

AAM Combined 2006

Transmitted Through Ronna Herman - 2006 Edition

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RECLAIMING YOUR ATLANTEAN HERITAGE

TRANSMITTED THROUGH RONNA HERMAN

Beloved Masters, in your mind's eye, however you perceive, envision that you are viewing the Earth from a great Light ship, and together we, the angelic Forces and the multitude of universal Light Beings, representing our Father/Mother God, are bringing forth the vibrational patterns, the energy and the wondrous Divine schematic in preparation for humanity's inhabitation of the Earth. During the intricate, complex stages of preparation, great sentient crystals were implanted deep within the Earth in strategic places around the planet. A portion of each huge crystal rose from the Earth's surface as a sentinel which radiated energy and information out into the cosmos, as well as functioning as a receiver of Divine Light, Wisdom and Power from our Father/Mother God. Over the many aeons of time, as Earth changes took place whereby mountain ranges rose into the skies, land masses sank beneath the waters, and continents shifted and changed shape, most of these great crystals were shattered and buried deep within the Earth and the waters. However, many remained intact deep within the waters, in great caverns, and many more lie close to the surface of the land hidden only by a thin covering of earth or vegetation waiting for you to discover them and bring forth their powerful gifts and ancient memories. They are the Earth's record keepers and you hold the key which will give you access to the wisdom and the power of manifestation that lies dormant within them.

The first great era of Atlantis was a wondrous time of learning to use the qualities, virtues and abilities of your God-given nature on the material plane of existence on the planet Earth. You, as a member of the Atlantean Root Race, incarnated with the knowledge and ability to bring forth the primal life force substance of Creation through the powerful crystals and mold it into many magnificent objects by using your mind power and conscious intention in cooperation with your Higher/God Self.

Each one of you bears within the Essence of your Soul, your DNA and your personal God-mind such wondrous gifts, such magical energy and a vast memory bank of universal information and history. All of these stories that are now being told and the ancient memories that are being accessed, don't you realize that you were there? Perhaps it was not always specifically you in physical form, but at times it was a close member of your soul family. You do not have to personally experience everything that has happened during this great journey throughout the universe and on Earth to be a part of it or to have it in your memory bank, for you have a lifeline, a soul memory connection with your immediate soul family which creates a link whereby they will gain the data and wisdom from your experiences and their experiences are seeded into your memory storehouse as well.

You think you are disconne

cted. You think that you are alone. One of the most important things you have forgotten is that you not only have a beautiful stream of Light that comes down from your God Ray and

pierces your crown chakra and permeates your physical Being, a continuous pulsation of Divine energy which is your life line from and to the Creator. Without it you would not be alive; you could not exist. Know that this column of Light is widening and becoming stronger so that more and more Divine Elixir of life can pour down into and through you as it permeates your body and radiates down into the Soul Essence of the Earth. This rarified energy is critical for your host planet as this Great Being struggles to return to balance and harmony within, as well as lessen the intensity of the cataclysms on its surface; and it is especially important in the process of purifying and returning the auric field that surrounds your planet to its original blueprint of perfection.

The return to harmony and balance begins within each of you. Unity consciousness can begin with you, here and now, in this moment. First you must acknowledge and bring forth into your consciousness all of those unbalanced fragments that you have created during your many lifetime experiences: those things that control you, those things that have created an emotional and mental prison around you in your auric field. First of all, you must become aware of these fragments and how they affect your reality, and then through your conscious intent you must create a desire to change and to fill those fragments with Love/Light energy. We are always ready and willing to assist you in your positive endeavors, but you must ask and give us permission so that we can reinforce your resolve, so that we can give you the necessary knowledge along with swiftest and best way to accomplish your transformation with ease and grace.

In the past, you have tried many times to stifle or gain power over your addictions, your negative habits and thought patterns. You have resisted them, hated them and constantly thought about them, thereby reinforcing their control over your emotions, your mind and your quality of life. Remember, we have said many times, for it is a universal truth, wherever and whatever you focus your attention on you give energy to and reinforce, whether positive or negative. You must free the fragments you have created by loving them and acknowledging that they have served you well, and by sending forth an impassioned thought that now it is time for them to be reunited and to once more be a part of you within your solar power center of the heart; to be filled with Light and to become an empowered facet of your God-consciousness.

Know that everything, at some level, is seeking the Light, is seeking balance and harmony, seeking to return to that which it was in the beginning. Each phase of new awareness or expanded consciousness has its special miracles and benefits which are to be savored and enjoy

ed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise which allows you to integrate another facet of your wondrous God Self. In doing so, you are gradually creating a new empowered "you," and a new reality opens to you whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfold around you.

If you could truly see the grid system, the web of life or connection of all things, you would have a better understanding of the concept of "Oneness." It is not just the Earth that has an intricate grid system. You have streams of Light that radiate forth from you and to you, one to another, back and forth amongst every person on Earth. Some stronger, some weaker, but you are still intrinsically connected with everyone and everything on your planet and even within this universal expression. This may be mind-boggling and hard for you to imagine, but it is true. When we say you are all one, what does this really mean and how does this happen? It is because there are those streams of Light that penetrate and filter through everyone and around and through all of the Earth. Yes, most of these streams of Light are very weak, but more and more of these streams of Light are growing stronger and are setting up a vibration of recognition. There is an echo from within that says, "Yes, I remember you. Yes, I know who you are and I know we have been together before. I don't know where, but I feel and recognize your vibrations and your energy signature. You touch my soul and make my heart strings sing. Your loving Essence assures me that I am no longer alone. Welcome into my heart. I ask you to share my journey and to allow me to be a part of your journey as well."

You are learning so much so quickly. It is often so mind-expanding that you do not know what to believe, and you think you cannot take in or integrate any more new information, but we tell you this is only the beginning. You are becoming spiritual/human adults, whereas in the past you have been functioning as human children of the world, feeling as though you were disconnected from God and tossed about by the whims of fate and nature. As self-masters and spiritual adults, you are learning that you are citizens of the universe, you are Starseeds, Light Warriors and the vanguard of the New Age. You have soared throughout this universe and other universes as well.

You have heard that for a very long time there was a quarantine around the Earth, this solar system and even your galaxy which has now been dissolved so that you may receive galactic, cosmic and Omniversal information. We now tell you that there was also a filter placed around this universe. This universe in which we all are playing an integral part is one of the most recent universes to be created from the Essence

of the Supreme Creator, and therefore it is a universe that is situated at the farthest edge of Creation. We too have been limited in our knowledge of the workings of the Omniverse, as well as the amount of higher frequency vibrational energy that we have had access to. You see, the first universes that were created were the most powerful and the closest to perfection for they surrounded the Great Central Sun of the Supreme Creator and contained the pure Essence of Creation. As more and more universes, galaxies, star systems were created, ever-expanding and pushing Creation further and further out into the Great Void (and further away from the Supreme Creator), each refraction into density meant each new creation had less of the perfection of the All That Is. You must realize that we are ALL much stepped down energetic fragments, but still an integral facet of the magnificence of the Supreme Creator. And if we were sent forth with the command to create in the Creator's name, for it was the Creator's desire to experience more of itself, why would the Creator tell

us what we were to create? We were given a blessed Divine gift as co-creators and so were each of you. You are a co-creator god in your own right, and that is not sacrilegious; it is a universal truth. You must understand that is why you are here on Earth; that is who you are. Don't let anyone tell you any different. Remember, you are also responsible for your own creations through the laws of cause and effect.

Please understand that this universe was created with dramatically stepped-down and diluted primal Life Force Substance. Some are calling this universe a fallen universe, but we do not choose to call it that. This is a universe which was created specifically so that we could experience duality and polarity. The spectrum of Light and shadow was designed with the Still Point of Creator Light at its center and the pendulum of duality was to swing only so far into the positive/negative, masculine/feminine, the Light/shadow, the yin/yang. You must understand that some of the co-creator gods created less than perfection as they too learned to use their Creator-given rights. Over the aeons of time the pendulum has swung further and further into the shadow land of duality, but it has always been balanced with the same amount of Divine Light substance. The duality/polarity of the Earth is now in the process of returning to Center, into its proper, designed spectrum of Light/shadow.

There have always been magnificent emissaries from the higher realms scattered throughout this universe, and particularly in your galaxy and on the Earth, for this is where the culmination of this Divine experiment in Creation is being played out in its final stages. As we have told you before, the Supreme Creator is now taking an active role in the creative process of all the Omniverse, and the pure, rarified energy from ITS heart core is now streaming forth and affecting every facet of ITSELF fr

om the greatest to the most minuscule. Creation does not contract; it is ever-expanding, and you have an integral part to play in that expansion. Each of you is the center of your own universe. You, as a cocreator, send out energy and intent which creates thought patterns of a certain frequency which go forth from you as rays of energy in an infinity sign. These pulsations go out in every direction creating wave forms which are a reflection of your conscious thoughts, intent and actions. As you learn to stay heart-centered and radiate unconditional love and balanced/harmonious vibrational patterns, your world and reality change dramatically, for you are functioning as an empowered master of co-creation, a true Divine emissary of our Father/Mother God and the Supreme Creator. During these times of uncertainty and great change, remember, my beloved warriors of Light, there is nothing to fear and so very much to be gained. Feel the warmth of our sacred breath as it brushes your cheek, sense the aura of love in which we surround you. We are near, reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael ***

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Dearest friends: After all the chaos and destruction that had recently taken place in the gulf states and the western Caribbean, we were all excited about our Atlantean Reunion cruise. We were finally realizing our dream of connecting with some of our soul family and our

Atlantean heritage, but we were also wondering just how this journey would play out. The Norwegian Sun was a beautiful and luxurious ship in every way. We had staterooms with balconies so that we could enjoy the balmy weather and the beautiful waters as we sailed. We had a welcoming get-together the first evening in which everyone shared why they felt it was important to take this voyage. Tom and Zehra Boccia did a wonderful job in planning this trip and seeing that all went smoothly. It seemed to me that we were completing a task that was initiated during our Bahama's adventure with Tom and Zehra in February, 2003. It was wonderful seeing so many old friends, especially my angel buddies, Steve and Barbara Rother, who were my co-seminar presenters. Our seminar sessions were awesome. Even though we did not compare notes on what we would present, the Rothers' presentations blended beautifully with what I had prepared (under the direction of Big Mike). A beautiful soul mate that I and several others recognized immediately, James Tipton or "Tyberoon," gave a slide presentation that was astounding. He has journeyed to many of the sacred sites around the world; in fact, he told me that he had been to ten of the twelve sacred sites that I mentioned. He and the Rothers have worked closely together over the past few years. If you ever have an opportunity to

hear him speak and experience his beautiful, powerful energy, I strongly suggest that you do so. He is about 6'5" and they call him "a gentle giant." Many of us did feel some sadness and the processing of some old core memories, but mostly, we were on an incredible high, and the energy from AA Michael and The Group was some of the most powerful I have ever experienced. This month's message is a compilation of some of the information AA Michael gave us. After dinner that first evening, AA Michael nudged me to go to the upper deck at the back of the ship, and to take some of the special crystals I brought with me. My dear friend (spiritual daughter) and room mate, Judy Vermeulen, and I made our way to an isolated spot on the ship so we could view the turbulent wake flowing behind the ship. We no sooner sat down that AA Michael's energy poured over me so powerfully, we both were astounded for a moment. This is a small part of what he said: "As you sails these waters of the Caribbean you are leaving streams of Light. The Light is flowing down, down, into these waters beneath the turbulence, the silt and the land masses that have roiled up, shifted and changed over the many hundreds of years. The Light and the Essence of the Creator are penetrating deep down to where those magical ancient temples lie, along with the Violet Flame within the Hall of Records and even more importantly, into those great crystals which are patiently waiting for you to access them and bring them to life once more. All who are here, and many more who are with you in Spirit on this journey, made an agreement in the higher realms a very long time ago to be anchors for the rarified energy that is being showered down upon the Earth at this time. Make no mistake, your conscious efforts are making a difference. You, who are anchoring and projecting unconditional Love/Light, are assisting in the transformation of the Earth and humanity. You can help diminish the powerful, destructive forces of nature as the Earth struggles to heal herself and return to balance and a healthy state-of-being. We ask you to claim your Atlantean heritage, the positive aspects, gifts and joyous remembrances of that time. For so long, you have focused on the destruction and the negativity of that great era. It is time to forgive yourselves and all those who were with you during that wondrous time of co-creation. If you could access all

the history of Atlantis, you would find that there were many more positive events, advances and experiences than there were negative ones. You all are still caught up in the trauma and devastation of the cataclysmic sinking of that great continent. When we say to you, it is time to heal the past, we mean all of your past. The lessons have been learned and the challenges have been met. Now it is time to look forward to a grand new future. Claim the gifts that are waiting for you. Your memories hold your key to greatness, and the great crystals around the wo

rld can help you access the memories of your personal journey and your journey with you beautiful family of Light.” We all came away in awe of what we experienced together, with new hope and dedication to our personal mission encoded within. I am looking forward to the year ahead and I know it will bring many surprises, miracles and blessings to us all. All we have to do is open our hearts and minds to receive them. Thank you all for your love and support. I treasure each of you and send you my love, blessings and a big hug. Ronna *** We have scheduled a special event for JUNE 10 & 11, 2006 IN GARDINER, MT, the north entrance to YELLOWSTONE PARK. Yellowstone Park is one of the most seismically active areas on Earth. We will be visiting one of the “power spots” of the park on Sunday for an important ceremony and message. As AA Michael tells us “We can make a difference.” Go within and see if you are being called to join us on this, another powerful journey. Details will soon be posted on our web site and flyers will be available.

CONNECTING WITH YOUR COUNCIL OF LIGHT

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, are you ready to take the next leap in evolutionary consciousness as you strive to reintegrate the multiple facets of your Divine Self? Are you willing to release those thought patterns, possessions and relationships that no longer serve the greatest good? As a participant in the grand drama of life you are in the midst of, you have assumed many roles and played many parts. It is our greatest desire to assist you in clearing away the distorted “illusions of life,” as you learn to focus on what is permanent and lasting, and that which is vital to your overall well-being. Let us review a few of the many roles you have played over the years, and especially those you are presently caught up in.

THE ROLE OF A CHILD/PARENT: A child is innocent, filled with wonder, and excited by all the myriad possibilities the world and life has to offer. A child is like an empty vessel just waiting to be filled with knowledge, skills and awareness of the laws and workings of the world. A child is also vulnerable and looks for guidance and safe boundaries from those around them who seem to be wiser and stronger. It takes time for a child to learn “right from wrong” and the rules of cause and effect. A child is dependent on those around them to set a good example, and to firmly but lovingly guide them on the path toward self-sufficiency. Many of the truths that are forced upon a child haunt them throughout their lifetime and even beyond if they cannot release or transform them into higher and more empowering truths.

Your parents play/played a specific role in your life, presenting to you those things you most need to be aware of, overcome, strengthen, or need to forgive and release. Your lessons and experiences have been/are being presented to you in both positive and negative ways, depending on the energies each of you carry and present to each other. Have you integrated the best your parents have/had to offer, or are you perpetuating the negative examples they have presented to you?

You may have to search deep within, but we assure you, your parents and your children have gifted/or are gifting you with many gems of wisdom, love and inspiration if you seek deeply enough. Each of you willingly assumed a role, positive or negative, so that you all may evolve and grow in wisdom and strength and awareness.

Assume the viewpoint of a child, if you will, and attempt to rise above the everyday interactions and drama of your roles with both your parents and, if you have them, with your own children as you view them from our vantage point. Be honest in your assessment, for it will serve to enlighten you as to the steps you need to take in order to attain self-mastery and empowerment.

* Do you take responsibility for your actions or do you become angry, make excuses, or deny

your mistakes and shortcomings?

* Do you endeavor

to fulfill your duties and obligations in a timely and appropriate manner with a joyful attitude?

* Do you resent your responsibilities and see them as a burden instead of an opportunity to support and serve those around you? Do you express your appreciation to those who serve you in return? * Do you still believe that in order for you to be right, someone else must be wrong?

* How often do you fall into the role of “childish, irresponsible behavior?”

* Are you still acting or interacting in some old conditioned “childish ways?”

* Are you willing to let go of the painful experiences of the past, and assume the strengths and wisdom your parents have portrayed to you?

* Are you willing to allow your children to follow their own path, to be different, and not become that which you wish them to be? Each soul is unique and must be given an opportunity to express themselves in their own individualized way. It is your role to nurture, guide and direct, to give council, and to protect them as they slowly step into each new phase of life. Through good example and gentle guidance, and by gradually relinquishing control, you will assist your children to fulfill their potential and become aware, responsible adults. You must also allow them to make

mistakes and experience the consequences of their actions.

* If you were not given that loving support, think of how much sooner you would have become an aware adult if you had, and how much easier your life would have been. It is a gift beyond compare.

* Have you learned to set boundaries, clearly state the guidelines in which you intend to operate and what you expect from those around you? All must know the rules of the game of life, and the rewards and the consequences must be clearly spelled out. Each member should understand their responsibilities and the duties they are to perform for the welfare of all, and the benefits and restrictions should be clearly outlined as well.

* Have you ever considered having a “family board meeting” whereby each member can state their concerns, seek guidance, make objective suggestions and also help in making decisions that affect the family group? Responsibility is learned one small action and thought at a time. Adulthood does not automatically instill responsibility and compassionate action.

It is appropriate and desired to be “Light of heart, and carefree in Spirit.” However, it is important that each person learn at an early age that they are an integral part of a vaster

whole. They should be made aware that they will be bestowed with many gifts and benefits from those around them; however, they must also make a contribution, however small, as well as learn to be responsible for their actions. The rules of cause and effect, giving and receiving, and the laws of manifestation are universal and should be taught at an early age. How much easier the childhood years would be if this were so.

THE ROLE OF SIBLINGS, RELATIVES, FRIENDS AND PARTNERS

FRIENDS AND PARTNERS: Most often, those closest to you are soul companions who have agreed to play a specific role in your drama of life. You must remember that your drama is unique to you; therefore, you have a filter through which you view life and the different people in your life, and you also have some preconditioned emotional patterns from previous interactions with them, or with others who they agreed to “stand in for.” Oftentimes they agreed to play a composite role, displaying various negative attributes and challenges and/or support and inspiration, depending on the role they assumed. Also, you will usually play roles of “polarity” for each other, or opposite roles, so that you will have an opportunity to see what you have projected out into the world in the past.

* Examine your relationships with others: are you growing and evolving together or are you stagnating, caught up in inertia as you replay the same old “tapes” over and over?

* Are you holding back from “stepping into your power” because you do not want to create discomfort or stress in your relationships? Are you afraid to set boundaries and state your intention, even if it is in opposition or different from those around you? Are you afraid of what people will think if you start to demonstrate and live your new beliefs and empowerment?

* Are there people in your life who challenge you and ask, “What is the matter with you? You have changed. Why aren’t you like you used to be?”

* Are you hanging on to old relationships because you are afraid of hurting someone’s feelings? Do you feel as if you are “alone” even amongst a crowd? Do you find it difficult to make “small talk?”

* Are you brave enough to release those in your life with whom you no longer have anything beneficial to share? Can you bless them and love them for their uniqueness and the Spark of the Divine within them, as you realize that your journey together is over and it is time to follow your own path and to allow them to follow theirs?

Your soul family is much vaster than you can ever realize. It is important for you to understand that those with whom you are interacting during this lifetime are playing only a small part in your greater drama of life. Do not misunderstand, many of those in your life are part of your immediate soul family and you have been with them in many lifetimes before and will be again. But there are also those who you might say are only “passing through” and did not intend to stay with you forever. Your cosmic drama is much more

complex than you are aware of, and so do not place human conditions and limitation on your spiritual journey throughout the cosmos.

As we have told you before, it may have taken many lifetimes to reap the rewards or the negative karmic interactions of a past lifetime, but that is no longer the case. As the process of transformation and ascension accelerates, so does the co-creative process. That which you project, both positive or negative, will ret

urn to you at an ever-accelerated pace so that it may seem almost instantaneous. Those of you who have “returned to center” and are maintaining a positive flow of energy have begun to see the results of your endeavors via the many miracles and positive events in your lives. However, those who are projecting negative vibrations of hate, fear, lack and a desire to control, are feeling the painful results of their actions in multiple ways and within a very short time.

At every level, that which has been hidden for a very long time is now being revealed. That which is not in balance and in harmony with universal laws is slowly crumbling in order to be reconstructed on firm ground, to be rebuilt with integrity and in accordance with the Divine plan. You have heard and read about the many different councils in the higher realms, but are you aware that before you left the Great Central Sun of this universe you were assigned to a council of wise Beings who represented the Twelve Rays of Divine consciousness who exemplify the many attributes, qualities and virtues of our Father/Mother God? In-between incarnations, it is this Council of Twelve that you confer with and receive guidance from in order to decide what persona (disguise) you will assume in your next life: your parents, the DNA (bodily form, attributes and limitations, mental abilities, talents, strengths and weaknesses) you will incorporate, as well as the conditions in which you will be born, and the challenges and opportunities you will be presented with. Accept this truth: no matter what limitations, conditions or restrictions you came into this lifetime with, IT WAS NEVER MEANT TO BE A PUNISHMENT. It was always your agreed choice, and an opportunity for you to clear/rectify some distorted karmic overlays within your auric field as you strive to return to the balance and harmony of the “middle path.”

It is our desire to instill in your consciousness that you can and do consult with your “Council of Light” whether you are aware of it or not. As the veils of illusion between the multi-dimensions slowly fade away, they are being replaced by Light filaments containing the knowledge you are seeking. As you go into your Pyramid of Light/power in the higher fifth dimension, through your intent, you can draw those Light filaments to you in order to create that which you desire for the greatest good of all. We are opening the pathway for you to find your way back into our midst so that you can interact with us and integrate the wisdom, attributes and “plasma of life” that you will need to incorporate into your multi-dimensional vessel as you move deeper and deeper into the “space where Spirit dwells.”

When in your Pyramid of Light ask that your Council join you there. Ask them to assist you in your endeavors, to strengthen your resolve, and to give you the power, will and wisdom

that you need to move into the next level of spiritual awareness. You all are in a critical phase of you

r spiritual growth process, whereby you are being asked to release all that is holding you back from the "spiritual freedom" you are seeking. This means outmoded beliefs, dysfunctional and restrictive relationships, harmful addictive and negative habits and thought patterns, and possessions that are taking up too much of your time, effort and abundance. If you can view all that is presently in your life as transitory except the Love/Light and Spiritual fire within your heart/soul, then you will know what we are trying to convey to you. Release your fear of the past and future, eliminate the emotional and mental controls others have on you and become the "free Spirit" you were meant to be. We are ever near to assist and inspire you. You are loved profoundly. I AM Archangel Michael.

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Dearest friends, my knee surgery on January 6th went extremely well and we are all glad it is in the past. In addition to the arthroscopic procedure, the surgeon had to make an incision around the left side of my kneecap in order to repair the torn cartilage. My family has taken wonderful, loving care of me during my recovery process, and I have felt all the loving energy my soul family has sent to me. I was able to keep the pain to a minimum using my Alpha mastery techniques; therefore, I only had to take a couple of the pain pills the doctor prescribed the day after I came home. I used a walker for three days, then went to a cane for support. By the tenth day, I was able to walk unassisted. I was "out and about" briefly twice last week and am walking without a limp. After my checkup visit to my doctor, he stated that I am doing extremely well, and I would not have to go to physical therapy if I will do some flexibility exercises at home (which I agreed to). I know that within a few weeks, I will be going "full steam ahead," and I am looking forward to being able to exercise and take long walks. Beloved Michael told me my healing would be miraculous, and as always, he was right. I know the lesson in this experience was to take time to listen to my body and not get too caught up in one area of my life. I love my work so much and it is my greatest joy being with all of you at my various seminars, but I must also focus on my own physical well-being, as well as my mental and emotional health, while fulfilling my spiritual mission. Please review your life and see where you are out of balance and pay attention to any warning signs so that your angels do not have to "get your attention." Love and blessings and angel hugs, Ronna

NEW: TWO SETS OF ANGEL CARDS

SET ONE: ARCHANGEL MICHAEL SPEAKS TO YOUR HEART AND SOUL * Set of 50 cards with empowering quotes from On Wings of Light. Included are cards with the positive attributes of the eight major chakras. All new graphics and al

l the beautiful colors of the seven Rays. \$16 plus S&H

SET TWO: ARCHANGEL MICHAEL AND THE SPIRITUAL HIERARCHY SPEAK TO YOUR HEART AND SOUL * This set of 40 cards features beautiful pictures of both the masculine and feminine archangels for each of the seven Rays, in addition to many other beautiful Beings of Light, including Yeshua, Metatron, Melchizedek, Lady Mary, Sandalphon and Mother Earth. Each card features a special thought for the day that these loving representatives of our Father/Mother God wish to convey to you. Visit our website to view sample cards. \$18 plus S&H *

AA MICHAEL BLANKET: SNUGGLE UP this winter in a beautiful, thick blanket/throw, brilliant blue and gold embossed with the signet of the Legion of Archangel Michael. \$50 plus S&H. A picture of the blanket is posted on our website along with S & H fees. A colored picture comes with the blanket that explains the significance of the signet. Excellent quality, 60" X 80"(it weighs six lbs). We will ship overseas; however, shipping fees are quite high, from \$42 to \$50 per blanket. It is still a great buy if you choose to purchase one.

**** CALLING ALL STARSEEDS **ANSWERING A CLARION CALL**ARCHANGEL MICHAEL * RONNA HERMAN * SATURDAY AND SUNDAY , JUNE 10 & 11, 2006 *ABUNDANCE EXCHANGE \$144 * COMFORT INN * YELLOWSTONE NORTH * GARDINER, MONTANA ****
SUNDAY AFTERNOON WE WILL MAKE A PILGRIMAGE TO A DESIGNATED SPOT IN YELLOWSTONE PARK WHERE AA MICHAEL WILL TELL US WHY WE AGREED TO COME TOGETHER AT THIS PARTICULAR PLACE AT THIS TIME. HE HAS ASKED US TO HOLD A CEREMONY AND TO IMPLANT SOME SPECIAL CRYSTALS WHICH WILL ASSIST IN THE ACTIVATION OF SOME OF THE HUGE SENTIENT CRYSTALS THAT LIE DEEP WITHIN THE EARTH. IN TURN, WE WILL RECEIVE "SEED MEMORIES" OF SOME OF OUR FIRST EARTHLY INCARNATIONS. Beneath Yellowstone National Park's volcanic heart center, our Mother Earth is restless and in distress as she endeavors to accomplish her transition from the third/fourth- to a fifth-dimensional environment of balance and harmony. At AA Michael's request we have agreed to come together in this unusually beautiful area in order to assist in anchoring the rarified Supreme Creator Light that is so critical to our ascension/transformational process. AA Michael tells us that we are being called to join together in special groups which were created at a universal and galactic level aeons ago. There is an internal time clock within that has been preprogrammed to activate within your heart core when you are being called to reunite with one of your soul groups for an important mission. Listen within to see if this is one of those times when you are being called. Ronna will share all the latest information from Beloved Lord Michael and there will be a special channeled message for the group at the close of the seminar event on SATURDAY. This will be a very experiential hands-on seminar and is for anyone who wishes to attain self-mastery with ease and grace in order to create their

own reality of peace, joy, love and abundance. You will receive the DIAMOND CORE CREATOR CELL activation which will assist you in creating your crystalline Body of Light. Come join us if Spirit guides you to do so, and help us firmly anchor the beautiful energies of the Fifth Dimension within us and on Earth. LOVE AND ANGEL BLESSINGS, RONNA

VISIT OUR WEBSITE SEMINAR SCHEDULE FOR FULL PARTICULARS OR REQUEST A
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TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, during this shifting of the ages cycle, you are experiencing a great variety of transformative changes. You are reclaiming all the personal fragments of energy/thought forms that you created during your long journey into the physical expression. You are reuniting with the many Sparks of consciousness that make up your Divine Self and your soul family, and you are also striving to become a spiritual/human adult while existing in a multi-dimensional physical realm.

Since the fall in consciousness on Earth so long ago, humanity has existed with restricted Life Force Energy, as well as limited physical capacity and knowledge. This is because you have been existing in a shadowland, and you have been functioning with decreased resources from your Higher Self and God Self. Just as it was traumatic and “soul-stretching” to diminish your wondrous Self in order to descend into the lower-dimensional realities, it is also traumatic and requires a tenacious and bold heart to venture out into the unknown in order to reintegrate your vaster Self as you strive to return to your proper state of Being.

When you are born into this reality as a member of the human race, you are totally dependant on your parents and those around you to care for you, to teach you what you need to know to be safe, and so you can function in the world you live in. The first twenty or so years of life are spent learning, observing and absorbing information from those around you as you learn to become a cocreator in the physical realm.

Hopefully, you then move into the era whereby you strive to make your mark in the world. You take what you have learned from others and gradually form your own beliefs and the standard by which you will live, and you journey forth to enjoy the adventure of earthly existence. You are outwardly focused and materially motivated as you strive for recognition and your own unique identity. The years from approximately twenty to sixty or sixty-five are usually the years when you are motivated or challenged to “leave your imprint” on the world, and these are the years in which you mold and create the reality of your personal world. It is often a “narrow-focused” reality unless you have already attained a measure of spiritual enlightenment. Your focus is on personal achievement and identity, finding a mate, your family and close circle of friends, your career and the pleasures of physical sensation. This is the time when the ego desire-body usually exerts the strongest influence on you, whereby you constantly look outside yourself for a sense of happiness and satisfaction, someone, something or some event to give you that brief thrill or an “emotional high.”

We have told you before that the ego is an important part of your physical personality, but the ego was meant to be the servant of the So

ul and not a dominant force in your life. Taming the ego is one of the first steps toward self-mastery, and it often creates a great emotional and mental battle within as you strive to

accept and integrate the higher truths and the refined frequency patterns of your Soul Self. Once you experience what is called a “Soul-merge,” and begin to listen to the whisperings of Spirit, your focus turns inward and you begin to view the world from a totally different perspective.

Those dear souls who have not experienced a Soul-merge by the time they reach mid-life usually become disenchanted with the reality they have created, no matter how successful they are or the riches they have attained. They may develop physical symptoms of stress or illness as a result of the inner turmoil and frustration with life which grows stronger over the years. Many precious souls choose to transcend before their chosen mission is accomplished because of the despair and disillusionment that increases with age, and it seems they are yearning for something that is unattainable. It is their Soul Self that is calling, and all they have to do is turn inward for the solace, joy and peace they seek.

Those of you who have laid the groundwork and are well on your way to self-mastery are now ready for the next level of spiritual awareness. You, the Star Seed, the brave ones who have suffered through and emerged triumphant from many “dark nights of the soul” in order to purge yourselves of old self-limiting concepts and energy patterns, are now ready to step to the foreground as the vanguard of evolving humanity and the inhabitants of the Light, bright and refreshed Earth.

The Supreme Creator is pushing creation out into the great void. New galaxies are in the formation stages, along with the wondrous Golden Galaxy we have spoken of before. This galaxy has special meaning for the human race for it could not happen without you, the Star Seed, and your heartfelt dedication to your mission and to our Father/Mother God. This adventure is the next phase of the creative process for all of you who have successfully completed your mission on planet Earth. Applications are now being taken, for there are many wondrous positions and stations to be filled. True, this will take place in your far distant future, but remember time as you know it has no meaning in the higher realms, and you will be surprised at what is taking place where we reside and the grand opportunities that await you. You will undergo a long and complicated training period, but we know, beloveds, you are up to the challenge, for you have experienced this process many times in the past.

All of the disguises and roles you have accepted in the past, all the experiences, whether painful, joyful or enlightening, have prepared you for this time, and for what is to come. You have experienced this universe and all its magnificence, the diversity and the epitome of cocreative endeavors, and you have experienced the

broad spectrum of miscreation, and the pain it has wrought upon humanity. We have called you a faceted jewel in the tapestry of life, and you have been tumbled, honed and polished in order that you may place your shining deeds and your Light in that tapestry that extends out into the unforeseen future. Know this: the tapestry of creation would not be complete without you. Even now, there are grand opportunities awaiting those of you who are ready to step to the fore and answer the new clarion call. Many of you are being drawn to strange

and unusual places to anchor the Light and the refined frequency patterns of the future. Many more of you may not understand why you stay in a place that no longer seems suitable, but the mystery will soon be solved, and your assignment will be revealed at the proper time. The golden grid and the power spots where the ley lines intersect, or blood stream and nerve centers of the Earth are fluid, and have shifted over the last twenty or so years, thereby forming a refined power grid system that reflects the appropriate vibrational patterns for a fifth-dimensional earthly environment. Many of the great sentient crystals are being deactivated, cleansed or recalibrated. Others in strategic places around the Earth are being gradually revved up until they are functioning under full power in order to receive the new encodings and refined Divine schematic from the Supreme Creator. These sentinels also radiate messages out into the cosmos as to the state of the Earth and humanity.

Are you ready to receive your new assignments as citizens of the universe? Your earthly assignment is drawing to a close, and as you move from a third/fourth-dimensional reality into a fifth-dimensional environment, a new world of opportunities awaits you. It does not matter what your cosmic lineage is; all of the great Beings of Light, as well as we of the angelic forces, are asking you to be our representatives in this new adventure that is in the formative stages at this time. Any of the great masters who have walked the Earth, or any of the myriad of archangels or angelic forces you are familiar with, and even those you have not heard of, are ready and anxious to overlight you with their qualities, abilities and virtues. It is as simple as stating your purpose and what you wish to accomplish. Then put forth the call and the appropriate teacher and heavenly helpers will attend you and oversee your endeavors. Your Pyramid of Light in the fifth dimension is a perfect place to accomplish this.

Would you like to work in unison with the great sentient crystals and assist in anchoring the Light in the new spiritual power centers which will be strategically placed around the Earth? Envision an ascension column of Light beaming down from the Creator Source through you and slowly expanding outward until it encompasses the area in which you live. If enough of you join together in this endeavor, you have the ability to create sufficient Life Force energy to permeate and transform the Earth.

Would you like to join the Elohim, the builders of form as, once again, you learn to use your mind power to create many wondrous things by molding primal life force substance into a great variety of physical expressions? Would you like to be filled with the radiance of the Goddess energy as it is beamed to us from our beloved Mother God, and be a projector of this energy out into the world? All Beings, no matter what their level of awareness, yearn for the healing, transformative power of unconditional love. Would you like to access the cosmic records and bring forth wondrous new inventions, techniques, and advanced thought processes for the benefit of the Earth and humanity? Would you like to access your greatest creative abilities and fulfill your deepest heart's desire, no matter how impossible it may seem?

Beloveds, what are your visions for the future? Envision what your perfect new world would look like. Place your shining Self in this new world and then fill it with people who reflect back to you the new radiance you embody. Make this vision your strongest probable future and stay focused, unerringly, as you create your future, thought-by-thought, one step at a time.

One of the most powerful and blessed gifts that has been bestowed on humanity is the Violet Flame of Transmutation. The Seventh Ray radiates forth from our Father/Mother God the qualities of freedom, redemption and purification. It is the Flame of forgiveness and the Divine alchemy which reconstructs and harmonizes the distorted energy humanity has created. Lord Zadkiel and Lady Amethyst are the archangels who radiate the vibrational patterns of the Seventh Ray to all of us under the direction of our Father/Mother God. The Seventh Ray of Transformation is anchored on Earth by the beloved St. Germaine, and will be the predominant Ray on Earth for the next 2000 years of accelerated evolutionary changes. The First Ray of Divine Will to create anew is also radiating forth in great force during these times of endings and new beginnings. Lady Faith and I are honored to be the bearers of this Ray.

In order for you to understand the power of these magnificent Rays, we wish you to know that there are universal laws governing the use of "Ray Power," and if you use them wrongly they will surely create chaos in your life instead of bringing the results you desire. Never again will humanity be allowed to use the First Ray of Divine Will and Power in a destructive way, for it is a two-edged sword and will turn on anyone who misuses its power. You must always ask for your highest good and the greatest good of all in order to harness its God Power and attain the desired results.

Your intentions are also very important when you call upon the Violet Flame of transmutation. Remember, the Violet Flame will penetrate into the very core of your Being once it is called forth, and all misqualified vibrational patterns will gradual

ly be brought into your conscious awareness in order to be healed and harmonized. If you call forth the Violet Flame and then continue with your negative or harmful habits and thought patterns you will, most certainly, create more chaos in your life and will not receive the benefits you are seeking. Humanity was gifted with free will, and so you have always been able to use the energies of the great Rays in a positive or negative way. Be assured, any negative intentions will be returned to the sender greatly magnified and in an amazingly short time.

Time is of the essence, dear hearts, as humanity and the Earth move deeper into the vibrational patterns of change. Most of you are feeling the stress and strain on your physical vessels as you seek to reclaim a more harmonious nature. The Earth is stretching, releasing and shrugging off the heavy thought forms and devastating abuse she has suffered for thousands upon thousands of years. We implore you to make use of all the tools and gifts that have been offered to you. Ask us to join you in your endeavors and seek our guidance, for we are here to assist you in every way possible.

It may seem that all the things we describe and say are available to you are impossible to attain, but we tell you it is now time to reclaim your gifts of mastery. The keys to the kingdom are stored within your Sacred Heart Center and are in the safekeeping of your Divine Self. Go within, beloveds, and claim the treasures that await you. We are ever near to guide and protect you. I AM Archangel Michael. *** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

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CREATING A FORMULA FOR THE FUTURE

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters of Light, I welcome the opportunity to once again blend my consciousness with yours, to fill your heart and soul with love and inspiration, and to give you encouragement and support during these tremulous times. Through these messages it is my desire that you sense and know I am truly with you and, with your permission, I will connect with your Higher Self and merge my energy with yours at whatever level you are able to accommodate.

Through the messages of hope, inspiration and wisdom we give you, and the seminars our messenger holds at our request, it is our intention to create a sense of harmony, joy and a blending of energies at the deepest, innermost core level during these times of uncertainty and challenge for all Beings on the Earth plane. You are in a cycle whereby many layers of negative energy are being dissolved, including energy barriers that were placed around the heart in times past to protect and insulate your emotional and physical bodies from the pain and suffering of the third/fourth dimensions. The floodgates of the emotional body are bursting open as these energies are gradually being dissolved, and the precious gift of your Holy Spirit is, once again, taking up residency within the chamber of your Sacred Heart.

Throughout the year as you, the Starseed representatives, gather together from around the world, you will have an opportunity to bring forth a portion of the “formula for the future.” You, as Light Bearers, will carry the seeds of self-mastery and a new awareness with you as you return to your homes. And make no mistake, those of you who are tapping into this wonderful energy from the higher realms in your own locale or at other gatherings are also being gifted with an infusion of the refined energies of New Creation. You are now being called to attune to a rarified dimensional level where there is no time or space restrictions, nor any barriers to hold you back as all are gradually brought to a Oneness in Spirit. It is a time to commune with the masters and to receive a blessing from our Father/Mother God. Indeed, the Earth to its very core is being bathed in a glorious blanket of Divine Light substance and every creature will be blessed and acknowledged. At some level, all are on the path of evolution and transcendence, none is being left behind.

Know this, each of you can make a difference, and are being called to become a Standard Bearer of the Light. It is important that you all become aware that those who have been thrust out into the limelight or into the public arena are no different than you. Yes, they are special, unique and blessed, but so are you, each and every one of you. They each have experienced the trials and tests of initiation and walked through the dark night of the soul into the Light of Illumination. The one trait they all share is their tenac-

ity, for no matter how painful the experience, how alone they have felt, or how bleak the future seemed to be, they NEVER GAVE UP. They persevered, and they overcame until they

emerged triumphant into unity and harmony with Spirit, ready to accept and fulfill their Divine Mission.

Many of you who have integrated a higher awareness are now accessing new wisdom, and are feeling a sense of harmony within your innermost Self. However, you still have doubts and are reticent to share your insights with others as you fear that you will make a spectacle of yourself, or that you may be ridiculed if you try to pass on what you have learned. There is a universal law that states you must not only be an example of your new enlightened state, but you must pass on the wisdom and understanding you have garnered so that you may move forward to the next level. You are a student on the path of initiation, you are a practitioner of spiritual mastery and cocreation, and you are also a teacher with a message to share via your actions, words and deeds.

As you move more deeply into your new, expanded reality and state of Being, many of the thought-forms, habits, cultural taboos, conditioned responses and accepted behavior patterns are being modified and changed. Many practices of the old reality will be looked back on as barbaric and will be seen for what they are, teachings of the unenlightened masses designed to control, dominate, enslave and conquer.

We are asking you to be bold, to be innovative, to step out from behind the shield of mediocrity, to be a pioneer who dares to be different. This is one of the many facets and phases in the process of accepting and wielding your power, beloved ones. It is easy to follow the masses, to stay within the structure of popular and accepted beliefs, the boundaries and rules set forth by those who have been in control these past ages. It is evident, their rule is ending, their power is waning, their days of dominance are coming to a close. The fear mongers are frantically trying to maintain their control over you and the masses, for their power is based on fear and intimidation.

Therefore, it is imperative that there be masters of Light, warriors of Spirit ready to step into leadership roles and take dominion, those who are ready and willing to set an example as they guide and direct, to hold the focus of the new vision, the new plan for Heaven and Earth, and to see that it is manifested for the greatest good of all. You all have an integral part to play. No longer will you be able to abdicate your authority or follow passively where others lead you. You must take an active part, and play the role you were assigned by your Divine Self in order to accomplish that which will be your gift and contribution to the whole.

Remember, my brave warriors, you must draw your cloak of invincibility around you, and you must strengthen your resolve and raise your consciousness above the barbs, seeds of doubt and c

riticism that will be projected toward you. As the masses stir and the chasm between the third/fourth and fifth- dimensional awareness widens, the energies of resistance, resentment, and rebellion will be spewed forth by those still in the grip of the shadowland illusion of separation and negativity. They will experience great fear of the changes taking place, they will resent being pushed out of their comfort zone, even if it is a reality of

limitation and suffering. They will attempt to discredit and malign you, but you must not waver. You must stand in your integrity, not judging, but radiating loving energy toward all, and by taking the stance of a master by blessing them and moving on to more fertile fields. You must not try to change their minds, but teach by your example, speaking your truth at their level of understanding, and telling them that there are many paths back to the Oneness of the Creator. Be gentle, but strong in your convictions; compassionate, but do not get caught up in their drama, their small stories of woe; stay joyful and enthusiastic so they will begin to wonder what makes you so different. Indeed, they will notice and they will wonder, and some day they will take heed, for you will have sown the seeds of change within their auric field and their hearts. These seeds will not be denied, they will flourish, and one day they will burst forth and bloom into a Divine discontent which will nudge them onto the path of discipleship.

And so, beloved masters, I wish to gift you this day with an even greater infusion of the mighty First Ray of Divine Power, Will and Authority in preparation for the challenges in the days to come. The time is now, it has begun, that which you have dreamed of, yearned and prepared for, from the deepest level of your Being. No longer do you have to exist on faith, hope and wishes, for the proof and substance of humanity's evolution into a higher state of awareness is apparent at some level in everyone and everything on your Earth.

You are learning your lessons well, my sweet friends. You are well on your way to harnessing your ego-self and bringing it into alignment with your Higher Self and the wondrous attributes and gifts of your God Ray and Divine Self. You are endeavoring to govern your thoughts and keep your emotions on an even keel. You have learned that pure love must originate in the wellspring of the heart and it must first permeate Self before it can radiate out as a blessed gift to others. You are making great strides at becoming nonjudgmental and objective, as you allow events and interactions with others to flow around you as you stay centered in the heart. You are beginning to comprehend the secrets which will unlock your treasure chest of wisdom, and you are learning that the gift of manifestation is derived from living in the NOW moment. You have experienced the serenity and the magical properties of the higher dimensions as you weave in and out of the dif

ferent levels and frequencies of higher consciousness, and you know this is where you wish to dwell.

Yes, there are still many lessons to be learned and there always will be, but you now have the insight to see the justice and perfection in the dance and drama of life that you experience each day. You are being prepared to take a giant leap forward, beloveds, and the time has come for you to take your proper place in this great event, the ascension of Earth and humankind. Your Light quotient is blazing forth and as it connects with that of other enLIGHT-ened Beings it gains strength and momentum, permeating and infusing the Golden Etheric Web of your home planet. You are all moving up to the next rung of the ascension ladder. There are many leadership positions waiting to be filled as the awakening of the masses accelerates and the multitudes step onto the path of initiation.

I sense that there is still doubt and hesitation in some of you as your ego throws blockages of fear and inadequacy into your mind. As it struggles to maintain control over you, I hear the voice of your ego-self whisper within, "What can I do? How can I serve? What do I have to offer?" I tell you, you cannot be faint of heart or timid in Spirit, for as you move into the fullness of self-mastery over these next few years, your world and your picture of reality will change dramatically. It is time to step forward with courage and determination as you reclaim your Divine heritage. It is waiting for you in the not too distant future, my brave warriors, but you must draw forth from the universal Light substance the energy that you will use to mold and create your wondrous new world as you become the catalyst and director of your next adventure in consciousness. You must infuse your vision with emotions of excitement and daring; you must be bold and courageous as you go against the tide of commonality, and move out from beneath the stranglehold of the collective consciousness. You must speak words that resonate with the vibrations of success, and you must bear the stance and take the actions of a triumphant winner. You must dare to risk your all as you prove to yourself that when you are in harmony with Spirit, whatever you give freely with loving intent will be returned tenfold.

Now, more than ever, you have the tools of manifestation at your fingertips. You must step out of your comfort zone, and release all that no longer serves you. You all know where this applies, for it has been staring you in the face for months and even years, and will become even more unbearable until you finally relent and release that which is holding you back.

Beloved ones, during these times of momentous change, I have offered you that which was withdrawn from you so long ago, that which you have yearned for from the depths of your Being, that which will reestablish your connection with the energies of Creation: the First Ray of Divine Will, Power, Truth and Valor. We have given y

ou the wisdom and the tools to assist you on your journey into the future. Are you taking advantage of this wondrous blessings? If not, what are you waiting for?

The veil of forgetfulness is rapidly being lifted from your memory, and it is our desire that you regain, as quickly as possible, that crown of radiance which is symbolized so beautifully by the great Statue of Liberty. Many of you have integrated, ignited and harmonized the qualities, virtues and attributes of the seven great Rays, and are well on your way to claiming a full measure of the five higher Rays of Illumination that have been extended to you. Once again, this blazing crown will blaze forth from your brow, and you will be forever recognized as a Divine Being, an emissary of Light on a mission for our Father/Mother God and the Supreme Creator.

I am honored to be a protector of humankind and a bearer of the Creator Truth. Won't you join me as a standard bearer in this, the advanced phase of expression and learning on planet Earth, as you prepare to move back into the realms of higher consciousness and reclaim your Divine birthright? Reach outward, beloved ones, reach inward as well. We are waiting to shower upon you all the love and gifts from the Creator that you can absorb. I AM Archangel Michael

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ACCESSING THE “LIVING LIGHT” OF THE HIGHER-DIMENSIONAL LIGHT CITIES

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, many years ago, I conveyed a message entitled “MANDATE FOR CHANGE.” The opening paragraph read, “I wish to give you a mandate for the coming months and for the new millennium. Take heed, if you will, for these are some of the most critical, important years you will ever experience on the planet Earth. I have told you that these are years of integration, integrity, and of transcending the illusion of the third and fourth dimensions.”

Many of you, as seekers of Light, took this message to heart and have diligently striven to transmute or eliminate old limiting thought patterns and your narrow-focused reality of the past. You have learned to return your consciousness to your heart center and to live in the NOW moment, thereby balancing and harmonizing your own force field and gradually expanding your Sacred Space further and further out into the world-at-large.

For a very long time, we have been preparing you for your spiritual journey back into higher dimensional awareness, and the reintegration of your vaster God Self. We are most pleased to inform you that all is now in place for the next phase of the accelerated ascension process. We will recap a very small portion of the important information we have given so you will understand what is transpiring, and also to help you prepare for these momentous times:

We have given you the blessed gift of how to access and build your Pyramid of Power/Light in the fifth dimension. This was to show you how easily you can manifest your desires when you are no longer influenced by the collective consciousness and the distortions of the third/fourth dimensions. We taught you how to release old outmoded agreements and potential karmic “probable futures,” as you raised and balanced your frequency patterns, and moved through the process of stepping off the wheel of karma and into a state of grace. You quickly learned how to heal the past and script your future with the help of your angelic friends; however, the most important aspect of spending time in your fifth-dimensional pyramid was to help you become acclimatized and accustomed to functioning in a fifth-dimensional environment.

Those of you who have diligently stayed the course are making remarkable headway in becoming a “living meditation,” and are well on your way to self-mastery. As cocreators of peace, joy and abundance, you have become much more disciplined in your thoughts, actions and deeds. When you are “heart-centered” and “soul-focused,” you move quickly through the challenges, tests and opportunities before you, as you process them, and turn the knowledge of the experience into the wisdom of a master.

Again, we have requested that our messenger excerpt a recent past message which will give you a better understanding of the process that is unfolding on your planet in this

pivotal year:

“We have often spoken of the portal openings and cities of Light; however, you still do not fully understand what we are endeavoring to tell you. We have also told you that there are wondrous Beings of Light from throughout the Omniverse who have journeyed to your galaxy/solar system/planet to observe the phenomenal transformational process now in progress. In the past, these great Beings sent down refracted portions of themselves; however, because this is a critical and momentous era in the evolution of your universe, and especially the Earth and its solar system, they were asked to come forth fully-empowered in all their magnificence. If you understand the workings of the universe, you know that it is not possible for any of the Great Beings to come down into the lower dimensions in which you reside in their full brilliancy and splendor. Remember, we have told you that all of the great masters, avatars and messengers of the Creator, in order to walk among you, brought forth only a small facet of their true magnificence into the physical vessel in which they incarnated.

In order for these emissaries of the Creator to make the journey down from the highest realms of Creation, they formed great celestial spheres of Light which contained the frequencies and geometric patterns of Light from the dimensions in which they reside. Their Suns of Light contained all the virtues, attributes, qualities and aspects of their home environment, as well as the wisdom, knowledge and information that they wished to impart to humanity. Each of these great Beings carries specific gifts and talents bestowed upon them directly from the heart/mind of the Supreme Creator, some of which have been made available to you via the Pyramids of Light you have created in the fifth dimension. These great Light ships or cities of Light are now firmly in place in the higher dimensions throughout your galaxy with a high concentration of these magnificent structures in many key places around your Earth. The Portal openings of unlimited potential you have heard about, and have assisted in opening, are gateways to these cities of Light whereby you can access all the magnificence they contain, and for the first time since you left your lofty home among the stars, you will be able to commune and interact with these phenomenal Beings.

Many cities and places on Earth have been and will be designated as Light Cities whereby great ascension columns of Light will radiate forth from the higher realms through your endeavors. People by the thousands are migrating to these cities, drawn there by an inexplicable drive or impulse. There are other places which have been designated as Light Stations where centers of learning, healing and spiritual wisdom are being formed. Thousands of dear souls will be drawn to these places to gain knowledge, to be healed and to join with their soul families or companions on the journey. They will take the seeds of new Creation and wisdom

back to their homes and they will radiate these transforming frequencies from the Realms of Light to all those around them.”

We will now give you a more detailed overview of how awesome these cities of Light are, what they contain, and their purpose: The Light cities are huge spheres contained within

and protected by a golden band of Creator Light. They incorporate graduated dimensional spheres, with each sphere being separated from the next by membranes of Light. The central sphere contains a fraction of the Diamond Core Essence of the Supreme Creator, and is the generating force field for each Light city. The next concentric, inner-dimensional circle around the core sphere contains the vibrational Essence of our Father/Mother God for this universe, and stored within that circle are the Divine theme/plan/overview for this universe, along with the Divine schematic for the future, which is now being actively radiated forth throughout all the universe's multidimensional levels, and especially to the Earth and its solar system.

There is not space herein to explain in detail what each of the remaining dimensional levels consists of; therefore, suffice it to say that the cities of Light contain a microcosm of this universe's dimensions six through twelve, along with the overlighting radiance of the Supreme Creator as the central sun/core. Within each Light city are representatives of the Elohim, the Creator councils of twenty-four, twelve and nine. There are representatives of the Orders of Metatron, Michael, and Melchizedek, and also Creator sons and daughters (who, in the future, will be the cocreator Gods of new universes, galaxies, star systems, solar systems and planets). There is a host of archangels and angelic beings in each Light city, representatives from the divisions of the Seraphim and the many other angelic orders. For many of you who have reached a certain level of enLIGHTENment, your I AM Presence has sent down a powerful aspect of your "God Self" into a Light city nearest to you, so that it will be more easily accessible to you, as you visit and become acclimated to these wondrous cities of Light via the many portals or gateways.

As you are aware, the higher frequencies of Light were showered down upon the Earth in greater and greater amounts until the Harmonic Convergence of 1987. At that time it was decided that the vibrational frequency patterns had reached a level whereby it would be much too chaotic for the Earth and humanity-at-large to attempt to integrate and process any higher frequency infusions. Therefore, a great clarion call went forth, and you, the "slumbering StarSeed," began to awaken. You became what we called the transformers of Light, the transducers and lightening rods of Spirit, who breathed in the Living Light, sending it down into the core of your blessed planet to be mixed and melded with your Earth's Essence before radiating it out into the world via your heart chakra/Solar Power Center. Throug

h your pure intentions, without even knowing the details or scientific reasoning behind what your Higher Self was guiding you to do, you, the Lightworkers, began to spread and build the Crystalline Grid of Light around the world, firmly anchoring it to the ancient established grids and ley lines beneath the Earth.

You are also the ones who have traveled the world, visiting the sacred sites and the important power spots under the guidance of Spirit, as you assisted in the activation of many of the great, semi-dormant, sentient crystalline structures deep within the Earth. You have anchored, activated, and been empowered by many of the record keeper crystals and rocks, and have had some "StarSeed activations" of your own, as well as recapturing

memories of some of your most important lifetimes on planet Earth. Now it is time for your next assignment, beloveds. It is you, the warriors of Light, who must move up the ascension column which contains a double-helix spiral of Light, whereby you may gain access to the outermost sphere of a Light city (the right, clockwise spiral will take you up to the Light city, and the left, counter-clockwise spiral will bring you back down into your earthly plane). However, each time you visit a Light city, you will integrate and bring back to Earth a little more of the refined frequencies of Light containing the Divine blueprint for the future of humanity and the Earth. You will also gain access to the vibrational pattern of your perfected vessel of Light, as you strive to return to the health, vitality and longevity you were originally designed to enjoy.

The portals are now open, but you must rise up and enter, for this great gift of radiant Light is only accessible to those who are firmly on the path of ascension, and are capable of being “Baptized in the “Living Light” of new Creation. Have no fear, beloveds, for just as an acolyte in an ashram or in a school of initiation, you must slowly work your way through the different levels of awareness. The key to each higher-dimensional inner sanctum is vibrational, each one more refined and exquisite than the last. If you have been reading our messages over the past years, and have made an effort to integrate even a small portion of our teachings, you are ready to be a part of this grand mission and to enter a City of Light.

If you still have doubts, go into your pyramid of Light and lie on the crystal table therein. Ask your angelic friends to assist you in harmonizing your frequency patterns both within and without, and then while in a meditative state, with pure intention, envision the double helix spiral of Light. See yourself being lifted up the spiral on the right and allow your Higher Self to orchestrate your journey into the Light City. Do not place any conditions on your journey or expect a certain outcome. Allow Spirit to be your guide and you will not be led astray. You will be infused with the appropriate amount of Creator Light, as much a

s you can integrate, process and project out into the world. No more, no less.

Gradually, you the ascending StarSeed of new Creation, will move further and further into the inner sanctum of Light as you bring more and more of the rarified Light of the Creator, and the Divine Schematic of the future back to Earth with you. As has been said many times, “As you are lifted up, so is the Earth and all its inhabitants.”

That is why we are urging you, the messengers, Lightworkers and Earthkeepers around the world, to gather together in order to access these cities of Light, and synergistically anchor these ascension portals on Earth. We will focus on major portals at first, those which are attuned to strategic power points around the Earth, so that the ancient grids and ley lines can merge with the crystalline grid which is the new power grid overlay for the ascension of the Earth and humanity. Eventually, every area on Earth will be “plugged-in” to this power source of ascension.

Follow the nudgings of your heart/soul, beloveds and you will be guided as to the part you have to play in this grand unfolding drama. Any positive endeavor, no matter how small,

will be added to the whole, as we march forward together into the glorious New Age. I am ever near to guide and protect you. I AM Archangel Michael. *** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

NEW ***Inspired by AA Michael: Jaime Teasley and Matia Michaelson have created these beautiful crystal wands using the highest quality crystals. Lord Michael states: "These wands are symbolic of the crystalline Light Body, called your Adam/Eve Kadmon Light Body, which is your perfect form in the higher realms." SWORD OF MICHAEL LIGHT WAND: The Sword of Michael wand is made of sparkling Swarovski crystal, 5.75" long with clear and cobalt blue Swarovski crystals. \$30 plus S & H

CHAKRA LIGHT WAND: The Chakra Wand is also made of Swarovski crystal, 5.5" long with colored Swarovski crystals corresponding to the colors of the chakras. Both wands are handmade and blessed by AA Michael. \$30 plus S&H * Each wand S & H via Priority Mail : \$5 USA * \$9 Canada * \$ 12 Int'l

Dearest friends, at the beginning of 2006, Beloved Michael began downloading new information about the cities of Light in the higher dimensions, and the newly opened portals which will give us access to them. He told me that this year and next, I would be guided to hold seminars in strategic locales in the United States and Europe to facilitate the next step in our evolutionary process.(He also told me that other Lightworkers in various places on Earth would be inspired to do the same so that every major area on Earth will have access to one of the Light cities.) It is amazing how Michael has cleared the way (as usual), and how the people who are to facilitate these events

have been guided to contact me. James Tipton, aka Tyberonn of Metatron's lineage, is a field geologist and an expert on the planetary grid system, and is also my facilitator and co-presenter at our Houston seminar May 13 & 14. While on the Caribbean cruise last November, we discussed many of the sacred sites, including the three ancient sacred lakes: Pyramid Lake (near my home), Lake Titicaca in South America, and Lake Baikal in eastern Siberia. Tyb has been to Lake Titicaca, and my family and I often visit Pyramid Lake. I was also directed by AA Michael to do a "Portal activation" there in 1998. Tyb told me last week that he was going on a work related trip to Russia, and has been guided to visit Lake Baikal while there. These three Lakes are powerful anchoring points for the ascension grid system, since they hold ancient crystalline energy, vibrational patterns and encodings that were put in place as the Earth was being made ready for inhabitation, and before our descent into the physical realm. Tyb has some water from Lake Titicaca, and AA Michael asked me to go to Pyramid Lake and perform a ceremony in the city of Light via the portal opening there. This is the ceremony we will all participate in at my seminars this year, and I was also asked to take a vial of water from Pyramid to Houston. Michael asked Tyb to do the same at Lake Baikal. We will mix the waters of the three lakes at our Houston seminar, which will be

instrumental in igniting the “Seeds of Ascension” in these three ancient lakes (the microcosm representing the macrocosm).

AA Michael gave me a detailed ceremony for each of us to perform at the two lakes, and also at each seminar I hold this year (as well as at my home). It involves using some clear quartz crystals and also some small amethyst stones and placing them in a specific pattern. It has taken me sometime to download some of this information, and I was guided to run it by Tyb for scientific validation, because I know he is very knowledgeable about the Earth grids, portals and sacred geometry of our ascending planet. He sent me a wealth of information from a wonderful man, William Buehler, who is surely a master, and who has a strong connection to Thoth and Metatron. He has devoted the past 35 years of his life to understanding the complex geometry of the Earth’s grid systems. I was amazed to learn the important role both Metatron and AA Michael have in the ascension process, and also the significance of the amethyst stones we are to use. It is very advanced material, and some of it left my head swimming; however, I have gleaned enough to further explain and validate what AA Michael has been giving me. It is mostly in scientific terms, and AA Michael has helped me to simplify some of the overall concepts so that I can present them to everyone at my seminars, and they will be able to understand what an important time this is. I am so very grateful that these two wonderful, dedicated Warriors of Light ha

ve come into my world (again), for I am sure we have journeyed together throughout the universe. I am excited about these coming years, and looking forward to sharing this astounding information with all of you. I honor each of you for your dedication to your earthly mission, and look forward to our time together, either on Earth or in the higher dimensions. Love and angel blessings, Ronna

LEARNING TO LIVE IN A FIFTH-DIMENSIONAL ENVIRONMENT

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, this is a pivotal year as the Earth and all who reside upon her prepare for the next step in the quickening consciousness of all Creation. As we stated in our most recent past message, the higher-dimensional Cities of Light are now firmly in place in strategic places around the Earth, and the portals to these wondrous cities are open and ready to receive you. It is you, the Star Seed, who are being encouraged to stretch your spiritual boundaries even further, and allow yourselves to move deeper into the chamber of your Sacred Heart and your Diamond Core Essence, as you integrate more and more of your multidimensional God Self. We are asking those of you who have worked so diligently to return to balance and harmony, both within your inner nature and the outer world, to once again step to the fore and make this grand leap into the expanded reality of the future. Just as you brought a small portion of Living Light with you down into the lower dimensions of Creation, you are now being given an opportunity to reclaim greater and greater amounts of rarified Creator Light substance. Remember, as we explained to you in the past, this is the most important lifetime you will ever experience on planet Earth, for you are being offered access to the fullest measure of your God Self/Consciousness that you can contain; however, you must use and share all that you tap into and integrate, and then even more will be available to you.

Over time and in varying degrees, you have made yourselves ready to receive the refined infusions of Living Light from the Creator and our Father/Mother God, and it has “rocked and shattered” your old, limited state of consciousness, as you gradually built a new reality from the inside outward. With your feet and your newly balanced three lower chakras firmly anchored in the higher levels of a third/fourth-dimensional reality, you moved into your sacred heart and centered your consciousness as you slowly but surely began the process of creating a unique fifth-dimensional environment: a reality made up of your newly acquired wisdom, thought patterns, intentions and deeds. You might envision this as a sphere or a column of Light surrounding and protecting you (or a microcosm of the higher-dimensional Light Cities). This is an environment attuned to your refined over-lighting vibrational patterns in which nothing of a lesser frequency can penetrate, unless you lower the frequencies of your “spiritual armor,” thereby allowing the distorted shadow Light to affect you.

When you are ready to take an inner journey into the City of Light nearest you, you will be taken to the appropriate level for your present “State of Being,” which for most will be the first station or level of the sixth dimension (there are seven stations or planes in each dimension in this particular universal experie

nce). For your comfort and as a safeguard to assure you will receive only the most beneficial infusion of refined energy, you will again be encapsulated in a sphere of Light, and two wondrous angelic guides will greet you and stay with you throughout your visit in this

rarified environment. You will not only have access to, and will be infused with, the Living Light of new Creation via the Ascension Accelerator Chambers, but you will also receive a new activation within your Diamond Core God Cell. This will assist you to gradually refine your auric field and speed up the process of reclaiming your beautiful body of Light, so that you can project more of your internal radiance out into the world. You will also gradually gain access to the higher levels of the brain where the Light packets of wisdom are stored: your cosmic intelligence, your lineage, as well as your Divine Mission, and a detailed history of your journey throughout this universal experience. Inspired thought, new creative processes and inventions are often brought forth into physical expression by tapping into these Light Packets stored within your own brain.

You will not only receive a personal infusion of Light, but you will also become receptacles for these higher vibrational patterns of Light, and as you integrate these refined frequencies, you will become the Living Light Beings of the future: beautiful crystalline forms of higher consciousness containing all the attributes, qualities and virtues of our Father/Mother God, God Seeds encased in bodies of flesh, Living Light made manifest. Through your intentions, you will also anchor this Light deep within the Earth and around the world, so that the Earth will be infused with Divine transforming Light from above and from within.

It is vital that you fully understand the importance of spending time in your Pyramid of Light/Power in the fifth dimension. It is not only a place to help you become a master of cocreation, and was designed to assist you in releasing, refining and removing all negative third/fourth-dimensional karmic programming, but it is the first step in many as you are gradually prepared to access the higher and higher frequencies of Light. A great multitude of Pyramids of Light are stationed throughout this universe, as well as many other geometrically shaped Way Stations which helped you become acclimatized and adjusted to the lower and denser levels of Light, as you refracted your vaster Self and moved outward to the furthest edge of Omniversal Creation. Now is the time whereby the prophecies of old will be fulfilled; you are now being called to return to the realms of Living Light.

The more time you spend in your fifth-dimensional Pyramid, the more quickly you will be able to access areas of even higher frequency patterns and even greater aspects and qualities of Creator Consciousness. Projecting your consciousness into your Pyramid before you fall asleep is an excellent way to speed up the process

of becoming accustomed to existing in that rarified environment. There has always been a failsafe in these Pyramids of Light, whereby you cannot tap into a higher frequency level than you can safely integrate. When you are ready to be initiated into the higher-dimensional levels of Light, your angelic guides will see that your personal pyramid is automatically formed at the appropriate dimensional level for you, and the frequencies will gradually be increased or refined as you integrate and utilize them in your physical reality.

We have stressed over and over again, there are universal laws governing all aspects of Creation, from the greatest and most dynamic down to the most infinitesimal. It has always

been our greatest desire to teach you the universal laws of Creation, and to show you how to apply them on the physical plane in order to create a world of harmony, peace, loving relationships and abundance. As long as you align your desires with those of your Higher Self for the greatest good of all, you have the ability to create anything you can envision. We can give you the information and guidance, but you must take the necessary steps to integrate the knowledge and turn it into wisdom, and then become the living embodiment of that wisdom.

Can you imagine what a glorious gift it would be to have the veil of forgetfulness lifted and to remember ALL of your past: who you truly are, where you have been, and the many phenomenal adventures you have had? It is time, beloveds, but not before you have healed the past and neutralized the painful memories and seeming failures, so that all you can remember are the wondrous sensations of the physical body that you experienced before you sank into the density, and the tremendous joy and satisfaction that you have derived from your experiences in the material realm.

As has been stated many times before, 'As above, So below.' Said in another way, 'The macrocosm is replicated in the microcosm.' Therefore, it is important for your understanding that you realize and accept the fact that each and everyone of you is a Divine Spark of the Supreme Creator in manifested form, no matter your station in life, or the circumstances you chose to experience in this brief incarnation. You came to Earth to fulfill your part of the Divine Mission for this universal experience, and to go about our Father/Mother Gods' business as a cocreator of new worlds without end. You have stored within your Diamond Core God Cell the potential to become or have anything you can envision. We stress this over and over, but you have not yet totally accepted this universal truth.

The orders of The Goddess, Metatron, Melchizedek and Michael are thriving and well-represented on Earth. You, the embodied Legions of Light Warriors, under my direction are entrenched, active and gaining strength of purpose in every area and at every level on Earth, as you anchor more and more Light consciousness and regenerate your physical, mental

, emotional and etheric bodies. There is a mighty legion of angelic Beings who carry the aspects, qualities and virtues of God consciousness, and there are also representatives of all the great Beings of Light on Earth in physical form (albeit in a greatly refracted/diminished state), and more and more ancient and mighty souls/Beings are being born each day. There is a great influx of master Beings of Light waiting to take physical form, for they wish to be on the front line of experience as this miracle of transformation takes place on your small planet.

Beloveds, we are asking you to rise above the turbulence and chaos that is taking place all around you. Focus your gaze on the stars which are representative of the lofty goals you are seeking. The emotions of sadness, anger, guilt or fear only add fuel to the negative collective consciousness of the lower dimensions; they serve no one. As a self-master you are learning

to express and project compassionate empathy wrapped in unconditional love, knowing that ultimately the greatest good for all will prevail.

Indeed, these are times of great testing for humanity as the elements of nature strive to return the Earth to balance and harmony, within and without. The planet Earth is alive, but not well, for this great sentient Being has suffered the results of humanity's discordant vibrational thought patterns and actions for aeons of time. Your host planet is also experiencing the accelerated process of releasing and shaking off the shackles of its third/fourth-dimensional prison. The ancient labyrinths and ley lines deep within and encircling the Earth are once again being permeated with the healing elixir of Life, and the long-dormant sentient crystalline structures deep within the Earth are stirring and awakening once more. You are the bearers of this transforming infusion of Crystalline Living Light, and it is you, the bearers of the Living Light, who will determine the locations of the new sacred power centers around the Earth, as well as the locations of the earthly cities of Light and the Light stations of learning and transformation. You, the collective Legions of Light, are the ones who must tap into these wondrous celestial Cities and anchor the higher frequencies of luminous Light upon and within the Earth. As you tap into and are filled to overflowing with each graduated level of Living Light, you will take what is required for your own transformation, and the rest will be gifted to the Earth and humanity-at-large through your Living Light Breath. You have been taught the importance of practicing the Breath of Infinity, and those of you who have diligently practiced this sacred breathing process have gained much benefit from the Prana of Life (breath filled with the Living Light of Creation).

Perfecting the Infinity Breath, the Still Point pause, and the Binary Sequencing meditation will assist you in moving through that multidimensional doorway deep within y

our Sacred Heart, whereby you can be swiftly taken into your Pyramid of Light/Power, and prepared to access the spiraling Light portal leading to the City of Light nearest you.

The curtain is falling on the drama of the many past ages on Earth, as the exciting new Divine plan and vision for the future unfolds. You, who have earned the right to, once again, be designated as cocreators of worlds to come, are being asked to boldly reach upward and outward as you claim the gifts within the great cities of Light: virtues, qualities and attributes which will supply all you need to become masters of the Living Light. We, your brothers and sisters of the higher realms, await you. You have been sorely missed. The radiance of our Father/Mother God shines down upon you, now and forever more. You are loved most profoundly, I AM Archangel Michael .

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Dearest friends, as anticipated, our seminar in Houston was an event filled with miracles and was almost overwhelming at times. On Friday, May 12, James Tipton, aka Tyberonn,

who is of the lineage of Metatron, Thomas Beamer, lineage of Melchizedek, Helen Huber, representing the Goddess, and I, representing AA Michael, went to Moody Gardens on Galveston Island, about an hour's drive from Houston. We met a lady who worked there and she told us that the son of the Moody Family/ Moody Foundation had placed a beautiful, quartz crystal (about 50 lb. size), in the lobby of the administration office of the complex. She invited us to see it, and we were allowed to touch it in order to infuse our intentions into this powerful crystal. We also poured a small amount of water over the crystal from the three sacred lakes (Lake Titicaca, Pyramid Lake and Lake Baikal). We then went to the crystal cave, inside the Rainforest Pyramid, which contained five massive, quartz crystal clusters, two weighing at least 200 lbs., and three others weighing approx. 50-75 lbs., which had been placed in alcoves in the walls of the simulated cave as educational geological displays. There, we set our intentions, offered prayers, touched the stones, and sprinkled them with the sacred water. We also dropped some small amethyst and clear quartz points I furnished, under the directions of AA Michael, into the base pool of a waterfall at the cave entrance inside the Pyramid. We then walked the along the inner perimeter of the Rainforest Pyramid, which is the entry point into the three Pyramid complex, and contains tropical plants, birds and fish. We made our way to the center of the saltwater Aquarium Pyramid, which has a golden spiral circular two-tiered opening from base to apex, and again, we set our intention through meditation. We dropped two quartz crystal points in one of the salt water pools containing tropical fish and sea turtles, and we ba

thetd some of the plants with the sacred waters. Finally, we visited the copper-colored Science Pyramid, and in the corner of the upper level, we followed the same process. We joined in a guided visualization of opening and anchoring the portal to allow the inflow of the Living Light, which will radiate the accelerated energies of ascension in a circular pulsing beam to all the surrounding areas. We also directed special intent toward "lightening" the energy of Houston. Tyb told us that Houston is, in a real sense, a major corporate center of world energy and power, and as such, a density of shadowed energy prevails. AA Michael confirmed that Houston was once the site of an Atlantean temple, and that this grid is needed to reactivate the sacred energies that once flowed throughout the area, and it is also critical that the portal be anchored so that the refined Light of new Creation can mix with and refine the ancient energies. We were told that we had successfully set the template required to initiate these processes. He also told us that this was the main reason the Moody family was inspired to create the Pyramid complex. In its worldly expression, the complex is primarily educational and is often toured by students and other groups, and as such, all who visit this beautiful place in the future will receive an infusion of Living Light, another magical way the Earth and humanity will be assisted in this time of transformation. I was inspired by AA Michael to ask Tyberonn, Thomas Beamer and a dear friend, Dr. Helen Huber, to join me for this event, and now I understand why. Tyb gifted us with a wonderful slide presentation and spoke on the Metatronic Grid Systems & Sacred Sites. He has traveled the world and has a wealth of fascinating information to share. Tomas Beamer (presenting for the first time) spoke of his recent experiences since learning he is of the lineage of Melchizedek, how it feels to integrate his over-Lighting energy, and allow this great Being to work with and through him. Helen Huber toned with crystal bowls,

and also gifted us with a beautiful, inspired song she wrote. Her beautiful voice has a wide range and an amazing quality. She surely must have sung with the Celestial Choir in the realms of Light. After AA Michael's powerful message, he took us to our special Pyramid of Light, and then up the portal to the Light City over the gulf and surrounding states. I can't begin to tell you all the exquisite details of this first visit to a City of Light; however, beloved Michael has asked me to create a tape of the meditation, and also of the ritual for accessing the portal and anchoring the City of Light closest to you. I have also produced a four-page article entitled Reshel/Metatronic Grids, Ley Lines, The Crystalline Grid, and the new Ascension Grid Overlay which was excerpted from information from Tyb and a wonderful friend of his, William Buehler. I hope to have this information available on my site shortly. What a w

ondrous time this is, and how blessed we all are to be given this glorious gift. I, for one, intend to be a constant cosmic traveler. Won't you join me, dear friends, as we access and anchor the Living Light around the world? Love and angel blessings, Ronna ***I am pleased to tell you about a new, very special book, written by one of my dearest angel sisters, Dorothy Aho. A JOURNEY OF LOVE INTO PEACE is a compilation of wonderful channeled material, and Dorothy's spiritual journey and experiences. I admire her greatly for "stepping out there" and having the courage to follow her passion. I know you will enjoy and treasure this jewel of Light. Price: \$16.95 plus \$3 S&H (book rate) or \$5 Priority mail. To purchase, please contact Dorothy directly: 218-525-7415 * Email: dorfinn@lakenet.com

EXCERPT FROM MESSAGE PRESENTED AT YELLOWSTONE PARK, MONTANA

TRANSMITTED THROUGH RONNA HERMAN

THE NEXT STEP IN YOUR SACRED QUEST

Beloved masters, we implore you, do not place us “out there” in some far distant, nebulous realm. Please sense us with your heart as well as your mind, and allow us to meld with you, as we endeavor to merge our essence with yours in your earthly environment. The unity, the harmony and the beauty of your home environs in the higher dimensions are beyond your comprehension. Those of you who have tapped into the bliss state of the higher realms have an inkling of how precious, beautiful, unique and wonderful it is in your homeland among the stars. One of our greatest desires is to make the worlds of the higher realms of Light real for you. We want to give you a sense of empowerment, a sense of how magnificent you are, the potential you have stored within you, and the precious gifts that have lain dormant within you for so many ages. You have been sleep-walking. You have been at slumber. You have shields and veils which have created illusions and distortions in your earthly world of reality. You have been in the midst of a great drama in which you have played multiple roles. You have become accustomed to the drama of exaggerated polarity and duality, and it has taken much effort, tenacity and wisdom to bring yourselves back to center, and to gain control of the ego desire body in order to reclaim self-mastery.

It is time to bring forth a new spectacular scenario, another program or reality for you to experience, one of mastery, one of walking and living your divinity, one of standing tall, radiant and vibrant as you interact with other masters. Yes, that is your potential, and it frightens you a little, doesn't it? You say, “who me?” Yes, you and you, all of you. You would not be here or you would not be reading these messages if you were not ready, and we honor you for answering this call to begin a new spiritual quest. The clarion call that is now echoing throughout the universe is triggering impulses, memories and an urgency beyond anything you can remember in the past. It is the most important call to join the Forces Of Light that you have answered since you agreed to come down through all the multi-dimensions and to experience this mandala of Creation on planet Earth.

It is important that you understand, this era of Creation is drawing to a close. Humanity is changing. The Earth is changing. Many of the animals and the flora and fauna are leaving these realms of expression, but they are not lost. No thing is ever lost. They are returning to their perfected state in a realm of higher resonance in which most of you cannot perceive them. In the third and fourth-dimensional, mass-consciousness reality, it is a common belief that all of the planets in your solar system are barren, and in the third and fourth dimensions, they are. But what about in the fifth and

sixth dimensions where they are teeming with wondrous life and vitality? Is it too much of a stretch of your imagination to accept the fact that you go to these unique and diverse places in-between lifetimes on Earth?

What do you think you do in-between lifetimes, float around on clouds? Walk on golden streets? Oh, how boring! You go to many wondrous places, to other galaxies, to the universities and places of learning where you refresh your memory, and prepare yourselves for your next earthly assignment. You also have advisory duties, for you see, you are the ones who teach us what it is like to exist in a physical body, and to experience the limitations of the compressed, diminished realms of Creation. You are the ones who are making it possible for the Supreme Creator to anchor the Living Light of transformation on the Earth. You are the facilitators of the ascension process, and without you it could not happen. You are the ones who have experienced the broadest spectrum of polarity and duality, and you are the ones who must return to your center of harmony so that ALL else can be brought back into balance.

Remember, we are not asking you to do anything that you have not done before. You have all the components, all of the wisdom, everything you need intrinsically within you to be or to become anything you can envision. If you can envision a reality and it is in line with your Divine mission, for the greatest good of all, YOU CAN MANIFEST IT. We stress this over and over again, but you still do not accept it as your truth. What are you waiting for? You are the ones who will create the wondrous cities of Light on the earthly plane. You are the ones who will establish the new sacred power centers whereby the peoples of the Earth may come to be healed, nurtured and transformed. You are the ones who will help the Earth to heal and return to its pristine beauty. The Supreme Creator, our Father/Mother God and we are supplying the creative fire of transformation, but it is you, the Star Seeds on Earth, who must integrate this formula for change and radiate it forth to humanity and the Earth.

We have spoken often of the return to Oneness; however, we know you are not yet aware of how important this concept is. You cannot see these streams of Light, but nevertheless, you are connected to every soul on this planet by an energetic stream of Light which is very, very fragile, and very minuscule, and so that is why we say, "what happens to one, happens to all." In some way, whether positive or negative, everything that takes place on Earth affects all of humanity, and also reverberates out into the universe in a diminished or magnified capacity (diminished if it is negative and magnified if it is positive energy). And so, as you gently lift and refine your energy and move forward, your Light is radiating forth from you in an infinity sign in every direction. You are opening the path, beloveds. You are the wayshowers, and we are asking

you to step forward and open the pathway to the Cities of Light that are awaiting you. We ask you to join your brothers and sisters of Light, those of you who are ready and willing to join together in order to fulfill this next phase of the Divine Plan for ascending humanity. The more of you who answer the call, and learn to access the Celestial Cities of Light in order to anchor the Living Light of ascension within yourselves and within the Earth, the faster the transformation into the fifth-dimension will sweep the Earth. The Oneness and

unity consciousness of the Legions of Light will be magnified exponentially as you allow us to OverLight you and guide you through this grand passage into the realms of Light. As always, you are under our guidance and protection, I AM Archangel Michael

*** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

BEFORE YOU EXPERIENCE THE CITY OF LIGHT MEDITATION, PLEASE ANSWER THE QUESTIONS BELOW:

Are you ready to release all the residual negative energies of the past that you still carry within, in the appropriate amount and at the appropriate time? *** Are you prepared to be a Light bearer, a vessel for the higher frequencies of Light? *** Will you strive to stay centered in the heart, and endeavor to bring your mental and emotional bodies into harmonious alignment? *** Will you endeavor to incorporate the greatest amount of Creator Light that you can safely contain? *** Will you agree to use what you need, and then pass the remainder down into the Earth, and outward to humanity (through the sacred breathing techniques)? *** Are you ready and prepared to step onto the path of accelerated ascension under the direction of your assigned angelic guides and teachers? *** Are you willing to align your will with that of your god-self for the greatest good of all. *** Perfection is not required. All that is being asked of you is that you will endeavor to do the very best you are capable of doing. (Always ask for ease and grace).

PORTALS AND CELESTIAL CITIES OF LIGHT MEDITATION

Take several deep breaths and let them out slowly (or, if you are familiar with the process, do several infinity breath sequences). With each breath, imagine yourself moving swiftly and deeply into your Sacred Heart Center. Envision a beautiful, bright room with your Diamond Core God Cell on a pedestal in the center of the room. It is radiating all the colors of the Twelve Rays out into the room at whatever level and in whatever pattern that is appropriate for you. See a radiant Being of Light standing behind your God Cell; this is the Essence of you in etheric form. Watch as your Diamond Core God Cell and your etheric form merge. Now, sense or feel yourself merge with your etheric form. Take a moment to feel the wonderful sensations of this Higher Self merge.

Envision, however you perceive, a beautiful s

phere of Light coming down your personal column of Light, and watch as it pierces your crown chakra, and then travels down, down, down into the sacred chamber of your heart. Watch as it surrounds you in your etheric form. This sphere of Light is designed just for you, and will ensure that you can safely journey into the higher realms without going into "overload." It will be refined and adjusted each time you take a journey into the higher dimensions so that you will always be encapsulated in an atmosphere of vibrational frequencies designed just for you.

Now, feel yourself, within the capsule of Light, being drawn to the back of the chamber, and watch as suddenly a doorway opens and you are drawn out into the higher dimensions. You will now be taken to a personal Pyramid of Light at whatever level of the fifth dimension is appropriate for you. There are two angelic guides there to assist you, and they help you to lie on the crystal table. Now, observe as a brighter sphere of Light surrounds you, and you are slowly lifted up into and through the double-terminated quartz crystal that hangs over the table until you emerge from the top of the pyramid. You move onto a clock-wise spiral of Light and are swiftly lifted upward, and upward, and upward. Suddenly, before you are two great vibrant, golden arches: one is the entrance, and one is the exit for the City of Light. You are guided to enter the archway on the right. There are two, even more radiant angelic Beings to greet you: one who bears powerful, dynamic masculine energy, and one that radiates gentle, loving feminine energy.

You are now in the outermost level or station of the sixth dimension (there are seven sub-dimensions or levels in each dimension). Look around at the incredible beauty of this place. There are soft lights radiating from the walls like a multi-colored aurora borealis. There are crystals of many shapes, sizes and colors projecting from the curved ceiling and down part way on the walls. The corridor is quite wide, and on both walls of the passageway, placed closely together, are alcoves with crystal chairs inside. You can see hundreds of these alcoves lining the walls for they extend around the full perimeter of this first level of the City of Light. You hear haunting melodies, sweeter and more inspiring than any you have ever heard before. There is a gentle breeze and a fragrance that you cannot identify, but you know you have experienced it before, and it brings back memories of a wondrous time, long past. You are assisted into one of the alcoves, and seated in the crystal chair. Immediately, beams of Light of every color imaginable shoot forth from the ceiling, the sides of the arched alcove, and from the floor, sealing you in this Ascension Accelerator Chamber. Turn inward and observe the sensations you are feeling. Pause for a moment or two. It is as if you are able to bi-locate and be in two places at once. You can feel the energy

permeate your etheric body within the sphere, and then as you shift your consciousness, you can feel the sensations within your physical body which is positioned on a chair in the physical world. Again, pause for a few moments so that you may fully experience the sensations. Know that you are being bathed in the appropriate and perfectly designed combination of Light frequencies for your greatest benefit, and the maximum that you can safely incorporate at this time.

Breath deeply, as you ingest the Living Light and are permeated with the Divine Elixir of Life. You may pause for as long as you wish while sitting within the chamber. We assure you, there is a failsafe to this process, and you will never be allowed to incorporate any higher frequency energies than are suitable for you.

The Light waves slowly diminish and then shut down completely. You are lifted from the chamber by your two angelic guides, and it seems as if they partially merge their Light sphere with yours, so that you are balanced between them, as they swiftly carry you around the complete perimeter of this first level. You see and sense sparks of Light radiating forth

from you out into the great hallway as you complete the circle. You see, you are leaving your energetic signature here, as your harmonious earthly vibrational frequencies are added to the Divine schematic of this level. You have been given a precious gift, and you are also leaving a personal gift behind. A gift that will be added to the cosmic storehouse of knowledge for future use. Now you are returned to the entrance, and you bid farewell to your angelic friends. They direct you to the archway opposite to the one you entered, and as you move forward, you begin your counter-clockwise descent back into your personal pyramid of light. After a brief rest on your crystal table, you are led to the entrance and swiftly make your way back down into your earthly world. Breathe deeply as you feel the Light begin to penetrate your bodily form. Sense a tingling sensation as if a stream of energy is permeating the very core of your Being and bathing you in Light. Allow the light to fill you to overflowing. When you sense you have absorbed all you can hold, allow the Light to flow down through your root chakra and deep into the core of the Earth. Remember to continue to breathe deeply, for the breath is the conductor of this energy. When you feel a completion, sense the Living Light begin to radiate forth from your solar power center both front and back. Breathe the Light out into the world for a brief time. Slowly return your breathing to normal and focus your consciousness in your heart center once more. Feel your feet on the floor, move your hands and rotate your shoulders as you once again begin to feel the sensations of the physical body. Breathe slowly as you return to full consciousness and when you are ready, you may open your eyes. **MEDITATION INSPIRED AND OVERLIGHTED BY ARCHANGEL MICHAEL

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***ASCENSION PACKET: A PACKET CONTAINING AN AUDIO TAPE OF AA MICHAEL'S MEDITATION TAKING US INTO THE CITIES OF LIGHT, THE SACRED GRIDS AND METATRON / MICHAEL MANDATE INFORMATION, A SIX-PAGE OVERVIEW FROM RONNA INCLUDING THE WRITTEN CITY OF LIGHT MEDITATION, A PACKET CONTAINING TWO CRYSTALS AND TWO AMETHYST STONES, WITH AA MICHAEL'S INSTRUCTIONS ON HOW TO USE THEM IS AVAILABLE FOR \$25 PLUS SHIPPING AND HANDLING: \$3 USA * \$4 CANADA * \$5 OVERSEAS

**JUST ARRIVED: LET THERE BE LIGHT, AA MICHAEL'S FOURTH BOOK CONTAINING HIS MOST RECENT MESSAGES. SPECIAL OFFER FOR THE FIRST 100 ORDERS: RONNA WILL SIGN YOUR BOOK AND YOU WILL ALSO RECEIVE A SPECIAL GIFT. \$22 PLUS S & H: \$5 USA PRIORITY MAIL * \$8 CANADA * \$12 OVERSEAS *

Dearest friends, The Yellowstone seminar was a highlight for us all. It was filled with miracles and the sense of Oneness that AA Michael keeps telling us about. We had 85 people at the seminar including people from Japan, Germany, England, Hawaii and many from Canada. Everyone was so excited about the new information from AA Michael that I am sharing in my seminars this year. It is taking us to a new, higher level of awareness and experience. It was certainly another "soul-family reunion," and you all were there with us in Spirit. I channeled AA Michael's message for the group on Saturday, as we planned to do the

Light City meditation at noon on Sunday, and then make our journey into the park on Sunday afternoon. AA Michael came through in all his glory and the channel started about 4:30 pm on Saturday. His message concluded around 5:15 pm. Many people who had been to the park before said it felt like the energy was "bottled-up," and that the vents and geysers were not as active as they remembered in the past. As you all probably know, Yellowstone is one of the "super volcanoes" and there have been some bulging and underground disturbances going on for some time, which they have been watching very closely. They have closed a large area of the park deeming it too dangerous. On Sunday, a lady excitedly told us that when they went into the park late Saturday afternoon, everyone, including the park rangers, were talking about Norris Geyser erupting at 5 PM (the exact time AA Michael was speaking). It has not erupted since 1998. Several newspaper articles stated "The geyser erupted at full bore around 5 pm, Saturday, sending a plume of steam about 100 feet high. It sounded like a jet engine." A lady who is a Park historian said, "I have been in the park for 30 years and this is the first time I have seen Ledge Geyser at Norris erupt." The eruption coincided with other unusual activity at Norris over the weekend, including the eruption of other sporadic geysers and changes in surface water. People also noticed that many more vents of steam and smoke were occurring in other areas of the park. During our medita

tion in the park, AA Michael took us down into the volcano and deep within the Earth to open the labyrinths and impacted areas of stress in the area in order to fill them with the refined Light from the Light City. A number of people told of the wonderful experiences they had and what they observed during the journey, incredible stories with many people receiving the same visions. Needless to say, we were all so excited and awed by the wonderful validation (again) of the significance of what we are endeavoring to accomplish. Mark Starmer, an internationally renowned corporate trainer, from England was with us. He is the one who will be heading up our Quest For Mastery international school program. He gave a wonderful presentation which was enthusiastically received. We hope to get our Quest For Mastery web site up and running soon and have our first "facilitator training seminars" early next year. Things are really starting to happen, and it is so rewarding to receive such clear validation that we are in the midst of a momentous time in our evolution and ascension process and this time we CAN do something about it. We are looking forward to the miracles we will create at our Syracuse, NY event on July 8, 9 & 10. There is still space for this event if you are inspired to join us. My deepest love and gratitude to you all, Ronna

HOW STRONG IS YOUR LOVE/LIFE LINE?

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, for thousands of years in your third/fourth-dimensional reality, humankind has focused on gaining love, power and satisfaction from those around them via etheric cords attached to the solar plexus in order to siphon off the energy of others in a horizontal fashion. The game of duality has been a push/pull dance, or an endeavor to incorporate from others that which you lack or thought would create love and a sense of self-worth in your lives. Without even realizing what was taking place, it became the norm to seek positive emotional energy and advantage by attaching these etheric cords to those closest to you, whether it be family members (especially children or mates), friends, acquaintances or co-workers. When in truth, by doing so you were enmeshing yourselves more deeply in the karmic game of cause and effect. This life-line that you created or allowed others to create with you worked both ways, and whereby you thought you would receive that which you needed, more often than not, you were/are being drained or manipulated by others (depending on who is the strongest mentally and emotionally). Yes, you have always had that Love/Life Line from the Supreme Creator and our Father/Mother God, for without it you would cease to exist. However, down through the ages as you moved further away from the generating Source of Life, this lifeline was stretched to the maximum and narrowed into a thin Light-cord, whereby the vertical life-giving Elixir that you were able to receive was diminished to a bare minimum. Envision the horizontal energy cords with others becoming stronger and stronger, like a giant, intricate web, as it wove its way further and further from you, incorporating more and more people and more disruptive frequency patterns along the way.

We wish you to become aware of how dramatically and forcefully others affect you, your actions and reactions when you function in this manner. You are tossed about by the whims of others, and are influenced by the strongest and most popular concepts or beliefs of the time. You try to live up to other people's standards and follow the fickle and ever-changing fashions, traditions and rules set by those who have the ability to siphon the most energy from those around them. They set themselves up as role models and experts until someone more powerful comes along and gains "mastery over the masses" for a time. In the past, and to a great extent in the present time, the majority of the people on Earth have been controlled by those in political, religious and industrial power, for the majority of these groups are constantly sending out opinions and propaganda to keep the masses in line via promises to solve everyone's problems and make their lives better. They have sought to keep you in a "herd-state" whereby you willingly follow the leaders without question as y

ou seek to feel secure, and do not have to make any challenging life-changing decisions for yourselves. In reality, covertly and quite often through fear and intimidation, the intention has been to take and keep control of the masses, and to siphon off as much energy as possible through the energetic cord attachment process.

We have said many times, it has taken much courage and determination to step out and beyond the accepted popular beliefs of the collective consciousness of humanity, which is a dense, stifling composite of negative thought forms which have kept you dis-empowered and enslaved for thousands of years.

We have emphasized the importance of returning to a “sovereign state-of-Being” which means, in essence, reclaiming and reintegrating all the multiple facets of your Beingness, which is a prerequisite for the masses “returning to Oneness” process. You must begin by severing all the energy cords and attachments you have created with others throughout your many lifetimes, and by breaking all agreements which no longer serve your greatest good, agreements made past, present or future, in this or in any other reality. We have given you many exercises and instructions as to how this can most effectively be accomplished, and we strongly encourage you to complete this process within your Pyramid of Light in the fifth dimension. In that environment, you are functioning at a soul-level and will bypass all of the distortions and misconceptions of the ego. It is also one of the quickest and most effective ways to balance and harmonize old karmic issues as you seek to step off the wheel of karma and into a state of grace.

You must rebuild, strengthen and expand your Life Line so that you will gradually be able to integrate the maximum amount of the Love/Light Elixir. We have told you that the rarified energy from the heart core of the Supreme Creator is now filtering down upon the Earth and humanity via the pyramids in the fifth dimension, and the Celestial Cities of Light. You must prepare and make yourselves ready for this wondrous gift and baptism of Light. As you connect with and begin the process of allowing this transforming energy to flow through you, you will be stepping onto an accelerated path of ascension. After you have visited the City of Light closest to you, and receive the initial infusion via one of the Ascension Accelerator Chambers, it is as if a spigot has been opened and a connection is established directly between the appropriate vibration frequencies and your Life/Line. Thereafter, as you integrate, process and project each level of higher vibrational patterns, you will be taken to the next sub-level to receive an even higher infusion of Light. And as you anchor each higher level of Love/Light within the Earth and radiate it out into the world, it is automatically connected to the harmonious frequency patterns of other Light workers, building, strengthening, transforming the Earth and humanity. It is impo

rtant for you to understand that no matter where you live, there is a City of Light in place in the higher dimensions that you have access to. The Portals are accessible to you from your personal Pyramid of Light whereby you will be taken directly to the City of Light closest to where you live, and you have the ability to anchor that rarified gift of Light through the same process.

Can you not see the perfection of this plan, and the integral part you are to play in this monumental opportunity for humanity to return to self-mastery and a higher state of Being? Gradually, you will no longer be influenced or affected by the horizontal frequencies of discord, for the transforming patterns of Light will clear all the distortions within your force field and beyond. You will radiate powerful, harmonious vibrational patterns which will go

forth in an infinity sign before you, behind you and to the left and right of you, thereby insulating you from, or smoothing and calming all the troubled, distorted energies of chaos within your path.

It is important that you realize that each phase of the Divine Plan is holographically imprinted upon the Earth's auric field, and there is a code or etheric impulse which has been or will be ignited within each of you at the appropriate time. An impulse nudging, encouraging and inspiring you to fulfill your integral part of the plan. It has been carefully designed so that if one of you abdicates, there will always be another brave soul ready to step into that assigned mission. The Divine Plan will not be denied, it is fail-safe. For those who do not step to the fore and claim their designated assignment, it is a wondrous opportunity lost and, quite often, the soul involved will choose to transcend. However, all is not lost, for they will be given an opportunity at a future time to claim their mastery and fulfill their part of the Divine Blueprint.

No matter your beliefs, the celestial winds of change are growing stronger and stronger as they permeate everything and everyone on Earth. All must evolve or devolve; no-thing remains static. As you strive to attain self-mastery, you will become more self-confident and will accept the truths you gain through personal experience, validated via your Higher Self. You will no longer be willing to accept concepts through dogmatic, blind faith, but will process all new ideas and theories through your own "heart/soul monitor." We have cautioned you time and time again, do not accept anything anyone says until you validate it as your truth.

Many of you are beginning to develop your inherent abilities of clairvoyance (clear seeing), and clairaudience (clear hearing); however, you are either uncomfortable about your budding extra-sensory powers or you mistrust and therefore reject most of the information you receive from within. It is time for all of you to develop and use your "higher senses" and the sooner you do so, the more quickly you will attain self-mastery.

have the misconception that clairvoyance is exclusively a process of viewing pictures or a moving picture in the mind; however, many people receive thought packets or holographic pictures in their minds that have to be deciphered. Clairvoyant abilities usually begin with small spontaneous insights, and some may begin to see auras around people or flashes of Light out of the corners of their eyes. When the third eye begins to open or becomes activated, it is a common occurrence to see geometric Light patterns or a beautiful, pulsating kaleidoscope of colors during meditation. It is not unusual to receive a holographic thought form that may be a "probable future," or a concept that the Higher Self is trying to convey to you. Probable futures are just that and can be altered, changed or defused through positive intention. Discernment must always be first and foremost before accepting or acting on any information from any source. This is the first rule in gaining self-mastery.

With important matters, and before taking action on what you have been told or given through someone else, you should always ask that the information be validated in the

physical expression so that you will know the information is accurate. Your Higher Self or the Beings of Light do not make predictions, for they know how quickly everything can change because of humanity's gift of free will. There are many potential "probable futures," and in predicting a future event, the predictor usually focuses on the strongest probable future in giving information. However, everything can change in a flash of energy and often does, as the energy is shifted from one possible event to another. Predictions of possible future cataclysmic events are often given so that you may use your gift of free will and cocreate energies to change the future for the better.

Clear hearing or clairaudience usually begins with what seems to be just an inner knowing and usually with small coincidences and little miracles. It sometimes feels like a flash of inspiration from within, and usually entails new or fresh concepts or information. It may seem as though words are flowing into your mind, and it may or may not involve "voices" from within your mind. You may begin to get answers to your questions, and information that becomes more complex as you become more proficient and tap into higher vibrational patterns or more "refined cosmic information." This may result in receiving detailed information beyond your scope of knowledge; however, you should be aware that it is imperative that you process, integrate and put into action all of the higher truths or concepts that are given to you before receiving further guidance. You will soon learn that these gifts are not just for entertainment or ego gratification, and if you do not stay centered and focus on the greatest good for all, you will soon lose whatever abilities you have attained. Spirit is never verbose or negative, and any information from

a higher source is always inspiring, uplifting, encouraging and gives guidance, but does not dictate, flatter the ego or claim ultimate authority. Higher guidance is always for the good of all, not just for the few. Your guides and angelic helpers will give you information to assist you on your path toward enlightenment; however, they will not give you solutions to your problems or information to solve a "challenging situation" or resolve a life lesson. It is against the laws of the universe to do so.

It is time for each of you to begin to receive your own answers and guidance from within as you reclaim your Divine Birthright. It is time to live your highest truth, to acknowledge and integrate every facet and aspect of your Being and accept your cloak of mastery.

Beloveds, I offer you my blazing sword of Light, my sword of Divine will, truth and valor, to assist you in cutting yourselves free from the shackles and illusions of the past. Come, I will guide and assist you as I have from the beginning of this great adventure. I am with you always. I AM Archangel Michael.*** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

Many people have written asking where they may find the information about the Pyramid of Light, The Infinity Breath, the Binary Sequencing and the Alpha Mastery techniques that AA Michael has referred to in his recent messages. All of this information can be found in his third book of messages, YOUR SACRED QUEST (\$22 + S&H), or in SCRIPTING YOUR

DESTINY (\$25 + S & H), the study manual for his four books of messages which contains his most important meditations, exercises and cosmic information so important for us at this time.

S&H: USA: \$5 * Canada: \$8 * International \$12 * You may order from my website, via mail or telephone **JUST ARRIVED: LET THERE BE LIGHT, AA MICHAEL'S FOURTH BOOK CONTAINING HIS MOST RECENT MESSAGES. \$22 PLUS S & H: \$5 USA PRIORITY MAIL * \$8 CANADA * \$12 INTERNATIONAL*

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NEW*** AUDIO TAPE 2k-39 * July 2006 * Syracuse, NY * Side A: AA Michael Q & A Session * Weathering the Storms of Change * Side B: Message from AA Michael: Come, join us. Together, we will spread the Light of New Creation throughout the Earth and Beyond *\$12 * S&H \$2 US * \$3 Canada * \$5 International

Dearest friends,

as time accelerates and the chaos around the world intensifies, it is more important than ever that we stay centered and empowered in our Sacred Heart Center. As with the previous seminars I have held this year, Syracuse, NY was a transforming and enlightening experience for us all. It was an awesome group of about 65 people, including several beautiful young masters from 9 to 16 years of age, who inspired us all with their wisdom and radiance. It was one of those special groups who seemed to merge and meld at a soul level, and it was quickly apparent that it was a spiritual reunion of the highest caliber. Jim and Laura Doring, my very charming and efficient facilitators, vowed to keep in touch with those who expressed an interest so that they could continue and accelerate the anchoring of the City of Light in the Syracuse and surrounding areas. Syracuse is a lovely city and I could tell that there has been a lot of Light anchoring there already. There were lovely people from many other areas and everyone was so thrilled to receive validation for their visions and guidelines of how to proceed in the most appropriate and empowering manner. I will be holding only three more seminars around the USA this year, one in the Sacramento area in August, Palm Beach Gardens, October 29 & 30, and in the Phoenix area on December 2 & 3. It will be a wonderful opportunity to assist in anchoring this gift of Creator Light in your home locale. I will be on a two-week cruise in the Aegean Sea (from Istanbul, Turkey to

Athens, Greece) in September and I will be in Sophia, Bulgaria for a seminar Sept. 30 - Oct. 1. ON WINGS OF LIGHT and Set One of our Angel Cards are now available in Bulgarian, and I am pleased to be able to take AA Michael's loving energy and wisdom teachings to that beautiful country. This will be my only trip overseas this year. The seminar in Bulgaria will be presented in both English and Bulgarian. Please join us if Spirit nudges you to do so. Love and Angel blessings, Ronna

ANCHORING THE CITIES OF LIGHT ON EARTH * A STARSEED INITIATION * SACRAMENTO AREA

AUGUST 19 & 20 *SATURDAY AND SUNDAY * HILTON GARDEN INN, 1951 TAYLOR RD, ROSEVILLE, CA * A TWO-DAY INTENSIVE SEMINAR WITH ARCHANGEL MICHAEL & RONNA HERMAN * ABUNDANCE EXCHANGE: \$199 *** 1-916-773-7171 FOR ROOM RESERVATIONS

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PALM BEACH GARDENS * *****

DECEMBER 2 & 3 * WINDMILL SUITES IN SURPRISE, ARIZONA (Phoenix area) *
ANCHORING THE PORTALS OF LIGHT * ABUNDANCE EXCHANGE \$188 * FULL DETAILS AVAILABLE.

YOU ARE THE GATEKEEPERS AND THE PURVEYORS OF THE LIVING LIGHT

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, allow us to give you a brief overview as to the “state of humanity and the Earth” from our perspective. Imagine that you are viewing your planet with our visual capabilities from one of the great Light Cities high above the Earth. We see the greatest and the most minuscule solid forms and structures, but we also see and sense the vibrational patterns and colors radiated forth by every animate and inanimate object on Earth. We constantly observe and monitor the changing patterns within the Earth, the oceans, and the atmosphere/aura of the Earth, as well as the activities of your sun and the elements of nature. We see the areas, both large and small, that are beginning to radiate the brighter, harmonious colors/vibrations of the seven planes of the fifth dimension and the archetypal vibrational patterns of the sixth dimension. These are the places which are beginning to firmly anchor the radiant gifts of Love/Light from the Celestial Cities of Light.

When you come together in common purpose with your soul families to reaffirm your commitment to fulfill your Divine Mission, we watch as a beautiful column of Light pours forth and fills your group Pyramid of Light, as well as your personal pyramids, and then connects with the City of Light nearest you. If you could only see the magnificent geometric patterns of Light that begin to flow forth into your personal pyramids of Light, as you activate the trickle-down process of anchoring this magnificent gift within yourself, with the remainder flowing down into the core of the Earth, and then out your Solar Power Center (both front and back). This rarified energy infusion creates a sacred space around you and then gradually radiates forth in greater and greater circles, connecting eventually with the compatible energy of other Light Bearers.

The darkness and the shadow-lands are becoming more pronounced and apparent as the “Lightness of Spirit” begins to create greater and greater pockets of contrasting vibrational patterns. We see the maelstrom of chaotic, hate-filled energy as it creates vortices of death and destruction. Just as the Light magnetizes and sends forth vibrational patterns of peace, abundance and harmonious interactions, the Darkness, devoid of the major portion of Spirit’s Light, creates and radiates forth pain, suffering, sorrow and devastation.

There is a great drama being played out on Earth during this epical time of change, and you must remember, both the innocent and the not-so-innocent made an agreement at a higher level of awareness to be participants in the chaotic battle of evolution and transformation. It is part of your basic human nature to resist change and to fear the unknown until you are well on your way to becoming en-lighten-ed spiritual/human Beings who view events from a higher vantage and an ex

panded point of view. The brave young men and women from all nations who are fighting for their beliefs, whether right or wrong, are standing up for a cause that they believe to be honorable and just. To help ease your suffering and sorrow at the loss of your beloved

young ones, please know that they are in vibrant good health and more alive than ever, and they are basking in the limelight of love and devotion of their soul families and many wondrous angels and Beings of Light in the higher realms. Their deaths are not in vain. They will return, if they so desire, fully empowered to help create and enjoy the new peace, prosperity and unity consciousness of the future. Through the heightened abilities of your mind and heart, remember them and send them love, and then sit quietly as they radiate love and joy back to you. You may not be able to see them, but they are not lost to you.

The best and the worst of each and every country is being brought into the limelight so that all citizens of the world can see the fallacies, short-sightedness and deception, or the wisdom, truth and integrity of their leaders. When you, the Light Bearers, become focused, pro-active and dedicated enough, you will demand and insist on leaders who serve the highest and best interests of all the people. You will empower leaders who are not afraid to go against popular opinion in order to make drastic, fair and much-needed changes, leaders who will be Spirit-inspired, and dedicated to equality, peace and prosperity for all people and not just the select few.

Remember, when you are infused with the Light of Spirit, it affects everything and everyone around you. As your radiance grows and expands you will draw more and more like-minded people into your sphere of awareness. The spiritual trumpet to awaken is growing louder and it is reverberating throughout the land into the most sparsely populated places of the Earth, as well as the most densely populated areas. The Light has no favorites, it will infuse and bless anyone or anything that is receptive to Its transforming, enlivening energies.

You must also be aware that some dear souls will not be able to stand to be in the aura of your Lightness, for it is too painful. Whether intentional or not, they will try to throw you “off Center” and re-establish the status quo, or keep things as they were in the past, no matter how chaotic or unsatisfying. It is more important than ever that you, as the transducers and transformers of the refined Creator Light, stay focused and steadfast as you strive to incorporate and radiate more and more of the refined Light of Creation out into the world. Many around you will wonder and ask why you have changed so much, and why you are no longer willing to participate in the old games of drama and lower-frequency entertainment. As you move further up the path toward self-mastery, the energies and actions of others will affect you less and less.

As we have often told you, first you

must teach by example, via your intentions and actions, and finally through words of wisdom offered at the appropriate time. However, if those around you are not willing to learn to act and react in a more positive, harmonious way through observation, or to listen when you offer loving suggestions and moral support, it is important that you withdraw from the drama they are creating and assume the stance of an impartial observer.

Seekers of wisdom and self-transformation learn from their own actions and reactions, whether positive or negative. From a spiritual point of view, negative events offer an

opportunity to learn which course of action brings forth the most positive results. Your Higher Self always tests you, over and over again, until you reject those things that are not in your best interest, and authenticate that which is your truth.

Many of you were what has been called Gatekeepers of the Seven Spheres of God Consciousness, whereby you were overseers of the new souls who were being prepared to incarnate in this solar system or on planet Earth in those long, mystical ages of the past. Now you are being asked to be the Gatekeepers of the new energies that are ready to pour down and infuse the Earth and all sentient Beings with the Living Light of transformation and reformation.

As you move forward on the path of evolution, you will transcend the astrological influences that you brought forth to experience in this lifetime. You are also being offered a golden opportunity to activate, incorporate and use the qualities, attributes, virtues and aspects of all Three God Rays, as well as the wondrous qualities of all the twelve major Rays of this universal experience. You may call upon any avatar, ascended master, archangel or celestial Being to Overlight you and assist you to attain your highest potential. As you balance and harmonize your entire chakra system, you will have more vitality and will radiate more and more of the life-giving elixir of life down into the Earth and out to humanity. You will become a microcosm of Light within the Cities of Light that you are endeavoring to create on Earth. We must also inform you that along with these wondrous gifts comes a great responsibility: **YOU MUST WALK YOUR TALK AND FLY YOUR VISION FOR ALL TO SEE, AND YOU MUST ALWAYS SHARE YOUR LIGHT.** Allow us to give you some further guidelines of how to live each day as a Master of Light:

Always align with your highest truth. Trust your Higher Self's inspirational nudgings, which are usually the first impulses or answers you receive to a question or situation.

Your response to any situation, whether positive or negative, should always be projected enfolded in loving energy.

Unhappiness and discontentment always come from not living your truth at whatever level of awareness you are currently functioning within. Your lessons of life are always presented to you at your present level of understanding.

As you evolve toward mastery of Self,

your lessons and challenges become more subtle and are usually not as dramatic or as far off "Center."

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

You must learn to receive with as much love and enthusiasm as when you give to others.

The more love and respect you feel for yourself, the more you will radiate love and respect to others. See love radiating forth from your Solar Power Center in an infinity sign, and feel it magnetize loving energy back to you in many wondrous ways.

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

Be an observer of the process, so that you are not sending forth any negative vibrational patterns into your auric field, as you learn to constantly stay within your "Center of Love and Power."

Shut off your "Mental Auto Pilot" and become the director of your journey and your experiences. Tune into your own mental radio station and seek thoughts, vibrational patterns and sounds that are uplifting and empowering. Negative, critical thinking is composed of lower, disruptive frequency patterns. If you don't like what is happening in your world, lift your thoughts and change your mind so that you are projecting "balanced, uplifting frequency patterns of thought and intentions."

Learn to think with your "whole brain," meaning use both your linear, analytical outward-focused left brain along with your intuitive, creative, inward-focused right brain. Tap into your genius potential, or the Light Packets of wisdom stored within your brain in membranes of Light, which are attuned to higher dimensional or the "cosmic storehouse" of knowledge.

Beloved Bearers of Light, as you integrate more of the plasma of renewal, and become harmonious purveyors of Light, we are now able to interact with you and work through you to create wondrous new things, and miracles beyond your g

reatest imagining will abound. We enfold you in the Light of Life from the heart core of our Father/Mother God and the Supreme Creator. I am ever near to guide and protect you. I AM Archangel Michael

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Many people have written asking where they may find the information about the Pyramid of Light, The Infinity Breath, the Binary Sequencing and the Alpha Mastery techniques that AA Michael has referred to in his recent messages. All of this information can be found in his third book of messages, YOUR SACRED QUEST (\$22 + S&H), or in SCRIPTING YOUR DESTINY (\$25 + S &H), the study manual for his four books of messages which contains his most important meditations, exercises and cosmic information so important for us at this time. S&H: USA: \$5 * Canada: \$8 * International \$12 * You may order from my website, via mail or telephone **JUST ARRIVED: LET THERE BE LIGHT, AA MICHAEL'S FOURTH BOOK CONTAINING HIS MOST RECENT MESSAGES. \$22 PLUS S & H: \$5 USA PRIORITY MAIL * \$8 CANADA * \$12 INTERNATIONAL*

***ASCENSION PACKET: A PACKET CONTAINING AN AUDIO TAPE OF AA MICHAEL'S MEDITATION TAKING US INTO THE CITIES OF LIGHT, THE SACRED GRIDS AND METATRON / MICHAEL MANDATE INFORMATION, A SIX-PAGE OVERVIEW FROM RONNA INCLUDING THE WRITTEN CITY OF LIGHT MEDITATION, A PACKET CONTAINING TWO CRYSTALS AND TWO AMETHYST STONES, WITH AA MICHAEL'S INSTRUCTIONS ON HOW TO USE THEM, IS AVAILABLE FOR \$25 PLUS SHIPPING AND HANDLING: \$3 USA * \$4 CANADA * \$5 OVERSEAS. EXTRA PACKETS OF ANCHORING STONES WITH INSTRUCTIONS: \$5 PER PACKET

NEW*** AUDIO TAPE 2k-39 * July 2006 * Syracuse, NY * Side A: AA Michael Q & A Session * Weathering the Storms of Change * Side B: Message from AA Michael: Come, join us. Together, we will spread the Light of New Creation throughout the Earth and Beyond *\$12 * S&H \$2 US * \$3 Canada * \$5 Int'l OCTOBER 28 & 29 * DOUBLETREE HOTEL, PALM BEACH GARDENS, FLORIDA * ANCHORING THE PORTALS OF LIGHT * ABUNDANCE EXCHANGE \$222 * 4431 PGA BLVD. PALM BEACH GARDENS * *****

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Dearest friends, as with all my seminars this year, our Sacramento event was an awesome, almost overwhelming "happening." Each seminar is different, but still has some of the same beautiful elements. The people who are being drawn to my events this year are so excited and willing to step into their mastery. Most of them have been on their path for many years, and the consensus is "Now is the time we have been waiting for." It seems as though beloved Michael has been preparing us for this particular time for many years, and I sense the urgency and strength of his messages as never before. I, for one, am in su

ch a wonderful state of expectation and joy. I could write a book about all the wonderful little miracles of validation that people are receiving at these events, and the dedication with which they willingly and joyously move into the City of Light, and agree to go forth as a Bearer of Light in whatever manner they are inspired to do so. The more of us who join in this mission, the more quickly we will see the Cities of Light spring up around the world and the peace and prosperity we all desire will more quickly manifest. ***Dear hearts, I wish to

make a clarifying statement so that there is no misunderstanding among us. I greatly thank and honor all the dedicated volunteers who translate the monthly messages in the various languages so they can be posted on my website, and so that all the people around the world can benefit from beloved Michael's wonderful, loving messages. I must depend upon each translator to endeavor to translate the monthly messages as accurately as possible, and I ask that there be no deletions, additions or changes to the messages in any form. It has come to my attention that there have been some messages put forth that had portions of the messages changed, deleted, or personal additions made. I have never made any changes or additions to his messages and strive to bring them forth as accurately and purely as possible. I also ask that my personal notes also be translated and added at the end of each message, as I feel it is important that people know what is happening in my life and how the transformation process affects me and those around me. Thank you all for your love, service and dedication to our joint mission. I could not have accomplished all the wondrous miracles over these past years without you. Love and angel blessings, Ronna

PLEASE NOTE: October's message will be a little late since I will be in Europe from 9/13 to 10/4.

EARNING THE GIFT OF LIFE

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, you cannot even begin to imagine what magnificent Beings you are, and the miraculous gift that was bestowed upon you when the Supreme Creator sent forth the command to the infinite facets of Itself to “Go forth and create new worlds without end in my name.” You have experienced the ebb and flow of Creation many times beyond your comprehension over the past aeons. You went forth in great anticipation upon receiving each new assignment, even as you eagerly looked forward to returning to your point of embarkation, or the “Seat of Power” from which you departed. An integral part of your mission has always been to earn the gift of life that was conferred upon you as you went forth to perfect your skills as a cocreator god of Light.

How could you appreciate and yearn for the Light and your inherent state of perfection if you have never experienced the shadow-lands and the distortions of human miscreation? Would you treasure the balance, peace, joy and harmony you have or will attain in your life if you had never experienced any turbulence, pain or suffering from the challenges of lack, limitation and the imperfections you brought forth to correct or accept? Would you feel the urge to grow, expand and create anew if you were always given everything you could ever desire?

Each time you incarnated, you were encoded with a new “soul mission,” which included an intense desire to create new and wondrous things, and to experience and perfect new talents. You were also infused with all the attributes, qualities and virtues you would need to accomplish your mission; however, for the most part, these jewels of higher consciousness were buried deep within your Sacred Heart Core and within the Light packets of wisdom stored within your brain structure.

No matter your station in life or your present level of awareness, it is time to end the game of “hide and seek.” You have hidden your talents and your many gifts from yourselves long enough, and for many lifetimes and much of this life’s experience most of you have been seeking relief and empowerment in all the wrong places. Beloveds, what you are seeking is not “Out There,” it is WITHIN. What a clever place to hide your Divine birthright and the treasures you seek.

You have always known where your strength and power lie. You have always known that you carry the “Keys to the Kingdom” with you everywhere you go, no matter how far you journey into the unknown. However, you agreed to have the veil of forgetfulness drawn across your memory so that you could start fresh, and be totally involved and focused on the new challenges and opportunities offered to you in order to further perfect your skills as a cocreator. See yourselves sending out beams of Light in an infinity sign, creating concentric circles around you filled with your specific intentions. You must be sure your inten

tions are aligned with your highest good and the greatest good for all, for you are creating an environment filled with the frequency patterns of your own making, and it is a universal law that you must always experience that which you create.

Each of you has played a role in creating the distortions and imperfections of the world as you now know it, and each of you must take an active part in correcting the imbalances and returning the third/fourth dimensions to their original balanced/harmonious state so that all levels of creation may move upward on the spiral of en-LIGHTEN-ment. If you do not clear up or rectify what you have created in this lifetime, you will have to do it in a future experience. You are not judged and have never been judged for the mistakes and miscreations you have made; however, you are held responsible for healing and balancing the past, and you have been given the tools to do so with ease and grace. We do not wish for you to suffer and the Divine plan does not call for you to be punished for your shortcomings; however, the rules of cause and effect still apply, although with some new modifications:

You now have access to more cosmic information than you have had since you first incarnated into the physical expression. You now have access to the multiple levels of your vaster Self and the full empowerment of your God Self as you clear the inharmonious frequency patterns within and make yourselves suitable receptacles for the infusions of refined Creator Light.

You now have full access to the blessed Violet Flame which will assist you in transmuting and neutralizing all discordant energies, past, present and any future distorted time-lines, as well as any probable futures you have created.

You now have access to all the virtues, attributes and qualities of the three God Rays at our universal level of empowerment. The First Ray of Divine Will and Power, that came forth from the Golden Ray of the Father Creator, and which carried all the seed thoughts of new Creation. It is often called the Ray of the First Cause and is more mental in nature, a forward-thrusting energy with a desire to expand and create anew. The Cosmic Second Ray is the Silver Ray of the Mother Creator, the cosmic incubator of all Creation at the Omniversal level. It is primarily an emotional Ray bearing predominately the love spectrum of Light, and is more inward-focused with the desire to nurture the seeds of new Creation and bring them to fruition. It is the Second Ray of Love/Wisdom within this universal experience. Together the Gold and Silver Rays created the Third Ray which has been designated as the SUN Ray, or the son and daughter Ray. At our universal level the Third Ray carries the impulses of “active intelligence” and the desire to be cocreators and manifest new worlds in the realms of physicality.

In this universal experience, you had to choose which Ray would be your overlighting Ray or your God Ray, the First, Second or Third

Ray, and you have been overlighted with that Ray and its attributes and qualities in all your many incarnations. That rule has now changed. You are now in the process of integrating all of the qualities, virtues and attributes of all the twelve major Rays of this

universal experience, which include the three God Rays, and as you move upward on the spiral of ascension, new Rays of experience will be forthcoming as new abilities, gifts and qualities of God-consciousness are made available.

It has been mandated that, along with the blazing Violet Flame of Transformation, it is now time to reactivate the First Ray of Divine Will to its full power as it was when it was radiated forth from our Father/Mother God when this universe was created. It is a gift many of you have earned, but use it wisely, beloveds, for never again will you be allowed to use its magnificent qualities in a negative manner. Ask that you be guided to use it wisely and with the purest intention.

THE ACTIVATION OF THE FIRST RAY OF DIVINE WILL AND POWER WILL GIVE YOU ACCESS TO THE DYNAMIC ATTRIBUTES OF STRENGTH, COURAGE, VALOR, STEADFASTNESS, TRUTHFULNESS AND THE ABILITY TO TAKE CONTROL OF YOUR LIFE AS A COCREATIVE BEARER OF LIGHT.

Beloved bearers of Light, each time, before you embodied in a new physical vessel, we gave you a symbolic sword, my sword of Divine will, truth, and valor. We instructed you to use this sword to help you reclaim your mastery, and to sever any discordant energies that were keeping you shackled to the distortions and illusion of the lower dimensions. We ask you to reclaim your symbolic wings, beloved ones; come, soar with us. Accept the gift of Divine will and power we offer you as you strive to reclaim your proper station as a cocreative master of Light.

ONCE MORE, IT IS TIME THAT THE FIRST RAY OF DIVINE WILL AND POWER TO CREATE BE MADE AVAILABLE TO YOU, MY BRAVE WARRIORS, AS YOU RECLAIM YOUR RIGHTFUL PLACE IN MY LEGIONS OF LIGHT.

WHEN YOU, AS DIVINE SPARKS OF THE CREATOR, ANSWERED THE FIRST CLARION CALL IN THIS, A NEW UNIVERSAL EXPERIENCE, I PROMISED TO BE WITH EACH OF YOU THROUGHOUT YOUR LONG AND ARDUOUS JOURNEY INTO THE PHYSICAL WORLDS OF MANIFESTATION, FOR MY MAIN PURPOSE HAS ALWAYS BEEN TO GUIDE, GUARD, INSPIRE AND PROTECT YOU. MY SWORD OF FLAME BLAZED FORTH FROM MY HEART CENTER, FORGED FROM PURE CREATOR LIGHT. I KNEW THERE WOULD BE MANY TIMES IN YOUR LONG SOJOURN THROUGHOUT THIS UNIVERSE WHEN YOU WOULD REQUIRE MORE THAN THE POWER YOU CARRIED WITHIN TO CUT YOURSELVES FREE FROM THE SHACKLES OF MISCREATION IN WHICH YOU HAD BECOME ENTANGLED. THIS SWORD IS CHARGED WITH MY ETERNAL LOVE FOR YOU, MY LOVE FOR OUR FATHER/MOTHER GOD AND THE SUPREME CREATOR. IT IS CALLED THE SWORD OF TRUTH AND REDEMPTION. IT IS NOT A SWORD OF WHICH TO BE FRIGHTENED, AND IT BEARS THE ATTRIBUTES OF STRENGTH, POWER AND VALOR FOR THOSE WHO WIELD IT TRULY AND HONORABLY. TAKE UP THIS SWORD, MY BELOVEDS, AND WIELD IT WITH INTEGRITY, TRUTH AND VALOR. I IGNIT

E AND BLAZE FORTH ACROSS YOUR BREAST THE INSIGNIA OF THE THREE-FOLD FLAME, THE GOLDEN FLAME OF DIVINE WISDOM, THE BRILLIANT BLUE FLAME OF POWER AND

WILL FROM OUR FATHER GOD, AND THE IRIDESCENT PINK FLAME OF LOVE AND COMPASSION, THE FEMININE ASPECT BROUGHT FORTH BY OUR MOTHER GOD. MY BRAVE WARRIORS, I ASK YOU TO SET YOUR HEARTS FREE FROM THE BONDS OF FEAR, HATE, AND LIMITATION. EMBRACE THE SPIRITUAL FREEDOM THAT IS BEING OFFERED YOU SO THAT YOU MAY SOAR BEYOND THE CONFINES OF TIME AND SPACE. COME, I WILL GUIDE AND ASSIST YOU AS I HAVE IN THE PAST. I AM ARCHANGEL MICHAEL

IF YOU ARE READY FOR THIS PROFOUND GIFT AND INITIATION INTO THE ORDER OF ARCHANGEL MICHAEL AND HIS LEGIONS OF LIGHT, PLEASE READ AND DECLARE THIS STATEMENT:

I ACKNOWLEDGE MY DIVINITY. I ACCEPT MY DIVINE BIRTHRIGHT AS A COCREATOR WITH OUR FATHER/MOTHER GOD AND THE SUPREME CREATOR TO ASSIST IN THE MANIFESTATION OF HEAVEN ON EARTH. I ACCEPT THE SWORD OF ARCHANGEL MICHAEL AS A SYMBOL OF MY WORTHINESS. I PROMISE TO WIELD THE ENERGIES OF THE FIRST RAY OF POWER, WILL AND AUTHORITY WITH LOVE AND COMPASSION FOR THE GREATEST GOOD OF ALL CREATION. SACRED FLAME FROM THE VERY HEART OF GOD, BLAZE IN, THROUGH AND AROUND EVERY ELECTRON OF PRECIOUS COSMIC ENERGY I HAVE EVER RELEASED OR MANIFESTED WHICH IS LESS THAN PERFECTION. TRANSMUTE NOW, CAUSE, CORE, RECORD AND MEMORY OF EVERY THOUGHT, WORD, ACTION OR FEELING I HAVE EVER EXPRESSED WHICH PREVENTS ME FROM KNOWING AND ACCEPTING MY TRUE IDENTITY AS A DIVINE EXTENSION OF OUR FATHER/MOTHER GOD. I ASK THAT THE VIOLET FLAME OF FORGIVENESS BLAZE THROUGH AND AROUND ME NOW AND HENCEFORTH, EXPANDING MOMENT TO MOMENT TO THE MAXIMUM THAT COSMIC LAW WILL ALLOW, UNTIL I AM FREE FROM EVERY BELIEF WHICH IS LESS THAN THE REALITY OF MY PERFECT GOD NATURE. I AM THE PRESENCE OF GOD MADE MANIFEST IN THE PHYSICAL WORLD OF FORM, AND I ACCEPT MY DIVINE BIRTHRIGHT AND MY MISSION NOW! SO BE IT! SO IT IS! I AM THAT I AM!

Remember what we have told you, the ascension process is an on going journey, not a destination. Each day, endeavor to make the highest choices, staying in the moment, for that is the only time you can access your God-power, not in the past and not projecting into the future, but seeking your highest potential in each and every moment. See the challenges and tests in your life as opportunities to expand and grow in awareness as you learn to let go of old self-limiting ways. Strive to maintain an attitude of gratitude for all the blessings in your life, both large and small, and watch as the goodness and Light-ness around you magnifies and expands day-by-day.

During these challenging times of great change, each of you can make a difference. The changes which are needed to bring about balance and harmony in your world must begin with you. Beloveds, shine your Love/Light for all to see. Allow us to assist you to fulfill your mission and nurture you with our love. I AM Archangel Michael

.*** Transmitted t

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LIGHT WANDS: Inspired by AA Michael * Jaime Teasley created these beautiful crystal wands using the highest quality crystals. Lord Michael states: "These wands are symbolic of the crystalline Light Body, called your Adam/Eve Kadmon Light Body, which is your perfect form in the higher realms." SWORD OF MICHAEL LIGHT WAND: The Sword of Michael wand is made of sparkling Swarovski crystal, 5.75" long with clear and cobalt blue Swarovski crystals. CHAKRA LIGHT WAND: The Chakra Wand is also made of Swarovski crystal, 5.5" long with colored Swarovski crystals corresponding to the colors of the chakras. Both wands are handmade and blessed by AA Michael. EACH WAND IS \$30 plus S&H via Priority Mail : \$5 USA * \$9 Canada * \$ 12 Int'l NEW**SPACE CLEARING KIT Using a Crystal Tuner and a Natural Quartz Crystal which resonates at 4096 cps, nine octaves above the Earth's frequency. This frequency is said to open the doorway to the angelic kingdom. * Sound waves of higher frequency energy help clear negative/inharmonious energy in your home, office or any space around you that is not comfortable or compatible with your energy. * Includes a violet, velvet bag. \$30 plus S&H: USA * \$5 * \$8 Canada and Mexico * \$10 Int'l

**TWO SETS OF ANGEL CARDS **SET ONE: ARCHANGEL MICHAEL SPEAKS TO YOUR HEART AND SOUL * Set of 50 cards with empowering quotes from On Wings of Light. Included are cards with the positive attributes of the eight major chakras. All new graphics and all the beautiful colors of the seven Rays. \$16 plus S&H: USA \$5 * Canada \$8 * Int'l \$10 US Funds *

SET TWO: ARCHANGEL MICHAEL AND THE SPIRITUAL HIERARCHY SPEAK TO YOUR HEART AND SOUL * This set of 40 cards features beautiful pictures of both the masculine and feminine archangels for each of the seven Rays, in addition to many other beautiful Beings of Light, including Yeshua, Metatron, Melchizedek, Lady Mary, Sandalphon and Mother Earth. Each card features a special thought for the day that these loving representatives of our Father/Mother God wish to convey to you. Visit our website to view sample cards. \$18 plus S&H: USA \$5 * Canada \$8 * Int'l \$10 US Funds *

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Dearest friends, I will have much to share with you upon my return from Europe. Please join me in our Pyramid of Light as we anchor the Cities of Light in Turkey, Greece and Bulgaria. Blessings & love, Ronna

HARMONIZING THE “OLD AGE” WITH THE “NEW AGE”

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, many of you are wondering why you are having so much difficulty remembering the mundane, everyday “facts of life,” and why it seems to take so much effort to stay grounded in the physical reality you have created throughout your many past lifetimes. As you draw forth and integrate more and more Creator Light, in the process of returning to a multi-dimensional state of Being, many changes are taking place within your “inner reality” as well as in your physical world of existence. You are releasing many old out-moded concepts as you replace them with higher, more expansive and empowering thought forms. You are healing and transmuting painful memories or “cells of consciousness” from your many past lifetimes which were stored within your DNA and throughout your multiple-body system, physical, mental, emotional and etheric. You are endeavoring to return to your “Center of Power” which we call your “Sacred Heart Center,” and you are also struggling to release from the “Old Age” all that no longer serves the highest purpose and greater good, as you move into the grand design and refined frequencies of the “New Age.” Your old world of existence is overlapping with the new reality of the future as you tap into higher and more complex dimensional fields of knowledge and awareness.

Many of you are feeling vulnerable or are experiencing a sense of loss for no detectable reason, and are having difficulty focusing on day-to-day life situations. You now have a fairly good understanding of how the universal laws work and what you must do to accelerate the process of creating a desirable world of peace, plenty and harmony for yourselves and those around you. You feel that you have been taking all the necessary steps, and have a clear idea of what you wish to accomplish, and yet, it seems there are obstacles constantly blocking your progress.

Know this: You all are in a time of vulnerability whereby many of you may be inclined to stray from the path, for you feel you are being misguided, or you may think that something is wrong with you and you are not worthy, or that “it just isn’t working the way we have been told that it is supposed to.” We tell you, beloveds, this is not a time for the faint of heart, and we implore you to be steadfast in your determination as you traverse the waves and cycles of change.

We will endeavor to explain some of the phenomena that are taking place within each of you personally and within the psyche of humanity as a whole. We have told you that all which is not in harmony with your evolving “state of consciousness” is rising to the surface to be transmuted and healed; however, you still do not have a clear understanding of the complex transformational process that is occurring at every level of your Being.

There are many levels and sub-levels of multi-dimensio

nal existence and awareness throughout the universe, and there are also many levels of consciousness within your own brain structure. As we have explained before, in the past, the majority of humanity was influenced primarily by the energies/consciousness of the three lower chakras, with only a minor influence from the heart and higher centers of awareness. You also have multi-dimensional levels of consciousness within your brain structure, and since the “fall in consciousness” occurred thousands of years ago, the average human being has been dominated by the three lower levels of consciousness: the first dimension or foundational center with a focus on scarcity/survival and self-preservation via the instinctual nature; the second dimension or “sensation center of consciousness” which focuses on the desires of the ego body, sexual/passionate love and Earth-bound emotions; and the third dimensional level of manifestation or personal power level of expression, whereby each person must perfect his/her skills in order to become an effective cocreator on the physical plane of existence. Each person on Earth is a cocreator at some level, creating either scarcity, pain, suffering and the illusion of being tossed about by the whims of fate or controlled by an angry god, or those who have learned to claim their Divine birthright and know how to use the Universal Laws of Manifestation as they joyously create beauty, bounty, loving relationships and harmony within and around themselves. As we have often told you, the universal laws have no favorites and make no exceptions; they are immutable and apply to all from the lowest to the highest.

As you lift and refine your frequency/vibrational patterns, you gain the ability to access and integrate the Light packets of wisdom stored within the higher-dimensional levels of your brain structure. However, you may not fully understand the rest of this complicated process of “evolution.” What is occurring at every level of your existence is this: as you refine and attune to the higher-dimensional frequencies of Light, you are also eliminating/dissolving the negative, imbalanced and lower frequency patterns from the past throughout your physical, emotional and etheric bodies, and especially within your mental body and brain structure. Many of the mundane/lower levels of consciousness which were readily accessible to you in the past are being cleared and even shut down, for they no longer serve your highest good. Painful memories of the past are like bad dreams for many of you, and you no longer have a desire or a need to recall them. When this happens, rejoice, for you know you have healed that phase of your past.

Trivia and inconsequential data that many of you focused on in the past may not be as readily accessible to you as you learn to tap into and store important new and more complex information. You will find that as you access and integrate the knowledge gained from the Light packets of wisdom sto

red within the higher levels of your brain, you may develop almost instant/total recall of complex data and concepts, for you are learning how to tap into your “genius potential.”

Another puzzling phenomenon that is occurring worldwide is the fact that no longer does the average person sleep the night through without interruption. A great majority of “evolving souls” report waking up several times a night, sometimes feeling as if they have been jolted back into their physical body. This is often the case, for you are very active in

your sleep time as you learn to soar in Spirit and visit many realms and dimensions during your nightly rest periods. As you evolve in consciousness, you earn the ability to access the higher planes/dimensions of awareness (often called, in the ancient esoteric teachings, the causal and higher mental realms). You are no longer making these journeys in your physical astral body, which was created by your past thought forms and those thoughts of others that you have claimed as your own. One of the miracles that happens to an initiate on the path is when you attain a certain level of balanced cognizance, your astral body consciousness is reabsorbed into your golden etheric body of Light, and your vehicle of travel into the higher realms is via soul travel or in your refined Higher Self, mental body.

You must first experience a soul-merge, whereby the ego personality becomes the servant of the soul once more (instead of the ego desire body being the director of your physical experiences). The next step is when your soul merges with your Higher Self which prepares the way for greater and more expansive Oversoul merges, whereby you are continually incorporating more and more of your fragmented God-Self which you left scattered throughout this universe as you wove your way deeper and deeper into the lower-dimensional creations and a vast array of experiences, both positive and negative.

When functioning within a third/fourth-dimensional reality and you are predominately influenced by the three lower-chakra mind centers, your nightly sojourns were usually made in your astral body whereby you were constantly bombarded by the mass-consciousness frequency patterns from many ages past. These were confusing, distorted, disturbing and disruptive thought forms which you have named “nightmares” or “bad dreams.” These dreams are sometimes based on fearful or very painful past life experiences through which your Higher Self is attempting to help you purge the negative thought forms from your consciousness. Or, if you are in the midst of an important challenge or initiation, your Higher Self may be endeavoring to give you some insight by showing you the origin of the karmic imbalance and, through your own personal symbolic language, attempt to give you the solution. At this level, you usually remember the episode for a very brief time upon awakening and while still in an Alpha state of awareness. As you return to full

consciousness, the dream usually fades away unless it was very vivid and made a strong impact on your conscious mind, and then you may remember only a portion of the events that occurred in the dream. Many of you are now experiencing lucid dreaming, whereby you are aware you are in a dream state and, oftentimes, can even change the dream in order to create a satisfactory outcome. As you progress, you will also have more visions and interactions with the masters and Beings of Light; however, we will address this topic at a later time.

We have told you that it is most important that you monitor your thoughts before going to sleep. The “state of mind” you are in determines the quality of your rest and whether it is beneficial or turbulent and disturbing. The sleep state was not only designed to give your body and mind a rest in order to replenish and refresh you, but to allow you an opportunity to soar freely in the higher realms of consciousness. When you state “I ask for my greatest good,” or “Thy will be done,” you give us permission to take you to halls of healing and

temples of learning, and to infuse you with knowledge and vibrational patterns that are compatible with your current "State of Being." We have stressed over and over, how beneficial it is to project your etheric Self into your Pyramid of Light in the fifth dimension before falling asleep. See yourself lying on the crystal table and envision the electrifying elixir of life radiating forth from the City of Light nearest you, bathing, permeating and healing as it fills you to overflowing with Divine Light of new creation. As you awaken refreshed and energized, breathe deeply and envision this healing life Light radiating deep within the Earth's core and then breathe it out into the world around you from your Solar Heart Center. What a magnificent way to share your Light and begin your day.

My valiant warriors of Light, as you become more aware and hypersensitive to the frequency patterns of change both within and around you, and as your heightened awareness increases, it is critical that you learn to be an observer and not become caught up in the maelstrom of drama and chaos that is rampant in the world. It requires discipline and great wisdom to "stay the course" or to remain centered and empowered when it seems as though the world around you is sinking further and further into chaos and destruction. We know how eager you are to attain full self-mastery; however, as we have often stated, faster or more is not necessarily better. You must be willing to allow your Higher Self and your angelic helpers to set the pace of your advancement, for we have the advantage of observing what is taking place around the world and within each of you from a higher vantage point, which enables us to interpret the outcome of forthcoming events via the strongest probable future and, occasionally, we are allowed to intervene through specific mandates from our Father/Mother God and the Lo

rds of Light.

Beloveds, if obstacles are continually put before you as you attempt to move forward or create something new in your life, know that it may not be quite time for your vision to become a reality. Be willing to go into sanctuary (spend time in contemplation), so that your Higher Self can either inform you of what you must do in order to proceed, or possibly what must be put into place that you are not aware of before your aspirations can be fulfilled and made manifest. Be willing to stay in the moment, and to know that you are exactly where you are supposed to be at the present time. Affirm often "This is a perfect moment and I am centered in the power of the present."

Beloveds, we know that your challenges are great and you feel the future is uncertain. Please know this: You have never been better equipped to succeed, and never before have you had such a wondrous band of en-LIGHTEN-ed Beings to support and assist you. Also know that the rewards awaiting you are beyond your comprehension. Remain steadfast, brave hearts. It has been decreed, "You cannot and will not fail." I enfold you in my auric field of love and protection. I AM Archangel Michael.

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RONNA'S LAST EVENT OF THE YEAR: DECEMBER 2 & 3 * WINDMILL SUITES IN SURPRISE, ARIZONA (Phoenix area) * ANCHORING THE PORTALS/CITIES OF LIGHT * ABUNDANCE EXCHANGE \$188

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THE GOLDEN PROMISE (Book Two) OR YOUR SACRED QUEST (Book 3) *BOTH FOR \$35 * Plus S&H for two books: \$8 US * Canada \$10 * Overseas \$15** ORDERS OVER \$100: RECEIVE A "LET THERE BE LIGHT PEN." An elegant ball point pen in a da Vinci gift box. SPECIALS GOOD THROUGH DEC. 31, '06

Dearest friends: Finally, I am catching my breath and also catching up on the huge backlog of work created during my absence of three weeks. Our sacred journey cruise was absolutely "divine," and there is no way I can explain to you all the magic and miracles that occurred. The Norwegian Jewel is a new ship (launched one year ago), and is luxurious and beautiful beyond description. We learned that the Jewel would make only one round trip, leaving from Istanbul, Turkey, sailing the Aegean and Mediterranean to Athens and returning to Istanbul before being relocated in the Caribbean. The first evening after we sailed, AA Michael asked us to hold a ceremony on the aft deck. He gave us an overview of what was to occur during our voyage, and the part we would play in the process. After we went into our Pyramid and visited the City of Light anchoring the portal over the area, we threw the c

rystal and amethyst stones in the sea as directed. He told us to envision the NCL Jewel as a "ship of Light" which would carry the refined energy deep within the sea, washing it up on all the shores it touched, and lifting the "gift of Light" into the atmosphere and "rain it down upon the land." He told us that we, and all the people on board the ship, would carry the "energies of new life" with us to each port, island or country we visited, leaving footprints of Light behind. He gave us several beautiful messages of instruction, and personal message as well, as we visited each sacred site. At a later time, I hope to write a more detailed report, telling of all the miracles we experienced, but suffice it to say, we were divinely led, protected and inspired by the journey, and blessed beyond measure by the experience. I cannot begin to tell you how special was the time spent with the members of my soul family, Tom and Zehra Boccia, who did an incredible job of smoothing the way, arranging private trips to special sacred spots and regaling us with many of their past adventures around the world. My dear friends from Tokyo, Japan, Janet and Hiroshi Ohuchi, who are also my translators, seminar facilitators and soul companions, expressed several times what a great privilege it was to be included in this special journey. My reply was, "It was divinely ordained, and would not have been the same without you." My room mate and wonderful friend, Dr. Helen Huber, is quite the adventurer and went to several special places that were

a little too difficult for me. We had several past life memories that helped explain some puzzling aspects of the past, and we agreed that we would like to return to Crete to experience more of the magic of the past. It was a special, sacred journey for us all, and I feel so very blessed to have been given this wondrous opportunity to spread the Light. Love, blessings and angel hugs to you all, Ronna

Below is an excerpt of a letter posted on the Gaia Centre's website after the seminar in Sofia, Bulgaria: Greetings of Love from the GAIA Centre: On 9/30 and 10/01 we had the pleasure of hosting an event with Ronna Herman and Archangel Michael. AA Michael spoke through Ronna about the magnificence of our individuality, and reminded us of who we truly are. Under the angelic direction of Michael we activated the City of Light over Sofia for the benefit and enlightenment of this country, and the vast region including the Balkan Peninsula, the Mediterranean and Northern Africa. The participants, overwhelmed by the Presence of the Divine, showered blessings and unlimited gratitude for the event and many shared the feeling of new beginnings in their spiritual progress. Ronna planted in the four directions of the GAIA Garden the four crystals of Michael, grounding the energies of her recent sacred journey to the holy places of the Mediterranean and the Aegean Sea contained in the crystals. For us here in GAIA it was wonderful to

shared the experience and wisdom of such a powerful channel of Archangel Michael. Ronna is an ocean of knowledge and experiences and a huge unlimited heart in sharing with us everything she has obtained over the years. Without a second thought, the greatest feeling during this week with Ronna was to witness the Michael Family coming together and the new members being reconnected to strengthen our ties of Love and Light! We thank all of you who participated physically or spiritually and we remain inspired, empowered and full of creative energy! Peter, Athena and the GAIA Team.

THE ECSTASY OF SACRED LOVE

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, we ask you to pause for a moment and turn inward as you quickly move into your Sacred Heart Center. Take a deep breath and tap into your Sacred Mind Center as well, which is an integral part of the right hemisphere of the brain. Now ponder these questions: What is it that you yearn for above all things? What is missing from your life that affects everything you think, feel and do? The answer is Sacred Love, dear hearts.

We do not mean love as you now experience it in the physical realm, but the Sacred Love of your Twin Flame, your soul family in the higher realms, your wondrous angelic friends, the great Beings of Light, our Father/Mother God and the Supreme Creator. That is what is missing, and what you have yearned for ever since you left your lofty home among the stars, and divided yourself into two Sparks of individualized awareness, one masculine Spark and one feminine Spark of Divine consciousness, so that you could reflect and experience the glory and diversity of our Father/Mother God.

In the past, we have explained how you agreed to separate from your sacred partner in order to fulfill your Divine mission, how you have taken turns in assuming a masculine or feminine body, and how, most often, one of you stayed in the higher realms while the other incarnated in the physical expression. Rarely were you given an opportunity to meet in the physical world; however, there were wondrous times in the higher dimensions when you were allowed to join together for a time of joyous reunion; for an infusion of loving ecstasy, a blending of your Essence, a remembrance of what you left behind, and what you have to look forward to in the future. This wondrous gift has not been available to you since you sank into the density of the third/fourth-dimensional expression—UNTIL NOW.

We have asked much of you over these past years of awakening, and you have suffered through many trials and tests. We see that great multitudes of you have slowly, but diligently, changed for the better as you lifted and harmonized your frequency patterns and let go of old, self-limiting thought forms and limitations. You have relinquished most of your ego-driven emotions and habits, as you have striven to Return to Center within your Sacred Heart and become a self-master. We have watched you struggle to understand all the new, mind-boggling concepts, as you endeavor to claim and live your truth to the best of your ability. We salute and honor you for your dedication and your constant vigilance in monitoring your thoughts, and for always striving for the “greatest good of all.”

In reviewing the past, have you not changed radically for the better? Isn't your personal world more tranquil and filled with joy? Are you not gaining proficiency in creating abundance and the things you desire to live in comfort and safety? Have you learned and t

aken to heart the universal laws of prosperity, whereby, you affirm that you are entitled to abundance in all things? Remember, you must keep the universal flow circulating, you are to

take what you need, and then allow the balance to flow out into the world to be shared, so that it can be replenished and multiplied, over and over again.

Yes, you have been reaping many rewards for your dedication and loyalty, and we are most gratified with the progress you, the Seekers of Light, have made. However, the gains you have made and the miracles you have experienced in the past are nothing compared to what is now available and awaiting you: a gift beyond compare.

We have spoken much about the purity of unconditional love, which was encoded within your Adam/Eve Kadmon Light Body, as you journeyed forth as emissaries for our Father/Mother God, and how it became distorted by the physical, ego desire-body as you sank into the density and the broad spectrum of duality in the third/fourth-dimensional experience. It was not ordained that you should lose touch with the sacred love of our Father/Mother God and the Creator, just as it was not planned for you to forget your lineage and your Divine heritage.

As you began your journey into the density of the third and fourth dimensions, the veil of forgetfulness was placed over your memory. It was not meant as a punishment, but an act of mercy, for it would have been overwhelmingly painful to remember the negativity of your past incarnations, as well as very confusing to have access to your many experiences in the higher realms of consciousness. Remember, in most of your past incarnations in the physical realm, you brought very little of your God consciousness with you, and the majority of human beings have been functioning within the lower levels of brain consciousness. That has now changed, as we have explained in the past, no matter where you chose to incarnate on the spectrum of Light and shadow in this lifetime, it is not where you belong. You chose your family lineage, your physical vessel, and the circumstances of your life, for it was decided, with the help of your angelic guides and guardian angels, what the best overall experiences would be to assist you to heal old negative thought patterns, resolve ancient karmic issues, in order to return to balance and harmony and attain self-mastery once more.

We have told you that you have encoded within your DNA and Divine blueprint all the virtues, attributes, qualities and aspects of our Father/Mother God. You are an electromagnetic force field; an energetic package of Divine Light substance. Encoded within each of you is the ecstasy and bliss of Sacred Love, a cosmic, orgasmic experience beyond anything you can imagine in the physical expression. Opening and attuning to the physical, sacred heart center is just the beginning. It prepares you for the multi-level reunification process whereby you gradually reconnect with the many facets of your

Self. Many of you are now comfortable with the concept of communing with us, your unseen friends and companions of the higher realms. Now, a most wondrous gift is being offered to you, the ability to reconnect with your Twin Flame and to experience the ecstasy of Sacred Love. No longer do you have to feel lonely or hunger for loving acceptance and validation of your worthiness. No longer do you have to yearn for fulfillment, and desire someone in the physical to reflect back to you your beauty or give you a sense of belonging.

Our Father/Mother God have been waiting for the time when they can offer you this gift beyond compare. When we speak of returning to Oneness, we mean that in the greatest sense, as well as in the many subtle levels of integration in the physical realm. We have told you that the Divine blueprint for the future is now in place, and many rules and conditions of the past will no longer apply to those of you firmly on the path of heightened awareness. No longer will you incarnate with one of the three major God Rays as your predominate overlay, but you will have all twelve Rays of cosmic consciousness fully available and active. In the future, it will be up to you to decide which Rays and combination of Rays you wish to focus on, develop and master. Many of you will choose to not return to planet Earth, but will join with your Twin Flame and many members of your soul family, as you accept a new Divine mission in order to assist in the creation of the new Golden Galaxy of the future. Many rules, conditions and concepts of your earthly experiences are changing as you evolve from human beings to Galactic Beings, in the process of returning to your true estate as a master in the realms of Light.

How do you go about connecting with your Twin Flame? First you must say “YES TO SACRED LOVE.” You must desire this connection with all your Being, you must open your mind and heart to the concept that you have a Twin Flame, and it is possible to reconnect with them. Go into your Pyramid of Light and lie on the crystal table, move into your Sacred Heart Center and allow the Sacred Love/Light of our Mother/Father God and the Creator to pour forth and fill you to overflowing. Send out the call to your Twin Flame and ask them to join with you. Speak the words of love that fill your heart and mind and then listen for an answer. Know that you will receive an answer; however, do not put any conditions as to how and when it will happen. Just know that when the time is right, your beloved will appear. Your reconnection in Spirit form will be a very “personal happening,” unique and precious to you and your beloved. Open your heart to all the possibilities of Sacred Love, and know that it is your Divine birthright to experience this most intimate gift. You do not have to share your experiences with others, but know that those around you will begin to feel the difference in you, and will respond to your uplifted, loving nature.

Everyone around you will benefit from your expressions of Sacred Love.

Even if you already have a mate or companion in the physical expression, it is permissible and desirable to reconnect with your Divine counterpart in Spirit form. As you connect with and integrate the attributes and qualities of your other half, something magical happens: You return to wholeness within your own Being, and you no longer look outside yourself for validation or for what you feel is missing. It is the quickest and surest way to feel and then learn to express unconditional love and, therefore, your frequency patterns will be lifted and you will begin to radiate that refined love to your mate, your loved ones and everyone around you. Most often, your mate and your family will respond to your emanations of Sacred/unconditional love, and the interactions between you will quickly change for the better.

Many dear souls have agreed at a soul level to journey alone during this lifetime, or to focus on their spiritual mission instead of seeking a mate or a close companion. We tell you, you

do not have to complete your earthly journey alone, nor do you have to wait until you transcend to experience the “state of bliss” of the higher realms. It is time for you to shed the filters and veils that have been placed over your memory and consciousness. It is time for you to remember who you are, and ALL that you are. It is a time of reunification of the highest order.

A small minority of Twin Flames may be incarnated on Earth at the same time, and it is sometimes ordained that they will find each other and make a connection. In such an instance, both halves of the whole agreed to incarnate at the same time to see how Twin Flames would progress together in the physical expression. Unless the two people involved are firmly on the path and are fairly balanced within, these unions do not result in the bliss state, but bring more strife and unhappiness into their lives. There is often an obsession with each other which results in a “can’t live with, but can’t live without” situation, for they have not learned the secret of sacred love and are still playing the game of duality and ego-driven love with many conditions.

Going into your Pyramid of Light in the fifth dimension has prepared you for new levels of awareness and the many gifts of en-LIGHTEN-ment that await you in the future. The Cities of Light meditation has also accelerated the process of preparing you for the reunion and rejoining with your Twin Flame, and also with many fragments of yourself that you left behind in the higher realms.

Many of you will experience doubt, and perhaps some negative emotions regarding this concept of Twin Flame reunion and the possibility of cosmic, orgasmic bliss. We tell you, beloveds, the feelings of love and the orgasmic union in the physical body pales in comparison to the bliss and the ecstasy we experience in the higher realms. We are in a constant state of bliss, but t

he most precious gift of all is when we merge with our Divine compliment, blending our Essence and ALL of who and what we are. At each higher dimensional level, the bliss/ecstasy state of sacred love is magnified. You, as humans, could not tolerate the power and magnificence of the Creator’s sacred love that we experience constantly.

Are you willing to test this new level of cosmic awareness? Are you ready to accept this Divine gift that is being offered you? You have nothing to lose and everything to gain. Your Twin Flame is waiting for you to put out the call. When you say “YES to Sacred Love” you will feel a dramatic change in your Sacred Heart Center as it prepares to receive the rarified gift of sacred love sent forth from our Mother/Father God. Your earthly life will forever be changed. Call on us and we will guide and assist you in every way possible. Know that I am with you always and you are dearly loved, I AM Archangel Michael *** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

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Dearest friends: I am constantly amazed by the astounding information that is being revealed to us at a faster and faster pace. The Pyramid of Light and Infinity Breath information was so transforming and empowering, and then last year, AA Michael gave us the Cities of Light information and how we can access and anchor this Divine Light from the highest Source. It has been a constant “mind-expanding” process for me as I slowly integrated the data and put it into practice (with wonderful, astounding results). The information in this month’s message from our beloved Michael was initiated in a different way (which I now know was divinely orchestrated). It was 1997 or ‘98 when I first connected with Shanna Mac Lean, and in 2001 she attended my I AM Mastery Facilitator’s seminar in Reno, NV. We immediately felt a connection and I was impressed by her inner radiance and loving nature. We have touched base occasionally over these past years, and I have been aware of some of the wonderful things she has accomplished. I knew that she moved to Eureka Springs, Arkansas, and that she is working with two wonderful, enlightened souls, Yael and Doug Powell, authors of the Messages from God series of books, and owners of the Circle of Light Center. I often receive books from my spiritual, author friends, and was pleased when I received a copy of Shanna’s new book ETERNAL TWIN FLAME LOVE, The Story of ShannaPra. The first small miracle happened when

I randomly opened the book and my eyes were drawn to an excerpt from Messages from God dated NOV.30 (my birth date). I skipped through the book reading various segments of Shanna’s incredible experience, and as ripples of “angel bumps” radiated through my body, I knew immediately that this was a book that I had to read in its entirety. I could hardly wait until evening so I could begin to read Shanna’s story from the beginning. Occasionally, beloved Michael gives me an overview of what the next month’s message will be about; however, I was surprised when he told me that it was time for those who are ready to listen to learn about the gift of “Sacred Love” so that the Twin Flame reunion process could begin. He spoke of Twin Flames several years ago, and said that the time would come when we would be ready for this joyous reunion. It seems as though that time is now. As you know, I have been told I must experience everything I teach and so I immediately began the preparation process to reconnect with my Twin Flame as outlined by Shanna, and by AA Michael in this month’s message. Every night I go into my crystal Pyramid before I go to sleep. I lie on my crystal table and call in my four angelic helpers. I ask for my highest good and the greatest good for all. Several nights ago, I affirmed that I was ready and said “Yes to Sacred Love” in preparation for a reconnection with my Twin Flame. I immediately felt an expansion in my heart center that has increased and is constant. During my meditations, as I lift my energy and put out the call to my beloved soul mate, I feel a tingling sensation throughout my body and sometimes some ripples of energy throughout my chakra centers. It is not uncomfortable, just a feeling that something unique is happening. I don’t know how long it will take for my Twin Flame to appear, but I know it is worth the wait. I know that

this reunion will only enhance my love for my husband, my physical family, and you, my earthly soul family. Another miracle is that my dear friend, James Tipton, AKA Tyberonn, a bearer of Metatron's energy, and I are planning a joint seminar event for next year in Little Rock, Arkansas. Tyb has been told that the central region of Arkansas rests on enormous beds of crystals of a stunning size, some the size of skyscrapers (some time ago, AA Michael told us about the "skyscraper" size crystals that would be found and activated in the future). That is now happening around the world. We plan to hold a two-day seminar, and an optional two-day journey to some of the most powerful sacred sites in the area in May, 2007. I have asked Shanna to join us. AA Michael has validated that the Circle of Light Center in Eureka is a major active vortex. The details will be posted on my web site just as soon as they are finalized. Dearest friends, please join us in this next exciting phase in our journey of transformation and integration. I am so excited about the future, and I feel the challenges and discomfort we are experiencing along the way are a small price to pay for the wondrous gifts we are receiving. Love and angel blessings, Ronna

I have made arrangements with Shanna to make her incredible book available to you on my website. Eternal Twin Flame Love will be listed under "Books." Price: \$16. S&H USA \$5.00 * Canada \$8 * Overseas \$12.

Or call Cindy: 775-856-3654 * Monday thru Thursday, 8 AM to 2 PM Pacific time. **There is a dear soul who sends a "love donation" to me every month. There is no return address or name included. I wish to thank you, dear heart, for your generosity. And to all others who are so generous, may your kindness be returned a thousandfold.