

AAM Combined 2004

Transmitted Through Ronna Herman - 2004 Edition

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YOU ARE THE MASTER OF YOUR DESTINY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, the winds of change are blowing more powerfully and growing stronger every day. The progression/change of the Ages will not be denied. The cosmic life force Essence of the Creator has arrived and is permeating every material facet of Creation in this universe and especially on planet Earth. Some are feeling the excitement, the power and the strong creative impulses from this complex energy infusion of the Cosmic Solar Rays of Creation, while others have moved deeper into fear, desperation and a sense of hopelessness. A plethora of rumors, predictions of doom and gloom are circulating the world, as are many wondrous missives of hope, inspiration and theories to give you insight and encouragement as to what is happening on Earth at this time. Which will you believe? Please be vigilant and discerning, my brave warriors of Light, for what you choose to believe will quickly become your reality. Your thoughts are manifesting more rapidly than you ever thought possible.

It has been some time since we have called you Children of Light. It is time for you to become spiritual adults and masters of your destiny, and that has been the main goal in our teachings to you over the past years. It is no longer appropriate to cling to the "herd state" mentality, whereby you allowed others, whom you thought were more powerful and wiser than you, to dictate to you what you were to believe, how you were to behave, and what you could do or become. You were controlled through fear, guilt and intimidation, and it has not been easy for you to step out of the confines of the collective or mass consciousness belief system, but you have done so, and we salute you.

We will not deny that great changes are indeed in the offing. We have endeavored to make you aware that some of these changes will be disruptive and even uncomfortable so that you will be prepared and not caught unawares. We wish to instill in your mind that you do have choices. You always have a choice. You are the master of your own destiny. You can ride the waves of change like an expert surfer, cresting the highs, and skimming lightly through the troughs as you enjoy the thrill and a great sense of accomplishment. Stop believing that you are being cast asunder by the whims of fate. You can be in total control. You can fashion your future any way you wish, but you must be bold, daring and willing to step out of your comfort zone. You must be willing to let go of all that is not working for you, those things which do not bring you joy or a sense of accomplishment and soul/heart expansion.

We have touched on this subject before, but it is appropriate that we give you an explanation once more regarding the diverse beliefs in predestination and free will. Many believe one or the other to be true, but we have explained that both are true, and you ask, "How can

this be?" Dear ones, you burst forth in perfection from the heart of the Creator, and from the beginning you were predestined and programmed to eventually return to that perfection. How long it takes you to complete your journey is totally up to you. Through the use of the gift of free will, only you can decide if you will take the high, narrow accelerated path of return, or the ebb and flow of the middle path, or the rocky, low road that winds and turns, but eventually leads to the same destination.

However, we would have you know that the middle and low roads are getting more tedious and difficult to traverse. Time as you know it is accelerating at a tremendous pace, and it no longer takes lifetimes to see the results of your beliefs, thoughts and actions. For those who are still stuck in the illusion of the third- and fourth-dimensional reality, the law of cause and effect, or karma, is almost instantaneous. Those who, in the past, existed by taking advantage of others or who were not living a life of integrity and honesty are now being found out and their secrets are coming to light. They can no longer hide their misdeeds of corruption and misuse of power. The Light is penetrating the shadows that permeate the Earth, as well as deep into the heart/soul of every human Being.

It is time to take an inventory, beloveds, to look at the "state of your life." We have said before that it is a time of harvesting. Are you willing to begin to gather your resources, to reinforce your strengths and take the optimum advantage of your blessings and talents, as you endeavor to release those things that weaken, disrupt or create chaos in your life?

Are you honoring the temple for your Spirit? How can you become the spiritual/human Being you wish to become if you do not take care of your physical body? The human physical body as you know it is changing and evolving whether you believe it or not. We will not deny that the accelerated evolutionary process now in progress can be somewhat stressful on the human body, especially those who are more advanced in years. However, by listening to the wisdom of your body Elemental, and by learning what is best for you during these times of transition, you can lessen the stress and move through the process with ease and grace. Many of you can no longer tolerate the heavy processed foods that have been the norm for many years. As you seek and learn to take advantage of the "spiritual nourishment" being offered you, your desires will change and you will no longer feel the need for so much outside stimuli. Heavy, overcooked, processed meals put a strain on the body and take much energy and vital life force to digest, and you still do not derive the nourishment you need for optimum health and vitality.

It is time you refined your sense of taste and learn to savor your food by eating slowly, chewing each mouthful well in order to derive the maximum benefit, and to recognize that more is not always better

. We are not asking you to deprive yourselves, but we are asking you to learn to monitor your feelings of hunger. Is it your physical body that needs nourishment or is it your emotional, mental or spiritual bodies that are sending out signals of imbalance and a need for spiritual sustenance? Has your sense of taste become jaded and dulled by too many complex, rich meals? Awaken your taste buds with a variety of fresh fruit, nuts, crisp

vegetables and golden grains. Allow the healing Light that is filtering into the vegetable kingdom to supply a good portion of your bodily needs. There is more nourishment in these whole foods that you can imagine.

We often stress the importance of the breath and deep, rhythmic breathing, such as the Infinity Breath and other techniques. Another benefit for those of you who have learned to tap into the vibrations of the higher fourth and fifth dimensions is that you will have access to the cosmic breath of life which has been called the “food of the gods.” The rarified Light Rays of the Creator are filled with nourishment for the spiritual, mental, emotional and physical bodies. This is only one of the many gifts being offered you.

Much has been said about the importance of hydrating the body with pure fluids. Water soothes the emotions, cleanses the body, both within and without as it helps to release toxins and to balance the electromagnetic force field of your four lower bodily systems.

Your physical senses are becoming more sensitive as you begin to reawaken your higher, intuitive senses. Are you aware or do you pay attention to the outward sensations that bombard your physical Being every day? What is your sensitivity quotient? Must you always have background noise via the radio or television to drown out your thoughts? Are you comfortable when alone with your own thoughts or do you need constant stimuli around you? Your soul and God Self cannot reach you above the din of chaotic thinking and constant discordant noise that so many of you consider to be normal. Although it is no longer appropriate nor necessary to spend a lifetime learning to quiet the mind and still the senses, it is imperative that you take advantage of all the wonderful, effective techniques that have been given you these past years which help you learn to quickly move into that Still Point of the heart and into the sacred silence of the soul.

Think of your sense of touch and how important it is in creating richness in your life. What if you could not feel the smooth soft skin of a tiny child, or the warm, uplifting embrace of a loved one? What if you could not enjoy the sensation of refreshing, cleansing water upon your body? Your fingertips have some of the most sensitive nerve endings in your body, and think how debilitating it would be if you no longer had this ability. Do you ever think about this and appreciate the wonderful, sensual gift of touch?

How blessed is the gift of sight, but how sad that so many dea

r souls see through a filter of negativity, fear and despair so that the world is a gray, dull place even when the sun shines brightly. Each person sees through a filter of their own making which colors their world accordingly. Does your world seem bright and filled with hope and promise even on the days when the sun does not shine? Your inner Light will brighten your world if you will allow it to do so. It is a Light that never grows dim and will fuel, inspire and lighten your load, no matter what tests and challenges come your way.

You must acknowledge and reclaim the gifts of the physical senses that were given to you when you first incarnated in the world of material form before you can tap into what is called your extra-sensory perception or the higher sensory abilities such as telepathy,

clairvoyance, clairsaudience, and clairsentience. Are you using and taking advantage of the many techniques and tools we have given you over the past year, such as the Infinity Breath, becoming an Alpha Master, building your Pyramid of Light/Power in the fifth dimension and the solar harmonics or sacred healing with sound and vibration? These tools and techniques will speed up the process of transformation as you clear the “thought wave channel” to your Higher Self and tap into the wisdom of your God Self. They will also assist you to quickly transmute any residual negative vibrational patterns you have within so that you do not have to go through the painful process of experiencing these imbalanced energies as you endeavor to release them. Ease and grace should be one of your major affirmations. A constant influx of positive thoughts in the form of short mantras or affirmations is a way to reprogram your subconscious mind, which, in turn, filters down into your deep unconscious mind, your DNA and core beliefs from aeons ago.

You are in the process of re-calibrating your DNA. There is an internal rectification of all the weaknesses and imperfections that you inherited from your ancestors as you ingest the Light of perfection and accelerate the process of rebuilding your perfect Adam/Eve Kadmon Light Body. We have told you that you are moving on an upward spiral, in a circular manner, and you are healing the past as you go forward into the bright new future. You chose your family lineage deliberately, for you knew it was a great opportunity to heal the past for some of the souls who are very dear to your heart. Many of you wonder why you chose to be born into what you call your birth family. It is much more complex than we can explain in this message, but we would have you know that most often it was a great sacrifice on your part, and it certainly was not at the level of awareness or in the circumstances where you belonged or that you could have chosen. Rise about that which you chose as your beginning in this lifetime, dear hearts. Reach upward and inward for your majestic Divine Self. We can and will assist you; however, it must be a p

artnership endeavor. There are miracles in store for you, beloveds, and the greatest of these is that your perfection awaits you. May the radiance of the Creator shine down upon you. You are loved beyond measure. I AM Archangel Michael.

(Note from Ronna: Our Adam/Eve Kadmon body is our original heavenly Divine Being in a fully conscious Light Body form, created by the Elohim, the Creator Lords of Light, as the archetype of humanity. The Adam Kadmon embodies the original full Divine and spiritual nature of man/woman. It is not the same as our personal Oversoul Body of Light which is itself evolving towards Divine Consciousness. Our Higher Self or Oversoul Body is a refracted part of our God Ray Self or our Original Light Body.)

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Dearest friends: These last few months since the Harmonic Concordance have been interesting to say the least. The energy infusion has been intense for me as well as many others I have spoken with. I am usually "in the flow" and my life is filled with ease and grace, as well as many miracles, large and small. However, since mid-October it seems as though everything has been a little out of "sync." As I wrote before, my sweet Mother passed away in October, and even though it was a blessed relief, it was also a time of release and mourning. Then the devastating illness that my daughter experienced which was one of the most difficult things I have had to process in a long time. I am pleased to say that she is doing well and on the road to recovery. She is swiftly regaining her strength and returning to her usual bright and sunny self. I always have many details to handle in Dec. and Jan. as I make plans and firm up my seminar schedule for the year. This year has been somewhat of a test in that I had to change the location of the San Diego Seminar and change the dates of the Longmont Seminar. I even had some doubts as to whether I should cancel these events or not, and dear Michael came through loud and clear asking me to hold these events. He said it was very important and that the people who were led to attend had made an agreement a very long time ago to come together to be anchors for this wondrous energy that is now being showered down upon us. He said it did not matter how many attended, it would be enough to get the task done and so, of course, I agreed. It seems as though these seminars are taking on a whole new meaning and the outcome will be beyond anything I can imagine. If you have been feeling a lot of physical discomfort or experiencing what AA Michael called "an energy flu," join the crowd. The day after my Saturday, one-day intensive here in Reno, I began to experience a slight fever with chills and extreme pain in my neck, shoulder and arm on the left si

de. It was intense throughout the night, but miraculously disappeared around 9 AM each morning for about five days, and then disappeared altogether. I was told that it was the quickest and easiest way to integrate the massive "download" of energy I had experienced over the past month. I am now feeling wonderful again, and my energy level is higher than ever. I feel a great excitement and anticipation about the future, and I know the benefits we will derive far outweigh the little discomforts we must experience in the process. I am so glad our Beloved friend Michael focused on what is happening, and as always, he graciously gives us the tools and information we need to move through the process with ease and grace. Each of you is very dear to me. I send you love, angel blessings and a big hug, Ronna

RELATIONSHIPS AND YOUR SACRED UNION

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, the refined frequencies of the New Age are having a profound effect on how you view yourselves. As you learn to take back your power, set boundaries, and reclaim a sense of self-worth, it will also have an intense effect in your relationships with others, especially romantic relationships.

In the past, you had a lot of unresolved issues that created what could be called “imbalanced or vulnerable blemishes” in your emotional bodies and chakra system, especially chakras one through four. You had many unresolved issues within you in the form of guilt, fear, anger, a sense of abandonment and of being unlovable. All of these thought forms have a vibrational frequency, and you radiated those frequencies of unworthiness out into the world. See these energies radiating forth in front of you and all around you in an infinity sign, whereby they are picked up by those who are resonating at the same frequency levels, and thus are drawn into your life in one way or another. Unconsciously, you attracted to you those who were also coming from a viewpoint of “neediness.” You hoped they could fix everything for you and make you happy, but in reality all this kind of relationship creates is more friction through feelings of lack and an inner sense of unworthiness. In the past, most relationships were based on physical attraction which usually fades rather quickly if there is not more depth to the attraction. There were other dis-empowering components as well such as dependency, a desire for security or an attempt to find validation of self-worth outside oneself. Unresolved issues and problems are magnified when someone comes into your life who mirrors these negative situations back to you. These issues and problems invariably create friction, which is not necessarily a bad thing if you recognize them, are willing to acknowledge them, and agree to make a concerted effort to change them for the better.

The emphasis now is on returning to wholeness within yourself, in taking personal responsibility for your actions, and building self-esteem and sense of worthiness via your solar heart center in cooperation with your soul self and Higher Self. Truth and integrity will be the foundation of any relationship of the future. First you must accept who you are at the present time as you strive to become the very best person you can possibly be through self-examination of your attitudes, beliefs, habits and your weaknesses. You will learn that the foundation of a lasting relationship with others is to first have a “love affair” with yourself, whereby you strive to become more loving and lovable and eventually you realize that “you are love personified” and you do not need anyone else to validate that truth for you because, deep within, you have claimed it. You tap into your Sacred Heart and that wellspring of unconditional love wi

thin your own Divine God Spark, and you remember that there is a never-ending supply of Love/Light available to you through your “Light connection” with Source. That is your Divine Heritage, dear hearts. Why not claim it?

It takes a strong, mutual commitment, without blame, judgment, or ego-driven accusations, to work out personal differences and to arrive at mutually beneficial conclusions that are fair to all parties involved. In a growing, evolving relationship, no longer will there be an emphasis on who is “right” or who is “wrong,” but on compromise and a desire to meet the needs of everyone involved in the most equitable way.

No area of your life can remain stagnant, especially those of you who are dedicated to your spiritual path and soul evolution. It is not always possible for those in a relationship to grow or evolve at the same pace. However, it is possible to not feel threatened, to remain in a supporting role, and allow those around you to develop at their own pace if you have established a “sacred union” within yourself. This “sacred union” is returning to balance and harmony within your physical, mental, emotional and spiritual bodies, as well as reclaiming the attributes and virtues of your masculine and feminine natures. The strictly defined roles of males and females are gradually being altered, whereby a blending of sexually-defined roles is becoming more the norm. The powerful radiance of the Goddess is, once more, being showered down upon the Earth and humanity. The status of women is rapidly changing and masculine/feminine equality will become the norm when both men and women claim their intrinsic masculine/feminine natures. The battle of the sexes has its origins within, for humanity has struggled for aeons to reunite the god and goddess within. Women are learning to reclaim their power; however, they know they must use this gift with love and compassion as an overlay. Those in the male body are gradually learning to allow the unconditional love of the Goddess to “Light the fire of compassion and gentleness within.” They are learning that there is strength in creativity, intuition and a willingness to allow oneself to be gentle and “open-hearted.”

As you strive for spiritual maturity, many facets of your life will change. There will be a strong desire to support one another, along with an intense yearning to grow and expand, even if at times your paths may take different directions. You will claim the truth that you are “bonded together at a soul level” and can never truly be separated.

True sexual union is and can be an incredible spiritual experience, not just the joining of two bodies. Divine sexuality calls for a total opening of the heart, a blending of the mental, emotional and physical facets of your Being, which results in a profound, lasting experience. This type of union can result in a true sense of unity if you are in harmony at a deep soul level, one with another.

You must remove the eth

eric barriers or filters you have placed around your heart and emotions if you are to be able to receive and radiate unconditional love. You must confront your fears about losing those you love, and of disappointments and betrayals of the past, which often manifests as a fear of intimacy or of making a commitment to another. As you learn to believe in and trust yourself, you will develop a fundamental trust in others, and others will place their faith and trust in you, for trust begets trust.

It is not appropriate to sacrifice your dreams and desires for another or for the people in your life to make sacrifices for you. There must be a common goal with everyone involved participating in an agreed upon manner; sharing the load and reaping the rewards.

Each of you belongs to a huge, complex soul family, and have surely played many diverse roles with each other down through the ages. The people you are involved with in this lifetime, or who come into your life so you can learn the “lessons of life,” are a part of a greater ongoing cosmic drama. When you judge another, you need to be aware that, in truth, you are only judging yourself. You have played all the parts during your journey throughout this universe: lovers, friends, mother, father, sister, brother, son and daughter. You are integrating all the attributes of the multiple parts you have played: the strength and wisdom of a father, the gentle nurturing and loving care of a mother, the passion, commitment and companionship of a lover, the steadfast loyalty of a friend, and the joyful, light-hearted interactions between a sister, brother, son or daughter.

It is the time of reuniting, coming together; the beginning of returning to ONENESS. You can no longer hide behind a cloak of fear or isolation, beloveds. It is time to make a conscious commitment, first to yourself and to your God Self, and then to those around you with whom you are destined to experience the “dance of new life.” You must make a conscious, detailed agreement within yourself about what you desire and expect from those around you, and then you must be open to discussing your desires and expectations with all the people whom you interact with. In the future, as relationships unfold, deeper and deeper levels of understanding and commitment will blossom forth, for everyone will be willing to speak from the heart with Spirit as their guide rather than ego.

As many of you know, I have been honored to give many of you personal “galactic readings” over the years. It has been my great pleasure, and I must state that it has also been a blessing and a gift from my beloved messenger, for it has taken up much of her time and energy to bring forth these messages to you. During these times of great change and of great opportunities, I am sending an open galactic reading to you all so that you may know how very special you are, and the wondrous gifts that await you.

Dearly beloved: It is wondrous to watch as you remember

and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, dear one, not only from your sojourns in the higher realms, but from your earthly experiences, as well. It is time for you to remember that the Earth is not your home. You have soared throughout this universe and have always eagerly stepped forward to volunteer for a new assignment, no matter how difficult. Your earthly experiences have been a wondrous variety of cocreative endeavors, and you have made slow but steady progress toward your true identity as a Being of Light. It is time for you to realize that you are much more than just the identity you chose in this lifetime. You and those like you are being given an opportunity to integrate the multiple facets of yourselves, and in doing so you will begin to see how truly powerful and wise you are. All of your trials, tests and seeming failures have made you the shining, beautiful Spirit/human Being you are

today. When you teach, you teach from experience and you show by your example how any obstacles can be overcome and that others, like you, can triumph over any adversity.

This is the time when your soul has reached the furthestmost point of Its journey of separation, and is now ready to begin the journey of “Reunion and Integration” once more. Your soul has gradually been infused with a Divine discontent which slowly filters into your conscious mind and emotions and you begin to turn inward in order to tame the ego and reconnect with the soul, your oversoul and the multiple facets of your greater Self. You now have the potential to connect with the many facets of your soul family, your Higher Self, your many oversouls and your God Ray (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

Your greatest desire for this lifetime has been to integrate the many facets of your Beingness, but first they must be healed and harmonized so that they can be filled with Light. In this way, you will not have to experience the discomfort, the challenges or the karmic interactions of the third- or fourth-dimensional experience, for that is the old way. As you allow your Divine Self to overlight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just allow it to happen naturally, dear one.

What brings you joy and satisfaction? How do you wish to serve? There are many ways and you have many talents (more than you will acknowledge), but the choice is yours. Just remember it should bring you joy and make your heart sing as you offer others the gifts that have been given you. Your reward will be the Light in their eyes and the joy they express as they, too, allow the integration of Spirit to create miracles in th

eir lives.

It is time to let go of the painful past. It is time to claim your mastery, to create your own version of paradise and then teach others to do the same. Help those who come to you to heal their emotional wounds and their physical bodies, and then they will be ready to listen to the nudgings of Spirit. We all are in the times of great change that have been foretold for thousands of years. You carry within the refined vibrational frequencies of the future and you CAN make a difference. Draw the Love/Light of Creation from your Divine Self, use what you need to bring yourself into harmony and vibrant health, and then allow your gentle heart to radiate the beautiful glow of loving energy to others.

Focus on what is right in your world and look for the best in those around you and that is what you will reinforce and help to create. You can change the world around you, one thought at a time.

You have wonderful angelic guides just waiting to assist you. Call on them and together you can create miracles to share with others. Allow us to assist you in fulfilling your mission and to nurture you with our love. I AM ARCHANGEL MICHAEL

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Dearest friends, I must tell you that after the adjustment period of the past three months during which we received an intense download of higher frequency energy, I now feel as if I have been plugged in to a 220 volt socket. My energy level is incredible and I am accomplishing an amazing amount of work. Everything is "back in the flow," and my "joy quotient" has also increased exponentially. So many wonderful things are happening it leaves me almost breathless. The seminar in the San Diego area (Encinitas to be exact), after a slow start, turned out to be an incredible "happening." The people who were inspired to attend were very spiritually advanced, and most of them were in the healing modalities in one way or another. By the time the weekend was over, we had all bonded in a very special way and felt as though we had been reunited with some very special members of our soul family. Dana Plant, who graciously opened her home for the event, is a lovely lady, and she helped to create a beautiful, sacred space for the event. My dear friend, Keith Smith, whom I have known for at least twelve years, was a welcome addition to the program and presented some very helpful information that was enthusiastically received. There was a lot of healing and transformational work accomplished during our two intense days together. Something is happening beyond our comprehension. It seems as though AA Michael, the masters and all the wonderful Beings of Light are much more present when we gather, and the dynamic synergistic vibrational patterns we create assist us to

bring down the rarified frequencies of the fifth dimension into our bodies, the room and all around us. It is an incredible experience. ** On another subject, I have some more exciting information to share with you about numbers. In the past, I have given you some of the meanings I have been given for when we see three numbers in a row. Recently, Beloved Michael told me, "When you see three eight's, 888, representative of the infinity sign, you will know that I am very present with you." Later, El Morya, the Chohan of the First Ray, with whom I have been having some wonderful conversations lately (he is helping me strengthen my physical body), apparently liked the idea and so he told me, "When you see three fives's, 555, you will know I am trying to get your attention." To carry the "game" even further, Djwal Kuhl, who is one of my personal mentors, said, "I will use the number 777 to let you know I am with you." I have learned that when I see 666, I need to ground myself and pay attention, and I always feel the loving energy of Lady Mary and Jesus when I see 333. License plates are one of the most effective ways to validate the use of numbers. Coming back from lunch the day of my seminar on January 10, in Reno, and shortly after AA Michael had given me the information, we saw a truck parked in front of the seminar hall with a license plate that read 8888. Even more amazing, when Robert Newman, a new/old friend who picked me up at the San Diego airport, and I stopped for lunch, what did we see but another truck that had a license plate with 8888 on it. Wow! Way to go, Big Mike. What fun, and what wonderful validation for us. So, I suggest that you ask your guides and special

friends from wondrous far off places what numbers they would like to be identified with, and then enjoy the wonderful miracles they create for your benefit and enjoyment. May your lives be filled with miracles, love, joy and overflowing abundance. Love and angel blessings, Ronna

P.S. When you see a 111, know that I am in my Pyramid and I am sending you Love/Light and all the blessings you can contain.

INTEGRATING THE RADIANCE OF YOUR GOD CELL

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, what you are experiencing during these times of great and radical change is not new to you at a soul level. We would have you know that you have plunged into the multiple levels of Creation thousands upon thousands of time. You have refracted yourselves into many unique forms, and you have enjoyed the wondrous process of reuniting with the myriad Sparks of your Divinity, the magnificent real you, many times as well. Do you think this is the first time you have gone through this process of devolution into density and then ascension into the realms of Light? We tell you emphatically, it is not. However, your journey within your solar system and on planet Earth has taken you to the furthestmost point in your devolution process into a state of forgetfulness and disharmony that you will never have to experience again. All of the fragments of Self you have created are not of the same radiance or do not carry the same amount of Creator Light. Many are much smaller or more diminished in Light than you are, and yet, many, many more carry a greater "Light Quotient" than you now possess. If you could only glimpse the magnificence and beauty that awaits you, you would not hesitate a moment in beginning the process of reunification with the multiple parts of Self and with your vast soul family.

For many years now, you have been involved in the process of clearing, cleansing and harmonizing those fragments (thought form energies) that you created during your odyssey into the third- and fourth-dimensional worlds of reality. You must admit it has been quite a journey and you have gained much wisdom as you sought to reclaim the power and majesty of your Divine Self. For a very long time you have been an unconscious cocreator, and you felt you were at the mercy of a vengeful God or fate. It has taken much soul-searching and hard work for you to finally accept the truth that you and you alone are the creator of your world and of all that takes place in your life. Many of you are still not ready to accept that burden. You would rather believe that there is someone "up there" in control, some higher Being who is pulling the strings and meting out rewards and punishment so that you do not have to take responsibility. As you gained knowledge and turned this knowledge into wisdom, you have also begun the process of reclaiming the full power of the virtues, attributes and qualities of the Creator. You are learning how to use the universal laws of manifestation for your highest good and the greatest good of all as the process of creating your version of earthly paradise accelerates and expands.

Is it not time to heal and let go of the painful memories of the past? Have you not suffered enough? Are you aware that you do not belong in the body that you chose in this lifetime? Do you know that most of you do not belong to

the family you chose in this lifetime? You chose the race, the country, the family and circumstances that would allow you to experience all that you needed to learn, release, transmute and move beyond in order to reclaim your self-mastery. You made the choice, no one made it for you, and you did so in order to heal the past as you evolve and move

forward into the bright new future that is growing ever closer on the horizon. The negative frequencies/thought forms of the third and fourth dimensions are gradually being transmuted, leaving only the beauty, harmony and magnificence of those dimensions as they are reunified with the higher expressions of Creation.

We have given you the example of the broad spectrum of Light and shadow before. At one end is the brightest, most powerful radiance of your God Ray and at the other end is the dimmest shadow light you have ever experienced. You chose to incarnate on that spectrum of Light, not where you belong, but at the place where you could heal the past for your ancient ancestral lineage, the lineage that you chose in this lifetime. We ask you to stop seeing yourselves as a member of this or that race, religion or culture. ALL of you have experienced many lifetimes in every race and sub-race that is or ever has been on Earth.

Beloved Sparks of the Divine, you are of royal heritage. Your lineage is far beyond anything you can ever imagine. Each of you has so much potential, and you have been and done much greater things than you could ever imagine. Those of you who have studied, meditated, prayed and gradually reclaimed your self-mastery are the chosen representatives for your soul family. You are the vanguard. You are the ones who have answered the clarion call once more, and who have moved into the new frontier where the vibrational frequencies of new Creation are just waiting for you to mold them into anything you can desire or imagine (as long as your visions are in harmony with the new Divine Blueprint for the expansion of your galaxy and universe).

You have available to you all that you need to create the world of your dreams. You magnetize to you through your vertical "lifeline" with our Father/Mother God and the Creator all the Primal Life Force Substance that you can ever use. This lifeline is the Rainbow Bridge, which is made up of the twelve rays of God Consciousness, and connects you to your Higher Self and your Divinity. You breathe in the Life Light and you breathe out the vibrations of your thoughts and your intent. You then solidify these vibrations via your actions into material form. You have been given the gift of free will and only you can decide to lower or raise the vibratory level of your auric field via your thoughts and actions.

The process that is now taking place is called the inbreath of Creation. A new, powerful and all-encompassing clarion call has rung forth on your planet, and millions have once more stepped forward to answer the call. We are

gathering our forces, of which you are an integral part, as preparations are made to expand Creation out into the great void. The Creator's radiance is now viable and active in your galaxy, solar system and on planet Earth and you may draw forth as much of this rarified Love/Light as your physical body can contain as long as you use all you draw forth for the greater good.

Many of you are waiting for the wondrous Christed Being called Jesus or Yeshua to return. We would have you know this: all of you who are in the vanguard of the new creative process now in progress played an active part during that great era as well. If you were

incarnated in the physical body during the time Jesus walked the Earth, no matter where you were on Earth or what your station, you helped to anchor the rarified Creator Light that he brought forth to Earth. If you were not embodied on Earth at that time, you were among those who held a holographic thought form in the higher realms. It was also a time of planting the seeds of New Creation, setting the stage for the future christed Beings who would walk the Earth, a time which is now unfolding on Earth. "Christed" means the pure Essence of the Creator, and the beloved Christ Yeshua brought forth the greatest amount of Creator Essence that has ever been contained in one human form on Earth.

There is much being written and said about the beloved Mother (Lady) Mary, and Lady Mary Magdalene, and it is time for the full understanding of what transpired during that momentous era. Lord Yeshua represented the Father/masculine aspect of our Father/Mother God, and Lady Mary and Lady Mary Magdalene represented the Mother/feminine aspect of our Father/Mother God. One of the greatest changes that is occurring in human consciousness is the reunification of our Father/Mother God. They are unified in all aspects and reign over our universe in equal measure. They are equal aspects/facets of the Supreme Creator, one as powerful, dynamic and all-knowing as the other, wondrous and magnificent in their radiance and wisdom.

There will not be one great prophet or representative of the Creator during these swiftly changing times. You, the Light Warriors, will carry the Essence of the Creator. You are the Christed Beings and the Ascended Masters of the future. You are holding the fabric of the new heaven and Earth within your soul, heart and mind. Your greatest desire was to be on Earth during these times of transition, because you remember the perfection of the Earth and the wondrous adventure of being a cocreator as you built your cloaks of flesh, and you experienced the physical senses for the first time. You are record keepers of the past and the future and you have the ability to tap into the cosmic library of records where all the knowledge of the universe is stored. Your personal history and a record of every soul and everything that has taken place in this universe is recorded and accessible to you as a master/cocreat

or of Light.

Beloveds, can you not feel the excitement that is sweeping the Earth? Will you focus on the miracles, large and small that are occurring more frequently around you? Can you rise above all the conflict and uncertainty that is rampant in the world as you solidify your role as a master, knowing that ultimately there will be a higher outcome that will benefit all humanity. We offer these thoughts and guidelines to assist you to claim your rightful place as a master among masters:

We ask you to love yourself as we love you, which is unconditionally. We watch patiently as you strive to return to harmony within, but we do not judge how you accomplish this or how long it takes. We see the radiance of your God Spark and we know what you have experienced over the many aeons of time. How can we judge you or place conditions on our acceptance of who you are, for you have agreed to take this journey into the unknown for all

Creation and we honor you for your bravery and steadfastness. Our love is never- ending. You are a facet of who we are, for we all are a glorious facet of the Creator.

Begin your day by giving thanks for all the many blessings that have been bestowed upon you and then live your day with the joy and expectancy of a child, finding pleasure in the small gifts and blessings that come your way. Focus on what is right in your world and those around you, thereby reinforcing the positive instead of the negative. Develop a habit of choosing a key word or thought for the day, such as joy, peace, love, patience, faith, humility, gratitude, gentleness, dedication, self-control, self-empowerment, self-worth or miracles of the day.

When you stay focused on a positive word or thought of empowerment you are soul-centered and living in the moment. It is one of the secrets of becoming a "Living Meditation." Spirit is perched on your shoulder as your Sacred Witness as you go about the tasks and duties of your day. You are focused on the task at hand with your conscious mind, while your soul self is radiating the soothing vibrations of the key word you have chosen for the day. Whatever word you have chosen will overlight your thoughts and you will become acutely aware of how it affects your reality.

Negative thoughts are toxic to your body and well-being, just as positive thoughts are healing and empowering. Whenever your world tilts and you feel you are not in control of what is going on around you, dear brave hearts, return to Center and seek the wellspring of strength and empowerment within your God Cell. The activation of the twelve-fold God Cell within your heart core bears many gifts of empowerment; however, it will also assist you in releasing any residual negative vibrations from the past. Welcome the challenges and see them as opportunities, for when you emerge on the other side of this latest leap in consciousness, another facet of your Divinity will be waiting to integrate within you. Ask and we will assist

you in every endeavor. Call on us and we will bolster your courage and lighten your burdens. Know that the days ahead are bright with promise as you walk the path of the masters before you. We shower down upon you a full measure of the radiance of our Father/Mother God. You are among the chosen and, in you, we are well pleased. I AM ARCHANGEL MICHAEL and I bring you these truths.

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***** Dearest friends: March has been a busy, but a gratifying month for us here at Star*Quest. My seminar in Longmont was held on March 13 & 14, and it seems as though the groups that are coming together are becoming more powerful and unified. It was an incredible experience for all of us. Cindy and I had a sales table at Lee Carroll's Kryon event here in Reno on March 20, and it was wonderful connecting with all our old friends. Cindy and I are

getting ready to leave for Portland very early on Thursday, March 25. We are driving and it will be a nice change from flying. We have a one-day intensive on Saturday, March 27, and it looks like we will have a larger crowd than usual attending this event. I will be at home for most of the month of April, and have much to finalize before leaving for Europe on April 27. I have some exciting news to share with you: we should have the shipment of Your Sacred Quest and Scripting Your Destiny in trade size paperback (same format as On Wings of Light and The Golden Promise) by the first week in June or shortly thereafter. The trilogy, Once Upon A New World will be available in paperback in mid-August. Karen Bosch, my web master, and I are excited about the formation of Star*Quest publishing and a new website that will be forthcoming. I will share more about this as details are finalized. We have almost completed a set of forty-eight Archangel Michael Cards, "Archangel Michael Speaks to Your Heart and Soul." I am really pleased with the results and am sure you will enjoy them, too. We are all experiencing so many different levels of the "new energy" that is coming in greater and greater waves. As our Beloved friend and teacher, Lord Michael, tells us, "Stay focused on the power of the moment as you breathe in Light and breathe out love. With the help of our beloved and powerful friends in the higher realms, we can overcome and accomplish anything. The love I receive from all of you is one of my greatest blessings, and I return it to you a thousandfold. Ronna

INTEGRATING THE PAST, PRESENT AND FUTURE

THROUGH RONNA HERMAN

Beloved masters, humanity is experiencing an expansion in consciousness at an ever-accelerating rate as the Earth moves into a realm where time is fluid and malleable, and your abilities to cocreate are becoming more powerful. The spiral of ascension is taking the Earth ever closer to its sun and into its proper place within your solar system and galaxy. Those of you who have become multi-dimensional are moving more fully into a new persona as empowered spiritual/human Beings. No longer can you remain isolated in your own little world, for the Earth has, indeed, become very small. You are almost instantly aware of what is taking place in even the most remote areas on the planet via your news media and the worldwide web. You could say that you are now being connected to the Cosmic Web of awareness, whereby you are learning more about your lineage, where you came from, what you experienced before your earthly incarnations, what the Divine Plan was for this universe, and what the future has in store for you and planet Earth.

Through our messenger, we have transmitted thousands of personal messages over the years to dear souls from many countries and from all walks of life, individuals who were at various levels of spiritual awakening, and so each message was designed to give them information pertinent to their lineage, their past, and encouragement for the future. We tell each of you that you have experienced the ascension process many times before, and your lofty dreams and visions are drawn forth from memories of past glory. You cannot even begin to imagine all you have been and all you have experienced down through the many aeons of time. Many more of you are at the point in your integration with Spirit whereby you are beginning to receive your own messages from the higher realms, and this is as it should be. It is time to stop giving your power away to someone else whom you think is wiser or more knowledgeable than you. Beloveds, please begin the process of clearing the distortions or the static that is keeping you from a wondrous relationship with your Higher Self, your guides and teachers, your angelic helpers, from us and ultimately, your God Self.

Over the years, we have given you all the information and tools you need to accomplish this and once you make the “breakthrough” into the realms beyond the veil, your lives will be forever changed. We encourage you to spend time in meditation in your Pyramid of Light. Ask us to join you there, and ask the questions that are foremost in your mind and heart. Listen quietly for a short time, and although you may not get your answers instantaneously, they will come. If you persist in your endeavors and practice “tele-thought” with us, the way will be opened and the connection will grow stronger and stronger as you become more proficient.

We will outline many scenarios for you, wh

ich are only a minuscule portion of the possible lineages and experiences you have had in your adventures throughout the universe. How will you know which ones apply to you? You

will know when you feel as though one of the descriptions is written just for you. You will know when “angel bumps” rise on your skin and a ripple of remembrance washes over you. You will know when your intuition tells you, “YES.”

For those of you who feel a close connection to the Earth, the flora and fauna, the lakes, streams and mountains, it is quite possible that you externalized as an individual Spark of Divine consciousness of the great Devic Angelic Kingdom. From pure crystalline Light substance, you helped to create many wondrous paradise worlds. You took great delight in cocreating things of great diversity and then in experiencing what you had created and, yes, you were among those who helped to create the small planet called Earth. The assigned task of the Devic and Elemental kingdom is to overlight and nourish the nature kingdom, the trees, plants and beautiful flowers, as well as the mountains, lakes, streams and oceans. They are also in charge of the elements of fire, air, water and earth. You are what is called a Star Seed which means that Earth is not your true home. Some of your most joyous memories are of those magical times when humanity was attuned to the will of the Creator.

Many of you are what is called Gatekeepers of the Seven Rays of God-consciousness. You assisted the new souls who were destined to incarnate on Earth as they moved through the seven realms of God-consciousness. In doing so, you were given a seven-faceted crystalline energy within your heart center which gives you the ability to help others refine and balance the virtues of the Seven Rays so that they can heal their physical vessels and begin to build their beautiful Light bodies once more. This core energy is different than your Creator God Cell in that it was active from the time of your birth and has grown stronger as you matured in spiritual awareness. Your God Cell lay dormant until you reached a certain vibrational level which allowed your Higher Self to radiate the appropriate patterns of Light to you which activated your Twelve-fold Crystalline God Cell. Many of you were healers in past lives, and have chosen or feel drawn to the healing modalities in some way in this lifetime.

Many of you are of the lineage of the great Being called Lord Melchizedek, who embodies and transmits the wisdom of the Creator. He is a Cosmic Lord of Light and presides over and directs the vast Priesthood of Light. There has always been what is called a Melchizedek Priesthood on Earth comprised of people who have the ability to bring forth the most relevant spiritual information for those in every culture and race. We ask all of you to study the wisdom teachings we bring forth and then present them to those around you in a way that they will best understand. First you must teach

by example and then people will take heart and be willing to listen to what you have to say. Begin where you are, in whatever small way. Watch as your wisdom and abilities expand, and as you become more confident, your private world will change dramatically for the better.

All of you have journeyed throughout the universe, experimenting and learning to create in harmony with the Divine Will of our Father/Mother God. Some of you spent a very long time in far-distant galaxies, in civilizations where the mind was honored and revered. Over the

aeons of time, you created many wondrous things as you learned to use your mind power and mold primal cosmic energy into form. You could be called “cosmic architects” for the perfect thought forms and visions were encoded within your brain structure so that you and those like you could assist the mighty Elohim and the great Builders of Form to create many wondrous star systems, galaxies and planets, including the paradise called Gaia, (the spiritual name for Earth). After you assumed physical forms, the Earth gradually sank into density and your creations became distorted, bringing about fear, suffering and lack. Remember, you are cocreators; therefore, dear ones, we ask you focus on love, beauty, joy and abundance, for where you place your attention is what you give energy to and that is what you will manifest. It is time for you to glean all the wisdom, success and joy you have experienced during your many sojourns on Earth, as you move rapidly forward on the ascension path.

Many of you are of angelic lineage or of the lineage of other great Beings of Light. In next month’s message we will give you more information on your past heritage and an overview/description of the God Rays (the First, Second and Third Rays), so that you can determine for yourself which Ray is your overlighting Ray or Divine I Am Presence.

You are much more powerful than you realize. You are just beginning to accept the fact that you can depend on yourself and your own judgment rather than allowing others to make your decisions. Remember, the Earth is not your home; you are here on assignment and the assignment is drawing to a close. It is wondrous to watch as you tap into and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, not only from your sojourns in the higher realms, but also from your earthly experiences. You have always eagerly stepped forward to volunteer for a new assignment, no matter how complicated or difficult. Most all of you have had many lifetimes in Lemuria and Atlantis, learning to manifest in the physical expression from the blueprint you carried within your mind, and many of you were in physical form in the times before and also when the final great cataclysms came which sank the remnants of those beautiful continents beneath the waters.

For all of you who are on the path of ascension, this is a balancing lifetime whereby

you are seeking to bring into harmony all the facets of your Being. Deep within you are aware of how important it is for you honor and integrate your feminine nature, the gentle, intuitive, creative and inward-focused energies, as well as developing and using your masculine attributes as well. Strive to be strong, yet gentle, dynamic and outward-focused as you tap into your inner intuition. It is time for you to realize that you are much more than just the identity you chose in this lifetime. You are being given an opportunity to integrate the multiple facets of yourself, and in doing so you will begin to see how truly powerful and wise you are. All of your trials, tests and seeming failures have made you the shining, beautiful Spirit Being you are today. When you teach, it is important that you teach from experience. By your example, show others how they can overcome any obstacle, and that they, like you, can triumph over any adversity. Know that you have experienced the positive and negative facets of all the Rays, overcoming many trials and passing many tests of

initiation. We ask you to teach others how to move through the quagmire of illusion, pain and the limitations of the third/fourth dimensions.

In many lifetimes, you have felt a great responsibility for those around you and often have felt that your own needs were not being met. We ask you to turn inward for validation of your self-worth, for there is where you will find what you seek. Beloved ones, know that you are worthy of love and deserving of loving relationships, but concentrate on yourself first and promise yourself that from this moment, you will begin to do that which excites you and brings you joy, for therein lies your mission and how you can best serve. As you bring joy into your life, others will notice and begin to follow your example. As you begin to activate this power source more and more, it will trigger what is needed for others to awaken, healing emotional wounds and helping them to awaken to the nudgings of Spirit. In this way, loving people will be drawn to you who will validate your worthiness. As you focus on your soul's growth, you will begin to radiate energies of love and wholeness, and you will draw to you people who reflect back to you that love.

In the higher realms all of you are warriors of peace in my Legions of Light. There you all are androgynous, a perfect balance of the masculine and feminine attributes of the Creator. It is also time for you to remember that you promised to be our representative on the physical plane of existence and to allow the refined frequencies of God Light to flow through you out into the world.

Envision the golden white Light of the Creator radiating down via your Divine I AM Self through your crown chakra, illuminating your spinal column like a bright fluorescent tube before you radiate the energy down through your root chakra into the Earth. Then see it spiraling up from the Earth through your chakra sy

stem and out your solar plexus. With your intent, see it following the path of the grid line structure and chakra centers (crystalline centers) of the Earth, thereby cleansing, balancing and harmonizing, relieving the stress and helping your mother planet to return to her pristine beauty. All of you are needed as transducers and transmitters of this refined energy to help move humanity and the Earth through this important time of transition. That is why I am calling my legions together once more, and making my presence known to you, for you have an important part to play in the great drama that is now unfolding on Earth.

If you are reading these message and resonate to the truths within them, you have been on the path of illumination for many lifetimes. We know your lessons have been difficult, but we honor you for keeping the spark of Spirit burning brightly within your heart/soul. We tell you it is time for you to concentrate on reclaiming all the virtues and attributes of the Twelve Rays of God-consciousness so that you can truly be a living example of that which you are to teach.

The Divine discontent so many of you are feeling and the uncomfortable physical symptoms you occasionally experience are all a part of the accelerated transformation you are in the midst of. Listen to your Body Elemental (your deep subconscious) mind, as you strive to

bring all facets of your Being into harmony once more. As you strive to reclaim your mastery, we wish to give you the assurance that you have abilities waiting to come forth that will amaze you, and as you begin to recapture your dreams and manifest your version of paradise, you will find others will be drawn to you who wish to learn and remember their own Divine mission/blueprint. Recapture your vision, precious ones. It is waiting.

As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision. There are many ways to fulfill your life's mission. First eliminate those things in your life that do not bring you joy, and then focus on those things which make your heart sing and excite you. Therein lies your power and your magnificence. During these times of great change, you are being given an opportunity to be a cocreator of beauty, bounty, peace and joy once more, just as you were in the beginning. Our loving Father/Mother God is radiating the Cells of New Creation down upon the Earth, a blessed gift that has not been available for many ages. All you have to do is be bold enough to state your vision and then through your intent and actions, for the greatest good of all, stay focused and live each moment to the best of your ability, and then watch as your new creations begin to unfold. What is your heart's greatest desire? What would bring you joy? What is your passion? When you have a clear answer to these questions, you will know with certainty the path you are to follow. You are just now tapping into the Divine storehouse of

treasures that are your birthright, so dare to dream, and we will assist you in bringing those dreams to fruition. Shine the radiance you carry within your heart/soul center as you gently speak your truth and share your wisdom, and then watch as the miracles unfold all around you.

Your major challenge for this lifetime was to embody on Earth and to experience all the great diversity of the cosmos, from the lowest rung of the evolutionary ladder to the highest attainable in the physical expression. Your ultimate goal, along with thousands of others, was to be prepared to assist in guiding humanity back up the path of en-LIGHTEN-ment and to once again become spiritual/human Beings. Claim your mastery, create your own version of paradise, and then teach others to do the same. We are in the times of great change that have been foretold for thousands of years. We tell you that you are in the vanguard, you are the ones brave enough to step out and away from popular beliefs and the limited mass consciousness of the third dimension. Allow those visions that sometimes dance in your mind to come forth. Allow yourself to speak the words that are often on the tip of your tongue. You carry within the refined vibrational frequencies of the future and you can make a difference. Draw the Love/Light of Creation from your Divine Self, use what you need to bring yourself into harmony and vibrant health, and then allow your gentle heart to radiate the beautiful glow of loving energy to others. We welcome you back into our midst; beloveds, we have missed you sorely. Allow us to assist you to fulfill your mission and to nurture you with our love. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN *STAR*QUEST* 6005 Clear Creek Dr., Reno, NV 89502

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Dearest Friends, I am off to Europe shortly (April 27) for a two-day intensive on May 1 & 2. I will fly to Luxembourg on May 5, and on to Pont A Mousson, France (about an hour's drive) for a two-day event with Lee Carroll and Kryon. If any of you are interested in attending, please visit my website and there is a link to each event with all the pertinent information. I will be flying to Japan on Sunday, May 30 for a two-day intensive on June 5 and 6. I will return home on June 9. As you can see, I have a very busy summer schedule. I don't care much for the traveling; however, I love being with all of you in person. My daughter and her husband just purchased 122 acres of land near Pyramid Lake. It is a beautiful property with a year-round stream, massive outcroppings of rocks, heavily wooded with quaking aspen, junipers, mountain mahogany, as well as wild watercress and willows along the stream. They will put one of their motor homes on the property for now, and they plan to build a home there after Dan retires from American Ai

rlines. We are looking forward to spending a lot of weekends there with them in our motor home. I am sure Lord Michael had a hand in their securing the property. It happened so miraculously. It is back in a canyon about seven miles and we never imagined there was such a "fairyland" in the desert. My daughter, Letitia, has made remarkable progress since her devastating illness and is looking forward to spending time in nature and planning their retirement retreat. Life is even more precious when we realize we are only assured of this moment in time.

May magic, miracles, wonder and delight fill your summer days. Love and hugs, Ronna

ARE YOU ON THE WINNING SIDE?

THROUGH RONNA HERMAN

Beloved masters, the Creator and our Father/Mother God do not take sides; they love EVERYONE and everything unconditionally. Those who are always on the winning side are those who ask for their greatest good and the highest good for all, and who are strong enough and willing to accept the outcome, whatever their Higher Self determines is the best for them. You win when you align with the will of your God Self and are brave enough to accept, move thorough and learn from the challenges, tests and experiences which are put before you. Whatever happens to you is never a punishment, it is an opportunity to release negative vibrations that are keeping you from becoming the master of Light you were meant to be. When you externalized from the heart center of the Creator, and became aware that you were an individualized facet of the Creator, you knew that you would forever more seek the perfection from whence you came. Each time you refracted into a smaller facet of your Divinity, you knew you were leaving behind another part of your more perfect Self. The journey home is about retrieving those facets of your Divine Self; it is a never-ending journey.

It is time for all of you to remember that the Earth is not your home, you are on assignment here. Many of you are from other universes, and many others came from far-distant galaxies which were some of the first creations in this young universe. It is time for you, the many faithful warriors of Peace/Light, to know how magnificent you are and how brave you were to answer the clarion call to descend into the density of this earthly experiment. The events in your solar system and on Earth are quickly moving forward and great change is in the offing. Therefore, it is important that you focus on what is right in your world and not get caught up in all the negativity and fear that is spewing out into the ethers. Expand your vision and strive to see your earthly journey as only a short passage within your many diverse experiences throughout the universe.

In last month's message we gave you an overview of some of your major ancestral lineages, and we promised to give you further information so that you may go inward and validate for yourselves the lineage from which you emerged into your individual consciousness. There are many more possibilities than we can outline herein; however, we will list some of the predominant lineages for your greater understanding. Remember, the FIRST, SECOND and THIRD RAYS are the God Rays or the Ray of your I AM Presence, and each of you have one of these Rays as your major overlighting Ray.

Many of you are of angelic lineage, for you carry the Essence of angels within your DNA and heart/soul. Many of you are of the FIRST RAY which is my lineage and that of LADY FAITH, who carries the Goddess aspects of the First Ray of Divine Will and Power, the Ray of the First Cause,

the desire to create in the name of the Supreme Creator and our Father/Mother God. This Ray also carries the energies/attributes of dynamic power, singleness of purpose, clear vision, truth, valor and protection. Many of you have the ability to assist in the refinement of the grid lines within the Earth as well as to reactivate the great sentient crystals, and during your sleep time you go to the Golden Christ Grid that surrounds the Earth to help in the harmonization and purification of the planet. One of your tasks has been to balance your masculine and feminine attributes in the physical, to allow the more dynamic energy of the First Ray to overlight you: Divine will, dynamic power and the desire to help recreate beauty and harmony on planet Earth, as you also enhance the loving compassion and intuition of your feminine nature. We have journeyed together throughout the aeons of time and we have had many wondrous adventures. Call on us and we will assist you to draw forth your full potential.

Many of you are of the lineage of ARCHANGEL JOPHIEL and LADY CONSTANCE, who carry the energies of the SECOND RAY virtues, aspects and attributes of our Father/Mother God. This Ray carries the qualities of illumination, enlightenment, and the laws of cause and effect, or Karma as you know it. Jophiel's name means "The beauty of God," and he often serves under the direction of the Mighty Metatron. The Second Ray is the most predominant God Ray for humanity at this time.

There are those of you who are of the lineage of ARCHANGEL KAMIEL and LADY CHARITY, who radiate the energies of the THIRD RAY virtues, aspects and qualities of our Father/Mother God. This Ray radiates the power that assists humanity in perfecting and refining their emotional bodies, and carries the qualities of tolerance, forbearance, unity and culture. It is the Ray of active intelligence, and many who are born under this Ray become peacemakers, arbitrators or pursue artistic endeavors. Kamiel or Camael as he is sometimes known, depending on the language you use, is known as "He who sees God." He is one of the overseers of Divine justice and has been active on Earth from its very beginning. Many of you have the Third Ray energies overlighting you, for this is your God Ray or I AM Presence.

Many dear souls are of the lineage of ARCHANGEL GABRIEL, whose name means "God is my strength," and LADY HOPE. They carry the Creator's virtues, qualities and attributes of the FOURTH RAY of purity, clarity, humility, communication and balance. This Ray is sometimes described as the Ray of Beauty and Harmony attained through conflict. Those who carry this Ray as their soul ray have the ability to hold the original Divine plan for physical manifestation, and when using the full potential of this wondrous energy often become architects, engineers, builders with innovative insight and creators of new ideas or pursue artistic endeavors of some kind.

There are many on Earth a

t this time who are of the lineage of ARCHANGEL RAPHAEL, whose name means "God has healed," and the feminine archangel LADY MARY, sometimes known as the Queen of Heaven. Raphael and Mary carry the Creator's virtues, aspects and attributes of the FIFTH

RAY of science of precipitation, unselfishness, the listening vocations, consecration and healing. These two shining Beings are in charge of healing the Earth and humanity and will always answer your call in times of distress or discomfort. Lady Mary and the many beautiful representatives of the Goddess are very prevalent in this galaxy at this time, and especially on Earth as they bring in the magnificent love force of our Mother God to be reunified with the will/power of our Father God and within each of you.

There those of you who are of the lineage of ARCHANGEL URIEL, whose name means “fire of God,” and LADY GRACE. They carry the Creator’s virtues, qualities and attributes of the SIXTH RAY of devotion, forgiveness, mercy, grace and faith. Uriel is often referred to as the Dove of Peace for this is the Ray of peace, tranquility and devotional worship. Those who carry the Sixth Ray as their soul ray often feel the call to become healers, priests, ministers or in some way “serve” those around them. This is the Ray the beloved Jesus activated and anchored on Earth in preparation for this wondrous time of the ascension of humanity into the higher realms of Light.

Many of you carry within your heart/soul the essence of the beloved ARCHANGEL ZADKIEL and the LADY AMETHYST; therefore, you carry the blessed energies of the Violet Flame of transmutation, the SEVENTH RAY. This is the Ray of Ceremonial Order, the Violet Flame of Transformation, of freedom and purification. The Seventh Ray is the predominant overlighting Ray for Earth during the next two thousand year cycle. The First Ray of Divine Will to Create anew is the second most powerful God Ray during this evolutionary time of great change. As you, the cocreators, transmute, balance and harmonize the distorted energies within and around you, you have available to you all the force and might of the First Ray of Divine Will and Power to create new and wondrous things.

During these times of great evolutionary change many wise, ancient souls have agreed to incarnate on Earth in order to anchor the very high, rarified Light frequencies with which the Earth and humanity are being gifted. These powerful souls are of the lineage of the beloved ARCHANGEL METATRON. This magnificent Being is called the “Light of God” and his energy is so awesome that it has only been during these recent years that the Earth and humanity have been ready to receive the full measure of his virtuous gifts of Love/Light once more. The Order of the Seraphim (Celestial Choir) falls under the guardianship of Beloved Metatron. This order is the closest in all the heavens to the very throne of our Father/Mother God, and radiates the element of Fire via th

e First Ray of Divine Will to Create. We would have you know that it is not easy to be an “Earth Angel.” Love is the fuel of angelic beings and many of you have had the belief that if you loved enough, others would love you in return. You are learning to set boundaries and to value yourself, for without a sense of self-worth you cannot fully access the Divine Love of the Creator that is your birthright.

Many of you are what might be called some of the original Earth parents because you carry within your DNA the encodings for some of the original root races placed on Earth. When a new race was to be introduced on Earth, you and those like you were encoded with the new

race attributes and characteristics; then you would be the examples, lead the way, and oversee the new souls that incarnated into that race. Therefore, you have empathy for all races and cultures and see the similarities in everyone rather than their differences. You sense their souls rather than their outward appearance or personalities. Many of you are the caretakers of the holy innocent ones now struggling in the pain and illusion of the third dimension. Give them wise counsel, beloveds, and nurture them with your loving nature as you assist them to awaken to the glory of the future and to the wisdom of their Higher Self.

A select number of you were chosen as part of the entourage to accompany the royal Kumaras whose task it was to come to Earth and create a magnificent temple and abode for the beloved Sanat Kumara who would eventually be the oversoul for planet Earth. It was to be patterned after his palace on Venus so that he would not feel so lonely as he made the supreme sacrifice by leaving his lovely Lady Venus and his homeland to serve on Earth. You all suffered much hardship and the temple was destroyed twice by outside negative forces. Finally, it was completed in the area now called the Gobi Desert. It was indeed wondrous to behold and you all enjoyed the fruits of your labor for thousands of years. Then came the time, as the Earth sank into density, that the high vibratory energy of Shamballa as it was called, could no longer be sustained on Earth. The entire white/gold city was lifted up into the higher fifth dimension so that it was no longer visible to those with human eyes (those who cannot see within the higher frequencies). It is there, as radiant and beautiful as ever, and is as real as anything on the earthly plane.

Most of the young ones now being born on Earth are prototypes and among the forerunners for the coming new Golden Root race. They have stored within their brain structure many wondrous abilities and much wisdom. Some people are calling many of those born since mid-last century of Earth time the Indigo race, the crystal children or the golden ones. What they are is very wise old souls who agreed to come to Earth to show their elders and humanity the true way now that the path has been prepared by the brave ones who have acknowledged

ged their Divine Mission and begun the process of reunification. Many of these dear souls have not had many incarnations on Earth; therefore, they do not always adjust well to the physical body and the earthly environment. Many have a very sensitive nature, and they also have more intuitive insight than most, so they do not understand the hypocrisy and distortions of the truth that they encounter. Their greatest desire is to change the mass belief system of the country they chose to be born in so that others would not have to experience the pain and illusion of the third/fourth dimensions. How brave and bold they are to step to the fore and agree to show humanity the “way of truth.”

We say to each of you, please be aware that before you incarnated into your present bodily form, you knew it would be the most important lifetime you would ever spend on planet Earth. It is time to bring all the facets of your beingness into harmony, to acknowledge and heal your mental and emotional bodies and to balance the power, will and dynamics of your masculine nature with the nurturing, intuitive, inward focus of your feminine nature, but most important of all is to allow yourself to love and be loved unconditionally.

Dear ones, in many lifetimes you have felt a great responsibility for those around you and often have felt that your own needs were not being met. We ask you to turn inward for validation of your self-worth, for there is where you will find what you seek. All of you have wondrous Light Packets of information stored within your brain structure just waiting for you to claim and bring them forth into physical expression. What are your greatest dreams? What is your passion? As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision.

Allow the love we feel for you to flow through you, healing and nurturing you, and then share this blessed gift with those around you. You will never feel alone and you will begin to draw to you others who will reflect your sense of self-worth back to you. Your future is built by one desire, one thought and one step at a time. We are ever near to assist you to create your version of paradise on Earth. Turn inward and claim your Divine Birthright and ask to connect with your Divine ancestors. We are waiting to answer your call. Know that you are loved most profoundly, I AM Archangel Michael

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Dearest friends: My trip to The Netherlands and France was an incredible adventure. Those who attended the two-day Rotterdam seminar were powerful, special and so receptive. The seminar in Pont-a-Mousson, Lorraine, France was held in a 13th Century Abbey. The architecture was beyond belief and a tribute to

the co-creative abilities of humanity. The countryside was so beautiful and I find no matter what language people speak, they all know the language of love. I am off to Japan on Sunday, May 30, for another wonderful two-day event. Your Sacred Quest is out in two volumes in Japanese and like AA Michael's other books, they are being well-received. I am so very blessed to have you all as my friends and soul family. Let us all join together in our Pyramid of Light in the higher dimensions as we radiate unconditional love to the Earth and humanity during these special coming days. Together, we can create miracles. Love and angel blessings to you all, Ronna

A NEW PHASE OF CREATION IS UNDERWAY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, it is of vast importance that you understand: every facet of Creation from a universal level downward throughout all the dimensions and especially you, the residents of planet Earth, are in the midst of unprecedented evolutionary change.

In a multitude of ways we have explained the Twelve Rays of Creation which radiate the broad spectrum of Light containing the virtues, qualities and attributes of our Father/Mother God throughout this universe. Now we wish to tell you, as part of the Divine plan for new Creation and expansion, we have been given permission to relay new information to you about the Rays and how they will affect you in the future. We have also told you that everything in the universe is in a constant state of change and this is especially true for you as human Beings. Yes, all is spiraling upward and outward, even the multi-universes within the Omniverse. You might say this young universe is coming of age, just as you are becoming spiritual adults and are reclaiming the multiple facets of yourselves. ALL Creation is taking a giant leap forward as the pulsations from the heart core of the Supreme Creator touch and penetrate all facets of Itself, from the smallest to the greatest.

This is the way it was in the Beginning and the way it will be once more as your universe assumes its proper place in the Omniversal Divine Plan: we ask you to envision two magnificent Rays of Light bursting forth from the heart/mind center of the Supreme Creator in what we will call the core universe of all Creation. The First Ray that radiated forth was a magnificent GOLDEN RAY which carried all the Sparks or seeds of Creation. It radiated power beyond anything you could ever comprehend, and was composed of pulsing, forward-thrusting energy with an urgent insatiable desire, the Divine Will to expand and create anew. This was the Father Ray, often called The First Cause.

The Second Ray was a luminescent SILVER RAY which was just as powerful as the Golden Ray; however, it was of a nurturing, receptive and reflective nature. It was inward-focused, intuitive, creative and compassionate. It was the Mother Ray and was to be the womb of all Creation. The Mother Ray contained the wisdom needed to manifest all that has ever been or ever will be created throughout the Omniverse. The Father Ray supplied the energy, the desire and the Divine Will to create, and the Mother Ray supplied the wisdom and the cosmic incubator to nurture and bring forth all the new SUNS of Creation.

The Golden Ray and the Silver Ray came together and created the Third Ray which contained the full color spectrum and the virtues and qualities from which all the sub-rays radiate forth. It could be called the SUN RAY (the Ray of the sons and daughters of Creation). This Ray was bursting with a desire for knowledge and to experience Creation

in every way possible. It carried the impulses of “active intelligence” and the desire to manifest in the realms of physicality.

The Gold and Silver Rays sent forth the thought forms and the dynamic energies needed to create the Great Central Sun for this universe, and gave two wondrous, radiant Beings of Omniversal origins the great honor of presiding over this new universe as our Father/Mother God. Through them, the Gold and Silver Rays supplied the Love/Light and the primal life force substance needed to maintain, nurture and expand this young universe over all these many aeons of time. In perfect harmony and following the pattern and plan given by the Gold and Silver Rays, our Father/Mother God sent forth the twelve great Rays and the twelve magnificent Beings who would be the bearers and purveyors of all the virtues, qualities and attributes needed for this universal experience.

Because this was to be a universe of great diversity, it was decreed that each Spark or facet of Creation would choose as its God Ray or predominant Ray either the First Ray of Divine Will and Power, or the Second Ray of enlightenment/wisdom, learning the laws of cause and effect as part of the creative process, or the Third Ray of active intelligence, the ability to incorporate and use the first two Rays effectively within the physical expression. Therefore, when you were your radiant, magnificent Self at the universal level, you chose which Ray you would experience as your overlay for your cocreative adventures in this universe. This has been called your Monad or your I AM Presence in ancient teachings, and the impulses, qualities and attributes of your God Ray have affected you to some degree in every experience throughout your universal sojourns and in every lifetime on Earth as well. Your major task has been to bring to the fore the positive attributes of your God Ray, while overcoming the negative attributes which are the result of misuse of the powers of that Ray. Each of you has all the Ray's energies within you and they are affecting you in some measure. One of your major life lessons is to bring all the Ray's qualities and attributes into harmony, one with another.

The Seven Rays were infused within the seven major chakras within the physical vessel so that you would have direct access to these wondrous energies through your life line which is often called the Rainbow Bridge of higher consciousness. The seven chakras could also be called "mental/emotional centers" and they have become the bane of humanity because of all the negative, conflicting thought forms and impulses you have accepted as your truth over many lifetimes.

The way was prepared at the universal level for these times that are now upon us. Vast numbers of you have answered many of the multitude of clarion calls that have been sent forth down through the ages. You are brave and daring souls. You have taken on great and diverse assignments, and have had many great advent

ures as you learned to create, as well as experience what you had helped to create as you descended down through the multidimensional levels.

We have spoken of how, at a universal level, great numbers of you were called together, enfolded in a luminescent sphere of Light, and were then encoded with the information/vibrations needed for a particular/special mission. There was what might be called a "time trigger" which would activate at a particular time and which would create

impulses of yearning or a Divine discontent to fulfill that special mission, whatever it might be. We have told you that many of you who come together at meetings, seminars or special events are led to attend because of an intense desire, a calling, even if you may not be aware of what it was (or is). Something nudges you, and once again, you must answer the call. You are coming together with your soul family, with your task companions, and with those whom you have journeyed with throughout the aeons of time. It is a reunion of monumental proportions.

Also at a universal level, there were other select groups brought together and enfolded within a luminescent sphere of Light. These were wise Beings from each of the three God Rays who were asked to be a part of another unique mission. The plan was for these Beings to be infused with all the attributes, virtues and qualities of all three of the God Rays, so that during their journeys throughout the universe and during each of their many incarnations on Earth, they would change God Rays and experience each Ray's unique qualities as their overlay. This has been a great gift, but also a great burden for some, for within this group you will find those who are capable of being or becoming so many different things, they often cannot decide what they want to be or do. They are sometimes called "A jack of all trades, but a master of none." They are often torn with many choices and, as a result, some never take advantage of the many talents and opportunities before them. You may also know people who have many diverse talents and the ability to excel at anything they put their mind to; they take full advantage of the gifts offered to them and become the ones who step to the fore and blaze trails for others to follow. With every great gift comes great responsibility, and many dear souls have not taken advantage of the wonderful opportunity to be a wayshower and a trail blazer. However, it is this group of souls who have laid the groundwork or the vibrational patterns for the future, for what is beginning to take place on Earth now.

You have all heard of the Indigo children, the Crystal children, and what we call the Golden Ones of the future. All of these children are being born (or have been born) with all three God Rays available within the Diamond Core God Cell deep within their Solar Power Center. It is true that one of the God Rays is probably more predominant than the other two; however, they have access to al

l three and will most likely use these qualities in an interchangeable way in the future. In others, this is not the case as all three God Rays are active and functioning within these special, wise young Beings. This is another reason why many of these young souls are rebelling or do not wish to conform to the "old rules and guidelines," for they see and sense the inequities, distortions, untruths and fallacies that are being put forth by their parents and society. As they mature, they will be a major force to be reckoned with and they will implement the changes that you, the vanguard, have been planting the seeds and setting the stage for over these past years.

In addition, one of the benefits of activating your own Diamond Core God Cell is that it gives you access to all the virtues, qualities and attributes of the three God Rays, and also the

special vibrational patterns of all the sub-rays as well. It is one of the major gifts that is being offered to you as part of the ongoing reunification process.

We told you some time ago, that the Creator is now taking an active part in the creative process, and that the rarified vibrational patterns of the Supreme Creator are now reaching Earth and are available to humanity, for those who have made themselves ready to accept this most wondrous gift. To further your understanding, we wish you to understand that the magnificent GOLD RAY, the Father Creator, and the exquisite SILVER RAY, the Mother Creator, are now actively present within your galaxy, solar system and on Earth.

The Silver Ray, the Goddess energy, has taken the foremost position, for her radiance is preparing this galaxy for the process of new birth. She is preparing the “womb of new Creation” in preparation for the new Golden Galaxy of the future. All of you, the Star Seed who have so faithfully and diligently stayed the course, are supplying the wisdom of your experiences from your many sojourns in the physical within this universe. You are being offered a rare opportunity to take an active part in the creative process that is now in progress. Remember, we told you that all the successes, all the wondrous experiences (vibrational patterns) you have had are being harvested and will be placed in the cosmic record for future use. All the pain, suffering, failures and negative experiences will be transmuted into neutral, primal life force substance to be reused again at some future time. It all will be as a bad dream which will fade from your memory, soon to be forgotten.

You have heard of the many orders within the Hierarchy, and we wish you to know that a new order has been formed. It is THE ORDER OF THE GODDESS /THE SILVER RAY, and you all are being invited to join. It does not matter whether you are in a male or a female body, for in the realm where the true you resides, you are androgynous and contain all the virtues and qualities of our Father/Mother God. All you have to do is open your heart/soul to receive the gif

t of Love/Light from the Silver Ray and to affirm: I will be a valiant and true bearer of Creator Light. I am ready to receive the love, compassion and wisdom of the Goddess and the Silver Ray. I ask that all the qualities and virtues of the three God Rays be fully activated within my Diamond Core God Cell. I claim my Divine Birthright now. SO BE IT AND SO IT IS!

We rejoice with you and are greatly pleased to bring you these glad tidings. We are your constant and loving companions and, in you, we are well pleased. I AM Archangel Michael.

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WE NOW HAVE A NEW SUPPLY OF EXQUISITE "FAMILY OF MICHAEL" and "GOD CELL" CRYSTALS. \$15 each plus S&H.

Dearest Friends: I, for one, have recently experienced the awesome power of the Goddess' Silver Ray energy. As always, I must experience what AA Michael teaches through me so that I am prepared to integrate the wisdom and frequency patterns of the teachings. I received a great infusion of the Goddess Energy during the Nov. 8, 2003 Harmonic Concordance; however, I did not know what it was at the time. I was somewhat uncomfortable for a few days; I ran a slight fever and felt very tired and somewhat off "center." In February, while in my personal Pyramid of Light, I was visited by Lady Faith, Lady Mary, and Lady Mary Magdalene (I now call them "The Ladies"). They lovingly requested that I go on a forty-day cleansing fast: for ten days I was to eat nothing but raw foods (vegetables and fruit), and for the remaining time I was told to eat fish, cooked or raw vegetables and fruit. I have not eaten pork or beef for at least twenty years; however, I do eat a little chicken and turkey, but mostly vegetables and fruit. This is the first time I have been given specific instructions of this nature. Even though I was not told the reason for doing this, I knew it was important and I readily agreed. It was not as difficult as I imagined it would be and I felt fine during the process; lots of energy and a sense of well-being, even more than usual. When the forty days were up, The Ladies came to me again and said, "You are now ready to be received into The Order of the Goddess. Welcome back into our midst." I was quite stunned and also very pleased, even though I did not understand the meaning of what had transpired. Since that time, I feel The Ladies' presence very strongly, and I have also had several tests/challenges in claiming my "Goddess Power" in a loving but firm way (we must always adjust to any higher frequency vibrations that we integrate and this often results in "old core issues" coming forth to be resolved). Many of us have always tried to be non-confron

tational and avoid conflict in every way possible; however, I am finding the Goddess to be very powerful in her own way, standing firmly in truth and not being afraid to set boundaries and take a stand. You must always remember to keep ego firmly in check and ask for the highest outcome for all, and then bravely step to the fore and state your truth as you know and feel it. I have a heightened sense of awareness and my intuition has been fine-tuned to a level I have never experienced before. Compassion for others is also stronger than ever; however, I have become more an observer standing in non-judgment, knowing that all is in Divine Order and we will ultimately see a positive outcome of the negative actions that are playing out around us. Now our beloved friend, Lord Michael, explains so beautifully exactly what is happening and it makes so much sense. All of his messages are wonderful, but I am so excited about this information; now I realize we have been preparing for this gift for a very long time. My trip to Japan was incredible and so touching. The people there are so receptive and love AA Michael very much. I am humbled by the outpouring of love I received and am so blessed to have been chosen as one of AA Michael's messengers. I am off to Nashua, NH next week. There is still time to sign-up for this special event. The seminar in Virginia Beach, VA, October 29,30 & 31 will be my last event on the East coast this year. Don't miss the special opportunity to have an intimate evening with AA Michael whereby you can ask him your personal questions. The event is limited to 35 people.

Have a glorious summer. Love and big hugs, Ronna

STEPPING OFF THE WHEEL OF KARMA AND INTO A STATE OF GRACE

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, it is a most wondrous time for us all, an awakening we have waited for since that time in the mystical past when you fragmented yourself and journeyed out into the unknown on your own special mission in the name of our Father/Mother God. In addition to the angelic forces and the great Beings of Light, there are many members of your soul family present at your gatherings, and many who spend time with you during your sleep time when you soar the higher dimensions in your astral body or vehicle of Light. We hope that you can sense their presence, for they are celebrating with you. They have been waiting for you to reach a certain level of awareness so they could also begin to play their part in this grand march into the New Age.

There is so much going on that you do not understand, and it is important that you know you do not have to understand all that is going on in your world and in the higher realms. You need only be aware of the small part you are playing, and we do not mean to make light of the importance of your mission; however, you are only a small fragment within the trillions of fragments that are deeply involved in the process of transformation. Be that as it may, you still have an integral part to play in the Divine plan, for it would not be complete without you. You are a faceted jewel of the Creator with unlimited gifts and talents within waiting to be brought forth and manifested in the realm of physicality. You are a sparkling drop of Divinity within the ocean of life.

We have told you this before, but we wish to place it firmly within your mind: you have had many wondrous and grand experiences since first bursting forth into your individualized consciousness as a facet of the Creator. You have helped create star systems, galaxies, solar systems and planets as you assisted in the wondrous task of pushing the Light out into the darkness of the deep, the great void. You did not fear the darkness then, for you knew it was only the absence of Light and that it was filled with pure unmanifested potential. Will you now accept the fact that your shadow side is also filled with unmanifested potential just waiting for you to fill it with Light? It is also part of your mission to assist your host planet at this critical time to heal her shadow side and to return to harmony in order to rectify all the devastating damage humanity has wrought down through the ages. You, the Light warriors of peace and harmony, have the ability and the tools to help create this miracle and it must be initiated and accomplished soon if there is to be a decrease or cessation of the cataclysmic events that are now proliferating the world.

All that you fear and call evil, Satan or the devil, all of those things that you have fed energy to and have allowed to affect or control you throughout your many inc

arnations, are really only your interpretation of the negative energy that humanity has created. The negative thought forms of the collective consciousness of humanity did not come from the Creator; it is humanity's miscreations alone that have resulted in the dire

circumstances you have undergone in the past and are now experiencing on your planet. The universal law of cause and effect has always been an inherent rule of Creation whereby all facets of Creator-consciousness must experience what they create. The fall into the density of miscreation whereby your auric field and bodily form were gradually permeated with the negative vibrations of fear, guilt, shame, feelings of unworthiness and self-doubt resulted in the formation of a great Karmic Board and the wheel of karma. You have brought forth with you into each lifetime some of the positive and negative thought forms and qualities that you created during past life experiences. One of the mysteries of life has been that some people seem to lead charmed lives in which they break the universal laws and have little or no conscience, but still gain great power and wealth and seem to be above the law, while other kind, loving and honorable people seem to suffer devastating tragedies and losses throughout their lives. In the past, it sometimes took several lifetimes to see the results of present actions and, therefore, you were not aware of what had taken place in a past lifetime or what a person would have to experience in a future lifetime. Be assured that karmic debts of the past always had to be paid in a future lifetime in an appropriate manner decided by the members of the Karmic Board.

The auric field of your soul is vibrantly visible in the higher realms and your every thought, action and deed was/is recorded in the cosmic records. Before each new incarnation, your guardians, teachers and the members of the Karmic Board assisted you in deciding the particulars of your next lifetime: your gender, your race, your parents, your physical characteristics, gifts, talents, as well as the karmic debts (negative thought patterns and imperfections) that you were to bring forth to balance and harmonize. This plan has been in force ever since humanity fell from a state of grace into the density of the third/fourth dimensions, resulting in the horrific living conditions much of humanity is now experiencing and the unconscionable rape and pillage of your host planet.

We have told you that a new phase of Creation is underway whereby some of the old rules and laws created specifically for the unique experiment in which you are an integral part are being replaced with new rules and laws. First, we wish you to know that we greatly honor those of you who have agreed to align your will with the Will of the Creator, thereby allowing us at various times to set aside your free will so that we may work with and through you for the greatest good of all. As a part of the ascension process, a great gift

is offered to those who have balanced and harmonized their four lower bodily systems to a certain degree. You have often heard that you can move into a state of grace and this is true. You have also heard that the laws of karma are no longer in effect. This is not true; however, the rules of karma have been modified. Part of the ascension process involves healing the imperfections of the past by allowing the painful memories of your present and past lives to come forth into your consciousness so they can be transmuted in the Violet Flame of transformation, which allows more and more of the vibrant Love/Light of our Father/Mother God to permeate your Being as you rebuild your radiate vehicles of Light.

Many of you who have diligently stayed the course and who have advanced in the ascension process to a certain point are now eligible to step off the wheel of karma and into a state of

grace. We have told you over and over again to endeavor to stay in the Still Point of Creation, in the power of the now whereby you are totally focused on what you are doing in the moment with Spirit perched on your shoulder as your sacred witness. One of the most important thoughts we have given you is: HEAL THE PAST, SET GOALS FOR THE FUTURE, LIVE IN THE PRESENT. In doing so you will not create any new negative thought patterns which will swiftly bring your chakra system and auric field into a more harmonized state. Then comes the time when you will have transmuted and balanced a major portion of your past life karmic actions, and you are ready to let go of and resolve all residual past life karmic patterns/issues. If you are ready and willing, you may go into your Pyramid of Light in the fifth dimension and symbolically place all your remaining negative karma from this lifetime and all past lifetimes on the crystal table and ask that your burdens of imperfection be transmuted back into neutral primal life force substance via the Violet Fire, and the electrifying energy of Creator Light from the great crystal that hangs over the table. It is important that you ask that this be accomplished in an appropriate and timely manner so that you may make the transition into your new harmonious state of Being with ease and grace. More is not necessarily better, and we wish you to be aware that your request will initiate a process whereby many of your firmly ingrained issues/memories of the past will bubble up from deep within your subconscious to be acknowledged and healed. (Many of you are experiencing this process now, even though you are not consciously aware of what is taking place). An important part of the process is to remain the observer and not get caught up in the negative emotions that are coming forth to be transmuted. Say to yourself, "This is the emotion of fear that I am experiencing, or anger, or depression, or guilt, etc." and observe within your body where this energy is affecting you. Sit with the emotions for a while and then you may choose t

o practice the Infinity Breath and watch as the energies begin to dissipate, or you may tone the vowel sounds which will also help to release the negative thought forms, or you may go into your Pyramid of Light and lie on the crystal table and ask that the particular energies you are experiencing be transformed into Light substance. You will learn to consciously take control of your emotions as you seek to gain the wisdom of what is being brought before you in this new evolved way of transmuting negative energy.

Now it is important for you to understand, you are being offered the gift of releasing all past life karma and any karmic debts from this lifetime as well; however, you will still be responsible for the thoughts, actions and deeds that you initiate now and in the future. The difference is that it will not take years or lifetimes for you to experience the results of your positive or negative actions. The vibrational patterns, both positive and negative, will return to you almost immediately so that you can monitor and fine-tune your cocreative abilities as you reclaim self-mastery. You will be clearing the slate very quickly as you learn to "Return to Center" and you will become proficient at gaining the wisdom from a lesson or interaction so that you do not have to experience the painful results of negative thoughts/actions.

The blessed gift of the Silver Ray, the Light of the Goddess that is now permeating the Earth and all humanity, is playing an integral part in the process that has most recently been initiated. The Gold Ray vibrations of the Father Creator supplied the desire to move out of the inertia of the past and into the forward momentum necessary to prepare yourselves to become builders of the future. Over the past years, you have been in the process of laying the groundwork or planting the seeds of new creation. Now you are ready to give birth to your new, harmonious creations; however, you must go through the elimination process by releasing all the old outmoded thought forms, addictions and limitations that have no place within your evolved body of Light, your consciousness and your new world. Remember, energy attracts like energy, and your intent is one of the mightiest forces of your God-consciousness. You have available to you all the cosmic life force substance that you can ever use, but use it wisely for the greatest good so that what you reap is the glorious bounty of the universe: unconditional love, joy, harmony, peace and overflowing abundance.

You must learn to prioritize, visualize and then crystalize your visions into harmonious physical creations as your abilities grow and you expand your influence as a self-master and an emissary of Light. Be willing to let go of those things in your life which no longer serve your highest good as you gradually define that which brings you great joy and satisfaction and is beneficial to yourself and all those around you. The world as you know it is swiftly changing

, and it is of vital importance that as many of you as possible begin the process of bringing yourselves into a harmonious state so that you may become receptacles for the ever-increasing influx of refined Creator Light substance.

There has always been a rescue plan in place within the Divine plan. It was decreed that all of the facets of Creation within this universe would be allowed to devolve so far, and then the reuniting process would begin. That is what is happening at this time, the gathering, the harvesting of all the beautiful things you have created, all your accomplishments that have glorified our Father/Mother God, and those things which have been beneficial to all humanity and the Earth. The plan also calls for the elimination, through the process of transmutation, of all the painful memories, all the failures and negative experiences of the past, for they have no place in the Earth's or your bright new future and the world of tomorrow.

Will you not ready yourselves to accept this wondrous gift that is being offered to you? Will you allow us to support, nourish and protect you as you move through this critical stage of your evolution? Will you be brave enough to test the process and prove to yourselves that it does work? It is a time of testing for all humanity, beloveds; however we know you will succeed. We will not allow you to fail. It has been so decreed. We radiate forth the Divine healing Love/Light from our Father/Mother God. We are with you always. I AM Archangel Michael and I bring you these truths.

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Dearest friends: All of my seminars are special and leave me with many beautiful memories; however, the event I held recently in Nashua, NH was one I will never forget. I was a little nervous about the Friday evening with AA Michael whereby I would move my consciousness to the side and allow him to come forth for the two-hour period so that he could answer the attendees' questions. I have done a few Q & A sessions at other venues, but nothing like this. I should have known that it would be "a piece of cake," for the "Big Guy" as I sometimes lovingly call him, was in rare form and the questions were all on topics that resulted in articulate, informative answers that benefitted everyone. Beloved Michael was also very present during the two-day seminar and he began to lay the groundwork for the new information he is now bringing forth which will affect all of us now and in the future. His infusion of energy and his message to the group were some of the most powerful I have ever received and it left many of us reeling from power of the love with which he permeated the hall and the group. This month's message gives part of the new information he is now b

ringing forth. After I came home and was preparing the message/tape for duplication to be sent to those who had purchased a copy, he asked me to record a special meditation on Side B. When I was ready to begin, to my surprise, it was the "Ladies" or the Goddess energy that came through. This is the first time since I channeled my master teacher, TRI-TON, that I have ever channeled anyone other than AA Michael. The energy was so sweet and I could feel the exquisite love of the Divine Mother permeate all my Being. The message is beautiful and very timely. The Ladies offer to initiate us into the Order of the Goddess and they tell us some of what is happening to us all at this time. I feel so blessed to be given this information and to have the opportunity to accept this beautiful gift of love from our Mother God. This is the most valuable gift of information I have been given since AA Michael gave us the "Building Your Pyramid of Power/Light in the Fifth Dimension" meditation several years ago. It seems as though our lives are really "revving up" and something big is in the works. I am excited about the future and what is to come. Please do not let the predictions of doom and gloom divert you from your focus on the Light and the miracles that are available to us all. I send you love and angel blessings, Ronna

** NEW * 2K-25-T * NASHUA, NH * MESSAGE FROM AA MICHAEL * Time to Release Past Life Karma * Claim a Life of Ease and Grace * Side B: Meditation * The Ladies * Initiation into the Order of the Goddess and the Silver Ray. Abundance exchange \$12 plus S&H * \$2 US * \$3 Canada * \$4 International

Ronna will present much new information from AA Michael at these two seminars. She will explain how the virtues and qualities of the three God Rays are affecting us all at this time

and what has changed. She will also explain in depth the process of how to release past negative karma in order to move into a state of grace. You will also be initiated into the Order of the Goddess/ The Silver Ray and you will experience the wonderful energies of the 5th dimension.

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LM-2 - YOU ARE THE MASTER OF YOUR DESTINY

TRANSMITTED THROUGH RONNA HERMAN

YOU ARE THE MASTER OF YOUR DESTINY

Beloved masters, the winds of change are blowing more powerfully and growing stronger every day. The progression/change of the Ages will not be denied. The cosmic life force Essence of the Creator has arrived and is permeating every material facet of Creation in this universe and especially on planet Earth. Some are feeling the excitement, the power and the strong creative impulses from this complex energy infusion of the Cosmic Solar Rays of Creation, while others have moved deeper into fear, desperation and a sense of hopelessness. A plethora of rumors, predictions of doom and gloom are circulating the world, as are many wondrous missives of hope, inspiration and theories to give you insight and encouragement as to what is happening on Earth at this time. Which will you believe? Please be vigilant and discerning, my brave warriors of Light, for what you choose to believe will quickly become your reality. Your thoughts are manifesting more rapidly than you ever thought possible.

It has been some time since we have called you Children of Light. It is time for you to become spiritual adults and masters of your destiny, and that has been the main goal in our teachings to you over the past years. It is no longer appropriate to cling to the "herd state" mentality, whereby you allowed others, whom you thought were more powerful and wiser than you, to dictate to you what you were to believe, how you were to behave, and what you could do or become. You were controlled through fear, guilt and intimidation, and it has not been easy for you to step out of the confines of the collective or mass consciousness belief system, but you have done so, and we salute you.

We will not deny that great changes are indeed in the offing. We have endeavored to make you aware that some of these changes will be disruptive and even uncomfortable so that you will be prepared and not caught unawares. We wish to instill in your mind that you do have choices. You always have a choice. You are the master of your own destiny. You can ride the waves of change like an expert surfer, cresting the highs, and skimming lightly through the troughs as you enjoy the thrill and a great sense of accomplishment. Stop believing that you are being cast asunder by the whims of fate. You can be in total control. You can fashion your future any way you wish, but you must be bold, daring and willing to step out of your comfort zone. You must be willing to let go of all that is not working for you, those things which do not bring you joy or a sense of accomplishment and soul/heart expansion.

We have touched on this subject before, but it is appropriate that we give you an explan

ation once more regarding the diverse beliefs in predestination and free will. Many believe one or the other to be true, but we have explained that both are true, and you ask, "How can

this be?" Dear ones, you burst forth in perfection from the heart of the Creator, and from the beginning you were predestined and programmed to eventually return to that perfection. How long it takes you to complete your journey is totally up to you. Through the use of the gift of free will, only you can decide if you will take the high, narrow accelerated path of return, or the ebb and flow of the middle path, or the rocky, low road that winds and turns, but eventually leads to the same destination.

However, we would have you know that the middle and low roads are getting more tedious and difficult to traverse. Time as you know it is accelerating at a tremendous pace, and it no longer takes lifetimes to see the results of your beliefs, thoughts and actions. For those who are still stuck in the illusion of the third- and fourth-dimensional reality, the law of cause and effect, or karma, is almost instantaneous. Those who, in the past, existed by taking advantage of others or who were not living a life of integrity and honesty are now being found out and their secrets are coming to light. They can no longer hide their misdeeds of corruption and misuse of power. The Light is penetrating the shadows that permeate the Earth, as well as deep into the heart/soul of every human Being.

It is time to take an inventory, beloveds, to look at the "state of your life." We have said before that it is a time of harvesting. Are you willing to begin to gather your resources, to reinforce your strengths and take the optimum advantage of your blessings and talents, as you endeavor to release those things that weaken, disrupt or create chaos in your life?

Are you honoring the temple for your Spirit? How can you become the spiritual/human Being you wish to become if you do not take care of your physical body? The human physical body as you know it is changing and evolving whether you believe it or not. We will not deny that the accelerated evolutionary process now in progress can be somewhat stressful on the human body, especially those who are more advanced in years. However, by listening to the wisdom of your body Elemental, and by learning what is best for you during these times of transition, you can lessen the stress and move through the process with ease and grace. Many of you can no longer tolerate the heavy processed foods that have been the norm for many years. As you seek and learn to take advantage of the "spiritual nourishment" being offered you, your desires will change and you will no longer feel the need for so much outside stimuli. Heavy, overcooked, processed meals put a strain on the body and take much energy and vital life force to digest, and you still do not derive the nourishment you need for optimum health and vitality.

It is time you refined your sense of t

aste and learn to savor your food by eating slowly, chewing each mouthful well in order to derive the maximum benefit, and to recognize that more is not always better

. We are not asking you to deprive yourselves, but we are asking you to learn to monitor your feelings of hunger. Is it your physical body that needs nourishment or is it your emotional, mental or spiritual bodies that are sending out signals of imbalance and a need for spiritual sustenance? Has your sense of taste become jaded and dulled by too many

complex, rich meals? Awaken your taste buds with a variety of fresh fruit, nuts, crisp vegetables and golden grains. Allow the healing Light that is filtering into the vegetable kingdom to supply a good portion of your bodily needs. There is more nourishment in these whole foods that you can imagine.

We often stress the importance of the breath and deep, rhythmic breathing, such as the Infinity Breath and other techniques. Another benefit for those of you who have learned to tap into the vibrations of the higher fourth and fifth dimensions is that you will have access to the cosmic breath of life which has been called the “food of the gods.” The rarified Light Rays of the Creator are filled with nourishment for the spiritual, mental, emotional and physical bodies. This is only one of the many gifts being offered you.

Much has been said about the importance of hydrating the body with pure fluids. Water soothes the emotions, cleanses the body, both within and without as it helps to release toxins and to balance the electromagnetic force field of your four lower bodily systems.

Your physical senses are becoming more sensitive as you begin to reawaken your higher, intuitive senses. Are you aware or do you pay attention to the outward sensations that bombard your physical Being every day? What is your sensitivity quotient? Must you always have background noise via the radio or television to drown out your thoughts? Are you comfortable when alone with your own thoughts or do you need constant stimuli around you? Your soul and God Self cannot reach you above the din of chaotic thinking and constant discordant noise that so many of you consider to be normal. Although it is no longer appropriate nor necessary to spend a lifetime learning to quiet the mind and still the senses, it is imperative that you take advantage of all the wonderful, effective techniques that have been given you these past years which help you learn to quickly move into that Still Point of the heart and into the sacred silence of the soul.

Think of your sense of touch and how important it is in creating richness in your life. What if you could not feel the smooth soft skin of a tiny child, or the warm, uplifting embrace of a loved one? What if you could not enjoy the sensation of refreshing, cleansing water upon your body? Your fingertips have some of the most sensitive nerve endings in your body, and think how debilitating it would be if you no longer had this ability

. Do you ever think about this and appreciate the wonderful, sensual gift of touch?

How blessed is the gift of sight, but how sad that so many dea

r souls see through a filter of negativity, fear and despair so that the world is a gray, dull place even when the sun shines brightly. Each person sees through a filter of their own making which colors their world accordingly. Does your world seem bright and filled with hope and promise even on the days when the sun does not shine? Your inner Light will brighten your world if you will allow it to do so. It is a Light that never grows dim and will fuel, inspire and lighten your load, no matter what tests and challenges come your way.

You must acknowledge and reclaim the gifts of the physical senses that were given to you when you first incarnated in the world of material form before you can tap into what is called your extra-sensory perception or the higher sensory abilities such as telepathy, clairvoyance, clairsaudience, and clairsentience. Are you using and taking advantage of the many techniques and tools we have given you over the past year, such as the Infinity Breath, becoming an Alpha Master, building your Pyramid of Light/Power in the fifth dimension and the solar harmonics or sacred healing with sound and vibration? These tools and techniques will speed up the process of transformation as you clear the “thought wave channel” to your Higher Self and tap into the wisdom of your God Self. They will also assist you to quickly transmute any residual negative vibrational patterns you have within so that you do not have to go through the painful process of experiencing these imbalanced energies as you endeavor to release them. Ease and grace should be one of your major affirmations. A constant influx of positive thoughts in the form of short mantras or affirmations is a way to reprogram your subconscious mind, which, in turn, filters down into your deep unconscious mind, your DNA and core beliefs from aeons ago.

You are in the process of re-calibrating your DNA. There is an internal rectification of all the weaknesses and imperfections that you inherited from your ancestors as you ingest the Light of perfection and accelerate the process of rebuilding your perfect Adam/Eve Kadmon Light Body. We have told you that you are moving on an upward spiral, in a circular manner, and you are healing the past as you go forward into the bright new future. You chose your family lineage deliberately, for you knew it was a great opportunity to heal the past for some of the souls who are very dear to your heart. Many of you wonder why you chose to be born into what you call your birth family. It is much more complex than we can explain in this message, but we would have you know that most often it was a great sacrifice on your part, and it certainly was not at the level of awareness or in the circumstances where you belonged or that you could have chosen. Rise about that which you chose as your beginning in this

lifetime, dear hearts. Reach upward and inward for your majestic Divine Self. We can and will assist you; however, it must be a p

artnership endeavor. There are miracles in store for you, beloveds, and the greatest of these is that your perfection awaits you. May the radiance of the Creator shine down upon you. You are loved beyond measure. I AM Archangel Michael.

(Note from Ronna: Our Adam/Eve Kadmon body is our original heavenly Divine Being in a fully conscious Light Body form, created by the Elohim, the Creator Lords of Light, as the archetype of humanity. The Adam Kadmon embodies the original full Divine and spiritual nature of man/woman. It is not the same as our personal Oversoul Body of Light which is itself evolving towards Divine Consciousness. Our Higher Self or Oversoul Body is a refracted part of our God Ray Self or our Original Light Body.)

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Dearest friends: These last few months since the Harmonic Concordance have been interesting to say the least. The energy infusion has been intense for me as well as many others I have spoken with. I am usually "in the flow" and my life is filled with ease and grace, as well as many miracles, large and small. However, since mid-October it seems as though everything has been a little out of "sync." As I wrote before, my sweet Mother passed away in October, and even though it was a blessed relief, it was also a time of release and mourning. Then the devastating illness that my daughter experienced which was one of the most difficult things I have had to process in a long time. I am pleased to say that she is doing well and on the road to recovery. She is swiftly regaining her strength and returning to her usual bright and sunny self. I always have many details to handle in Dec. and Jan. as I make plans and firm up my seminar schedule for the year. This year has been somewhat of a test in that I had to change the location of the San Diego Seminar and change the dates of the Longmont Seminar. I even had some doubts as to whether I should cancel these events or not, and dear Michael came through loud and clear asking me to hold these events. He said it was very important and that the people who were led to attend had made an agreement a very long time ago to come together to be anchors for this wondrous energy that is now being showered down upon us. He said it did not matter how many attended, it would be enough to get the task done and so, of course, I agreed. It seems as though these seminars are taking on a whole new meaning and the outcome will be beyond anything I can imagine. If you have been feeling a lot of physical discomfort or experiencing what AA Michael called "an energy flu," join the crowd. The day after my Saturday, one-day intensive here in

Reno, I began to experience a slight fever with chills and extreme pain in my neck, shoulder and arm on the left si

de. It was intense throughout the night, but miraculously disappeared around 9 AM each morning for about five days, and then disappeared altogether. I was told that it was the quickest and easiest way to integrate the massive "download" of energy I had experienced over the past month. I am now feeling wonderful again, and my energy level is higher than ever. I feel a great excitement and anticipation about the future, and I know the benefits we will derive far outweigh the little discomforts we must experience in the process. I am so glad our Beloved friend Michael focused on what is happening, and as always, he graciously gives us the tools and information we need to move through the process with ease and grace. Each of you is very dear to me. I send you love, angel blessings and a big hug, Ronna

LM-3 - RELATIONSHIPS AND YOUR SACRED UNION

TRANSMITTED THROUGH RONNA HERMAN

RELATIONSHIPS AND YOUR SACRED UNION

Beloved masters, the refined frequencies of the New Age are having a profound effect on how you view yourselves. As you learn to take back your power, set boundaries, and reclaim a sense of self-worth, it will also have an intense effect in your relationships with others, especially romantic relationships.

In the past, you had a lot of unresolved issues that created what could be called “imbalanced or vulnerable blemishes” in your emotional bodies and chakra system, especially chakras one through four. You had many unresolved issues within you in the form of guilt, fear, anger, a sense of abandonment and of being unlovable. All of these thought forms have a vibrational frequency, and you radiated those frequencies of unworthiness out into the world. See these energies radiating forth in front of you and all around you in an infinity sign, whereby they are picked up by those who are resonating at the same frequency levels, and thus are drawn into your life in one way or another. Unconsciously, you attracted to you those who were also coming from a viewpoint of “neediness.” You hoped they could fix everything for you and make you happy, but in reality all this kind of relationship creates is more friction through feelings of lack and an inner sense of unworthiness. In the past, most relationships were based on physical attraction which usually fades rather quickly if there is not more depth to the attraction. There were other dis-empowering components as well such as dependency, a desire for security or an attempt to find validation of self-worth outside oneself. Unresolved issues and problems are magnified when someone comes into your life who mirrors these negative situations back to you. These issues and problems invariably create friction, which is not necessarily a bad thing if you recognize them, are willing to acknowledge them, and agree to make a concerted effort to change them for the better.

The emphasis now is on

returning to wholeness within yourself, in taking personal responsibility for your actions, and building self-esteem and sense of worthiness via your solar heart center in cooperation with your soul self and Higher Self. Truth and integrity will be the foundation of any relationship of the future. First you must accept who you are at the present time as you strive to become the very best person you can possibly be through self-examination of your attitudes, beliefs, habits and your weaknesses. You will learn that the foundation of a lasting relationship with others is to first have a “love affair” with yourself, whereby you strive to become more loving and lovable and eventually you realize that “you are love personified” and you do not need anyone else to validate that truth for you because, deep within, you have claimed it. You tap into your Sacred Heart and that wellspring of unconditional love wi

thin your own Divine God Spark, and you remember that there is a never-ending supply of Love/Light available to you through your “Light connection” with Source. That is your Divine Heritage, dear hearts. Why not claim it?

It takes a strong, mutual commitment, without blame, judgment, or ego-driven accusations, to work out personal differences and to arrive at mutually beneficial conclusions that are fair to all parties involved. In a growing, evolving relationship, no longer will there be an emphasis on who is “right” or who is “wrong,” but on compromise and a desire to meet the needs of everyone involved in the most equitable way.

No area of your life can remain stagnant, especially those of you who are dedicated to your spiritual path and soul evolution. It is not always possible for those in a relationship to grow or evolve at the same pace. However, it is possible to not feel threatened, to remain in a supporting role, and allow those around you to develop at their own pace if you have established a “sacred union” within yourself. This “sacred union” is returning to balance and harmony within your physical, mental, emotional and spiritual bodies, as well as reclaiming the attributes and virtues of your masculine and feminine natures. The strictly defined roles of males and females are gradually being altered, whereby a blending of sexually-defined roles is become more the norm. The powerful radiance of the Goddess is, once more, being showered down upon the Earth and humanity. The status of women is rapidly changing and masculine/feminine equality will become the norm when both men and women claim their intrinsic masculine/feminine natures. The battle of the sexes has its origins within, for humanity has struggled for aeons to reunite the god and goddess within. Women are learning to reclaim their power; however, they know they must use this gift with love and compassion as an overlay. Those in the male body are gradually learning to allow the unconditional love of the Goddess to “Light the fire of compassion and gentleness within.” They are

learning that there is strength in creativity, intuition and a willingness to allow oneself to be gentle and “open-hearted.”

As you strive for spiritual maturity, many facets of your life will change. There will be a strong desire to support one another, along with an intense yearning to grow and expand, even if at times your paths may take different directions. You will claim the truth that you are “bonded together at a soul level” and can never truly be separated.

True sexual union is and can be an incredible spiritual experience, not just the joining of two bodies. Divine sexuality calls for a total opening of the heart, a blending of the mental, emotional and physical facets of your Being, which results in a profound, lasting experience. This type of union can result in a true sense of unity if you are in harmony at a deep soul level, one with another.

You must removed the eth

eric barriers or filters you have placed around your heart and emotions if you are to be able to receive and radiate unconditional love. You must confront your fears about losing those

you love, and of disappointments and betrayals of the past, which often manifests as a fear of intimacy or of making a commitment to another. As you learn to believe in and trust yourself, you will develop a fundamental trust in others, and others will place their faith and trust in you, for trust begets trust.

It is not appropriate to sacrifice your dreams and desires for another or for the people in your life to make sacrifices for you. There must be a common goal with everyone involved participating in an agreed upon manner; sharing the load and reaping the rewards.

Each of you belongs to a huge, complex soul family, and have surely played many diverse roles with each other down through the ages. The people you are involved with in this lifetime, or who come into your life so you can learn the “lessons of life,” are a part of a greater ongoing cosmic drama. When you judge another, you need to be aware that, in truth, you are only judging yourself. You have played all the parts during your journey throughout this universe: lovers, friends, mother, father, sister, brother, son and daughter. You are integrating all the attributes of the multiple parts you have played: the strength and wisdom of a father, the gentle nurturing and loving care of a mother, the passion, commitment and companionship of a lover, the steadfast loyalty of a friend, and the joyful, light-hearted interactions between a sister, brother, son or daughter.

It is the time of reuniting, coming together; the beginning of returning to ONENESS. You can no longer hide behind a cloak of fear or isolation, beloveds. It is time to make a conscious commitment, first to yourself and to your God Self, and then to those around you with whom you are destined to experience the “dance of new life.” You must make a conscious, detailed agreement within yourself about what you desire and expect from those around you, and then you

must be open to discussing your desires and expectations with all the people whom you interact with. In the future, as relationships unfold, deeper and deeper levels of understanding and commitment will blossom forth, for everyone will be willing to speak from the heart with Spirit as their guide rather than ego.

As many of you know, I have been honored to give many of you personal “galactic readings” over the years. It has been my great pleasure, and I must state that it has also been a blessing and a gift from my beloved messenger, for it has taken up much of her time and energy to bring forth these messages to you. During these times of great change and of great opportunities, I am sending an open galactic reading to you all so that you may know how very special you are, and the wondrous gifts that await you.

Dearly beloved: It is wondrous to watch as you remember

and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, dear one, not only from your sojourns in the higher realms, but from your earthly experiences, as well. It is time for you to remember that the Earth is not your home. You have soared throughout this universe and have always eagerly stepped forward to volunteer for a new assignment, no matter how difficult. Your earthly

experiences have been a wondrous variety of cocreative endeavors, and you have made slow but steady progress toward your true identity as a Being of Light. It is time for you to realize that you are much more than just the identity you chose in this lifetime. You and those like you are being given an opportunity to integrate the multiple facets of yourselves, and in doing so you will begin to see how truly powerful and wise you are. All of your trials, tests and seeming failures have made you the shining, beautiful Spirit/human Being you are today. When you teach, you teach from experience and you show by your example how any obstacles can be overcome and that others, like you, can triumph over any adversity.

This is the time when your soul has reached the furthestmost point of Its journey of separation, and is now ready to begin the journey of "Reunion and Integration" once more. Your soul has gradually been infused with a Divine discontent which slowly filters into your conscious mind and emotions and you begin to turn inward in order to tame the ego and reconnect with the soul, your oversoul and the multiple facets of your greater Self. You now have the potential to connect with the many facets of your soul family, your Higher Self, your many oversouls and your God Ray (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

Your greatest desire for this lifetime has been to integrate the many facets of your Beingness, but first they must be healed and ha

monized so that they can be filled with Light. In this way, you will not have to experience the discomfort, the challenges or the karmic interactions of the third- or fourth-dimensional experience, for that is the old way. As you allow your Divine Self to overlight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just allow it to happen naturally, dear one.

What brings you joy and satisfaction? How do you wish to serve? There are many ways and you have many talents (more than you will acknowledge), but the choice is yours. Just remember it should bring you joy and make your heart sing as you offer others the gifts that have been given you. Your reward will be the Light in their eyes and the joy they express as they, too, allow the integration of Spirit to create miracles in th

eir lives.

It is time to let go of the painful past. It is time to claim your mastery, to create your own version of paradise and then teach others to do the same. Help those who come to you to heal their emotional wounds and their physical bodies, and then they will be ready to listen to the nudgings of Spirit. We all are in the times of great change that have been foretold for thousands of years. You carry within the refined vibrational frequencies of the future and you CAN make a difference. Draw the Love/Light of Creation from your Divine Self, use what you need to bring yourself into harmony and vibrant health, and then allow your gentle heart to radiate the beautiful glow of loving energy to others.

Focus on what is right in your world and look for the best in those around you and that is what you will reinforce and help to create. You can change the world around you, one thought at a time.

You have wonderful angelic guides just waiting to assist you. Call on them and together you can create miracles to share with others. Allow us to assist you in fulfilling your mission and to nurture you with our love. I AM ARCHANGEL MICHAEL

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Dearest friends, I must tell you that after the adjustment period of the past three months during which we received an intense download of higher frequency energy, I now feel as if I have been plugged in to a 220 volt socket. My energy level is incredible and I am accomplishing an amazing amount of work. Everything is "back in the flow," and my "joy quotient" has also increased exponentially. So many wonderful things are happening it leaves me almost breathless. The seminar in the San Diego area (Encinitas to be exact), after a slow start, turned out to be an incredible "happening." The people who were inspired to attend were very spiritually advanced, and most of them were in the healing modalities in one way or another.

By the time the weekend was over, we had all bonded in a very special way and felt as though we had been reunited with some very special members of our soul family. Dana Plant, who graciously opened her home for the event, is a lovely lady, and she helped to create a beautiful, sacred space for the event. My dear friend, Keith Smith, whom I have known for at least twelve years, was a welcome addition to the program and presented some very helpful information that was enthusiastically received. There was a lot of healing and transformational work accomplished during our two intense days together. Something is happening beyond our comprehension. It seems as though AA Michael, the masters and all the wonderful Beings of Light are much more present when we gather, and the dynamic synergistic vibrational patterns we create assist us to

bring down the rarified frequencies of the fifth dimension into our bodies, the room and all around us. It is an incredible experience. ** On another subject, I have some more exciting information to share with you about numbers. In the past, I have given you some of the meanings I have been given for when we see three numbers in a row. Recently, Beloved Michael told me, "When you see three eight's, 888, representative of the infinity sign, you will know that I am very present with you." Later, El Morya, the Chohan of the First Ray, with whom I have been having some wonderful conversations lately (he is helping me strengthen my physical body), apparently liked the idea and so he told me, "When you see three five's, 555, you will know I am trying to get your attention." To carry the "game" even further, Djwal Kuhl, who is one of my personal mentors, said, "I will use the number 777 to

let you know I am with you." I have learned that when I see 666, I need to ground myself and pay attention, and I always feel the loving energy of Lady Mary and Jesus when I see 333. License plates are one of the most effective ways to validate the use of numbers. Coming back from lunch the day of my seminar on January 10, in Reno, and shortly after AA Michael had given me the information, we saw a truck parked in front of the seminar hall with a license plate that read 8888. Even more amazing, when Robert Newman, a new/old friend who picked me up at the San Diego airport, and I stopped for lunch, what did we see but another truck that had a license plate with 8888 on it. Wow! Way to go, Big Mike. What fun, and what wonderful validation for us. So, I suggest that you ask your guides and special friends from wondrous far off places what numbers they would like to be identified with, and then enjoy the wonderful miracles they create for your benefit and enjoyment. May your lives be filled with miracles, love, joy and overflowing abundance. Love and angel blessings, Ronna

P.S. When you see a 111, know that I am in my Pyramid and I am sending you Love/Light and all the blessings you can contain.

LM-4 - INTEGRATING THE RADIANCE OF YOUR GOD CELL

OD CELL

TRANSMITTED THROUGH RONNA HERMAN

INTEGRATING THE RADIANCE OF YOUR GOD CELL

Beloved masters, what you are experiencing during these times of great and radical change is not new to you at a soul level. We would have you know that you have plunged into the multiple levels of Creation thousands upon thousands of time. You have refracted yourselves into many unique forms, and you have enjoyed the wondrous process of reuniting with the myriad Sparks of your Divinity, the magnificent real you, many times as well. Do you think this is the first time you have gone through this process of devolution into density and then ascension into the realms of Light? We tell you emphatically, it is not. However, your journey within your solar system and on planet Earth has taken you to the furthestmost point in your devolution process into a state of forgetfulness and disharmony that you will never have to experience again. All of the fragments of Self you have created are not of the same radiance or do not carry the same amount of Creator Light. Many are much smaller or more diminished in Light than you are, and yet, many, many more carry a greater "Light Quotient" than you now possess. If you could only glimpse the magnificence and beauty that awaits you, you would not hesitate a moment in beginning the process of reunification with the multiple parts of Self and with your vast soul family.

For many years now, you have been involved in the process of clearing, cleansing and harmonizing those fragments (thought form energies) that you created during your odyssey into the third- and fourth-dimensional worlds of reality. You must admit it has been quite a journey and you have gained much wisdom as you sought to reclaim the power and majesty of your Divine Self. For a very long time you have been an unconscious cocreator, and you felt you were at the mercy of a vengeful God or fate. It has taken much soul-searching and hard work for you to finally accept the truth that you and you alone are the creator of your world and of all that takes place in your life. Many of you are still not ready to accept that burden. You would rather believe that there is someone "up there" in control, some higher Being who is pulling the strings and meting out rewards and punishment so that you do not have to take responsibility. As you gained knowledge and turned this knowledge into wisdom, you have also begun the process of reclaiming the full power of the virtues, attributes and qualities of the Creator. You are learning how to use the universal laws of manifestation for your highest good and the greatest good of all as the process of creating your version of earthly paradise accelerates and expands.

Is it not time to heal and let go of the painful memories of the past? Have you not suffered enough? Are you aware that you do not belong in the body that you chose in this lifetime? Do you know that most of you do not belong to

the family you chose in this lifetime? You chose t

he race, the country, the family and circumstances that would allow you to experience all that you needed to learn, release, transmute and move beyond in order to reclaim your self-mastery. You made the choice, no one made it for you, and you did so in order to heal the past as you evolve and move forward into the bright new future that is growing ever closer on the horizon. The negative frequencies/thought forms of the third and fourth dimensions are gradually being transmuted, leaving only the beauty, harmony and magnificence of those dimensions as they are reunified with the higher expressions of Creation.

We have given you the example of the broad spectrum of Light and shadow before. At one end is the brightest, most powerful radiance of your God Ray and at the other end is the dimmest shadow light you have ever experienced. You chose to incarnate on that spectrum of Light, not where you belong, but at the place where you could heal the past for your ancient ancestral lineage, the lineage that you chose in this lifetime. We ask you to stop seeing yourselves as a member of this or that race, religion or culture. ALL of you have experienced many lifetimes in every race and sub-race that is or ever has been on Earth.

Beloved Sparks of the Divine, you are of royal heritage. Your lineage is far beyond anything you can ever imagine. Each of you has so much potential, and you have been and done much greater things than you could ever imagine. Those of you who have studied, meditated, prayed and gradually reclaimed your self-mastery are the chosen representatives for your soul family. You are the vanguard. You are the ones who have answered the clarion call once more, and who have moved into the new frontier where the vibrational frequencies of new Creation are just waiting for you to mold them into anything you can desire or imagine (as long as your visions are in harmony with the new Divine Blueprint for the expansion of your galaxy and universe).

You have available to you all that you need to create the world of your dreams. You magnetize to you through your vertical "lifeline" with our Father/Mother God and the Creator all the Primal Life Force Substance that you can ever use. This lifeline is the Rainbow Bridge, which is made up of the twelve rays of God Consciousness, and connects you to your Higher Self and your Divinity. You breathe in the Life Light and you breathe out the vibrations of your thoughts and your intent. You then solidify these vibrations via your actions into material form. You have been given the gift of free will and only you can decide to lower or raise the vibratory level of your auric field via your thoughts and actions.

The process that is now taking place is called the inbreath of Creation. A new, powerful and all-encompassing clarion call has rung forth on your planet, and millions have once more stepped forward to answer the call. We are

gathering our forces, of which you are an integral part, as preparations are

made to expand Creation out into the great void. The Creator's radiance is now viable and active in your galaxy, solar system and on planet Earth and you may draw forth as much of

this rarified Love/Light as your physical body can contain as long as you use all you draw forth for the greater good.

Many of you are waiting for the wondrous Christed Being called Jesus or Yeshua to return. We would have you know this: all of you who are in the vanguard of the new creative process now in progress played an active part during that great era as well. If you were incarnated in the physical body during the time Jesus walked the Earth, no matter where you were on Earth or what your station, you helped to anchor the rarified Creator Light that he brought forth to Earth. If you were not embodied on Earth at that time, you were among those who held a holographic thought form in the higher realms. It was also a time of planting the seeds of New Creation, setting the stage for the future christed Beings who would walk the Earth, a time which is now unfolding on Earth. "Christed" means the pure Essence of the Creator, and the beloved Christ Yeshua brought forth the greatest amount of Creator Essence that has ever been contained in one human form on Earth.

There is much being written and said about the beloved Mother (Lady) Mary, and Lady Mary Magdalene, and it is time for the full understanding of what transpired during that momentous era. Lord Yeshua represented the Father/masculine aspect of our Father/Mother God, and Lady Mary and Lady Mary Magdalene represented the Mother/feminine aspect of our Father/Mother God. One of the greatest changes that is occurring in human consciousness is the reunification of our Father/Mother God. They are unified in all aspects and reign over our universe in equal measure. They are equal aspects/facets of the Supreme Creator, one as powerful, dynamic and all-knowing as the other, wondrous and magnificent in their radiance and wisdom.

There will not be one great prophet or representative of the Creator during these swiftly changing times. You, the Light Warriors, will carry the Essence of the Creator. You are the Christed Beings and the Ascended Masters of the future. You are holding the fabric of the new heaven and Earth within your soul, heart and mind. Your greatest desire was to be on Earth during these times of transition, because you remember the perfection of the Earth and the wondrous adventure of being a cocreator as you built your cloaks of flesh, and you experienced the physical senses for the first time. You are record keepers of the past and the future and you have the ability to tap into the cosmic library of records where all the knowledge of the universe is stored. Your personal history and a record of every soul and everything that has taken place in this universe is recorded and accessible to you as a master/cocreat

or of Light.

Beloveds, can you not feel the excitement that is sweeping the Earth? Will you

focus on the miracles, large and small that are occurring more frequently around you? Can you rise above all the conflict and uncertainty that is rampant in the world as you solidify your role as a master, knowing that ultimately there will be a higher outcome that will

benefit all humanity. We offer these thoughts and guidelines to assist you to claim your rightful place as a master among masters:

We ask you to love yourself as we love you, which is unconditionally. We watch patiently as you strive to return to harmony within, but we do not judge how you accomplish this or how long it takes. We see the radiance of your God Spark and we know what you have experienced over the many aeons of time. How can we judge you or place conditions on our acceptance of who you are, for you have agreed to take this journey into the unknown for all Creation and we honor you for your bravery and steadfastness. Our love is never- ending. You are a facet of who we are, for we all are a glorious facet of the Creator.

Begin your day by giving thanks for all the many blessings that have been bestowed upon you and then live your day with the joy and expectancy of a child, finding pleasure in the small gifts and blessings that come your way. Focus on what is right in your world and those around you, thereby reinforcing the positive instead of the negative. Develop a habit of choosing a key word or thought for the day, such as joy, peace, love, patience, faith, humility, gratitude, gentleness, dedication, self-control, self-empowerment, self-worth or miracles of the day.

When you stay focused on a positive word or thought of empowerment you are soul-centered and living in the moment. It is one of the secrets of becoming a “Living Meditation.” Spirit is perched on your shoulder as your Sacred Witness as you go about the tasks and duties of your day. You are focused on the task at hand with your conscious mind, while your soul self is radiating the soothing vibrations of the key word you have chosen for the day. Whatever word you have chosen will overlight your thoughts and you will become acutely aware of how it affects your reality.

Negative thoughts are toxic to your body and well-being, just as positive thoughts are healing and empowering. Whenever your world tilts and you feel you are not in control of what is going on around you, dear brave hearts, return to Center and seek the wellspring of strength and empowerment within your God Cell. The activation of the twelve-fold God Cell within your heart core bears many gifts of empowerment; however, it will also assist you in releasing any residual negative vibrations from the past. Welcome the challenges and see them as opportunities, for when you emerge on the other side of this latest leap in consciousness, another facet of your Divinity will be waiting to integrate within you. Ask and we will assist

you in every endeavor. Call on us and we will bolster your courage and lighten your burdens. Know that the days ahead

are bright with promise as you walk the path of the masters before you. We shower down upon you a full measure of the radiance of our Father/Mother God. You are among the chosen and, in you, we are well pleased. I AM ARCHANGEL MICHAEL and I bring you these truths.

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***** Dearest
friends: March has been a busy, but a gratifying month for us here at Star*Quest. My seminar in Longmont was held on March 13 & 14, and it seems as though the groups that are coming together are becoming more powerful and unified. It was an incredible experience for all of us. Cindy and I had a sales table at Lee Carroll's Kryon event here in Reno on March 20, and it was wonderful connecting with all our old friends. Cindy and I are getting ready to leave for Portland very early on Thursday, March 25. We are driving and it will be a nice change from flying. We have a one-day intensive on Saturday, March 27, and it looks like we will have a larger crowd than usual attending this event. I will be at home for most of the month of April, and have much to finalize before leaving for Europe on April 27. I have some exciting news to share with you: we should have the shipment of Your Sacred Quest and Scripting Your Destiny in trade size paperback (same format as On Wings of Light and The Golden Promise) by the first week in June or shortly thereafter. The trilogy, Once Upon A New World will be available in paperback in mid-August. Karen Bosch, my web master, and I are excited about the formation of Star*Quest publishing and a new website that will be forthcoming. I will share more about this as details are finalized. We have almost completed a set of forty-eight Archangel Michael Cards, "Archangel Michael Speaks to Your Heart and Soul." I am really pleased with the results and am sure you will enjoy them, too. We are all experiencing so many different levels of the "new energy" that is coming in greater and greater waves. As our Beloved friend and teacher, Lord Michael, tells us, "Stay focused on the power of the moment as you breathe in Light and breathe out love. With the help of our beloved and powerful friends in the higher realms, we can overcome and accomplish anything. The love I receive from all of you is one of my greatest blessings, and I return it to you a thousandfold. Ronna

LM-5 - INTEGRATING THE PAST, PRESENT AND FUTURE

THROUGH RONNA HERMAN

INTEGRATING THE PAST, PRESENT AND FUTURE

Beloved masters, humanity is experiencing an expansion in consciousness at an ever-accelerating rate as the Earth moves into a realm where time is fluid and malleable, and your abilities to cocreate are becoming more powerful. The spiral of ascension is taking the Earth ever closer to its sun and into its proper place within your solar system and g

alaxy. Those of you who have become multi-dimensional are moving more fully into a new persona as empowered spiritual/human Beings. No longer can you remain isolated in your own little world, for the Earth has, indeed, become very small. You are almost instantly aware of what is taking place in even the most remote areas on the planet via your news media and the worldwide web. You could say that you are now being connected to the Cosmic Web of awareness, whereby you are learning more about your lineage, where you came from, what you experienced before your earthly incarnations, what the Divine Plan was for this universe, and what the future has in store for you and planet Earth.

Through our messenger, we have transmitted thousands of personal messages over the years to dear souls from many countries and from all walks of life, individuals who were at various levels of spiritual awakening, and so each message was designed to give them information pertinent to their lineage, their past, and encouragement for the future. We tell each of you that you have experienced the ascension process many times before, and your lofty dreams and visions are drawn forth from memories of past glory. You cannot even begin to imagine all you have been and all you have experienced down through the many aeons of time. Many more of you are at the point in your integration with Spirit whereby you are beginning to receive your own messages from the higher realms, and this is as it should be. It is time to stop giving your power away to someone else whom you think is wiser or more knowledgeable than you. Beloveds, please begin the process of clearing the distortions or the static that is keeping you from a wondrous relationship with your Higher Self, your guides and teachers, your angelic helpers, from us and ultimately, your God Self.

Over the years, we have given you all the information and tools you need to accomplish this and once you make the “breakthrough” into the realms beyond the veil, your lives will be forever changed. We encourage you to spend time in meditation in your Pyramid of Light. Ask us to join you there, and ask the questions that are foremost in your mind and heart. Listen quietly for a short time, and although you may not get your answers instantaneously, they will come. If you persist in your endeavors and practice “tele-thought” with us, the way will be opened and the connection will grow stronger and stronger as you become more proficient.

We will outline many scenarios for you, wh

ich are only a minuscule portion of the possible lineages and experiences you have had in your adventures throughout the universe. How will you know which ones apply to you? You will know when you feel as though one of the descriptions is written just for you. You will know when “angel bumps” rise on your skin and a ripple of remembrance washes over you. You will know when your intuition tells you, “YES.”

For those of you who feel a close connection to the Earth, t

he flora and fauna, the lakes, streams and mountains, it is quite possible that you externalized as an individual Spark of Divine consciousness of the great Devic Angelic Kingdom. From pure crystalline Light substance, you helped to create many wondrous paradise worlds. You took great delight in cocreating things of great diversity and then in experiencing what you had created and, yes, you were among those who helped to create the small planet called Earth. The assigned task of the Devic and Elemental kingdom is to overlight and nourish the nature kingdom, the trees, plants and beautiful flowers, as well as the mountains, lakes, streams and oceans. They are also in charge of the elements of fire, air, water and earth. You are what is called a Star Seed which means that Earth is not your true home. Some of your most joyous memories are of those magical times when humanity was attuned to the will of the Creator.

Many of you are what is called Gatekeepers of the Seven Rays of God-consciousness. You assisted the new souls who were destined to incarnate on Earth as they moved through the seven realms of God-consciousness. In doing so, you were given a seven-faceted crystalline energy within your heart center which gives you the ability to help others refine and balance the virtues of the Seven Rays so that they can heal their physical vessels and begin to build their beautiful Light bodies once more. This core energy is different than your Creator God Cell in that it was active from the time of your birth and has grown stronger as you matured in spiritual awareness. Your God Cell lay dormant until you reached a certain vibrational level which allowed your Higher Self to radiate the appropriate patterns of Light to you which activated your Twelve-fold Crystalline God Cell. Many of you were healers in past lives, and have chosen or feel drawn to the healing modalities in some way in this lifetime.

Many of you are of the lineage of the great Being called Lord Melchizedek, who embodies and transmits the wisdom of the Creator. He is a Cosmic Lord of Light and presides over and directs the vast Priesthood of Light. There has always been what is called a Melchizedek Priesthood on Earth comprised of people who have the ability to bring forth the most relevant spiritual information for those in every culture and race. We ask all of you to study the wisdom teachings we bring forth and then present them to those around you in a way that they will best understand. First you must teach

h by example and then people will take heart and be willing to listen to what you have to say. Begin where you are, in whatever small way. Watch as your wisdom and abilities expand, and as you become more confident, your private world will change dramatically for the better.

All of you have journeyed throughout the universe, experimenting and learning to create in harmony with the Divine Will of our Father/Mother God. Some of you spent a very long time in far-distant galaxies, in

civilizations where the mind was honored and revered. Over the aeons of time, you created many wondrous things as you learned to use your mind power and mold primal cosmic energy into form. You could be called “cosmic architects” for the perfect thought forms and visions were encoded within your brain structure so that you and those like you could assist the mighty Elohim and the great Builders of Form to create many wondrous star systems, galaxies and planets, including the paradise called Gaia, (the spiritual name for Earth). After you assumed physical forms, the Earth gradually sank into density and your creations became distorted, bringing about fear, suffering and lack. Remember, you are cocreators; therefore, dear ones, we ask you focus on love, beauty, joy and abundance, for where you place your attention is what you give energy to and that is what you will manifest. It is time for you to glean all the wisdom, success and joy you have experienced during your many sojourns on Earth, as you move rapidly forward on the ascension path.

Many of you are of angelic lineage or of the lineage of other great Beings of Light. In next month’s message we will give you more information on your past heritage and an overview/description of the God Rays (the First, Second and Third Rays), so that you can determine for yourself which Ray is your overlighting Ray or Divine I Am Presence.

You are much more powerful than you realize. You are just beginning to accept the fact that you can depend on yourself and your own judgment rather than allowing others to make your decisions. Remember, the Earth is not your home; you are here on assignment and the assignment is drawing to a close. It is wondrous to watch as you tap into and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, not only from your sojourns in the higher realms, but also from your earthly experiences. You have always eagerly stepped forward to volunteer for a new assignment, no matter how complicated or difficult. Most all of you have had many lifetimes in Lemuria and Atlantis, learning to manifest in the physical expression from the blueprint you carried within your mind, and many of you were in physical form in the times before and also when the final great cataclysms came which sank the remnants of those beautiful continents beneath the waters.

For all of you who are on the path of ascension, this is a balancing lifetime whereby

you are seeking to bring into harmony all the facets of your Being. Deep within you are aware of how important it is for you honor and integrate your feminine nature, the gentle, intuitive, creative and inward-focused energies, as well as developing and using your masculine attributes as well. Strive to be strong, yet gentle, dynamic and outward-focused as you tap into your inner intuition. It is time for you to realize that you are much more than just the identity you chose in this lifetime.

You are being given an opportunity to integrate the multiple facets of yourself, and in doing so you will begin to see how truly powerful and wise you are. All of your trials, tests and seeming failures have made you the shining, beautiful Spirit Being you are today. When you teach, it is important that you teach from experience. By your example, show others how they can overcome any obstacle, and that they, like you, can triumph over any adversity. Know that you have experienced the positive and negative facets of all the Rays, overcoming many trials and passing many tests of initiation. We ask you to teach others how to move through the quagmire of illusion, pain and the limitations of the third/fourth dimensions.

In many lifetimes, you have felt a great responsibility for those around you and often have felt that your own needs were not being met. We ask you to turn inward for validation of your self-worth, for there is where you will find what you seek. Beloved ones, know that you are worthy of love and deserving of loving relationships, but concentrate on yourself first and promise yourself that from this moment, you will begin to do that which excites you and brings you joy, for therein lies your mission and how you can best serve. As you bring joy into your life, others will notice and begin to follow your example. As you begin to activate this power source more and more, it will trigger what is needed for others to awaken, healing emotional wounds and helping them to awaken to the nudgings of Spirit. In this way, loving people will be drawn to you who will validate your worthiness. As you focus on your soul's growth, you will begin to radiate energies of love and wholeness, and you will draw to you people who reflect back to you that love.

In the higher realms all of you are warriors of peace in my Legions of Light. There you all are androgynous, a perfect balance of the masculine and feminine attributes of the Creator. It is also time for you to remember that you promised to be our representative on the physical plane of existence and to allow the refined frequencies of God Light to flow through you out into the world.

Envision the golden white Light of the Creator radiating down via your Divine I AM Self through your crown chakra, illuminating your spinal column like a bright fluorescent tube before you radiate the energy down through your root chakra into the Earth. Then see it spiraling up from the Earth through your chakra sy

stem and out your solar plexus. With your intent, see it following the path of the grid line structure and chakra centers (crystalline centers) of the Earth, thereby cleansing, balancing and harmonizing, relieving the stress and helping your mother planet to return to her pristine beauty. All of you are needed as transducers and transmitters of this refined energy to help move humanity and the Earth through this important time of transition. That is why I am calling my legions together once more, and making

my presence known to you, for you have an important part to play in the great drama that is now unfolding on Earth.

If you are reading these message and resonate to the truths within them, you have been on the path of illumination for many lifetimes. We know your lessons have been difficult, but

we honor you for keeping the spark of Spirit burning brightly within your heart/soul. We tell you it is time for you to concentrate on reclaiming all the virtues and attributes of the Twelve Rays of God-consciousness so that you can truly be a living example of that which you are to teach.

The Divine discontent so many of you are feeling and the uncomfortable physical symptoms you occasionally experience are all a part of the accelerated transformation you are in the midst of. Listen to your Body Elemental (your deep subconscious) mind, as you strive to bring all facets of your Being into harmony once more. As you strive to reclaim your mastery, we wish to give you the assurance that you have abilities waiting to come forth that will amaze you, and as you begin to recapture your dreams and manifest your version of paradise, you will find others will be drawn to you who wish to learn and remember their own Divine mission/blueprint. Recapture your vision, precious ones. It is waiting.

As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision. There are many ways to fulfill your life's mission. First eliminate those things in your life that do not bring you joy, and then focus on those things which make your heart sing and excite you. Therein lies your power and your magnificence. During these times of great change, you are being given an opportunity to be a cocreator of beauty, bounty, peace and joy once more, just as you were in the beginning. Our loving Father/Mother God is radiating the Cells of New Creation down upon the Earth, a blessed gift that has not been available for many ages. All you have to do is be bold enough to state your vision and then through your intent and actions, for the greatest good of all, stay focused and live each moment to the best of your ability, and then watch as your new creations begin to unfold. What is your heart's greatest desire? What would bring you joy? What is your passion? When you have a clear answer to these questions, you will know with certainty the path you are to follow. You are just now tapping into the Divine storehouse of treasures that are your birthright, so dare to dream, and we will assist you in bringing those dreams to fruition. Shine the radiance you carry within your heart/soul center as you gently speak your truth and share your wisdom, and then watch as the miracles unfold all around you.

Your major challenge for this lifetime was to embody on Earth and to experience all the great diversity of the cosmos, from the lowest rung of the evolutionary ladder to the highest attainable in the physical expression. Your ultimate goal, along

with thousands of others, was to be prepared to assist in guiding humanity back up the path of en-LIGHTEN-ment and to once again become spiritual/human Beings. Claim your mastery, create your own version of paradise, and then teach others to do the same. We are in the times of great change that have been foretold for thousands of years. We tell you that you are in the vanguard, you are the ones brave enough to step out and away from popular beliefs and the limited mass consciousness of the third dimension. Allow those visions that sometimes dance in your mind to come forth. Allow yourself to speak the words that are often on the tip of your tongue. You carry within the refined vibrational frequencies of the

future and you can make a difference. Draw the Love/Light of Creation from your Divine Self, use what you need to bring yourself into harmony and vibrant health, and then allow your gentle heart to radiate the beautiful glow of loving energy to others. We welcome you back into our midst; beloveds, we have missed you sorely. Allow us to assist you to fulfill your mission and to nurture you with our love. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN *STAR*QUEST* 6005 Clear Creek Dr., Reno, NV 89502

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Dearest Friends, I am off to Europe shortly (April 27) for a two-day intensive on May 1 & 2. I will fly to Luxembourg on May 5, and on to Pont A Mousson, France (about an hour's drive) for a two-day event with Lee Carroll and Kryon. If any of you are interested in attending, please visit my website and there is a link to each event with all the pertinent information. I will be flying to Japan on Sunday, May 30 for a two-day intensive on June 5 and 6. I will return home on June 9. As you can see, I have a very busy summer schedule. I don't care much for the traveling; however, I love being with all of you in person. My daughter and her husband just purchased 122 acres of land near Pyramid Lake. It is a beautiful property with a year-round stream, massive outcroppings of rocks, heavily wooded with quaking aspen, junipers, mountain mahogany, as well as wild watercress and willows along the stream. They will put one of their motor homes on the property for now, and they plan to build a home there after Dan retires from American Ai

rlines. We are looking forward to spending a lot of weekends there with them in our motor home. I am sure Lord Michael had a hand in their securing the property. It happened so miraculously. It is back in a canyon about seven miles and we never imagined there was such a "fairyland" in the desert. My daughter, Letitia, has made remarkable progress since her devastating illness and is looking forward to spending time in nature and planning their retirement retreat. Life is even more precious when we realize we are only assured of this moment in

time.

May magic, miracles, wonder and delight fill your summer days. Love and hugs, Ronna

LM-6 - ARE YOU ON THE WINNING SIDE?

THROUGH RONNA HERMAN

ARE YOU ON THE WINNING SIDE?

Beloved masters, the Creator and our Father/Mother God do not take sides; they love EVERYONE and everything unconditionally. Those who are always on the winning side are those who ask for their greatest good and the highest good for all, and who are strong enough and willing to accept the outcome, whatever their Higher Self determines is the best for them. You win when you align with the will of your God Self and are brave enough to accept, move thorough and learn from the challenges, tests and experiences which are put before you. Whatever happens to you is never a punishment, it is an opportunity to release negative vibrations that are keeping you from becoming the master of Light you were meant to be. When you externalized from the heart center of the Creator, and became aware that you were an individualized facet of the Creator, you knew that you would forever more seek the perfection from whence you came. Each time you refracted into a smaller facet of your Divinity, you knew you were leaving behind another part of your more perfect Self. The journey home is about retrieving those facets of your Divine Self; it is a never-ending journey.

It is time for all of you to remember that the Earth is not your home, you are on assignment here. Many of you are from other universes, and many others came from far-distant galaxies which were some of the first creations in this young universe. It is time for you, the many faithful warriors of Peace/Light, to know how magnificent you are and how brave you were to answer the clarion call to descend into the density of this earthly experiment. The events in your solar system and on Earth are quickly moving forward and great change is in the offing. Therefore, it is important that you focus on what is right in your world and not get caught up in all the negativity and fear that is spewing out into the ethers. Expand your vision and strive to see your earthly journey as only a short passage within your many diverse experiences throughout the universe.

In last month's message we gave you an overview of some of your major ancestral lineages, and we promised to give you further information so that you may go inward and validate for yourselves the lineage from which you emerged into your individual consciousness. There are many more possibilities than we can outline herein; however, we will list some of the predominant lineages for your greater understanding. Remember, the FIRST, SECOND and THIRD RAYS are the God Rays or the Ray of your I AM Presence, and each of you have one of these Rays as your major overlighting Ray.

Many of you are of angelic lineage, for you carry the Essence of angels within your DNA and heart/soul. Many of you are of the FIRST RAY which is my lineage and that of LADY FAITH, who carries the Goddess aspects of

the First Ray of Divine Will and Power, the Ray of the First Cause,

the desire to create in the name of the Supreme Creator and our Father/Mother God. This Ray also carries the energies/attributes of dynamic power, singleness of purpose, clear vision, truth, valor and protection. Many of you have the ability to assist in the refinement of the grid lines within the Earth as well as to reactivate the great sentient crystals, and during your sleep time you go to the Golden Christ Grid that surrounds the Earth to help in the harmonization and purification of the planet. One of your tasks has been to balance your masculine and feminine attributes in the physical, to allow the more dynamic energy of the First Ray to overlight you: Divine will, dynamic power and the desire to help recreate beauty and harmony on planet Earth, as you also enhance the loving compassion and intuition of your feminine nature. We have journeyed together throughout the aeons of time and we have had many wondrous adventures. Call on us and we will assist you to draw forth your full potential.

Many of you are of the lineage of ARCHANGEL JOPHIEL and LADY CONSTANCE, who carry the energies of the SECOND RAY virtues, aspects and attributes of our Father/Mother God. This Ray carries the qualities of illumination, enlightenment, and the laws of cause and effect, or Karma as you know it. Jophiel's name means "The beauty of God," and he often serves under the direction of the Mighty Metatron. The Second Ray is the most predominant God Ray for humanity at this time.

There are those of you who are of the lineage of ARCHANGEL KAMIEL and LADY CHARITY, who radiate the energies of the THIRD RAY virtues, aspects and qualities of our Father/Mother God. This Ray radiates the power that assists humanity in perfecting and refining their emotional bodies, and carries the qualities of tolerance, forbearance, unity and culture. It is the Ray of active intelligence, and many who are born under this Ray become peacemakers, arbitrators or pursue artistic endeavors. Kamiel or Camael as he is sometimes known, depending on the language you use, is known as "He who sees God." He is one of the overseers of Divine justice and has been active on Earth from its very beginning. Many of you have the Third Ray energies overlighting you, for this is your God Ray or I AM Presence.

Many dear souls are of the lineage of ARCHANGEL GABRIEL, whose name means "God is my strength," and LADY HOPE. They carry the Creator's virtues, qualities and attributes of the FOURTH RAY of purity, clarity, humility, communication and balance. This Ray is sometimes described as the Ray of Beauty and Harmony attained through conflict. Those who carry this Ray as their soul ray have the ability to hold the original Divine plan for physical manifestation, and when using the full potential of this wondrous energy often become architects, engineers, builders with innovative insight and creators of new ideas or pursue artistic endeavors of

some kind.

There are many on Earth a

t this time who are of the lineage of ARCHANGEL RAPHAEL, whose name means “God has healed,” and the feminine archangel LADY MARY, sometimes known as the Queen of Heaven. Raphael and Mary carry the Creator’s virtues, aspects and attributes of the FIFTH RAY of science of precipitation, unselfishness, the listening vocations, consecration and healing. These two shining Beings are in charge of healing the Earth and humanity and will always answer your call in times of distress or discomfort. Lady Mary and the many beautiful representatives of the Goddess are very prevalent in this galaxy at this time, and especially on Earth as they bring in the magnificent love force of our Mother God to be reunified with the will/power of our Father God and within each of you.

There those of you who are of the lineage of ARCHANGEL URIEL, whose name means “fire of God,” and LADY GRACE. They carry the Creator’s virtues, qualities and attributes of the SIXTH RAY of devotion, forgiveness, mercy, grace and faith. Uriel is often referred to as the Dove of Peace for this is the Ray of peace, tranquility and devotional worship. Those who carry the Sixth Ray as their soul ray often feel the call to become healers, priests, ministers or in some way “serve” those around them. This is the Ray the beloved Jesus activated and anchored on Earth in preparation for this wondrous time of the ascension of humanity into the higher realms of Light.

Many of you carry within your heart/soul the essence of the beloved ARCHANGEL ZADKIEL and the LADY AMETHYST; therefore, you carry the blessed energies of the Violet Flame of transmutation, the SEVENTH RAY. This is the Ray of Ceremonial Order, the Violet Flame of Transformation, of freedom and purification. The Seventh Ray is the predominant overlighting Ray for Earth during the next two thousand year cycle. The First Ray of Divine Will to Create anew is the second most powerful God Ray during this evolutionary time of great change. As you, the cocreators, transmute, balance and harmonize the distorted energies within and around you, you have available to you all the force and might of the First Ray of Divine Will and Power to create new and wondrous things.

During these times of great evolutionary change many wise, ancient souls have agreed to incarnate on Earth in order to anchor the very high, rarified Light frequencies with which the Earth and humanity are being gifted. These powerful souls are of the lineage of the beloved ARCHANGEL METATRON. This magnificent Being is called the “Light of God” and his energy is so awesome that it has only been during these recent years that the Earth and humanity have been ready to receive the full measure of his virtuous gifts of Love/Light once more. The Order of the Seraphim (Celestial Choir) falls under the guardianship of Beloved Metatron. This order is the closest in all the heavens to the very throne of our Father/Mother God, and radiates the element of F

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e First Ray of Divine Will to Create. We would have you know that it is not easy to be an “Earth Angel.” Love is the fuel of angelic beings and many of you have had the belief that if you loved enough, others would love you in return. You are learning to set boundaries and

to value yourself, for without a sense of self-worth you cannot fully access the Divine Love of the Creator that is your birthright.

Many of you are what might be called some of the original Earth parents because you carry within your DNA the encodings for some of the original root races placed on Earth. When a new race was to be introduced on Earth, you and those like you were encoded with the new race attributes and characteristics; then you would be the examples, lead the way, and oversee the new souls that incarnated into that race. Therefore, you have empathy for all races and cultures and see the similarities in everyone rather than their differences. You sense their souls rather than their outward appearance or personalities. Many of you are the caretakers of the holy innocent ones now struggling in the pain and illusion of the third dimension. Give them wise counsel, beloveds, and nurture them with your loving nature as you assist them to awaken to the glory of the future and to the wisdom of their Higher Self.

A select number of you were chosen as part of the entourage to accompany the royal Kumaras whose task it was to come to Earth and create a magnificent temple and abode for the beloved Sanat Kumara who would eventually be the oversoul for planet Earth. It was to be patterned after his palace on Venus so that he would not feel so lonely as he made the supreme sacrifice by leaving his lovely Lady Venus and his homeland to serve on Earth. You all suffered much hardship and the temple was destroyed twice by outside negative forces. Finally, it was completed in the area now called the Gobi Desert. It was indeed wondrous to behold and you all enjoyed the fruits of your labor for thousands of years. Then came the time, as the Earth sank into density, that the high vibratory energy of Shamballa as it was called, could no longer be sustained on Earth. The entire white/gold city was lifted up into the higher fifth dimension so that it was no longer visible to those with human eyes (those who cannot see within the higher frequencies). It is there, as radiant and beautiful as ever, and is as real as anything on the earthly plane.

Most of the young ones now being born on Earth are prototypes and among the forerunners for the coming new Golden Root race. They have stored within their brain structure many wondrous abilities and much wisdom. Some people are calling many of those born since mid-last century of Earth time the Indigo race, the crystal children or the golden ones. What they are is very wise old souls who agreed to come to Earth to show their elders and humanity the true way now that the path has been prepared by the brave ones who have acknowledged

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their Divine Mission and begun the process of reunification. Many of these dear souls have not had many incarnations on Earth; therefore, they do not always adjust well to the physical body and the earthly environment. Many have a very sensitive nature, and they also have more intuitive insight than most, so they do not understand the hypocrisy and distortions of the truth that they encounter. Their greatest desire is to change the mass belief system of the country they chose to be born in so that others would not have to

experience the pain and illusion of the third/fourth dimensions. How brave and bold they are to step to the fore and agree to show humanity the "way of truth."

We say to each of you, please be aware that before you incarnated into your present bodily form, you knew it would be the most important lifetime you would ever spend on planet Earth. It is time to bring all the facets of your beingness into harmony, to acknowledge and heal your mental and emotional bodies and to balance the power, will and dynamics of your masculine nature with the nurturing, intuitive, inward focus of your feminine nature, but most important of all is to allow yourself to love and be loved unconditionally.

Dear ones, in many lifetimes you have felt a great responsibility for those around you and often have felt that your own needs were not being met. We ask you to turn inward for validation of your self-worth, for there is where you will find what you seek. All of you have wondrous Light Packets of information stored within your brain structure just waiting for you to claim and bring them forth into physical expression. What are your greatest dreams? What is your passion? As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision.

Allow the love we feel for you to flow through you, healing and nurturing you, and then share this blessed gift with those around you. You will never feel alone and you will begin to draw to you others who will reflect your sense of self-worth back to you. Your future is built by one desire, one thought and one step at a time. We are ever near to assist you to create your version of paradise on Earth. Turn inward and claim your Divine Birthright and ask to connect with your Divine ancestors. We are waiting to answer your call. Know that you are loved most profoundly, I AM Archangel Michael

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Dearest friends: My trip to The Netherlands and France was an incredible adventure. Those who attended the two-day Rotterdam seminar were powerful, special and so receptive. The seminar in Pont-a-Mousson, Lorraine, France was held in a 13th Century Abbey. The architecture was beyond belief and a tribute to

o the co-creative ability

ties of humanity. The countryside was so beautiful and I find no matter what language people speak, they all know the language of love. I am off to Japan on Sunday, May 30, for another wonderful two-day event. Your Sacred Quest is out in two volumes in Japanese and like AA Michael's other books, they are being well-received. I am so very blessed to have you all as my friends and soul family. Let us all join together in our Pyramid of Light in the

higher dimensions as we radiate unconditional love to the Earth and humanity during these special coming days. Together, we can create miracles. Love and angel blessings to you all,
Ronna

LM-7 - A NEW PHASE OF CREATION IS UNDERWAY

TRANSMITTED THROUGH RONNA HERMAN

A NEW PHASE OF CREATION IS UNDERWAY

Beloved masters, it is of vast importance that you understand: every facet of Creation from a universal level downward throughout all the dimensions and especially you, the residents of planet Earth, are in the midst of unprecedented evolutionary change.

In a multitude of ways we have explained the Twelve Rays of Creation which radiate the broad spectrum of Light containing the virtues, qualities and attributes of our Father/Mother God throughout this universe. Now we wish to tell you, as part of the Divine plan for new Creation and expansion, we have been given permission to relay new information to you about the Rays and how they will affect you in the future. We have also told you that everything in the universe is in a constant state of change and this is especially true for you as human Beings. Yes, all is spiraling upward and outward, even the multi-universes within the Omniverse. You might say this young universe is coming of age, just as you are becoming spiritual adults and are reclaiming the multiple facets of yourselves. ALL Creation is taking a giant leap forward as the pulsations from the heart core of the Supreme Creator touch and penetrate all facets of Itself, from the smallest to the greatest.

This is the way it was in the Beginning and the way it will be once more as your universe assumes its proper place in the Omniversal Divine Plan: we ask you to envision two magnificent Rays of Light bursting forth from the heart/mind center of the Supreme Creator in what we will call the core universe of all Creation. The First Ray that radiated forth was a magnificent GOLDEN RAY which carried all the Sparks or seeds of Creation. It radiated power beyond anything you could ever comprehend, and was composed of pulsing, forward-thrusting energy with an urgent insatiable desire, the Divine Will to expand and create anew. This was the Father Ray, often called The First Cause.

The Second Ray was a luminescent SILVER RAY which was just as powerful as the Golden Ray; however, it was of a nurturing, receptive and reflective nature. It was inward-focused, intuitive, creative and compassionate. It was the Mother Ray and was to be the womb of all Creation. The Mother Ray contained the wisdom needed to manife

st all that has ever been or ever will be created throughout the Omniverse. The Father Ray supplied the energy, the desire and the Divine Will to create, and the Mother Ray supplied the wisdom and the cosmic incubator to nurture and bring forth all the new SUNS of Creation.

The Golden Ray and the Silver Ray came together and created the Third Ray which contained the full color spectrum and the virtues and qualities from which all the sub-rays radiate forth. It could be called the SUN RAY (the Ray of the sons and daughters of Creation). This Ray was bursting with a desire for knowledge and to experience Creation

in every way possible. It carried the impulses of “active intelligence” and the desire to manifest in the realms of physicality.

The Gold and Silver Rays sent forth the thought forms and the dynamic energies needed to create the Great Central Sun for this universe, and gave two wondrous, radiant Beings of Omniversal origins the great honor of presiding over this new universe as our Father/Mother God. Through them, the Gold and Silver Rays supplied the Love/Light and the primal life force substance needed to maintain, nurture and expand this young universe over all these many aeons of time. In perfect harmony and following the pattern and plan given by the Gold and Silver Rays, our Father/Mother God sent forth the twelve great Rays and the twelve magnificent Beings who would be the bearers and purveyors of all the virtues, qualities and attributes needed for this universal experience.

Because this was to be a universe of great diversity, it was decreed that each Spark or facet of Creation would choose as its God Ray or predominant Ray either the First Ray of Divine Will and Power, or the Second Ray of enlightenment/wisdom, learning the laws of cause and effect as part of the creative process, or the Third Ray of active intelligence, the ability to incorporate and use the first two Rays effectively within the physical expression. Therefore, when you were your radiant, magnificent Self at the universal level, you chose which Ray you would experience as your overlay for your cocreative adventures in this universe. This has been called your Monad or your I AM Presence in ancient teachings, and the impulses, qualities and attributes of your God Ray have affected you to some degree in every experience throughout your universal sojourns and in every lifetime on Earth as well. Your major task has been to bring to the fore the positive attributes of your God Ray, while overcoming the negative attributes which are the result of misuse of the powers of that Ray. Each of you has all the Ray’s energies within you and they are affecting you in some measure. One of your major life lessons is to bring all the Ray’s qualities and attributes into harmony, one with another.

The Seven Rays were infused within the seven major chakras within the physical vessel so that you would have direct access to these wondrous energies through your life line which is o

ften called the Rainbow Bridge of higher consciousness. The seven chakras could also be called “mental/emotional centers” and they have become the bane of humanity because of all the negative, conflicting thought forms and impulses you have accepted as your truth over many lifetimes.

The way was prepared at the universal level for these times that are now upon us. Vast numbers of you have answered many of the multitude of clarion calls that have been sent forth down through the ages. You are brave and daring souls. You have taken on great and diverse assignments, and have had many great advent

ures as you learned to create, as well as experience what you had helped to create as you descended down through the multidimensional levels.

We have spoken of how, at a universal level, great numbers of you were called together, enfolded in a luminescent sphere of Light, and were then encoded with the information/vibrations needed for a particular/special mission. There was what might be called a “time trigger” which would activate at a particular time and which would create impulses of yearning or a Divine discontent to fulfill that special mission, whatever it might be. We have told you that many of you who come together at meetings, seminars or special events are led to attend because of an intense desire, a calling, even if you may not be aware of what it was (or is). Something nudges you, and once again, you must answer the call. You are coming together with your soul family, with your task companions, and with those whom you have journeyed with throughout the aeons of time. It is a reunion of monumental proportions.

Also at a universal level, there were other select groups brought together and enfolded within a luminescent sphere of Light. These were wise Beings from each of the three God Rays who were asked to be a part of another unique mission. The plan was for these Beings to be infused with all the attributes, virtues and qualities of all three of the God Rays, so that during their journeys throughout the universe and during each of their many incarnations on Earth, they would change God Rays and experience each Ray’s unique qualities as their overlay. This has been a great gift, but also a great burden for some, for within this group you will find those who are capable of being or becoming so many different things, they often cannot decide what they want to be or do. They are sometimes called “A jack of all trades, but a master of none.” They are often torn with many choices and, as a result, some never take advantage of the many talents and opportunities before them. You may also know people who have many diverse talents and the ability to excel at anything they put their mind to; they take full advantage of the gifts offered to them and become the ones who step to the fore and blaze trails for others to follow. With every great gift comes great responsibility, and many dear souls have not taken advantage of the wonderful opportunity to be

a wayshower and a trail blazer. However, it is this group of souls who have laid the groundwork or the vibrational patterns for the future, for what is beginning to take place on Earth now.

You have all heard of the Indigo children, the Crystal children, and what we call the Golden Ones of the future. All of these children are being born (or have been born) with all three God Rays available within the Diamond Core God Cell deep within their Solar Power Center. It is true that one of the God Rays is probably more predominant than the other two; however, they have access to al

l three and will most likely use these qualities in an interchangeable way in the future. In others, this is not the case as all three God Rays are active and functioning within these special, wise young Beings. This is another reason why many of these young souls are rebelling or do not wish to conform to the “old rules and guidelines,” for they see and sense the inequities, distortions, untruths and fallacies that are being put forth by their parents and society. As they mature, they will be a major force to be reckoned with and they will

implement the changes that you, the vanguard, have been planting the seeds and setting the stage for over these past years.

In addition, one of the benefits of activating your own Diamond Core God Cell is that it gives you access to all the virtues, qualities and attributes of the three God Rays, and also the special vibrational patterns of all the sub-rays as well. It is one of the major gifts that is being offered to you as part of the ongoing reunification process.

We told you some time ago, that the Creator is now taking an active part in the creative process, and that the rarified vibrational patterns of the Supreme Creator are now reaching Earth and are available to humanity, for those who have made themselves ready to accept this most wondrous gift. To further your understanding, we wish you to understand that the magnificent GOLD RAY, the Father Creator, and the exquisite SILVER RAY, the Mother Creator, are now actively present within your galaxy, solar system and on Earth.

The Silver Ray, the Goddess energy, has taken the foremost position, for her radiance is preparing this galaxy for the process of new birth. She is preparing the “womb of new Creation” in preparation for the new Golden Galaxy of the future. All of you, the Star Seed who have so faithfully and diligently stayed the course, are supplying the wisdom of your experiences from your many sojourns in the physical within this universe. You are being offered a rare opportunity to take an active part in the creative process that is now in progress. Remember, we told you that all the successes, all the wondrous experiences (vibrational patterns) you have had are being harvested and will be placed in the cosmic record for future use. All the pain, suffering, failures and negative experiences will be transmuted into neutral, primal life force substance to be reused again

at some future time. It all will be as a bad dream which will fade from your memory, soon to be forgotten.

You have heard of the many orders within the Hierarchy, and we wish you to know that a new order has been formed. It is THE ORDER OF THE GODDESS /THE SILVER RAY, and you all are being invited to join. It does not matter whether you are in a male or a female body, for in the realm where the true you resides, you are androgynous and contain all the virtues and qualities of our Father/Mother God. All you have to do is open your heart/soul to receive the gift

of Love/Light from the Silver Ray and to affirm: I will be a valiant and true bearer of Creator Light. I am ready to receive the love, compassion and wisdom of the Goddess and the Silver Ray. I ask that all the qualities and virtues of the three God Rays be fully activated within my Diamond Core God Cell. I claim my Divine Birthright now. SO BE IT AND SO IT IS!

We rejoice with you and are greatly pleased to bring you these glad tidings. We are your constant and loving companions and, in you, we are well pleased. I AM Archangel Michael.

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WE NOW HAVE A NEW SUPPLY OF EXQUISITE "FAMILY OF MICHAEL" and "GOD CELL"
CRYSTALS. \$15 each plus S&H.

Dearest Friends: I, for one, have recently experienced the awesome power of the Goddess' Silver Ray energy. As always, I must experience what AA Michael teaches through me so that I am prepared to integrate the wisdom and frequency patterns of the teachings. I received a great infusion of the Goddess Energy during the Nov. 8, 2003 Harmonic Concordance; however, I did not know what it was at the time. I was somewhat uncomfortable for a few days; I ran a slight fever and felt very tired and somewhat off "center." In February, while in my personal Pyramid of Light, I was visited by Lady Faith, Lady Mary, and Lady Mary Magdalene (I now call them "The Ladies"). They lovingly requested that I go on a forty-day cleansing fast: for ten days I was to eat nothing but raw foods (vegetables and fruit), and for the remaining time I was told to eat fish, cooked or raw vegetables and fruit. I have not eaten pork or beef for at least twenty years; however, I do eat a little chicken and turkey, but mostly vegetables and fruit. This is the first time I have been given specific instructions of this nature. Even though I was not told the reason for doing this, I knew it was important and I readily agreed. It was not as difficult as I imagined it would be and I felt fine during the process; lots of energy and a sense of well-being, even more than usual. When the forty days were up, The Ladies came to me again and said, "You are now ready to b

e received into The Order of the Goddess . Welcome back into our midst." I was quite stunned and also very pleased, even though I did not understand the meaning of what had transpired. Since that time, I feel The Ladies' presence very strongly, and I have also had several tests/challenges in claiming my "Goddess Power" in a loving but firm way (we must always adjust to any higher frequency vibrations that we integrate and this often results in "old core issues" coming forth to be resolved). Many of us have always tried to be non-confron

tational and avoid conflict in every way possible; however, I am finding the Goddess to be very powerful in her own way, standing firmly in truth and not being afraid to set boundaries and take a stand. You must always remember to keep ego firmly in check and ask for the highest outcome for all, and then bravely step to the fore and state your truth as you know and feel it. I have a heightened sense of awareness and my intuition has been fine-tuned to a level I have never experienced before. Compassion for others is also stronger than ever; however, I have become more an observer standing in non-judgment, knowing that all is in Divine Order and we will ultimately see a positive outcome of the negative actions that are playing out around us. Now our beloved friend, Lord Michael, explains so

beautifully exactly what is happening and it makes so much sense. All of his messages are wonderful, but I am so excited about this information; now I realize we have been preparing for this gift for a very long time. My trip to Japan was incredible and so touching. The people there are so receptive and love AA Michael very much. I am humbled by the outpouring of love I received and am so blessed to have been chosen as one of AA Michael's messengers. I am off to Nashua, NH next week. There is still time to sign-up for this special event. The seminar in Virginia Beach, VA, October 29,30 & 31 will be my last event on the East coast this year. Don't miss the special opportunity to have an intimate evening with AA Michael whereby you can ask him your personal questions. The event is limited to 35 people.

Have a glorious summer. Love and big hugs, Ronna

LM-8 - STEPPING OFF THE WHEEL OF KARMA AND INTO A STATE OF GRACE

TRANSMITTED THROUGH RONNA HERMAN

STEPPING OFF THE WHEEL OF KARMA AND INTO A STATE OF GRACE

Beloved masters, it is a most wondrous time for us all, an awakening we have waited for since that time in the mystical past when you fragmented yourself and journeyed out into the unknown on your own special mission in the name of our Father/Mother God. In addition to the angelic forces and the great Beings of Light, there are many members of your soul family present at your gatherings, and many who spend time with you during your sleep time when you soar the higher dimensions in your astral body or vehicle of Light. We hope that you can sense their presence, for they are celebrating with you. They have been waiting for you

to reach a certain level of awareness so they could also begin to play their part in this grand march into the New Age.

There is so much going on that you do not understand, and it is important that you know you do not have to understand all that is going on in your world and in the higher realms. You need only be aware of the small part you are playing, and we do not mean to make light of the importance of your mission; however, you are only a small fragment within the trillions of fragments that are deeply involved in the process of transformation. Be that as it may, you still have an integral part to play in the Divine plan, for it would not be complete without you. You are a faceted jewel of the Creator with unlimited gifts and talents within waiting to be brought forth and manifested in the realm of physicality. You are a sparkling drop of Divinity within the ocean of life.

We have told you this before, but we wish to place it firmly within your mind: you have had many wondrous and grand experiences since first bursting forth into your individualized consciousness as a facet of the Creator. You have helped create star systems, galaxies, solar systems and planets as you assisted in the wondrous task of pushing the Light out into the darkness of the deep, the great void. You did not fear the darkness then, for you knew it was only the absence of Light and that it was filled with pure unmanifested potential. Will you now accept the fact that your shadow side is also filled with unmanifested potential just waiting for you to fill it with Light? It is also part of your mission to assist your host planet at this critical time to heal her shadow side and to return to harmony in order to rectify all the devastating damage humanity has wrought down through the ages. You, the Light warriors of peace and harmony, have the ability and the tools to help create this miracle and it must be initiated and accomplished soon if there is to be a decrease or cessation of the cataclysmic events that are now proliferating the world.

All that you fear and call evil, Satan or the devil, all of those things that you have fed energy to and have allowed to affect or control you throughout your many inc

arnations, are really only your interpretation of the negative energy that humanity has created. The negative thought forms of the collective consciousness of humanity did not come from the Creator; it is humanity's miscreations alone that have resulted in the dire circumstances you have undergone in the past and are now experiencing on your planet. The universal law of cause and effect has always been an inherent rule of Creation whereby all facets of Creator-consciousness must experience what they create. The fall into the density of miscreation whereby your auric field and bodily form were gradually permeated with the negative vibrations of fear, guilt, shame, feelings of unworthiness and self-doubt resulted in the formation of a great Karmic Board and the wheel o

f karma. You have brought forth with you into each lifetime some of the positive and negative thought forms and qualities that you created during past life experiences. One of the mysteries of life has been that some people seem to lead charmed lives in which they

break the universal laws and have little or no conscience, but still gain great power and wealth and seem to be above the law, while other kind, loving and honorable people seem to suffer devastating tragedies and losses throughout their lives. In the past, it sometimes took several lifetimes to see the results of present actions and, therefore, you were not aware of what had taken place in a past lifetime or what a person would have to experience in a future lifetime. Be assured that karmic debts of the past always had to be paid in a future lifetime in an appropriate manner decided by the members of the Karmic Board.

The auric field of your soul is vibrantly visible in the higher realms and your every thought, action and deed was/is recorded in the cosmic records. Before each new incarnation, your guardians, teachers and the members of the Karmic Board assisted you in deciding the particulars of your next lifetime: your gender, your race, your parents, your physical characteristics, gifts, talents, as well as the karmic debts (negative thought patterns and imperfections) that you were to bring forth to balance and harmonize. This plan has been in force ever since humanity fell from a state of grace into the density of the third/fourth dimensions, resulting in the horrific living conditions much of humanity is now experiencing and the unconscionable rape and pillage of your host planet.

We have told you that a new phase of Creation is underway whereby some of the old rules and laws created specifically for the unique experiment in which you are an integral part are being replaced with new rules and laws. First, we wish you to know that we greatly honor those of you who have agreed to align your will with the Will of the Creator, thereby allowing us at various times to set aside your free will so that we may work with and through you for the greatest good of all. As a part of the ascension process, a great gift

is offered to those who have balanced and harmonized their four lower bodily systems to a certain degree. You have often heard that you can move into a state of grace and this is true. You have also heard that the laws of karma are no longer in effect. This is not true; however, the rules of karma have been modified. Part of the ascension process involves healing the imperfections of the past by allowing the painful memories of your present and past lives to come forth into your consciousness so they can be transmuted in the Violet Flame of transformation, which allows more and more of the vibrant Love/Light of our Father/Mother God to permeate your Being as you rebuild your radiate vehicles of Light.

Many of you who have diligently stayed the course and who have advanced in

the ascension process to a certain point are now eligible to step off the wheel of karma and into a state of grace. We have told you over and over again to endeavor to stay in the Still Point of Creation, in the power of the now whereby you are totally focused on what you are doing in the moment with Spirit perched on your shoulder as your sacred witness. One of the most important thoughts we have given you is: HEAL THE PAST, SET GOALS FOR THE FUTURE, LIVE IN THE PRESENT. In doing so you will not create any new negative thought patterns which will swiftly bring your chakra system and auric field into a more harmonized state. Then comes the time when you will have transmuted and balanced a major portion of your past life karmic actions, and you are ready to let go of and resolve all

residual past life karmic patterns/issues. If you are ready and willing, you may go into your Pyramid of Light in the fifth dimension and symbolically place all your remaining negative karma from this lifetime and all past lifetimes on the crystal table and ask that your burdens of imperfection be transmuted back into neutral primal life force substance via the Violet Fire, and the electrifying energy of Creator Light from the great crystal that hangs over the table. It is important that you ask that this be accomplished in an appropriate and timely manner so that you may make the transition into your new harmonious state of Being with ease and grace. More is not necessarily better, and we wish you to be aware that your request will initiate a process whereby many of your firmly ingrained issues/memories of the past will bubble up from deep within your subconscious to be acknowledged and healed. (Many of you are experiencing this process now, even though you are not consciously aware of what is taking place). An important part of the process is to remain the observer and not get caught up in the negative emotions that are coming forth to be transmuted. Say to yourself, "This is the emotion of fear that I am experiencing, or anger, or depression, or guilt, etc." and observe within your body where this energy is affecting you. Sit with the emotions for a while and then you may choose t

o practice the Infinity Breath and watch as the energies begin to dissipate, or you may tone the vowel sounds which will also help to release the negative thought forms, or you may go into your Pyramid of Light and lie on the crystal table and ask that the particular energies you are experiencing be transformed into Light substance. You will learn to consciously take control of your emotions as you seek to gain the wisdom of what is being brought before you in this new evolved way of transmuting negative energy.

Now it is important for you to understand, you are being offered the gift of releasing all past life karma and any karmic debts from this lifetime as well; however, you will still be responsible for the thoughts, actions and deeds that you initiate now and in the future. The diff

erence is that it will not take years or lifetimes for you to experience the results of your positive or negative actions. The vibrational patterns, both positive and negative, will return to you almost immediately so that you can monitor and fine-tune your cocreative abilities as you reclaim self-mastery. You will be clearing the slate very quickly as you learn to "Return to Center" and you will become proficient at gaining the wisdom from a lesson or interaction so that you do not have to experience the painful results of negative thoughts/actions.

The blessed gift of the Silver Ray, the Light of the Goddess that is now permeating the Earth and all humanity, is playing an integral part in the process that has most recently been initiated. The Gold Ray vibrations of the Father Creator supplied the desire to move out of the inertia of the past and into the forward momentum necessary to prepare yourselves to become builders of the future. Over the past years, you have been in the process of laying the groundwork or planting the seeds of new creation. Now you are ready to give birth to your new, harmonious creations; however, you must go through the elimination process by releasing all the old outmoded thought forms, addictions and limitations that have no place

within your evolved body of Light, your consciousness and your new world. Remember, energy attracts like energy, and your intent is one of the mightiest forces of your God-consciousness. You have available to you all the cosmic life force substance that you can ever use, but use it wisely for the greatest good so that what you reap is the glorious bounty of the universe: unconditional love, joy, harmony, peace and overflowing abundance.

You must learn to prioritize, visualize and then crystalize your visions into harmonious physical creations as your abilities grow and you expand your influence as a self-master and an emissary of Light. Be willing to let go of those things in your life which no longer serve your highest good as you gradually define that which brings you great joy and satisfaction and is beneficial to yourself and all those around you. The world as you know it is swiftly changing

, and it is of vital importance that as many of you as possible begin the process of bringing yourselves into a harmonious state so that you may become receptacles for the ever-increasing influx of refined Creator Light substance.

There has always been a rescue plan in place within the Divine plan. It was decreed that all of the facets of Creation within this universe would be allowed to devolve so far, and then the reuniting process would begin. That is what is happening at this time, the gathering, the harvesting of all the beautiful things you have created, all your accomplishments that have glorified our Father/Mother God, and those things which have been beneficial to all humanity and the Earth. The plan also calls for the elimination, through the process of transmutation, of all the painfu

l memories, all the failures and negative experiences of the past, for they have no place in the Earth's or your bright new future and the world of tomorrow.

Will you not ready yourselves to accept this wondrous gift that is being offered to you? Will you allow us to support, nourish and protect you as you move through this critical stage of your evolution? Will you be brave enough to test the process and prove to yourselves that it does work? It is a time of testing for all humanity, beloveds; however we know you will succeed. We will not allow you to fail. It has been so decreed. We radiate forth the Divine healing Love/Light from our Father/Mother God. We are with you always. I AM Archangel Michael and I bring you these truths.

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Dearest friends: All of my seminars are special and leave me with many beautiful memories; however, the event I held recently in Nashua, NH was one I will never forget. I was a little

nervous about the Friday evening with AA Michael whereby I would move my consciousness to the side and allow him to come forth for the two-hour period so that he could answer the attendees' questions. I have done a few Q & A sessions at other venues, but nothing like this. I should have known that it would be "a piece of cake," for the "Big Guy" as I sometimes lovingly call him, was in rare form and the questions were all on topics that resulted in articulate, informative answers that benefitted everyone. Beloved Michael was also very present during the two-day seminar and he began to lay the groundwork for the new information he is now bringing forth which will affect all of us now and in the future. His infusion of energy and his message to the group were some of the most powerful I have ever received and it left many of us reeling from power of the love with which he permeated the hall and the group. This month's message gives part of the new information he is now b

ringing forth. After I came home and was preparing the message/tape for duplication to be sent to those who had purchased a copy, he asked me to record a special meditation on Side B. When I was ready to begin, to my surprise, it was the "Ladies" or the Goddess energy that came through. This is the first time since I channeled my master teacher, TRI-TON, that I have ever channeled anyone other than AA Michael. The energy was so sweet and I could feel the exquisite love of the Divine Mother permeate all my Being. The message is beautiful and very timely. The Ladies offer to initiate us into the Order of the Goddess and they tell us some of what is happening to us all at this time. I feel so blessed to be given this information and to have the opportunity to accept this beautiful gift of love from our Mother God. Th

is is the most valuable gift of information I have been given since AA Michael gave us the "Building Your Pyramid of Power/Light in the Fifth Dimension" meditation several years ago. It seems as though our lives are really "revving up" and something big is in the works. I am excited about the future and what is to come. Please do not let the predictions of doom and gloom divert you from your focus on the Light and the miracles that are available to us all. I send you love and angel blessings, Ronna

** NEW * 2K-25-T * NASHUA, NH * MESSAGE FROM AA MICHAEL * Time to Release Past Life Karma * Claim a Life of Ease and Grace * Side B: Meditation * The Ladies * Initiation into the Order of the Goddess and the Silver Ray. Abundance exchange \$12 plus S&H * \$2 US * \$3 Canada * \$4 International

Ronna will present much new information from AA Michael at these two seminars. She will explain how the virtues and qualities of the three God Rays are affecting us all at this time and what has changed. She will also explain in depth the process of how to release past negative karma in order to move into a state of grace. You will also be initiated into the Order of the Goddess/ The Silver Ray and you will experience the wonderful energies of the 5th dimension.

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IBLE TO ATTEND THE FRIDAY EVENING EVENT

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***There is still space available for the special Friday evening question and answer session with AA Michael. This special event will not be offered again this year and may not be offered in the future.

**FOR INFORMATION OR TO REGISTER * CONTACT RONNA OR CINDY * Phone/fax: 775-856-3654 * *You may register ON-LINE and pay via Credit Card if you wish:
www.RonnaStar.com

Poem - Love Is The Magic Ingredient

LOVE IS THE MAGIC INGREDIENT ©

I respect myself, therefore others respect me.

I live and love to give.

I am worthy of abundance.

I share my prosperity with others, for I know

there is a

never-ending supply available to me.

I am a loving friend.

I have loving friends in my life.

My touch is tender and loving.

I love to be touched tenderly.

I hold all those I love lightly in my heart

and allow them to be free.

I communicate my love through my thoughts, words, and actions.

I trust the wisdom and perfection of the Divine Plan.

I will focus on the beauty and perfection in my world,
thereby magnifying it.

I trust, therefore I am trustworthy.

I live and love passionately.

Passion and purpose inspire me.

I commit myself totally to loving and being loved.

I am committed.

I think loving thoughts .

I radiate loving thoughts .

I am love in action .

I AM LOVE.

By Ronna Herman