

AAM Combined 2014

Transmitted Through Ronna Herman - 2014 Edition

Table of Contents

Right-click on the Table of Contents above and choose 'Update Field' -> 'Update entire table' to refresh after opening in Word.

THROUGH RONNA / SACRED SCRIBE

TAKING CONTROL OF YOUR DESTINY

Beloved masters, shall we continue the review of some of our most important teachings of the past? It is vital that you have the major objectives of the ascension process firmly entrenched within your memory bank. You are currently in the process of integrating the next appropriate level of Creator Light, with the assistance of your OverSoul intelligence. Connecting with and integrating the many facets of your fifth-dimensional Self will ultimately result in a new biological blueprint of creation.

Your Divine Birthright includes all the gifts, talents, attributes and virtues of Creation. They are free—yours for the taking. However, you must earn them through your own efforts, and then share your integrated wisdom with those on the Path behind you. The wise ones / the masters of the Earth and the initiates on the Path have spent countless time and effort to bring forth their talents, and to gain the wisdom they share with everyone who is a seeker of wisdom. Their mission is to make the journey or the task of gaining Self-mastery easier, and they deserve remuneration for their efforts. There must be an abundance exchange. You must put forth the time and effort yourself—or you must compensate those who pave the way for you by supplying you with the advanced wisdom teachings of the higher realms. You must lift your ideas and goals to the highest frequencies possible, thereby making them refined ideals which will benefit all humanity.

The awakening process entails moving through the many levels of the astral (emotional) plane. Your goal is to center yourself within the mental plane of consciousness. At the appropriate time, a disciple on the Path slowly moves beyond physical family duties and responsibilities as his/her consciousness, wisdom and Light increase. Gradually, the aspirant's influence increases, as does his/her potential to become a World Server. It takes constant and deliberate effort to tame the ego and to gain the knowledge and expertise required to become a World Server. You must be an outstanding example, and also have the ability to excite and stimulate desire for spiritual wisdom, in order to serve humanity as a guiding Light. An en-Lighten-ed teacher offers the truth as it has been revealed to him/her, and also the opportunity for their students to accept or reject the teachings.

So many of you are having difficulty in discovering your mission or your passion, and so you drift through your days in inertia. You continue to do nothing, making no attempt whatsoever to initiate positive changes in your life. Not everyone is meant to teach the masses or become a world figure. It is those of you who are quietly going about your daily duties, as you make small steady improvements within yourselves while radiating the Love/Light of Creation down into the Earth and out into the world, who are making the most dramatic impact on the earthly negative environment. We are seeking World Servers at a grass-roots level. Each and every one of you is needed to help lift and refine the collective consciousness of the masses.

As you go through the trials, tests and challenges of transformation, we wish to offer encouragement to those of you who are feeling helpless and fear there is no way out of the dilemma in which you find yourselves. Won't you open your minds to the possibility that there is help available from the realms of Godly existence, and that there is a new way of thinking and a more refined way of living available to you?

You pray and often beg in desperation for assistance; however, if it does not come in a form you are comfortable with, you deny and reject it. Prayers are always answered. Prayers asking for the greatest good manifest as miracles large and small, and open the path for a life of ease and grace. Prayers of the ego desire-body are answered by allowing you to seek your own solutions, which are manifested from your misconceptions and inappropriate actions. The lessons of life are learned by experiencing what you have created. The ego attracts disharmony and dissatisfaction, and it causes the seeker to look outside of self for solutions and gratification. You must learn to pray with the purity of your heart and with intentions of the highest order. As you raise your Light quotient, you will increase the magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with thanksgiving and a grateful heart.

Why not start your mission statement by listing the negative things in your life you would like to change? Begin with several small changes in your life, and remember, you must begin with yourself. We assure you that if you make a concerted effort, and use the tools we have given you, you will begin to see dramatic changes in your life. We ask you to put us to the test. With an open mind, study some of the basic concepts we have given, and slowly but faithfully, implement into your daily life those that you resonate to most strongly. Give us permission to guide and inspire you, and by doing so, you will have the forces of Heaven behind you. You can only fail if you give up, beloveds.

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the forces of nature, and the Earth changes/cleansing are accelerating and increasing in intensity every day. There is an intense polarization building between the various factions, not just in isolated places around the world, but in every country, involving every race, culture, religion and political affiliation. We have told you that the chasm between the Light and the shadowlands is widening, and it is very apparent from both a lofty and earthly viewpoint. We see clearly the areas that are being bathed in the Living Light, thanks to you, the faithful Sentinels of Light. We also see the swirling whirlwinds of negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and even among families around the world.

If you are caught up in the rhetoric of the worldwide news media, you cannot help but be aware that there is a feeding frenzy of negativity being spewed out into the airways and consciousness of those who are receptive to the distorted messages of sensationalism and separation. Fear of deprivation, anger at rulers, leaders and the government, and an indignant sense of entitlement to goods and services, without personal responsibility, are symptomatic of the intense fear of change that is taking place within every area of the world and within the human consciousness.

It is time for the next step in the ascension process to begin, and many of the advanced aspirants on the Path are already becoming proficient and engrossed in the procedures. At this time, there is no question that those who are in any way advanced in spiritual consciousness are having their awakening/evolution process hastened as never before in the history of the world, in order that they may act as transmitters and interpreters of Universal Law and Cosmic Truth.

You, the aspirants on the Path, are becoming proficient at building and using multiple Pyramids of Light / Power in the fifth dimension as you slowly but surely become acclimated to a lower fifth-dimensional environment. You have opened the pathways to the Cities of Light so that you can gradually incorporate higher and more refined frequencies of Light. You are also preparing yourselves to interact on a regular basis with the many facets of your Higher Self and the great Beings of Light.

The call of reunification is beginning for many of you, whereby your higher frequency Soul Song is reaching various members of your God Self. As you refine your vibrational patterns and your Energetic Signature reaches a certain level of harmony, your Soul Song will begin to reverberate out into and through the fourth, into the fifth and for some of you, possibly even into the sixth dimensions, and very gradually into the auric fields of some of the Soul Fragments of your Higher Self. Slowly, as these blessed facets of your Self become aware of you, they will begin the process of moving into alignment with you. Those whose resonance is lower than yours will fall into line below you, and those who are on the Path ahead of you will slowly move into the column of Light above you. You will also be moving laterally, as well as higher, into the refined realms as all of the fragments of your I AM Presence gradually begin the process of moving closer and closer to your central column of Divine Light.

For some of you this information will be confusing; however, many of you are experiencing this process in varying degrees during your nightly sojourns or in meditation. Therefore, we wish to give you a basic understanding of what is taking place at the various levels of the ascension process.

As you study and delve into the mysteries of Cosmic Truth, you will build a reservoir of knowledge which you can draw upon when needed. Also, as you gain access to your Sacred Mind, it will seem as if you have tapped into a Cosmic source of information; however, in the beginning, it will be your own ancient, extensive past that has been made available to you. You will become increasingly sensitive to ideas, concepts and complex information, and you will gain the ability to tap into this rich storehouse of information at will.

We encourage you to study each of the important points below, until you have a comprehensive understanding of its meaning, so that you may decide if the concept is valid for you. You may then make an intelligent decision as to whether or not you wish to integrate the knowledge, and then claim it as part of your core truth. Discernment is vitally important as you replace your old out-dated, restrictive beliefs with new, higher frequency, and expanded conscious awareness. It is the way of a Self-master.

- The focused gaze of humanity is being lifted out of the stifling quagmire of earthly existence onto the far-distant horizon of the future. Desire for material riches is being replaced with a yearning for Soul consciousness.
- Focused intelligence is necessary to successfully enter the many sub-planes of the fifth dimension so that you may tap into the vast storehouse of wisdom and advanced abilities available therein.
- World Servers will be held together by a strong Soul connection—a remembrance of a solemn oath to serve humanity, with a common goal of ascending in consciousness.
- Heart-felt prayers of gratitude and supplication for the greatest good of all, along with Soul-focused meditation must become the accepted form of communing with our Father/Mother God and the great Beings of Light.
- Vast numbers of Souls, who are still functioning within the illusion of the third- / fourth-dimensional environment, are gradually awakening to the nudgings of their Soul-self as they move beyond the influence of the mass consciousness belief structure.
- It is vitally important that you gain control of the ego-personality and the sub-conscious mind, so that the Over-Soul/ Higher Self may begin to radiate forth its wisdom to your Soul-self.
- It was preordained that facets/Sparks of the angelic kingdom and of other great Beings of Light would incarnate on Earth, and follow the path of humans.
- Portals of initiation were opened and have remained open down through the Ages. However, in the past, only a few brave Souls made it past the Open Door and gained Self-mastery.

As you evolve and become skillful at sharing your wisdom with others, you will become increasingly sensitive to the subtle messages, concepts and ideas from your guides, teachers, angelic helpers, and the en-Lighten-ed masters from the higher realms. When you have turned the information you have garnered into wisdom, and have become a living example of each new, advanced level of consciousness, you will then be qualified to teach the concepts to others. You must experience that which you teach and become a shining example, which is the most effective way to get the attention of others.

Remember, my brave ones, in every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. Submission to the Will of our Father/Mother God means adherence to the Universal Laws as they are revealed to you. A Self-master always strives to make the highest choices, has a burning desire to serve others, and is always responsible for their own actions. Call on us and allow us to Light the way as you journey forth into the future. You are loved most profoundly. I AM Archangel Michael.

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ENHANCING YOUR POWER TO MANIFEST

TRANSMITTED THROUGH RONNA

Beloved masters, as you traverse the return path into the higher-dimensional realms of existence known as the River of Light/Life, or sometimes, the Rainbow Bridge of Cosmic Consciousness, the vibrational patterns within and around you are in a constant state of change. This has resulted in an ever-increasing expansion of consciousness, whereby the filters through which you view your world of reality, as well as the belief-structures you have built around you, are gradually being replaced with higher, more empowering truths. The world you have created and those you interact with will always reflect back to you the beliefs and expectations you have accepted as your truth.

In a painful or debilitating situation, there are always distorted or imbalanced beliefs and attachments which keep you imprisoned in a false, illusional reality. The beliefs which control many of your actions and reactions on a daily basis are slowly dissolving, and are being replaced with self-empowering concepts you are gradually accepting as your new version (vision) of reality. You are in the process of expanding your awareness of Self, and you are developing a more focused, in-depth awareness of those with whom you interact, and also of the realms beyond your present ability to see. You have often heard the saying that “all is an illusion.” This does not mean that everything that has been created in the physical realm of existence is not solid, does not have structure, or is not real. Nor does it mean that the higher realms are illusional with no tangible structure or definition. Every level of existence throughout this Universe seems as real to those who reside there as your earthly home does to you. The Creator and Its all-encompassing influence are most assuredly real, just as we are.

The illusion is your perception of the world, a reality you view through filters of your own making: beliefs, structures, taboos and limitations you have encoded within your subconscious mind and have accepted as your truth. Everyone views the world and daily events through a veil of their own beliefs and a modified level of awareness. That is why many see everything through a filter of negativity, while en-Lighten-ed Souls experience life through a filter of love and non-judgment.

During these times of accelerated transformation, you are experiencing great changes both within and without. The membranes between the subconscious, conscious and superconscious minds are becoming thinner, thereby allowing you access to the subjective, self-limiting information you need to release and the distorted concepts you need to heal in order to return to balance within as you strive to reclaim Self-mastery. The right and left hemispheres of your brain, as well as the matrix of your subconscious, conscious and superconscious are in the process of merging and returning to a unified state of super- or macro-consciousness. In many ways, the saying “as it was in the beginning, so it will be once more” applies to the transformational process humanity is now experiencing.

Every observation via the physical senses that makes an impression on you, as well as every action, interaction and reaction, is automatically transmitted and recorded within the memory cells of the subconscious mind. Again, we stress, your subconscious mind is subjective and takes every thought or experience literally, and is thereafter affected by your individual bias. The subconscious mind will continue to respond to and replay old thought patterns and conditions over and over again until the misconceptions are resolved and reprogrammed.

Your third- and fourth-dimensional world is random and chaotic while the time/space continuum of the higher-fourth dimension and beyond is more flexible and fluid. As you integrate the vibrational patterns of the higher dimensions, all that is not compatible will rise to the surface for resolution, which results in higher wisdom. For those who have developed their inner sight, they know that thoughts are tangible things. They are aware that the quality or frequency patterns of a thought determine its color, while the nature of an emotion determines the form it will take. The more focused and detailed a thought is, the clearer the outline will be. Thoughts of a low frequency level are dark, muddy and distorted while the higher octaves of thought, those infused with love, are more delicate and luminous. You must accept the fact that your thoughts do have substance and that they do have an effect on you and the world around you.

You must be willing to examine the preconceived ideas about the complex traditions /structures/boundaries of your life, and you must release or transform the beliefs which are keeping you stuck in self-inflicted structural limitations. Releasing attachments, outmoded habits and concepts is an ongoing process and requires constant vigilance and upgrading. We are aware that you have built comfort zones around you which are difficult to move beyond, even if they are uncomfortable and constrictive. But that is exactly what you must do, beloveds, if you are to expand and become the masters of cocreation you were meant to be.

Letting go is liberating and gives you the power to expand your consciousness and your world. The higher your vibrational patterns become, the more fluid the restrictions around you become. Do not become attached to the structures of life you have built around you. You must realize that change is an integral part of growth. You make decisions and choices every day, and as a master-becoming, it is imperative that you always strive for the highest choices. The boundaries of your spectrum of duality will become narrower, and the pendulum of choice will swing in a much smaller range to the right and left of center. As a result, your perception and conscious awareness will expand and be raised exponentially. "A master always follows the narrow upward path" is an ancient truth that still applies. You must always seek your highest truth and then live it to the best of your ability.

It is important that you are aware that there is an orderly sequence to the Cosmic Cycles of Creation which define and emphasize a great variety of GODLY EXPRESSION. Therefore, it is important that you learn to flow and adapt to the changes of the time, to discard the restrictive, limiting beliefs of your third- and fourth-dimensional reality as you gain wisdom, seek higher truths and grow closer to your original "State of Divinity."

We are in the midst of one of the greatest cycles of transformation that this Universe has ever experienced; however, it is important that you understand that there have been many minor cycles of change on Earth, and each of you has experienced these transformational times in one way or another.

The coming Seventh Root Race will be highly-evolved and spiritually-attuned and will be influenced by the SEVENTH RAY of transformation, purification, freedom and redemption. Everyone and everything on Earth will be affected by the radiance of the Seventh Ray, the Violet Transmuting Flame. Many of the old, outmoded teachings are being discarded as you evolve in wisdom and raise your frequency patterns. The love-based and empowering religious beliefs will be retained, while the fear-based, controlling concepts are slowly being discarded. During the transition into the age of enlightenment, the religions that will survive are those which are willing to expand their philosophy to incorporate the revealed, higher Creator truths.

New cycles of “Being” are initiated through a willingness to change and can gradually be incorporated with ease and grace. However, for those who are resistant, it will be through chaos and conflict. Much depends on your capacity to attract, respond and absorb (or reject), and then transmit the more refined energies known as “higher truth.” Your Soul and Higher Self remember the reason you chose to experience and express painful situations-- not as a punishment, but for resolution.

It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an ego self-serving mode to a Soul-serving state. Your Soul is the part of you which is connected to the “Universal Whole.” You gain compassion the hard way through pain and suffering (ego-driven), or the easy way through the process of reunion with your Higher Self and God Ray (Soul-inspired).

Nothing can escape the radiation and magnetic influence of the rarified Creator Light/Adamantine Particles now permeating this Universe, Sub-universe, galaxy, solar system, the Earth and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to many levels of consciousness. You must be harmonious with and attuned to the vibrational frequencies in order to integrate them. The higher frequencies of Light/ thought/sound vibrate through your blood, cells, organs, bones, muscles and tissues, enriching your sense of well-being. The lower frequencies of the third- / fourth-dimensional environment restrict the flow of life-giving energy, and increase the density in your four lower-body systems. Your blood carries genetic encodings of your earthly lineage, but more important, your cosmic lineage and your Divine heritage.

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart/Mind as you draw forth the Diamond Ray Particles of Life/Light and infuse them with

your love before radiating them out into the world and to humanity. We are all in this cosmic dance of evolution, and together, we shall prevail. I AM Archangel Michael.

RONNA / SACRED SCRIBE

Meditating regularly on the Sacred Heart, and consciously activating the incoming Adamantine Particles of Creator Light that you integrate, will result in a major transformation in your life as you become a cocreative Self-Master of the highest order.

In a relaxed state, begin the Breath of Infinity--(a figure 8). With each breath, imagine your consciousness expanding to incorporate all of the solar system..... then the galaxy..... and then this Sub-universe. Envision, however you perceive, the magnificence of the planets, star systems, galaxies, and also feel within your Sacred Heart the power and majesty of the vastness of space.....the “Great Void” filled with the unmanifested potential of Love/Light (the Adamantine Particles of Creation, powered by Love).

Now envision yourself as the center, the focal point within this Sub-universe, as the “Flow of Divine Light” radiates forth from all directions toward you. See the prisms of Light refracting into Rainbow Colors, which contain all the virtues, qualities, attributes and potential of Creation. Breathe deeply as you ingest this gift of Love/Life, as you begin to feel the flow to you and from you.....the never-ending supply of Divine Light Substance. Breathe in.....breathe out..... breathe in.....breathe out.....as you see this magic elixir flow forth from your Sacred Heart center in an Infinity Sign, from both the front and back portals of your heart. Be aware that, with you as the receptacle and the conduit on the material plane, the Creator particles of pure Light substance will pour forth into you and from you in a never-ending supply. These particles will stream outward into the material world to be molded into an unlimited variety of physical manifestations via your visions, seed thoughts and pure intentions / will / actions!

AFFIRMATION: SAY TO YOURSELF: “I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF AND MY SOUL FAMILY. I ASK TO BE ALIGNED WITH THE MASTERS AND THE BEINGS OF LIGHT THAT I AM TO COMMUNE WITH, IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH WHICH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND THE APPROPRIATE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, AND I AM DIVINE WISDOM IN ACTION.

SO BE IT! SO IT IS! I AM THAT, I AM!”

Lastly, but of vast importance, always maintain an attitude of gratitude for all things, large and small. A constant state of thanksgiving generated from within the Sacred Heart will magnify and enhance your ability to cocreate in alignment with the Divine Plan for the greatest good of all.

How will you use this gift which is a treasure beyond imagining? What are your greatest desires? What will be your legacy to the world and humanity? Reach for the stars, beloved friends, for there is no limit to what you can manifest and share when your desires are in harmony with Spirit. Forever love and angel blessings, Ronna

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“MAY YOUR SOUL GUIDE YOU LIGHTLY

ON YOUR EARTHLY PATH,

AS YOU DELVE INTO THE MYSTERIES OF LIFE.

MAY YOUR HEART OVERFLOW WITH JOY

AND INSPIRATION, AS YOU SHARE

YOUR SPECIAL GIFTS.

MAY YOUR JOURNEY BE FILLED WITH

PLEASURE AND SPRINKLED WITH MIRACLES.

MAY YOU FIND PEACE AND ENDURING DELIGHT

IN ALL THINGS, LARGE AND SMALL.

MAY THAT WHICH YOU SEEK

BRING THE MOST PRECIOUS GIFTS OF ALL:

WISDOM, COMPASSION, HARMONY

AND ABUNDANCE, BUT MOST OF ALL,

MAY YOU LOVE AND BE LOVED.”

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TRANSMITTED THROUGH RONNA

Beloved masters, will you pause with me for a moment and take inventory of your recent accomplishments, and what may seem like defeat or failure to you? I would like for you to take a closer look and come to a better understanding as to what the initiation and ascension processes are all about. You are getting a clearer picture of the workings of cosmic law and the magnificence and complexity of our Sub-universe as the veil of forgetfulness is lifted and you begin to tap into the wisdom of your Higher Self and Super-conscious mind. However, you still have doubts and are confused when you are confronted with some of your old fears and emotions.

All humanity, without exception, is progressing by leaps and bounds—yes, even those who seem to be stuck or mired in victimhood, and karmic interaction of cause and effect, the drama of good and evil or duality/polarity consciousness. Deep within every sentient Being there is a discontent, a yearning, a feeling that changes must be made—that they cannot continue in the same old painful patterns of existence. As you are witnessing, some will choose to vacate the physical vessel, returning to spirit form to await an easier, gentler time to return and continue the journey of physical expression. Others are becoming bold as they reach out into the unknown and find we are waiting there to assist them—and so, they begin to hope and dream as they take control of their destiny.

Just as you must acknowledge, clear and release all negative memories and energies within your physical/etheric, mental and emotional structure, so it is with your Mother Earth as well. This is the source of the “destruction process” that you all fear so much, but it need not be as radically cataclysmic as has been predicted and as you have been led to believe. True, all that is not in harmony with the higher frequency vibrations of the new age must be transmuted, transformed or lifted; however, this can be accomplished by becoming aware of the core beliefs which do not resonate with the more rarified higher fourth- and fifth-dimensional awareness of the future. As you are aware, your Mother Earth is also striving to attain a higher level of God-consciousness. In order to do so, she must clear the negative stream of core memories within the astral plane/her auric field—the maelstrom of negative mass consciousness beliefs of humanity from many past ages. This is where many of you are having difficulties. You are not yet able to discern which are your own core beliefs rather than those created by the many different races, cultures and religions over the many ages past.

As you begin to become aware of and dip into unity consciousness, which creates great wonder, joy and a sense of no longer being alone, it also opens the door for you to tap into those ancient memories of fear, failure, betrayal and shame that others carry in their auric field. You do not get just the positive energies, beloveds; part of your mission is to assist all

humanity in becoming aware of its self-limiting beliefs, and the negative, destructive thought forms and actions. That is why there seems to be so much senseless violence, why so many are lashing out in anger and pain. The world of form seems to be crushing and bruising those who cannot face their own creations and acknowledge that they have, indeed, created their own hell-filled world of fear and suffering. They blame everyone and everything but themselves. For without allowing the soul or Higher Self to assist in the healing process, it is just too painful to face their creations, and the ego-desire personality becomes even stronger and more in control of the thought processes and behavioral patterns.

That is why we are “pulling out all the stops,” you might say, in order to assist those of you who are the vanguard, those who are opening the way and creating the path for others to follow. The process must be clear; it must be simple and not complicated as the ancient wisdom teachings were, for in the past, the ascension process was designed for the select few. Those of you who are the teachers and the Wayshowers have had or are experiencing all the emotions, fears and setbacks that will confront humanity at large. Many of you have made a great sacrifice and agreed to pass or experience many tests that were not of your own making (but an accumulation of the memory/energy patterns of other parts of your vaster Being). In other words, many of you came with energies composed of many different facets or expressions, which you did not directly experience as a soul, but which you agreed to have placed in your energy (auric) fields and your DNA so that you would have to balance and overcome these imperfections. So, beloved ones, do not judge a beautiful, awakened soul who seems to have had much more than their share of adversity. Honor them; emulate them, for they are smoothing the way for you.

And so, we ask you to observe the patterns of fear and doubt that are emerging, that which is keeping you from moving on to the next level of en-LIGHTEN-ment. Each level has its own tests, trials and pitfalls, and many of you are hindering your progress because you cannot let go of old deep-core energy patterns. Many are still caught in a struggle for power, on the one hand, while creating and performing great deeds of goodness, but still trying to control or force their truths or ways of thinking on others. Many of those who still feel they must serve and sacrifice in order to grow spiritually are being taken advantage of by those who have not learned that what you take from others unjustly, ultimately, you are only taking from yourself. Many are still imprisoned in relationships which are hindering and hurtful, rather than supportive and allowing growth and expansion. They are afraid to step out of the status quo or take responsibility for their own spiritual growth and well-being. So many are afraid to face their nightmares and bad dreams, for they may come to realize they are of their own making, and that they are responsible for their own personal transformation. Stagnation and a sense of futility are the formula for death, beloveds: death of the emotions, death of mental alertness, hopes and dreams, and eventually, death of the physical vessel.

What are your greatest fears right now, dear ones? What obstacles are keeping you from opening that next door to higher awareness and mastery? Before you can accept and wield the gift of the First Ray of Divine Will, you must face and conquer your fears and demons.

We have endeavored over the past years to give you the tools and wisdom to accomplish this, but ultimately the task is yours alone. These next years are critical, and we have said this many times before; however, it is important that you become aware of just how quickly the process of evolution, or the ascension of humanity is progressing. If you are to stay on track and keep up with the frequency acceleration of your planet and with those who are reaching for the stars on their way back home, you must come to terms with yourself, with your fears, and your sense of being disconnected from your Higher Self and the realms of Light.

Allow me to give you a gift, an exercise which will help you break through the restrictive walls of your fears and doubts and help you release those patterns that no longer serve you. We wish to impress upon you how harmful the energies of fear are--energies which are keeping you from claiming the gifts of mastery--and how simple it is to move through them.

Stand before a mirror or hold a mirror in your hand and gaze into this mirror as you bring into your mind that which you most fear. Just as we have taught you to fill your body with Light, I now ask you to allow this fear to build as you create and imagine the worst scenario possible that has to do with this fear. Feel it begin to permeate your body, feel it especially in your heart and solar power center, as you move your consciousness throughout your body and feel the restriction, the stress, the crippling energy creep in and permeate your Being. Now look into your own eyes, see the pain, study your facial expression as it changes and ages. Feel the pressure build until you know you can tolerate no more. Now, beloved masters, take several deep breaths as you move deeper and deeper into your Sacred Heart Center and draw forth the Sacred Love of our Father/Mother God from within your Diamond Core God Cell--a precious gift that is always available to assist you through every trial and test. Call upon your OverSoul-Self to fill you with the healing frequencies of the Violet Flame, and with all your senses become aware as this wondrous gift pours through and around you. Can you hold on to the fear or does it dissolve into nothingness as this magic elixir of loving energy permeates your Being?

Again, look in the mirror and see how soft your eyes have become; how youthful is your countenance. Feel the expansion in your heart and the release of the stress and strain within your body and muscular structure. Fear cannot exist where there is Light--where there is love. Breathe in the gift of life--breathe deeply of the Essence of Creation that is being offered to you. When you are in fear, you restrict and cut off the flow of the Pranic substance of life. This may seem like a drastic exercise, but in truth it is a great gift, for many of you cannot progress until you face yourself in the mirror, and allow your fears to be reflected back to you. You will become aware that the fear does not originate "out there," but from within.

More and more of you are becoming aware of your life mission and how important it is. Do not fear to boldly step out, dear ones. Because you are assisting in the healing and resolution of the negative frequency patterns of your ancestral lineage. As you move upward on the Path of Light, you will also have available to you the wisdom and wealth of positive experiences from all the many lives of your soul companions. This is the wonder of

unity consciousness. Have you not noticed how many teachers and messengers are bringing forth almost identical information, for they are experiencing the same emotional ups and downs, as well as receiving the same thought impulses? Many of you have gone to gatherings where you felt a deep sense of coming home, of being reconnected with long-lost family or friends. Just as many of you no longer feel in harmony with your physical family, nor seem to have anything in common with friends of long standing. Do not judge; become the observer—allow your Higher Self to supply you with the wisdom you need to move through or overcome any situation or obstacle.

As you move into nonjudgment and are willing to allow the highest outcome to occur in all situations, you will break free of the bonds of fear, and life will become a constant source of wonder, joy and thanksgiving. Claim the gifts that are being offered to you, precious ones, you have earned them. Move through the fog of fear into the Light of the dawning age. Walk boldly with a spring in your step, a smile on your lips and joy in your heart—those behind you are watching, my brave warriors of Light, do not falter now. Show them, as we have shown you; take their hands and support them, even as we have done for you. Tell them that you cannot take on their tasks or burdens, but you can give them the benefit of your wisdom and experience. You will not have to make claims or state what level you have attained. You will not have to try to impress or dominate, for you know within your heart who you are and that is enough.

ALLOW US TO LEAVE YOU WITH SOME FURTHER GUIDELINES

OF HOW TO LIVE EACH DAY AS A MASTER OF LIGHT:

You must learn to identify the source and deal with your own negative thought forms. Often your negative feelings are picked up from those around you, especially if you are a very empathetic person. Learn to surround yourself in a sphere of Golden/white Light in which nothing of a lesser vibration can enter and disturb your tranquility. Everyone on Earth is in the process of clearing ancient memories and thought forms of the past. Be a passive observer when these feelings roil up within. Do not claim them, just observe and state to yourself: “This is anger I am experiencing,” or fear, depression, guilt or any other disempowering emotion. Envision a blazing ball of Light descending from your Higher Self, bursting into a million tiny, crystalline diamonds rippling throughout your body, transforming and balancing all discordant energies within. Do this as often as necessary.

Shut off your mental auto pilot, and become the director of your journey and your experiences. Tune into your own mental receiving station as you seek thoughts, vibrational patterns and sounds that are uplifting and empowering. Negative, critical thinking is composed of lower, disruptive frequency patterns. If you don’t like what is happening in your world, lift your thoughts and change your mind so that you are projecting “balanced, uplifting frequency patterns of thought and intention.”

Learn to think with your whole brain--meaning, use both your linear, analytical outward-focused left brain, along with your intuitive, creative, inward-focused right brain. Tap into

your genius potential or the Light Packets of wisdom stored within your Sacred Mind, which are attuned to the higher dimensional or the cosmic storehouse of knowledge.

Do not always express or project your emotions toward others. Allow yourself to feel and express whatever emotions you are experiencing, but first analyze and resolve them within your own sacred space. Speak and share only to clarify or clear up a misunderstanding, and always share your thoughts through a filter of love and compassion. This is the way of a master.

Beloved Bearers of Light, as you integrate more of the plasma of renewal and become harmonious purveyors of Light, we are now able to more freely interact with you, and to work through you to create wondrous new things. By agreeing to do so, miracles beyond your greatest imagining will abound. We enfold you in the Light of Life from the heart core of our Father/Mother God and the Supreme Creator. I am ever near to guide and protect you. I AM Archangel Michael.

* Transmitted through Ronna * 775-856-3654 * www.RonnaStar.com *
RonnaStar@earthlink.net

Revised and updated from the original "Illusion of Fear message," received in 1997.

ARCHANGEL MICHAEL WISDOM TEACHINGS

ARCHANGEL MICHAEL/ RONNA HERMAN ***LORD MELCHEZEDEK / RANDY MONK

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Number range CHAPTERBECOMING A COSMIC TELEPATH AND A WORLD SERVER **

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-10-2014

TRANSMITTED THROUGH RONNA

Beloved masters, your GOD-SEED ATOM / I AM Presence is your original Core Intelligence, your first individualized identity within a Universal or Sub-universal experience. Within this Sub-universal experience, your first twelve God-Sparks / soul fragments contained all the virtues, aspects, talents and knowledge you would need to traverse the multiple levels (dimensions) within this Sub-universe. Since that time, your God-Seed Atom Essence has refracted and separated innumerable times. You are now in the process of reclaiming all the multiple facets of your soul-self within the third/fourth dimensions so that you may move forward to a greater, more dynamic and expansive version of your Higher Self within a fifth-dimensional environment. To assist you in accomplishing this, your Diamond Core God Cell and your personal Flower of Life Creator Wheel contain a full measure of the Twelve Rays of God-Consciousness for this Sub-universal experience. They were designed so that when you were ready to begin the return journey into the higher levels of consciousness, you would have access to your own FULL SPECTRUM DIVINITY. Your task is to activate these Rays, to incorporate the God qualities and attributes they contain, and then to use these qualities and attributes for the greatest good. There is still much confusion as to what the soul is, how it functions, and where it resides. It is vital that you understand the intricate process of reconnecting with the many facets of your Higher Self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding the multiple Higher Self Fragments (you have many, not just one) and the process for incorporating these multiple facets of Self. Therefore, we feel it is time for an advanced explanation of this most important process for the EVOLUTION OF THE SOUL.

In order to do so, you must expand your capacity for Love/Light so that it includes all facets of Creation upon the Earth: love of nature, love of the animal kingdom, love for humanity, love for your perceived enemies, and most important, love of Self. For in Essence, all of Creation is a part of you, and you are a precious White Fire Seed Atom of the Supreme Creator. The expansion of God-consciousness results in an expansion of your auric field—your Light radiance. Over time, more and more of you will develop a radiance so powerful and expansive that it will begin to have a positive effect on those around you—and eventually, on the Earth and all humanity. Quite a large number of the more advanced souls have already gained this ability. However, you must remember, you cannot convey that which you have not claimed as your own. Also, remember this: an important part of your mission on Earth is to intensify the Light of the lower dimensions. Expansion of soul-consciousness results in an expansion of the auric field, both in intensity and scope of influence.

An aspirant on the Path must focus on both outer and inner world training. You must strive to become a conscious observer of what is taking place around you. Training yourself to

become fully engaged with focused awareness of the physical events in everyday life is vitally important, as well as learning to process the harmonious and the discordant frequency patterns to which you are subjected. You must then take the appropriate action. Practicing emotional and mental discipline is also very important as you seek to become a master of Self. You must not turn your back on the world and life's experiences, but face them head-on. However, it is vital that you learn to view life from a higher vantage point. Endeavor to see the bigger picture and not get entangled in the small story dramas.

Logic is a function of the physical mental body and your mind. Remember, the knowledge or theories you accept as your own truth must be experienced in order to gain the wisdom from the disclosed information. Inspiration is supplied by the Higher Self and your Sacred Mind. You must learn to pay attention to the impulses of your Sacred Mind and Sacred Heart or to the input of the prevailing facet of your Higher Self, for that is how you will gradually learn to communicate with the Beings of the higher realms and gain cosmic wisdom.

In the beginning, there was communication with and amongst specialized, group spiritual guides and guardians; however, over time this gift or ability was lost. As humanity sank deeper into material world consciousness, they became submerged in the sensations of the five senses, and they gradually stopped turning inward for the sense of connection with the higher realms of consciousness. The lower third and fourth dimensions are not bright and clear. There is a misty or foggy overlay. Those souls existing in this environment do not realize this, for it is the state of awareness they are accustomed to. The reality of the lower third/fourth dimensions could be likened to existing within a murky labyrinth where you are forever seeking the path that will lead you back into the pure Light of awareness. This fog gradually begins to dissipate as you move into the mid-sub-levels of the fourth dimension, and your world becomes lighter and brighter as you traverse each higher sub-level. In order to receive the lessons of Light, you must lift your consciousness to attune to, at least, the fifth sub-level of the fourth dimension. In this Sub-Universal experience, there are seven sub-levels to each dimension, with the first sub-level being the lowest/densest and the seventh sub-level the highest and most refined. The masters and your guides are willing to meet you halfway; however, only on very rare occasions will they lower their frequencies into the density of extreme duality, for it is too uncomfortable for them.

The ego is a facet of the physical ego-personality self; it was designed to assist you in developing a sense of identity and individuality over time. An outward-focused mind is guided by the ego. The misdirected ego-self was instrumental in creating the illusionary belief system of the material plane, a reality based on separation, fear, selfishness and scarcity. As you expand your mental horizons, you begin to break down the barriers of self-limiting perception. Mind-expansion includes activating dormant cells of the upper dimensional levels of the brain and tapping into the wisdom of your Sacred Mind. Blind obedience is not a requisite for en-Lighten-ment, for you are striving to become a master of Self and to live your personal truths as they have been revealed to you and validated by your heart monitor.

Humanity is in the midst of a soul and cellular awakening. As you move into the vibrational patterns of the higher fourth and lower fifth dimensions, your cells, etheric body and auric field will begin an accelerated purification process. This process will facilitate and ultimately result in the downloading of the many facets of your Higher Self and the gradual reclamation of your Body of Light. Be mindful and aware every moment so that your focus becomes one-pointed and clear. You will gradually develop a sense of self-assurance and security, a knowing that all is well and that it will remain so.

The soul is a many-times, refracted extension of your GOD-SEED ATOM / I AM Presence. The soul uses the right brain consciousness of intuition, which is connected to the higher Sacred Mind and Spiritual Will. An inner-focused mind is guided by the soul-self. Humanity is in the process of developing the subtle, refined senses which have become dulled from misuse. You must move past the basic, often distorted physical senses, while diligently endeavoring to develop the higher mental senses of intuition and Divine wisdom. It is of vital importance that you learn to control your emotional nature and to hold your thoughts steadily on the Light.

You carry within your Diamond Core God Cell a crystalline, memory Seed Atom of full Self-realization from your point of origin. It contains a very brief overview of the highlights of every life you have ever lived, the major lessons you have learned, and the talents you have perfected as you journeyed throughout this universe.

The soul is neither Spirit nor matter. It is a crystalline, SACRED FIRE, MEMORY SEED ATOM, a fragment of pure Light Essence that is programmed to record your journey throughout this Sub-Universal experience. It is the link between you and our Father/Mother God and, ultimately, to the Supreme Creator.

Your personal soul-self, for this lifetime, resides within your Sacred Heart as a facet of your Diamond Core God Cell. Each higher frequency facet of your soul has its own Memory Seed Atom. When a given facet takes up residency within your Soul Star as your OverSoul, it will gradually relay its personal vibrational pattern memories to the Memory Seed Atom within your Diamond Core God Cell and also to your embodied soul-self. First, it will activate the appropriate Memory Seed Crystals within your Sacred Mind. As your frequencies expand to accommodate them, the Memory Seed Crystals held in reserve within your Diamond Core God Cell will be activated. In this way, as you incorporate all of your soul fragments, you will eventually gain the ability to access all of the wisdom, talents, positive memories and experiences of the next phase of evolution—the journey of the soul-self through the multi-levels of the fifth dimension. This process repeats itself over and over again as you traverse the multidimensional levels of God-Consciousness and incorporate more and more facets of your Divine Self.

You were programmed to forever seek the Sacred Heart of your Essence, your Diamond Core God Cell, and your Crystalline Seed Atom of Creator Essence.

At specially timed intervals there have always been small groups of special, unique Beings who incarnated into the different races and sub-races, and who brought forth fresh ideas, instilled new qualities and attributes. These advanced Beings interjected their wisdom, higher consciousness and special talents by example, and they also merged physically with select members of the human species in order to advance the DNA encodings of humanity. YOU ARE LIVING IN ONE OF THOSE SPECIAL TIMES.

The fourth dimension could be called a “transitional reality,” for this is where you begin to let go of all the preconditioning of the past. The fourth-dimensional realm is more emotional in nature, and therefore, the heart and feeling nature are the major focus. The ancients called the fourth dimension the realm of Maya or illusion, or the astral planes of consciousness. The collective mass-consciousness of humanity fills the lower three levels of the fourth dimension, and this is where most of humanity exists mentally until they gradually begin to turn inward and listen to the nudging of their soul-self. The personality/ego desire-body is the master manipulator of this realm, and it constantly urges one to seek more satisfaction and happiness via sensation and external means of gratification.

You begin to tap into your inner power potential as you move into the higher sub-levels of the fourth dimension. Matter becomes more fluid, and therefore, it becomes easier to manifest what you desire. That is why you must learn to be decisive and to focus your thoughts with clear intention. A disciplined mind links the chains of thought together in proper order. It is vitally important for you to understand that scattered thoughts are detrimental to your progress. Living in the present moment—in the NOW moment—is a critical component in attaining Self-mastery. Mental effort is required in order to successfully traverse the path of illumination. Gradually, a good portion of your memory of past events will begin to fade as you move out of the realm of the instinctual brain / mind into the realm of the higher mind. Important traits of a Self-master are focused observational abilities and harmlessness in thought, word, and deed. As an aspirant on the Path, greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and truths of the next level of existence in the never-ending cycle of ascension in consciousness.

You must keep the channel of communication open between the soul and the brain via the mind. This initiates the slow reactivation process of the Pineal Gland and the opening of the portal to the Sacred Mind, which is located at the upper, back portion of the brain, close to the crown of the head. The Sacred Mind resonates to the highest fourth-dimensional sub-levels as well as all of the fifth- and the sixth-dimensional levels, with a small portion of seventh-dimensional frequencies/data, which are reserved for future use when you have gained the ability to traverse the highest levels possible for humanity in this Sub-Universal experience. However, you must gradually increase your own vibrational patterns in order to tap into this storehouse of cosmic wisdom.

The Sacred Mind and the Sacred Heart are not made of material world matter; they consist of gossamer, ethereal Light substance that cannot be detected via scientific means. However, they are more real than any part of your physical body. For once you reestablish the connection between your Sacred Mind, your Sacred Heart, and your Diamond Core God Cell, there will be a constant flow of Adamantine Particles, as well as pertinent, advanced information coming from within your Memory Seed Atom and also from your OverSoul/Higher Self. That is why it is so critical that you reconnect the Spiritual Triad of God Consciousness: the Sacred Mind, the Sacred Heart, and all the facets of your Diamond Core God Cell.

As you move into the vibrational patterns of the fifth dimension, your cells, etheric body and auric field will begin an accelerated purification process. Tranquility begins in the lowest level of the fifth dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond the massive belief patterns of the collective consciousness of humanity into attunement with your cosmic consciousness via the many facets of your Higher Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of EQUILIBRIUM that applies to the fifth dimension and above.

Briefly, the sixth dimension is the dimension of immortality and a greatly expanded soul consciousness as you reconnect with the highest levels of your soul potential within this Sub-universe. The seventh dimension is the final evolutionary boundary for humanity within this round of Sub-universal experience. The first sub-level (the lowest in frequency) of the eighth dimension is the INFINITY GATEWAY, which you will be able to tap into as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your auric field and to the vibrancy of your Soul Song.

REMEMBER, MY BRAVE ONES, YOU ARE LIVING IN THE MIDST OF ETERNITY. The wisdom messages we bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love and to give you a glimpse of the glorious future before you. I will guide, direct, inspire and protect you, and I radiate the eternal love of our Father/Mother God to each of you. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA * STAR * QUEST * Excerpts from LM-1-2012

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ARCHANGEL MICHAEL WISDOM TEACHINGS

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-11-2014

TRANSMITTED THROUGH RONNA

Beloved masters, never forget, your nearest and dearest friend should be yourself—your own Soul-consciousness. Within your Sacred Heart center you will find wisdom, compassion, patience, and most important of all, unlimited Sacred Love. From the beginning of the creative experience into density, all human life forms have been subjected to an ongoing, continuous series of revelations. A curious, inquiring mind was a built-in, intrinsic facet of human nature. The Earth is, once again, being prepared for a new, higher-evolutionary species of humanity. All of you, as Star Seed and world-servers, are encoded with Memory Seed Atoms giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a Self-directed, Soul-inspired entity in the midst of the chaos and turmoil of the current, third- / fourth-dimensional reality of today.

A new Divine Plan filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful Rays of God-consciousness upon Earth and humanity from the Great Central Sun of this Sub-universe. An advanced Soul, treading the narrow path of ascension, must learn how to absorb and integrate the three major God Rays of the coming Age, THE SPIRITUAL TRINITY, consisting of: DIVINE WILL * LOVE/INTUITION * INTELLIGENT, PURPOSEFUL ACTION.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity, where all is calm and peaceful—filled with pure cosmic life force substance, Adamantine Particles, just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: you are a treasured son/daughter on an important mission, and nothing you can say or do can diminish that love. It is time to open the brain passages of your mind to the higher frequency codes of your OverSoul/Higher Self.

Too many of you are still carrying great burdens from the past. Mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field—just as we are clearing the distortions of the third-/fourth-dimensional, collective-consciousness belief patterns—thereby bringing those dimensions back into their originally designed spectrum of duality. Fear is a primitive fight or flight emotion, which will hinder the expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower-human nature.

It is important that you understand—even though you no longer remember your past errors or the thoughts and deeds that threw you off balance—until these negative thought forms are acknowledged and transmuted, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher fourth/fifth dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention. This is the source of so much of the inner turmoil, challenges and tests that you, the Self-aware seekers of Light, are experiencing.

We have stressed over and over again, one of the greatest challenges, yet one of the most important tasks to be accomplished in order to step onto the spiral of ascension, is to maintain a focused point of awareness within your Solar Power Center. In doing so, you will maintain an open passage into the Sacred Heart—thereby allowing the Creator Light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious Soul Song.

During these wondrous, yet trying, times, you are being given a grand opportunity to tap into the cosmic library, which holds the mysteries of this Sub-universe. You, the Star Seed, are gradually becoming equipped to tap into those sacred temples/Pyramids of Light where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height, surmount any obstacle, and your path of ascension will be revealed with certainty. You have never lost your divinity or your godly intelligence. It has only been in safe-keeping, awaiting the time when you would, once again, awaken to claim your birthright as a Divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves so you may become clear vessels for the refined frequencies of Light. You have the ability to become a conduit for the Adamantine Particles of Creator Light, which will permeate your physical vessel and flow out into the world of form. However, you must liberate the power of the Sacred Fire from within your physical vessel, the Kundalini Fire stored within your Root Chakra, while drawing forth a new supply via the great sixth-dimensional Cities of Light. The breath is the conductor of this vital Life Force energy. You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery—vital information you are to integrate and then share with those on the Path behind you.

We ask you to envision the Violet Flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you as well as giving you protection from outside, negative influences. As you evolve into a spiritual/human Being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper, more intense love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your Energetic Signature. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things.

Remember, in order to manifest your spiritual vision, you must define what you wish to create, and then clearly envision it. First of all, as a conscious cocreator, you should focus on manifesting a refined, evolved state of Being, and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes and virtues of God Consciousness will assure success in creating all the material objects you require to live in comfort. You are learning to become one with the infinite flow of abundance, as you traverse the many levels and dimensions of Creation. One of the most important concepts that you must accept as your truth is a crystal clear awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what your mission is in this lifetime and, we tell you, your Soul's greatest desire is that you reclaim the many facets of yourself, and return to being the wondrous master of cocreation that you were when you first embodied in the material planes. The ascension process is an on-going journey, not a destination. Each day, endeavor to make the highest choices—stay in the moment, for that is the only time you can access your God-power—not focusing on the past and not projecting into the future, but seeking your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human-nature.

This is a balancing lifetime for you, the StarSeed, 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 to honor and integrate your feminine nature, the gentle, intuitive, creative and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong, yet gentle, outward focused as you tap into the treasure house of wisdom within. Your Divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your Sacred Mind, overLighted with the compassion of your Sacred Heart. You must learn to speak concisely, constructively and confidently. Know that if you stay centered and focused within your Sacred Heart, the universe must respond in a positive manner, and your success will be assured.

As you become attuned to the intuition of your Higher Self, you will begin to feel the God Light pulsating within your Sacred Heart, and you will begin to focus on the Spark of Creation within the Sacred Heart Center of every person you meet. It may be dim in many dear Souls, but it is still burning within or they would not be alive. When you do so, you will automatically strive to practice non-judgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep

within—that which is loving, enlightening and expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of ascension and enlightenment. Whatever you choose as your truth, you must integrate and apply in your life through focused intention and action. DISCERNMENT / HEART-CENTERED INTENTION / FOCUSED ACTION result in positive manifestation.

No matter what station, circumstances, or level of awareness you assumed for this incarnation, deep within your Soul-self was a burning desire to integrate the multiple-level facets of your Beingness. However, first they must be healed and harmonized so that they may be filled with the rarified Light of the higher realms. As you allow your Higher-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 let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

The mighty forces of the Angelic Kingdom, as well as a vast number of wondrous Beings of Light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe upon your free will. It is time to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, it is vitally important that you to go forth and share your wisdom.

Know that the challenges and opportunities before you will bring rewards beyond anything you can imagine, and so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant Light, for you have earned it. Follow your own path and do not fear being different from those around you.

We will leave you with a few en-Lighten-ing thoughts to assist you to stay focused upon the higher mental plane of awareness, with an overlay of loving intention. Your goal is to become Heart-centered and Soul-focused:

^^ The higher mind utilizes the senses of all your multiple-body consciousness in its thinking/analyzing process.

^^ Knowledge, talent and a high intelligence quotient do not create a genius. It takes concentration, courage, perseverance and an on-going drive, along with integrity, to tap into your spiritual genius potential. Find and pursue your desire for excellence, and strive to live your passion to the very best of your ability.

^^ Returning to the narrow path of ascension in consciousness is the beginning of transcending opposites where there is no good or bad, right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning Self-master, you will make only the highest and best choices for the benefit of ALL.

^^ FEAR, HATE AND JUDGMENT DIVIDE. LOVE TRANSFORMS AND UNITES. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always, and you are profoundly loved. I AM Archangel Michael. * Transmitted through Ronna / Sacred Scribe

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DECISION TIME * THE FUTURE IS NOW

TRANSMITTED THROUGH RONNA

Beloved masters, never before have you had such a wondrous opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process, for the world you have known in the past is slowly fading away. As Divine Sparks of the Creator, you were given a great gift, a treasure chest of Creator Essence to use in any way you desired. You began this lifetime with a portion of Adamantine Particles of Light (the Essence of the Supreme Creator) stored within your Sacred Heart, and also a reserve tucked away within your Root Chakra--the Sacred Fire Seed Atom sometimes called Kundalini and portrayed as a coiled serpent. You have always had access to the Sacred Fire stored within your heart; however, you have to remember how to use your AKeys to the Kingdom@ in order to ignite and effectively use this power source of Divine Light. The Kundalini or Serpent Fire is a different matter, for you must clear 51% of the distorted energy you have created in the past in order to tap into this potent reservoir of Divine Creator Light. In order to reach this state, you must harmonize the vibrational patterns of your physical, emotional, mental and etheric bodies to the degree that your Energetic signature is resonating to the harmonics of the mid-fourth dimensions and higher.

Higher-consciousness awakening begins when the Kundalini Fire ignites within the root chakra, and begins to move up the spinal column through the etheric chakra system, thereby activating the process of opening the Seven Seals of Higher Consciousness. The Medulla Oblongata or the Ascension Chakra, which is sometimes called the Mouth of God, is activated, and the pineal gland begins to pulsate and function as it was originally designed to do. This in turn opens the crown chakra or the lotus of en-Lighten-ment at the top of the head, thereby connecting with the shining column of Light, which ultimately leads to your God-Seed Atom or I Am Presence. Once you make this connection, you are forever changed. The empowerment of Spirit begins to flow through you as you begin to reclaim your mastery of Self along with the godly gifts of your Divine heritage.

It is time for you and other Light workers to understand where you fit into this great cosmic event of expansion and evolution. Now is the time you have been preparing for in this and many past lifetimes. You, the faithful ones, who are striving to attain Self-mastery so that you may become World Servers of the Light, are needed now more than ever. It is now the time to declare, AI will strive to become a BOLD BEARER of LIGHT so that I may magnetize to me and radiate from me the maximum amount of Creator Light out into the world, to humanity and all Creation.@

New pathways in the brain are opened as you begin to unlock the Light packets of wisdom and your history stored within the higher-dimensional levels of your Sacred Mind. The old pathways and painful memories of your third- and fourth-dimensional past begin to fade, and you will find that it becomes more and more difficult to remember the failures and suffering of your past lives. Have we not told you that you are healing the past as you spiral

into the future? You will remember who you are and your history, but only the positive, harmonious events.

As an en-Lighten-ed Being, you have begun to build a bridge of consciousness back into the higher realms of this Sub-universe. It is called the Antakarana in ancient, esoteric teachings and the Rainbow Bridge currently. In order to return to mastery, you must learn to use the three aspects of your mental nature: the brainBmindBSoul. You must also clear the distortions of the subconscious mind and attune the conscious mind to your Soul Self so that the wisdom of your Soul and Higher Self can begin to flow throughout your four lower-bodily systems. Remember, every atom and all your physical Being have consciousness, and they must be en-Lighten-ed and attuned to the higher frequency patterns of ascension. You are made of Divine Essence. You are a Spark/Fragment of the Supreme Creator. You have latent powers that must be developed. There is a great need for humanity to refresh its Spiritual memory and to develop the powers of a Master of Light.

The Antakarana is composed of sub-tributaries or streams of Light, which will ultimately strengthen and magnify the connections between the many facets of your Higher Self and your God-Seed Atom. These streams of Light have consciousness, and they contain the intelligence of your multiple levels of Self which reside in the higher realms. As we have told you, your subconscious mind is becoming conscious, and your conscious mind is opening up to the wisdom of your Superconscious mind, which contains the mysteries of this Sub-universe.

You are in the final stages of a most wondrous experiment: perfecting and merging Spirit with matter in its highest form. The ego desire body, the will of the physical personality, must merge with the Will of Spirit into one fused unit of consciousness. In order to evolve/ascend into the next higher frequency levels of consciousness, you must endeavor to stand firmly mid-way on the path of Light and shadow as you traverse the realms of duality. It is vitally important that you access the Seed Atoms of hope, inspiration and intuition, which are stored within your Sacred Mind and Sacred Heart. As you remove the fog of negativity from your etheric body, your mind and emotional body, gradually, these precious Seed Atoms will begin to pulsate and release the potent, cosmic virtues, talents and wisdom stored therein. You must strive to disengage yourself from the glamour of the material world and from the restrictive forces of matter.

The Soul is forever seeking unity. You are learning to be a practical mysticCto stand firmly anchored in the refined levels of the third- and fourth-dimensional environment as you gradually merge the multiple facets of your Beingness into the entry levels of the fifth dimension. You are well on your way to taming the human intellectual mind in order to access and use the intuitive, higher mind. The inner life of a Self-master is lived and ruled from a mental state of consciousness. Emotions, thoughts and actions are all filtered through the mental faculty of the Soul. As a result, illusion gives way to intuition, whereby higher frequency knowledge gradually becomes available. The lure of the material world will slowly fade as the ego desire body loses its dominant hold and the personality becomes

Soul-infused. As a Self-master, you will learn to efficiently function within the combined fields of dynamic, physical force and cosmic energy.

The Earth and humanity are on the verge of the greatest awakening and transformation since the fall of human consciousness into the lower realms of density. As the Earth and humanity make ready for the next great leap in evolution and expanded consciousness, all is being shaken at the deepest level of existence. The higher you reach toward enlightenment, the deeper you must go into the core essence of your past. As you tap into the memory cells of your cosmic past, and become aware of your royal heritage, you are also remembering how it was, time after time, in your ancient past when your reality and the world seemed to turn upside down. Everything that was familiar swiftly changed in some manner or was swept away, often through wars between nations and/or races, or by ecological disasters via the elements of nature: fire, water, air/wind, and earth movement.

As we have stated many times before, Aour Mother/Father God does not punish.@ However, as the universal pattern of change becomes even more forceful, and the Shift of the Ages accelerates, all that is not based on truth, harmony and peaceful coexistence will be shaken to its core. Many precious Souls who are not ready to graduate from the wheel of reincarnation and karma are transcending into the higher realms in preparation for an upgrade in consciousness as they prepare for a new and better cycle of experience in the material/physical realms of expression. The lower, drastically imbalanced third and lower fourth dimensions are gradually being returned to the original designed spectrum of duality. That ancient, distorted project or experiment in cocreation is coming to an end and will never be repeated. Because of what you, the Legions of Light, have accomplished, it is assured that no other group of Souls will ever have to experience the deep level of suffering, fear, negativity and deprivations that all of you have experienced during your many sojourns in this Sub-universe and especially on planet Earth.

At the turn of the century, the beautiful, faithful servants of the Creator and our Father/Mother God, the great Devic and Elemental Kingdoms, were given another new directiveInstructions to begin to infuse the Earth with an acceleration of the elements of life, cosmic fire, the Adamantine Particles of Creator Light, the life force energy of all creation: the air element, the Sacred breath of our Father/Mother God; the cleansing and life-sustaining element of water, and the foundation of your existence on the material plane; and the elements of earth. All areas of the Earth are experiencing erratic weather patterns and shifting land masses as your Mother Earth sheds more density, and releases the acute buildup of impacted negative thought forms from deep within her physical vessel. The elements are not your enemies, they are Divine gifts from the Creator; however, humanity has misused and abused the Earth and each other long enough. It is time for all of you, as sentient Beings, to take full responsibility for your creations. Each and every Soul on Earth is in the process of suffering from the consequences or reaping the rewards of their actions.

It is quickly becoming evident which areas of the planet are most in need of cleansing and balancing; however, we do not wish to instill fear or doubt within the consciousness of the masses. In fact, that is what we wish to dispel as we endeavor to assure you that you and

you alone will decide whether you move into the new environment of higher consciousness as a Self-master, or whether your distorted energy patterns magnetize cataclysms and chaos into your personal environment. Our main intention is to help you understand what is in store for you over these next critical years of transformation of the Earth and humanity. The decisions you make now and the energies you radiate from you that create the auric field in which you exist will determine your reality of the future, and how you will experience these momentous years of transition. It is time for you to decide whether you will move forward on the spiral of ascension through the gift of en-Lighten-ment, which will give you a golden opportunity to step through the door of life and into the future, fully conscious and aware of who and what you are. Or, whether you must experience the physical death process through the old Laws of life and death within the third- and fourth-dimensional realms.

Since your descent into the world of physicality, your Spirit-Self has been struggling to function within its physical overlay while you played the game of duality and separation. It is now time to bring all these diverse facets of yourself back into harmony so that you may function in a state of unified consciousness once more. Your auric field and your radiance will burn brighter and will expand far and wide as you integrate more and more facets of your God-Seed AtomC that facet of your Divine Self which resides in the highest dimensions of existence, the beginning point for the refracted, Self-conscious Beings of Light within this Sub-universe. Isn't it wondrous to have a constant companion who directs, inspires, nurtures and even protects you? Isn't it amazing how so many Soul families are coming together to share higher truths, talents and experiencesC who are joining together to create a powerful, synergistic thought form of love, benevolence and empowerment? Those of you who have faithfully stayed the course are downloading amazing new concepts of cosmic wisdom, and you are being assisted in many ways as the floodgates of abundance are opening wider and wider. Your highest visions are beginning to manifest when they are in alignment with the greatest good for all. Inspired thoughts and fresh, creative ideas are flooding the minds of those who have the ability to download these refined concepts, and then bring them to fruition in material form for the benefit of all humanity.

It may not seem so to many of you; however, a wondrous new vision, a powerful probable future for humanity and the Earth has taken shape, and is being strengthened and magnified moment-by-moment. As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. When you allow the attributes of your GodB Self to emerge and the refined energy of Spirit becomes the dominant force in your life, the path is cleared for you to begin the process of accessing and integrating the full spectrum components of the Twelve Rays stored within your Diamond Core God Cell.

Many Light workers and StarSeed Souls are aware that this is the most important lifetime they will ever experience on planet Earth. Also, for many wise, advanced Souls who came to Earth to open the Path of ascension and lead the way, this is the last incarnation they will

experience in the density of the four lower dimensions of the material planes of consciousness. To our brave and valiant warriors of Light, we say, AJob well done.@

My beloved champions of Light, it is not a time for the faint-hearted, and it is time to stop dabbling in spirituality. Many of you have been half-hearted in your endeavors to awaken to the wisdom of the Soul and your Higher Self. It is time to set your hearts afire with an intense desire to claim Self-mastery and to become a Soul-Seeker instead of a pleasure-seeker. The secrets of how to traverse the dramatic changes and the chaotic times of transformation are constantly being revealed to you. However, you must make the effort and actively strive to incorporate the fail-safe methods available to you, if you are to successfully ride the crest of the waves of change during the turbulent years ahead. It is a time of LETTING GO OF THE OLDBMAKING WAY FOR THE NEW. An upgrading and refinement of every facet / Spark of God-consciousness, as well as of every dimensional level, are gaining momentum as the rarified Light of the Supreme Creator beams forth to the very edge of manifested Creation within this Sub-universe.

Beloveds, we see the Light expanding and gaining strength in many places around the world. We also see your radiance and influence growing, and you are making a positive impact on more lives than ever before. You must remain heart-centered and Soul-focused as the chaos and fear grow and spread throughout the planet. We have now joined forces, and we are and ever will be invincible, for we are fulfilling a Divine mandate from our Father/Mother God. Eternal love, protection and blessings are yours, now and forever more. I AM Archangel Michael.

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