

**DOCUMENT OVERVIEW**

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**I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com) ; click on Talk Radio Station #2; click on "64K Listen"

\* **Thursday: 9 pm – 12:00 pm EST *Stargate Round Table*** Host: MariettaRobert

\* **Friday: 9 pm – 2 am EST *Friday Night Hard News*** Hosts: Tara & Rama

Listen live online <http://bbsradio.com/station2schedule> (64K, 64K, 128K player button)

Listen with land-line phone **STATION 2** 605-475-1600  
 Alternative 712-775-6619

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

Listen live online <http://bbsradio.com/station2schedule> (64K, 64K, 128K player button)

Listen with land-line phone **STATION 2** 605-475-1600  
 Alternative 712-775-6619

\* **Friday, Saturday Conference Call:**

The call moves from the radio to the Conference line:

For 1 hour - 10 – 11 pm EST, then returns to BBS Radio

Listen on the phone 641-715-3650 PIN 353863#

Listen online 641-715-3650 PIN 353863#

[www.freeconferencecallhd.com](http://www.freeconferencecallhd.com)

Call to interact / ask questions: Canada & US: **STATION 2** 1- 888-429-5471  
 Direct 323-744-4841  
 International: 530 - 413-9537

Also Available: **BBS Phone Line:** 1-716-748-0144 **NO PIN REQUIRED: this line is very, very clear!**

**C Skype: BBSradio2**

**D Archives for the 3 Programs listed above:**

- To access the **FREE BBS archives** for any of these programs:
- Go to *BBSRadio.com/ Station 2*; scroll down on LHS; click on **Live Talk Radio Shows**
- Scroll through the pages to **Hard News on Friday with Tara and Rama**; click on "Archives"
- Clicking on those words takes you to the listing of all program archives, the latest one being at the top.
- You can download the program to your own computer or listen directly.

**E Archives also exist on the 2013 website:**

<http://2013rainbowroundtable.ning.com/> look under the "Archives" tab for **written notes**, as well as for the **audio recordings** of the conference calls

## 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 972400#

**B Tuesdays, 2<sup>nd</sup> & 4<sup>th</sup> of each month: 9:00 – 10:30 pm EST** *Ashtar on the Road*  
Host is Fran; Susan Leland channels Ashtar & others

<http://www.ashtarontheroad.com/ashtarconferences.html>

To access **by Phone:**

- 1 – 559 – 726 – 1300; PIN 972400#
- Call is free [except for long distance charges]

**via HD Conferencing:** 712-770-4160 **PIN # 980339** [always the same]

<https://www.freeconferencecallhd.com/hd-conferencing/>

**via Skype** **Click on the VOIP button** and enter what they ask for:  
<https://www.freeconferencecallhd.com/hd-conferencing/>

**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 wk] 1-712-432-0990 PIN 66238#

**D Every 2<sup>nd</sup> Wednesday 5:45 PM Pacific / 8:45 PM Eastern** *The Abundance Call*  
60-minute conference call with the Collective,  
a group of Angelic and Galactic beings,  
channeled by Caroline Oceana *Ryan*

**To be notified: email [AscensionTimes@gmail.com](mailto:AscensionTimes@gmail.com) with the message "YES to Abundance!"**

## III OPENING MEDITATION; HOUSEKEEPING; ACCESS TO PODCAST

**A. Opening Meditation: Rainbird**

**B. Housekeeping: Rainbird**

**BBS:**

- A listener-supported radio program; we can access program archives on BBS
- The radio program costs \$300 per week. And we need **\$ 355 this week.**  
**BBS has archives, and there are archives on 2013 Rainbow Roundtable too.**

- Go to [BBSradio.com/Station2](http://BBSradio.com/Station2); find listing for True History call; find **Paypal** button
- BBS appreciates getting checks through the mail – no fees taken off by Paypal
- **NO COST TO ACCESS BBS ARCHIVES** for either of the 2 T & R PROGRAMS,  
or the Thursday night program or MariettaRobert's Stargate Round Table

- The mailing address for those who do not like paying electronically:  
**BBS Network, Inc.** [Please put **"Attention Don"** on the envelope.]  
**5167 Toyon Lane** [Please **note inside that it's for T&R; MR**]  
**Paradise, CA 95969**

- Sending a check to BBS means all your money is received; using Paypal incurs a fee.

**T & R:** • Their full-time, life time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, gas, a home, and access to BBS Radio on order to get this information out to the world.

- **The need this week:** gas, food, bills; money for Rosie's repairs  
OCTOBER 30 IS RENT DEADLINE. [\$1,050]
  - Donations via the Paypal button on the **homepage of 2013 Rainbow Roundtable**
  - **Please notify T & R if you're sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)
  - Rama's mailing address for cheques, Money orders: Ram D Berkowitz  
1704-B Llano St, #249  
Santa Fe, NM 87505
  - **phone contact** is via MariettaRobert Pickett: 317-773-0061  
or by e-mail: [stargatemarietta@gmail.com](mailto:stargatemarietta@gmail.com)
  - **Remember you can book a session with Mother, as well!**
- MR:**
- Please remember to support MariettaRobert's show, too
  - **You can also book a session with MR for a transformational clearing.**

**ASHTAR ON THE ROAD: donations to Santa Fe Coop mean fresh, organic, food for T&R**

- Your donation here supports an account set up for Tara & Rama with Beneficial Farms Community Supported Agriculture in Santa Fe, NM
- These funds will be exclusively used to maintain this weekly account for a steady supply of fresh produce to Tara and Rama. They and we are very grateful for your assistance.
- Please make the donation through the A-O-T-R store. People can do multiples as they wish:

<http://www.ashtarontheroad.com/catalog/item/2497194/10263880.htm>

- Fran has put a link on the Ashtar page as well.  
[http://www.ashtarontheroad.com/tara\\_rama\\_A\\_A\\_news\\_reports.html](http://www.ashtarontheroad.com/tara_rama_A_A_news_reports.html)

**T:** Any trouble hearing means an **issue with the sound: it's an emergency**  
– call 1-888-710-8061

**C: ACCESS TO PODCAST:** The following audio link allows you to listen to the entire program.

[https://bbsradio.com/sites/default/files/audio\\_dirs/hardnewsfriday/Hard\\_News\\_on\\_Friday\\_2017-10-20.mp3](https://bbsradio.com/sites/default/files/audio_dirs/hardnewsfriday/Hard_News_on_Friday_2017-10-20.mp3)

**HARD NEWS Tara, Rama – T; R**

**T:** We're all helping each other to get well - with a little help from our friends, we can do anything! So many people think it's impossible to get over this situation!

**R:** he learned that this entire holographic program is twinkling within an eye; looking as if we're on the edge of oblivion-playing with multiple scenarios of nuclear annihilation that he doesn't want to consider

- CIA head Pompeo saying today that we're on the brink of a conflaguration with North Korea!

- that sexist pig is part of the mafia and is going down – not up to Rama, but the goddess calling the shots!
- can't outdo the words of Obama yesterday: so much has been said about the rude racist remarks from this lifeform
- **Stephanie Miller:** guest was a Japanese lady comedian
  - talking of North Korea and the issues, and the propaganda going on in the US:
  - all these one have is the fear card, and they are using that to stir the pot to create as much distraction, chaos, confusion as they can; Rama has been told to his face: the Captain and the Admiral have said NO NUKES! And they mean it!
  - This brings in the ultimate game of brinkmanship: if the dark ones cross the line – which they've already done - our brothers and sisters with the right technology are walking the West Wing, and that not human life form does not even know it! At the right time it will be over; wishes he had an answer to the twilight: thinks it's NOW
  - Samhain is coming; the crack between the worlds is getting wider and wider: they usually like to play with All souls Night to do their version of honouring Lord Sauron

### **Tom the Cat & Sweet Angelique**

- more and more are coming out connected with Harvey Weinstein – sexual predator, child pedophile rings, human trafficking - all the things that John Podesta, Ms Uma, Anthony Weiner [now in Rikers Island], Hillary and others are involved in
- Harvey Weinstein is extremely pro-Israel to the extreme; he may be connected with the Moussad and other groups - yet making a deal with the devil in the back yard means you could easily end up without a body!

**T:** The vote to cut \$1.5 trillion from Medicare/Medicaid was done on the New Moon in Libra  
**[SEE BELOW]**

### **2017-10-19 51 GOP Senators Just Voted To Cut \$1.5 Trillion from Medicare and Medicaid To Give Super-Rich and Corporations a Tax Cut**

Sanders declared after its passage "It's not a bad bill; it's a horrific bill!" [a tweet]

**Caller/TX:** how, when and where? How will this situation resolve itself; when will things happen; where will it happen?

**T:** We will never be told when; it is up to us; each time we come together and raise our consciousness and change the way we see the world, the way we live in the world, then the galactics will support us even more

**Caller:** two weeks she talked about the energy rising in the entire world [the influx from the cosmos that is from previous Golden ages] – what happened to that?

**T:** It's all here; it's a matter of people doing something with that energy – if people don't do anything with it, it is like nothing if people don't take it seriously. Won't come from money

**Caller:** Didn't say about money; asked what happened to that fever pitch of energy 2 weeks ago!

**T:** it didn't go anywhere: there's a pile of people taking advantage, a pile of people fighting against it. People are getting lessons in terms of the big story; people will not survive with this energy if they remain in a stagnant position; the energy has to be grounded through the spiritual lives of human beings – we have to take that energy and work with it and change the way we see the world.

**Caller: question is muffled**

**T:** That's been going on on a regular basis: Clinton's story beginning to crack

- Reading:** This week saw the Queen of the DNC's favourite accusation come back to bite her: Russiagate – the FBI has documentation indicting Russian nuclear officials designed to benefit Clinton's charitable foundation during the time HRC served on a government body
- the Clintons may have been involved in atomic secrets? Was the question from Tyrell on **Watching the Hawks** – The hearts of Joy Reid, Bill Crystal, Adam Schiff must be breaking as they got supported by someone in the cabal – Hillary!
    - the crack in that established corruption will not stop
  - as we talked of yesterday: Rama talked to an elven being, 20,000 years in her body, working as a simple librarian in St Johns College with access to galactic transport to get to Hesperus, CO – T & R got married on Hesperus Mtn and experienced the energy there and that energy is still with us.
  - Another thing about Obama's speech: he mentioned Michelle as well as other powerful stuff: the idea that when you campaign on a divisive platform, you cannot govern – not ever.
    - there's a brilliance in how we take this: if there is anger, judgement or rage – has to be that we raise it up as that does not exist [ie, remain in neutrality]
  - Another good item: a white nationalist supremacist racist rented a hall for \$10,000 at University of Miami; the people gathered and then ran him out of the place! This is outrageously good
  - Yesterday was the New Moon in Libra: the article has a drawing showing the scales of Ma'at – one scale has a feather; the other is our heart; when both sides are in balance and we are in divine neutrality- that's where we are to be.
    - Carl Boudreau also said it: we are probably a little more hyper than we realize; the energies are affecting us more strongly than we know – don't burn any bridges; remain calm – our minds and bodies are not used to these kind of energies

**T: we have already won!** And it's horrific what is going on now – they are doing it with absolute impunity – and the characters with the big grin on their faces [reference to the article about the tax cut with the photo of Senate Republicans & McTurtle front and centre] think this is cute! They have in theory got the tax cut people like the Koch Bros told them to get!!! [the vote was strictly along party lines; not one Dem voted yes]

- These energies we are in now don't go away -
  - plus the energies from 2 Golden ages from 13 million years ago with no break
  - plus the story of the two stars colliding millions of years ago and that energy has arrived and will remain and will continue to go up
- as we feel frustrated, it affects us exponentially to a place that it is more important than ever to remember that Ascension is not about some magic from outside us: we must choose to ascend from within – even with beautiful things happen, it is still so that Before ascension, chop wood, carry water; After Ascension, chop wood, carry water.
  - Those of us who are able to demonstrate in our lives that we can raise our vibrations and perceive the subtle body changes
  - She was reviewing the speech of St Germain from the Founding Fathers: he was a total vegan and all his energy came from a very small amount of fresh, ripened, off-the-vine fruit which was all he ate
  - with the structured water and adding energy to ourselves: the age pill – our energy is increased
    - Dr Vinayak after 12 days feels better than has ever felt better in his entire life It is starting to repair the DNA and it is lengthening the telomeres; this is a special dispensation that has never been here before

**Caller/BW:** is the age pill available to everyone?

**T:** yes, as you decide to join the plan; she and R cannot join.

- For those who want to work with it, there is a special rate for getting 6 of the bottles, the cheapest price is in only \$50 per bottle – for one person to join and have 5 others buy one of the 6 bottles - as people see the changes, might want to buy one!!!
- Ultimately, only we are responsible – we made an unconditional commitment to come here in this incarnation; we said we will stay the course no matter how long it takes to turn things around – one of the great things is that many, many more people have access to these energies and can ascend with them

## CONFERENCE CALL

[https://www.freeconferencecallhd.com/wall/recorded\\_audio?audioRecordingUrl=https%3A%2F%2Frs2941.freeconferencecall.com%2Fstorage%2FsetHD%2Fa4Ejy%2FiM3I&subscriptionId=4492367](https://www.freeconferencecallhd.com/wall/recorded_audio?audioRecordingUrl=https%3A%2F%2Frs2941.freeconferencecall.com%2Fstorage%2FsetHD%2Fa4Ejy%2FiM3I&subscriptionId=4492367)

**Caller/Virginia:** has sent a small amount. When is Ashtar going to step in? Chokehold gets tighter every day.

**T:** the updates are getting more and more revelatory

- Katrina vanden Heuval is a Faction 3 White Knight, as are David Corn, Sam Seder: she has just spent over a month in Russia; her husband is a Professor Emertius in Russian History.
  - They are getting the goods on Paul Manafort, who took out a huge loan from Russian oligarchs
- The RT program **Watching the Hawks:** starting to crack Hillary open -
  - Bush Jr has made a speech: what is happening in the Middle East was started by him!

**Caller/V:** interested in getting a hand held filter device [for structured water]

**T:** The inventor's consciousness is high; and we are talking about lengthening our lives which means lengthening our telomeres.

- when they messed with our DNA, our lifespan was reduced
- the idea that there could be a libertarian in the White House, and that we are not supposed to be our brothers' keeper and help others – that was behind the budget and then they'll privatize health care
- there are more and more demonstrations around the earth about this
  - Europe – Germany has to deal with 4 parties including the Nazi party and create some kind of unity
  - the eastern bloc is kind of leaning to the right – a reaction to the austerity plans handed down
  - Catalonia is another example: we know you don't care about us, Spain, yet we know we are the wealthiest area in the country; Madrid has lots of money yet it belongs to just a few
    - those in Catalonia have a different culture: the ways of the Force, the ways of nature's god
  - It's all cracking now
- What Carl Boudreau saw was that in the last 3 months of this year – it is starting to be cracked open: the gall of the Republicans to do what they did

**T:** In response to the caller's comment about this being a stupid thing to do

- it's not stupid – it's demonic and is connected to the Dominionist Church of America –
- when Bush Jr got elected via conniving and cheating, the minute he put his hand on the bible, he became the head of that organization
- She tells the caller to remain in that divine neutral space or give your power away!

- Pat Robertson was the head of the Dominionist Church of America and in that moment, America became a church state!
  - The Protocols of the Elders of Zion is the nazi anthem, define the 4<sup>th</sup> Reich – and Bush Jr's job was to create the foundation of the 4<sup>th</sup> Reich in America; he did-
- Pence is salivating at the thought of getting rid of the other [the Grump]; he has 7 kids and is a pedophile
  - The first husband of Pence's wife was the inventor of Cialus!!!
- Thom called [the decision by the Senate] a Wall of Shame:
  - in 2014, the rates of uninsured Americans have been going down continuously;
  - Then the republicans discontinued the funding for the CHIP program, cut the funding for programs that help people sign up, and cut the co-payments for the working poor

**T:** many people say they don't want health care because it's not health care, it's death care

- we know we are not the body, yet we are also enjoined to take care of it – it's what we use to navigate in this dimension

- we improve the **ability of our body to absorb water**

Divide weight / by 2 = no of ounces of water to drink per day

**the age pill:** the process of metabolizing sugar and fat leaves debris in the body which clogs up the works as it accumulates.

- some people drink juice, water to help repair this damage
- the pill helps re build the telomeres; as the telomeres lengthen to their earlier length, the body returns to its previous condition of health

- the inventor of structured water learned how to increase the spin in the technology:
  - the 1<sup>st</sup> /original model of the hand held filter continues to work well; one of the reasons it was created was to remove chlorine and its taste from the water
  - the 2<sup>nd</sup> one has an improved technology because the inventor learned that the amount chlorine has been doubled or tripled in some cases; he increased the amount of spin that the water has to go through to get rid of the chlorine and its taste

**Caller/V:** will get the portable and start a movement there!

**T:** We should notice the high vibrations in the distributors!

**T:** Angelsu used the baking soda and blackstrap molasses combination: 1 tsp of each once a day for a few days; then moved it to twice a day; then up it to 2 tsps of each twice a day – get the ph papers and keep track of your progress from acidity to alkalinity

- it's called discipline and usually takes 3.5 weeks to change an addictive pattern

Completes what Thom Hartmann said:

- the lack of compassion and ability to love is in our face with these ones!

A guest on Thom Hartmann spoke of the Libertarian

## **2017-10-19 51 GOP Senators Just Voted To Cut \$1.5 Trillion from Medicare and Medicaid To Give Super-Rich and Corporations a Tax Cut [SEE BELOW]**

*The Republican budget, declared Sen. Sanders after its passage, "is not a bad bill. It's a horrific bill."*

<https://www.commondreams.org/news/2017/10/19/51-gop-senators-just-voted-cut-15-trillion-medicare-and-medicaid-give-super-rich-and>

## Reading: The Uses of Anger: The Goddess Responding to Racism

**R:** the author was on Sam Seder's show this week; talked about Durga, Kali, Mother Sekhmet and how at this time, the goddesses are rising to the occasion and take no prisoners;

- This is a huge deal as it will affect the power structure in the District of Criminals. When a powerful black lady like Michelle Obama comes on the scene, heads will roll.
- A comedian on Stephanie Miller this morning was talking of strong goddess types and said that Trump may find himself eating his own kahonies! There are lots of goddesses out there who don't like being accosted by a white fat male pig!

**R** heard from **Tom the Cat and Sweet Angelique**

- things are rolling right along for the economies to go through a transformation, transfiguration which is NOT about "reset", as that word has a bad connotation – it's Faction 2 word
- Max Keiser is just losing it as Bit coin is up to \$6000 A COIN. Jamie Diamon is also playing with it too

**T:** there is nothing to buy re bit coin – it's a virtual reality thing that's why it can't be traced or messed with

**Reading:** 2017-10-14 **The Uses of Anger: The Goddess Responding to Racism** [SEE BELOW]  
<http://www.wildmysticwoman.com/poetry-prose/uses-of-anger>

## B B S RADIO

**Patricia Cota-Robles**

[www.eraofpeace.org](http://www.eraofpeace.org)

**Vlog 32 THE POWER OF THE SPOKEN WORD**

[https://eraofpeace.us10.list-manage.com/track/click?  
u=f8cf9b9e133dde3f2413aadfc&id=13ff678b02&e=86ae4ec55d](https://eraofpeace.us10.list-manage.com/track/click?u=f8cf9b9e133dde3f2413aadfc&id=13ff678b02&e=86ae4ec55d)

**Music:**

**Music: calling in all**

**MOTHER SEKHMET / 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.

Greetings!

- Now is the time; yes, now is the time. These energies that are pouring up, waking up all the cells. It's so awesome to behold, what's happening: would not want to be anywhere else than here. At the same moment, same breath, it is a precarious time on this planet. As the energies get higher, the ones who think they are in control, are in control of nothing! And it is as plain as all of creation saying moving onward and upward, [that we are] leaving all the old petty stuff behind.
- The black goddess in her dissertation about the atmosphere, conditions of the racism in this present time: it is about this one story She keeps bringing it back to: as We [the galactics]



all get introduced into the mix, then there is a whole other piece to it, and it is a very small world after all! Because every facet of this great beauty of what's happening, unravelling, as we wake up to the Divinity in all of us, as – yes, the anger this one speaks of, healthy anger, yet tempered with healing traumas that go so far back. It is removing the traumas from the cells as that can be done by one's own self in these times: forgive all the issues past, forward, present; so much coming into play here, now. About loving this moment and what we do - like . . .

**T:** there was a sentiment expressed by a caller – feeling that these energies are coming in and all of a sudden: what happened? It feels like it didn't do anything or something

**M /A:** it did tremendous things, and it is still doing tremendous things: moving higher and higher as the ripples in the pond get bigger and bigger as the waves go out

**T:** it shows her when they try something as audacious as this bill right on the new moon heading into the Samhain, it's almost like saying to her [Mother] "Hit us with your best shot!" What has She got to say about that?

**M/A:** She can say they will be in the arena; yet it is already over before it begins because they come with energy that is out of its space/time continuum. Evil does not have a place in this realm any longer, and the evil that is being perpetrated is turning on them who have created it.

- Like the elven lady told Rama: you cannot continue in a body and coexist with the rising energies. The gold dust will remove you, simply because energies are way too high
- As the energies move up, it is like radiation to the old energies, old timelines; that is why we always look at Grump and he looks like he is ready to jump out of his skin

**T:** a lot of people don't quite know what to do with the interpretation of that, Mother

**M/A:** he is not comfortable in that form and it could shapeshift in a nano second – would not be in his best advantage!

**T:** Not quite sure that would happen at this time - that would screw things up

- we have seen pictures of shapeshifting of Hillary with the eyes slitting and scales starting to show up
- and one of JFK and the tall alien beside him the whole time he was talking to the people, and he was aware of the presence

**M/A:** That is correct, and there are many of them who walk the halls of the West Wing, and it is for the highest good of all concerned. This one is - at any given point, it will end – that is how She can put it because energy that is used in this manner eats itself alive, it is that simple.

- 85% of Puerto Rico without power: it is a war crime, genocide. This is why they come – to level the playing field now, as everything is unravelling of the old, and the new is pouring in. It may look not as We describe it, yet there are so many energies pouring in at quantum light speed, it's changing the nature of reality as we know it, whether you can feel it or not. Some just know something is in the air, and it's not just every day energy.

• In the last 2 days have been some activity on the sun, with some flares going out across the solar system, as our sun moves up in octave as well. It's affecting everything.

- As the sounds of what we just heard – all of nature, all of creation - these sounds represent what is happening as the energies are rising to the occasion to lend [their influences as] to how we make a different story here and continue in a way where we honour all life as sacred.

**T:** The dark ones have the use of those sounds too, and the threat to do California in with all those quakes: they could use sounds to – rumble Diablo Canyon [which] has a fault all through it – they have access to the technology to create such havoc; they are burning

California to the ground and they are enraged with CA as it's the 6<sup>th</sup> largest economy in the world

**M/A:** the nature of the present state of affairs . . .

**T:** Those fires are going on, on the west coast of Portugal – one rampant fire raging . . .

**M/A:** the present state of affairs on this planet: it's this funny little issue called 911 – it is huge!

**T:** Are they going to pull that one out of the hat?

**M/A:** let's say this is the troll that won't go away! Meaning as all of what 911 represents is why we are in the atmosphere we're in right now: walking while black, being Islamic and being alive on earth. Lord make me an instrument of thy peace . . . it is the first order of business.

- The hate that is spewed by a small group of lifeforms – it comes from conditioning of these mind control energies of stirring the pot as the overwhelming energies that are pouring in are about raising things up, and they can't stand it one little bit, and when a ballsy black lady gets up and calls them out on their shit oh, my - that is the end of the world!

**T:** they are going after Kelly now

**M/A:** There are oceans of blood behind him which is a whole other story as well: you don't get to be a 4 star general and not have folks dead

**T:** that's true

**M/A:** And in this same space /time continuum, in this moment

**T:** highly inappropriate to go around killing everybody you feel like doing in!

**M/A:** Sister Karma has a funny way of showing up when you least expect her: you might be pigging out on your junk food and things happen

**T:** Katrina was saying that Samhain this year will be like no other Samhain

**M/A:** No - the crack between the 2 worlds is so wide right now – it's about the issues that are coming up about the defilement of the goddess, and that is why she rises to the occasion. And in this particular All Souls Night, all kinds of goddesses all over the planet will be doing the work that needs to be done to clear the way for Lady Master Ma'at as she is here!

- The 42 Principles of Ma'at come into play, and it is about "Lord Make me an instrument of thy peace . . ."

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood, as to understand;

To be loved, as to love.

For it is in giving that we receive;

It is in pardoning, that we are pardoned;

It is in dying that we are born to eternal life.

**T:** and out of the cocoon comes the butterfly!

**M/A:** and the butterfly shows up – the golden wings of Lord Michael – legions upon legions upon legions of heaven are here at these times. It may look like Mordor and feel like it, yet fear not: Gandolf the Wise and Obi Wan and a few others are here:

- She is using colourful metaphors because this is changing already, in the twinkling of an eye. Love is the answer; anger and hate in the wrong way will get you out of your body real quick and what the dark side wants is for us to get angry and hate. And that is the long and short of it.
- Yet this keyhole is as large as the Scorpie Black Hole - what we are passing through at this time is no easy task . . .

**T:** Points out to Mother [what is on the tv] about the Niger ambush came after a massive intelligence failure - there was no US oversight

- the Grump put the country of Chad on the Muslim ban list and as a result, they withdrew from Niger; it was after they withdrew that the soldiers were killed. It was a complete dagger in the heart of Chad which has been the US ally in that part of Africa and was helping to fight the agent sabateurs

**M/A:** Agent sabateurs: Al Shabab – all CIA duh!

**T:** this is a problem that keeps getting more complex

**M/A:** It's because the lifeforms called the congress creatures are running out of money – as the shift in the story moves in a different direction - it is about Debt Jubilee

**T:** taxation is voluntary, Mother

**M/A:** why would you want to give something to a petty dictator who will kill you?

**T:** In this world, you will be sorry if you don't - they have their ways . . .

**M/A:** We are here; We come in peace. Let it all be done on earth as it is in heaven. So mote it be. Blessed be.  
Greetings in the light . . . They do some Sounding:

**M/A:** work with the energies of the dolphins and the whales, the green turquoise helps heal the soul matrix for many

**T:** open our empathetic hearts to others of our human race

Greetings in the Light of the Most Radiant One

**M/A:** remember we have the power with love – Kadoish, kadoish kadoish . . .

**R:** he has been to the Antares Arcturus Midway Station

**T:** with Athena ?

**R:** just observing so many new souls coming in – there are many coming in!

**T:** New souls? Where are they coming from?

**R:** they are coming there to consider coming into the earth from Proscion [constellation that is an enigma; 12-14 stars with planets going around it; capital city on Proscion is like visiting Heaven.

**T:** galactics go there for R and R

**R:** can hear the music playing in the air; it is joyful to be there, just to feel that. This is one of the places that has never experienced war, even though it is in the Milky Way Galaxy

**T:** Something has to give: there's a teeter-totter here – lots of energies come in and then they scarfe it with their actions – we're taking away your medicare, medicaid; we're gonna privatize your social security when we're done with you – and so on . . .

**R:** the answer is to call in the doctors without borders, the shamans, the magic people who will help us heal

- he is still integrating being in the presence of the elven lady: it's like being touched by the sun! On a certain level, it shifts atoms, particles – takes a bit to get re-integrated!

**T:** there is someone on there who has filed a lawsuit against Grump – good!

- there is no lack of good influx of energies – they [galactics] letting let the people do this!

**R:** What he saw at the Anterres Acturus Midway Station was such great hope and peace and love coming in

**Audio: Real Time with Bill Maher - 10/20/17 | Oct 10,2017 (HBO)**

[https://www.youtube.com/watch?v=H\\_IsADOCbJM](https://www.youtube.com/watch?v=H_IsADOCbJM)

**Audio: Max Keiser Episode 1138 2017-10-20**

<https://www.rt.com/shows/keiser-report/407342-episode-max-keiser-1138/>

From Chicago, Max and Stacy discuss volatility being at an all-time low while overdose deaths reach a record high. Max continues his interview with financial journalist, Mark Melin about the absence of justice when it comes to high financial crimes.

**Audio: Redacted Tonight 2017-10-20**

~169~ **Global Própaganda, Docs Revéal US Supported Genocíde, CÍA Stages Meetup**

<https://www.youtube.com/watch?v=jC9GV-ssPYo>

Most ads on TV market global suícide and we're programmed not to see it. A profit-driven system begets media that endlessly justify consumption and fuel the slow-motion destruction of our humanity. Leé Cămp reveals the U.S. support for an Indonesian genocíde. Then, Natalíe McGill joins Lee to discuss how churches are exploiting Hurricane Harvey and Naomi Karavanî explains how and why the CÍA tried luring Iranian nucléar scientists into the U.S.

**Reading: Thom Hartmann League of the Iroquois by Lewis Henry Morgan 1851**

- Found no video of this reading

**Reading: Threshold Sociopathic Paychecks**

- Found no video of this reading

**Reading: Dennis Weaver – All The World's a Stage**

page 17 – his early life, the 1930s

- Found no video of this reading

**Reading: A.B.C. of Color by W.E.B.DeBois**

**Closing: Rainbird**

**Music: I am here~ Rumi ~read by Coleman Barks**

[https://www.youtube.com/watch?v=Fo\\_-wup9LCs](https://www.youtube.com/watch?v=Fo_-wup9LCs)

**Shaina Noll ~Where I Sit is Holy**

<https://www.youtube.com/watch?v=qJ-tNr6nW5E>



**Shaina Noll**

**Published on 19 Jun 2015**

"Where I sit is holy, holy is the ground...forest, mountain, river, listen to the sound...Great Spirit circles all around me..."

This video features the song Where I Sit Is Holy, from my Bread For The Journey CD. A traditional Native American chant with new verses added by Barbara Clark, it honors the Divine energy that is present in all things, including each one of us. I chose this song for Bread For The Journey because it deeply reflects what I feel about each one of us, and this beautiful planet we share.

The song features my husband, Richard Noll on flute, and Russell Walden on vocals.

**T:** reads a small piece about Bengal tigers

**Closing from T & R**

## INFORMATION RELATED TO THE NOTES

### 2017-10-19 51 GOP Senators Just Voted To Cut \$1.5 Trillion from Medicare and Medicaid To Give Super-Rich and Corporations a Tax Cut

*The Republican budget, declared Sen. Sanders after its passage, "is not a bad bill. It's a horrific bill."*

<https://www.commondreams.org/news/2017/10/19/51-gop-senators-just-voted-cut-15-trillion-medicare-and-medicaid-give-super-rich-and>

By [Jon Queally, staff writer](#) [Common Dreams](#)



Senate Majority Leader Mitch McConnell, center, with fellow Republican leadership on Capitol Hill. (Photo: Reuters/Gary Cameron)

Along strict party lines, the Republican-controlled Senate on Thursday night voted to pass a sweeping budget measure—one criticized as both "despicable" and "horrific" for providing massive giveaways to corporations and the super-rich while eviscerating funding for social programs, healthcare, education, and affordable housing.

"Another dark deed done: GOP passes obscene budget to slash Medicare/Medicaid & explode the deficit – all in the name of tax cuts for the 1%."

—Sen. Jeff Merkley (D-Oregon)

The measure passed by 51-49 vote, with only one Republican, Sen. Rand Paul of Kentucky, joining every Democrat and the chamber's two Independents who voted against it. Its approval now paves that way for massive tax giveaways to the wealthy and corporations envisioned by President Donald Trump and the GOP in both the House and the Senate.

"51 Republican Senators just voted to cut Medicaid by \$1 trillion and Medicare by \$500 billion so that millionaires and corporations can get a tax cut. It's immoral and despicable," said TJ

Helmstetter, a spokesperson for Americans for Tax Fairness, in a statement immediately following the vote.

51 GOP Sens. voted to slash Medicaid by \$1T, Medicare by \$500B, & other working family priorities just so the 1% can get BIG tax cuts.  
SHAME [pic.twitter.com/diqckrg9JT](https://pic.twitter.com/diqckrg9JT)

— For Tax Fairness (@4TaxFairness) [October 20, 2017](#)

Though the budget resolution itself is nonbinding, MoveOn.org's Ben Wikler notes how the Senate passage on Thursday represents the "starting gun for what might be the most consequential legislative fight of the Trump era: the looting of the U.S. treasury to reward billionaire GOP donors and mega-corporations, at the expense of the rest of us." And with the Senate resolution now in place, a reconciliation process can begin with Republicans in the House, meaning the GOP can "shoot for a tax bill without a single Democratic vote."

In the wake of its passage, Sen. Bernie Sanders (I-Vt.)—who earlier this week called the proposal "Robin Hood in reverse" for taking from the poor to give to the rich— [said](#) the "Republicans' budget is not a bad bill. It's a horrific bill."

Republicans' budget is not a bad bill. It's a horrific bill.

— Bernie Sanders (@SenSanders) [October 20, 2017](#)

Sanders was far from alone in his outrage.

Sen. Jeff Merkley (D-Oregon) called the vote a "dark deed" and urged people nationwide to stand up and fight back against what the budget represents:

Another dark deed done: GOP passes obscene budget to slash Medicare/Medicaid & explode the deficit – all in the name of tax cuts for the 1%.

— Senator Jeff Merkley (@SenJeffMerkley) [October 20, 2017](#)

In what world does it make sense to rob trillions from the nat'l treasury, all to grant a massive windfall to the very richest individuals?

— Senator Jeff Merkley (@SenJeffMerkley) [October 20, 2017](#)

It's up to us—all of us—to fight back once again, defeat this destructive GOP tax plan, and stand up for working America. Time to get loud!

— Senator Jeff Merkley (@SenJeffMerkley) [October 20, 2017](#)

Sen. Elizabeth Warren (D-Mass.), also vocal in her warnings ahead of the vote, [condemned](#) the budget put forth by her Republican colleagues as "garbage".

Here, for the record, is the full [roll call](#) of the vote:

Alexander (R-TN), <b>Yea</b>	Franken (D-MN), <b>Nay</b>	Nelson (D-FL), <b>Nay</b>
Baldwin (D-WI), <b>Nay</b>	Gardner (R-CO), <b>Yea</b>	Paul (R-KY), <b>Nay</b>
Barrasso (R-WY), <b>Yea</b>	Gillibrand (D-NY), <b>Nay</b>	Perdue (R-GA), <b>Yea</b>
Bennet (D-CO), <b>Nay</b>	Graham (R-SC), <b>Yea</b>	Peters (D-MI), <b>Nay</b>
Blumenthal (D-CT), <b>Nay</b>	Grassley (R-IA), <b>Yea</b>	Portman (R-OH), <b>Yea</b>
Blunt (R-MO), <b>Yea</b>	Harris (D-CA), <b>Nay</b>	Reed (D-RI), <b>Nay</b>
Booker (D-NJ), <b>Nay</b>	Hassan (D-NH), <b>Nay</b>	Risch (R-ID), <b>Yea</b>
Boozman (R-AR), <b>Yea</b>	Hatch (R-UT), <b>Yea</b>	Roberts (R-KS), <b>Yea</b>
Brown (D-OH), <b>Nay</b>	Heinrich (D-NM), <b>Nay</b>	Rounds (R-SD), <b>Yea</b>
Burr (R-NC), <b>Yea</b>	Heitkamp (D-ND), <b>Nay</b>	Rubio (R-FL), <b>Yea</b>
Cantwell (D-WA), <b>Nay</b>	Heller (R-NV), <b>Yea</b>	Sanders (I-VT), <b>Nay</b>
Capito (R-WV), <b>Yea</b>	Hirono (D-HI), <b>Nay</b>	Sasse (R-NE), <b>Yea</b>
Cardin (D-MD), <b>Nay</b>	Hoeven (R-ND), <b>Yea</b>	Schatz (D-HI), <b>Nay</b>
Carper (D-DE), <b>Nay</b>	Inhofe (R-OK), <b>Yea</b>	Schumer (D-NY), <b>Nay</b>
Casey (D-PA), <b>Nay</b>	Isakson (R-GA), <b>Yea</b>	Scott (R-SC), <b>Yea</b>
Cassidy (R-LA), <b>Yea</b>	Johnson (R-WI), <b>Yea</b>	Shaheen (D-NH), <b>Nay</b>
Cochran (R-MS), <b>Yea</b>	Kaine (D-VA), <b>Nay</b>	Shelby (R-AL), <b>Yea</b>
Collins (R-ME), <b>Yea</b>	Kennedy (R-LA), <b>Yea</b>	Stabenow (D-MI), <b>Nay</b>
Coons (D-DE), <b>Nay</b>	King (I-ME), <b>Nay</b>	Strange (R-AL), <b>Yea</b>
Corker (R-TN), <b>Yea</b>	Klobuchar (D-MN), <b>Nay</b>	Sullivan (R-AK), <b>Yea</b>
Cornyn (R-TX), <b>Yea</b>	Lankford (R-OK), <b>Yea</b>	Tester (D-MT), <b>Nay</b>
Cortez Masto (D-NV), <b>Nay</b>	Leahy (D-VT), <b>Nay</b>	Thune (R-SD), <b>Yea</b>
Cotton (R-AR), <b>Yea</b>	Lee (R-UT), <b>Yea</b>	Tillis (R-NC), <b>Yea</b>
Crapo (R-ID), <b>Yea</b>	Manchin (D-WV), <b>Nay</b>	Toomey (R-PA), <b>Yea</b>
Cruz (R-TX), <b>Yea</b>	Markey (D-MA), <b>Nay</b>	Udall (D-NM), <b>Nay</b>
Daines (R-MT), <b>Yea</b>	McCain (R-AZ), <b>Yea</b>	Van Hollen (D-MD), <b>Nay</b>
Donnelly (D-IN), <b>Nay</b>	McCaskill (D-MO), <b>Nay</b>	Warner (D-VA), <b>Nay</b>
Duckworth (D-IL), <b>Nay</b>	McConnell (R-KY), <b>Yea</b>	Warren (D-MA), <b>Nay</b>
Durbin (D-IL), <b>Nay</b>	Menendez (D-NJ), <b>Nay</b>	Whitehouse (D-RI), <b>Nay</b>
Enzi (R-WY), <b>Yea</b>	Merkley (D-OR), <b>Nay</b>	Wicker (R-MS), <b>Yea</b>
Ernst (R-IA), <b>Yea</b>	Moran (R-KS), <b>Yea</b>	Wyden (D-OR), <b>Nay</b>
Feinstein (D-CA), <b>Nay</b>	Murkowski (R-AK), <b>Yea</b>	Young (R-IN), <b>Yea</b>
Fischer (R-NE), <b>Yea</b>	Murphy (D-CT), <b>Nay</b>	
Flake (R-AZ), <b>Yea</b>	Murray (D-WA), <b>Nay</b>	

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<https://www.comondreams.org/news/2017/10/19/51-gop-senators-just-voted-cut-15-trillion-medicare-and-medicaid-give-super-rich-and>



## 2017-10-14 The Uses Of Anger: The Goddess Responding To Racism

<http://www.wildmysticwoman.com/poetry-prose/uses-of-anger>

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Photo by [Trevor Cole](#) on [Unsplash](#)

*"My response to racism is anger. I have lived with that anger, ignoring it, feeding upon it, learning to use it before it laid my visions to waste, for most of my life. Once I did it in silence, afraid of the weight. My fear of anger taught me nothing. Your fear of that anger will teach you nothing, also."*

**- Audre Lorde, *The Uses of Anger: Women Responding to Racism* (1981)**



**Lately I have been thinking about anger, and its uses.**

And I have been thinking about the Dark Goddess and her role in the cycles of spiritual death and rebirth.

And I have been thinking about how all of this intersects with spiritual activism and how I want to continue cultivating conversations in my online spaces.

**If you've read any of my writing, you'll know that I run with a lot of fire energy.**

My writing is direct, fierce and activating. I write with purpose to tell my truths, and to set fire to old and broken paradigms so that newer, true-er growth can come through. I write to burn down and destroy what is no longer working, so that more love, truth and justice can be experienced by us all.

As a woman on the priestess path, I always find a way of relating my understanding of my soul work back to the archetypes and mythologies of goddesses. It will come as no surprise that I work closely with the goddess in her dark form (also know as the Dark Mother, the Dark Woman or the Dark Feminine).

**The Dark Goddess has been known in many forms around the world, but the two that often fuel my writing around social justice are the Ancient Egyptian goddess Sekhmet (whose image has been on my phone for the last few months) and the Hindu goddess Kali\***

Sekhmet, whose name means *'Powerful One'* or *'She Who Is Powerful'*, is known as the lion-headed warrior goddess who was sent by Ra to punish mankind because he was angry that they were not preserving the sacred principle of Ma'at, or justice. The sun disk on her head is said to represent the searing heat of the mid-day sun, and she was named *'The One Who Loves Ma'at (justice) and Who Detests Evil'*.

**Sekhmet, from wall of Kom Ombo Temple, Egypt**  
(Image sourced from Pinterest)

**Sekhmet was known by some as the 'lady of terror' because of the terrifying way that she rampaged through the fields with her unquenchable lust for human blood.**

Eventually Ra realised that things were getting out of hand. He tried to get Sekhmet to stop, but she wouldn't. So he tricked her by pouring 7,000 jugs of beer and pomegranate juice in her path, which she thought to be blood. She drank the 'blood' and eventually passed out for 3 days. When she finally awoke, her bloodlust had dissipated and her rampaging ended.

**Kali or Kali Ma, is the Hindu deity known as the Dark Mother. Kali is the goddess of creation and destruction. Death and rebirth.**

She is a ferocious warrior who fights against evil and injustice. In the Hindu religious text called the *Devi Mahatmya*, Kali is described as being born from the brow of the Goddess Durga during her great battle with the demon Mahishasura. Kali, who is thought to be a manifestation of Durga's anger, leaps forth from Durga's brow to help defeat the demons Shimba and Nishumba, and later the demon Raktabija. Kali's creation story in the *Devi Mahatmya* is described as follows:

*"Out from the surface of her forehead, fierce with frown, issued suddenly Kali of terrible countenance, armed with a sword and noose. Bearing the strange skull-topped staff, decorated with a garland of skulls, clad in a tiger's skin, very appalling owing to her emaciated flesh, with gaping mouth, fearful with her tongue lolling out, having deep-sunk reddish eyes and filling the regions of the sky with her roars, and falling upon impetuously and slaughtering the great asuras in that army, she devoured those hosts of the foes of the devas."*

**Chromolithograph, Bhau, Bul & Co. of London (19th century), N.d.**  
(Image sourced from [Magic Transistor](#))

**However, like Sekhmet, Kali's rampaging soon got out of control and she was destroying everything in sight.**

In order to stop her, Lord Shiva threw himself in front of her path and lay under her feet. Kali was so shocked at this sight that she stopped immediately and stuck her tongue out in astonishment. This surprising act by Shiva finally ended her rampaging and indiscriminate destruction of everything in sight.



**Why do I share these goddess stories? What does this have to do with racism, my spiritual activist writing or my work as a priestess?**

**Everything. It has everything to do with them.**

The energy and anger behind my writing is very much like Sekhmet ragefully devouring humans because they would not uphold justice, and Kali ferociously leaping from Durga's brow to defeat the demons that had brought evil and destruction to humankind. These goddesses are devouring in nature. And from the feedback that I often receive about my work, my writing can feel devouring too.

**My writing unmasks.**

It names what we are not supposed to name.

It forcefully strips back layers of lies and deception, so that things can be seen, acknowledged and accepted for what they are.

It demands nothing less than full truth and integrity.

It is a raging fire, burning down the white towers of injustice.

**These goddesses had to fight fire with fire.**

They could not ask nicely. They could not wish love & light onto the situation. They could not focus on manifesting positivity and hope that they would create what they focused on. They were fighting evil and injustice, for goddess sake! And what is white supremacy and racism, if not evil and injustice? They knew that in order to defeat these forces, they needed to work with their anger. To use it purposefully and unapologetically. To fully own it.

This is what I am doing when I write about racism.

**As I quoted Audre Lorde saying above - my response to racism is anger.**

**Yes, I am angry.**

I am angry with the spiritual white women who, instead of using their spirituality for justice, use it to silence and gaslight black women and women of colour.

I am angry with the spiritual white women who say they want to help heal the world, but instead do a lot of harm and damage by refusing to acknowledge their privilege or their role as oppressors in a system designed to advantage them, at the expense of others.

I am angry with the spiritual white women who invoke the goddess to manifest their best life, but refuse to work with her in her angry, grieving dark form to bring about justice.

I am angry with the spiritual white women who do deep work with their clients on the witch wound or patriarchal wounds, but do not even acknowledge the slave wound of the white supremacy wounds (which therefore makes their work extremely white-centered, and negates the very real experiences of their community members who are black or people of colour).

I am angry with the spiritual white women who are happy to culturally appropriate goddesses and spiritual guides from various cultures and traditions that are not theirs, but host online spiritual summits and transformational events with speaker lists that are 90% white.

**I am angry at spiritual white women for a million reasons, and I use my anger to write to them in the hopes of activating awakening and change.**

**As Audre Lorde says in the talk on anger quoted at the start of this article:**

*"Every woman has a well-stocked arsenal of anger potentially useful against those oppressions, personal and institutional, which brought that anger into being. Focused with precision it can become a powerful source of energy serving progress and change. And when I speak of change, I do not mean a simple switch of positions or a temporary lessening of tensions, nor the ability to smile or feel good. I am speaking of a basic and radical alteration in those assumptions underlining our lives."*

So yes, I use my anger. And I will not apologise for it because it is useful, and it is mine.

And, at the same time, it is important to hold in mind the stories of Sekhmet and Kali letting their anger get out of control and destroying everything in sight without discernment or wisdom.

**As Audre Lorde says in her talk on The Uses of Anger:**

*"Everything can be used / except what is wasteful / (you will need / to remember this when you are accused of destruction)."*

In other words, anger is a powerful tool however it loses its power when it becomes wasteful. When it becomes bloodlust. When it becomes bullying, shaming and unnecessary aggression.

**When it begins to use you, instead of you using it.**

This anger is not helpful and is not the type of anger I want to work with or encourage. This is why when we are using anger, we must be mindful in our use of it. So that in our trying to devour systems and ideologies of oppression, we do not end up devouring ourselves and the humanity of others in the process.

**As someone who works so closely with anger and the goddess in her dark form, this is a lesson that I must continuously be learning.**

As a black woman who has been conditioned to bite her tongue and stuff her anger back inside herself for survival in white-centered and male-centered spaces, allowing myself to feel and express my anger is one of the most liberating and empowering things that I can do. However I do not wish to allow my anger to turn into unconscious and self-destructive harm.

**So this is a tightrope I am always walking and a paradigm that I am always exploring:**

How can I rightfully and righteously express my anger as a black woman, a dark goddess priestess and a spiritual activist writer, without allowing my anger to devolve into attack, aggression and unconscious rage? Layer on top of this question the way that misogynoir tone-polices black women with the 'angry black woman' trope, and my own internalised oppression from patriarchy and white supremacy, and it gets even messier.

*How do I know when I am consciously using my anger to create change, or when I am destructively using my anger to do harm?*

*How do I know when my anger is being used for intentional death & rebirth, or when it is being used for intentional death & destruction?*

*How do I know when my anger is coming from my power as a black woman, or when it is coming from my wounds as a black woman?*

*(And how do I know that one isn't as valid as the other?)*

I don't have all the answers to these questions. And I certainly know that I'll never have it all perfectly figured out. But I know it's important to keep returning to this question:

### **Am I using my anger, or is my anger using me?**

#### **One serves, one destroys.**

I pray that as often as possible, I can come from a place of service and not destruction. And I ask that when you interact in my online spaces, you try as often as possible to come from a place of service rather than destruction, too.

This does NOT mean black women and women of colour tone-policing themselves, tamping down on their righteous anger or conforming with white supremacist standards of being 'nice'. Messages like this are harmful and perpetuate the very oppression that we are trying to free ourselves from.

It also does NOT mean white women avoiding their responsibility of directly calling a thing a thing because they fear what it will do to their reputation or brand. Messages like this give white women an excuse to hide behind, when what we really need are white women willing to step up more and put their reputations and brands on the line in the name of justice.

#### **What it does mean however is checking your intentions and asking yourself - am I writing to serve, or am I writing to destroy?**

Ultimately, only YOU can know when your anger comes to serve or to destroy. And I will call you and myself in when I feel our anger is not being of service, or when it feels like the bloodlust of our anger is doing unnecessary harm.

But this is the thing about doing this work. There are no neat boxes or easy-to-follow instructions on how to get this right. And the dynamics of white supremacy, white privilege, the historical and modern-day silencing of black women and women of colour, and the use of the internet as a means of mass communication mean that the answer is rarely ever going to be that straight forward.

In practicing our uses of anger through this work, I pray that we will continue to grow and learn together - with truth, justice and love as our teachers.

#### **What I do know for sure is that at this point in history, we need anger. The appropriate response to racism is anger. And like the dark goddesses Sekhmet and Kali, we must use our anger to dismantle the evil and injustices of racism.**

#### **As I finish up this essay, I want to say one last thing about Sekhmet and Kali.**

Though both of these goddesses are described as terrifying, destructive and devouring, what we must also remember is that they have other sides to them that are healing and nurturing.

**Although Sekhmet was known as the 'lady of terror', she was also known as the 'lady of life'.**

She was the patron of physicians and healers, and her priests became known as skilled doctors. It was said that for her friends, she could avert plagues and cure diseases. She was just as much a healer as she was a destroyer.

**As for Kali, she is often referred to lovingly as Mother Kali.**

And although she is a fierce destroyer, it is thought that the impetus behind her destruction is to make space for rebirth. The darkness that she represents is often likened to the warm and unfathomable darkness of the womb. Though she destroys, she also creates. And without her destruction, creation could not take place. She devours all that is not working for us - fear, darkness, (unconscious) anger, self-destructive behaviour and injustice. Her devouring makes way for the birth of that which can better serve us.

I share this last part to remind us that the goddesses, like us, are complex and multidimensional. We are not always angry, always rageful, always devouring. We are loving and healing and nurturing, too.

**And what may look like on the surface to be uncontrolled anger, destruction and rage may actually be truth, justice and love.**

*\*Important note about speaking on Kali: It is important for me to note that I am not Hindu, and do not wish to culturally appropriate deities of the Hindu religion, such as Kali. While Sekhmet is from the Ancient Egyptian pantheon, Kali is part of a religion that is alive and thriving, with over a billion adherents worldwide. I want to make it clear that when I speak on Kali, I am not speaking as an expert or a worshipper. She is not mine to claim as my own. However, I would be remiss to mention her in this essay, as she is such a potent manifestation of the dark goddess, and has had such a huge impact on both my personal spiritual journey and my spiritual activist writing. Despite that, I want to make it very clear that she is not mine to own, and my intention is never to act as if she is. Thank you.*

<http://www.wildmysticwoman.com/poetry-prose/uses-of-anger>