brown - all these folks – even Cecil our fellow brother in arms – all the issues of the current moment are about the changing of the tide, the changing of the frequencies
 - You could say we have taken the great spoon and stirred the pot. As these waves of frequencies of living light, living love, pour in at quantum light speed, it is bringing to the surface of the soup all of the deepest, deepest places inside that we gotta bring to the very moment. Since we are already in NO TIME, there is no time like this present moment of the eternal NOW to release anything that which represents anything that is unlike love.
- Leave it to a good farmer like Bernie Sanders to bring it to the surface of the conversation here: the greatest moments we are in is this moment right now; we cannot speak of the greatest – words fail – she could speak of it in solex mal yet we would not understand/overstand – so she will use the slow form of communication called the tongue:
 - may the lips be pure, may the tongue be pure: Lord, make me an instrument of thy peace; where there is such haterd let me sow love
- This time right now has to do with how we can serve the greater whole of humanity: not just on this beloved blue green dot in the vastness of the vacuum. It is every point of living love, living light, as we look out upon this blessed evening - we have rain here – We cannot see Mama Luna tonight due to cloud cover but, wherever we are in this local sector of the Alpha Quadrant, look out and see her and give thanks for we are truly blessed beyond measure to be here.
 - It may not seem like it at the moment – our beloved sister who is part of us called Kalima: on one hand, we are giving birth, on the other, we are say asta lavista, baby, as you leave this temple of the Living God: it is about the in breath and the outbreath.
- As the frequencies that are pouring in right now: she is so humbled to be in our presence: Thank You because you've have made it, humanity! You have already made it!
 - Cannot convey how important that statement "made it" is – yet it may not seem like that for those who still have to dodge the cops! Brother, can you spare a dime? I would like to be able to feed myself, my cats.
 - It is about this moment in time as we are all One; every soul so precious in this time – the frequencies that are pouring in are making it such a magnificent moment here, for all of humanity to get with the program – even those who are stroking their egos, and a few other things as well, as they are caught between a rock and a hard place for they are still caught in that Maya illusion, with a contract they made and signed it with blood.

Yet it is their own essence of prana: they can take that hemoglobin/ plasma and turn it into gold dust/ the living plasma of all that is, Living Love, Living Light – and even as they take a little ride out of here to the Dark Rift, each moment is a blessed eternity for such magnificence to behold

- You remember the last scene in The Matrix when Neo becomes Father Sky, Mother Earth, the Living Light of All that Is and the rainbow rays go across the sky and the little girl says to the Oracle: Neo Made It!
 - The next moment here is how we do it with love: that is how we make it through: we bless each moment, and the next and the next, and since it is all right now

- It all may sound like gobbledy gook – it is not: it is about we have asked to speak to ourselves at such a deep level, while consciousness has said “hello we are here”; how we can answer self is to say “Self, thank you for being here and rising to the occasion so we can do this together!” Me and my shadow!!!
 - Since we're on the good red road – we are already there: as we continue to dance, me and my shadow, along that primrose path, remember there are thorns that will pop up, and those thorns are whatever is up for healing within self. If we wish to touch the thorns, be very gentle - we can touch the thorns and bless them as they have a role to play, too – the thorns are like the acupuncture points to activate those meridians, chakras of Living Love, Living Light; as we become the golden temples of such magnificence, it is so awesome to behold!

[They both are sniffing something in the house – a flower fragrance]

- LM Nada showed up with the frequencies of the Rainbow Rose Ray T: have Angels hanging out!
 - It is about this blessed, divine moment here as we are dancing this dream awake for all concerned, the highest good of all concerned. Let us be blessed to be here and experience this wisdom that is pouring forth from each of the cells that we are asking to interact with, and the cells are asking: give me more love, pour it on! Because it is at this time that what is happening is that, in spite of the most intense moment, we are rising to the occasion.
 - Already done!

T: asks if anyone has called re: the visits of the Archangels – send a message to Koran999@comcast.net - need a white flower and a white candle that last for 5 days, and a crystal; invite them in tomorrow night at 10:30 and 5 days later at 10:30, send them on to 3 more people.

- We can say – no, [not going on much longer, in response to Tara] – it is in this now moment that she can say – already in the midst of it; it is as we are waiting for something down the road: guess again!
 - **It is already coming in now:** be about thy mother / father god' s business: in each moment, bless each breath and we will be rewarded beyond by all measure by our own extra strands of DNA that have said now is the time to lift it up and move onward and upward into the frequencies which are so ecstatic and, at the same tme, there are many many situations – she has no words to describe but to say BLAZE THE VIOLET FIRE IN ALL SITUATIONS because that violet transmuting flame of ALL THAT IS, is the cosmic soma; the DMT of our pineal, pituitary, hypothalamus that is pouring across the local universe to raise us up! As the song says “You raise me up”
 - That is what is happening in each moment within our own temples of the living god – the DMT is flowing all the way up: 3rd eye; the crown; 9 stars above your head; fully activated; if you feel like you're tripping – YOU ARE! So ride the tide: no bad trips here – only about peace and love.
 - In this moment, she says **it only gets better from here on out!** Lord make me an instrument of thy peace; where there is such hatred, let me sow love!

Greetings in the Light of the Most Radiant one! Kadoish, Kadoish, Kadoish some last words in Solex Mal!

R: Was to a waterfall on Angel Waterfalls – does not know where they are: seems like he went over the edge and was falling, falling, falling and suddenly in the electric blue – greenish water, bone-chilling cold – woke him out. The sun was out – seemed like it was warm, yet a chill in the air – seemed like he saw Ayers Rock – there was snow on it – there were all these people dancing around Ayers Rock and making such awesome sounds – like the sounds D'Yanni taught them – the vowels / creation sounds. As they went round the rock, the sounds got louder and louder – saw spirals rising from the rock and saw a portal opening in the sky: tried to follow it and ended up back here!!!!

Audio: Thom Hartmann – rest of **Conversations with Great Minds** - Rev Barry Lynn

- Talks of the beginning of the Moral Majority – began as a movement to keep schools segregated – the question of abortion came later. Which is not even mentioned in the bible yet it has become a cornerstone for evangelical christians.

Audio: GRITtv – Laura Flanders

<http://grittv.org/?video=cornel-west-and-richard-woff-talk-about-capitalism-and-white-supremacy>

New Economy The US economy is in crisis. More than that, the US economy, as currently structured, is a crisis for the majority of people. GRITtv covers people who are working to build a new economy, one that is more democratic, more humane, and more in tune with our ecosystem.

<https://youtu.be/4zYAH-BZZTs>

2015-07-28 A conversation about capitalism with two brilliant minds, Cornel West and Richard D. Wolff, together in a rare joint appearance. Richard D. Wolff is Professor of Economics Emeritus, University of Massachusetts, and author most recently of **Capitalism's Crisis Deepens: Essays on the Global Economic Meltdown 2010- 2014.**

Dr. Cornel West has written or edited dozens of books, including classics like **Race Matters**, and **Democracy Matters**. His most recent is **Black Prophetic Fire**, written in conversation with Christa Buschendorf. Also in the show, activist Manju Rajendran tells us about a small business that is successfully operating under an anti-capitalist economic paradigm. And Laura raises questions about the record-setting settlement with BP over drilling disaster in the Gulf Coast.

Audio: Max Keiser [\[KR790\] Keiser Report: Solutions to World Economy Part I](#)

2015-07-30 <https://youtu.be/F1DfP1d1tH8>

In this double-header special episode of the Keiser Report, we discuss whether or not there is such a thing as post-capitalism, whether or not we are actually in this phase and examine the solutions to the multiple crises of neoliberal capitalism.

Audio: America Tonight – about the coral reefs in the Marshall Islands

<http://america.aljazeera.com/watch/shows/compass/2015/6/a-gathering-storm-of-climate-change-looms-over-marshall-islands.html>

<http://america.aljazeera.com/watch/shows/compass/articles/2015/7/7/in-photos-on-the-front-lines-of-climate-change.html>

<http://america.aljazeera.com/search.html?q=Bleaching+of+Coral+Reefs+i>

Audio: The Daily Show – Jon Stewart JJ Abrams to be the guest **July 30, 2015**

<http://www.thecomedynetwork.ca/shows/thedailyshow?vid=666301>

T: Sunday a special on Jon Stewart
time is moving: something is up in the zoo!

Reading: Buddha in Redface – Ch 15 – at the zen centre.

Closing: Rainbird

INFORMATION RELATED TO THE NOTES

2015-07-26

Remarks by President Obama to the Kenyan People

Safaricom Indoor Arena
Nairobi, Kenya

12:00 P.M. EAT

PRESIDENT OBAMA: Hey!

AUDIENCE: Hey!

PRESIDENT OBAMA: Habari Zenu! (Applause.) Wakenya mpo? (Applause.) It is great to be back in Kenya. Thank you so much for this extraordinary welcome. I know it took a few years, but as President I try to keep my promises, and I said I was going to come, and I'm here. (Applause.)

Everybody, go ahead and have a seat. I'm going to be talking for a while. (Laughter.) Relax.

I want to thank my sister, Auma, for a wonderful introduction. I'm so glad that she could be with us here today. And it was -- as she said, it was Auma who first guided me through Kenya almost 30 years ago.

To President Kenyatta, I want to thank you once again for the hospitality that you've shown to me -- (applause) -- and for our work together on this visit, and for being here today. It's a great honor.

I am proud to be the first American President to come to Kenya -- (applause) -- and, of course, I'm the first Kenyan-American to be President of the United States. (Laughter and applause.) That goes without saying.

AUDIENCE MEMBER: I love you, Obama!

PRESIDENT OBAMA: I love you back. (Applause.) I do.

But, as Auma was saying, the first time I came to Kenya, things were a little different. When I arrived at Kenyatta Airport, the airline lost my bags. (Laughter.) That doesn't happen on Air Force One. (Laughter.) They always have my luggage on Air Force One. (Laughter.) As she said, Auma picked me up in an old Volkswagon Beetle, and think the entire stay I was here it broke down four or five times. (Laughter.) We'd be on the highway, we'd have to call the juakali -- he'd bring us tools. We'd be sitting there, waiting. And I slept on a cot in her apartment. Instead of eating at fancy banquets with the President, we were drinking tea and eating Ugali -- (laughter) -- and Sukumawiki.

So there wasn't a lot of luxury. Sometimes the lights would go out. They still do -- is that what someone said? (Laughter.) But there was something more important than luxury on that first trip, and that was a sense of being recognized, being seen. I was a young man and I was just a few years out of University. I had worked as a community organizer in low-income neighborhoods in Chicago. I was about to go to law school. And when I came here, in many ways I was a Westerner, I was an American, unfamiliar with my father and his birthplace, really disconnected from half of my heritage. And at that airport, as I was trying to find my luggage, there was a woman there who worked for the airlines, and she was helping fill out the forms, and she saw my name and she looked up and she asked if I was related to my father, who she had known. And that was the first time that my name meant something. (Applause.) And that was recognized.

And over the course of several weeks, I'd meet my brothers and aunts and uncles. I traveled to Alego, the village where my family was from. I saw the graves of my father and my grandfather. And I learned things about their lives that I could have never learned through books. And in many ways, their lives offered snapshots of Kenya's history, but they also told us something about the future.

My grandfather, for example, he was a cook for the British. And as I went through some of his belongings when I went up-country, I found the passbook he had had to carry as a domestic servant. It listed his age

and his height, his tribe, listed the number of teeth he had missing. (Laughter.) And he was referred to as a boy, even though he was a grown man, in that passbook.

And he was in the King's African Rifles during the Second World War, and was taken to the far reaches of the British Empire -- all the way to Burma. And back home after the war, he was eventually detained for a time because he was linked to a group that opposed British rule. And eventually he was released. He forged a home for himself and his family. He earned the respect of his village, lived a life of dignity -- although he had a well-earned reputation for being so strict that everybody was scared of him and he became estranged from part of his family.

So that was his story. And then my father came of age as Kenyans were pursuing independence, and he was proud to be a part of that liberation generation. And next to my grandfather's papers, I found letters that he had written to 30 American universities asking for a chance to pursue his dream and get a scholarship. And ultimately, one university gave him that chance -- the University in Hawaii. And he would go on to get an education and then return home.

And here, at first he found success as an economist and worked with the government. But ultimately, he found disappointment -- in part because he couldn't reconcile the ideas that he had for his young country with the hard realities that had confronted him.

And I think sometimes about what these stories tell us, what the history and the past tell us about the future. They show the enormous barriers to progress that so many Kenyans faced just one or two generations ago. This is a young country. We were talking last night at dinner -- the President's father was the first President. We're only a generation removed. And the daily limitations -- and sometimes humiliations -- of colonialism -- that's recent history. The corruption and cronyism and tribalism that sometimes confront young nations -- that's recent history.

But what these stories also tell us is an arch of progress -- from foreign rule to independence; from isolation to education, and engagement with a wider world. It speaks of incredible progress. So we have to know the history of Kenya, just as we Americans have to know our American history. All people have to understand where they come from. But we also have to remember why these lessons are important.

We know a history so that we can learn from it. We learn our history because we understand the sacrifices that were made before, so that when we make sacrifices we understand we're doing it on behalf of future generations.

There's a proverb that says, "We have not inherited this land from our forebears, we have borrowed it from our children." In other words, we study the past so it can guide us into the future, and inspire us to do better.

And when it comes to the people of Kenya -- particularly the youth -- I believe there is no limit to what you can achieve. A young, ambitious Kenyan today should not have to do what my grandfather did, and serve a foreign master. You don't need to do what my father did, and leave your home in order to get a good education and access to opportunity. Because of Kenya's progress, because of your potential, you can build your future right here, right now. (Applause.)

Now, like any country, Kenya is far from perfect, but it has come so far in just my lifetime. After a bitter struggle, Kenyans claimed their independence just a few years after I was born. And after decades of one party-rule, Kenya embraced a multi-party system in the 1990s, just as I was beginning my own political career in the United States.

Tragically, just under a decade ago, Kenya was nearly torn apart by violence at the same time that I was running for my first campaign for President. And I remember hearing the reports of thousands of innocent people being killed or driven from their homes. And from a distance, it seemed like the Kenya that I knew -- a Kenya that was able to reach beyond ethnic and tribal lines -- that it might split apart across those lines of

tribe and ethnicity.

But look what happened. The people of Kenya chose not to be defined by the hatreds of the past -- you chose a better history. (Applause.) The voices of ordinary people, and political leaders and civil society did not eliminate all these divisions, but you addressed the divisions and differences peacefully. And a new constitution was put in place, declaring that "every person has inherent dignity -- and the right to have that dignity respected and protected." A competitive election went forward -- not without problems, but without the violence that so many had feared. In other words, Kenyans chose to stay together. You chose the path of Harambee. (Applause.)

And in part because of this political stability, Kenya's economy is also emerging -- and the entrepreneurial spirit that people rely on to survive in the streets of Kibera can now be seen in new businesses across the country. (Applause.) From the city square to the smallest villages, MPesa is changing the way people use money. New investment is making Kenya a hub for regional trade. When I came here as a U.S. senator, I pointed out that South Korea's economy was the same as Kenya's when I was born, and then was 40 times larger than Kenya's. Think about that. It started at the same place -- South Korea had gone here, and Kenya was here. But today, that gap has been cut in half just in the last decade. (Applause.) Which means Kenya is making progress.

And meanwhile, Kenya continues to carve out a distinct place in the community of nations: As a source of peacekeepers for places torn apart by conflict, a host for refugees driven from their homes. A leader for conservation, following the footprints of Wangari Maathai. (Applause.) Kenya is one of the places on this continent that truly observes freedom of the press, and their fearless journalists and courageous civil society members. And in the United States, we see the legacy of Kip Keino every time a Kenyan wins one of our marathons. (Applause.) And maybe the First Lady of Kenya is going to win one soon. (Laughter and applause.) I told the President he has to start running with his wife. (Laughter.) We want him to stay fit. (Laughter.)

So there's much to be proud of -- much progress to lift up. It's a good-news story. But we also know the progress is not complete. There are still problems that shadow ordinary Kenyans every day -- challenges that can deny you your livelihood, and sometimes deny you lives.

As in America -- and so many countries around the globe -- economic growth has not always been broadly shared. Sometimes people at the top do very well, but ordinary people still struggle. Today, a young child in Nyanza Province is four times more likely to die than a child in Central Province -- even though they are equal in dignity and the eyes of God. That's a gap that has to be closed. (Applause.) A girl in Rift Valley is far less likely to attend secondary school than a girl in Nairobi. That's a gap that has to be closed. (Applause.) Across the country, one study shows corruption costs Kenyans 250,000 jobs every year -- because every shilling that's paid as a bribe could be put into the pocket of somebody who's actually doing an honest day's work. (Applause.)

And despite the hard-earned political progress that I spoke of, those political gains still have to be protected. New laws and restrictions could close off the space where civil society gives individual citizens a voice and holds leaders accountable. Old tribal divisions and ethnic divisions can still be stirred up. I want to be very clear here -- a politics that's based solely on tribe and ethnicity is a politics that's doomed to tear a country apart. (Applause.) It is a failure -- a failure of imagination.

Of course, here, in Kenya, we also know the specter of terrorism has touched far too many lives. And we remember the Americans and Kenyans who died side by side in the attack on our embassy in the '90s. We remember the innocent Kenyans who were taken from us at Westgate Mall. We weep for the nearly 150 people slaughtered at Garissa -- including so many students who had such a bright future before them. We honor the memory of so many other innocent Kenyans whose lives have been lost in this struggle.

So Kenya is at a crossroads -- a moment filled with peril, but also enormous promise. And with the rest of my time here today, I'd like to talk about how you can seize the moment, how you can make sure we leave behind a world that's better -- a world that we borrowed from our children.

When I first came to sub-Saharan Africa as President, I made clear my strong belief that the future of Africa is up to Africans. (Applause.) For too long, I think that many looked to the outside for salvation and focused on somebody else being at fault for the problems of the continent. And as my sister said, ultimately we are each responsible for our own destiny. And I'm here as President of a country that sees Kenya as an important partner. (Applause.) I'm here as a friend who wants Kenya to succeed.

And the pillars of that success are clear: Strong democratic governance; development that provides opportunity for all people and not just some; a sense of national identity that rejects conflict for a future of peace and reconciliation.

And today, we can see that future for Kenya on the horizon. But tough choices are going to have to be made in order to arrive at that destination. In the United States, I always say that what makes America exceptional is not the fact that we're perfect, it's the fact that we struggle to improve. We're self-critical. We work to live up to our highest values and ideals, knowing that we're not always going to achieve them perfectly, but we keep on trying to perfect our union.

And what's true for America is also true for Kenya. You can't be complacent and accept the world just as it is. You have to imagine what the world might be and then push and work toward that future. Progress requires that you honestly confront the dark corners of our own past; extend rights and opportunities to more of your citizens; see the differences and diversity of this country as a strength, just as we in America try to see the diversity of our country as a strength and not a weakness. So you can choose the path to progress, but it requires making some important choices.

First and foremost, it means continuing down the path of a strong, more inclusive, more accountable and transparent democracy. (Applause.)

Democracy begins with a peacefully-elected government. It begins with elections. But it doesn't stop with elections. (Applause.) So your constitution offers a road map to governance that's more responsive to the people -- through protections against unchecked power, more power in the hands of local communities. For this system to succeed, there also has to be space for citizens to exercise their rights.

And we saw the strength of Kenya's civil society in the last election, when groups collected reports of incitement so that violence could be stopped before it spun out of control. And the ability of citizens to organize and advocate for change -- that's the oxygen upon which democracy depends. Democracy is sometimes messy, and for leaders, sometimes it's frustrating. Democracy means that somebody is always complaining about something. (Laughter.) Nobody is ever happy in a democracy about their government. If you make one person happy, somebody else is unhappy. Then sometimes somebody who you made happy, later on, now they're not happy. (Laughter.) They say, what have you done for me lately? (Laughter.) But that's the nature of democracy. That's why it works, is because it's constantly challenging leaders to up their game and to do better.

And such civic participation and freedom is also essential for rooting out the cancer of corruption. Now, I want to be clear. Corruption is not unique to Kenya. (Laughter.) I mean, I want everybody to understand that there's no country that's completely free of corruption. Certainly here in the African continent there are many countries that deal with this problem. And I want to assure you I speak about it wherever I go, not just here in Kenya. So I don't want everybody to get too sensitive. (Laughter.)

But the fact is, too often, here in Kenya -- as is true in other places -- corruption is tolerated because that's how things have always been done. People just think that that is sort of the normal state of affairs. And there was a time in the United States where that was true, too. My hometown of Chicago was infamous for

Al Capone and the Mob and organized crime corrupting law enforcement. But what happened was that over time people got fed up, and leaders stood up and they said, we're not going to play that game anymore. (Applause.) And you changed a culture and you changed habits.

Here in Kenya, it's time to change habits, and decisively break that cycle. Because corruption holds back every aspect of economic and civil life. It's an anchor that weighs you down and prevents you from achieving what you could. If you need to pay a bribe and hire somebody's brother -- who's not very good and doesn't come to work -- in order to start a business, well, that's going to create less jobs for everybody. If electricity is going to one neighborhood because they're well-connected, and not another neighborhood, that's going to limit development of the country as a whole. (Applause.) If someone in public office is taking a cut that they don't deserve, that's taking away from those who are paying their fair share.

So this is not just about changing one law -- although it's important to have laws on the books that are actually being enforced. It's important that not only low-level corruption is punished, but folks at the top, if they are taking from the people, that has to be addressed as well. (Applause.) But it's not something that is just fixed by laws, or that any one person can fix. It requires a commitment by the entire nation -- leaders and citizens -- to change habits and to change culture. (Applause.)

Tough laws need to be on the books. And the good news is, your government is taking some important steps in the right direction. People who break the law and violate the public trust need to be prosecuted. NGOs have to be allowed to operate who shine a spotlight on what needs to change. And ordinary people have to stand up and say, enough is enough. (Applause.) It's time for a better future.

And as you take these steps, I promise that America will continue to be your partner in supporting investments in strong, democratic institutions. (Applause.)

Now, we're also going to work with you to pursue the second pillar of progress, and that is development that extends economic opportunity and dignity for all of Kenya's people.

America partners with Kenya in areas where you're making enormous progress, and we focus on what Kenyans can do for themselves and building capacity; on entrepreneurship, where Kenya is becoming an engine for innovation; on access to power, where Kenya is developing clean energy that can reach more people; on the important issue of climate change, where Kenya's recent goal to reduce its emissions has put it in the position of being a leader on the continent; on food security, where Kenyan crops are producing more to meet the demands of your people and a global market; and on health, where Kenya has struck huge blows against HIV/AIDS and other diseases, while building up the capacity to provide better care in your communities.

America is also partnering with you on an issue that's fundamental to Kenya's future: We are investing in youth. (Applause.) We are investing in the young people of Kenya and the young people of this continent. Robert F. Kennedy once said, "It is a revolutionary world that we live in," and "it is the young people who must take the lead." (Applause.) It's the young people who must take the lead.

So through our Young African Leaders Initiative -- (applause) -- we are empowering and connecting young people from across the continent who are filled with energy and optimism and idealism, and are going to take Africa to new heights. (Applause.) And these young people, they're not weighted down by the old ways. They're creating a new path. And these are the elements for success in this 21st century.

To continue down this path of progress, it will be vital for Kenya to recognize that no country can achieve its full potential unless it draws on the talents of all its people -- and that must include the half of Kenyans -- maybe a little more than half -- who are women and girls. (Applause.) Now, I'm going to spend a little time on this just for a second. Every country and every culture has traditions that are unique and help make that country what it is. But just because something is a part of your past doesn't make it right. It doesn't mean that it defines your future.

Look at us in the United States. Recently, we've been having a debate about the Confederate flag. Some of you may be familiar with this. This was a symbol for those states who fought against the Union to preserve slavery. Now, as a historical artifact, it's important. But some have argued that it's just a symbol of heritage that should fly in public spaces. The fact is it was a flag that flew over an army that fought to maintain a system of slavery and racial subjugation. So we should understand our history, but we should also recognize that it sends a bad message to those who were liberated from slavery and oppression.

And in part because of an unspeakable tragedy that took place recently, where a young man who was a fan of the Confederate flag and racial superiority shot helpless people in a church, more and more Americans of all races are realizing now that that flag should come down. (Applause.) Just because something is a tradition doesn't make it right.

Well, so around the world, there is a tradition of repressing women and treating them differently, and not giving them the same opportunities, and husbands beating their wives, and children not being sent to school. Those are traditions. Treating women and girls as second-class citizens, those are bad traditions. They need to change. (Applause.) They're holding you back.

Treating women as second-class citizens is a bad tradition. It holds you back. (Applause.) There's no excuse for sexual assault or domestic violence. There's no reason that young girls should suffer genital mutilation. There's no place in civilized society for the early or forced marriage of children. These traditions may date back centuries; they have no place in the 21st century. (Applause.)

These are issues of right and wrong -- in any culture. But they're also issues of success and failure. Any nation that fails to educate its girls or employ its women and allowing them to maximize their potential is doomed to fall behind in a global economy. (Applause.)

You know, we're in a sports center. Imagine if you have a team and you don't let half of the team play. (Laughter.) That's stupid. (Laughter and applause.) That makes no sense. And the evidence shows that communities that give their daughters the same opportunities as their sons, they are more peaceful, they are more prosperous, they develop faster, they are more likely to succeed. (Applause.) That's true in America. That's true here in Kenya. It doesn't matter.

And that's why one of the most successful development policies you can pursue is giving girls and education, and removing the obstacles that stand between them and their dreams. And by the way, if you educate girls -- they grow up to be moms -- and they, because they're educated, are more likely to produce educated children. (Applause.) So Kenya will not succeed if it treats women and girls as second-class citizens. I want to be very clear about that. (Applause.)

Now, this leads me to the third pillar of progress, and that's choosing a future of peace and reconciliation.

There are real threats out there. President Kenyatta and I spent a lot of time discussing the serious threat from al-Shabaab that Kenya faces. The United States faces similar threats of terrorism. We are grateful for the sacrifices made by Kenyans on the front lines as part of AMISOM. (Applause.) We're proud of the efforts that we're making to strengthen Kenya's capabilities through our new Security Governance Initiative. We're going to stand shoulder-to-shoulder with you in this fight against terrorism for as long as it takes. (Applause.)

But, as I mentioned yesterday, it is important to remember that violent extremists want us to turn against one another. That's what terrorists typically try to exploit. They know that they are a small minority; they know that they can't win conventionally. So what they try to do is target societies where they can exploit divisions. That's what happens in Iraq. That's what happens around the world. That's what happened in Northern Ireland. Terrorists who try to sow chaos, they must be met with force and they must also be met, though, with a forceful commitment to uphold the rule of law, and respect for human rights, and to treat everybody who's peaceful and law-abiding fairly and equally. (Applause.)

Extremists who prey on distrust must be defeated by communities who stand together and stand for something different. And the most important example here is, is that the United States and Kenya both have Muslim minorities, but those minorities make enormous contributions to our countries. These are our brothers, they are our sisters. (Applause.) And so in both our countries, we have to reject calls that allow us to be divided.

This is true for any diverse society. And Kenya is rich with diversity -- with many dozens of tribes and ethnicities, and languages and religious groups. And time and again, just as we've seen the dangers of religious or ethnic violence, we've seen that Kenya is stronger when Kenyans stand united -- with a sense of national identity. That was the case on December 12, 1963, when cities and villages across this country celebrated the birth of a nation. It was true in 2010, when Kenya replaced the anarchy of ethnic violence with the order of a new constitution. (Applause.)

So we can all appreciate our own identities, our bloodlines, our beliefs, our backgrounds -- that tapestry is what makes us who we are. But the history of Africa -- which is both the cradle of human progress and a crucible of conflict -- shows us that when we define ourselves narrowly, in opposition to somebody just because they're of a different tribe, or race, or religion -- and we ignore who is a good person or a bad person, are they working hard or not, are they honest or not, are they peaceful or violent -- when we start making distinctions solely based on status and not what people do, then we're taking the wrong path and we inevitably suffer in the end. (Applause.)

This is why Martin Luther King called on people to be judged not by the color of their skin but the content of their character. (Applause.) And in the same way, people should not be judged by their last name, or their religious faith, but by their content of their character and how they behave. Are they good citizens? Are they good people?

In the United States, we embrace the motto: E Pluribus Unum. In Latin, that means, out of many, one. In Kenya, Harambee -- we are in this together. Whatever the challenge, you will be stronger if you face it not as Christians or Muslims, Masai, Kikuyu, Luo, any other tribe -- but as Kenyans. And ultimately, that unity is the source of strength that will empower you to seize this moment of promise. That's what will help you root out corruption. (Applause.) That's what will strengthen democratic institutions. That's what will help you combat inequality. That's what will help you extend opportunity, and educate youth, and face down threats, and embrace reconciliation.

So I want to say particularly to the young people here today, Kenya is on the move. Africa is on the move. You are poised to play a bigger role in this world -- (applause) -- as the shadows of the past are replaced by the light that you offer an increasingly interconnected world. And in the light of this new day, we have to learn to see ourselves in one another. We have to see that we are connected, our fates are bound together. Because, in the end, we're all part of one tribe -- the human tribe. (Applause.) And no matter who we are, or where we come from, or what we look like, or who we love, or what God we worship, we're connected. Our fates are bound up with one another.

Kenya holds within it all that diversity. And with diversity, sometimes comes difficulty. But I look to Kenya's future filled with hope. And I'm hopeful because of you, the people of Kenya, especially the young people.

There are some amazing examples of what's going on right now with young people. I'm hopeful because of a young man named Richard Ruto Todosia. Richard helped build Yes Youth Can -- I like the phrase, Yes Youth Can -- (applause.) It became one of the most prominent civil society organizations in Kenya, with over one million members. And after the violence of 2007, 2008, Yes Youth Can stood up to incitement, helped bring opportunity to young people in places that were scarred by conflict. That's the kind of young leadership that we need. (Applause.)

I'm hopeful because of a young woman named Josephine Kulea. (Applause.) So Josephine founded

Samburu Girls Foundation. And she's already helped to rescue over 1,000 girls from abuse and forced marriage, and helped place them in schools. (Applause.) A member of the Samburu tribe herself, she's personally planned rescue missions to help girls as young as 6 years old. And she explains that, "The longer a girl is in school, everything for her -- for her income, for her family, for this country -- everything changes." She gives me hope.

I'm hopeful because of a young woman named Jamila Abass. So Jamila founded Mfarm, which is a mobile platform that is already used by over 14,000 people across Kenya. Mfarm makes it easy for farmers to get information that lets them match their crops with what the market demands. And studies show that it can help farmers double their sales. So here's what Jamila said: "I love Kenya because you feel you are home anywhere you go."

Home anywhere you go -- that's the Kenya that welcomed me nearly 30 years ago as a young man. You helped make me feel at home. And standing here today as President of the United States, when I think about those young people and all the young people in attendance here, you still make me feel at home. (Applause.) And I'm confident that your future is going to be written across this country and across this continent by young people like you -- young men and women who don't have to struggle under a colonial power; who don't have to look overseas to realize your dreams. Yes, you can realize your dreams right here, right now. (Applause.)

"We have not inherited this land from our forebears, we have borrowed it from our children." So now is the time for us to do the hard work of living up to that inheritance; of building a Kenya where the inherent dignity of every person is respected and protected, and there's no limit to what a child can achieve.

I am here to tell you that the United States of America will be a partner for you every step of the way. (Applause.)

God bless you. Thank you. Asante sana. (Applause.)

END

12:43 P.M. EAT

2015-07-09 Remarks by The First Lady at White House Tribal Youth Gathering

The Renaissance Hotel
Washington, D.C.

11:30 A.M. EDT

MRS. OBAMA: Wow, look at all of you! (Applause.) Wow. How are you guys doing? Good? (Applause.) Having fun? (Applause.) That's good. You guys, rest yourselves. You've been working hard. You deserve a seat.

Let me just say this -- I am beyond thrilled to be here with all of you today for the first-ever White House Tribal Youth Gathering. You all look so amazing. Wow. (Applause.)

Let me start by thanking Hamilton. Did I hear somebody call -- you called him "Hammy?" (Applause.) I want to thank Hamilton for his very kind introduction. And I also want to thank Secretary Jewell for her leadership on making this possible, as well as Secretary Burwell, Attorney General Lynch, who were also involved in co-sponsoring this event. I want to join Hamilton in thanking all of the members of Congress who joined us throughout the day and will be joining you all throughout the day.

I want to acknowledge all of the elders and the tribal leaders who are here with us today to support all of these amazing young people. Let's give a hand to our elders and our leaders. (Applause.) Thank you.

AUDIENCE MEMBER: We love you, First Lady! (Laughter and applause.)

MRS. OBAMA: Well, I think it goes without saying that I love you too. (Applause.) And I am just so proud to be able to welcome you all, the young leaders who have traveled here to D.C., or are tuning in from more than 65 watch parties all over the country.

We have such an extraordinary group here today -- more than 1,000 young people representing 230 tribes from 42 states. We have the Mohawk, Seneca, and Onandaga Nations of the Northeast. We have the Crow, Comanche, and Spirit Lake Nations of the plains. We have the Navajo, Pueblo, and Hopi Nations of the Southwest. (Applause.) Everybody's here! (Applause.) We have Native Hawaiians who are here, Alaska natives, including a young group of Inupiaq youth who traveled thousands of miles from the Native Village of Barrow, which is the northernmost city in the United States of America. And together, you represent so many rich cultures and such a proud heritage -- one that has shaped this country for centuries. (Applause.)

Now, long before the United States was even an idea, your ancestors were harvesting the crops that would feed the world for centuries to come. (Applause.) And places like Seattle and Michigan and natural wonders like Niagara Falls and Yosemite can only be named using your Native languages.

Your artwork has inspired generations of artists. Your healing techniques have spurred great medical advances and saved countless lives. One of your early democratic institutions -- the Iroquois Confederacy -- served as a model for the United States government. And today, on issues like conservation and climate change, we are finally beginning to embrace the wisdom of your ancestors. (Applause.)

So make no mistake about it, your customs, your values, your discoveries are at the heart of the American story. And yet, as we all know, America hasn't always treated your people and your heritage with dignity and respect. Tragically, it's been just the opposite.

Your traditions were systematically targeted for destruction. Your people were forced to relocate far from the lands they'd lived on for generations. Young people just like you were sent to boarding schools designed to strip them of their language, culture, and history. And your religions and ceremonies were outlawed by so-called "civilization regulations" -- regulations that literally made your cultures illegal.

And while that kind of blatant discrimination is thankfully far behind us, you all are still seeing the consequences of those actions every single day in your Nations. You see it in the families who are barely

getting by. You see it in the classmates who never finish school, in communities struggling with violence and despair.

Just last summer, my husband and I met with a group of young people at the Standing Rock Sioux Nation in North Dakota -- and I know some of those amazing young people are here with us today. And during our visit, they told us of heart-wrenching stories about substance abuse, and homelessness, and suicide -- crises that would probably overwhelm most young people. But not these young men and women.

See, in the face of all these challenges, not a single one of them had given up. Not a single one of them had lost hope. That's what moved us. Instead, they were looking to their future. They were thinking about going to college -- they were going to college. They were finding good jobs. They were volunteering as tutors and mentors for kids in their community. They were working jobs and helping to raise younger siblings. They were doing everything they could to lift themselves up.

And more than anything else, I believe that that is your story, the story of your generation, Gen-I -- the story of young people like you investing in yourselves, rising up as leaders in your Nations and in the world.

So many of you are already well on your way. In fact, when we launched our Gen-I Native Youth Challenge, we were inundated with 1,500 submissions -- examples of young people taking on the toughest issues in their Nations -- everything from planting community gardens to improve nutrition, raising awareness about mental illness and teen pregnancy, finding new ways to celebrate your cultures and traditions.

Just take the story of SaNoah LaRocque from the Turtle Mountain Band of the Chippewa, who I know is watching from North Dakota. SaNoah wanted to wear an eagle feather to her high school commencement earlier this year, but her school had a policy barring any extra decorations on a cap and gown. Now, for SaNoah, an eagle feather wasn't just a decoration, it was a treasured symbol of her heritage. So SaNoah appealed to her school board and she won. And a few weeks later, she spoke on stage at her commencement, proudly wearing her eagle feather. And this fall, she'll be enrolled as a pre-med student at Harvard College. (Applause.)

I share SaNoah's story because it's a perfect example of what Gen-I is all about. You see, Gen-I isn't just a summit. This isn't just a program. See, Gen-I is a movement, you understand? It's about tribal youth from across this continent embracing your heritage, telling your stories, and teaching people about your central role in our history and our future.

Gen-I is about all of you investing in your promise by getting a good education. You've got to finish high school, go on to college or a vocational training program so that you are in a position to get good jobs and be the leaders that you were meant to be. And Gen-I is about tribal youth coming together and raising your voices for change not just in your Nations, but in the entire United States of America.

That's why you're here. That's what this Summit is about. It's a chance for you all to connect with each other. Just look at you all. Connect with each other and be inspired by each other.

So is there an issue you that care about in your community? Health care, clean water, education -- anything? I guarantee you that someone else here today is taking on that very same issue in their community. So I want you to find that person. Ask them how they're doing it and bring their good ideas back to your home.

And then I want you to think even bigger. I want you to start learning about your elected officials. Because make no mistake about it, the laws those folks are making absolutely have an impact on your communities.

And if those officials aren't looking out for you and your families, you need to vote for someone who will -- even better, run for office yourself. (Applause.) Local office, state office, even President of the United States -- I know you all have it in you. (Applause.) I know you can do that.

But I also know that none of this will be easy. Like many young people your age, I know that you may have moments in your lives when you're filled with doubts, or you feel weighed down by history or stifled by your

circumstances, or think that no one really understands what you're going through. But when you start to feel that way, I want you all to remember one simple but powerful truth -- that every single one of your lives is precious and sacred, and each of you was put on this earth for a reason. (Applause.)

Each of you has something that you're destined to do -- whether that's raising a beautiful family, whether that's succeeding in a profession or leading your community into a better future. You all have a role to play. And we need you. And as you move forward in your journey, I want you to remember that you are never alone.

That's what this is. Look around you. Look at how many people have invested in you being here. And the investment isn't just about you being here, it's an investment in who you are and your value. Right here you have hundreds of fellow travelers all dealing with the same challenges, all just as strong and smart and determined as you are.

Everyone in this room has your back. Everyone who's speaking at this Summit -- all those Cabinet Secretaries, all those powerful people who have come here for you -- they have your back. And you definitely have a President and a First Lady who have your back. (Applause.)

So together, I know that you all can make the change you seek, day by day, vote by vote, eagle feather by eagle feather. That's how we have always made progress in this country -- from the grassroots, through countless acts of hope and defiance that, taken together, have fueled the great movements of our history -- from women's rights, to civil rights, to LGBT rights.

No action is too small. Every voice matters. And while you might not see the change you want in your lifetime, maybe your children will see that change. Maybe your grandchildren or great-grandchildren will see that change. And see, decades from now, maybe those kids, your kids, your offspring will look back at all of you and say that you were the generation who started it all -- Gen-I. You were the generation that dug deep. You were the generation that drew strength from your history and wrote a new story of Indian Country and of America.

I'm so proud of you all. I'm proud of this gathering. I know you all can do this. I believe in you, and I can't wait to see everything you all will achieve for your generation and generations to come.

God bless you all. Thank you. (Applause.)

END

11:45 A.M. EDT

2015-07-22 WAVE X~ How Will The Frequency Shift Affect You Wed ~ July 22, 2015

Posted on [July 22, 2015](#) by [cindyloucbp](#)

<http://roserambles.org/2015/07/22/wave-x-how-will-the-frequency-shift-affect-you-wed-july-22-2015/>



Wondering what the heck is going on out there? Questioning what is going to happen in humanity's future? Would you like some additional information about possible Earth changes? I've found a very nice and informative article on GalacticConnections.com that you might enjoy.

If you want to learn more answers to many question on a spiritual level...which is really what it's all about, please read this article, listen to the radio broadcast, and...

Injoy!

by **Michelle Walling, CHLC, [In5D.com](#)**

Wave X is the term given by [Dr. Simon Atkins](#) to the big wave of electromagnetic frequency that is has been prophesized to arrive on the planet at the end of September this year. There is scientific evidence that proves that electromagnetic frequencies from the sun affect every living thing and its consciousness on the planet. How will Wave X's electromagnetic and cosmic frequencies affect you?

You are actually the best person to answer this question. Earth and its inhabitants have been receiving bursts of Source light energy in the form of solar flares and gamma rays for thousands of years now. As Earth, the solar system, and the galaxy aligned with the center of the Universe at the end of 2012, all were able to begin to receive rapidly increasing transformational energy waves from the center of the Cosmos, or Source, that are raising the vibrational frequency of everything in its path.

2012 to 2013 seemed like a period of rest and preparation for many people. It seemed like nothing had happened and that we were stuck in a never ending time loop. The party started up again in 2014 as the chaotic world events began to reflect the inner changes in people. The end of 2014 and the beginning of 2015 brought wave after wave of transformational energies which have sent the general population into a tailspin that will most assuredly change the world forever.

Look back to 2012 and review the way you have changed since then. Are you a different person? Do you have a better understanding of what has happened in humanity's past and what is currently happening to our DNA? By looking back at the beginning of the acceleration and how you have changed, you can get a good idea of how you will be handling the energies of Wave X.

The Fast Track Souls

Those that have taken a fast track awakening have literally transformed 180 degrees in the last

five years. These are the people who were literally "asleep" and all of the sudden had a huge [awakening](#) that something was very wrong in their lives and there was an urgency to find out what it was. This led to dedicating most of their time into research while following thread after thread in order to find out the truth of [who they are and why they are here](#).

The fast track individuals had an especially challenging time integrating the energies through their bodies in such a short time. These people may have had major flu like ascension symptoms two or three times since then as the body was detoxified and energetically cleansed. They have had to work really hard through a few "deaths" of the ego and lower personalities in the "[Dark Night of the Soul](#)" phase.

Most fast track people will integrate the Wave X energies with swiftness and grace. They are used to change and are not afraid to dedicate every second of their lives to integration and exploration. How far the fast track people will take it depends on the amount of integration what has been done in this lifetime coupled with the overall soul integration and experience.

The Pioneers

Those that have been awake and integrating energies for many years and some since the [Harmonic Convergence](#) of 1987 have chosen the route of the Pioneer. They had to set the stage for the massive amount of people to begin to awaken since 2012. The Pioneers' work included [gridwork](#), energy healing, psychic readings, channeling, and writing to explain to the future lightbringers what would be in store for them. The Pioneers chose a long and steady path of shifting and preparing that has prepared them for Wave X due to the experience and wisdom they have accumulated in this lifetime. Many of the Pioneers have done this type of work in other lifetimes and may have been awake and aware of who they are and what they needed to do since childhood.

Just because a pioneer has been doing this their whole life does not guarantee a golden ticket through the changes that are happening on the planet at this time. Some may actually find this time extremely difficult because they are usually a few generations removed which naturally means they might be resistant to sudden change. How a Pioneer integrates the upcoming galactic wave will depend on how much they are willing to give up their well established practices as everything changes into a new co-creative and interactive stage of quickly blossoming revelations. A guaranteed method of integration of Wave for the Pioneers would include letting go and being their true authentic self. The beautiful merging of Pioneer energy with the Indigo energy will build a bridge for many of the Fast Trackers to integrate this new energy and to become prominent leaders and teachers of today.

The Star Children and Indigos

The Star Children and [Indigos](#) can be grouped together because they are the game changers. Star Children are today's children who know who they are and possibly already have [three stands or more of DNA activated](#). [Indigos](#) include children and adults who have always known they are here to anchor the new energies and to go through this shift in consciousness with the planet. The Star Children and Indigos are already tuning into Wave X as it approaches the planet and are anchoring the energies in advance in order to help step down the galactic frequency a little at a time because the energy is too refined to assimilate all at once.

Indigo adults can be fast trackers if they took a long time to awaken to who they are and why they came. Once awake, they had to hurry and catch up on their personal work in order to know what to do when the big waves of energy came. Just by being incarnated here with their light on the planet at this time, Star Children and Indigos will have completed their mission.

Twelve strand DNA means twelve dimensions and more

Everyone has played an important role in preparing for the planet to receive her cleansing Wave X energies. There is no limit to what can be accomplished with these energies. A twelve strand DNA allows twelve dimensions to be accessed, and doors that have been closed for thousands of years will be open. You have to be willing to find the doors and walk through them. You will find that you can return to Source any time you wish to bask in the void of love and peace. After you have fulfilled the emptiness inside of you that always longed to go home, you will gain a whole new appreciation for Earth and the physical body experience she provides.

[Carla Fox](#) recently shared her experience of returning to Source and what she encountered there. Here is an excerpt from [her blog](#) that describes her journey home:

"I first found myself floating in a mostly dark space. Off into the distance in all directions, there were huge bubbles that I assumed were the many 4th dimensional synthetic realities created by the various deities, ascended masters, and arch angels to name a few that George Kavassilas has referenced many times. My guidance has always been to avoid these, go around them and not engage.

Then, a tunnel or worm hole opened up that led me through the great void that separates the 4th dimension from the 5th. My higher self could be seen at the other end of this tunnel urging me on like a cheerleader. Once through the tunnel, I proceeded to traverse the dimensions leading up to the stargate at the center of the [Milky Way Galaxy](#). There are many other realities in dimensions 5 through 8 that I could see, but again, my mission was to not engage with any of them. Also, at this point I glanced behind me and was surprised to see that a whole host of beings were training behind, almost like the tail of a comet. My interpretation of this is that whenever an individual embarks on this final journey, there are others, perhaps from the same soul family that exit the 4th dimensional arena at the same time so that they can all transcend together.

The normal harvesting of informational patterns that occurs in the 9th dimensional center of the Stargate Milky Way seemed very brief this time around. This tells me that one needs to be fairly clear down here in 3D before this journey even starts.

On to the dimensions from 10 through 12. As I have said before, once one pops out the other side of the Stargate Milky Way, everyone looks and feels pretty much the same. Here is where the real group consciousness is created. I could feel myself becoming bigger and more expansive as I merged with other consciousnesses that were on the same journey as I was. Perhaps I was merging with those many beings who were following me. All of this was very well organized, too, as in the patterning of sacred geometry.

This consciousness that I was now a part of kept vibrating higher, getting bigger and more expansive, and was moving faster as it approached the exit portal for this universe. It seemed as if the now bigger me had become as large as our universe itself

at this point. I popped through the portal and caught a brief glance of the many universes that exist in the multiverse. Clearly I was not stopping there to explore any of them.

After some time, I ended up merging into a field of energy that I can only describe from my earthly viewpoint as 'All that Is' or the 'Source'. This space was a pale golden color without any shapes or energy flows. It was perfectly pure and uniform. Nothing, so to speak, was happening there! I would even describe it as lacking any consciousness whatsoever, as the presence of consciousness would indicate some sort of thought processes at work, and there was none of this going on. Imagine being in a space that was totally neutral and devoid of movement, sound, emotion, thoughts, needs, or goals, and was totally in the now without any urge to go to the past or the future. It was everything and at the same time nothing. So hard to describe.

So was this home? That's as far as I got during today's launching, so from my 3rd and 4th dimensional perspective, it probably was. Was there more beyond this? Probably so, as we exist in an infinite creation. Now that I have visited this 'Source' place, I can go back there any time. It is the perfect place to rest and just be."

Read Part two of Carla's blog [HERE](#).

Advanced Metaphysical abilities

Most people that have intentions to "move into the fifth dimension" will be [pleasantly surprised](#) when they will have access to higher dimensions and places in space and time outside of the constraining matrix overlay we have been trapped in. As more people explore outside of the prison walls, [the false light matrix will no longer be supported and will dissolve](#). Access to higher dimensions will not necessarily unfold in linear fashion. As [multidimensional beings](#), we have always been connected to all dimensions but have forgotten how to access them.

Many people who have [advanced metaphysical abilities](#) will experience an opening that will allow them to be the teachers of abilities they never dreamed possible. People who are already reaching areas past the astral are going even further. Those who are already channeling information from their higher selves will have instant access to Universal [Akashic records](#). In the very near future, teleportation should be possible through the dematerialization and re-materialization of the physical body as our bodies transform into more of a [light body](#) than a physical dense body. Regeneration and rejuvenation of the physical body will take care of all diseases and aging. Manifesting anything you need from the background energy will provide for limitless creation coupled with creative responsibility.

Those who have readied themselves for the manifestation of metaphysical abilities through healing and clearing will be able to tap into them with the introduction of Wave X. This is truly an exciting time to be alive on the planet no matter what chaos unravels around this transformation and upgraded capability.

The [Indigos](#) and [Star Children](#) will [invent and manufacture the technology needed to clean the planet up](#). Those who have proven to be negative and service to self will be split from those who operate out of love and harmony. The world will be changed forever, not just a thousand years. How much the world will change will depend upon us, and how fast we get there will depend on how quickly we can dissolve the constraints. How big are you willing to dream?

Will Wave X change the world in an instant? The world has already changed in the future. Outside of time, the world is perfect. The route to merging perfection with the now in physicality and the time it will take to manifest this perfection depends upon humanity. While some people will definitely be changed immediately when the energy wave comes in September, others will struggle to know what hit them. Prepare yourselves now with the intention that you have no limits to what you can do with this energy.

Find out more about preparation and "Wave X" in my interview with Dr. Simon Atkins. Simon will be returning to the Cosmic Awakening Show August 27 with an update!

https://www.youtube.com/watch?feature=player_embedded&v=jHZfvbqkkKI