

AAM Combined 2010

Transmitted Through Ronna Herman - 2010 Edition

Table of Contents

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

JANUARY - LM_1_2010_updated.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JANUARY, 2010

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE NEXT LEVEL OF SPIRITUAL AWARENESS

Beloved masters, the majority of humanity has forgotten that within the Universal Laws there is a God-given right which allows each human Being to reclaim the ability to commune with the ascended masters and the great Beings of the higher realms. Internal communication is a direct sharing of thoughts without words or sound. This is your natural state of Being. However, there are prerequisites and conditions that must be attained before you can access the universal telepathic airways.

While in your Pyramid of Light in the fifth dimension, ask that your guardians, guides and angelic helpers join you there. Ask your personal Council of Light 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 your 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 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.

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 an ever-expanding, multidimensional realm of physicality.

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.

You must consciously examine your beliefs and discard those which no longer serve your greatest good. You must remove yourself from the restrictions and the distortions of the collective consciousness belief patterns of the past. By doing so, you will gradually be lifted from the stifling density of the third- and lower fourth-dimensional environment. You must disentangle yourselves from the confinement of misplaced obligations, real or

imagined restrictions, and distorted, debilitating beliefs of the lower realms of physicality. Being in the world but not of it is one of the most important truths a budding master must learn and apply.

Your main goal is to return to an accepted spectrum of duality, whereby your Energetic Signature is vibrating at a harmonious frequency pattern which is compatible with the mid-fourth dimension or higher. This is the required level of harmonious frequencies needed to tap into the power and magic of the transmuting Violet Flame and to begin to access and use a full measure of Adamantine Particles of Creator Light. This Light has consciousness; and as you assimilate it and activate it with your loving intention, the gift of higher consciousness is yours to use and to share. Never forget, this Creator Light is your Life Line to the ALL THAT IS.

The world within is filled with magic, wonderment and access to abilities that are beyond your imagining. You have spent a much longer time in a non-physical reality than you have in a physical body. Earthly existence is merely a moment in time compared to the eternity of the higher realms. Your Sacred Mind is a storehouse of past experiences, wisdom and cosmic law. When the Soul merges fully with the Sacred Heart, it is a grand reunion of monumental proportions. The Soul, your intuition and your inner-sensory abilities are all etheric Light Sources. When your intentions are centered in love and projected with purity, you become a powerful source of Sacred Fire energy.

Some time ago, we gave you a message entitled YOU ARE THE INBREATH OF THE CREATOR. In that message we told you, "There have been some misconceptions about the Inbreath, and the popular belief has been that the Creator will Breathe In all that has been created. This is not true. The Creator is sending forth ITS radiance to incorporate all the magnificence that has ever been created. Beloved ones, you are the Inbreath. You will breathe in the Essence of the Creator as you ready your human vessel to receive more and more refined Light and the rarefied vibrational frequencies of the higher realms. You, in your human vessel, will incorporate the Essence of the Creator that is permeating the Earth plane as well as the entire universe."

We cannot emphasize enough how important the breath is in reclaiming your Divine nature. Not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of shallow breathing has resulted in many debilitating symptoms and dis-eases, as well as limiting your intake of Divine Essence, which is critical to your well being and the reclamation of your vessel of Light. We have explained and emphasized the Infinity Breath, the Accordion Breath and how important is the practice of breathing with intention. The Infinity Breath could be called the Ascension Breath, for it aligns your galactic chakras with your physical vessel, and opens the return passageways to the higher dimensions. It speeds up the process of building your ascending vehicle of Light called the MerKiVah. It also facilitates the opening of the portal to your Sacred Mind and the front and back portals to your Sacred Heart. The Accordion Breath facilitates a double benefit: it draws forth the Adamantine Particles stored within the root chakra and also the AP's stored within your etheric replica, located within your fifth-dimensional personal Pyramid of Light,

which flow forth from the City of Light in which you have established a connection. This supplies a continuous flow of Creator Particles to and through your physical vessel, then out into your personal creator wheel and ultimately out into the world of form.

In the past, we have also spoken about rhythmic breathing, which could be called the Sacred Breath. When practiced regularly, this technique will energize your bodily form and improve your health, for it will supply your physical Being with the radiant particles of God Light needed for optimum performance and longevity. It is also an effective way to radiate the Violet Flame or Adamantine Particles of Light out into the world of form for the benefit of all. The Sacred Breath entails deep inbreathing which begins in the lower abdomen. Breathe deeply and slowly as you extend the stomach and then the chest area as you envision the breath slowly rising up and out of the crown chakra. When you have filled the lungs to the maximum, hold the breath for the same span of time as the inbreath. Envision a ball of Light slowly moving down your column of Light as you gradually release the breath, drawing the stomach in as you hold the breath the same length of time before beginning the next inbreath. You should state your intention (affirmations) before you begin the Sacred Breath, such as radiating the Violet Flame or Adamantine Particles of Light out to the world, or any of the brief affirmations you have been given.

In order to get the rhythm of this type of breathing, in the beginning, you may wish to breathe in to the count of five or seven, hold for the same count, breathe out and hold for the same count until you are comfortable with the process. All four actions should be of the same duration with a smooth, fluid, effortless motion. This is also a wonderful group activity and a powerful method for spreading the Violet Flame and the Divine Light of the Creator. As you become accustomed to deep rhythmic breathing, you will no longer be comfortable with the short, shallow breathing techniques used by the masses.

Recently, a dear, dedicated Soul asked this important question: "I have a question about the practice of forgiveness. I forgive everyone with whom I've shared conflicting, discordant energy during my present or past lives, and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures we have created together." (Page 86, Reference & Revelations * Glossary & Illustrations). I have been doing this daily and have found it to be extremely powerful. My question is: Why do we return the memories, energies and probable futures to the other people? Why not release them altogether, perhaps into the Violet Flame?"

Our beloved messenger's answer to her was, "When we forgive others through our loving intention, we return the negative vibrational patterns we have created back into neutral Light substance. However, the other person's vibrational patterns are still in the original discordant form that were created during the negative interaction between the parties involved. We cannot transform their negative energy; they have to do that themselves. However, by wrapping their negative vibrations in love, we are sending them a gift of Adamantine Particles along with their negative thought forms, and if they so desire, it will give them a gift of Love/Light with which they can transmute their negative thought patterns more easily. If they choose not to accept the gift and, thereby, not learn the lesson

involved, it will manifest again through another person and situation. However, we are released from that karmic interaction and will never have to experience it again. We have gained the wisdom from the experience, for we have responded in a loving masterful way. That is why AA Michael tells us, 'You cannot change anyone else; you can only change yourself, which will change the dynamics between you.'

"It is the same with the Love/Light we send out via our personal creator wheel. It not only benefits us and helps us to manifest what we desire for the greatest good, but we are encased and moving in an auric field filled with Adamantine Particles of Love/Light. That is why people wish to be near us and why they feel inspired and 'lifted' in our presence. If they open their hearts to the gift, they will receive an infusion of God Light through us, and it is the same with the Iridescent Pink Ray of Divine Love of the Goddess and also the transforming Violet Flame. We become bearers and conveyers of this Divine Energy when we move into a state of balance and harmony, and have aligned ourselves with our I AM Presence and sincerely ask that everything we think, do and say is for the greatest good of all. Remember, AA Michael said the most beneficial gift of tithing is to share the Creator Love/Light that we receive with others, until the time comes when they can access that blessed gift for themselves."

Allow us to give you some more thoughts to contemplate until we come together again next month:

The reality of the senses – physical body consciousness: When you are in the flow of Spirit, you will exist very lightly in your body with no pain or discomfort. You may experience diminished bodily sensations except an expanded feeling of love within the heart area, and you will experience a great sense of well-being and harmony.

You must become aware of your physical body consciousness as your Body Elemental wakes up, so to speak. Gradually, it will begin to work harmoniously with you to correct all the miscreations you have manifested within your bodily form due to erroneous thought forms. Over time, you will become more sensitive to your Body Elemental's signals. You are constantly being bombarded by the input of the five physical senses. Moment to moment, you are either evolving or devolving. Nothing remains static.

Problems arise when there is a lack of attunement or empathetic alignment with others. A negative environment caused from self-serving, inharmonious conduct often results in friction and alienation. Each person must closely examine their own feelings, actions and projections of Life Force energy because when it is tainted or misqualified, it is potentially disturbing and destructive rather than empowering and constructive.

Do not deny yourselves the blessings of the physical realm, which are your Divine birthright, by becoming a devout ascetic like so many who, in the past, sought ascension through denial by forsaking all worldly pleasure. This path does not lead to Self-mastery and enlightenment. Centered self-awareness, pure thoughts and the ability to rise above

the discord created by hate, resentment, jealousy and greed are the quickest way to tame the ego and return to a balanced and harmonious state-of-Being.

When you reach a certain level of Self-mastery, we endeavor to encourage you and to get your attention by intensifying the Love/Light within your Sacred Heart. It could be called a Spiritual Light infusion.

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 over 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. *
Transmitted through Ronna Herman Vezane * www.StarQuestMastery.com

FEBRUARY - LM_2_2010_Updated.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * February, 2010

TRANSMITTED THROUGH RONNA HERMAN VEZANE

WHILE ON THE WAY TO ASCENSION

Beloved masters, what is it that you are most concerned with at this time? What is it that you cannot seem to overcome or find an answer that will explain the stressful situations that constantly plague you? For those of you who have been on the path of awareness for sometime, it seems as though you are at a dead end and no matter what you do or don't do, you cannot get past the persistent obstacles that are creating so much dismay.

We have emphasized many times that you are in the midst of an intense, very important transformational process. Many of you have moved into a cycle whereby your strongest core issues are rising to the surface so that, once and for all, you can neutralize the discordant energies/thought patterns that are causing such turmoil, so that they can be transmuted back into their original form: pure Light Substance. The path of ascension has many stages and initiations which can manifest as periods of intense study, growth and expanded awareness, followed by times of assimilation when it seems as though you have moved into a null zone of stagnation or back into chaos. The pulse and heartbeat of our Father/Mother God create cycles of varying degrees, and every living thing is attuned to rhythmic cycles of some kind or another. As you move into the formulation of each higher sub-dimensional environment, you will find that the cycles of experience and manifestation are speeded up considerably.

More and more Soul groups are coming together on Earth at this time. Therefore, it is important you understand that a group of Souls will consist of people who are at various stages of en-Lighten-ment, and each person has gifts of varying degrees to contribute to the whole. Each group comes together for specific reasons. Some have been and are being reunited with close members of his/her Soul family in order to give and receive support. Many are brought together because of group missions they have assumed. Time and time again, while on your journey throughout the universe, you have answered a clarion call to unite with a greatly diversified group of Souls in order to assume an important mission at some future time and place. Some of you are fulfilling more than one important mission during this special time on Earth. For others, it is somewhat of a reward lifetime, whereby, seemingly novice initiates are being supported and assisted by the more advanced members and are given the benefit of the group's wisdom and Love/Light. Be assured that those dear Souls have given the same service in the past, and at a Soul level they have already met the requirements of an initiate on the Path. Possibly, they need only a little nurturing, training and assistance in order to remember who they truly are. Some progress so swiftly

that they are given a Divine Dispensation of Love/Light so that they may quickly step into their true roles as Self-masters, teachers and wayshowers.

Some groups go quietly about spreading Love/Light and wisdom amongst their family, friends, neighborhood and local areas of influence. They spread and share their loving energy as they tranquilly go about living and being examples for others to emulate. While other groups become leaders and talented teachers and are destined to have a broader range of influence, possibly even worldwide. The more diverse a group is, the greater their potential influence on those around them will be, for they embody a well-rounded range of experience and wisdom to impart to others.

Allow us to take you on a journey, as we give you a mind picture of what ascending humanity is experiencing at this time. Imagine that you are viewing a very different reality from our vantage point, as we observe the ascension process that is taking place on another planet. We of the higher realms have the ability to sense the feeling nature of the people, as well as see the vibrational patterns that their thoughts and actions convey. Colors are more vivid and each person's auric field can be seen by all and is considered to be a normal attribute. However, the people did not understand the meaning of the auric field.

We will focus on a group of Souls who are traversing the path of ascension together. The first scene we view consists of a small secluded village within a valley, which is surrounded by mountains. The villagers are simple people and there is not much contact with the outside world. There are many humble dwellings scattered about the valley and most all of the inhabitants have to struggle in order to eke out a living. The land is infertile and the weather is harsh and unpredictable. The people are suspicious of each other, and there isn't much interaction or cooperative effort for the common good. However, there are three families who had built their dwellings close together, further up the side of the mountain, a short distance from the village. They share water from a nearby stream and also share the fruits of their labor with each other. They often gather to discuss their problems and give thanks for the bounty they receive. They begin to notice that everything is a little brighter and more harmonious on their mountainside.

There is always a slight haze hovering over the valley, and the few times any of the mountainside group had gone down into the village, it seemed the people were even poorer and more unhappy than before. They also resented and were inhospitable to outsiders, and there was an aura of sadness and despair in the atmosphere. After a time, the members of the higher Soul group stopped going to the village. They found that they could produce all that they needed to live simply and in comfort. Gradually their numbers grew to form a new village; however, with the expansion came new tests and challenges for the people.

As time went by, several of the more advanced Soul group became restless and discontented. They knew there must be more to life than living and dying in a small secluded village, so they decided to climb the mountain to see what the world was like beyond the mountaintop. Their journey was arduous with many detours and challenges along the way. However, the group found if they were patient and worked together to

resolve their problems and pooled their resources, the way became easier. Slowly, but surely they made progress until they reached the mountaintop, where they discovered there was a village somewhat like the one they came from, but even better. The people of this village had skills the group had no knowledge of, and they created many useful items to make life easier and more comfortable.

Our Soul group of travelers were slowly integrated into the village, and before too long they had learned many of the skills and special talents the villagers shared with them. Life was not perfect, however, it was much better than in their previous village, and so a few in the group decided to stay in this village, even though there were some negative aspects with which they must contend.

The rest of the Soul group decided to continue their journey down the other side of the mountain. The valley floor was at a higher elevation than their original village, and life was somewhat better, but there seemed to be many minor conflicts and discontent among the villagers. There seemed to be a lot of jealousy and envy, and there was somewhat of a cast system, whereby some of those who were talented or gifted with beauty of face or form, or had a special skill, acted as though they were superior to the rest of the people. Also, one of the villagers' favorite pastimes was to gossip about their neighbors or to ridicule their beliefs and habits, especially if they were different from their own.

After a brief time, some the group quickly picked up the negative habits and became caught up in the competitive atmosphere of the village, while the rest of the group remained as outside observers and soon came to the conclusion that this was not a place in which they wanted to settle. They left the village without looking back, focusing their vision on the next mountain peak and the gifts it might have to offer.

Thus began the never-ending cycle of experiencing life in a specific frequency-level environment to gain knowledge and wisdom in order to become a candidate for ascension into the next higher realm of existence. After you, as an aspirant on the Path, have been gifted with the talents and knowledge of each higher level of awareness, you are forever changed. Thereafter, you must traverse the valley of your new reality until you have cleared and harmonized any incompatible vibrational patterns from within. That is why, sometimes, after you have gained a new level of Beingness, for a brief time, it seems discord and challenges reappear in your life for resolution. After your Energetic Signature becomes compatible with each new dimensional level, you are ready for the challenges of the next mountain. Know this, when you have heard and answered the clarion call of your own Soul, nothing can stop you from seeking the path which eventually leads to en-Lighten-ment, for a Divine discontent will plague you until you do.

Beloveds, those of you who have climbed the great mountains of life repeatedly, and traversed the diverse valleys filled with shadows, tests and trials are now bringing forth into your consciousness the deepest core issues from within your Being. Before you incarnated, you were determined to resolve these issues in this lifetime, for you knew that in order to attain Self-mastery once more, you must gain a certain level of balance and

harmony within. Remember, you are not being punished and you are not doing anything wrong if you are endeavoring to do and be your very best. Once you awaken to the God Spark within your Sacred Heart, you will never again be placed in circumstances which are insurmountable. You will always experience tests, challenges and circumstances to help you awaken to the great potential within and to move beyond the illusion of the lower planes. You must always strive for the highest and best solutions.

We understand that one of the most difficult tasks is gaining control of your feeling nature and emotions. It is important that you clear the atmosphere around you of discordant vibrational patterns every day so that you can stay empowered within your Sacred Heart and Solar Power Center. You are creating a new chapter in your ledger of life each day. Will that chapter be on the positive or the negative side of the ledger? Remember, it is permissible and important that you blaze the Violet Flame of transformation back through the history of your lifetime, thereby erasing cause, core, record and memory of any discordant energies of the past. The Violet Flame is the gift of transformation and will help you move from the wheel of Karma into a state of Grace. Diligently use the Violet Flame to erase all negative actions, or you must face and rectify your own miscreations via cause and effect situations. Learn to love your miscreations free. Force or resistance will only strengthen any negative thought forms. Follow the nudgings of your Soul and Higher Self, and do not be swayed by popular opinion. You must strengthen and learn to listen to your own inner Divine sense. Your body is a sounding board. It is a tuning fork on a certain wave length, which makes up your Energetic Signature. If your life is filled with chaos and painful events, raising your consciousness will lift and harmonize the wave patterns of your Energetic Signature, and your life experiences will also become more balanced, satisfying and enjoyable.

Beloveds, you are in the critical times which have been foretold for many ages. However, there is also more help available to you than ever before. The heavens have opened and the precious elixir of Life is pouring forth upon all Creation. This may seem like an impossible concept, but we tell you, you do not have to make this journey of life alone. Keep your eyes focused on the mountain top, as you stay centered within the God power of the moment and you will not be led astray. You have the potential to become physically vibrant, emotionally fulfilled, mentally aware, financially abundant and spiritually enlightened. It is your Divine Birthright to experience your life's journey in the physical realm to the fullest. You were designed to savor and enjoy life each day with passion, to experience physicality with full awareness and conscious intensity. Your earthly sojourns were not meant to be filled with pain, suffering and deprivation. It is your choice whether you experience life on Earth as a heavenly place or as a hellish nightmare. Allow us to show you the high road and Light the path before you.

You are loved most profoundly. I AM Archangel Michael.

Transmitted through Ronna Herman Vezane ** www.StarQuestMastery.com

MARCH - LM_3_2010_Updated.doc

MESSAGES FROM ARCHANGEL MICHAEL * LM-3-2010

TRANSMITTED THROUGH RONNA HERMAN VEZANE

YOU ARE IN THE MIDST OF A SPIRITUAL REVOLUTION

Beloved masters, for a moment, imagine that you are fully aware of your origins and that you can tap into your personal cosmic history files any time you wish. Imagine that you have the ability to communicate with those around you mind to mind, without words. Imagine that you have the natural ability to see everyone's auric field and therefore can read or understand a person's state of Being at any given moment. Imagine that you can envision clearly that which you wish to manifest, and it takes only a little time and effort for your visions to become reality. Imagine that you have the ability to communicate and interact with the archangels and the vast angelic realm, as well as the ascended masters and the great Beings of Light. All of these attributes and abilities are a part of your natural state of Being in the higher realms, and you are now in the process of regaining these God-given talents, as well as the ability to assist in the evolutionary process of humanity and the Earth.

We have explained many times and in many ways how you separated your Divine Self into a masculine Spark of Essence with the characteristics and qualities of our Father God and a feminine Spark of Essence with the virtues and attributes of our Mother God. Since that first separation, each facet of your Self has refracted into a multitude of smaller Sparks of Divinity, and you have assumed a myriad of forms and innumerable missions throughout this universal experience. The next grand stage of universal expansion and the evolution of all sentient Beings are well under way, and each of you has an integral part to play as a Star Seed and a bearer of Divine Light.

The ascension process requires a letting go of those things that have kept you in the stifling, restrictive reality of the third and fourth dimensions. It entails returning to balance and harmony in all facets of your earthly Being, which will result in your memory banks being cleared of all the discordant energies/events of your rich and varied past. All that will remain is the wonder, joy and successful endeavors you have attained as a cocreator in the material realms. As you traverse the path of ascension, you are reclaiming the wisdom stored within your Sacred Mind, and you have tapped into the rich storehouse of Creator Light called Adamantine Particles. You are beginning to demonstrate and use many latent abilities that have been kept in reserve until you were ready to reclaim them.

You were designed to be a transmitter of Light in a world of illusion and shadows. You are on Earth to become a master conveyer of energy. Your breath is the mechanism by which you draw forth the Primal Life Force Substance of Creation while you are functioning in a third- / fourth-dimensional environment. However, as you open and activate your Sacred

Heart and Sacred Mind, you have the ability to gain access to the Full Spectrum Light of this universe, and also the Divine alchemical properties of the Violet Flame will be available to you in full measure.

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

Returning to balance and harmony is a prerequisite to staying centered within the Sacred Heart. In order to do so, you must constantly evaluate and upgrade your awareness of Self. Your emotions are affected by your beliefs, and your intentions are affected by your emotions. Listening to the nudgings of your Soul, the wisdom of your Sacred Mind and the emotions of your Sacred Heart will help you to fine-tune your discernment abilities so that you can make the right decisions and always choose the highest path. Reverence for all things and God-inspired choices lead to Self-mastery.

One of the most important things you can do to initiate the process of returning to balance and harmony within the reality you have created is to apply the Law Of Forgiveness to all your miscreations and interactions with others. Doing so will immediately accelerate the process of returning to center, for it erases or breaks the energy cords you have attached to other people's solar plexuses, and it will also shut off the radiations to and from any negative collective consciousness belief systems that you have taken as your own. You are taking back the vibrational patterns you have exchanged, added to or participated in, thereby allowing you to move into the state of grace process. Be aware that as you do so, you will experience the transformational clearing process and all it entails; however, it will not be as traumatic or as drawn out as it would be if you had not willingly and wholeheartedly agreed to take the initiative.

The Law of Forgiveness includes aligning your will with the greater WILL of our Father /Mother God for the highest and best outcome for All. The Divine Plan for this universe is at a critical stage of the evolution process, and time is of the essence. Becoming an active member of the Light Brigade and a new World Server will open a portal of new possibilities.

Those of you who have diligently stayed the course will reap the rewards of Self-mastery and discipleship. As you move into the realm of Self-mastery, you automatically begin to view your life and the world from a higher vantage point and with much wiser insight. You begin to embrace your reality through a filter of Love/Light, and nonjudgment and discernment become a natural part of your State of Being.

A good affirmation to remember and use is: I EMBRACE THE WHOLENESS OF MY DIVINE REALITY. There is power in humility. There is power in forgiveness. There is power in gratitude. Love is the power which contains all the virtues and qualities of God Consciousness.

Many of you are aware that in the beginning stages of the initiation process there is a crisis as the battle for supremacy begins between the ego and the Soul. Each person must endeavor to clear his/her illusionary, distorted reality of the astral planes. The ego desire body is controlled by the energies and impulses of the three lower chakras and these out-of-balance inclinations must be brought under the control of the Soul Self once more. This period is often called The Dark Night of the Soul or traversing the valley of shadows. When you are in the midst of the process, it is important that you understand you are not being punished. After you have successfully traversed the shadowlands and emerged triumphant, you will look back in retrospect and you will realize that you were given a great opportunity.

A spiritual aspirant is a consciously aware human being who is seeking en-Lighten-ment and Self-mastery. In the beginning stages, he/she is still somewhat “self-focused,” often prone to temper and irritability and may experience bouts of self-doubt and depression. A spiritual aspirant must develop sensitivity and a loving, understanding nature. The aspirant’s life purpose will gradually move away from personal ambition and love of power into a desire to be of service to humanity. A desire to serve others is a Soul instinct.

An aspirant gradually begins to let go of the “It is all about me and the I, me, my” concept, as the external focus slowly begins to fade. There is a gradual turning inward and the major focal point becomes the Solar Power Center which is comprised of the heart, thymus and throat. As this area is bathed in the higher frequencies of Light, the Three-Fold Flame in the chest area begins to blaze forth once more in preparation for the opening of the portal to the Sacred Heart.

Allow us to give you a few more important key points to assist you in integrating the wisdom necessary to become a full-fledged spiritual aspirant on the path of en-Lighten-ment:

The Emotional Body is a reflector. It responds to external stimulation, such as other people, events, emotional attachments and addictions.

Tread the path of life gently and reverently. Speak softly with discernment. See that your actions reflect the purity of your God Self and leave footprints of Light for others to follow.

There is an ebb and flow to the cycles of the Soul just as there is throughout the Cosmos.

The Soul draws forth the Essence of life from its I AM Presence in preparation for a new life cycle of experience. At the end of that cycle, the life Essence is slowly withdrawn and the physical death process results; however, the real You in Spirit form remains, for you are immortal.

The Soul's impulses and influence are much stronger in a Being who has stepped onto the path of awareness than there are in an unawakened person who is still caught up in the illusion of a third- / fourth-dimensional existence.

You must strive to maintain an ever-expanding state of Soul-consciousness in order to progress on the upward spiral of ascension. It is time for those who will be among the new World Servers to become aware of each other.

Criticism is a faculty of the ego and the lower mind. Criticizing or finding fault with yourself or others is detrimental to the extreme. You add energy to that which you focus your attention on; therefore, it is of the utmost importance that you look for the good in everyone and everything.

Constructive criticism is sometimes necessary. However, it should only be used to assist someone to correct harmful behavior, take the right action, or find the appropriate direction.

YOU CAN ONLY FAIL IF YOU QUIT TRYING. You may lose time; however, you should gain some knowledge with each failure. Growth and wisdom come from learning what not to do and in perfecting the skills that will help you become proficient in your chosen field of endeavor.

Lower vibrational energy creates discordant frequencies within your Soul Song. The vibrations of discord cause discomfort within the area where it originated or where it is focused within the physical vessel. If the negative energy patterns are strong enough, they can create disease and will eventually contaminate the entire body.

You must tame and gain control of your emotional body via your Higher Self, guides and angelic helpers in order to become receptive to the refined frequencies of Cosmic truth. You must clear the mind of distorted, negative, defeating thoughts. Only a clear vessel can receive and transmit the wisdom teachings of the cosmic libraries of God-consciousness.

A spiritual seeker refuses to pay attention to public opinion, judgment or failure. Aspirants are recognized by their vibrational frequencies or Light quotient, not by their knowledge or their deeds.

Remember, beloveds, THE CLARION CALL FROM YOUR SOUL SELF WILL CONTINUE TO ECHO UNTIL YOU HEED THE CALL. Many of you have begun or are ready to begin your true mission, whatever that may be, but never forget that the ultimate goal is to be a conveyor of Creator Love/Light.

We are aware that the future is uncertain and everyone is experiencing pain and discomfort in varying degrees. We ask you to focus on the miracles and progress you are making and not allow the fear of the masses to infect your mind as you move through and beyond all the massive changes that are taking place in your world. Know that, together, we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony and attunement with their God Self.

Dear ones, when you feel alone or are in doubt or despair, come into your Pyramid of Light and we will give you courage, uplift and inspire you. When you feel lonely or unloved, move into your heart center and we will be there, waiting to fill you with the radiant love of our Mother/Father God. I AM your constant companion. I AM Archangel Michael.

* Transmitted through Ronna Herman Vezane * www.StarQuestMastery.com

APRIL - LM_4_2010_Updated.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * APRIL,2010

TRANSMITTED BY RONNA / SACRED SCRIBE

WALKING INTO THE LIGHT OF YOUR FUTURE

Beloved masters, we ask you to take time to review what we will call your master plan for the future. We have told many of you in the past that it is time to write a new galactic mission statement, for your earthly contract has been fulfilled. We assure you this does not mean that you will be leaving this Earth any time soon. You have been preparing for this time for many incarnations, and you are sorely needed as World Servers of the Light. Time and time again, we have asked you to script your future and then live each day, moment by moment, to the best of your ability.

Even if you have not consciously made plans for the future, you still have a plan. A plan that has been created by your subconscious mind, your ego-desire body and its yearnings, and the constant mind chatter that takes place during your busy day. Powerful emotional thoughts create powerful frequency patterns, while the senseless meanderings of the mind create weak energy patterns which build up over time, eventually creating powerful, chaotic vibrational patterns that return to you via an Infinity sign called the Law of the Circle. If your life seems to be unfolding in a helter-skelter manner, it is because that is what your Energetic Signature is radiating out into the world of cause and effect. That is why it is so important for you to begin the process of becoming an objective observer, while you monitor your thoughts and diligently practice the art of staying focused within your Sacred Heart center.

Over these past years, we have given you the basic, as well as many of the advanced, tools of ascension; however, too many of you run hot and cold in your attempts to claim Self-mastery and regain control of your future. We tell you, beloveds, it is time to become seriously involved in your future, which entails stepping to the fore and stating to your Higher Self and your I AM Presence, I AM READY, thereby gaining the insight of and assistance from the many great Beings of Light, including your own Divine God Self.

Becoming an ALPHA MASTER entails learning to maintain brain frequency levels from ten to fourteen cycles per second, which will help you to function in a state of unified brain consciousness instead of a predominately left or right brain mode. Living Each Day as a Master, and using the tools we have given you to gain access to your Sacred Heart and Sacred Mind, as well as creating and using the various Pyramids of Light in the fifth dimension, will revolutionize your personal reality beyond your wildest imagining. The various breathing techniques are critical to your well being, and will greatly accelerate the process of ascension. The Transmuting Violet Flame is a most precious gift that is

available to all upon the Path of en-Lighten-ment. It will assist you to speed up the process of healing and clearing all past negative thought patterns and transgressions.

Stepping off the Wheel of Karma into a State of Grace entails the consistent use of the Transmuting Violet Flame. You must call forth the Violet Flame regularly so that you are constantly enfolded within the Violet Fire, thereby returning all discordant energy to neutral Light Substance. This includes all negative thought forms that you send forth at any given moment, and it will also assure that any lower frequency karmic patterns you have created in the past are neutralized. You are responsible for any and all of your creations, whether positive or negative. The vibrational patterns you create will always return to you via the Law of the Circle. A caveat: you must be diligent and strive to achieve and maintain a higher and more refined personal frequency pattern, and not just rely on the Transmuting Violet Flame to clear up the negativity and distorted frequencies you send forth. It is a tool of transformation and requires effort and steadfastness on your part.

When the Infinity loop and the time line of your past are balanced and the major portion of your discordant energies have been transmuted, you will step into the Infinity loop of your future. You are in the process of walking into the Light of your future, while leaving the shadows of the past behind.

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

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

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

magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with thanksgiving and a grateful heart.

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

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the forces of nature, and the Earth changes/cleansing are accelerating and increasing in intensity every day. We told you in a recent past message that you are in the midst of a spiritual revolution (March, 2010 message, RH); however, the Earth and the masses of the third- /fourth-dimensional illusional reality are also in the midst of a revolution. There is an intense polarization building between the various factions, not just in isolated places around the world, but in every country, involving every race, culture, religion and political affiliation.

We have told you that the chasm between the Light and the shadowlands is widening, and it is very apparent from both a lofty and earthly viewpoint. We see clearly the areas that are being bathed in the Living Light, thanks to you, the faithful Sentinels of Light. We also see the swirling whirlwinds of negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and even among families around the world.

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

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

You, the aspirants on the Path, are becoming proficient at building and using multiple Pyramids of Light / Power in the fifth dimension as you slowly but surely become acclimated to a lower fifth-dimensional environment. You have opened the pathways to the

Cities of Light so that you can gradually incorporate higher and more refined frequencies of Light. You are also preparing yourselves to interact on a regular basis with the many facets of your Higher Self and the great Beings of Light.

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

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

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

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

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

* Transmitted through Ronna Herman Vezane * www.StarQuestMastery.com

MAY - LM_5_2010_Updated.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MAY,2010

TRANSMITTED THROUGH RONNA HERMAN VEZANE

A CLARION CALL FOR WORLD SERVERS

Beloved masters, those of you who are the StarSeed,* answered a resounding clarion call that reverberated throughout this universe. *(StarSeed (sometimes called Old Souls): A StarSeed is a Soul/person who has had many lifetimes throughout this Universe and perhaps even the Omniverse. This means that we came into our individualized consciousness a very long time ago, and we have had many, many lifetimes and experiences as cocreators. The StarSeed Souls are the ones who are in the forefront of the ascension process and who are anchoring the higher frequencies of Light on Earth. Taken from the Glossary in Reference and Revelations * Glossary and Illustrations. R.H.)

You came from far-distant star systems, galaxies and solar systems, and you brought with you a wealth of cosmic information which was stored within your Sacred Mind for future access. There were stringent requirements you had to pass and solemn vows you had to make. You agreed to come to Earth during these momentous evolutionary times and to incarnate into greatly diverse and often very difficult circumstances. You made a pledge that when the time came for you to step onto the path of ascension, you would allow us to set aside your free will so that we could take whatever measures were deemed necessary to awaken you. For many, it resulted in a Soul merge, and others who had already awakened to their Soul Self were ready for a merge with a facet of his/her Higher Self. When the Soul finally merges fully with the Sacred Heart, it is a grand reunion of monumental proportions. When your intentions are composed of wisdom overlaid with love and projected with purity, you become a powerful source of Sacred Fire energy.

This awakening resulted in a mass Divine discontent among this advanced guard. You all have experienced some of the momentous transformations that have taken place among the masses and have also observed or have been affected by the accelerated Earth changes which have occurred and are continuing on a regular basis. Most of you who have consciously made an effort to reclaim your Divinity, via whatever means you were/are attracted to, are among this group. You agreed to be the examples and to do everything within your power to ease the way for others by becoming sentinels of Light, wayshowers and World Servers.

In past ages, the ascension process was available only to those who incarnated as initiates firmly on the path, and as disciples whose mission was to anchor as much Divine Light and to bring forth as much cosmic wisdom as possible. That time is past. It is a time of mass ascension, for all the planets, solar systems and galaxies within this universe are actively

involved in an ascension process. The Wheels of Creation are ever spiraling downward or upward, inward or outward, depending on the great cosmic cycle of the time.

Over the past several years of Earth time, we have given in-depth instructions about how to build Pyramids of Light/Power in the fifth dimension. There is now in place a magnificent World Pyramid which millions of dear souls visit faithfully to breathe in Adamantine Particles, the pure Divine Essence of Creator. By asking for the greatest good for all humanity, the Earth and all Creation, this Elixir of Life is activated by your loving intention and is breathed out into the vast Light receptacles within the great pyramid. Your Love Essence is then magnified one-thousand fold and used by the Elohim and angelic forces in the most beneficial way. Universal Law mandates that there must come a time when all conscious Souls must begin to return a portion of the Divine gifts of Love/Life they have been allotted. When you actively participate in sharing your allotment of Adamantine Particles via the World Pyramid, you are fulfilling your obligation to our God Parents as an active and caring cocreator. This is the highest and most effective form of tithing. It is important to share your earthly riches, but even more important to share your gifts and talents of Spirit.

Over the years, many of you have joined in building fifth-dimensional Group Pyramids in many strategic places around the Earth. Often, the instructions we give you are in preparation for a bigger plan to manifest at some future time. It is now time for us to focus on creating an environment for the coming together of the group of World Servers. Toward that end, the group pyramids around the world have slowly been merging together to create one great pyramid in the highest levels of the fifth dimension. This pyramid is not as large as the World Pyramid, for there is a decisive difference between the two.

The World Pyramid has been created for all humanity so that anyone who wishes to go there to commune with our Father/Mother God, the great Beings of Light and the angelic forces may do so. It is a place to express gratitude and to pay homage to our God Parents, the Supreme Creator, and the mighty forces of the heavenly realms. It is a sacred place of the highest form, and all who wish to experience the bliss of Oneness, and share their spiritual abundance and unconditional love are assured a place there. You could call it a great Cathedral in the Sky, for in the future it will take the place of many houses of worship as the world's religions begin to accept the advanced wisdom teachings mandated by our Father/Mother God.

The World Server Pyramid will be reserved for those who are well on their way to Self-mastery and who have gained the right to share their integrated knowledge/wisdom with others. Just as with the Cities of Light, you are to first go into your personal pyramid and then make the journey from there into the World Server Pyramid. We will give more instructions in the near future as to the purpose and benefits of the World Server Pyramid. Suffice it to say that this is one of the greatest opportunities you will ever have to serve humanity and the Earth.

Remember, initiation is now a group event, not an individual attainment. You must be willing to assist those on the path behind you in some way, so that as you are lifted up, so is all humanity. The Soul has a natural inclination toward group-consciousness. It is the Soul which seeks reunification, not the ego personality. Advancement on the path increases Soul consciousness and group awareness.

Millions of dear Souls are in the midst of what can be called an initiation process; however, we wish to make clear that this is a natural part of the ascension process. As you have probably heard before, ascension is an ever-evolving, continuous, on-going evolutionary process and not a destination. You should also be aware that you have experienced different phases of the ascension process many times before in a multitude of locations and realities.

As an aspirant on the Path, greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and truths of the next level of existence in the never-ending cycle of ascension in consciousness. Remember, knowledge must be integrated and used in an appropriate, efficient way in order to be retained as wisdom. Spiritual/human Beings are those who have developed their Superconscious abilities so they can begin to draw on the wealth of information stored within their Sacred Mind. Eventually, they gain the ability to draw forth inspiration and advanced information from the higher dimensions via the many fragments of their Soul Self, which are scattered throughout the universe.

The Superconscious Mind / Higher Self is the link to the Spiritual realms. First, you may begin to get flashes of information/inspiration via your intuitive abilities and during meditation. The powers of the mind are greatly enhanced as an aspirant on the path becomes more proficient and comfortable in using the higher frequency patterns of the Sacred Mind. As a result of tapping into the higher frequency realms of the brain structure, a good portion of your memory of past events will begin to fade as you move out of the realm of the instinctual brain/mind into the realm of the Higher Mind. Ascension is mind-expanding, a process of passing from one state of consciousness to another. The awareness expands to include all humanity, the Earth, the solar system and its workings. No longer is the focus on the little self. The ultimate goal is to become a galactic Being and eventually attain a universal consciousness.

Beloveds, we are constantly endeavoring to give you the most pertinent information to assist you to understand what is taking place, a broad overview of what to expect, as well as methods, tools and exercises to assist you to move through the evolutionary process with the least amount of discomfort via the gift of grace (which is the refined energy of Karma). As always, however, we admonish you to accept only those concepts that resonate within your heart and Soul as your truth.

You are to no longer follow anyone mindlessly, for you are to be the master of your own destiny, and as such, you must constantly exercise the gift of discernment. There are many

devoted messengers of higher wisdom who have dedicated their lives to bringing you the wisdom teachings for the present and future times of worldly expanded consciousness. They are striving to bring forth the greatest wisdom and most beneficial information possible, and in order to do so they must always strive for accuracy and impeccability. By their works, they will be known. No amount of negativity can deter them or keep them from fulfilling their mission.

It is now time for those of you who have returned your spectrum of Light and Shadow to an accepted level of duality to begin the process of opening the pathways of communication with the Beings of the Higher Realms. This means that you have accomplished the monumental task of clearing the major portion of your Karmic debt, and your Energetic Signature is radiating mostly positive, favorable vibrational frequency patterns. It also means that you have successfully reestablished the connection with and between your Sacred Mind and your Sacred Heart.

Many of you are beginning to receive impulses, messages of inspiration and advanced information from your Higher Self, your guides or specialized angelic helpers. We wish to caution you that it is highly unusual to connect with the vibrational patterns and begin to receive information from one of the advanced Beings of Light, the Lords of Light or the higher angelic realm where the Archangels dwell without a period of training and testing. We ask you to proceed slowly, and allow your Higher Self to guide you through the process. By doing so, you will establish a firm connection with the cosmic frequencies of higher intelligence, and you will gradually and safely progress to the more advanced teachers of cosmic wisdom.

QUESTION: "Would you please explain the CAUSAL BODY?"

The Causal Body is a facet of your Higher Self or OverSoul Self which resides in the Higher Mental Plane. It contains an accumulation of all the positive things you have performed/created during your lifetime. In some of your lifetimes there may have been very little added to your storehouse of godly deeds; however, in other important lifetimes, you have sacrificed and served well so that over time your accumulated heavenly treasures may have grown considerably. Thus, the pathway to the first sphere/fragment of your Higher Self is opened, and the gifts and wisdom stored therein begin to flow forth into the brain structure and the physical vessel. The Soul makes every effort to assist you in connecting with your Higher Self, for it is a great benefit to your Soul Self as well as your physical self. Gradually, over time, your human awareness becomes aligned with Cosmic Intelligence.

QUESTION: "Does toning put the chakras in a proper spin?"

To a degree. The toning sounds begin the process of releasing discordant or inharmonious thought forms from the chakras, and eventually these etheric, spinning vortexes of energy will radiate Life Force energy of specific frequencies as they were originally designed to do. The process is very gradual, for the imbalanced energies are thrown out into the four-bodily

system: physical, mental, emotional and etheric, and eventually out into the world of form via the Law of the Circle or in an Infinity pattern. In the past, it was necessary to experience that which you had created or in some way rectify your negative karmic actions. This means that these negative energies will stir up things in your reality so that you can transmute them and return the vibrational patterns to harmonious frequency patterns. Gradually, as the negative patterns are released, the chakras return to a proper and faster spin.

Positive thoughts and actions result in the chakras radiating balanced and harmonious vibrational patterns out into the world which, ultimately, results in Self-mastery and an enlightened state of Being. That is why it is so important to use the Violet Flame every day to transmute all discordant energies so that you do not have to experience the cause and effect result of your imbalanced thought forms. It is more advantageous to transmute them as they are released via the gift of the Violet Flame of Transformation. This helps you to move into what is called a State of Grace.

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

TRANSMITTED THROUGH RONNA HERMAN VEZANE

www.StarQuestMastery.com

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

VITAMIN D * THE GOD VITAMIN

Dearest friends, I must preface this month's message with an explanation. Over the past three or four months, an astounding number of people I know personally have shown a marked deficiency in Vitamin D after having a routine blood panel test. Several people were so deficient that they were given 50,000 IU's once a month until their Vitamin D levels were within a normal range. Why is Vitamin D so important and what does it do for the body? Below, I have excerpted an article from the Internet by Marcelle Pick, OB/GYN:

"This essential nutrient is called a vitamin, but dietary Vitamin D is actually a precursor hormone—the building block of a powerful steroid hormone in your body called calcitriol. It has been known for years that vitamin D is critical to the health of our bones and teeth but a deeper insight into D's wider role in our health is quite new. Vitamin D works in concert with other nutrients and hormones: it supports key mineral absorption and metabolism (especially calcium and phosphorus in the blood and bones). It regulates normal cell differentiation and proliferation (e.g., prevention of cancer). It promotes insulin sensitivity and blood sugar regulation (insulin secretion). Also, studies have shown clear links between Vitamin D deficiency and obesity, insulin resistance, heart disease, certain cancers and depression. Your body cannot create vitamin D on its own. Instead, it is designed to create it through sun exposure. I now test all my patients, and have been surprised to find that more than 85% come up with a vitamin D deficiency.

"In theory, you can manufacture an ample supply of vitamin D with as little as a couple of hours per week in the sun—provided the UVB rays are strong enough. You can also ingest it through food and many foods are fortified with Vitamin D, but the truth is we are just not getting enough, and so many of us aren't even close to producing a safe level."

Dr. Pick goes on to state that studies have shown that adults need 3000-5000 IU per day, and others recommend even more. However, you should check with your own physician to determine what dosage is best for you. If you wish to read the complete article, the website is: [www.womentowomen.com / healthnutrition/vitaminD](http://www.womentowomen.com/healthnutrition/vitaminD).

MESSAGE FROM ARCHANGEL MICHAEL:

Beloved masters, it is general knowledge that the sun conveys its life-giving force through its rays. In ancient times, the sun was mistakenly considered to be God and was given the name RA; however, an advanced group of wise beings began to worship the One God instead of a great variety of gods. It is also true that there would be no life on Earth without the electromagnetic radiation of the sun, for the solar system sun that you see in the sky supplies the life-giving heat and light necessary to sustain life on Earth. However, what you do not see, and most are not aware of, is that there is a Central Sun above and beyond each visible sun that is of a much higher dimensional frequency, and therefore, it is not visible via any means available to humans at this time. This sun is the home of the God-parents of your Solar System. These great spheres of God Light are cool, comfortable and more glorious than you can ever imagine. For they are where all the magnificent, great shining facets of the Creator reside, and it is their duty to radiate the Primal Life Force Substance and/ or the full spectrum Metatronic Light out into all the solar systems and the planets therein, including the Earth. These wondrous offspring of the Creator were some of the first radiated forth from the heart center of the Supreme Creator, and they were deemed worthy to be overseers of universes, galaxies, star systems and planets without end. The same applies to all solar systems, galaxies and universes throughout Creation. This is a very complex process, and we will not delve deeper into the subject at this time. What we wish to express to you is that your sun supplies much more than the heat and light of which you are aware.

Up until the mid-1900's, people around the world labored out in the sun all day and did not wear sun screen or feel that the sun's rays were harmful. They wore hats and some covered their arms, but it was necessary and not deemed to be detrimental to spend many hours in the sun. Gradually, the Ozone Layer has been affected by pollution and is not as thick as it was in the past, thereby allowing more ultraviolet radiation from the sun to reach the Earth and humankind. Since then, the harmful effects of the sun's rays have been emphasized so strongly that most people have forgotten the many benefits derived from exposure to the sun. The advertising of sun screen products has been very effective, and most people will not go out into the sun without it, no matter how long they plan to stay out of doors. Remember, the sun's rays are still safe and of great benefit during the early morning hours until 10:00 am and after 3:00 or 4:00 pm in the afternoon during the summer hours. At least fifteen minutes a day several times a week are sufficient to give you a Light bath from the beneficial rays of the sun. Also, the sun's rays are not as strong in the winter, and exposure can be a little longer.

What we have given you is information about the importance of the sun for the well-being of the physical body; however, we wish also to emphasize that this phenomenon is representative of how far off center many of the concepts within the collective consciousness belief structure have become, and how these misconceptions are affecting humanity in a great variety of ways.

Remember, dear hearts, those of you who are firmly on the path and are capable of drawing forth the Adamantine Particles of Creator Light and then sharing them with the world via your loving intention will derive much more benefit from the sun, for you are now able to absorb the higher and even more powerful and beneficial Essence from the sun's rays, which is called the full spectrum Metatronic Light. Vitamin D is only one of the many gifts that are supplied to humanity via the rays from your sun as well as from the Great Rays from our Father/Mother God.

Know this, beloveds, you are in the final stages of a specific unit of time, and you all have been subject to a unique system of rules. Total free will was deemed to be a great gift; however, it became a great burden as humanity sank into the broad spectrum of duality, which has resulted in great pain and suffering. There was a non-interference clause written in the rules, and the specified time for this particular phase of Creation had to be played out before our Father/Mother God could declare: "It is enough. It is time to intercede. There will be a Divine Dispensation for those who are striving to attain Self-mastery, and the spiritual Hierarchy and the Angelic Kingdom are authorized to give assistance in whatever way is appropriate within the framework of Cosmic Law." The Law of Grace exists as the higher frequencies of Karmic Law and will, henceforth, apply to the emerging group of World Servers as well as the aspirants and disciples on the path of ascension.

As this particular era comes to a close, there will be a new system of rules and laws which will apply to all emerging Spiritual/Human Beings. A new expanded cycle of Creation is in progress, and all of you who are striving to attain a unified state consciousness will be designated as cocreators of the future. As a Ray of God Light, your Divine Mission is to expand the borders of God-consciousness. Your goal is to become a master of manifestation, drawing forth the Essence of Creation, activating it within your Sacred Heart and via specific thoughts from within your Sacred Mind, molding the God Substance into an endless variety of forms. Thus, you become a true extension of our Father/Mother God.

You, the wayshowers, are the hope of the future. You are laying the foundation for a new social order. It is vitally important that you walk the middle path. A Self-master does not take sides, neither for nor against the conflicts that are presently raging around the world. Your personal power is most effective when you stay centered within your Sacred Heart and you are guided by the wisdom of your Sacred Mind. Your stance should always be that of good will, and your platform should be for the greatest good of all.

As you actively seek en-Lighten-ment and strive to return to balance and harmony within, it is important that you become aware of certain karmic limitations which your Soul has accepted as a learning experience in this lifetime. There are specific limitations and conditions that cannot be changed, and the lesson is to accept them gracefully and to strive for excellence within the framework of the boundaries that have been imposed upon you, not as a punishment but as an opportunity to balance discordant energy and thought patterns. However, we wish to emphasize, this lifetime is unique for every Soul on Earth; and no matter what circumstances you were born into, there is an opportunity for greatness and a reservoir of knowledge and talents needed to attain Self-mastery. You were designed

to be a master of manifestation, a cocreator with God-given abilities. The first step is realizing that you have programmed within your DNA Genius Potential and a broad spectrum of talents and abilities. You chose, before you incarnated, a set of circumstances with specific abilities which are more readily available than others. However, even though the full range of your gifts and talents is held in reserve, you have the ability to bring them to the fore so that you can begin to actualize, integrate and use them.

You must have access to the higher dimensional levels of the brain in order to make contact with your Soul-Self and the Beings of the higher realms. Your brain is composed of multiple levels of consciousness. The lower brain and the three lower chakras are the realm of humanity's animal/human consciousness. It is mostly instinctive, drawing much of its information from the collective consciousness of the astral plane as well as from the Earth's consciousness. Survival and the ego desire body are in control of the masses' thoughts/desires and thus form the prevalent picture of reality. The focus is on the external, material world and on service to self.

As your consciousness moves into the mid-level brain activity, you begin the process of becoming a spiritual/human Being and your feeling nature gradually moves up to incorporate the heart and the throat chakra. A gradual awakening process begins as your Soul nudges you onto the path of awareness, and the journey of ascension begins. An aspirant on the path must traverse the astral plane and gain control of the emotional / astral body and the lower nature (the three lower chakras), which will open the pathway to the refined frequencies of cosmic truth via your Higher Self, guides, teachers and angelic helpers. Harmlessness in thought, word and deed with focused observation abilities are important traits of a Self-master. You must clear the mind of distorted, negative, defeating thoughts before you can become a transmitter of Light in the darkness.

It is important that you understand: As your frequency patterns (or Soul Song) become more refined, your attitudes and comprehension will attune to higher and higher levels of consciousness. Your Etheric Body will change as well and will respond to higher Divine energies. Service to self gradually evolves into a desire to fulfill your Divine Mission, and to undertake group service.

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

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

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

* Transmitted through Ronna Herman * Phone: 775-856-3654

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

BECOMING A WORLD SERVER AND A KEEPER OF THE VIOLET FLAME

Beloved masters, you, the vanguard, the leaders, are clearing the pathway that leads into the future so that those following behind can move forward more rapidly and gracefully. Vastly important is every effort you put forth that adds to the Light quotient of the mass consciousness belief structure. You are the brave ones who are anchoring the refined Light of new Creation. You are the ones who are helping to clear the restrictive, distorted and detrimental teachings of the past, which were designed to control humanity through fear and intimidation. You are the ones who are refining and making available the new teachings, techniques and guidelines, which will assist others to perfect their skills and empower them to begin to use their latent talents of Self-mastery.

Everything in the Omniverse was brought forth from the Heart Essence of the Supreme Creator where all was perfect; however, this perfection was self-contained within the Great Void. The Creator desired to expand itself and to manifest some of the never-ending potential within. Each of you is a Spark of Creator Essence and you were gifted with a God-cell of vast potential.

The universe we all now exist in is in the midst of a monumental transformation process. Planets are shifting places and moving closer to the sun of the solar system of which they are a part; galaxies are expanding and moving upward, outward or downward depending on the viewpoint of the observer. New galaxies are in the formation stages as the impetus for expansion is ignited by a great infusion of Creator Particles of Light/Life, and the seed thoughts for new Creation are permeating the consciousness of all sentient Beings.

Let us again remind you as you move deeper into Self-mastery, you are becoming a custodian of cosmic energy /Adamantine Particles, the Essence of pure Creator love. As you perfect your ability to project unconditional love, you will also become a custodian of Divine Will, which could be described as Power Units of sacred inspired thoughts conveyed to you from the Cosmic Council of Light of the higher realms. To become a cocreator in the realm of form, there must be an effort and action put forth; and as you are aware, for every action there is a reaction. Trial and error lead to awareness of what works and what does not.

Making a wrong choice or action with no intent to do harm is not to be considered a bad thing, for it is part of the learning process.

Intelligent, unconditional love results when the Soul becomes the dominating force within, and the ego desire body and personality are brought under control. As you turn inward, your thoughts become more harmonious and less critical and resonate at a higher frequency, which refines your Energetic Signature. You must keep the channel of communication open between the Soul and the brain via the mind. This initiates the slow reactivation process of the Pineal Gland, and the opening of the portal to the Sacred Mind, which is located at that back portion of the brain, close to the crown of the head. When your frequencies reach a certain level of compatibility, the membranes of Light that guard entrance to your Sacred Heart and Sacred Mind begin to dissolve, and you gradually gain access to the treasure chests of love and wisdom stored within.

As an aspirant on the Path, greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and truths of the next level of existence, in a never-ending cycle of ascension in consciousness. Ascension is mind-expanding, the passing from one state of consciousness to a higher state of Being. We are endeavoring to assist you to gradually expand your awareness to include all humanity, the Earth, the solar system and its workings, the galaxy and even beyond.

You are slowly withdrawing your attention and your energy from your old, dysfunctional third- / fourth-dimensional reality; therefore, it will gradually fade away and cease to exist, for you are no longer feeding it energy. No longer will the focus be upon the little self. The ultimate goal is to become a galactic Being and to eventually attain a universal consciousness. A Self-master seeks his/her own highest truth and then lives that truth to the best of his/her ability. A master strives to view the world and its great drama from a higher vantage point so the bigger picture is available. Gradually, time will become malleable, for you will move beyond the linear time/space continuum. In the not too distant future, your natural way of seeing will become more panoramic, and your peripheral vision will expand to a degree. This phenomenon has already happened to some of the leaders of the Way.

There is great concern that the devastation around the world is accelerating. We acknowledge that this is true and will continue for some time as the Earth releases the negative patterns and constrictive energies, for your Earth mother is striving to repair the damage that has been done to the planet over the aeons of time through humanity's negative thoughts and actions. Humanity is responsible for the present state of the Earth, and it is up to all of you, along with the assistance of the Beings of the Higher Realms, to strive to correct as much of the damage as possible. You are being supplied with the tools and the Sacred Fire energy necessary to accomplish this task; however, you must incorporate and direct the energy appropriately. Your ascension and the Earth's ascension are inexorably tied together, and we are committed to assist you in every way possible.

Beloveds, we know it is painful to experience or observe as vast populated areas are destroyed and many lives are lost. The closer to home an event happens, the more painful and disconcerting it is; however, if you are to become World Servers and bearers of the Sacred Fire of transformation and the Adamantine Particles of Creator Light, you must rise above what is occurring in your personal arena, your city, even your country. Yes, we understand that the devastation which is occurring along the gulf coast of the United States is a travesty, as are the destructive flooding, tornadoes, droughts, and the pain and suffering caused by the ongoing wars that are taking place around the world. To become a World Server, you are to continue to strive to make the transformative changes in your personal life that are necessary to return to a Self-master's state of balance and harmony within. However, you must also dedicate some of your time and energy to World Service by joining your Soul Group in the fifth-dimensional World Pyramid where you will affirm, "I ask for my highest good, the most benevolent outcome for all humanity, the Earth and all Creation." By doing so, you align your will with the Divine Will of our Father/Mother God. Then you are to spend however much time seems appropriate to BREATHING IN LIGHT AND BREATHING OUT LOVE. This is the process that will speed up your ability to access the full Metatronic Light of this universe which contains the Adamantine Particles of Creator Light now being made available to those who have stepped onto the path of ascension. (An explanation about the World Pyramid and its benefits, along with an illustration, also more information on the Violet Flame, as well as many affirmations and exercises can be found in REFERENCE & REVELATIONS * GLOSSARY AND ILLUSTRATIONS <http://www.StarQuestMastery.com> (RV)

In 2009, all of the group pyramids that had been created around the world over the past ten years or so were gradually incorporated into one gigantic World Server Pyramid, and all of those who faithfully visited the group pyramids were directed into the new World Server Pyramid during their nightly sojourns in the higher dimension. In January of 2010, this project was completed and was ready to receive the more advanced Light Bearers who wish to serve. In October, 2009, at Lake Tahoe, a fifth-dimensional Amethyst/Violet Flame Pyramid was completed, and we began soliciting those who are seriously on the path of ascension and who desire to join the swiftly expanding group of World Servers to also become Keepers of the Violet Flame. An inspiring and moving ceremony was held, and all who participated felt an excitement and expansion of consciousness that they had not experienced in a very long time.

Now the time has come to put out the call and an invitation to all of you who feel you are ready and willing to serve ascending humanity, the Earth and our Father/Mother God as World Servers and Keepers of the Violet Flame. Space does not permit us to go through the complete process; however, we will give you a condensed meditation and will take you through the initiation if it is your desire to join in this Clarion Call to become a World Server and a Keeper of the Violet Flame. While in meditation, go into the Amethyst/Violet Flame Pyramid in the Fifth Dimension in preparation for making your request.

VIOLET FLAME INITIATION * REQUEST TO BECOME A KEEPER OF THE VIOLET FLAME:

Visualization, focused attention and an emotional, earnest sense of gratitude are the keys to activating and effectively using the Violet Flame. Focus on your inner vision, the third eye, and if you do not already have the ability to see colors or visualize, it will develop over time, if you faithfully keep up the practice of decreeing and repeating affirmations while meditating on the Violet flame. Twice every day would be ideal; however, any time you devote to this practice will be beneficial.

Envisioning with your Sacred Mind, centering within the Sacred Heart and feeling God's Presence within, as you make the following statement, will initiate the activation of the dormant Seed Atoms within your four lower bodies. They will begin to vibrate, move and change within and around you. As you grow more proficient, your ability to radiate the transforming Violet Flame will increase, and it will flow forth from you in greater and greater concentric circles.

Take several deep breaths or, if you are familiar with the Infinity Breath, do a series of twelve Sacred breaths before beginning your request.

"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!

"Surrounded in the radiance of our Father/Mother God, I call forth the energies of the Sacred Fire of transformation from within my Diamond Core God Cell, which dwells within the nucleus of my Sacred Heart. In the name of the I AM that I AM, I invoke the Violet Fire to blaze forth from the Seed Atom within the center of my Sacred Heart. From the White-Fire core of my I AM Presence, multiplied by the Seventh Ray qualities and virtues of Archangels Zadkiel and Lady Amethyst, and the Divine power granted to the blessed Ascended Masters, St. Germain and Lady Portia, I hereby decree:

"I, hereby, agree to become a Keeper of the Violet Flame. I call forth the Divine Sacred Fire to permeate my physical vessel to its very core, and to activate my soul memory of full God

consciousness and the original blueprint of my universal destiny. I call forth the Violet Transmuting Flame to permeate my mental, emotional, physical and etheric bodies, my Soul, my DNA and RNA, in order to transmute cause, core, record and memory of any past, present or future lifetimes, in this or any other reality that is less than perfection, any and all that is not in alignment with the will of our Father/Mother God, for my greatest good and the greatest good of all.

“I also petition the Cosmic Council of Light to consider my request to join the Group of World Servers. I will faithfully integrate and radiate out into the world the maximum amount of Adamantine Particles of Light and the transforming Violet Flame my physical vessel can contain. I will always strive for my greatest good, the highest good for humanity, the Earth and all Creation. I will do everything in my power to serve faithfully and to be worthy of this great honor.”

By becoming a World Server, you will join other aspirants who are striving to achieve group consciousness and who have a burning desire to assist humanity. Intuitive thought and guidance from members of the Cosmic Council will become the norm, and your knowledge of the higher cosmic truths will be greatly accelerated as will the process of ascension. The masters of the Cosmic Council of Light do not openly teach in public. They convey inspired concepts through their disciples and initiates to those who are ready to receive the higher wisdom teachings. The more advanced Initiates work mostly behind the scenes; however, a select group is actively teaching out in the world, for inspiring World Servers is their most important task.

Beloveds, there are World Server Pyramids being formed in each of the sub-planes of the fifth dimension and also in the lower sub-planes of the sixth dimension. As your Energetic Signature resonates to a higher frequency, you will gain access into the next higher-dimensional World Server Pyramid. As you are lifted up, so will be those following behind you.

As you strive to perfect your skills as a World Server, we have been given a Divine Dispensation to assist each of you to the limit that universal law allows. Know that we will magnify every benevolent effort you make. As you advance on the path, your radiance will make a profound difference as we all gather to Lighten the world and ease the way for humanity. I AM with you now and forever more. You are loved most profoundly. I AM Archangel Michael. *

Transmitted through Ronna/Sacred Scribe * As transmitter of this article I, Ronna Herman Vezane, claim the universal copyright in the name of Archangel Michael. Personal sharing with friends, or posting on websites and in publications is permitted as long as the

information is not altered, excerpted or added to, and credit of authorship and my website address is included. www.StarQuestMastery.com

AUGUST - LM_8_2010.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * AUGUST,2010

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

YOU ARE IN THE PORTAL OF A NEW EPOCH

Beloved masters, the stage is set and the curtain is about to rise on the new dawn of tomorrow. There are cells/areas of higher consciousness manifesting all over the world, and the ascension columns of Light from the great Cities of Light in the higher realms are being anchored at an ever-increasing pace. The great infusions of Creator Light are building in strength and momentum and they are making a greater and greater impact upon the minds of the masses.

It is very apparent that there is still much violence, resistance and negativity in the world. However, the World Servers' influence of balance, peace and harmony is gaining momentum, and more and more beloved Souls are awakening as they begin to heed the nudgings of their Soul-self. Because of you, the tireless wayshowers who have prepared the way, those who are now heeding the call are moving onto and progressing much more quickly along the path of illumination.

During these accelerated times of epoch-making change, it is more important than ever that you strive to increase your radiance quotient and to Shine your Light. You must endeavor to combine the vibrations of unconditional love with the desire for active service. Remember: harmonious, focused thought leads to ever-expanding pathways of higher consciousness. You must develop and perfect your power of conscious selection within the accepted, narrowed spectrum of Light and the density of the shadowlands. In the refined reality of humanity's future, peace will prevail and conflict will be resolved via diplomacy as everyone learns to focus on the greatest good for all and seek the most benevolent solutions.

Each of you is composed of units of energy which create your Soul Song / Energetic Signature. To attain Self-mastery, you must learn to control your thoughts and focus your God-given power. You are learning to be a director of the higher forces of Creation. You must strive for continuity in consciousness as you endeavor to become a divinely inspired observer of life and a master of detachment. You must disengage from the mass consciousness belief structure in order to begin the process of becoming a Self-master, a unique and Soul-inspired spiritual human Being. The path to higher consciousness will, in the distant future, result in directly experiencing your God Self/I AM Presence and the splendor and majesty of the Creator in a variety of ITS many forms.

You may wonder why you have been subjected to so many tests and seemingly negative situations. We tell you, brave Souls, you are in the midst of an intense initiation/transformation process that is all a part of the ascension process. Many of you have been on the path of initiation for many lifetimes and are well on your way to Self-mastery. When you first step onto the probationary path of ascension, the personality/ego becomes aware of the Soul's nudgings. Soul Fire or quickening higher vibrational patterns begin to burn off the negative energy that rises to the surface to be addressed. The purification fires eventually become the Light of Illumination as the process is repeated over and over until facets of the Higher Self begin to merge with the Soul and the process of ascension is accelerated.

One of the major obstacles you must overcome is to take back the power you have given to others. Also, consciously releasing the energy everyone else has placed in your auric field or attached to your Solar Plexus over the many past ages is a primary phase of reclaiming your sovereignty, which is required in order to once more become a master of Self. You will find that gradually the stressful situations in your life will become pleasant and harmonious, for you will no longer be feeding energy to the unfavorable time-lines of the future. You must contemplate, discern and claim that which will be your blueprint for expansion. Be mindful and aware every moment so that your focus becomes one-pointed and clear. You will gradually develop a sense of self-assurance and security, a knowing that all is well and will remain so. With new Self-awareness, you will actively initiate the step-by-step process of creating your new reality.

You must be aware that the Path of Soul illumination creates a dramatic upheaval of inner life. You must still experience and diligently strive to return to harmony any trying, challenging relationships. It will take time; however, when you gain access to your Sacred Heart, you will slowly develop heartfelt sensitivity and serenity along with purity in thought and actions. We tell you that there are multitudes of brave Souls in this world who are well on their way to Self-mastery, and who are honored disciples on the Path who will one day become the Ascended Masters of the fifth-dimensional Earth of the future.

The next phase of the forthcoming Divine Plan is now in place, and many of you, the faithful Starseed on the Path, are being prepared to become members of the swiftly growing group of World Servers. In the past, the wisdom schools and esoteric teachings were kept secret and reserved for the few who were advanced enough to understand and pass the stringent tests in order to become initiates and Self-masters.

Those times are now in the past and you, as the vanguard and wayshowers, are to be the visible examples of the new wisdom teachings as you show the way and assist those following behind you to become aspirants and initiates on the Path. You are to become intermediaries between those seeking en-LIGHTEN-ment and a reunion with their Divine Self and the Spiritual Hierarchy of the Cosmic Council of Light.

You are also being encouraged to take an active role in anchoring the Ascension Columns of Light in your local areas. What better way to serve than to be an anchor for the ever-

increasing infusions of Creator Light that are being showered down upon the Earth. It is vital that you understand: this rarified Light must have an anchoring source on Earth, for it cannot be disseminated in a blanket effect as the preparatory, lower-frequency waves of Light were during the Nineteenth and Twentieth Centuries. The present century is the pivotal era of Cosmic change throughout this universe.

One of the most dramatic changes that is taking place on Earth at this time is that there will no longer be a great diversity in the universal teachings sent forth to humanity. All wisdom teachings brought forth from the Cosmic Council of Light will be from a unified Source and will be composed of the same basic spiritual philosophy with only slight variations. In past ages, the great Avatars and Christed Beings were infused with the maximum amount of Creator Fire/Light that they could contain, and were then sent forth with specifically designed teachings/messages for each era and for each Race. You must understand that in the beginning each Race was infused with specific qualities, attributes and talents; however, over time they developed deep unconscious weaknesses, negative traits, habits and imbalances which were then stored within the DNA of the future members of each Race. It is time for those negative attributes, traits and imperfections to be healed and harmonized so that the unity process of returning to ONENESS can proceed. This means you will still be known for your uniqueness, for after all, this universe was designed as an experiment in diversity. However, you will admire and respect all others for their uniqueness; for each of you will have originally developed talents, abilities and virtues to present to our Father/Mother God and the Supreme Creator as your gift to the Whole. Nonjudgment, compassion, gratitude and a heartfelt love for all humanity are the most important attributes you are to strive to develop at this time.

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

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

would be available to those whose frequencies were compatible with the specifically graduated frequencies of the Great Crystal. The more refined frequencies you embody, the more refined levels of information you will be able to access from the great Cosmic Crystal.

I was told that any information I receive would still come through AA Michael's vibrational patterns since I am attuned to his energy. He will still relay his monthly messages to me as he has in the past. The composite messages I receive will most often be from: ARCHANGEL MICHAEL * JESHUA * DJWAL KHUL * EL MORYA * ST. GERMAIN. I have been instructed to sign the messages as: Transmitted through RONNA / SACRED SCRIBE.

A few days later I began to get a huge download of information. I would sit down at my computer and type the information that came forth, title it and put it in a folder on my computer. This continued off and on until about two weeks later (early March) that I realized I had been given much of the text for the workbook for the OPENING TO CHANNEL seminar. I was given instructions as to how we can tap into the Cosmic Wisdom Teachings as we lift our consciousness and become proficient in communicating with our spiritual guides and teachers. It takes dedication and an intense desire to serve; however, the rewards are beyond compare. I am told that more and more precious Souls are clearing the way to reclaim their God-given ability to communicate and interact with the Beings of the higher realms. In the not-too-distant future, channeling or telepathic communication as we know it today will be the norm for all en-LIGHTEN-ed Souls.

Dear friends, I share this information with you so that you will know that we are in extraordinary times, and that your time for miracles is also at hand. However, you must decide how you wish these next years to unfold and how you wish to experience these times of dramatic change. Each of you reading this has the potential to become a World Server in some capacity. No matter how large or small, all are integral to the whole. Ask for guidance, proceed as your truth is revealed to you, and then share your wisdom with others so that more will be given to you. Eternal Love, angel blessings and wondrous miracles."
Ronna

Archangel Michael:

Beloveds, the Cosmic Council of Light is in the process of making the advanced wisdom teachings available in every way possible so that all of those who wish to do so will have the opportunity to join the ranks of ascending humanity. Previously known as The Great White Brotherhood, the Cosmic Council is a division of the Order of Melchizedek. It is composed of highly evolved, non-physical Spiritual Beings from all areas of this universe along with select members of the angelic Kingdom, many Ascended Masters of the Earth, and also many advanced Initiates of the Earth who represent the masses. Whether you accept it as your truth or not, you are in the process of becoming galactic citizens, and one of the future steps of cosmic awareness will be the reunion with many members of your solar and galactic family of Light. At a future time, be assured that some of you will be asked to join the Council of Light as representatives of ascending humanity and the Earth.

We know that many of you wonder why your personal world is not changing for the better, and why you are not receiving some of the many gifts and benefits of mastership that we have promised. It is being said by some discouraged Souls that we are conveying to you a vision of the future that is impossible to attain, that we are making promises to you that will be impossible to manifest, and that life for the average person is as difficult or more so than in the past.

We tell you that we do not make false promises; and we would not be spending such a vast amount of our time and that of our blessed, dedicated messengers that it has taken to convey the advanced cosmic wisdom teachings if what we are telling you were not true. Teachings that are vital to the ascension process, information that has never before been available to humanity. In fact, humanity could not possibly have reached the stage of evolution that is now prevalent on Earth without the tireless, constant service and assistance of the Cosmic Council of Light and the angelic realm.

You are in the midst of an evolutionary process that was initiated by the Supreme Creator and is fueled with the Essence of Life, Adamantine Particles, which is being radiated throughout the Omniverse, as well as to and through our beloved Mother/Father God to all Creation within this universe. You must understand that the ascension process is a joint endeavor. We are showing you the way and giving you needed instruction; however, it is you who must take the steps and make the needed changes in your lifestyle and belief structure. Beloveds, we ask you to rise above the fear and sense of helplessness that are rampant around the world. Call on us and we will assist you in bolstering your resolve. Know that we are always with you and we radiate to you the healing, inspiring love of our Mother/Father God.

I AM Archangel Michael and I bring you these truths.

Transmitted through Ronna / SACRED SCRIBE <http://www.RonnaStar.com>
<http://www.AskArchangelMichael.com><http://www.QuestForMastery.org>

Transmitted through Ronna/Sacred Scribe * As transmitter of this article I, Ronna Herman Vezane, claim the universal copyright in the name of Archangel Michael. Personal sharing with friends, or posting on websites and in publications is permitted as long as the information is not altered, excerpted or added to, and credit of authorship and my website address is included. www.StarQuestMastery.com <http://www.StarQuestMastery.com>

SEPTEMBER - LM_9_2010_updated.doc

MESSAGES FROM ARCHANGEL MICHAEL * LM-9-2010

TRANSMITTED THROUGH RONNA HERMAN

SHINE YOUR LIGHT * SHARE YOUR VISION

Beloved masters, during these times of accelerated transformation and chaotic change, two major, distinctive groups have formed among the races, religions and cultures of the world. These two factions are very distinguishable from our vantage point in the higher realms. Those who have faith in the future, and are striving in every way possible to make a better world for themselves and others have auric fields gleaming with Light, which extend outward in ever-widening circles, thereby affecting everything and everyone around them. Many of you have become power transformers and sentinels for the influx of Divine Light that is seeking an anchoring source upon the Earth. As we have said many times, the powerful, transforming, full-spectrum Light is the Sacred Fire energy needed by the Earth and humanity to successfully transition from the dense / broad-spectrum duality of the lower dimensions into the Lightness and expanded freedom of the higher fourth and fifth dimensions.

Miraculously for you, the faithful Souls who have your eyes and hearts focused on a bright, new future, your visions and dreams are coming true more quickly than you could ever imagine. Your intuitive abilities are becoming stronger and more accurate, and you are swiftly becoming proficient at mind-to-mind communication with your guides and teachers in the higher realms. Your manifestation skills are improving, for you know that you must faithfully adhere to the universal laws of supply: first, you must have a concise, clear seed thought of what you desire to manifest (this is accomplished by using the attributes of Divine Will, the First Ray from God, the Father); second, you must solicit the assistance of your Higher Self and angelic helpers by stating, "I ask for this or something better for my greatest good and the most beneficial outcome for all. You must also add the emotional, heart-felt fuel to your seed thoughts (this activity draws upon the attributes of the Second Ray, love and wisdom from our Mother God). Third, you must take the action needed to bring your dreams to fruition (this is applying the dynamic attributes of the Third Ray), thereby taking advantage of all the qualities, attributes and virtues of God Consciousness of the Third thorough Seventh Rays.

Fear is the predominant emotion of the masses who are still stuck in the maelstrom of negativity within the mass consciousness belief structure. Fear of the future, fear of scarcity, the government, corporations, other religious beliefs, different cultures/races, and even fear of God's wrath. There is dislike and fear of those who look, think and act

differently, and most of all, there is fear of change. They fear, therefore, they criticize, judge and lash out in anger and frustration, thereby creating an even greater / stronger thought form of negativity and fear around them. These poor, disillusioned Souls are creating a stronger, ever-expanding vortex of negativity around themselves and their loved ones, thereby drawing to them those things they fear the most. They are caught in a web of self-fulfilling prophecy that reinforces their beliefs and keeps them shackled to their illusionary world of suffering, scarcity and chaos.

One day, they too will lift their eyes and hearts to the heavens, and they will answer the whisperings of Spirit as they turn inward for the comfort and guidance of their Soul Self. However, as you are aware, a grand cosmic cycle is swiftly coming to a close; and the Earth is spiraling into a new position within the solar system regardless of who is ready to ascend with it or who is not. And so, my beloved Light Bearers, this is where you come in. This is your grand opportunity to SHINE YOUR LIGHT and SHARE YOUR VISION.

Yes, we hear and understand your protests. You think you are not good enough or wise enough to teach. It frightens some of you so much that you want to withdraw and no longer make an effort to expand your awareness and claim your mastery. This message is to assure you, beloveds, that you are already a teacher for those around you. You are teaching by example. You are teaching through your words and actions. You are teaching with every word you speak and every thought form you send out into the ethers. Your auric field affects the people around you in either a positive or negative way. Are you radiating Love, faith, hope and freedom? Perhaps you are not adding to the fear and negativity; however, let us assure you, you cannot remain at a status quo or in the inertia of non-action. Universal law demands that in order to maintain a constant influx of Creator Love/Light, it must flow into you and then radiate out from you after you have taken the portion you need. This is an immutable, infallible law.

In past messages, we have explained to you how the Avatars, Ascended Masters, the Angelic Kingdom and the great Beings of Light, along with a swiftly expanding number of earthly Initiates on the Path, will be working together under the guidance of the Cosmic Council of Light to bring forth the advanced wisdom teachings for these unprecedented times of transformation and ascension. Make no mistake, all of you who are on the Path are teachers, whether in a formal manner or just by example, and what is needed most of all is your radiance.

Remember, you magnetize energy to you and you radiate energy from your Solar Power Center (front and back). As your Energetic Signature becomes more refined and is attuned to the higher frequencies of Light, you will still draw forth a portion of the half-spectrum, Primal Life Force substance as long as you are still in a third- / fourth-dimensional environment. However, it will mix and meld with the higher frequency Adamantine Particles of Light and will be automatically transformed by your loving intention into higher frequency energy as you align your free will with the Will of our Father/Mother God.

You are the ones who must be the receptacles and transformers of the Divine Light from the Supreme Creator which is filtered down to you from our Father/Mother God. Just as our beloved universal parents reduce and filter the Creator Light out into the galactic suns and it is then transduced down through the suns of your solar system, you are needed to filter the Light through yourselves. You must then activate it with your unconditional love and radiate it out into the world. The only way you can become pure receptacles of the Light is to become Self-masters, and the only way you can do that is to become "en-Lighten-ed" via the wisdom teachings you have been offered. This requires that you integrate these cosmic principles into your lives so that you may become living examples and guiding Lights.

In order to become a living tributary for the River of Life, you must prepare yourselves to allow the Essence of Life to flow into and through you. You must use what you need and then allow the remainder to flow forth, ready and available to be molded into wondrous new creations. In this way, you will become Bearers and Servers of the Light. This is the ultimate message of all the teachings we have given you over these past years. This is the goal of Self-mastery. This is the way of ascension.

Allow us to give you more thoughts to contemplate until we come together again next month:

- * The enlightenment process begins when you shift your ego personality and outward-focused, left brain consciousness to incorporate your right brain, inward-focused intuitive consciousness and you begin to listen to your Soul Self.
- * New pathways in the brain are opened as you begin to unlock the light packets of wisdom and your history stored in the higher-dimensional levels of your Sacred Mind. The old pathways and painful memories of your third- and fourth-dimensional past begin to fade, and you will find that it becomes more and more difficult to remember the failures and suffering of your past lives. Have we not told you that you are healing the past as you spiral into the future? You will remember who you are and your history, but only the positive, harmonious events.
- * The moment of awakening is when the kundalini fire ignites in the root chakra and moves up the spine through the chakra system, opening the Seven Seals of Higher Consciousness. The medulla oblongata or the Ascension Chakra, which is sometimes called the Mouth of God, is activated and the pineal gland begins to pulsate and function as it was originally designed to do. This in turn opens the crown chakra or the lotus of en-Lighten-ment at the top of the head, thereby connecting with the shining column of Light, which ultimately leads to your God Self or I Am Presence. Once you make this connection you are forever changed. The empowerment of Spirit begins to flow through you as you begin to reclaim your mastery of Self along with the godly gifts of your Divine heritage.
- * You are returning to your natural state of Being, and you are reclaiming your cosmic consciousness as you refine and prepare to be the new prototype "Adams and Eves" of the new Golden Galaxy of the future.

* You must seek to align with the many facets of your Higher Self and always strive for the greatest good. You are no longer just an individual focused on your own welfare as you move deeper into the Oneness of Spirit. As you move into a state of harmlessness, you also move into a state of grace, and this is when the magic begins. There will be neurobiological restructuring of the brain, and you will eventually achieve an irreversible state of Cosmic Consciousness.

* Be assured that enlightenment of the masses is possible in this lifetime, and each of you has an integral part to play in this grand drama.

* The Age of the Seventh Ray and the Violet Flame is a pivotal point within the process of evolution, whereby the Threefold Flame of God Consciousness dramatically accelerates its direct influence upon the Earth and humanity. As it accelerates, it spins or spirals downward via the Seventh Ray, upward from the great, ageless Violet Fires within the Earth, and outward in frequency from within the heart centers of you, the en-Lighten-ed Light Bearers around the world. This Divine Elixir of Cosmic Fire is created by the merging into oneness of the Blue Flame of Divine Will of the Father with the Pink Flame of Divine Love of the Goddess, along with the radiant Golden Flame of Divine Wisdom. This spiraling action brings a blending of the Pink and Blue Flames with a core of Golden Fire, thus creating the Sacred Violet Flame. This creates a Divine alchemy whereby all discordant or inharmonious energies can be transmuted or transformed into positive Life Force substance. It contains all the gifts and blessings of our Father/Mother God and makes them available to you, their Solar sons and daughters or "Suns of Light," which were born of their sacred union.

Beloveds, in the future it will be normal to live within the auric field of a master, a distinguished Being of Light, or on rare occasions, an archangel. You, the aspirants on the Path are building a bridge between the material world and the world of Spirit. The Light of the intellect and the Light of reason bring wisdom and understanding, for they supply the mental nature with the fuel that enables you to comprehend and master the world of form. Before you incarnated, you agreed to Light the path and show the way for those following behind. You must be diligent in your search for the truth, and you must have an intense desire and willingness to serve if you are to join the ranks of the masters. You are now in the process of adjusting to higher frequencies of electromagnetic Light currents. The Soul Self encourages you to become consciously aware of the universal laws so that you may take full advantage of your God-given creative abilities.

Brave hearts, we enfold you within our auric field of protection, and we radiate to you the eternal love and gratitude of the Cosmic Council of Light. We are with you always. I AM Archangel Michael.

* Transmitted through Ronna Herman * Phone: 775-856-3654 * www.RonnaStar.com
<http://www.AskArchangelMichael.com><http://www.QuestForMastery.org> E-mail:
RonnaStar@earthlink.net <http://www.AskArchangelMichael.com> *
www.AskArchangelMichael.com * www.QuestForMastery.org

*** OCTOBER 1, 2010 ***

QUEST FOR MASTERYA CALL TO SERVE**AWAKEN THE MASTER WITHIN**

ARCHANGEL MICHAEL * RONNA HERMAN ** LORD MELCHIZEDEK * RANDY MONK

***TWO-DAY SEMINAR * OCTOBER 2 & 3, 2010 ***

OPENING TO CHANNEL * COMMUNICATING WITH YOUR SOUL / HIGHER SELF,
YOUR SPIRITUAL GUIDES AND ANGELIC HELPERS

ARCHANGEL MICHAEL / RONNA HERMAN ***ASSISTED BY RANDY MONK

*VISIT OUR WEBSITE: www.RonnaStar.com FOR FULL PARTICULARS *

INTRODUCTION TO ARCHANGEL MICHAEL'S WISDOM TEACHINGS

PREPARING THE WAY FOR SELF-MASTERY

Ronna Herman and Randy Monk, under the guidance of AA Michael and Lord Melchizedek, are planning a series of eight monthly webinars, scheduled on the fourth Saturday of the month, beginning September 25, 2010 at 11:00am Pacific. Each class will last from 90 to 120 minutes and will consist of a specific topic, a guided meditation and a message from AA Michael. If you are new to Archangel Michael's teachings, this is a wonderful way to initiate your studies. If you are familiar with Michael's wisdom teachings, this series will allow you to refresh your memory and delve deeper into the Path of Ascension process, thereby increasing your knowledge and understanding. This series, with diligent practice, will enhance your life experience and assist you in perfecting your skills of Self-mastery. Over the past seventeen years, Archangel Michael has gifted us with many levels of Cosmic Wisdom Teachings. It is important for those who are just stepping onto the Path to have a firm foundation and a good understanding of the Universal laws and the techniques and practices required to become a Self-master. Also, a refresher course of the basic introductory and intermediate lessons will be of great benefit for those of you who are teachers and wish to share your wisdom with others, as well as for those of you who are dedicated to fulfilling your earthly mission.

The I AM MASTERY course, as outlined in Scripting Your Destiny, will be presented along with additional topics including Pyramids of Light, Breaking Karmic Agreements and Cutting Cords, Removing Shields, Healing Etheric Tears (barriers), and Opening the Back Portal of the Heart. We will discuss in depth the importance of balancing and harmonizing the Seven Major Chakras within our physical vessels. These seven "mind centers" within the physical vessel have been the source of much of the pain / discordant energies that we have experienced in the past. We are offering you a "fast track" method to move out of the pain, limitation and chaos of the third- / fourth-dimensional world into the peace, joy, harmony and abundance of a fifth-dimensional environment. The thought forms for this

accelerated process are now firmly anchored within the Earth's etheric body and have been made available by the wayshowers and the vanguard Star Seed Souls who have cleared the Path for you. Please join us if your Soul/Higher Self nudges you to do so. You will not be sorry. Love and blessings, Ronna and Randy

** P.S. This is an on-going series of classes, via the internet, with each class building a foundation for the next lesson. Therefore, once this series has started it will be closed to new registrations.

**P.P.S Note: Live participation is encouraged. However, if you cannot attend a live webinar due to time zone differences or another commitment, a replay of the webinar will be available between each class. There will be no refunds or cancellations after the series has begun.

THIS WILL BE AN EIGHT-WEEK COURSE, BEGINNING SEPT. 25, 2010. ABUNDANCE EXCHANGE: \$99 FOR THE FULL COURSE. GROUP PARTICIPATION ENCOURAGED. FOR FULL PARTICULARS OR TO REGISTER FOR THE COURSE, GO TO:
WWW.TIMELYGUIDANCE.COM * INFORMATION ALSO POSTED ON RONNA'S WEBSITE SEMINAR PAGE

*** THE NEXT ASK ARCHANGEL MICHAEL WEBCAST: SEPTEMBER 18TH.

OCTOBER - LM_10_2010_Updated.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL *OCTOBER, 2010

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

LAW OF THE CIRCLE * LAW OF THE TRIANGLE

Beloved masters, you have been living in an unreal world: a world of illusion whereby the truth has been distorted, altered and even deleted in order to take away your God-given powers and keep you captive in a reality of fear, struggle and deprivation.

The Creator's master plan for this universe is stored away within your Sacred Mind, and the key to the wisdom of the ages and the ability to once again become a master cocreator on the Earth plane is stored within your Sacred Heart. That is why we have emphasized so often the importance of removing the protective shield you placed over your Solar Heart Center aeons ago so that you would not feel so much emotional distress. What you were not aware of is that by doing so your radiance was greatly diminished, for the inflow and outflow of Divine Creator Light from your Sacred Heart Center was also greatly decreased. As a result, you could no longer activate the Adamantine Particles of Creator Light with pure loving intent from within your Sacred Heart. Thereafter, you had only the half-spectrum Primal Life Force Substance to work with. Your Three-fold Flame could no longer blaze forth; therefore, your cocreative abilities to manifest were also diminished, and thus began the struggle to tap into and use your Divinely bestowed attributes and talents.

You are in an era of great reversal, rectification and expansion, whereby you are being given an opportunity to harmonize all the negativity you have personally created along with the inequities that were forced upon you. We have explained that when you, the StarSeed, began your journey out into the great void and the unmanifested universe, elaborate plans for the pathway back into the refined realms of Light were made and put on hold until the appropriate time and certain conditions were met. That time has arrived, and the plan was activated in the early 1980's of Earth time. As you are aware, every phase of life for humanity and the Earth has radically changed in the last thirty years. Beloveds, be aware that what has occurred in the recent past is only the beginning of even greater changes, and we are endeavoring to give you techniques, advanced information/ teachings and every opportunity to traverse the waves of change with ease and grace.

We have explained briefly, in several ways, how you refracted into smaller Facets of your Divine I AM Presence in preparation to assist in the creation of the ever denser, reduced-frequency, lower-dimensional galaxies, solar systems and planets. We have also discussed how each fragment of your Divinity then separated into two Sparks of Light, one with feminine attributes and the other with masculine characteristics. Each one of those profound separations was accomplished within a small pyramid of Light created expressly

for that purpose. The master plan was fail-proof; for each time you divided your Essence, you left an etheric replica waiting for the time of reunification within one of the small pyramids of Light. These personal pyramids are scattered throughout the universe in every dimension and many of the sub-dimensions.

Our Father/Mother God, the Elohim / Builders of Form, and the Archangels have created living Pyramids of Light within every level of Creation so that you could gain access to the building blocks of life. These life-giving forms give access to the frequencies of Light which are necessary components of transformation so that you, as human Beings, can return to a state of higher consciousness—your Divine state.

You are in the process of reconnecting with the many facets of yourself which are situated within the multi-levels of the fifth dimension, and some of you have even connected with a fragment or two of your Sixth-Dimensional Essence. When we speak of a Soul Merge, it is not just a one-time occurrence. It is the beginning of an ongoing wondrous and complicated process whereby each time your Energetic Signature reaches a certain frequency, you are reconnected with a higher facet of your Soul / Higher Self. The Pyramid that contains the Etheric Replica of that facet of Self moves into alignment with your column of Light, which is your connection to your I AM Presence / God Self, and gradually the Essence of that Fragment merges with your Soul-Self within your Sacred Heart center. When you reach a certain level of God Consciousness, the process is greatly accelerated, and the time span between each Soul Merge is dramatically lessened.

The Law of the Circle has been initiated throughout this universe, and the energetic impact of this grand Supreme Creator Seed Thought is now operating in full force. The time of expansion for this phase of Creation has come to a close, and the current phase of the cycle entails the Creator sending forth ITS Essence to incorporate ALL that has been created during this particular cycle of expansion. It is a merge of all the balanced, manifested Essence of Creation so that the Supreme Creator, the Gods and Goddesses throughout the Omniverse, and all the Great Beings of Light can KNOW and EXPERIENCE all that they have created. You have heard the saying many times, “As above, so below,” and this is an important truth to remember. Just as you are reclaiming all the facets of your Divinity, the same reunification process is occurring from the Supreme Creator Source outward.

The information we have given to assist you in reclaiming your cocreative abilities is a microcosmic duplication of the creative process throughout the Omniverse. First, you must gain the ability to draw forth the Full Spectrum Metatronic Light / Life Force of this universe called Adamantine Particles, which is radiated forth into the River of Life from the Heart Core of our Father/Mother God. It becomes accessible when your Energetic Signature is attuned to the mid-Fourth-Dimensional level and higher. In order to take advantage of this Divine gift, you must understand and apply the Universal Laws of Manifestation; and you must activate the Adamantine Particles of Light with your pure intention before this Essence of Light can be activated and flow forth out into the world. To speed up the process, it is important that you have created your own personal Creator Wheel / Flower of Life circle around you, and you have filled it with your carefully thought out grand design

for the future. Thereafter, via the Infinity Breath, your focused intention and deliberate actions, the process of manifestation in the material world is greatly accelerated.

The ebb and flow of Creation is never-ending. There is a Still Point pause while the Seed Thoughts are being formed and coalesced, and the Essence of Life is activated within the mind and heart of the Creator and at every level of Creation, down to you, a human cocreator on planet Earth. This is accomplished by infusing /activating the Seed Thoughts with love. The Seed Thoughts are then breathed out into the void to be manifested in the world of form. This process continues through each great cycle until it is time for the return/reunion process to begin. All Creation is in the process of being incorporated into the grand Creator Circle of Divine Light in anticipation of the next great Still Point pause and the next momentous cycle of expansion. This process is repeated over and over again at every level of Creation within this universe.

You are in the midst of a cosmic reunion process, my brave friends, and you will evolve in due time, in one way or another. You must be aware that this transformation process is a long and complex cycle; however, it can be a grand journey if you will take advantage of the wisdom teachings and the tools we are offering to you. The LAW OF THE CIRCLE states that every new creative endeavor must begin from within the Still Point of Will/Power, the Core Essence of the Creator/cocreator.

The LAW OF THE TRIANGLE is another important component of Creation. You are familiar with the Trinity concept from your Bible: Father, Son and Holy Spirit, which in actuality is the Masculine facet of God, the First Ray of Divine Will/ Power, and the Holy Spirit is the Mother Facet of God, which has been infused with the Seed Thoughts–Adamantine Particles– from the mind of the Father God. The Seed Thoughts are then activated with the Second Ray of Love/ Wisdom within the Heart Core of the Mother God and then sent forth out into the universe via the River of Life, to be used by the Suns (sons and daughters) through the qualities, attributes and aspects of the Third Ray to create worlds and wondrous things without end.

The Power of the Trinity has been a driving force throughout this universe. AA Metatron, Lord Melchizedek and I, Archangel Michael, form a Trinity of Consciousness at the universal level. We bear and RAY-DIATE the Divine Light / Divine Wisdom / Divine Will aspects and qualities of our Father/Mother God out into this universe. The Trinity of Consciousness is an important component of the creative process, for you must use the attributes, qualities

and aspects of the three powerful God Rays if you wish to become a successful, proficient cocreator of form at any level of Creation.

You, the StarSeed, have joined with many groups, large and small, throughout the universe, and you have accepted special assignments which were to be carried out as a group in various locations and at specific times. We have mentioned before that you have been encoded with time or event triggers within your Diamond Core God Cell, which have been or will be activated at the designated time or when a specific part of the Grand Plan was to be initiated. You have been a part of many Trinity Cells, which consisted of special assignments of the highest order. These triads are usually composed of close Soul companions, or Souls who have had many special assignments together in the past and will also come together in the future. Groups of three, nine and twelve are joining together more and more often during these times of reunion, and this will occur even more often in the future.

Are you ready to expand your vision beyond your private little world or microcosmic reality? Are you ready and willing to accept the truth that you affect everyone and everything in this universe, to one degree or another, and that everyone on Earth and in every other realm also affects you? We ask each of you, are you ready to use the wondrous gifts that are your Divine Birthright? What will be your legacy to humanity and the world? Reach for the stars, beloveds, for there is no limit to what you can manifest when your visions are in harmony with the Divine Plan for the greatest good of all. Call on us and we will assist you in bolstering your resolve. Know that we are ever near to inspire, guide and protect you, and to radiate to you the love of our Father/Mother God. I AM Archangel Michael.

RADIATING ADAMANTINE PARTICLES INTO

THE MANY PYRAMIDS OF LIGHT YOU HAVE CREATED

RONNA HERMAN / SACRED SCRIBE

WE NOW OFFER YOU A PRECIOUS GIFT, AND AS A WORLD SERVER, WE ASK YOU TO SHARE THIS BLESSING WITH THE WORLD.

If you are willing, before you fall asleep, go into your personal pyramid of Light and lie on your crystal table where there is an Etheric Replica of your Soul/Higher Self. Envision a stream of Light flowing from your personal pyramid up into the World Pyramid. Follow that stream of Light and envision another Etheric Replica of your Soul Self in your personal crystal chair within the World Pyramid. These Etheric Replicas of yourself will, henceforth, remain in place so that the flow of Creator Light can flow freely back and forth between the different pyramids you have created. There will also be a smaller stream of Light that will

radiate a small fraction of the sixth-dimensional frequencies into your personal pyramid, if you have connected with the higher-dimensional City of Light in your area, via the meditations AA Michael has given us. There is also a stream of Light that flows from your personal Pyramid of Light down into your physical vessel so that you are constantly receiving a flow of Creator Light / Adamantine Particles, and you will also be sharing the Light you have activated with you loving intention, your sacred breathing techniques and your affirmations. This is true tithing, dear friends. What greater gift could we give than to share our God Light with others? AFFIRMATION: I AM MADE OF PURE GOD SUBSTANCE. I EMBODY AND RADIATE THE ESSENCE OF OUR FATHER / MOTHER GOD.

Eternal love and angel blessings, Ronna