

AAM Combined 2011

Transmitted Through Ronna Herman - 2011 Edition

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WE OFFER YOU A GOLDEN OPPORTUNITY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, once again we, the messengers and servants of our Father/Mother God, sound the Clarion Call for all the mighty forces that comprise the Legions of Light to come forth and unite. You, who have been scattered throughout the universe over these many past Ages, are now gathered here on the blessed planet Earth to assist in the birth of a New Age and a new reality.

You have created and built a sense of separation, giving your power to those who gained strength by dividing and conquering. THAT TIME IS PAST, dear ones! It is time to claim mastery over your lower nature, and then begin the process of reuniting with all the myriad parts of yourself as a harmonious, loving vehicle of Light. You must reestablish communion with the harmony of your mental body. You must return to the realization that stored within your brain structure is a fully functioning, perfect unit of wisdom and power that is called your Sacred Mind. You must calm and restore your emotional nature so that it is centered within your Solar Heart Center. You must stop looking outside yourself for validation of self-worth, love, success and truth. You have within you all that is necessary for spiritual awareness, happiness, abundance and, yes, ascension. You have within you your own Divine I AM PRESENCE, and your own individualized God-consciousness. It is not out there; it is within you.

At the urging of your ego-desire body, many of you have become enamored with the sensations of power and acquisition. Indeed, you came as cocreators to build, perfect and enjoy the material realm on the beautiful planet Earth. But somewhere along the way, you became so caught up in your accomplishments—possessing, owning and hoarding— that this became your measure of love and success: if you were powerful and influential enough, you would be worthy of love, or if you had the greatest storehouse of riches and possessions, you would be admired and respected.

Focusing all of your energies on these external manifestations creates only momentary satisfaction, as well as constant frustration and dissatisfaction. What happens if your riches and power are taken from you? What happens if you lose your possessions? What do you identify with then? It is as if you have lost all that represents who and what you are. This is why so many lose all desire for life, some even going to the extreme of taking their own life because, from their perception, all that they loved and treasured has been taken away, along with their sense of being worthy of love and respect.

You must learn to focus on your inner world or the Sanctuary of the Soul. The Soul, the physical vessel and particularly the mind have their own rhythmic cycles and agendas. The Soul's desire is focused on becoming en-Lighten-ed. The mind is focused on attaining and retaining information. The physical body is focused on experiencing via the senses. Humanity is constantly experiencing cycles of growth, stagnation and decay, which makes

way for a new cycle of growth and expansion. The master turns inward and strives for an enhanced quality of life, while the unawakened souls seek outwardly for stimulus and gratification via pleasurable, physical sensation and material possessions. Love as an external focus, exterior to yourself, will always bring a sense of vulnerability, always needing constant validation by someone or something. Love as an internal focus projected outward is a constant flow of self-assurance, of self-acceptance, always striving to incorporate and project more of this blissful feeling of unity and harmony with all creation.

Love is the Essence of all Creation. Love is contained within the Adamantine Particles of Light which pour forth from the heart center of the Supreme Creator in great streams of Cosmic Life Force substance in ITS never-ending desire to experience more of ITSELF. It is a blessed gift to be used by all Creation—at all levels, from the highest, most powerful, to the lowest, most diminished; however, there are conditions. It is your birthright to bring forth your own unique self-expression through loving cocreation in harmony with the Divine Blueprint, which is always in perfect accordance with the grand design of the Creator. How loving are your creations, dear ones? What kind of temple have you created for your Soul? Do you identify only with your body and then, through constant judgment and focus on your imperfections and comparison with others, fight an ongoing battle, ultimately assuring failure and validation of your distorted point of view (a love/hate relationship with yourself that keeps you frustrated and mired in self-inflicted misery)? What kind of world have you built with your constant thought forms? What kind of example have you been for your mate, your children and loved ones? Do you project a sense of pride-in-self, an awareness of how precious the gift of life is? Do you set an example by striving to perfect the myriad of facets within yourself?

There is a path open for each of you to follow, no matter at what station or circumstances you may find yourselves, a golden opportunity waiting to enable you to assume your power, tap into your creativity, bring to the fore those many latent abilities you have stored deep within your memory banks. And now, as never before, we are close by, observing, waiting to assist, encourage, create the miracles, smooth the way and assist you in moving onward and upward.

It is time for all of you, as brave Bearers of Light, to break and cross the boundaries of discrimination, disempowerment and limitation. We dare you, as women of Spirit, to become beacons and examples as masterful women among men. We implore you, as men of valor and integrity, to become compassionate men among women. By this we mean, erase and eliminate the lines and barriers between you, offering and accepting the gifts and attributes of each other as you integrate these sorely needed energies into your mental and emotional bodies. Your truth lies in your level of awareness, your assimilation of the cosmic gift of God-consciousness. You must integrate the knowledge you acquire, and then you must demonstrate that you have the ability to live by that new level of wisdom. You are judged by your own Higher Self and your Divine Presence as to your readiness to proceed along the spiral of initiation. We have told you that the path of ascension is a very solitary, secular process. Your initiations are designed specifically for you and you alone, for you are

like no other. And yet, precious ones, each gain you make that lifts you another fraction, or a step along the narrow path of mastership, also lifts humanity as a whole. You are in the process of becoming the One in Essence, but at One with All.

One of the most wondrous gifts that will be available to you when you step onto the path of ascension is to tap into the bliss state of the higher dimensions. Once you have achieved that goal, you are forever seeking it again, for you have gained a glimpse of your true State of Being. Beloveds, as you integrate more Adamantine Particles of God Consciousness within your Sacred Heart, you will begin to feel a state of bliss more and more. You will feel the fullness and expansive power of love, and at times you will feel as if your heart is overflowing with this Divine Elixir of Life. You may tap into the realms of bliss while in meditation, especially if you meditate while in your crystal pyramid; however, your ultimate goal should be to attain that bliss state while functioning in your daily life. That is called being in the world, but not of it. Envision your guardian angel perched on your shoulder as you go about your daily tasks, and stay centered in your Sacred Heart so that you are constantly aware of the Spark of Divine Love/Light that is blazing within. When you can do that, you will be well on your way to creating your own private Heaven on Earth.

The Law of the Circle insures that the vibrational patterns you send forth will be returned to you along with an accumulated measure of similarly-qualified energy (or vibrations of the same frequency patterns). You are the center of an energy vortex that is made up of a circle/loop of vibrational patterns that you have projected out into the world of matter via your Solar Power Center. Your solar plexus is aptly named; for just as the Earth and humanity receive cosmic energy from the sun of your solar system, each of you also radiates Life Force energy from your own Solar Power Center. For a moment, envision yourself as the central focus of your world. You are the power source, and your thoughts, actions and intentions radiate forth from you in a loop of energy that connects with like energy. That energy magnifies and manifests in the world of cause and effect and then returns to you, reinforcing your picture of reality. Your body absorbs a portion of that energy, creating pain and suffering or joy and blessings, depending on the frequencies. The remainder flows out behind you, creating the other loop of your Infinity pattern, while the residual higher frequency energy gradually flows into your personal Wheel of Creation. You are constantly adding to your personal prison of negative, impacted energy, or your vehicle of Light and your ever-expanding Self-awareness. Have we not told you that you came to Earth as cocreators with the God Force?

Each of you has the ability to contribute something personal and unique to the Divine Blueprint now being designed for the future of humanity and the Earth. You have been given an extraordinary gift by the Creator, the unprecedented privilege of participating in the creation of your own destiny. Each of you has the potential of becoming a glorified mortal. You are becoming Spirit-infused mortals which assures your immortal status. You are multi-faceted and have consciousness on many more levels than you can comprehend at this time. You are an Immortal Soul with a mortal mind and body. You are in a process of Soul expansion and Light infusion.

It is time for each of you to step to the fore, take a stand and be heard. Begin where you are, at your highest level of understanding, seeing through eyes filtered by love, feeling with a heart filled with compassion and functioning with a mind that is not clouded by guilt, fear or judgment. That is the way you will find your truth, beloved ones. That is the way that your world and reality will be filled to overflowing with love, joy and abundance. That is the way of the master, the way of truth, the way back home.

Beloved beacons of Light, you cannot comprehend how powerful you are becoming. You, the new World Servers, are creating a mastermind, mass-consciousness which is gradually infiltrating and changing the old third- / fourth-dimensional collective-consciousness belief patterns, thereby assisting others to release their deeply ingrained fears, sense of shame, unworthiness, guilt and impoverishment. As you expand your awareness and tap into the higher dimensional frequencies and then make a commitment to live your truth as you know it, you begin a process of creating a mass-belief structure of higher, refined frequencies which will join with the Light-infused patterns of others, thereby radiating the vibrations of Love/Light out into the world of cause. And as you join with others of like mind, you create a synergy that expands exponentially into an ever-widening circle of refined group consciousness.

We honor you for your bravery. We know that your journey has been long and arduous; however, we tell you this, sweet friends: your time of pain and suffering is gradually becoming a thing of the past—a memory that will slowly fade away. The time of miracles is at hand. Each day, we eliminate more of the restrictive energies between us as we dissolve more of the negativity that swirls in the ethers. We give you our assurance that soon you will have your validation as to what the coming Age of greatness will be like. And you will know, without any doubt, the integral part you have played. I was with you when you first stepped onto planet Earth so many Ages ago, and I will remain to guide, inspire and sustain you until you are ready to return to your true estate in the glorious realms of our Father/Mother God. I AM forever your friend, guardian and companion in Spirit. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST *

775-856-3654 * www.RonnaStar.com * E-mail: RonnaStar@earthlink.net *
www.QuestForMastery.org * www.AskArchangelMichael.com

Dearest friends, I channeled AA Michael's January message early in preparation for my throat surgery on Wednesday, December 15. I expect to recover quickly. However, I also must prepare the two Webinar lessons we will present in January, as well as get our holiday cards in the mail and prepare for our simple holiday celebration with our family. To make it a little easier for me, Beloved Michael graciously brought forth some original information, and then he directed me to a number of passages from past messages which are relevant for what he wishes to convey to you at this time. It is an amazing process, and I wish each of you could see the magical way he directs my hands and my mind to exactly the right message and paragraph. It is a simple but profound message, and yet it reminds us of many

of the things we need to be constantly aware of as we move deeper and deeper into cosmic wisdom as we traverse the narrow path of ascension.

My mind is bursting with new information which AA Michael is endeavoring to clarify for me so I can accurately transmit it to all of you at some later date. I am astounded and almost overwhelmed with some of the complicated concepts he has given me a glimpse of, and I hope we can share it with all of you soon.

It has been a wonderful, often magical, and sometimes disturbing year for us all. I know that so many of you are experiencing great difficulties in many areas of your life; however, may I please remind you that never before have we had so much help from our wonderful unseen friends, and never before have we had such a grand opportunity to claim our mastery and tap into our personal treasure chest of abundance and all the wondrous blessings that await us as we prepare ourselves to receive the radiant Love/Life/Light of the Supreme Creator via our Blessed Mother/Father God.

I wish to thank each and every one of you for your loving thoughts. I have had such an awesome outpouring of loving best wishes and prayers; my heart is filled with joy and gratitude. I am looking forward to the procedure and, once again, having a strong, clear, voice and a pain-free throat. There have been so many miracles in this test, I feel so very blessed. AA Michael's tells us that it sometimes takes a while to see the blessing in a negative event, but there is one and we will understand at the right time. He is right; as always. My deepest love, gratitude and angel blessings, Ronna

P.S. The surgery was a great success. My throat is still healing and my voice is getting stronger every day. It is going to be a glorious year of challenges, miracles and blessings. An affirmation I have used many times over these past years is: "THIS IS A TEST, I WILL PREVAIL." Please join me in our group Pyramids of Light as we move forward together into the wondrous Age of Enlightenment. Big hugs & bounteous blessings, Ronna

***MAY 27, 28 & 29, 2011 * ATLANTA, GA * RETURN OF THE WIND * SOUL FAMILY REUNION**Saturday & Sunday: TYBERONN & RONNA * Friday, May 27 : RONNA & RANDY MONK * AWAKEN THE MASTER WITHIN * OPENING TO CHANNEL * TELEPATHIC COMMUNICATION * Connecting with the Cosmic Council of Light *** Space is limited, so register early * FOR COMPLETE DETAILS: www.RonnaStar.com * www.Earth-Keeper.com * www.TimelyGuidance.com Or, call Cindy: 775-856-3654* Mon.* Wed.* Fri. * 10-2 PM PST for flyers or to register for the Friday * Ronna and Randy seminar

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****YOU ARE DEVELOPING YOUR INDIVIDUAL SUNLIGHT ****

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, the Creator's breath is the fuel of existence and you are the flame it feeds. It is important you understand that you are developing your individual SUNLIGHT, which is a reflection of your own God Essence. The human intellectual thought process must evolve beyond the limitations of language. There is a vast wealth of information awaiting humanity via inspiration. You must develop your intuitive abilities in order to receive the wisdom of the Cosmic Council of Light. It will not come from outside you. It will well up within your own Sacred Mind and Sacred Heart. You must reach up and grasp it, for it will not come down into the effluvia of the Earth planes and seek you out.

Mature spirituality is not an unconscious experience. You must develop a self-sustaining Divinity, whereby you are constantly breathing the rich Pranic Breath of Life / Adamantine Particles of Creator Essence, so that you may receive spiritual sustenance from the River of Life via the Eighth Chakra, your Soul Star. The empowering Breath of Infinity opens the pathways that lead to the multidimensional levels of Creator consciousness. You must broaden your inner perspective as you gradually change your way/mode of thinking and perceiving. The Spirit of the Creator cannot be isolated. Spirit permeates everything in existence to one degree or another. You must expand your consciousness to incorporate the vastness of Creation.

You must accept the fact that the Heart Core of our Father/Mother God is the focal point and the basis of all religions. It is not the dogma, superstition, rules and restrictions, but the love, power and perfection, which result in the ability to create and enjoy worlds of beauty, balance and harmony. When the mind and heart of God become manifested within you, you become a facet of the Collective Messiah. It is the creative fulfillment of your destiny.

You are a Spark of the Creator—a manifested Divine facet of consciousness—a Still Point within Creation. You either enrich the world you live in or you help to contaminate it. How bright and warm is your Sacred Fire? Does it blaze brightly and warm the hearts of others? Or is it a feeble flame, not even strong enough to warm your own heart? "Cold-hearted" is not a term associated with a true Bearer of God Light. You may journey through the shadow lands with those who helped create them, or you may walk with delight in the radiance of God Light.

All of you are familiar with the Twelve Rays of God-consciousness, which you are currently striving to integrate and claim as your own. However, there has been a very important facet of Creation that has been withheld from the masses until now. All manifestations in the Omniverse are composed of organized Energy from the Heart Core of the Supreme Creator. There is a Master Creator Core of Cosmic Consciousness which contains an allotment of the Full Spectrum Essence of the Supreme Creator.

The Father and Mother God of this universe were endowed with a portion of these Creator attributes, qualities and virtues. This is the primary source of Creator Consciousness within this universe, and all is balanced--all is equal--all is harmonious. Before the God Rays of our Father/Mother God were radiated out into the great void, there was an incalculable number of powerful Supreme Creator Rays sent forth out into the cosmic void. These Creator Rays became great regions of space with different Light densities and time-consciousness cells, which contain infinite Divine schematics of material world possibilities. There are membranes of Light that create barriers so that there is a firm demarcation between each sub-universe. These Light-line barriers cannot be penetrated or crossed without special Divine dispensation. Some of these great Creator Rays are much wider than others, and there was also a number of thin membranes of Light which contain time cell encodings within pyramids of Light. There are living pyramids of Light/life within every energy field and dimensional space of Creation. Creator Light pours forth from the pyramid-shaped treasuries of Light to be used by the Elohim and the Builders of Form in making new creative designs as mandated by our Father/Mother God. Each star in the galaxy is a node of energy vibration. Each person functions as a living star capable of receiving and conveying harmonic frequency vibrations according to his/her level of consciousness. As you are now aware, these frequencies are called your Soul Song. You are a point of Light, a vibrant Spark of the Divine. This universe is composed of one gigantic Celestial Soul Song.

From the Heart Core Essence of our Father/Mother God, the Essence of the Son/Daughter Cocreators was made manifest. These wondrous Beings are stepped-down refractions of the power and majesty of our God Parents--just as our Father/Mother God are a stepped-down refraction of the Supreme Creator.

There are three major divisions within this particular universe. Our explanations are greatly simplified, for the creative process is much too complicated for the human mind to comprehend.

1. From the Essence within the Master Core of Cosmic Consciousness (mentioned above), there was a specific number of sub-universes created within this universal whole with both feminine and masculine attributes, virtues and qualities of Divine Light in perfect equality and balance.
2. However, when the major portion of the sub-universes was created, the predominant forces of the creative process were allotted to either the masculine or the feminine attributes of Creator-consciousness. In half of the sub-universal Divine Blueprints/plans, the Father/Son qualities of Divine will, power and purpose, the mental/outward-focused attributes of the Creator were emphasized, while the Mother/Daughter attributes of compassion, nurturing, intuition, inward-focused qualities were in a support position.
3. There is also an equal number of sub-universes with the Mother/Daughter qualities and virtues in the leadership role, while the Father/Son attributes took the secondary position. Have we not told you that this universe could be called a universe of great and unique diversity? It was created as a univers-ity of learning for you, the Star Seed of the Omniverse.

Essentially, however, the indeterminable diverseness and magnitude of Creation were designed so that the Creator could experience unlimited variations of ITSELF.

Our own sub-universe has been primarily a Father/Son universal experience from its inception. Our Mother God and the beautiful Goddess qualities have always been present, but not in the full glory and Essence of her Beingness. It is now time for the Mother/Daughter and the Father/Son aspects of the Creator to return to equal partnership. This is the wondrous evolutionary process now in progress within this entire universe and within all its creations.

All dimensions and sub-dimensions contain an infinite variety of Fields or States of Consciousness, from an almost total state of unconscious awareness of self, to the ultimate state of absolute awareness, the I AM THAT I AM of our Father/Mother God. The awakening of Self from an unconscious state of Being is one of the most dramatic steps in the evolutionary process of humankind. In order to become Self-conscious, you must become aware of what is happening in your personal world. You must sharpen your thinking process and learn to live in the moment or the NOW as it has been called. In order to gain experience and wisdom, you must think about what you want to remember, what you wish to retain in your memory bank. The unconscious-of-Self person drifts randomly through life, usually not thinking of what the consequences of his/her actions will be—seemingly tossed about by the whims of fate.

You, as seekers on the Path, must be initiated into the Pyramidal functions of Light before you can be advanced to the next level of evolution; the next consciousness time cell. Human creation is only a small part of a much greater and grander creative process. That is why we have placed such emphasis on creating your personal Pyramid of Light in the fifth dimension, and why we have given you instructions in great detail as to the various pyramids of Light available to you, and the important part they play in the ascension process. You are called Star Seed for a reason, for as you return to Self-mastery, you will initiate the process of creating Crystalline Seed Life Codes, a new evolutionary process to be used in the next forthcoming Golden Galaxy. This process is a part of the Wheel within the Wheel Creative Process which we will reveal to you in the near future. In the meantime, we ask you to study what we have revealed, and endeavor to get the universal schematic we have created firmly within your mind so that you will understand the next phase of the wondrous cosmic events that are unfolding before your eyes.

QUESTION: “Some people seem to come into this life with obvious gifts: healing, psychic abilities, etc. How does the average person know what his/her gifts to offer mankind truly are when they are not obvious to themselves, other than a burning desire to be of service in conjunction with other Light workers?”

RONNA'S ANSWER: “Dear hearts, there are very few people who are aware of their creative/spiritual gifts early in life. There may be an interest or desire in learning or perfecting certain talents; however, everyone I know has had to experience many facets of life, as well as many trials and tests, in order to gradually, over time, develop their talents.

Although I had some spiritual experiences at various times throughout my lifetime, I did not develop an intense desire to seek spiritual wisdom until I was in my late fifties. The gifts gradually come forth as you seek to balance and harmonize the many facets of your Being. A facet of your Higher Self is always waiting to connect with you or take up residency within your Sacred Heart, and with each download of your Soul Self, more gifts / talents / wisdom will be available to you.

It takes work, dedication and tenacity; however, I can attest, it is well worth the effort. We are on Earth to be cocreators with our Father/Mother God. The gifts of Spirit are available to each of us, but we must do the work and turn inward and reach outward to attain them. Beloved Michael has told us many times:"

"Eliminate those things in your life that you do not like while you are seeking to develop your talents and find your passion. If you do nothing more than become a Beacon of Love/Light, so that you may shine the radiance of our Father/Mother God out into the world, it is enough."

AS A RESULT OF THE ABOVE QUESTION, AA MICHAEL GAVE US:

THE FOUR MAJOR CATEGORIES OF LIFE'S LESSONS

* You must tap into, develop and perfect the gifts and talents you bring forth to experience in each lifetime. There will be an emphasis, a desire or preference to perfect certain underdeveloped talents and abilities. However, you must make the effort and take the time to become accomplished in each chosen endeavor. Occasionally, a person who is well on his/her way to mastery will incarnate with certain genius abilities which he/she has perfected in previous lifetimes. This is happening more and more frequently with the old Souls who are incarnating during these accelerated times of transformation.

* There will be some negative traits or addictive habits which will be emphasized so that you may release, modify or refine them, thereby returning to balance and harmony so that you may begin the process of Soul expansion and Self-awareness.

* There will be things you do not like or that you will have strong opinions about, things you do not approve of which can cause discord and make you unhappy or uncomfortable. Some of these will be things that you cannot change, and therefore, you must accept them and endeavor to make the best of the situation or condition.

* However, the most important life's lesson is to strive to engage your Soul Self and begin the journey of reunification with the many facets of your Divine nature; all else will follow.

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into

your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael.

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REUNION ** Saturday & Sunday: AA METATRON /TYBERONN & AA MICHAEL/RONNA will
share much of the new cosmic information that is now being revealed by the Cosmic Council
of Light. These are exciting times and we are being blessed with unlimited possibilities to
expand our consciousness and to become true Cosmic Servers of Light. Please join us if
Spirit guides you to do so. We all will be blessed.

Friday, May 27: RONNA & RANDY MONK * AWAKEN THE MASTER WITHIN * OPENING
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THE AGE OF CONSCIOUS AWARENESS AND SELF-MASTERY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, in the very beginning, each of you were one of the Holy Innocent Ones, a brilliant Spark of the Supreme Creator. When it came your turn to externalize and awaken, you suddenly were aware of your godliness as a fragment of the ALL THAT IS. Then came a startling awareness of your own conscious I AM Presence as an individualized facet of the Creator. This awakening of Souls has continued at every level, in every dimension of Creation, and continues today as Great Beings of Light are brought forth to create new galaxies, solar systems, planets and worlds without end.

In these extraordinary times, to one degree or another, there is a major internal, transformational process occurring within every Soul on Earth. Individually, you are experiencing a clearing and cleansing process as well as modification and expansion in various areas of your physical, mental, emotional and etheric bodies, changes which are necessary if you are to hold up under and integrate the ever-increasing vibrational frequencies which are bombarding your Earth at this time.

There is an ever-increasing number of energy fields of consciousness available to you, the awakening Star Seed. Just as the Creator Light pours forth from the cosmic treasury of Light to be used by the Elohim and Builders of Form, this rarified Light is available to those of you who are now attuned to at least the higher fourth- and lower fifth-dimensional frequency patterns.

Each star in the galaxy is a node of vibrational energy frequencies. Each person functions as a living star capable of receiving and conveying harmonious frequency patterns according to his/her level of consciousness. These frequencies are called your Soul Song. The universe is composed of one gigantic Celestial Soul Song.

Your seven major chakra centers could be likened to seven electrical batteries or seven dynamic force centers within the physical vessel. You draw forth into these seven power centers the specific qualities, attributes and virtues of the seven Rays of God-consciousness via the RAY-diance of the seven great archangels who overLight humanity. The manner in which you qualify and use these energies determines your Energetic Signature and your Soul Song. Your supersensitive, awakened fellow human Beings feel your resonance and can discern whether it is benevolent or discordant.

The wondrous and never-tiring Devic Kingdom angels focus on the creation of form under the direction of the Elohim and their vast group of Builders of Form. Each and every one of you had to undergo what could be called an apprenticeship under these Master Builders so that you could become proficient at molding and creating a great variety of things of a corporeal nature. While in the higher levels of universal Light it seemed to be a fairly simple process to mold and create that which you wished to manifest. That is because you were

functioning in the realm of pure thought where there were no distortions or negativity to contaminate the seed thoughts sent forth from within your Sacred Mind, and also because you were drawing forth the maximum amount of Creator Light available to you at that time within this universal experience. It becomes increasingly more difficult to hold the pure seed thoughts of manifestation in each stepped-down level or dimension as you refract yourself into more and more Sparks / Fragments of God Consciousness. Therefore, is it any wonder that humanity has had to struggle for so long to manifest that which is needed and desired while existing in the restrictive, distorted third- /fourth-dimensional world of reality?

The Devic Kingdom angels are bearers of Cosmic Sacred Fire and could be called Sacred Fire Beings. They function from within the Etheric Plane of existence and are the transmitters of the Metatronic Light substance of this universe, which is constantly radiated forth from the heart core of our Father / Mother God. From the greatest Devic Angels, who oversee the mountains, oceans, great forests and lakes, to the tiniest Elementals who radiate life-sustenance to the trees, flowers and every blade of grass, these wondrous Beings of God-Essence, under the direction of the Elohim, supply the cosmic streams of Life Force energy for every facet of creation that is not blessed with a Soul and the I AM consciousness of Being. A Spark of the Supreme Creator's Essence is in All things, from the greatest to the smallest.

You must release old restrictive, outmoded, fear-based frequencies and replace them with the appropriate level of God-consciousness and universal laws which will assist you on your current path of illumination. It is a step-by-step process and cannot be rushed. It is the ego that constantly desires more information, especially dramatic and sensational news or revelations even though, most often, there is no desire to integrate or make use of the information. However, during these critical times of accelerated change and evolution, a Divine dispensation has been given to somewhat relax the requirements and to speed up the process of divulging the more-advanced Universal Laws and Cosmic wisdom in order to assist humanity on the path of ascension.

It has always been a slow process of learning the rules, guidelines and requirements for each step on the path. Qualities, abilities and knowledge must be integrated and perfected so that the higher truths become a part of who you are. When you are living your new truths as a natural part of your Beingness, the wisdom garnered from that knowledge is stored for future use within the facet of your Higher Self that resides on the Causal Plane of existence. This wisdom becomes a permanent part of your I AM consciousness. You must understand that your I AM Presence is a vast source of Light and Creator wisdom; however, you and all the Fragments of your Higher Self within this universe hold the wisdom and experience that have been gathered during your many sojourns and vast experiences throughout time and space. All of the positive experiences, successes and wisdom gained during all your lifetimes within this universal experience are stored within your Causal Mind. When your Energetic Signature reaches a certain frequency level, you automatically begin to tap into the gifts/information/wisdom that are stored within your Sacred Mind and also within the

mind of your Higher Self residing on the Mental-Causal Plane. Remember, it is vitally important that you filter all new information/knowledge through your own conscience and consciousness.

The many benefits of the I AM Mastery Course lessons we transmitted many years ago through our messenger were to help you speed up the process of returning to balance and harmony within your four-lower bodily systems. (Available in our study manual, SCRIPTING YOUR DESTINY and through our webinar, I AM Mastery series of classes. RH). It has taken many ages for you to incorporate the distorted energy you now carry. However, this is a time of miracles, and there was another special, Divine dispensation given by our Father/Mother God, whereby every effort you make to return to Self-mastery will be magnified and accelerated during these wondrous evolutionary times of ascension. Self-mastery is always gained through the process of upgrading your consciousness and increasing your capacity to integrate and radiate more Divine Light substance. In the process, you will become a pathfinder, a wayshower and a World Server filled with goodwill for all Beings as you radiate unconditional Love/Light out into the world.

Your awareness will gradually expand to include all humanity, the Earth, as well as the solar system, galaxy and universe. No longer can your primary focus be on the little self alone. Your ultimate goal is to become a galactic citizen and eventually a universal Being of Light. Expansion of consciousness results in the wherewithal to tap into higher, more complex information. This will result in the ability to integrate more and more of the virtues, qualities and talents of our Father / Mother God. In the third- / fourth-dimensional environment, the human emotions rule. In the higher levels of the fourth- and lower-levels of the fifth dimensions, the mental nature/abilities are predominant and are overLighted by the purity and illumination of the Sacred Mind, Sacred Heart and Higher Self.

Dear hearts, do not just read the profound statements we give you, such as the ones below. Study them and commit them to memory, for within these words of wisdom are critical factors you will wish to draw upon when you are perfecting your mastery of Self, and when you are called upon to share your hard-earned wisdom with others.

* A master seeks his/her highest truth and then lives it to the best of his/her ability.

* A master learns to view the world and its great drama from a higher vantage point, downward. Time becomes malleable as you move out of the linear time-line into the spiraling, undulating vibrational waves of the higher dimensions.

* A master is adept at manipulating energy, always for the greatest good. He/she exists in a vortex of harmonious spiritual forces.

* Ascension is mind- and Soul-expanding, forever passing from one state of heightened-consciousness to another.

* You have entered into an Age of conscious awareness. A conscious awareness of and awakening to the nudgings of your Soul-self are the first step in attaining Self-mastery.

- * A master knows when to speak and when to be silent. A master is deliberate in his/her speech. Constant mind chatter and senseless gossip disturb the tranquility of your auric field. You are to seek the harmonious, higher wave frequencies of Light in all things.
- * Knowledge alone divides. Wisdom and Soul awareness unite.
- * As an initiate on the Path, you are constantly increasing your capacity for Creator Light.
- * When you deny any facet of your Divinity, you are denying your Divine wholeness.
- * The universe is constantly remaking and redefining Itself via the impulses / desires of the Supreme Creator and our Mother/Father God. The Supreme Creator's desire is to experience individuality by refracting Itself into an unimaginable number of various-sized Sparks of consciousness.
- * The Omniverse is filled with dancing, flowing, merging and separating fragments / God Sparks. The Creator is alive and conscious in each and every one of these fragments, no matter how large or how small.
- * Space is an entity within itself, waiting to be programmed or molded into infinite possibilities.

QUESTION: How do we know if we have any etheric tears? If so, how do we know where they are located, and how do we heal them?

Healing etheric tears in the auric field is a process that is initiated as soon as you begin the process of integrating more of your Soul-self. As you begin to integrate more and more higher frequency energy into your physical vessel and start the process of balancing and harmonizing your chakra system, one of the major benefits is that any etheric tears you may have will slowly begin to heal. Often, you will have physical discomfort in areas where there are tears or etheric scar tissue in your auric field. The most prevalent etheric tears are in the areas of the three lower chakras, across the heart area / solar plexus, or in the back of the body between the shoulder blades.

You can speed up the process by going into your personal pyramid. Lie on the crystal table and ask your angelic helpers to scan your body and let you know where (or if) there are any etheric tears in your auric field. If you get an indication that there are some tears, ask that I, MIK-I-EL, seal these tears with my blazing sword of Light. This procedure may take a while; however, the healing process will begin and it will accelerate as you access the higher vibrational patterns of Light. Bringing in more Adamantine Particles of Light via the Infinity Breath and toning the vowel sounds are also a great benefit, and will assist in accelerating the healing/harmonizing of your auric field and creating balance throughout your four-lower bodily systems.

My brave ones, no matter where you live or the conditions you are presently living in, there is a grand opportunity for you to begin the process of attaining Self-mastery. You are urgently needed as a Bearer of Light and a World Server. This applies to every one of you

reading this message. I surround and enfold you in an auric field of protection. I am forever your guardian and faithful companion. I AM Archangel Michael.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654 *
www.RonnaStar.com * E-mail: RonnaStar@earthlink.net * www.QuestForMastery.org *
www.AskArchangelMichael.com *****

***MAY 27, 28 & 29, 2011 * ATLANTA, GA * RETURN OF THE WIND * SOUL FAMILY
REUNION**Saturday & Sunday: AA METATRON /TYBERONN & AA MICHAEL/RONNA will
share much of the new cosmic information that is now being revealed by the Cosmic Council
of Light. These are exciting times and we are being blessed with unlimited possibilities to
expand our consciousness and to become true Cosmic Servers of Light. Please join us if
Spirit guides you to do so. We all will be blessed.

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May 30th, 2011 - Trip to Stone Mountain MESSAGES FROM ARCHANGEL MICHAEL * LM-4-2011

TRANSMITTED THROUGH RONNA HERMAN

THE FAST TRACK TO SELF-MASTERY

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 heart afire with an intense desire to claim Self-mastery and become a Soul-Seeker instead of a pleasure-seeker. The secrets of how to traverse the dramatic changes and the chaos 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 OLD – MAKING WAY FOR THE NEW. An upgrading and refinement of every facet / Spark of God-consciousness, as well as of every dimension, is gaining momentum as the rarified Light of the Supreme Creator beams forth to the very edge of manifested creation within this Sub-universe.

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, “I 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 and to all humanity.”

In doing so, you will create a column of harmonious, higher-dimensional Light frequencies of safety around yourself, your home and your loved ones. As you gain the ability to magnetize to you greater and greater amounts of Divine Light substance, your sphere of influence will grow and spread to embrace an ever-expanding area. Eventually, your Light will join with the frequency patterns of your spiritual brothers and sisters who are also committed to becoming Bearers of Light. There are many of you who have already achieved this God-given ability and you are making a difference.

Unrest and turmoil are rampant on your planet, and as you are aware, it is accelerating so that no country or race of people is immune. We sense your concern and rightly so, for it is a critical time for the Earth, humankind and all living things residing on the planet. Therefore, once again, allow me to remind you of what is and what is not appropriate for you as a Self-master of cocreation. We know it is your greatest heart's desire to assist those who are suffering and in distress, and this is as it should be. There are those whose mission it is to be directly involved, whether it is defending, nurturing, healing or helping to relieve the misery of those displaced or in need. There are those who will be called into the midst of the

turmoil, and there are those who must make critical decisions as to what is the best course of action to take in various situations and dramas that are being played out on an ongoing basis. Others will give support by sharing their wealth, and that too is appropriate. However, the majority of you, especially those of you who have claimed the frequencies of the higher dimensions as your reality, are somewhat removed from these stressful dramas. Therefore, it is more important than ever that you stay heart-centered and Soul-focused so that you can spread the maximum amount of Light, hope and harmony from your SOLAR POWER CENTER outward into the chaotic astral planes of consciousness and down into the heart core of your mother Earth. You, the Star Seed, are capable of assisting the Earth to release herself from a prison of negativity as she strives to Lighten her load and harmonize her auric field in order to claim her new designated position within the solar system.

Thanks to you, the brave Souls who are called the wayshowers or the vanguard of Light workers, the golden path has been clearly created and defined. You are also in the process of opening the lines of communication between us so that we may convey to you all the information you will need to quickly move through the process of ascension into the next level of consciousness. By doing so, you will leave behind and will not be affected by the drastic changes, negativity and chaos of the lower, imbalanced dimensions from which the masses are now struggling to emerge. The time has come when each of you is being asked to bring forth and share your own particular wisdom garnered from your vast experiences on Earth, and to also tap into the jewels of wisdom stored within your Sacred Mind, which you brought with you from the far reaches of the universe.

Those of you who have faithfully followed our teachings are being offered what we might call a fast track to Self-mastery. Our beloved messenger, Ronna Herman, graciously agreed to assume the task of bringing forth and making available to you the appropriate, expanded universal wisdom teachings, which were originally reserved for only the most advanced initiates in the retreats and secret wisdom schools. All of you are in the midst of an initiation process--at one stage or another. It is a school of learning and initiation that is taking place each and every day while you go about your daily tasks and meet your daily challenges. All that has been hidden in the past is now being brought into the Light of awareness, either to be corrected, eliminated or, in some cases, magnified.

It is also time for those of you who are firmly on the path to begin to build a more intimate relationship with your guardians and angelic teachers of the higher realms. The many facets of your Higher Self are waiting for you to integrate these advanced teachings, along with the higher frequencies of Light that are now available to you. Telepathic communication with the Beings of Light from the higher realms is a part of your original physical, sensory gifts. It is time to reclaim those talents and gifts, beloveds. We ask you to study and meditate on the advanced wisdom teachings we are offering to those of you firmly on the Path until they are engraved upon your mind and become a part of your higher consciousness. The wondrous gifts and abilities you have awaiting you far outweigh the effort you will put forth to attain them.

More and more precious Souls are just stepping onto the path of awareness as they begin to heed the nudgings of their Soul-self. Often, this initiates an intense dark night of the Soul process as they face the distortions in consciousness they have created, and the full measure of the Law of the Circle, or Karma, is brought to bear. As you are aware, it is not a punishment even though it may seem so in the beginning. It is an opportunity for each person to turn and bravely face him/her Self and to rectify and harmonize the discordant frequency patterns he/she has created.

Higher and more refined frequencies are constantly bombarding you and the Earth. As a result, many of you are in the midst of the emotional intensity and distortions of the astral plane, which consists of the seven sub-planes of the fourth dimension. These are emotional planes of consciousness which must be brought under control and returned to an accepted level of polarity. These are some of the most difficult tasks you will ever experience while on your journey of ascension into the fifth dimension of balance and tranquility. It is a time of clearing the deep, residual core energy patterns that you must release in order to accommodate the higher frequencies of Light.

Know this, beloveds, it is a golden opportunity for you to release, once and for all, those impacted energies that you have carried with you as excess baggage for many thousands of years. Face them, process them and see them transmuted into pure Light substance, and in the process you will feel LIGHTER AND BRIGHTER, as you traverse the pathway to higher consciousness into the realms of wondrous possibilities.

There is a plethora of information available to you on every facet of spiritual awareness and advancement as the brave ones ahead of you are able to access the higher and more refined levels of the great Halls of Wisdom and also receive advanced teachings from the Beings of Light. Much of the information brought forth is helpful and love-filled, but some of it is confusing and distorted. Therefore, we ask you to use your discernment as to what you accept as your truth. Some of the information stretches the imagination, and you wonder how you will ever attain the multiple levels of consciousness which are described. After being shut off from your Source for so long, you are eager and desirous of knowing all there is to know so that you may attain the heights of illumination as quickly as possible. However, please remember, my precious friends, you must make the journey one step at a time, learning each lesson fully as you release that which no longer serves you. You will then be led through the next open door of glowing radiance, and you will be offered ever-expanding levels of God-consciousness. It is a never-ending journey. There will always be new tests, new opportunities and amazing new adventures to experience.

These are most critical times for the Earth and humanity as all that no longer serves the highest good is gradually being eliminated or transformed. You are building / reconnecting with the Rainbow Bridge which will lead to a bright new future for you and your Earth, as well as this solar system and galaxy. It is up to each of you as to how easy or difficult the journey will be. Dear hearts, please keep in mind, that your success is assured; however, it is your choice as to how long you will take to reach the next destination.

We know it is easier to rise above a disaster or negative situation when it is occurring half-way around the world. But it is not so easy when it is in your homeland, your neighborhood or when it personally affects you, your family and your home. Then come the true tests of mastership. Can you stay centered within your Sacred Heart and trust in your friends from the higher realms to assist you through the dark nights of chaos into the sunlight of a bright, new future, no matter what happens to you or around you?

Many are asking, "What can we do to help?" First, become an example and radiate your Light for all to see and bask in. Join in group meditations and also spend as much time as possible in the celestial World Pyramid in the fifth dimension, adding your unique energies and your Love/Light to be used for the greatest good. Strive to draw forth the maximum cosmic Light substance to you, as you become anchors for the Adamantine Particles of Divine Light in the area where you live. Envision great crystal pyramids of Light being formed in the fifth dimension by the many groups of Light workers, where you all join together in your meditations with the intention of building the greatest cosmic Light waves possible. These waves, designed for the highest good of all, will sweep across each country as times goes by, awakening the masses—cleansing and clearing the negative energies that have a stranglehold on each country and its people. Know that each country and race is unique, for they were created with distinct attributes, desires, opportunities and challenges. Each of you has been strategically placed in the area where you can be of the greatest service and do the most good. You have vibrational Seed Crystals within your brain/Soul structure which will assist you, your country and your country- men/-women to access the Light of Truth, Wisdom and Protection.

My beloved warriors of Light, we are asking you to not close down your heart centers. Do not move into fear and a sense of hopelessness. There are great happenings taking place on Earth and in the higher realms that are beyond your understanding. Remember how often we have told you, "out of chaos, new creation emerges?" We do not ask you to minimize the monumental tragedy that has just taken place or the suffering which will be experienced by many. But it serves no one if you get caught up in the negativity, fear and pandemonium of the third-/fourth-dimensional illusion. Do not allow your powerful thought forms and energy to move into lower vibrational patterns which add more negative energy to the cloud of darkness. Instead, send your powerful Love/Light winging its way into the midst of the chaos and into the hearts of those who spread chaos, and then watch as slowly the darkness is overcome by the Light.

We promise to lift and support you with our loving energy and to assist you through even the darkest of times. The Light and Love of all Creation, along with your bold, steadfast endeavors will prevail. I am forever your loving friend and protector. I AM Archangel Michael.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654 *
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www.QuestForMastery.com * www.AskArchangelMichael.com

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ARCHANGEL MICHAEL / RONNA HERMAN

RANDY MONK / LORD MELCHIZEDEK

*ADVANCED LEVEL INFORMATION * OPENING TO CHANNEL*

*LAW OF THE CIRCLE * LAW OF THE TRIANGLE*

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ARE YOU READY TO STEP ONTO THE ACCELERATED PATH OF INITIATION? WE WILL PRESENT IMPORTANT TECHNIQUES AND MEDITATIONS TO ASSIST YOU IN OPENING TO CHANNEL SO THAT YOU MAY COMMUNICATE WITH YOUR ANGELIC GUIDES AND THE BEINGS OF THE HIGHER REALMS. THE SPIRITUAL HIERARCHY IS ASKING US TO BECOME WORLD SERVERS AND EXAMPLES AS WE ADVANCE INTO THE REFINED ENERGY OF THE NEW GOLDEN AGE.

DURING THIS THREE DAY INTENSIVE:

WE WILL CREATE A POWERFUL, SACRED FIFTH-DIMENSIONAL ENVIRONMENT AND A GROUP PYRAMID AS AN INITIAL STEP FOR INITIATION INTO THE WORLD SERVER GROUP OF STAR SEEDS.

WE WILL EXPERIENCE A GROUP PAST LIFE REGRESSION. WE WILL GO BACK TO THE TIME IMMEDIATELY FOLLOWING THE END OF THE CIVIL WAR (1870'S). WERE YOU THERE?

WE WILL INITIATE THE PROCESS OF CONNECTING WITH YOUR PERSONAL ANTAKARANA (ALSO CALLED THE RAINBOW BRIDGE), WHICH IS OUR PATHWAY BACK INTO THE HIGHER REALMS OF LIGHT. THIS PATHWAY CONNECTS US TO THE "RIVER OF LIFE" IN WHICH THE ELIXIR OF LIFE FLOWS: ADAMANTINE PARTICLES OF CREATOR LIGHT.

WE WILL EXPLAIN THE LAW OF THE CIRCLE AND THE LAW OF THE TRIANGLE WHICH HAVE BEEN MENTIONED IN SOME OF THE ANCIENT TEACHINGS, INFORMATION WHICH IS NOW BEING REVEALED AS AN IMPORTANT FACET OF OUR NEW DIVINE BLUEPRINT.

IN YOUR PERSONAL PYRAMID WE WILL CREATE A SACRED SPACE SO THAT YOU MAY BEGIN TO RECEIVE PERSONAL GUIDANCE, INSPIRATION AND ADVANCED INFORMATION FROM YOUR GUIDES, ANGELIC TEACHERS AND, EVENTUALLY, FROM THE COSMIC COUNCIL OF LIGHT.

WE WILL SHARE ADVANCED TEACHINGS ABOUT THE SUB-UNIVERSES WITHIN OUR UNIVERSE, WHICH ARE DIVIDED BY WALLS OF LIVING LIGHT, ALONG WITH OTHER VITAL INFORMATION.

THE COSMIC COUNCIL OF LIGHT IS SHARING WITH US PORTIONS OF THE COMPLEX UNIVERSAL PLAN AND SMALLER SUB-MASTER PROGRAMS, WHICH ARE BEING INITIATED TO ALLOW A DIVERSE OVERLAY OF EXPERIENCES BY THE STAR SEED SOULS.

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YOU HOLD THE KEY TO YOUR OWN MAGNIFICENCE

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, never forget, fear takes away your power. Fear will create a prison of ineptitude and inertia. To control the mass population, all you have to do is to keep those attuned to the restrictive frequencies of the lower dimensions in a state of fear, which assures they will remain off balance and ineffective. Maya, or the great illusion, is the appearance of things as you perceive them to be, not as they really are. There are massive and powerful mental, emotional and etheric thought forms within the astral planes of consciousness. The masses are ruled primarily by the emotions and by narrow-minded, mental attitudes. The broad spectrum of love and fear keeps humanity off balance as the pendulum of popular belief swings back and forth according to the strongest, most influential theories / information of the time. The masses, who are locked in the darkness of the temple of the physical vessel, are becoming more violent as they awaken to the inner urge for freedom and as the higher wavelengths of Light begin to slowly infiltrate their consciousness.

My brave warriors of the Light, the best way not to be influenced by these powerful, invasive thought forms is to strengthen and maintain your connection with your Soul / Higher Selves. Now as never before you, the STAR SEED / WORLD SERVERS, must remain steadfast and constantly endeavor to live and function from within your SACRED HEART CENTER, which is your CENTER OF POWER. You are being given an opportunity to test your newly earned spiritual talents as you learn to make use of the qualities, virtues and abilities of the higher-dimensional environment you are now accessing and integrating. Each higher-dimensional sub-level you gain access to holds expanded information and advanced abilities and talents, which will enhance your power to traverse the trials and tests of evolutionary change with ease and grace. Your ability to stay focused and centered on the Path will grow exponentially as your God-consciousness increases.

You are in the process of developing spiritual sensitivity and attunement, whereby your consciousness will expand to include an ever-widening circle of radiance. Gradually, you will become attuned to, and can observe from a higher vantage point, what is occurring at all times—what is taking place in all three physical realities at once—mental, emotional and whatever spiritual level you are compatible with. You must be ever alert for the whisperings of your Soul Self and also become attuned to the voice of inspiration from your celestial teachers and guides. You must become accustomed to the silence in both your inner and outer worlds. It is also vital that you develop your sensitiveness / attunement to the inner voice of the master with whom you are to work. Once you have mastered the constant chatter of the mind and the ego, you will be ready to live within the aura of a master teacher, and the Light of your Soul will pour forth out into the world.

Group awareness is an important facet of Self-mastery. It is important that you develop a desire to serve and to subjugate your individual wishes for the good of the group. Your own

Soul and Higher Selves offer the most appropriate guidance and instructions regarding the best way to attain Self-mastery and how to fulfill your earthly mission. As you develop an intimate relationship with these Lighter facets of Self, you will gradually develop greater Soul awareness, and new fields of opportunity will unfold. You must balance inner-world aspirations with outer-world action. You must discover your own uniqueness and strive to be the very best YOU possible.

Turning your consciousness inward is a journey of true Self-discovery. Your God-given abilities of will power, creativity and inspiration, along with the fuel to create all good things are stored within your Sacred Mind and Sacred Heart. You hold the key to your own magnificence. You must consciously tap into and practice using your inner abilities and the wisdom of your Sacred Mind. You must use your Divine Will to step into your God Power. In doing so, you will attain ever-deepening levels of Self- and Cosmic-awareness.

QUESTION: "As you know, nuclear radiation is scaring the people all over the world, let alone the Japanese people. I was wondering if there is any way of protecting yourself or your surroundings from this radiation? If AA Michael could give us some insight and guidelines, it would be so wonderful." H.O., Tokyo, Japan

ARCHANGEL MICHAEL: YOU MUST BECOME A MAGNETIC CENTER FOR THE LIGHT. THIS IS THE MAIN PRIORITY FOR THOSE OF YOU WHO ARE SEEKING TO BECOME WORLD SERVERS.

It is time for you, the STAR SEED, to integrate a full measure of the qualities, virtues and talents of God-consciousness for this galaxy. You have been preparing for this for a very long time, and a multitude of you are ready to step to the fore and claim the maximum amount of Creator Light that your physical vessel can hold. Your Diamond Core God Cell is blazing forth brightly, and the radiance of your auric field and your influence are expanding rapidly. Many of you have almost reached the maximum level of Light frequencies you can contain and still remain on the earthly plane. A Divine Dispensation has been established so that the advanced spiritual leaders will remain amongst the masses in order to be the shining examples, to spread their Light and their wisdom, as well as give hope and encouragement to those who are striving to awaken and reclaim their God-power. In the past, the masters withdrew from the public eye and continued their mission from behind the scenes, for those who were ready to answer the call and begin the difficult journey of Soul-awakening were few and far between.

We encourage you to allow the will power, protection and initiative of the FIRST GOD RAY to inspire and motivate you. We ask you to radiate the love, compassion, illumination and wisdom of the SECOND GOD RAY, as you incorporate the qualities, attributes and virtues of the THIRD GOD RAY, along with the desire to become a proficient cocreator in harmony with the Divine Will of our Father/Mother God. It is of vital importance that you OverLight your existence with the magnificent Violet Flame of the SEVENTH RAY. See it blaze up from beneath your feet and completely surround you in the Divine Fire of transmutation, which will allow you to change the quality of energy at will. Become a magnetic center for Spirit so

that the wondrous gift of Love/Light from the heart-core of the Supreme Creator may radiate through you out into the world.

Please be aware that there is limited access to the power and magical transformative properties of the Violet Flame within the push/pull duality of the lower-dimensional environment. However, when you attain a level of harmonious vibrational patterns that attune you to the mid-fourth dimension and higher, you will gain full access to the Divine alchemy of the Violet Flame, and you will also have the ability to draw forth the transforming Adamantine Particles of Creator Consciousness. While existing within the lower dimensions of limitation and chaos, it is almost impossible to consistently radiate unconditional love from your heart center. As you have learned, the Creator Particles of life must be activated via your altruistic, loving intention. Be aware, beloveds, that at each higher level of God Light you attain, the power of the Violet Flame and the quantity of White Fire Particles of Creation available to you increase exponentially.

The Violet Flame consists of the iridescent blue flame of our Father God's Divine attributes: Will, Power, Purpose, and the iridescent Pink Flame of our Mother God's Divine attributes: Love, Compassion, Illumination and Wisdom. Together, the two radiant colors create an iridescent Violet Flame which is one of the Powers of the "I AM" that were gifted to humanity. However, it must be invoked in order to activate its transformative powers. The Sacred Violet Flame is pure Divine Energy, an integral component in the Adamantine Particles of Creator Light/Life.

You must realize how important it is to clear the major portion of your self-created, discordant energy. You must then constantly monitor your Energy Field so that you may integrate the maximum amount of Adamantine Particles of Light, and access the full power of the transforming Violet Flame. You must have a fairly clear and focused mind, with no deformed vibrational patterns around you to distort your creations. You are to seek a clear, steady influx of Creator Energy, and you must activate this fuel of Creation with your altruistic, loving intention. You must then send out your seed thoughts strongly, purely and focused on an Infinity Sign beam of Light.

You, the STAR SEED, now have greater and greater amounts of Cosmic Life Force Energy, Adamantine Particles of Light, available to you. For those of you who have attained entrance into, and are compatible with, the frequencies of the mid-fourth dimension and higher, it is time for you to make full use of your cocreative abilities. You are the ones who have the capability of creating a safety net of Light around yourselves, which over time will expand to incorporate ever-widening circles of Light protection out into the world-at-large. The Adamantine Particles of Light contain the magic formula which can neutralize the hazardous waste and toxic chemicals and will give protection for those of you who resonate to the higher frequencies of Light.

You must stay firmly grounded upon the Earth as you reach higher and higher into the refined dimensions of expression, and it is of vast importance to your physical well-being that you learn to balance and harmonize your energetic grid system (called your auric field

or Adam/Eve Kadmon perfected body of Light). You may draw forth as much of the Essence of Divinity as you can hold; however, after integrating that which you need personally, you must radiate forth the remainder out into the world of form. You cannot hoard God Light, dear ones; it is meant to be used and shared for the benefit of all.

You must understand that there are many who, by choice or destiny, will choose to leave the Earth and continue their Journey of Spirit in other realms of experience. You cannot play “god,” and so never forget that you must always ask for the greatest good for all. We have asked you to endeavor to alter your mind-set about death. Many of you have gained the awareness that life on Earth is only a short-term existence in the realms of materiality. As your present earthly experience comes to an end, you will return to your true estate in the higher realms of God-consciousness. We do not mean to belittle the pain and grief of losing a loved one. However, once you gain a glimpse of what the future holds for all humanity, hopefully, it will help you to overcome the painful experience of losing a loved one so that you may Return to Center and allow us to comfort you. Every Soul will be honored for the choices they make regarding the future. Those who do not choose the Path of Light in this lifetime will surely do so sometime in the future. Remember, we have said, “You have been given the gift of Free Will; however, your ultimate destination is assured. All Souls will return to the Light, each in his/her own good time.”

Beloveds, if you are willing, every evening before you go to sleep, go into your personal Pyramid of Light. Merge with your Etheric Replica, which contains the vibrational frequencies of the next level of your Higher Self. Invoke the Violet Flame and say to yourself:

I HEREBY RELEASE CAUSE, CORE, RECORD AND MEMORY OF ALL DISCORDANT ENERGY THAT I HAVE CREATED, PAST, PRESENT AND FUTURE, IN THIS OR ANY OTHER REALITY. SO BE IT AND SO IT IS!

SEE THE VIOLET FLAME BLAZE UP FROM BENEATH YOUR FEET OR AROUND YOUR BODY IF YOU ARE LYING DOWN. ENVISION THE VIOLET FLAME BATHING YOU IN ITS TRANSFORMING LIGHT THROUGHOUT YOUR BODILY FORM TO ITS INNERMOST CORE. THEN, THROUGH YOUR INTENTION, VIA THE INFINITY BREATH, SEND THE VIOLET FLAME DOWN INTO THE CRYSTALLINE CAVES WITHIN THE EARTH, WHICH CONTAIN THE ETERNAL VIOLET FLAMES. SEE THIS SACRED FIRE SPREADING THROUGHOUT THE LABYRINTHS THAT SURROUND THE EARTH AND, FINALLY, DOWN INTO THE HEART-CORE OF THE EARTH. WHEN YOU INVOKE THE VIOLET FLAME, IT WILL BEAM DOWN INTO YOUR FORCE-FIELD FROM ABOVE AND IT WILL BLAZE UP FROM BENEATH YOUR FEET, AS IT CREATES A WHIRLWIND OF LIVING LIGHT AROUND YOU.

You are to seek a clear influx of Creator energy, and you must activate the fuel of Creation with your selfless, loving intention. You must then send out your seed thoughts, strong, pure and focused on an Infinity Sign beam of Light. All energy, positive or negative, radiates forth from your Solar Power Center in an Infinity Sign, and is eventually returned to you in like vibrations.

My brave ones, it is vitally important that you fortify your spiritual armor with the qualities and virtues of the First Ray of Divine Will / Power—integrity, valor, truth and steadfastness, as we go forth together as World Servers. I vow to lead the way and I will protect you to the limits that universal law allows. As World Servers under the guidance of the Cosmic Council of Light, together we cannot fail. In you, we are well pleased. I AM Archangel Michael.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654

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**THIS WILL BE RONNA'S ONLY SEMINAR IN THE USA THIS YEAR **

Dearest friends, when Tyb and I first met, we felt an instant connection and recognition. This was on our ATLANTIAN REUNION CRUISE in the western Caribbean in 2005. Some years before, I had received a powerful past life recall where I was a black slave, named Annie Thompson, who lived in the south on a plantation during the Civil War. I was a field worker and also the spiritual leader/healer for the black population on several close-by plantations. I saw myself as a thin, very tall black woman. The strongest feeling that I

received was “I am so tired, if I could only rest awhile.” Tyb and I became fast friends very quickly, and I was amazed when he shared a past life experience with me, whereby he was a white doctor in Birmingham during the Civil War and afterward. He told me, “I am sure you were there too, Ronna. You were a healer and a herbalist and we began to work together to minister to the black population after the war.” Little by little, we both have recalled more and more details about those tremulous times, and we have often been astounded as the pieces of the puzzle came together beautifully. We have both received information that fit perfectly into the scenario even before receiving specific details from each other. We have spoken about that lifetime in our seminars for several years, and many people have received validation that they were there with us.

AA Michael has given me some incredible information about the Civil War and how it fits into the ascension picture now. I do not think it is a coincidence that April 12, 2011 was the 150th anniversary of the beginning of the Civil War. We are going there to heal the past and to activate some SEED CRYSTAL MEMORY CELLS. AA Michael tells me that we will also be gifted with an activation of some of the Seed Crystals stored within our Sacred Mind. Indeed, we are living in marvelous times. In preparation for this life-changing seminar event, we are building a special group pyramid so that those who wish to join us, but cannot attend the seminar, will be able to participate in the meditations. We are in the process of reuniting with our Soul families, and we are joining with some of those who form our TRINITY SOUL UNITS of three, nine, 12, 24 and 144. Some of these Soul groups are now forming in the physical; however, many of them will be formed within the World Server Pyramid and may never meet on the material plane. However, these reunions and joint missions will be just as powerful and meaningful as the ones formed in person. Please join us if you are guided to do so. For those of you who cannot attend this event, we will share some of our journey and the miracles we experience afterward. Eternal love and angel blessings, Ronna

A LIGHT EPIDEMIC IS SWEEPING THE EARTH

TRANSMITTED THROUGH RONNA

Beloved masters, there is a Light epidemic whereby every person on Earth is being bombarded by the refined frequencies of God Light; however, each person can only absorb and integrate the frequencies of Light that their physical vessels can accommodate. You must be able to metabolize the God Light in order to benefit from it and make use of it.

Remember this term: MEMBRANES OF LIGHT, for it is important that this concept is clearly defined within your mind. There were membranes of Light placed across your memory when you began your journey into the illusionary realities of the third / fourth dimensions. There were membranes of Light placed at the entryway to your Sacred Mind and your Sacred Heart. There was / is a membrane of Light surrounding your Third Eye / your inner sight. When your Higher Self determines it is time for your Third Eye to open, it will be as if you received a surge of Sacred energy upon your brow. These specialized frequencies open the Seed Crystals of Light within the Pineal Gland, which initiates the ability for telepathic communication.

Most of you have heard of the Ring-Pass-Not, a thin Membrane of Light Radiation, which encircled the planet. It was a restrictive quarantine of sorts which was gradually dissolved from the Earth's atmosphere, and the Cosmic information flood gates were flung open so that the next level of Cosmic Wisdom could pour forth to a select group of World Servers / Cosmic Messengers. Everyone if these brave Souls have, for many lifetimes, been in an intense preparatory stage in the higher realms.. This intense training period was necessary in order to bring forth these advanced teachings in an accurate, orderly and timely method. It is Cosmic Law that you must integrate and experience each level of new truth in order to move to the next, more advanced level. It is a unique and specialized path of initiation. The Ascended Masters of the Cosmic Council of Light do not openly teach in public. They work entirely through their disciples and initiates, mostly by conveying inspiration. Initiates work on the mental levels, also mostly behind the scenes. However, a select group are actively teaching out in the world, for inspiring others to become World Servers is their most important task.

Those of you who have steadfastly followed the Path that was designed for you are quickly coming to a state of completion for the particular stage of en-Lighten-ment you have been in for the past ten years. When you attain true Self-mastery, your thoughts and words will become harmless, for criticism and negativity cannot dwell in the Light of love and truth. Service is an intrinsic impulse of the Soul-self, just as desire is the major impulse of the ego.

Your transition from the impulses or nudgings of the emotional, ego-desire body to the inspirational thoughts of the Soul and the Higher Self, have mostly been accomplished. Your focus has moved toward group consciousness and how to serve humanity. You are also well on your way in the transition from I / me / my selfish interests to a we / our unity

consciousness. The intuitive thoughts you receive and the guidance from your guides, angelic helpers and Higher Self become stronger as you integrate more pure God Light. Your personal reality expands from a small-world focus of a me / my consciousness to an expanded consciousness which includes the world, the solar system and beyond. No longer do you respond to painful events in life as fateful or punishment, for you realize they are challenges and opportunities for growth.

You are swiftly moving out of the energy vortex, or collective consciousness band of thought forms created by humanity, for it is a vortex of violent activity. Ascension is a process whereby you consciously move forward into higher and higher levels of the energy / vibrational fields of your *OverSouls; forever moving forward into more rarified fields of Divine Energy called the higher dimensions.

(*OverSouls / same as your many Higher Selves) RH.

Your Soul is aware of the imbalances you brought forth from the past and also those you have created in this lifetime. It will do everything possible to bring these imbalances to your attention so you can rectify the imperfections and develop harmonious attunement with the next level of your Higher Self. That is the Soul's main purpose for being. Your Soul and Higher Selves will also make every effort to raise your vibrational frequencies and to harmonize the fluctuating energies of the emotional and mental bodies. As you progress on the Path and begin to tap into the higher vibrational patterns of Light, you will experience the effects of the intensity of the frequencies of Cosmic Sacred Fire / heat. You will be affected by the fiery forces of Creation in three ways: Fire by Friction: Fire of Body ** Solar Fire: Fire of Soul **Electromagnetic Fire: Fire of Spirit.

Eventually, you will learn to recognize the source of the frequency patterns of the various Beings of Light that you are to work with. You will also be able to differentiate between the subtle forces and the Rays. You must strive to become a Divine observer and a master of detachment.

You know who you are, we do not have to tell you. We ask you to steadfastly maintain your Center of Power within your Sacred Heart as you are drawn into the higher levels of World Service. As you move deeper and deeper into the realm of the Ascended Masters, your chosen path of service should become easier—almost effortless. Your major challenges and tests are behind you as you draw greater amounts of God Light to you. The warring factions within will slowly release their hold on you as they submit to the transformative vibrations of Love. My brave warriors of peace, as your Light shines brighter out into the world, you must be vigilant so that you will do nothing which will make you a focal point for negative vibrational forces. You are learning to be a director of the Higher Forces. As you refine your skills of Self-mastery, you will learn to identify the quality and force of all energy around you

In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind

stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal destiny.

You must understand where and how you fit within the group dynamics.

1. First, you will become what is called an aspirant on the Path.
2. After you achieve a certain amount of balance and harmony within, and have gained access to your Sacred Mind and Sacred Heart, you become an Initiate on the Path.
3. After the first level of Self-awareness is reached, you become a disciple / Light worker. (In the past, this journey into Soul-awareness was described as moving through the levels of initiation. This term no longer applies).
4. Eventually, the time arrives when you have successfully dissolved the membranes of Light which guard the entrance to your Sacred Heart and Sacred Mind. As you refine your Energetic Signature and your Soul Song, you will elevate your capacity to quickly turn information / knowledge into wisdom (integrating and practicing the higher wisdom truths you have accepted as your own), so that you may move from the Hall of Learning into the Hall of Wisdom of the higher Mental plane. By this time, you are well on your way to becoming a Self-master and you are ready to become a World Server.

FOR ALL OF YOU ON THE PATH, your major goal at this time is to return the vibrational patterns, which make up your personal world in the third- / fourth-dimensional reality, to the originally designed Spectrum* of Light and shadow. By doing so, your pendulum of consciousness will not swing so radically from positive to negative and your mental and emotional natures will once more become stabilized and centered. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. A disciple on the Path of en-Lighten-ment must strive for heart-centered detachment and wise discernment.

(*Spectrum - noun (pl. spectra) 1. A band of colors produced by separation of the components of Light by their different degrees of refraction, e.g. in a rainbow. 2. The entire range of wavelengths of electromagnetic radiation. 3. The components of a sound or other phenomenon arranged according to frequency, energy). RH

In the unawakened person, more choices are made unconsciously than through intelligent awareness. It is as if they are in a semi-conscious state of awareness. The initial phase of becoming a Self-aware person is to realize that he/she is not consciously awake. This begins the process of striving to awaken to the nudgings of the Soul-self, for this is an intrinsic part of becoming spiritually aware and a master of Self.

When you succumb to irritation and respond in loud, angry words or thoughts, you are using astral energy that is contaminating to the auric field. Continued use will build a negative thought form that must eventually be resolved/dissolved via the Law of the Circle. Envision your negative thought forms adding another stone or brick to your emotional prison. Remember: you are composed of units of energy, which create your Energetic

Signature, and ultimately your Soul Song. You must learn to control your thoughts and focus your power. Your thoughts will increase in strength according to the intensity and repetition of your Seed Thoughts. Dear hearts learn to focus on the highest and best attributes of people and conditions within your inner circle of Light—this is one of the most important aspects of creating your personal fifth-dimensional environment.

The language of the unconscious and subconscious minds is primarily imagery. The refinement of the subconscious and conscious minds and attunement to the Superconscious mind are greatly speeded up by the deliberate practice and perfecting of the imagery and visualization skills.

The Soul needs a vehicle of expression on the physical plane in order to bring forth the power and magnificence of Creation. You must rise above and shelter yourself from the emotional chaos of the mass consciousness existence; however, you must also function efficiently among the masses, and spread your Light as you go about daily life. You cannot live in a detached world and forsake the material world in order to attain en-Lighten-ment. Becoming an unrealistic, vague mystic serves no one. The introspective, inward-focused meditative practices of the Eastern philosophies are being joined with the creative, outward-focused practices of the Western world.

In a third- / fourth-dimensional environment, your mental body is prone to projecting into the future, which creates fear and uncertainty. The emotional body is always replaying the events of the past, some fond memories, but mostly reliving experiences of failure or pain. The present moment is hardly registered at all unless there is some positive or negative drama involved.

You must strive for a strong, highly-developed connection between the mental and emotional bodies, and also between the Soul and Higher Self in order to develop refined spiritual values. As you tap into the higher frequencies of Divine Wisdom, brilliant ideas pour forth from the higher planes of intuition. You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only to lose it again. However, the times of depression will grow less intense and also less frequent. Be assured that your ego desire body will rebel and resist the efforts of the Soul and the Higher Self, and will try to keep you in your habitual practices/habits of serving only the little self and its selfish desires. You must tap into the realm of the Sacred Mind and learn spiritual discernment. You must constantly monitor and critique your words, deeds and motives as you train yourself and gain discipline over the little self. Remember: ALL knowledge is a form of Light.

You must strive to understand your role and purpose for this lifetime. You must turn inward in order to understand who you really are, why you act and react the way you do and how to tap into your greatest talent and potential abilities. This should be your major goal at this time. Reflection, contemplation and active meditation will unlock the mystery of your true Self, and what your major goals are for this lifetime.

You are an energy center, a receptacle / physical body which contains a measure of pure Creator Essence. You are responsible for integrating and using the Light Energy you need to empower yourself and you must then send forth the balance out into the world, for the benefit of all.

Submission to your Divine Mission and to Cosmic Law means adherence to all Universal Laws as they are revealed to you. Walking the path of ascension requires a constant effort to make the highest choices for the greatest good, with an intense desire to serve. You must take responsibility for all actions and the energy you qualify, whether positive or negative, for it will return to you via the Law of the Circle.

Your present earthly goal is to become a World Server, and the quickest way to attain this level of Self-mastery is to stimulate the flame of God Power within. Self-mastery is attained in small increments, not giant leaps.

Dear hearts no matter the level of Spiritual / Self-awareness you have attained, we encourage you to make the Path to higher awareness a priority in your life. The world and the reality you have lived and experienced in the past is swiftly changing. You have a golden opportunity to join the ranks of those who are creating a bright new world for themselves and their loved ones. You also have the right to remain in the negative environment of the lower world of reality that is swiftly being cleansed, cleared and modified, thus creating the chaos and monumental changes the masses and the Earth are now experiencing. Which will you choose? Whatever your choice, we will guide and protect you to the limits of Cosmic Law, and we will always love you beyond measure. I AM Archangel Michael.

**TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST *

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Hello, dear hearts, our flights home were smooth and uneventful. I more or less crashed after I got home, along with a severe cleansing intestinal episode that kept me busy, along with a painful bladder problem. I have been running a fever for a couple of day and have not been able to keep any food down. I know I am in the process of releasing a lot of deep-seated energy from my life in Birmingham, and I am more than willing to see it through. I knew when our flights were cancelled on Wednesday, and we spent most of the day trying to get reservations, that it was going to result in quite a test to get to Atlanta. We would not have accomplished if Dan, our champion/ Letitia's husband, an AA Pilot, had not called the chief pilot's office and asked for assistance. Cindy, Letitia and I were up at 3 am on Wednesday and did not get to bed until after 3 am on Thursday. It was a nightmare from Dallas to Atlanta resulting in less than three hours sleep again. Big Mike kept my energy level up, as usual, however, it was a strain for me during some of the rest of the weekend. I knew that we were being catapulted into a 3/4 D environment - and under the circumstances, we weathered it very well.

I will give you a report next month; however, I will tell you it was an incredible experience. We truly did create a fifth-dimensional environment, one which I know each of you who joined us in the special Soul Guild Pyramid, will take with you as you embark on your many spiritual journeys. I will always be with you in Spirit.

I was totally overwhelmed by Tyberonn's beautiful heart-felt presentation of my life. Tyb, it was so loving and kind of you and I will always cherish the beautiful soaring eagle statue. You have been the wind beneath my wings many times. I wish for everyone to know that you and Randy are my strength and my champions as I go through these next challenging years. I could not complete my mission without you. I feel we have brought a very deep and painful thought form of the past to a closure and, at last, the residual negative thought forms are healed and at peace, ready to move into the Light of the future. Randy thanks for always being there at my side and for giving me your strong arm to hold on to. Eternal love and angel blessings to you, our Soul family. We will always be connected with each other via our Soul Song . Ronna

THE PROCESS OF ASCENSION

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, first of all, we wish to clarify WHAT ASCENSION IS NOT. At your present state of evolution, ascension of the physical body will only be possible for a few very advanced avatars that have opened the path for humanity's ascension into the next level of higher consciousness. The beloved Jeshua, along with many great avatars and the angelic realm, set the stage and planted the cosmic Seeds of Creator Light in preparation for this extraordinary process.

In order to ascend in the physical vessel at this time, you would have to almost complete the transformation of your physical body into frequencies of Divine Light, and raise the harmonics of your Soul Song to those of the highest planes of the fifth dimension and above. It is wishful thinking to assume that it is possible to transmute the density of a third- / fourth-dimensional physical body into a fifth-dimensional vessel of Light in one lifetime.

You, the vanguard, the Star Seed, are supplying the fuel, Adamantine Particles of Light, to activate the Seeds of ascension which were planted on Earth over 2,000 years ago. Humanity is in a purification stage, in preparation for a much greater expansion of consciousness, which is affecting more and more Souls as it sweeps the Earth and accelerates exponentially as a result.

At the present stage of evolutionary change, the physical bodies of the aspirants / disciples on the Path are in the process of being infused with the transforming power of Creator Light. The cells of higher consciousness are awakening and bursting forth with the alchemical formula of transformation. You are in the process of cleansing your Auric Field of a major portion of the negative / distorted vibrational frequency patterns which have dimmed your Auric Light and have resulted in the manifestation of all the miscreations within the physical vessel.

Locked in the cellular body are toxins which must be released or refined so that you may integrate the harmonious frequencies of your multi-level bodily structure once more. The Light Body cells have been dimmed, just as the Auric Field has become foggy and congested with negative energy. The God Cells are still present within and around you; they have just diminished and dimmed over time from a lack of nourishment. It is as if you have constantly been fed contaminated food which over a long period of time will destroy the bodily vessel. The ego-desire body is cunning and persistent, and it will constantly nudge you toward seeking more and more bodily sensations and self-indulgence, often with disastrous results.

You must understand, the different parts of your body resonate to a great variety of frequency patterns, depending on the spin and purity of your chakra system. You should always strive for maximum harmony within each level of your Higher Self that you

integrate, and be aware that it is a never-ending process, for all levels of Creation have an inborn desire to attain the next higher level of consciousness.

Consider the notion that humanity is experiencing four realities at once: physical, mental, emotional and astral. In the physical / material world, where your body and physical senses are the major focus, your state of health determines how interactive you are in the world of physicality and how much you will enjoy the experience. Your progression into the higher realms of consciousness is a gradual awakening process, whereby you awaken to the nudging / wisdom of your Soul and immediate Higher Self /Over-Soul. As you step onto the Path of en-Lighten-ment, you initiate the process of developing a conscious / mindful awareness. You must first focus on the physical aspects of your Being: your physical vessel, the chakra system, your emotional nature and your mental capabilities. Gradually, over time, as you balance, harmonize and integrate a certain degree of unity consciousness within your physical State of Being, you are ready to access the vibrational patterns, the wisdom, attributes and abilities of the higher fourth- / lower fifth-dimensional realities. This is the basic process that we sometimes call Ascension in Consciousness.

You have an Etheric Body which contains a complete, authentic replica of your physical, mental and emotional bodies. When you die or leave your body, the Silver Cord (as it is sometimes called) is severed, and you totally vacate the physical vessel, which immediately begins to disintegrate. What will remain is the shell of the subtle body, which is composed of astral emotional and mental substance which must be dissolved before the Soul can proceed to the next level of conscious awareness. We have explained before how the unawakened Souls are taken to places which could be called Intensive Care Units whereby the Love/Light of the Creator is continuously radiated to and through each Soul's Auric Field until the negative shell of misqualified energy is completely transmuted.

However, it is important that you understand that the death/transition, after-life process has changed radically. No longer does any Soul go into the dense astral planes to await their turn to reincarnate on the Earth. If you are a Self-conscious person whose Soul Song resonates to the higher fourth / lower fifth dimensions or higher, you are automatically taken to the appropriate plane where everything seems much like the reality you left behind, only much grander, more beautiful and more joyful, loving and peaceful. You will go through the Gates of the heavenly realms totally aware. You will review your past life as an observer, and you may say farewell to those near and dear to you; however, they will slowly fade into the background unless they are members of your immediate Soul family.

Again, the frequencies you project or resonate to will determine which dimension or sub-plane dimensional level you will be taken to, and also the levels of cosmic information you will be able to access. Your Auric Field is like a cloak that surrounds your Etheric / Astral Bodies, and it is either a cloak of Light or a shroud of negative, inharmonious energy that you have accumulated over your many past lifetime experiences. You are composed of units of energy: mental, emotional, physical, astral and spiritual. You must learn and accept the fact that you are a creation of forceful energy, an original Spark of Divine Consciousness. As

a Self-conscious cocreator, you are also a director of energy via your own forceful thoughts, actions and intentions.

You exist in a whirlwind of energy: energy forces comprised of either Primal Life Force substance, the half-spectrum Light of the lower dimensions, or the wondrous, all-encompassing Adamantine Particles of Creator Light of the higher realms of consciousness. Your mental state of mind and the quality or resonance of your emotional nature determine the outcome of your creative endeavors. As a cocreator, you will mold and manifest your creative ideas / thoughts, and then you must experience the resulting manifested expression of your thoughts and actions—so state the Universal Laws.

You are to become an efficient director of Cosmic energy forces. Become a conscious observer and practice detachment. Do not allow yourself to be pulled into a vortex of negative energy created by others. Learn to stand firm and in control, as the director of your Sacred energy. Do not allow anyone to disturb your serenity and harmonious nature. However, please remember, if you do occasionally have a human moment, stop and take a deep breath and return to center, as you send forth a burst of Violet Flame to transmute and dissolve any discordant energy. You are sometimes too harsh in your judgment of Self. Perfection is not expected, dear hearts.

It is the radiance of your Higher, Over-Soul Self that gradually penetrates and permeates your physical and emotional bodies, thereby gradually releasing any accumulated negative, astral debris. The combined Light of the Over-Soul of all humanity is gradually dissolving the contaminated, distorted vibrational patterns of the astral planes, which in the past have been called the “collective consciousness,” the negative thought patterns of humanity. Love, serenity and joy are the primary qualities of the Over-Soul. Most people’s thoughts are generally random and without focus. Lowering the frequencies of your brain waves or learning to maintain an Alpha State of consciousness provides a sharp focus of your ongoing thought processes and gives clear direction to the subconscious mind. The Alpha Mastery techniques are a profound and powerful tool. Your conscious thinking mind comprehends, but it is your subconscious mind that processes the incoming information and takes action. Becoming an Alpha Master and maintaining the appropriate Alpha level of consciousness will allow you to speak to and interact with your subconscious mind. It goes beyond will power as you develop the ability to communicate directly with your deep, instinctive inner mind and your Sacred Mind. You will find yourself naturally making the best decisions and taking the right action to achieve your goals.

The ascension process begins when your Soul Self has resumed its proper position as director of the physical Self. It is as if an ignition switch has been turned on within your DNA, which contains the blueprint for your perfect Adam/Eve Kadmon Light Body. A series of latent encodings are activated via the higher frequencies of Light that you have begun to integrate. These Light vibrational patterns contain specific encodings of color and harmonics which will affect all the cells and organs within the bodily form. Gradually, the cells will begin to absorb and metabolize the Light, and these Light-bearing cells will begin to permeate and affect the entire physical vessel.

The transmutation process is then initiated whereby toxins, emotional trauma, painful memories and experiences stored throughout the body will begin to surface, thereby creating a multitude of uncomfortable physical symptoms: aches and pain in various parts of the body, flu-like symptoms, headaches, confusion and temporary memory loss, to name only a few.

The next level of Auric Field reconstruction involves the emotional body and the astral planes of consciousness. As your physical body evolves, it becomes capable of integrating more and more refined frequency cells of Light. Your fourth-dimensional reality begins to crumble, and your illusional world becomes distorted and confusing. Your religious belief structure may begin to fall apart, leaving you feeling vulnerable and without guidance or direction. There is a Higher Self merge at this point whereby the Over-Soul facet of your Higher Self that has resided within your Soul Star (the Eighth Chakra) begins to send impulses/beams of higher frequency Light packets into your Sacred Mind, Sacred Heart and the entire chakra system. These beams activate your intuitive abilities and also contain vital information for your greater understanding of who you truly are and may also activate a Divine Discontent within.

Your Diamond Core God Cell is now integrating more and more God Light, which activates and increases the power of the Rays of God Consciousness within your Sacred Heart Core. This process is programmed within your Divine Blueprint and is also encoded within your DNA. By this time, your cells have begun to respond to the Light as their main source of energy. This is the major reason aspirants on the Path often radically change their diets to less dense food, for their physical and emotional bodies are being saturated with Adamantine Particles of Light—the food of the gods.

As you move deeper and deeper into the realms of refined Light, the physical senses may become enhanced, and your awareness of colors and sound will increase. The magnification of the physical senses means the cells within your Auric Field are beginning the task of clearing the dense, restrictive energy that has built up over many thousands of years. The foggy prison that has dulled the senses and has kept humanity in bondage is gradually being bathed in Light cells, which will result in the Auric Field becoming more radiant as more and more Souls awaken to the Divine potential within. The physical body must gradually be reintroduced to the transformative effects of the Living Light in order to reclaim the original Light Body form that was designed for all humanity.

Beloveds, cast not your eyes on the chaos and destruction that are rampant on the Earth at this time. Live each day centered within your Sacred Heart / Solar Power Center so that you may integrate into your physical vessel the maximum amount of Creator Light, and then send forth that precious gift down into the core of the Earth and out into the world of form. Know that the joint efforts of the World Servers around the planet are making a difference. We are a force for the greater good that cannot be denied. I am forever your faithful guardian and protector. I AM ARCHANGEL MICHAEL.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654

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Beloved friends and Soul family, I received an Email from Michelle Coutant's sister, Norie, on Monday morning saying that Michelle transcended in her sleep Saturday night, June 18. I am in total shock, for she seemed so vibrant and healthy at our Atlanta seminar. I was so pleased that Michelle could come to the Atlanta reunion and join our celebration. She was one of our finest Quest for Mastery teachers and a member of our core Soul Family. Michelle ran out of the hotel to our car to say goodbye as we were leaving for Birmingham. She said she was so thankful that she could attend and bring her son, John. It was a special time for them. We will miss Michelle sorely; however, we know she is soaring among the stars with our beloved angelic family. I am sure our angel sisters Matia and Nadine were there to meet her. Please join me in our special World Server Pyramid as we send her our loving energy and blessings, and also special loving energy to Michelle's children, John and Katherine, and her sister, Norie. Michelle was a beautiful loving Soul who worked diligently as a teacher, channel and healer. She is loved by many and will not be forgotten. Eternal love and angel blessings to all, Ronna

Michelle wrote this Email to me on Saturday and then transcended into the Light during the night.

Dear Ronna, You have been in my heart all week, ever since I received your email. (I too, have been incapacitated, for over a week now.) It sounds like it has been an extremely difficult time, yet you are being divinely supported. I hope that you are much better by now, I know these things can take some time to get over completely. A week ago Friday, I was suddenly overwhelmed, when my chest began to feel like it was being literally cracked open and my throat also. I would have been frightened (I was anyway) except I knew right away, it was a solar power center opening. I would have called 911 otherwise. I was in such pain. My sister took me to Urgent Care and they confirmed that I did not have a heart attack or a stroke. I already had muscle and nerve problems from having a stroke two years ago, and that is now intensified. It has been quite a week and I am just able to get around, very slowly, at this point. I know it is a leap in consciousness for me also. I have been waking up in the night, with chest pains, and I have been aware my solar power center was being opened, but this was something else. It seems I spent most of my time in Atlanta with my son, John, and then sat in the back so he might come and go, which he didn't. Nevertheless, it was a healing for the two of us, much needed. I did miss having some special time with you. It was wonderful to be with everyone again. Many blessings to you for healing and a beautiful leap in consciousness. With all my love, Michelle *****

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YOU ARE COURAGEOUS SOULS

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, first of all, allow us to ease your minds. The ascension process is not new to you, you have accomplished it many times before. You all are masters of the highest order, or you would not have been chosen as Star Seed Wayshowers for this unprecedented evolutionary process the Earth and humanity are presently experiencing. You have expert credentials, and you have proven your cocreative mastery a multitude of times during your many cosmic journeys.

For each new adventure into physical consciousness, you are given new rules, a new mission and a great variety of challenges to overcome. We wish you to understand that those of you who are stepping to the fore as qualified World Servers have had vast experience throughout this Universe and its many Sub-universes. From the time this Universe began to expand, select Star Seed were transplanted from other time zones and Sub-Universes to oversee and assist in unique programs designed specifically for humanity and other life forms. The primary Divine Mission of these special groups of Star Seed is to lead the way for those ready to evolve into the next level of expanded consciousness as an infinite number of cycles and Divine programs come to a completion.

The cocreative process is very difficult on the physical plane of expression, and it takes great courage and wisdom to adventure out into the unknown, to have a veil placed over your memory as you begin your earthly experience within a broader spectrum of Light and Shadow. Your skills and true identity were hidden within your Sacred Heart and Mind and often were not apparent until later in life after you began to awaken to the nudgings of your Higher Self.

The ascension process for the Earth and humanity is unique in many ways. First of all it is an accelerated path of ascension that has never before been offered. Also, for those of you who are the wayshowers for this Round of Evolution, your earthly contract/mission contained Memory Seed Crystals of awakening which would be triggered by a Divine Discontent. These Seed Crystals of Divine Light were to be activated by your Higher Self and downloaded into your conscious awareness when it was time for you to begin your journey into Self-discovery. If you will look back over your lifetime, you should be able to recognize the times when your Higher Self and angelic guides nudged you toward a certain direction or created unexpected events / dispensations to encourage and assist you in gaining knowledge and developing special skills. You have never been alone, beloveds. Your mission was / is too important to leave you to your own devices. The grand strategy for ascension has been orchestrated and supervised from the very beginning by our Father/Mother God, the great Cosmic Councils of Light and the Legions of Angels who OverLight and direct the creation and expansion process of our Sub-Universe.

Many of you have experienced extreme tests and challenges during this lifetime in order to prepare yourselves for your ultimate earthly mission. However, you agreed to face the full measure of your shadow side, once and for all, in order to be qualified to participate in this extremely difficult and important mission: the ascension of the Earth and the human race, along with all facets of our Sub-Universe.

Yes, you were programmed at the deepest Soul level to seek ascension and the Light. However, you, the Wayshowers who are now stepping into the role of World Servers, were also informed that even though you would strive with all your heart and Being to ascend into the Light during this lifetime, you must agree to remain on Earth in a physical vessel as long as necessary in order to help anchor the Refined Creator Light. Have we not told you over and over again that you are the sentinels, the transducers and conveyers of the Light? The Adamantine Particles of Light are magnetized and directed to those whose energetic signatures / Soul Songs are attuned to the higher fourth-dimensional levels and above, and these Divine Light Particles must be activated by your compassionate, unconditional loving energy. The ascension process for the Earth and humanity cannot be realized without all of you Bearers of Creator Light.

We encourage you to visit often and spend time in the various Pyramids of Light we have told you about over the years and to also visit the Celestial City of Light that OverLights your area / country. In your work pyramid, you may envision and create anything your heart desires which is in harmony with your Divine Blueprint and for the good of all. Here also is where you can join with your Higher Self to gain assistance in resolving the troublesome problems in your daily life that you are seeking to return to harmony.

We strongly suggest that you go into your personal pyramid of Light before your sleep time or, occasionally, into the City of Light, where you will receive assistance in purifying, rejuvenating and healing your physical vessel. Before going to sleep, through your intention, go into one of the Light Cities Ascension Accelerator Chambers located within the entry level of the sixth dimension. This is a most beneficial way to assist in balancing and harmonizing your physical vessel. Beloveds, we encourage you to seek understanding and to trust that it is our greatest desire to assist you in establishing an environment of great harmony, beauty and wholeness (holiness) on Earth, right where you live. Your mission is to bring the peace, abundance and harmony of Heaven to the earthly plane, thereby creating a safe and sacred environment around you and then sharing this wondrous gift with others via your example and service.

You, the vanguard, have spent years taming your emotional nature, gaining knowledge and wisdom via your mental body and endeavoring to unify and fine-tune your major chakra system so that your physical vessel can integrate, absorb and convey the rarified frequencies of Creator Light. Now it is time to focus on your Sacred Heart and Mind as you endeavor to harmonize the right and left hemispheres of the brain and to open your crown chakra more fully so that the column of Light which connects you to your Divine I AM Presence becomes as wide as the Crown of your head (as it was in the beginning). Each forward step in the process of ascension involves seeking an active, aware relationship with

the next advanced facet of your Higher Self. Ascension is a process whereby you consciously move into the energy / vibrational field of your Higher Self and then ever forward into more rarified fields of Divine Energy called the higher dimensions.

In a recent past message we told you:

Electromagnetic Energy is yet to be fully understood. Humanity is affected by the fiery forces of Creation in three ways:

Fire by Friction: Fire of Body

Solar Fire: Fire of Soul

Electromagnetic Fire: Fire of Spirit

We will endeavor to give you an understanding as to how each of these “Fiery Forces of Creation” affects humanity:

FIRE BY FRICTION * FIRE OF BODY: While in the physical body, you are subject to and influenced by the powerful forces of nature. Forceful action is necessary to create and manifest objects in a material form. You must draw forth the “Fire of Spirit,” the Divine Will and Power of our Father God, into your physical vessel in order to use the “Fire by Friction.” Intention, focused thought, clear vision and forceful action are necessary to successfully live on the material / physical plane of existence.

You develop a fever or increased bodily temperature or bodily fire in order to “fight off” invasive low frequency germs or viruses. Also, some of the symptoms of ascension entail the use of Fire by Friction. At times you may feel as though you are in a pressure cooker of intense energy as lower frequency energies are pushed to the surface and you are confronted with the negative manifestations of your past thoughts and actions. Your body will sometimes heat up to a “fevered pitch” when you are in the process of “burning off old destructive, impacted energy.” You may also feel as though your spinal column is a “rod of fire” when your Higher Self is downloading a series of higher frequency vibrational patterns. Our beloved messenger, Ronna, has experienced these “power surges” many times in the past when we merge our energies more fully with hers in preparation for a seminar or an intense channeling session.

SOLAR FIRE * FIRE OF THE SOUL: The magnificent, powerful and vibrant SUNS OF CREATION radiate SOLAR FIRE to all living things. It is an outward manifestation of the power and life-giving Essence of the Supreme Creator and our Mother/Father God. When you become aware and begin to heed the nudgings of your Soul and Higher Self, the “fire of Divine Discontent” begins to burn brightly within your heart center. The SOLAR FIRE of the great SUNS throughout the Omniverse Light up the heavens and dispel the darkness—another outward manifestation of the greatness of the Creator. As you move deeper and deeper into the mysteries and wonder of your Divine Self, the Fire of the Soul will become the Fire of Spirit, and you will no longer be just a human Being with a Soul. You will, once

again, become a Divine Spiritual / en-Lighten-ed Being enjoying one of the many diverse manifestations of Creation. The Spirit of our Father/Mother God dwells within the Soul and your mission is to integrate as much of this Sacred Fire as possible.

ELECTROMAGNETIC FIRE * FIRE OF SPIRIT: When you have attained an energetic signature composed of mid-fourth-dimensional and higher frequencies of Light, you are ready to receive the full spectrum Light Particles of God Consciousness called Adamantine Particles of Light, which are the electromagnetic fuel of Creation. You are no longer subject to the restrictive, debilitating frequencies of the dense third / fourth dimensions. You are ready to magnetize to you, integrate, control and radiate the pure Essence of the Creator as you become a proficient Self-master and a successful cocreator on the physical plane. The electromagnetic fire of Creation is a part of your Divine Birthright; however, you must prove that you will be a responsible steward of this powerful, magnificent Fire of Spirit before you are allowed to be a true Bearer of Cosmic Fire/Light.

We will close this missive with more vital information that we recently imparted to our messenger. We are ever near to guide, guard, inspire and protect you, and we convey to you our profound gratitude and everlasting love. I AM Archangel Michael.

Beloved friends:

While in deep meditation, AA Michael told me that there are historical / scientific / memory SEED CRYSTALS stored within great subterranean caverns in strategic places around the world. These etheric SEED CRYSTALS are in the same caverns as the Eternal Violet Flames, and both have an integral part to play in our present ascension process.

The various Sacred Sites and holy places around the world have most often been built over or near one of these great caverns or where there is one of the great crystal spires / obelisks. You will also find portals to the inner Earth near some of these special Sacred Sites. When we are guided to visit one these special places, we sometimes experience a most wondrous event which we may not even be aware of at the time. If your intentions are pure, and your Energetic Signature / Soul Song resonates at a higher fourth-dimensional level or above, you will automatically activate the appropriate Seed Crystals stored within the cavern below the Sacred Sites that you live near or you are visiting, for you are among the ones who left them there, perhaps many ages ago or quite possibly in a more recent past life. In turn, you will be gifted with an activation of some of the Seed Crystals stored within your Sacred Mind. These will most likely be Memory Crystals, some of which hold advanced information that you will need in the future or Seed Activation Crystals which will trigger the activation of a particular talent or, perhaps, Healing Crystals which will help you overcome some affliction or release a troublesome addictive habit.

Throughout the Earth's history there are stories of Masters and great Beings who accomplished amazing feats, won great battles, created many magnificent edifices and performed amazing miracles through their own, seemingly, super-human efforts. What has not been known, heretofore, is that these great Ones knew how to draw forth some of the

Seed Crystals from the great caverns within the Earth. They had the capacity to draw forth a full measure of the First Ray of Divine Will Power, along with an added measure of Creator Particles of Light/Life from within the storehouse caverns deep within the Earth. It is important that you understand that a good portion of the Adamantine Particles of Light allotted to the planet were stored within these great caverns of Light when it was first created. The balance was stored within the Earth's Sacred Heart Core. Every planet, galaxy, sun, star system, Sub-Universe and Universe within the Omniverse has repositories of Adamantine Particles of Life/Light, just as every Soul ever created has Adamantine Particles stored within its Sacred Heart Core, and inside the Kundalini Fire Seed Crystal within the root chakra. Just as you must activate the Adamantine Particles you carry within and the ones you draw forth from the unlimited supply of Creator Light, you are also the ones who must activate the Adamantine Particles stored within the Earth through your loving intention and action.

We are now moving into the vibrational patterns of mastership, and we are being offered assistance via special gifts, talents and specific dispensations to assist us in assuming our role as World Servers.

Even though these are stressful and life-changing times for all of us, it is still a glorious time to be on planet Earth. I, for one, have agreed to stay in this physical body as long as I can maintain a reasonable state of health so that I can continue to be of service to humanity. I have requested, "When that is no longer possible, may I be taken quickly and gracefully." AA Michael's reply to my request was, "It will be so, beloved."

My dear, precious Soul family, may your journey be filled with joy, love, abundance and miracles as we unite together in world service as Bearers of the Light. Eternal love and angel blessings, Ronna

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THE VOICE OF SPIRIT IS CALLING

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, as the Light Cells of God Consciousness infiltrate deeper and deeper into the physical structure, the membranes of Light surrounding the DNA begin to dissolve. As part of this Sub-Universal experience, this was programmed into the Adam/Eve Kadmon Light Body blueprint so that the activation of the DNA strands would take place two at a time. The DNA strands are attuned to the different dimensional levels. The two strands which are now available and active in the physical vessel are attuned to the first-, second- and third- dimensional levels. As we have told you before, as you sank into the density of the lower dimensions, two by two, your DNA strands were encased in membranes of Light and placed in reserve until the time you were ready to begin your journey back into the higher dimensions of Light.

First, second and third dimensions: Two Strands of DNA

Fourth and fifth dimensions: Four Strands of DNA

Sixth and seventh dimensions: Six Strands of DNA

Eighth and ninth dimensions: Eight Strands of DNA

Tenth and eleventh dimensions: Ten Strands of DNA

Twelfth dimension: Twelve Strands of DNA

For clarity and to help you understand the sequence of Higher Self/OverSoul integration, let us assign numbers to each facet of your Higher Self. You were born with a facet of your God Self enclosed within a Sphere of Light. Encoded within your DNA, your auric field and the memory Cells throughout your body were the frequencies you were to experience in the beginning stages of your life. If everything went according to plan, sometime in your early years of life you awakened to the nudging /whisperings of your Soul Self, and a Soul/personality merge process began. We will call this your number One Soul Self. Your number Two Soul Self, which we will call your OverSoul, took up residency within your Soul Star, the Eighth Chakra, at the time of your birth. If you heed the "Voice of Spirit," gradually, over time, this higher dimensional facet of your Soul OverLights you and radiates Its refined Light frequencies into your chakra system and auric field. When the integration of this facet of your higher consciousness is complete, at the appropriate time your number Three Soul Self, the next more advanced Spark of your multi-dimensional Being, moves down into the Eighth Chakra position and becomes your OverSoul consciousness. This process will be repeated over and over again until, sometime in the far distant future, you will be reunited with your Divine I AM Presence / your God Self.

When you began your adventure into the physical realms of materiality, you slowly built a garment of flesh around your shining, crystalline Light Body. A Sphere of Light was placed in the back area of the body behind your physical heart. This Light Sphere, which would be called your Sacred Heart, became the home of your Soul/Higher Self, and your Diamond Core God Cell was also placed within this Sacred Chamber.

The qualities, attributes and virtues of the Seven Rays of God Consciousness were also placed within Spheres of Light. These spheres, known as chakras, were designed to spin at a very high velocity, which made them appear to be spinning cones of Light radiating from the front and back of the physical body.

Now you are striving to reverse the process as you seek to eliminate all the discordant frequencies you have created down through the ages, thereby purifying your four-lower bodily systems, physical, mental, emotional and astral, so that you can move beyond your physiological limitations.

You must move from a self-centered attitude; however, this does not occur until you are well on the path of ascension. Remember, we have told you there is a virtue in “selfishness” or a time of intense self-absorption when you are endeavoring to heal/balance your human bodily vessel in preparation for an infusion of higher frequency Light. This preparatory stage is important for each higher level of Light infusion; otherwise it would be like inserting a 110 volt electrical plug into a 220 volt outlet, which would result in an instant shock and, most likely, the destruction of the appliance (physical vessel).

It is extremely important that you focus on refining the seven chakras of the bodily form, thereby creating /activating your Pillar of Light that runs in front of the spinal column. This Pillar of Light must reestablish its connection to the Heart Core Center of the Earth and to your Star Tetrahedron, your Soul Star, which is eight to twelve inches above the crown of your head. When this is accomplished, you will gradually gain access to the five higher Rays of Creator Light, which will complete your Divine imprint for this particular Round of Evolution.

We must explain, however, that during your journey back into the higher dimensions, you will be asked to accept many special missions and you will usually agree; for this is the way the ascension process was designed. You will forever seek to return to the fullness of your God Consciousness, but you will also maintain a burning desire to serve in some way; for deep within your Sacred Heart there is a Seed Crystal that pulsates with pure love and an inborn desire to serve.

It was ordained that many 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 gateway of illumination and gained Self-mastery.

Conscious awareness is developed through gradual stages of awakening and understanding more complex and refined concepts. As you progress, you will gradually gain access to

higher and higher dimensional-levels of consciousness during your nightly Astral Body travels. You are taken to halls of learning and eventually into halls of wisdom. Over time, you will join World Server Groups who breathe in and radiate forth waves of Adamantine Particles of Creator Light to be used for the greatest good.

How will you know when you are eligible to join members of your Soul group in the World Server Pyramid? You will automatically be taken there when your Soul Song resonates to the mid-fourth dimensions and above. You will go there when you have balanced 51% of your karma, and are truly making an effort to control your emotional nature. You will go there when you begin to see the best in those around you, and you are endeavoring to move out of judgment as you learn to view life and the world through eyes filtered with compassion.

Allow us to explain to you the makeup of the World Server Pyramid. Envision a gigantic crystal pyramid in the fifth dimension, with the peak and the double-terminated crystal extending up into the first level of the sixth dimension. Within this wondrous edifice are graduated levels of the fifth- and lower sixth-dimensional frequency patterns. There are thousands of smaller pyramids, each of which resonate to particular harmonic frequencies of Light. You might equate these pyramids to small cities of Light. When the time arrives that you are qualified to join the group of World Servers, you will be taken into the Light pyramid that is attuned to your particular vibrational patterns. As you advance in Light resonance, you will move ever upward into higher and higher stations of Light within the World Server Pyramid. This too is an integral part of the ascension process.

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. 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.

The Divine Blueprint for this Sub-Universe was created as a twelve-dimensional experience. There are other Sub-Universes that were created to experience a greater number of dimensions and some others with fewer dimensions. The Earth and the solar system of which it is a part, are in the process of reintegrating all of the attributes, qualities and virtues of the twelve Rays of God Consciousness in order to be eligible to join in the next higher degree of the Divine Plan for the expansion of this Sub-Universe.

Over time, evolution of consciousness is followed by stages of evolution within the physical vessel. Form always follows thought. The human body is being prepared to receive the higher frequencies of Creator Light, the Adamantine Particles of Sacred Fire Light. You must evolve from a passive mode of Being into a newly refined State of Being as an action-oriented, expansive Bearer of Light if you are to become a COCREATIVE MASTER OF LIGHT.

As you turn inward and reach upward for higher frequency concepts and information, you will automatically begin to withdraw from the astral plane, collective consciousness belief

system. From a spiritual viewpoint, evolution means a steadily increasing sensitivity to vibrational frequencies and an ability to integrate more Creator Essence, which results in greater illumination and a more compassionate nature. The intuition of an intelligent, awakened person leads to a greater understanding of the Divine Plan for humanity and the part he/she is to play. Focused intelligence is necessary to successfully enter the fifth dimension and, then, to tap into the vast storehouse of wisdom and advanced abilities available therein. Meditation and a strong Soul-consciousness open the portal to cosmic revelation.

When needed, appropriate, expanded information will always be supplied to the aspirant on the path of Light. Your next step and the action needed are revealed one level at a time. Think of telepathic communication with the Beings of the Higher Realms as receiving Light cells of thought/information. You must practice to perfect the ability to create a vivid picture of your ideas, and to hold them long enough until they register within your brain and the Ethers. Remember, energy follows thought.

Light is both energy and matter. Electrification or conversion of matter / energy happens when energy is processed through a Pyramid of Light; as the human mind reaches out to the en-Lighten-ed Beings of the higher realms, it results in an energy conversion. Gradually, using these advanced techniques and perfecting them release you from the laws of entropy / decay, and you slowly begin the process of rejuvenation.

You are also gradually moving from one type of visibility to a more advanced state. You will be moving beyond the ultraviolet spectrum of color and Light into the many higher frequency, electromagnetic spectrums of Light. You are also being prepared to work on many levels of intelligence.

You cannot escape the streams of energy that are constantly bombarding the Earth and humanity. The life-giving energy of the great Rays radiates forth from our Father/Mother God via the Great Central Sun of this universe throughout the myriad suns of the Sub-Universes, galaxies and solar systems. There are also specialized frequencies of cosmic energy pulsating throughout this Sub-Universe from the many constellations and other solar systems, as well as the pulse and heartbeat of your Mother Earth, which has a direct influence upon all living things.

Many of the cosmic forces of the higher dimensional frequencies are beneficial, life-sustaining and enhancing, while those of the lower, discordant frequencies of the third / fourth dimensions are detrimental and limiting. Every Soul determines which of the multitude of frequencies they will respond to via their Energetic Signature. In doing so, they either create their personal heaven on Earth or their private hell.

Your brain is a magnificent organ and contains a vast number of “consciousness-frequency Life Codes.” Most of your genius potential has been stored away in the higher-dimensional levels of your Sacred Mind, which is located at the back of the head near the crown chakra. Your Soul Song contains the frequencies which will assist you in accessing this rich

storehouse of knowledge. Every octave of frequency acceleration gives you access to a higher level of God Consciousness. Your brain/mind holds the keys to mastership and illumination.

Dear hearts, remember, if you are focused only on your personal ascension, you are misinterpreting our messages. As you tread the high road that leads to illumination, you must reach out and touch the hearts of others through your words, actions and deeds. A true disciple on the Path leads a life of service.

A disciple on the Path gradually moves beyond physical family duties and responsibilities as his/her consciousness, wisdom and Light magnify. Gradually, the aspirant's influence expands, and his / her opportunity to become a true wayshower increases. It takes constant and deliberate effort to tame the ego, and to gain the knowledge and expertise necessary to become a World Server. You must be an outstanding example and have the ability to excite and stimulate desire for spiritual wisdom in order to serve humanity as a guiding Light.

My brave friends, we know how it feels to bask in the perfection of Creator Love/Light. You are just beginning to understand, and the yearning within will grow stronger and more compelling as you reach higher and higher into the illumined realms of existence. In the beginning we were in perfect rapport and finely attuned, one with another. Together, we are slowly but surely returning to that beautiful state of unity. I am forever your friend and constant companion, I AM Archangel Michael.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654

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SEEKING THE LIGHT OF THE INTELLECT

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, there is an ebb and flow rhythm in the ascension process. You will experience a period of intense activity created by challenging and mind-expanding experiences, followed by a desire to turn inward and a need for contemplation and solitude.

You are striving to develop a strong Soul-consciousness, which will eventually become the dominating force within your life. Your mental consciousness and emotional consciousness were meant to be under the direction of your Soul-Self and not controlled by your ego personality. Illumination and spiritual awareness begin with the mental body / the mind. To achieve Self-mastery, it is vitally important that you seek the Light of the intellect. Conscious awareness begins when you become aware of the bigger picture so that you may see both sides of a controversial scenario. You must learn to be a keen-minded observer of life, and you must be willing to withhold judgment. A master does not need to constantly have an opinion or to always try to influence those around him/her. A spiritually evolved person is to offer the truth as it has been revealed to him/her and to encourage others to seek their own truth as it is unveiled to them.

The frequencies of unconditional love begin in the mid-fourth dimension and increase with each higher sub-dimension. Below that the frequencies are too fractured and discordant. The polarity of good and evil was not part of the original Divine plan. The Divine Blueprint was designed so that you, the Sparks of God-Consciousness, could experience duality. It was to be an experiment in diversity, in opposites, within an accepted spectrum of Light and shadow. It was never meant to be a reality of good versus evil.

The great INBREATH OF ASCENSION means that you are being urged, via the consciousness Time Seed Crystals encoded within each and every Soul, to end your descent into the lower realms and to begin the ascent back into the higher realms of Spirit. However, first you must experience and heal the miscreations stored within your physical vessel and within the astral body / plane of consciousness. You must claim ownership of your miscreations and the negative imprint you have created down through the ages. No longer will humanity be able to blame the Devil or Satan for all the pain, suffering, chaos and destruction of the past and present times. You must acknowledge and claim ownership of all your creations from the most loving, refined frequencies to the lowest, most discordant thought forms.

We implore you to let go of your old, negative, established view of death. DEATH IS NOT AN ENDING. IT COULD BE LIKENED TO A COMPLETION OF A PROJECT AND THE BEGINNING OF A NEW, WONDROUS ADVENTURE. Each lifetime has a major theme and the cast of players are specifically chosen because they have the characteristics needed for each unique part in your personal, grand production.

YOU ARE NOT YOUR BODY, YOU ARE PURE CONSCIOUSNESS encased within a costume of flesh. As you have done thousands of times before, when you leave the earthly plane, you will discard your physical body for garments of Light, and in due time you will prepare for another great adventure in a new reality. As you gain Self-awareness, you will develop a Divine curiosity and an intense desire to begin a new personal spiritual quest. You will develop a sense of adventure as you delve into the mysteries of the cosmos, and the Divine Plan will begin to unfold at your level of awareness. It is important that you understand that each major transformational, human progression involves cosmic wisdom in a new form to fit the forthcoming cycle of evolution.

The components of life and all things possible come to you as formless Seed Crystal Cells of great potential. You supply the necessary thought forms, which are infused into the dormant Seed Crystal Cells, and then you must ignite them with God Fire, the Adamantine Particles of God Light, with your loving intention.

Understanding the laws of vibration is required in order to become a master builder on the material plane of existence. You must learn to manipulate thought matter efficiently. The major requirement is developing strong, focused mental abilities.

Beloveds, now is the time for you to display your newly refined cocreator abilities, for humanity and the Earth need your Love/Light more than ever before. Remember, we have repeatedly stressed the fact that the Adamantine Particles of Creator Light must be activated with your focused, loving intention before this wondrous gift may be used as fuel for material manifestation purposes. No longer can anyone deny the fact that the Earth and humanity are in the midst of an Earth-/Soul-shaking time of transformation. The negative vibrational patterns of fear, anger and desperation are spewing out at an astonishing rate into the frequency band of astral plane mass consciousness which surrounds the Earth. Daily, it is growing more difficult for the average person to stay in a positive mode and to envision a bright, joyous future. You are in the midst of the times of great change that you, the Star Seed, have been preparing for in many past lifetimes. Again, we tell you, as a World Server you have the capability of neutralizing the negative thought forms of thousands of people who are functioning in the limited environment of the third/fourth dimensions. Now is the time for you, my earthly Legions of Light, to step to the fore and take up your blazing sword of Light so that you may do your share in overcoming the destructive dark forces of humankind: fear, judgment, greed, selfish, ego-motivated and power-seeking intentions/actions.

We understand that in recent past messages we have given you a vast amount of information to integrate. Therefore, we will condense some of the concepts into concise thoughts for your better understanding and retention:

All of your body cells have consciousness to one degree or another. Some are inharmonious and create chaos and discomfort within, while others resonate in harmony, thereby vibrating at a higher frequency and conveying a sense of balance and well-being.

You have a great variety of Soul-energy patterns that make up your Energetic Signature. These energy patterns determine the level of brightness or dimness of your Auric Field.

Joy and serenity are Soul-inspired. Service to others is an instinct of the Soul.

Fear, anger and sadness are ego-inspired and will be superseded by the joy and bliss of the Soul-Self as you gain access to the higher realms of harmony and clarity.

Toxic thoughts are like acid and gradually contaminate the billions of cells within the body, resulting in illness, dis-ease and ultimately, death.

There are subatomic dark crystals throughout the body of each person which resonate to the lower frequency thought forms. These crystals are packed with negative waste material created and recreated over many lifetimes, some of which are inherited negative patterns that you brought with you into physical form to heal.

Releasing old, impacted, toxic energy often creates flu-like symptoms.

All crystals have the ability to store and radiate information to one degree or another. They are the record keepers of the past and the future.

You must move into alignment with the Light/Life Line of destiny for the Earth and humanity. A new Divine Blueprint has been formulated, and you, the Star Seed, are major players in the new cosmic creation for this Sub-universe.

You must be able to metabolize Light. Your cells must be able to recognize and utilize Light as a vital energy source.

In a third- / fourth-dimensional environment, your mental body is prone to projecting into the future, creating fear and uncertainty of what the future holds. The emotional body is always replaying the past, some fond memories, but mostly reviewing experiences of failure or pain. The present moment is hardly registered unless there is a dramatic event of joy, anger or pain.

As you progress on the path of en-Lighten-ment, your relationships will change, often dramatically. They will no longer be based on emotional attachment. You will no longer try to manipulate people emotionally, and you will not allow people to manipulate you. You cease to play the emotional cord, push-pull dance of the lower-dimensional reality. The heart chakra becomes the dominant force within the full chakra system. You are in the process of creating a unified chakra system, a field of harmonious energy.

Any Soul on Earth who has a desire to earnestly pray to God or to send loving energy to others automatically sends a facet of his/her Soul into the World Pyramid. It is a gathering place of all Souls. You could call it a Celestial Cathedral– a place to commune with our Father/Mother God and the angelic forces. Almost every Soul on Earth has moments whereby he/she feels or radiates pure unconditional love to someone. That spark of love becomes an etheric replica of that Soul, and it takes up residency within the World Pyramid.

Each individual Soul must gradually develop a Soul-consciousness in order to move beyond the influence of the mass consciousness belief structure. The next step is to move beyond the dominance of the ego personality in order for the Soul Self to grow in strength and wisdom.

You must refine your moral values so that you will habitually make the right choices for your Self and for others. Your standard of living will be modified and refined as you become more Self-aware.

Your physical vessel was designed to receive an ongoing flow of Creator Light. It is the Essence of Life. Your capacity to contain the Full-Spectrum rarified Light, especially designed for this Sub-universe, will grow with your capability to share your Love/Light with others.

It is easy and Self-satisfying to return goodness for right action. However, it takes a Divine nature to return goodness for a malevolent or hurtful action.

Never forget, our Father/Mother God has mandated that in order for those of us from the higher realms to reestablish an interaction / reconnection with each and every Soul on Earth, an untiring effort and every means possible must be employed.

The World Pyramid is a Mid-way Station for your Soul-Selves. Your good deeds are stored within the Treasury of Light Storehouse within the World Pyramid. There is a harvesting of good deeds every year, and your loving thoughts and deeds are magnified and stored there. The greater portion is melded with Creator Light to be used to create the greatest good for all humanity. You will receive your special gifts and Divine dispensations in accordance to what you have contributed to the Storehouse of Light.

There are World Pyramids at every dimensional-level within our Sub-universe. As you refine and lift your frequency patterns, you automatically gain entrance to the next higher-dimensional World Pyramid.

The multi-dimensions of this universe are measurement units of specialized frequency patterns containing layers of awareness.

THE ANGELIC KINGDOM AMPLIFIES LIGHT; THE HUMAN KINGDOM DIFFUSES IT.

The angelic kingdom became the projectors and amplifiers of the God Qualities after humanity sank into the density and could no longer directly access the Full-Spectrum Essence of our Father/Mother God, which in the beginning was directly available to all Souls.

The Light of the Creator is all-encompassing and ever-lasting. Darkness and the shadowlands are only temporary phenomena. Never doubt for a moment, beloveds: together, we will prevail. I surround and enfold you in my auric field of protection. You are loved most profoundly. I AM Archangel Michael.

**TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654 *
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Beloved friends, I cannot begin to express my overwhelming gratitude to Randy Monk, Janet and Hiroshi Ohuchi and the Japanese people for making our trip to Japan and the seminar in Tokyo such a joyous, magical experience. The skies were crystal clear and we were able to see the full majesty of Mt. Fuji several times. I understand that we had a final total of 272 people in attendance, and it was wonderful to connect with so many friends from my past visits (this was my fifth seminar in Tokyo). We created a powerful, fifth-dimensional environment, and everyone went away with a better understanding of their personal mission and how our friends in the higher realms are assisting us in every way possible. AA Michael and I gave them a tremendous amount of new information, which I know they did not totally comprehend at the time. However, I have been assured that the Memory Seed Crystals that each person contains within their Sacred Mind were activated and their Soul Self will assist them in tapping into the higher frequency energy and advanced information at the appropriate time. When I made Randy's and my plane reservations, we had planned to return on Sept. 21; however, they had no business class seats available for that date so we had to return on Sept. 20. Again, our angelic helpers were at work, for we missed the typhoon that hit Tokyo only by a few hours. All planes were grounded after we left for at least 24 hours. Randy felt as if he was coming home and he also felt an instant connection with Hiroshi and Janet. The people at the seminar loved him, and he ended up signing almost as many books as I did. He ran the Power Point presentation and also helped me on stage several times. The picture of Randy, Tyb and me is on the inside back cover of REFERENCE & REVELATIONS * GLOSSARY & ILLUSTRATIONS which had just been released, so he was given "celebrity status." Randy has agreed to assist Hiroshi and Janet in developing a series of webinars and also in starting a Japanese division of our QUEST FOR MASTER SCHOOL. All in all, it was a magical, incredible event for everyone who participated. I am humbly grateful for the great honor I was given, and I am most grateful for the love and many beautiful gifts that were bestowed on me. Eternal Love and angel blessings to all my beautiful friends and Soul family around the world. Ronna

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THE ILLUMINED PATH IN THE CENTER OF DUALITY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, we will acknowledge that these are strange and disconcerting times for all of you, no matter what level of Self-awareness you have attained. The teachings and truths you have accepted as your own during this lifetime are gradually being replaced by higher, more advanced teachings and many new, mind-boggling concepts. In order to attain self-mastery you must develop your superconscious abilities and the more refined powers of the mind. This entails a mental and emotional house cleaning, which means you must seek out and transmute all the old thought forms that are keeping you tethered to the illusional reality of the chaotic lower dimensions.

A SPIRITUAL / HUMAN BEING gradually becomes aware of and begins to refine the subconscious mind, which leads to a reconnection with the Soul Self and Superconscious mind. This is your link to the vibrational patterns and the expanded wisdom of the higher frequency spiritual realms via the many facets of your Higher Self. Most likely, at this stage you will begin to get flashes of inspiration via the intuition, which is accelerated through meditation and a turning inward. The power of the mind is thereby enhanced, and the spiritual aspirant begins to view the world and current events from a higher vantage point which incorporates a larger, more expanded picture of reality. The chakra centers gradually return to balance and harmony and they begin the process of integrating the higher wisdom of the Sacred Mind and Sacred Heart, thus functioning in harmony one with another under the direction of the Soul and OverSoul-Higher Self.

A PHYSICAL / HUMAN BEING, functioning within the distorted frequency patterns of the lower third/fourth dimensions, uses the subconscious and the conscious mind along with a past incarnations memory overlay. He/she is mostly outward-focused and is strongly influenced by family conditioning, along with cultural traditions and religion. Thought patterns are often distorted and usually self-focused, thereby only seeing the small picture.

There are still many young Souls in the underdeveloped countries who are functioning in their ANIMAL / HUMAN NATURE and are primarily focused on the three lower chakras. At this level, the chakra centers are mostly unconscious mind centers. These dear Souls are primarily influenced by the subconscious and limited-consciousness minds. They are guided by past life and race memories, and an instinctive, survival mode reality. Most have a very narrow focus on self and family survival. These are the precious Souls who will be taken to other pristine planets where the third- and fourth-dimensional spectrum of polarity/duality will be in proper balance. These beloved Ones will have an opportunity to continue their journey in the physical realms of consciousness in a much more pleasant and nurturing environment.

You, the Star Seed, the wayshowers on the Path, are the ones who are making this possible, for you agreed to incarnate into the densest levels of materiality in order to help lift the

conscious awareness of all humanity back into the illumined regions of Light and Self-mastery. However, you must remember that no matter the age of your Soul's consciousness, and regardless of the wondrous and benevolent things you have accomplished in the past, the choice to follow the Path of Light must be consciously made in every lifetime, every embodiment and every cycle of experience.

Many of you are well on your way to discovering the illumined path between polarized opposites: the balance that exists in the center of duality. The time has arrived when more and more of you will be tapping into and integrating select vibrational patterns of the fifth dimension and even a limited amount of sixth-dimensional frequencies. By connecting with and visiting the etheric Celestial City of Light in your area, gradually the appropriate frequencies of Light will filter into your etheric replica residing in your personal Pyramid of Light. This rarified energy will slowly move down your personal column of Light into your Soul Star, the eighth chakra. Your Over Soul-Higher Self will determine how much and how quickly you can safely integrate this gift of Creator Light.

To give you a glimpse of what to expect as you gain access to the sub-levels of the sixth dimension via the Celestial Cities of Light, we have asked our messenger to share with you what she has and is experiencing in her nightly journeys into this wondrous reality of the future. As we explained to you in our July, 2010 message, a reunification process is in full swing throughout the Universe and especially within this Sub-Universe. One of the most dramatic changes taking place is the blending of all spiritual/religious teachings into unified Cosmic Teachings under the direction of the Cosmic Council of Light. We are excerpting that message for your better understanding:

Shortly after the beginning of your year 2010, we gave our messenger, known in this lifetime as Ronna Herman, a vision. This vision was shared with those who attended her May, 2010 * Opening To Channel * Becoming A Cosmic Telepath* seminar. It is now time to share this information with all of you who are diligently seeking the Path of Light. We will convey this vision to you in our messenger's own words as it was given to the group who attended the event.

"Dearest friends, the vision I am to share with you happened shortly after the first of the year 2010. In meditation, I saw a group of shining Beings in white robes standing in a half-circle around a gigantic double-terminated crystal. The crystal was radiating a beautiful spectrum of colors, and there were also complex geometric patterns of Light flashing throughout and from the Crystal. There were others present, but the Beings I recognized were AA Michael, Jeshua, Djwal Khul, El Morya and St. Germain. I was told that specialized, individual information from the masters, archangels and great Beings of Light would continue as before. However, in addition, there will be unified messages/wisdom teachings from many great Beings, Avatars and Masters of the past and the future. The wisdom teachings of old are being merged with the wisdom teachings of the future, and they are being presented as Teachings of the Cosmic Council of Light. This new information is being encoded within the great crystal (they likened it to a giant cosmic computer), and it will be available to those whose frequencies are compatible with the specifically graduated

frequencies of the Great Crystal. The more refined frequencies you embody, the more refined levels of information you will be able to access from the great Cosmic Crystal.

I was told that any information I receive would still come through AA Michael's vibrational patterns since I am attuned to his energy. He will still relay his monthly messages to me; however, for the books I write, the Quest For Mastery School and the seminars I hold, I will also receive teachings/information from some of the members of the Cosmic Council. In order to distinguish between the two, for any unified messages from the Council, I am to use the title: RONNA / SACRED SCRIBE

I will still be OverLighted by AA Michael's energy, and the composite messages I receive will most often be from: ARCHANGEL MICHAEL * JESHUA * DJWAL KHUL *

EL MORYA * ST. GERMAIN.

TRAVERSING THE SEVEN SUB-LEVELS OF THE SIXTH DIMENSION

RONNA / SACRED SCRIBE

Almost every night, through meditation and my stated intention, I go into my personal pyramid and join with my Etheric Replica on the crystal table. I am often taken into the Celestial City of Light in our area or to other places of learning. AA Michael first told us about the Cities of Light which contain the sixth through twelfth dimensions in December of 2004. These Celestial cities are huge and beyond our imagining. Some of them OverLight whole countries. He gave us a miraculous validation via a picture of the portal opening over the Grimes Point, Nevada sacred site during the Ascension Column activation we performed there at his request. Since that time, hundreds of thousands of people have created an ascension column in their home locale, and many of these people regularly visit the Celestial City of Light that OverLights their country.

I am sharing my own personal impressions and experiences so that you may develop an idea or picture of what to expect when you gain entrance into the various sub-levels of the sixth-dimensional region within the City of Light in your area. I am sure that all the Cities of Light are configured the same as the one I visit, which overLights the Northwestern portion of the United States. Even though the details are quite complex, I will make them as simple as possible, and I will give you only a very brief overview.

Remember, there are seven sub-levels within each of the Twelve-Dimensions of our Sub-Universe. The thirteenth level is where our Father/Mother God resides, with the Creator Core in the innermost Circle.

FIRST SUB-LEVEL OF THE SIXTH DIMENSION WITHIN THE CITY OF LIGHT:

The outermost wall of the passageway is filled with alcove chambers containing the Ascension Accelerator crystal chairs. We spend time in these special chairs with radiant

Rays of Light beaming down upon and through us to help speed up the process of cleansing, refining and purifying our negative energy patterns. Eventually, when it is appropriate, you will move into the alcove chambers on the inner wall of the passageway as you progress along the Halls of Passage.

SECOND SUB-LEVEL:

When you have progressed to a certain level, a doorway will open in the back wall of the alcove chamber, and you will be guided into a small pyramid-shaped room. Here, you will leave an Etheric Replica of yourself on a crystal table as you traverse the multiple levels of the sixth dimension. While you remain at this level, you will lie on the crystal table so that the appropriate sixth-dimensional vibrations can flow through your physical vessel, purifying and cleansing it, in preparation for the future integration of the increasingly, higher frequency patterns.

THIRD SUB-LEVEL:

This is the level of higher learning wherein you will begin to receive new, vital information which you must integrate and put to use in your physical existence. I am sometimes guided to lie on a crystal table, and at other times I am placed in a crystal chair at a table. I can sense that there are Beings of Light within the room, but I cannot see them clearly and they do not identify themselves.

FOURTH SUB-LEVEL:

This level is filled with exquisite Light frequency patterns which flow in every direction in dramatic shapes, colors and patterns. Over time, you will gradually begin to feel the difference in each color and pattern, and you will gain the ability to tell the difference in the hundreds of subtle shades of color. You will also gradually gain the understanding that the colors contain encodings of thought; however, I am sure it will take quite a long time to learn how to decipher them. I am just beginning to get a few impressions and it is sometimes quite frustrating.

FIFTH SUB-LEVEL:

This sub-level is filled with sound—glorious Celestial music, tones, chanting and unique musical patterns. You will gain an understanding as to how vital sound is and the important part your own voice has in perfecting or infecting the physical vessel.

It is interesting that I began experiencing this level when I was having the most difficulty with my throat. Since the surgery, and as the healing process was completed, I began to have an intense desire to tone the vowel sounds, which I have done regularly since that time. Also, I have chanted the five sacred names of the five sacred languages for a long time; however, suddenly, I began to sing them, and it feels so powerful and wonderful. I have also been given other instructions pertaining to using our voices as tools of transformation which I hope to share in the future.

SIXTH SUB-LEVEL:

This is the level of Sacred Geometry. I have not spent very much time in this level; however, I am aware that it is filled with Sacred Geometric Patterns of Light, along with sound and color. It is a true sensory world of delightful stimulus for the mind, body and Soul. I will give you an update later on as I learn more about it. I know I will be spending a lot of time at this level before I am allowed to proceed to the seventh level of the sixth dimension.

Please be aware, that we bring back only a minuscule amount of the frequency patterns from the sixth dimension. We are still focused on and intensely active within the fifth-dimensional environment and it will be a very long time before we are ready to feel or integrate the full force and power of any of the sub-dimensional levels above the first half of the fifth dimension. Also remember, every time you visit any of the fifth-dimensional pyramids we have created, you bring back a little more of the vibrational patterns, qualities and abilities of that level.

If you are willing, I strongly suggest that you set your intention to go into your Personal Pyramid of Light before you go to sleep, and then ask to be taken into the City of Light in your area so that you may take advantage of the incredible gifts that are being offered to us all. However, be aware that over time your life will change dramatically as a result, and your ascension process will speed up dramatically. There will be tests and challenges along the way, but I assure you, dear friends, it is well worth the effort. Eternal love and angel blessings, Your Soul Sister, Ronna

ARCHANGEL MICHAEL:

Remember, my brave ones, during these times when the evolution of the Earth and humanity is rapidly moving forward, you can make a difference. Allow us to assist you to fulfill your mission and nurture you with our love. We are ever near to guide and protect you.

I AM ARCHANGEL MICHAEL.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654

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www.QuestForMastery.com * www.AskArchangelMichael.com

HOLIDAY SCHEDULE: STAR*QUEST will be closed Nov. 24,25,26 & 27 and Dec. 25 & 26

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MESSAGE FROM ARCHANGEL MICHAEL * LM-12-2011

TRANSMITTED THROUGH RONNA HERMAN

ARE YOU A WAYSHOWER * A LIGHT UPON THE PATH?

Beloved masters, it is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select, awakened members of the human race. You must express a willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Solar Power Center and eventually within your Sacred Heart. You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently awaited this time as well. Communing with the Beings of Light is a great evolutionary step for you, as human Beings, for it quickly facilitates a new conscious awareness and a powerful transformation within you. Most likely, you will first connect with and learn to interact and communicate with your personal guides or, sometimes, your master teacher will quickly establish a relationship with you, especially, if you made an agreement to work with that particular Being before incarnating in this lifetime.

Many of you are in the process of developing your sixth sense—the intuitive mind, whereby you will have a direct line to your OverSoul Self and certain facets of your multiple Higher-Selves. It is the beginning phase of creating a direct line to home base, your Divine I Am Presence / God-Self. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Light, for it will accelerate the ascension process and assist you in attaining the status of a Self-master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Energetic Signature are compatible. That is why it is so important to have gone through a

clearing/cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Long, long ago, you, who would later come forth as the Star Seed Wayshowers for the ascension of humanity and the Earth, agreed to take on a special role on the planet Earth sometime in the far distant future. This group of brave Souls would incarnate into every race, color, culture and creed, and they would be spread far and wide upon the planet in preparation for a preordained cosmic drama: the mass ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

Those of you who stepped to the fore were given a special dispensation whereby much of your minor imbalances would be cleared so that your earthly burden would not be too overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your Energetic Signature / Soul Song to the mid-fourth dimension and higher.

A vast multitude of you, the Star Seed, are well on your way to Self-mastery; however, too many of this Wayshower group are still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former root races, along with special memory cell encodings for the new Golden Root Race of the future. It is true that over time there have been great imbalances amongst this group of Souls, and many have not listened to the nudgings of their Spirit Self and have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you were encoded with a Light Consciousness Cell that, when activated, would help you remember your promise to be our earthly representatives, and that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance on the Earthly plane.

We wish to give you some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major root races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many, many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other root races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a universal level, after you had externalized into your individualized God-consciousness and had spent aeons of time in joyous cocreation, you and a harmonious group of Souls, which we will call "Soul family groups," were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the fifth dimension.

You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the “reunification process.” THAT TIME IS NOW!

Those of you we fondly call “Old Souls” are scattered throughout the world. True, there are greater numbers of these old Souls in some locations and cultures; however, this Vanguard group is scattered around the Earth from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals they care for. They have mundane jobs in every field of endeavor and quietly go about fulfilling their duties. They have positions of great responsibility and they serve their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher Selves and have become masters of Self. Many others are well on their spiritual path, but unfortunately, there is a great multitude of these Star Seed Wayshowers who are still unconscious of their Divine nature and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean race, that of leaders/pioneers/warriors. There is as a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria, the gentle, nurturing, intuitive, inward focused qualities, and in addition, great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage, and in the past you have been blessed to have so many magnificent Beings of Light in your midst, masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way, and it is our greatest hope that some of you will take up the banner and be the future spiritual champions for the emerging new spirituality among Self-aware humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another. We are aware of a great sense of loneliness amongst the peoples of the world—a sense of isolation. It is not enough to read the teachings we give you or those of the masters, or to visit a beautiful cathedral/temple and pay homage to God. It is a time of reunification, and you must begin to come together to share your love, wisdom and inspiration, a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the gods of the future will dwell. You are the

cocreators of the future—Divine Sparks of the Creator— who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to take to heart what we have told you, over and over again, 'You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT.' You must learn to love and respect yourself, and you must have a deep sense of self-worth before you can truly love and respect others, and before others will return the love and respect you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a "state of Being" or a "quality of life." You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian /Goddess virtues and qualities, you will feel incomplete and experience a great sense of dissatisfaction.

Come together in groups of two, three, ten, one-hundred or one-thousand, it makes no difference; however, if you join together for the benefit of all, we promise you, we will be there in full force to empower you, to assist you and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed spectrum of Light and shadows, the vibrational patterns that make up your personal world in the third- / fourth-dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-master.

It is a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, the great builders of form in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love/Light. In you, we are well pleased. I AM Archangel Michael.

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