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Transmitted Through Ronna Herman - Uniform Edition with Table of Contents

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YEAR 2003 - AAM Combined 2003

MESSAGES FROM ARCHANGEL MICHAEL * LM-1-2003

TRANSMITTED THROUGH RONNA HERMAN

ARE YOU READY TO TAKE A STAND?

Beloved masters, your greatest desire is to return to full God-consciousness, but you are still somewhat confused as to how this is to be accomplished. Many of you are well on your way to becoming cocreator masters of Light once more, but please remember that part of your mission on Earth is to share your wisdom with others after you have integrated and are actively living each new level of enlightened awareness. The mass mind or collective consciousness of humankind in the third/fourth-dimensional expression perpetuates separateness, limitation, and fear, as well as a narrow-focused reality, a rigid outlook, and often a self-righteous attitude toward beliefs that are in conflict with the popular accepted belief structure. Allow us to condense and recap some of the more important truths we have given you over the past years.

When you tap into the Cosmic Mind of the Creator, you begin to view the world and all situations from a higher vantage point and from a “we” perspective, instead of an “I” point-of-view, which is the beginning of “Unity Consciousness”. You have access to the universal storehouse of all possibilities which is innovative and limitless. It is fed by the unconditional love of the Creator and all the wondrous Beings of Light in the multi-dimensions of Creation. All the Divine Light Substance of Creation you can contain and use is being offered to you, and you are being given an opportunity to manifest anything you desire, from the smallest, simplest things to the most complex and magnificent. How do you prepare yourselves to reclaim this precious gift of Love/Light as cocreators of worlds without end?

In the process of awakening, you learn to turn inward in order to find the answers to the pain, fear, and emotional trauma that you have experienced in the past, and in the process you gradually become aware of what brings you peace and lasting joy. Through a new soul-inspired awareness, you become an observer as well as a participant in your every day interactions with those around you. You tap into your extra-sensory perception, which is vaster and more powerful than you can imagine, as you learn to pay attention to what thought forms you allow to infiltrate into your consciousness. Negative, fear-based thoughts and emotions, usually projected or received through the solar plexus center, create distorted vibrations of chaos, a sense of futility, and a lack of faith in oneself or others. As you learn to add the magic elixir of love by first accepting that you are worthy of love and then projecting the vibration of unconditional love to others, your world begins to change for the better. You project or radiate vibrational patterns of a certain frequency and you draw to yourself (or magnetize) vibrational frequencies that match those that you send forth. Change the electromagnetic frequency patterns you project and you ch

ange your personal world. It is as simple as that.

As you begin to take control of your life and learn that you are the Creator of your reality, one of the most important steps is to align your will with the Will of your Divine Self or I AM Presence. You are not surrendering anything, but giving your Higher Self permission to take an active role in your life. You quickly learn that lasting success is based on honor, truth, integrity, and pure intent, which are universal laws of the highest vibrations. Martyrdom and self-sacrifice are put aside as you learn that it is your birthright and your obligation to be an active, empowered cocreator of joy, peace, abundance, beauty, and harmony, which are to be made available and enjoyed by all humanity.

You will find that as you examine, change, or advance your beliefs of "Self," it automatically begins to affect your relationships or attitude toward others. You stop allowing your emotions to control you by projecting your expectations to others via the push-pull solar plexus interactions, and you also cease giving your power away to others in an effort to attain approval or love. You are now focused and project Love/Light energy from your heart or Solar Power Center, or what could be called your heart filter. And even though you are aware of the thought forms/energy others project to you, you allow nothing lesser than unconditional love to take up residency within your Being. The blessed gift you have been given, an etheric rose quartz heart, embossed with the sacred lotus flower and with a blazing Violet Flame in the center, assures that all energies of a negative vibration will be transmuted before they are allowed to enter your force field.

Your Divine discontent inspires you to learn as much as you can about the workings of the universe and the Divine Laws of Creation. You seek to balance your emotional awareness of Spirit or the Creator with the wisdom and understanding of the vastness and wonder of Creation, and one of your greatest desires is to learn what part you are destined to play in this great ongoing drama.

Through your conscious endeavors, you gradually balance your chakra system, the seven major energy/mind centers in the body that contain the Creator's seven virtues, attributes, and abilities for your solar system, so that they spin truly and in harmony. This in turn opens and unifies the seven seals of solar consciousness, which allows access to the higher multi-dimensional chakra system and the five higher Rays of galactic consciousness. You prepare the way for a soul merge, whereby your soul self replaces the ego desire body as director of your life's experience, which in turn allows integration of your Higher Self, your Christ Self, and eventually your I AM Presence. You have always been connected to our Father/Mother God and the Supreme Creator, but their energy has been vastly stepped-down through the many levels, dimensions, and the Great Beings of Light. The miracle of thes

e times is that the Earth and humanity are being bathed and blessed with the greatest infusion of Divine Light ever experienced since this solar system and galaxy were created.

Down through your many incarnations and the painful experiences you have suffered, you gradually placed protective shields around your heart and emotions, and have often become rigid and inflexible in your thinking. If you do not love too deeply or intently, you won't be hurt. If you do not care too much for others, or expect too much, you won't be disappointed or rejected. If you do not take a chance or try something new, you won't fail. These are some of the standard viewpoints of those stuck in the third/fourth-dimensional illusion. Change is threatening and moves you into the unknown. Your habits and beliefs are comfortable and safe, even if they do perpetuate a sense of separation, pain, and sorrow. You cannot integrate all the facets of your God Self without thawing or dissolving the emotional and mental filters you have placed both within and around your Essential Being. Your auric field, golden etheric web, and the imperfections within your DNA that you inherited through your ancestry plainly display the shields, distortions, and protective layers you have woven around yourself.

We have spoken often about releasing and healing the core issues that keep welling up from deep within: the guilt, shame, unworthiness, sense of failure, and abandonment, which lead to depression, anger, fear, and hopelessness. As you move up the ladder of ascension, these core issues will no longer be denied. They will roil and bubble to the surface and get your attention in any way possible, whether it be mental, emotional, or physical symptoms and strife. Dear hearts, we implore you, do not deny these feelings any longer. Consider them a gift and an opportunity to, once and for all, let go of all the emotional trauma that is keeping you tethered in a world of illusion and separation. As an observer, allow the feelings to rise to the surface. Through your intent, affirm that you are ready to release these dis-empowering emotions. Go into your Pyramid of Light/Power in the fifth dimension and lie on the crystal table. See the Violet Fire of Transmutation blazing up and around you, bathing, cleansing, transforming the thought forms/negative energies into pure crystalline Light. Then envision that transformed energy moving within your body and filling those vacancies with more crystalline Light substance. In this way, you are slowly but surely rebuilding your radiant vessel of Light, your Adam/Eve Kadmon perfected body. Practice the Infinity Breath and use the Alpha Mastery techniques to assist you and speed up the process of transformation and empowerment. These are wondrous tools, but serve no purpose if you do not take advantage of the gift.

It has become the norm or the fashion to turn to others for knowledge or what you accept as your truth, but this will quickly change as more and

more of you tap into your own source of wisdom and the higher truths now available to all. Yes, it is true, there are those who have proceeded you along the path as way showers and trail blazers. They are the ones who have dedicated themselves to unselfishly serve humanity. Faithfully and diligently, they traveled the narrow path of enlightenment, often uncertain as they traversed unknown territory. They were judged, ridiculed, and ostracized, but they steadily kept moving forward. Inspired by a burning desire from within, they did all that was necessary to prepare themselves to be the messengers of the New Age, and they have been instrumental in reestablishing the connections between humanity and those of us

who reside in the higher realms. We honor them for their unselfish service and dedication, but the time is swiftly approaching when each of you will be asked to tune-in to the frequencies of higher learning and expression, to revive your innate ability to telepathically communicate with us and access information from the Cosmic Mind. It is your birthright and part of your initiation into the exalted states of consciousness.

We implore you to begin, no matter where you are on the scale of enlightened awareness. Begin by asking for assistance from your angelic helpers and guardians from the higher realms. Dare to solidify your dreams and your visions for the future by writing them down in a journal or on paper so that you have a clear, concise plan before you. Align your vision with Divine Will, and always seek the highest outcome. Treasure each day as a gift from the Creator, and live each moment to the best of your ability. Always seek to see the best in yourself and in others. Be aware of the small gifts and miracles that occur around you every day. Feel the sun's warmth on your skin; breathe deeply of the fresh clean air, and focus on the beauty of nature, whether it is summer or winter. There are always things of beauty to inspire you, but you must look for them. As an observer, without judgment, review what you can change about yourself or do better. Begin with the small habits you would like to change, and as you grow in confidence, you will advance in wisdom, discipline, and strength, and move on to greater accomplishments.

We implore you, do not worship us or see us above you. We are all facets of the Creator, just as you are. We wish you to see us as your brothers and sisters on the path, serving our Father/Mother God, just as you are. As the spiral of evolution turns, great change is inevitable, and we know that you are dismayed by what seems to be more chaos, conflict, and violence around the world. Again, we encourage you to focus on what is right in your world, and to add your gift of loving energy and God Light to ours so that we can create miracles for the highest good of the Earth and all humanity. The negativity, fear, greed, and struggle to gain supremacy over others seems to be increasing by leaps and bounds, and we tel

l you, our brave warriors of peace, it is not the time to be faint of heart. Gird your spiritual armor around you, stand strong and connected to the God-Spark within your solar power center. We have overcome challenges and obstacles much greater than these, and we promise you, together, we will prevail. You are loved beyond measure. I AM Archangel Michael.

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RONNA'S AFFIRMATIONS * LOVE IS THE MAGIC INGREDIENT ©

I respect myself, therefore others respect me.

I live and love to give. I am worthy of abundance.

I share my prosperity with others, for I know there is a never-ending supply available to me.

I am a loving friend. I have loving friends in my life.

My touch is tender and loving. I love to be touched tenderly.

I hold all those I love lightly in my heart and allow them to be free.

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

I trust the wisdom and perfection of the Divine Plan.

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

I trust, therefore I am trustworthy.

I live and love passionately. Passion and purpose inspire me.

I commit myself totally to loving and being loved. I am committed.

I think loving thoughts * I radiate loving thoughts * I am love in action * I AM LOVE.

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****** Dearest friends, as the year 2002 comes to a close, we look out upon a world of uncertainty. However, if we stay focused within our heart center, we know without a doubt that we are dearly loved by our Creator and all the wondrous Beings of Light, and that we are under the protection of our beloved Lord Michael. It seems that 2003 will be a year of testing our faith, whereby we must truly walk our talk and fly our vision. As never before, we must stand bravely and firmly anchored in our faith, knowing that no matter how dark it may seem, we can weather the maelstrom of negative energy that is swirling around the world as we stay calm in the center of our sacred heart. Please join me in our world pyramid as we send forth to the Earth and ALL humanity the transforming Love/Light from the Creator that we have striven so diligently to integrate so that we may radiate it forth to others. We are making a difference, and as has been said before, it always seems the darkest before the dawn.

I was not able to tell you before because, once again, I was asked to be a surprise guest at a seminar. It was planned by our publisher, Martine and Marc Vallee, of Ariane Publications in Montreal, Canada, who publish the French translation of Lee's and my books. Th

e event was to honor Lee Carroll and Jan Tober for their many years of service to humanity. We had 780 people on Saturday (a capacity crowd), and approx. 450 people on Sunday. It was a beautiful, heart-warming event and Beloved Michael's messages were received with great warmth and gratitude. Since I was able to present only a small portion of the wonderful techniques he has given us this past year, we are planning my return to Montreal in August, 2003 for a one-day intensive. I look forward to spending more time with these warm, loving people.

Please know that each of you has a special place in my heart. May your new year be filled love, Light, joy, and bounteous blessings. Your loving sister in the Light, Ronna

MESSAGES FROM ARCHANGEL MICHAEL * LM-2-2003

TRANSMITTED THROUGH RONNA HERMAN

A CHALLENGE * AN OPPORTUNITY

Beloved masters, during these most critical times on your planet, we offer you a challenge and an opportunity. Will you join us in spreading a thought form of love so powerful that it will overlight the Earth and all humanity? You have been flexing your spiritual muscles for quite a long time, and now we are asking you to move into the next level of awareness and empowerment: the awareness that you can make a difference in the world, and that you can play an important part in scripting the outcome of the future of humanity; an awareness that when you join together with others of like mind with loving intent, you can change the course of history. You have all the forces of Heaven just waiting for the opportunity to join you, and together we create an unbeatable combination. Love is an awesome source of power for it carries the Divine Essence of Creation, and it ignites a Divine alchemical action within those who are infused with this Essence, whereby the transmutation into a more refined or purer level of frequency patterns is more easily accomplished.

It is not a time to stand alone. It is not a time to focus on your own narrow world and your personal problems, excluding the larger picture and your eternal soul families. In the past fifty years, your consciousness has expanded beyond the narrow view point of your personal family and environment to incorporate an awareness or world view which encompasses all nations and all people of the Earth. If you have not accepted the viewpoint/truth that what affects you affects everyone else on Earth; you should, for it is true. And you are affected, for better or worse, by every occurrence that takes place anywhere in the world. Just as the element of air/wind lift the sands/dust from the great deserts high into the jet stream and carries it around the world, so it is with the vibrational frequency patterns from thought forms, actions and intent of every human. Whether positive or negative, it adds to or detracts from the stream of mass consciousness.

We explained to you that there are two bands of energy encircling the Earth. One is a dense, dark, negative band of compacted thought forms which was created over the ages through the collective consciousness of humanity. You, the faithful servants of the Light, have

created another band of sparkling Light, composed of your thoughts of unconditional love, joy, peace, wisdom and nonjudgment, which has and is making a difference. The cataclysmic event of 9-1-1 and all the violence and the massive explosions that have taken place over the last two years have had a rippling effect around the world and have torn the band of darkness asunder, shattering it into trillions of minuscule thought forms. These powerful, negative energy patterns penetrated deeply into the heart of every human on Earth and dislodged or brought to the surface all

the fear, hatred and distorted energy that has been there for thousands of years. Have you not wondered why, at this particular time, there is so much hatred and such fanaticism, and why there are hundreds of thousands of misdirected souls who are willing to die for what they believe to be a holy cause?

Allow us to give you an overview of what is taking place on Earth from our vantage point. You will then see that what is happening does fit into the larger picture and was an inevitable part of the transformation process now in progress. No, we did not instigate these tragic occurrences, but as we have told you, we will use any means at hand to help you move past the limitations of the lower dimensions and into the realm of Light, beauty and wondrous things beyond imagining.

For the past 100 years, humanity has been in the process of releasing, resolving and transmuting the emotional trauma, energies and imbalances that resulted from the cataclysmic destruction/sinking of the continent of Lemuria and most of the Lemurian race. Our Mother God or the Goddess virtues and attributes have been the overlighting influence of this era, focused on unconditional love, service, nurturing and instilling all the feminine aspects of the Creator Rays within the physical vessel. Therefore the balancing/harmonizing or transmutation process has been focused on the three lower physical chakras with the overlighting influence of the energies of the Goddess or the virtues, aspects, attributes of unconditional love (including love of self); self-worth issues including service to others balanced with honoring and serving self; taming the ego desire body by allowing your soul self to become the director of your life's experience instead of the ego desire body. In other words, filling the three lower energy/mind centers with the wondrous transforming love of our Divine Mother as we seek to return to the pure Essence of unconditional love, thereby balancing the energy centers within your physical body so they spin truly and in harmony one with another.

To refresh your memory: the three lower physical chakra/energy centers are:

1. The root or base chakra (survival, the physical body, scarcity/abundance, security, bonding with the Earth or grounding oneself in the physical expression).

2. The naval/lower abdomen or sacral chakra (sexual/passionate love, ego desire, pleasure, surrender, tolerance).

3. The solar plexus chakra (personal power center, mastery of ego desire body, self-control, emotional body center).

4. The heart chakra, which is the bridge between the three lower and the three higher chakras: the physical and spiritual worlds of reality (life force energy center, dwelling place of the Essence of Self, center of Divine love). * The three higher spiritual chakra/energy centers are:

5. The throat chakra (power of the spoken word, creative expression though speech, sound/vibration)

6. The brow/Third Eye chakra (in

tuition, insight, clairvoyance, accessing the higher brain centers and multi-dimensional perception).

7. The crown chakra (spiritual will, inspiration, accessing wisdom from the cosmic mind, re- establishing unity consciousness).

Even though you have not completed the task, many of you are well on your way to bringing your emotional nature into balance so that you may express unconditional love toward all. It is an ongoing process, but remember, all you have to do is clear fifty-one percent of the imbalances within and you then move into a state of grace whereby the process is greatly accelerated.

Since the Earth-shaking event called 9-1-1, there has been a dramatic change within the human psyche, as well as in the consciousness of the Earth. In order for humanity and the Earth to return to balance and harmony within, all the negative energies from past physical incarnations had to be acknowledged, addressed and transmuted (not each deed, but the accumulated negative energy patterns within your four lower bodily systems: physical, mental, emotional and etheric). The difference is this: the energies that you are confronting now are of the Atlantean Era and of a mental nature, or having to do with the mental body. The fourth golden age of Atlantis was overlighted by the virtues, attributes and qualities of the Father Creator, the dynamic masculine, outward thrusting force, the will to create using the mind to control and mold the energies of the First Ray of Divine Will. It was a time of totally integrating the mental faculties and the physical senses into your newly formed earthly vessels.

The process you are now in the midst of is healing, balancing, harmonizing and infusing the three lower physical chakras with the overlight energy of our Father God, or masculine virtues and attributes using the mind or mental body. We will not deny that this is the most difficult task/test of all, but many of you have passed through what you might call “the initiation of the mind,” for a lack of a better term. However, it is an awesome task and fearful undertaking for those still stuck in the illusion of the lower dimensions where fear, hate, anger, violence and self-destructive tendencies are the norm. This is what is taking place in the world at this moment, and that is why we say this is the greatest challenge you will ever face, both personally and collectively.

We have spoken much about the Lemurian Age, and over the years have only touched briefly on the Atlantean Age. Now it is time to give you some historical facts to help you understand what is taking place at this time. As most of you are aware, the Atlantean priests and priestesses used the great crystals of various sizes, colors and resonance to create wondrous things of material form. Their power source came from the great crystals, their healing modalities were based on the harmonizing frequencies of the crystals. They draw forth the wisdom and primal life force

substance of Creation via the crystals using Light, sound (toning) and with loving, pure intent, they held a perfect vision in their minds as to what they wished to create in the physical expression, and their visions magically took solid form. All were directly connected to their Higher Self, I AM Presence and the life-giving frequencies of our Father/Mother God. In the beginning, they knew only perfection and that is what they created.

There were also great sentient crystal obelisks that penetrated deep within the Earth and angled out in all directions beneath the great continent of Atlantis. There was a wondrous temple of the eternal Violet Flame where you went when each earthly incarnation was completed. You stepped into the blazing Violet Fire of Transmutation and were instantly transported to the appropriate realm in the higher dimensions. That is the way it was intended to be, not the often lingering, painful, fear-infused death process that most of humanity now faces.

Most of the giant crystals of the Atlantean era have lain semi-dormant, and the Eternal Violet Flame was not distinguished when the temple sank beneath the ocean waters, but was greatly diminished. It is not a myth, there are great structures, temples and pyramids resting on the ocean floor in the Atlantic ocean and the Caribbean, with the majority in the area of the Bahamas, Cuba and off the coast of Florida. All of the islands of the West Indies are remnants of Atlantis. Many of these islands sank during the final deluge over 12,000 years ago and then rose to the surface again over time. There is where the memories of that age are stored, both positive and negative, waiting to be transmuted and brought into balance. As a part of this process, the mighty Violet Flame of transformation is burning brightly at maximum strength once more within a protective sphere of Creator Light, and the great crystal sentinels have been activated again. One of the most powerful spires is in the area of what is known as Bimini (which has often been spoken of in connection with Atlantis). From there the obelisks fan out pointing toward the southern tip of Florida in the United States, toward Bermuda, Cuba, South America and the Yucatan Peninsula (which was once a major Atlantean colony). The energies radiate out into the great ocean and are carried around the world via the Element of water, just as they are carried via the Element of air.

In these critical times, we ask you to join with us in bringing forth to the Earth a thought form of Creator Light so powerful that will surround the planet and will be made available for any who are willing to partake of this blessed gift. Any and all may participate, but the amount of this rarified Love/Light that you will be able to access and contain will depend on to what degree you have balanced and harmonized the energy centers within.

In unison with our Father/Mother God, we the angelic realm and all great Beings of this univ

erse, created a wondrous Pyramid of Light within the Great Central Sun. We gathered within this great edifice and through our combined decrees of Love brought forth the greatest infusion of Creator Primal Light Force substance that could be utilized by the humanity of Earth. It was then sent forth down through the multi-dimensions to the highest plane of the fifth dimension and there it awaits you.

We invite you to join us in this rarified environment and to partake of this Divine gift at whatever level you are prepared for. Relax into a meditative state (using the Alpha master techniques or the Infinity Breath is a very effective tool to help you attain the appropriate level of harmony). Through your intent see yourself being lifted into this special pyramid, and go to the special chair that is awaiting you there. State in your own words that you are willing to be a Divine Emissary of Light and ask that you be filled with the appropriate amount of the precious elixir of Light/Life Force Energy that is available to you. Focusing on your heart center as you breathe deeply. Observe as a small brilliant diamond-shaped Light slowly forms in the area of your heart; this is your DIAMOND CORE CELL OF PURE CREATOR LIGHT. As you continue to breathe deeply, watch as another diamond shape, just a little larger, forms around the core cell, and then another, and another, until a total of twelve diamond shapes, each a little larger, take shape within your body. The lower point rests on your root chakra, the two outer points are located at the heart center and extends the width of your body, and the upper point anchors at the crown chakra. As you continue to breathe, watch closely as the diamond shape becomes three-dimensional; the diamond core cell stays deep within your heart center, but it is as if someone pulls the center from both the front and back, thereby making the diamond shape project out from the front and the back of your heart center.

Now sit quietly as you are filled with the Essence of the Creator. When you feel a completion, slowly bring yourself back to the reality of Earth, knowing that you are forever changed. All you have to do is stay centered in your heart and allow this Divine transfusion of Light to flow through you and out into the world. The more you share, the more will be given to you. However, we give you a caveat, beloveds: live with pure intent and monitor your thoughts, for your thought patterns will quickly come into manifestation. Now as never before, it is time to stay centered in the heart and focus on that which is of the highest order and for the greatest good. Rise above the swirling effluvia and stay centered in the diamond eye of God Light, thereby creating a haven of peace and harmony. Come, join us often in this temple of universal love, we await you there. I AM Archangel Michael.

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MESSAGES FROM ARCHANGEL MICHAEL LM-3-2003

THROUGH RONNA HERMAN

SEEKING HARMONY IN THE NEW COSMIC DANCE

Beloved masters, many of you are experiencing the cutting edge of creative existence as you rapidly move through the remaining distortions of your old reality into a more clearly defined life and viewpoint. However, your emotional and mental awareness are still at odds and battling with the dichotomy of old and new thought forms/beliefs that are swirling around you. Symbolically, in one hand you are holding your justly earned higher vibrational awareness and wisdom as you test and validate your newly expanded senses, and you experience the many small and large miraculous manifestations that are occurring in your everyday life. Yet, in the other hand you are still trying to juggle the swirling mass of distorted thought forms prevalent in what we will call the common consciousness of humanity which is in the throes of the remaining vestiges of the old third/fourth-dimensional reality perpetuating fear, lack, separation and the deep-seated need to control and dominate others.

It is truly a cosmic dance you are in the midst of, and what we are endeavoring to do is help you find the harmonic cadence and beat which will allow you to waltz, glide and surf on the crests of the New Age waves of change, and to modify the troughs or lows in-between. Have we not told you many times before, this great drama you are in the midst of is not about Light/dark, good/evil, negative/positive, right/wrong, for there are many shades, interpretations and levels of truth within each of these concepts? What you are seeking is the middle path or balance, which means bringing all facets of your Being into harmony, one with another: the physical body, emotional body, mental body and etheric body, so that they resonate compatibly, and they compliment and strengthen each other.

First you accomplish this in what could be seen as a horizontal fashion, whereby, you reintegrate all the energetic facets of yourself you have created within your force/auric field. You focus within on each chakra/mind center and, through your enlightened intent, you gradually reprogram each of these centers, thereby replacing old dis-empowering vibrations with new master cells of Creator-consciousness. As you do so, the refined energy from each center radiates outward and re-defines/harmonizes the attributes and qualities that pertain to that particular energy center. As we have taught before, as you bring these energy centers into harmony, one-by-one, you activate/open the seven seals of higher consciousness, which ignites the pillar of Light in your spinal column and you gain access to the more rarified vertical levels of consciousness known as your Higher Self, your Christed Self and your Divine Self or I AM Presence.

Those of you who are deep in the midst of this transformational process at this time are experiencing many conflicting patterns of thought, but you are learning to b

e an observer of the process and view your everyday drama of life from the higher vantage point of a master. You are experiencing fewer and less dramatic lows, and are processing these and are moving back to your center of power much more quickly. However, it is a critical time of testing your ability to claim what is to be your highest truth and to maintain your balance as the waves of change ebb and flow. As you become accustomed to observing your world from a loftier viewpoint, you will be able to see the energetic probable future time lines which those around you are creating with their positive/negative thought forms and actions. You will intuitively see what is ahead of them if they continue on their present course–possibly not the particular details–but the uplifting or stressful results of their actions. Just as we cannot interfere or resolve your problems for you, you will not be able to intercede for those around you. What you can do is not get caught up in their negative dramas and you can serve best by being an unwavering example and staying firmly in the power of your heart center, each and every moment, no matter what occurs in the world around you.

It is an exhilarating time to be in the physical vessel, and yet, your physical vessel is struggling to keep up with the ever-increasing frequencies that you have available and are integrating moment-by-moment, and day-by-day. Many of you who have not suffered colds, the flu or intestinal disturbances for many years are now experiencing these debilitating symptoms and some of you ask "What am I doing wrong?" You are not doing anything wrong, my brave friends; it is what you are doing right that is causing these uncomfortable bouts of bodily distress. This is a good example of old limiting though forms: you see any of these symptoms or any illness as bad or unhealthy and that you are being punished or did something wrong for this to happen to you. We acknowledge the fact that these occurrences are not pleasant to experience. (Of course, we do not know this first-hand, but we do see and sense your distress). However, we wish to give you another facet of truth to ponder on. Again, many of you who are deeply emerged in the transformation/ascension process are experiencing these uncomfortable symptoms as a way to quickly transmute the old negative energies within your physical vessel. You could call it a transmutation or baptism by fire, a burning/releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take dominion within. Not all viruses are bad nor are all the uncomfortable symptoms you are experiencing. See them as a means to an end and serving a higher purpose. These things too, will pass, beloveds.

We ask you to nurture yourselves, to pay attention as never before to your physical vessels and the signals or messages your wise body Elemental projects to you. How will you enjoy the beautiful world of love

, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

We would now like to continue with our explanation of what we will call the "second act" of the transition process that is now being played out on Earth. In our most recent past message, we explained how the three lower chakra centers must now be cleansed/balanced to received the refined mental body energies and the dynamics of our Father God: power, truth, valor and the will to create using the outward thrusting energies of the masculine attributes. No one is immune to these deeply penetrating energy patterns. No matter where a person stands on the ladder of ascension, each and everyone will experience the effects of the upward spiraling frequencies of Light. As you can see, many in the world have moved more deeply into separation and fear and are rigidly affirming that their way/truth is the only right/acceptable way. And, herein comes one of the greatest tests for you who claim harmony and a peaceful coexistence for ALL as your reality.

Our messenger's journey to the Bahamas in the Caribbean was planned many months ago, and it was not by coincidence that she was there at that particular time (Feb. 1-8, 2003 - Ronna). The group that was called/nudged to be there with her took on a special assignment in the higher realms long ago and agreed to be born together during the last era of Atlantis. They fulfilled their mission in that lifetime and perished together in the great deluge that sank the last remnants of that great continent. Another part of the plan was that they would come together again in this lifetime to facilitate the healing/transmuting of the old negative Atlantean energy, and also to become vessels for the Diamond Core Cells of Creator Light that were radiated down from the heart center of the Supreme Creator and placed in a pyramid of Light in the highest plane of the fifth dimension. The group as a unit was taken to that rarified realm, and individually they received the twelve facets of Creator Light and the Diamond Core Cell. They were then taken in their etheric bodies down in the waters where the ancient remnants of the Atlantean civilization lay buried beneath the sands of time. Each one visited one of the special temples and brought back a symbolic gift that was left there for them; and then as they breathed the infinity breath in unison, that wondrous diamond cell of Creator Light began to sweep around the Earth via the elements of water and air.

It was also no coincidence that the space shuttle Columbia disintegrated in the atmosphere during that particular time. Again, we say, no, we did not orchestrate the event, but it was a soul agreement made by that brave group to assist in this dynamic process of evolution in whatever way was required of them. As the people of the world turned their thoughts toward the skies and opened their hearts in sorrow for the beautiful souls who perished, that diamond cell of

Creator Light penetrated the heart center of all those who were "open-hearted" enough to accept it. Can you not see why we ask you to rise to a higher vantage point as an observer of what is taking place in the world today? You have no way of knowing what the overall plan for the future is, or how a seemingly disastrous event can be a part of a grander drama within the universal blueprint that will ultimately result in the highest good for humanity and the Earth. Be assured that all who agree to sacrifice themselves, past, present or future, in any way, for the good of the whole, do so lovingly and of their free will in the higher

realms as part of their soul contract before incarnating in a physical body. Mourn for your loved ones, but also rejoice with them as they celebrate their victory in the higher realms. This is also one of the higher truths that we ask you to allow to take up residency in your consciousness. It will make it much easier for you to accept the stressful situations that will occur as you meet the challenges of the future head and heart on.

Come, beloveds, allow us to take you to the pyramid of Light in that glorious realm of the highest fifth dimension so that you may receive your personal DIAMOND CORE CELL OF PURE CREATOR LIGHT and so that you, too, may be a carrier/anchor of this precious gift and spread its radiance from your heart center out into the world from where you live. In doing so you will have all that you need to keep up with the ever-increasing beat of the cosmic dance of the future. We await your arrival with great anticipation. You are loved most profoundly. I AM Archangel Michael

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Dearest friends: I can't begin to tell you of all the miracles that happened during our week in the Bahamas. Tom and Zehra Boccia, dear friends of mine who sponsored my two appearances before the United Nations UNSRC Enlightenment Society in NYC, own two historical homes in Governors Harbor, which Tom has been restoring for a number of years. They are there during the winter months to get away from the harsh New York winters and have decided to hold a limited number of "spiritual retreats." I was the first one they asked to come, and I knew immediately that it was important that I do so. They can accommodate only ten guests, plus the seminar presenter, and so it was to be a small intimate gathering. Beloved Michael began to download information to me several months before the event. He had me reread the third story of my trilogy, Once Upon a New World, which is titled MYSTICAL ATLANTIS. (I call the trilogy "metafiction;" it is inspired, but not channeled, and the stories ar

e remembrances of six of my past incarnations.) The stories helped me tremendously to understand the interactions, both positive and negative, I've had with the people in my present life, and they have made my "lessons" much easier by helping me to understand that I am not a victim of fate and I am in control. They are love/adventure stories which entertain as they teach the universal laws and higher truths that are so important for us to know during these times of great change. Lord Michael told me that the major characters in that story would be with me at this seminar, and as I did a personal reading for each one, he told them who they were and the part they had played. I took several copies of that book so that they could read the story and understand the significance of what was happening.

They were all somewhat amazed and we were all deeply moved by the experience. I was given information before I left about how to use the set of Biosonic tuning forks I had purchased over two years ago. I used them while there. We also had a group healing session using the tuners, and we were all excited at the wonderful energy and transformation they facilitated. I plan to use them at all my seminars in the future and hope to develop a program so that healers can incorporate their use in their healing modalities. I am to call the technique Biosonic Energy Repatterning. We had several wonderful healers at the seminar, including a doctor, two nurses and several therapists, and they all were excited about the potential of the process. AA Michael keeps saying, "Light, sound and color are the healing modalities of the future," and I can certainly attest to that premise. I also was led to an old file from several years back where I had placed the picture and information about an ancient Atlantean healing disc. AA Michael led me to it (as he often does) and suggested that I have copies made to take to the group. We all put our crystals on the disc on the floor in front of us during the daily sessions and the magnification of the energy was incredible. We truly did create a fifth-dimensional environment and each person came away with just what they needed to catapult them upward/forward on their journey to the stars. Amazingly, we had four people from the west coast, and four from the east coast, Dr. M., a dear friend from California, is originally from South America and another dear friend lives in Canada; other than myself, there was no one from the central part of the USA and so we had a strong representation from the west, the east, the north and the south. A lovely angelic lady from Austria was there to take the energy back to Europe. And to expand the miracle even more, when my dear friends, Geoff and Linda Hoppe, held their seminar the week following ours, they had no one from the USA attend. Their participants were from Mexico and various other places around the world so that they could be the carriers of these wondrous energetic gift back

to their countries. Archangel Michael told Zehra Boccia several years ago that she had been the High Priestess Exonna in that last era before the great cataclysm, and so it was very appropriate that she had chosen to be the caretaker of the land there on that ancient soil (they have had the property for over 20 years). I was amazed to learned that four of the attendees at my seminar were of Michael's lineage and I made the fifth. There was also a person of Metatron's lineage (the Light of God) and one of Melchizedek's lineage (the wisdom of God), with me anchoring the third point for AA Michael (the will of God). So we had four Michael energies to anchor the four corners of our pyramid and three of us to form the trinitized expression of our Father/Mother God. As it all fell into place, I was in awe and almost overwhelmed to say the least. After a few minor adjustments and expectations, we all settled in and created a space of joy, peace and harmony in which we all were nurtured and experienced a joyous reunion. The experience of going to the Pyramid of Light that was prepared for us is beyond compare and my personal journey back to Atlantis was one I will never forget. I was taken to the Hall of Records and I was shown the page where we all signed our name in agreement to be a part of this particular mission and to reunite once more during these times of tremendous change to play an important part in the drama of ascension. I know this same scenario is being played out all over the world by different groups–different scenarios and different assignments, but all just as integral to the whole. I

usually come home on a high after an event, but I must say that this time it has been beyond my wildest expectations. I always have a lot of energy and feel great, but now it is hard to keep up with myself and the miracles are unfolding at an ever-increasing rate. I am so profoundly grateful to Tom and Zehra for making this event possible, and to all the dear souls who made and kept the commitment with me so long ago. I am looking forward to the coming years with great joy and expectations. I will not allow the distortions and negative energies that swirl around me to divert me from my path. Affirm with me, beloved friends, that together we will prevail, we will stay the course as we put on our dancing shoes and waltz across the heavens together. My deepest love, blessings and a big hug to each of you. Ronna

8/2/04 * NOTE FROM RONNA: Finally, after many years of preparation, my trilogy, ONCE UPON A NEW WORLD, has been published in 6 x 9 (trade size) Soft cover paper back. There are predictions by others that the trilogy will be a major mainstream seller, touching millions who are ready to awaken and begin the journey of self-mastery. If you know someone who might benefit from learning the universal laws and some of the higher truths our beloved Archangel Michael teaches us in simple everyday form, please recommend the trilo

gy to them. The six love/adventure stories taken from some of my past lives teach the continuity of life, the laws of cause and effect or Karma, and how we incarnate in each lifetime with certain lessons to learn, and different talents and abilities to perfect. The stories represent the great drama of life and the roles we and others choose to play in a particular lifetime. I would greatly appreciate any assistance you can offer to assist in getting these important lessons out to the world. Many thanks and blessings, Ronna

MESSAGES FROM ARCHANGEL MICHAEL * LM-4-2003

TRANSMITTED THROUGH RONNA HERMAN

SEEKING PEACE FROM WITHIN

Beloved masters, it is time to take an inventory of what you are thinking and the emotional energy you are projecting during these days of conflict, turmoil and stress on your planet. Are you diluting or distorting the aura of harmony you have created around you by allowing yourself to be caught up in the chaos of miscreation and destruction that is taking place on planet Earth at this time? Are you engrossed in the scenarios that are being presented over and over again via the television, radio and newspaper media? Have you once more allowed yourself to be drawn back into the density of the negative environment of illusion? If your answer is yes to any of these questions, you are fueling the chaotic vibrations of the world situation with your energy instead of adding your Love/Light/Power to that of other emissaries of peace around the world. Will you stand on the side of those whose greatest desire is to bring about a peaceful solution for the greatest benefit of all, or unintentionally align with those who wish to perpetuate separation, suffering and domination?

We do not mean that you shouldn't stay informed as to what is taking place around the world, but we are saying that now, as never before, you must rise above what is occurring and join us as observers from a higher vantage point, a vantage point where there is no right or wrong way, only different shades of truth and different motives, a vantage point where no race, country or religion is totally righteous or blameless, nor totally in the wrong. Remember, each and every soul on Earth carries a Spark of the Divine within. You must stay heart-centered and attuned to your Higher Self with a Spirit-inspired consciousness so that your actions and decisions are always in alignment with the Divine plan. Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to return the Earth and humanity to a true state of peaceful co-existence in an environment where our Father/Mother God reign supreme.

Granted, there are those who have agreed to play the "devil's advocate," those who are presenting your shadow side to you in its most destructive way. There are others who self-righteously claim to have only the highest, most altruistic motives, but we see and know the ulterior motives behind the decisions that are being made, and the actions that are being initiated in the name of peace and justice. The game of duality is being played out on Earth in its most dramatic form right at this moment, and it is up to you whether or not you will be drawn into the swirling downward spiral of mass karmic action that is now taking place.

We have spoken many times before about the laws of cause and effect, or for every action there is a reaction, which results in what is known as negative or positive Karma. For many ages, you, as the en-Light-ened ones, hav

e been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity, returning to balance and harmony in all facets of your Beingness. And so what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and everyone? It depends on what you are feeling and thinking, dear ones, what is on your mind and in your heart as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Many of you have succeeded admirably in balancing your Karmic ledger of life, and let us now call it just that, your "Ledger of Life," whereby you have a plus and a minus column and your goal is to turn the minuses into pluses or positive energy patterns.

We are not asking you to passively sit by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before. You are much more powerful than you can imagine, my brave friends, and you are playing an important role in attaining a peaceful solution to a very unsettling world situation. The energy you are radiating forth from your heart center has just as much an influence on the outcome of this great conflict as those who are on the "front lines." You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested primal Life Force substance and mold it into powerful thought forms and actions that can overcome any adversity. Those brave souls who have been called to the

battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all, and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge and to enslave or control others, then they are functioning as righteous warriors and the forces of Heaven are with them.

It has disturbed many of you that we use the terms "Warriors of Peace" and "Warriors of Light" or what might be construed as militant terminology. Here again, there are many different interpretations and different facets of truth. Since the Earth's and humanity's fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion and the negativity created by your mass conscious beliefs of fear, guilt and unworthiness. We have fought to assist you to reconnect with your Divinity, and to help you remember how magnificent you truly are. We have diligently carried out the orders and directives handed down from our Father/Mother God and the Creator, "Assist our children to return to the Light and to reclaim their Divine Heritage." Yes, we have been involved for aeons of time in a war between the Light of the Creator and the shadows of humanity, but our weapons have b

een love, compassion, understanding and support as you traverse the valleys of despair and seek to soar to the mountain tops of hope and illumination.

If you will join us in our efforts to bring Light unto the shadow world and hearts of humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that only our Father/Mother God are aware of the total picture and what is truly the best outcome); if you can maintain a sense of peace and joy within and radiate the expansive love of the Creator to ALL humanity, then you are truly a warrior in our Legions of Light.

Those who protest, shout and march for peace are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting, or not taking a stand. We have told you many times before, it is time to "get off the fence," it is time to declare which side you will serve, the Light or the shadow side. It is time to declare that you are an Emissary of the Light, a blazing Spark of the Divine, and a cocreator of love, joy, abundance and harmony, or a human being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright.

"Peace" is an often-used word in these unsettling times, and can be interrupted in a multitude of ways. You use the term "peace of mind," which means having a calm, tranquil state of mind which is free of discord, inharmonious thoughts, or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation which benefits all who are involved, and which brings about a calm, serene and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or seek to promote a peaceful

environment. You may “seek peace” or endeavor to “keep the peace” through conciliatory actions or by settling disagreements through compromise. Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit which always seeks the greatest/best outcome for ALL concerned. In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things, but this harmony must begin from within. It must blossom within the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you will begin to see through eyes filtered with love, and listen with ears tempered by compassion. You will know that all you ever require is yours for the asking, and you no longer seek to take that which belo

ngs to another. You always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and allowing all others the same right. You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of peace out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature. Together and in force, you can overcome any adversity and you can create and enhance the cells/areas of Light that you are building on Earth, as well as in the fifth dimension. And when those thought forms of Light reach a certain level of magnification, they will miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point and will manifest seemingly without effort. The final touches are being made and the preparations are almost complete, beloveds; now watch for the wondrous results of all your steadfast efforts.

Humankind’s inhumanity toward one another has been an ongoing, never-ceasing process since the fall into density. Peaceful co-existence has hardly ever been the ultimate outcome of a conflict. The underlying intent has most often been to conquer, seize, and force others into submission without any consideration for the welfare of those caught in the middle or forced to fight.

We explained some time ago how the chasm between the Light and the shadows is widening, almost as if a world filled with the vibrational patterns of Light is being superimposed over the third-dimensional world of illusion and shadows. This condition is becoming more dramatically defined every day. It is imperative that you stay vigilant, heart-centered and Spirit-inspired each and every moment. You must learn to set energetic boundaries, and constantly reinforce your shield or column of protective Creator Light. You must listen to the whisperings of your heart, for it is there that your angelic guides and teachers will leave treasures of wisdom for you to access and use.

Go within, my faithful companions, and remember how, so many aeons ago, we soared the universe together, creating new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and

all you had to do is reach out with your mind and mold it into form. Remember how all you had to do was envision something and it miraculously appeared before you. Try to remember the many forms you have taken, some human, but also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God. It is important that you remember that you have experienced every Ro

ot Race that has ever populated the Earth, meaning that you have been every color and have borne the characteristics of every race now embodied on your planet. We are telling you that you are a multi-faceted Being who has experienced all the richness and diversity that this Earth, this solar system, galaxy and universe has to offer. And so how can you judge your brothers and sisters because in this lifetime they have different colored skin than you, that they have different customs, beliefs and worship differently or call their God by a different name? It has been said, but bears saying over and over again, YOU ARE ONLY JUDGING YOURSELVES!

Remember, beloveds, during these times of great change, you can make a difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly mission and nurture you with our love. Together, we will prevail. I AM Archangel Michael

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MESSAGES FROM ARCHANGEL MICHAEL * LM-5-2003

TRANSMITTED THROUGH RONNA HERMAN

THE TIME IS NOW

Beloved masters, once more, it is time for you to answer the call; time for you to step to the fore and say, “I AM READY,” time for you to discard the remaining remnants of the disguises you assumed for the earthly drama you chose to play out in this lifetime. You have been playing with the concept of “empowerment of self” long enough. It is time to reach out and take the cloak of Light that is waiting for you, a garment that contains all the knowledge, attributes and qualities of mastership that you left behind when you embodied in the physical vessel.

You encumbered yourselves with overlays of negative, self-limiting concepts and thought forms from a multitude of past lives in order to face and conquer your greatest enemy, FEAR. We have explained many times before, fear is the absence of love in some measure. All negative emotions, impulses and beliefs such as anger, guilt, shame, unworthiness, low self-esteem, resentment etc. stem from a sense of being cut off from the life-giving love/Light of our Father/Mother God. You learned to project these feelings outward to those around you in an effort to recapture that feeling of warmth, joy, safety and empowerment that the unconditional love of the Creator instilled within your heart center. Over the ages, you gradually forgot that all the emotional sustenance you will ever need is supplied via that vertical shaft of Light that connects you to your Divine I AM Presence and ultimately the Creator.

You began to project emotional cords of attachment to those around you which has resulted in a tug-of-war in many forms between individuals, male and female, families, cultures and nations. It is an emotional war in which there are no winners, only losers, for no one can derive from another that which will conquer the debilitating enemy called fear.

You are in the process of finding your way back to the "love of the sacred heart," which is unconditional love. Love with conditions became the norm as humanity sank into the density, and from these negative thought patterns all other self-limiting concepts sprang forth and became your truth. Now is the time to reverse, release and restructure your present reality, a new reality that encompasses all the lessons in mastery we have given you over these past years. We have given you ways to monitor your thoughts and still the mind in order to reprogram your sub-conscious and conscious minds with higher wisdom from your Divine Self. We have helped you to bring the multiple-minds of your chakra system into balance so that, once again, they are working in harmony, one with another. Any wonder you have been at war with those around you, for you have been fighting a losing battle with yourself for such a long time.

As you begin to experience peace within the mind, you also begin to experience joy and bliss within the heart, for they are inexorably connect

ed. It is time for you to release all those concepts that do not support your highest, most-empowering vision for the future, for whether you believe it to be so or not, each and every day you are becoming more powerful cocreators.

Just as in the drama that is being played out on your planet today, there was a time in your ancient past when you, too, stepped forward, saying, "I am ready to serve." You left the beauty, safety and comfort of your homeland and journeyed out into the unknown. You spent many hundreds of years as you count time in preparing yourself for your mission, and you were tested over and over again to see if, indeed, you were ready.

You took an oath and agreed to allow yourselves to be diminished in Light, wisdom and power to whatever degree was necessary by fragmenting your wondrous Self, over and over again, in order to fulfill your assigned task. Your loved ones wished you well and

watched you go with great sadness, but also with pride welling up within, for they knew that you were going forth on a great mission, a mission mandated by our Father/Mother God. They knew that you would be away for a very long time, and they also knew that you would forget them but they would not forget you. Now the members of your spiritual family are sending you beams of Light from home, love letters telling you how much you are missed and that it is time to return. Indeed, it is time for a spiritual reunion of monumental proportions.

The cosmic trumpet call for the battle to end has sounded, and it is time for you to return to your true estate as a full-fledged Emissary of Light for the Creator. A new assignment is being offered to you, an assignment that requires that you reclaim all of that which you left along the way on your descent into the material realm of reality. As you move forward, you are being reunited with your spiritual family, as well.

The battle between the Light and dark has really been a battle amongst yourselves. As the many fragments of expression were brought forth into physical embodiment, you all began to believe and affirm that yours was the right or true way, that your customs and traditions were the best, or your religion and rituals were the ones favored by God. Humanity created the broad spectrum of Light and shadow in which the pendulum of truth and power would swing back and forth over these many ages. In reviewing your past, it is obvious that there are never any true winners in a war, only shifting power and different kinds of problems or inequities. Humanity has not yet learned the art of empowerment through positive, assertive action which seeks justice for all. The wars you are fighting now are a result of seeds of hate and fear that were planted thousands of years ago, and until human-kind accepts the truth that you are all brothers and sisters in Spirit, there will be no true peace on the Earth, an Earth that is steeped in and hindered by third- and fourth-dimensional vibrational patterns of

fear and limitation. When the Earth and humanity ultimately are lifted into the refined frequencies of the higher fourth- and fifth-dimensional frequencies, there will be peace on Earth and war will be a vague, distant memory of the past.

That is why it is time for you to join the Legions of Light who are endeavoring to create a new Earth where peace and harmony will prevail. Each of you is much more powerful than you can ever imagine, especially if you have integrated and are using the tools of mastery we have offered you. Each time you visit your Pyramid of Light/Power and fill yourselves with the Divine elixir of love/Light from the Creator, you bring back with you into the physical realm more of that wondrous energy. You radiate it forth from you and it filters out as a gift to all those around you. Slowly, but surely, you are bringing down to Earth the building blocks of Light, which you will use to recreate the dreams and projects you have envisioned in the higher realms.

Beloveds, will you surrender your emotional pain to us and allow us to show you how to return to emotional peace and harmony within? Will you allow us to help you replace old limiting thoughts with new empowering concepts of mastery? Are you brave enough to

script your vision for the future and place it in your Pyramid of Light, asking for the highest outcome for all? Are you willing to release any attachment to the outcome? As you align your will with the Creator's Will, you will be amazed at the sense of freedom and the assurance of rightness you will feel, for the Creator's desire is always for your highest good.

Mental harmony comes with reprogramming old negative, limiting thoughts which are judgmental, rigid and controlling. Mental detachment comes with wisdom and an understanding and faith in the Universal Laws. As an Emissary of Light, you will seek to live by the highest moral standards through virtuous conduct, and with a burning desire to see justice for all. Emotional and mental health and physical well-being are a result of learning to live in the sacred space of the heart while staying attuned to the wisdom of your Higher Self. As you learn to function in the stillness of the sacred moment of Infinity or the still point of Creation, magical things begin to happen to you and around you. You begin to create an energetic force field around you that is impenetrable. Your body is constantly renewing itself via the thought forms and energetic patterns you radiate. Change the self-limiting patterns and negative thought forms to those of positive, expansive vibrations and you change your body, your reality, and your world.

Are you willing to expand your thoughts to encompass a new reality? Are you willing to expand your boundaries as to what is possible to create and enjoy in your new reality? Are you willing to claim the prosperity and abundance in all things that you so desire? Are you willing to expand your mind and your vision as you reach

upward and outward to incorporate all the wondrous new concepts/inventions just waiting for someone to claim, integrate and create them?

Look back at the progress of humanity over the last 100 years or so. You have made astounding progress in all areas of physical existence. We tell you, dear friends, it is nothing compared to what is waiting for you in the here and now A quantum leap in evolution and human consciousness is taking place, and those who are preparing themselves for this advancement are the ones who will set the pace for what is to come during these next important years on Earth.

We have told you that the Supreme Creator is now taking an active part in the process of reunification. There are wondrous new colors beyond anything you can conceive that are redefining the Rays as you know them because new frequencies patterns are being added, as well as new qualities and attributes as they become Rays of refined universal consciousness. The First Ray of Divine Will to Create has become the Royal Ray of the new creative process now in progress. It blends the esoteric (spiritual plane) color of blue for truth and valor with the exoteric (material plane) color of red for power and forward thrusting action, making it magenta in color with a sparkling, luminescent overlay of Creator Light. Some time ago, we told you about the new Rays or sub-rays of individualized expression from the Creator Mind. You are truly becoming "builders of form" as you learn to wield the cosmic tools of Creation. As you claim the gifts of the First Ray, you have the ability to integrate into that Ray, for your use, those attributes you feel you most need in

order to use it in its highest and best form. As you claim the gift of the Royal Ray of Divine Will, please infuse it with compassion, benevolence, clear vision and purpose, with a desire to create harmony, peace and abundance for all people on Earth, not just a few.

That is why we have spent so much time teaching you about the aspects, attributes, qualities and virtues of each Ray in both their positive and negative forms. How will you know what needs to be changed if you are not cognizant of what is available, and become aware of how you are presently using the energies? The wondrous energy of new Creation is swirling and spiraling all around you and all you have to do is reach up and take the new cells of God Light that are being showered down upon you. If you are daring enough, you may move up your column of Light and reach ever higher in order to bring down the more refined and powerful cells of pure cosmic unmanifested potential. These gifts are waiting for you in your Pyramid of Light/Power. All you have to do is go there with pure intent, love in your heart, a desire to assist in making the Earth the paradise it was in the beginning, and be willing to state, "I AM READY to be an Emissary of Light once more."

We promise to Light the way and clear the path for you as we come ever closer

together on our journey into the bold, new future of tomorrow. May you bask in the knowledge that you are a beloved child of the Creator and you are loved eternally. I AM Archangel Michael.

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MESSAGES FROM ARCHANGEL MICHAEL LM-6-2003

TRANSMITTED THROUGH RONNA HERMAN

WE ASK YOU TO PUT US TO THE TEST

Beloved masters, I come to you this day with a deep sense of gratitude and profound love in my heart for each of you. Together, we have been on this journey out into the great void for many aeons of time as we seek to express and create the many complex facets of our Creator Source in a multitude of ways and forms. Time after time you have proven your resilience, your tenacity and your dedication to your mission, even though much of the time you have forgotten who you truly are and why you agreed to fragment your wondrous self to the degree you have. You are swiftly gathering/integrating the many parts of yourselves

as you progress on the phenomenal journey of reunification, the process of returning to Spirit with a human sheathing.

It is time to remember why you are here and why you assumed an earthly vessel. It is time for you to remember that the Earth is not your home. Are you ready to accept the fact that you are a blessed extension/facet/spark of the Creator with the potential to be or become anything you can envision? Are you ready to expand your vision beyond the mundane circumstances of your everyday life and embrace the excitement of your new reality as you create greater and greater harmony, love and joy in your world? You are capable of thinking only one thought at a time. If you focus on one thing, one idea continuously, it will manifest, so why not dare to dream of and reach for your highest potential? Many of you make excuse after excuse because you fear failure. You only fail if you are unwilling to take a chance and reach out into the unknown. Are you willing to try a new way? Are you willing to put our teachings to the test? Anything you can visualize, you can realize. You are a cocreator in human form who was given the Divine directive to go forth and create in the name of the Supreme Creator. Won't you allow us to co-partner with you and assist you to become that which you so desire: a living, breathing, masterful cosmic envoy of the highest order?

When we say you should seek that which is your passion and that which brings you the greatest satisfaction and joy, many of you do not have the slightest idea what that is. We ask you to begin by eliminating those things that are stressful in your life, that which brings you pain and which you dread. You did not become the way you are in a day, a week, or a year, but you can transform back into your empowered masterful self much more quickly than you can imagine. We have offered you many tools, techniques and information over these past years, but you must make a commitment and prove for yourself that what we offer you are the "magical tools" you have been seeking. We have said many times, you must turn knowledge into wisdom or you must come to the realization that something is true and achievable. Realization is when something becomes crystal c

lear in your mind and you "know" that it is your truth, and then you must put that truth into action. Knowledge/wisdom overlaid with love/compassion and focused intent/action creates the power that holds the keys to the universal storehouse of unmanifested potential, potential that is just waiting for you to mold it and create anything you can envision. That is what is waiting for you in your new world of tomorrow.

The first and foremost responsibility is to yourself as you seek to embody more "God Stuff" within by eliminating all the old, outmoded negative energy patterns that you have accumulated on your journey into density. Self-mastery is a never-ending process, a continuous state of becoming, as you learn to integrate more and more of the virtues and attributes of our Father-Mother God. It takes constant vigilance and practice, but the rewards are immeasurable. Everyone benefits when you endeavor to better your world, and the paradise of the New Age began many years ago with only a few brave souls and a few changes for the better at a time. It is growing and multiplying exponentially, and the waves of change are building strength and magnifying as more and more step on board and add their love/Light, experience and wisdom to the whole. When you become the master of

your own thoughts, you direct your energy with deliberation, and you use the wisdom garnered from past experience and your Higher Self as you shape your environment and your destiny.

There is energy potential all around you and it radiates as an Infinity sign all around you as well: above, below, in front and in back of you. What you are thinking and feeling creates a vibrational pattern, and it radiates out from you and magnetizes to you energies/situations/people who are in harmony with that vibrational resonance or pattern. Change your thoughts/energy/vibrational patterns and you will change your world. You are blending the physical with the mystical/spiritual facets of yourselves as you learn to enjoy the beauty and bounty of all the Earth plane has to offer, while also enjoying the beauty, wonder and magic of the higher realms.

You have a star tetrahedron and rotating fields around you which will increase in strength and magnitude as you build and strengthen the rainbow bridge or the crystalline column of Light that connects you to your Divine Self or I AM Presence. Over the aeons of time, that column diminished to a thin thread in many people, furnishing barely enough Life Force energy to keep them alive. As you clear the distortions, you are receiving greater and greater amounts of Creator Light and you are also re-establishing your interactive relationship with the multi-faceted parts of your greater Self.

Light, sound and color are the modalities of healing, expanding and the integration of your multi-dimensional Selves. You are just now remembering and learning to use some of the major tools of mastery that are a part of your Divinity and birthright. Your

DNA/genetic encodings carry a tone or resonance, a perfect harmonic blend of sound vibrations which assure good health, vitality and long life when maintained in their original state. There have been experiments whereby human DNA has been set to music, and much will be learned about illness and dis-ease as more studies and knowledge are gathered which will establish the value of the harmonics of sound and the vibrational patterns within the human vessel. It will soon be validated that toning and using overtone harmonics can cure many of the symptoms of distress or illness that you as humans are experiencing, for it brings your DNA, etheric, emotional and mental bodies back into harmony and balance. Cellular geometry is encoded within the molecular structure of your chakra system and you are in the process of restoring the perfect holographic replica of your multi-dimensional oversoul. As you return your chakras to harmonious balance, they burst into spinning radiant spheres and this activates the opening of the Seven Seals of God-consciousness, thereby turning your chakra system into a luminous column of Light that follows the spine up through the crown chakra. This process expands the rainbow bridge which ultimately reconnects you to the vastness of your God Self. You are all in the midst of this process to one degree or another. Know that it is a time of great change where all that you have relied on in the past is shifting, changing and sometimes even disappearing. Be aware that your wide mood swings and feelings that your old belief structures and boundaries are crumbling are a part of the accelerated transformation process now in progress. One moment you may be elated and in a near state of bliss, and the next you may be feeling

vulnerable and uncertain, or you may have feelings of despair, sadness, anger or depression sweep over you. Remember, we have asked you to ride the waves of change, to enjoy the "highs" and allow yourself to work through the "lows" as an observer. Impacted energies and painful negative core memories are roiling up from deep within so they can be released or transmuted into neutral Light substance, and so the vacancies can then be filled with the revivifying "Lightening" Diamond Core God Cells of the Creator.

Time and space as you have experienced it over the past 10,000 years is also shifting and becoming more fluid. Many of you are anxious to know what will happen in 2012, the year when many have prophesied the end of life on Earth. Allow us to ease your fears and satisfy your curiosity, beloveds; you are already in the energy of that year. The world as you all knew it ended with the cataclysmic event called 9-1-1, or September 11, 2001. It is important that you understand that radical changes are going on throughout this universe, not just on planet Earth. Your galaxy is in the midst of a vast expansion and every solar system in the Milky Way galaxy is on an accelerated journey up the spiral of evolutio

n. Everyone and everything in this universe is in the process of expanding, an internal combustion process, you might say, or a pulsation that is forcing to the surface all that which is not in harmony with the refined energies of higher Creation. At every level, the negative energies of the lower dimensions are being brought to the surface so they can be transformed and returned to more harmonious frequencies of Light.

You think it is your sun and the solar flares which are causing all of your erratic weather patterns, and this is true, but it is only a small part of what is taking place on Earth. The great devic angels and elementals are once more taking an active part in healing and balancing the elements on Earth. When the Earth is brought into balance once more, there will be no more hurricanes, tornados, earthquakes or floods. It won't be necessary. The broad spectrum of duality is gradually coming to a close as the cosmic pendulum swings closer and closer to the balance point or the Still Point of Creation. You will be in a reality of polarity for a very long time to come, but there will be radical changes. You will savor and acknowledge the uniqueness and special attributes of the opposites in your world: Light and dark, positive and negative energies, male and female energies, as well the billions of variations that are represented on your Earth. You will come to understand that all states/levels of Creation are an integral part of the whole. Humanity will become more tolerant and will even learn to appreciate the diversity that is so widely represented on Earth. As the process of coming together with the multiple branches of your soul family accelerates, you are having what could be called a melding of memories or experiences. "Oneness" means you will incorporate the memories and experiences of your group and they will integrate yours, as well. You will be able to draw on their experiences and wisdom, and they on yours. If you have built and use your Pyramid of Light/Power in the fifth dimension, you will never again feel alone or separated from your Source. You can go there at any time and call on your soul family and angelic helpers for assistance, and to bathe in the rarified elixir of Creator love. Again, we ask you to put what we tell you to the test.

We are asking you to be bold enough to take control of your life. Focus on that which you wish to create by taking the necessary action with determination and persistence, while at the same time learning to be flexible and adaptable. Shift your attention from what you do not want in your life to what it is you wish to create in your life. You do not "get rich," you allow the riches of life to flow to and through you. The universe is always trying to shower abundance on you, abundance in its many forms. Abundance is always there for the taking, but you have set up barriers that keep it out of your reach. Abundance is a state of mind. You must ope

n your minds, hearts and arms to receive abundance, abundance of health, love, joy, creativity, peace. You must learn to live and love freely, to enjoy the spontaneity of Creation. You have learned to take life too seriously and to believe that you must struggle and work hard to create that which you desire. When you learn to tap into the universal flow of abundance, life becomes a dance and you enjoy any and everything you do. The door to a wondrous new future is wide open, beloveds. Please, won't you step through? We are waiting on the other side. May the Creator's Light and bounteous blessings shower down upon you. I AM Archangel Michael.

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MESSAGES FROM ARCHANGEL MICHAEL LM-7-2003

TRANSMITTED THROUGH RONNA HERMAN

SEARCHING FOR THE REAL YOU

Beloved masters, are you willing to open your hearts, broaden your minds and shift your reality just a little in order to allow the Diamond God Cell within your heart center to ignite, expand and gift you with that which you have yearned for these many past ages? Within the core of that God Cell is a Seed Atom which contains a blueprint for the new evolving human species, and a treasure map which will lead you to the greatest treasure of all, the connecting links to your multi-faceted Self.

Your goal is not just to ascend, but to allow your Spirit-self to descend so that there can be an integration and fusion of the many complex facets of yourself that were created on your diverse and wondrous journey throughout this universe, galaxy and during all your earthly experiences. Before descending through the multi-dimensional universe, as a Divine spark of consciousness, you had a multitude of experiences were you exemplified all the virtues and qualities of the Creator in perfect harmony and in total alignment with Divine Will. In many other experiences you used your vast mental abilities almost exclusively by focusing

on a specific thought form or creation. Through your conscious intent you brought forth the necessary unmanifested primal life force substance, and like a laser beam you projected forth that perfect vision until it was miraculously manifested on the physical plane.

You have also had many wondrous adventures focusing almost exclusively on the emotional facets of your multi-dimensional Self. Using the virtues and attributes of your goddess nature while in the higher realms of existence, you joyously merged your consciousness with the angelic realm, thereby experiencing the exquisiteness of the love of Creation in its purest form as you went forth to assist in the creation of worlds and realities beyond description. All the while you were experiencing these diverse facets of the Creator, your individualized Spirit-self was registering and recording each experience in your vast memory bank, for you knew there would come a time when you would need to draw forth into your consciousness all the wisdom you had gained in the past.

Since your descent into the world of physicality, your Spirit-self has been struggling to function within its physical overlay as you have played the game of duality and separation. In numerous lifetimes you focused primarily on your spiritual nature while excluding the other facets of your Beingness. In others, the focus was almost exclusively on your mental nature, and in still others your emotional nature was the driving force from within. It is time to bring all these diverse facets of your nature back into harmony so that you may function in a state of unified consciousness once more.

When functioning within the illusional environment of the third/fourth dimensions, the most neglected facet of your

Being was your intuitive mind or soul mind. It is one of the greatest resources you have within you, for that is your connection to your Higher Self and ultimately to the Creator Source. Your soul mind has a never-ending supply of fresh ideas and creative thought forms just waiting for you to tap into them. Your intuitive mind, or that small inner voice, will always point you in the right direction and help you make the right decision if you will only listen. Since the fall into density, the soul mind has been almost totally shut down within most of the general populace. After that inner voice was ignored for so many thousands of years, with great sadness, the soul retreated into stillness and dormancy as an observer, waiting for the time when it would be called back into action as your partner in the journey of life. It is burning brighter and brighter in those of you who have diligently striven to reconnect to your soul, Higher Self and God Ray (I AM Presence), and it is now a constant and loving companion who directs, inspires, nurtures and even protects you. You have no idea how your soul and Spirit-self can assist you until you form that bond and move back into harmony with your multi-dimensional Self. It will protect you from accidents by nudging you to take another route or to leave a little earlier or later than usual. It will arrange circumstances whereby you will always be in the right place at the right time. It will help you expand or contract time so you can move through your daily experiences with ease and grace. It will bring you together with members of your soul family or with those whom you have something of importance to share. It will inspire and assist you in ways that will open the flood gates of abundance and in manifesting your highest visions when they are in

alignment with the greatest good for all. Inspired thought and fresh creative ideas will pour forth effortlessly as you serve yourself and others by becoming a cocreator of all that is harmoniously beautiful, loving and of the highest order.

When you align your will with the Creator's Will, you will be placed among the ranks of the Builders of Form, for it has been mandated that all levels and facets of Creation are to be incorporated, expanded and exemplified on Earth at this time. A new blueprint and Divine schematic has been brought forth for Planet Earth in a great all-encompassing thought form from the mind of the Supreme Creator. This plan for the New Age now unfolding, and for the new golden galaxy that is in the formative stages, have been placed in the great pyramids of Light in the higher dimensions just waiting for humanity to tap into this powerhouse of unmanifested potential and the wonderful new vision that is waiting to be manifested in the world of physicality.

Each of you carry that Diamond Core God Cell within your heart center, and as it is ignited, all the multiple facets of the Creator within you will be amplified, whereby all

the attributes, virtues and qualities of your universal origins and your cosmic blueprint will radiate more brightly. Your intent should be to bring into harmony and alignment all the multiple facets of your God nature. Examine your mental beliefs and how you process information. Are you open to new ideas or are you stuck in old limiting, structured thought patterns? Are you bogged down in antiquated, controlling traditional beliefs or a misplaced sense of responsibility to others which do not allow you to examine and integrate new, advanced and empowering thoughts from your Higher Self?

When you are functioning from a mental/mental point-of-view, your intellectual nature has complete control of your life and you become rigid and inflexible. You are resistant to new ideas and there is a tendency to stagnate as you are afraid to venture out into new territory or out of your "safe space." When you bring your mental nature into harmony with your emotional nature, overlighted by Spirit, you begin to explore new ideas, new ways of being as you slowly activate and strengthen your intuitive/higher mind and spiritual nature. Your mental vision expands as higher truths filter into your consciousness, and you come to the certainty that through clarity of desire, focused intent and positive action you have the power to create anything you can envision. Gradually, as you learn the infallibility of the universal laws of manifestation, your excitement grows and you are willing to attune your will with the Creator's Will.

When you are functioning within an emotional/emotional state of Being, your emotions are the driving force within you. Everything is seen and experienced through a filter of emotions and often compulsive decisions are made without the benefit of forethought. Your world of reality is experienced from an "I - me - my" point-of-view. Everything that happens to you is taken personally and you exist on an emotional roller coaster. After a time, your "emotional health" begins to affect your physical and mental health, for your nervous and glandular systems are in constant overload. Emotionally-powered people control others via their emotions as well, sometimes by a powerful display of love for another, which may

become a constant demand for validation of their self-worth via emotional blackmail. They usually attract people to them who have low self-esteem and feelings of unworthiness, and so at first it seems that this overwhelming display of love is just what they have been searching for. But it soon becomes apparent that emotional love without mental and spiritual stability can become a prison, and it can be a very painful and difficult process to extricate oneself from this type of stifling relationship. As you learn to balance your emotional nature with mental clarity and spiritual wisdom and strength, you find the validation of Self that you have sought. You begin to monitor your emotions and to understand the underlying force

s that trigger negative patterns. You examine your motives and bring your "altered ego" back into alignment with your soul-self. You begin to tap into the higher wisdom of your Divine mind, and seek to release the limiting thought patterns of your deep subconscious mind which have controlled your existence to one degree or another for so many lifetimes. Your emotional vibrational patterns are lifted as you attune to your spiritual nature and you begin to experience unconditional love for yourself and for all others. You turn inward for spiritual/emotional sustenance and you know that all the love you can experience on Earth means nothing if you are not connected to the love/Light of the Creator Source.

Your goal, beloveds, is to exemplify Spirit while being totally in the physical body. It is time to reunite and integrate all the multiple facets of yourself that you have created and left along the way on your long journey in outer space. You are drawing all those diverse and fragmented parts of yourself back into your "inner space," that wondrous space within the center of your Being called your Diamond Core God Cell.

A wondrous new unified Ray of Divine Consciousness is filtering its way down through the multi-dimensions from the center of the Great Central Sun of this universe and our Father-Mother God. It originated from within the heart of the Supreme Creator aeons ago, and at long last it is time for this galaxy and the Earth to make ready to accept this most blessed and rarified infusion. When you are prepared to accept this gift, it will totally ignite that God Cell within and it will also overlight, magnify and unify all the other refracted Rays within. This is the process you are being prepared for and this is the event you have all been waiting for since your first physical embodiment. This is the cohesive energy which will truly activate and accelerate the process of ascension into a higher state of consciousness for all sentient beings, planets, solar systems, galaxies and universes. The spiral of evolution is accelerating day-by-day, and nothing or no one can deter it or is immune to it.

We know it is difficult to focus on the lofty ideas and visions that we give you when your worlds seems to be falling deeper and deeper into violence and separation. Once again, we remind you, "Out of chaos comes new creation." All that is in disharmony, all that is fear-based, or comes from the lower vibrations of greed, prejudice, corruption, or a desire to dominate or control is being brought to the surface and into the awareness of the masses. There is a great battle being waged by these diverse factions, but none of them will emerge the winner. A "Light movement" has been set in motion, fueled by you, the Warriors of Light. Your weapons are unconditional love, pure hearts and intention, positive, assertive

action with the intent to create that which is for the greatest good of all humanity and the Earth as well. Our mission is

to make you aware of your magnificence and how truly powerful you are; to let you know that you are never alone; and to help you rise above the senseless violence, the suffering and the fear that is the major world focus at this time.

Lift your hearts and consciousness, beloveds, and know that the future is filled with promise, and through our joint endeavors, we will overcome all adversity. See the love of my Essence surround you as together we join hearts with every Being on Earth and we radiate the force of our unified love out into the galaxy, seeking to join the Ray of Creator Essence that is our ultimate destination. You are never alone, and you are loved beyond measure. I AM Archangel Michael

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MESSAGES FROM ARCHANGEL MICHAEL LM-8-2003

TRANSMITTED THROUGH RONNA HERMAN

WHAT ARE YOU DOING WHILE WAITING TO ASCEND?

Beloved masters, as we monitor your progress, measure the “Light Quotient” of your thought patterns, and observe how valiant and stalwart you are in your endeavors to integrate the wondrous energies of Creator-consciousness, we are most gratified as well as amazed at your astounding progress. The maelstrom of negative thought forms that have swirled in the ethers and which have affected humanity for aeons of time are gradually being replaced by uplifting thought forms of hope, inspiration, joy and the reality that “scarcity” is only an imbalanced, negative thought form that can be transformed into an assurance that abundance is everyone’s Divine birthright. All any of you have to do to claim your heritage is to accept as your truth that you are worthy, and then to solidify that reality via your positive thoughts, deeds and actions.

A wondrous new vision, a powerful “probable future” for humanity and the Earth has taken shape and is being strengthened and magnified moment-by-moment, a future whereby all humanity, as well as the mineral, vegetable, animal, human, Devic and Elemental kingdoms will peacefully co-exist on Earth, an Earth which is pristine in its beauty, and which has sparkling clear water, and clean healthy air to breathe, a world of abundance and plenty where no one suffers from lack of adequate food, shelter or opportunity, and a world whereby different races, cultures, beliefs and traditions are honored and respected, where no one tries to force his/her beliefs on others, or deny others the right to live their own truths and follow their own customs. As more and more of you slowly withdraw your

attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. Have we not told you over and over again, "Thoughts have energy, positive or negative, and what you focus on, you magnify with your energy"?

Many of you are so caught up in the desire to "ascend" and to live in the perceived paradise of the higher dimensions, you are forgetting and neglecting the beauty, joy and the benefits of experiencing the magnificence and wonder of the journey. Each phase of new awareness or expanded consciousness has its special miracles and benefits which are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise which allows you to integrate another facet of your wondrous God Self. In doing so, you are gradually creating a new empowered "you," and a new reality opens to you whereby you have access to many new concepts, as well as many new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfold around you.

Those of you who have followed our teachings over the years are aware that

the major theme for the Spirit/human experience on planet Earth has been separation, duality and polarity, with an ultimate goal of returning to balance/harmony and oneness with your multi-dimensional Self and unity consciousness with All. Each of you fragmented your Divine Self into hundreds of individual sparks of consciousness as you ventured forth to fulfill the Divine Mandate of the Creator, "Go forth and create new worlds without end in my name." Along the way many of you forgot that there is a universal law that states, "You must experience that which you have created."

The great multitude of seekers who have moved back onto the path which leads to harmony and a reunion with Spirit have primarily done so because each of you were tired of the pain and suffering of the past, and your soul-self finally got your attention so that you were ready to listen to the whisperings of Spirit. Those of you who have diligently sought your higher truth, and have striven to live and exemplify that truth are now reaping the rewards. You are learning that you are in control and not being tossed around by the whims of fate; you are not being punished or rewarded by anyone, for you are responsible for your thoughts and actions, and you create your own reality ... ALL OF IT! You finally realize that you are not surrendering anything, but when you align your will with the Creator's Will, you make way for unlimited miracles and possibilities to enter your life.

We have discussed in depth about bringing all the facets of your multiple chakra system back into harmony, and the importance of integrating and balancing the virtues, qualities and attributes of the Rays of God-Consciousness. In our missive to you last month, we focused on the concept of harmonizing your mental/emotional/spiritual body fields/natures once more. If any one facet of your Being is out of balance, none of the others can function at its maximum potential. You are meant to be a composite spiritual/Hu-man Being with a unified consciousness. In most human beings, the physical senses/sensations of the body have overridden the more subtle senses of their spiritual nature. A person who lives mostly in a mental world is lacking or missing out on the wonders, strength and

delight of the heart/soul/emotions. A person who is driven by his/her emotions is living in an unstable world which has no foundation or structure, and is susceptible to the emotional highs and lows of every day occurrences and those around him/her. A person who has disconnected from Spirit lives a life without hope, and no matter what he/she may attain or accumulate in the physical world, he/she lives an existence that does not sustain the soul, a life without the luster or lasting gratification. Humanity has focused on the "emotions of Spirit" for thousands of years, and has neglected the "science or mental aspects of spirituality." The Omniverse and all Creation function under the immutable universal laws as decre

ed by the Supreme Creator. Know the laws and live within them and you are in alignment with Creator Will and all the beauty, bounty and abundance of the universe are yours for the taking.

Returning to harmony/balance within what we call the four lower bodily systems, physical, mental, emotional, and spiritual, is the next step after coming to an understanding about the energies of each chakra and how they affect these four bodily systems. It is imperative that you stimulate and work on your emotional intelligence and your mental intuition. You need to redefine your "altered ego" and re-establish the proper relationship between your ego and your soul. The ego is to function under the direction of the soul, not the other way around, whereby you focus your attention on your "inner world of reality" instead of the illusion of the outer world of reality. You no longer look for some event, some person or some thing to give you a moment's satisfaction or happiness, things that are usually fleeting and often fall short of your expectations. When you turn inward for validation of your self-worth and to feed your emotional and spiritual yearnings, you will tap into that wellspring of unlimited sustenance.

Many of you have chosen to experience strong first, third or fifth Ray energies, which often leads to a tendency to function almost exclusively within the left (mental) hemisphere of the brain structure. A major focus of your life's lessons is to learn to use the right(abstract/emotional) brain and explore and integrate the emotional facets of your nature. Second Ray people are apt to be more balanced in their bodily nature, whereby they explore and use both the right and left hemispheres of the brain, but this is not always the case. However, those who have chosen to experience and balance the fourth, sixth and seventh Rays as their soul, emotional, or mental rays are inclined to be very emotional in nature and their world is often perceived as an emotional roller coaster and it is very difficult to find a balance or to live a harmonious existence.

Your goal is to blend and harmonize the major bodily chakras of your physical being, to balance your mental and emotional energy fields and overlight them with your Spiritual essence. We will define each category so that you may quickly identify what you need to focus on and rectify.

MENTAL/MENTAL BODY FIELD * Your beliefs, attitudes, and knowledge are derived from text book and historical/traditional facts without the benefit of emotional or spiritual

validation. You are very analytical, often rigid, judgmental and must maintain intellectual control. You have limited visionary abilities, and you only believe what is tangible and what can be proven scientifically.

MENTAL/EMOTIONAL BODY FIELD * You have learned to rely on your mental intuition as you seek to validate and integrate the higher truths you are accessing in your never-ending quest for enLIGHTENment. You validate your truths throug

h your heart/soul monitor and then you live by those truths to the best of your ability. New expanded thoughts and concepts become the norm.

MENTAL/SPIRITUAL BODY FIELD * You learn to utilize the wisdom of your superconscious mind as you integrate all the attributes, qualities and virtues of your God Ray and soul Ray and you learn to live in the Still Point of the now. You have perfected the process of healing the past, scripting the future, and living in the power of the moment.

EMOTIONAL/EMOTIONAL BODY FIELD * When the emotional body is the driving force within you, you are vulnerable to the strong emotional tide of the mass consciousness and your altered ego. You must examine and discover how your emotions drive and control you through your desires and wants, and you must closely examine your motives.

EMOTIONAL/MENTAL BODY * EMOTIONAL INTELLIGENCE * The emotional energetics you radiate along with your focused intent are some of the most important components in the creation process. When there is a balance of power between your emotional and mental bodies, you begin the process of understanding yourself and learn to identify the driving force behind your actions. You learn to harmonize your will with God's Will as you begin to understand the workings of the universal laws. The desired mode is "emotional detachment" as you move gracefully and surely toward your desired goal.

EMOTIONAL/SPIRITUAL BODY * You derive nurturance from your indwelling Spirit, and from our Father/Mother God via your God Ray. You stop looking outside yourself for validation of your self-worth. You no longer experience the sharp highs and lows, but move into a state of joy or bliss as you learn to live in the world, while expanding your consciousness to incorporate the great variety of multi-dimensional expressions available to you. You develop an unerring assurance that you can have or become anything you can envision if you are willing to put forth the effort to accomplish your goals. You learn to rely on your angelic helpers and gain strength and sustenance from their presence.

SPIRITUAL/MENTAL BODY FIELDS * When you begin to use the intelligence of your soul self, you tap into the unlimited possibilities of the Cosmic Records. You learn how to bypass the distortions of the third/fourth-dimensions as you create and use your Pyramid of Power/Light in the fifth dimension. This is when the miracles truly begin to happen and you know that you are partnering with Spirit in all your endeavors.

SPIRITUAL/EMOTIONAL BODY * Love tempers your emotions, and although you still have a "human nature" you have learned to become detached, and you view the events in your life from a higher vantage point, that of a self-master.

INTEGRATED SPIRITUAL/MENTAL/EMOTIONAL/PHYSICAL BODIES * You are living in an ascended state of consciousness as you unite with the multiple facets of your God Self. You move out of a state of becoming into a state of BEING. You have develope

d clear-seeing and pure intention, and the fog of illusion no longer affects you. You mold and create your greatest visions and desires from the storehouse of Divine unmanifested potential, and you live in harmony with the universe and all Creation. You will then be seen and defined as a unified, radiant SPIRITUAL BEING IN HUMAN FORM.

Beloved masters, we can offer you tools and knowledge, we can encourage and inspire you, but you must be willing to turn the knowledge into wisdom and take the necessary action to reclaim your Divinity and the glorified state that awaits you. I am your faithful companion on the journey and you are loved beyond measure. I AM Archangel Michael.

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MESSAGES FROM ARCHANGEL MICHAEL LM-9-2003

TRANSMITTED THROUGH RONNA HERMAN

WHICH DO YOU CHOOSE, A GOD OF WRATH OR A GOD OF LOVE?

Beloved masters, the teachings of old and the new wisdom being brought forth as humanity comes of age have more in common than most people would believe. However, the New Age of Enlightenment that is swiftly rising on the horizon of humanity's consciousness has one vast and important difference: the God of the old teachings was a God of love, but also a jealous, wrathful God. The truth is that the Supreme Creator and our Father/Mother God of this universe radiate only love and compassion. We tell you that the Creator of All embodies only the highest and most lofty attributes and has none of the negative traits such as jealousy, wrath or a desire for retribution or to punish.

The Supreme Creator in ITS desire to know more of ITSELF and to create anew burst forth in all ITS radiant love, Light and power. Omniversal and universal laws were established that are immutable. These laws cover every circumstance and facet of existence on every plane of reality that ever has been and ever will be. The Supreme Creator endowed all the facets of ITSELF with the ability and desire to cocreate anew, and also bestowed the gift of free will in some measure, more in some expressions of consciousness and less in others. The Earth and humanity are unique in that it is the only planet in this universe where total

free will, with no restrictions, was given. It was part of the Divine plan for humanity and the Earth, and the misuse of the gift of free will has been the major cause of the pain and suffering of humanity.

As long as any Spark of the Divine Consciousness, large or small, functioned and existed within the framework of universal law, or in harmony with Divine Will, it co-existed in perfect harmony and knew only perfection. However, when an individualized Spark of consciousness strayed or stepped off the middle path of perfected consciousness, that Spark stepped onto the path of imbalance and Karma, or cause and effect, and was subject to the established universal laws.

The Supreme Creator knows only perfection and therefore does not seek wrathful vengeance, but allows the universal laws of cause and effect to mete out justice through the Lords of Karma and your Higher Self which assures that you will experience everything you create, or reap what you sow. There are living libraries of knowledge stored at every level of existence throughout this multi-faceted universe. There are recording angels and celestial record keepers who keep a record of every thought, action and event that has ever take place or ever will take place. Think of it, every thought you have ever had, every deed done or action taken is recorded in the cosmic record and also within your auric field. This is beyond the capabilities of your most sophisticated, advanced computers. When we call you record keepers we mean this in the truest sense.

We will also tell you emphatically that there is no place called HELL or eternal damnation. Why would an omnipotent loving Supreme Being create such a place and consign any beloved facet of Itself to eternal suffering? The Creator's original desire was to allow you to become a cocreator of wondrous worlds beyond measure. Each individual creates an auric field around itself which contains the frequency patterns of all his/her thoughts, actions and deeds. When you leave the physical body behind and your soul is released it is encased in this auric field, or cocoon of energy of your own making. Your soul transcends to the level or dimension which is compatible with the vibrations you emanate. If you are "spiritually conscious," you are immediately aware of your surroundings and after a time of reflection on your past and an analysis of where you are out-of-balance or have inharmonious frequency patterns, with the help of your spiritual mentors, you decide where you wish to serve and learn in the higher realms of existence. The choices and possibilities in the higher realms are beyond human comprehension. Make no mistake, these worlds and dimensions are just as real, if not more so, than anything you can experience in the denser realms of materiality.

Those who have heavy layers of negative energy impacted in their auric field are taken to what might be termed an intensive care unit. There they are lovingly watched over by angels of transition and a constant infusion of Creator love/Light is made available to them. It is as if they are in a deep dream state, and it is true, they will experience all the negative thought forms they have created, the worst of these being hatred, greed and a desire for violent action toward others. Gradually, over time, the powerful love/Light of the Creator begins to filter into the auric field and consciousness of each Being until they have absorbed

enough of this life-giving elixir and agree to begin the process of healing and harmonizing the impacted, negative energy patterns which allows them to slowly awaken to the beauty of their surroundings. This is the Divine Grace of the Creator whose desire and intent is to bring ALL the facets/sparks of ITS Beingness back into united harmony and ONENESS. You will always retain your individualized consciousness, that gift which was given you so many aeons ago, and encoded in your cosmic memory bank will be all the magnificence, wonder and beauty of your journey. What you will not remember is all the pain, suffering and horrors of your sojourns into the worlds of polarity and duality. The Supreme Creator radiates the pure Divine Essence of ITS Being out into the omniverse, which filters down through the many Great Central Suns, the Cocreator Sons/Daughters, the Lords of Light and the angelic kingdom. As we have explained before, there comes a time during a great cycle of universal expansion whereby the harvesting of all the glorious creations you have

wrought are gathered into a great cosmic storehouse awaiting the time when they will be integrated into a new Divine Blueprint. The Supreme Creator always expands to incorporate the perfection of what has been created. That is what is taking place during this time of accelerated evolution/ascension of all created species.

It is a most wondrous time, beloveds, when you have an opportunity to attain wisdom beyond measure, to tap into creative potential beyond your wildest imaginings, to be or become anything you can envision. We tell you there is no limit to the possibilities of what you can attain or realize once you return to harmony, or "harmlessness" whereby you are radiating only positive, life-giving, love-focused energy. Your future is a blank page and you are scripting your own destiny as well as the destiny for those who are not ready or able to take advantage of this magnificent opportunity. You, my brave warriors of the Light, are a spark of the Divine and you should honor and place high value upon yourself and others. You are dishonoring the Creator when you do not. You should always seek freedom of expression and truth, as well as the greatest good for yourself and all others.

We hear your petitions and your prayers, and we know that you have a great desire to understand the secrets of the universe and the intricacies of the universal laws. There will always be millions of mysteries on your journey throughout the cosmos that will entice you to seek a solution, and we delight in your attempts to understand the workings of the universe. Seek to use your Divine imagination, be enthusiastic but also be practical, be courageous but not reckless. Maintain a confident attitude as you delve into the unknown, and seek to manifest the visions given to you in your sojourns into the higher realms of existence. When you make the highest moral choices, your soul is infused with the ecstasy of Divine love. If you aspire to align your will with that of our Father/Mother God, you become a partner, a cocreator of the multiple time/space worlds of existence. Never forget, the Creator indwells within you and you indwell within the heart of the Creator.

We have often asked you to become "a living meditation," whereby you have Spirit perched on your shoulder as your sacred witness. Each and every moment you are aware of your actions and reactions and you garner the wisdom of your interactions with others so that you do not have to experience the imbalanced cause and effect situations. You become a

master-of-self or a self-master whereby you no longer create any negative karmic energy and thereby live in a Divine state-of-grace.

Worship should not be reserved for one designated day of the week, it should be a state of heightened-consciousness which overlights your total Being, and becomes the focal point of your reality. It is your highest privilege and first duty to maintain a worshipful attitude each and every moment of your existence. Str

ive to develop a constant, joyous and intimate relationship with the Creator. When you tap into the elixir of life, it becomes an all-encompassing passion which leads to heightened self-discipline, strong moral beliefs and spiritual aspirations. You will have no difficulty in learning patience, fortitude and tolerance, and you will strive to live a life of service. Divine wisdom and cosmic insight are rewards of a sincere seeker of spiritual truth. Live your truth as it has been and will be revealed to you. You will live in an aura of peace personified and sublime love. True spirituality does not demand particular rituals or rigid beliefs; it is a mode of living your highest truth with whole-hearted devotion. You are to seek a blending of your highest intellectual, emotional and spiritual reality.

Each of you has the ability to contribute something personal and unique to the Divine blueprint now being designed for the future of humanity and the Earth. You have been given an extraordinary gift by the Creator, the Divine privilege of participating in the creation of your own destiny. Each of you has the potential of becoming a glorified mortal. You are becoming Spirit-infused mortals as you reclaim your immortal status. You are multi-faceted and have consciousness on many more levels than you can comprehend at this time. You are an Immortal Soul with a mortal mind and body. You are in a process of soul expansion and Light infusion. That is what ascension is all about. The resurrection process for humanity has been a long evolutionary struggle to attain a balanced state of Being in order to allow Spirit to descend and take dominion of the physical vessel. Resurrection is returning to your original magnificence by embodying all your Divine Light and attributes. Evolution is purposeful, not accidental. Remember beloveds, you must live by that which you choose as your truth, and your world consists of thought forms, vibrational patterns and frequency levels which you integrate and emit. You live in a world of your own creation, and so why not choose a world where love is the strongest and most dynamic energy available. Within the frequencies of love are joy, peace, abundance, radiance, creativity, empowerment, youthfulness, vibrant health and unlimited possibilities for expansion and creation. These are the gifts our benevolent Creator offers us, not punishment, judgment and damnation.

As messengers and faithful servants, we, the archangels, have always been with you to “arc” the Light, attributes, qualities and virtues of our Father/Mother God to you, and we relay back to them your loving energy and adulation. We form the love/Light pipeline of the heavens, you might say. Our Father/Mother God has spoken to humanity through us down through the ages, not just in one era, but have been in constant communication with you via the great Beings of Light, the angelic realm, the avatars and ascended masters, and it will always be so. You have

never been disconnected from the Creator Source and never will be. Each of you has the ability to tap into that cosmic telecommunications network whereby you may receive personal answers to all your questions and assistance in all your endeavors. The process of Creation has always been a cooperative endeavor, and one of the wonders of these times is that, once more, we are communing one with another, and working in harmony for the common cause, which is the enLIGHTENment and reunification of all the wondrous variations of Creation in this universe.

We radiate the exquisite, all-encompassing love of our Father/Mother God to you, love which originated in the heart/mind of the Supreme Creator. I am your faithful friend on the journey of Living Light. I AM Archangel Michael.

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Dearest friends, I channeled the September message early because I have such a busy schedule for the next six weeks. I am off to Montreal, Aug. 14-18, for a one-day intensive. We have approximately 450 signed up and I am looking forward to sharing all the new information Beloved Michael has given me these past months. On Aug. 26 I fly to Tokyo, Japan, for two weeks. We are expecting several hundred people for the two-day intensive there. My dear friends and facilitators for the event, Janet and Hiroshi Ohuchi, have planned a special trip for us to visit some of the sacred sites and temples. My husband and I visited Japan in the early 80's and fell in love with the people and their beautiful country. In late July, Kent and I spent a few days in the mountains trying out our new (used) motor home. It was quiet and serene among the towering pine trees and we enjoyed watching the deer amble by on their way to the lake to drink, as well as the antics of the squirrels and chipmunks. We even enjoyed the short hail/rain storm which left the ground covered in quarter-size white snow balls. It was a wonderful respite from the 100 degree plus days. My summer has been “Divine” and filled with so many beautiful miracles. We are really beginning to see the results of all our endeavors and dedication to our spiritual mission. I am looking forward to these next years with great anticipation. My wish is that your world is as loving, peaceful and joyous as mine. Know that each of you has a special place in my heart, and I love you dearly. Ronna

MESSAGES FROM ARCHANGEL MICHAEL * LM-10-2003

TRANSMITTED THROUGH RONNA HERMAN

MYTHS, MIRACLES AND MOMENTOUS HAPPENINGS

Beloved masters, wondrous things are transpiring throughout this universe, and by now many of you are aware that your galaxy and particularly your small planet are the focal point of these momentous happenings. Before your planet was created it was decreed that it would become the Zero Point or the center of a new creative endeavor whereby the Angelic Realm, the Co-creator Gods, the Great Beings of Light, and the Star Seed from throughout the Omniverse would send emissaries to Earth bringing their Light, their wisdom and their desire to fulfill the Creator's Grand Plan.

Humanity and the Earth's soul are reaching up and out to connect with our Father/Mother God, and the Supreme Creator is opening the pathway from the core of Its Being down through the multi-universes, the Great Central Suns, dimensions, and realms beyond measure in order to incorporate and harvest the beauty and magnificence of what has been wrought by all of us in the name of our Omnipotent Creator. We wish to instill in your mind that you are living in unique and unprecedented times. Great Beings who had never before left their home in the Great Central Sun of their universe agreed to do so and to fragment themselves into lesser Sparks of God Light in order to bring their radiance, their love and their wisdom to planet Earth. The Beloved One called Jesus, the Great Kumara's including the one called the Buddha, Lords Melchizedek, Rama, and Krishna, to name only a few, came from universes created long before this young universe came into being. We of the archangelic realm come from the far reaches of the omniverse, as did many of the Ascended Masters and Avatars you are familiar with, and we assure you that many of you were birthed into your individualized consciousness in other universes as well.

The Divine Plan was perfected and the ground work was laid long ago for what is taking place on Earth at this time. Just as these Great Beings came to prepare humanity for the multiple cycles of mass awakening and ascension back into the realms of en-LIGHTEN-ment, within the core of Its Being the Earth was encoded with the vibrational frequencies, keys and codes that would activate Its own awakening and also accelerate the awakening process within humanity as well.

We do not like to focus attention on ourselves, for our greatest joy and mission is to serve the Creator and those under our guardianship, and no credit is needed or desired. However, it is necessary so that you can fully understand our mission on Earth and how closely we have always been connected with you.

The beloved Jesus came to Earth some 2,000 years ago, and along with Archangel Uriel anchored the virtues, aspect and qualities of the Sixth Ray of devotion, forgiveness, mercy, grace, spiritual nourishment and faith in God. The lovely Lady Mary, the feminine Archangel of the Fifth Ray,

who, along with Archangel Raphael, radiate forth the qualities of surrender, selflessness, dedication and healing, was given the honor of bringing forth unto the world the Christed Being called Jesus. However, Mary was chosen for an even greater task and opportunity to serve the Creator and humanity. She brought to Earth and anchored the virtues of the

Goddess in the greatest measure possible so the process of balancing the masculine and feminine qualities of the Creator on Earth could once more take place.

Many of you are familiar with what are called the Michael/Mary lines in England. There are "Ley Lines" that pass through the British Isles, Germany, France and many other lesser known areas in Europe and around the world. We wish to give you a greater understanding of the "Grand Plan" and what have become some of the myths and miracles of your history.

Thousands of years ago in Earth time, Lady Mary, representing the negative or feminine crystalline electromagnetic currents and I, Michael, radiating the positive or masculine crystalline electromagnetic currents, set about infusing the Earth's ley lines with the currents necessary to rebuild the balanced and harmonious golden etheric grid system of the Earth. Rods of Power or vortices were installed at integral points around the Earth. The sacred sites, natural formations which became places of worship, as well as great churches and temples, have all been constructed along these ley lines and power points. Down through your many lifetimes on Earth, you have been drawn to these places over and over again to receive spiritual sustenance, but much more has transpired than you realize. Each of you, either by your physical presence or in your nightly sojourns in the etheric, have received harmonious energy and encodings from these spiritually magnetized locations, but you have also helped to activate them and spread these currents of Light around the Earth. You have become both a sender and receiver of God Light from the Earth below and from the heavens above. The Earth's soul and the oversoul consciousness of humanity are once again becoming attuned, one with another.

I have been called the guardian overseer of humanity, and it is time for you to understand that the beloved Lady Mary is the feminine aspect of the Goddess assigned to oversee humanity's sojourn and descent throughout this universe as well. It has been our greatest honor and privilege to be with you, guiding, guarding and directing you every step along the way throughout the aeons of time as you journeyed forth on your assigned task of cocreating worlds and wondrous things without end.

Along with the Essence of the Creator, the memory of us coming together and overlighting you with our individualized Essence and love was buried deep within your soul and your memory so that even though you may have forgotten consciously, you could never forget within the memory of your soul-self.

King Arthur, The Lady of the Lake, Jo

an of Arc and many mythical historical characters each bought forth an extraordinary amount of Lady Mary's and my Essence in order to infuse it within the Earth's consciousness and within the hearts of humanity. This is why these myths never grow old, and why they have stayed near and dear to your hearts. They conjure up memories of the time we were together in the higher realms, before your mission into the worlds of density began. You are remembering our close and Divine connection, and as we are reunited in mind and heart it is a most joyous and gratifying time for us all.

In order to give you a greater understanding of what has taken place on Earth and how perfect the Creator's plan was and is, we will go back in your history to approximately 5,000 BC according to your timekeeping, to the time the Avatar Rama came to Earth. The Christed Being in human form called Rama, who brought forth to Earth the attributes, virtues and qualities of the Creator for that era, was overlighted with my Essence bearing the First Ray of Divine Will. Many of you are of my lineage and bear the Essence of angels within your DNA and soul. The difference is that Rama bore the greatest infusion of my Essence ever brought forth to Earth in order to lay the foundation for the future, this time we are in the midst of. The love of the Creator has always been the major overlighting focus with every Avatar, however, they bring forth different teachings, those which are best suited for the time and the level of humanity's awareness.

Following Rama, was Krishna, then Gautama Siddhartha, the Buddha, and numerous other Avatars. Archangel Mary, as the bearer of the Goddess energy or the feminine aspect of the Creator, played an important part in the lives of these great avatars. In Rama's life, his wife was overlighted with the Essence of Mary. In Krishna's life, it was a spiritual friend and companion, devoid of physical desire. Of course, Mary's best known role was the mother and mentor of Jesus. She has stayed in the background all these thousands of years, but her great love and devotion for the Creator and humanity has always been a major force on Earth and in the higher realms.

Many other great Beings of Light have visited the Earth over the ages, Lao-tzu, Confucius, Abraham, Moses and Mohammed to name only a few. The Beloved Kwan Yin was overlighted with the Essence of Lady Mary and brought the qualities of compassion, justice and healing to Earth. You are or should be familiar with these great ones, for they all portrayed particular facets, aspects and virtues of the Creator, and have played important roles on Earth as representatives of the Creator.

What is not widely understood is that the archangelic realm has also played an integral part in this Divine drama of descent into the worlds of material form. Throughout the ages, each archangel has played a predominant part in anchoring and radiating specific aspects, attributes, qualities and virtues of

the Creator. They have been attuned to and in communication with the great Avatars and have overlighted their great Essence with their own radiance and virtues. The Avatars were the physical, human representation of the Creator for a particular period of time, and the archangelic Beings were their spiritual overlighting connection with our Father/Mother God.

This unique time has never before been experienced on Earth, and even though there are presently many beautiful Avatars and ascended masters on Earth, there will not be just one great Avatar sent to the Earth to overlight, guide and inspire humanity. Each of you has the potential of becoming an Avatar for these glorious times ahead. We gave you a golden promise, and that promise states that no matter how much or how little Christed Light or Essence of your Divine Self you brought forth with you at birth, you have the potential to

draw forth all the magnificence of your God Ray and I AM Presence. That is what ascension is all about, returning to balance and harmony within your physical, mental, emotional and etheric bodies so that Spirit can descend and take dominion. However, you must remember, all that you draw forth you must use for the greatest good of all and then, beloved ones, even more will be given to you.

Beloveds, my flaming Sword of Light was fashioned by thought and energy from my innermost being, and infused with the dynamic energies of the Creator's First Ray of Divine Will. It is a sword of redemption, a sword of hope, a sword of freedom, a gift I offer you to sever the shackles of your own mis-creations, and to release you from the illusional bonds of the third/fourth dimension. It is using the awesome power of the First Ray of Divine Will and Power and the unmanifested primal life force substance to create anew in harmony with the Divine Will of the Creator. It is claiming, once more, your Divine right as a cocreator with our Father/Mother God.

The chalice we offer you in these times of great change is filled with the Elixir of Love/Light, the twelve-fold flame from our Father/Mother God. It contains the Cosmic Fire of new creation that will be used to mold the new Golden Galaxy and to expand this universe out into the void. Drink deeply my beloved and faithful ones, for you are the Star Seed of the future. We surround and enfold you in our auric field of love and protection. I AM Archangel Michael

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Susan, web master for The Spirit of Ma'at web site magazine requested answers to several qustions from AA Michael through me for their September issue called "Partnership with Angels." This month's message was also a request from Drunvalo and Susan in which they asked Michael to explain the Michael-Mary Connection

and why so many of the Christian churches bear the name, not of Christ or Jesus, but of Mary, Michael or both. Below are Beloved Michael's answers. Question: How are Archangels different from us in consciousness? AA Michael: Beloved masters, we are all that you are, and we are also much more. We are in constant attunement with the God Mind and our Will is in perfect harmony with the Creator's Will. This is one of the major differences between the Angelic Kingdom and the Human Kingdom, we exemplify unconditional love and we bask in the sweet loving energy you send to us. Our greatest desire is to serve Humanity and to assist each of you on your path toward enlightenment. Question: What is like to be an Archangel? AA Michael: We have the ability to create a multitude of wondrous things instantaneously. However, we know that being cocreators with the Creator means using our gifts and abilities for the greatest good of all and in harmony with the Divine blueprint. We have great compassion for Humanity and the trials and tribulation you are experiencing on

Earth, but we can only intercede within the framework of universal law and when you align your will with the Creator's Will. We have distinct personalities, and we also have our personal preferences and ways of doing things. Although we are androgynous, we often portray the attributes and qualities of one gender or the other. We can focus our consciousness on thousands of you at once, and we hear all your prayers and petitions. We see all things from a higher vantage point and know that ultimately ALL will be lifted and returned to their perfect estate. As it was in the beginning, it will be again. Question: How do angels see us as human beings? AA Michael: We see your radiance — or lack thereof — and we are aware of the vibrational patterns you emit, both positive and negative. Our connection to you and interactions with you become stronger as your auric field becomes more harmonious and you return to balance or are no longer projecting discordant energies. Our love for you is unconditional and eternal. Question: What is Humanity's relationship with the angelic kingdom? AA Michael: We, of the angelic realms, are functioning in the capacity of a transition team, you might say. We are the messengers of the Creator, and in times of great transition we are sent out as the advance guard to relay and transmit the thoughts of the God Mind to all of you in a way you can understand — a way that is acceptable to every race, religion, and culture. We have always had an intimate relationship with humanity, but you have been in a slumber and could not easily tap into our refined frequencies. We have always assisted you and protected you in whatever way was available to us or permissible within the laws of free will. However, because of the density of your Earth and your own auric fields, you were hardly ever aware of our presence. And so, Beloved Ones, call on us, and we will answer and assist you, but also

maintain or strengthen your relationship with whatever Avatar, Christed Being, or Ascended Master you relate to and resonate with. We know we all have an integral part to play in this grand scheme. We always work in harmony and synchronicity with each other, just as we are endeavoring to teach you to do. ***

Dear friends, Many of you have expressed disappointment because the Spiritweb site is no longer in operation. I would like to suggest that you visit Drunvalo's site as a guest and check it out. It is one of the most comprehensive, cutting-edge sites that I know of and contains a great variety of information from some of the best authors in the spiritual community. From past experience, I feel that Drunvalo is one of the purest, most loving souls on our planet, and he has so much wonderful, helpful information to share. There is no longer a membership fee, I know you will be pleased with what you find on his site. The address is: www.spiritofmaat.com

YEAR 2004 - AAM Combined 2004

YOU ARE THE MASTER OF YOUR DESTINY

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

We have touched on this subject before, but it is appropriate that we give you an explanation once more regarding the diverse beliefs in predestination and free will. Many

believe one or the other to be true, but we have explained that both are true, and you ask, “How can

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

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

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

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

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

. We are not asking you to deprive yourselves, but we are asking you to learn to monitor your feelings of hunger. Is it your physical body that needs nourishment or is it your

emotional, mental or spiritual bodies that are sending out signals of imbalance and a need for spiritual sustenance? Has your sense of taste become jaded and dulled by too many complex, rich meals? Awaken your taste buds with a variety of fresh fruit, nuts, crisp vegetables and golden grains. Allow the healing Light that is filtering into the vegetable kingdom to supply a good portion of your bodily needs. There is more nourishment in these whole foods that you can imagine.

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

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

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

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

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

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

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

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

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

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

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

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

RELATIONSHIPS AND YOUR SACRED UNION

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

No area of your life can remain stagnant, especially those of you who are dedicated to your spiritual path and soul evolution. It is not always possible for those in a relationship to grow or evolve at the same pace. However, it is possible to not feel threatened, to remain in a

supporting role, and allow those around you to develop at their own pace if you have established a “sacred union” within yourself. This “sacred union” is returning to balance and harmony within your physical, mental, emotional and spiritual bodies, as well as reclaiming the attributes and virtues of your masculine and feminine natures. The strictly defined roles of males and females are gradually being altered, whereby a blending of sexually-defined roles is become more the norm. The powerful radiance of the Goddess is, once more, being showered down upon the Earth and humanity. The status of women is rapidly changing and masculine/feminine equality will become the norm when both men and women claim their intrinsic masculine/feminine natures. The battle of the sexes has its origins within, for humanity has struggled for aeons to reunite the god and goddess within. Women are learning to reclaim their power; however, they know they must use this gift with love and compassion as an overlay. Those in the male body are gradually learning to allow the unconditional love of the Goddess to “Light the fire of compassion and gentleness within.” They are learning that there is strength in creativity, intuition and a willingness to allow oneself to be gentle and “open-hearted.”

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

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

You must removed the eth

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

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

Each of you belongs to a huge, complex soul family, and have surely played many diverse roles with each other down through the ages. The people you are involved with in this lifetime, or who come into your life so you can learn the “lessons of life,” are a part of a greater ongoing cosmic drama. When you judge another, you need to be aware that, in truth, you are only judging yourself. You have played all the parts during your journey throughout

this universe: lovers, friends, mother, father, sister, brother, son and daughter. You are integrating all the attributes of the multiple parts you have played: the strength and wisdom of a father, the gentle nurturing and loving care of a mother, the passion, commitment and companionship of a lover, the steadfast loyalty of a friend, and the joyful, light-hearted interactions between a sister, brother, son or daughter.

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

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

Dearly beloved: It is wondrous to watch as you remember

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

This is the time when your soul has reached the furthermost point of Its journey of separation, and is now ready to begin the journey of "Reunion and Integration" once more. Your soul has gradually been infused with a Divine discontent which slowly filters into your conscious mind and emotions and you begin to turn inward in order to tame the ego and reconnect with the soul, your oversoul and the multiple facets of your greater Self. You now have the potential to connect with the many facets of your soul family, your Higher Self,

your many oversouls and your God Ray (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

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

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

eir lives.

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

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

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

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Dearest friends, I must tell you that after the adjustment period of the past three months during which we received an intense download of higher frequency energy, I now feel as if I

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

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

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

INTEGRATING THE RADIANCE OF YOUR GOD CELL

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

the family you chose in this lifetime? You chose the race, the country, the family and circumstances that would allow you to experience all that you needed to learn, release, transmute and move beyond in order to reclaim your self-mastery. You made the choice, no one made it for you, and you did so in order to heal the past as you evolve and move forward into the bright new future that is growing ever closer on the horizon. The negative

frequencies/thought forms of the third and fourth dimensions are gradually being transmuted, leaving only the beauty, harmony and magnificence of those dimensions as they are reunified with the higher expressions of Creation.

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

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

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

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

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

Many of you are waiting for the wondrous Christed Being called Jesus or Yeshua to return. We would have you know this: all of you who are in the vanguard of the new creative process now in progress played an active part during that great era as well. If you were incarnated in the physical body during the time Jesus walked the Earth, no matter where

you were on Earth or what your station, you helped to anchor the rarified Creator Light that he brought forth to Earth. If you were not embodied on Earth at that time, you were among those who held a holographic thought form in the higher realms. It was also a time of planting the seeds of New Creation, setting the stage for the future christed Beings who would walk the Earth, a time which is now unfolding on Earth. “Christed” means the pure Essence of the Creator, and the beloved Christ Yeshua brought forth the greatest amount of Creator Essence that has ever been contained in one human form on Earth.

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

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

or of Light.

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

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

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

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

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

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

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

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

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

INTEGRATING THE PAST, PRESENT AND FUTURE

THROUGH RONNA HERMAN

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

Through our messenger, we have transmitted thousands of personal messages over the years to dear souls from many countries and from all walks of life, individuals who were at various levels of spiritual awakening, and so each message was designed to give them information pertinent to their lineage, their past, and encouragement for the future. We tell each of you that you have experienced the ascension process many times before, and your lofty dreams and visions are drawn forth from memories of past glory. You cannot even begin to imagine all you have been and all you have experienced down through the many aeons of time. Many more of you are at the point in your integration with Spirit whereby

you are beginning to receive your own messages from the higher realms, and this is as it should be. It is time to stop giving your power away to someone else whom you think is wiser or more knowledgeable than you. Beloveds, please begin the process of clearing the distortions or the static that is keeping you from a wondrous relationship with your Higher Self, your guides and teachers, your angelic helpers, from us and ultimately, your God Self.

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

We will outline many scenarios for you, wh

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

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

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

past lives, and have chosen or feel drawn to the healing modalities in some way in this lifetime.

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

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

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

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

You are much more powerful than you realize. You are just beginning to accept the fact that you can depend on yourself and your own judgment rather than allowing others to make your decisions. Remember, the Earth is not your home; you are here on assignment and the assignment is drawing to a close. It is wondrous to watch as you tap into and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, not only from your sojourns in the higher realms, but also from your earthly experiences. You have always eagerly stepped forward to volunteer for a new assignment, no matter how complicated or difficult. Most all of you have had many lifetimes

in Lemuria and Atlantis, learning to manifest in the physical expression from the blueprint you carried within your mind, and many of you were in physical form in the times before and also when the final great cataclysms came which sank the remnants of those beautiful continents beneath the waters.

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

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

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

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

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

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

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

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

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

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

Your major challenge for this lifetime was to embody on Earth and to experience all the great diversity of the cosmos, from the lowest rung of the evolutionary ladder to the highest

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

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

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

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

ARE YOU ON THE WINNING SIDE?

THROUGH RONNA HERMAN

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

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

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

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

the desire to create in the name of the Supreme Creator and our Father/Mother God. This Ray also carries the energies/attributes of dynamic power, singleness of purpose, clear vision, truth, valor and protection. Many of you have the ability to assist in the refinement of

the grid lines within the Earth as well as to reactivate the great sentient crystals, and during your sleep time you go to the Golden Christ Grid that surrounds the Earth to help in the harmonization and purification of the planet. One of your tasks has been to balance your masculine and feminine attributes in the physical, to allow the more dynamic energy of the First Ray to overlight you: Divine will, dynamic power and the desire to help recreate beauty and harmony on planet Earth, as you also enhance the loving compassion and intuition of your feminine nature. We have journeyed together throughout the aeons of time and we have had many wondrous adventures. Call on us and we will assist you to draw forth your full potential.

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

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

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

There are many on Earth a

t this time who are of the lineage of ARCHANGEL RAPHAEL, whose name means "God has healed," and the feminine archangel LADY MARY, sometimes known as the Queen of Heaven. Raphael and Mary carry the Creator's virtues, aspects and attributes of the FIFTH RAY of science of precipitation, unselfishness, the listening vocations, consecration and healing. These two shining Beings are in charge of healing the Earth and humanity and will always answer your call in times of distress or discomfort. Lady Mary and the many

beautiful representatives of the Goddess are very prevalent in this galaxy at this time, and especially on Earth as they bring in the magnificent love force of our Mother God to be reunified with the will/power of our Father God and within each of you.

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

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

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

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

Many of you are what might be called some of the original Earth parents because you carry within your DNA the encodings for some of the original root races placed on Earth. When a new race was to be introduced on Earth, you and those like you were encoded with the new race attributes and characteristics; then you would be the examples, lead the way, and oversee the new souls that incarnated into that race. Therefore, you have empathy for all races and cultures and see the similarities in everyone rather than their differences. You

sense their souls rather than their outward appearance or personalities. Many of you are the caretakers of the holy innocent ones now struggling in the pain and illusion of the third dimension. Give them wise counsel, beloveds, and nurture them with your loving nature as you assist them to awaken to the glory of the future and to the wisdom of their Higher Self.

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

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

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

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

Dear ones, in many lifetimes you have felt a great responsibility for those around you and often have felt that your own needs were not being met. We ask you to turn inward for

validation of your self-worth, for there is where you will find what you seek. All of you have wondrous Light Packets of information stored within your brain structure just waiting for you to claim and bring them forth into physical expression. What are your greatest dreams? What is your passion? As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision.

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

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

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

A NEW PHASE OF CREATION IS UNDERWAY

TRANSMITTED THROUGH RONNA HERMAN

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

In a multitude of ways we have explained the Twelve Rays of Creation which radiate the broad spectrum of Light containing the virtues, qualities and attributes of our

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

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

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

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

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

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

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

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

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

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

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

Also at a universal level, there were other select groups brought together and enfolded within a luminescent sphere of Light. These were wise Beings from each of the three God

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

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

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

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

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

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

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

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

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

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

Dearest Friends: I, for one, have recently experienced the awesome power of the Goddess' Silver Ray energy. As always, I must experience what AA Michael teaches through me so that I am prepared to integrate the wisdom and frequency patterns of the teachings. I received a great infusion of the Goddess Energy during the Nov. 8, 2003 Harmonic Concordance; however, I did not know what it was at the time. I was somewhat uncomfortable for a few days; I ran a slight fever and felt very tired and somewhat off "center." In February, while in

my personal Pyramid of Light, I was visited by Lady Faith, Lady Mary, and Lady Mary Magdalene (I now call them “The Ladies”). They lovingly requested that I go on a forty-day cleansing fast: for ten days I was to eat nothing but raw foods (vegetables and fruit), and for the remaining time I was told to eat fish, cooked or raw vegetables and fruit. I have not eaten pork or beef for at least twenty years; however, I do eat a little chicken and turkey, but mostly vegetables and fruit. This is the first time I have been given specific instructions of this nature. Even though I was not told the reason for doing this, I knew it was important and I readily agreed. It was not as difficult as I imagined it would be and I felt fine during the process; lots of energy and a sense of well-being, even more than usual. When the forty days were up, The Ladies came to me again and said, “You are now ready to be received into The Order of the Goddess . Welcome back into our midst.” I was quite stunned and also very pleased, even though I did not understand the meaning of what had transpired. Since that time, I feel The Ladies’ presence very strongly, and I have also had several tests/challenges in claiming my “Goddess Power” in a loving but firm way (we must always adjust to any higher frequency vibrations that we integrate and this often results in “old core issues” coming forth to be resolved). Many of us have always tried to be non-confron

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

Have a glorious summer. Love and big hugs, Ronna

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

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, it is a most wondrous time for us all, an awakening we have waited for since that time in the mystical past when you fragmented yourself and journeyed out into

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Dearest friends: All of my seminars are special and leave me with many beautiful memories; however, the event I held recently in Nashua, NH was one I will never forget. I was a little nervous about the Friday evening with AA Michael whereby I would move my

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

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

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

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

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

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

LM-2 - YOU ARE THE MASTER OF YOUR DESTINY

TRANSMITTED THROUGH RONNA HERMAN

YOU ARE THE MASTER OF YOUR DESTINY

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

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

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

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

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

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

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

It is time to take an inventory, beloveds, to look at the "state of your life." We have said before that it is a time of harvesting. Are you willing to begin to gather your resources, to

reinforce your strengths and take the optimum advantage of your blessings and talents, as you endeavor to release those things that weaken, disrupt or create chaos in your life?

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

It is time you refined your sense of t

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

. We are not asking you to deprive yourselves, but we are asking you to learn to monitor your feelings of hunger. Is it your physical body that needs nourishment or is it your emotional, mental or spiritual bodies that are sending out signals of imbalance and a need for spiritual sustenance? Has your sense of taste become jaded and dulled by too many complex, rich meals? Awaken your taste buds with a variety of fresh fruit, nuts, crisp vegetables and golden grains. Allow the healing Light that is filtering into the vegetable kingdom to supply a good portion of your bodily needs. There is more nourishment in these whole foods that you can imagine.

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

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

Your physical senses are becoming more sensitive as you begin to reawaken your higher, intuitive senses. Are you aware or do you pay attention to the outward sensations that bombard your physical Being every day? What is your sensitivity quotient? Must you always have background noise via the radio or television to drown out your thoughts? Are you

comfortable when alone with your own thoughts or do you need constant stimuli around you? Your soul and God Self cannot reach you above the din of chaotic thinking and constant discordant noise that so many of you consider to be normal. Although it is no longer appropriate nor necessary to spend a lifetime learning to quiet the mind and still the senses, it is imperative that you take advantage of all the wonderful, effective techniques that have been given you these past years which help you learn to quickly move into that Still Point of the heart and into the sacred silence of the soul.

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

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

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

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

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

You are in the process of re-calibrating your DNA. There is an internal rectification of all the weaknesses and imperfections that you inherited from your ancestors as you ingest the Light of perfection and accelerate the process of rebuilding your perfect Adam/Eve Kadmon Light Body. We have told you that you are moving on an upward spiral, in a circular manner,

and you are healing the past as you go forward into the bright new future. You chose your family lineage deliberately, for you knew it was a great opportunity to heal the past for some of the souls who are very dear to your heart. Many of you wonder why you chose to be born into what you call your birth family. It is much more complex than we can explain in this message, but we would have you know that most often it was a great sacrifice on your part, and it certainly was not at the level of awareness or in the circumstances where you belonged or that you could have chosen. Rise about that which you chose as your beginning in this

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

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

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

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Dearest friends: These last few months since the Harmonic Concordance have been interesting to say the least. The energy infusion has been intense for me as well as many others I have spoken with. I am usually “in the flow” and my life is filled with ease and grace, as well as many miracles, large and small. However, since mid-October it seems as though everything has been a little out of “sync.” As I wrote before, my sweet Mother passed away in October, and even though it was a blessed relief, it was also a time of release and mourning. Then the devastating illness that my daughter experienced which was one of the most difficult things I have had to process in a long time. I am pleased to say that she is doing well and on the road to recovery. She is swiftly regaining her strength and returning to her usual bright and sunny self. I always have many details to handle in Dec. and Jan. as I make plans and firm up my seminar schedule for the year. This year has been somewhat of a test in that I had to change the location of the San Diego Seminar and change the dates of the Longmont Seminar. I even had some doubts as to whether I should cancel these events or not, and dear Michael came through loud and clear asking me to hold these events. He said it was very important and that the people who were led to attend had made an agreement a very long time ago to come together to be anchors for this wondrous energy

that is now being showered down upon us. He said it did not matter how many attended, it would be enough to get the task done and so, of course, I agreed. It seems as though these seminars are taking on a whole new meaning and the outcome will be beyond anything I can imagine. If you have been feeling a lot of physical discomfort or experiencing what AA Michael called “an energy flu,” join the crowd. The day after my Saturday, one-day intensive here in

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

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

LM-3 - RELATIONSHIPS AND YOUR SACRED UNION

TRANSMITTED THROUGH RONNA HERMAN

RELATIONSHIPS AND YOUR SACRED UNION

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

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

outside oneself. Unresolved issues and problems are magnified when someone comes into your life who mirrors these negative situations back to you. These issues and problems invariably create friction, which is not necessarily a bad thing if you recognize them, are willing to acknowledge them, and agree to make a concerted effort to change them for the better.

The emphasis now is on

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

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

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

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

unconditional love of the Goddess to “Light the fire of compassion and gentleness within.” They are

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

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

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

You must removed the eth

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

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

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

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

detailed agreement within yourself about what you desire and expect from those around you, and then you

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

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

Dearly beloved: It is wondrous to watch as you remember

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

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

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

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

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

eir lives.

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

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

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

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

attend were very spiritually advanced, and most of them were in the healing modalities in one way or anoth

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

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

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

LM-4 - INTEGRATING THE RADIANCE OF YOUR G

OD CELL

TRANSMITTED THROUGH RONNA HERMAN

INTEGRATING THE RADIANCE OF YOUR GOD CELL

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

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

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

the family you chose in this lifetime? You chose t

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

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

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

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

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

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

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

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

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

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

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

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

or of Light.

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

focus on the miracles, large and small that are occurring more frequently around you? Can you rise above all the conflict and uncertainty that is rampant in the world as you solidify your role as a master, knowing that ultimately there will be a higher outcome that will benefit all humanity. We offer these thoughts and guidelines to assist you to claim your rightful place as a master among masters:

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

acceptance of who you are, for you have agreed to take this journey into the unknown for all Creation and we honor you for your bravery and steadfastness. Our love is never- ending. You are a facet of who we are, for we all are a glorious facet of the Creator.

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

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

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

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

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

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********** Dearest friends: March has been a busy, but a gratifying month for us here at Star*Quest. My seminar in Longmont was held on March 13 & 14, and it seems as though the groups that

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

LM-5 - INTEGRATING THE PAST, PRESENT AND FUTURE

THROUGH RONNA HERMAN

INTEGRATING THE PAST, PRESENT AND FUTURE

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

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

Through our messenger, we have transmitted thousands of personal messages over the years to dear souls from many countries and from all walks of life, individuals who were at various levels of spiritual awakening, and so each message was designed to give them

information pertinent to their lineage, their past, and encouragement for the future. We tell each of you that you have experienced the ascension process many times before, and your lofty dreams and visions are drawn forth from memories of past glory. You cannot even begin to imagine all you have been and all you have experienced down through the many aeons of time. Many more of you are at the point in your integration with Spirit whereby you are beginning to receive your own messages from the higher realms, and this is as it should be. It is time to stop giving your power away to someone else whom you think is wiser or more knowledgeable than you. Beloveds, please begin the process of clearing the distortions or the static that is keeping you from a wondrous relationship with your Higher Self, your guides and teachers, your angelic helpers, from us and ultimately, your God Self.

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

We will outline many scenarios for you, wh

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

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

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

Many of you are what is called Gatekeepers of the Seven Rays of God-consciousness. You assisted the new souls who were destined to incarnate on Earth as they moved through the seven realms of God-consciousness. In doing so, you were given a seven-faceted crystalline

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

As you learn to tap into the galactic gateway of prosperity and abundance, you can manifest anything you can envision. There are many ways to fulfill your life's mission. First eliminate those things in your life that do not bring you joy, and then focus on those things which make your heart sing and excite you. Therein lies your power and your magnificence. During these times of great change, you are being given an opportunity to be a cocreator of beauty, bounty, peace and joy once more, just as you were in the beginning. Our loving Father/Mother God is radiating the Cells of New Creation down upon the Earth, a blessed gift that has not been available for many ages. All you have to do is be bold enough to state

your vision and then through your intent and actions, for the greatest good of all, stay focused and live each moment to the best of your ability, and then watch as your new creations begin to unfold. What is your heart's greatest desire? What would bring you joy? What is your passion? When you have a clear answer to these questions, you will know with certainty the path you are to follow. You are just now tapping into the Divine storehouse of

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

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

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

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

junipers, mountain mahogany, as well as wild watercress and willows along the stream. They will put one of their motor homes on the property for now, and they plan to build a home there after Dan retires from American Ai

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

time.

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

LM-6 - ARE YOU ON THE WINNING SIDE?

THROUGH RONNA HERMAN

ARE YOU ON THE WINNING SIDE?

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

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

vision and strive to see your earthly journey as only a short passage within your many diverse experiences throughout the universe.

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

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

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

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

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

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

beginning. Many of you have the Third Ray energies overlighting you, for this is your God Ray or I AM Presence.

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

some kind.

There are many on Earth a

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

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

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

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

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

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

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

Most of the young ones now being born on Earth are prototypes and among the forerunners for the coming new Golden Root race. They have stored within their brain structure many

wondrous abilities and much wisdom. Some people are calling many of those born since mid-last century of Earth time the Indigo race, the crystal children or the golden ones. What they are is very wise old souls who agreed to come to Earth to show their elders and humanity the true way now that the path has been prepared by the brave ones who have acknowled

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

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

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

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

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

o the co-creative abili

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

LM-7 - A NEW PHASE OF CREATION IS UNDERWAY

TRANSMITTED THROUGH RONNA HERMAN

A NEW PHASE OF CREATION IS UNDERWAY

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

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

This is the way it was in the Beginning and the way it will be once more as your universe assumes its proper place in the Omniversal Divine Plan: we ask you to envision two magnificent Rays of Light bursting forth from the heart/mind center of the Supreme Creator in what we will call the core universe of all Creation. The First Ray that radiated forth was a magnificent GOLDEN RAY which carried all the Sparks or seeds of Creation. It radiated

power beyond anything you could ever comprehend, and was composed of pulsing, forward-thrusting energy with an urgent insatiable desire, the Divine Will to expand and create anew. This was the Father Ray, often called The First Cause.

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

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

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

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

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

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

measure. One of your major life lessons is to bring all the Ray's qualities and attributes into harmony, one with another.

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

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

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

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

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

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

step to the fore and blaze trails for others to follow. With every great gift comes great responsibility, and many dear souls have not taken advantage of the wonderful opportunity to be

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

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

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

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

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

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

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

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

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

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

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

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

process; lots of energy and a sense of well-being, even more than usual. When the forty days were up, The Ladies came to me again and said, “You are now ready to b

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

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

Have a glorious summer. Love and big hugs, Ronna

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

TRANSMITTED THROUGH RONNA HERMAN

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

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

hope that you can sense their presence, for they are celebrating with you. They have been waiting for you

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

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

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

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

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

f karma. You have brought forth with you into each lifetime some of the positive and negative thought forms and qualities that you created during past life experiences. One of the mysteries of life has been that some people seem to lead charmed lives in which they break the universal laws and have little or no conscience, but still gain great power and wealth and seem to be above the law, while other kind, loving and honorable people seem to suffer devastating tragedies and losses throughout their lives. In the past, it sometimes took several lifetimes to see the results of present actions and, therefore, you were not aware of what had taken place in a past lifetime or what a person would have to experience in a future lifetime. Be assured that karmic debts of the past always had to be paid in a future lifetime in an appropriate manner decided by the members of the Karmic Board.

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

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

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

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

the ascension process to a certain point are now eligible to step off the wheel of karma and into a state of grace. We have told you over and over again to endeavor to stay in the Still Point of Creation, in the power of the now whereby you are totally focused on what you are doing in the moment with Spirit perched on your shoulder as your sacred witness. One of the most important thoughts we have given you is: HEAL THE PAST, SET GOALS FOR THE FUTURE, LIVE IN THE PRESENT. In doing so you will not create any new negative thought

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

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

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

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

The blessed gift of the Silver Ray, the Light of the Goddess that is now permeating the Earth and all humanity, is playing an integral part in the process that has most recently been initiated. The Gold Ray vibrations of the Father Creator supplied the desire to move out of the inertia of the past and into the forward momentum necessary to prepare yourselves to become builders of the future. Over the past years, you have been in the process of laying

the groundwork or planting the seeds of new creation. Now you are ready to give birth to your new, harmonious creations; however, you must go through the elimination process by releasing all the old outmoded thought forms, addictions and limitations that have no place within your evolved body of Light, your consciousness and your new world. Remember, energy attracts like energy, and your intent is one of the mightiest forces of your God-consciousness. You have available to you all the cosmic life force substance that you can ever use, but use it wisely for the greatest good so that what you reap is the glorious bounty of the universe: unconditional love, joy, harmony, peace and overflowing abundance.

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

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

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

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

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

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Transmitted through Ronna Herman * STAR*Quest* 6005 Clear Creek Drive, Reno, NV 89502 USA

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

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

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

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

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

OCTOBER 2 & 3 * RENO, NEVADA * ABUNDANCE EXCHANGE $222 * SPECIAL ANNUAL INTENSIVE * MEADOW WOOD COURTYARD* SUPER 8 MOTEL * * 5851 So. Virginia, Reno, Nevada

Room reservations: 1-800-797-7366* Fax: 775-826-3835 *Mention: STAR*QUEST Seminar for special group room rates MONDAY, OCTOBER 4TH, SACRED SITES journey to Pyramid Lake and Grimes Point $133 (includes lunch).

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OCTOBER 29, 30 & 31 * VIRGINIA BEACH, VA * RAMADA OCEANFRONT RESORT * Friday Oct. 29 * Special evening with AA Michael * $55 Includes personal message from AA Michael. This event is limited to 35 people so that everyone will have an opportunity to commune with Archangel Michael personally. ONLY THOSE ATTENDING THE WEEKEND SEMINAR ARE ELIG

IBLE TO ATTEND THE FRIDAY EVENING EVENT

* OCT. 30 & 31, SAT. & SUN. INTENSIVE: $222 * Come join us for this two-day, hands-on experience. Special Room Rates for participants: 1-800-685-5105 *Mention Star*Quest Seminar *LUNCH WITH RONNA OPTIONAL.

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

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

Poem - Love Is The Magic Ingredient

LOVE IS THE MAGIC INGREDIENT ©

I respect myself, therefore others respect me.

I live and love to give.

I am worthy of abundance.

I share my prosperity with others, for I know

there is a

never-ending supply available to me.

I am a loving friend.

I have loving friends in my life.

My touch is tender and loving.

I love to be touched tenderly.

I hold all those I love lightly in my heart

and allow them to be free.

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

I trust the wisdom and perfection of the Divine Plan.

I will focus on the beauty and perfection in my world,

thereby magnifying it.

I trust, therefore I am trustworthy.

I live and love passionately.

Passion and purpose inspire me.

I commit myself totally to loving and being loved.

I am committed.

I think loving thoughts .

I radiate loving thoughts .

I am love in action .

I AM LOVE.

By Ronna Herman

YEAR 2005 - AAM Combined 2005

IT IS TIME TO "LIGHTEN" UP

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, never forget for a moment that each of you is a keeper of the Sacred Flame of Creator Light. Your radiance may be dim or blaze brilliantly, but you cannot extinguish the Life/Light within your Sacred Heart. You were designed to be a Bearer of Light which contained the refracted Rays of Creator Consciousness, and you were programmed to go forth and take part in the creation of the multi-universes and all therein. It was always intended that you would have access to all the virtues, attributes and qualities of the Supreme Creator and the ability to reach inward and outward in order to tap into the primordial life substance needed to manifest anything you could imagine or desire. Never forget that you are a Spark of the Divine and a beloved Sun (son or daughter) of the Supreme Creator and our Father/Mother God. We see your radiance or lack thereof, and many of you have ignited the Creator God Cell within so that it is burning brightly and you project an aura of Love/Light wherever you go.

From your point of view, you have been disconnected from the Sacred Fire of Creation and left to your own devices for many hundreds of thousands of years. You have felt that you were being tossed about by the whims of fate and controlled by those you thought were wiser and more powerful than you. We have told you that you have reached the deepest levels of density as your Divine Self was fragmented to the limits allowed by universal law; however, you have always been connected to the many facets of your Higher Self and to your God Ray.

You did not make the journey out into the great void alone. In every sub-level of every dimension there were angelic guides and teachers assigned to you. Their sole assignment has been to guide, guard and protect you, and to inspire and assist you as you journeyed out into the unknown. You have always had a Divine schematic encoded within your DNA which detailed your ultimate mission and also a homing device that would show you the way back to your lofty estate in the realms of Light.

You have had many teachers, guides and helpers along the way and, yes, you left them behind as you journeyed down through the multi-dimensions, and you are also meeting many of these wonderful mentors/teachers/friends as you reverse the process. Envision billions of "way stations" scattered throughout this universe which were strategically placed in every sub-level of every dimensional environment whether it be a star system, galaxy, solar system or planet. A legion of angelic helpers bearing all the attributes of Creator-consciousness, along with representatives from the archangelic kingdom, including those from AA Metatron, the many Lords of Light, which included many from the lineage of Lord

Melchizedek, as well as many Great Beings you are not familiar with, were assigned to these way stations. Just as you ex

perienced in your years of formal schooling on Earth, some of these teachers/guides were assigned to you at every level along the way, and just as it has been designed in your material world, your heavenly teachers do not accompany you to the next level (whether you are on your way into density, or traversing the path upwards into the refined realms once more), they stay behind and you are assigned new guides and teachers appropriate for that particular level of expression/experience.

One major exception to this is that you were assigned two guardian angels who have stayed with you throughout your many incarnations on Earth. They are a part of your vaster self, or fragments of your Divine Self who have never incarnated in the physical. They agreed to remain in the higher realms to assist you in remembering your true identity as you sank into the distortions and illusion of the lower dimensions. They are always with you to guide, inspire and protect you within the limits allowed by universal law. Their path is inexorably tied to yours, and their radiance and vibrational frequencies increase along with yours. There are special times when they are allowed to intercede such as in near-fatal accidents when someone should have vacated their physical vessel due to the severity of their injuries, but they miraculously survive. Your faithful guardian angels are responsible for many of the miracles in your lives, and for smoothing the way in seemingly impossible situations. The more attuned you become to your guardians, the more they can assist you. They cannot eliminate your karmic lessons; however, they can assist you in resolving many stressful situations with ease and grace if you have gained the wisdom from a negative experience and your intent is pure.

Also unique to these times is a Divine dispensation decreed by our Father/Mother God to make available to you a myriad of angelic helpers from throughout this universe. Some years ago, I offered each of you four angelic helpers from my Legions of Light. These are powerful Beings from the far reaches of this universe who have been assigned to Earth to assist you in the miraculous evolutionary process you are in the midst of. How many of you have taken advantage of this gift and unprecedented opportunity? Not nearly as many as we hoped. You must ask, beloveds, for the law of free will is still in effect in most instances.

Once more, I offer you this wondrous gift. We implore you to take advantage of this opportunity, for it will speed up the ascension process and make your journey much easier.

If you are willing, I will assign to each of you four beautiful angelic beings, but you must ask for this gift. These are more powerful than any other of the myriad of angelic helpers you have assigned to you, as these beloved angelic warriors will come to you at my request. There will be two with predominant feminine energies and two with predominant masculine energies to serve you. I assu

re you, THEY ARE REAL—as real as anything you can touch in the physical realm. Give them assignments, ask their names and allow a sense of their personalities to emerge as you

attune to them with your inner senses. Direct them to assist you in every endeavor, whether it be abundance, health, organization, protection, creativity; there is no limit to what they can do.

The more you interact with them, the more real they will become and the more you will see how helpful they can be. It is time for you to receive some of the rewards for all your patient endeavors, all your trials and tests. Gradually, we are resuming our proper relationship with you, with all humanity. We were not meant to be separated or divided. It was intended that you would be able to interact with us telepathically, even lift your Spirit into the realms where we reside and spend time with us and receive succor.

Allow us to review some of basic guidelines from the past to assist you to more fully awaken the master within as you en-LIGHTEN yourselves and help to LIGHTEN UP the world around you:

Strive to maintain balance within your physical, mental, emotional and etheric bodies. Any distortion in any area of your physical Being creates disharmony and discomfort or chaos at some level.

It is no longer acceptable to withdraw from the world in order to follow your spiritual path. You must walk among the masses as a master of Light, and share your radiance and your wisdom with those around you.

Become more conscious of your thoughts, feelings and intention. Allow negative thoughts to flow through your consciousness like misty currents, observing but not claiming them as your own nor allowing them to affect your sense of well-being.

Initiate positive change in your attitude and in your life, instead of reacting to negative situations around you after they have manifested.

Take an inventory. How have you changed over the past few years, and what changes would

you like to initiate in yourself and around you in the near future?

What kind of world do you perceive for yourself in five years? What must you do to manifest the highest outcome? What can you personally do to make the world a better place?

Acknowledge, honor and respect the Spark of Divinity within others, no matter how different their beliefs are or how unloving their actions.

Practice toning, sacred harmonics and sacred breathing often. Each day radiate unconditional love to humanity and the Earth as you breathe in Light and breathe out love.

Visit your Pyramid of Light/Power in the higher fifth dimension daily in order to draw forth into your physical world. more and more of the refined energies of the higher realms.

Rise above what is thought to be good or bad. Do not be swayed from what you have claimed as your truth, and do not feel you must justify your beliefs to others.

Be willing to step out of your comfort zone as a new powerful you strives to emerge. Accept each new challenge

with eagerness. Endeavor to learn the wisdom to be gained from seemingly negative situations.

Practice tele-thought and endeavor to understand the meaning behind negative actions or hurtful words others project toward you.

Daily practice “Returning to Center,” and “Return to Sender” wrapped in love any negative

barbs or energy sent to you by others.

Allow your inner child to freely express itself through laughter, joy, movement and sound.

Gradually eliminate those things in your life which do not bring you joy and satisfaction. Be willing to let go of old thought patterns, traditions and outworn beliefs as you upgrade your lifestyle to fit the new en-LIGHTEN-ed you.

By releasing old conditioning, old half-truths and fallacies, you will begin to expand and fine-tune your awareness, which will allow newer, purer truths to begin to filter into your awareness.

Dare to dream and to be different, as you leap out of the mainstream and ahead of the masses.

Refine your vision for the future and do not allow anyone or anything to deter you.

Become a living meditation so that every waking moment is focused on the highest purpose for yourself, for all others and the Earth.

Join together in order to create meridians of Love/Light so that your radiant vibrations of refined energy are flowing back and forth amongst you, as well as from you out into the heavenly realms and down into the center of the Earth.

Assume the lofty outlook of the masters: calmly and lovingly standing by, observing, helping when possible and appropriate, but allowing, not judging, for you know all that is happening is for a reason and has a higher purpose.

Live in the present moment, for that is the only time you can tap into the pure cosmic Life Force energy from which all things are created.

There is no-thing or no one who can take away or diminish the love the Creator has for you.

Love comes in many forms. Only you can decide how you will express the precious gift of love. Feel it, experience it to the fullest, and pass it on.

Beloveds, keep a conscious attunement to your Higher Self, for the messages and instructions will be coming to you at a faster and faster pace. The time of waiting and

preparation are over. The time for action has been initiated. Allow us to share our Light with you as, together, we fill the darkest corners on Earth with the transforming vibrations of love. I AM Archangel Michael.

*** Transmitted through Ronna Herman * STAR*Quest* 6005 Clear Creek Drive, Reno, NV 89502

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***NOTICE: We are pleased to announce that we now have available some exquisite custom-made BEVELED GLASS PYRAMIDS AND PROSPERITY BOXES. Matia Michaelson is the artist and she was inspired by AA Michael to make these beautiful boxes. She is a wonderful example of what can happen when we follow the nudgings of Spirit. All descriptive information will be posted on my website

or you may request colored flyers with pictures and descriptions. My favorite is the Sword of Michael Box made of cobalt blue glass.

***SPECIAL HOLIDAY OFFER ** SET OF FOUR ARCHANGEL TUNERS: $100 plus S&H (regular price $120). Among many other benefits, the AA Tuners will assist in balancing and harmonizing the body's vibratory energies, equalizing the circulatory and nervous system, and assisting us in achieving the good health and vitality we are all seeking. Energy blockages create inner conflict and symptoms of dis-ease. I will include the packet of information from AA Michael on how to use the tuners, as well as some updated information. Offer good while supplies last.

***RECEIVE A FREE TAPE with orders of $50 or more ($12 value) now through the end of the year.

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APRIL 22-24 * 11TH ANNUAL WESAK CELEBRATION * MT. SHASTA, CA. * Sponsored by Mt. Shasta Magazine. $300 per person * The program will consist of a group of well-known speakers including: ARCHANGEL MICHAEL/Ronna Herman. Ronna will include an overview of some of AA Michael's most recent information: Become the master of your destiny * Write a new galactic Contract and much more. There will also be a special message from AA Michael for the Wesak gathering. **NOTICE**Ronna is offering a free special evening of questions and answers with Archangel Michael for the first eighty people who purchase their tickets through *Star*Quest. YOU MUST PAY FOR YOUR WESAK TICKET IN FULL IN ORDER TO BE ELIGIBLE FOR THE SPECIAL EVENING WITH AA MICHAEL AT THE MT. SHASTA RESORT ON THURSDAY, APRIL 21 * 6 TO 8:30 PM

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MAY 14-15 * BEST WESTERN HARBOR INN, 1250 Halyard Drive, West Sacramento, CA * 916-371-2100

Saturday, May 14: ABUNDANCE EXCHANGE: $125 (Includes lunch) * Sunday, May 15: ABUNDANCE EXCHANGE: $75 * You have the option of attending the one-day event on Saturday ($125) or attending both Saturday and Sunday events ($200). However, you must attend the Saturday event to be eligible for the Sunday event. The Sunday seminar will incorporate and expand on what has been presented on Saturday. There will be a brief Q & A session with AA Michael on Sunday.

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SATURDAY & SUNDAY, JUNE 11-12, 2005, VIENNA, AUSTRIA * EUROPAHAUS * Linzerstrasse 429, A-1140 * ABUNDANCE EXCHANGE: 250 EUROS (INCLUDES BEVERAGES) www.europahauswien.at *** FOR INQUIRIES OR TO REGISTER CONTACT: MARIA

Phone/fax: 0043 1 440 54 50 * Email: maria@rainbowbridge.biz Website: www.rainbowbridge.biz

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JUNE 14 - 25, 2005, ISTANBUL, TURKEY * A PILGRIMAGE TO THE ANCIENT LAND OF THE GODDESS * $2,900 includes round trip air fare from NYC , four-star hotel accommodations, all breakfasts and dinners, bus and hydrofoil trips, also a dinner cruise. We will visit several temples dedicated to the Goddess, including the House of Lady Mary, Troy and other wondrous sites. This specia

l trip is limited to 45 people so please register early. For those of you who live in Europe, the price of the tour is $2,100 without airfare. We will soon have the name of the airline and the hotels.

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AUGUST, 2005 * JAL CITY TAMACHI HOTEL, TOKYO, JAPAN * EMAIL: JANET & HIROSHI OHUCHI FOR FULL DETAILS: hiroshi@mfi.or.jp * ENGLISH/JAPANESE TRANSLATION

This event sells out quickly, so reserve your space early so you won't be disappointed.

SEMINAR DETAILS WILL BE POSTED ON OUR WEBSITE OR YOU MAY REQUEST A REGISTRATION FORM WITH COMPLETE DETAILS * CONTACT: CINDY * STAR*QUEST* Phone/fax: 775-856-3654

THROUGH RONNA HERMAN

A GOLDEN OPPORTUNITY

Beloved masters, the Earth and humanity are on the verge of the greatest awakening and transformation since the fall of consciousness into the density of the lower realms. It may seem as though the elements are out of control and destruction abounds on Earth; however, we ask you to please remember, "Out of chaos comes new Creation." Many dear souls who

are not yet ready to graduate from the wheel of reincarnation and karma are transcending into the higher realms in preparation for an “upgrade in consciousness” as they prepare for a new and better cycle of experience in the physical/material worlds of expression. As we have told you before, because of what you, the Legions of Light, have accomplished, it is assured that no other group of souls will ever have to experience the deep level of suffering, fear, negativity and deprivation that you have experienced during your many sojourns in this galaxy and especially on Earth.

The beautiful servants of the Creator, the Devic and Elemental Kingdoms, have been given another new directive, instructions to begin to infuse the Earth in full force with their elements of life: Cosmic fire, the life force of Creation; the breath of the Supreme Creator, the air element; the cleansing and life-sustaining element of water; and the foundation of your existence on the material plane, the element of Earth. You may see the changing and erratic weather patterns and shifting earth as destructive forces of nature, but we see it as a necessary process to bring your Earth back into health and balance. The elements are not your enemies, they are Divine gifts from the Creator, but you have misused and abused the Earth and yourselves long enough. Humanity is coming of age, and each of you must suffer the consequences or reap the rewards of your actions.

It is quickly becoming evident which areas of the planet are most in need of cleansing and balancing. We are endeavoring to keep the level of pain and suffering at a minimum and, as you have been told, the mass destruction of your planet is no longer a possibility. However, as is the case when you allow your physical body to deteriorate to the point that your life force is threatened, so it is with the Earth, and drastic measures must be taken.

That is why we tell you that these times in which you are now living are so critical. Every opportunity must be taken to assist the Earth to birth and reclaim her Light body. That is why we have asked you to come together at the time of each full moon in meditation with the intent of allowing the influx of cosmic life force to flow through you and into the Earth. You must take advantage of each opportunity offered you within the grand design of Creation. We ask you to become aware of the wondrous opportunities that await you if you agree to take an active part in the transformation of the Earth and humanity.

Many of you are, or

are becoming, aware of the importance of the event called WESAK, which occurs at the time of the full moon in the astrological Sun sign of Taurus. In the past, it was thought to be only a religious celebration in the Eastern world; however, we tell you it has significance for all the world and all humanity no matter what the spiritual/religious ordination. The word WESAK is derived from syllables and energies which are a combination of sounds brought forth from the higher dimensions. Meditate on this word, use it as a mantra and see what emerges from deep within your consciousness.

Allow us to explain more fully the significance of this and other holy events and what they mean to the people of Earth.

Within the Divine plan for Earth and its inhabitants it was decreed that during the astrological Sun signs of Libra and Scorpio there would be a harvesting via the Spiritual Hierarchy of all the positive, unconditional Love/Light energy that humanity has projected out into the world over the past year, and these vibrational frequencies of Love/Light would be stored in a great Pyramid of Light or a cosmic store house in the higher dimensions to be dispensed at a later time. You see, the Love/Light energy you project is unique because it is mixed with the Essence of the Earth and your earthly experiences. When it is melded with the rarified Essence of Creator Light, it is much more easily dispensed into the areas of the Earth where it is needed, thereby causing less chaos and destruction when the vibrations of Light come in contact with the unbalanced frequencies of darkness. It is also more easily integrated and utilized by those who are awakening and receptive by causing less distress and bedlam in their environment as they endeavor to return to balance and harmony within. We have told you that you are the transformers and transducers of the Love/Light which carry the components of life and all Creation, and these waves of Light are bombarding your Earth in greater amounts and increasing strength. And the wonder of this gift is, beloveds, the more of this wonderful elixir you can contain, the more you can disperse, share with others, and then even more will be given to you.

There is a great gathering and celebration in the higher realms, and it is as if each and every soul's good deeds or vibrations of love are weighed and measured, and it is determined what your additional and special share of heavenly gifts will be forthcoming for the next cycle. Your guardian angels and angelic guides will use your special allotment of Love/Light to create more wondrous miracles in your life in order to open the way, ease the path and assist you in fulfilling your Divine Mission. Your share of heavenly riches will be bestowed upon you, which you are to use to help create a better world, and to help accelerate the ascension process for yourself and for others. Remember, we have told you that you must learn to receive so that you may better serve and

share your gifts and your abundance.

The event you call Easter also has a much deeper significance than an observance of the crucifixion and resurrection of the Christed Being Jesus/Yeshua. This Beloved One set the stage for what is occurring on Earth at this time. He opened the way so that the Divine Love/Light of our Father/Mother God and the Supreme Creator could penetrate the veil and eventually permeate the Earth and the consciousness of humanity. The vibrational frequencies of Light are radiated forth in the greatest measure during the sacred event called the WESAK FESTIVAL which is held at the time of the full moon during the astrological Sun sign of Taurus. It is a time of showering down upon humanity and the Earth the pure Essence of the Creator through our Father/Mother God, the Lords of Light, the Buddhic forces and the Christed Beings from the highest dimensions of this universe. These times are especially auspicious, for there are Divine Representatives of the Creator from throughout the Omniverse stationed in the great cities of Light we have spoken about. They have come to observe and to share their unique gifts with humanity during these unprecedented times of transformation and evolution.

We ask you to join with your soul families and your companions on the journey in a celebration of love, thanks giving and unity. To magnify and enhance the integration of the Divine gifts of Love/Light, we suggest that those gathered build a group Pyramid of Light/Power in the higher fifth dimensions, and as you come together in this sacred place, the infusion of Creator Light will be magnified amongst you, and each of you will share and benefit from the gifts bestowed on each other. You will have built a sacred place where, henceforth, you can come and join together with your soul companions and you will receive support, inspiration and wisdom from your special ascension group. Wherever you are inspired to be, know that it is a commitment you made a very long time ago in the higher realms. It will be a reuniting of Star Seed groups who have agreed to step to the fore and show the way for the beloved souls who will follow in their footsteps. You are the ones who are preparing yourselves to be the bearers of the Christed/Creator energy foretold as the Second Coming. We have told you that there will not be one great avatar or emissary of the Creator to lead the way into the New Age. Each of you has the potential to be a Bearer of the Light and a Wayshower into the future.

The third event we wish to speak of will take place on May 23, 2005, during the full moon in the astrological Sun sign of Gemini and has been designated as the FESTIVAL OF HUMANITIES. You will have begun the integration of the refined frequencies of Light that were bestowed upon you during the Wesak Festival, and at this event you will be asked to make a commitment to be an active Bearer of Light who will radiate forth out into the world the Divine frequencies of

Love/Light, Wisdom and Power. In doing so, you will help make these wondrous gifts available to those who are stepping onto the path of awakening and beginning their journey toward en-LIGHTEN-ment.

Many of you have asked or are wondering about the locations of the Cities of Light in the higher dimensions that we have recently spoken of. Even though we have mentioned a few in the past, at this time, we will not divulge the locations of these portal Light Cities, for we do not want you to think that one place on Earth is better than another. Instead, we suggest that you go into your own Pyramid of Light and ask that an ascension column be built through and around you, with you as its anchor. Envision the Light from your own God Self radiating down from the higher realms and permeating your Being, and as this Light grows stronger it will expand until it surrounds your home, your neighborhood, your city and will radiate out further and further in the area in which you live. Every area on Earth must be cleansed and brought into harmony. You are in or will be led to the place where you can be of the most service and if you are filled with Light instead of fear, you will be safe no matter where you are. Those who need cataclysms to awaken will take their cataclysms with them no matter where they go, for that is the reality they are creating through their thoughts and actions. If your Higher Self wishes you move to another location, you will be guided and inspired as to when and where you are to relocate and where you can best serve and be served by the Light.

Some are also asking for more information regarding the gift of four angelic helpers which I recently reminded you were available to each of you. All you have to do is sincerely ask for this gift, for we will not infringe upon your free will. It will be more effective if you ask during your meditation time, or better yet, go into your Pyramid of Light, for in doing so you bypass the distortions of the third- and lower fourth-dimensional mass consciousness. In the sacred environment of your Pyramid of Light, we can radiate our Essence down to you and join you there. Your guardians, guides and teachers are there waiting for you and you may also call upon any of the Beloved Beings of Light, the masters or avatars or whomever you wish to join you. That is one of the wonders of these times. We can now commune with you once more and this is the easiest and most effective way for us to interact with you. You can ask to be taken to one of the great Cities of Light in your etheric body which will allow you to experience the wonder and the beauty of the heavenly realms.

You must be aware that there are universal laws and a protocol that must be followed, as well as rules which determine what your unseen friends can do with and for you. We cannot negate or wipe out the tests and challenges that your Higher Self has instigated for your learning; however, we can smooth and ease the way if

you are in the proper frame of mind and endeavoring to follow the higher path, and we can also dissolve any residual negative vibrations around you once you have garnered the wisdom from a particular lesson.

You must always seek your highest good and the greatest good for all others. Your intent is of the utmost importance and you should always strive to stay centered within your sacred heart, to maintain balance and harmony even in the midst of chaos around you, and live your life with integrity as you follow your highest truth to the best of your ability. Then, beloved friends, we will walk beside you and smooth the way before you as you claim the gift of self-mastery that is being offered you. Let us all join together in the higher realms in these coming months, as we merge our Essence one with another, and together we will spread the Divine Light of the Creator out into the world and beyond. I am ever your faithful companion on the journey. I AM Archangel Michael.

*** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502

*** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

***NOTICE: We are pleased to announce that we now have available some exquisite custom-made BEVELED GLASS PYRAMIDS AND PROSPERITY BOXES. Matia Michaelson is the artist and she was inspired by AA Michael to make these beautiful boxes. She is a wonderful example of what can happen when we follow the nudgings of Spirit. All descriptive information will be posted on my website or you may request colored flyers with pictures and descriptions. My favorite is the Sword of Michael Box made of cobalt blue glass.

***WE ARE CONTINUING OUR SPECIAL OFFER ** SET OF FOUR ARCHANGEL TUNERS: $100 plus S&H (regular price $120). Among many other benefits, the AA Tuners will assist in balancing and harmonizing the body's vibratory energies, equalizing the circulatory and nervous system, and assisting us in achieving the good health and vitality we are all seeking. Energy blockages create inner conflict and symptoms of dis-ease. We will include the packet of information from AA Michael on how to use the tuners. Offer good while supplies last.

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Phone/fax: 0043 1 440 54 50 * Email: maria@rainbowbridge.biz Website: www.rainbowbridge.biz

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temples dedicated to the Goddess, including the House of Lady Mary, Troy and other wondrous sites. This special trip is limited to 45 people so please register early. For those of you who live in Europe, the price of the tour is $2,100 without airfare. We will soon have the name of the airline and the hotels.

DON'T MISS THIS OPPORTUNITY TO LEARN ABOUT OUR ANCIENT LINEAGE AS BEARERS OF THE GODDESS ENERGY. THIS SPECIAL JOURNEY WILL NOT BE OFFERED AGAIN.

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A DAY IN THE LIFE OF A MASTER

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, after you have read this message, please create a list of the five things you would most like to change in your life in the immediate future. Go within and examine each thing and endeavor to see it in a different Light and from a loftier vantage point. You must realize that what you most dislike about yourself and your world are the things you brought forth into this lifetime to change, overcome or just accept. Next, make a list of what you consider to be the five most important things in your life. You may find, during this accelerated time of transformation, that your priorities will often change as you evolve. It is important that you learn to let go of those things which no longer serve your highest good, which you must understand will ultimately be for the highest good of all. The more centered, powerful and wise you become, the more you will influence for the better those around you and your world.

If you wish, you may take the exercise even further and create a list of what you would like to manifest in your life in the next six months, the next year, and perhaps, a five-year plan. We have explained how important it is to clearly plan your future, to state your intent, and to envision how you would feel, act and become as each of your dreams are manifested in the physical expression. Make no mistake, all you could ever hope for, all you can ever envision is "out there" as unmanifested potential just waiting for you to create whatever you desire with it Your next list should focus on what you must do to implement and successfully make the necessary changes to achieve the results you desire. This is the part of the plan that brings to a halt the process of evolutionary change for so many dear souls. Unfortunately, no matter how difficult their lives are or how unhappy they are it is more difficult to make the necessary changes to create a better world for themselves than it is to maintain and suffer the status quo.

It is important that you make small changes at first and the changes must begin from within you. As you make "attitude adjustments" and change how you view those around you and

your world, the first part of the process is that you “lift” or raise the vibratory patterns that you radiate forth. This, in turn, begins the process of directing to you events and people which are in harmony with the higher vibrations you are projecting. We have told you, you are a radiating force field of vibrational patterns created by your thoughts, intent and actions. You are also a magnetic force field of vibrational patterns sent forth vertically from your Higher Self and God Self, and horizontally from those within your sphere of influence. Change your thoughts, intent and actions, and you change your world. Your shifting, elevated patterns of thought have a rippling effect on your life and those around y

ou, and the changes throughout the world and within humanity are swiftly accelerating.

A phenomenon of this era is that an unusually large number of souls chose the Seventh Ray of transformation as their soul Ray for this lifetime, for it is well-known that the blessed Violet Flame will accelerate the process of transmuting negative vibrational patterns. The Sacred Fire of the Creator is enhancing the qualities of the Violet Flame and the Seventh Ray as an integral part of the ascension process now in progress on Earth and within humanity.

Letting go of past failures and your negative/defensive reactions to key interactions with others or to events which your Higher Self has orchestrated for your learning and resolution is an important facet of moving gracefully into the future as you reclaim self-mastery. It is important that you remember that everything in the past is “memory.” Change your memory or your interpretation of a past event and you can change all of your past into positive memories. Your past is what has made you who you are today, so why not glean only the best from your past and reinforce and claim that as part of the “future” you. This is what we endeavored to help you accomplish in the I AM MASTERY COURSE we inspired our messenger to develop several years ago. If you can only accept the fact that you chose your parents and the circumstances of your life before you incarnated in this lifetime because you, along with your guardians and teachers, knew that it would present to you the best possible situations for your higher learning and evolution. Seek to understand and release the negative situations that were presented to you in the past and to integrate the positive lessons and situations that were presented to you for your highest learning and you will be well on your way to self-mastery and illumination.

Another important fact is to understand that everything in your future is a figment of your imagination, and so why not contemplate and imagine the most exquisitely wonderful future for yourself and others.

Once again, we wish to offer specific information/truths for you to study, contemplate and integrate. As you meditate on each thought, seek to delve deep within to understand what negative thoughts, ideas or experiences are keeping you from accepting or implementing these higher truths. Please spend some time with each thought until you feel you understand it and have accepted it as your own truth, or you may wish to set aside some of these concepts until you feel you are ready to make them a part of your “Living Truth.”

YOUR SOUL AND HIGHER SELF ENCOURAGES YOU TO CONTINUALLY STRIVE TO FOCUS ON YOUR SACRED HEART CENTER WHICH CONTAINS PEACE EVERLASTING AND THE ESSENCE OF LOVE.

THE FUTURE CANNOT BE PREDICTED WITH CERTAINTY; HOWEVER, WE OF THE HIGHER REALMS CAN FORESEE THE STRONGEST, PROBABLE TIME LINES. EACH OF YOU HAS THE ABILITY TO CHANGE A NEGATIVE TIME LINE OF THE FUTURE BY WITHDRAWING YOUR ENERGY (

THOUGHTS) FROM IT, AND FOCUSING ON A POSITIVE OUTCOME.

THERE WILL ALWAYS BE A POSITIVE SOLUTION AVAILABLE FOR EVERY TEST OR CHALLENGE. IT SOMETIMES TAKES A WHILE TO SEE THE POSITIVE RESULTS FROM A NEGATIVE EVENT; HOWEVER, THERE WILL ALWAYS BE ONE IF YOU STAY FOCUSED AND RESPOND THROUGH YOUR SOLAR HEART POWER CENTER.

ENERGY ATTRACTS LIKE ENERGY. THOUGHTS AND INTENT CONTAIN VIBRATIONAL FREQUENCIES OR ENERGY AND, THEREFORE, ARE ACTIVE FORCES OF YOUR NATURE. ENVISION YOUR THOUGHTS RESONATING FORTH FROM YOU IN AN INFINITY SIGN, WHICH DRAWS FORTH TO ITSELF LIKE VIBRATIONS AND RETURNS THEM TO YOUR FIELD OF CONSCIOUSNESS, THEREBY REINFORCING YOUR PERSONAL PICTURE OF REALITY.

YOU MUST LEARN TO LET GO OF THE NEED FOR CERTAINTY IN YOUR LIFE. IN REALITY, THE FEAR OF THE MOMENT IS AN EMOTIONAL RESPONSE CAUSED BY FOCUSING ON A NEGATIVE EVENT FROM THE PAST OR ON THE UNCERTAINTY OF THE FUTURE.

YOU WILL NOT BE INFLUENCED OR AFFECTED BY THE NEGATIVITY OF THE WORLD IF YOU LEARN TO SEEK BALANCE AND STAY HEART-CENTERED IN TIMES OF CHANGE AND CHAOS.

A MASTER IS ALWAYS HEART-CENTERED AND REMAINS IN AN OBSERVER MODE WHILE PROCESSING ALL THAT OCCURS IN THE MOMENT. AS A MASTER, YOU WILL LEARN TO QUICKLY BALANCE AND HARMONIZE, AND THEN RELEASE ANY DISCORDANT ENERGIES THAT COME YOUR WAY, AS WELL AS INTEGRATE AND UTILIZE ANY NEW TRUTHS THAT RESONATE WITHIN YOUR HEART MONITOR.

LEARN TO AVOID EXTREMES. THERE MUST BE A BALANCE BETWEEN WISDOM AND POWER. AN OVERLAY OF LOVE IS THE KEY TO ATTAINING THAT BALANCE.

THE PROCESS OF EVOLUTION AND ASCENSION ENTAILS REFINING, HARMONIZING AND RETURNING TO HARMONY YOUR INNER AND OUTER CONSCIOUSNESS. A PART OF THE PROCESS IS ALSO BECOMING AWARE OF “SELF” AT MULTIPLE LEVELS WHICH INCLUDES OTHER WORLDS AND REALITIES, BEGINNING WITH KNOWING YOUR “TRUE PHYSICAL SELF,” AND PROGRESSIVELY INTEGRATING YOUR SOUL SELF, HIGHER SELF, ETC.

YOUR I AM PRESENCE OR GOD RAY CONTAINS THE PERMANENT ATOM OF YOUR TRUE SELF. WHEN YOU HAVE REACHED A CERTAIN LEVEL OF RECONNECTION WITH YOUR DIVINE SELF BY REMOVING THE DISTORTIONS OF DENSITY, A STEADY STREAM OF WHITE FIRE ELECTRONIC ENERGY WILL POUR FORTH THE RADIANCE OF LIFE INTO YOUR SOLAR HEART CENTER AND THE PULSATING THREE-FOLD FLAME OF DIVINE POWER, WISDOM AND LOVE WILL ONCE MORE BLAZE FORTH WITHIN AND AROUND YOU.

TRANSITION FROM ONE LEVEL OF DENSITY TO ANOTHER INVOLVES A QUANTUM LEAP IN CONSCIOUSNESS. AT THIS TIME, HUMANITY AS A WHOLE IS IN THE MIDST OF A MAJOR QUANTUM LEAP IN CONSCIOUSNESS WHICH HAS RESULTED IN AN ACCELERATION OF FEAR, UNCERTAINTY, ANGER AND HOSTILITY AS THE PAST ROILS UP TO BE RELEASED OR REFINED IN ORDER TO MAKE WAY FOR THE BIRTHING OF A NEW ERA.

THE REFINED VIBRATIONS OF LOVE/LIGHT ARE FILTERING THROUGH THE VEILS OF ILLUSION EACH OF YOU HAS CREATED. THESE LAYERS OF DENSITY ARE SLOWLY DISSOLVING SO THAT MORE OF THE RAYS OF CREATION CAN PENETRATE THE CONSCIOUSNESS OF HUMANITY. THE ACCELERATION OF SOLAR FLARES FROM THROUGHOUT THE GALAXY AND FROM THE SUN OF

YOUR SOLAR SYSTEM HAVE BEEN INSTRUMENTAL IN RELAYING THIS FREQUENCIES OF LOVE/LIGHT TO THE EARTH.

YOU MUST LOVE AND HONOR YOURSELF BEFORE YOU CAN LOVE AND HONOR OTHERS. LEARN TO SHARE AND GIVE FROM THE HEART, FUELED BY THE PURE INTENT OF THE SOUL. YOU MUST ALSO LEARN TO RECEIVE SO THAT YOU WILL HAVE MORE TO ENJOY AND SHARE. CLAIM YOUR ABUNDANCE, AND BY YOUR EXAMPLE, OPEN THE WAY FOR OTHERS TO DO THE SAME.

BECOME THE OBSERVER AND LEARN TO PRACTICE NON-JUDGMENT OF OTHERS. HEAL THE PAST AND RELEASE OLD TRANSGRESSIONS BY FORGIVING YOURSELF AND OTHERS. IN DOING SO, YOU WILL SPEED UP THE PROCESS OF RETURNING TO A SACRED UNION WITH YOUR “MASTER SELF.”

THE NAME OF YOUR DEITY MAKES NO DIFFERENCE, FOR ALL ARE FROM THE SAME SOURCE, THE SUPREME CREATOR. THE PURE LIGHT SUBSTANCE OF THE CREATOR CONTAIN COSMIC INTELLIGENCE WHICH IS REFRACTED INTO THE MULTIPLE RAYS OF CREATOR CONSCIOUSNESS. ALL CREATION IS THE SUPREME CREATOR ALLOWING ITSELF TO BE EXPRESSED IN UNLIMITED VARIATIONS OF FORM. EACH OF YOU IS ONE OF THOSE VARIATIONS.

Beloveds, it is time to seek your passion and to learn to live life to the fullest. You are being offered a gift beyond measure, but you must ask for it and then strive to use it in its highest form. We implore you to ask for an accelerated activation of your GOD RAY so that you may tap into your own unique creative fire. As we have told you, deep within your solar heart center there is an etheric diamond-shaped God Cell of Creator consciousness. It contains a

great multitude of vibrational patterns, all the virtues, attributes and qualities of the twelve Rays of our Father/Mother God of this universe. Before your Spirit Self descended, in preparation for the birth process in this lifetime, portions of your God Cell were activated to a certain degree which was determined by what strengths you were to bring forth in order to facilitate your highest learning and also to assist you in overcoming the challenges and tests you would be presented with over the span of your lifetime.

As you reach a certain level of harmony and awareness, your God Cell gradually activates within, thereby releasing more and more of the vital qualities and virtues of the Twelve Rays. You may speed up the process by simply asking for the activation of your Diamond Core God Cell and agreeing to use this wondrous gift for your highest good and the greatest good of all. In your quiet time, go into a meditative state (even better, go into your Pyramid of Light/Power in the fifth dimension) and ask that your God Cell be activated in the most appropriate measure in order that you may move into a refined state of consciousness with ease and grace. Do not hesitate, beloveds, do not be left behind. Once you learn to live each day as a master, you will never return to your old self-limiting ways of the past. We offer you the strength of our love and the power of our wisdom. We will show you the way so that you may step to the fore and become the l

eader and the Way Shower you are meant to be. You are loved beyond measure. I AM Archangel Michael.

*** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502

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NOVEMBER 13-20 * A SEVEN DAY CRUISE FROM MIAMI, FLORIDA * RECLAIMING THE MAJESTY AND POWER OF OUR ATLANTEAN HERITAGE. EXPERIENCE A PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL JOURNEY INTO THE HIGHER REALMS WITH ARCHANGEL MICHAEL AND RONNA HERMAN. STEVE AND BARBARA ROTHER WILL JOIN US FOR THIS JOURNEY OF THE AGES. FULL DETAILS FOR THE CRUISE WILL SOON BE POSTED ON RONNA'S SITE AND ON www.Lightwork.com.

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LIVING IN AN ASCENDED STATE OF CONSCIOUSNESS

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, it is our greatest pleasure to commune with you each month as we share our wisdom and our loving energy with you. We wish you to be aware that we are always near, both within and around you, for just as our Father/Mother God dwells within your Sacred Heart Core, so do we of the archangelic realms. Within your Diamond Core God Cell are all the wondrous Seeds of Creation which contain the attributes, virtues and qualities of the twelve Rays of Creator Consciousness. My love for you and the qualities I bear are contained within one of those precious seeds of Light, and I will become more real and I will participate more in your daily life (if you will allow me to do so) as you activate and radiate the power and qualities of your personal Divine God Cell.

We speak often of returning to balance and harmony both within and outwardly, and we have given you many esoteric teachings to assist you in understanding the workings of the universe. However, there is still some confusion and that is why we often repeat or give you some of the more complex teachings in a new way so that, hopefully, you will come to a better understanding.

We have been asked to review and explain in more detail what has been termed the four lower bodies: physical, mental, emotional and etheric. Hopefully, you have a good understanding of the physical vessel and so we will focus on the three other bodily systems at this time.

ETHERIC BODY: Many times in the past, we have made reference to your Adam/Eve Kadmon Body which is the original Divine Blueprint for the human form containing a Diamond Core God Cell with all the qualities of your godly nature, as well as the spiritual/physical macrocosm of the human species. Stored within this Divine Cell of life and your DNA were the potential qualities, attributes and aspects of your physical nature in preparation for the time when you would assume your coats of flesh in the realms of physicality. The Adam/Eve Kadmon Body was created as a body of Light by the Elohim, the builders of form, as an archetype of humanity, both male and female. In preparation for your descent down through the multi-dimensions of Creation, your crystalline Body of Light was surrounded in a golden etheric web of Light which contained this perfect Divine Blueprint, and a Diamond Core God Cell was placed deep within what would become your Sacred Heart and your Solar Power Center.

The Etheric Body is in constant communication with your Elemental Body, your deep unconscious mind, which sustains and revitalizes your glands, tissues, organs and cells, and also controls your digestive system and the processes of assimilation of air, water and the food you ingest–all of those functions that you take for granted and rarely give any thought unless you are in distress. These caretakers of your physical vessel constantly

strive to repair the damage caused by your negative thoughts, your addictions and your unhealthy ways of living, until the time comes when your vital life force is weakened so

much and you are so out of balance that dis-ease sets in, and at times, premature death of the physical vessel is the result. The Etheric Body is the memory body and is susceptible to your thoughts and emotions, both positive and negative. Disease or debilitation occurs first in the etheric body and gradually infiltrates into the physical vessel. It is also true that the balancing, harmonizing and revitalization of the physical vessel begins within the Etheric Body and gradually manifests in the physical body.

MENTAL BODY: The mind controls the brain and the brain is an extension of the Divine Mind. The Divine Mind or universal intelligence is the Supreme Creator and our Father/Mother God in action. As human Beings, through the use of your brain power, you have access to the infinite intelligence of Creator Consciousness.

Your mind is a trinity of consciousness consisting of:

The conscious mind, which is composed of the intuitive, creative right brain hemisphere and the linear thinking, analytical left brain hemisphere. Our Father God radiates the predominant qualities and aspects of the left brain, and the right brain is influenced more by the qualities and aspects of our Mother God. In the beginning, both hemispheres of the brain functioned in harmony, one with another, empowering, qualifying and enhancing each other–there was no division.

The subconscious mind, or your subjective mind, which records and stores everything you experience: what you see, hear, think and feel emotionally. The subconscious mind takes everything literally and it does not matter if you have experienced an event or just imagine it vividly, the subconscious mind registers it as a fact. That is why it is so important to change negative, debilitating past events into positive memories. Your thoughts and intent resonate to specific frequencies and by changing the frequency patterns you project through the use of will power and conscious effort, you can create the life, physical health and circumstances you desire for yourself and assist those around you to do the same.

The superconscious mind: As you raise your frequency patterns and your vibrational field of consciousness, you gain the ability to tap into higher and higher levels of Creator Consciousness. Once you clear the static and distortions from the column of Light that connects you to your Higher Self, the superconscious mind has a direct flow of wisdom from the Divine Mind. The mental body or thought is the beginning of everything created in the physical realm. We have often told you 'You can have or become anything you can envision.' You must first imagine something within your mind before you can create it. During these extraordinary times of evolutionary change, you are deeply influenced and affected by the accelerat

ed process of the subconscious mind becoming conscious, and the conscious mind allows the infiltration of super-consciousness as you tap into the cosmic storehouse of Divine wisdom.

EMOTIONAL BODY: Your emotions are the fuel and the activating force needed to bring forth your visions/desires/thoughts into manifested form. The intensity of your focused,

clear intent and the power of your emotional energy determines the length of time it takes, and the quality of your endeavors. Positive, focused emotions are essential to energize and activate any and all of your desires, dreams and manifestations which you set in motion through your mental/thought processes. You must learn to clearly state your intent and then create an unwavering image of what you wish to create, directing your thoughts toward a desired outcome as you take the steps necessary to bring your desires to fruition. When you allow yourselves to be influenced by the negative behavior or thoughts of others, you sabotage or dilute your effectiveness as cocreators of positive, harmonious actions. The thoughts you think and the emotions you feel are what create the cause and effect situations or karma in your worldly experiences. When you raise your consciousness and return to harmony within your emotional and mental bodies, you step off the wheel of karma and attain a state of grace whereby you can easily take advantage of all the wondrous possibilities available to you.

In the beginning, your original emotional body was infused with and radiated the unconditional love of your Divine nature. Over time, as you sank deeper and deeper into the density of lower consciousness, the vibrations of "love with conditions" began to manifest within your human vessel: the broad spectrum of love and fear, or the absence of pure love from which all other negative emotional feelings sprang forth and became the norm.

Beloveds, your goal is to blend and harmonize the major bodily chakras of your physical Being and to balance your mental and emotional energy fields so that your spiritual essence can overlight and infuse you with your God-given powers of creation.

In order to balance your mental/emotional body field, you must learn to rely on your mental intuition as you seek to validate and integrate the higher truths you are accessing in your never-ending quest for enLIGHTENment. It is vital that you validate your truths through your heart/soul monitor and then strive to live by those truths to the best of your ability.

You are learning to trust and utilize the wisdom of your superconscious mind as you integrate all the attributes, qualities and virtues of your God Ray and soul Ray. Your visions and dreams are being manifested at an ever-increasing rate as you learn to live in the power of the God Moment or the Still Point of creation. Healing the past, scripting the future, and living in the power of the moment is becoming the norm for many of you as you perfect your cocreative abilities and

return to self-mastery.

When the emotional body field is the driving force within you, you are vulnerable to the strong emotional tide of the mass consciousness and your altered ego desire body. You must examine and discover how your emotions drive and control you through your desires and wants, and you must closely examine your motives.

Unifying the emotional/mental body, or learning to use your emotional intelligence, results in a balance of power between your emotional and mental bodies, whereby you begin the

process of understanding yourself, and you become proficient in identifying the driving forces behind your actions. As you begin to understand the workings of the universal laws, you realize it is for your greatest good to harmonize your will with our Father/Mother Gods' Will. The desired mode is "emotional detachment" as you move gracefully and surely toward your sought after goals.

By allowing your emotional body to be infused with Spirit you will, once more, derive nurturance and all the loving energy you can contain from your indwelling Spirit. You will stop looking outside yourself for validation of your self-worth and you will no longer experience the sharp highs and lows of the third/fourth-dimensional illusion. It is possible for you to live in a state of joy or bliss as you learn to live in the world while expanding your consciousness to incorporate the great variety of multi-dimensional expressions available to you. As you develop an unerring assurance that you can have or become anything you can envision, you will be willing to put forth the effort to accomplish your goals. Beloveds, learn to rely on your angelic helpers and gain strength and sustenance from their presence, for they are always ready and willing to assist you in your endeavors.

When you begin to use the intelligence of your soul-self, you have the ability to tap into the unlimited possibilities of the Cosmic Records. Please make use of your Pyramid of Power/Light in the fifth dimension in order to bypass the distortions of the third/fourth dimensions, for that is where you have access to all the primal Life Force substance you can ever use to mold and create your visions for the new Heaven on Earth. It is time for miracles of momentous proportions to manifest within and around you, and for you to know that you are partnering with Spirit in everything you do.

When Spirit is overlighting your emotional nature, love tempers your emotions, and although you still have a "human nature" you have learned to become detached and you view the events in your life from a higher vantage point, that of a self-master.

Your goal is to integrate your spiritual, mental, emotional and physical bodies whereby you are living in an ascended state of consciousness as you unite with the multiple facets of your God Self. You are moving out of a state of becoming into a state of BEING. You are reversing the process that you initiated thousands and thousands of years ago,

as you descended into the realm of materiality and began the process of building a temple of flesh in which to contain your precious gift of life, your Spirit Self. It will take some time to accomplish that miracle of creation or re-creation again, beloveds, but we can help you to make the process less painful and more expeditious.

You are in the process of finding your way back to the "love of the sacred heart," which is unconditional love and as you begin to experience peace within the mind, you will begin to experience joy and bliss within the heart, for they are inexorably connected.

Allow us to strengthen your mental power and your resolve to move forward on the path of illumination. With every breath you take and each beat of your heart, you are being infused

with the wondrous elixir of life directly from the heart of our Father/Mother God. Know that we are ever near to guide, guard and inspire you. I AM Archangel Michael

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NOVEMBER 20-27, 2005 * ATLANTEAN REUNION CRUISE * A seven-day cruise through the ancient waters of Atlantis * Reclaiming the power and majesty of our Atlantean Heritage. ARCHANGEL MICHAEL/RONNA HERMAN * STEVE & BARBARA ROTHER/THE GROUP * The Norwegian Sun departs from New Orleans, LA * Ports of Call include Cozumel, Mexico; Belize City, Belize; Roatan, Bay Islands, Honduras; Calica, Mexico. Cruise price $1,799 per person (double occupancy) which includes: Staterooms with balconies. This price includes all seminar sessions and planned events. . All taxes are included; however tips are NOT included. Deposit upon registration is $250 which is totally refundable up to August 1, 2005. Balance is due by August 1, 2005. Flights to and from New Orleans are not included. NOTE: We have only 25 staterooms reserved at this special price. Once these rooms are sold, additional space may be available; however, we cannot guarantee the price. For an additional fee, Ronna, Steve and Barbara will offer a limited number of private sessions during the cruise. CONTACT TOM BOCCIA FOR ADDITIONAL INFORMATION OR FLIGHT SUGGESTIONS: 212-724-5169 * FAX: 212-724-9873 (Country code 01) You may register online: www.RonnaStar.com under Ronna's seminar schedule. The full itinerary and all pertinent information is also posted on www.lightworker.com . Together, we will sail into the ancient waters of Atlantis near the Bermuda Triangle where the Atlantean power crystals await our reactivation. Experience a true fifth-dimensional environment as we play, dance and soar together. COME JOIN US AS WE REMEMBER OUR PAST WHILE ENVISIONING OUR FUTURE.

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A COSMIC VIEWPOINT OF CREATION AND EVOLUTION

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, allow us to delve more deeply into the concept of duality and polarity. We have explained to you that the predominate theme of this universe is diversity, whereby all of the facets (Sparks or souls) who burst forth from the heart core of our Father/Mother God were commanded to go forth and create in as many diverse ways as possible. Before you journeyed forth, to be fragmented into lesser and lesser Sparks of consciousness, your God Ray or I AM Presence encoded a Cosmic Divine Mission deep within your Sacred Heart. This has been the driving force behind all your incarnations. In many lifetimes, this burning desire helped you to overcome insurmountable odds to create many wondrous things, and in other lifetimes, it created a Divine discontent which no amount of wealth, power or worldly accomplishments could extinguish, for you were not following your soul's deepest desire.

At some level, we as cocreators, which means every ensouled Being who came forth in this great Cosmic Day, assisted in the creation of everything within this universal experience. When our Father/Mother God sent forth the "Word," or the thought form, "Let There Be Light," we all assisted in radiating the refracted Light, or the great Rays of Creator consciousness, out into the dark void of unmanifested primordial substance. Under the direction of the Elohim, who bear the mental focus of our Father God, the angelic realm, who radiate the love focus of our Mother God, and all sentient Beings, helped create the multiple dimensions and sub-dimensions which contain constellations, star systems, galaxies, planets and life forms so numerous and complex they are beyond human comprehension.

“Light” in spiritual terms is defined as electromagnetic radiation, a Divine emanation from the heart/mind core of the Supreme Creator. It is the Essence of Life and within it is all that the Creator is: the qualities, virtues, aspects and attributes which were refracted into twelve great Rays of Creator consciousness through our Father/Mother God, the overlords of this universe. There is some level of Creator Light in everything in existence, no-thing could exist without it. That is why it is often called Living Light; no matter how small or dim, it must be present in order to exist. You, as Sparks of Divinity, came forth with a specific amount of Creator Light stored within your Diamond Core God Cell; however, the greater portion of your Divine Light remained stored within your God Self in the lofty realms of higher consciousness. The ascension process entails drawing forth the maximum amount of Creator Light that can be contained in your physical vessel. As you return to harmony in your world within and without, your physical, mental, emotional and etheric bodies are made ready to receive “spiritual illumination” or Living Light from

your Divine Self.

It is more difficult for the human mind to comprehend the vastness and the intricacies of Creation at a cosmic level than it would be for a babe in arms to understand the concepts of math, science and language at a college level. All of the information and knowledge we have shared with you over these past years are still only the most basic concepts, and only touch the surface of the true workings of the universe and the awesome power, love, wisdom and potential of our Father/Mother God and the Supreme Creator.

In order to understand the teachings of past ages, humanity has tried to bring cosmic truths/concepts down into the narrow focus of “human consciousness.” The Genesis story of old states that the heavens and Earth were created in six days and on the seventh day, God rested. A cosmic or universal day contains trillions and trillions of your earthly days and, indeed, it has taken an incomprehensible amount of time to create this universe. We have explained that after the Supreme Creator stirred and radiated forth an inexplicable number of fragments of ITSELF and initiated the creation of the Omniverse, IT went into repose as an Omnipotent Observer. The present cosmic day for this universe is coming to a close and the Supreme Creator is once again taking an active part in the Creation of the Cosmos by radiating forth the Essence of Life to enfold and encompass all that has been created under the direction of our Father/Mother God. Only those thought forms and memories which are in harmony with the Divine Plan will remain, all else will seem as a bad dream and will gradually melt away. All of Creation must move forward, no ensouled Being will be left behind.

All of the great diversity of this universe was brought to your beautiful, special planet called Earth or Gaia, and you as the designated bearers of this diversity agreed to fragment and submerge yourselves in the density and polarity of the lower dimensions. Your ultimate goal was to move deeply into the multiple levels of separation, and then gradually return to unity consciousness or ONENESS. That is the wondrous process you are now in the midst of. It has been a long and painful process, but you are succeeding, beloveds. You are reclaiming your Divine nature and as you return to the middle path, the power of the NOW and learn to

stay heart-centered, you are remembering who you are, why you are on Earth, and the magnificence to which you are destined to return.

The story of Adam and Eve and the Garden of Eden has also been distorted down through the ages in an effort to bring the concept down to a human level of understanding. Many scholars and wise ones have pondered over and over the meaning of the biblical story of the creation of Adam and Eve. The cosmic origins of this beautiful story are of how you, in your perfect androgynous Divine Essence called the Adam Kadmon Light Body, began your journey down through the multi-dimensions. As part of

the Divine plan for diversity, there came a time when your Essence was divided in half, one part bearing the masculine attributes of our Father God and the other bearing the female virtues and qualities of our Mother God. One was not more or less than the other; you and your Divine counterpart are and always have been equal. This was potentially a painful rending of Self from Self, and in order to do this without causing great trauma to your Core Essence, your consciousness had to be diminished, or the beginning of the veil of forgetfulness was drawn across a portion of your memory of your origins and your vastness. You might say that part of you went into a deep sleep, as the story of Adam and Eve states, and you have stayed at slumber for all these many aeons of time. You are just now beginning the process of awakening and returning to full consciousness. Many of you now have the ability to connect or communicate with your Divine Counterpart, who most often remained in the higher realms to support you when it was your turn to incarnate and, once again, experience the world of duality and polarity.

When you, in your perfect Adam/Eve Kadmon bodies, first stepped onto the Earth, which resonated to the frequencies of the sixth and higher fifth dimensions, your Divine mate was with you and the Earth was truly a paradise world, the Garden of Edon, as it is known in the higher realms. All the sustenance you needed was supplied from the Creator Light-infused Essence of the air and water. You knew how to create with your mind all that you needed to exist in comfort in this paradise world, and you were in total harmony with your Divine earthly mission and the Will of our Father/Mother God. However, gradually, over time, as the Earth sank deeper into the frequencies and a broader spectrum of polarity and duality, the consciousness of humanity began to move further and further from a sense of Oneness with All, and the Middle Path of harmony and balance. Thus came the symbology of the tree of knowledge, or the emerging of polarity consciousness of good and evil.

The meaning of Adam and Eve being banished from the Garden of Edon is also much different than the one told by human scribes in ages past. What was conveyed is only a metaphor for the true esoteric teachings. The filters of forgetfulness grew stronger, and the sense of connectedness with the higher realms and your Divine Self diminished more and more. The time came when you could no longer draw forth the fruit of life from the Essence of the air and water, and you lost the ability to create whatever you desired using your mind power. You had to learn to sustain yourselves through physical means without the assistance of your Higher Self, or by the “sweat of your brow.” Therefore, that which had once been a paradise world gradually became a world of struggle and strife.

As you are aware, the further you move into density the more pronounced your dual nature becomes, and the more l

ikely you are to become polarized and “narrow-minded” in your thinking. Down through the many aeons of time, your “human nature” became the dominating force of your life’s experience. You gradually replaced the concept of ONENESS, and unconditional love for ALL Creation, with a sense of separation, judgment, and love with many conditions, resulting in fear, in deep-seated emotional feelings of unworthiness, lack, guilt, ego-driven emotions rather than Spirit-inspired emotions.

Many precious souls heroically endeavored to stay the course of the middle path and to retain a connection with their inner consciousness. These are the brave ones who, down through the ages and against all odds, strove to protect the weak and the innocent, and to maintain law and order for the greater good of all. They were those who maintained a Spirit-inspired connection and brought forth the lofty ideals which are the philosophical treasures of past.

Sadly, there many more dear souls who turned away from the path of Light and sank deeper and deeper into the density and distortions of the third/fourth dimensions. These are the poor souls who not only lost their connection with Spirit, but much of their human consciousness as well, to become what we have termed as having an animal/human consciousness. They were submerged totally in the vibrations of the three lower chakras with overwhelming instinctual natures focused on survival of the fittest, a powerful sexual nature with hardly a sense of love or kindness toward others. A sense of self and self-preservation was usually the driving force, often to the detriment of others. Many did not even protect or nurture their young as well as those of the animal kingdom.

The grand plan for humanity and the Earth was preordained to succeed. Never would the Creator and our Father/Mother God, who love ALL their creations unconditionally, send us forth on such a great and perilous mission without a failsafe plan. We have not failed, my brave warriors. In fact, we have succeeded beyond the greatest expectations of the heavenly host. As you are lifted up in consciousness, you assist all humanity to release the shackles of illusion and limitation of the lower densities, and they too are slowly being lifted up. You have created a pathway of Light for them to follow so that their journey will not be nearly so perilous or painful as yours has been. Each distorted, negative thought form that you return to balance is one more obstacle that you remove from the collective mass consciousness of humanity. As you gradually return to center and withdraw your mental and emotional energies from the broad spectrum of polarity, a miraculous thing is happening. The pendulum of duality is not swinging so widely nor so far off center, and the band or spectrum of polarity is gradually diminishing. Together, you the warriors of Light and truth have returned to harmony trillions and trillions of negative thought forms. You have no idea of

the miracles you have wrought.

We know it is disconcerting when you look around at the chaos in your world and at the animalistic acts, pain and suffering that are being wrought by humanity. That is the reality of the lower third-dimensional experience; however, when you focus on that reality, your consciousness moves into and you are adding to the broadest spectrum of polarity and duality consciousness. When you learn to maintain a focus of centeredness and harmony, it is not that you are unaware of what is happening in the world of duality, but your will power, energies and desires are totally focused on the power of the moment and allowing your God Self to radiate forth through you the healing, transmuting vibrations of love and transformation.

The great ongoing controversy regarding the theories of EVOLUTION versus CREATION are a third-dimensional exercise in futility. Both theories are true, but certainly not in the way they have been presented by the scholars and historians of the past. Beloveds, let go of the energies of judgment and scarcity. Let go of old self-limiting beliefs that no longer serve your greatest good. Keep an open mind and stretch your beliefs to allow your consciousness to expand as you tap into the cosmic libraries of Divine wisdom. Attune to your God Self when you strive to discern what is your highest truth. Listen to the wisdom of your soul/heart center, and allow your mind to tap into the Essence of higher truth which is stored within your brain structure. You came forth with all the wisdom, information, talents and abilities you would ever need to create a paradise on Earth. It is time to reclaim your Divine Heritage as a powerful cocreator of beauty, joy, abundance and peaceful co-existence with all the diverse facets of Creation. Our faith in you has never wavered and our respect for your bravery and steadfastness continually increases, as does our love for you. I AM Archangel Michael.

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MAY 14-15 * BEST WESTERN HARBOR INN, 1250 Halyard Drive, West Sacramento, CA * 916-371-2100

Saturday, May 14: ABUNDANCE EXCHANGE: $125 (Includes lunch) * Sunday, May 15: ABUNDANCE EXCHANGE: $75 * You have the option of attending the one-day event on Saturday ($125) or attending both Saturday and Sunday events ($200). However, you must attend the Saturday event to be eligible for the Sunday event. The Sunday seminar will incorporate and expand on what has been presented on Saturday. There will be a brief Q & A session with AA Michael on Sunday as well as a special message for the group.
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DAY, July 16 * Becoming the Master of Your Destiny * 9 am to 5:30 pm * ABUNDANCE EXCHANGE: Friday Evening: $25 * Saturday full day: $135 (includes lunch). Both days: $160 per person. EARLY BIRD SPECIAL: Register before July 1: $150 for both days. You may register at Awakening Heart Book Store: 801-474-1144 * Or through Star*Quest: 775-856-3654 * Or on our secure Web site: www.RonnaStar.com. Full particulars on our web site, or call for a flyer with all details.

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IT IS TIME TO BEGIN ANEW. ARE YOU READY?

TRANSMITTED THROUGH RONNA HERMAN

IT IS TIME TO BEGIN ANEW. ARE YOU READY?

Beloved masters, from this moment forward we ask you to integrate this important concept as your truth. Know without a doubt, that every thought you have, every action you take affects everyone else in the world. You are not an island unto yourself. You are not isolated. You are not alone. You never have been and you never will be. As your power and influence grow as skillful masters of cocreation, your emotional and intellectual boundaries expand also. Feel the rippling effect of your vibrational patterns as they go forth and connect with like vibrations around the world. What kind of frequencies, thought forms and levels of consciousness do you want to send out into the world to be integrated into the life stream of mass consciousness. Think about that.

It is time to reclaim your magnificence. It is time to let go of all the fear, guilt and self-limiting excuses. You have practiced limitation long enough. It is time to experience "the real you," and to demonstrate what you are capable of achieving on the earthly plane of existence. What is stopping you from reclaiming the Divine gifts that are yours? Together, as the vanguard, let us assist you in moving forward at a faster pace with bold determination. As you assert and display your self-mastery, you will smooth the way so that those following behind you may gain the knowledge necessary to traverse the path of initiation and ascension.

You are the Star Seed. You are the wayshowers. You are the ones who came to Earth to guarantee the success of this Grand Experiment. Those of you who resonate to these messages are not earthlings. You became conscious of Self, a facet of the Supreme Creator, at a universal or possibly even at an omniversal level. We have spoken of this before, but it is important that you are aware, that the Legions of Light presently embodied on Earth are composed of Divine Beings from the far reaches of the Omniverse, Great Beings who agreed to send forth facets of themselves down into the lower dimension so they could experience the wondrous gift of total free will while fulfilling a mandate from the Creator. You, as these Sparks of Divinity, came forth with greatly diminished capacities; however, you have always had a lifeline from and back to your Source, a lifeline that can never be severed which is growing stronger and more empowering as you turn inward and accelerate the process of reclaiming all the facets of your God Self.

This is an opportunity that has not been presented to humanity since you sank into the density, and by that we mean, since the veil of forgetfulness began to shield your memory. You slowly forgot why you came to Earth, what your mission was, where you are from, and the vastness of who you truly are. You stored much of your wisdom in light packets within the higher vibrational levels of you

r brain for that time when you would, once again, awaken and reclaim your right to access the history of your origins and the wisdom of the cosmos.

Beloveds, you must be daring and you must be bold, and you must step out of your comfort zone. You must be willing to experience a little discomfort, but not as much as in the past,

for it is time to ask for and claim ease and grace. You do not have to suffer and your daily existence does not have to be as difficult as in the past. Let go of all the baggage you have been carrying forward lifetime after lifetime. This is the lifetime whereby you can wipe the slate clean and begin anew. It is time to restructure and upgrade your beliefs. It is time to glean through your vast storehouse of past experiences and to integrate and claim as your truth the positive knowledge and the wisdom from your many lives on the Earth plane. It is time to free yourselves from self-inflicted bondage.

Many aeons ago, you were called together from the far reaches of this universe. You came together in large groups and each group was given very specific assignments. You were told that you would consciously forget, but your Divine mission and all its sub-assignments would be imprinted etherically as a Divine blueprint within your Sacred Heart. You would experience great diversity and many wondrous worlds, and there would be many more divisions into smaller and smaller fragments of Self. We placed within your Sacred Heart glowing seeds of love and memories of our Divine connection, one with another. There were time triggers placed within this blueprint, set to resonate deep within and trigger a Divine discontent nudging you to answer the call to "Awaken" once more. A theme would begin to play within the consciousness of those who listened, "It is time to awaken. It is time to turn inward. It is time to be lifted up and to begin the journey home."

Millions upon millions of dear souls are awakening as that inner time clock begins to vibrate frequencies of awakening. It is saying, "IT IS TIME. ARE YOU READY?" It is time for you, the children, the Sparks of Light, the SUNS/sons and daughters of our Father/Mother God, to awaken. It is time to return to your true estate as beloved emissaries of Light of the highest order. It is time to remember, you are already connected to and have access to anything you could ever desire. What are you waiting for?

The Divine discontent of cosmic change is now rampant in the world today. The reality of the third- and fourth-dimensional illusion is slowly fading away and being replaced with a desire for unity, harmony and equality for all. Many dear souls are finding they no longer have much in common with their physical families and their life-long friends, and no longer enjoy many of the traditional events and gatherings of the past. As you come together in soul groups, you often feel a sense of great peace and concord, a feeling of reunion, and it is so. You are reconne

cting with your soul groups and task companions, and as you join together in your special pyramids of Light, you are drawing forth the complex geometric patterns of Creation as you ignite and reaffirm the agreements you made one with another so very long ago. You are an integral part of many such groups, and as time accelerates you will come together in larger and more dynamic forces of Light, and your impact will be felt around the world and out into the cosmos.

We know that these are extremely unsettling times for you, my brave ones. Your reality is shifting and changing moment by moment. We are aware that you, the warriors of Light, are experiencing many unusual and disturbing physical, mental and emotional symptoms. It is

sometimes difficult to stay centered and to focus on the power of the moment when it often seems as though your world is turning upside down. Feelings of uncertainty and fear of the future are roiling up from deep within and your dreams are sometimes disturbing and leave you frustrated and anxious. As your Spirit self once more takes dominion within your physical vessel, you become aware of anything that is not in harmony with the higher frequencies of Light which are filtering into the deepest, most intimate facets of your Being. Deep core issues from your ancient past are surfacing to be transmuted and brought into balance, once and for all time. You are learning to function as multi-dimensional Beings, and as you tap into the frequencies of the higher dimensions and integrate them internally, it initiates a vibrational and chemical action within your physical vessel which can be uncomfortable. It will take time to become accustomed to the changes that are taking place within and around you.

Many of the symptoms you are experiencing are a result of the accelerated transformational process you are in the midst of. There is a plethora of information and guidance regarding health and diet practices as you move through the shifting of the ages, and it behooves you to adopt those changes and practices that resonate with your inner truth. However, an important thought we would like to impart to you is that you, your Higher Self and your angelic guides/helpers know what is best for you. It is time to turn inward, beloveds, in order to receive the guidance and assistance that is most appropriate for you. The longer you look outside yourselves for answers and validation, the longer it will take to connect with your own Divine source of wisdom. Each of you is capable of getting your own answers, with the assistance of your Body Elemental, your Higher Self, your guides and teachers. To assist you to reestablish a pure, strong connection with your Higher Self, your spiritual guides, angelic helpers and with those you wish to work with in the higher realms, we offer this exercise:

Focus your consciousness within your heart center as you take a few deep breaths. Move swiftly into the temple of your Sacred Heart. Envision (

however you perceive) your Essence being lifted up the spinal column and out of the crown chakra. You move quickly up your column of Light into a new, personal pyramid of Light which has been especially designed as a meeting place for you, your helpers and companions of the higher realms. Move into this sacred space and lie on the crystal table. As you do so, look around the room and see seated in the crystal chairs surrounding the table all those whom you wish to commune and work with. Take a moment to identify who is with you in your pyramid. As with all other pyramids of Light in the higher dimensions, there is a double-terminated pure quartz crystal hanging down from the peak of the pyramid over the crystal table in the center. The electrifying lightening sparks are radiating forth from the giant crystal out into the room. This is the rarified Essence of the Supreme Creator and our Father/Mother God. There is a fountain under the table with a blazing Violet Flame pouring forth out into the room which will transmute any discordant energies you bring to this place to be released and purified. Ask the questions that are foremost in your mind. Ask for clear answers and solutions for your health problems and stressful life

situations. Ask to be directed to the person/s or information which will assist you in achieving balance and harmony within your physical vessel, with emotional issues or to achieve mental clarity and focus. Always ask for your highest good and the greatest outcome for all. Come to this sacred place often to strengthen your connections and rapport with your Family of Light.

SAY TO YOURSELF: "I RECLAIM MY DIVINE BIRTH RIGHT AND MY CONNECTION WITH MY HIGHER SELF, MY SOUL FAMILY AND ALL THE BEINGS OF LIGHT I AM TO WORK AND COMMUNE WITH IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND ALL THE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, I AM DIVINE WISDOM IN ACTION. SO BE IT! SO IT IS! I AM THAT, I AM!"

Remember, beloveds, you were not designed to grow old and suffer through a painful death process. In your ancient experiences on Earth, before you sank into the lower densities, there was no death as is now experienced by humans When it was time to transcend into the higher realms, you stepped into an enormous fountain where the Violet Flame was blazing forth, and you were immediately transported into the appropriate dimension where you would review your lifetime on Earth. There was a time of study and learning, and then came the time to prepare for your next earthly sojourn. Your passing from Earth and being born on Earth was never meant to be the painful experience it has become. It is time to reestablish those times when the passage to and from Earth were accomplished with ea

se and grace. It was like stepping through a doorway into a new realm of experience. You released old garments of flesh from your crystalline body or donned new ones in preparation for your next grand adventure.

Beloveds, we give you our assurance, if it is your desire, that you may join the great Legions of Light who will go forth together to participate in the creation of the wondrous new Golden Galaxy which is in what could be called the "grand design stage." When you transcend, you will be taken to a star system of great beauty and tranquility, and there you will join with your soul companions and the Great Beings from all over the universe whose desire it is to participate in this next exciting evolutionary leap in Creator-consciousness. This Golden Galaxy will be the new showcase of this universe. You, and those like you, who have experienced the depths of density and duality will have an opportunity to experience the "Lightness" and beauty of your true spiritual nature as you go forth as "seasoned, tried and true cocreators" with a new Divine mission encoded within your Sacred Heart.

We honor you for your bravery. We salute you for staying the course for these many aeons of time. Know that we are ever near, watching over you, assisting you, and sending you waves of love and encouragement from our Father/Mother God. I AM Archangel Michael.

*** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502

*** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

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NOVEMBER 20-27, 2005 * ATLANTEAN REUNION CRUISE * A seven-day cruise through the ancient waters of Atlantis * Reclaiming the power and majesty of our Atlantean Heritage. ARCHANGEL MICHAEL/RONNA HERMAN * STEVE & BARBARA ROTHER/THE GROUP * The Norwegian Sun departs from New Orleans, LA * Ports of Call include Cozumel, Mexico; Belize City, Belize; Roatan, Bay Islands, Honduras; Calica, Mexico. Cruise price $1,799 per person (double occupancy) which includes: Staterooms with balconies. This price includes all seminar sessions and planned events. . All taxes are included; however tips are NOT included. Deposit upon registration is $250 which is totally refundable up to August 1, 2005. Balance is due by August 1, 2005. CONTA

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212-724-5169 * FAX: 212-724-9873 (Country code 01) You may also register online: www.RonnaStar.com under Ronna's seminar schedule. The full itinerary and all pertinent information is also posted on www.lightworker.com . NOTE: We have a block of rooms for this event at a the reduced rate above. That special rate will disappear on July 4 and so may the rooms. After that date, if you wish to attend, it will be on a space available basis and quite possibly at a higher rate. If you are thinking about joining us on this special journey, now is the time to commit. ** **********

NEW: SPARKLE WATER BOTTLE HOLDERS * $15 each. COLORS: Aurora Borealis Black/Purple, White Pearl, Luminescent Aqua and Luminescent Pink. S&H $3.00 USA * $4 Canada * $5 International

NEW!! I am pleased to announce that we now have beautiful, thick blankets/throws, 60" X 80", brilliant blue and gold embossed with the signet of the Legions of Archangel Michael. Special price: $50 plus S&H. A picture of the blanket is posted on our website along with USA shipping fees. We will ship overseas; however, shipping fees are quite high, from $42 to

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NEW!! ANGEL CARDS * ARCHANGEL MICHAEL SPEAKS TO YOUR HEART AND SOUL. A set of 48 cards with quotes from On Wings of Light (in a cloth pouch). There are also nine cards which explain the positive attributes of each of the seven major chakras. $16.00 plus S&H * $3.00 USA * $4 Canada * $5 International

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DEVELOPING NON-ATTACHMENT

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, each advanced level of ascension/evolution contains higher truths, along with new challenges and opportunities to attain self-mastery. Self-discipline, heightened awareness and determination are required; however, the more you bring your ego-desire body under control and allow your Higher Self to guide you, the easier the process will become.

As you expand your awareness and begin to view life from a higher vantage point, your perspective changes. You no longer focus on the negative or what is wrong in your life/world as you develop a positive outlook and begin to see the good in others. You learn to appreciate the beauty of nature and what is right with the world, and you also develop a sense of wonder and thanksgiving for the many miracles that manifest for you and those around you.

One of the most difficult things for you to accomplish is to let go of old outmoded, preconceived thought patterns and habits. Ingrained habits, traditional standards, as well as social, racial, and religious influences of the past are only some of the shackles you must release as you become "freed Spirits" within a newly emerging reality. Humanity as a whole, as well as individually, is still trapped in half-truths and concepts that originated thousands of years ago. Each of you is a composite of all your experiences, not just past lives, but

experiences you have had from the time you first externalized into an individualized conscious aspect of the Creator. Many of these thought patterns have no place in your new world of expanded consciousness, and you must release these negative influences if you are to continue your forward momentum upon the spiral of ascension into the higher realms of Light/wisdom.

It is time to take an inventory, dear hearts. Review what you have released during the past five years of your time. What outmoded ideas/habits/responsibilities have you released and what has replaced them? What do you still need to release or disconnect from?

Have you learned that you are no longer a victim of fate, and that you are in control of your own destiny? What are you doing with your newly found power?

There is no one or no thing "out there" doing anything to you or for you. You have been gifted with all the tools of creation and are entitled to all the beauty, bounty and opulence of this universe. It is your Divine birthright. We can assist you, guide and inspire you; however, you are the composer and builder of your world and the reality in which you exist. Each and every day you are projecting thought forms, feelings and intention which will influence and construct your reality of tomorrow. If you do not like what you have created and what you are experiencing at the moment, change your attitude and your thought patterns to a higher frequency and watch your world change for the better. Remember, as you acq

uire skills in focusing your thoughts and practice deliberate, step-by-step action, your power to create will accelerate exponentially, both positively and negatively.

Are you becoming more comfortable as a cocreator of your life's experiences and are you now willing to take credit/responsibility for both the positive and negative experiences in your life?

You can monitor and determine what kind of thought forms you are radiating forth from you by the people you draw into your awareness. Are you experiencing a lot of negative feedback or interaction with those around you? Are you still allowing people to take advantage of you in order to feel worthy? When you do things for others, how often do you feel harmonious and loving afterward? How often do you feel resentful or exploited? It would be better to not do something for another person than to do it for the wrong reasons.

Remember it is the vibrational patterns that you are projecting that determine the "rightness" of action, not the action itself. In the process of returning to balance and harmony, there must be a balance in everything. There is an "energy exchange" in every thought you have and everything you do. If you constantly give to another person without receiving some kind of positive energy exchange in return, an imbalance develops which soon manifests as resentment or guilt, and often a sense of superiority or inferiority. It becomes impossible to radiate unconditional love to another person under such conditions.

Have you gone through the process of releasing everything and everyone in your world to its/their greatest good? This is one of the tests/challenges you must experience during your journey to self-mastery.

This does not that mean that you will have to give up anything or anyone, but you may be tested to see if you truly mean what you say. Holding on to people or things, and resisting change are the major cause of human pain and suffering. In truth, you do not own anything and certainly not anyone. All you are assured of is "a moment in time," or the present "NOW MOMENT." Everything and everyone in your life could disappear from sight in a flash, just as you could. We do not wish to make you fearful; however, what we are trying to instill in your consciousness is that everything in your reality of today is transitory. What are you holding on to that still brings you pain or discomfort? What lessons are still to be learned from the pain these things bring you? Isn't it time to let go of the suffering and claim ease and grace?

Do you own your possessions or do they own you?

Are you so deeply in debt or so obligated to others that you have no time to enjoy life? Do you spend all your time taking care of, cleaning, fixing or paying for your possessions? Remember, we have told you, things do not make you happy; most often, they only bring a moment's satisfaction and then you are looking for something or someone else to satisfy your

ego-desire body. Happiness, joy and satisfaction come from within. What you are yearning for is a "quality of life," or a "state of Being."

How long has it been since you took a walk in nature; since you took time to gaze at the stars or the beautiful cloud formations in the sky; since you walked barefoot in the grass and attuned to the heartbeat of Mother Earth? How long has it been since you sat quietly and listened to the birds sing, or watched the people around you as you endeavored to sense what they were feeling or the frequency patterns they were emanating?

In your fast-paced existence, isn't it time to slow down and experience the perfection of the moment? In doing so, you are creating more perfect moments instead of a more frenetic lifestyle which has become the norm for so many people in today's world.

Do you constantly have to be entertained or have outside stimulation to keep from being bored with your life situation?

What can you let go of in order to simplify your life and make your everyday experiences more enjoyable?

How often do you spend time in solitude enjoying your own thoughts/company?

Do you always have to have music, the television or some outside distraction to keep from "thinking" and getting to know yourself? DO YOU ENJOY BEING ALONE WITH YOURSELF? You must learn to enter the "Silence of Self" in order to connect with Spirit. Your Higher Self

and God Self are waiting for you to tap into the magical Light stream of Divine consciousness. We sense the yearnings of so many millions of dear souls who wish to communicate with their Higher Self and with us, and yet, it is so simple. All you have to do is state your intention and then practice going into the silence and stillness within so we can clear the pathways and strengthen the connection that is already there, a connection which has atrophied from mis- or non-use.

What negative habits have you released? What positive habits have you replaced them with and what are the results you have noticed?

You will find it becomes easier and easier to release negative habits and thought forms as you begin to see the results of your positive actions. You will automatically begin to fine-tune your everyday conscious actions as you become an "observer" of your thoughts and intent, and are "aware" of the thought patterns you are projecting as well as the words you use. Always use words of empowerment and monitor your "mind chatter."

Has it become easier to practice "unconditional love" rather than loving with conditions?

You must first forgive yourself and practice unconditional love of Self before you can practice unconditional love for others. You cannot project or give what you do not have within. This does not mean that you do not strive to better yourself or achieve a higher level of self-mastery. It means that you accept and love yourself the way you are at the moment as you strive to integrate more of your Divinity and the Lightness of Spirit.

ember, heal the past, script your future, live in the moment.

Fear of the future is a result of not trusting yourself and the decisions you have made or will make. This is a result of deep-seated memories of failures or painful experiences of the past (in this or many other lifetimes). Guilt and shame are also ego-driven emotions of not achieving intended goals or perfection in the past. Fear, guilt and shame are often directed toward other people in your lives who are mirroring back to you the vibrational patterns you need to balance in order to let go of those past patterns/experiences.

When you learn to radiate balanced, loving energy, it will be reflected back to you by the people you interact with, and also through your everyday experiences.

Determine what attachments you have which no longer serve your highest good and are holding you back. Make a concerted effort to release those attachments and fill the vacancies with pure crystalline Light substance.

Remember to use the power of the Violet Flame of transformation. Use this magic elixir often to assist in the transmutation of negative/imbalanced vibrational patterns.

Endeavor to sever any "cords of attachment" that you still have with people in your life. With your inner vision, see these cords of attachment returning to the other person and be consciously aware when someone is trying to tap into your solar power center. With loving intent, return the energy to the sender.

Endeavor to view life and circumstances around you with detachment. Be an observer and reserve judgment. Seek and live by your own truth as you know it.

Beloveds, you are in an intense phase of transition in which you are letting go of all the negativity of the past from the deepest core level of your Being. Old energies, symptoms, thought forms and possibly pain are roiling up into your consciousness and within your bodily form in order to be transmuted. You have built a strong probable future through your intent, and you are being challenged to see if you are ready to bring your dreams/desires to fruition. Take some time to determine what kind of probable future you have built and if you do not like your design, CHANGE IT, for if you do not, as surely as there is a tomorrow, what you have envisioned will become your reality.

We have been with you since you were birthed into consciousness in this universe, and we will be with you throughout eternity. From the heart center of our Father/Mother God blessings without end are showered down upon you. You are loved profoundly, I AM Archangel Michael.

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Dearest friends, I recently returned from an incredible ten-day visit to Vienna, Austria. My dear friend, Claudia Coleman, author of How to Feed Your Body Type, was my traveling companion and also a presenter at my seminar in Vienna. It was a glorious and inspiring trip and we experienced many miracles while there. Vienna is one of the most beautiful cities I have ever visited. It has an elegant, old-world charm and some of the magnificent buildings date back more than a

thousand years. We got to see the famous Lipizzaner horses perform their morning exercises, and we felt as though we were in a time warp as we toured one of the opulent summer palaces of the Kaiser (emperor) who was deposed and went into exile in the early 1900's. Another highlight of our trip was a visit to the historic Melk Abbey, which has been an imperial church property since 831 AD. It became a Benedictine Monastery in 1113 AD and has been in existence ever since. It looks like a magnificent walled castle sitting high on a hilltop overlooking the blue Danube, about an hour's drive from Vienna. The moment we stepped into the courtyard, we knew that this was a very special place. It is filled with wonderful treasures and works of art from the past. As we stood in awe of the beauty of the chapel, AA Michael told me that one of the main reasons it was important that I visit this beautiful place is because one of the Light Cities he has spoken of is directly over the Abbey and that is the reason it has been protected for the many hundreds of years it has been in existence. The energy of this Light City will spread out like an umbrella over Vienna and will eventually spread its Light throughout Europe. After the seminar, a lovely lady named Lourdes Resperger came up to me and asked if I would consider speaking to their group at the United Nations in Vienna, the Society for Conscious Living. After I agreed, Ana Teresa Dengo, the president of the group, quickly made arrangements and got the word out to their members so that on Tuesday evening when we arrived, there were between 40 to 50 people waiting for us. AA Michael came through so strongly the room was vibrating with his energy. He told them that they were the ones who agreed to activate the portal opening and to bring the rarified Creator Energy down to Earth to be spread throughout Austria and

Europe. His message to them was inspiring and almost overwhelming, and I can hardly believe how much information he was able to impart to them in the one and one-half hours we had with the group. They were all so grateful and, of course, wanted to know more. I have been invited to return, but for now, we will just have to wait and see what the future holds. I will share more of miracles that are happening next month. Love and hugs, Ronna

THE NEW AGE OF SELF-MASTERY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, What does Spirit look like? Gaze into a mirror and see the reflection of Spirit in your eyes. Gaze into the eyes of a child and see Spirit looking back at you. Gaze at the sun, the moon, the stars, a mountain, lake, tree, flower, a bird or an animal and know that the Creator is radiating the Love/Light of Its Spiritual Essence to you through ALL of Its Creations.

PLEASE ALLOW THIS THOUGHT TO SINK INTO YOUR SUBCONSCIOUS AND CONSCIOUS MIND: YOU ARE IN THE MIDST OF A TRANSFORMATIONAL PROCESS (METAMORPHOSIS) OF MONUMENTAL PROPORTIONS. Old truths are being replaced with higher truths as you become spiritual adults. The way you view yourselves, your world, solar system and universe is rapidly changing as your consciousness expands and you gain access to the intricacies of the cosmos. You are feeling the changes at every level of your Beingness and, at times, it seems as though your bodies are rebelling as they go into overload, or take in more refined energy than can be easily accommodated. You must realize that “more” is not necessarily better, and you should always ask that you move through these times of great change with ease and grace. As old boundaries, superstitions, dogma and limitations fall away, you are feeling vulnerable and it seems that there no longer are any set guidelines to follow. There is such a tremendous amount of new information available, some conflicting and some validating what you may have accepted as your “new truth.” Please be aware that your truths will constantly expand and change as you move up the ladder of expanded awareness and enlightenment.

Time as you know it has speeded up so fast you can hardly keep up. The hands on your clocks are moving so quickly, you are often shocked that the day is gone and it seems as though only a few hours have passed. The months and years are whizzing by also, and it seems as though you are on a crash course with your destiny. You are shifting in and out of the myriad energies of the multi-dimensions which is one more reason why it is so critical that you stay grounded and focused in the moment, so that you don’t “lose yourselves or your way.” By that we mean that you are responsible for the powerful, higher vibrational frequencies that you integrate, for with this new energy comes the ability to cocreate more and more quickly anything you put your mind on and feed energy to. It is more important than ever to remember the saying, “Be careful what you ask for.”

Preoccupation with the past or future prevents you from experiencing the NOW MOMENT which is the moment of your GOD POWER. Learn to experience the freshness and joy of

being fully in the moment. As with all new habits, it will take a little practice; however, it will soon become a “natural state of awareness.” Some of the challenges, shifts in consciousness and radical changes

do not seem to make sense. Why would you manifest an illness while on your way to becoming a master? Why would you manifest a situation whereby you would have a bizarre accident, lose your job, your income or a beloved partner? Remember, your Higher Self sees that you are confronted with the challenges and tests (that you agreed to), at the appropriate time for your growth and better understanding. If you do not understand a situation, rise above it and endeavor to view it from a higher vantage point. Remember that it is not always about you; you only think so because you tend to take everything so personally.

Also remember that you are in the process of transmuting all that is not based on integrity, self-empowerment and a unity consciousness or the frequencies of unconditional love. Perfection is not a requirement; in fact, it is unattainable except within the heart of the Supreme Creator. All else is less than perfect in varying degrees. It is about becoming the “real you” and moving onto the middle path while existing in a world of duality and polarity.

You have opened a “Pandora’s Box” that has been stored deep within your psyche for thousands and thousands of years. It contains all your core issues and beliefs about self-love, lack and limitations about your worthiness of love, joy, peace, abundance and vibrant health, as well as your feelings about aging and the continuity of life. All these out-moded beliefs which do not serve your higher good are roiling up into your consciousness so they can be released and re-qualified into a higher frequency of Light substance.

You are becoming more intuitive and your telepathic skills are increasing by leaps and bounds. You are connecting with the many facets of your vaster Oversoul and your God Ray (I Am Presence) is now taking an active role in your transformational process as it filters to you the refined energies of new creation from the Creator Source. You are affecting everything around you during this process of refining your energy fields, for as you evolve inwardly and send forth higher frequencies of Light, everything around you must also change. You have been told over and over again that you first must teach by example and this is true. What better way to get people’s attention than to become very successful at whatever you choose to do, to have vibrant glowing health no matter what your age, to display astounding and innovative creative abilities, and to be so loving and generous that others are awed by your compassion and your ability to see the best in everyone in every situation.

The initiation process or your transition into a spiritual/human Being is also accelerating exponentially as you analyze, resolve, release and realign with your new integrated frequencies of Light, and all of this must take place while you are living within the framework or reality of the mass consciousness belief structure. The process of ascension or enlightenment in ancient times involved

isolation away from other people and everything within the mundane world. It involved years upon years of intense study, discipline and very difficult trials and tests before an initiate could move to the next level of the path. It involved tests so strenuous and dangerous that many times you perished or were maimed for life. You were placed in situations whereby you had to slow your breath and still your life force so that you could remain alive for several days without food, water and very little air to breathe. Those tests were arranged so that all your weaknesses would come to the fore, and all your deepest fears would rise to the surface and would be exaggerated. If you had not learned to still your mind and your bodily functions and, most importantly, to stay in the Still Point of the Moment, you would either go mad or perish from extreme fright.

Those times are past. The ascension process is now geared to the masses and not just the select few. You must pass all the tests of initiation as you go about your everyday life, tests which are brought before you in everyday situations. Each test you pass or each lesson that you gain wisdom from removes a portion of the remaining imbalanced frequency patterns within, and after a time you become more proficient in "getting the big picture" and learning to move through the distorted patterns more quickly. As your proficiency increases, you are not moved so far off-center and you do not dip into the deep levels of fear and despair of the past, but are able to maintain a more balanced level of awareness. You stop looking outside yourself for validation of self-worthiness. You know within your heart/soul that you are perfect and exactly where you should be at each and every moment in time. You also allow everyone else to seek their own path, in their own time and in their own way.

The event called the HARMONIC CONCORDANCE marked the time when the frequencies of Creator Light were greatly accelerated and, if you were ready and willing, you were catapulted into a greater level of higher vibrational patterns. Each level brings new gifts of awareness, but also more responsibility. You are learning to take personal responsibility for yourself and for all you create.

Several years ago, we explained that as you move upward on the path of ascension, your spectrum of choice narrows as you move onto the "narrow path." This means that you must always strive to make the highest choices, and many things that seemed appropriate in the past will no longer be tolerated. Your body will quickly let you know when it wants you to eliminate various foods or habits of lower frequencies, and as you become more attuned to the wisdom of your body Elemental, it will apprise you of what you need to do for maximum strength and health, and also what you must eliminate in your life. This may vary from person to person; however, if you wish to gain or maintain maximum health and vitality and be able to i

ntegrate higher and higher levels of Divine Light, you had best take heed.

New modalities for healing are emerging every day and humanity is slowly becoming conscious of the fact that each person is responsible for his/her own health and well-being. The medical profession will slowly change into a "prevention mode" rather than a "repair the damage" mode. We will stress once more that Light, sound and color are the modalities

of healing, balancing and harmonizing the human vehicle, and the use of these gifts will greatly accelerate the process of transformation.

As you move deeper and more fully into your spiritual adulthood, can you not feel the connection between us intensifying as we shower down upon you all the radiance of our Father/Mother God's love from the highest realms of the universe? Yes, it is time for each of you to acknowledge and listen to the Divine voice of the Creator within that is waiting to answer your every question and supply you with all the knowledge you need to move forward into the New Age and evolution of humankind. It is time for you to determine which path to enlightenment you will follow, what rings true for you within your sacred heart. There is only one truth and that is the eternal truth of the Creator, but it has been fragmented into many energies, thought forms and levels of truth. It is time to follow the nudgings of your Higher Self, as you claim the truth that resonates clearly within, and then follow it unerringly.

Very soon, the time will come when channeling or telepathic skills will be commonplace around the world as more and more blessed souls clear the distortions which lead to a reconnection with their Divine Self and the wisdom therein. You are being given every opportunity to open or clear the pathway to your vaster self so that you may receive clear, concise information critical to your growth and transformation process. But you must begin by listening to the small nudgings you receive during the day or night and after validating them in your heart/soul center, follow the guidance that feels appropriate (which should always be empowering, expanding and loving).

The Light or Divine Cosmic Life Force from the heart center of the Supreme Creator is filtering into the places where the deepest, darkest shadows dwell, both in the world and within each of you. This creates a process of distortion, often confusion, fear and discomfort. There is an ebb and flow of energies as the Light gradually overcomes the shadows and they eventually melt away. Many of you are having experiences where you feel you are being bombarded by some external source. Know that it is your own inner demons you are facing, giving you an opportunity to, once and for all, release all the negative energy patterns that you have been carrying since the beginning of your first physical embodiment.

It is of major importance that you discipline your mind and thoughts. What do you wish to carry forward with you into the Ne

w Age of en-LIGHTEN-ment? Your focus should be of both an internal nature and an external nature, for as you transform and raise the frequencies within, your outer world will radically change also.

You have suffered enough poverty and deprivation, beloveds. Are you ready to reach out and claim the treasure chest with your name on it that has been held in trust for you? It has been waiting for you to awaken and to be bold enough to demand your birthright. You are the prodigal sons and daughters, under the protection of our Father/Mother God, who are returning to the realms of all possibilities. We fill you to overflowing with blessings beyond

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

LAST CALL: NOVEMBER 20-27, 2005 * ATLANTEAN REUNION CRUISE * A seven-day cruise through the ancient waters of Atlantis * Reclaiming the power and majesty of our Atlantean Heritage. ARCHANGEL MICHAEL/RONNA HERMAN * STEVE & BARBARA ROTHER/THE GROUP * . Cruise price $1,799 per person (double occupancy) which includes: You may register online: www.RonnaStar.com under Ronna's seminar schedule. NOTE: We have a few rooms left at the reduced rate above; however, we will not be able to hold the rooms at this rate much longer. If you are thinking about joining us on this special journey, now is the time to commit.

***AUDIO TAPE: 2K-25 * Time to Release Past Life Karma * Claim A Life of Ease and Grace * Meditation: LADIES OF THE GODDESS ENERGY * INITIATION INTO THE ORDER OF THE GODDESS * $12 Plus S&H * $2 USA * $3 Canada * $4 Int'l ** BEAUTIFUL DOUBLE-TERMINATED GODDESS CRYSTALS * 150 GRAMS OR LARGER * $25 Plus S&H * $3 USA * $4 Canada * $5 Int'l **

DIAMOND CORE GOD CELL * Before we descended down through the multi-dimensions in our crystalline Light bodies, an etheric Diamond Core God Cell was placed deep within our sacred heart. This God Cell contained all the qualities, virtues and attributes of the 12 Rays of Creator Consciousness. It is time for this wondrous gift to be activated and AA Michael has been blessings us with this miraculous activation since May, 2003. The tear-shaped, multi-faceted crystal that was miraculously made available to us symbolizes our Diamond Core God Cell and the wondrous gifts it carries. $15 each plus $3. S&H *** FAMILY OF MICHAEL CRYSTALS * Beautiful, clear double-terminated Crystals approximately 2" long. Very powerful. We all are of the Legions of Michael and the Family of Michael. These beautiful, clear, double-terminated crystals are infused with loving energy and protection of Lord Michael and Lady Faith, as well as the First Ray attributes of Divine Will and Power. $15 each plus $3. S&H

***Dearest friends: My Salt Lake City trip was quite an adventure. We had thirty-six people at the seminar, a powerful, beautiful group. I know I

went to SLC not only for the seminar, but to help activate two incredible mountains with Michael Shurtliff, who is one of the keepers of the great crystalline energy beneath the Salt Lake Valley. On Sunday after the seminar, he picked me up and along with his wife, Michelle, their three children, and a dear friend named Darlene Head, we traveled in their motor home about 150 miles southwest of SLC to a place called Topaz mountain which is a treasure of different kinds of stones: Apache tears (obsidian), topaz and tiny crystals are scattered all over the ground. They have three all-terrain vehicles which we planned to ride around the area. I was to ride behind Michael; however, when I lifted my left leg (the one that has bothered me since I fell in the airport in Washington, D.C. last Nov.) something popped. Excruciating pain shot through my leg and I could hardly put my weight on it. After

a while, they helped me onto the ATV and Michael, Darlene and I went to the base of the mountain. AA Michael told us quite a story about the significance of the area, and I also learned that I died during a great battle there and that I needed to heal the horrific memories of having my leg nearly cut off, my chest crushed and my dying thoughts of betrayal, failure and abandonment. As Lord Michael closed, he asked Michael to move aside his fear and allow him (AA Michael) to speak through him. After a moment of hesitation, the words began to flow out of Michael's mouth and it was an incredible message and experience. Darlene was also there during that great battle and was also one of the leaders of the Lemurian group. We then drove to another beautiful site where there was a mountain called Crystal Peak which is shaped like a pyramid. Later that evening, after the moon came up, we did the activation for that mountain. AA Michael told us that the Topaz peak carries masculine energy and Crystal peak radiates the feminine energy. Michelle, Michael's wife, who carries the Goddess energy, did the activation for that mountain as we all sat around the camp. The energy was incredible, and it was an awesome experience for us all. Michael, Michelle and Darlene are very active in the IMPACT TRAININGS GROUP as graduates of the training. Hans and Sally Berger, the owners of Impact Trainings, have assisted thousands of people over the last twenty years or so to claim their self-mastery. They have created a loving, powerful and effective environment for people to release old restrictive thought patterns and seek their highest truth. AA Michael told us last February when I was there with them, one of the great Light Cities/portals is over the Salt Lake valley and an important part of their mission is to anchor that rarified Light. AA Michael's teachings are an important part of their curricula. If you are interested in learning more about their training, call: 1-801-572-9700. My knee is much better after an acupuncture treatment, and I know I will soon be up a

nd "running" again. Angel hugs, Ronna

HARNESSING THE LIFE FORCE OF CREATION

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, the power and magnitude of the Supreme Creator is awesome and beyond human comprehension. It is the driving force behind everything that has ever been or ever will be created in the Omniverse. It is time you remember how to harness and use the Life Force of Creation as you reclaim your birthright as a cocreator of joy, peace, and abundance. The Creator via our Father/Mother God supplies your LIFE FORCE by way of the Silver Cord (often called the Rainbow Bridge of consciousness) through your God Ray, and finally through your Higher Self as it filters down through your crown chakra and throughout your etheric, mental, emotional and physical bodies. However, there are many factors that determine how much of this radiant life force you can access or draw to and through you. The majority of humanity is on a "starvation diet" in more ways than one, primarily because they have shut down the connections to their soul and higher selves, and also have what could be called an "armor of distorted energy," created by all the third- and fourth-dimensional imperfections. They have forgotten that all the life force they will ever need is

available within that vertical tube of Light, and so they seek to tap into the energy of those closest to them, horizontally, through the three lower chakras and especially the solar plexus chakra. This has created the push-pull dance and struggle for power and supremacy that has been prevalent on your Earth for many thousands of years.

The strongest force in the Omniverse is the LOVE FORCE which is radiated through the Essence of the feminine or GODDESS energy of the Creator. First, the masculine Essence of the Creator brings forth “SEEDS” of new creation within ITS mind, resulting in a Divine Blueprint which is then enfolded within the LOVE CORE or the emotional nature of the Goddess Essence. A wondrous and magnificent process is thereby initiated resulting in creations beyond your greatest imaginings. You, as humans, are one of those magnificent creations.

There was a time in your ancient past when the aspects of the Mother Creator were the dominant energy and focal point of worship. For many thousands of years it has been a patriarchal world and the Creator has been envisioned and acknowledged in only the male aspect of its greatness. Just as you are bringing together all the parts of your vaster Being, it is time to reunite and acknowledge the wholeness, as well as the many expressions of the Creator. The Goddess aspect, the Mother God, or the feminine energy of the Creator, is radiating more of her attributes and energy throughout the universe at this time, the attributes of Divine love, compassion, illumination, nurturance, gratitude, faith, creativity and the inner focus and awareness of Spirit. These blessed energies will enhance, refine and complement the mas

culine aspects of the Creator, Divine will to create, wisdom, truth, valor, decisiveness and power.

Before many of you came into this lifetime, you agreed to be the bearers of the gentle, sweet energy of the Goddess. Yes, many in the male body, as well as those in the female body, agreed to allow the energy of the Goddess to overlight them so that they would become the examples for others to see, and hopefully, to emulate. As a result, it is no longer so radical for the male in a family to be the one who is the nurturer and caretaker of the young ones. Many brave men are allowing their gentle side to emerge as they begin to express their feelings and acknowledge their emotional nature. The difference between the male psyche and the female psyche is narrowing as each begins to integrate the masculine or feminine aspects of Self. On the opposite side, many born in the female body agreed at a soul level to integrate and allow their male side to take dominance, thereby becoming more active out in the world of business, service and government. While playing their feminine role, they are also assertively making their mark in other areas of endeavor which were, heretofore, the exclusive domain of the male population. It is one more aspect of the integration that is taking place on many levels.

Just as you were separated from your Divine Twin Ray, so was the Essence of our Father/Mother God separated aeons beyond aeons ago. The process of reunification has begun from the highest level outward and downward into the lowest levels of Creation, and

our Father/Mother God are also in the process of being reunited throughout the universe, as well as on Earth and within each of you. Of all the glorious happenings that are taking place, this is the most awe-inspiring and all-encompassing occurrence.

Allow me to give you a vision of the perfection of the grand plan for you to ponder and to help speed up the process of remembering who you are and why you are here on planet Earth. The Creator's directive for this universe was that there would be many unique, detailed and focused Creations brought forth, whereby those of you who were drawn to a particular world and culture would become experts in one specific aspect or attribute of Creation. Whatever your focus was: mental, emotional, scientific, medical, historical, creative, teaching, nurturing and serving, leading and directing, then those particular aspects and attributes were integrated into your Divine blueprint/mission through the energies and overlay of the energy patterns of the great Rays. That is what you have endeavored to do throughout the ages, to bring your special attributes and talents to the fore and to perfect them as they were in the beginning.

See the vast multitudes of Divine Sparks of consciousness flowing out into the universe via the energies of the great Rays from the heart of the Father/Mother Creator of this universe to the Cocreator Gods, the Paradise Sons, the Elohim, t

he builders of form, the angelic realms, the great Beings of Light and ultimately, YOU. Envision yourselves among these blessed, brave ones as you surge and flow, experience, create and grow in knowledge and expertise. Aeons later, the next part of the grand plan was put into effect and the vision of a small, special planet was brought forth, a planet which would be beautiful beyond measure, for all the wonders of Creation would be brought to this one small place within the outer limits of a galaxy, at the farthest edge of Creation.

The process of bringing this miracle of Creation into physical manifestation in one place began. After being scattered throughout the universe, all was gradually brought and recreated on planet Earth: all the diversity, all the uniqueness, all the expertise and wisdom garnered throughout the long journey since the inception of the grand plan. You all traveled down through what is called the seven spheres of experience, or the realms of the seven Rays of expression, which contained all the virtues, aspects and attributes you would eventually incorporate. You stayed the longest in that place with which you resonated from within, the place which was attuned to your Divine Mission. And there, you stayed in the form of your great I AM Presence, who then projected you down in many fragments which would become known as your "soul family."

You descended first into a beautiful, perfect etheric form called your Etheric Web, and then you began to mold your physical body around it, a Divine body brought forth from the mind of the Creator. You kept a portion of your "cosmic memory" intact for many ages, until the Earth and humanity sank into the density of the third/fourth dimensions. The veil of forgetfulness was gradually drawn across your memory and a veil or quarantine was placed around the memory of Mother Earth's consciousness as well. You have journeyed for many thousands of years feeling alone and disconnected from us, the Beings of Light, and from

your own Divine Self. You were sent forth to experience, create, gain wisdom, and share the expertise and knowledge that are uniquely yours. You had to learn what it entails to create on the physical plane, in a physical body, and as you endeavor to perfect your earthly skills to remember that YOU ARE A MASTER OF LIGHT.

So see yourself shedding the anchors and the weights that are keeping you walking the depths, in the quagmire, the fog and illusion of the lower dimensions. Allow yourself to shed the layers, the burdens that are keeping you stuck or anchored. Allow yourself to soar, once again, into the rarified heights. Are you aware that those of you who have advanced your frequencies and resonance beyond that of the Earth are actually assisting your beloved planet to move higher up the spiral of ascension? That is part of your mission, dear ones, to assist your brothers and sisters, but also to be Light streams that become stronger and more buoyant, lifti

ng the mass consciousness, clearing the Golden Etheric Web of your Mother Earth so that she can, once again, claim her destined position in the grand drama of evolution.

Your “cosmic memory” is returning as you clear and balance all the energies created through the mistakes, trials and errors made down through the ages. All was part of the overall grand plan, my brave ones, but it was not known how the drama would play out until it was brought forth and implemented, and free will was granted as the ultimate test in cocreation.

You burst forth from unity consciousness, separating and fracturing into fragments of many sizes and resonance, weaving your way down through the dimensions and through your many lives and experiences on Earth, always seemingly alone. You are now reversing the process. You are healing and integrating the fragments of yourself. You are balancing and harmonizing your force fields so that the multidimensional aspects of your Being can also begin the process of reintegration. You are merging into unity consciousness with your “companions on the journey,” the multitudes of brave souls who stepped forward with you in answer to the clarion call and agreed to traverse the unknown as a participant in this “grand experiment.”

How wondrous it is to watch you, my brave ones, as you remember and as you recognize those who are your companions-in-Spirit, those from whom you were separated and have missed so sorely. We revel in your excitement and joy as you lovingly reunite and share the experiences of your journey, as you bring forth and share the wisdom you have garnered, and allow others to help you reclaim and integrate that which you lack.

Indeed, it is a time of great change, a time when all the facets of Creation are striving to return to the harmony of unity consciousness from which they sprang. Those who remain on the fringes, and those who are unwilling to begin the process of awakening and integration will feel more and more isolated. The sense of being alone and cut off will increase until they cry out in anguish, and reach out to those of you waiting to lovingly assist them back on the path and the homeward journey. Eventually, we will all rejoin one

with another, fully conscious and aware while unified in Spirit, within the dwelling place of our Father/Mother God. We are awaiting the opportunity to assist you to leap beyond the obstacles and boundaries which keep you ensnared in anything less than the balanced and harmonious vibrations of Love/Light.

We implore you, do not become attached to any way of being, any one modality, any philosophy that is too narrow or too structured, and do not buy into any agreement that gives power to someone outside yourself. Always practice discernment, dear hearts, a God-given aspect of free will. We cannot emphasize this enough, for as quickly as an apparent truth comes forth and you incorporate it into your belief system, it may be superseded by a higher truth,

or a new concept. In looking back, can you not see that much of the knowledge you now accept as your absolute truth was beyond your wildest imagining five years ago, or even a year ago? Be aware that what you are so certain about today will undoubtedly change tomorrow or next week. That is why you are feeling so vulnerable, beloved ones, you are shedding density and integrating Light, and so is your world and everyone around you.

You cannot fail, you can only hold yourself back and create discomfort if you struggle and keep yourself submerged in the old density. Accept these most precious gifts that are being offered, become your own sacred witness as you glean, sort, release and refine the information and experiences that move into higher, more refined awareness. Do not become bogged down or attached to any set pattern or belief structure as you gradually emerge from the cocoon of a physical-human Being into the crystalline form of a spiritual-human Being. Allow yourself to ride the crest of the mighty waves of transformation. Remember, as you move quickly along the narrow path toward illumination, it is your own private journey and no one else can tell you how to proceed; however, we are ever near to assist and protect you. We are only a heartbeat and a thought away, beloveds. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN * STAR*QUEST * 6005 CLEAR CREEK DRIVE, RENO, NV 89502 * USA * PHONE/FAX: 775-856-3654 * Email: RonnaStar@earthlink.net * Website: www.RonnaStar.com

SPECIAL OF THE MONTH: CRYSTAL PENDANT 24K gold wire wrapped, hand engraved with an angel and infused with the loving energy of AA Michael and Lady Faith. Receive one of AA Michael's audio-taped messages ($12 value) with the purchase of one of these beautiful pendants. $25 plus $3 S&H

NEW***2K-34 July, 2005 SALT LAKE CITY * Side A: Archangel Michael answers many questions about what is going on in our world: relationships, the children of the New Age and many other pertinent facts about the transformation process we and the Earth are now in the midst of. Side B: These are Critical Times of Change * Ancient History of the Great Salt Lake Valley and how we can help bring down the rarified energy from the higher dimensional Cities of Light. $12 Plus $2 S&H USA * $3 Canada & Mexico * $4 International

***AUDIO TAPES: 2K-31 * Wesak, Mt. Shasta * Preparing to Claim Your Divine Birthright * Cosmic Truths: Evolution and Creation * Story of Adam and Eve * SIDE B: AA MICHAEL'S closing message: JOURNEY TO THE GREAT CENTRAL SUN FOR INITIATION * $12 Plus $2 S&H USA * $3 Canada & Mexico * $4 International

***2K-32 * AA Michael * Crystal Pyramid Meditation * Accelerating the Ascension Process * Claiming Your Divinity * SIDE B: Releasing Painful Core Memories * Returning to Balance and Harmony Within * S&H as above.

***AUDIO TAPE: 2K-25 * Time to Release Past Life Karma * Claim A Life of Ease and Grace * Meditation: LADIES OF THE GODDESS ENERGY * INITIATION INTO THE ORDER

OF THE GODDESS * $12 Plus S&H * $2 USA * $3 Canada * $4 International ** BEAUTIFUL DOUBLE-TERMINATED GODDESS CRYSTALS * 150 GRAMS OR LARGER * $25 Plus $3 S&H

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Dearest Friends: I just returned from an incredible week in Tokyo, Japan. As always, our seminar there was a smashing success. The Japanese people are so receptive, as well as open and eager to hear and integrate the teachings of Archangel Michael. My dear friends and facilitators/translators, Hiroshi and Janet Ohuchi are two of the most beautiful, shining souls I have ever met. It is always like visiting a little bit of heaven when I stay with them in their beautiful home overlooking Mt. Fuji. Throughout the year, they hold seminars all over Japan spreading AA Michael's wisdom in their own special way, and I am so very grateful that we have been reunited in this lifetime. There are so many lovely souls that we have "cosmic contracts" with, and it is one of our special blessings that we are being reunited with our "soul/task companions."

My knee has healed nicely and I am swiftly regaining my strength and vitality. So many people around the world are experiencing a great variety of physical symptoms and discomfort as we make way for the more refined frequencies of Creator Light. Do not feel discouraged and know that you are not alone. We are all in this together. See this process of ascending into a higher state of Being as an opportunity, perhaps a challenge, but also a great gift. Please go into your special Pyramid of Light in the fifth dimension to assist you to

move through this dynamic evolutionary process with ease and grace. Your guides, guardians and angelic helpers are ever present and ready to assist you. Over the next couple of months, I will share some wonderful things that are happening in my world. We are in a time of great change and I am so excited about the future and the wonderful things we are being gifted with. I treasure your friendship and I feel your loving

energy when I visit our group pyramids of Light.

Stay the course with me, dear hearts, the future is bright with promise. Eternal love and blessings, Ronna

THESE ARE THE TIMES OF ACCOUNTABILITY

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, indeed, it is a time of accountability, a time when nothing can stay hidden, a time when all are seeking to return to balance and harmony. A time when the energies of cause and effect are returning to each of you very quickly, as you face the consequences of your thoughts, deeds and actions. But we ask you to be the observer, beloveds, and radiate love to those who seem the least deserving, the victimizers, as well as the victims. Radiate love to their inner Essence, not condoning their actions, but seeing the highest outcome for all, this will avoid adding more negative energy to any situation. Move to a level whereby you are observing all that transpires from the objective viewpoint of a master, knowing that out of every adversity there is the potential for a greater good to emerge. Become aware that everything that is being destroyed or torn down, is making way for something more appropriate, refined, and en-LIGHTEN-ed to take its place.

Many beautiful souls have agreed to play out the dramas in which all Earth residents are involved, at one level or another. They agreed at a soul level to bring to the attention of all humanity, the imbalances and inequities that need to be corrected and addressed. There is no need to name these negative traits again, you all know what they are. Many are so quick to pass judgment and express their self-righteous indignation. We tell you that none of you is blameless. You all have played the same game or role to some degree, or been involved in a similar scenario at one time or another, whether you remember it or not. So you see, you are only judging yourselves

During the coming years many prophecies, both positive and negative, will come forth and it is important how you perceive and accept what is being said. Yes, each and every thought, expression and action has an energetic signature and adds to or detracts from the overall radiance of the Earth. The Earth is being monitored carefully as well, beloveds, to see when your planet will be ready to move forward to the next level of illumination. As you all are aware, there has been much devastation and cleansing on the Earth over the past decades and, yes, it will continue as a necessary part of the overall plan for the greatest good of all. We know it is difficult for you to not focus on the negativity and destruction occurring in the world, but we ask you to also be aware that all of those who have experienced these

cataclysmic events agreed at a soul level to make the supreme sacrifice so that you and the Earth can move forward. Those who have made their transition from the Earth via the cataclysms are watching with great joy from the higher realms, knowing that they have made an important contribution to the whole and that their evolutionary journey will be made easier because of the role they agreed to play.

Your test is to be the loving, compassionate observer, helping those you can, knowing that there is a grand plan being played out on Earth, while projecting your contribution of radiant energy out from your heart center into and around the Earth and to the whole of humanity. The Earth is not being destroyed, nor are you being punished, but the emotional and mental bodies of the Earth must be brought into balance and harmony so she can move into her proper place within the solar system and galaxy. All of you, and that means each and everyone on Earth, agreed at a soul level to the roles you have been asked to play in the drama now unfolding. Most are fulfilling their promises unconsciously, many have abdicated and fallen by the wayside, but many more of you are endeavoring to fulfill your contracts in its highest form with full awareness of what it entails. We know who you are and we commend you, our radiant Warriors of Light.

It is crucial that you understand how essential you are and that time is of the essence. Know that this is the most important lifetime you will ever experience on planet Earth and that your active participation is vital to the successful outcome of the plan. That is why we ask you to change your perception as to why you are here, what life on Earth is about and what is truly important. We ask you turn your focus to the temple of your heart and begin to build your paradise within, filling it with love, beauty and harmony, and then projecting that perfection outward so that it begins to unfold around you. Your refined, energetic signature will gradually radiate out into the world, affecting and changing everything it touches. See each moment as precious and perfect, as a gift from our Father/Mother God allotted to you, its caretakers, to use as you so desire. Know that if you will integrate these concepts into your reality and if you will see yourselves as a radiating force capable of magnetizing all the wonders of Creation to you, that you can transform your world and create the world of peace, abundance and harmony you desire within six months of your time.

You are much more powerful than you realize, especially when you join together in a unified effort to create the highest good for all. You are a creation of the God Mind and you are encoded and designed with a deep-seated desire to create. During these most important times of evolution and transformation, each of you has been drawn (or will be drawn) to the place in which you can be of the most service. Either by serving those around you, sharing your unique talents and gifts, or because you have specific energies encoded within your Divine Blueprint that are critical to the evolution of that area, or you may have Light packets or frequencies within your brain structure that will help to activate the crystalline energies that have lain dormant within the Earth for many thousands of years. These great structures are waiting for you and for those who are

in harmony with you, so that, once again, they may project their radiant Light out into the solar system and also receive the refined frequencies now being beamed down upon the

Earth. These frequencies will also circle the globe as the golden web of Light is reestablished, which is a critical factor in the reunification process. Much has been accomplished, but there is still much to be done and each of you is a key player.

As you join together and allow yourselves to be the transformers for this energy, you will draw it through your physical vessels so that it can pick up your unique frequency patterns before the combined frequencies are transmitted deep within the Earth's crystalline core. Know that within your physical vessels and with your loving intent, you hold the keys which will help to bring these magnificent Light structures to life once more. And in this way, you will render great service to humanity and the Earth, for this important process will help to ease the stress and strain of releasing the constraints and imperfections as you move through the fourth dimension toward the freedom and harmony of the fifth dimension.

Many of you are healing the ancient wounds and memories of Atlantis and Lemuria, while many others are activating the wondrous memories and energies of some of the great Light centers of the past. Then you will all use these energies to help create the perfection of the future. You are being called to take brave and bold action as you go forward on your assigned missions. Remember, beloveds, you agreed.

The drama and great transformation that are taking place on Earth have never been experienced before in all creation. You will be seen as Divine architects who have braved the unknown in the farthest outpost in your universe, assuming cloaks of flesh and submerging yourselves in the quagmire of third-dimensional illusion. Now it is time to shrug off the shackles that bind you. Now is the time for you to reclaim your Divine Birthright and your heritage. Oh, beloveds, if only you knew how you are cherished and how we honor you. If only you could remember yourselves as you were and are in the higher dimensions, you would not be anxious or sad, you would know that you have all the power, wisdom and the tools to recreate paradise on Earth, and when the task is finished, how easily you will return to your home among the stars. We wish to give you assurance that we are waiting to welcome you with open arms and that there will be a grand celebration.

As all the deep-core, negative patterns emerge from deep within your memory and DNA to be cleared and dissolved once and for all, we sense your frustration, your confusion and your fears of being punished, or of having done something wrong. Let me assure you, precious ones, this is happening because you are doing something RIGHT, not wrong. We will not minimize your pain or your discomfort; however, we will give you encouragement and direction. A purification proc

ess is underway on Earth and within every sentient Being. As you allow the cleansing energies of Light to infiltrate throughout your body, you will release and refine everything of a lesser vibration. Can you accept the fleeting discomfort as an opportunity to release that which does not serve your highest good? Then please use all the means at hand to relieve the symptoms or condition, knowing that at its completion you will be ready to accept even greater infusions of Light.

We have tried to assist you in understanding the Universal Laws of Creation and the seven Rays of Beingness, or the virtues and attributes of the Creator for your solar system. The prisms of the Seven Cosmic Rays are growing stronger as they are projected via magnified Solar Light into your bodies in order to empower you and bring you into wholeness. You are coming of age as you take on your spiritual responsibility and gain the wisdom of a master, but there is still much to be done and discernment is more important than ever. You are moving out of the harmonics of seven into the galactic harmonics of 12. This is why it is so important that you bring your physical chakra system into balance as you access the ever-increasing strength and power of the higher Rays' vibrations. Anchor your feet firmly on Earth, beloveds, as you reach for the stars, for if you do not, your physical vessel will not be able to withstand the magnified influx of cosmic energy, and you will not be able to serve yourself or anyone else. You depend on the Earth to support and sustain you, now it is time for you to assist your mother planet, for you are inexorably joined together as you and the Earth spiral into the next level of illumination.

As with every great change, the pendulum of popular belief or mass consciousness swings widely before it settles down to a sensible norm. There are many teachings and claims being circulated, many to empower and assist you, and many to frighten you and take away your power. Also, there are many products being touted to speed up your enlightenment and "do the work for you." There are many legitimate tools and products which will help you on your path, but remember, beloveds, you must do the inner work—you must tread the path to en-LIGHTEN-ment—no one else can do that for you.

You are in the midst of an ongoing dream that is fast-forwarding at an accelerated speed. If you allow the fixations of the past and those antiquated energies to emerge, to be transmuted or dissolved, if you do not try to hang on to the old patterns, thought forms or structures, you will not feel so distressed, so out of control. You must admit that this is not a time of boredom or stagnation, indeed, it is a what you have yearned for since that time long ago when you merged your magnificent Spirit Self into the limiting confines of a physical structure.

Awaken each day in joyful anticipation, with great expectancy, allow the day to unfold in its perfectness, gif

ting you with new delights, releasing you from shackles of the past. As we have stressed, over and over, stay in the event of the NOW or in the Still Point of perfection, and in doing so, you are focusing on what is occurring in the moment. Each moment, each thought, each event is of vast importance, for the treasures of new wisdom, new insights, new powers of reasoning, new gifts are pouring forth at an astonishing rate and you must be open to receive them. With each new impulse of a higher vibration, a portion of your existing reality begins to dissolve as the pattern repeats time and time again, as all that is not in balance and harmony gradually melts away. Reach inward and upward beloveds, as always, we are here to guide, protect and inspire you, and to radiate the loving energy of our Father/Mother God through our hearts to you. I AM Archangel Michael.

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MAINTAINING A PEACEFUL HEART WITHIN A WORLD OF CHAOS

TRANSMITTED THROUGH RONNA HERMAN

MAINTAINING A PEACEFUL HEART WITHIN A WORLD OF CHAOS

Beloved masters, as you incorporate more of the magnificence of your God Ray, the attributes, qualities and virtues, wondrous things begin to happen in the world around you. The galactic prosperity gateway opens wide and the wealth of the universe pours down upon you. Always be aware that you are responsible for how you use your gifts of Spirit. It will not serve your highest good to gain great riches and then hoard them. There is no virtue in poverty. That is an old outmoded thought form created by those who sought to suppress you and gain power over you. Money is a symbol of the opulence of the universe; however, spiritual wealth encompasses many things: a healthy body and mind free of disease, full of vitality, youthful and filled with a zest for living and creating anew; satisfying relationships with a great variety of people, from your close physical family to your extended spiritual family.

You may have different viewpoints and be at varying levels of awareness on your spiritual path, but you must honor and allow each and every one to follow their truth in their own unique way. It is of vast importance that you set boundaries and honor and nurture yourself so that you will be capable and ready to receive increasingly higher, more refined gifts of love/Light from our Father/Mother God. You should endeavor to find a working environment that supports and demands the highest integrity from everyone involved, and one of your major goals should be a career that brings you great joy and satisfaction, as well as appreciation and financial rewards. When you are soul-focused and divinely inspired, wealth becomes an enhancement to your spirituality, for you can live graciously, yet simply, and all your desires are met without thinking about what they are. You share freely with those on the path who have not yet learned the laws of abundance. You will be their example and their partner as you give guidance and a helping hand when appropriate.

Your treasure chest of wealth will contain a plethora of creative thoughts inspired by your Higher Self and downloaded into your consciousness when you are ready to take advantage of them and, through your conscious intent, you will begin the magical process of bringing them into material manifestation through your actions. We emphasize what we have said many times before, you can have or become anything you can envision. This is the era of new Creation, with a never-ending supply of primal Cosmic Life Force Substance at your fingertips just waiting for you to mold it into the stuff of your dreams and visions.

You are all having difficulty keeping up with or integrating the refined energies that are being constantly radiated down upon and through you. Some of you have moved to a level where you must step back and allow your external world and your physica

l vessel to catch up with your inner vibratory field. Never before has humanity, nor any race or civilization in this universe, moved forward so quickly and dramatically in the evolutionary process as you have in the last fifty years of your time. So is it any wonder that you are feeling dizzy, disoriented, confused, out of sync with the world around you, and oft times discouraged?

Our promise to you is that this too will pass as you become more comfortable with your new radiance and swiftly transforming reality. If you stay the course, you assuredly will step gracefully into the next level of awareness, and you will gradually perfect the skills, integrate the wisdom, and accomplish many miraculous things as you strive to overcome the challenges that are presented to you. You must flex your spiritual muscles and lay claim to your new-found power. That is why we wish you to accept this truth: you are the student, the teacher, and also the master. No one else knows better than you what is right and appropriate for you in each and every moment and in every situation.

Now that the Supreme Creator is taking an active role in the grand process of reunification, you can be assured that your world, your reality and everything you believed to be the norm will continue to change dramatically and at an ever-accelerating pace. Within the great cycles of expansion are smaller cycles wherein there is a process of gleaning or harvesting all that is in harmony with the Creator's plan, followed by a contraction or reformation of all that is disharmonious. Energy is never lost or destroyed, it is remolded, transformed or modified into a different form and vibrational frequency. The lower vibrations and distortions of the third/fourth dimensions are being sought out and penetrated at the deepest level by the awesome power of Creator Light. That is the process you, the Earth and all Creation in this universe are in the midst of at this time. It is painful to watch the mass destruction that is taking place around the world and we, as you, feel the pain and suffering that is rampant as the cleansing accelerates. Everything possible is being done to diminish the suffering, and it is imperative that you stay focused and centered in the heart as you draw forth and radiate out into the world the maximum amount of Creator Light substance for the greatest good of all. Make no mistake, the unconditional love/Light energy that filters through you is added to the whole and it is making a vast difference.

The holographic pictures that have formed your realities are shifting and many of you feel vulnerable and left without an identity that you can relate to, or parameters to guide you. Over these many past traumatic years, you have gone through the process of releasing much of what you thought was important in your third-dimensional reality, surrendering many of your relationships, your possessions, your perception of what and who you were as you moved into ha

rmony and attunement with your Higher Self. Gradually, you were able to access more refined energy, higher frequencies, new information and greater wisdom. Eventually, you

became more comfortable with your fourth-dimensional reality as you worked through even more negative and emotional energies that came bubbling up from within your subconscious mind as you swept out and cleared outmoded perceptions. The pulsating, transforming Light frequencies reverberated throughout the depths of your cellular structure and began to break loose all the impacted core memories that have accumulated down through the ages, stirring them up, and moving them out to be released and replaced with Divine Light substance. As you began to resonate to a quickened vibration, more of your vaster being, your soul-self, your Higher Self, and your God Ray began to, once again, take up residency and dominion within your physical vessel.

However, most recently for some of you, it seems you have taken a step backward and many of you have suddenly manifested dramatic illnesses that you do not understand, obstacles have been placed in your way, hampering your progress in what you thought was your mission and your gift to humanity. Many of you can no longer find the solace in meditation, or the ability to reach upward (or inward) in order to tap into the loving feeling of Oneness with the Beings of Light. You feel a void, a sense of loss, or at least, a sense of instability. All that you are experiencing now, the discomfort within your bodily forms; the releasing of many of the aspects of your life that you thought were important, stable and necessary; the crumbling of old belief systems and the feeling that you are no longer in control of your destiny, are all part of the accelerated transformation process now in progress. You are shedding many, many layers of etheric matter from your auric fields which no longer serve you, which cannot exist where you are going. When you integrated your soul-self, you diminished the power and control that your ego-self had over you. As you integrate your Higher Self and it takes over the guardianship of your energy and destiny, the soul-self moves into the background or, to put it more clearly, it becomes integrated into the energy force field of your Higher Self, and so it goes as you ascend the ladder of reunification.

It is of vast importance that you understand, those of you who have diligently strived over these past years to balance and harmonize the discordant vibrational patterns within have moved, or are moving, into a new cycle of awareness. We understand that it is exciting to learn new information, and to remember and reclaim as much of your galactic and cosmic wisdom as possible; however, it is still vastly important that you integrate into your present reality what you have learned, and begin to use the knowledge and tools given you to create a better world for yourself and all those around you.

Whereas many of you hav

e been focusing primarily on your spiritual growth and awareness and have somewhat neglected your physical vessel and environment, you may recently have felt an urgency or have been forced to pay more attention to your bodily form and your immediate surroundings. There comes a time when you have integrated the maximum amount of higher frequency energies that your physical vessel can take in and absorb without creating major distress. It is very evident that this is happening all over the world and that each person as well as the Earth is in a critical phase in this dramatic process of evolution/ascension. (Please do not forget to ask your Higher Self to monitor the vibrational

frequencies that you absorb, and ask that all residual energy be sent forth unto the world as you breathe in and breathe out the love/Light). The phrase “more is not necessarily better” applies here.

When the time is right, your body will let you know via emotional or physical symptoms that it is time to make a concerted effort to allow the new energies to perform their magic, whether it be releasing old impacted energies within the physical vessel including your DNA, or you may require an emotional release or a mental clearing of some kind. If there are times when you do not feel like reading any spiritual material, please honor that feeling. If you feel you are emotionally vulnerable and need to nurture yourself, honor that feeling as well. If there are times when you feel mentally stressed or “stretched,” please give your mind a break and only perform those mental tasks that are absolutely necessary. Place your focus on your physical well-being and refresh your mind and body by connecting to and communing with the elements of nature and your Mother Earth. They are your constant friends and companions on this journey.

Let us reassure you, it is all a part of the process and the spiraling cycles of change. These past years, and especially the last year of your time, have been a time of great acceleration. We have been infusing you with the maximum amount of Christ Light or Divine Substance from the Creator that your physical vessels could contain. In doing so, it has jolted or sped you along the path of initiation, or upward in the ascension process, however you wish to define it. Remember, and we repeat, for it is important that you understand the process, each time you lift your consciousness or tap into a higher frequency and incorporate it in any part of your Being, whether it is physical/emotional/mental or etheric, it permeates the very depths of your essence and releases any corresponding impacted or negative energies that resonate at a lower frequency. Many of these energies were imprinted in your etheric and emotional bodies during those ancient experiences of your earliest physical incarnations on the earth plane. They are very powerful indeed and have affected you in every lifetime you have experienced since, adding to and magnifying the negative e

nergies until they held you in bondage, creating tremendous pain and suffering.

These are energies that have kept you from having the perfect health you desire, the strong, attractive body you dream of, the abundance, the power, the relationships, on and on. And so you see, in order to assist you and keep you from going into overwhelm, your Higher Self puts you in what might be called a null zone, or a period of “no time,” or what we prefer to call, “withdrawing into sanctuary”. Those of you who are the way showers, the Light Warriors, have far exceeded the base frequencies of the Earth and those of humanity at large, and are functioning within a much higher resonance. Your reality is centered in the etheric body of the Earth that has moved into the upper planes of the fourth dimension and tapping into the fifth dimension. However, your beloved planet is also progressing rapidly, and as it does, your reality must continue to change. All that you thought was your truth, your new way of functioning and being, your new identity, is swiftly melting away. A new holographic picture is emerging and, in your uncertainty, you wonder where you fit in this new scheme and what you are to do now.

Again, precious ones, we say, relax, release, and realize that this, too, is just a part of the never-ending spiral. No longer will you be allowed to stagnate or even stay at a certain level very long; time and the process of transformation are moving too rapidly. Your language is changing, the frequency patterns of your thought-forms are different. The old areas of your brain which contain your past are gradually being refined or released so it is beginning to seem as though everything that happened before, even last year, is a vague dream. New areas of your brain are being activated and you must learn to think in a whole new way. Light packets of information, holographic pictures of great significance and sacred geometric patterns will begin to come into your consciousness and you must learn how to decipher these. It may seem as if those you are moving beyond no longer understand you, or you cannot find words to carry on the old mundane patterns of conversation. You will also find that you do not need to verbalize every thought as you begin to telepathically pick up the energies and thoughts of those around you. You will not need words, and you will not be easily deceived. You will speak your truth with spiritual integrity and you will no longer play the games of the past. As you don your refined, spiritual light garments and awareness, be gentle with yourself. You may feel very vulnerable at times, you may feel as if you are losing an important part of yourself and this is true. But it is a part that no longer serves you. Even though you have become comfortable in carrying this old baggage around, it is time to release all that you cannot take with you as you move back into the beauty and harmony of the worlds you left behind so very long ago.

Before we cl

ose this message, beloveds, we wish to bring something to your attention so there will be full understanding between us, and by that we mean between you, our devoted readers, this messenger and me, the one who conveys the messages through her. Our beloved representative, Ronna Herman, has faithfully transmitted a monthly message from me as a gift to the world every month since February, 1992, except for one month, December 1996, when she moved from San Diego, California to Reno, Nevada and did not have access to her computer. She has devoted the major part of her time over the past twenty years to fulfilling her spiritual mission and she, like most of you, needed to focus on her personal life and her physical vessel for a brief time. Some time ago, we suggested that she not plan any events during September, October and December of this current year (we also emphasized to her that it was of major importance that she make every effort to fulfill her obligation for the November 20-27 western Carribean cruise which has been planned for over a year). As you all know, there is a major cleansing taking place in many places on Earth as ancient, stagnant vibrational patterns are released and transmuted.

Therefore, in order to give her a respite and lighten her load we instructed and guided her to some small excerpts of past messages which were to be incorporated in the last few messages for this year. We gleaned only pertinent information from our own messages that are as important and valid now as they were when first given. Who amongst you has integrated or utilized all the information we have given you in the past, and oft times, is it not of great benefit to be reminded of important facts? These messages, as all those of the

past, are given to you with the intent of assisting you in the greatest measure possible, and they always strive to convey our deepest love and blessings to each of you. I AM Archangel Michael

Dearest friends: What a radical experience it has been for me to not feel like spending time at my computer or working on new spiritual projects. For the past two months, I have only done what I absolutely had to in my office, and have felt an intense need to work in my yard, digging in the dirt and connecting with the Earth. We just finished building a new storage shed in the back yard for all my books and the 3,000 sets of angel cards that were delivered a few weeks ago. I also took time to find material I liked and an upholsterer to recover the two antique chairs and bedspread bench in our bedroom (a project I have been putting off for nine years). We just got them back and I am very pleased with the result. I am doing a cleansing fast every Monday and exercising as my knee will allow. As the chaos around the world increases, it is more vital than ever that we stay in harmony within and not allow the fear and uncertainty to affect us. Together, dearest friends, we are unbeatable and we will prevail. I send you all bounteo

us blessings and profound gratitude. You are all part of my family and I love you dearly. Ronna

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RECREATING PARADISE ON EARTH.

TRANSMITTED THROUGH RONNA HERMAN

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

Every human on Earth is in the midst of an evolutionary crisis as, at some level, multitudes are striving to shake off the residual thought patterns, habits and density of their animal/human nature. There are also many of you who have functioned as refined “Beings” of humanity for many lifetimes and are moving into the realms of Spiritual/human Beings, whereby your Immortal Soul is burning brightly within and your auric field is overlighted by the Eternal Spirit Essence of our Father/Mother God.

As we have stated many times before; “GOD/GODDESS DOES NOT PUNISH.” However, as the universal pattern of change becomes more forceful, and the “Shift of the Ages” accelerates, all that is not based on truth, balance and harmony will be shaken to its core. As you are becoming aware, many governments and civilizations that have been constructed and permeated with negative third-dimensional vibrational frequencies of power, greed, control and dishonesty now must face up to their misdeeds, and the betrayal of the trust bestowed upon them is being revealed. Those who insist on building or living in the low lying coastal areas should by now be aware that the radical Earth changes that are taking place will continue and will increase for some time unless they stop building on the quicksand of negativity and irresponsibility. Your coastlines have changed many times before and will change again, for it is all part of the cycles of nature and the cleansing of the Earth’s surface. In the past, land masses have sunk, only to rise again, refreshed, renewed and soon teeming with new life. Drought comes to those areas that have been overused and destroyed by pesticides and chemicals, and deserts have blossomed after being fallow for hundreds of years. You have only to research the history of humanity and the Earth to know this is true, and so why are you so surprised when you, once again, move from a time of the status-quo into a time of change. There have always been cycles of death and rebirth as part of the evolutionary process and these cycles affect every facet of creation.

We do not wish to instill fear or doub

t within; in fact that is exactly what we wish to dispel as we endeavor to assure you that you and you alone will decide whether you move into the New Age with ease and grace or through cataclysms and chaos. We wish to help you understand what is in store for you over these coming months and years. Most of you reading these messages are aware that these are the most important times you will ever spend on Earth. The decisions you make now, and the energies you radiate out from you that create the force field within which you live will determine your reality, and how you will experience these momentous years of transition. It is time to decide whether you will move forward on the spiral of ascension through the gift of the life process or the old energies of the death process. Make no mistake, every human being on the planet is in the midst of this transformative process, at some level and in some form, whether they are aware of it or not.

I ask you to project your consciousness outward, away from yourself and your little picture of reality. Assume an expanded awareness: imagine, if it helps, that you are viewing your life and the lives of those around you from our vantage point, giving you the ability to see the panoramic view of what is occurring from moment to moment. Look back over your year, over several years. Have you not made great strides? Are you not a much wiser, more compassionate, and more enlightened person? Can you not see the perfection or at least the justice in what has occurred in your past? Are you not stronger, wiser for your trials and tests along the way? Observe those closest to you: have they moved forward and expanded their awareness, or are they still stuck on the treadmill of inertia, fearful in their tunnel-visioned view of life? Are you becoming more proficient in letting go of old, outmoded habits and thought patterns? Is it not easier to filter through the plethora of information

that is coming to you, and to determine what is your truth and that which no longer serves your greatest good?

You are in the process of re-establishing a “heart/mind connection” with Spirit. It takes unified heart and mind to bring together the cohesive power of our Father/Mother God, and unconditional love is the magic key that ignites the wondrous process of Creation. Love with conditions became the norm as humanity sank into the density, and from these negative thought patterns all other self-limiting concepts sprang forth and became your truth. Now is the time to reverse, release and restructure your present reality, a new reality that encompasses all the lessons in mastery we have given you over these past years. We have given you ways to monitor your thoughts and still the mind in order to reprogram your sub-conscious and conscious minds with higher wisdom from your Divine Self. We have helped you to bring the multiple-minds of your chakra system into balance so that, once again, they are working in harmony, one wi

th another. Any wonder you have been at war with those around you, for you have been fighting a losing battle with your own shadow side for such a long time.

You are the ones who must allow the Divine Force of Creation to filter through you, down into the Earth and out from your Solar Heart Center so this wondrous elixir can gradually encompass the Earth and help to awaken humanity. There will come a time when the radical forces of nature will no longer be necessary in order to cleanse and bring harmony to the Earth. Can you not see how vastly important each of you is in this process of cleansing and transformation? Your goal is not just to ascend, but to allow your Spirit-self to descend so that there can be an integration and fusion of the many complex facets of yourself that were created on your diverse and wondrous journey throughout this universe, galaxy and during all your earthly experiences. Before descending through the multi-dimensional universe, as a Divine spark of consciousness, you had a multitude of experiences where you exemplified all the virtues and qualities of the Creator in perfect harmony and in total alignment with Divine Will. In many other experiences you used your vast mental abilities almost exclusively by focusing on a specific thought form or creation. Through your conscious intent you brought forth the necessary unmanifested primal life force substance, and like a laser beam you projected forth that perfect vision until it was miraculously manifested on the physical plane.

You have also had many wondrous adventures focusing almost exclusively on the emotional facets of your multi-dimensional Self. Using the virtues and attributes of your goddess nature while in the higher realms of existence, you joyously merged your consciousness with the angelic realm, thereby experiencing the exquisiteness of the love of Creation in its purest form as you went forth to assist in the creation of worlds and realities beyond description. All the while you were experiencing these diverse facets of the Creator, your individualized Spirit-self was registering and recording each experience in your vast memory bank, for you knew there would come a time when you would need to draw forth into your consciousness all the wisdom you had gained in the past.

Since your descent into the world of physicality, your Spirit-self has been struggling to function within its physical overlay as you have played the game of duality and separation. In numerous lifetimes you focused primarily on your spiritual nature while excluding the other facets of your Beingness. In others, the focus was almost exclusively on your mental nature, and in still others your emotional nature was the driving force from within. It is time to bring all these diverse facets of your nature back into harmony so that you may function in a state of unified consciousness once more.

When functioning within the illusional environment of the third/fourth dimensions, the most

neglected facet of your Being was your intuitive mind or soul mind. It is one of the greatest resources you have within you, for that is your connection to your Higher Self and ultimately to the Creator Source. Your soul mind has a never-ending supply of fresh ideas and creative thought forms just waiting for you to tap into them. Your intuitive mind, or that small inner voice, will always point you in the right direction and help you make the right decision if you will only listen. Since the fall into density, the soul mind has been almost totally shut down within most of the general populace. After that inner voice was ignored for so many thousands of years, with great sadness, the soul retreated into stillness and dormancy as an observer, waiting for the time when it would be called back into action as your partner in the journey of life. It is burning brighter and brighter in those of you who have diligently striven to reconnect to your soul, Higher Self and God Ray (I AM Presence), and it is now a constant and loving companion who directs, inspires, nurtures and even protects you. It will bring you together with members of your soul family or with those whom you have something of importance to share. It will inspire and assist you in ways that will open the flood gates of abundance and in manifesting your highest visions when they are in alignment with the greatest good for all. Inspired thought and fresh creative ideas will pour forth effortlessly as you serve yourself and others by becoming a cocreator of all that is harmoniously beautiful, loving and of the highest order.

It may not seem so, but a wondrous new vision, a powerful “probable future” for humanity and the Earth has taken shape and is being strengthened and magnified moment-by-moment, a future whereby all humanity, as well as the mineral, vegetable, animal, human, Devic and Elemental kingdoms will peacefully co-exist on Earth, an Earth which is pristine in its beauty, and which has sparkling clear water, and clean healthy air to breathe, a world of abundance and plenty where no one suffers from lack of adequate food, shelter or opportunity, and a world whereby different races, cultures, beliefs and traditions are honored and respected, where no one tries to force his/her beliefs on others, or deny others the right to live their own truths and follow their own customs. As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. Have we not told you over and over again, “Thoughts have energy, positive or negative, and what you focus on, you magnify with your energy.”

When you allow the attributes of your God Self to emerge and the refined energy of Spirit becomes the dominant force in your life, the path is cleared for you to begin the process of accessing the rarified frequency patterns of the full spectrum of the twelve Rays of your diamond core God Cell

. You are also integrating the gifts of the myriad parts of yourself, those soul fragments who also made the journey into density, who are ready to share their wisdom and adventures with you. Therefore, you do not have to have all the answers, just as it was not necessary for you to experience every single facet of earthly life. Your Divine soul mates have done that for you, just as you have your unique experiences and wisdom to share with them.

Remember, you, my brave warriors, have the formula to recreate Paradise on Earth. We are here to assist you with all the forces of Heaven at your beck and call. Reach inward and upward, we will respond. In love and gratitude, I salute you, beloved ones, I AM Archangel Michael.

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NEW: TWO SETS OF ANGEL CARDS

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

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io tape with the purchase of a CRYSTAL PENDANT * Hand-engraved with an angel and infused with the loving energy of Lord Michael and Lady Faith. $25 Plus S&H

Dearest friends, I have been deeply touched and grateful for all the wonderful letters and Emails of loving support I have received since last month’s message went out. So many of you wrote telling of your experiences and the turmoil and frustration others are feeling during these uncertain times. It helps so much to know we are all in this together, and all we have to do is go into our Pyramid of Light to feel the warm, nurturing love and support from each other. I am getting ready to leave for the cruise soon, and I wanted to have the message finished before I leave since I will not be back until Nov. 28. I know you all look forward to receiving the message as close to the first of the month as possible. All of you will be with me in Spirit on this sacred journey. I will have much to share with you next month. I can feel my “creative juices” flowing again, and I am excited and anxious to move forward. As it happens once in a while, a new poem filled my mind and flowed from my fingers this morning. I wish to share it with you so that you may gain comfort and inspiration from it, as I did. I choose to be here, now and in the moment so I will not miss any of the wonder and magic of these times.

Love, blessings and angel hugs, Ronna THE BREATH OF LIFE ©

The breath of life carries the Love/Light of the Creator to all the chambers of my heart and mind

so that I may experience the wonder and glory of all Creation.

Be still my mind, for it is only in the tranquility of repose that wisdom arrives,

settling deep and dispelling all that is not truth.

Be at peace my heart, and allow the whispers of my soul to take away all fear and doubt.

Beloved ego, you, who creates a desire to experience all that is, remember, “All That Is” is within.

RONNA HERMAN * 11-2005

YEAR 2006 - AAM Combined 2006

RECLAIMING YOUR ATLANTEAN HERITAGE

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

You think you are disconne

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

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

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

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

ed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise which allows you to integrate another facet of your wondrous God Self. In doing so, you are gradually creating a new empowered “you,” and a new reality opens to you whereby

you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfold around you.

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

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

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

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

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

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

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

om the greatest to the most minuscule. Creation does not contract; it is ever-expanding, and you have an integral part to play in that expansion. Each of you is the center of your own universe. You, as a cocreator, send out energy and intent which creates thought patterns of a certain frequency which go forth from you as rays of energy in an infinity sign. These pulsations go out in every direction creating wave forms which are a reflection of your conscious thoughts, intent and actions. As you learn to stay heart-centered and radiate unconditional love and balanced/harmonious vibrational patterns, your world and reality change dramatically, for you are functioning as an empowered master of co-creation, a true Divine emissary of our Father/Mother God and the Supreme Creator. During these times of uncertainty and great change, remember, my beloved warriors of Light, there is nothing to fear and so very much to be gained. Feel the warmth of our sacred breath as it brushes your cheek, sense the aura of love in which we surround you. We are near, reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael *** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

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

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

positive aspects, gifts and joyous remembrances of that time. For so long, you have focused on the destruction and the negativity of that great era. It is time to forgive yourselves and all those who were with you during that wondrous time of co-creation. If you could access all the history of Atlantis, you would find that there were many more positive events, advances and experiences than there were negative ones. You all are still caught up in the trauma and devastation of the cataclysmic sinking of that great continent. When we say to you, it is time to heal the past, we mean all of your past. The lessons have been learned and the challenges have been met. Now it is time to look forward to a grand new future. Claim the gifts that are waiting for you. Your memories hold your key to greatness, and the great crystals around the wo

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

CONNECTING WITH YOUR COUNCIL OF LIGHT

TRANSMITTED THROUGH RONNA HERMAN

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

THE ROLE OF A CHILD/PARENT: A child is innocent, filled with wonder, and excited by all the myriad possibilities the world and life has to offer. A child is like an empty vessel just waiting to be filled with knowledge, skills and awareness of the laws and workings of the world. A child is also vulnerable and looks for guidance and safe boundaries from those around them who seem to be wiser and stronger. It takes time for a child to learn "right from wrong" and the rules of cause and effect. A child is dependent on those around them to set a good example, and to firmly but lovingly guide them on the path toward self-

sufficiency. Many of the truths that are forced upon a child haunt them throughout their lifetime and even beyond if they cannot release or transform them into higher and more empowering truths.

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

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

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

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

your mistakes and shortcomings?

* Do you endeavor

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

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

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

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

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

* Are you willing to allow your children to follow their own path, to be different, and not become that which you wish them to be? Each soul is unique and must be given an opportunity to express themselves in their own individualized way. It is your role to

nurture, guide and direct, to give council, and to protect them as they slowly step into each new phase of life. Through good example and gentle guidance, and by gradually relinquishing control, you will assist your children to fulfill their potential and become aware, responsible adults. You must also allow them to make

mistakes and experience the consequences of their actions.

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

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

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

It is appropriate and desired to be "Light of heart, and carefree in Spirit." However, it is important that each person learn at an early age that they are an integral part of a vaster whole. They should be made aware that they will be bestowed with many gifts and benefits from those around them; however, they must also make a contribution, however small, as well as learn to be responsible for their actions. The rules of cause and effect, giving and receiving, and the laws of manifestation are universal and should be taught at an early age. How much easier the childhood years would be if this were so.

THE ROLE OF SIBLINGS, RELATIVES, FR

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

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

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

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

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

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

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

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

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

At every level, that which has been hidden for a very long time is now being revealed. That which is not in balance and in harmony with universal laws is slowly crumbling in order to be reconstructed on firm ground, to be rebuilt with integrity and in accordance with the Divine plan. You have heard and read about the many different councils in the higher realms, but are you aware that before you left the Great Central Sun of this universe you were assigned to a council of wise Beings who represented the Twelve Rays of Divine consciousness who exemplify the many attributes, qualities and virtues of our

Father/Mother God? In-between incarnations, it is this Council of Twelve that you confer with and receive guidance from in order to decide what persona (disguise) you will assume in your next life: your parents, the DNA (bodily form, attributes and limitations, mental abilities, talents, strengths and weaknesses) you will incorporate, as well as the conditions in which you will be born, and the challenges and opportunities you will be presented with. Accept this truth: no matter what limitations, conditions or restrictions you came into this lifetime with, IT WAS NEVER MEANT TO BE A PUNISHMENT. It was always your agreed choice, and an opportunity for you to clear/rectify some distorted karmic overlays within your auric field as you strive to return to the balance and harmony of the "middle path."

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

When in your Pyramid of Light ask that your Council join you there. Ask them to assist you in your endeavors, to strengthen your resolve, and to give you the power, will and wisdom that you need to move into the next level of spiritual awareness. You all are in a critical phase of you

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

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

Dearest friends, my knee surgery on January 6th went extremely well and we are all glad it is in the past. In addition to the arthroscopic procedure, the surgeon had to make an incision around the left side of my kneecap in order to repair the torn cartilage. My family has taken wonderful, loving care of me during my recovery process, and I have felt all the loving energy my soul family has sent to me. I was able to keep the pain to a minimum using my Alpha mastery techniques; therefore, I only had to take a couple of the pain pills the doctor

prescribed the day after I came home. I used a walker for three days, then went to a cane for support. By the tenth day, I was able to walk unassisted. I was “out and about” briefly twice last week and am walking without a limp. After my checkup visit to my doctor, he stated that I am doing extremely well, and I would not have to go to physical therapy if I will do some flexibility exercises at home (which I agreed to). I know that within a few weeks, I will be going “full steam ahead,” and I am looking forward to being able to exercise and take long walks. Beloved Michael told me my healing would be miraculous, and as always, he was right. I know the lesson in this experience was to take time to listen to my body and not get too caught up in one area of my life. I love my work so much and it is my greatest joy being with all of you at my various seminars, but I must also focus on my own physical well-being, as well as my mental and emotional health, while fulfilling my spiritual mission. Please review your life and see where you are out of balance and pay attention to any warning signs so that your angels do not have to “get your attention.” Love and blessings and angel hugs, Ronna

NEW: TWO SETS OF ANGEL CARDS

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

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

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

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

** CALLING ALL STARSEEDS **ANSWERING A CLARION CALL**ARCHANGEL MICHAEL * RONNA HERMAN * SATURDAY AND SUNDAY , JUNE 10 & 11, 2006 *ABUNDANCE EXCHANGE $144 * COMFORT INN * YELLOWSTONE NORTH * GARDINER, MONTANA ** SUNDAY AFTERNOON WE WILL MAKE A PILGRIMAGE TO A DESIGNATED SPOT IN YELLOWSTONE PARK WHERE AA MICHAEL WILL TELL US WHY WE AGREED TO COME TOGETHER AT THIS PARTICULAR PLACE AT THIS TIME. HE HAS ASKED US TO HOLD A CEREMONY AND TO IMPLANT SOME SPECIAL CRYSTALS WHICH WILL ASSIST IN THE

ACTIVATION OF SOME OF THE HUGE SENTIENT CRYSTALS THAT LIE DEEP WITHIN THE EARTH. IN TURN, WE WILL RECEIVE "SEED MEMORIES" OF SOME OF OUR FIRST EARTHLY INCARNATIONS. Beneath Yellowstone National Park's volcanic heart center, our Mother Earth is restless and in distress as she endeavors to accomplish her transition from the third/fourth– to a fifth-dimensional environment of balance and harmony. At AA Michael's request we have agreed to come together in this unusually beautiful area in order to assist in anchoring the rarified Supreme Creator Light that is so critical to our ascension/transformational process. AA Michael tells us that we are being called to join together in special groups which were created at a universal and galactic level aeons ago. There is an internal time clock within that has been preprogrammed to activate within your heart core when you are being called to reunite with one of your soul groups for an important mission. Listen within to see if this is one of those times when you are being called. Ronna will share all the latest information from Beloved Lord Michael and there will be a special channeled message for the group at the close of the seminar event on SATURDAY. This will be a very experiential hands-on seminar and is for anyone who wishes to attain self-mastery with ease and grace in order to create their

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

VISIT OUR WEBSITE SEMINAR SCHEDULE FOR FULL PARTICULARS OR REQUEST A FLYER/REGISTRATION FORM. PLEASE REGISTER EARLY SINCE SPACE IS LIMITED. WWW.RonnaStar.com * Call: 775-856-3654

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TRANSMITTED THROUGH RONNA HERMAN

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

Since the fall in consciousness on Earth so long ago, humanity has existed with restricted Life Force Energy, as well as limited physical capacity and knowledge. This is because you have been existing in a shadowland, and you have been functioning with decreased resources from your Higher Self and God Self. Just as it was traumatic and "soul-stretching" to diminish your wondrous Self in order to descend into the lower-dimensional realities, it

is also traumatic and requires a tenacious and bold heart to venture out into the unknown in order to reintegrate your vaster Self as you strive to return to your proper state of Being.

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

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

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

ul and not a dominant force in your life. Taming the ego is one of the first steps toward self-mastery, and it often creates a great emotional and mental battle within as you strive to accept and integrate the higher truths and the refined frequency patterns of your Soul Self. Once you experience what is called a "Soul-merge," and begin to listen to the whisperings of Spirit, your focus turns inward and you begin to view the world from a totally different perspective.

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

Those of you who have laid the groundwork and are well on your way to self-mastery are now ready for the next level of spiritual awareness. You, the Star Seed, the brave ones who have suffered through and emerged triumphant from many "dark nights of the soul" in

order to purge yourselves of old self-limiting concepts and energy patterns, are now ready to step to the foreground as the vanguard of evolving humanity and the inhabitants of the Light, bright and refreshed Earth.

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

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

broad spectrum of miscreation, and the pain it has wrought upon humanity. We have called you a faceted jewel in the tapestry of life, and you have been tumbled, honed and polished in order that you may place your shining deeds and your Light in that tapestry that extends out into the unforseen future. Know this: the tapestry of creation would not be complete without you. Even now, there are grand opportunities awaiting those of you who are ready to step to the fore and answer the new clarion call. Many of you are being drawn to strange and unusual places to anchor the Light and the refined frequency patterns of the future. Many more of you may not understand why you stay in a place that no longer seems suitable, but the mystery will soon be solved, and your assignment will be revealed at the proper time. The golden grid and the power spots where the ley lines intersect, or blood stream and nerve centers of the Earth are fluid, and have shifted over the last twenty or so years, thereby forming a refined power grid system that reflects the appropriate vibrational patterns for a fifth-dimensional earthly environment. Many of the great sentient crystals are being deactivated, cleansed or recalibrated. Others in strategic places around the Earth are being gradually revved up until they are functioning under full power in order to receive the new encodings and refined Divine schematic from the Supreme Creator. These sentinels also radiate messages out into the cosmos as to the state of the Earth and humanity.

Are you ready to receive your new assignments as citizens of the universe? Your earthly assignment is drawing to a close, and as you move from a third/fourth-dimensional reality into a fifth-dimensional environment, a new world of opportunities awaits you. It does not matter what your cosmic lineage is; all of the great Beings of Light, as well as we of the angelic forces, are asking you to be our representatives in this new adventure that is in the

formative stages at this time. Any of the great masters who have walked the Earth, or any of the myriad of archangels or angelic forces you are familiar with, and even those you have not heard of, are ready and anxious to overlight you with their qualities, abilities and virtues. It is as simple as stating your purpose and what you wish to accomplish. Then put forth the call and the appropriate teacher and heavenly helpers will attend you and oversee your endeavors. Your Pyramid of Light in the fifth dimension is a perfect place to accomplish this.

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

e Force energy to permeate and transform the Earth.

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

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

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

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

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

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

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

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

***NEW ** ANNA, GRANDMOTHER OF JESUS By Claire Heartsong ***This is one of the most incredible books I have ever read and I am pleased to offer it to you. Anna reveals: her use of cellular rejuvenation to achieve a remarkable life span of more than 600 years, the missing pieces of history concerning who she, Mary and Jesus really were, the unknown places they traveled, and the people they interacted with. $15.95 plus S&H: $5 USA * $7.50 Canada * $12 Overseas

AA MICHAEL BLANKET: SNUGGLE UP this winter in a beautiful, thick blanket/throw, brilliant blue and gold embossed with the signet of the Legion of Archangel Michael. $50

plus S&H. A picture of the blanket is posted on our website along with S & H fees. A colored picture comes with the blanket that explains the significance of the signet. Excellent quality, 60" X 80"(it weighs six lbs). We will ship overseas; however, shipping fees are quite high, from $42 to $50 per blanket. It is still a great buy if you choose to purchase one.

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2006 SEMINAR SCHEDULE * ARCHANGEL MICHAEL * RONNA HERMAN * A STARSEED INITIATION * ARCHANGEL METATRON * A CHALICE OF LIGHT ***ARCHANGEL MICHAEL * A SPIRITUAL SWORD OF POWER ***LORD MELCHIZEDEK * LIGHT PACKET

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MAY 13-14 * HOUSTON, TEXAS * RONNA HERMAN & JAMES TIPTON (TYBERONN) will present exciting new information about the importance of Houston, Texas as an anchoring focal point for the Gulf of Mexico and the surrounding coastal areas. FULL DETAILS SOON

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JUNE 10 & 11** YELLOWSTONE NORTH * GARDINER, MONTANA * COMFORT INN * HIGHWAY 89 * On Sunday, after lunch, we will make a pilgrimage to a designated spot in Yellowstone park where AA Michael will tell us why we agreed to come together at this particular place at this time. ABUNDANCE EXCHANGE: $144 **********

JULY 8 & 9, 2006 **GENESEE GRANDE HOTEL * 1060 EAST GENESEE STREET, SYRACUSE, NEW YORK *A TRINITY OF CONSCIOUSNESS INITIATION * AA METATRON * AA MICHAEL * LORD MELCHIZEDEK * ABUNDANCE EXCHANGE $222

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OCTOBER 28 & 29 * DOUBLETREE HOTEL, PALM BEACH GARDENS, FLORIDA * A TRINITY OF CONSCIOUSNESS INITIATION * AA METATRON * AA MICHAEL * LORD MELCHIZEDEK *

ABUNDANCE EXCHANGE $222 *Archangel Michael tells us: “If you do nothing more than anchor the refined Light from the Creator which is radiating forth in higher and higher frequency patterns, it will be enough.” We, as bearers of the Light, can tap into our intrinsic “elemental nature” and join forces with the great Devic and Elemental Kingdoms as we return to harmony within ourselves and reclaim our self-mastery. Come join us if Spirit guides you to do so, and help us firmly anchor the balanced and harmonious energies of the Fifth Dimension within us and on our beloved Earth. LOVE AND ANGEL BLESSINGS, RONNA

VISIT OUR WEBSITE SEMINAR SCHEDULE FOR FULL PARTICULARS: www.RonnaStar.com OR CALL: 775-856-3654 MONDAY THROUGH FRIDAY, 9 AM TO 3 PM PACIFIC TIME TO REGISTER OR FOR A FLYER WITH FULL DETAILS * SPACE IS LIMITED FOR SOME SEMINARS. PLEASE REGISTER EARLY

CREATING A FORMULA FOR THE FUTURE

TRANSMITTED THROUGH RONNA HERMAN

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

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

Throughout the year as you, the Starseed representatives, gather together from around the world, you will have an opportunity to bring forth a portion of the “formula for the future.” You, as Light Bearers, will carry the seeds of self-mastery and a new awareness with you as you return to your homes. And make no mistake, those of you who are tapping into this wonderful energy from the higher realms in your own locale or at other gatherings are also being gifted with an infusion of the refined energies of New Creation. You are now being called to attune to a rarified dimensional level where there is no time or space restrictions, nor any barriers to hold you back as all are gradually brought to a Oneness in Spirit. It is a time to commune with the masters and to receive a blessing from our Father/Mother God. Indeed, the Earth to its very core is being bathed in a glorious blanket of Divine Light

substance and every creature will be blessed and acknowledged. At some level, all are on the path of evolution and transcendence, none is being left behind.

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

ity, for no matter how painful the experience, how alone they have felt, or how bleak the future seemed to be, they NEVER GAVE UP. They persevered, and they overcame until they emerged triumphant into unity and harmony with Spirit, ready to accept and fulfill their Divine Mission.

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

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

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

Therefore, it is imperative that there be masters of Light, warriors of Spirit ready to step into leadership roles and take dominion, those who are ready and willing to set an example as they guide and direct, to hold the focus of the new vision, the new plan for Heaven and Earth, and to see that it is manifested for the greatest good of all. You all have an integral part to play. No longer will you be able to abdicate your authority or follow passively where

others lead you. You must take an active part, and play the role you were assigned by your Divine Self in order to accomplish that which will be your gift and contribution to the whole.

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

riticism that will be projected toward you. As the masses stir and the chasm between the third/fourth and fifth- dimensional awareness widens, the energies of resistance, resentment, and rebellion will be spewed forth by those still in the grip of the shadowland illusion of separation and negativity. They will experience great fear of the changes taking place, they will resent being pushed out of their comfort zone, even if it is a reality of limitation and suffering. They will attempt to discredit and malign you, but you must not waver. You must stand in your integrity, not judging, but radiating loving energy toward all, and by taking the stance of a master by blessing them and moving on to more fertile fields. You must not try to change their minds, but teach by your example, speaking your truth at their level of understanding, and telling them that there are many paths back to the Oneness of the Creator. Be gentle, but strong in your convictions; compassionate, but do not get caught up in their drama, their small stories of woe; stay joyful and enthusiastic so they will begin to wonder what makes you so different. Indeed, they will notice and they will wonder, and some day they will take heed, for you will have sown the seeds of change within their auric field and their hearts. These seeds will not be denied, they will flourish, and one day they will burst forth and bloom into a Divine discontent which will nudge them onto the path of discipleship.

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

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

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

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

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

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

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

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

The veil of forgetfulness is rapidly being lifted from your memory, and it is our desire that you regain, as quickly as possible, that crown of radiance which is symbolized so beautifully

by the great Statue of Liberty. Many of you have integrated, ignited and harmonized the qualities, virtues and attributes of the seven great Rays, and are well on your way to claiming a full measure of the five higher Rays of Illumination that have been extended to you. Once again, this blazing crown will blaze forth from your brow, and you will be forever recognized as a Divine Being, an emissary of Light on a mission for our Father/Mother God and the Supreme Creator.

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

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

***NEW ** ANNA, GRANDMOTHER OF JESUS By Claire Heartsong ***This is one of the most incredible books I have ever read and I am pleased to offer it to you. Anna reveals: her use of cellular rejuvenation to achieve a remarkable life span of more than 600 years, the missing pieces of history concerning who she, Mary and Jesus really were, the unknown places they traveled, and the people they interacted with. $15.95 plus S&H: $5 USA * $7.50 Canada * $12 Overseas

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AA MICHAEL BLANKET: SNUGGLE UP this winter in a beautiful, thick blanket/throw, brilliant blue and gold embossed with the signet of the Legion of Archangel Michael. $50 plus S&H. A picture of the blanket is posted on our website along with S & H fees.
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AUGUST 18 * 6:30 to 9 pm * EAST WEST BOOKS * Sacramento, CA * $33 *** AUGUST 19 & 20 * TWO-DAY INTENSIVE * HILTON GARDEN INN, 1951 Taylor Rd. ROSEVILLE, CA * ABUNDANCE EXC: $199

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OCTOBER 28 & 29 * TWO-DAY INTENSIVE * A STARSEED INITIATION * RONNA IS HOLDING THIS SPECIAL SEMINAR IN FLORIDA AT THE REQUEST OF AA MICHAEL * DOUBLETREE HOTEL, 4431 PGA Blvd, PALM BEACH GARDENS, FLORIDA * ABUNDANCE EXCHANGE $222 *

VISIT OUR WEBSITE SEMINAR SCHEDULE FOR FULL PARTICULARS: www.RonnaStar.com OR For a flyer or to register, call: 775-856-3654 MONDAY THRU FRIDAY, 9 AM TO 2 PM Pacific Time.

ACCESSING THE "LIVING LIGHT" OF THE HIGHER-DIMENSIONAL LIGHT CITIES

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

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

pivotal year:

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

you reside in their full brilliancy and splendor. Remember, we have told you that all of the great masters, avatars and messengers of the Creator, in order to walk among you, brought forth only a small facet of their true magnificence into the physical vessel in which they incarnated.

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

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

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

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

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

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

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

You are also the ones who have traveled the world, visiting the sacred sites and the important power spots under the guidance of Spirit, as you assisted in the activation of many of the great, semi-dormant, sentient crystalline structures deep within the Earth. You have anchored, activated, and been empowered by many of the record keeper crystals and rocks, and have had some "StarSeed activations" of your own, as well as recapturing memories of some of your most important lifetimes on planet Earth. Now it is time for your next assignment, beloveds. It is you, the warriors of Light, who must move up the ascension column which contains a double-helix spiral of Light, whereby you may gain access to the outermost sphere of a Light city (the right, clockwise spiral will take you up to the Light city, and the left, counter-clockwise spiral will bring you back down into your earthly plane). However, each time you visit a Light city, you will integrate and bring back to Earth a little more of the refined frequencies of Light containing the Divine blueprint for the future of humanity and the Earth. You will also gain access to the vibrational pattern of your

perfected vessel of Light, as you strive to return to the health, vitality and longevity you were originally designed to enjoy.

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

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

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

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

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

Follow the nudgings of your heart/soul, beloveds and you will be guided as to the part you have to play in this grand unfolding drama. Any positive endeavor, no matter how small, will be added to the whole, as we march forward together into the glorious New Age. I am ever near to guide and protect you. I AM Archangel Michael. *** Transmitted through Ronna Herman * STAR*QUEST* 6005 Clear Creek Drive, Reno, NV 89502 *** Phone/Fax: 775-856-3654 * E-mail: RonnaStar@earthlink.net * Web Site: www.RonnaStar.com

NEW ***Inspired by AA Michael: Jaime Teasley and Matia Michaelson have created these beautiful crystal wands using the highest quality crystals. Lord Michael states: "These wands are symbolic of the crystalline Light Body, called your Adam/Eve Kadmon Light Body, which is your perfect form in the higher realms." SWORD OF MICHAEL LIGHT WAND:

The Sword of Michael wand is made of sparkling Swarovski crystal, 5.75" long with clear and cobalt blue Swarovski crystals. $30 plus S & H

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

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

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

AA Michael gave me a detailed ceremony for each of us to perform at the two lakes, and also at each seminar I hold this year (as well as at my home). It involves using some clear quartz crystals and also some small amethyst stones and placing them in a specific pattern. It has taken me sometime to download some of this information, and I was guided to run it by Tyb for scientific validation, because I know he is very knowledgeable about the Earth grids, portals and sacred geometry of our ascending planet. He sent me a wealth of information from a wonderful man, William Buehler, who is surely a master, and who has a strong

connection to Thoth and Metatron. He has devoted the past 35 years of his life to understanding the complex geometry of the Earth's grid systems. I was amazed to learn the important role both Metatron and AA Michael have in the ascension process, and also the significance of the amethyst stones we are to use. It is very advanced material, and some of it left my head swimming; however, I have gleaned enough to further explain and validate what AA Michael has been giving me. It is mostly in scientific terms, and AA Michael has helped me to simplify some of the overall concepts so that I can present them to everyone at my seminars, and they will be able to understand what an important time this is. I am so very grateful that these two wonderful, dedicated Warriors of Light ha

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

LEARNING TO LIVE IN A FIFTH-DIMENSIONAL ENVIRONMENT

TRANSMITTED THROUGH RONNA HERMAN

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

Over time and in varying degrees, you have made yourselves ready to receive the refined infusions of Living Light from the Creator and our Father/Mother God, and it has "rocked and shattered" your old, limited state of consciousness, as you gradually built a new reality from the inside outward. With your feet and your newly balanced three lower chakras firmly anchored in the higher levels of a third/fourth-dimensional reality, you moved into your sacred heart and centered your consciousness as you slowly but surely began the

process of creating a unique fifth-dimensional environment: a reality made up of your newly acquired wisdom, thought patterns, intentions and deeds. You might envision this as a sphere or a column of Light surrounding and protecting you (or a microcosm of the higher-dimensional Light Cities). This is an environment attuned to your refined over-lighting vibrational patterns in which nothing of a lesser frequency can penetrate, unless you lower the frequencies of your "spiritual armor," thereby allowing the distorted shadow Light to affect you.

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

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

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

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

to the furthest edge of Omniversal Creation. Now is the time whereby the prophecies of old will be fulfilled; you are now being called to return to the realms of Living Light.

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

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

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

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

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

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

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

Beloveds, we are asking you to rise above the turbulence and chaos that is taking place all around you. Focus your gaze on the stars which are representative of the lofty goals you are seeking. The emotions of sadness, anger, guilt or fear only add fuel to the negative collective consciousness of the lower dimensions; they serve no one. As a self-master you are learning to express and project compassionate empathy wrapped in unconditional love, knowing that ultimately the greatest good for all will prevail.

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

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

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

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

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Dearest friends, as anticipated, our seminar in Houston was an event filled with miracles and was almost overwhelming at times. On Friday, May 12, James Tipton, aka Tyberonn, who is of the lineage of Metatron, Thomas Beamer, lineage of Melchizedek , Helen Huber, representing the Goddess, and I, representing AA Michael, went to Moody Gardens on Galveston Island, about an hour's drive from Houston. We met a lady who worked there and she told us that the son of the Moody Family/ Moody Foundation had placed a beautiful, quartz crystal (about 50 lb. size), in the lobby of the administration office of the complex. She invited us to see it, and we were allowed to touch it in order to infuse our intentions into this powerful crystal. We also poured a small amount of water over the crystal from the three sacred lakes (Lake Titicaca, Pyramid Lake and Lake Baikal). We then went to the crystal cave, inside the Rainforest Pyramid, which contained five massive, quartz crystal clusters, two weighing at least 200 lbs., and three others weighing approx. 50-75 lbs., which had been placed in alcoves in the walls of the simulated cave as educational geological displays. There, we set our intentions, offered prayers, touched the stones, and sprinkled them with the sacred water. We also dropped some small amethyst and clear quartz points I furnished, under the directions of AA Michael, into the base pool of a waterfall at the cave entrance inside the Pyramid. We then walked the along the inner perimeter of the Rainforest Pyramid, which is the entry point into the three Pyramid complex, and contains tropical plants, birds and fish. We made our way to the center of the saltwater Aquarium Pyramid, which has a golden spiral circular two-tiered opening from base to apex, and again, we set our intention through meditation. We dropped two quartz crystal points in one of the salt water pools containing tropical fish and sea turtles, and we ba

thed some of the plants with the sacred waters. Finally, we visited the copper-colored Science Pyramid, and in the corner of the upper level, we followed the same process. We joined in a guided visualization of opening and anchoring the portal to allow the inflow of the Living Light, which will radiate the accelerated energies of ascension in a circular pulsing beam to all the surrounding areas. We also directed special intent toward "lightening" the energy of Houston. Tyb told us that Houston is, in a real sense, a major

corporate center of world energy and power, and as such, a density of shadowed energy prevails. AA Michael confirmed that Houston was once the site of an Atlantean temple, and that this grid is needed to reactivate the sacred energies that once flowed throughout the area, and it is also critical that the portal be anchored so that the refined Light of new Creation can mix with and refine the ancient energies. We were told that we had successfully set the template required to initiate these processes. He also told us that this was the main reason the Moody family was inspired to create the Pyramid complex. In its worldly expression, the complex is primarily educational and is often toured by students and other groups, and as such, all who visit this beautiful place in the future will receive an infusion of Living Light, another magical way the Earth and humanity will be assisted in this time of transformation. I was inspired by AA Michael to ask Tyberonn, Thomas Beamer and a dear friend, Dr. Helen Huber, to join me for this event, and now I understand why. Tyb gifted us with a wonderful slide presentation and spoke on the Metatronic Grid Systems & Sacred Sites. He has traveled the world and has a wealth of fascinating information to share. Tomas Beamer (presenting for the first time) spoke of his recent experiences since learning he is of the lineage of Melchizedek, how it feels to integrate his over-Lighting energy, and allow this great Being to work with and through him. Helen Huber toned with crystal bowls, and also gifted us with a beautiful, inspired song she wrote. Her beautiful voice has a wide range and an amazing quality. She surely must have sung with the Celestial Choir in the realms of Light. After AA Michael's powerful message, he took us to our special Pyramid of Light, and then up the portal to the Light City over the gulf and surrounding states. I can't begin to tell you all the exquisite details of this first visit to a City of Light; however, beloved Michael has asked me to create a tape of the meditation, and also of the ritual for accessing the portal and anchoring the City of Light closest to you. I have also produced a four-page article entitled Reshel/Metatronic Grids, Ley Lines, The Crystalline Grid, and the new Ascension Grid Overlay which was excerpted from information from Tyb and a wonderful friend of his, William Buehler. I hope to have this information available on my site shortly. What a w

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

EXCERPT FROM MESSAGE PRESENTED AT YELLOWSTONE PARK, MONTANA

TRANSMITTED THROUGH RONNA HERMAN

THE NEXT STEP IN YOUR SACRED QUEST

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

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

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

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

What do you think you do in-between lifetimes, float around on clouds? Walk on golden streets? Oh, how boring! You go to many wondrous places, to other galaxies, to the universities and places of learning where you refresh your memory, and prepare yourselves for your next earthly assignment. You also have advisory duties, for you see, you are the

ones who teach us what it is like to exist in a physical body, and to experience the limitations of the compressed, diminished realms of Creation. You are the ones who are making it possible for the Supreme Creator to anchor the Living Light of transformation on the Earth. You are the facilitators of the ascension process, and without you it could not happen. You are the ones who have experienced the broadest spectrum of polarity and duality, and you are the ones who must return to your center of harmony so that ALL else can be brought back into balance.

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

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

you to step forward and open the pathway to the Cities of Light that are awaiting you. We ask you to join your brothers and sisters of Light, those of you who are ready and willing to join together in order to fulfill this next phase of the Divine Plan for ascending humanity. The more of you who answer the call, and learn to access the Celestial Cities of Light in order to anchor the Living Light of ascension within yourselves and within the Earth, the faster the transformation into the fifth-dimension will sweep the Earth. The Oneness and unity consciousness of the Legions of Light will be magnified exponentially as you allow us to OverLight you and guide you through this grand passage into the realms of Light. As always, you are under our guidance and protection, I AM Archangel Michael

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

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

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

PORTALS AND CELESTIAL CITIES OF LIGHT MEDITATION

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

Envision, however you perceive, a beautiful s

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

Now, feel yourself, within the capsule of Light, being drawn to the back of the chamber, and watch as suddenly a doorway opens and you are drawn out into the higher dimensions. You will now be taken to a personal Pyramid of Light at whatever level of the fifth dimension is appropriate for you. There are two angelic guides there to assist you, and they help you to lie on the crystal table. Now, observe as a brighter sphere of Light surrounds you, and you are slowly lifted up into and through the double-terminated quartz crystal that hangs over the table until you emerge from the top of the pyramid. You move onto a clock-wise spiral of

Light and are swiftly lifted upward, and upward, and upward. Suddenly, before you are two great vibrant, golden arches: one is the entrance, and one is the exit for the City of Light. You are guided to enter the archway on the right. There are two, even more radiant angelic Beings to greet you: one who bears powerful, dynamic masculine energy, and one that radiates gentle, loving feminine energy.

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

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

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

The Light waves slowly diminish and then shut down completely. You are lifted from the chamber by your two angelic guides, and it seems as if they partially merge their Light sphere with yours, so that you are balanced between them, as they swiftly carry you around the complete perimeter of this first level. You see and sense sparks of Light radiating forth from you out into the great hallway as you complete the circle. You see, you are leaving your energetic signature here, as your harmonious earthly vibrational frequencies are added to the Divine schematic of this level. You have been given a precious gift, and you are also leaving a personal gift behind. A gift that will be added to the cosmic storehouse of knowledge for future use. Now you are returned to the entrance, and you bid farewell to your angelic friends. They direct you to the archway opposite to the one you entered, and as you move forward, you begin your counter-clockwise descent back into your personal

pyramid of light. After a brief rest on your crystal table, you are led to the entrance and swiftly make your way back down into your earthly world. Breathe deeply as you feel the Light begin to penetrate your bodily form. Sense a tingling sensation as if a stream of energy is permeating the very core of your Being and bathing you in Light. Allow the light to fill you to overflowing. When you sense you have absorbed all you can hold, allow the Light to flow down through your root chakra and deep into the core of the Earth. Remember to continue to breathe deeply, for the breath is the conductor of this energy. When you feel a completion, sense the Living Light begin to radiate forth from your solar power center both front and back. Breathe the Light out into the world for a brief time. Slowly return your breathing to normal and focus your consciousness in your heart center once more. Feel your feet on the floor, move your hands and rotate your shoulders as you once again begin to feel the sensations of the physical body. Breathe slowly as you return to full consciousness and when you are ready, you may open your eyes. **MEDITATION INSPIRED AND OVERLIGHTED BY ARCHANGEL MICHAE

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

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

Dearest friends, The Yellowstone seminar was a highlight for us all. It was filled with miracles and the sense of Oneness that AA Michael keeps telling us about. We had 85 people at the seminar including people from Japan, Germany, England, Hawaii and many from Canada. Everyone was so excited about the new information from AA Michael that I am sharing in my seminars this year. It is taking us to a new, higher level of awareness and experience. It was certainly another "soul-family reunion," and you all were there with us in Spirit. I channeled AA Michael's message for the group on Saturday, as we planned to do the Light City meditation at noon on Sunday, and then make our journey into the park on Sunday afternoon. AA Michael came through in all his glory and the channel started about 4:30 pm on Saturday. His message concluded around 5:15 pm. Many people who had been to the park before said it felt like the energy was "bottled-up," and that the vents and geysers were not as active as they remembered in the past. As you all probably know, Yellowstone is one of the "super volcanoes" and there have been some bulging and underground disturbances going on for some time, which they have been watching very

closely. They have closed a large area of the park deeming it too dangerous. On Sunday, a lady excitedly told us that when they went into the park late Saturday afternoon, everyone, including the park rangers, were talking about Norris Geyser erupting at 5 PM (the exact time AA Michael was speaking). It has not erupted since 1998. Several newspaper articles stated "The geyser erupted at full bore around 5 pm, Saturday, sending a plume of steam about 100 feet high. It sounded like a jet engine." A lady who is a Park historian said, " I have been in the park for 30 years and this is the first time I have seen Ledge Geyser at Norris erupt." The eruption coincided with other unusual activity at Norris over the weekend, including the eruption of other sporadic geysers and changes in surface water. People also noticed that many more vents of steam and smoke were occurring in other areas of the park. During our medita

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

HOW STRONG IS YOUR LOVE/LIFE LINE?

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, for thousands of years in your third/fourth-dimensional reality, humankind has focused on gaining love, power and satisfaction from those around them via etheric cords attached to the solar plexus in order to siphon off the energy of others in a horizontal fashion. The game of duality has been a push/pull dance, or an endeavor to incorporate from others that which you lack or thought would create love and a sense of self-worth in your lives. Without even realizing what was taking place, it became the norm to seek positive emotional energy and advantage by attaching these etheric cords to those closest to you, whether it be family members (especially children or mates), friends, acquaintances or co-workers. When in truth, by doing so you were enmeshing yourselves more deeply in the karmic game of cause and effect. This life-line that you created or allowed others to create with you worked both ways, and whereby you thought you would receive that which you needed, more often than not, you were/are being drained or

manipulated by others (depending on who is the strongest mentally and emotionally). Yes, you have always had that Love/Life Line from the Supreme Creator and our Father/Mother God, for without it you would cease to exist. However, down through the ages as you moved further away from the generating Source of Life, this lifeline was stretched to the maximum and narrowed into a thin Light-cord, whereby the vertical life-giving Elixir that you were able to receive was diminished to a bare minimum. Envision the horizontal energy cords with others becoming stronger and stronger, like a giant, intricate web, as it wove its way further and further from you, incorporating more and more people and more disruptive frequency patterns along the way.

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

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

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

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

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

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

Can you not see the perfection of this plan, and the integral part you are to play in this monumental opportunity for humanity to return to self-mastery and a higher state of Being? Gradually, you will no longer be influenced or affected by the horizontal frequencies of discord, for the transforming patterns of Light will clear all the distortions within your force field and beyond. You will radiate powerful, harmonious vibrational patterns which will go forth in an infinity sign before you, behind you and to the left and right of you, thereby insulating you from, or smoothing and calming all the troubled, distorted energies of chaos within your path.

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

No matter your beliefs, the celestial winds of change are growing stronger and stronger as they permeate everything and everyone on Earth. All must evolve or devolve; no-thing remains static. As you strive to attain self-mastery, you will become more self-confident and

will accept the truths you gain through personal experience, validated via your Higher Self. You will no longer be willing to accept concepts through dogmatic, blind faith, but will process all new ideas and theories through your own "heart/soul monitor." We have cautioned you time and time again, do not accept anything anyone says until you validate it as your truth.

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

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

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

Clear hearing or clairaudience usually begins with what seems to be just an inner knowing and usually with small coincidences and little miracles. It sometimes feels like a flash of inspiration from within, and usually entails new or fresh concepts or information. It may seem as though words are flowing into your mind, and it may or may not involve "voices" from within your mind. You may begin to get answers to your questions, and information that becomes more complex as you become more proficient and tap into higher vibrational patterns or more "refined cosmic information." This may result in receiving detailed information beyond your scope of knowledge; however, you should be aware that it is imperative that you process, integrate and put into action all of the higher truths or

concepts that are given to you before receiving further guidance. You will soon learn that these gifts are not just for entertainment or ego gratification, and if you do not stay centered and focus on the greatest good for all, you will soon lose whatever abilities you have attained. Spirit is never verbose or negative, and any information from

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

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

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

Many people have written asking where they may find the information about the Pyramid of Light, The Infinity Breath, the Binary Sequencing and the Alpha Mastery techniques that AA Michael has referred to in his recent messages. All of this information can be found in his third book of messages, YOUR SACRED QUEST ($22 + S&H), or in SCRIPTING YOUR DESTINY ($25 + S &H), the study manual for his four books of messages which contains his most important meditations, exercises and cosmic information so important for us at this time.

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

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

Dearest friends,

as time accelerates and the chaos around the world intensifies, it is more important than ever that we stay centered and empowered in our Sacred Heart Center. As with the previous seminars I have held this year, Syracuse, NY was a transforming and enlightening experience for us all. It was an awesome group of about 65 people, including several beautiful young masters from 9 to 16 years of age, who inspired us all with their wisdom and radiance. It was one of those special groups who seemed to merge and meld at a soul level, and it was quickly apparent that it was a spiritual reunion of the highest caliber. Jim and Laura Doring, my very charming and efficient facilitators, vowed to keep in touch with those who expressed an interest so that they could continue and accelerate the anchoring of the City of Light in the Syracuse and surrounding areas. Syracuse is a lovely city and I could tell that there has been a lot of Light anchoring there already. There were lovely people from many other areas and everyone was so thrilled to receive validation for their visions and guidelines of how to proceed in the most appropriate and empowering manner. I will be holding only three more seminars around the USA this year, one in the Sacramento area in August, Palm Beach Gardens, October 29 & 30, and in the Phoenix area on December 2 & 3. It will be a wonderful opportunity to assist in anchoring this gift of Creator Light in your home locale. I will be on a two-week cruise in the Aegean Sea (from Istanbul, Turkey to Athens, Greece) in September and I will be in Sophia, Bulgaria for a seminar Sept. 30 - Oct. 1. ON WINGS OF LIGHT and Set One of our Angel Cards are now available in Bulgarian, and I am pleased to be able to take AA Michael's loving energy and wisdom teachings to that beautiful country. This will be my only trip overseas this year. The seminar in Bulgaria will be presented in both English and Bulgarian. Please join us if Spirit nudges you to do so. Love and Angel blessings, Ronna

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

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

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YOU ARE THE GATEKEEPERS AND THE PURVEYORS OF THE LIVING LIGHT

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

panded point of view. The brave young men and women from all nations who are fighting for their beliefs, whether right or wrong, are standing up for a cause that they believe to be honorable and just. To help ease your suffering and sorrow at the loss of your beloved young ones, please know that they are in vibrant good health and more alive than ever, and they are basking in the limelight of love and devotion of their soul families and many wondrous angels and Beings of Light in the higher realms. Their deaths are not in vain. They will return, if they so desire, fully empowered to help create and enjoy the new peace, prosperity and unity consciousness of the future. Through the heightened abilities of your mind and heart, remember them and send them love, and then sit quietly as they radiate love and joy back to you. You may not be able to see them, but they are not lost to you.

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

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

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

As we have often told you, first you

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

Seekers of wisdom and self-transformation learn from their own actions and reactions, whether positive or negative. From a spiritual point of view, negative events offer an opportunity to learn which course of action brings forth the most positive results. Your Higher Self always tests you, over and over again, until you reject those things that are not in your best interest, and authenticate that which is your truth.

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

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

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

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

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

As you evolve toward mastery of Self,

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

Do not always express or project your emotions toward others. Allow yourself to feel and express whatever emotions you are experiencing, but analyze and resolve them within your own sacred space. Speak and share only to clarify or clear up a misunderstanding, and

always share your thoughts through a filter of love and compassion. That is the way of a master.

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

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

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

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

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

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

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

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

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

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

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

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

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

ch a wonderful state of expectation and joy. I could write a book about all the wonderful little miracles of validation that people are receiving at these events, and the dedication

with which they willingly and joyously move into the City of Light, and agree to go forth as a Bearer of Light in whatever manner they are inspired to do so. The more of us who join in this mission, the more quickly we will see the Cities of Light spring up around the world and the peace and prosperity we all desire will more quickly manifest. ***Dear hearts, I wish to make a clarifying statement so that there is no misunderstanding among us. I greatly thank and honor all the dedicated volunteers who translate the monthly messages in the various languages so they can be posted on my website, and so that all the people around the world can benefit from beloved Michael's wonderful, loving messages. I must depend upon each translator to endeavor to translate the monthly messages as accurately as possible, and I ask that there be no deletions, additions or changes to the messages in any form. It has come to my attention that there have been some messages put forth that had portions of the messages changed, deleted, or personal additions made. I have never made any changes or additions to his messages and strive to bring them forth as accurately and purely as possible. I also ask that my personal notes also be translated and added at the end of each message, as I feel it is important that people know what is happening in my life and how the transformation process affects me and those around me. Thank you all for your love, service and dedication to our joint mission. I could not have accomplished all the wondrous miracles over these past years without you. Love and angel blessings, Ronna

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

EARNING THE GIFT OF LIFE

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

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

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

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

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

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

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

d Ray, and you have been overlighted with that Ray and its attributes and qualities in all your many incarnations. That rule has now changed. You are now in the process of integrating all of the qualities, virtues and attributes of all the twelve major Rays of this universal experience, which include the three God Rays, and as you move upward on the spiral of ascension, new Rays of experience will be forthcoming as new abilities, gifts and qualities of God-consciousness are made available.

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

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

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

Divine will and power we offer you as you strive to reclaim your proper station as a cocreative master of Light.

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

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

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

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

I ACKNOWLEDGE MY DIVINITY. I ACCEPT MY DIVINE BIRTHRIGHT AS A COCREATOR WITH OUR FATHER/MOTHER GOD AND THE SUPREME CREATOR TO ASSIST IN THE MANIFESTATION OF HEAVEN ON EARTH. I ACCEPT THE SWORD OF ARCHANGEL MICHAEL AS A SYMBOL OF MY WORTHINESS. I PROMISE TO WIELD THE ENERGIES OFTHE FIRST RAY OF POWER, WILL AND AUTHORITY WITH LOVE AND COMPASSION FOR THE GREATEST GOOD OF ALL CREATION. SACRED FLAME FROM THE VERY HEART OF GOD, BLAZE IN, THROUGH AND AROUND EVERY ELECTRON OF PRECIOUS COSMIC ENERGY I HAVE EVER RELEASED OR MANIFESTED WHICH IS LESS THAN PERFECTION. TRANSMUTE NOW, CAUSE, CORE, RECORD AND MEMORY OF EVERY THOUGHT, WORD, ACTION OR FEELING I HAVE EVER EXPRESSED WHICH PREVENTS ME FROM KNOWING AND

ACCEPTING MY TRUE IDENTITY AS A DIVINE EXTENSION OF OUR FATHER/MOTHER GOD. I ASK THAT THE VIOLET FLAME OF FORGIVENESS BLAZE THROUGH AND AROUND ME NOW AND HENCEFORTH, EXPANDING MOMENT TO MOMENT TO THE MAXIMUM THAT COSMIC LAW WILL ALLOW, UNTIL I AM FREE FROM EVERY BELIEF WHICH IS LESS THAN THE REALITY OF MY PERFECT GOD NATURE. I AM THE PRESENCE OF GOD MADE MANIFEST IN THE PHYSICAL WORLD OF FORM, AND I ACCEPT MY DIVINE BIRTHRIGHT AND MY MISSION NOW! SO BE IT! SO IT IS! I AM THAT I AM!

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

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

.*** Transmitted t

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LIGHT WANDS: Inspired by AA Michael * Jaime Teasley created these beautiful crystal wands using the highest quality crystals. Lord Michael states: “These wands are symbolic of the crystalline Light Body, called your Adam/Eve Kadmon Light Body, which is your perfect form in the higher realms.” SWORD OF MICHAEL LIGHT WAND: The Sword of Michael wand is made of sparkling Swarovski crystal, 5.75" long with clear and cobalt blue Swarovski crystals. CHAKRA LIGHT WAND: The Chakra Wand is also made of Swarovski crystal, 5.5" long with colored Swarovski crystals corresponding to the colors of the chakras. Both wands are handmade and blessed by AA Michael. EACH WAND IS $30 plus S&H via Priority

Mail : $5 USA * $9 Canada * $ 12 Int'l NEW**SPACE CLEARING KIT Using a Crystal Tuner and a Natural Quartz Crystal which resonates at 4096 cps, nine octaves above the Earth's frequency. This frequency is said to open the doorway to the angelic kingdom. * Sound waves of higher frequency energy help clear negative/inharmonious energy in your home, office or any space around you that is not comfortable or compatible with your energy. * Includes a violet, velvet bag. $30 plus S&H: USA * $5 * $8 Canada and Mexico * $10 Int'l

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

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

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

HARMONIZING THE "OLD AGE" WITH THE "NEW AGE"

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

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

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

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

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

Another puzzling phenomenon that is occurring worldwide is the fact that no longer does the average person sleep the night through without interruption. A great majority of

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

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

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

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

We have told you that it is most important that you monitor your thoughts before going to sleep. The “state of mind” you are in determines the quality of your rest and whether it is beneficial or turbulent and disturbing. The sleep state was not only designed to give your body and mind a rest in order to replenish and refresh you, but to allow you an opportunity

to soar freely in the higher realms of consciousness. When you state “I ask for my greatest good,” or “Thy will be done,” you give us permission to take you to halls of healing and temples of learning, and to infuse you with knowledge and vibrational patterns that are compatible with your current “State of Being.” We have stressed over and over, how beneficial it is to project your etheric Self into your Pyramid of Light in the fifth dimension before falling asleep. See yourself lying on the crystal table and envision the electrifying elixir of life radiating forth from the City of Light nearest you, bathing, permeating and healing as it fills you to overflowing with Divine Light of new creation. As you awaken refreshed and energized, breathe deeply and envision this healing life Light radiating deep within the Earth’s core and then breathe it out into the world around you from your Solar Heart Center. What a magnificent way to share your Light and begin your day.

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

rds of Light.

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

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

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

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

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

rystal and amethyst stones in the sea as directed. He told us to envision the NCL Jewel as a "ship of Light" which would carry the refined energy deep within the sea, washing it up on all the shores it touched, and lifting the "gift of Light" into the atmosphere and "rain it down upon the land." He told us that we, and all the people on board the ship, would carry the "energies of new life" with us to each port, island or country we visited, leaving footprints of Light behind. He gave us several beautiful messages of instruction, and personal message as well, as we visited each sacred site. At a later time, I hope to write a more detailed report, telling of all the miracles we experienced, but suffice it to say, we were divinely led, protected and inspired by the journey, and blessed beyond measure by the experience. I cannot begin to tell you how special was the time spent with the members of my soul family, Tom and Zehra Boccia , who did an incredible job of smoothing the way, arranging private trips to special sacred spots and regaling us with many of their past adventures around the world. My dear friends from Tokyo, Japan, Janet and Hiroshi Ohuchi, who are also my

translators, seminar facilitators and soul companions, expressed several times what a great privilege it was to be included in this special journey. My reply was, “It was divinely ordained, and would not have been the same without you.” My room mate and wonderful friend, Dr. Helen Huber, is quite the adventurer and went to several special places that were a little too difficult for me. We had several past life memories that helped explain some puzzling aspects of the past, and we agreed that we would like to return to Crete to experience more of the magic of the past. It was a special, sacred journey for us all, and I feel so very blessed to have been given this wondrous opportunity to spread the Light. Love, blessings and angel hugs to you all, Ronna

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

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

THE ECSTASY OF SACRED LOVE

TRANSMITTED THROUGH RONNA HERMAN

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

We do not mean love as you now experience it in the physical realm, but the Sacred Love of your Twin Flame, your soul family in the higher realms, your wondrous angelic friends, the great Beings of Light, our Father/Mother God and the Supreme Creator. That is what is missing, and what you have yearned for ever since you left your lofty home among the stars,

and divided yourself into two Sparks of individualized awareness, one masculine Spark and one feminine Spark of Divine consciousness, so that you could reflect and experience the glory and diversity of our Father/Mother God.

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

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

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

aken to heart the universal laws of prosperity, whereby, you affirm that you are entitled to abundance in all things? Remember, you must keep the universal flow circulating, you are to take what you need, and then allow the balance to flow out into the world to be shared, so that it can be replenished and multiplied, over and over again.

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

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

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

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

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

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

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

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

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

Many dear souls have agreed at a soul level to journey alone during this lifetime, or to focus on their spiritual mission instead of seeking a mate or a close companion. We tell you, you do not have to complete your earthly journey alone, nor do you have to wait until you transcend to experience the “state of bliss” of the higher realms. It is time for you to shed the filters and veils that have been placed over your memory and consciousness. It is time for you to remember who you are, and ALL that you are. It is a time of reunification of the highest order.

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

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

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

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

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

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Dearest friends: I am constantly amazed by the astounding information that is being revealed to us at a faster and faster pace. The Pyramid of Light and Infinity Breath information was so transforming and empowering, and then last year, AA Michael gave us the Cities of Light information and how we can access and anchor this Divine Light from the highest Source. It has been a constant "mind-expanding" process for me as I slowly integrated the data and put it into practice (with wonderful, astounding results). The information in this month's message from our beloved Michael was initiated in a different way (which I now know was divinely orchestrated). It was 1997 or '98 when I first connected with Shanna Mac Lean, and in 2001 she attended my I AM Mastery Facilitator's seminar in Reno, NV. We immediately felt a connection and I was impressed by her inner radiance and loving nature. We have touched base occasionally over these past years, and I

have been aware of some the of wonderful things she has accomplished. I knew that she moved to Eureka Springs, Arkansas, and that she is working with two wonderful, enlightened souls, Yael and Doug Powell, authors of the Messages from God series of books, and owners of the Circle of Light Center. I often receive books from my spiritual, author friends, and was pleased when I received a copy of Shanna's new book ETERNAL TWIN FLAME LOVE, The Story of ShannaPra. The first small miracle happened when

I randomly opened the book and my eyes were drawn to an excerpt from Messages from God dated NOV.30 (my birth date). I skipped through the book reading various segments of Shanna's incredible experience, and as ripples of "angel bumps" radiated through my body, I knew immediately that this was a book that I had to read in its entirety. I could hardly wait until evening so I could begin to read Shanna's story from the beginning. Occasionally, beloved Michael gives me an overview of what the next month's message will be about; however, I was surprised when he told me that it was time for those who are ready to listen to learn about the gift of "Sacred Love" so that the Twin Flame reunion process could begin. He spoke of Twin Flames several years ago, and said that the time would come when we would be ready for this joyous reunion. It seems as though that time is now. As you know, I have been told I must experience everything I teach and so I immediately began the preparation process to reconnect with my Twin Flame as outlined by Shanna, and by AA Michael in this month's message. Every night I go into my crystal Pyramid before I go to sleep. I lie on my crystal table and call in my four angelic helpers. I ask for my highest good and the greatest good for all. Several nights ago, I affirmed that I was ready and said "Yes to Sacred Love" in preparation for a reconnection with my Twin Flame. I immediately felt an expansion in my heart center that has increased and is constant. During my meditations, as I lift my energy and put out the call to my beloved soul mate, I feel a tingling sensation throughout my body and sometimes some ripples of energy throughout my chakra centers. It is not uncomfortable, just a feeling that something unique is happening. I don't know how long it will take for my Twin Flame to appear, but I know it is worth the wait. I know that this reunion will only enhance my love for my husband, my physical family, and you, my earthly soul family. Another miracle is that my dear friend, James Tipton, AKA Tyberonn, a bearer of Metatron's energy, and I are planning a joint seminar event for next year in Little Rock, Arkansas. Tyb has been told that the central region of Arkansas rests on enormous beds of crystals of a stunning size, some the size of skyscrapers (some time ago, AA Michael told us about the "skyscraper" size crystals that would be found and activated in the future). That is now happening around the world. We plan to hold a two-day seminar, and an optional two-day journey to some of the most powerful sacred sites in the area in May, 2007. I have asked Shanna to join us. AA Michael has validated that the Circle of Light Center in Eureka is a major active vortex. The details will be posted on my web site just as soon as they are finalized. Dearest friends, please join us in this next exciting phase in our journey of transformation and integration. I am so excited about the future, and I feel the challenges a

nd discomfort we are experiencing along the way are a small price to pay for the wondrous gifts we are receiving. Love and angel blessings, Ronna

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

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

YEAR 2007 - AAM Combined 2007

OPENING THE PORTAL TO YOUR SACRED HEART

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, your journey into density has been quite an adventure, and has spanned billions of years according to your timekeeping. We have explained how, as you moved deeper and deeper into the great void and the darkness of space, you assisted in filling that void with Light, substance, texture and shapes beyond your wildest imagination. And then, according to the Divine plan, you submerged yourself within each new reality you had helped fashion so that you could experience creation in its many magnificent, diverse forms. Thus began the manifestation of solid matter via pure thought brought forth from the Mind of the Supreme Creator, and later from the mind of the Father/Mother God of each universe, and eventually via your own thoughts as you moved further and further from the pure Source of all creation.

After you came into your individualized consciousness, realizing that you were a Divine Spark of the Supreme Creator, the ALL THAT IS, you knew that you were predestined to journey forth into the great unmanifested void as an emissary of Light, for it was encoded deep within your immortal soul and your sacred heart core. You, along with all the other "awakened Sparks of consciousness," were destined to experience all the wondrous diversity of creation for the Creator, our Father/Mother God, and all the great Beings of Light who remained in the rarified realms.

We tell you this because we wish to impress upon you how ancient and complex you are. You came into this lifetime with a wealth of knowledge and a rich, complex lineage encoded within your DNA, your cellular structure, your mental and emotional bodies and your extensive chakra system of awareness. You often wonder why the members of a family are so different when, from a narrow point-of-view, they came from the same parents and lineage. The lineage of your earthly family in this lifetime is only a minuscule portion of your vast and priceless heritage.

You have separated your consciousness or fragmented yourself millions of times in order to experience the great diversity of Creation, and you have also reunited with many of the multiple facets of yourself more times than you can count. Each time you did so, you added more complex information and unique experiences to your memory bank. The further you moved away from the perfection of the Supreme Creator, and the deeper you moved into multi-dimensionality, the denser and less perfect your creations became, for you had less pure Light substance to work with. Therefore, there is no blame and there should be no feelings of guilt and failure. It was a learning experience; however, it is now time for you to reclaim your self-mastery and the ability to create things of beauty and harmony in

accordance with the original Divine plan. Now that you are aware that you have the power to tap into an unlimited suppl

y of pure primal life substance and the Love/Light of purity and perfection, what are you waiting for? The rejection of your Divine birthright is a travesty, and your Higher Self will not relent in its nudgings to help you awaken and claim your royal heritage.

We have explained how the spectrum of Light and shadow was created in this universe so that you could experience duality and polarity. In the higher dimensions, those closest to our Father/Mother God and the Great Central Sun, the duality spectrum is very narrow; however, it became broader and more pronounced as each dimension was established until it reached what was to be the maximum duality that was to be experienced. You are aware that it was not ordained or intended that humanity should sink so deeply into duality and polarity thereby causing so much pain and suffering. The time has arrived for the distortions and excesses of the past to be brought back into harmony, and it is our greatest desire to assist you to move through this process with ease and grace.

Will you please heed our words: You are not judged and never have been by anyone or any Being from the unseen or higher realms; YOU ONLY JUDGE YOURSELVES! Under the universal laws of cause and effect, all your thoughts, intentions and deeds are stored within your auric field and your chakra system, and you radiate the vibrational patterns thereby created, which go forth from you in an infinity pattern and return to you in like frequencies and measure. In the past, it often took many lifetimes to reap the rewards for positive, loving actions, or to experience the penalties for negative or hurtful actions. Therefore, most often, it was not obvious that the “righteous” are indeed rewarded, and the “unrighteous” also receive their just rewards in kind. Again, no great or small Being is doling out rewards or punishment. The universal laws are firmly in place and your own Higher Self monitors your progress or lack thereof, either clearing the way ahead and blessing you with miracles large and small, or by placing more obstacles before you in hopes you will awaken and step onto the spiral of ascension.

Beloveds, too many of you are carrying great burdens from the past, mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the “burdens of inequity” no longer serves you. It is time for you to allow us to help you heal the painful memories of the past, just as we are clearing the distortions of the third- and fourth-dimensional collective consciousness belief patterns and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limiting realms of consciousness, membranes of Light were placed around the multiple strands of your DNA, leaving only two accessible and active. Membranes of Light were also placed ov

er your memory, as well as around the Light Packets of wisdom stored within your higher brain structure. A veil was put over your memory so that, most often, you could not

remember your past lives, for it would be too much of a burden to remember all your past mistakes and imperfections. It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all your past aberrations. These restrictive membranes of Light are slowly dissolving as you return to balance and harmony and advance on the spiral of ascension and reunification. A membrane of Light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of Light. However, you and you alone placed a membrane of protection over the front vortex of your Sacred Heart Center because you have been hurt, disappointed and disillusioned so often. Slowly, but surely, through the techniques we have given you, you have dissolved those restrictive membranes so that the Love/Light can flow freely to and from you in the way it was intended. In order to access and radiate the ever-increasing frequencies of Light, you must be able to integrate and permeate your Being with these advanced vibrational patterns, and you must be prepared to radiate them down into the core of the Earth and then project them out into the world-at-large via your Sacred Heart Center portal, from both the front and the back.

Remember, we told you that when you first came to Earth, you were a shining crystalline Pillar of Light. Slowly as you sank into the density, you began to build a cross of matter that became more and more unwieldy as your spectrum of Light and shadow increased. Now you are loving those fragments you have created back into balance and harmony as you seek and tap into higher and higher frequencies of Light. You are in the process of become a cross of Light, beloveds, as your spinal chakra system becomes ignited and you radiate Love/Light from your Sacred Heart Center in front and behind you.

We have repeatedly told you to 'heal the past, script your future and then live in the moment,' for this very moment is the Still Point or the power center of Creation Why not move into the center of that spiral, into the eye of duality and polarity where all is calm and peaceful, and filled with pure, rich, primal life force substance just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator, and know that you are a treasured son/daughter on an important mission, and nothing you can say or do can diminish that love.

REMEMBER, YOUR EMOTIONAL, MENTAL AND ETHERIC BODIES CAN BE HEALED AND TRANSFORMED BACK INTO WHOLENESS VIA THE GIFT OF FORGIVENESS. Stand in front of a mi

rror and gaze into your own eyes or go into your Pyramid of Light and lie on the crystal table. Say to yourself, "I forgive myself for any action, thought or deed, past, present or future, in this or any other reality, that has not been composed of the frequencies of Sacred Love. I forgive everyone I feel has treated me unjustly in this or any other lifetime and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures that we have created together. I ask the angels of forgiveness to permeate

all facets of my Being with the frequencies of Love/Light so that I may become “Soul-focused and heart-centered” as a Bearer of Light and a self-master.

Breathe deeply as you move into your Sacred Heart Center. Allow the pure Love/Light to pour down through you via your Higher Self. Feel the expansion in your heart center as this Divine elixir of love permeates the very depths of your Beingness. Sacred Love is what frees you from the shackles you have woven around yourselves, binding, restricting, entangling you in karmic interactions. When you deny this love, you are denying your heritage and your Divine birthright. Perform this exercise as often as necessary until you feel you have accepted the truth that you are worthy of forgiveness.

Forgiveness of Self which facilitates a forgiveness of all others is an integral step in the process of opening the portal to your Sacred Heart center, and your heart portal must be open in order to successfully connect with your Twin Flame. You must be making a concerted effort to return to harmony and balance within your own Being in order to be ready to connect with your Divine counterpart. Your painful, unsatisfying earthly relationships are a result of inner feelings of unworthiness, guilt, fear of failure and rejection. The battle of the sexes is really an internal battle with Self, as you project your “needs, wants and desire” outward to someone else in hopes they can supply what is missing within. Your relationships will surely reflect to you the negative energies you need to overcome, as well as some of the positive attributes you desire for yourself. Either can be painful or fulfilling, depending on the way you wish to “play the game of relationships.” Negative-based physical relationships are fear-based, rigid, self-absorbed and limiting. Sacred relationships are love-based and Spirit-inspired, and allow each party to integrate and express the positive attributes of their intrinsic masculine and feminine nature. They focus on wholeness and unity and yet are flexible and allow freedom of expression.

As you lift your consciousness and return to harmony within, you radiate forth more refined frequency patterns and, therefore, you will attract to you those who are radiating and are comfortable with the same level of the Light spectrum. The reunification process entails rejoining multiple facets and levels of your soul family consisting of your earthly

family, your solar, galactic and universal family and the many facets of “Self” including your Divine Twin Flame and then eventually, the wholeness of your I AM Presence.

Beloveds, won’t you begin the process of forgiveness NOW, and make a concerted effort to open the portal of your Sacred Heart Center so that these wondrous gifts can be showered down upon you? Call on us and allow us to assist you. Remember, we are only a heartbeat and a thought away. We enfold you in sacred, unconditional love. I AM Archangel Michael.

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

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OCTOBER * RENO, NEVADA * AA MICHAEL/RONNA HERMAN * DETAILS SOON

MARCH, JULY, SEPTEMBER, & NOVEMBER * LOCATIONS TO BE DECIDED

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PHONE/FAX: 775 856-3654 E-mail: RonnaStar@earthlink.net * Upon registration, a confirmation

packet will be sent with all pertinent information including a map and directions and shuttle/transportation from airport.

Dearest friends, I am excited about my seminar schedule for 2007. We are finally getting our Quest For Mastery International Facilitator Training program off the ground, and it promises to be exciting and rewarding. The Charlottesville, VA seminar will most likely be my only east coast seminar in 2007. Don't miss this wonderful opportunity to assist in further anchoring the portals of Light and the crystalline grid in that area.

The Arkansas seminar and Sacred Journey with James Tyberonn also promises to be a "once in a lifetime" experience. Shanna Mac Lean will join us and share her amazing experience of connecting with her Twin Flame, PRA. As often happens, beloved Michael is giving us important new information about this incredible state and the major part it has to play in the ascension process. Please visit my website and join us for one of these special events if Spirit guides you to do so.. Love, blessings and miracles, Ronna

P.S. . I still have a few months open for seminars. If you would like to facilitate an event, please E-mail me at: RonnaStar@earthlink.net for full particulars.

ACCESSING YOUR MACROMIND AND YOUR MACROCOSM AWARENESS

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, 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?

You are a microcosm or a miniature universe within the macrocosm which contains the totality of the Omniversal experience. You have been described as a 'cell' within the heart/mind of the Supreme Creator and this is a valid description.

As the Supreme Creator radiates more and more of the Elixir of Life throughout the Omniverse, it is affecting all Creation. You cannot hide from it. You cannot deny it. Your lifeline to your Source is growing stronger and more persuasive all the time. The magnetization factor is growing stronger, and you are magnetizing to you in stronger and stronger measures that which you have claimed as your reality. If you believe that you must live in poverty and chaos, that will be reinforced and magnified in your life. If you have accepted the truth that you are entitled to a life of beauty, joy and prosperity, that reality will unfold before you (if you follow through and take the proper steps as outlined in past messages).

It is as if your lifeline is being tugged and pulled in different directions as Spirit tries to get your attention You can resist and hold back, kicking and screaming, but you will eventually move forward on the spiral of evolution. There will be no denying the evolutionary cycle that is now in full swing. The Soul-self is nudging and prodding everyone, to one degree or another, in an effort to get each soul's attention. No one can maintain the 'status-quo,' coasting and drifting, and ignoring the call to awaken. You must either grow and ascend in consciousness, or sink deeper into chaos and limitation, postponing the inevitable. We have often stated 'You are destined to return to a perfected state, so why not enjoy the journey.'

You can readily see where in the world the resistance is strongest. There is a very powerful thought form that has been building over the past fifty or so years. It is a thought form of annihilation, a desire within the minds of many souls to destroy all those who do not conform to certain cultural or religious teachings and rules. It is as if the last vestiges of the third/fourth-dimensional dogmatic views are rising to the service to be transmuted. It is a fight to the death for many and it is based on fear. Fear of not being right. Fear of the unknown. Fear of change and fear of losing control. Unfortunately, those who have these beliefs will draw to them those things they fear most.

In the areas of the world where this is taking place it is a microcosmic event. It is as if the areas of conflict are being isolat

ed and cut off from the rest of the world and beyond so that the surrounding countries/territories will not be contaminated. We would have you know that we are using some of the beautiful unconditional Love/Light you, the Light Warriors, have been sending forth, to place protective shields around areas where peace is the predominant thought form, so that the contamination does not spread.

As you expand your consciousness and begin to use your Sacred Mind or MacroMind, your reality will change very quickly. This is what we have been explaining to you over these past few years as we endeavor to assist you in perfecting the Alpha Mastery techniques. The micro-mind is your Beta consciousness, whereas your Alpha-Master mind is your

MacroMind consciousness which helps your subconscious mind to become conscious as all the old subjective, negative programming from the past is released and transmuted, and the conscious mind becomes receptive to the downloading of cosmic information from the higher realms of knowledge. .

Macro-awareness is experienced through the Sacred Mind and Sacred Heart centers. The three lower chakra energies are filtered through and OverLighted by the Sacred Heart as they are gradually unified and work in harmony with the higher chakra system. The Sacred MacroMind is a unified combination of the left and right brain hemispheres and has the potential of accessing the higher levels of information stored within the Light Packets of wisdom located at the back of the brain, from the Medulla Oblongata (where the Ascension Chakra center begins) to the crown.

The secret, beloveds, is to stay centered within the Sacred Heart as you expand your consciousness and your radiance grows into greater and greater concentric circles of Light around you, thereby expanding your sphere of influence.

Staying centered in the heart is one of the most important rules in the process of reconnecting with your Twin Flame, or accessing the Sacred Love of Unity Consciousness. Learning the Infinity Breath technique is also an integral part of the process. You see, as you practice the breath of Infinity, the Inbreath begins within your Sacred Heart center and it moves up back through the pranic tube (in front of your spinal column), and exits at the Medulla Oblongata at the back of the brain, curving over your head and entering at your Sacred Heart Center once more. Allow this energy to find its own path. Whether it moves in and out at the breastbone, the high heart, or the solar plexus center), makes no difference; wherever it wishes to enter and exit is appropriate for you. Your breath knows the path to take, all you have to do is focus on the exit and entry points as you breathe in and out. After entering the body at the Sacred Heart Center, the Outbreath moves down the pranic tube, again, inside the body, in front of the spinal column, and exits through the Root Chakra, the perineum (the small area between the anus and the sexual organs).

The breath continues its path in front of the body and enters once more at your Sacred Heart Center.

Many of you have been faithfully practicing this technique for some time now, and are ready for the next step. You see, allowing the breath to exit at the Medulla Oblongata has facilitated the activation of the Ascension Chakra at the base of the skull, thereby initiating the process of opening the higher dimensional levels of the brain, which give access to the higher frequency levels of consciousness.

Most of you who are reading these messages are ready for the next step, and many of you have already completed the process of opening the Portal way at the back of the heart. This is the portal that gives you access to the Celestial Cities of Light, and if you have been visiting the City of Light in the higher dimensions in your area, via your Pyramid of Light in the fifth dimension, your Portal way at the back of the heart is already open and functioning.

When you first incarnated on planet Earth and gradually assumed a physical vessel, your column of Light was as wide as your crown (the halo over the head symbolizes this Crown of Light that connects with your Higher Self, and all the way back to our Mother/Father God and the Supreme Creator). This vibrant, life-giving energy radiated from the front and the back of your heart chakra out into the world around you. Over time, after sinking into the density of the third/fourth-dimensional environment, and experiencing so much 'heartache,' most of you gradually built an etheric shield of protection over the heart, thereby diminishing the flow of Love/Light to and from you. There was an etheric membrane of Light placed over the back portal of the heart which was to remain intact until humanity was ready to begin the ascent back into the realms of Light. THAT TIME IS NOW.

To speed up the process of fully activating and opening this portal, we will now make a small change in the Infinity Breath technique. However, it is important that you practice the first technique, as outlined above, for a time until it is comfortable and familiar to you, and can be done with ease and no conscious effort. When you can do this, you will know that the process is 'Encoded within' and will take place with no conscious effort. At that time, you may begin the second part of this process. There is only one minor, but very important, change: Instead of the Inbreath coming out at the base of the skull, or the Medulla Oblongata, envision it coming out at the back of the Sacred Heart (or the Portal at the back of your inner temple of the heart). The breath will still sweep up and over the head and reenter the body at the same place in front of the body, and continue down on the outbreath as it sweeps out through the Root Chakra and makes its entrance in front of the body on the Inbreath. After you perfect this technique, beloveds, make a concerted effort to practice this technique several times a day, even if

it is only a half-dozen or so breaths. This will speed up the process and facilitate a greater infusion of Divine Creator Light.

We have stated before, and will stress again: Knowledge/wisdom overlaid with love/compassion and focused intent/action creates the power that holds the keys to the universal storehouse of unmanifested potential; potential just waiting for you to mold it and create anything you can envision. Imagine that the Infinity Breath you ingest into your system is filled with trillions of tiny diamond subatomic particles of Love/Light, and the energy activator is LOVE. So the formula is simple: focus your intention on what you wish to create, fill yourself with the Elixir of Life and permeate it with the pure love drawn forth from your Sacred Heart. Beloveds, this is a magical formula that cannot fail.

Our Father/Mother God, the Elohim and the archangels have created living pyramids of Light within every level of Creation so that you can access the building blocks of life. These life-giving forms give you access to the frequencies of Light which are necessary components of transformation so that you, as human Beings, can return to an exalted state of consciousness, your Divine state.

We have instructed you to go into your Pyramid of Light/Power in the fifth dimension and to clearly state your intentions and specifically outline what it is you desire to create. State

that you ask this be aligned with your highest good, and for the greatest good of all. Now, during your waking hours follow the outline above using the Infinity Breath technique as you envision a stream from the Cosmic Stream of Life flowing down through your double-terminated crystal into your Pyramid of Light filling it with Divine Light substance, activating and igniting your vision. As you practice the Infinity Breath technique, you will begin what could be termed “a trickle-down effect” whereby the energy will gradually flow from your pyramid and into your sphere of consciousness, opening the way, inspiring, guiding and directing you as you firmly, with confidence, proceed to create your vision and bring it to fruition.

The same applies for the higher frequency energies from the Cities of Light. Once you make the connection, it begins this ‘trickle-down process’ whereby a constant stream of just the right magnitude and frequency patterns flows into your Pyramid of Light and down your column of Light to you. Envision an Etheric Replica of yourself lying on your crystal table. It will remain there when you are focused on your physical body, and you will merge with it when you visit your Pyramid and lie on the crystal table. Each time you merge with that facet of yourself in the fifth dimension, you will absorb more of the refined frequencies of Light that have been integrated into your Etheric Replica during your absence. You see, beloveds, we are doing everything possible to assist you in this dramatic transformation process, but you must do

your share in order for it to succeed.

Dearest hearts, great changes are in the wind, and we will give you guidance in many ways in order that you may integrate the advanced wisdom that is so critical for your expansion into a MacroMind awareness. Do not be discouraged, but do be diligent. Your efforts will be greatly rewarded. Know that we are ever near to guide and assist you. You are loved beyond measure. I AM Archangel Michael.*** Transmitted through Ronna Herman * STAR*QUEST* 775-856-3654

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OCTOBER * RENO, NEVADA * AA MICHAEL/RONNA HERMAN * DETAILS SOON

*** JULY & NOVEMBER * LOCATIONS TO BE DECIDED***

INTEGRATING AND IGNITING THE DIAMOND RAY FLAME

TRANSMITTED THROUGH RONNA HERMAN

Beloved masters, humanity is being nudged and inspired in every way possible to move forward into the next level of en-LIGHTEN-ment. It is imperative that you strive to incorporate, activate and project the maximum amount of Creator Light available to you. As it was in the beginning times on Earth, those of you who are in the process of returning to the original blueprinted way of balanced and harmonious existence, will gradually have access to the dynamic power and magnificence of the Supreme Creator's Essence.

The Earth and humanity are becoming multidimensional Bearers of Light as the radiance from the Supreme Creator and our Mother/Father God permeate the solar system and the Earth via the Great Central Sun of the Milky Way Galaxy. The Crystalline Grid system bears the encodings and the Divine Schematic for your return to multi-dimensionality, as well as the Divine Blueprint for the future of the Earth and humanity. However, it is up to each of you to connect with this grid system via the great Cities of Light, and to begin to decipher the encodings that pertain to you, your mission, and the specific area you inhabit.

During these swiftly changing times, you will find the energy patterns of your new multi-dimensional nature fluctuating at a wide range of frequencies, for the Crystalline Grid system is programmed with the highest vibrational patterns that people in each area can incorporate and anchor to the Earth and themselves. It is a two-fold process: the Grid system will affect humanity through its advanced encodings for the future, and humanity will affect the Grid System as each person anchors the Living Light from the Celestial Cities of Light.

Energy filled with the unmanifested potential from the "All That Is" and all there ever will be comes forth from the Omniversal Mind called the Supreme Creator. This energy is limitless and inexhaustible. Energy cannot be lost or destroyed, it transforms–evolves OR devolves–according to the intent/desire/actions of the cocreator; it manifests into new forms of specific frequency/vibrational patterns drawn forth from the Primal Life Force Substance sent forth upon the River of Life/Love from the Creator and our Mother/Father God.

The problem is that most of you have forgotten how to tap into the River of Life/Light; however, if you adhere to the Universal Laws of Manifestation, you have the ability to bring your visions, dreams and desires into physical manifestation. You have always been cocreators on the physical plane, either of joy, peace and plenty, or of poverty, suffering and limitation.

You must move beyond the "collective consciousness belief structure" and actively strive for an "attitude adjustment" whereby you consciously become aware and claim that you are a cocreator who is entitled to all the beauty, bounty and abundance of the uni

verse. Your first priority must be to study and integrate the wisdom of the Universal Laws, and how to work in harmony with the Elements of the universe. This is an integral step toward becoming proficient in what you seek as a cocreator in harmony with your Divine mission. Manifestation of form is constantly taking place regardless of what you do or don't do; that is simply what happens by natural law. Hence, by consciously working in harmony with this process, it will accelerate your progress. Or, you may ignore the law and your life will be filled with unconscious, ineffectual desires with random and, often, chaotic results.

As you expand your awareness, reclaim your Self-mastery, and reconnect with the multiple facets of your Divine Self, you are remembering the 'science of spirituality' and the immutable laws that govern humanity and the Omniverse, instead of focusing only on the 'emotional nature of spirituality'. The greatest gift you can give those around you is to be a positive example. You must perfect your skills as cocreators and manifest within yourselves and your environment all the beauty, abundance, tranquility and joy you can envision, and then share your knowledge and gifts with those around you and, ultimately, the world.

The unmanifested, formless energy of Creation is malleable and ready to be shaped into anything you can envision with your minds. There is an ultimate source of all abundance which is now being called "Adamantine Particles," or Pure Primal Energy from the

Heart/Mind of the Supreme Creator via our Father/Mother God. The earthly experience for humanity was to be a wondrous adventure in cocreation, mandated by our Father/Mother God. Before you descended into the world of form you were promised access to the Source of infinite supply; however, you have forgotten the rules and the formula necessary to access the storehouse of Divine original substance.

The Beloved Jeshua through his blessed messenger, Glenda Green, has named the First Light of Creation "Adamantine Particles." He teaches, " These particles are the Light of consciousness and the building blocks of physical existence. They give flesh to Spirit, as well and nourishment and healing to life. Adamantine Particles respond to magnetic attraction and it is by the pure love within your Sacred Heart that you command them. Adamantine Particles are commanded by love and only by love."

The Supreme Creator via the River of Love/Life is sending forth the Diamond Ray/ Diamond Flame which consists of the fundamental, subatomic particles to be known as "Adamantine Particles" throughout all manifested Creation. The stream of 'Cosmic Consciousness,' the 'Elixir of Life,' Diamond Core Essence, and 'Christed Energy,' are all descriptive terms for Adamantine Particles.

You are composed of love; however, you have restricted yourselves from projecting the love that you truly are, the love that you are capable of, the love which is intrinsic to your Divine

nature. Through the information that is now coming forth, vistas beyond anything you could previously imagine are opening before you, as the Creator's plan unfolds in its perfection. You are becoming aware of the magnificence of what is occurring, and we see you are beginning to believe much of what you have been told over these past years, as you integrate the wisdom within your Sacred Heart/Sacred Mind and claim it as your own truth. The process of eliminating the preconditioning of Ages past is complex, but necessary, as you strive to clear, refine and expand your subconscious and conscious minds in order to incorporate the higher truths from your superconscious mind/Higher Self.

Remember, we are now emphasizing the Sacred Mind/MacroMind as well as the Sacred Heart. Stored within the upper-dimensional levels of the brain, above the ascension chakra, which is located at the base of the skull (the Medulla Oblongata), is your history, ALL that you have ever experienced, the wisdom that you have claimed as your own, your lineage, your Divine Mission and your future. Stored there as well is the unlimited potential you may choose from, the options and the wealth of choices that you have available to you.

Have you ever wondered how, in the beginning, you actually formed your physical vessel? You drew to you those Divine Diamond particles of Light from the River of Love/Life that run through all manifested Creation from the Heart/Mind of the Supreme Creator and through our Mother/Father God of this universe, and with the encoded template of the perfect Adam/Eve Kadmon body and your cocreative abilities, you created your physical vessel, as well as a wondrous variety of material plane manifestations.

Are you ready to make this declaration? “Yes, I AM ready to move forward. I will claim and use this energy for the greatest good of all. I will be a bearer of the Diamond Flame Particles of Life. I will open my Sacred Heart and allow myself to be vulnerable, for I know I am protected. I will accept all of the Diamond Flame energy that can be safely integrated within me at this time. I will stay focused within my Sacred Heart center so that I may project the highest level of pure love out into the world around me.”

Beloveds, you cannot gift the Diamond Flame particles to anyone else before you have gifted them to yourself. Again, we say, you must fill your Self to overflowing before you gift others with this Divine Elixir of Life. Then you can radiate this Essence out into the world in another infinity breath pattern that we will be teaching you as your next step toward self-mastery.

You can only be the love that you claim, and you can only project from you the Love that you are. Therefore, this transformational process must begin within your Sacred Heart and your Sacred Mind; they are inexorably connected, one affects the other. The Sacred Heart is the power source, the engine and the fuel which feeds the Sacred Mind so that the m

embranes of Light that guard your higher consciousness can be dissolved, thereby giving you access to the cosmic library of knowledge stored there.

That is why so many of the old teachings are so damaging, because you have been taught that you are unworthy and to give away your power, subjecting yourselves or being subservient to others whom you thought were more worthy and wiser, and who had more gifts and abilities than you. You have given away or rejected the intrinsic, God-given power you were endowed with when you came forth into the physical expression. Won’t you reclaim that gift now and begin to use it to the best of your ability for the greatest good?

EVERY PERSON ON EARTH WAS MADE IN THE CREATOR’S IMAGE. What do you think that means? It has nothing to do with your physical vessel, your race, color or religion. It means that you are a Spark of the “I AM” Presence, a facet of Divine expression, and each and every person on this Earth has that Spark of Divinity within, for without it they would not be alive. And every person has that Macrocosmic potential within them, for each person is a microcosm of the Creator’s Love/Light. And why do you think that Diamond Core God Cell was placed within your Sacred Heart? It contains all the virtues, attributes, qualities and aspects of the Creator; however, for these many past ages, those blessed gifts have been radiating forth very dimly from the vast majority of humanity. However, you may now fire up your generator of God-potential, fueled by love, via the integration and projection of the Diamond Ray/Flame of Adamantine Particles. As we have stated in the past, knowledge/wisdom overlaid with love/ compassion and focused intent/action creates the power that holds the keys to the universal storehouse of unmanifested potential: energy from the Heart Core of the Creator that is just waiting for you to mold it and manifest on the physical plane anything you can envision.

IN ORDER TO CLAIM ABUNDANCE IN ALL THINGS, FIRST, YOU MUST BEGIN TO LIVE IN HARMONY WITH THE UNIVERSAL LAWS AS MANDATED BY THE CREATOR OF ALL.

UNIVERSAL/EARTHLY ABUNDANCE IS AVAILABLE TO EVERYONE; THIS IS YOUR DIVINE BIRTHRIGHT. ALL YOU HAVE TO DO IS CLAIM IT.

THE INVISIBLE SUPPLY IS INEXHAUSTIBLE. EVERYTHING ON EARTH IS MADE FROM ORIGINAL PRIMAL LIFE FORCE SUBSTANCE OUT OF WHICH THE GREAT VARIETY OF PHYSICAL MATTER AND FORM EVOLVES.

3. THE BEAUTY AND THE BOUNTY OF THE EARTH CAN BE REPLENISHED AND EXPANDED WITH RIGHT THOUGHT, RIGHT ACTION AND CONSERVATION.

4. THOUGHT / INTENTION / PROPER ACTION HARNESSES THE POWER TO PRODUCE TANGIBLE RICHES FROM FORMLESS SUBSTANCE.

5. THE, SEEMINGLY, "VOID OF SPACE" IS REALLY TEAMING WITH PARTICLES OF LOVE/LIFE AND UNMANIFESTED POTENTIAL.

6. THE LOVE/LIGHT FORCE FROM THE SUPREME CREATOR AND OUR MOTHER/FATHER GOD IS REFRACTED INTO PRISMS OF LIGHT, RAINBOW COLORS CONTAINING ALL THE VIRTUES, QUALITIES, ASPECTS AND POTENTIAL OF CREATION. AS COCREATORS, IT IS THROUGH OUR THO

UGHTS/INTENTION/ACTIONS THAT THESE ARE MOLDED AND MANIFESTED INTO FORM.

How will you use this gift beyond compare? What are your greatest desires? 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 Spirit. I AM Archangel Michael.

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

**LOVE WITHOUT END, JESUS SPEAKS, BY GLENDA GREEN * I strongly recommend this beautiful book.

**Adamantine Particles were first mentioned in English by Jesus in Love Without End; however, the word Adamantine has been around for thousands of years. There is a Sanscrit word for Adamantine, and also for Adamantine Sphere. In English, the word Adamantine means "something extremely hard or unyielding," or it could be used to describe something which is as "hard and brilliant as a diamond."

SEMINAR SCHEDULE: ANCHORING THE NEW CRYSTALLINE GRID AND THE PORTALS/ CITIES OF LIGHT * TWIN FLAME REUNION * INTEGRATING AND IGNITING THE DIAMOND RAY FLAME

***APRIL 7 & 8 * CHARLOTTESVILLE, VA * HOLIDAY INN * 1901 EMMET ST., CHARLOTTESVILLE, VA. ABUNDANCE EXCHANGE: $188 * Special Room Rate: $89 per night * 1-434-977-7700 *

***MAY 12 & 13 * HOT SPRINGS, ARKANSAS * THE ARLINGTON RESORT HOTEL * 239 CENTRAL AVENUE * HOT SPRINGS, AR * ABUNDANCE EXCHANGE: $222 ** AA MICHAEL/RONNA HERMAN ** TYBERONN * EARTHKEEPER /AA METATRON'S BEARER OF LIGHT * May 14, 15 & 16 ***A special, spiritual journey to Wilhelmina State Park and other Sacred Sites * ABUNDANCE EXCHANGE: $144

***JUNE 16 & 17 * DETROIT, MICHIGAN * DOUBLETREE HOTEL DEARBORN * 5801 SOUTHFIELD SERVICE DR. * ABUNDANCE EXCHANGE: $222 * AA MICHAEL/RONNA HERMAN * * Special Room Rates: $105 * 1-313-336-3340 ** Local facilitator: Debra Vendlinski * Home: 313-386-4851

Dearest friends: For me, this past month has been powerful, life-changing and filled with miracles, to say the least. I have learned firsthand how powerfully Spirit will guide us when we say "Thy will be done," and the miracles that will become a common occurrence when we begin to actively integrate/live our Self-mastery, walk the middle path while maintaining an attitude of gratitude, with an intense desire to fulfill our Divine Mission for the greatest good of all. I will be sharing the wondrous, life-changing information that has been forthcoming in such miraculous ways in my upcoming seminars and I know, firsthand, that we are in the time of accelerated transformation that has been foretold for so long. The truth and wisdom of what I will be sharing has been validated for me in such miraculous ways that I am somewhat overwhelmed, and I am assured that the transformational information that is forthcoming will make sweeping changes in our conscious awareness, and the "new t

ruths" will become evident as we all step more fully into our roles as "Light Bearers."

This past week, Mark Starmer, an internationally known transformational development specialist, and I, under the guidance of AA Michael, held our first, five-day QUEST FOR MASTERY Facilitators Seminar. There were ten participants, from as far away as New Zealand and Canada, and everyone went away with a feeling that they had experienced a miraculous, life-changing event. AA Michael, through me, provided many helpful insights, as well as exciting new information, meditations and a powerful message of what is before us, and how we must prepare for greater and greater infusions of Creator Light as our ascension/transformation process moves into "high gear." Mark presented an astounding array of proven techniques that assure transformation (if followed), as well as preparing the participants to be effective, qualified facilitators/presenters of AA Michael's wisdom teachings. This is the first of many events which will be held around the world.

Mark will be holding most of the Facilitator Training seminars, and I will participate in as many as possible. Lynn Ralph, the lovely lady from New Zealand, and Pamela Palmer, have graciously volunteered to create our QUEST FOR MASTERY website. We will post the

information on www.RonnaStar.com just as soon as the home page is up and running. Beloved Michael told me last year that the way is being opened for his wisdom teachings to be available around the world.

Also, the first week in February, a film company from Dublin, Ireland flew to Reno and came to my home to film a segment with AA Michael and me about angels, New Age philosophy and the changes that are sweeping the world. They interview me at my home over a period of five-hours and it was an awesome experience for us all. The title of the documentary is RELIGION DECODED, and the crew has traveled to five or six countries interviewing leaders of different religions.

They were all fascinated by the information that AA Michael brought forth, and were amazed after filming me receiving a message from AA Michael on the computer (the way I channel the monthly messages). They said over and over, "How can you get the information so quickly and type so fast?" It was quite an experience for me also, for this was the first time I had ever channeled a message on the computer before an audience. They had me read on camera the short, but powerful, message for the masses from AA Michael. They said, "Your segment will be the highlight of this documentary." I will relay the information to you just as soon as I know when/where it will be shown. My deepest love and angel blessings to you, Ronna

REMEMBER, YOU ARE CREATING YOUR NEW REALITY IN THE HIGHER

TRANSMITTED THROUGH RONNA HERMAN

DIMENSIONS AS WELL AS ON THE EARTHLY PLANE

Beloved masters, as the old world order gradually slips away into the past and is slowly being relegated to your "past lives"memory bank, a new day is dawning. At the Omniversal and universal levels, the Supreme Creator is sending down the radiance of Itself via the many Great Central Suns and, in turn, it is now being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system. In the months to come, you will hear more and more about the extreme and erratic activity coming from the heart center of the Milky Way galaxy, and of the increased sunspot and solar flair activity emanating from the sun of your solar system; all as a result of a momentous acceleration in the evolutionary process taking place in all manifested worlds. No one can hide or deny that something monumental is taking place on Earth, and if you have even a slight interest in what is happening in your solar system and galaxy, you are aware that dramatic and Earth-changing events are occurring throughout the cosmos as well.

The Divine Plan is unfolding perfectly as all the major players gradually assume their preordained roles. Yes, those of you who read and take heed of the wisdom teachings and instructions that proliferate the Earth at this time are among the vanguard of enlightened ones, and you have an important role to play in the "Shifting of the Ages" drama. We have gradually and patiently given you guidelines and instructions over the years in order to

prepare you for these times of great change, and in these critical years ahead, you will be thankful that you paid heed and took the necessary steps in order to move forward with a semblance of ease and grace.

While steeped in your third/fourth-dimensional reality, your ego-mind and ego-desire emotional body processed information through the filters of the subconscious mind which functions from a "polarized" reality of duality and a finite existence. When you open the Sacred Heart/Mind centers your reality quickly transforms into a sense of "Oneness" with the many facets of your "Beingness," our Mother/Father God and all Creation, whereby you once again gain the ability to tap into the Infinite possibilities of the Omniverse, or the River of Life/Love containing the Adamantine Particles of Creation.

There are many facets of the Creation process merging at this time and many of the teachings of the masters/avatars of past Ages are also coming together to create the new Divine Blueprint of the future. Teachings and techniques of the past are being updated, refined and unified, and all the great masters and Beings of Light from the past have powerful facets of their God-Selves stationed in the various Cities of Light in order to radiate their Divine Essence out into the Cosmos.

We have told you that th

e beloved Jeshua laid the foundation and seeded the Earth with the Divine Blueprint of the future (the future that is now unfolding). His main purpose was to prepare the way for the resurrection and ascension of humanity. The return spiral pathway that humanity is to follow was created and empowered by our Mother God and is now fully anchored and activated. In order for the New Earth to reflect the full glory of the Divine Goddess, it was critical that the Sacred Heart Center within Earth's Crystal Grid System be infused with the higher-dimensional frequencies of Oneness; a perfect balance of the Divine masculine and feminine qualities, the attributes and virtues of our Mother and Father God.

We, of the realms of Light, are making available to you everything that is required to make this pivotal transition into the Age of en-LIGHTEN-ment. We are not bystanders, but co-partners and activate participants in these critical times of change. It is a great fallacy that our Father/Mother God, the Lords/Ladies of Light, and the vast angelic realms only interacted with and spoke to humanity some two thousand years ago. Why is it that many people can accept the fact that, in the past, angels interacted and appeared before human beings regularly, and God spoke to various historic leaders, but no longer do so? It is time to awaken to fact that you and the world are rapidly changing and a new reality is emerging which will demystify many of the old teachings, myths and supposedly, infallible truths. Our Mother/Father God and the multitudes of Light Beings are actively participating in this evolutionary process, for all levels of Creation are evolving and are being affected by the radiance of the Supreme Creator. You must understand that the changes we are speaking of are taking place in every area of this universal experience.

First, you must gain control of your physical, mental and emotional bodies via a soul merge with your Higher Self. Thus begins the process of aligning your will with the Will of our Mother/Father God and the Creator, thereby setting aside the agenda of the ego and reaffirming your intention to fulfill your Divine Mission. As the Adamantine Particles begin to flow freely into and from your Sacred Heart, an alchemical, transformational action begins whereby we can truly become co-partners with you. The awakening and integration of your Sacred Heart and Sacred Mind will change your world beyond your wildest imaginings.

If you have followed our instructions, you have created your Pyramid of Light/Power in the fifth dimension, and you are a regular visitor to the Pyramid of Light which contains a holographic replica of the Earth. Many of you have also joined in creating group pyramids for specific purposes, and you have also created various pyramids for special projects in order to draw forth the "Essence of Creation" needed to bring your visions to fruition. Know this: In each one of these pyramids you have left an ether

ic replica of yourself which is constantly integrating the specific geometric patterns of Light needed to create your new reality on Earth and also to lay the groundwork for your new existence in a higher, more refined realms. Yes, you are not only active in the physical world, but you also have many facets of your God-self in the higher realms with whom you are interacting. Have we not told you that you are becoming "multidimensional Beings?"

We gave you specific instructions and step-by-step techniques for accessing the frequencies from the City of Light in your area via your personal Pyramid of Light. By practicing the Infinity Breath you fill your etheric replicas and physical vessel with Adamantine Particles / God Particles of Light. We will now refine and add more components to the process.

Have you wondered why, several years ago, we instructed you to "Breathe in Light and breathe out Love" when you go into the world pyramid with the intention of radiating Love/Light to humanity and the world? WHEN YOU BREATHE IN LIGHT, YOU ARE BREATHING ADAMANTINE PARTICLES INTO YOUR SACRED HEART. WHEN YOU BREATHE OUT UNCONDITIONAL LOVE, THE ADAMANTINE PARTICLES OF PURE GOD ESSENCE ARE EMPOWERED OR IGNITED BY YOUR LOVING INTENTION SO THAT THEY CAN BE USED FOR THE GREATEST GOOD. YOU ARE THE RECEPTACLE FOR THESE GOD PARTICLES AND YOUR LOVE IS THE ACTIVATOR.

Envision this: During meditation or your quiet time, preferably, at least twice a day, morning and evening, take twelve full infinity breaths, and after the twelfth one, pull in your abdomen and hold your breath for a moment or two. Now, as you take the next (or thirteenth breath), see it flowing forth from your Solar Power Center (Sacred Heart Core) in the front of your body. The infinity pattern is now in a horizontal configuration instead of vertical. On the in-breath, the first flat loop extends outward in front of your body, and on the out-breath, the second loop extends from the back of your body, completing the Infinity sign. Breathe in and out six infinity signs, and as you do, they will automatically create a pattern of twelve loops that completely surround you like the petals of a flower. As you

breathe out the last loop, again, hold your breath for a moment before returning to normal breathing. Then, breathe in and out consciously as you envision the Essence of Creation flowing forth from you out into the world. Also, envision spirals of Light connecting you to the world pyramid and the multiple pyramids that you have created in the higher dimensions, thereby, sharing your Particles of Love/Light with the world, as well as fueling your visions with the Life Force substance of all Creation.

Take a few moments to complete this reverent process by focusing on your Sacred Heart Center so that you may feel the fullness there and the overwhelming love that pours throughout your body, for you are now connected to the River of Life which contains in inexhaustible supply of Adamant

ine Particles. It is tangible, beloveds. It is real and it is the most wondrous, blissful feeling you will ever experience while in the earthly vessel, for you are experiencing the pure loving Essence of the Creator.

We have taught you how to pray without words by radiating unconditional love to humanity, the world and all creation, and when you add to that thoughts of gratitude and appreciation for all the blessings that have been bestowed upon you, you are praying in the most effective way possible. As your Sacred Heart comes to life again, it will become more sensitized to the Adamantine particles flowing into and from your heart center.

You cannot know or feel our Father/Mother God or the Creator through an idea or a nebulous thought or theory. It isn't enough to just know or think about God, you must feel the Essence, the overwhelming love of the Creator within your Sacred Heart Center. Then there is no doubt within your mind that you are have reconnected with your God-Self and the Oneness of all Creation. The mind can be a competent servant, but without its connection to the Sacred Heart, it can be a controlling and destructive master. That is why it is imperative that you activate and empower both the Sacred Heart and the Sacred Mind

The etheric shield that protects your Sacred Heart, or the Three-fold Flame as it was called in the ancient teachings, contains the qualities, virtues and attributes of the three God Rays of this universe. As you fully ignite the Diamond Core God Cell within your Sacred Heart Center, these three God Rays will begin to radiate forth and empower you with the attributes and qualities of Divine Will and Power, Divine Love and Divine Wisdom. Gradually, the full spectrum, or the entire range of wavelengths of electromagnetic radiation, of the Twelve Rays of God-consciousness will blaze forth as you incorporate and utilize more and more of your Divine Birthright. That is when you will truly become a Master of Light once more.

Beloveds, do no fear the future, for when your heart and intentions are pure, you are sheltered within the radiance and protection of Creator Light. We will not tell you that there will not be stressful times ahead, for you must traverse the path of polarity and duality in order to reach the plateau of peace and harmony. There will always be challenges, lessons and opportunities to expand your consciousness as you integrate more of your Divinity.

Know that the situations or problems that come your way for resolution cannot be solved at level in which they were created. You must rise above the conflicts of the ego-self and view each situation through a filter of love, and from the vantage point of a self-master. Envision within your mind's eye a wholeness that has never been distorted, a world that has no imperfections, and a radiant, perfected YOU residing in this paradise. It is not a time for the faint of heart, for indecision or denial, for your world is radically changi

ng whether you believe it or not. Isn't it time to accept the gifts we are offering so that you may move gracefully and joyously into the future? It is our greatest joy and honor to assist and serve you, and never forget, you are loved unconditionally. I AM Archangel Michael and I bring you these truths.*** Transmitted through Ronna Herman * STAR*QUEST*Phone/Fax:775-856-3654*E-mail:RonnaStar@earthlink.net *Web Site: www.RonnaStar.com ***NOTICE** The dates for the special, spiritual journey to Wilhelmina State Park and other Sacred Sites has been changed to May 9, 10 & 11 before the seminar on May 12 & 13 in Hot Springs* ABUNDANCE EXCHANGE: $144 * MAY 12 & 13 * HOT SPRINGS, ARKANSAS * THE ARLINGTON RESORT HOTEL * 239 CENTRAL AVENUE * HOT SPRINGS, AR * ABUNDANCE EXCHANGE: $222 ** AA MICHAEL/RONNA HERMAN ** TYBERONN * EARTHKEEPER /AA METATRON'S BEARER OF LIGHT *

***JUNE 16 & 17 * DETROIT, MICHIGAN * DOUBLETREE HOTEL DEARBORN * 5801 SOUTHFIELD SERVICE DR. * ABUNDANCE EXCHANGE: $222 * AA MICHAEL/RONNA HERMAN * * Special Room Rate: $105

***SEPTEMBER 15 & 16 * MARRIOTT RESIDENCE INN * DENVER AIRPORT 16490 E. 40TH CIRCLE, AURORA, CO * ABUNDANCE EXCHANGE $222 * Special rate of $89 per night * 1-303-459-8000 *

***OCTOBER 6 & 7 * RENO, NEVADA * MARRIOTT COURTYARD * 6855 S. VIRGINIA ST. * AA MICHAEL/ RONNA HERMAN * ABUNDANCE EXCHANGE: $188 * ROOM RATE: $109 * 1-775-851-8300

***NOVEMBER 10 & 11 * CROWNE PLAZA, WASHINGTON D.C. DULLES AIRPORT * AA MICHAEL / RONNA HERMAN * ABUNDANCE EXC. 222 * Special Room Rate: $85 * 1-703-471-6700

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Dearest friends, I have finalized my seminar schedule for the year and am very excited about sharing all the new information and techniques with you that AA Michael has given us lately. (See schedule above) Through his nudgings, we have scheduled events in carefully selected areas of the United States which are to be some of the important "power points" of the future. It is more essential than ever that we focus on "what is right in our world," instead of what is wrong. As we become more adept as cocreators, it is vitally important that we stay centered in our "Point of Power" and within our Sacred Heart so that we can draw forth and integrate the maximum amount of Creator Light for our greatest benefit, the highest good of all humanity and the Earth. We are making a difference, and each one of us

has the ability and potential of being a dynamic force for good during these evolutionary times of change. Over these past few months, it seems that many pieces of the cosmic puzzle are coming together, as we are giving specific instructions as to how we can tap into the Cosmic source of unmanifested potential. We are re-learning many wondrous things we have forgotten down through the ages, and I am awed at the magnificent opportunity we have been given to be spiritual co-partners in the transformational process now in progress. My primary goal is to pass on to all of you the incre

dible gifts that beloved Michael has bestowed upon me. We will soon have our QUEST FOR MASTERY website up and running, and Mark Starmer is planning several QFM Facilitator's training seminars this year. We will post the information as soon as it is available. I also want to give you an advance notice about two very important events we will be holding in 2008. Mark and I are planning two very special joint events for next year: One in Hawaii, and one in the Lake Louise, Alberta, Canada area, which is where AA Michael's spiritual retreat is located. Each venue will include an AA Michael/Ronna Herman two-day event which will be followed by a five-day, intensive-training QFM Facilitator's workshop with Mark Starmer facilitating. Our first QFM workshop here in Reno, NV was a resounding success. If you have a desire to become a presenter/ teacher of AA Michael's wisdom teachings, this will be a grand opportunity to learn tried and true techniques which will help you become an inspiring, efficient and successful spiritual instructor. It is our intention to have QFM teachers/facilitators all over the world to help spread Archangel Michael's empowering and loving wisdom teachings. We will post the details for each event as soon as they are available. Please pause during your day and join me in radiating God's Love/Light Particles out into the world. There is no greater power. Love and angel blessings, Ronna

***As often happens, it seems many Light Workers are also getting a great variety of information from Spirit about Twin flames, the Infinity Sign, and other things AA Michael has given to me. Some beautiful angel friends from the Netherlands, Ian and Mary Pat, contacted me about some pendants they were inspired to create as a result of AA Michael's teachings. One is a Twin Flame symbol, called a Triality Pendent, and the other is an Omniversal Pendant which immediately reminded me of the Infinity flower pattern Michael has instructed us to breathe out from our heart center. Ian graciously gifted me with these two beautiful pendants and I wish to pass along the information to you. They include very concise, helpful information about each pendant, and they also have a Twin Flame, or "Triality Activation Meditation Ritual CD. If this resonates with you inner intuition, please visit their website, and if you are interested in owning one of these pendants, submit any orders directly to them. www.twinflames-twinsouls.net .

YEAR 2010 - AAM Combined 2010

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 if 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 then 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 en-Lighten-ed. 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 whole-heartedly 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-Lightenment:

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

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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

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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 en-Lighten-ed 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

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * LM-6-2010

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 / healthynutrition/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

JULY - LM_7_2010_MSW.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * LM-7-2010

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. *

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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.comhttp://www.QuestForMastery.org

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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.comhttp://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 *

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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.

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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

YEAR 2011 - AAM Combined 2011

WE OFFER YOU A GOLDEN OPPORTUNITY

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

You must learn to focus on your inner world or the Sanctuary of the Soul. The Soul, the physical vessel and particularly the mind have their own rhythmic cycles and agendas. The

Soul's desire is focused on becoming en-Lighten-ed. The mind is focused on attaining and retaining information. The physical body is focused on experiencing via the senses. Humanity is constantly experiencing cycles of growth, stagnation and decay, which makes way for a new cycle of growth and expansion. The master turns inward and strives for an enhanced quality of life, while the unawakened souls seek outwardly for stimulus and gratification via pleasurable, physical sensation and material possessions. Love as an external focus, exterior to yourself, will always bring a sense of vulnerability, always needing constant validation by someone or something. Love as an internal focus projected outward is a constant flow of self-assurance, of self-acceptance, always striving to incorporate and project more of this blissful feeling of unity and harmony with all creation.

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

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

It is time for all of you, as brave Bearers of Light, to break and cross the boundaries of discrimination, disempowerment and limitation. We dare you, as women of Spirit, to become beacons and examples as masterful women among men. We implore you, as men of valor and integrity, to become compassionate men among women. By this we mean, erase and eliminate the lines and barriers between you, offering and accepting the gifts and attributes of each other as you integrate these sorely needed energies into your mental and emotional bodies. Your truth lies in your level of awareness, your assimilation of the cosmic gift of God-consciousness. You must integrate the knowledge you acquire, and then you must demonstrate that you have the ability to live by that new level of wisdom. You are

judged by your own Higher Self and your Divine Presence as to your readiness to proceed along the spiral of initiation. We have told you that the path of ascension is a very solitary, secular process. Your initiations are designed specifically for you and you alone, for you are like no other. And yet, precious ones, each gain you make that lifts you another fraction, or a step along the narrow path of mastership, also lifts humanity as a whole. You are in the process of becoming the One in Essence, but at One with All.

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

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

Each of you has the ability to contribute something personal and unique to the Divine Blueprint now being designed for the future of humanity and the Earth. You have been given an extraordinary gift by the Creator, the unprecedented privilege of participating in the creation of your own destiny. Each of you has the potential of becoming a glorified mortal. You are becoming Spirit-infused mortals which assures your immortal status. You

are multi-faceted and have consciousness on many more levels than you can comprehend at this time. You are an Immortal Soul with a mortal mind and body. You are in a process of Soul expansion and Light infusion.

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

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

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

TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST *

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

Dearest friends, I channeled AA Michael's January message early in preparation for my throat surgery on Wednesday, December 15. I expect to recover quickly. However, I also must prepare the two Webinar lessons we will present in January, as well as get our holiday cards in the mail and prepare for our simple holiday celebration with our family. To make it a little easier for me, Beloved Michael graciously brought forth some original information,

and then he directed me to a number of passages from past messages which are relevant for what he wishes to convey to you at this time. It is an amazing process, and I wish each of you could see the magical way he directs my hands and my mind to exactly the right message and paragraph. It is a simple but profound message, and yet it reminds us of many of the things we need to be constantly aware of as we move deeper and deeper into cosmic wisdom as we traverse the narrow path of ascension.

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

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

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

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

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

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**YOU ARE DEVELOPING YOUR INDIVIDUAL SUNLIGHT **

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

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

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

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

1. From the Essence within the Master Core of Cosmic Consciousness (mentioned above), there was a specific number of sub-universes created within this universal whole with both feminine and masculine attributes, virtues and qualities of Divine Light in perfect equality and balance.

2. However, when the major portion of the sub-universes was created, the predominant forces of the creative process were allotted to either the masculine or the feminine attributes of Creator-consciousness. In half of the sub-universal Divine Blueprints/plans, the Father/Son qualities of Divine will, power and purpose, the mental/outward-focused attributes of the Creator were emphasized, while the Mother/Daughter attributes of compassion, nurturing, intuition, inward-focused qualities were in a support position.

3. There is also an equal number of sub-universes with the Mother/Daughter qualities and virtues in the leadership role, while the Father/Son attributes took the secondary position. Have we not told you that this universe could be called a universe of great and unique diversity? It was created as a univers-ity of learning for you, the Star Seed of the Omniverse. Essentially, however, the indeterminable diverseness and magnitude of Creation were designed so that the Creator could experience unlimited variations of ITSELF.

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

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

You, as seekers on the Path, must be initiated into the Pyramidal functions of Light before you can be advanced to the next level of evolution; the next consciousness time cell. Human creation is only a small part of a much greater and grander creative process. That is why we

have placed such emphasis on creating your personal Pyramid of Light in the fifth dimension, and why we have given you instructions in great detail as to the various pyramids of Light available to you, and the important part they play in the ascension process. You are called Star Seed for a reason, for as you return to Self-mastery, you will initiate the process of creating Crystalline Seed Life Codes, a new evolutionary process to be used in the next forthcoming Golden Galaxy. This process is a part of the Wheel within the Wheel Creative Process which we will reveal to you in the near future. In the meantime, we ask you to study what we have revealed, and endeavor to get the universal schematic we have created firmly within your mind so that you will understand the next phase of the wondrous cosmic events that are unfolding before your eyes.

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

RONNA’S ANSWER: “Dear hearts, there are very few people who are aware of their creative/spiritual gifts early in life. There may be an interest or desire in learning or perfecting certain talents; however, everyone I know has had to experience many facets of life, as well as many trials and tests, in order to gradually, over time, develop their talents. Although I had some spiritual experiences at various times throughout my lifetime, I did not develop an intense desire to seek spiritual wisdom until I was in my late fifties. The gifts gradually come forth as you seek to balance and harmonize the many facets of your Being. A facet of your Higher Self is always waiting to connect with you or take up residency within your Sacred Heart, and with each download of your Soul Self, more gifts / talents / wisdom will be available to you.

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

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

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

THE FOUR MAJOR CATEGORIES OF LIFE’S LESSONS

* You must tap into, develop and perfect the gifts and talents you bring forth to experience in each lifetime. There will be an emphasis, a desire or preference to perfect certain underdeveloped talents and abilities. However, you must make the effort and take the time to become accomplished in each chosen endeavor. Occasionally, a person who is well on his/her way to mastery will incarnate with certain genius abilities which he/she has

perfected in previous lifetimes. This is happening more and more frequently with the old Souls who are incarnating during these accelerated times of transformation.

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

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

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

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael.

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

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Friday, May 27: RONNA & RANDY MONK * AWAKEN THE MASTER WITHIN * OPENING

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THE AGE OF CONSCIOUS AWARENESS AND SELF-MASTERY

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

The wondrous and never-tiring Devic Kingdom angels focus on the creation of form under the direction of the Elohim and their vast group of Builders of Form. Each and every one of you had to undergo what could be called an apprenticeship under these Master Builders so that you could become proficient at molding and creating a great variety of things of a corporeal nature. While in the higher levels of universal Light it seemed to be a fairly simple process to mold and create that which you wished to manifest. That is because you were functioning in the realm of pure thought where there were no distortions or negativity to contaminate the seed thoughts sent forth from within your Sacred Mind, and also because you were drawing forth the maximum amount of Creator Light available to you at that time within this universal experience. It becomes increasingly more difficult to hold the pure seed thoughts of manifestation in each stepped-down level or dimension as you refract

yourself into more and more Sparks / Fragments of God Consciousness. Therefore, is it any wonder that humanity has had to struggle for so long to manifest that which is needed and desired while existing in the restrictive, distorted third- /fourth-dimensional world of reality?

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

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

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

The many benefits of the I AM Mastery Course lessons we transmitted many years ago through our messenger were to help you speed up the process of returning to balance and

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

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

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

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

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

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

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

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

* A master knows when to speak and when to be silent. A master is deliberate in his/her speech. Constant mind chatter and senseless gossip disturb the tranquility of your auric field. You are to seek the harmonious, higher wave frequencies of Light in all things.

* Knowledge alone divides. Wisdom and Soul awareness unite.

* As an initiate on the Path, you are constantly increasing your capacity for Creator Light.

* When you deny any facet of your Divinity, you are denying your Divine wholeness.

* The universe is constantly remaking and redefining Itself via the impulses / desires of the Supreme Creator and our Mother/Father God. The Supreme Creator's desire is to experience individuality by refracting Itself into an unimaginable number of various-sized Sparks of consciousness.

* The Omniverse is filled with dancing, flowing, merging and separating fragments / God Sparks. The Creator is alive and conscious in each and every one of these fragments, no matter how large or how small.

* Space is an entity within itself, waiting to be programmed or molded into infinite possibilities.

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

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

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

My brave ones, no matter where you live or the conditions you are presently living in, there is a grand opportunity for you to begin the process of attaining Self-mastery. You are urgently needed as a Bearer of Light and a World Server. This applies to every one of you reading this message. I surround and enfold you in an auric field of protection. I am forever your guardian and faithful companion. I AM Archangel Michael.

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

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

Friday, May 27 : RONNA & RANDY MONK * AWAKEN THE MASTER WITHIN * OPENING

TO CHANNEL * TELEPATHIC COMMUNICATION * Connecting with the Cosmic Council of Light *** Space is limited, so register early * FOR COMPLETE DETAILS: www.RonnaStar.com * www.Earth-Keeper.com * www.TimelyGuidance.com Or, call Cindy: 775-856-3654* Mon.* Wed.* Fri. * 10-2 PM PST for flyers or to register for the Friday seminar with Ronna and Randy.

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

TRANSMITTED THROUGH RONNA HERMAN

THE FAST TRACK TO SELF-MASTERY

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

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

to me and radiate from me the maximum amount of Creator Light out into the world and to all humanity."

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

Unrest and turmoil are rampant on your planet, and as you are aware, it is accelerating so that no country or race of people is immune. We sense your concern and rightly so, for it is a critical time for the Earth, humankind and all living things residing on the planet. Therefore, once again, allow me to remind you of what is and what is not appropriate for you as a Self-master of cocreation. We know it is your greatest heart's desire to assist those who are suffering and in distress, and this is as it should be. There are those whose mission it is to be directly involved, whether it is defending, nurturing, healing or helping to relieve the misery of those displaced or in need. There are those who will be called into the midst of the turmoil, and there are those who must make critical decisions as to what is the best course of action to take in various situations and dramas that are being played out on an ongoing basis. Others will give support by sharing their wealth, and that too is appropriate. However, the majority of you, especially those of you who have claimed the frequencies of the higher dimensions as your reality, are somewhat removed from these stressful dramas. Therefore, it is more important than ever that you stay heart-centered and Soul-focused so that you can spread the maximum amount of Light, hope and harmony from your SOLAR POWER CENTER outward into the chaotic astral planes of consciousness and down into the heart core of your mother Earth. You, the Star Seed, are capable of assisting the Earth to release herself from a prison of negativity as she strives to Lighten her load and harmonize her auric field in order to claim her new designated position within the solar system.

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

Those of you who have faithfully followed our teachings are being offered what we might call a fast track to Self-mastery. Our beloved messenger, Ronna Herman, graciously agreed to assume the task of bringing forth and making available to you the appropriate, expanded

universal wisdom teachings, which were originally reserved for only the most advanced initiates in the retreats and secret wisdom schools. All of you are in the midst of an initiation process--at one stage or another. It is a school of learning and initiation that is taking place each and every day while you go about your daily tasks and meet your daily challenges. All that has been hidden in the past is now being brought into the Light of awareness, either to be corrected, eliminated or, in some cases, magnified.

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

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

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

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

There is a plethora of information available to you on every facet of spiritual awareness and advancement as the brave ones ahead of you are able to access the higher and more refined levels of the great Halls of Wisdom and also receive advanced teachings from the Beings of Light. Much of the information brought forth is helpful and love-filled, but some of it is

confusing and distorted. Therefore, we ask you to use your discernment as to what you accept as your truth. Some of the information stretches the imagination, and you wonder how you will ever attain the multiple levels of consciousness which are described. After being shut off from your Source for so long, you are eager and desirous of knowing all there is to know so that you may attain the heights of illumination as quickly as possible. However, please remember, my precious friends, you must make the journey one step at a time, learning each lesson fully as you release that which no longer serves you. You will then be led through the next open door of glowing radiance, and you will be offered ever-expanding levels of God-consciousness. It is a never-ending journey. There will always be new tests, new opportunities and amazing new adventures to experience.

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

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

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

My beloved warriors of Light, we are asking you to not close down your heart centers. Do not move into fear and a sense of hopelessness. There are great happenings taking place on Earth and in the higher realms that are beyond your understanding. Remember how often

we have told you, “out of chaos, new creation emerges?” We do not ask you to minimize the monumental tragedy that has just taken place or the suffering which will be experienced by many. But it serves no one if you get caught up in the negativity, fear and pandemonium of the third-/fourth-dimensional illusion. Do not allow your powerful thought forms and energy to move into lower vibrational patterns which add more negative energy to the cloud of darkness. Instead, send your powerful Love/Light winging its way into the midst of the chaos and into the hearts of those who spread chaos, and then watch as slowly the darkness is overcome by the Light.

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

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

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ARCHANGEL MICHAEL / RONNA HERMAN

RANDY MONK / LORD MELCHIZEDEK

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*LAW OF THE CIRCLE * LAW OF THE TRIANGLE*

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

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

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

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

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

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

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

IF YOU FEEL YOU ARE READY FOR THIS NEXT STEP IN YOUR

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YOU HOLD THE KEY TO YOUR OWN MAGNIFICENCE

TRANSMITTED THROUGH RONNA HERMAN

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

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

change with ease and grace. Your ability to stay focused and centered on the Path will grow exponentially as your God-consciousness increases.

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

Group awareness is an important facet of Self-mastery. It is important that you develop a desire to serve and to subjugate your individual wishes for the good of the group. Your own Soul and Higher Selves offer the most appropriate guidance and instructions regarding the best way to attain Self-mastery and how to fulfill your earthly mission. As you develop an intimate relationship with these Lighter facets of Self, you will gradually develop greater Soul awareness, and new fields of opportunity will unfold. You must balance inner-world aspirations with outer-world action. You must discover your own uniqueness and strive to be the very best YOU possible.

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

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

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

It is time for you, the STAR SEED, to integrate a full measure of the qualities, virtues and talents of God-consciousness for this galaxy. You have been preparing for this for a very long time, and a multitude of you are ready to step to the fore and claim the maximum amount of Creator Light that your physical vessel can hold. Your Diamond Core God Cell is blazing forth brightly, and the radiance of your auric field and your influence are expanding

rapidly. Many of you have almost reached the maximum level of Light frequencies you can contain and still remain on the earthly plane. A Divine Dispensation has been established so that the advanced spiritual leaders will remain amongst the masses in order to be the shining examples, to spread their Light and their wisdom, as well as give hope and encouragement to those who are striving to awaken and reclaim their God-power. In the past, the masters withdrew from the public eye and continued their mission from behind the scenes, for those who were ready to answer the call and begin the difficult journey of Soul-awakening were few and far between.

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

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

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

You must realize how important it is to clear the major portion of your self-created, discordant energy.You must then constantly monitor your Energy Field so that you may integrate the maximum amount of Adamantine Particles of Light, and access the full power of the transforming Violet Flame. You must have a fairly clear and focused mind, with no deformed vibrational patterns around you to distort your creations. You are to seek a clear,

steady influx of Creator Energy, and you must activate this fuel of Creation with your altruistic, loving intention. You must then send out your seed thoughts strongly, purely and focused on an Infinity Sign beam of Light.

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

You must stay firmly grounded upon the Earth as you reach higher and higher into the refined dimensions of expression, and it is of vast importance to your physical well-being that you learn to balance and harmonize your energetic grid system (called your auric field or Adam/Eve Kadmon perfected body of Light). You may draw forth as much of the Essence of Divinity as you can hold; however, after integrating that which you need personally, you must radiate forth the remainder out into the world of form. You cannot hoard God Light, dear ones; it is meant to be used and shared for the benefit of all.

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

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

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

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

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

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

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

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

Dearest friends, when Tyb and I first met, we felt an instant connection and recognition. This was on our ATLANTEAN REUNION CRUISE in the western Caribbean in 2005. Some years before, I had received a powerful past life recall where I was a black slave, named Annie Thompson, who lived in the south on a plantation during the Civil War. I was a field worker and also the spiritual leader/healer for the black population on several close-by plantations. I saw myself as a thin, very tall black woman. The strongest feeling that I received was "I am so tired, if I could only rest awhile." Tyb and I became fast friends very quickly, and I was amazed when he shared a past life experience with me, whereby he was a white doctor in Birmingham during the Civil War and afterward. He told me, "I am sure you were there too, Ronna. You were a healer and a herbalist and we began to work together to minister to the black population after the war." Little by little, we both have recalled more and more details about those tremulous times, and we have often been astounded as the pieces of the puzzle came together beautifully. We have both received information that fit perfectly into the scenario even before receiving specific details from each other. We have spoken about that lifetime in our seminars for several years, and many people have received validation that they were there with us.

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

A LIGHT EPIDEMIC IS SWEEPING THE EARTH

TRANSMITTED THROUGH RONNA

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

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

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

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

Your transition from the impulses or nudgings of the emotional, ego-desire body to the inspirational thoughts of the Soul and the Higher Self, have mostly been accomplished. Your focus has moved toward group consciousness and how to serve humanity. You are also well on your way in the transition from I / me / my selfish interests to a we / our unity consciousness. The intuitive thoughts you receive and the guidance from your guides, angelic helpers and Higher Self become stronger as you integrate more pure God Light. Your

personal reality expands from a small-world focus of a me / my consciousness to an expanded consciousness which includes the world, the solar system and beyond. No longer do you respond to painful events in life as fateful or punishment, for you realize they are challenges and opportunities for growth.

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

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

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

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

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

In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal destiny.

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

1. First, you will become what is called an aspirant on the Path.

2. After you achieve a certain amount of balance and harmony within, and have gained access to your Sacred Mind and Sacred Heart, you become an Initiate on the Path.

3. After the first level of Self-awareness is reached, you become a disciple / Light worker. (In the past, this journey into Soul-awareness was described as moving through the levels of initiation. This term no longer applies).

4. Eventually, the time arrives when you have successfully dissolved the membranes of Light which guard the entrance to your Sacred Heart and Sacred Mind. As you refine your Energetic Signature and your Soul Song, you will elevate your capacity to quickly turn information / knowledge into wisdom (integrating and practicing the higher wisdom truths you have accepted as your own), so that you may move from the Hall of Learning into the Hall of Wisdom of the higher Mental plane. By this time, you are well on your way to becoming a Self-master and you are ready to become a World Server.

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

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

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

When you succumb to irritation and respond in loud, angry words or thoughts, you are using astral energy that is contaminating to the auric field. Continued use will build a negative thought form that must eventually be resolved/dissolved via the Law of the Circle. Envision your negative thought forms adding another stone or brick to your emotional prison. Remember: you are composed of units of energy, which create your Energetic Signature, and ultimately your Soul Song. You must learn to control your thoughts and focus your power. Your thoughts will increase in strength according to the intensity and repetition of your Seed Thoughts. Dear hearts learn to focus on the highest and best

attributes of people and conditions within your inner circle of Light–this is one of the most important aspects of creating your personal fifth-dimensional environment.

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

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

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

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

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

You are an energy center, a receptacle / physical body which contains a measure of pure Creator Essence. You are responsible for integrating and using the Light Energy you need to

empower yourself and you must then send forth the balance out into the world, for the benefit of all.

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

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

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

**TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST *

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

I will give you a report next month; however, I will tell you it was an incredible experience. We truly did create a fifth-dimensional environment, one which I know each of you who

joined us in the special Soul Guild Pyramid, will take with you as you embark on your many spiritual journeys. I will always be with you in Spirit.

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

THE PROCESS OF ASCENSION

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

You must understand, the different parts of your body resonate to a great variety of frequency patterns, depending on the spin and purity of your chakra system. You should always strive for maximum harmony within each level of your Higher Self that you integrate, and be aware that it is a never-ending process, for all levels of Creation have an inborn desire to attain the next higher level of consciousness.

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

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

However, it is important that you understand that the death/transition, after-life process has changed radically. No longer does any Soul go into the dense astral planes to await their turn to reincarnate on the Earth. If you are a Self-conscious person whose Soul Song resonates to the higher fourth / lower fifth dimensions or higher, you are automatically taken to the appropriate plane where everything seems much like the reality you left behind, only much grander, more beautiful and more joyful, loving and peaceful. You will go

through the Gates of the heavenly realms totally aware. You will review your past life as an observer, and you may say farewell to those near and dear to you; however, they will slowly fade into the background unless they are members of your immediate Soul family.

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

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

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

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

mind and your Sacred Mind. You will find yourself naturally making the best decisions and taking the right action to achieve your goals.

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

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

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

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

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

reintroduced to the transformative effects of the Living Light in order to reclaim the original Light Body form that was designed for all humanity.

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

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

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

Dear Ronna, You have been in my heart all week, ever since I received your email. (I too, have been incapacitated, for over a week now.) It sounds like it has been an extremely difficult time, yet you are being divinely supported. I hope that you are much better by now, I know these things can take some time to get over completely. A week ago Friday, I was suddenly overwhelmed, when my chest began to feel like it was being literally cracked open and my throat also. I would have been frightened (I was anyway) except I knew right away, it was a solar power center opening. I would have called 911 otherwise. I was in such pain. My sister took me to Urgent Care and they confirmed that I did not have a heart attack or a stroke. I already had muscle and nerve problems from having a stroke two years ago, and that is now intensified. It has been quite a week and I am just able to get around, very slowly, at this point. I know it is a leap in consciousness for me also. I have been waking up

in the night, with chest pains, and I have been aware my solar power center was being opened, but this was something else. It seems I spent most of my time in Atlanta with my son, John, and then sat in the back so he might come and go, which he didn't. Nevertheless, it was a healing for the two of us, much needed. I did miss having some special time with you. It was wonderful to be with everyone again. Many blessings to you for healing and a beautiful leap in consciousness. With all my love, Michelle **********

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YOU ARE COURAGEOUS SOULS

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

Many of you have experienced extreme tests and challenges during this lifetime in order to prepare yourselves for your ultimate earthly mission. However, you agreed to face the full measure of your shadow side, once and for all, in order to be qualified to participate in this

extremely difficult and important mission: the ascension of the Earth and the human race, along with all facets of our Sub-Universe.

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

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

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

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

In a recent past message we told you:

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

Fire by Friction: Fire of Body

Solar Fire: Fire of Soul

Electromagnetic Fire: Fire of Spirit

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

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

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

SOLAR FIRE * FIRE OF THE SOUL: The magnificent, powerful and vibrant SUNS OF CREATION radiate SOLAR FIRE to all living things. It is an outward manifestation of the power and life-giving Essence of the Supreme Creator and our Mother/Father God. When you become aware and begin to heed the nudgings of your Soul and Higher Self, the "fire of Divine Discontent" begins to burn brightly within your heart center. The SOLAR FIRE of the great SUNS throughout the Omniverse Light up the heavens and dispel the darkness– another outward manifestation of the greatness of the Creator. As you move deeper and deeper into the mysteries and wonder of your Divine Self, the Fire of the Soul will become the Fire of Spirit, and you will no longer be just a human Being with a Soul. You will, once again, become a Divine Spiritual / en-Lighten-ed Being enjoying one of the many diverse manifestations of Creation. The Spirit of our Father/Mother God dwells within the Soul and your mission is to integrate as much of this Sacred Fire as possible.

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

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

Beloved friends:

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

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

Throughout the Earth's history there are stories of Masters and great Beings who accomplished amazing feats, won great battles, created many magnificent edifices and performed amazing miracles through their own, seemingly, super-human efforts. What has not been known, heretofore, is that these great Ones knew how to draw forth some of the Seed Crystals from the great caverns within the Earth. They had the capacity to draw forth a full measure of the First Ray of Divine Will Power, along with an added measure of Creator Particles of Light/Life from within the storehouse caverns deep within the Earth. It is important that you understand that a good portion of the Adamantine Particles of Light

allotted to the planet were stored within these great caverns of Light when it was first created. The balance was stored within the Earth's Sacred Heart Core. Every planet, galaxy, sun, star system, Sub-Universe and Universe within the Omniverse has repositories of Adamantine Particles of Life/Light, just as every Soul ever created has Adamantine Particles stored within its Sacred Heart Core, and inside the Kundalini Fire Seed Crystal within the root chakra. Just as you must activate the Adamantine Particles you carry within and the ones you draw forth from the unlimited supply of Creator Light, you are also the ones who must activate the Adamantine Particles stored within the Earth through your loving intention and action.

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

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

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

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THE VOICE OF SPIRIT IS CALLING

TRANSMITTED THROUGH RONNA HERMAN

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

First, second and third dimensions: Two Strands of DNA

Fourth and fifth dimensions: Four Strands of DNA

Sixth and seventh dimensions: Six Strands of DNA

Eighth and ninth dimensions: Eight Strands of DNA

Tenth and eleventh dimensions: Ten Strands of DNA

Twelfth dimension: Twelve Strands of DNA

For clarity and to help you understand the sequence of Higher Self/OverSoul integration, let us assign numbers to each facet of your Higher Self. You were born with a facet of your God Self enclosed within a Sphere of Light. Encoded within your DNA, your auric field and the memory Cells throughout your body were the frequencies you were to experience in the beginning stages of your life. If everything went according to plan, sometime in your early years of life you awakened to the nudging /whisperings of your Soul Self, and a

Soul/personality merge process began. We will call this your number One Soul Self. Your number Two Soul Self, which we will call your OverSoul, took up residency within your Soul Star, the Eighth Chakra, at the time of your birth. If you heed the "Voice of Spirit," gradually, over time, this higher dimensional facet of your Soul OverLights you and radiates Its refined Light frequencies into your chakra system and auric field. When the integration of this facet of your higher consciousness is complete, at the appropriate time your number Three Soul Self, the next more advanced Spark of your multi-dimensional Being, moves down into the Eighth Chakra position and becomes your OverSoul consciousness. This process will be repeated over and over again until, sometime in the far distant future, you will be reunited with your Divine I AM Presence / your God Self.

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

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

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

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

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

We must explain, however, that during your journey back into the higher dimensions, you will be asked to accept many special missions and you will usually agree; for this is the way

the ascension process was designed. You will forever seek to return to the fullness of your God Consciousness, but you will also maintain a burning desire to serve in some way; for deep within your Sacred Heart there is a Seed Crystal that pulsates with pure love and an inborn desire to serve.

It was ordained that many facets/Sparks of the angelic kingdom and of other great Beings of Light would incarnate on Earth and follow the path of humans. Portals of initiation were opened and have remained open down through the Ages. However, in the past, only a few brave Souls made it past the gateway of illumination and gained Self-mastery.

Conscious awareness is developed through gradual stages of awakening and understanding more complex and refined concepts. As you progress, you will gradually gain access to higher and higher dimensional-levels of consciousness during your nightly Astral Body travels. You are taken to halls of learning and eventually into halls of wisdom. Over time, you will join World Server Groups who breathe in and radiate forth waves of Adamantine Particles of Creator Light to be used for the greatest good.

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

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

The focused gaze of humanity is being lifted out of the stifling quagmire of earthly existence onto the far-distant horizon of the future. Desire for material riches is being replaced with a yearning for Soul consciousness. World Servers will be held together by a strong Soul connection: a remembrance of a solemn oath to serve humanity, with a common goal of ascending in consciousness.

The Divine Blueprint for this Sub-Universe was created as a twelve-dimensional experience. There are other Sub-Universes that were created to experience a greater number of dimensions and some others with fewer dimensions. The Earth and the solar system of

which it is a part, are in the process of reintegrating all of the attributes, qualities and virtues of the twelve Rays of God Consciousness in order to be eligible to join in the next higher degree of the Divine Plan for the expansion of this Sub-Universe.

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

As you turn inward and reach upward for higher frequency concepts and information, you will automatically begin to withdraw from the astral plane, collective consciousness belief system. From a spiritual viewpoint, evolution means a steadily increasing sensitivity to vibrational frequencies and an ability to integrate more Creator Essence, which results in greater illumination and a more compassionate nature. The intuition of an intelligent, awakened person leads to a greater understanding of the Divine Plan for humanity and the part he/she is to play. Focused intelligence is necessary to successfully enter the fifth dimension and, then, to tap into the vast storehouse of wisdom and advanced abilities available therein. Meditation and a strong Soul-consciousness open the portal to cosmic revelation.

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

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

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

You cannot escape the streams of energy that are constantly bombarding the Earth and humanity. The life-giving energy of the great Rays radiates forth from our Father/Mother God via the Great Central Sun of this universe throughout the myriad suns of the Sub-Universes, galaxies and solar systems. There are also specialized frequencies of cosmic energy pulsating throughout this Sub-Universe from the many constellations and other

solar systems, as well as the pulse and heartbeat of your Mother Earth, which has a direct influence upon all living things.

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

Your brain is a magnificent organ and contains a vast number of "consciousness-frequency Life Codes." Most of your genius potential has been stored away in the higher-dimensional levels of your Sacred Mind, which is located at the back of the head near the crown chakra. Your Soul Song contains the frequencies which will assist you in accessing this rich storehouse of knowledge. Every octave of frequency acceleration gives you access to a higher level of God Consciousness. Your brain/mind holds the keys to mastership and illumination.

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

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

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

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INITIATE THE PROCESS OF REMOVING DISTORTED ENERGY FROM THE CHAKRA CENTERS IN ORDER TO OPEN AND ACTIVATE THE SEVEN SEALS OF HIGHER CONSCIOUSNESS.

LEARN POWERFUL ANCIENT AND FUTURISTIC TEACHINGS AND MEDITATIONS.

LEARN HOW TO USE THE UNIVERSAL LAWS OF MANIFESTATION.

LEARN HOW TO BYPASS THE DISTORTIONS OF THE THIRD/FOURTH DIMENSIONS SO THAT YOU CAN TAP INTO THE COSMIC TREASURE CHEST CONTAINING YOUR DIVINE BIRTHRIGHT.

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SEEKING THE LIGHT OF THE INTELLECT

TRANSMITTED THROUGH RONNA HERMAN

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

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

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

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

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

YOU ARE NOT YOUR BODY, YOU ARE PURE CONSCIOUSNESS encased within a costume of flesh. As you have done thousands of times before, when you leave the earthly plane, you will discard your physical body for garments of Light, and in due time you will prepare for another great adventure in a new reality. As you gain Self-awareness, you will develop a Divine curiosity and an intense desire to begin a new personal spiritual quest. You will develop a sense of adventure as you delve into the mysteries of the cosmos, and the Divine

Plan will begin to unfold at your level of awareness. It is important that you understand that each major transformational, human progression involves cosmic wisdom in a new form to fit the forthcoming cycle of evolution.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Beloved friends, I cannot begin to express my overwhelming gratitude to Randy Monk, Janet and Hiroshi Ohuchi and the Japanese people for making our trip to Japan and the seminar in

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

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THE ILLUMINED PATH IN THE CENTER OF DUALITY

TRANSMITTED THROUGH RONNA HERMAN

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

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

A PHYSICAL / HUMAN BEING, functioning within the distorted frequency patterns of the lower third/fourth dimensions, uses the subconscious and the conscious mind along with a past incarnations memory overlay. He/she is mostly outward-focused and is strongly

influenced by family conditioning, along with cultural traditions and religion. Thought patterns are often distorted and usually self-focused, thereby only seeing the small picture.

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

You, the Star Seed, the wayshowers on the Path, are the ones who are making this possible, for you agreed to incarnate into the densest levels of materiality in order to help lift the conscious awareness of all humanity back into the illumined regions of Light and Self-mastery. However, you must remember that no matter the age of your Soul's consciousness, and regardless of the wondrous and benevolent things you have accomplished in the past, the choice to follow the Path of Light must be consciously made in every lifetime, every embodiment and every cycle of experience.

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

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

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

convey this vision to you in our messenger's own words as it was given to the group who attended the event.

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

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

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

EL MORYA * ST. GERMAIN.

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TRAVERSING THE SEVEN SUB-LEVELS OF THE SIXTH DIMENSION

RONNA / SACRED SCRIBE

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

ascension column in their home locale, and many of these people regularly visit the Celestial City of Light that OverLights their country.

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

Remember, there are seven sub-levels within each of the Twelve-Dimensions of our Sub-Universe. The thirteenth level is where our Father/Mother God resides, with the Creator Core in the innermost Circle.

FIRST SUB-LEVEL OF THE SIXTH DIMENSION WITHIN THE CITY OF LIGHT:

The outermost wall of the passageway is filled with alcove chambers containing the Ascension Accelerator crystal chairs. We spend time in these special chairs with radiant Rays of Light beaming down upon and through us to help speed up the process of cleansing, refining and purifying our negative energy patterns. Eventually, when it is appropriate, you will move into the alcove chambers on the inner wall of the passageway as you progress along the Halls of Passage.

SECOND SUB-LEVEL:

When you have progressed to a certain level, a doorway will open in the back wall of the alcove chamber, and you will be guided into a small pyramid-shaped room. Here, you will leave an Etheric Replica of yourself on a crystal table as you traverse the multiple levels of the sixth dimension. While you remain at this level, you will lie on the crystal table so that the appropriate sixth-dimensional vibrations can flow through your physical vessel, purifying and cleansing it, in preparation for the future integration of the increasingly, higher frequency patterns.

THIRD SUB-LEVEL:

This is the level of higher learning wherein you will begin to receive new, vital information which you must integrate and put to use in your physical existence. I am sometimes guided to lie on a crystal table, and at other times I am placed in a crystal chair at a table. I can sense that there are Beings of Light within the room, but I cannot see them clearly and they do not identify themselves.

FOURTH SUB-LEVEL:

This level is filled with exquisite Light frequency patterns which flow in every direction in dramatic shapes, colors and patterns. Over time, you will gradually begin to feel the difference in each color and pattern, and you will gain the ability to tell the difference in the hundreds of subtle shades of color. You will also gradually gain the understanding that the

colors contain encodings of thought; however, I am sure it will take quite a long time to learn how to decipher them. I am just beginning to get a few impressions and it is sometimes quite frustrating.

FIFTH SUB-LEVEL:

This sub-level is filled with sound–glorious Celestial music, tones, chanting and unique musical patterns. You will gain an understanding as to how vital sound is and the important part your own voice has in perfecting or infecting the physical vessel.

It is interesting that I began experiencing this level when I was having the most difficulty with my throat. Since the surgery, and as the healing process was completed, I began to have an intense desire to tone the vowel sounds, which I have done regularly since that time. Also, I have chanted the five sacred names of the five sacred languages for a long time; however, suddenly, I began to sing them, and it feels so powerful and wonderful. I have also been given other instructions pertaining to using our voices as tools of transformation which I hope to share in the future.

SIXTH SUB-LEVEL:

This is the level of Sacred Geometry. I have not spent very much time in this level; however, I am aware that it is filled with Sacred Geometric Patterns of Light, along with sound and color. It is a true sensory world of delightful stimulus for the mind, body and Soul. I will give you an update later on as I learn more about it. I know I will be spending a lot of time at this level before I am allowed to proceed to the seventh level of the sixth dimension.

Please be aware, that we bring back only a minuscule amount of the frequency patterns from the sixth dimension. We are still focused on and intensely active within the fifth-dimensional environment and it will be a very long time before we are ready to feel or integrate the full force and power of any of the sub-dimensional levels above the first half of the fifth dimension. Also remember, every time you visit any of the fifth-dimensional pyramids we have created, you bring back a little more of the vibrational patterns, qualities and abilities of that level.

If you are willing, I strongly suggest that you set your intention to go into your Personal Pyramid of Light before you go to sleep, and then ask to be taken into the City of Light in your area so that you may take advantage of the incredible gifts that are being offered to us all. However, be aware that over time your life will change dramatically as a result, and your ascension process will speed up dramatically. There will be tests and challenges along the way, but I assure you, dear friends, it is well worth the effort. Eternal love and angel blessings, Your Soul Sister, Ronna

ARCHANGEL MICHAEL:

Remember, my brave ones, during these times when the evolution of the Earth and humanity is rapidly moving forward, you can make a difference. Allow us to assist you to

fulfill your mission and nurture you with our love. We are ever near to guide and protect you.

I AM ARCHANGEL MICHAEL.

***TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * 775-856-3654

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MESSAGE FROM ARCHANGEL MICHAEL * LM-12-2011

TRANSMITTED THROUGH RONNA HERMAN

ARE YOU A WAYSHOWER * A LIGHT UPON THE PATH?

Beloved masters, it is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select, awakened members of the human race. You must express a willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Solar Power Center and eventually within your Sacred Heart. You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently awaited this time as well. Communing with the Beings of Light is a great evolutionary step for you, as human Beings, for it quickly facilitates a new conscious awareness and a powerful transformation within you. Most likely, you will first connect with and learn to interact and communicate with your personal guides or, sometimes, your master teacher will quickly establish a relationship with you, especially, if you made an agreement to work with that particular Being before incarnating in this lifetime.

Many of you are in the process of developing your sixth sense–the intuitive mind, whereby you will have a direct line to your OverSoul Self and certain facets of your multiple Higher-Selves. It is the beginning phase of creating a direct line to home base, your Divine I Am Presence / God-Self. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Light, for it will accelerate the ascension process and assist you in attaining the status of a Self-master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Energetic Signature are compatible. That is why it is so important to have gone through a clearing/cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Long, long ago, you, who would later come forth as the Star Seed Wayshowers for the ascension of humanity and the Earth, agreed to take on a special role on the planet Earth

sometime in the far distant future. This group of brave Souls would incarnate into every race, color, culture and creed, and they would be spread far and wide upon the planet in preparation for a preordained cosmic drama: the mass ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

Those of you who stepped to the fore were given a special dispensation whereby much of your minor imbalances would be cleared so that your earthly burden would not be too overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your Energetic Signature / Soul Song to the mid-fourth dimension and higher.

A vast multitude of you, the Star Seed, are well on your way to Self-mastery; however, too many of this Wayshower group are still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former root races, along with special memory cell encodings for the new Golden Root Race of the future. It is true that over time there have been great imbalances amongst this group of Souls, and many have not listened to the nudgings of their Spirit Self and have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you were encoded with a Light Consciousness Cell that, when activated, would help you remember your promise to be our earthly representatives, and that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance on the Earthly plane.

We wish to give you some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major root races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many, many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other root races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a universal level, after you had externalized into your individualized God-consciousness and had spent aeons of time in joyous cocreation, you and a harmonious group of Souls, which we will call “Soul family groups,” were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the fifth dimension. You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the “reunification process.” THAT TIME IS NOW!

Those of you we fondly call “Old Souls” are scattered throughout the world. True, there are greater numbers of these old Souls in some locations and cultures; however, this Vanguard group is scattered around the Earth from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals they care for. They have mundane jobs in every field of endeavor and quietly go about fulfilling their duties. They have positions of great responsibility and they serve their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher Selves and have become masters of Self. Many others are well on their spiritual path, but unfortunately, there is a great multitude of these Star Seed Wayshowers who are still unconscious of their Divine nature and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean race, that of leaders/pioneers/warriors. There is as a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria, the gentle, nurturing, intuitive, inward focused qualities, and in addition, great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage, and in the past you have been blessed to have so many magnificent Beings of Light in your midst, masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way, and it is our greatest hope that some of you will take up the banner and be the future spiritual champions for the emerging new spirituality among Self-aware humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another. We are aware of a great sense of loneliness amongst the peoples of the world–a sense of isolation. It is not enough to read the teachings we give you or those of the masters, or to visit a beautiful cathedral/temple and pay homage to God. It is a time of reunification, and you must begin to come together to share your love, wisdom and inspiration, a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the gods of the future will dwell. You are the cocreators of the future–Divine Sparks of the Creator– who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of

the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to take to heart what we have told you, over and over again, 'You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT.' You must learn to love and respect yourself, and you must have a deep sense of self-worth before you can truly love and respect others, and before others will return the love and respect you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a "state of Being" or a "quality of life." You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian /Goddess virtues and qualities, you will feel incomplete and experience a great sense of dissatisfaction.

Come together in groups of two, three, ten, one-hundred or one-thousand, it makes no difference; however, if you join together for the benefit of all, we promise you, we will be there in full force to empower you, to assist you and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed spectrum of Light and shadows, the vibrational patterns that make up your personal world in the third- / fourth-dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-master.

It is a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, the great builders of form in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love/Light. In you, we are well pleased. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN * STAR * QUEST * www.RonnaStar.com

DECEMBER ISSUE OF SEDONA JOURNAL: ARE YOU A WAYSHOWER * A LIGHT UPON THE PATH?

YEAR 2012 - AAM Combined 2012

Message from Archangel Michael Transmitted Through Ronna Herman

Message from Archangel Michael Transmitted Through Ronna Herman

Mokshapriya Shakti, September 21, 2012

My Beloved one, have no fear. It is time for you to realize, first of all, what you have taken on for this lifetime is by choice. You know that deep down. It does not seem so now, it is so much easier in the higher realms when you are getting a preview of what is going to happen. But we will tell you, will give you inkling, or some encouragement lets say that things are progressing quite quickly and things will be changing for both of you, in the not too distant future.

You have overcome, you have succeeded, and you have had many, many difficult tests in this lifetime. But again it is by choice. You both know this, so we will not dwell on what you have chosen, what you have done, and what you have been. Let's start from right now after we tell you who you truly are. And just as we encourage this messenger to share some of her stories, we tell you, you would have not believed it before if we told you that you too are one of our beloved ones. That you are of the lineage of the first ray of Archangel Michael, Michael, whichever way you chose call me and my beloved Lady Faith. We are speaking of this sub universe; we are not getting beyond that. This is a special segment, a special, what you might say experiment, a special divine blueprint, a special divine mission. That has been a very difficult one, for everyone who chose to be a part of it. And so you came forth, not where you belonged, and no way with the abilities of who you truly are, only a fraction as you stepped down and divided yourself into many, many fragments or segments. But we will tell you, let's just say as we came together in the mother/father sub universe and sent fort with the 12 rays which is just for this sub universal experience. The universe is much vaster. The divine blueprint or schematic is almost beyond your comprehension, and people do not understand that. They get so confused when they try to expand into the universal experience. That is why we are trying to bring it down so you can understand, so you can get the idea of how the framework, of what you are experiencing of what you are a part of. So that is why we are saying to just ignore the rest.

You are not there, you are not capable of being there, you are not capable of comprehending. So what we want you to comprehend, just as with this messenger, so you can help others to understand that it is understandable within this framework. That it is possible for you to understand the part that you are playing. For you to understand what you are here to accomplish. To understand that there is order and symmetry. There is a pathway for you to follow just as there are other pathways for others to follow. You are showing the way, you are guiding the way for this path that you have chosen. That is why the two of you, we will give you this inkling that you are among what we call the first born.

This group, this great cell of God consciousness that came through us, and then bursts forth from us. There was that beginning group cell. We will not get a number, because the number is not important. But that first group cell we call our first born, that is the connection that you feel. That is the feeling of unity and the remembrance and the soul connection, it is so strong, because of the frequencies within in you. Though you have such different paths you have those same soul song frequencies deep within you. And it resonates within you. It is like that pure pathway of love that you are seeking from the god source. You tap into a part of that, you feel it; it is your own resonance. It is attuning to you. It is part of your vibrational essence. And so that is what is so important. You have come together in this dance a few times before. Along the way to give each other courage, to give each other your strength to take on some of each other's weaknesses so you can go forward. And it is so difficult for you to understand. And part of it is, is that you feel so unworthy of what is truly deep within you, you know that you are. That is admirable in a way but it is also keeping you from moving forward. And we are saying to you, do not deny yourself, do not allow yourself to feel, you must, you see it is even the ego that is trying to hold you back and say you are not worthy. If you allow yourself to be worthy it is the ego. And so you say it is very devious, yes it is. So how can you allow that full force of that beautiful essence that you are come forth if you do not allow being open to who you are. That is why we say this is one of your great final tests of allowing yourself to feel and to be who you truly are. In one essence it does not matter, it does not matter if anyone else knows, but you have to know, because as you allow yourself to know. That lotus, that heart, that sacred heart center that what we bring forth that you can comprehend, that what you call the vesica pices, the flower of life, this threefold flame, these all are just words and thought forms to help you to understand that you have a core, a god cell within you that is waiting to burst forth. And that is what must happen. That is what must happen so that you to move forward together. That is why you have come together because you have a strength and wisdom that you are offering to this one, and she has an essence of love and awareness that I have given her, that she did not have, that she wished to share with you. Do you understand?

So in bringing you together, again, you are sharing each other's strengths, but also allowing each other to see your weaknesses. You have opened up to this one in a way that is very difficult for you but that is because we have nudged you to do so. That is because we have encouraged you to share, to share from the depth of your soul, to bear your soul so that you may let it go. So that even as you look into the eyes of each other, you see the beauty, you see the love you see the purity, for your soul does shine through your eyes, your heart and your deepest fears. You even wondered why could I say these things to her, it is because you had to.

So what we are saying now, this group that you are gathering to you is important, for it is true that they were with you, they were with you when your journeyed forth at a later time up through what is now called a migration at times at different life times through this area where, we are speaking of the Atlantean times, where there was still you might say the 5th dimension we might explain these outposts in the higher realms. Actually when we are

talking about these beautiful city of Shambala is to give everybody a picture that they can hang on to. Actually they were the pyramids of light as you know there were there. People are not ready to hear that. Within that frame work was this beautiful thought form of this beautiful temple. But these were the pyramids of light in the 5th dimensions that were accessible to the earth to the masters of that time. They had to be, so that they could be taken there. Even as they have been told by Dwakul of the triangle the secret of the circle, the triangle. These things people were not ready for, these were actually the pyramids of light were the masters could go, where they could commune and the higher beings could come down. So now those pyramids of light that were stationed around the world have been from the beginning. Because those are the way stations that contain the light, where also you go as you go down each level. So beautifully formed, it so perfect, this is what we are trying people to understand. As you go there in your etheric body you began to bring in those energies so you can bring them down. It is so important to build these streams of light to anchor that. That is the way we are bringing it down. That's the way you must help people to understand. You are bringing the 5th dimension down, you are not going up to it, and you are bringing

it down. That is what you will do from the light cities.

Now then we have the 6th dimensional energies; they are accessible to those like you. So these 5th dimensional pyramids are now connected, what we call Shambala, now they are part of the streams of light that come into them, and then it comes down into the earth. And so because you were part of that energy you carry those memory seed crystals of activation. Particularly for that thought form or for that ancient, ancient part of this divine blueprint which needs to be completed you see so it can go forward. So that is why you have been gifted with this beautiful piece of land. For deep within the earth is the other part, the anchor for that. Deep within the caverns are those great crystals that are programed with not only with completion or divine blueprint for this whole era on this earth, this cycle, this age that is coming to an end. So that is being completed and closed down as you begin to bring down as you are accessing the new energy for the new divine blueprint. You see. So you are the only ones who can tap into this. You, when we say you, you are the people that come together. That is what is so important, that is what must happen, so that it can be brought in, so it can begin to be activated. As you can see, everything is in such turmoil, everything is so out of sync, because those who have completed their blueprint and bringing it in and those who have not, they have nothing to hold on to. They have, they are without ____, they are without, it feels like everything has been taken away from them. In an essence it has been, you see.

So that is the importance of this time. You are not the only ones there are others. So when you say you are among those, this is very difficult for you, how can it be me. Please understand it is you, please understand, do not limit yourself. That is what we want to tell you. That is what we must to get into your mind. No matter what it seems like, the environment you are in now, that makes no difference. That does not matter you will complete, both of you will complete. As you see, the situations are different, and yet they

are the same and how could they not be. And so even though you are separated some distance on this earth, you are not. Together this one has always dreamed of having a light center, your light center is her light center. Only she is coming with you from the higher realms. She is there with you all the time in the higher realms and that is the part that she will play.

So beloved one you have earned what you are accepting, you are it. We ask you, your next test is to accept this, do not deny it. Beloved one we have watched over you. As you know sometimes it has been very difficult for you to comprehend, but we have always been there. You are a strong one, you are a stubborn one, but we like that in you. And the first ray has been a very strong focus in your life. So now allow, allow the love to come through. Allow us to embrace you and to love you with all that we have to give you. As always we surround and enfold you in an auric field of love and protection. Know that you are loved most profoundly.

I am the Archangel Michael and I bring you these truths. So it is.

YEAR 2013 - AAM Combined 2013

MESSAGES FROM ARCHANGEL MICHAEL * LM-12-2013

TRANSMITTED THROUGH RONNA

ARE YOU WILLING TO EMBRACE ALL FACETS OF CREATION?

Beloved masters, as you become proficient at accessing the power and majesty of the higher multi-dimensions and begin to get a glimpse of how wondrous paradise can be, the excitement begins to build. That is what is happening all over the world. It is a very personal experience, for you may experience confusion, turmoil and chaos around you and still be centered in the eye of peace and joy. As time goes by, you will find that your center of peace will extend out further and further, and as more of you begin to tap into the eternal power of perfection, it will spread faster and faster until it encompasses the world.

There is a great stirring taking place among the masses, those who until now were not ready to listen to the inner nudging of Spirit or delve into the mysteries of Creation that are beginning to flow on the currents of change. We have said that you were very brave to step out of your comfort zone, out of the mass consciousness flow of popular beliefs and into daring, untried territory. You have been willing to face up to the challenges, and not be deterred by those who said you were wrong, evil, or wishful-thinkers. You are proving that what you have accepted as your truth is, indeed, working and the validation is concrete and visible for all to see so that there can be no dispute. Fear is the greatest deterrent to change, but you have tamed your fears and are stepping into your power.

Each time you visit your fifth-dimensional Pyramid of Power/Light you become more adept at tapping into and using the gifts of Creation, and you bring back with you more and more of the rarified unmanifested primal life substance. See these streams of Light spiraling down into the physical realms of expression, as they gradually become tangible and take form under your direction via your visions, dreams and clear intention. Many of you have learned the discipline necessary to hold your visions without wavering, and are learning that the miracles of manifestation take place one clear thought, one step or action, and one day at a time. There are no shortcuts, dear ones; you must follow the universal laws of manifestation in order to harness the power of Creation.

You are being called to join the leadership Light team, those who will show the way for the beautiful souls now awakening from their spiritual slumber. Thousands are needed to facilitate and assist in this next wave of awakening that is now in progress, for it encompasses millions. Even those still in denial are becoming aware that something profound and unprecedented is taking place on Earth. These souls will not have to go through the extensive cleansing, clearing and painful processing that so many of you have

experienced. Indeed, you have opened the way and have the knowledge that will help them to move quickly through the awakening process and into empowerment.

You are the examples and the Wayshowers, for you will teach them the simplified steps necessary to clear their old thought patterns and allow the Divine Light of the Creator to begin to take dominion within their heart center. You are the major players the vanguard, as you move into the next spiral of evolution. By now, we hope that you are beginning to accept what we say, that you are all beautiful Beings who carry a precious Spark of the Creator within your heart/soul. Allow your Higher Self to inspire and guide you, but please step to the fore and use the wisdom/knowledge and skills that have been so dearly won.

One of the major areas of physical interaction that must be explained so that you may come to a greater understanding is the balance of the male/female energies within each of you. This battle of the sexes began eons ago, as the overlaying energies of the Lemurian race and the Atlantean race began to merge. The Lemurian race was overLighted by the energy of the beloved Goddess/Mother Creator and focused on the integration of the emotional nature within the physical vessel. The desire to create on the physical plane, to nurture and assist the new Spirits arriving on Earth, and the intuitive mind connection to Spirit was the dominating forces at that time. You were like joyous, exuberant, curious children, for this was a grand new experience for all of you.

Midway through the Age of Lemuria, the Golden Age of Atlantis began to emerge, and for this cycle, the dynamic energies of the Father Creator were the dominant force on Earth. Powerful masculine energies came to the fore, as you learned to use your minds to control the energies of the First Ray and became masters of Cocreation on the earthly plane. You added the mental body components as you became more proficient in developing and using your physical senses, as well as your spiritual senses, or what you now call extra sensory perception. As the energies of polarity and duality began to emerge, a division in consciousness also came into play. Some perceived the masculine traits and attributes to be superior and others favored the gentler feminine virtues. Gradually the battle of the sexes began and you began to mistrust the opposite sex because of the many painful memories you experienced over your many lifetimes.

Beloveds, you are a composite of all your past experiences and memories. You have had many lifetimes as a female where you were abused or mistreated by men, and many lifetimes in the male body where you suffered the loss of your beloved mate, were betrayed, or did not measure up in some way. All those conflicting energies within your cells, auric field, and brain structure will color your outlook on the opposite sex until you resolve and transmute them. At the core of your Being, what you are really seeking is the reunification with the other half of your Primal Self, that perfect Divine Ray of Creation that was sent forth in Its totality. You then separated into two sub-rays, one representing the Father Creator and the other a representative of the Mother Creator. You have divided and separated into many facets or fragments of consciousness since, but have forever yearned and sought your wholeness or Aholiness.@

How can you accomplish the healing and reunification of these two primary facets of yourself? By developing a sense of self worth and self love, you will begin to radiate this higher vibratory energy out from your auric force field and others will respond in kind. Learn to trust yourself and your intuition so that you may trust others. You will never feel alone when you learn that you have a mighty force of angels ever near you, ready to protect, encourage, love, and support you every moment of the day or night. Release the pain of the past by forgiving yourself and all others.

Go into your Sacred work pyramid in the fifth dimension and envision all the players in your many dramas of life there with you. Ask that all the imbalanced energies, painful distorted memories, and hurtful interactions be dissolved in the fountain of the wondrous Violet Transmuting Flame. Watch as the electrifying waves of Creator Light permeate your Being to its depths and return you to a perfect balance of godly virtues, both masculine and feminine in nature. Then see all those major players from your past healed and brought into harmony, as well. Watch as they merge and blend with you as you all become a unified, balanced whole. If you do this, the lessons you were to learn from these interactions will be deemed successful. You will change all the probable futures you have created with these souls, and you will not have to play out the scenarios in the old karmic way of cause and effect interaction.

Beloved ones assume the many cloaks of empowerment and godliness, that of being the nurturing mother and/or strong father figure, the playful child, comforting soul mate, or faithful friend. Your relationships are changing; your soul families are growing and encompassing hundreds, even thousands, instead of focusing only on your physical family and limiting your love to the few.

You are moving toward a higher vibration of love, that which incorporates Asoul love@ as well as Aheart love.@ You will have to confront your fears of intimacy, and open your heart to give and receive the deepest, most profound human love possible. You must open your total Being to love, love from the Creator Source down to the least of God=s Creations. How can we begin the process of reunification without love one for another?

There will still be those who come into your life with whom you do not resonate, and that will be so as long as you are in the physical vessel. If you can maintain an attitude of non-judgment, and radiate love to the essence of each person, you will not have to experience a karmic dance or interaction with them. Bless them and allow them to follow their path, while you follow your own.

It is time for humanity to remove the etheric shields of protection they have placed over their heart/solar plexus centers so that they cannot be hurt or unduly influenced. Opening the iridescent golden seal and activating the pink blossom of the heart allows the Love/Light of the Creator to flow freely both into and out from the heart center.

Beloveds, there is another important concept that we wish to present to you. In doing so, we know that it will trigger fear and doubt for many of you. If this is the case, we ask you to set

the information to the side and ask that it be validated if it is to be your truth, or if it is too uncomfortable, just disregard it. There is much information coming forth that challenge the old concepts and thought forms of the past. Just as children learn the simple basic concepts in their early years, and the lessons and theories become more complex and thought-provoking as they mature, it applies to your spiritual education and growth as well.

We have told you that the Supreme Creator has begun to emanate the rarified Love/Light essence from the center of Its Being. It contains all the facets of Creation, which includes the energy components for never-before-experienced new Creations. Within the wondrous multiple beams of Creator Light is a black ray of pure unmanifested potential. The Creator is sending this ray as a gift to all of you, it contains the stillness of the Great Void, and is accessible to all who are brave enough to tap into it and help mold future worlds and galaxies. First came the Void, and then came the Light, and within the Light are all good and wondrous things, but the Light would not shine so brightly without the darkness.

Many of you fear the darkness and your shadow side, perceiving it as evil. Beloveds, if all is a part of the ONE, the Creator, there is nothing to fear. Oh, you, as humans have created many things to fear, but that is not the Creator=s doing. Do you fear the great void that is the backdrop for the stars and constellations? Some of you fear the night, but it is not the darkness that you can lay the blame on, but the hurtful things that humans do under the cover of darkness. We wish to help you to begin to investigate and transmute those old self-limiting concepts so that you can broaden your horizons and assume your cloak of Light. With the gift of Light comes a great responsibility, the leadership role that we mentioned earlier.

We ask you to LIVE your lives with a heightened sense of awareness; to FEEL the joy of being connected to All That Is, and then share the joy with others; to use your WILL power to move swiftly along the path of enlightenment, so as you gain a higher vantage point, you can more easily assist others over the rough spots; to LOVE others with all your heart and soul, as the Creator loves you; to SPEAK your highest truth with love, compassion, and discernment; to SEE the best in everyone; and to know that we are all a part of the same great I AM. Precious friends, we began and will end this wondrous journey together. We will encourage you, stretch your minds, and nudge you when appropriate, but most of all, we will love you eternally. I AM Archangel Michael.

YEAR 2014 - AAM Combined 2014

THROUGH RONNA / SACRED SCRIBE

TAKING CONTROL OF YOUR DESTINY

Beloved masters, shall we continue the review of some of our most important teachings of the past? It is vital that you have the major objectives of the ascension process firmly entrenched within your memory bank. You are currently in the process of integrating the next appropriate level of Creator Light, with the assistance of your OverSoul intelligence. Connecting with and integrating the many facets of your fifth-dimensional Self will ultimately result in a new biological blueprint of creation.

Your Divine Birthright includes all the gifts, talents, attributes and virtues of Creation. They are free–yours for the taking. However, you must earn them through your own efforts, and then share your integrated wisdom with those on the Path behind you. The wise ones / the masters of the Earth and the initiates on the Path have spent countless time and effort to bring forth their talents, and to gain the wisdom they share with everyone who is a seeker of wisdom. Their mission is to make the journey or the task of gaining Self-mastery easier, and they deserve remuneration for their efforts. There must be an abundance exchange. You must put forth the time and effort yourself--or you must compensate those who pave the way for you by supplying you with the advanced wisdom teachings of the higher realms. You must lift your ideas and goals to the highest frequencies possible, thereby making them refined ideals which will benefit all humanity.

The awakening process entails moving through the many levels of the astral (emotional) plane. Your goal is to center yourself within the mental plane of consciousness. At the appropriate time, a disciple on the Path slowly moves beyond physical family duties and responsibilities as his/her consciousness, wisdom and Light increase. Gradually, the aspirant's influence increases, as does his/her potential to become a World Server. It takes constant and deliberate effort to tame the ego and to gain the knowledge and expertise required to become a World Server. You must be an outstanding example, and also have the ability to excite and stimulate desire for spiritual wisdom, in order to serve humanity as a guiding Light. An en-Lighten-ed teacher offers the truth as it has been revealed to him/her, and also the opportunity for their students to accept or reject the teachings.

So many of you are having difficulty in discovering your mission or your passion, and so you drift through your days in inertia. You continue to do nothing, making no attempt whatsoever to initiate positive changes in your life. Not everyone is meant to teach the masses or become a world figure. It is those of you who are quietly going about your daily duties, as you make small steady improvements within yourselves while radiating the Love/Light of Creation down into the Earth and out into the world, who are making the most dramatic impact on the earthly negative environment. We are seeking World Servers

at a grass-roots level. Each and every one of you is needed to help lift and refine the collective consciousness of the masses.

As you go through the trials, tests and challenges of transformation, we wish to offer encouragement to those of you who are feeling helpless and fear there is no way out of the dilemma in which you find yourselves. Won't you open your minds to the possibility that there is help available from the realms of Godly existence, and that there is a new way of thinking and a more refined way of living available to you?

You pray and often beg in desperation for assistance; however, if it does not come in a form you are comfortable with, you deny and reject it. Prayers are always answered. Prayers asking for the greatest good manifest as miracles large and small, and open the path for a life of ease and grace. Prayers of the ego desire-body are answered by allowing you to seek your own solutions, which are manifested from your misconceptions and inappropriate actions. The lessons of life are learned by experiencing what you have created. The ego attracts disharmony and dissatisfaction, and it causes the seeker to look outside of self for solutions and gratification. You must learn to pray with the purity of your heart and with intentions of the highest order. As you raise your Light quotient, you will increase the magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with thanksgiving and a grateful heart.

Why not start your mission statement by listing the negative things in your life you would like to change? Begin with several small changes in your life, and remember, you must begin with yourself. We assure you that if you make a concerted effort, and use the tools we have given you, you will begin to see dramatic changes in your life. We ask you to put us to the test. With an open mind, study some of the basic concepts we have given, and slowly but faithfully, implement into your daily life those that you resonate to most strongly. Give us permission to guide and inspire you, and by doing so, you will have the forces of Heaven behind you. You can only fail if you give up, beloveds.

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the forces of nature, and the Earth changes/cleansing are accelerating and increasing in intensity every day. There is an intense polarization building between the various factions, not just in isolated places around the world, but in every country, involving every race, culture, religion and political affiliation. We have told you that the chasm between the Light and the shadowlands is widening, and it is very apparent from both a lofty and earthly viewpoint. We see clearly the areas that are being bathed in the Living Light, thanks to you, the faithful Sentinels of Light. We also see the swirling whirlwinds of negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and even among families around the world.

If you are caught up in the rhetoric of the worldwide news media, you cannot help but be aware that there is a feeding frenzy of negativity being spewed out into the airways and consciousness of those who are receptive to the distorted messages of sensationalism and separation. Fear of deprivation, anger at rulers, leaders and the government, and an

indignant sense of entitlement to goods and services, without personal responsibility, are symptomatic of the intense fear of change that is taking place within every area of the world and within the human consciousness.

It is time for the next step in the ascension process to begin, and many of the advanced aspirants on the Path are already becoming proficient and engrossed in the procedures. At this time, there is no question that those who are in any way advanced in spiritual consciousness are having their awakening/evolution process hastened as never before in the history of the world, in order that they may act as transmitters and interpreters of Universal Law and Cosmic Truth.

You, the aspirants on the Path, are becoming proficient at building and using multiple Pyramids of Light / Power in the fifth dimension as you slowly but surely become acclimated to a lower fifth-dimensional environment. You have opened the pathways to the Cities of Light so that you can gradually incorporate higher and more refined frequencies of Light. You are also preparing yourselves to interact on a regular basis with the many facets of your Higher Self and the great Beings of Light.

The call of reunification is beginning for many of you, whereby your higher frequency Soul Song is reaching various members of your God Self. As you refine your vibrational patterns and your Energetic Signature reaches a certain level of harmony, your Soul Song will begin to reverberate out into and through the fourth, into the fifth and for some of you, possibly even into the sixth dimensions, and very gradually into the auric fields of some of the Soul Fragments of your Higher Self. Slowly, as these blessed facets of your Self become aware of you, they will begin the process of moving into alignment with you. Those whose resonance is lower than yours will fall into line below you, and those who are on the Path ahead of you will slowly move into the column of Light above you. You will also be moving laterally, as well as higher, into the refined realms as all of the fragments of your I AM Presence gradually begin the process of moving closer and closer to your central column of Divine Light.

For some of you this information will be confusing; however, many of you are experiencing this process in varying degrees during your nightly sojourns or in meditation. Therefore, we wish to give you a basic understanding of what is taking place at the various levels of the ascension process.

As you study and delve into the mysteries of Cosmic Truth, you will build a reservoir of knowledge which you can draw upon when needed. Also, as you gain access to your Sacred Mind, it will seem as if you have tapped into a Cosmic source of information; however, in the beginning, it will be your own ancient, extensive past that has been made available to you. You will become increasingly sensitive to ideas, concepts and complex information, and you will gain the ability to tap into this rich storehouse of information at will.

We encourage you to study each of the important points below, until you have a comprehensive understanding of its meaning, so that you may decide if the concept is valid

for you. You may then make an intelligent decision as to whether or not you wish to integrate the knowledge, and then claim it as part of your core truth. Discernment is vitally important as you replace your old out-dated, restrictive beliefs with new, higher frequency, and expanded conscious awareness. It is the way of a Self-master.

• The focused gaze of humanity is being lifted out of the stifling quagmire of earthly existence onto the far-distant horizon of the future. Desire for material riches is being replaced with a yearning for Soul consciousness.

• Focused intelligence is necessary to successfully enter the many sub-planes of the fifth dimension so that you may tap into the vast storehouse of wisdom and advanced abilities available therein.

• World Servers will be held together by a strong Soul connection–a remembrance of a solemn oath to serve humanity, with a common goal of ascending in consciousness.

• Heart-felt prayers of gratitude and supplication for the greatest good of all, along with Soul-focused meditation must become the accepted form of communing with our Father/Mother God and the great Beings of Light.

• Vast numbers of Souls, who are still functioning within the illusion of the third- / fourth-dimensional environment, are gradually awakening to the nudgings of their Soul-self as they move beyond the influence of the mass consciousness belief structure.

• It is vitally important that you gain control of the ego-personality and the sub-conscious mind, so that the Over-Soul/ Higher Self may begin to radiate forth its wisdom to your Soul-self.

• It was preordained that facets/Sparks of the angelic kingdom and of other great Beings of Light would incarnate on Earth, and follow the path of humans.

• Portals of initiation were opened and have remained open down through the Ages. However, in the past, only a few brave Souls made it past the Open Door and gained Self-mastery.

As you evolve and become skillful at sharing your wisdom with others, you will become increasingly sensitive to the subtle messages, concepts and ideas from your guides, teachers, angelic helpers, and the en-Lighten-ed masters from the higher realms. When you have turned the information you have garnered into wisdom, and have become a living example of each new, advanced level of consciousness, you will then be qualified to teach the concepts to others. You must experience that which you teach and become a shining example, which is the most effective way to get the attention of others.

Remember, my brave ones, in every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. Submission to the Will of our Father/Mother God means adherence to the Universal Laws as they are revealed to you. A Self-master always strives to make the highest choices, has a burning desire to serve

others, and is always responsible for their own actions. Call on us and allow us to Light the way as you journey forth into the future. You are loved most profoundly. I AM Archangel Michael.

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ENHANCING YOUR POWER TO MANIFEST

TRANSMITTED THROUGH RONNA

Beloved masters, as you traverse the return path into the higher-dimensional realms of existence known as the River of Light/Life, or sometimes, the Rainbow Bridge of Cosmic Consciousness, the vibrational patterns within and around you are in a constant state of change. This has resulted in an ever-increasing expansion of consciousness, whereby the filters through which you view your world of reality, as well as the belief-structures you have built around you, are gradually being replaced with higher, more empowering truths. The world you have created and those you interact with will always reflect back to you the beliefs and expectations you have accepted as your truth.

In a painful or debilitating situation, there are always distorted or imbalanced beliefs and attachments which keep you imprisoned in a false, illusional reality. The beliefs which control many of your actions and reactions on a daily basis are slowly dissolving, and are being replaced with self-empowering concepts you are gradually accepting as your new version (vision) of reality. You are in the process of expanding your awareness of Self, and you are developing a more focused, in-depth awareness of those with whom you interact, and also of the realms beyond your present ability to see. You have often heard the saying that “all is an illusion.” This does not mean that everything that has been created in the physical realm of existence is not solid, does not have structure, or is not real. Nor does it mean that the higher realms are illusional with no tangible structure or definition. Every level of existence throughout this Universe seems as real to those who reside there as your earthly home does to you. The Creator and Its all-encompassing influence are most assuredly real, just as we are.

The illusion is your perception of the world, a reality you view through filters of your own making: beliefs, structures, taboos and limitations you have encoded within your subconscious mind and have accepted as your truth. Everyone views the world and daily events through a veil of their own beliefs and a modified level of awareness. That is why many see everything through a filter of negativity, while en-Lighten-ed Souls experience life through a filter of love and non-judgment.

During these times of accelerated transformation, you are experiencing great changes both within and without. The membranes between the subconscious, conscious and superconscious minds are becoming thinner, thereby allowing you access to the subjective, self-limiting information you need to release and the distorted concepts you need to heal in

order to return to balance within as you strive to reclaim Self-mastery. The right and left hemispheres of your brain, as well as the matrix of your subconscious, conscious and superconscious are in the process of merging and returning to a unified state of super- or macro-consciousness. In many ways, the saying “as it was in the beginning, so it will be once more” applies to the transformational process humanity is now experiencing.

Every observation via the physical senses that makes an impression on you, as well as every action, interaction and reaction, is automatically transmitted and recorded within the memory cells of the subconscious mind. Again, we stress, your subconscious mind is subjective and takes every thought or experience literally, and is thereafter affected by your individual bias. The subconscious mind will continue to respond to and replay old thought patterns and conditions over and over again until the misconceptions are resolved and reprogrammed.

Your third- and fourth-dimensional world is random and chaotic while the time/space continuum of the higher-fourth dimension and beyond is more flexible and fluid. As you integrate the vibrational patterns of the higher dimensions, all that is not compatible will rise to the surface for resolution, which results in higher wisdom. For those who have developed their inner sight, they know that thoughts are tangible things. They are aware that the quality or frequency patterns of a thought determine its color, while the nature of an emotion determines the form it will take. The more focused and detailed a thought is, the clearer the outline will be. Thoughts of a low frequency level are dark, muddy and distorted while the higher octaves of thought, those infused with love, are more delicate and luminous. You must accept the fact that your thoughts do have substance and that they do have an effect on you and the world around you.

You must be willing to examine the preconceived ideas about the complex traditions /structures/boundaries of your life, and you must release or transform the beliefs which are keeping you stuck in self-inflicted structural limitations. Releasing attachments, outmoded habits and concepts is an ongoing process and requires constant vigilance and upgrading. We are aware that you have built comfort zones around you which are difficult to move beyond, even if they are uncomfortable and constrictive. But that is exactly what you must do, beloveds, if you are to expand and become the masters of cocreation you were meant to be.

Letting go is liberating and gives you the power to expand your consciousness and your world. The higher your vibrational patterns become, the more fluid the restrictions around you become. Do not become attached to the structures of life you have built around you. You must realize that change is an integral part of growth. You make decisions and choices every day, and as a master-becoming, it is imperative that you always strive for the highest choices. The boundaries of your spectrum of duality will become narrower, and the pendulum of choice will swing in a much smaller range to the right and left of center. As a result, your perception and conscious awareness will expand and be raised exponentially. “A master always follows the narrow upward path” is an ancient truth that still applies. You must always seek your highest truth and then live it to the best of your ability.

It is important that you are aware that there is an orderly sequence to the Cosmic Cycles of Creation which define and emphasize a great variety of GODLY EXPRESSION. Therefore, it is important that you learn to flow and adapt to the changes of the time, to discard the restrictive, limiting beliefs of your third- and fourth-dimensional reality as you gain wisdom, seek higher truths and grow closer to your original "State of Divinity."

We are in the midst of one of the greatest cycles of transformation that this Universe has ever experienced; however, it is important that you understand that there have been many minor cycles of change on Earth, and each of you has experienced these transformational times in one way or another.

The coming Seventh Root Race will be highly-evolved and spiritually-attuned and will be influenced by the SEVENTH RAY of transformation, purification, freedom and redemption. Everyone and everything on Earth will be affected by the radiance of the Seventh Ray, the Violet Transmuting Flame. Many of the old, outmoded teachings are being discarded as you evolve in wisdom and raise your frequency patterns. The love-based and empowering religious beliefs will be retained, while the fear-based, controlling concepts are slowly being discarded. During the transition into the age of enlightenment, the religions that will survive are those which are willing to expand their philosophy to incorporate the revealed, higher Creator truths.

New cycles of "Being" are initiated through a willingness to change and can gradually be incorporated with ease and grace. However, for those who are resistant, it will be through chaos and conflict. Much depends on your capacity to attract, respond and absorb (or reject), and then transmit the more refined energies known as "higher truth." Your Soul and Higher Self remember the reason you chose to experience and express painful situations--not as a punishment, but for resolution.

It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an ego self-serving mode to a Soul-serving state. Your Soul is the part of you which is connected to the "Universal Whole." You gain compassion the hard way through pain and suffering (ego-driven), or the easy way through the process of reunion with your Higher Self and God Ray (Soul-inspired).

Nothing can escape the radiation and magnetic influence of the rarified Creator Light/Adamantine Particles now permeating this Universe, Sub-universe, galaxy, solar system, the Earth and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to many levels of consciousness. You must be harmonious with and attuned to the vibrational frequencies in order to integrate them. The higher frequencies of Light/ thought/sound vibrate through your blood, cells, organs, bones, muscles and tissues, enriching your sense of well-being. The lower frequencies of the third- / fourth-dimensional environment restrict the flow of life-giving energy, and increase the density in your four lower-body systems. Your blood carries genetic encodings of your earthly lineage, but more important, your cosmic lineage and your Divine heritage.

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart/Mind as you draw forth the Diamond Ray Particles of Life/Light and infuse them with your love before radiating them out into the world and to humanity. We are all in this cosmic dance of evolution, and together, we shall prevail. I AM Archangel Michael.

RONNA / SACRED SCRIBE

Meditating regularly on the Sacred Heart, and consciously activating the incoming Adamantine Particles of Creator Light that you integrate, will result in a major transformation in your life as you become a cocreative Self-Master of the highest order.

In a relaxed state, begin the Breath of Infinity--(a figure 8). With each breath, imagine your consciousness expanding to incorporate all of the solar system..... then the galaxy..... and then this Sub-universe. Envision, however you perceive, the magnificence of the planets, star systems, galaxies, and also feel within your Sacred Heart the power and majesty of the vastness of space…….the "Great Void" filled with the unmanifested potential of Love/Light (the Adamantine Particles of Creation, powered by Love).

Now envision yourself as the center, the focal point within this Sub-universe, as the "Flow of Divine Light" radiates forth from all directions toward you. See the prisms of Light refracting into Rainbow Colors, which contain all the virtues, qualities, attributes and potential of Creation. Breathe deeply as you ingest this gift of Love/Life, as you begin to feel the flow to you and from you…….the never-ending supply of Divine Light Substance. Breathe in.....breathe out..... breathe in.....breathe out.....as you see this magic elixir flow forth from your Sacred Heart center in an Infinity Sign, from both the front and back portals of your heart. Be aware that, with you as the receptacle and the conduit on the material plane, the Creator particles of pure Light substance will pour forth into you and from you in a never-ending supply. These particles will stream outward into the material world to be molded into an unlimited variety of physical manifestations via your visions, seed thoughts and pure intentions / will / actions!

AFFIRMATION: SAY TO YOURSELF: "I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF AND MY SOUL FAMILY. I ASK TO BE ALIGNED WITH THE MASTERS AND THE BEINGS OF LIGHT THAT I AM TO COMMUNE WITH, IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH WHICH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND THE APPROPRIATE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, AND I AM DIVINE WISDOM IN ACTION.

SO BE IT! SO IT IS! I AM THAT, I AM!"

Lastly, but of vast importance, always maintain an attitude of gratitude for all things, large and small. A constant state of thanksgiving generated from within the Sacred Heart will

magnify and enhance your ability to cocreate in alignment with the Divine Plan for the greatest good of all.

How will you use this gift which is a treasure beyond imagining? What are your greatest desires? What will be your legacy to the world and humanity? Reach for the stars, beloved friends, for there is no limit to what you can manifest and share when your desires are in harmony with Spirit. Forever love and angel blessings, Ronna

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ON YOUR EARTHLY PATH,

AS YOU DELVE INTO THE MYSTERIES OF LIFE.

MAY YOUR HEART OVERFLOW WITH JOY

AND INSPIRATION, AS YOU SHARE

YOUR SPECIAL GIFTS.

MAY YOUR JOURNEY BE FILLED WITH

PLEASURE AND SPRINKLED WITH MIRACLES.

MAY YOU FIND PEACE AND ENDURING DELIGHT

IN ALL THINGS, LARGE AND SMALL.

MAY THAT WHICH YOU SEEK

BRING THE MOST PRECIOUS GIFTS OF ALL:

WISDOM, COMPASSION, HARMONY

AND ABUNDANCE, BUT MOST OF ALL,

MAY YOU LOVE AND BE LOVED.”

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is all about. His messages teach on many levels of conscious-awareness and he gives us practical advice for everyday living: how to transcend the fear, and the pain of illusion of the third-dimensional world as we learn to live as fourth- and fifth-dimensional masters on Earth. He gives us all the tools we need to move through the initiation/ascension process with ease and grace.

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TRANSMITTED THROUGH RONNA

Beloved masters, will you pause with me for a moment and take inventory of your recent accomplishments, and what may seem like defeat or failure to you? I would like for you to take a closer look and come to a better understanding as to what the initiation and ascension processes are all about. You are getting a clearer picture of the workings of cosmic law and the magnificence and complexity of our Sub-universe as the veil of forgetfulness is lifted and you begin to tap into the wisdom of your Higher Self and Super-conscious mind. However, you still have doubts and are confused when you are confronted with some of your old fears and emotions.

All humanity, without exception, is progressing by leaps and bounds—yes, even those who seem to be stuck or mired in victimhood, and karmic interaction of cause and effect, the drama of good and evil or duality/polarity consciousness. Deep within every sentient Being

there is a discontent, a yearning, a feeling that changes must be made–that they cannot continue in the same old painful patterns of existence. As you are witnessing, some will choose to vacate the physical vessel, returning to spirit form to await an easier, gentler time to return and continue the journey of physical expression. Others are becoming bold as they reach out into the unknown and find we are waiting there to assist them—and so, they begin to hope and dream as they take control of their destiny.

Just as you must acknowledge, clear and release all negative memories and energies within your physical/etheric, mental and emotional structure, so it is with your Mother Earth as well. This is the source of the "destruction process" that you all fear so much, but it need not be as radically cataclysmic as has been predicted and as you have been led to believe. True, all that is not in harmony with the higher frequency vibrations of the new age must be transmuted, transformed or lifted; however, this can be accomplished by becoming aware of the core beliefs which do not resonate with the more rarified higher fourth- and fifth-dimensional awareness of the future. As you are aware, your Mother Earth is also striving to attain a higher level of God-consciousness. In order to do so, she must clear the negative stream of core memories within the astral plane/her auric field–the maelstrom of negative mass consciousness beliefs of humanity from many past ages. This is where many of you are having difficulties. You are not yet able to discern which are your own core beliefs rather than those created by the many different races, cultures and religions over the many ages past.

As you begin to become aware of and dip into unity consciousness, which creates great wonder, joy and a sense of no longer being alone, it also opens the door for you to tap into those ancient memories of fear, failure, betrayal and shame that others carry in their auric field. You do not get just the positive energies, beloveds; part of your mission is to assist all humanity in becoming aware of its self-limiting beliefs, and the negative, destructive thought forms and actions. That is why there seems to be so much senseless violence, why so many are lashing out in anger and pain. The world of form seems to be crushing and bruising those who cannot face their own creations and acknowledge that they have, indeed, created their own hell-filled world of fear and suffering. They blame everyone and everything but themselves. For without allowing the soul or Higher Self to assist in the healing process, it is just too painful to face their creations, and the ego-desire personality becomes even stronger and more in control of the thought processes and behavioral patterns.

That is why we are "pulling out all the stops," you might say, in order to assist those of you who are the vanguard, those who are opening the way and creating the path for others to follow. The process must be clear; it must be simple and not complicated as the ancient wisdom teachings were, for in the past, the ascension process was designed for the select few. Those of you who are the teachers and the Wayshowers have had or are experiencing all the emotions, fears and setbacks that will confront humanity at large. Many of you have made a great sacrifice and agreed to pass or experience many tests that were not of your own making (but an accumulation of the memory/energy patterns of other parts of your

vaster Being). In other words, many of you came with energies composed of many different facets or expressions, which you did not directly experience as a soul, but which you agreed to have placed in your energy (auric) fields and your DNA so that you would have to balance and overcome these imperfections. So, beloved ones, do not judge a beautiful, awakened soul who seems to have had much more than their share of adversity. Honor them; emulate them, for they are smoothing the way for you.

And so, we ask you to observe the patterns of fear and doubt that are emerging, that which is keeping you from moving on to the next level of en-LIGHTEN-ment. Each level has its own tests, trials and pitfalls, and many of you are hindering your progress because you cannot let go of old deep-core energy patterns. Many are still caught in a struggle for power, on the one hand, while creating and performing great deeds of goodness, but still trying to control or force their truths or ways of thinking on others. Many of those who still feel they must serve and sacrifice in order to grow spiritually are being taken advantage of by those who have not learned that what you take from others unjustly, ultimately, you are only taking from yourself. Many are still imprisoned in relationships which are hindering and hurtful, rather than supportive and allowing growth and expansion. They are afraid to step out of the status quo or take responsibility for their own spiritual growth and well-being. So many are afraid to face their nightmares and bad dreams, for they may come to realize they are of their own making, and that they are responsible for their own personal transformation. Stagnation and a sense of futility are the formula for death, beloveds: death of the emotions, death of mental alertness, hopes and dreams, and eventually, death of the physical vessel.

What are your greatest fears right now, dear ones? What obstacles are keeping you from opening that next door to higher awareness and mastery? Before you can accept and wield the gift of the First Ray of Divine Will, you must face and conquer your fears and demons. We have endeavored over the past years to give you the tools and wisdom to accomplish this, but ultimately the task is yours alone. These next years are critical, and we have said this many times before; however, it is important that you become aware of just how quickly the process of evolution, or the ascension of humanity is progressing. If you are to stay on track and keep up with the frequency acceleration of your planet and with those who are reaching for the stars on their way back home, you must come to terms with yourself, with your fears, and your sense of being disconnected from your Higher Self and the realms of Light.

Allow me to give you a gift, an exercise which will help you break through the restrictive walls of your fears and doubts and help you release those patterns that no longer serve you. We wish to impress upon you how harmful the energies of fear are--energies which are keeping you from claiming the gifts of mastery--and how simple it is to move through them.

Stand before a mirror or hold a mirror in your hand and gaze into this mirror as you bring into your mind that which you most fear. Just as we have taught you to fill your body with Light, I now ask you to allow this fear to build as you create and imagine the worst scenario possible that has to do with this fear. Feel it begin to permeate your body, feel it especially in your heart and solar power center, as you move your consciousness throughout your

body and feel the restriction, the stress, the crippling energy creep in and permeate your Being. Now look into your own eyes, see the pain, study your facial expression as it changes and ages. Feel the pressure build until you know you can tolerate no more. Now, beloved masters, take several deep breaths as you move deeper and deeper into your Sacred Heart Center and draw forth the Sacred Love of our Father/Mother God from within your Diamond Core God Cell--a precious gift that is always available to assist you through every trial and test. Call upon your OverSoul-Self to fill you with the healing frequencies of the Violet Flame, and with all your senses become aware as this wondrous gift pours through and around you. Can you hold on to the fear or does it dissolve into nothingness as this magic elixir of loving energy permeates your Being?

Again, look in the mirror and see how soft your eyes have become; how youthful is your countenance. Feel the expansion in your heart and the release of the stress and strain within your body and muscular structure. Fear cannot exist where there is Light–where there is love. Breathe in the gift of life--breathe deeply of the Essence of Creation that is being offered to you. When you are in fear, you restrict and cut off the flow of the Pranic substance of life. This may seem like a drastic exercise, but in truth it is a great gift, for many of you cannot progress until you face yourself in the mirror, and allow your fears to be reflected back to you. You will become aware that the fear does not originate “out there,” but from within.

More and more of you are becoming aware of your life mission and how important it is. Do not fear to boldly step out, dear ones. Because you are assisting in the healing and resolution of the negative frequency patterns of your ancestral lineage. As you move upward on the Path of Light, you will also have available to you the wisdom and wealth of positive experiences from all the many lives of your soul companions. This is the wonder of unity consciousness. Have you not noticed how many teachers and messengers are bringing forth almost identical information, for they are experiencing the same emotional ups and downs, as well as receiving the same thought impulses? Many of you have gone to gatherings where you felt a deep sense of coming home, of being reconnected with long-lost family or friends. Just as many of you no longer feel in harmony with your physical family, nor seem to have anything in common with friends of long standing. Do not judge; become the observer—allow your Higher Self to supply you with the wisdom you need to move through or overcome any situation or obstacle.

As you move into nonjudgment and are willing to allow the highest outcome to occur in all situations, you will break free of the bonds of fear, and life will become a constant source of wonder, joy and thanksgiving. Claim the gifts that are being offered to you, precious ones, you have earned them. Move through the fog of fear into the Light of the dawning age. Walk boldly with a spring in your step, a smile on your lips and joy in your heart—those behind you are watching, my brave warriors of Light, do not falter now. Show them, as we have shown you; take their hands and support them, even as we have done for you. Tell them that you cannot take on their tasks or burdens, but you can give them the benefit of your wisdom and experience. You will not have to make claims or state what level you have

attained. You will not have to try to impress or dominate, for you know within your heart who you are and that is enough.

ALLOW US TO LEAVE YOU WITH SOME FURTHER GUIDELINES

OF HOW TO LIVE EACH DAY AS A MASTER OF LIGHT:

You must learn to identify the source and deal with your own negative thought forms. Often your negative feelings are picked up from those around you, especially if you are a very empathetic person. Learn to surround yourself in a sphere of Golden/white Light in which nothing of a lesser vibration can enter and disturb your tranquility. Everyone on Earth is in the process of clearing ancient memories and thought forms of the past. Be a passive observer when these feelings roil up within. Do not claim them, just observe and state to yourself: “This is anger I am experiencing,” or fear, depression, guilt or any other dis-empowering emotion. Envision a blazing ball of Light descending from your Higher Self, bursting into a million tiny, crystalline diamonds rippling throughout your body, transforming and balancing all discordant energies within. Do this as often as necessary.

Shut off your mental auto pilot, and become the director of your journey and your experiences. Tune into your own mental receiving station as you seek thoughts, vibrational patterns and sounds that are uplifting and empowering. Negative, critical thinking is composed of lower, disruptive frequency patterns. If you don’t like what is happening in your world, lift your thoughts and change your mind so that you are projecting “balanced, uplifting frequency patterns of thought and intention.”

Learn to think with your whole brain--meaning, use both your linear, analytical outward-focused left brain, along with your intuitive, creative, inward-focused right brain. Tap into your genius potential or the Light Packets of wisdom stored within your Sacred Mind, which are attuned to the higher dimensional or the cosmic storehouse of knowledge.

Do not always express or project your emotions toward others. Allow yourself to feel and express whatever emotions you are experiencing, but first analyze and resolve them within your own sacred space. Speak and share only to clarify or clear up a misunderstanding, and always share your thoughts through a filter of love and compassion. This is the way of a master.

Beloved Bearers of Light, as you integrate more of the plasma of renewal and become harmonious purveyors of Light, we are now able to more freely interact with you, and to work through you to create wondrous new things. By agreeing to do so, miracles beyond your greatest imagining will abound. We enfold you in the Light of Life from the heart core of our Father/Mother God and the Supreme Creator. I am ever near to guide and protect you. I AM Archangel Michael.

* Transmitted through Ronna * 775-856-3654 * www.RonnaStar.com * RonnaStar@earthlink.net

Revised and updated from the original “Illusion of Fear message,” received in 1997.

ARCHANGEL MICHAEL WISDOM TEACHINGS

ARCHANGEL MICHAEL/ RONNA HERMAN ***LORD MELCHEZEDEK / RANDY MONK

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-10-2014

TRANSMITTED THROUGH RONNA

Beloved masters, your GOD-SEED ATOM / I AM Presence is your original Core Intelligence, your first individualized identity within a Universal or Sub-universal experience. Within this Sub-universal experience, your first twelve God-Sparks / soul fragments contained all the

virtues, aspects, talents and knowledge you would need to traverse the multiple levels (dimensions) within this Sub-universe. Since that time, your God-Seed Atom Essence has refracted and separated innumerable times. You are now in the process of reclaiming all the multiple facets of your soul-self within the third/fourth dimensions so that you may move forward to a greater, more dynamic and expansive version of your Higher Self within a fifth-dimensional environment. To assist you in accomplishing this, your Diamond Core God Cell and your personal Flower of Life Creator Wheel contain a full measure of the Twelve Rays of God-Consciousness for this Sub-universal experience. They were designed so that when you were ready to begin the return journey into the higher levels of consciousness, you would have access to your own FULL SPECTRUM DIVINITY. Your task is to activate these Rays, to incorporate the God qualities and attributes they contain, and then to use these qualities and attributes for the greatest good. There is still much confusion as to what the soul is, how it functions, and where it resides. It is vital that you understand the intricate process of reconnecting with the many facets of your Higher Self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding the multiple Higher Self Fragments (you have many, not just one) and the process for incorporating these multiple facets of Self. Therefore, we feel it is time for an advanced explanation of this most important process for the EVOLUTION OF THE SOUL.

In order to do so, you must expand your capacity for Love/Light so that it includes all facets of Creation upon the Earth: love of nature, love of the animal kingdom, love for humanity, love for your perceived enemies, and most important, love of Self. For in Essence, all of Creation is a part of you, and you are a precious White Fire Seed Atom of the Supreme Creator. The expansion of God-consciousness results in an expansion of your auric field– your Light radiance. Over time, more and more of you will develop a radiance so powerful and expansive that it will begin to have a positive effect on those around you –and eventually, on the Earth and all humanity. Quite a large number of the more advanced souls have already gained this ability. However, you must remember, you cannot convey that which you have not claimed as your own. Also, remember this: an important part of your mission on Earth is to intensify the Light of the lower dimensions. Expansion of soul-consciousness results in an expansion of the auric field, both in intensity and scope of influence.

An aspirant on the Path must focus on both outer and inner world training. You must strive to become a conscious observer of what is taking place around you. Training yourself to become fully engaged with focused awareness of the physical events in everyday life is vitally important, as well as learning to process the harmonious and the discordant frequency patterns to which you are subjected. You must then take the appropriate action. Practicing emotional and mental discipline is also very important as you seek to become a master of Self. You must not turn your back on the world and life's experiences, but face them head-on. However, it is vital that you learn to view life from a higher vantage point. Endeavor to see the bigger picture and not get entangled in the small story dramas.

Logic is a function of the physical mental body and your mind. Remember, the knowledge or theories you accept as your own truth must be experienced in order to gain the wisdom from the disclosed information. Inspiration is supplied by the Higher Self and your Sacred Mind. You must learn to pay attention to the impulses of your Sacred Mind and Sacred Heart or to the input of the prevailing facet of your Higher Self, for that is how you will gradually learn to communicate with the Beings of the higher realms and gain cosmic wisdom.

In the beginning, there was communication with and amongst specialized, group spiritual guides and guardians; however, over time this gift or ability was lost. As humanity sank deeper into material world consciousness, they became submerged in the sensations of the five senses, and they gradually stopped turning inward for the sense of connection with the higher realms of consciousness. The lower third and fourth dimensions are not bright and clear. There is a misty or foggy overlay. Those souls existing in this environment do not realize this, for it is the state of awareness they are accustomed to. The reality of the lower third/fourth dimensions could be likened to existing within a murky labyrinth where you are forever seeking the path that will lead you back into the pure Light of awareness. This fog gradually begins to dissipate as you move into the mid-sub-levels of the fourth dimension, and your world becomes lighter and brighter as you traverse each higher sub-level. In order to receive the lessons of Light, you must lift your consciousness to attune to, at least, the fifth sub-level of the fourth dimension. In this Sub-Universal experience, there are seven sub-levels to each dimension, with the first sub-level being the lowest/densest and the seventh sub-level the highest and most refined. The masters and your guides are willing to meet you halfway; however, only on very rare occasions will they lower their frequencies into the density of extreme duality, for it is too uncomfortable for them.

The ego is a facet of the physical ego-personality self; it was designed to assist you in developing a sense of identity and individuality over time. An outward-focused mind is guided by the ego. The misdirected ego-self was instrumental in creating the illusional belief system of the material plane, a reality based on separation, fear, selfishness and scarcity. As you expand your mental horizons, you begin to break down the barriers of self-limiting perception. Mind-expansion includes activating dormant cells of the upper dimensional levels of the brain and tapping into the wisdom of your Sacred Mind. Blind obedience is not a requisite for en-Lighten-ment, for you are striving to become a master of Self and to live your personal truths as they have been revealed to you and validated by your heart monitor.

Humanity is in the midst of a soul and cellular awakening. As you move into the vibrational patterns of the higher fourth and lower fifth dimensions, your cells, etheric body and auric field will begin an accelerated purification process. This process will facilitate and ultimately result in the downloading of the many facets of your Higher Self and the gradual reclamation of your Body of Light. Be mindful and aware every moment so that your focus becomes one-pointed and clear. You will gradually develop a sense of self-assurance and security, a knowing that all is well and that it will remain so.

The soul is a many-times, refracted extension of your GOD-SEED ATOM / I AM Presence. The soul uses the right brain consciousness of intuition, which is connected to the higher Sacred Mind and Spiritual Will. An inner-focused mind is guided by the soul-self. Humanity is in the process of developing the subtle, refined senses which have become dulled from misuse. You must move past the basic, often distorted physical senses, while diligently endeavoring to develop the higher mental senses of intuition and Divine wisdom. It is of vital importance that you learn to control your emotional nature and to hold your thoughts steadily on the Light.

You carry within your Diamond Core God Cell a crystalline, memory Seed Atom of full Self-realization from your point of origin. It contains a very brief overview of the highlights of every life you have ever lived, the major lessons you have learned, and the talents you have perfected as you journeyed throughout this universe.

The soul is neither Spirit nor matter. It is a crystalline, SACRED FIRE, MEMORY SEED ATOM, a fragment of pure Light Essence that is programmed to record your journey throughout this Sub-Universal experience. It is the link between you and our Father/Mother God and, ultimately, to the Supreme Creator.

Your personal soul-self, for this lifetime, resides within your Sacred Heart as a facet of your Diamond Core God Cell. Each higher frequency facet of your soul has its own Memory Seed Atom. When a given facet takes up residency within your Soul Star as your OverSoul, it will gradually relay its personal vibrational pattern memories to the Memory Seed Atom within your Diamond Core God Cell and also to your embodied soul-self. First, it will activate the appropriate Memory Seed Crystals within your Sacred Mind. As your frequencies expand to accommodate them, the Memory Seed Crystals held in reserve within your Diamond Core God Cell will be activated. In this way, as you incorporate all of your soul fragments, you will eventually gain the ability to access all of the wisdom, talents, positive memories and experiences of the next phase of evolution–the journey of the soul-self through the multi-levels of the fifth dimension. This process repeats itself over and over again as you traverse the multidimensional levels of God-Consciousness and incorporate more and more facets of your Divine Self.

You were programmed to forever seek the Sacred Heart of your Essence, your Diamond Core God Cell, and your Crystalline Seed Atom of Creator Essence.

At specially timed intervals there have always been small groups of special, unique Beings who incarnated into the different races and sub-races, and who brought forth fresh ideas, instilled new qualities and attributes. These advanced Beings interjected their wisdom, higher consciousness and special talents by example, and they also merged physically with select members of the human species in order to advance the DNA encodings of humanity. YOU ARE LIVING IN ONE OF THOSE SPECIAL TIMES.

The fourth dimension could be called a “transitional reality,” for this is where you begin to let go of all the preconditioning of the past. The fourth-dimensional realm is more emotional

in nature, and therefore, the heart and feeling nature are the major focus. The ancients called the fourth dimension the realm of Maya or illusion, or the astral planes of consciousness. The collective mass-consciousness of humanity fills the lower three levels of the fourth dimension, and this is where most of humanity exists mentally until they gradually begin to turn inward and listen to the nudging of their soul-self. The personality/ego desire-body is the master manipulator of this realm, and it constantly urges one to seek more satisfaction and happiness via sensation and external means of gratification.

You begin to tap into your inner power potential as you move into the higher sub-levels of the fourth dimension. Matter becomes more fluid, and therefore, it becomes easier to manifest what you desire. That is why you must learn to be decisive and to focus your thoughts with clear intention. A disciplined mind links the chains of thought together in proper order. It is vitally important for you to understand that scattered thoughts are detrimental to your progress. Living in the present moment–in the NOW moment–is a critical component in attaining Self-mastery. Mental effort is required in order to successfully traverse the path of illumination. Gradually, a good portion of your memory of past events will begin to fade as you move out of the realm of the instinctual brain / mind into the realm of the higher mind. Important traits of a Self-master are focused observational abilities and harmlessness in thought, word, and deed. As an aspirant on the Path, greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and truths of the next level of existence in the never-ending cycle of ascension in consciousness.

You must keep the channel of communication open between the soul and the brain via the mind. This initiates the slow reactivation process of the Pineal Gland and the opening of the portal to the Sacred Mind, which is located at the upper, back portion of the brain, close to the crown of the head. The Sacred Mind resonates to the highest fourth-dimensional sub-levels as well as all of the fifth- and the sixth-dimensional levels, with a small portion of seventh-dimensional frequencies/data, which are reserved for future use when you have gained the ability to traverse the highest levels possible for humanity in this Sub-Universal experience. However, you must gradually increase your own vibrational patterns in order to tap into this storehouse of cosmic wisdom.

The Sacred Mind and the Sacred Heart are not made of material world matter; they consist of gossamer, ethereal Light substance that cannot be detected via scientific means. However, they are more real than any part of your physical body. For once you reestablish the connection between your Sacred Mind, your Sacred Heart, and your Diamond Core God Cell, there will be a constant flow of Adamantine Particles, as well as pertinent, advanced information coming from within your Memory Seed Atom and also from your OverSoul/Higher Self. That is why it is so critical that you reconnect the Spiritual Triad of God Consciousness: the Sacred Mind, the Sacred Heart, and all the facets of your Diamond Core God Cell.

As you move into the vibrational patterns of the fifth dimension, your cells, etheric body and auric field will begin an accelerated purification process. Tranquility begins in the lowest level of the fifth dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond the massive belief patterns of the collective consciousness of humanity into attunement with your cosmic consciousness via the many facets of your Higher Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of EQUILIBRIUM that applies to the fifth dimension and above.

Briefly, the sixth dimension is the dimension of immortality and a greatly expanded soul consciousness as you reconnect with the highest levels of your soul potential within this Sub-universe. The seventh dimension is the final evolutionary boundary for humanity within this round of Sub-universal experience. The first sub-level (the lowest in frequency) of the eighth dimension is the INFINITY GATEWAY, which you will be able to tap into as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your auric field and to the vibrancy of your Soul Song.

REMEMBER, MY BRAVE ONES, YOU ARE LIVING IN THE MIDST OF ETERNITY. The wisdom messages we bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love and to give you a glimpse of the glorious future before you. I will guide, direct, inspire and protect you, and I radiate the eternal love of our Father/Mother God to each of you. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA * STAR * QUEST * Excerpts from LM-1-2012

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ARCHANGEL MICHAEL WISDOM TEACHINGS

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-11-2014

TRANSMITTED THROUGH RONNA

Beloved masters, never forget, your nearest and dearest friend should be yourself—your own Soul-consciousness. Within your Sacred Heart center you will find wisdom, compassion, patience, and most important of all, unlimited Sacred Love. From the beginning of the creative experience into density, all human life forms have been subjected to an ongoing, continuous series of revelations. A curious, inquiring mind was a built-in, intrinsic facet of human nature. The Earth is, once again, being prepared for a new, higher-evolutionary species of humanity. All of you, as Star Seed and world-servers, are encoded with Memory Seed Atoms giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a Self-directed, Soul-inspired entity in the midst of the chaos and turmoil of the current, third- / fourth-dimensional reality of today.

A new Divine Plan filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful Rays of God-consciousness upon Earth and humanity from the Great Central Sun of this Sub-universe. An advanced Soul, treading the narrow path of ascension, must learn how to absorb and integrate the three major God Rays of the coming Age, THE SPIRITUAL TRINITY, consisting of: DIVINE WILL * LOVE/INTUITION * INTELLIGENT, PURPOSEFUL ACTION.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity, where all is calm and peaceful–filled with pure cosmic life force substance, Adamantine Particles, just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: you are a treasured son/daughter on an important mission, and nothing you can say or do can diminish that love. It is time to open the brain passages of your mind to the higher frequency codes of your OverSoul/Higher Self.

Too many of you are still carrying great burdens from the past. Mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field–just as we are clearing the distortions of the third-/fourth-dimensional, collective-consciousness belief patterns–thereby bringing those dimensions back into their originally designed spectrum of duality. Fear is a primitive fight or flight emotion, which will hinder the expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower-human nature.

It is important that you understand–even though you no longer remember your past errors or the thoughts and deeds that threw you off balance—until these negative thought forms are acknowledged and transmuted, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher fourth/fifth dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention. This is the source of so much of the inner turmoil, challenges and tests that you, the Self-aware seekers of Light, are experiencing.

We have stressed over and over again, one of the greatest challenges, yet one of the most important tasks to be accomplished in order to step onto the spiral of ascension, is to maintain a focused point of awareness within your Solar Power Center. In doing so, you will maintain an open passage into the Sacred Heart–thereby allowing the Creator Light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious Soul Song.

During these wondrous, yet trying, times, you are being given a grand opportunity to tap into the cosmic library, which holds the mysteries of this Sub-universe. You, the Star Seed, are gradually becoming equipped to tap into those sacred temples/Pyramids of Light where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height, surmount any obstacle, and your path of ascension will be revealed with certainty. You have never lost your divinity or your godly intelligence. It has only been in safe-keeping, awaiting the time when you would, once again, awaken to claim your birthright as a Divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves so you may become clear vessels for the refined frequencies of Light. You have the ability to become a conduit for the Adamantine Particles of Creator Light, which will permeate your physical vessel and flow out into the world of form. However, you must liberate the power of the Sacred Fire from within your physical vessel, the Kundalini Fire stored within your Root Chakra, while drawing forth a new supply via the great sixth-dimensional Cities of Light. The breath is the conductor of this vital Life Force energy. You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery–vital information you are to integrate and then share with those on the Path behind you.

We ask you to envision the Violet Flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you as well as giving you protection from outside, negative influences. As you evolve into a spiritual/human Being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper, more intense love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your Energetic Signature. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things. Remember, in order to manifest your spiritual vision, you must define what you wish to create, and then clearly envision it. First of all, as a conscious cocreator, you should focus on manifesting a refined, evolved state of Being, and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes and virtues of God Consciousness will assure success in creating all the material objects you require to live in comfort. You are learning to become one with the infinite flow of abundance, as you traverse the many levels and dimensions of Creation. One of the most important concepts that you must accept as your truth is a crystal clear awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what your mission is in this lifetime and, we tell you, your Soul's greatest desire is that you reclaim the many facets of yourself, and return to being the wondrous master of cocreation that you were when you first embodied in the material planes. The ascension process is an on-going journey, not a destination. Each day, endeavor to make the highest choices–stay in the moment, for that is the only time you can access your God-power–not focusing on the past and not projecting into the future, but seeking your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human-nature.

This is a balancing lifetime for you, the StarSeed, whereby you are seeking to bring into harmony all the facets of your Being. Deep within, you are aware of how important it is for you to honor and integrate your feminine nature, the gentle, intuitive, creative and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong, yet gentle, outward focused as you tap into the treasure house of wisdom within. Your Divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your Sacred Mind, overLighted with the compassion of your Sacred Heart. You must learn to speak concisely, constructively and confidently. Know that if you stay centered and focused within your Sacred Heart, the universe must respond in a positive manner, and your success will be assured.

As you become attuned to the intuition of your Higher Self, you will begin to feel the God Light pulsating within your Sacred Heart, and you will begin to focus on the Spark of Creation within the Sacred Heart Center of every person you meet. It may be dim in many dear Souls, but it is still burning within or they would not be alive. When you do so, you will automatically strive to practice non-judgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep within–that which is loving, enlightening and expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of ascension and enlightenment. Whatever you choose as your truth, you must integrate and apply in your life through focused intention and action. DISCERNMENT / HEART-CENTERED INTENTION / FOCUSED ACTION result in positive manifestation.

No matter what station, circumstances, or level of awareness you assumed for this incarnation, deep within your Soul-self was a burning desire to integrate the multiple-level facets of your Beingness. However, first they must be healed and harmonized so that they may be filled with the rarified Light of the higher realms. As you allow your Higher-Self to overLight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

The mighty forces of the Angelic Kingdom, as well as a vast number of wondrous Beings of Light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe upon your free will. It is time to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, it is vitally important that you to go forth and share your wisdom.

Know that the challenges and opportunities before you will bring rewards beyond anything you can imagine, and so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant Light, for you have earned it. Follow your own path and do not fear being different from those around you.

We will leave you with a few en-Lighten-ing thoughts to assist you to stay focused upon the higher mental plane of awareness, with an overlay of loving intention. Your goal is to become Heart-centered and Soul-focused:

^^ The higher mind utilizes the senses of all your multiple-body consciousness in its thinking/analyzing process.

^^ Knowledge, talent and a high intelligence quotient do not create a genius. It takes concentration, courage, perseverance and an on-going drive, along with integrity, to tap into your spiritual genius potential. Find and pursue your desire for excellence, and strive to live your passion to the very best of your ability.

^^ Returning to the narrow path of ascension in consciousness is the beginning of transcending opposites where there is no good or bad, right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning Self-master, you will make only the highest and best choices for the benefit of ALL.

^^ FEAR, HATE AND JUDGMENT DIVIDE. LOVE TRANSFORMS AND UNITES. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always, and you are profoundly loved. I AM Archangel Michael. * Transmitted through Ronna / Sacred Scribe

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DECISION TIME * THE FUTURE IS NOW

TRANSMITTED THROUGH RONNA

Beloved masters, never before have you had such a wondrous opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process, for the world you have known in the past is slowly fading away. As Divine Sparks of the Creator, you were given a great gift, a treasure chest of Creator Essence to use in any way you desired. You began this lifetime with a portion of Adamantine Particles of Light (the Essence of the Supreme Creator) stored within your Sacred Heart, and also a reserve tucked away within your Root Chakra--the Sacred Fire Seed Atom sometimes called Kundalini and portrayed as a coiled serpent. You have always had access to the Sacred Fire stored within your heart; however, you have to remember how to use your AKeys to the Kingdom@ in order to ignite and effectively use this power source of Divine Light. The Kundalini or

Serpent Fire is a different matter, for you must clear 51% of the distorted energy you have created in the past in order to tap into this potent reservoir of Divine Creator Light. In order to reach this state, you must harmonize the vibrational patterns of your physical, emotional, mental and etheric bodies to the degree that your Energetic signature is resonating to the harmonics of the mid-fourth dimensions and higher.

Higher-consciousness awakening begins when the Kundalini Fire ignites within the root chakra, and begins to move up the spinal column through the etheric chakra system, thereby activating the process of opening the Seven Seals of Higher Consciousness. The Medulla Oblongata or the Ascension Chakra, which is sometimes called the Mouth of God, is activated, and the pineal gland begins to pulsate and function as it was originally designed to do. This in turn opens the crown chakra or the lotus of en-Lighten-ment at the top of the head, thereby connecting with the shining column of Light, which ultimately leads to your God-Seed Atom or I Am Presence. Once you make this connection, you are forever changed. The empowerment of Spirit begins to flow through you as you begin to reclaim your mastery of Self along with the godly gifts of your Divine heritage.

It is time for you and other Light workers to understand where you fit into this great cosmic event of expansion and evolution. Now is the time you have been preparing for in this and many past lifetimes. You, the faithful ones, who are striving to attain Self-mastery so that you may become World Servers of the Light, are needed now more than ever. It is now the time to declare, AI will strive to become a BOLD BEARER of LIGHT so that I may magnetize to me and radiate from me the maximum amount of Creator Light out into the world, to humanity and all Creation.@

New pathways in the brain are opened as you begin to unlock the Light packets of wisdom and your history stored within the higher-dimensional levels of your Sacred Mind. The old pathways and painful memories of your third- and fourth-dimensional past begin to fade, and you will find that it becomes more and more difficult to remember the failures and suffering of your past lives. Have we not told you that you are healing the past as you spiral into the future? You will remember who you are and your history, but only the positive, harmonious events.

As an en-Lighten-ed Being, you have begun to build a bridge of consciousness back into the higher realms of this Sub-universe. It is called the Antakarana in ancient, esoteric teachings and the Rainbow Bridge currently. In order to return to mastery, you must learn to use the three aspects of your mental nature: the brainBmindBSoul. You must also clear the distortions of the subconscious mind and attune the conscious mind to your Soul Self so that the wisdom of your Soul and Higher Self can begin to flow throughout your four lower-bodily systems. Remember, every atom and all your physical Being have consciousness, and they must be en-Lighten-ed and attuned to the higher frequency patterns of ascension. You are made of Divine Essence. You are a Spark/Fragment of the Supreme Creator. You have latent powers that must be developed. There is a great need for humanity to refresh its Spiritual memory and to develop the powers of a Master of Light.

The Antakarana is composed of sub-tributaries or streams of Light, which will ultimately strengthen and magnify the connections between the many facets of your Higher Self and your God-Seed Atom. These streams of Light have consciousness, and they contain the intelligence of your multiple levels of Self which reside in the higher realms. As we have told you, your subconscious mind is becoming conscious, and your conscious mind is opening up to the wisdom of your Superconscious mind, which contains the mysteries of this Sub-universe.

You are in the final stages of a most wondrous experiment: perfecting and merging Spirit with matter in its highest form. The ego desire body, the will of the physical personality, must merge with the Will of Spirit into one fused unit of consciousness. In order to evolve/ascend into the next higher frequency levels of consciousness, you must endeavor to stand firmly mid-way on the path of Light and shadow as you traverse the realms of duality. It is vitally important that you access the Seed Atoms of hope, inspiration and intuition, which are stored within your Sacred Mind and Sacred Heart. As you remove the fog of negativity from your etheric body, your mind and emotional body, gradually, these precious Seed Atoms will begin to pulsate and release the potent, cosmic virtues, talents and wisdom stored therein. You must strive to disengage yourself from the glamour of the material world and from the restrictive forces of matter.

The Soul is forever seeking unity. You are learning to be a practical mysticCto stand firmly anchored in the refined levels of the third- and fourth-dimensional environment as you gradually merge the multiple facets of your Beingness into the entry levels of the fifth dimension. You are well on your way to taming the human intellectual mind in order to access and use the intuitive, higher mind. The inner life of a Self-master is lived and ruled from a mental state of consciousness. Emotions, thoughts and actions are all filtered through the mental faculty of the Soul. As a result, illusion gives way to intuition, whereby higher frequency knowledge gradually becomes available. The lure of the material world will slowly fade as the ego desire body loses its dominant hold and the personality becomes Soul-infused. As a Self-master, you will learn to efficiently function within the combined fields of dynamic, physical force and cosmic energy.

The Earth and humanity are on the verge of the greatest awakening and transformation since the fall of human consciousness into the lower realms of density. As the Earth and humanity make ready for the next great leap in evolution and expanded consciousness, all is being shaken at the deepest level of existence. The higher you reach toward enlightenment, the deeper you must go into the core essence of your past. As you tap into the memory cells of your cosmic past, and become aware of your royal heritage, you are also remembering how it was, time after time, in your ancient past when your reality and the world seemed to turn upside down. Everything that was familiar swiftly changed in some manner or was swept away, often though wars between nations and/or races, or by ecological disasters via the elements of nature: fire, water, air/wind, and earth movement.

As we have stated many times before, Aour Mother/Father God does not punish.@ However, as the universal pattern of change becomes even more forceful, and the Shift of

the Ages accelerates, all that is not based on truth, harmony and peaceful coexistence will be shaken to its core. Many precious Souls who are not ready to graduate from the wheel of reincarnation and karma are transcending into the higher realms in preparation for an upgrade in consciousness as they prepare for a new and better cycle of experience in the material/physical realms of expression. The lower, drastically imbalanced third and lower fourth dimensions are gradually being returned to the original designed spectrum of duality. That ancient, distorted project or experiment in cocreation is coming to an end and will never be repeated. Because of what you, the Legions of Light, have accomplished, it is assured that no other group of Souls will ever have to experience the deep level of suffering, fear, negativity and deprivations that all of you have experienced during your many sojourns in this Sub-universe and especially on planet Earth.

At the turn of the century, the beautiful, faithful servants of the Creator and our Father/Mother God, the great Devic and Elemental Kingdoms, were given another new directiveCinstructions to begin to infuse the Earth with an acceleration of the elements of life, cosmic fire, the Adamantine Particles of Creator Light, the life force energy of all creation: the air element, the Sacred breath of our Father/Mother God; the cleansing and life-sustaining element of water, and the foundation of your existence on the material plane; and the elements of earth. All areas of the Earth are experiencing erratic weather patterns and shifting land masses as your Mother Earth sheds more density, and releases the acute buildup of impacted negative thought forms from deep within her physical vessel. The elements are not your enemies, they are Divine gifts from the Creator; however, humanity has misused and abused the Earth and each other long enough. It is time for all of you, as sentient Beings, to take full responsibility for your creations. Each and every Soul on Earth is in the process of suffering from the consequences or reaping the rewards of their actions.

It is quickly becoming evident which areas of the planet are most in need of cleansing and balancing; however, we do not wish to instill fear or doubt within the consciousness of the masses. In fact, that is what we wish to dispel as we endeavor to assure you that you and you alone will decide whether you move into the new environment of higher consciousness as a Self-master, or whether your distorted energy patterns magnetize cataclysms and chaos into your personal environment. Our main intention is to help you understand what is in store for you over these next critical years of transformation of the Earth and humanity. The decisions you make now and the energies you radiate from you that create the auric field in which you exist will determine your reality of the future, and how you will experience these momentous years of transition. It is time for you to decide whether you will move forward on the spiral of ascension though the gift of en-Lighten-ment, which will give you a golden opportunity to step through the door of life and into the future, fully conscious and aware of who and what you are. Or, whether you must experience the physical death process through the old Laws of life and death within the third- and fourth-dimensional realms.

Since your descent into the world of physicality, your Spirit-Self has been struggling to function within its physical overlay while you played the game of duality and separation. It

is now time to bring all these diverse facets of yourself back into harmony so that you may function in a state of unified consciousness once more. Your auric field and your radiance will burn brighter and will expand far and wide as you integrate more and more facets of your God-Seed AtomCthat facet of your Divine Self which resides in the highest dimensions of existence, the beginning point for the refracted, Self-conscious Beings of Light within this Sub-universe. Isn=t it wondrous to have a constant companion who directs, inspires, nurtures and even protects you? Isn=t it amazing how so many Soul families are coming together to share higher truths, talents and experiencesCwho are joining together to create a powerful, synergistic thought form of love, benevolence and empowerment? Those of you who have faithfully stayed the course are downloading amazing new concepts of cosmic wisdom, and you are being assisted in many ways as the floodgates of abundance are opening wider and wider. Your highest visions are beginning to manifest when they are in alignment with the greatest good for all. Inspired thoughts and fresh, creative ideas are flooding the minds of those who have the ability to download these refined concepts, and then bring them to fruition in material form for the benefit of all humanity.

It may not seem so to many of you; however, a wondrous new vision, a powerful probable future for humanity and the Earth has taken shape, and is being strengthened and magnified moment-by-moment. As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. When you allow the attributes of your GodBSelf to emerge and the refined energy of Spirit becomes the dominant force in your life, the path is cleared for you to begin the process of accessing and integrating the full spectrum components of the Twelve Rays stored within your Diamond Core God Cell.

Many Light workers and StarSeed Souls are aware that this is the most important lifetime they will ever experience on planet Earth. Also, for many wise, advanced Souls who came to Earth to open the Path of ascension and lead the way, this is the last incarnation they will experience in the density of the four lower dimensions of the material planes of consciousness. To our brave and valiant warriors of Light, we say, AJob well done.@

My beloved champions of Light, it is not a time for the faint-hearted, and it is time to stop dabbling in spirituality. Many of you have been half-hearted in your endeavors to awaken to the wisdom of the Soul and your Higher Self. It is time to set your hearts afire with an intense desire to claim Self-mastery and to become a Soul-Seeker instead of a pleasure-seeker. The secrets of how to traverse the dramatic changes and the chaotic times of transformation are constantly being revealed to you. However, you must make the effort and actively strive to incorporate the fail-safe methods available to you, if you are to successfully ride the crest of the waves of change during the turbulent years ahead. It is a time of LETTING GO OF THE OLDBMAKING WAY FOR THE NEW. An upgrading and refinement of every facet / Spark of God-consciousness, as well as of every dimensional level, are gaining momentum as the rarified Light of the Supreme Creator beams forth to the very edge of manifested Creation within this Sub-universe.

Beloveds, we see the Light expanding and gaining strength in many places around the world. We also see your radiance and influence growing, and you are making a positive impact on more lives than ever before. You must remain heart-centered and Soul-focused as the chaos and fear grow and spread throughout the planet. We have now joined forces, and we are and ever will be invincible, for we are fulfilling a Divine mandate from our Father/Mother God. Eternal love, protection and blessings are yours, now and forever more. I AM Archangel Michael.

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YEAR 2015 - AAM Combined 2015

YOUR LIGHT CLOAK OF MANY COLORS AWAITS YOU!

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

Beloved masters, as the Age of Pisces fully fades into the past, there is a new system of rules and Universal laws which will now 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 of consciousness will be designated as advanced cocreators of the future. As an empowered Bearer of God Light on the physical plane of existence, your new Divine Mission is to assist in the expansion of God-consciousness. Your goal is to become a master of manifestation, drawing forth the Essence of Creation, and activating it within your Sacred Heart. Then, through a heightened intuitive awareness, you will begin to receive specific thoughts / concepts, which will be sent forth into your Sacred Mind. You will gradually gain the ability to radiate new Seed Thoughts into your personal Flower of Life/Creator Wheel, which will begin the advanced process of creating those things that you require for an abundant, joyful, refined existence. Your Light resonance will increase as it gradually flows forth in a sweeping Infinity pattern, making a greater, more beneficial impact on your environment and those around you.

Those of you who are actively seeking Self-mastery are being prepared to tap into the new Divine Blueprint of the Aquarian Age, which is now radiating forth through the great Archangelic and Devic Kingdoms. As you clear your personal environment of the negative, imbalanced frequencies of the Third/Fourth Dimensions, you are gradually moving through the remaining sub-planes of the Fourth Dimension. This is the basis of the ascension process humanity is now experiencing. You can deny and ignore this fact; however, sooner or later, every Soul on the Earth-plane will have to traverse the path of ascension into a higher awareness. Why not take advantage of the grand opportunity that is being offered to you now? The longer you wait, the more difficult the journey will be.

Over the next twenty years or so, a substantial portion of humanity will experience transference from an outer focus on the material world to an inner focus on Spirit and Self-awareness. This will initiate the process of integrating the remaining aspects of the Higher Self, which consists of clearing all the lower-frequency aspects, as well as accommodating the higher-frequency aspects of a Spiritual/Human Being. This has been called the renunciation in the esoteric teachings of the past, for it often entails letting go of those things which do not fit into the evolving vibrational patterns within the next higher level of consciousness. Therefore, there will be a level of discomfort within, as well as a certain amount of chaos in a person's outer world as he/she readjusts to fit the "emerging, refined Self."

Spiritual fire is the basis of all manifestation and forms the background for human evolution. Meditation is a most efficient means of connecting with the more refined facets of your Higher Selves. Making Soul contact is the beginning of the Self-awakening process. The second step is gradually merging with higher and higher frequency facets of your OverSoul / Higher Self, until finally, all remaining fragments have been reintegrated within the physical vessel. The Soul-infused Personality will then begin to display its Soul-power and Soul-purpose, with a primary focus of service, and gradually over time, the development of a Group consciousness.

Know this, my steadfast Ones: you are in the final stages of a specific unit of time, whereby 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 also 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 many spiritual Cosmic Councils 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 within the higher frequencies of Karmic Law, and it will, henceforth, apply to the emerging group of World Servers, as well as the aspirants and disciples on the path of ascension.

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 endeavor to 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.

One of the most important changes within the physical structure of the precious Souls who have incarnated on Earth over the last thirty or so years is that all three God Rays have been activated within the Diamond Core God Cell, and the Soul/personality will have an equal opportunity to develop all of the Divine qualities, virtues and talents of our Father/Mother God. No longer will only one major God Ray, deep within the Diamond Core God Cell of each person, function as the primary Light Overlay of Creator qualities for all of the Soul's incarnations–with the other two God Rays relegated to a secondary role within the complicated physical anatomy. This is an evolutionary enhancement needed for the next round of the ascension of humanity, and it is a requirement within the Fifth-Dimensional environment. It will be up to the ego/personality, and later, to the Soul-infused personality, as to which of the virtues, qualities and talents of Creation will be enhanced and developed. The goal for the coming era is to embody, activate and learn to efficiently make use of all the Twelve Rays of galactic consciousness.

To refresh your memory, we will give you a brief description of each God Ray, along with its attributes, qualities and virtues:

FIRST GOD RAY OF DIVINE WILL, POWER AND THE DESIRE TO CREATE: This is the mental Ray of the Divine Father. It is an out-focused, dynamic Ray, from which the Divine Father sends forth the White Fire Seed Atoms of new Creation. It activates vitality, initiative and the desire to create anew in the realms of physicality. It brings forth the power to create balance and harmony by aligning with your Divine Mission and the Will of our Father/Mother God. The special virtues of the First Ray are strength, courage, steadfastness and truthfulness. By learning to properly use the powerful qualities and attributes of the First Ray, you gain the potential to become true cocreators of beauty, abundance, joy and peaceful coexistence on Earth. Lady Archangel Faith and I, Archangel Michael, are the bearers of the qualities and virtues of this dynamic God Ray.

SECOND GOD RAY OF ILLUMINATION, WISDOM, AND THE LAWS OF CAUSE AND EFFECT, ALSO KNOWN AS KARMA: Archangel Jophiel and Lady Constance are the bearers of the virtues, attributes and qualities of this God Ray. This is the Ray that resonates with the LOVE/WISDOM OF THE DIVINE MOTHER, who nurtures within her cosmic womb the Seed Atoms sent forth from the mind of the Divine Father. She supplies the loving energy to ignite the Seed Atoms of new creation, in order to manifest the Divine Blueprint on the material planes of existence. The main focus of this Ray is to turn knowledge into wisdom, and to temper that wisdom with love and compassion.

THIRD GOD RAY OF INTELLIGENCE IN ACTION: It radiates the power that assists humanity in perfecting and refining their emotional bodies, and instills a desire to perfect their cocreative skills on the physical plane of existence. It also carries the qualities of tolerance, forbearance, unity and culture. The beloved Archangel Kamiel (or Camael as he is sometimes called) carries the vibrational patterns, qualities and virtues of the Third God Ray. Archangel Lady Charity bears the feminine attributes of the Third Ray. It is the Ray of the Suns (the sons and daughters of our Father/Mother God), the Ray of active intelligence, whereby the dynamic energy of our Father God is melded with the Second Ray vibrations of our Divine Mother, and within the cosmic womb of creation, the grand designs of new creation are incubated, and then sent forward wrapped in her love and wisdom to be manifested within the material realms of this Sub-Universe.

WE HAVE RELAYED TO YOU THESE IMPORTANT CONCEPTS IN THE PAST; HOWEVER, WE ARE AWARE THAT IT IS DIFFICULT TO INTEGRATE AND RETAIN SO MUCH NEW AND ADVANCED INFORMATION. THEREFORE, WE WISH TO AGAIN REFRESH YOUR MEMORY, IN ORDER TO ASSIST YOU IN REFINING YOUR COCREATIVE ABILITIES:

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher dimensions: the Ascension Chakra or Medulla Oblongata at the base of the skull; the back portal of your Sacred Heart; your Sacred Mind, which is located in the upper, back portion of the brain; and the expansion of the opening of the Crown Chakra. These are major physical steps in the ascension process, for they reinstate your connection with the River of Life, which contains the Living Light Particles of Creation called Adamantine Particles. At that point, you begin to build a force field of full-spectrum Light, as you strive to become a master of Self, and a conscious cocreator who only creates those

things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

When you are practicing the Infinity Breath exercise, you are breathing through the Sacred Heart, which creates a continuous flow of cosmic energy throughout the physical body. This process floods the system with Adamantine Particles of Divine, Sacred Fire Light. 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.

As you become more proficient as cocreators on the earthly plane, you must constantly monitor your energy patterns and seek to upgrade them. You must liberate the power of the Sacred Fire within, which has lain dormant for many thousands of years. You must learn to direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Twelve Ray, Creator Wheel of Life, you are planting the seeds of focused change, and you are supplying the Sacred Fire of Creation needed to manifest what you have envisioned. When you can do this proficiently, your personal world will become a wonderland, and you will become a beacon of Light for all to see.

When the awesome power of Creation connects with physical matter as an opposing force, there is always chaos. However, when this wondrous power is drawn into a compatible sensory receptacle, miracles abound. You must change the expectations you have of the people around you. You must release the fear of taking a stand, setting boundaries, and speaking your truth with an overlay of loving energy. It is imperative that you learn to remain centered when experiencing criticism. Do not respond with anger or low frequency energy. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

The Universe–and especially the Sub-Universe in which we exist–are in the midst of a monumental transformational process. Planets are shifting places and moving closer to the sun of the solar system of which they are a part; galaxies and Sub-Universes 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.

Never before have you had such an opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process, for the world as you have known it is slowly fading away. As Divine Sparks of the Creator, you were given a great gift, a treasure chest of Creator Essence to use in any way you desired. You began this lifetime with a portion of Adamantine Particles of Light stored within your Sacred Heart and a reserve tucked away within your Root Chakra, the Sacred Fire Seed Atoms sometimes called Kundalini and

portrayed as a coiled serpent. You have always had access to the Sacred Fire stored within your Sacred Heart; however, you have to remember how to use your Keys to the Kingdom in order to ignite and effectively use this power source of Divine Light. The Kundalini or Serpent Fire is a different matter, for you must clear 51% of the distorted energy you have created in the past in order to tap into this reservoir of Creator Light.

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.

Your Soul Song is composed of mid-Fourth and higher-Dimensional vibrational patterns of unconditional love, wisdom, balance and harmony. As a Self-master, your Energetic Signature and your Soul Song will merge into a Celestial Mandala of Light, sound and color by which you will be identified in the higher Realms. You are recognized by the brilliance of your inner Light. The more Light Essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

If you can view all that is presently in your life as transitory except the Love/Light and Spiritual Fire within your Sacred Heart and 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.

The vibrational patterns of the Violet Flame are the only ones which are accessible both from above, via the Crown Chakra and the Sacred breathing techniques, as well as from within the Earth. Envision this beautiful Flame blazing up from beneath your feet, surrounding your body, as it transmutes any discordant vibrational frequencies you may have around you, before radiating this Sacred Flame forth out into the world in greater and greater concentric circles. Remember, one person who is centered within his/her Sacred Heart and Sacred Mind can convey cosmic truths and inspired thoughts to millions of people, while the loving vibrations of his/her auric field blesses everyone with whom he/she comes in contact.

The World Pyramid is a Mid-way Station for your multiple Soul Selves. Your good deeds are stored within the Treasury of Light Storehouse within the World Pyramid. There is a harvesting of good deeds every year, and your loving thoughts and deeds are magnified and stored there. The greater portion is melded with Creator Light to be used to create the greatest good for all humanity. You will receive your special gifts and Divine dispensations in accordance to that which you have contributed to the Storehouse of Light.

We ask you to put us to the test. With an open mind, study 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 do not make an effort or if you give up, beloveds. Remember: the brilliance of your Diamond Core God Cell, plus the Light of your Soul and the glow of your Sacred Heart create the radiance of your auric field of Light. The angelic kingdom amplifies Light; the human kingdom diffuses it. May you bask in the blessed Love/Light of our Mother/Father God now and forevermore. We are ever near to guide, direct, inspire and protect you. I AM ARCHANGEL MICHAEL. Transmitted through Ronna *STAR*QUEST*

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REFERENCE & REVELATION * GLOSSARY & ILLUSTRATIONS * * 8 ½ X 11 SPIRAL-BOUND BOOK * $20. Plus S&H ** STUDY MANUAL * This booklet contains in-depth descriptions of the most important words and terms that Lord Michael has used in his messages over the past twenty-two years. It contains excerpts of the latest and most essential concepts, techniques, meditations and affirmations from Archangel Michael's wisdom teachings, plus eighteen pages of illustrations (some in color). It is a valuable tool for those who are seeking en-Lighten-ment, and also for those who have a desire to share and teach the tools of ascension and the secrets of Self-mastery.

WILL YOU BE AMONG THE CHOSEN?

TRANSMITTED THROUGH RONNA

Beloved masters, for many of you, it is the beginning of a new year on Earth; however, when you look at the larger picture–from our vantage point–it is the beginning of a new era, and a new Golden Age. Many of you will protest, but it does not seem like a new Golden Age. In the past, any new Creation that was brought forth on the earthly plane took much effort, and often pain, struggle and strife. That is still the mode of Creation in many parts of your world; however, it need not be so. We have told you that the Light is separating from the shadows and it is almost as if two worlds were superimposed, one over the other. One world is filled with varying degrees of fear, hate, judgment, greed and a desire to control and conquer the lands of the Earth, as well as a desire to dominate and subjugate the peoples of the Earth by whatever means thought necessary. The billions of beautiful young Souls who are caught in the maelstrom of this ever-accelerating chaos are the ones who suffer the most. That world is swiftly deteriorating, as a blanket of all the negative thought forms descends upon those lands and magnifies the vortexes of hate that have been created. Oh yes, there are vortexes of darkness, just as there are vortexes of Light, and the foretold Armageddon has surely arrived in those places.

The world of Light that is superimposed over the world of shadows is a world of hope, a world that amplifies all that is beautiful and harmonious. This world of Light radiance is filled with brotherly/sisterly love, peace, joy and abundance–a world where Spirit and humanity have joined forces once more; where all are donning their spiritual armor as, symbolically, we march forth to show that, together, we are invincible. In this world, you are becoming proficient in using the universal laws of Creation as you bring forth greater and

greater physical manifestations of what you desire in your corner of paradise. Miracles abound, both large and small, as you tap into your Divine Source and become a partner with your God Seed Atom and angelic helpers. Your Light is becoming more radiant, and you are becoming a strong, positive force for good within your sphere of influence.

Of late, we have spoken much about the importance and the power of the Pyramid, for there are many dear Souls who are awakening to the Divine Discontent of the Soul. The Pyramids of Light, which are stationed throughout the multi-Dimensions of this Sub-Universe, are storehouses of Creator Light. They are the Way Stations on the Path that will lead you back into your true homeland among the stars. For those of you who are recent aspirants on the Path, allow us give you a simplified vision of how Pyramid Power is being used. Envision a pyramid with steps on each of the four sides, which gradually lead to the apex. At the base, on two sides, are all those dear Souls who are caught in the web of deception and lower vibrational energy, those who are struggling to control their world of negativity in whatever way necessary, a reality which is swiftly falling apart. On the other two sides of the base of the Pyramid are all those dear Souls who are struggling to survive and to live the best way they know how. They are dominated by outside forces over which they seem to have no control. Therefore, in varying degrees, they are also caught up in the world of limitation, fear and negativity, but deep within there is a desire, which manifests as a deep discontent with life, to reconnect with their Creator and fulfill their chosen mission on Earth.

At the apex of the Pyramid is a capstone of Light–here all of you will come, at one time or another, the Wayshowers, the Vanguard, the Warriors of Light/Peace– all those who have aligned with the Light and our Creator in the cosmic campaign to reestablish paradise on Earth. As we join together in our great Pyramid of Light which forms the capstone, we send forth unconditional love to the Earth and all humanity. Our combined Love/Light energy radiates down upon all who are at the base of the Pyramid and any level thereof. This gift is available to all who are willing to partake of this transforming infusion, by opening their heart centers in order for the Love/Light of the Creator to flow within. The Light is always seeking the Light within the darkness. No matter how dim a Spark within someone may seem, it can be ignited and will eventually burst into flame. In doing so, this facilitates and speeds up the healing/balancing process so that anyone, regardless of who they are or what they have done, has the potential to rise quickly up the Pyramid of ascension and into the Light. No one is excluded. With open arms, the Creator holds wide the door of redemption so that all may pass through. This is the rare gift that is being offered at this time, a gift that is only offered at the end of an era and the beginning of a new age.

The Pyramidal energies are a vital Life Force, both within the etheric planes of expression and on the physical planes. Therein dwells the manifested consciousness of the Creator–Adamantine Particles of Divine Life/Light, White Fire Seed Atoms–which hold all the pure Life Force substance needed to transform the Earth and all living, life forms. You also have pyramidal forms of Light consciousness within your body, which are activated as you balance the frequency patterns within, and begin to build your vessel of Light. As this process accelerates, you will also activate the Power Matrix Crystals throughout your

bodies, the crystalline spheres of Galactic consciousness at the crown, the ascension chakra at the base of the skull, and your I AM Seed Crystal within the Third Eye. How do you access these blessed gifts? By moving into harmony within and without, into the STILL POINT of God-consciousness, whereby you function either in a mode of neutrality, or you radiate positive Life Force energy out into the world.

You have often heard the saying, "Many are called, but few are chosen." You all are among those who were called forth or you would not be on Earth in a physical vessel at this momentous time. We will change that old phrase, for many are now being chosen. Who is doing the choosing? You are. YOU CHOOSE YOURSELF. You must make the choice as to which world you will live in. You must make the choice as to where you will reside within the Pyramid of Life. No one can choose for you. These are decisions each of you must make for yourself; however, when you choose the way of Light, we will take your hand and ease the path all the way to the shining capstone. Our primary goal, during these accelerating times of transformation, is to assist you in integrating into your memory bank of higher consciousness, the major, required steps/universal laws and conditions of ascension into a Fifth-Dimensional environment:

The ASCENSION goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self, within the Third/Fourth Dimensions, which will initiate an entry into the lowest sub-plane, Sacred Triad, of the Fifth Dimension. This is the major goal for this round of evolution. In order to accomplish this:

Your personality/ego must become attuned with your Soul / Higher Self as you strive to realign your many levels of reality and become harmonious with your God-Self and I AM Presence.

Going into your Pyramid of Light is the swiftest and surest way to tap into the Divine Source of Creation. Envision billions of tiny crystalline Pyramids of Light filled with Divine energy/consciousness of the highest vibrations, descending, surrounding and filling you as you bring forth new thought forms, ideas and inspiration. Tap into and use the dynamic force of the Universal Mind and release yourself from the confines of the Earth and the limitations of the mass consciousness beliefs.

Learn the basic laws of Universal Creation/manifestation. Learn to distinguish between the desires of Spirit and the ego-desire personality. Ego desires, wants, and needs, have emotional foundations, whereby, you look outside yourself for something, someone or some event to fulfill an inner craving. The ego is never satisfied, and continually looks for something or someone new to satisfy the cravings, which often become addictions. When you are in harmony with Spirit, all your physical desires/needs are waiting for you to claim them–expect and demand that it be so. However, you must be an active partner and take the physical action necessary to bring your dreams to fruition. You must activate and draw to you the positive vibrations needed to manifest your visions in physical form.

The Earth plane is a world stimulated by action and reaction. In a world of polarity and duality, the forces of opposition have been your best teachers. Negative experiences bring into your consciousness your own truth via valid experiences. It is time to put aside indecision. Feel, sense with your heart and inner-knowing what is correct or incorrect action or thoughts. As you learn and gain wisdom from an occurrence or an interaction with another person, no longer will you have to experience the cause/effect syndrome of your negative actions (otherwise known as Karma).

It is vital that you understand the true meaning of life and death. The guise you have assumed in this lifetime is just a minuscule facet of who you truly are, what you have been, and what you will be in the future. The passage or death of the physical vessel is only a transition into another state of Being. Be bold in your endeavors to change the old belief patterns regarding death. Release the Souls of your loved ones with love, and do not bind them to Earth planes with your grief. Yes, you will miss them, and you will experience a time of grieving, but know that they will always be with you in Spirit. By sending them your loving energy, you will assist those who have transcended to move quickly into the realms of Love/Light. Beloveds, they do not go to an amorphous place, but to a wondrous world more real than the one in which you reside, where they can live in joy, be of service, learn and experience all the things they have desired, but could not attain on the Earth plane. And, if you so desire, at some future time you may communicate with them, but you must clear the path for telepathic communication with those who reside in the unseen realms. Many are choosing to leave your planet during these times of great turmoil. Know that they are, or will be, in a place of great joy, where peace and harmony reigns supreme, and they will assist you in many wondrous ways from their heightened state of Being.

You must learn patience and understand that time as you know it is rapidly changing. Build your visions in harmony with Spirit, and then know that all will manifest in the proper time. When you align with Spirit, all will manifest with perfect timing, and under the right conditions. You must have patience with those around you, and strive to see the best in all people and all things, thereby magnifying the positive energy and repelling any negativity that has been created. You will rise above the mundane world and return to balance and harmony within. Your radiance will expand exponentially, and you will consistently radiate Love/Light from your Solar Power Center. It becomes a natural state of Being, and you will begin to view the world and events from a higher vantage point–that of a master. You have experienced many cycles of poverty and wealth, in all areas of expression, which will eventually lead you to the conclusion that true wealth is in regaining the wisdom of your Soul / Higher Self, and in reunion with your God Seed Atom. The treasure chest which holds your Divine Birthright will open wide as you bring all into harmony once more.

Your sensitivities are increasing and your needs/desires are changing. You are becoming a person of peace and you will greatly value your solitude. You will feel uncomfortable and no longer desire to be in social situations of lower vibrations. You must experience aloneness in order to discover who you truly are. You are unique and must learn to act from an intuitive level, not an emotional level. This must start within as you begin to withdraw your

energy streams from others, and go through the process of cutting the cords or energy streams that others have attached to you via your solar plexus. Remember to bless them as they follow their own path, and you follow yours. You will be at peace in any situation when your beliefs are based on truth. You will know that you have moved into harmony with your Soul Self when you have no reactions of an emotional nature to the seemingly negative events in your life.

You will transcend your astrological influences as you integrate the positive energies of all twelve astrological signs. During your nightly sojourns, you will visit the Seven Spheres of God-Consciousness, to assist you with the integration of the positive energies; all the virtues and attributes of the Seven Rays, thereby balancing and activating all the major and minor chakras within the physical body. The five Higher Rays of Galactic-consciousness are also being integrated within, and are transmuting, activating and redefining your DNA, and accelerating the process of building your vessel of Light.

Many of you have begun, or are ready to embark on your true mission, whatever that may be. Please keep in mind that the ultimate goal is to become a conveyor of Love/Light. You must live your truth, as you learn to traverse the higher Path and fly your vision. You must claim and acknowledge every facet of your Being, as you strive for harmony and unified consciousness.

Beloveds, we know there will be some pain, discomfort and fear, as you move through this accelerated process, as all the radical changes take place within 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 Heart-centered, Soul-focused harmony. Know that each of you can and will make a difference.

Dear ones, when you doubt, need inspiration or strength, come into your Pyramid of Light, and we will give you courage, lift you up, and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael. Transmitted through Ronna *STAR*QUEST* 775-856-3654 * www.RonnaStar.com* www.QuestForMastery.org * Email: RonnaStar@earthlink.net

Dearest friends: It is becoming dramatically apparent that more and more people are awakening, and are beginning to feel the need to turn inward or to seek the wisdom of the SOUL. Archangel Michael told us over a year ago that he had given us all the pertinent information we need, at this time, to gain the required knowledge necessary, in order to return to the originally designed Spectrum of Light and shadow, within our Third- / Fourth-Dimensional reality. He is now updating, refining and clarifying many of the important messages of the past, for within these wonderful “wisdom teachings” are the Secrets of Self-Mastery. I have been receiving new information for quite a long time. Information which will be presented in the form of a booklet: The Magic and Majesty of Ascending Humanity, which will be presented at our seminar (of the same name) on October 3 and 4, 2015 in Reno, NV. As in the past, the advanced information is first given to our more advanced

students. Information that will be infused within a Fifth-Dimensional, Group Pyramid of Light, so that these refined wisdom teachings can filter down onto the Earth Plane, and become more readily understandable to those who are firmly on the Path of Ascension. During these extraordinary times, we are being given a grand opportunity to gain admittance into the entry sub-plane of the Fifth Dimension, which is humanity's major goal for this round of evolution. Our numbers and God Power are increasing dramatically, as we join together, on this grand march into a wondrous, new future. Forever love and angel blessings, Ronna

Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-3-2015

TRANSMITTED THROUGH RONNA

Beloved masters, there is a Light Path that will lead you out of the density into the LIGHTNESS OF THE SPIRITUAL REALMS. The key that allows you to traverse this Sacred Path is within you–it is called your SOUL SONG. You are attuned to what is called your Energetic Signature while you are functioning within the Third- / lower Fourth-Dimensional environment. You are gradually attuning to your SOUL SONG as you move through the remaining sub-levels of the Higher Fourth Dimension, and into the entry level of the Fifth-Dimensional environment.

Your Energetic Signature has resonance, cadence, tones and vibrancy, and it radiates forth from your seven major Chakra Centers and your auric field. It changes daily, along with your thoughts and deeds, for it is responsive to the ego-desire body personality, and to the constant highs and lows of the emotional nature. Gradually, the ego–desire body personality becomes a servant of the Soul, and your vibrational patterns slowly begin to return to a state of balance and harmony. When your base frequency patterns reach the mid-Fourth Dimensional level and above, your auric field gradually expands, and it becomes more radiant. At that time, your Energetic Signature will begin to align with your higher-frequency Soul Song. This, in turn, initiates a Clarion Call to the higher Facets of your Soul Self to begin the process of reunification. Your original Soul Song was in perfect harmony with the Celestial Soul Song of this Sub-Universe; it was how you were, and are, recognized by your Soul Family members and the great Beings of Light.

Each dimension has a unique resonance and an identifiable harmonic, sound pattern. Your physical existence is a reality focused on harmony and balance or the lack thereof, and the further you move into density, the more discordant your vibrational patterns become. In your material plane reality, you habitually focus on tangible things, which have substance or density–a time/space orientation of cause and effect. It is gradually permeating the mass consciousness belief structure that everyone is the creator of his/her own reality

As you refine your vibrancy, you are gradually becoming multidimensional, which means that you are tapping into the frequency patterns of several dimensions at once. In order to

make room for the refined frequencies of the multiple levels of the higher Fourth, and the entry levels of the Fifth Dimension, there must be a clearing/cleansing process. Via the lessons and instructions we have given you over the years, we are endeavoring to give you the knowledge and the tools needed to traverse the Path of Ascension with ease and grace.

When you achieve a certain level of harmony within, the gateways or portals within the physical body will open, and you will gradually gain access to the frequency patterns of the Higher Dimensions: the Ascension Chakra–Medulla Oblongata–at the base of the skull; the back portal of your Sacred Heart; and an expansion of the opening of the Crown Chakra. These are major steps in the Ascension process, for they re-establish your connection with the River of Life–the Cosmic Stream of higher consciousness–which contains the Living Light particles of Creation called Adamantine Particles. At that point, you will begin to build a force field of Full-Spectrum Creator Light as you strive to become a master of Self, and a conscious cocreator who only creates those things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

The basic Seven Etheric Chakras or spinning wheels of Electromagnetic Energy were placed within the physical body as receptacles for the stepped-down attributes, qualities and virtues of God Consciousness. These Seven Energy Centers have always been appropriately calibrated for the density levels you are to experience, during each incarnation, according to your Divine Blueprint.

As you strive to return to balance and harmony within the four lower bodily systems, physical, mental, emotional and etheric, you will gradually refine your vibrational patterns, which will guide you onto the Pathway of Ascension into the higher frequencies of Light. The chakra system will begin to take on the radiance of the five Higher Rays of Galactic God-Consciousness, which become available when your Energetic Signature is refined enough to tap into the frequency patterns of the mid-Fourth Dimension. The five Higher Rays will have a profound effect on the Seven Chakras of the Third-/ Fourth-Dimensional physical vessel. First of all, the reserve supply of Adamantine Particles of Light, stored within a Seed Atom in each chakra, will be released. The Kundalini, or Serpent of Sacred Fire, stored at the base of the Root Chakra will begin to rise, and the process called Opening the Seven Seals of Higher Consciousness will be initiated. The chakras will begin to spin truly instead of out-of-balance. They will change color and become iridescent, as they attune to the higher frequencies of God-Consciousness, and are gradually infused with the vibrancy and glowing luminescence of Creator Light.

The different colored luminescent Rays will assist in integrating and balancing the higher frequency patterns of Galactic Consciousness. The more you balance, harmonize and strengthen your chakra system, the more Divine Light you will be able to absorb. The spinal column will eventually become a ROD of LIGHT and POWER through which the Streams of Creator Light can freely flow, unimpeded. As a result of this activation, the process of Ascension will be greatly accelerated.

Your I AM PRESENCE, or what we are now calling your GOD-SEED ATOM, is experiencing many realities at once. As you prepare to move into the entry levels of a Fifth-Dimensional environment, you will begin to experience some bleed-through telepathic thought forms, as well as information from some of your closer, most energetically compatible Higher Selves. You are becoming multidimensional, Spiritual / Human Beings. You are experiencing a physical reality and a non-physical reality at the same time. You have spent much more time in a non-physical reality than in the physical world. Earthly existence is merely a moment in time compared to the time spent in the higher realms.

You are a Fragment of God Consciousness. Your individualized God-Seed Atom is the wholeness of your Being within this Sub-Universal experience. Envision your God Self as a golden sphere of Light that has sent forth many, many Fragments of Itself throughout the many Creations within this Sub-Universe. You are one of those brilliant, shining Fragments.

(The Fragments, Facets, Sparks, Higher Selves, which Archangel Michael refers to, are often called “Parallel Lives” by other messengers). (R)

You are about to enter a doorway into another reality–a world where special talents and refined attributes will be a normal part of who you are. You are to strive to be a PRACTICAL MYSTIC. Allow yourself time to adjust to your rapidly changing persona. Do not endeavor to impress people with your wisdom or special talents, but seek ways to assist yourself and others to gradually adapt to your rapidly changing world, and to a new State of Being.

How do you wish to experience the next five or ten years? How do you envision yourself? It is time to begin to build your new reality–your spiritual friends, Soul companions and your Higher Self can help you do just that–efficiently, gracefully, and in alignment with the new Divine Blueprint, and for the greatest good.

Gradually, over the coming years, evolved Spiritual/human Beings will be greatly influenced by the radiance of the powerful Rays of Divine Light, which are now beaming down upon humanity and the Earth. The great Archangels are RAY-diating forth the new Divine Blueprint for the Age of Aquarius, which was sent forth from the Supreme Creator, through the Father/Mother God of our Universe, to the God Parents of each Sub-Universe. Your conscious awareness will slowly expand to include all humanity, the Earth, Solar System and even the Galaxy. The higher mind will respond to the more refined, yet powerful, frequencies of Light, which will reveal unimaginable inventions and astounding new methods for the betterment of humanity and the Earth. The physical body must evolve into a more finely-tuned Energy Vessel, in order to accommodate the ever-increasing power of the God Rays. As a result, good health, vitality, and increased stamina will be the norm for those who are in the process of claiming their Self-mastery.

As we have told you before, all of the Sub-Universes, within this Universe, are experiencing a megacycle of Light impulses, which are radiating forth directly from within the Heart Core of the Supreme Creator. The refined octaves of Creator Light are available to all, at whatever level each Being has prepared their vessel to accept and integrate them. The Light cannot

begin to infiltrate the static or jumbled frequencies that make up the Third-/lower Fourth-Dimensional physical vessel without the permission of the recipient, and without an opening of the heart center. Your Soul Self, OverSoul/Higher Self, and your God-Seed Atom are waiting for the appropriate frequency signal signifying that you are ready to begin the process of opening the Light conduits containing the Adamantine Particles of Eternal Life. Divine Light permeates your DNA, and every Atom within your multiple body systems is filled with Light to one degree or another. If it were not so, you could not exist. It is time to unlock the flow of God Light from within and from without.

Envision billions of minuscule Light Particles being activated within your physical body, and billions more radiating down from your OverSoul/Higher Self in the form of sparkling, Diamond Crystal Pyramids of Light. See yourself surrounded in a golden aura of Cosmic Light, and then observe as your Circle of Love/Light begins to expand. Know that you are emulating the Creator as you say to yourself, "Let there be Light." Now watch as your unique Beam of God's Light streams forth before you, smoothing, harmonizing, lifting, and transforming, via all the Elements of wondrous refined Creative Energy.

As you become proficient in moving back and forth between your Fifth-Dimensional Pyramid of Light, and the Circle of Light you have built around yourself in the Third/Fourth Dimensions, your Sacred Mind and Sacred Heart begin to blossom and expand with the continuous flow of Divine Will, Love and Wisdom from your OverSoul/Higher Self. As a result, your world will begin to reflect your highest desires, your sphere of influence will expand, and you will draw to you those who are in harmony with the refined frequencies/ideals you now embody. Together, you will become active participants in weaving the gossamer fabric of the new reality that is being birthed on Earth.

As a part of your transformational process you are, once again, becoming aware of the energies and uses of the crystals and gemstones found within the Earth. They, too, contain a portion of Creator Light. They were designed to assist you to clear and balance the energies within your bodily vessel; however, you must attune to their specialized energies, and then program them through your intention. They are eager to work with you, for as you awaken and come into harmony with the higher frequencies, so will they. The great Sentient, Sentinel Crystals**, which resonated with the original Soul Song of your Mother Earth, were strategically placed around the planet during the initial manifestion process. They are now being attuned to the new Divine Blueprint for the Earth and humanity. As we have told you before, they act as receivers, receptors, transmitters, and broadcasters of energy and information, both around the world, and even out into the solar system and galaxy. There are also Record Keeper Crystals, both large and small, and they are ever ready to assist you to activate the Memory Seed Atoms within your Sacred Mind, which will help you unlock the mystery and wisdom of your ancient past. The mineral, vegetable, and animal kingdoms are also in a state of transformation into a renewed, higher awareness–none will be left behind —all are in a state of transformation and greater awakening. **Sentient (sensitive, responsive, aware). Sentinel (sentry / lookout). (R)

It is a time of liberation, beloveds. The desire for freedom is growing stronger within the heart of every sentient Being on Earth. It is also a time of coming together. Even as you are being reunited with your Soul/Star families, we of the Higher Realms are also joining forces. For many ages, humanity has been disconnected from the full, dynamic Presence of the Soul Self, and also from the Angelic Kingdom. But now, we are reuniting in order to create a synergistic overlay of consciousness that will be available to all who are prepared to be a part of the Living Light Team effort. We use this term, for you are comfortable with it, and it initiates a mind picture of many working in harmony together with purpose, and for a common goal.

It is vitally important that you understand: there are great and magnificent Pyramids of Light within all of the Sub-Planes of the Fifth Dimension, where they are easily accessible to those of you who have done your Heart/Soul work, and have attuned your physical vessels to, at least, the higher Fourth-Dimensional frequencies of God Light. Within these Pyramids are all the components of Creator Light you will need to create anything you desire for the highest good of all. We are waiting there to join you and to become cocreators with you. So, bring your visions and your pure intent into your personal Fifth-Dimensional Pyramid of Light, and claim the miracles that await you.

My faithful Bearers of the Light, you are awakening from a twilight dream-state whereby, for many eons of time, you have existed on a starvation diet of Half-Spectrum Light. Open your hearts and your minds, and expand your vision to incorporate your full endowment of the virtues, attributes and qualities of God-Consciousness. It is our great pleasure to assist, inspire and protect you on your journey back into the realms of Light. Know that you are loved most profoundly. I AM Archangel Michael.

Transmitted through Ronna Herman Vezane *STAR*QUEST* www.StarQuestMastery.com

RONNA / SACRED SCRIBE

FINE-TUNING YOUR SPIRITUAL AWARENESS

Beloved masters, let us pause for a moment before we begin our discourse. Close your eyes and allow the sense of time and space to fall away. Envision streams of Love/Light radiating from within the wellspring of your heart center, and see them flowing forth to encompass everyone and everything on the Earth. Via your inner vision, watch as billions of various size streams of Light radiate back to you from every sentient Being on Earth. Let go of your fear, judgment, and your different beliefs as you connect with the Core Essence of your brothers and sisters around the world.

Every person on Earth is unique, and yet, deep within your Heart Core, you are all the same. Every Sentient Being is composed of the same substance as that of our Father/Mother God: the pure Divine Essence of the Supreme Creator. You, as a manifested physical Spark of Light, are encoded with a Divine Blueprint, which consists of specific vibrational patterns and enough Divine Light Substance to fulfill your current earthly destiny.

Allow your consciousness to be lifted to a rarified place where you are a soaring, radiant Being of Light, connecting to every other Being of Light within this solar system. There is no separation. There can be no separation, no matter how far you journey forth from the Heart Center of the Creator. It does not matter what assignment you have accepted down through the ages, or the appearance of the cloaks of flesh you have assumed; it does not matter how many times you have divided your Soul Ray into smaller and smaller fragments, you have always been connected to your God-Seed Atom, your Divine I AM Presence, and ultimately, to the Creator. There is also a minuscule Stream of Creator Light which connects you, one with another. THE CONNECTION HAS NEVER BEEN BROKEN, AND IT NEVER WILL BE.

Breathe deeply and slowly, as you sense multicolored, luminescent waves of Light, filled with the Love/Light and the virtues of our Father/Mother God, surrounding you. Within these rarified streams of Light are all the energy and components you will ever need to build your field of dreams; to establish your personal foundation for the New Age to reclaim your Mastery of Self. Know that the barriers between us no longer exist, even though we were never truly parted. Because of the pre-ordained evolutionary process now in progress, for many years now, we have been strengthening our connection with each of you, moment by moment, day by day.

No longer are you children stumbling through the dark on a path to nowhere. You are awakening, and you are remembering that your many past worldly experiences have all been a part of a grand experiment. You are aware that the era of the past several thousands of years is swiftly coming to a close. No longer do you feel as if you are pawns of fate. As you fully claim your God-given rights as a cocreator, no longer will you create that which brings pain and suffering. Why would you when just as easily you may create joy, peace and abundance? All you have to do is give us permission to become an integral part of your life. Will you open your heart and your mind to the possibility that we are real and that we are ready and willing to guide, direct, inspire and protect you to the limit of Universal Law?

Make it your goal to move into the magical realm of harmlessness, whereby you no longer feed the negative-energy, Astral Plane force field of the Third and Fourth Dimensions. Instead, add your vibrant, loving energy to the auric field of Love/Light that surrounds the Earth—the Iridescent, Crystal Grid of Illumination.

Your old world and limited reality are swiftly slipping away. The negative thought forms of the mass consciousness belief structure that were captured within the lower Astral (emotional) Planes are swiftly being dissolved. The broad-spectrum game of duality / polarity is gradually losing its hold on you as you slowly return to balance and harmony, thereby loosening the grip of your shadow-self, which allows you to project more and more Light into the darkness. The rules of the game also change as you move up the Path toward en-Lighten-ment. It is often called the narrow Path, and this is true. Each of you is held accountable (not judged), according to your level of awareness. Your Guardian Angels and Higher Self constantly present you with opportunities or challenges to assist you in your awakening process. As you become the observer and begin to operate within the Universal

Laws of Creation and the rules of cause and effect, you begin to see the wisdom and justice in all that occurs within your life.

If you are to become the master of yourself and of your world, you must begin to fine-tune your spiritual awareness. Constantly, you will be presented with many levels of choice. Know that no choice is wrong, unless it harms you or others. You will find that there are good choices, better choices, and the highest / best choices. Your choice spectrum will change as you move up the spiral of higher awareness.

Allow us to give you several examples. We will designate the range of choices (or choice spectrum) as one percent to one hundred percent. Becoming a master of your destiny means your choices will become more subtle, and not so easily defined. Therefore, you must sharpen your discernment and objectivity, and please take into consideration that you may have to rise above a situation in order to get a greater overview and clearer picture. Compassionate detachment is also required.

Our first example will be a person who has chosen an existence of deprivation, who is functioning mostly within the frequencies of the instinctual nature / sub-conscious mind as he strives to learn the lessons of the Third and lower Fourth Dimensions, and as he struggles to survive. His negative choices would have a vibratory rate of up to 50%, and his positive choices would be in the range of 51% to 70%.

Our next example is a person who has chosen a lifetime in which there is an opportunity to experience the riches of the Earth Plane, and she is ready to begin the process of spiritual awakening. She has stepped onto the Path of higher awareness, and as we explained some time ago in a message called The Golden Promise, she has drawn forth a greater amount of the Essence of Self, which her God Self / I AM Presence will hold in reserve until she is ready to begin integrating the multiple Facets of her Higher Self. Because of this, gradually over time, her choice spectrum increases in refinement and vibration to, let us say, 70% to 85%.

Greater awareness begets greater opportunities, but also requires more responsibility. The spiraling journey homeward can be a gradual climb or a swift one: however, it entails making the right choices within your current level of enlightenment, as you strive to enhance your abilities to the highest obtainable potential.

Our last example will include most of you who resonate to our messages. This group includes those of you now firmly on the Path—those of you who have experienced many trials, tests and battles with the ego-desire body in order that your personality could become honed and disciplined, and once more, become a servant of the Soul. You have sought, tested, rejected and refined what you now accept to be your truths, thereby creating your new reality along the way. Through trial and error, you are learning to become proficient in the use of the Universal Laws of Manifestation. The results of your choices are quickly being brought into your awareness so that you will know that the laws of cause and effect are immutable, and that you really are the creator of your reality, and the world around you. As you become a Master of Self and your world, your choice spectrum changes

so that the frequency range of choice is of the highest order: from 85% to 100%. When you accomplish this, the blessings of our Father/Mother God will surely be showered down upon you.

THE BRIDGE TO HIGHER CONSCIOUSNESS IS THE HEART. THE THREE PLANES OF HIGHER CONSCIOUSNESS EVOLVE AS FOLLOWS:

* EMOTIONAL BODY SENSES EVOLVE VIA THE SOUL/SACRED HEART CENTER.

* MENTAL BODY CONSCIOUSNESS EVOLVES VIA THE SACRED MIND/SOUL

CONSCIOUSNESS.

* SPIRITUAL AWARENESS BECOMES THE THIRD COMPONENT VIA THE SOUL AND THE CURRENT RESIDENT, OVERSOUL/HIGHER SELF.

As you become attuned to the higher frequencies of Light, you will become accustomed to the flow of Sacred Fire Breath, which has been called the River of Life/Love/Light. There is a hidden, powerful, radiant current of knowledge encoded within this Living River of Life. It is a code of creative genius; however, you must tap into the wisdom of the Sacred Mind and your Soul Self in order to access this inborn power.

We also wish to remind you that your hands are one of the most highly developed links to your brain, for there are etheric generator crystals embedded within the palms of the hands. They were designed to be some of the strongest, electromagnetic impulses of the physical vessel. That is why those who have activated or developed the healing power within their hands are so effective in the healing arts. In the future, you have the potential of redeveloping the memory cells within your fingertips so that you may access conscious and subconscious information through touch.

A good exercise would be to hold a crystal which you have Self-programmed as a generator healing crystal in one of your hands as you focus on activating the healing abilities within the palms of your hands. Via the Infinity Breath exercise, concentrate on sending/feeling the Adamantine Particles of Light within your palms. Your palms may become very warm or begin to tingle. It may take a while for you to feel the sensations; however, you will gradually gain the ability to send healing Creator Light to localized parts of your own body. Future healing will include en-Lighten-ed, dynamic healers with the ability to send almost laser-like healing beams of Divine Light to their patients. Reiki and other energy modalities are based on this ancient, esoteric knowledge.

You, the StarSeed, are awakening to the awareness of your Celestial Heritage, which has been encoded within Atom Seed Crystals and stored within your Sacred Mind. Also, be aware that there is a magnificent history of bravery and excellence woven into the violent and often tedious journey of human evolution. You are experiencing a resurrection of extra-sensory abilities and higher consciousness abilities, which have been dormant for many ages. However, it takes dedication and effort to open the sealed door to your inner wisdom,

the Sacred Mind. It is vitally important that you learn to trust your own inner guidance once more. A loving and grateful heart purifies the consciousness, and creates tranquility and peace of mind. It develops into a constant State of Being and not just an occasional practice.

It is apparent in every facet of earthly existence that humanity is awakening from the illusional dream of past ages as the refreshing Light of God-consciousness permeates all Creation. You are laying the foundation for the coming decades of change. As we observe, we can see the energies which form your probable futures, and how they change through the use of your free will. That is why no one, and we repeat no one, can predict the future with certainty, for the use of free will is always the determining factor. We fervently ask you: "Are you willing to take full advantage of your God-given gift of free will? Are you willing to endeavor to make the highest choices available to you?" In doing so, you will add your energy to the highest potential future for all humanity. You are much more powerful than you realize. As you join together in prayer for the greatest good, you have the potential capabilities to divert wars, stop the devastating destruction of the Earth, and assist in creating peace and abundance for all.

Each and every one of you is responsible for the energy you draw forth from the Cosmic Bank of Divine Life Substance, the Adamantine Particles of Creator Light. How are you spending your spiritual inheritance? As we embark on this important phase of evolution together, please take time to define your commitment to yourselves, and to your spiritual family.

When you allow the shackles of time / space, and the density of the lower Dimensions to fall away, your visions become sharp and clear, and you will place no expectations or restrictions on how or when they will manifest. Your resolve will gain strength, and you will confidently move forward with ease and grace, for your constant mantra is: "I ask for the greatest good for all."

Join us, beloveds, in manifesting the highest choices within the Creator's Divine Plan for the coming Age. We began this journey together in great joy and expectation, and when we come together again in our victory celebration, we will add: Well done, brave warriors of Light, well done! I AM Archangel Michael and I bring you these truths.

. Transmitted through Ronna *STAR*QUEST* 775-856-3654 * www.RonnaStar.com * www.QuestForMastery.org * Email: RonnaStar@earthlink.net

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Number range CHAPTER*** OPENING TO CHANNEL***DEVELOPING YOUR TELEPATHIC COMMUNICATION SKILLS. Expanded consciousness and mental telepathy are aspects of your Divine heritage. However, this ability must be reactivated and practiced if you wish to become a proficient and clear channel. An important component of Self-mastery is developing the ability to connect and interact with your Guardian Angels, your Spiritual Guides and Celestial Teachers. Therefore, under AA Michael's and the Cosmic Council's guidance, I have been instructed to offer this valuable information to the faithful aspirants

on the Path. Each of you is needed as a SENTINEL OF LIGHT and a WORLD SERVER * 8 X 11 * SPIRAL-BOUND BOOK *** $20 PLUS S&H ^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*

****NEW: SECRETS OF SELF MASTERY ** KEYS TO ASCENSION ****

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Number range CHAPTER **THE MAGIC AND MAJESTY OF ASCENDING HUMANITY** ARCHANGEL MICHAEL / RONNA / SACRED SCRIBE RANDALL MONK / LORD MELCHIZEDEK

SATURDAY * OCTOBER 3, 2015 AND SUNDAY * OCTOBER 4, 2015 LOCATION: HOLIDAY INN * RENO-SPARKS * 55 E. NUGGET AVE. SPARKS, NEVADA

FOR FULL PARTICULARS & TO REGISTER: www.RonnaStar.com *** www.timelyguidance.com

OR: Call Cindy: 775-856-3654 * MON. * WED. * FRI. * 9:30 AM to 2:30 PM

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-5-2015

TRANSMITTED THROUGH RONNA

Beloved masters, many of you feel as if you are in the final stretch of a long, difficult race and your energy and enthusiasm are lagging. You are growing more and more disenchanted with the glamour of your worldly existence, and the things that used to excite you seem somewhat tarnished and dull. It is because you are shifting in and out of two vastly different realities or several dimensions at once. Also, your four lower bodily systems (physical, mental, emotional, and Etheric), are trying to adjust to and catch up with, the many Facets your Higher Self, which you are integrating on an accelerated, regular basis. This has put much stress and strain on your earthly vessel.

A vast number of you have and are preparing to make a quantum leap into a Fifth-Dimensional consciousness, whereby your old world State-of-Being is falling away much faster than you can integrate the refined energies/vibrations and concepts of your new, higher frequency existence. As you become aware of what is taking place, you will not be so stressed out and confused. Please believe us when we say, "Relief is at hand." One of our

greatest desires is to assist you in the process so that your transition can be accomplished with ease and grace.

Over these many past years, much of the information, meditations, and exercises we have given you have been focused on transmuting old negative energy patterns, and also on expanding and refining your conscious awareness. This process is necessary in order to make way for the infiltration and integration of the rarified cells of Creator Light—the higher frequency, powerful new Rays of Individualized Expression, which are radiating forth from the rarified realms of the Supreme Creator.

We offer you a variety of higher truths to assist you in the evolutionary process, which is now in full force, during these unprecedented times. Some of these advanced teachings have been given previously, but they are important enough to repeat. We suggest that you focus on one or two concepts each day so that you may ingrain them firmly within your consciousness until they become a part of your new SPIRITUAL PHILOSOPHY FOR SELF-MASTERY.

* You are learning to live in an ascended state of consciousness as you gradually unite with the remaining Facets of your higher Fourth-Dimensional Soul Self. You are moving out of a state of becoming into a STATE OF BEING, which means you are learning to live in the NOW moment of your "God Power." As you develop clear-seeing and pure intention, the fog of illusion will no longer affect you. You are beginning to mold and create your greatest visions and desires from the storehouse of Divine Seed thoughts of unmanifested potential, as you slowly refine your cocreative abilities. You are gradually evolving into a unified, radiant SPIRITUAL BEING IN HUMAN FORM—a SOUL-INFUSED PERSONALITY.

* Self-mastery is a never-ending process as you learn to integrate more and more of the virtues, qualities and attributes of our Father/Mother God. It takes constant vigilance and practice; however, the rewards are immeasurable.

* It is time for you to remember why you are on Earth. Remember, you are an extension or a Facet of our Father/Mother God, who in turn, are greater Facets of the Supreme Creator. Embrace the excitement of your new reality as you create greater and greater harmony within your personal world. Endeavor to take full advantage of your newly harmonized and elevated reality—savor all of the sensations and rewarding experiences the Earth plane has to offer, while also enjoying the beauty, wonder and magic of the higher realms.

* Light, sound and color are the modalities of healing, and they are requisite tools to assist you in expanding your consciousness, and in refining your personal reality. A spiritually-focused student/initiate on the Path to higher awareness must learn to use some of the major tools of Self-mastery, for they are a part of your Divinity and your birthright. Toning and learning to use Sacred sounds and mantras will aid you in rectifying many of the symptoms of distress or illness that you are currently experiencing, for they will assist you to gradually transform your etheric, emotional and mental bodies into a more harmonious state of Being.

* Each of you has the ability to contribute something personal and unique to the Divine Blueprint, which has been designed for the future of humanity and the Earth. You have been given an extraordinary gift by our Mother/Father God—the Divine privilege of participating in the creation of your own destiny. Each of you has the potential of becoming a glorified mortal. You are becoming Spirit-infused mortals, which assures your ever-expanding, immortal status. You are multifaceted, and you have consciousness on many more levels than you can comprehend at this time. You are an Immortal Soul with a mortal mind and body. You are in a process of Soul-expansion, whereby you are gaining the ability to integrate higher and higher Light frequency infusions.

* There is cosmic time that is fluid and malleable, and there is mortal time that is linear, structured and event-oriented. You are learning to live as Spiritual Mortals who can access the fluidity and magnificence of the Cosmos. There are schools of Cosmic Philosophy where you have studied, and which you will be able to tap into once again as you gain the ability to traverse the higher realms of expression.

* There are Destiny Guardians to guide you and show you the way. Ask for their assistance and they will become your devoted servants. The Beings of Light represent many differing viewpoints, and they have had many diverse personal experiences, just as mortals have.

* True spirituality does not demand particular rituals or rigid beliefs; it is a mode of living your highest truth with wholehearted devotion. You are to seek a blending of your highest intellectual, emotional and Spiritual Philosophy of life.

* You are a Spark of the Divine, and you should honor and place high value upon yourself and others. You are dishonoring our Father/Mother God when you do not. You should always seek liberty and truth for yourself and for others as well.

* How will you know when you have moved into a State of Grace? You will know when others reflect the beauty of your Soul back to you. You will know when your abundance begins to flow. You will know when your heart expands with love for all Creation, and when your Soul Song reverberates throughout your Being, and out into the world and the higher realms. You will know when you cannot keep quiet, and you are compelled to share your joyous experiences with anyone who is willing to listen. And, you will know when it is appropriate to be a silent witness.

* Meditate daily and nightly, better yet, become a living meditation so that every waking moment is focused on the highest purpose for all. Then bring your love and power together to create the meridians of Light and focused energy, so that your strength is circulating throughout your physical vessel, and then radiating forth from your Solar Power center, upwards into the heavens, outward to all humanity, and downward to the center of your Mother Earth.

* You are to assume the lofty outlook of the masters: calmly, gently, lovingly standing by, observing, helping when possible, but allowing, not judging, for you know all that is happening is for a reason, and everything that occurs has a higher purpose.

* Spread your loving Light and presence as far and wide as possible, dear ones. Counsel those who are led to you. By your actions you will be known, and those who have need of your Light and wisdom will be drawn to you.

Never forget, you are eternal and immortal. Your physical body is a temporary temple in which a Divine Facet of God dwells. The Sacred Heart is the temple of the Soul. Therein is the Essence of Life where true Love resides, and where your awareness of Infinity begins. The Diamond Core God Cell within the Sacred Heart contains the Twelve Rays of God Consciousness for this Sub-Universal experience. These Sparks of Divinity are powerful WHITE FIRE GOD-SEED ATOMS—etheric crystal prisms of refracted Light called RAYS—which continually beam forth the Life/Love Essence of our Mother/Father God throughout this Sub-Universe.

In order to manifest your dreams, your vision, and to create your personal paradise, you must be ever alert for and strive to attune to the whispers of your Soul and Higher Self. This is accomplished by tapping into the frequencies of your OverSoul/Higher Self, and becoming aware of your greatest potential. Self-mastery is the power to control your life and destiny, and the wisdom to use it for the highest good of all. As you do so, it is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the Third-/Lower Fourth-Dimensional reality. You must also strive to establish emotional harmony and serenity within the illusionary world of the higher Fourth Dimension as you endeavor to become acclimated to the mental plane of the Lower Fifth-Dimensional environment.

Your transformation into Self-mastery, as well as the Ascension process, will be greatly accelerated once you have expanded your personal Lifeline of God Light—an etheric tube of Light—which is your primary connection to your God Seed Atom/ I AM Presence. You are also in the process of reestablishing your connection to the River of Life via your personal Antakarana (Rainbow Bridge of Light), which contains the Creator Essence called Adamantine Particles of Creator Light. Over the many past ages, humanity has diminished the connection to the River of Life/Light so that, in most people, it has become only a small trickle, which was called the “SILVER CORD” by the ancients.

Each of you has a sphere of radiance around your physical form that is produced by the vibrational patterns within your Auric Field and your Cosmic Soul Song. Ascension means bringing the total bodily chakra system into balance, which will facilitate the clearing, refining and balancing of the Etheric Body/Auric Field. An important part of your Ascension goal is to focus on the process of returning your Etheric Body and Auric Field to their original Divine Blueprint, which is the human blueprint for your original bodily form called the Adam/Eve Kadmon Light Body. We observe you via the bands of color within your multiple body system, physical, mental, emotional and Etheric, which have been created by your thoughts, actions and deeds throughout your many lifetimes down through the ages.

Dear hearts, we ask you to nurture yourselves, to pay attention as never before to your physical vessels and the signals or messages your wise body Elemental projects to you. How

will you enjoy the beautiful world of love, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

Join us in your Pyramid of Light, my brave ones, and allow us assist you to move through the process with ease, grace and great joy. May the radiance of our Father/Mother God pour down upon you and fill you with the Light of Life Everlasting. Know that we are ever near to guide and protect you. I AM Archangel Michael.

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*** OPENING TO CHANNEL DEVELOPING

YOUR TELEPATHIC COMMUNICATION SKILLS***

Expanded consciousness and mental telepathy are aspects of your Divine heritage. However, this ability must be reactivated and practiced if you wish to become a proficient and clear channel. An important component of Self-mastery is developing the ability to connect and interact with your Guardian Angels, your Spiritual Guides and Celestial Teachers. Each of you is needed as a SENTINEL OF LIGHT and a WORLD SERVER * 8 X 11 * SPIRAL-BOUND BOOK *** $20 PLUS S&H

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Don't miss this incredible opportunity to connect with your SACRED TRIAD, which resided within the first sub-level of the FIFTH DIMENSION. This will be our new home base as we evolve into Spiritual/Humans within the FIFTH KINGDOM of GOD-CONSCIOUSNESS.

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-6-2015

TRANSMITTED THROUGH RONNA

Beloved masters, it is time for you to take advantage of your physical and Spiritual senses in the fullest measure. You must redefine and learn to properly use the physical senses in order to access and develop the higher senses that became dormant so long ago: clairvoyance / clear seeing, clairaudience / clear hearing or telepathic abilities, clairsentience/clear knowing (that of an empathic, intuitive person with an expanded, inner sense of awareness). All of these heightened abilities are a part of your Divine Birthright just waiting for you to reclaim them.

We have discussed in great detail the seven major chakras of the physical vessel and outlined the positive and negative attributes/functions of each one. It is important that you also realize that each chakra and organ within the body has a consciousness of its own, which was overlaid and infused with the energies of your many past experiences and thought forms. You have not only created your outer world with your beliefs and the vibrational frequencies of your thoughts, but you have built your inner world as well.

Your body communicates with you in many ways, but do you know how to listen and interpret what it is telling you? I have stated this truth to you before, but it bears repeating. Many of you have accepted the fact that you can communicate and interact with the Angelic Realms and Beings of Light. However, most of you are still not aware that you can communicate with the many Facets of your bodily form.

Some time ago we gave you the gift of Seven Crystalline Spheres of Higher Consciousness, whereby you began the process of returning your chakra system to a harmonious state, by breathing Spheres of Light from your God Seed Atom / I AM Presence into each of the seven major chakra centers of the physical body. We had you breathe in a Sphere of Light, and then superimpose the Infinity Sign over each sphere/chakra to assist in accelerating the process of releasing impacted, disharmonious energy patterns, as you strive to reclaim the gifts of Self-mastery. The process of clearing, harmonizing and balancing the seven major chakras of the physical body results in an important initiation process called THE OPENING OF THE SEVEN SEALS OF GOD-CONSCIOUSNESS. As each chakra is returned to harmony within itself, a process is activated whereby an energy vortex is opened, and the perfected qualities and energy of that chakra are projected upward into the next chakra.

Also, the store of Adamantine Particles of Creator Light is released from each chakra, and begins to flow upward as the process is repeated until the Crown Chakra is activated, which allows an amazing and wondrous thing to take place: the chakra system begins to spin at such high revolution that it turns the spinal column into a blazing shaft of Light, and the five Higher Galactic Rays of the Creator pour down through the column of Light and infuse all your chakras with the luminescence of your GOD SEED ATOM.

That is the process that many of you have been experiencing these last few years, and since you are on an accelerated Path of en-Lighten-ment and transformation, much discomfort and distortion have been activated within the physical vessel. There was and is much to be released, rectified and balanced, for what has taken thousands of years to create is being transmuted in just a few short years. So please be gentle with yourselves, and consciously be aware that you are in the process of incorporating and transforming your human self into your shining Spiritual/human Self.

Allow us to give you another simplified exercise to assist you in tapping into the inner wisdom of your physical vessel. I will give you a key word for each chakra. Please study, review, and learn some of the attributes of each chakra, and then as you go about your daily life, when appropriate, chant or say the word for each chakra. (These words may be toned and held as long as comfortable if you wish.) As with toning the vowel sounds, start at your lowest, most comfortable note, and slowly move up the scale, as you repeat the word for each chakra. Or, you may tone them all at whatever frequency level is comfortable for you. Observe what comes to mind when you chant the key word and focus on the chakra. How do you "LIVE" with the energies of the Root Chakra? How do you "LOVE" with the energies of the heart, and so on?

ROOT CHAKRA

The Root Chakra grounds your physical self to the Life Force Energy of Earth, and it gives stability (this is most important, for you must honor and maintain the physical body while reaching for the stars). When this chakra is functioning properly and in balance, you will have more vitality, courage and self-confidence. It will help you release old survival and scarcity issues, and help you to tap into your treasure chest of abundance.

Take a deep breath and TONE: "I LIVE."

Breathe deeply and TONE: UH (HUH).

STATE TO YOURSELF: "I AM NOW ACCESSING AND INTEGRATING THE POWER OF UNITY AND ONENESS, AND MY CONNECTION WITH THE EARTH AND ALL ABUNDANCE."

BREATHE DEEPLY. EITHER BY ENVISIONING OR USING YOUR IMAGINATION, SEE THE SPHERE OF LIGHT, WHICH REPRESENTS YOUR ROOT CHAKRA, BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES FROM THE FIRST CHAKRA UP INTO THE SECOND CHAKRA (LOCATED JUST BELOW THE NAVEL).

SAY: "I AM ONE WITH THE DIVINE CREATOR SOURCE."

NAVEL CHAKRA

This is the seat of your physical/emotional self. When this chakra is in balance, you are no longer plagued by self-doubt, addictions, or sexual issues. You become attuned to the wisdom of your Soul Mind instead of the ego mind, and gradually, all of the old self-limiting

thought patterns of the subconscious mind are replaced with self-confidence and emotional stability. You begin to take back your personal power as you learn to create joy, peace and prosperity instead of fear and limitation.

Take a deep breath and TONE: “I FEEL.”

Breathe deeply and TONE: OO (YOU).

STATE TO YOURSELF: “I AM NOW ACCESSING AND INTEGRATING THE POWER OF PASSION WITH SPIRIT AS MY DIRECTOR. MY DESIRE IS TO CREATE JOY, PEACE AND PROSPERITY TO ENJOY AND SHARE WITH OTHERS.”

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR SECOND CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES UP FROM THE SECOND CHAKRA TO THE THIRD CHAKRA (SOLAR PLEXUS).

SAY: “I AM WHOLE AND COMPLETE WITHIN MYSELF.”

SOLAR PLEXUS

This is the seat of your physical/mental self. When this chakra begins to spin in harmony, and only a few discordant energies remain, your self-esteem returns, knowledge turns into wisdom and clarity of thought. You regain self-control, and you become the master of your desires. You learn to set boundaries, and to honor the boundaries of others, as you draw forth energy from the Universal Source of Life Substance, and your own GOD SEED ATOM (I AM Presence), instead of tapping into the energies of those around you. The activation of your Solar Power Center begins at this point (SOLAR PLEXUS, HEART, THROAT AND THYMUS).

Take a deep breath and TONE: “I WILL.”

Breathe deeply and TONE: OH (GO).

STATE TO YOURSELF: “I AM NOW ACCESSING MY PERSONAL POWER CENTER, AND I TAKE CONTROL OF MY EMOTIONS. I AM THE MASTER OF MY DESIRES. I SET CLEARLY-DEFINED BOUNDARIES.”

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT, WHICH REPRESENTS YOUR THIRD CHAKRA, BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES UP FROM THE THIRD CHAKRA TO THE FOURTH CHAKRA (HEART).

SAY: “I AM THE POWER TO CREATE.”

The Heart Chakra is the gateway to the higher chakras, which connect you to the Soul Self and your Fifth-Dimensional SACRED TRIAD. When your Heart Chakra is unbalanced or mostly shut down, you will function primarily as an instinctual human being, who is

governed by the three lower chakras of the physical self. As you balance the energies of the heart mind/emotions (the LIFE AND LOVE FORCE ENERGY CENTERS of the body), you will tap into the unconditional Love Force of the God Mind. You swiftly release all energies and thought patterns which manifest as jealousy, envy, selfishness, guilt, or feelings of unworthiness. As you ignite the Three-fold Flame of Divine Will, Wisdom and Love, you will begin to develop a compassionate nature, and a oneness with life and all things.

Take a deep breath and TONE: “I LOVE.”

Breathe deeply and TONE: AH (FATHER).

STATE TO YOURSELF: “I NOW ACTIVATE MY EMOTIONAL AND MY SOLAR POWER LIFE FORCE CENTERS. I RECEIVE AND PROJECT ONLY LOVE/LIGHT ENERGY. I OPEN MY HEART TO THE DIVINE FLOW OF SPIRIT.”

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT, WHICH REPRESENTS YOUR FOURTH CHAKRA, BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER, UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES UP FROM THE FOURTH CHAKRA TO THE FIFTH CHAKRA (THROAT).

SAY:” I AM UNIVERSAL LOVE.”

The Throat Chakra is connected to the astral / emotional plane or mental / causal plane, depending on the vibrational frequencies of the thoughts and words you project. This may seem confusing; however, since you create your own reality by the frequency patterns you radiate, the law of attraction assures that the lower frequencies you send forth will attract astral plane energies, and the higher ones will tap into the mental planes of consciousness. The ascension process entails mastering the physical plane, the astral (emotional) plane, the mental plane and, eventually, up into the Fifth Dimension, which is our Divine Blueprint Goal” for this Round of Ascension. Communication, the power of the spoken word, is one of the most important tools on the physical plane. When you begin to use the language of Love / Light and Soul talk, you will always speak your highest truth, you will be expressive and creative in speech, as well as in the written word, and you will become proficient in manifesting your vision for the future.

Take a deep breath and TONE: “I SPEAK.”

Breathe deeply and TONE: I (EYE).

STATE TO YOURSELF: “I AM NOW ACCESSING MY WILL POWER CENTER THROUGH THE POWER OF COMMUNICATION AND SELF-EXPRESSION. I WILL SPEAK MY TRUTH WITH INTEGRITY AND DISCERNMENT.

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR FIFTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES UP FROM THE FIFTH CHAKRA TO THE SIXTH CHAKRA (THIRD EYE).

SAY: “I AM PERFECT EXPRESSION.”

The brow or Third Eye Chakra opens the door to the “inner senses.” First, by re-establishing the connection between you and your unconscious self (subconscious mind), and gradually, with your Higher Self, as the pure Cosmic Light Substance of the God Mind (called Rays) is allowed to enter and activate your God consciousness (the Inner Essence of you). You will move through the whispers of intuition into a “knowing” that you are being guided and inspired by Spirit. New knowledge, creative ideas and inspiration from the higher mental and intuitive planes will be accessible to you as you clear the distortions. Do not fear the seemingly dark energies or thought forms that float into your consciousness or before your eyes during meditation, beloveds, for these are your own miscreations coming to the fore to be healed and transmuted into Light. Love is the dynamic, cohesive Force of Creation, and when Love/Light is shined on any mis-qualified thought frequency, it is Lightened, and eventually transmuted. Also, remember to use the gift of the Violet Flame.

Take a deep breath and TONE: “I SEE.”

Breathe deeply and TONE: AYE (SAY).

STATE TO YOURSELF: “I AM NOW ACCESSING THE POWER OF MY INTUITIVE MIND. I HAVE CLEAR INSIGHT, AND I LISTEN ATTENTIVELY AS I TAP INTO MY INNER WISDOM AND THE WISDOM OF MY HIGHER SELF.”

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT, WHICH REPRESENTS YOUR SIXTH CHAKRA, BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN, AND A SHAFT OF LIGHT MOVES UP FROM THE SIXTH CHAKRA TO THE SEVENTH CHAKRA (THE CROWN).

SAY: “I AM A PERFECT INSTRUMENT OF CLARITY AND WISDOM.”

CROWN CHAKRA

When the Crown Chakra is activated your Column of Light is opened, in preparation for the integration of the many levels of your OverSoul/High Selves. Gradually, as you progress, the wisdom, gifts and treasures stored within your SACRED TRIAD, which resides in the Fifth Dimension, will become available to you. As you demonstrate that you are ready to live and radiate the Love / Light / Truth of Creation, you will be infused with an ever-increasing flow of the attributes, qualities and virtues of the Twelve Rays of God Consciousness.

Take a deep breath and TONE: “I AM.”

Breathe deeply and TONE: EEE (ME).

STATE TO YOURSELF: “I AM NOW ACCESSING MY SPIRITUAL POWER AND THE CONNECTION TO MY DIVINE GOD SEED ATOM, WHICH IS MY CENTER OF ENLIGHTENMENT / INSPIRATION /WISDOM.”

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR SEVENTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE SEVENTH CHAKRA TO THE SOUL STAR.

(THE SOUL STAR CHAKRA IS 6" TO 8" ABOVE THE CROWN OF YOUR HEAD.)

STATE TO YOURSELF: "I CONNECT TO AND AM IN ALIGNMENT WITH MY RAINBOW BRIDGE TO UNITY CONSCIOUSNESS. I HEREBY TRANSMUTE ALL MISQUALIFIED ENERGIES AS I MOVE BEYOND THE LAW OF KARMA AND INTO A STATE OF GRACE."

BREATHE DEEPLY AND TONE "AUM."

ENVISION THE COLUMN OF LIGHT THAT CONNECTS YOU TO YOUR GOD SEED ATOM/I AM PRESENCE GROWING WIDER AND WIDER UNTIL IT FORMS A LOTUS BLOSSOM CROWN ON YOUR HEAD. SEE IT CLEARING ALL THE DISTORTIONS AND STATIC FROM YOUR DIVINE CONNECTION WITH SPIRIT SO THAT THE FREQUENCY PATTERNS OF DIVINE LIGHT, DIVINE WILL, AND DIVINE WISDOM MAY FLOW FREELY TO YOU, VIA THE GREAT RAYS FROM OUR MOTHER / FATHER GOD, AND FROM YOU, OUT INTO THE WORLD. SAY: "I AM ONE WITH THE DIVINE SOURCE."

BREATHE DEEPLY AND TONE THREE TIMES: AUM * AUM * AUM

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To further assist you in reestablishing a pure, strong connection with your spiritual guides, angelic helpers, and your Soul Family, with whom you are to work as you move forward together into the Higher Realms of consciousness, we offer this exercise:

Focus your consciousness deep within your Sacred Heart as you take a few deep breaths. Envision (however you perceive) your Soul Essence within a Sphere of Light, move through the portal at the back of your Sacred Heart chamber. You move quickly up into the Fifth Dimension into a new Pyramid of Light, which has been especially designed as a meeting place for you and your Soul friends and companions, who are journeying together into the refined frequencies of the Higher Realms. Move into this Sacred Space and take your seat at the round crystal table. As you do so, look around the room, and take notice of those with whom you are to commune and work are also seated in the crystal chairs, surrounding the table. Take a moment to identify those who are with you in your Pyramid. Others will be added from time to time, and your Pyramid of Light will expand to accommodate them all.

As with all other Pyramids of Light in the Higher Dimensions, there is a double-terminated pure quartz crystal hanging down from the peak of the Pyramid over the crystal table in the center. Electrifying Lightning Sparks are radiating forth from the giant crystal out into the room. This is the rarified Essence of the Supreme Creator and our Father/Mother God–the Adamantine Particles of Divine Light. There is a fountain under the table, with a blazing Violet Flame pouring forth out into the room, which will transmute any discordant energy

you bring into this place to be purified and released. Come to this Sacred Place often to strengthen your connections and your rapport with your Soul Family of Light.

SAY TO YOURSELF: “I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF, MY SOUL FAMILY, AND ALL THE BEINGS OF LIGHT I AM TO WORK AND COMMUNE WITH, IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND ALL THE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY.

I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, I AM DIVINE WISDOM IN ACTION.” SO BE IT! SO IT IS! I AM THAT, I AM!

My bold and brave ones, as the process of ascension accelerates, it is more important than ever that you take advantage of as many as possible of the advanced techniques of transformation. It may seem simplistic; however, the above exercise/meditation are powerful tools to assist in releasing old impacted vibrational patterns, and to assist you in the process of returning to an empowered state of duality, within the physical vessel, so that your Soul Song/Energetic Signature will become a beautiful, harmonious symphony of great magnitude and force.

We are endeavoring to give you all the necessary tools and information possible to assist you on your Path of Illumination. However, you must assume the responsibility for your return to Self-mastery. We are standing by to assist you, as you reclaim your rightful status as a Spiritual Being on a Divine mission for our Father/Mother God. We salute your bravery. You are loved beyond measure. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA HERMAN VEZANE *STAR*QUEST

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-7-2015

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

Note from Ronna:

Hello, my dearest friends. My assistant, Cindy and I just returned from Sedona, AZ where I was a featured speaker at the KRYON "Master Channelers Summit" conference. There were approximately 600 people in attendance from all over the world. It was magical, inspiring, heart-warming and Soul-expanding. I wish all of you could have been present to experience the incredible Fifth-Dimensional environment we created. No one who attended will ever be quite the same.

I channeled July's message before we left for Sedona, and it included a portion of what our Beloved Michael said to the conference attendees. He also told us, "You have stepped into a new, higher frequency, personal INFINITY PORTAL, wherein you are centered within the STILLPOINT OF GOD POWER. Behind you is the harmonized hologram of your past, and before you is the magnificent potential of your future. This is a golden opportunity for each of you to become a true, empowered, masterful cocreator of love, harmony, joy, abundance and peaceful coexistence."

I am deeply humbled and grateful for the love, blessings and gratitude I have received from all of you. We truly are creating a Soul Family Group of momentous proportions. We ARE making a difference and we are a Divine Force that is changing the world – ONE LOVING THOUGHT AT TIME.

Eternal love and angel blessings, Ronna

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Beloved masters, we are constantly endeavoring to give you the most pertinent information to assist you to understand what is taking place, as well as 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 who are now receiving different aspects of the new Divine Blueprint for the future of humanity. They 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. They have diligently stayed the course, and many times, they have proven their dedication and commitment to their chosen mission—no amount of negativity can deter them or keep them from fulfilling their spiritual destiny.

You have separated your consciousness or fragmented yourself thousands upon thousands of times in order to experience the great diversity of Creation, and you have also reunited with many of the multiple facets of yourself more times than you could ever imagine. Each time you did so, you added more complex information and unique experiences to your Memory Bank Seed Atoms. The farther you moved away from the perfection of the Supreme Creator, and the deeper you moved into multi-dimensionality, the denser and less perfect your creations became, for you had less pure Light substance to work with. Therefore, there is no blame and there should be no feelings of guilt and failure, for each lifetime was designed as a carefully planned learning experience. However, this round of Cosmic Creative Expansion is now coming to a close. It is now time for you to reclaim your Self-

mastery and the ability to create things of beauty and harmony in accordance with the original, higher-level Divine Plan.

You must strive for a strong, highly developed connection between the mental and emotional bodies, and also between the Soul and the multiple Facets of your Higher Self in order to develop refined spiritual values. As you tap into the higher frequencies of Divine Wisdom, brilliant ideas will pour forth from the higher planes of intuition. You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only to lose it again. However, the times of depression will grow less intense and also less frequent. Be assured that your ego-desire personality will rebel and resist the efforts of the Soul and the Higher Self–it will try to keep you in your habitual practices/habits of serving only the little self and its selfish desires. You must tap into the realm of the Sacred Mind and learn to use your Spiritual Will and discernment. You must constantly monitor and critique your words, deeds and motives as you train yourself and gain discipline over the little self. Remember: ALL KNOWLEDGE IS A FORM OF LIGHT.

Millions of dear Souls are in the midst of what can be called the process of Ascension or traversing the multiple stages of higher awareness. This process entails healing, clearing and harmonizing all of your Soul Fragments remaining within the Third and lower Fourth Dimensions. Once you attain the mid-level sub-plane of the Fourth Dimension, you are ready for a tremendous upgrade in consciousness, for you will then be ready to begin the process of integrating the refined frequencies of your multiple Higher Selves. This process will continue until you have integrated all the Facets of your Higher Self within the Seven Sub-Planes of the Fourth Dimension. This is the Ascension goal for humanity during this round of advancement in spiritual awareness. 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.

Millions of precious Souls have returned their Spectrum of Light and Shadow to an accepted level of duality, and have begun the process of opening the pathways of communication with the great Beings of the Higher Realms. This means that a vast number of you have accomplished the monumental task of clearing the major portion of your personal Karmic debt. Your Energetic Signature is radiating mostly positive, favorable vibrational frequency patterns, and is gradually becoming attuned to your original Cosmic Soul Song. It also means that you have successfully reestablished the connection with and between your Sacred Mind and your Sacred Heart.

Many of you are now receiving impulses, messages of inspiration, as well as advanced information from your Higher Self, your guides or specialized angelic helpers. 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. 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 may 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 this Sub-Universe.

The Superconscious Mind / Higher Self is your 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, which will allow you to 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 to eventually attain a Universal consciousness.

Become sharply aware that your emotions and your thought patterns are critical components within the process of cocreation, for they will determine the quality of the vibrational patterns you will send forth into your personal Twelve Ray, Flower of Life, Creator Wheel. The frequencies of the Seed thoughts you plant in your personal Wheel of Creation will determine the quality of what you will manifest and they will also determine what you will experience in your everyday life–whether positive or negative. These occurrences will be your barometer as to what kind of vibrational patterns you are sending forth into the world of cause and effect.

Your primary task/goal at this time is to develop a state of mindful awareness, as you move deeper and deeper into the frequencies of the White Fire Seed Atoms within your Sacred Heart and Sacred Mind, where you will find all the strength and guidance you will ever need. As you develop your cocreative abilities and become more proficient in your personal mind control and visualization abilities, you will understand how important it is to constantly monitor the frequency patterns you are radiating forth out into the world. Always be mindful that you live in a world of vibrating, neutral, cosmic energy–the forces of Creation–which are waiting for you to mold them into anything you can imagine.

For this round of human evolution and Ascension into a higher state of consciousness, the initiation process has been designed as 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-desire personality. Advancement on the Path increases Soul consciousness and group awareness.

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 the ever-expanding group of World Servers. Toward that end, over the last few years, the Group Pyramids around the world have slowly merged 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. In the future, these great Pyramids of Light within the higher realms 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 Pyramids are reserved for those who are well on their way to attaining Self-mastery, and who have gained the right to share their integrated knowledge/wisdom with others. Just as with the Cities of Light within the Sixth Dimension, you are to first go into your personal Pyramid, and then make the journey from there into the World Server Pyramid. You will automatically gain entrance into the appropriate Pyramid chamber when your Energetic Signature/Soul Song reaches the required, refined frequency patterns. Thereafter, you will progress to the more refined chambers of Light as your personal radiance increases. Suffice it to say that this is one of the greatest opportunities you will ever have to serve humanity and the Earth.

Remember, you are not coming to a dead end–you are stepping through an Infinity Portal into a new beginning. You must decide what you wish to take with you into your new world, and you must lovingly, but firmly discern what you are to leave behind. As you expand your consciousness and tap into the wisdom of your Sacred Mind, where the higher frequencies of God-Consciousness are stored, your reality will begin to change very quickly.

We are aware that many of you are disturbed by all the negativity, injustice and chaos which are rampant around the world. However, deep within, you know that the great changes taking place will eventually result in a world of peaceful coexistence, harmony and abundance for all humanity. Be assured that you can be a positive instrument for change. Allow us to send forth the dynamic Rays of Creator Essence for this new era of evolution from our Father/Mother God to and through you, so that you may become a Beacon of Light. Dear ones, your radiant Love/Light, added to that of other Servers of the Light, will assist humanity and the Earth to move gracefully into the wondrous New Age of tomorrow. Know that you are dearly loved, and you are always under my protection. I AM Archangel Michael.

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DEMYSTIFYING DEATH

TRANSMITTED THROUGH RONNA

Beloved masters, on the earthly plane, humans rejoice at the birth of a child, for it is indeed a miracle of creation, and they mourn the death of a loved one, for they feel a personal loss of that person from their midst. However, death is also a miracle and, from a spiritual point of view, it is a time of rejoicing, for it is a time of returning to a truer STATE OF BEING.

We have often spoken of diminished consciousness, and most of you are now aware that the ascension process entails expanding your awareness to integrate all the Facets of conscious expression. As you have often heard, you are not just a human being with a Soul, you are a wondrous Being who has experienced a tremendous variety of physical expressions of consciousness.

In ancient times, when you experienced the material realms in semi-solid or in solid form to varying degrees (while in the Higher-Fourth and lower-Fifth Dimensions, either on Earth or other planets in your solar system or galaxy), you kept the same form for a much longer time than you do now. In fact, you kept the same physical vessel for thousands of years by your timekeeping. The transition process and the relinquishing of a physical vessel at the end of a lifetime were as natural as discarding a suit of old clothes. Death as you now know it did not exist until humanity sank into the density of the Third and Fourth Dimensions, and you forgot that your sojourn on Earth illuminance only a very small interlude amongst a vast array of experiences while on your wondrous journey throughout the cosmos.

After a special farewell ceremony, the departing Soul stepped into a special Fountain of Transition where the Violet Flame of Transformation blazed brightly (the Violet Flame is not hot as you may imagine, but cool and soothing). Then he/she was immediately transported to the appropriate Higher Dimensional environment.

Those who were left behind in the physical realm could communicate telepathically with their departed loved ones, and they knew that they would meet again sometime in the future. They also knew that they could interact while in their Etheric Body with their loved ones during their nightly sojourns, for their nightly travels were as real and memorable as their daytime experiences.

Some time in the future, humanity will cease to fear death and will understand that it is a natural part of the amazing, ever-evolving creative process. There is a natural flow of birth, death/transition, rest and assimilation, and rebirth in order to experience the wondrous variety of shapes, sizes, forms and realities available to you as a cocreator. In the meantime, you must release many of your old fixed ideas, and taboo's about death and the hereafter, and know that the life you are now experiencing is only a moment in universal time.

One of the most important things for you to understand is that everything you experience begins within. You are a microcosm or a miniature Universe within the macrocosm, which contains the totality of the Omniversal experience. You have been described as a cell within

the heart/mind of the Supreme/Creator, and this is a valid description. Everything in Creation contains Essence, the Love/Light Energy of Creation, or a Spark of the Divine. Again, we stress, nothing can exist without this life-giving Essence. This magnificent Spectrum of Light was sent forth from the Supreme Creator in a variety of diminished levels of Illuminance to our Father/Mother God and then out into our Universe via the RAY-diance of the great Archangels. None of the manifested Universes could exist without it and neither could you.

You have often read/heard of someone who has had a near-death experience, and how they felt the sensation of being drawn toward the Light. Most often, the experience is the same with only a few variations. Usually gravely ill or in a traumatic situation, the person is drawn into the Light, and they are infused with a sense of bliss and incredible, overwhelming love. Quite often, they will see a well-known Being of Light or sometimes, a loved one who has passed on. They usually have a feeling that they can only go so far toward the Light, and they are then drawn back into their physical body once more. At times, the Light Being speaks with them, but not always. Sometimes, they are given a choice to return to their physical existence or to continue toward the Light, and other times, they are told they must return, for their mission is not complete.

Just as we explained that the Veil is not out there, but within your own brain structure, it is the same with the near-death experience. It all takes place within your own Higher-Dimensional Sacred Mind, orchestrated by your Higher Self. A near-death experience is usually a crossroad in life, a decision time and an opportunity to step onto the path of illumination. And, quite often, but not always, a Soul-Merge occurs whereby a Higher Frequency part of your Soul-Self, which resides in your Soul Star Chakra (approximately six to eight inches above your head) moves into your Sacred Heart center, and begins the process of becoming the director of your life's experiences instead of the ego-desire personality.

During the near-death experience, there is a chemical reaction that takes place which facilitates the admittance to a portion of the higher mind, and thereby allows access to specific areas of the brain which contain some of the Light Packets of Wisdom stored within. These Light Packets are composed of higher frequencies of Light and they contain information that the person cannot ordinarily access. This not only feels and looks different to the person's conscious mind, but often gives them access to a portion of their history, and sometimes of their lineage and other important information.

Remember this, everything you have ever experienced and all that you are, from the first time you came into your individualized consciousness as a Spark of the Divine, and became conscious of the fact that "I AM That, I AM - I AM a Facet of the Creator," is stored within the Light Packets of Wisdom stored in the Higher-Dimensional levels of the brain. Stored within your brain structure and within your Chakra system are all the virtues, attributes, qualities and aspects of the Supreme Creator. They are waiting for you to claim the keys to the kingdom, by integrating the higher frequencies of Light, which will give you access to all the magnificence of your Divine Heritage.

You have an Etheric Body which contains a complete, authentic replica of your physical, mental and emotional bodies. When you die or completely leave your body, the Silver Cord (as it is called), is severed and you totally vacate the physical vessel, which immediately begins to disintegrate. Your Soul has slowly been merging with your Etheric Body, and you then move outward into the realms of the Higher Dimensions.

Many of you have a false conception of what it is like in the Higher Dimensions. The higher realms are not a nebulous, unsubstantial environment, but will seem no different to you than your earthly physical surroundings; however, as you will observe over time, there are many differences. When you pass over, you will have form and substance. Yes, your form will be more refined and not as solid as it is in the Third- / Fourth-Dimensional environment, but you will feel solid and everything around you will have form and order as well. The level you are attuned to or compatible with will determine how consciously aware you are, and the abilities you will have, as well as how your surrounding environment will look. Again, the frequencies you project or resonate to will determine which Dimension or Sub-Plane Dimensional level you will go to, and also what level of cosmic information you will be able to access. Your Auric Field is like a cloak that surrounds your Etheric or Astral bodies, and it is either a cloak of Light or a shroud of negative, inharmonious energy you have accumulated over your many past lifetime experiences.

We have explained this in the past, however, it is important that you have a clear understanding of the transition process, and so we will again give you a brief recap of what occurs after a Soul leaves the physical body. Those who are 'en-Lighten-ed' and self-aware are immediately taken before their Guardian Council to review their past life, not a judgment, just a review to see what challenges and opportunities were met in a positive manner, with love and compassion, and which tasks were not completed, and therefore, will have to be experienced again. You cannot hide anything from anyone in the higher realms, for your Aura tells your complete story and everyone can see the radiance and Lightness of your Spirit-Self, or the lack thereof. Your form will be beautiful and perfect and you may appear to be any age or in any form you desire.

You have many choices to make after you complete the review process. You can go to the universities of learning in various star systems, you can serve in a multitude of capacities, you can enjoy the beauty of Creation and practice your cocreation skills, or any variety of other experiences too vast to outline here. Soul advancement is not as rapid in the higher realms as it is in the physical body, for you are aware of the Universal Laws, and there are immediate results from your thoughts and actions. That is why everyone is so anxious to incarnate on the earthly plane, even though it is fraught with challenges, limitation, and often pain and suffering.

Even though it may be difficult to believe, it is a wonderful opportunity and a great privilege to be embodied on planet Earth at this time of great transformation. There are many beautiful Souls standing in the wings hoping to have an opportunity to return to Earth and be a part of this wondrous evolutionary process.

Along with your willingness to come to Earth and to share your Light in order to assist humanity and your planet, you were given an opportunity to embody as much of your Divine Self as you could contain and use; that is the Golden Promise that was made to you before you returned to Earth for this life's experience. It was/is an unprecedented opportunity to integrate the maximum amount of your God Consciousness, and to return to your true estate as a Being of Light.

It is a different story for those who die a violent death; have lived a life of hate, fear and aggression toward others or have a great accumulation of negative karmic debt to overcome. These Souls are taken to what could be termed an "intensive care unit" where they are lovingly cared for by a host of Angels of Mercy. These Souls are encased in a prison of their own making (their distorted Auric/Astral Field), and they will live in a dream state that consists of their beliefs, negative actions, and unrealistic concepts. It is the closest thing to what could be termed "hell" or "purgatory," for they are living in a world of lower frequency thought forms they have created on Earth during their many lifetime experiences.

The angels of mercy constantly radiate the Love/Light of the Creator to them, and slowly, over time, and depending how dense the negative field is, the elixir of love gradually penetrates and dissolves the shell around the etheric body and the soul. There is always an opportunity to make restitution even though it may take aeons to do so, depending on the severity and the magnitude of negativity involved.

Allow us to clear up another fallacy: it is not "sinful" to commit suicide or for a person abdicate his/her life before his/her mission is complete. There are many reasons people decide to terminate their life or sacrifice their life for another. At times it is initiated by an overwhelming burden of shame, guilt or fear, sometimes for misplaced altruistic reasons (usually resulting from a martyr complex), or when a person has a terminal illness and the pain has become overbearing. These Souls will be shown how to rectify the situations which caused their suffering, pain or illness, and will be given another opportunity to get it right.

If a person decides to end his/her life because of the painful situations they have created for themselves, they will not be able to avoid those same circumstances in a future lifetime, and so it just postpones the challenges and opportunities to learn their life lessons. Remember, you are always your own judge, and you decide with the assistance of your Guardian Council what your next life's experience will be, with many choices and opportunities available. When in the environment of the Higher Dimensions, a Soul is always eager to rectify past mistakes so the auric field may be cleared of any inharmonious vibrational patterns, and the journey toward en-Lighten-ment may continue.

It is also important for you to understand, the rules have changed as the process of evolution spirals to the next level. Each generation of Souls for the past hundred years or so have incarnated with more of their cosmic memory available to them. In other words, the veil of forgetfulness is thinner and slowly being eliminated altogether. The membranes of Light around the multiple strands of DNA are also becoming thinner, and the young ones

now being born will have access to abilities and talents that were not available to their parents and grandparents. Call them what you wish, Indigo Children, Crystal Children, or the Golden Ones, they are wise OLD SOULS who agreed to incarnate on Earth to take the reins from you, their elders, and lead humanity into the Light of the New Age.

It matters not if people deny the truth in what we are conveying to you, it is the Living truth and the Universal Law never-the-less, and every Soul is affected and ruled by the tenets of the Divine Plane, whether they believe or not. Here again, the inner veil applies and you must break through the limitations of the negative third/fourth-dimensional environment to gain access to this wondrous connection to SOURCE. You always have been and always will be connected to the ALL THAT IS. The sense of disconnection is all within your mind, and the way to unlock the door to the River of Life is within the SACRED HEART.

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greatest good. We implore you to view your life experiences through the filters of your Sacred Heart/mind as you draw forth Creator Particles of Life/Light and infuse them with your love before radiating them out into the world and humanity. We are all in this cosmic dance of the evolution, and together, we shall prevail. I AM Archangel Michael.

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-09-2015

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

Beloved masters, returning to the narrow path of Ascension in consciousness is the beginning of transcending opposites where there is no good or bad, right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning Self-master, you will make only the highest and best choices for the benefit of ALL. Slowly, but surely, the imperfections you have created both in your inner and outer worlds are being rectified. It has taken a very long time for the Earth and humanity to reach the present state of imperfection that is now prevalent. The level of transformational progress that has been made by you, the earthly Legions of Light, in such a short time is truly miraculous.

Indeed, the multidimensional doorways of the past are closing, and the doorways of the future are opening at a faster and faster pace as the process of Ascension accelerates. The fear of change has been a major controlling factor within your conscious awareness for a very long time. In the beginning of your journey into density, you sought a great variety of self-expression and change, and you delighted in each new creation. It has only been during your earthly experiences that you have forgotten that you were a cocreator endowed with a full measure of creative abilities, and that you have a direct link to the power source of Creation via the River of Life/Light.

As you learn to breathe deeply and effortlessly, you descend into your Sacred Heart Center where the Creator and Creation are one. This is when you begin to awaken and realize that you are experiencing your reality through a veil of illusion, that you are the dreamer as well as the dream. You begin to release yourself from the bonds of the mass consciousness belief structure, and you begin to seek your own higher truths. At that time, you begin the journey back into wholeness as you strive to recreate yourself into the SUN CHILD of our Father / Mother God—a Being of Light—which is your Divine Heritage. The Creator is the SOURCE OF THE BREATH OF LIFE. The Breath is your Lifeline to and from the ALL THAT IS. As you inhale, you receive this gift that originates from within the Heart Core of the Creator. With each exhalation, you send this gift of Sacred Breath back to into the realms of the Infinite Source of Life.

As the veil between your world and ours gradually dissolves, we have endeavored to give you the tools and the knowledge you will need to function and be comfortable in an expanded reality as evolved Soul-infused Human Beings. It is important for you to understand that we have the capability of monitoring the major thought forms or the most prevalent beliefs of the masses on the earthly plane of existence, and through our highly developed senses we can observe the ebb and flow of the Light and shadows in every part of the world.

You are now aware that there are streams of Life/Light, which flow throughout the Omniverse, into each Universe, Sub-Universe, galaxy, solar system, planet, and into every sentient Being. Once you begin to awaken—to actively seek to strengthen the connection and to ask for guidance and direction—that personal Light line grows in brilliance and strength. We, of the Archangelic realm, radiate streams of refracted Creator Light throughout this Sub-Universe. These Living streams of Light radiate the qualities, attributes and virtues that we embody as representatives of our Mother/Father God, and it is our Divine Mission to make them available to humanity, the Earth and all creation. When you focus your consciousness on any one of us, you automatically connect with one of our millions of Light streams, and we are instantaneously aware of you. It is like tuning into a radio station, or plugging into an electric energy socket. The strength of the Light stream and the connection depends upon the frequencies you embody or the harmony and strength of your Energetic Signature and your Soul Song.

Each person's Soul-Self is endeavoring to assume its proper role as the director of his/her life's experiences. There is a tug-of-war going on between the Soul-Self and the ego-desire body, for the ego does not wish to relinquish its control of the four lower bodily systems: physical, mental, emotional and etheric. The Soul is immortal and could be called the personality of your God-Self. It remembers who you truly are and ALL you have experienced throughout your many sojourns as a conscious God Spark. The ego- desire body is an integral part of your physical personality, and your physical, mental and emotional bodies have been encoded with the attributes, the weaknesses, strengths, challenges and opportunities you chose to experience in this important lifetime. You have always chosen or agreed to the Karmic lessons you would endeavor to resolve in each lifetime. Free will also

applies within “the in-between lifetimes State of Being.” You are advised and suggestions are made; however, you have always made the final decisions.

You must endeavor to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity. It is vitally important that you focus on what is right in your life and within your personal world, and it is important that you begin to envision yourself as you desire to become. We have emphasized that you must practice non-judgment and that includes non-judgment of Self.

Remember, you now have access to all of the Creator Particles of Light/Life that you can draw forth into your Sacred Heart, and never forget that these Adamantine Particles of Creation can only be activated by your pure loving intention. Also, we remind you that when you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your Soul Song. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things.

We spoke long ago about the “virtue of selfishness” and this shocked many of you, for it was in direct opposition to what you had been taught in past ages. We ask you to consider, how can you become or give what you have not claimed for yourself? It behooves you to become a radiant shining example for others, and to share your Love/Light and wisdom with the Earth, humanity and all Creation. When you are functioning within a harmonious mid- or upper-Fourth-Dimensional environment, and you are tapping into the power, gifts and awareness of the Fifth Dimension via your crystalline Pyramid of Light, you are then given access to the Cities of Light, which are stationed strategically in the higher Dimensions around the Earth. In doing so, you begin the flow of Adamantine Particles, the elixir of Love/Life, into your personal Fifth-Dimensional Pyramid, and the Etheric Replica that you left there so very long ago.

From that point on, you have a supply of Creator Light flowing through your vertical River of Life Line into your physical vessel, via the Crown Chakra, which supply will be stored within your Sacred Heart. Once you connect with this Divine Source of Power/Life/Light, your earthly reality will never be the same. You are to take what you need, for the supply is unlimited. See these sparkling Particles flowing throughout your body in a stream of glowing Light, balancing, transforming and empowering. Through the techniques we have given you, especially the Infinity Breath, you will automatically send forth the blessed gift of Creator Light out into the world.

After you state your intention, and you have your ritual as a Bearer/conveyer of Light firmly anchored within your mind, you no longer have to focus on sending forth these transforming Particles of Light, for a Divine schematic will be in place and it will automatically follow the paths you have chosen. You can assign a percentage of your Adamantine Particles to the World Pyramid or the World Server Pyramid, for the upliftment of humanity and the Earth, and you can also dedicate a portion to the Group Pyramids in

which you are an active member. Also, don't forget to infuse your Work Pyramid—your projects and Seed thoughts—with an ample portion of Creator Light.

When you are filled to overflowing with Love/Light, and Spirit is the director of your life and experiences, you no longer worry about getting your share of love, wealth, respect and so on, for the validation of who and what you are comes from within—that is when you move into the unselfish mode of a Self-master. You know you have access to the riches, virtues and talents of your Divine birthright and you are not dependent on anyone or anything in the physical world, for you have become a sovereign Being of Light.

We also wish to clarify some confusion about "Free Will." When we ask you to pray "Thy Will Be Done," we are not asking you to give up your free will. We are endeavoring to help you to make the highest and best choices you can intelligently make. It is also wise to state, "I ask for this or something greater, for my highest good and the greatest good of all," for you may not always know, because of future circumstances, what the highest choice may be. When you call upon your Higher Self each day when you arise, and ask that your will be aligned with the Will of your Divine Self for your greatest good each day, you are giving your Soul Self permission to guide, inspire and direct you. You will be strengthening the connection between your Higher Self and the Beings of Light so that they may begin to communicate with you through your intuition, and they will assist you in making the perfect choices each and every moment of the day. It will also speed up the process if you state, "I now place my ego-personality under the control of my Higher Self, and henceforth, through our unified efforts, we will create only beauty, harmony and balance within and around us." This will allow your Higher Self to begin to direct you toward your highest destiny, and it will speed up the transition process via the integration of your physical, mental, and emotional bodies with your Spiritual-Self. All of you are being asked to make some important, major decisions as you prepare for your forthcoming Fifth-Dimensional destiny. Remember, you are always in control of the final choices you make.

My valiant Ones, these transformational years can be the most exciting, fulfilling years of your lives if you will just begin to tap into your Sacred Mind via your Sacred Heart. You have brought forth into this lifetime many wonderful talents and abilities; however, you must consciously begin to access and bring these gifts into your awareness so that you can perfect them and then share with others. Allow yourself to envision the perfect world you wish to create, and then follow Spirit's nudgings as you take the action necessary to manifest your dreams. You must use the gifts you have been blessed with so that more may be bestowed upon you.

For many of you, there most likely are those who are presently in your life, or who may come into your life, who will try to discourage you from your Path. There may also be some family or friends that you will leave behind as you step onto the Path of en-Lighten-ment. As you learn the lessons that are presented to you, and are ready to advance toward the Light, they may remain stuck in the illusion of the Third/Fourth Dimensions. It will be their choice —so do not judge them. Bless them and allow them to follow their own chosen Path, but do not allow them to deter you from yours. Courageous hearts, those like you are in the

Vanguard, the ones brave enough to step out and away from popular beliefs and the limited mass consciousness of the Lower-Dimensional environment.

Your destiny as a Wayshower is to become a shining example to those around you by projecting love and harmony. If you do nothing more than this, you will have fulfilled your current earthly Divine Mission. See yourself surrounded in the Violet Flame of transformation, and then project this radiant Flame out into the world of substance.

See each adversity as Seeds of opportunity. As you move through each lesson and gain the value of its teachings, know that you will never have to experience that particular situation again. Bravely going forth to seek and live your own truth is the first step in taking back your personal power. Again, we remind you, your Sacred Mind holds the Memory Seed Atoms of your past and the future, and it is your personal source of the Divine will and power from our heavenly Father. These Memory Seed Atoms for the future must be incubated within the Sacred Heart and the Adamantine Particles of Creator Light ignited by your love, and through your pure intention and actions they are manifested in the world of form. Abundance of all kinds is a natural manifestation when you are in harmonious attunement with Spirit and the Divine Plan for the greatest good of all.

Beloveds, it was never intended that you should journey alone. We are waiting to reunite with you and to offer you assistance during these accelerated times of change. We have often asked you to call on us, for we are only a thought away. We now ask you to envision a stream of Light, a Life Line flowing forth from your heart center and connecting with us. You may create a connection with as many of us as you wish and, together, we will surround the Earth with Streams of Creator Light. You are loved most profoundly. I AM Archangel Michael.

Transmitted through Ronna Vezane *STAR*QUEST* www.StarQuestMastery.com

AVAILABLE: October 15, 2015 ** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many StarSeed Souls are close to accomplishing this goal. It will become a common occurrence over the coming years, and the Ascension of humanity will accelerate throughout this century. Archangel Michael has defined the stages or levels of the Ascension process that humanity is currently experiencing as "STAGES OF EVOLUTION." Most of the advanced Souls who have incarnated within the last fifty or so years came in with their Third-Dimensional Soul Fragments already harmonized and integrated, and many came in with a good portion of their Fourth-Dimensional fragments integrated as well. These precious Souls are the ones who are the Vanguard/Wayshowers who will lead the Way into the new world of our

future. Archangel Michael has blessed us with some extraordinary information, which will assist us to move through this process as gracefully as possible.

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Number range CHAPTERWISDOM TEACHINGS FROM ARCHANGEL MICHAEL * OCTOBER, 2015

TRANSMITTED THROUGH RONNA

EVOLUTION OF THE BODILY FORM AND ASCENSION IN CONSCIOUSNESS

Beloved masters, the collective consciousness of humanity is striving to acknowledge the extreme duality that permeates the Earth. Each and every person, at some level, is fighting the battle to attain greater Self-awareness, which must include embracing both the Light and shadow side of Self while endeavoring to return to an accepted range of duality and polarity. Each of you must recognize and claim your shadow side, your symbolic demons within, so that they, too, may embrace the Light of transformation. Human suffering is the result of rigid thinking, a sense of superiority and judgment of others, which lead to separation rather than unity and tolerance for opposing viewpoints. Can you accept the premise that your negative thought forms are also seeking release? They are rising to the surface of your consciousness, seeking illumination and truth, just as you are. You must take responsibility for what you create, moment to moment. Negative thoughts and actions result in distorted creations and chaos.

It is important for you to understand that your physical vessel was encoded for the return to the higher vibrational, more rarified realms of Light from the inception of your earthly embodiment experiences. Also, as humanity evolves, growing in wisdom and becoming more aware of the science and the intricacies of Ascension, there have been many adjustments to the process over the past several hundred years. Some initial Ascension procedures have been discarded and others, more advanced requirements, have been added.

In the past, Ascension was possible for just a select few. Only those who came to Earth to be examples and wayshowers, and who were spiritually advanced, were allowed into the inner sanctums of the mystery schools. The secret doctrine was only given to those who were considered to be the strongest and most dedicated disciples. The lessons, tests and challenges were strenuous, and many perished during the process or did not attain their goal for many lifetimes. That has now changed, for time is running out for the Ascension of the Earth and humanity into the next level of awareness, and many Divine dispensations and much assistance are being offered to those who are striving to meet the challenges and tests of Ascension.

We have explained that each Soul, before incarnating into a physical vessel, is given an allotment of Adamantine Particles of Life for personal use throughout their lifetime. If a person's allotment is used with loving intention for the greatest good, then the flow of Full-Spectrum Light will continue throughout his/her lifetime. However, when a person becomes unloving, negative and embittered, the access to the Sacred Heart and the God Particles of Life is no longer available. Thereafter, he/she can only access the Half-Spectrum Light, or the Primal Life Force substance, which can be re-qualified and used in either a positive or negative way. Remember, Adamantine Particles of Creator Light can only be activated and used with loving intention for the highest good.

A young child's heart center is open wide and the God Particles flow freely, unimpeded. However, how long the child's heart center stays open depends on the love and nurturing they receive from their parents and those around them. Many dear Souls have placed an etheric shield of protection over their heart center so that the pain and suffering will not affect them so drastically. Thereby, they close the door to their Sacred Inner Sanctum where their God Particles of Creation are stored.

Along with the allotment of Adamantine Particles that were placed in each person's Sacred Heart Center, a smaller allotment was also placed within each of the major chakra centers of the physical body. The largest portion was placed at the Root Chakra, which the ancients called the Kundalini, the coiled serpent of fire, or the Sacred Fire.

There is an accelerated planetary initiation now in progress, and it is affecting everything on the Earth Plane, especially sentient Beings. There are much fear and trepidation as the collective consciousness of humanity undergoes the dramatic changes that occur at the closing of one Age and the beginning of a more advanced era. Especially, when much of what was considered to be of vast importance on the earthly plane slowly changes or disappears.

As these drastic evolutionary changes take place, they will not affect you if your Energetic Signature is of a higher, more balanced frequency. There is also a great sense of anticipation and excitement for those who have learned to stay centered within the Sacred Heart. There are many probable futures before each of you, and it is important that you stay centered in the Still Point of the present moment. You may be led to change course several times as you slowly move into the fluidity of the Higher Dimensions; however, if you allow your Sacred Heart and your Higher Self to Light the way, you will never be led astray. The time lines of the future lead to higher, more stable ground, away from the imbalanced spectrum of duality and the distorted reality of separation.

You are in the process of integrating the many Fragments of Self you have created while in physical embodiment. in preparation for a reunion with the many Facets of your Soul family, both on the Earth and in the many Dimensions throughout the solar system and galaxy, and eventually throughout this Sub-Universe and beyond. There must be a reunification with Self, and a return to your center of power, which resides within your Sacred Heart. Once you make the connection with your OverSoul/Higher Self, and begin the process of reuniting with all the Facets of your God Self (I AM Presence), the urge to reunite becomes a magnetic force that cannot be denied.

Your Soul, which is composed of Creator Essence, is your conscious guide and companion while in the physical vessel. For a long time the Soul has been only a faint whisper for most people, for the ego-desire personality is very strong and has held a dominant position within. The initiation process begins when you slowly make way for the Soul to assume its proper place as director of your life, which eventually allows the Higher Self to take charge of your journey back into the realms of Light. Gradually, the Column of Light, which contains your Life Line to the Creator, begins to widen until eventually it is the width of the crown of your head. That is when you tap into the flow of your Divine I AM presence, and the Creator Particles of Love/Life begin to flow through and from you. This wondrous, luminescent Sacred Fire gives you access to your treasures stored in heaven—an unlimited source of Creator Light as long as it is charged with your Love Light and used for the greatest good.

The River of Life has a multitude of tributaries throughout this Sub-Universe, and many of you, as you tap into your Sacred Mind and learn to stay centered within the Sacred Heart, are becoming conduits for the Adamantine Particles of Creator Consciousness. First, you must attune the Pineal and Pituitary Glands to your Higher Self, which begins the process of dissolving the membranes of Light that guard the Sacred Mind. Your Sacred Mind makes the connection with your Sacred Heart, and once the activated Adamantine Particles of God Consciousness begin to flow from the Sacred Heart to the Sacred Mind; the process of illumination accelerates. The Creator Light flows through the Crown Chakra and enters the Pineal Gland, promoting cellular awareness as it activates the Pituitary and Hypothalamus Glands and courses through the brain structure into your Sacred Mind. It then flows down into the Sacred Heart where the particles of Creator Light are further activated through your loving intention. These activated God Particles of Light are now ready to assist you in creating anything you desire as long as your intention is for the greatest good. The voice of

your Higher Self becomes clearer, and the nudgings of your Sacred Heart, called your intuition become stronger.

INTUITION is the ability to understand a concept or certain information immediately, without conscious reasoning. Your Higher Self speaks to you via your intuition and, eventually, clears the pathway to your God Self and the wisdom stored within the cosmic records. Your intuition also gives you signals via a feeling of something being right or your truth, or a feeling of dread or discomfort when something is wrong or not in alignment with the Light / truth.

INSPIRATION is the process or quality of being inspired, such as when a sudden timely or unusual idea, sometimes about something that you were not aware of before, pops into your mind. Channeling or messages from your angelic guides and teachers often lead to inspired concepts or awareness of things beyond the realm of your knowing. Intuition is validated via the mind first and then through the heart, whereas inspiration is validated through the heart first and then through the reasoning processes of the mind.

Your perception of time and space is rapidly changing as you learn to focus more on the moment instead of vacillating between the past and the future, with only moments of concentrated awareness of the present. Feelings of separation, isolation and judgment are being replaced by a sense of unity consciousness, which will eventually lead to a sense of oneness with all Creation. As time accelerates and the frequencies of Divine Light become stronger and more compelling, it is important that you reflect on what has taken place, the challenges you have met and overcome, the gains you have made, and the obstacles that you must surmount in the future. As the boundaries of your reality become more defined, and you allow much of what you thought was important to slowly change or fade into the past, you must become wiser and more discerning in your choices. When you cling to people or things which no longer fit in your new reality, the sense of being out of harmony becomes more pronounced. By stating, “Thy will be done,” gives your Higher Self permission to increase your intuitive abilities, which include knowing almost instantly when you have made right or wrong choices. By doing so, you can quickly rectify any actions that veer you off the straight and narrow Path of Ascension. You, as faithful followers of the Light, must be ever vigilant in your thoughts and actions to be sure that you are always in alignment with your new, upgraded Divine Blueprint.

As the Vanguard Sentinels of Light, you have the ability to overcome or neutralize the negative thought forms of many thousands of people who are still functioning within the restraints of the Third- and lower-Fourth-Dimensional illusion. You are in the process of building a firm foundation for the future of all humanity. Your inner strength and wisdom will serve you well if you stay centered within your Sacred Heart as you become a master of Self and a conveyer of the rarified particles of God Consciousness.

Believe it or not, there were some advantages in the withdrawal of a major portion of your manifestation abilities in the past. We have told you that the Red (exoteric or physical plane color) of the First Ray of Divine Will and Power to create was mostly withdrawn after the

Earth and humanity sank into the density of the Third- and lower-Fourth-Dimensional environment. That was done so that humanity would not destroy itself during the age of extreme duality. That period is swiftly coming to a close as humanity awakens, and regains the ability to integrate more Spiritual Light. As you move forward into the upper Fourth and the lower Fifth Dimension, your physical body will become more radiant as the Creator Light begins to shine forth more strongly from within. Remember, you were brought forth from the Sacred Heart Core of the Supreme Creator as a White Fire Seed Atom conscious Being, from which comes the saying, "made in the image and likeness of God." The Light of the Creator contains energy, intelligence and everything necessary to create worlds without end, in order to fulfill the Divine plan for Creation. You are being given an opportunity to become a cocreator of the highest order; however, you must step out of your comfort zone and reclaim your birthright.

SHINE ON, my faithful Ones, and as your circle of influence radiates farther and farther out into the world, one day the circles of Light will overlap and your combined illumination will burst into pure God Light and surround the world. Follow the path of Light, beloveds; the time of the grand reunion is at hand. You are loved profoundly. I AM Archangel Michael.

Transmitted through Ronna Vezane * * Star*Quest* ** www.StarQuestMastery.com

Number range CHAPTERARCHANGEL MICHAEL'S MESSAGES * LM-11-2015

TRANSMITTED THROUGH RONNA

YOUR TWELVE RAY CREATOR WHEEL

Beloved masters, the searchlight of the Soul flows in two directions—inward for illumination of the physical heart and mind, and outward to en-Light-en the upward spiraling path of humanity's release from the dense reality of the Third/Fourth Dimensions.

A Soul-infused personality automatically develops a burning desire to share their en-Lighten-ed higher truths with others. The LIGHTED WAY is the bridge between the human material world and the realms of Spirit. A trained, disciplined intelligence is required to clearly decipher and relay the wisdom teachings, and to proficiently and accurately transmit the higher Universal concepts. Disciplined, self-directed life tendencies must be developed in order to develop intense mental clarity, along with an integrated personality that is dedicated and directed by the OverSoul /Higher Self.

The Soul is neither Spirit nor matter—it consists of manifested White Fire Seed Atoms sent forth from the Divine Mind of our Father God into the Spirit Cosmic Womb of our Beloved Mother God—who then sends forth, via the breath of her loving Holy Spirit, all forms of Cosmic matter. The awakening of Self from an unconscious state of Being is one of the most dramatic steps in the evolutionary process of Humankind. In order to become Self-conscious, you must become aware of what is happening in your personal world. You must sharpen your thinking process and learn to live in the moment, or the Still Point of the NOW

as it is often called. In order to gain experience and wisdom, you must think about what you want to remember, what you wish to retain in your memory bank.

Each of you, as a Spark of our Father/Mother God and the Supreme Creator, has a personal Wheel of Creation, your own Flower of Life that you must learn to use again in order to become a true cocreator on the earthly plane. We ask you to envision this horizontal pattern you have created with your sacred breath as your personal wheel of creation. You draw forth the Life/Light of Creation, via your personal column of Light and through the back portal of your Sacred Heart, which will always consist of the appropriate frequency patterns for your present state of evolvement. Within these spheres will be the virtues, qualities and attributes of God consciousness you are seeking to incorporate, which will result in perfecting and magnifying your abilities to create anything you desire, as long as it is for the greatest good of all. Have you wondered why, several years ago, we instructed you to "Breathe in Light and breathe out Love," when you go into the World Pyramid with the intention of radiating Love/Light to humanity and the world?

WHEN YOU BREATHE IN LIGHT, YOU ARE BREATHING ADAMANTINE PARTICLES INTO YOUR SACRED HEART. WHEN YOU BREATHE OUT UNCONDITIONAL LOVE, THE ADAMANTINE PARTICLES OF PURE GOD ESSENCE ARE EMPOWERED OR IGNITED BY YOUR LOVING INTENTION SO THAT THEY MAY BE USED FOR THE GREATEST GOOD. YOU ARE THE RECEPTACLE FOR THESE GOD PARTICLES AND YOUR LOVE IS THE ACTIVATOR.

Envision this: During meditation or your quiet time, take twelve full Infinity Breaths, and after the twelfth one, pull in your abdomen and hold your breath for a moment or two. Now, as you take the next (or thirteenth) breath, see it flowing forth from your Solar Power Center (Sacred Heart Core) into the front of your body. The Infinity pattern is now in a horizontal configuration instead of vertical. On either the out-breath or the in-breath—whichever one is most comfortable for you—the first flat loop extends outward in front of your body, and on the next breath, the second loop extends from the back of your body, completing the Infinity sign. Breathe in and out six Infinity signs, and as you do so, they will automatically create a pattern of twelve loops that completely surround you like the petals of a flower. As you breathe out the last loop, again, hold your breath for a moment before returning to normal breathing. Then, breathe in and out consciously as you envision the Essence of Creation flowing forth from you out into the world. Also, envision spirals of Light connecting you to the World Pyramid, the World Server Pyramid, and the multiple Pyramids that you have created in the higher Dimensions, thereby sharing your Particles of Love/Light with the world, as well as fueling your visions with the Pure Life Force substance of all Creation.

As you become more proficient as cocreators on the earthly plane, you will learn to constantly monitor your energy patterns and seek to upgrade them. You must strive for sustained harmony and refined godly expression. Your goal is to liberate the power of the Sacred Fire, which has lain dormant for many thousands of years so that you may direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Creator Wheel of Life, you are planting the Seeds of focused

change, and you are supplying the Sacred Fire of Creation needed to manifest what you have envisioned. When you can do this proficiently, your personal world will become a wonderland, and you will become a beacon of Light for all to see.

We have asked our messenger to give you an overview of the creation of your Personal Flower of Life Creator Wheel, as well as to help you understand what a wondrous gift it is to humanity. Without an activated "Personal Twelve Ray Creator Wheel," you will never gain the ability to become a masterful cocreator on the physical plane of existence.

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THE CREATION AND PROGRESSION OF OUR PERSONAL

FLOWER OF LIFE * TWELVE RAY CREATOR WHEEL

OVERLIGHTED BY ARCHANGEL MICHAEL

RONNA * SACRED SCRIBE

In many of our ancient past life experiences, as we sank into the Third- and Lower Fourth-Dimensional densities, we were functioning in our animal/human nature, and we had only two Flower of Life Petals—Infinity Signs—to work with:

** THE FIRST, SECOND AND THIRD DIMENSIONAL FREQUENCIES.

** THE FIRST, SECOND AND THIRD CHAKRAS:

* First / Root Chakra: Survival * Focus on the physical body * Scarcity/Abundance * Security *

* Second / Naval/Lower Abdomen Chakra: Ego Desires * Pleasure * Sexual/Passionate Love * Tolerance *

* Third / Solar Plexus Chakra: Personal Power/Emotional Center * Mastery of Desire * Self Control *

The two Infinity Signs, which created four petals, were located within and radiated from our Second Chakra. One petal was positioned outward, in front of us into the future, which we were creating with our thoughts, actions and deeds. The second petal was projected from our back into the frequency patterns of our past. The third and fourth petals extended outward from each side (the same as if you were to extend your arms outward), thus forming the originally designed column of Light and shadow—what has been called the Middle Path. We now live in a broad-spectrum world of duality and polarity influenced by our DNA, our ancestral lineage, and the astrological overlay we brought forward to experience in each lifetime.

As we began to access some of the higher frequency vibrational patterns of the refined, more harmonious Third-/Fourth-Dimensional frequencies, we began the process of

creating our human/human nature. During this process, we added two more Infinity Patterns to our Flower of Life Creator Wheel, which made a total of eight petals. Our Flower of Life Creator Wheel moved up into the Third / Solar Plexus Chakra. During this phase, our major Life Force energy radiated forth from the Solar Plexus.

** HIGHER THIRD- AND THE FOURTH-DIMENSIONAL FREQUENCIES.

** THE FOURTH AND FIFTH CHAKRAS:

* Fourth / Heart Chakra: Life Force * Spiritual Power Center * Sacred Heart Chamber where our Soul Self Spark of Divinity resides for this lifetime

* Herein is the Three Fold Flame and Vesica Piscis Sacred Symbol, which contains our Sacred White Fire God-Seed Atom *

* Fifth / Throat Chakra: Communication * Self-Expression * Spiritual Discernment * Part of our Spiritual Power Center *

The additional four petals containing the attributes, qualities and virtues of these two added Infinity Signs created a Flower of Life pattern with eight petals. We began the process of slowly balancing and harmonizing the Seven Chakras of Soul Consciousness for this Solar System via the ancient teachings of the past, and from the new influx of teachings from the Higher Realms. As we learned to listen to the whisperings of our Soul Self, we were introduced to the Universal Laws of manifestation. Over time, we gradually began to develop our Self-awareness, and we eventually gained the wisdom to understand the importance of the Now Moment or the Power of the Still Point. This was a vital step in the awakening process so that we could, once again, begin to use the tools of manifestation as conscious cocreators.

During this final stage/cycle of our Ascension process for this “Round of Evolution for Humanity,” we are endeavoring to become Spiritual/Human Beings. The last two Infinity signs, with four more petals, complete our personal FLOWER OF LIFE * TWELVE RAY CREATOR WHEEL for this particular cycle.

Our completed Twelve Ray Creator Wheel moved up into the High Heart area of the Fourth/Heart Chakra. By this time the Portals to our Sacred Heart and Sacred Mind are open. The Sacred Heart itself is located a little higher than the physical heart, and is positioned toward the back of the body, resting against our Rod of Light, which runs along the spinal column. This Rod of Power is gradually activated as we open the Seven Seals to Higher Consciousness and connect with the OverSoul/Higher Self that resides in the Eighth Chakra, our Soul Star.

** HIGHER FOURTH- AND LOWER FIFTH-DIMENSIONAL FREQUENCIES.

** THE SIXTH AND SEVENTH CHAKRAS:

* Sixth / Brow / Third Eye Chakra: Intuition * Inspired Insight * Clairvoyance * Perception Beyond Duality *

* Seventh / Crown Chakra: Spiritual Will * Inspiration * Divine Wisdom * Beginning of Unity Consciousness *

We are beginning to see clearly that Archangel Michael is giving us the tools we need to assist us in our Ascension process in a step-by-step manner. These techniques can be used in a hap-hazard manner with minimal success; however, if we wish to make steady progress in our efforts to achieve Self-mastery, we should learn and integrate these techniques in the order they have been given. There is a reason for this, and it will become apparent as you master each technique and begin to see the positive results in your life. As you refine your resonance, you are gradually becoming multidimensional, which means that you are tapping into the frequency patterns of several dimensions at once. Forever love and angel blessings, Ronna

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ARCHANGEL MICHAEL

Beloved ones, in order to make room for the refined frequencies of the multiple levels of the higher Fourth and Fifth Dimensions, there must be a clearing/cleansing process. Via the lessons and instructions we have given you over the years, we are endeavoring to give you the knowledge needed to traverse the path of Ascension with ease and grace; however, you must assume the responsibility for your return to personal Self-mastery. We are standing by to assist you as you reclaim your rightful status as a Spiritual Being on a Divine mission for our Mother /Father God. We salute your bravery. You are dearly loved. I AM ARCHANGEL MICHAEL.

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NEW * ARCHANGEL MICHAEL'S BOOK SEVEN ** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** CONTAINS ILLUSTRATIONS OF OUR PERSONAL TWELVE RAY CREATOR WHEEL FLOWER OF LIFE * ILLUSTRATION OF ATTAINING INTEGRATION OF ALL OF OUR FOURTH-DIMENSIONAL SOUL FRAGMENTS AND CONNECTING WITH OUR FIFTH-DIMENSIONAL, FIRST SUBLEVEL SACRED TRIAD. TWELVE COMPREHENSIVE ILLUSTRATIONS TO ASSIST US TO UNDERSTAND THE ADVANCED INFORMATION ARCHANGEL MICHAEL HAS GIVEN US IN THIS AMAZING BOOK ** The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many StarSeed Souls are close to accomplishing this goal. It will become a common occurrence over the coming years, and

the Ascension of humanity will accelerate throughout this century. Archangel Michael has defined the stages or levels of the Ascension process that humanity is currently experiencing as “STAGES OF EVOLUTION.” Most of the advanced Souls who have incarnated within the last fifty or so years came in with their Third-Dimensional Soul Fragments already harmonized and integrated, and many came in with a good portion of their Fourth-Dimensional fragments integrated as well. These precious Souls are the ones who are the Vanguard/Wayshowers who will lead the Way into the new world of our future. Archangel Michael has blessed us with some extraordinary information, which will assist us to move through this process as gracefully as possible.

THE MAGIC & MAJESTY OF ASCENDING HUMANITY * BOOK SEVEN * ARCHANGEL MICHAEL / Ronna * 8 X 11 Spiral-bound Study Manual * $25. plus S&H

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It is important that you not run away from ‘unfinished business,’ but stay in your present environment (circumstances) while you are deciding what your passion is (or what your next step into self-awareness is). You must clear up the old business at hand. In other words, if your home life is in chaos, or if you are dissatisfied in the work place, there is inner work to be done before you can manifest harmony and balance in your outer world.

Take an inventory and endeavor to discover what lessons are to be learned from each situation. Endeavor to see the best in everyone and consciously seek to make an ‘attitude adjustment.’

Every person you interact with, and every situation that is presented to you each day which makes an impact on you, contains a lesson to be learned.

The greatest thing that is holding everyone back from attaining self-mastery and claiming the beauty, bounty, joy, peace and harmony which is the Divine Birthright for all humanity

is fear. Fear of failure; fear of the unknown; fear of success and of moving out of the 'comfort zone' of your present existence.

We have stated before, 'Your earthly contract is completed,' and that applies to every soul on Earth. We have stated that the Divine Plan has moved to the next phase or level, and this means that everyone must move forward on the spiral of Ascension. This also means that every person on Earth is being given an opportunity to write a new 'Galactic Contract.' That means 'Scripting Your Future' or your future will be decided for you, and it will not be nearly as exciting and filled with potential.

Each person must take responsibility for their own past, future and present. It is more important than ever for each person to 'KNOW THYSELF.'

Many dear souls with great potential continually self-sabotage their endeavors, for deep within they do not feel worthy, and still harbor fear of failure. Each step on the Ascension ladder must be traversed and the lessons/energy therein must be faced, overcome, and the wisdom of each lesson integrated. This is the way of self-mastery.

As you move more deeply into balance and harmony within 'Self' your guides and teachers will lovingly open the way for you and your destiny and passion will appear, but not before you are ready to take the responsibility for bringing your dream to fruition.

Learn to walk the middle path and to Return to Center, whereby you are radiating vibrations of peace, balance and harmony all around you, and therefore, these harmonious frequencies patterns will be returned to you in even greater measure.

When you begin to see each challenge as an opportunity for growth; when you have such a burning desire to accomplish a task that you allow nothing or no one to stop you; when you have placed your clear, concise vision in your Pyramid of Power/Light and asked for the best outcome, for your highest good and the greatest good of all; when you have gained the knowledge and laid a firm foundation for your vision, and you firmly and surely move forward toward your goal, you WILL find your passion. Take the steps as outlined, beloveds, and we can assure that you will attain success.

YEAR 2016 - AAM Combined 2016

Beloved masters, you are a Facet of the Creator's Spirit Essence: An Individualized God-Seed Atom. It is your I AM consciousness with an inborn desire

TRANSMITTED THROUGH RONNA

WHAT IS SPIRIT?

Beloved masters, you are a Facet of the Creator's Spirit Essence: An Individualized God-Seed Atom. It is your I AM consciousness with an inborn desire to express and create. The word Spiritual does not refer to religion or religious dogma. It is a focus on the advancement from a present state of Being: physical, emotional, mental, intuitional and social. It entails a refinement of the human instinctual-nature into an evolved Spiritual/Human Being ready to move into the rarified environment of the Fifth Dimension. Enfoldment within higher consciousness results in a new state of awareness, which leads to new experiences, greater abilities and additional talents. Self-realization is the goal of today's advanced Souls.

It is vitally important that you learn to direct your personal stream of consciousness. The ego-desire mind meanders down through the labyrinth of the sub-conscious mind, following the strongest patterns of the illusional past, or randomly selecting bits and snippets of painful or stressful events, which are strong enough to leave a lasting thought form. Controlling your moment-to-moment mind chatter is an integral component in gaining mastery of Self. In order to become a rational thinker with a clear mind, you must become an observer or a monitor of the mind's thought processes.

Your Soul Self within the Third and Fourth Dimensions is a SACRED TRIAD FRAGMENT MERGING WITH MATTER in order to experience the multiple densities of creation. The Soul's primary motive is to infuse its host's personality with its portion of God Essence. Its goal and greatest desire are to serve through repeated cycles of "self-expressed individuality," with periodic impulses to again ascend into Spirit form, while retaining wisdom from a vast array of cosmic experiences.

Each Sacred Triad was diminished in Light quotient as it moved further out into the void and the density of creation. The beginning, Fifth-Dimensional stage of awareness, the densest, first sub-level will initiate a focus on the mental body and the integration of Divine Will. Specific evolutionary laws apply on each sub-plane as well as on each full plane of consciousness.

As you move into the vibrational patterns of the Fifth Dimension, your cells, Etheric Body, and Auric Field will begin an accelerated purification process. This process will facilitate, and will ultimately result in the downloading of the many Facets of your Higher Self, and the

beginning phase of reclaiming your higher frequency Light Body. Tranquility begins in the lowest level of the Fifth Dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond conditioned consciousness into attunement with your cosmic consciousness via the many Facets of your Higher Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of equilibrium that applies within the Fifth-Dimensional realms and above.

Briefly, the Sixth Dimension is the dimension in which you will truly realize that you are immortal. You will embody a greatly expanded consciousness of the DIVINE PLAN as you gradually reconnect with some of the more powerful levels of your Sacred Triads within this Sub-Universe.

The Seventh Dimension is the final evolutionary boundary for human embodiment within this Sub-Universal experience. You will have a definite form; however, it will be gossamer and malleable. The first sub-level (the lowest in frequency) of the Eighth Dimension is the Infinity Gateway. You will be able to tap into many of its benefits as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your Auric Field and vibrancy to your Soul Song. The full, radiant body of the Soul, upon its home plane level, the Seventh Plane of the Fourth Dimension, was given the title “the Higher Causal Body” by the ancient masters.

As you become multidimensional, your perception of time becomes more fluid, and the concepts registered by your brain will be more complex and accurate. You are gradually developing control over and a continuity of consciousness, which will result in a clearer and truer spiritual perception.

In order to develop your extra-sensory abilities it is of vital importance that you be willing to spend time not only in meditation and contemplation, but in silence. One of the first steps in gaining self-awareness is controlling and silencing the constant mind chatter of the lower conscious mind.

At the completion of overcoming all the challenges and tests of the Third and Fourth Dimensions, the aspiring Soul faces the final barriers leading to the entry (the first sub-level) of the Fifth Dimension. All of the Soul Fragments within the Fourth Dimension will have been cleansed, balanced and integrated into the entity’s four lower-bodily systems. As a result, the seeker becomes a harmonized, balanced, Soul-infused personality.

The Causal Body sphere, which initially contained all of the original Soul Fragments sent forth into the Third/Fourth Dimensions of this Sub-Universe, is now drawn back up into the Fifth-Dimensional, first sub-level Sacred Triad, from which it originated. It is now no longer needed, for the Soul-infused personality--now a Spiritual /Human Being--is ready to unite directly with its Fifth-Dimensional Sacred Triad. This Sacred Triad is the next higher Facet of its original God-Seed Atom within this Sub-Universal experience.

The harmonized, Fourth-Dimensional emotional realm is now ready to integrate with the first sub-plane of the Fifth-Dimensional mental realm, which opens up a whole new world of experience and learning.

For those who have not embraced the three godly qualities of DIVINE WILL, DIVINE LOVE, AND DIVINE INTUITIVE INTELLIGENCE, it is impossible to comprehend the wonder of the future. Your consciousness refines itself as you progress in spiritual awareness, and you also develop an acute awareness and sensitivity as the vibrations and rhythms of Sacred Love well up within your Sacred Heart. Sacred love is the key which opens the doorway to the next level of higher evolution. As a Soul-infused personality, you will become an earthly Solar Angel--a radiant Sun of God.

Many years ago, we explained to you: "There are Pyramids of Light stationed within every Dimension and Sub-Dimension throughout this Sub-Universe. Some are great storehouses of Cosmic Light substance, which are used in the creation of star systems, galaxies and solar systems. There are also innumerable, smaller Pyramids of Light, which contain an Etheric Replica of all the God-Spark fragments you have created on your journey into density.

" As you journeyed down through the multi-dimensions within this Sub-Universe, you refracted yourselves into smaller and smaller God-Seed Fragments. From the base level of the Fifth Dimension throughout all of the Sub-Dimensional realms up to the dimensional level in which your God-Seed Atom (I AM Presence) resides, you have a Sacred Triad within a Pyramid of Light, awaiting your return."

As you traverse the sub-levels of the Fifth Dimension, there is a Sacred Triad stationed within each of the Seven Sub-Dimensional levels, each one diminished in size and Light Power from the one above. All of the Sacred Triads were sent forth directly from within the Heart-Core of your God-Seed Atom, and they have been stationed within every Sub-/Full-Dimensional level, all the way down to the lowest, first sub-plane of the Fifth Dimension.

In order to gain access to and connect with the higher mental body, you must strive to stay centered within the Sacred Heart. This process can only be initiated once you have a firm control over your physical-emotional body. The conscious mind must have periods of silence in order to attune to the subtle whispers of the Soul and your Higher Self. You will attain peace of mind by consciously breathing through the Sacred Heart (the Infinity Breath), which becomes a natural way of breathing once you establish the Infinity pattern within your physical vessel, and practice the technique until it becomes a habit. It is vitally important that you learn to breathe mindfully. Through the process of focused breathing, by following the path of the breath, you will gradually become aware of the different parts of your body. Your Body Elemental's signals of discomfort or dis-ease are very subtle at first. If you do not heed these signals, they will gradually evolve into pain or possibly a serious illness.

We have often said that moving out of your comfort zone and the collective consciousness belief structure is a very courageous thing to do. Bravely going forth to seek and live your

own truth is the first step in taking back your personal power. As you release the shackles of the past, and come to the understanding that you are in control of your future, you begin the process of awakening to your potential as a master cocreator. As you gain wisdom, and begin to enjoy the positive results of your endeavors, you begin to trust yourself and your judgment. Your multi-sensory perception expands and becomes stronger, and you learn to view both the positive and negative results of your choices from a higher vantage point, thereby gradually learning to make decisions from a heart-centered point of view.

The process of ascending into the Higher-Dimensional realms of greater Light requires that you strive to unify your earthly consciousness with each higher vibrational level of God-Consciousness. The Grand Plan was designed so that your reentry into the higher realms would be accomplished through the integration of the White Fire Seed Atoms stored within the Diamond Core God Cell of each more advanced Facet of your Higher Self. One-by-one, step-by-step, you are integrating the will power, the wisdom, the attributes and qualities of each vaster Facet of your OverSoul. How quickly and easily you accomplish this is up to you, for you were given the gift of FREE WILL, which is an important component within the Grand Design for this Sub-Universal experience.

Every Facet of Creator-Consciousness in this Sub-Universe has experienced Soul-body fragmentation, and every Soul, at every level and station of Beingness, is now in the process of healing and reuniting with the many Facets of Itself. You will integrate as many Facets of Self as is humanly possible while in your present physical vessel, and the process will continue as you traverse the higher realms of existence. You are bio-computers with harmonic resonance. Each of you is a complex vibratory Being. You have become accustomed to the slower, denser energy of the Third/Fourth Dimensions; however, you are in the process of balancing, harmonizing and lifting the resonance of your force field in order to ascend into a more refined, Higher-Dimensional state of Being. You must remember that you are a unique Facet of the Creator, and you should treasure your uniqueness as you strive to return to the Oneness of your Divine Self.

Remember, as you lift your consciousness and return to harmony within, you will radiate forth more refined frequency patterns, and therefore, you will attract to you those who are embodying and radiating the same harmonic Light patterns. The reunification process entails rejoining multiple Facets of Self as well as reuniting with many members of your closest Soul companions on the journey. The Ascension process is a time of reunion at many levels of God-consciousness. Remember, we are only a heartbeat and a thought away. We enfold you in the radiant Sacred Love of our Father/Mother God. I AM Archangel Michael. Transmitted through Ronna * Star * Quest *775-856-3654*

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Dearest friends: As we enter the new year of 2016, we face many challenges, tests and opportunities, for we are truly on the Cusp of a New Age of conscious awareness and Self-mastery. If you have been faithfully following Archangel Michael's teachings over the past few years, you are aware that new wisdom teachings are guiding us toward a dramatic new

reality. The messages have become increasingly complex, and for most of us, we must study, ponder on, and even reread the messages several times before we begin to get a clear understanding of what is being relayed to us. If you have recently purchased beloved Michael's seventh book of wisdom teachings, THE MAGIC & MAJESTY OF ASCENDING HUMANITY, you are aware that he is now gradually relaying some of the advanced teachings from this new book to the masses via the monthly messages. This book contains many "Pearls of Wisdom" from his other six books and the three study manuals that we have been blessed with—along with a clear definition of what our present "Round of Ascension" entails. The manual is arranged to progressively assist us in understanding the Seven Dimensions which make up our earthly reality, and the progression of Earth's and humanity's amazing Ascension process. Also included are a number of incredible illustrations, which greatly help us to understand the complex process we are currently experiencing. Many will not be ready to study and integrate these teachings, and that is as it should be, for each of you are on your own path, progressing through each new level at your own pace. However, as the old Divine Blueprint is no longer in force, it behoves us to endeavour to understand how best to traverse these rapidly changing times. It will also be of vital importance to integrate at least the basics of the new Divine Blueprint for our Fifth-Dimensional reality. Each Sub-Dimension has it own specific laws and standards. Since we are in the process of accessing New Age Fifth-Dimensional awareness, our leap in Cosmic Consciousness will be much more dramatic and life-changing. Archangel Michael has gifted us with so much incredible information over the last twenty-five years, and it has been my great honor to be the "transmitter" of this information. Randy Monk and I are planning to hold some advanced webinars next year, which will focus on these new teachings. (Details to follow soon). In the meantime, I send you all my deepest love, gratitude and angel blessings, Ronna

** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** CONTAINS ILLUSTRATIONS OF OUR PERSONAL TWELVE RAY CREATOR WHEEL FLOWER OF LIFE * ILLUSTRATION OF ATTAINING INTEGRATION OF ALL OF OUR FOURTH-DIMENSIONAL SOUL FRAGMENTS AND CONNECTING WITH OUR FIFTH-DIMENSIONAL, FIRST SUBLEVEL SACRED TRIAD. TWELVE COMPREHENSIVE ILLUSTRATIONS TO ASSIST US TO UNDERSTAND THE ADVANCED INFORMATION ARCHANGEL MICHAEL HAS GIVEN US IN THIS AMAZING BOOK ** THE MAGIC & MAJESTY OF ASCENDING HUMANITY * BOOK SEVEN * ARCHANGEL MICHAEL / Ronna * 8 X 11 Spiral-bound Study Manual * $25. plus S&H

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COSMIC WISDOM TEACHINGS FOR SELF-MASTERY

TRANSMITTED THROUGH RONNA

SENT TO SEDONA JOURNAL - NOT USED ON WEB OR MAIL LIST (LM-3-2003)

Beloved masters, at the present time you may wonder why we are not relaying much new information to you, but are more or less repeating wisdom teachings of the past. We have told you—through the many messengers of Light who have devoted much of their time and energy to bringing forth the wisdom teachings for your ascension in consciousness—we have now given you the major, important teachings for this particular round of the ascension process. We are focusing on past teachings—refining and upgrading them— for a reason. Repetition is one of the best ways to help you integrate and retain the higher frequency teachings of the future.

We understand that it is exciting and tantalizing to constantly receive new, radical and sensational information; however, we ask you, 'Have you integrated and perfected all the teachings that have been given? Have you accomplished all of the goals necessary to competently and easily access and live in a Fifth-Dimensional environment?'

A limited number of advanced Souls have achieved that goal; however, the majority of you are still in various stages of completing the final, critical Rites of Passage that are needed to achieve entry into the Fifth Kingdom of God-consciousness. Patience, and a willingness to allow the process to unfold in its own time is what is needed during this critical stage of higher consciousness integration. Whether you are in an intense period of testing or growth, or whether you are in a "null zone," or a time of "sanctuary and contemplation," it is vastly important that you allow your OverSoul/Higher Self to orchestrate the tempo and timing of the final stages of the process.

As you and the Earth return to balance in the still point of perfected harmony, polarity consciousness will no longer be able to dance and weave between the Light and the shadows. There will be no need for conflict, separation or anything which will hinder you in perfecting your mastership and creating that which will bring peace, prosperity and great joy for all. It is surely being brought into your awareness that the Light is becoming more predominant in certain people and areas, as the shadow/negativity is becoming more pronounced and chaotic in other areas. This is because a separation is taking place, both within each of you and all around you. You must choose which path you will follow: the upward spiraling path of en-Lighten-ment or the downward spiral of continued chaos and limitation. Our mission is to assist you in making the highest choices. Are you ready to manifest, and prepared to live in the magic and majesty of the Fifth Dimensional environment that is awaiting you?

** SELF-MASTERY IS A STATE OF BECOMING. Becoming a Soul-infused personality is a never-ending process as you learn to integrate more and more of the virtues and attributes

of our Father/Mother God. It takes constant vigilance and practice, but the rewards are immeasurable.

** Be aware that there is energy potential all around you, and it radiates as an Infinity Sign from you—above, below, in front and in back. What you are thinking and feeling creates a vibrational pattern: it radiates out from you and magnetizes to you energies, situations or people who are in harmony with that vibrational resonance or pattern. Change your thoughts and the vibrational energy you project, and you will change your world.

** Remember why you are on Earth. Remember that you are an extension or a Facet of the Creator. Embrace the excitement of your new reality as you create greater and greater harmony within your world. Become a practical Spiritual/Human Being. Enjoying the beauty and bounty of all the Earth Plane has to offer, while also enjoying the beauty, wonder and magic of the higher realms.

** Each of you were placed in a particular energetic environment with harmonic frequencies that would be most advantageous in assisting you to learn the life's lessons you chose before coming into this incarnation. In addition, you were given special talents, gifts and strong inclinations to assist you in fulfilling your life's mission.

** The human body is a magnetic pole within the spectrum of Light and shadow or within the positive and negative forces of Cosmic electromagnetic energy. The physical vessel is a complex organism, which contains the ESSENCE ELEMENTS of all the Lower Dimensions: mineral, vegetable and animal, as well as the STARDUST ELEMENTS OF LIGHT.

** You have a Star Tetrahedron and rotating fields around you, which will increase in strength and magnitude as you build and strengthen the Rainbow Bridge or the crystalline column of Light that connects you to your God Seed Atom / I am presence. That column has diminished to a thin thread of Light in many humans, feeding them barely enough Life Force energy to keep them alive. As you clear the distortions, you will receive greater and greater amounts of Creator Light, and you will also re-establish your interactive relationship with the multi-faceted parts of your greater Self.

** Light, sound and color are the modalities of healing, expansion and transformation. You are just now remembering and learning to use some of the major tools of mastery that are a part of your divinity and birthright. Your genes/DNA carry a tone or resonance which we call your Soul Song. Toning, and using harmonics will help cure many of the symptoms of distress or illness that you are experiencing, for it brings your DNA, and your etheric, emotional and mental bodies back in to harmony.

** Love is a natural state of being. Love is a natural, inborn condition. When love is the radiating force in your life, fear disappears. Fear is created by the absence of love. Fear is only a state of mind. When you turn inward and tap into the well-spring of love within your heart core, it first fills your inner Being, and it then radiates out into the world. You begin to see through eyes filtered with love, and hearing tempered by compassion. It changes how

you view the people in your life and everything that happens to you. An overlay of loving energy creates miracles.

** There are living libraries of knowledge stored at every level of existence throughout this multifaceted Universe. There are Recording Angels or Celestial Recorders who keep a record of every thought, action and event that has ever taken place or ever will take place.

** Yes, there are still many lessons to be learned, and there always will be. There are millions of mysteries on your journey throughout the cosmos that will entice you to seek a solution. We delight in your attempts to understand the workings of Creation and all of its wonders.

** Fortunately, a vast number of you now have the insight to see the justice and perfection in the dance and drama of life that you must experience each day. You are being prepared to take a giant leap INWARD, OUTWARD and FORWARD, beloveds. The time has come for you to assume your proper role in this great event called, the Ascension of Earth and humankind.

** Your Light Quotient must blaze forth so that it may connect with that of other en-LIGHTEN-ed Beings, and in doing so it will gain strength and momentum. Eventually it will permeate and infuse the Crystalline Etheric Web of your home planet so that ALL will benefit from the CREATOR LIGHT OF TRANSFORMATION.

** Worship should not be reserved for one designated day of the week, it should be a state of heightened-consciousness which OverLights your total Being, and it is the focal

point of your reality. It is your highest privilege and first duty to maintain a worshipful attitude each and every moment of your existence. Strive to develop a constant, joyous and

intimate relationship with the Creator.

** When you tap into the elixir of the higher realms of existence, it becomes an all-encompassing passion, which leads to heightened self-discipline, strong moral beliefs and spiritual aspirations. You will have no difficulty in learning patience, fortitude and tolerance, and you will strive to live a life of service. Divine wisdom and Cosmic insight are rewards of a sincere seeker of spiritual truth. Live your truth as it has been and will be revealed to you. You will live in an aura of peace personified and sublime love.

** True spirituality does not demand particular rituals or rigid beliefs, it is a mode of living your highest truth with whole-hearted devotion. You are to seek a blending of your highest intellectual, emotional and spiritual reality.

** Seek to use your Divine imagination. Be enthusiastic, but also be practical. Be courageous, but not reckless. Maintain a confident attitude as you delve into the unknown and seek to manifest the visions given to you in your sojourns into the higher realms of existence. When you make the highest moral choices, your Soul is infused with the ecstasy of Divine Love. If you aspire to align your will with that of our Father/Mother God—you become a partner—a

cocreator of the multiple time/space worlds of existence. Never forget, the Creator indwells within you, and you indwell within the Heart Core of the Creator.

** The resurrection process for humanity has been a long evolutionary struggle to attain a balanced state of Being in order to allow Spirit to descend and take dominion of the physical vessel. Resurrection is returning to your original magnificence by embodying all your Divine Light and spiritual attributes. Evolution is purposeful, not accidental.

** The human intellectual thought process must evolve beyond the limitations of language. There is a vast wealth of information awaiting you via inspiration. You must develop your intuitive abilities in order to receive the wisdom of the higher realms. It will not come from outside you. It will well up within your own Sacred Mind and Sacred Heart. You must reach up and grasp it, for it will not come down into the density of the lower planes of consciousness and seek you out.

** You must shift from self-judgment to Self-love, which creates a resonance that extends beyond the physical body, and gradually begins to affect others. When it grows forceful enough, it can even assist in the healing process—first for yourself, and then to those within your sphere of influence.

** There is Cosmic time that is fluid and malleable, and mortal time that is linear, structured and event oriented. You are learning to live as spiritual mortals who have the ability to access the fluidity and magnificence of the Cosmos. There are schools of Cosmic philosophy where you have studied, which you will again be able to tap into as you gain the ability to traverse the higher realms of expression. There are Destiny Guardians to guide you and show you the way. Ask for their assistance and they will be your devoted servants. The Beings of Light represent many differing view points, and they have diverse personal experiences, just as mortals do.

** Each of you has the ability to contribute something personal and unique to the Divine Blueprint, which has been designed for the future of humanity and the Earth. You have been given an extraordinary gift by the Creator—the Divine privilege of participating in the creation of your own destiny. Each of you have the potential of becoming a Self-master and a glorified mortal. You are becoming Spirit-infused mortals which assures your immortal status. You are multifaceted, and you have consciousness on many more levels than you can comprehend at this time. You are an immortal Soul with a mortal mind and body. You are in a process of Soul expansion and higher-frequency Light integration. ** How bright and warm is your Sacred Fire? Does it blaze brightly and warm the hearts of others? Or is it a feeble flame, not even strong enough to warm your own heart? “Cold-hearted” is not a term associated with a true bearer of Creator Light. The Spirit of the Creator cannot be isolated. Spirit permeates everything in existence to one degree or another. You are being offered a grand opportunity to expand your consciousness to incorporate the vastness of Creation.

** Once you attain the status of a Soul-infused Spiritual/human, your intellectual abilities, efficiency, and practicality will assist you to make astounding progress. You have the tools

and inward talents to achieve anything you desire in this lifetime and beyond, beloveds. Remember, when you have aligned with your current highest destiny for the greatest good of all, you will access and radiate out into the world the Creator Particles of Love/ Light /Life. We are here to assist you in every way possible to attain spiritual illumination, and we radiate to you a beam of Eternal love. I AM Archangel Michael.

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-3-2016

TRANSMITTED THROUGH RONNA

THE FIVE KINGDOMS/DIMENSIONS FOR

THIS ROUND OF EARTHLY ASCENSION

Beloved masters, everything in the Universe is endowed with a consciousness of its own kind and on its own plane of perception. Remember, ALL Creation–the Omniverse at all levels–is Cosmic Energy, which was sent forth from the Heart-Core of the Supreme Creator. This Energy is composed of vibrational frequencies of infinite variations, which interpenetrate with each other, and yet are separated from each other by the variance in Light frequency patterns. The Light/Energy of the Creator contains all the components of Creation, and these innumerable Seeded Patterns of Light make up the complexity of the many levels of material manifestation. The terms used to describe the multiple levels of Creation, such as “Dimensions and Sub-Dimensions,” were established to bring clarity and understanding of the very complex “nature of the reality” in which you all exist. As most of you are aware, each Dimension within your earthly etheric environment has seven sub-levels.

THIRD AND FOURTH DIMENSIONS * DUALITY

ENERGY + MATTER

POSITIVE / ACTIVE ** NEGATIVE / RECEPTIVE

FIFTH DIMENSION * TRIPLICITY

DUALITY + SPIRIT + MATTER

EQUALS: HARMONIOUS MATTER

FIRST DIMENSION * MINERAL KINGDOM: First Dimension and lower sub-levels of Second Dimension: The Mineral and Vegetable Kingdoms are ruled strictly by instinct, and they are infused with God Light/Life via the Devic and Elemental Kingdoms. The First-Dimensional environment is the world of the elements, the building blocks of the material world from the sub-atomic elements to the soil, rocks and water that make up the body of the Earth. This is the foundation for the manifestation of all plant life, and home of the lowest level of the

Elemental Kingdom whose mission it is to relay from the sun the life-giving elements or nourishment for all of the mineral and plant kingdoms. Under the guidance of the Elemental Kingdom, the Plant Kingdom also began to experience an instinctual desire to reach for the sunlight and bask in the warmth of its radiance.

SECOND DIMENSION * FLORA & FAUNA * PLANT & ANIMAL KINGDOM: The mid-Second-Dimensional level is where the Animal Kingdom materialized and a sub-level of consciousness began. Originally, the Animal Kingdom subsisted and received sustenance from plant life—it was never intended that they should become carnivorous. Basic feelings and emotions began to be displayed within the Second-Dimensional environment as the Animal Kingdom evolved and began to experience primal fear, anger and instinctual love or compatibility with a strong desire for companionship. The Animal Kingdom is strongly influenced by inborn instinct. The animals' Sparks come from and return to a Group Soul in between each incarnation.

THIRD DIMENSION: Since humanity's fall in consciousness many thousand years ago, the Earth and its physical environment have been composed of Third–/Fourth–Dimensional components. The Third Dimension consists of length, breadth and depth of space. The Sentient Beings of this Dimension are the more evolved Animal Kingdom (group consciousness) and Human Beings, which have individualized Soul-consciousness.

THIRD KINGDOM / THIRD DIMENSION: * FIRST THREE SUB-PLANES * ANIMAL / NATURE KINGDOM: Higher-conscious species of Animal Kingdom—instinctual /sub-conscious.

FIRST THREE LEVELS OF THE THIRD DIMENSION: Animals who are gradually evolving into a higher species, and who have developed a limited sentient intelligence, are within this range of intelligence: such as Primates (Apes and Monkeys), Elephants, Horses, Dogs and Cats. In some future stage of the "Ascension process," they will be "ensouled," and will be allotted an individualized I AM consciousness.

There are also some humans—very young Souls—who obtained their individualized I AM consciousness within a more recent "Round of Evolution". Their first incarnational experiences have been in this solar system or on the Earth Plane, and they are, therefore, still functioning within an animal/human base-instinctual nature, along with a varying degree of intellectual capacity. These Souls are the true "earthlings."

There are no longer any young or early mature Souls being incarnated on the Earth Plane. Only "mature and old Souls" who have had a vast number of incarnational experiences throughout this Universe, and quite possibly in other Universes as well, are incarnating on Earth now.

THIRD DIMENSION * SUB-PLANES FOUR THROUGH SEVEN * HUMAN KINGDOM: The Third-Dimensional realm of material expression is more mentally focused, with a strong desire to create, conquer and to control nature. It is the lowest level of humankind's experiential existence. A basic, instinctual-survival nature began to develop with a gradual, limited consciousness of self, "I am separate and different from you." Human Beings began

to emerge from a herd-state of consciousness, where there were seldom any unique or individualized thoughts. Most knowledge came forth from the group instinctual nature and basic concepts handed down from the elders.

FOURTH KINGDOM / FOURTH-DIMENSIONAL HUMAN KINGDOM: Sub-conscious and conscious awareness. In the Fourth Dimension a conscious awareness of the "NOW" moment is added to length, breadth and depth of space. The Fourth Dimension is the realm of emotions, Maya/illusion—the Astral Plane. Since it is the beginning stage of higher frequency patterns, time is more fluid, and the laws of time and space begin to change. It is sometimes called the Etheric Realm. You must pass through the mass consciousness belief structure, which is mostly comprised of a conglomeration of inharmonious Third-/Fourth-Dimensional vibrations. It is your responsibility to clear or neutralize your personal discordant vibrational frequencies in order to traverse the seven sub-levels of the Fourth-Dimensional environment, and to tap into an awareness of your "I AM" within the Fifth-Dimensional environment.

FOURTH KINGDOM * SUB-PLANES ONE THROUGH THREE: HUMAN/HUMAN KINGDOM: Human Beings within this stage of evolvement are still using some of their animal instinctual nature along with the sub-conscious / conscious human nature. Sub-planes four through seven: the beginning of the development of a human/Spiritual nature.

Whales and Dolphins are a special, unique species which does not fit within any of the evolutionary profiles that we are presenting to you for your greater understanding. They are considered to be the most spiritually and intellectually advanced species on Earth. As the Earth was created for human inhabitation, these wondrous Beings of Light were sent forth from far-distant Star Systems as "Keepers of the Divine consciousness for the human species." They are the recorders of the en-Lighten-ed, and also the diminished consciousness of all life forms from the beginning of this Sub-Universal experience—not only in this realm, but also in many other realms within this Sub-Universe. They embody the recorded history of Earth, all planets, solar systems and galaxies, and they constantly bring forth reverberating frequencies of Light and advanced information.

Wisdom teachings of the past from some of the en-Lighten-ed conveyers of Dolphin and Whale wisdom have brought forth much information regarding these powerful servers of the Light. The Dolphins and Whales facilitate the weaving of energy matrices of crystalline consciousness throughout the planet. This allows humans who are vibrationally receptive and spiritually ready to embody the deeper infusions of pure love throughout their cellular structure, and to experience deeper, more refined levels of telepathic communication. They represent all Beings on the Earth, and their mission and their glory are to hold the entire Earth in a liquid Auric Field of greater love. They send the tones of love through the waters, and deep into the Earth, as well as to all humanity, in order to keep the evolution of consciousness on the Earth moving according to the greater plan. They are not as they appear to be in form. They are great, magnificent Beings whom we admire, and if we are receptive, we will feel their loving energy as they continually patrol the oceans spreading our Father/Mother God's frequencies of love, harmony and grace.

FIFTH KINGDOM: FIFTH-DIMENSIONAL SPIRITUAL/HUMAN NATURE * FIRST SUB-PLANE OF THE FIFTH DIMENSION: Integration of all Third-/Fourth-Dimensional Soul Fragments has been accomplished. Therefore, the Soul-infused Personality is released from the Wheel of Karma. Gradual development of conscious / Superconscious / intuitive awareness —the beginning phase of SACRED-TRIADAL CONSCIOUSNESS.

FIFTH-DIMENSION, MENTAL PLANE OF CONSCIOUSNESS: SACRED TRIAD * THREE GOD RAYS:

I. SPIRITUAL WILL/POWER: COSMIC ENERGY ** II. LOVE/INTUITION: WISDOM **

III. COCREATIVE-ACTIVE INTELLIGENCE: KNOWLEDGE

EGO-DESIRE BODY * INSTINCT * LOWER MIND 3D

EMOTIONAL BODY * IMAGINATION * CONSCIOUS MIND Lower-4D

SOUL CONSCIOUSNESS * INTUITION * SACRED MIND Mid-4D

SOUL-INFUSED PERSONALITY * ILLUMINATION * SACRED TRIAD 1st-Level-5D

For your better understanding, we will give you an “ENERGY FIELD OF CONSCIOUSNESS” for each Dimension— an arbitrary designation of what we are calling, WATTS OF GSALP:

ENERGY FIELDS OF CONSCIOUS AWARENESS

“GOD-SEED ATOM LIGHT POWER.”

* FIRST DIMENSION * 1,000 TO 1,999 WATTS GSALP

* SECOND DIMENSION * 2,000 TO 2,999 WATTS GSALP

* THIRD DIMENSION * 3,000 TO 3,999 WATTS GSALP

* FOURTH DIMENSION * 4,000 TO 4,999 WATTS GSALP

* FIFTH DIMENSION * 5,000 TO 5,999 WATTS GSALP

FREQUENCY LEVELS OF CONSCIOUSNESS:

FIRST AND SECOND DIMENSIONS: 1,000 TO 2,500 WATTS GSALP:

Higher sub-levels of the Second Dimension and the first three sub-levels of the Third Dimension: 2,500 to 3,300 watts of GSALP

PREVAILING NEGATIVE ATTRIBUTES TO OVERCOME:

THIRD DIMENSION: FROM 3,000 TO 3,999 WATTS OF GOD-SEED ATOM LIGHT POWER.

FROM LOWEST LEVELS TO HIGHEST: SURVIVAL INSTINCT * FEAR * ANGER * VENGEFUL * HATE * DESPISING * SHAME * GUILT * DENYING * UNCARING * APATHY * STUBBORN * MISERABLE * INDIFFERENT * PERMITTING * ENABLING * HERD STATE * CONFUSED * RIGID THINKING PROCESS * FEARFUL OF CHANGE * COMPLACENT * FEARFUL OF THE FORCES OF NATURE AND THE ELEMENTS.

FOURTH DIMENSION: FROM 4,000 TO 4,999 WATTS OF GOD-SEED LIGHT POWER.

FIRST THROUGH THIRD SUB-LEVELS: MISERABLE * SELF-SERVING * CONFRONTATIONAL * CRAVING * BLAME * DESPAIR * ANXIETY * LETHARGIC * HUMILIATION * HOPELESS * GRIEF * DEMANDING * WITHDRAWAL * DESTRUCTIVE * JUDGMENTAL * STUBBORN * INFATUATION *AUTHORITATIVE * DOGMATIC * EXTREME * FRIVOLOUS * VAIN * SEEK GLAMOUR * POSSESSIVE * BOREDOM * MATERIALISTIC * STRONG BELIEF IN “GOOD LUCK,” FATE AND PUNISHMENT * WILLING TO GO WITH THE FLOW * CAUGHT UP IN “MASS CONSCIOUSNESS BELIEF SYSTEM” * “I, ME, MY” FOCUS.

NEGATIVE ATTRIBUTES TO HARMONIZE, AND POSITIVE ATTRIBUTES TO INTEGRATE:

FOURTH SUB-LEVEL—A BRIDGE TO HIGHER CONSCIOUSNESS:

PLODDING * FRUSTRATION * DISCONTENT * DOUBT * REGRET * PERMITTING * ENABLING * PESSIMISTIC * NEUTRALITY * WORRY * DISCOURAGED * UNWORTHINESS * SOME OBJECTIVITY * LEARNING TO FORGIVE * UNDERSTANDING * HOPEFUL * OPTIMISTIC * DESIRE * LEARNING DISCIPLINE * BEGIN TO TURN INWARD * SEEKING* * TRUST * INSIGHTFUL* HELPFUL * GENEROUS * “EXPANDING SELF-AWARENESS.”

FOURTH DIMENSION—FIFTH THROUGH SEVENTH SUB-LEVELS:

PATIENT * EXPRESSIVE * CREATIVE * DISCIPLINED * SEEKS SOLITUDE * COMPASSIONATE * MERCIFUL * HARMONIOUS * SERENE * TRUSTING * COURAGE * EMPOWERMENT * OPTIMISM * REVERENCE * LOVING * JOYFUL * BLISS * INTUITIVE * GRACIOUS * THANKFUL * ALTRUISTIC * DESIRE TO SERVE * TRUTHFUL * GRATEFUL * “DEVELOPING UNITY CONSCIOUSNESS.”

Most of you who have followed our teachings are aware that you must clear 51% of your negative frequency patterns and attune to your Soul Song to at least a portion of the lower sub-level frequencies of the Fifth Dimension in order to begin to receive the Adamantine Particles of Creator Light. In doing so, you gain the ability to breathe in this Essence of rarified Light containing the refined vibrational frequencies of the higher realms. You, while in your physical vessel, are being given an opportunity to incorporate the Divine Essence of the New Age, which is permeating the Earth at this time.

There is no firm demarcation between Dimensions, for they ebb and flow in a wave pattern and interpenetrate each other to a certain degree. Much of humanity is now resonating to the frequencies of the higher, more harmonious frequencies of the Third Dimension, while tapping into and integrating various levels of the Fourth Dimension. Many dedicated Souls

are beginning to access some of the frequency patterns of the lower sub-levels of the Fifth Dimension, and there are even some more advanced Souls who are integrating small amounts of Sixth-Dimensional frequency patterns (and even higher) via the Cities of Light.

Beloveds, we know some of the concepts we relay to you can be very confusing. However, as you expand in consciousness and wisdom, your Sacred Mind will open to the well-spring of knowledge you have in reserve, and you will remember and understand. I am with you always. I AM Archangel Michael.

Transmitted through Ronna/Sacred Scribe *Star*Quest *775-856-3654*

** www.RonnaStar.com ** www.QuestForMastery.org **

THE LAW OF RESPONSIVE RETURN

TRANSMITTED THROUGH RONNA

THE LAW OF RESPONSIVE RETURN

Beloved masters, the Rays of Divine Light, which are radiated throughout Creation via the great Archangels, not only contain the all-encompassing attributes of our Father / Mother God, their thoughts and emotions of love and wisdom are also constantly being Ray-diated throughout all Creation. However, it is each person's responsibility to be receptive to this gift of Living Light, to integrate as much as possible, and then to pass on a portion to humanity, and also a "tithe" of Love/Light and gratitude back to the SOURCE of ALL.

Universal Law mandates that there must come a time when all conscious Souls begin to return a portion of the Divine gifts of Love/Life they have been allotted—it is called the Law of Responsive Return.

When you actively participate in sharing your allotment of Adamantine Particles in times prayer, affirmation, meditation and 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 loving energy, gifts and talents of Spirit.

The SACRED WHITE COSMIC FIRE, Adamantine Particles, that you magnetize to you as an awakened Self-master must continually circulate. Only a certain amount— that which is appropriate for each Soul to integrate at their current level of en-Lighten-ment—can be stored within the physical vessel. The remainder must be RAY-diated out into the world of form.

The Supreme Creator is composed of infinite, indefinable Essence power which is so overwhelming that you cannot even imagine ITS magnitude. That wondrous Essence power has been reduced within every dimensional level of Creation so that you, the Star Seed cocreators, may claim your portion of this magnificent energy.

Each human Being contains hundreds of potential personality traits, which have been stored within the genetic structure of his/her four-bodily systems (physical / mental / emotional / etheric). It is up to each person to determine which personality traits he/she will develop and present to the outside world. The faster you neutralize or harmonize your negative personality traits, the more quickly your godly potential or your master Self will emerge. Only then will you gain access to your full potential as a cocreative master within the physical planes of existence.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or Medulla Oblongata at the base of the skull; the back portal of your Sacred Heart; your Sacred Mind, which is located in the upper, back portion of the brain, and the expansion of the opening of the Crown Chakra and your column of Light. These are major physical steps in the Ascension process, for they will clear and expand your connection with the River of Life, which contains the Living Light Particles of Creation called Adamantine Particles.

At that point, you begin to build a force field of the Full-Spectrum Light for this Sub-Universe, as you strive to become a Self-master, and a conscious cocreator who only creates those things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

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 used in the wondrous creations of the new Divine Blueprint. 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.

The SACRED TRIAD is the vehicle through which the God-Seed Atom works, just as the Soul works through the personality on the Earth Plane. The Seventh sub-level, Fourth-Dimensional, Causal Body is a vehicle of higher Soul-consciousness. The Causal Body is the Spiritual Body of the God-Seed Atom Soul Fragments, and an intermediary between Spirit and matter, life and form.

THE THREE COSMIC CORDS OF LIGHT: There are three COSMIC GOLDEN CORDS OF LIGHT FROM WITHIN YOUR GOD-SEED ATOM which flow down through your many SACRED TRIADS into your Fourth-Dimensional Causal Body, and then down into your OverSoul / Higher Self into the physical vessel. The three cords are the LIFE FORCE ENERGY CORD, THE CONSCIOUSNESS CORD, AND THE CREATIVE CORD.

1. The Breath of Spirit/Life/Energy Conduit—the Silver Cord (which contains two Threads of Light) anchors within the Soul Star, OverSoul/Higher Self. Of the two Life Energy Threads, one is anchored within a God-Seed Atom in the Pineal Gland, and the other one is anchored within the Diamond Core God Cell within the Sacred Heart. This essential “CORD OF LIFE” uses the blood stream as its primary distributing agent.

2. The Consciousness Cord connects with your OverSoul/Higher Self within your Soul Star Chakra, and then anchors within the Pineal Gland in the brain.

3. The Creative Cord connects with the Right Brain hemisphere of the higher mind of intuition and inspiration and the Sacred Mind.

SOME OF THE MAJOR PERMANENT SEED ATOMS WITHIN THE PHYSICAL VESSEL:

1. A FIRST RAY, MENTAL SEED ATOM WITHIN THE PINEAL GLAND.

2. A SECOND RAY, HEART SEED ATOM WITHIN THE SACRED HEART

3. A THIRD RAY, ASTRAL SEED ATOM WITHIN THE SOLAR PLEXUS.

4. A ROOT CHAKRA SEED ATOM CONTAINING A RESERVE OF ADAMANTINE PARTICLES OF LIGHT.

5. A SECOND SEED ATOM WITHIN THE ROOT CHAKRA CONTAINS

YOUR DIVINE BLUEPRINT FOR THE EMERGING AGE OF AQUARIUS.

The higher wisdom and refined energy required for traversing the sub-levels of the Third/Fourth Dimensions are supplied by the three God Ray attributes and qualities of each, more refined, OverSoul/Higher Self. This vital energy flows through the Threefold Life/Light Cords within the person's Column of Light: Life Force Energy / Conscious awareness / Creativity.

As a person gradually awakens to the nudgings of the Soul and Higher Self, thereby becoming a Seeker of higher wisdom, the Consciousness and Creativity Cords become active, and vital frequencies of Self-mastery and Ascension begin to flow into the physical vessel. Eventually, higher frequency, vibrational patterns will be radiated from the GOD-SEED ATOM down through the River of Life column of Light–the Antakarana–into the Soul Star, and then directly into the Pineal and Pituitary glands, and also into the Sacred Mind and Sacred Heart. The physical mind, controlled earlier by the ego desire-body personality, is now controlled by the higher frequency consciousness of the Soul Self.

Each Sacred Triad was diminished in Light Quotient as it moved further out into the void and the density of Creation. The beginning Fifth-Dimensional stage of awareness—the densest, first sub-level—will initiate a focus on the mental body, and the integration of Divine Will. Specific evolutionary laws apply on each sub-plane as well as on each full plane of consciousness.

Every SACRED/SPIRITUAL TRIAD contains the Essence of the Three God Rays for this Sub-Universe: DIVINE WILL * LOVE/INTUITION * INTELLIGENCE IN ACTION.

THE LAWS OF SPIRIT WITHIN THE FIFTH DIMENSION ENTAIL: Learning how to wield energy in the physical, material world using the three God Rays from within your GOD-SEED ATOM, via the SACRED TRIAD of the first sub-level of the Fifth Dimension, to which you are

gradually becoming attuned. It is also vitally important that you learn to stay centered within the Still Point of Infinity—the NOW moment of God Power.

The TRINITY aspect of the Third/Fourth Dimensions, BODY / MIND / SPIRIT, will become a perfected DUALITY, a Soul-Infused Personality—a fully conscious Soul on the physical plane. From that point onward, the Soul-infused personality is directly connected to the Fifth-Dimensional, entry-level, Sacred Triad, which is connected to all of the higher-frequency Sacred Triads throughout the Multi-Dimensions. After completing this stage of evolution, there will no longer be an Over-Soul/Higher Self within the Third and Fourth Dimensions.

HEAD: SACRED TRIAD * WILL/PURPOSE

HEART: SOUL * WISDOM/INTUITION

SOLAR PLEXUS: PERSONALITY * EGO-DESIRE BODY

The Soul's primary goal is to prepare Its physical vessel host to integrate enough Creator Light to lift Its frequencies from the Third-/Fourth-Dimensional environment into the base Fifth-Dimensional level. At that point, the physical vessel becomes Soul-infused or an empowered Soul, within a complimentary vessel. The aspirant is no longer just a human Being with a sustaining Soul. Each person is like a miniature whirlpool in an ocean of the Creator's dynamic, swirling energy.

THE SACRED TRIAD IS AN EXPRESSION OF YOUR GOD-SEED ATOM.

THE SOUL SEED ATOM IS AN EXPRESSION/A FACET OF THE SACRED TRIAD.

THE PERSONALITY IS AN EXPRESSION OF THE SOUL.

As you traverse the sub-levels of the Fifth Dimension, there is a Sacred Triad stationed within each of the Seven Sub-Dimensional levels, each one diminished in size and Light Power from the one above. All of the Sacred Triads were sent forth directly from within the Heart-Core of your God-Seed Atom, and they have been stationed within every Sub-/Full-Dimensional level—all the way down to the lowest—the first Sub-Plane of the Fifth Dimension.

As human Beings—Spirit/Soul/Physical Body—you are infused with the WILL to create, a sense of purpose, instinctual incentive, and a complex nature. Each person will have unique moods, desires, qualities, inherited complexities and inhibitions, for each incarnation is the sum total of the major aspects of a person's thousands of life experiences. The Soul is reflected through the personality until Soul integration is complete, at which time the personality is OverLighted and reflected by and through the Soul Self.

Your planet is now plugged directly into the Heart-Core of the Great Central Sun within the Milky Way Galaxy. The new cosmic waves of Creator Light are a great gift to the awakened Souls on planet Earth. Even though these refined, higher-frequency Rays are not being

beamed down directly into the lower Fourth- and Third Sub-Dimensional levels, the transforming frequencies of Light will gradually filter into and affect everyone and everything on and within the Earth.

As a result of its alignment with the Galactic Center and attunement with the Great Central Sun of the Galaxy, the Earth is in the process of raising its frequency patterns—its Soul Song—so it can return to its status as a Sacred Planet. This Sub-Universe is also being upgraded in vibrational frequencies as a result of being bombarded with the Adamantine Particles of Creator Light via our Universal Mother/Father God.

Beloveds, the process that is now taking place is called the Inbreath of Creation. A new, powerful and all-encompassing clarion call has rung forth on your planet, and millions have once more stepped forward to answer the call. We are gathering our forces, of which you are an integral part, as preparations are made to expand Creation out into the great void. The Creator's radiance is now viable and active in your galaxy, solar system and on planet Earth, and you may draw forth as much of this rarified Love/Light as your physical body can contain as long as you use all you draw forth for the greater good.

Ask and we will assist you in every endeavor. Call on us and we will bolster your courage and Lighten your burdens. Know that the days ahead are bright with promise as you walk the path of the masters before you. We shower down upon you a full measure of the radiance of our Father/Mother God. I AM Archangel Michael.

Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-5-2016

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

EMBRACING THE POWER OF LOVE

Beloved masters, all of Creation expands from the Heart Core center of the Supreme Creator outward. The closer you are drawn toward the Core Center of Creation, the more God Power and radiance you will possess. As you progress on the path of higher Self-awareness as a shining Being of Light, you will embody more Sacred Love, and a joyful, serene demeanor, along with an intense desire to be of service to others, will prevail.

You are composed of UNITS OF ENERGY. You magnetize energy to you, and you radiate qualified energy from you in an Infinity pattern. It is important for you to learn to recognize the difference between manifested energy patterns—the difference between the use of DIVINE WILL POWER and SACRED LOVE, empowered by pure Creator Light, and the use of FORCE, employing Primal Life Force Substance or the diminished spectrums of Light, in the manifestation process within the lower densities of expression. There is a vast difference between the various types of energy. Humanity is in the midst of a redistribution of Ray potencies, qualities and aspects. The ego-desire personality uses knowledge and force in the Third-/lower Fourth-Dimensional world of form; whereas the Soul-directed personality

uses intuition / inspiration /Sacred Love, fueled by Adamantine Particles of Creator Light, in the Self-expression and manifestation process.

The Spirit/Essence of our Mother/Father God flow and work through the God Seed-Atom of your individualized Soul Self. When you deny the whisperings of the Soul, you are denying your God-Self. When you are truly OverLighted by your God-Seed Atom, you may journey amongst the many streams of negative consciousness and not be affected in any way. You are totally sheltered by the Sacred Love/Light of our Father/Mother God.

There are three points of sensitivity within the brain of a Self-master: the Pineal Gland, Pituitary Gland and the Carotid Artery Gland—an Etheric Gland which becomes active as you begin to access the frequencies of the Fifth Dimension. The Adamantine Particles of Divine Light Substance are transported throughout the bodily form via the blood stream. It is through these master glands that the higher frequencies of Divine Light ignite the Seed Atoms within the physical vessel, thereby activating the process of en-Lighten-ment. Remember, you are spiritually responsible for the Creator Light that you integrate and radiate out into the world of form.

The SACRED MIND is a storehouse for the history and complete journey of the many Facets of the Soul within the Third/Fourth Dimensions. Your Sacred Mind is your direct connection to the multiple Facets of your OverSoul/Higher Selves, and eventually with the multiple Sacred Triads within the Fifth Dimension. Gradually, the Pyramids of Light, where your Etheric Replicas (Sacred Triads) are stored, will reintegrate each level of your Beingness from the lower Dimensions.

Your immediate goal for this round of Ascension is for all of your Soul Fragments to be reintegrated within the first sub-level of the Fifth Dimension. You will then begin the process of rejoining with your multiple Sacred Triads throughout all the various dimensions within this galaxy; however, your ultimate destination is the Sacred Union with your I AM God-Seed Atom of this Sub-Universe. Once there, you will bask in the joy of reunion with all the precious Facets of your God-Self, in full conscious awareness, awaiting the time of the next Clarion Call. You will then be prepared to, once more, journey forth out into the great void to fulfill a grand, new Divine Blueprint.

A substantial portion of humanity is in a phase of transference from an outer focus on the material world to an inner focus on Spirit and Self-awareness. You will hear the inner voice of intuition, and you will sense many new waves of vibration. Aspiration will become recognition, and faith will merge with your new, higher truths. You will be standing at a pinnacle of attainment, gazing at the next lofty peak. However, you will be aware that you must traverse the valley of shadows before you may, once more, begin your upward journey. Those firmly on the path of Ascension are in the midst of integrating the remaining aspects of their Higher Self, which consists of clearing all the lower-frequency aspects, as well as accommodating the higher-frequency expressions of Self. This has been called the “renunciation” in the esoteric teachings of the past, for it often entails letting go of those things which do not fit into your evolving vibrational patterns. Therefore, there will be a

level of discomfort within, as well as a certain level of chaos in your outer world, as it readjusts to fit the emerging, refined You.

You have a wealth of experience and wisdom to share with the multiple Facets of your Self, and your successes have been duly recorded in the Cosmic Records for future reference. You are learning to erase from your memory and free yourselves from the confines of the collective consciousness belief system; and via your Pyramids of Light in the Higher Dimensions, you are also learning to soar into the more refined realms of awareness. Each time you do so, you gradually bring back with you into your physical vessel and your auric field a portion of the uplifting, harmonious frequencies of the higher realms, which build a stronger, more radiant and expanded force field around you.

Faith is an intrinsic facet of trust: faith in yourself and your judgment, faith in those around you who have proven themselves trustworthy and honorable, faith in our Father/Mother God, the Universal Laws, and the Divine Blueprint for the future of humanity. We are not speaking of blind faith, for that is another way of giving your power away to someone else–their teachings or rules. In your material world, faith is built through actions and positive outcome, a function of the mind filtered through the heart. The heart is both a magnetic and radiating vortex, and it is the storehouse for the true source of human power.

Your Sacred Mind holds the Seed thoughts of your past and the future, and it is your personal source of the Divine Will and Power from our heavenly Father/Mother God. Your Seed thoughts for the future must be incubated within the Sacred Heart, and the Adamantine Particles of Creator Light ignited by your altruistic love. Thereby, through your pure intention and actions, they are manifested in the world of form. Abundance of all kinds is a natural manifestation when you are in harmonious attunement with Spirit and the Divine Plan for the greatest good of all.

In the Third-/Fourth-Dimensional reality, there is a conscious awareness of time. Time is related to space and distance. As you move into the Sixth and Seventh sub-levels of the Fourth Dimension, time becomes more fluid and malleable. As you are aware, your sense of time passing has accelerated dramatically over the last few years. That is because the Earth and a good percentage of humanity have moved into the higher frequencies of the Fourth Dimension; therefore, your conscious awareness of time has also accelerated. It is more important than ever that you learn to still the mind and focus on the Still Point of awareness —the NOW moment—until it becomes a deep-seated habit.

A null zone lull, a time of self-contemplation, is imposed by the Soul Self in preparation for every new level of higher awareness. It is a protective device to keep you from making too rapid or superficial progress. There is a rhythm to Soul-expansion: a time of learning, growing and integration, followed by a time of solitude and self-contemplation, and then a phase or a burst of growth, expansion and higher activity. The cycle repeats itself over and over again as you traverse the narrow, steep path of Ascension into the higher realms of Light.

The brilliance of your physical vessel is determined by the grade of energy you have integrated. The aura is composed of the frequency patterns emanating from the Etheric Vessel–the rate of your vibrations or your Energetic Signature–and the purity and clarity of the colors you radiate. The head center is the custodian of Divine Purpose. You are a planetary Light Bearer. The Beings of higher realms are Celestial Light Bearers.

There is a POWER IN SPEECH and a POWER IN SILENCE. Sacred sounds are composed of higher frequency words spoken with power—spoken with positive, dynamic intention. You must develop the art of right interpretation of revealed higher truths, and then formulate your intention to manifest this new wisdom as efficiently as possible. Call forth your Sacred Will Power to bring revelation into material manifestation. The Divine Will Blueprint of a master is stored within one of the Kundalini Seed Atoms within the Root Chakra. You will not be able to access this sacred gift until you have harmonized / balanced the frequency patterns of the Fourth Dimension by returning your Fourth-Dimensional environment to the appropriate spectrum of Light and shadow called "duality."

Essentially, duality is a system of expansion. It is the merging of Spirit with matter into its highest form (a Soul-infused personality) until it becomes one unit of perfected consciousness. In order to evolve/ascend into the higher frequency levels of consciousness, you must firmly stand and function centered within the Path of Light and Shadow, as you traverse the realms of duality. You must access the Seed Atoms of hope, inspiration and intuition, which are stored within your Sacred Mind and Sacred Heart. As you remove the fog of negativity from your Etheric Body, your mind and emotional body, these precious Seed Atoms gradually begin to pulsate and release the potent, cosmic knowledge/truths/attributes stored therein. You must endeavor to disengage yourself from the glamour of the material world and from the dominant, out-of-balance forces of matter.

You are learning to gather your spiritual forces by holding steady within the Light. A Self-master learns to concentrate on creating a point of TENSION (In-tention), and through the use of creative imagination, he/she plants the new Seeds of Creation for a particular endeavor. Focus your mind on your higher mental consciousness, and then hold it there in a state of tension, while bringing forth the activated Adamantine Particles of Creator Light from within the storehouse of your Sacred Heart. You will then be ready to breathe out the Self-created pool of energy into your personal Flower-of-Life / Creator Wheel, and out into the world of cause through your conscious intention and Sacred Breath.

My brave ones, diligently make it a habit to focus on what is right in your everyday life and your personal world, and always envision yourself as you desire to become. We have emphasized that you must practice nonjudgment and that includes judgment of Self. Remember, you now have access to all of the Creator Particles of Light/Life that you can draw forth into your Sacred Heart. Always bear in mind that these Adamantine Particles of Creation can only be activated by your pure loving intention.

Many of you have begun, or are ready to embark on, your true mission, whatever that may be. Please remember that the ultimate goal is to become a conveyor of Love/Light. You must

live your truth as you learn to traverse the higher Path so that you may fly your vision. You must claim and acknowledge every Facet of your Being as you strive for harmony and unified consciousness.

Dear ones, when you doubt, need inspiration or strength, come into your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael. Transmitted through Ronna * STAR*QUEST* www.RonnaStar.com

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Before we descended down through the multi-dimensions in our crystalline Light bodies, an etheric Diamond Core God Cell was placed deep within our Sacred Heart. This precious Cell of God consciousness contains our God-Seed Soul Atom, and it was encoded with all the qualities, virtues and attributes of the 12 Rays of Creator Consciousness for this Sub-Universal experience. These tear-shaped, multi-faceted crystals, which have miraculously been made available to us, symbolize our Diamond Core God Cell and the wondrous gifts it embodies. The Diamond Core God Cell can be used when you meditate or when you go into your Pyramid of Light in the Fifth Dimension to assist in activating the qualities, virtues and attributes of the Twelve Rays. Crystals assist us in magnifying our intentions and they also assist us in clearing old negative thought forms and patterns. You may hold the God Cell over your Thymus Gland or heart area during meditation, and you may also use it to gently massage the various key chakra points of the body. Hold the God Cell in your left hand during meditation to received Divine Light from the higher realms, or hold it in your Right hand to send forth Divine Light to others. During your meditation, see millions of tiny God-Seed Atoms pouring through your Crown Chakra and filtering into every level of your bodily form, which will assist in balancing and harmonizing your physical, mental, emotional and etheric bodies. It will also assist you in activating your Light Body.

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Dearest friends, Cindy Cruess, my faithful personal assistant is in the midst a traumatic family crises. Her mother, June, who successfully overcame a life-threatening bout of cancer about ten years ago, is now terminally ill. The cancer has returned and has metastasized throughout her body. June has chosen to spend her final days at home, and Cindy will be spending most of her time taking care of her beloved Mother, with the assistance of Hospice. As a result, Cindy will spend only a minimum amount of time handling Star*Quest business. She will still fill orders and return phone calls when possible; however, it may take her a little longer than usual. We are asking for your loving prayers and blessings to help Cindy and her family through this trying time. Eternal love and angel blessings, Ronna

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-6-2016

TRANSMITTED THROUGH RONNA

WARRIORS OF LIGHT: PROACTIVE, LOVINGLY ASSERTIVE

Beloved masters, in the past it has disturbed or confused many of you when we use the terms “Warriors of Peace” and “Warriors of Light” or what might be construed as militant terminology. Here again, there are many different interpretations and different facets of truth. Since the Earth’s and humanity’s fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion and the negativity created by your collective consciousness beliefs of fear, guilt and unworthiness. We have fought to assist you to reconnect with the many Facets of your true identity, and to help you remember how magnificent you are.

We have diligently carried out the orders and directives handed down from our Father/Mother God and the Supreme Creator, “Assist our children to return to the Light and to reclaim their Divine Heritage.” Yes, we have been involved for eons of time in a battle between the Light of the Creator and the shadows of humanity, but our weapons have been love, compassion, understanding and support as you traverse the valleys of despair, and seek to soar to the mountain tops of hope and illumination.

If you will join us in our efforts to bring Light unto the shadow world and hearts of humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that only our Father/Mother God are aware of the total picture and what is truly the best outcome); if you can maintain a sense of peace and joy within and radiate the expansive love of the Creator to ALL humanity, then you are truly a warrior in our Legions of Light.

We have spoken many times before about the laws of cause and effect, or for every action there is a reaction, which result in what is known as positive or negative Karma. For many ages you, as the en-Lighten-ed ones, have been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity—returning to balance and harmony in all Facets of your

Beingness. And so what will happen now as the winds of war, political conflict, and destruction swirl like a dark and heavy mantle around the Earth, touching and affecting everything and everyone? It depends on what you are feeling and thinking, dear ones—what is on your mind and in your heart—as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Many of you have succeeded admirably in balancing your Karmic ledger of life. Let us now call it just that, your "Ledger of Life," whereby you have a plus and a minus column, and your goal is to turn the minuses into pluses or positive energy patterns.

It is time to take an inventory of what you are thinking and the emotional energy you are projecting during these days of turmoil and stress on your planet. Are you diluting or distorting the aura of harmony you have created around you by allowing yourself to be caught up in the chaos of miscreations and destruction that is taking place on planet Earth at this time? Are you engrossed in the scenarios that are being presented over and over again via the television, radio, and newspaper media? Have you once more allowed yourself to be drawn back into the density of the negative environment of illusion? If your answer is yes to any of these questions, you are fueling the chaotic vibrations of the world situation with your energy instead of adding your Love/Light/Power to that of other emissaries of peace around the world. Will you stand on the side of those whose greatest desire is to bring about a peaceful solution for the greatest benefit of all, or unintentionally align with those who wish to perpetuate separation, suffering, and domination?

We do not mean that you should not stay informed as to what is taking place around the world. However, we are saying that now, as never before, you must rise above what is occurring and join us as observers from a higher vantage point—a vantage point where there is no right or wrong way, only different shades of truth and different motives—a vantage point where no race, country, or religion is totally righteous or blameless, nor totally in the wrong. Remember, each and every Soul on Earth carries a Spark of the Divine within. You must stay heart-centered and attuned to your Higher Self with a Spirit-inspired consciousness so that your actions and decisions are always in alignment with the Divine plan. Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to return the Earth and humanity to a true state of peaceful co-existence in an environment where our Father/Mother God reigns supreme.

Granted, there are those who have agreed to play the role of a "devil's advocate," those who are presenting your shadow side to you in its most destructive way. There are others who self-righteously claim to have only the highest, most altruistic motives; however, we see and know the ulterior motives behind the decisions that are being made, and the actions that are being initiated in the name of peace and justice. The game of duality is being played out on Earth in its most dramatic form right at this moment, and it is up to you whether or not you will be drawn into the swirling downward spiral of mass karmic action that is now taking place.

We are not asking you to passively sit by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never

before. You are much more powerful than you can imagine, my brave friends, and you are playing an important role in attaining a peaceful solution in a very unsettling world situation. The energy you are radiating forth from your heart center has just as much an influence on the outcome of this great conflict as those who are on the "front lines." You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested Creator Light Substance, and mold it into powerful thought forms and actions that can overcome any adversity.

Those brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all, and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge, and to enslave or control others, then they are functioning as righteous warriors, and the forces of Heaven are with them. Those who violently protest, shout, and march for a cause are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, or often declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting, or not taking a stand. We have told you many times before: it is time to "get off the fence." It is time to declare which side you will serve, the Light or the shadow side. It is time to declare that you are an Emissary of the Light, a blazing Spark of the Divine, and a proactive cocreator of love, joy, abundance, and harmony. Or are you a human Being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright—the gift of free will?

"Peace" is an often-used word in these unsettling times, and can be interpreted in a multitude of ways. You use the term "peace of mind," which means having a calm, tranquil state of mind which is free of discord, inharmonious thoughts or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation, which benefits all who are involved, and which brings about a calm, serene, and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or seek to promote a peaceful environment. You may "seek peace" or endeavor to "keep the peace" through conciliatory actions or by settling disagreements through compromise. Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit, which always seeks the greatest/best outcome for ALL concerned.

In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things; however, this harmony must begin from within. It must blossom within the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you begin to see through eyes filtered with love, and listen with ears tempered by compassion. You know that all you will ever require is yours for the asking, and you no longer seek to take that which belongs to another. You always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light

and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth, and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and allowing all others the same right. You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of peace out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature.

Together and in force, you can overcome any adversity, and you can create and enhance the cells/areas of Light that you are building on Earth, as well as those within the Fifth Dimension. And when those thought forms of Light reach a certain level of magnification, they will miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point and will manifest seemingly without effort. The final touches are being made and the preparations are almost complete, beloveds; now watch for the wondrous results of all your steadfast efforts.

Humankind's inhumanity toward one another has been an ongoing, never-ceasing process since the fall into density. Peaceful co-existence has hardly ever been the ultimate outcome of a conflict. The underlying intent has most often been to conquer, seize, and force others into submission without any consideration for the welfare of those caught in the middle or those who have been forced to fight.

We have repeatedly reminded you of how the chasm between the Light and the shadows is widening, almost as if a world filled with the vibrational patterns of Light is being superimposed over the Third/Fourth-Dimensional world of illusion and shadows. This condition is becoming more dramatically defined every day. It is imperative that you stay vigilant, heart-centered, and Spirit-inspired each and every moment. You must learn to set energetic boundaries, and constantly reinforce your shield or column of protective Creator Light. You must listen to the whisperings of your heart, for it is there that your angelic guides and teachers will leave treasures of wisdom for you to access and use.

Go within, my faithful companions, and remember how, so many eons ago, we soared the Universe together, creating new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and all you had to do was reach out with your mind and mold it into form. Remember how all you had to do was envision something and it miraculously appeared before you. Try to remember the many forms you have taken, some human, but also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God.

It is important that you remember that you have experienced every Root Race that has ever populated the Earth, meaning that you have been every color and you have borne the characteristics of every race now embodied on your planet. We are telling you that you are a multi-faceted Being who has experienced all the richness and diversity that this Earth, this solar system, galaxy, and Sub-Universe have to offer. And so, how can you judge your brothers and sisters because in this lifetime they have different colored skin than you—or

because they have different customs, beliefs, and worship differently or call their God by a different name? It has been said, but bears saying over and over again, when you do so, YOU ARE ONLY JUDGING YOURSELVES!

Remember, beloveds, during these times of great change, you can make a difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly mission and nurture you with our love. Together, we shall prevail. I AM Archangel Michael.

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Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-7-2016

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

THE LAW OF ATTRACTION

Beloved masters, it is of vital importance that you endeavor to incorporate the higher states of awareness, along with the will and Self-discipline needed to correctly implement the higher frequencies of truth into your physical, everyday life style in order to become a Master on the Path. Vital information for each incarnation is stored within the Soul-Seed Atom. However, the consciousness of the human personality must reach the required frequency patterns in order to access any advanced Cosmic information. Over time, desire is transformed into aspiration, and aspiration develops into a clear, definitive intuitive ability.

It is a proven fact that humanity evolves and gradually makes life changes through experiencing moments of crisis. The fusion of the Soul with the personality produces

incredible changes in the ego-desire body consciousness, thus affecting every aspect of a human Being who is functioning within the physical plane existence. Living in the present moment, fully aware, without judgment or prejudice is the foundation of joyful, abundant living. Past memories and future expectations/aspirations create your present reality and future experiences.

Remember: Spiritual Fire is the basis of all manifestation, which forms the background for human evolution. The power of the Universe is in the present moment of the NOW, within the STILL POINT between the past and the future. The STILL POINT of Creation is not a void —it is filled with White Fire God-Seed Atom energy—the Creator's unmanifested potential.

When the time comes for a fragmented God-Seed Atom to experience the reality of a Fourth-Dimensional environment, the Sacred Triad stationed within the densest, entry-level of the Fifth Dimension sends forth the designated God-Seed Atom into the Seventh (highest) Sub-Plane within the Fourth-Dimension. The God-Seed Atom then sends forth a SPHERE of Light called the CAUSAL BODY, which becomes the OverSoul vessel for all of the Soul Fragments to be embodied within the Third /Fourth Dimensions.

The Sacred Triad, through the Causal Body, oversees the descent of the miniature God-Seed Atoms (Souls), which will then facilitate the creation of a physical vessel on the Earth Plane. The Seed Atoms/Soul Sparks then descend, via the Life Force Energy Cord, to experience life throughout their many lifetimes and creations.

The Creator Essence, from within the Sacred Triads, creates the Soul Fragments, which are to be embodied within physical matter. These Fragments are separate Facets of Itself, and yet they are still a part of the greater whole. The Sacred Triad, which resides within the environment of the Fifth Dimension, then assumes the position of an observer, watching as these Soul Fragments sink deeper and deeper into density. It then patiently awaits the time when these wandering Sparks of Divinity will awaken to the nudgings of the Higher Soul Self, and then to gradually seek and find the Path of return.

The Magnetic power of Spirit will forever seek to draw the incarnated Soul inward and upward. It is the LAW OF ATTRACTION. Gradually over time, the Soul and the personality unite and become a consciously blended unit—a Soul-infused personality. Love and intelligence become unified, so that the Divine Plan and fulfillment are achieved. Higher knowledge is stored within the Sacred Memory Seed Atoms of the Soul, the DNA, and the Sacred Mind.

The Soul is a composite of Spiritual Essence, which resonates at specific levels of consciousness. A Self-master has a sense of individual Self-identity, and also a sense of Universal ONENESS. First comes Self-consciousness; secondly, you gradually develop and become a Soul-infused personality; then comes the awareness that you are not the Soul, but something much vaster—a point of Divine, dynamic Will, focused on the Soul—this is the individualized God-Seed Atom, which directly OverLights the Soul Self form. This is the moment of an awareness of BEING—not becoming. The small Light of the Soul-fragments—

of the lower Dimensions—fades into nothingness as they gradually blend with the brilliant glory of the Sacred Triads of the Seven Sub-Planes of the Fifth Dimension and above.

The embodied Soul Self, and then the higher Causal Body, must integrate all remaining Soul Fragments within all of the Third-/Fourth-Dimensional Sub-Planes. Thus, the empowered radiance of the Soul OverLights the ego-desire body so that the human Being becomes a Soul-infused personality. This is the time when you step off the Wheel of Karma, for you have cleared, cleansed and integrated all of your Soul Fragments from within the Fourth-Dimensional levels and below. This is called the Fourth Stage on the Path of Ascension.

Henceforth, after the Causal Body's Sphere of Light is drawn upward and reintegrated into the OverLighting Sacred Triad, the Three Cosmic Cords—your Life / Consciousness / Creativity Cords—will be directly connected with your Sacred Triad. This is the next stage of "God-Self integration" on your journey back into the higher realms of Light.

This initiates the Fifth Stage of the Ascension process, which grants admittance into the first sub-level of the Fifth Dimension. The Soul-infused personality is now ready to team up with the Fifth-Dimensional, entry level, Sacred Triad, which embodies a White Fire Seed Atom, containing the three God Rays of our Sub-Universe: Divine Will, Love/Intuition, and Creative, Active Intelligence.

When this Fifth Stage occurs, for a time, there is a loss of rapport with your Soul Self, your guides and teachers, as well as any type of telepathic connection. It is like a mini-death, and there is an intense sense of abandonment for a few days. All Elements/Facets of the Third-/Fourth-Dimensional Soul Body, and the OverLighting Causal Body containing them, have been absorbed back into your Sacred Triad, within the lowest level of the Fifth Dimension. There is no longer an OverSoul/Higher Self within your Soul Star/Eighth Chakra, for you are now directly connected with a Pyramid of Light, which contains one of your many Fifth-Dimensional Sacred Triads.

By this time, you will have created the River of Life, the Antakarana, the Rainbow Bridge of Light, which will ultimately connect you with all seven of your major OverLighting Sacred Triad Selves within the Fifth Dimension. There is one major Sacred Triad within each sub-plane of the Fifth Dimension. Each higher level Sacred Triad is within a larger Pyramid of Light, and it is higher in frequency than the one beneath it. There is also a variety of smaller Sacred Triads scattered throughout the Fifth Dimension. The process of integration is somewhat different within the Fifth-Dimensional realm, which we will not address at this time.

An important concept for your better understanding of the Creative process: Our Father/Mother God is experiencing Creation and the complexity of ALL of Its Seed Atom Fragments through each Spark of Creation throughout this Sub-Universe. Each Dimension and Sub-Dimension provide a different awareness and variety of ITS PRIMAL SELF through its GOD-SEED ATOMS.

Your GOD-SEED ATOM / I AM Presence is experiencing life through its many Sacred Triads. These Sacred Triads are experiencing life through the mental aspects of its many Soul Extensions. These higher level Soul Extensions are experiencing the material plane reality through the distortions of the emotional Astral Planes of consciousness via the physical senses.

Beloved ones, it behooves you to take time to ponder on and integrate the important concepts of Creation that we are relaying to you. You, the StarSeed, who have attained the required level of harmonious frequency patterns, are now in the process of putting all you have learned into practice. As you do so, those around you who are still struggling within the confines of the restrictive lower-Dimensional environment, will be awed at what you are accomplishing, and gradually they will begin to follow your example. As you are aware, teaching by example is the most effective way to get the attention of those around you. A truism from the past also applies: "By the fruits of your labor, will you be known."

WE SUGGEST THAT YOU STUDY THESE CONCEPTS UNTIL THEY ARE FIRMLY ENTRENCHED WITHIN YOUR MEMORY, FOR THEY ARE AN INTEGRAL PART OF THE "LAWS OF ATTRACTION" AND THEY ARE CRITICAL COMPONENTS FOR YOUR SUCCESSFUL ATTAINMENT OF THE STATUS: A "MASTER OF MANIFESTATION."

· Become a bystander, an observer, not a participant in all the negative drama that is constantly going on around you. It is the state of your emotions that draws you into the maelstrom of negativity. If you are radiating harmonious, higher frequency patterns, you will be immune to the discordant energy around you.

· You are in the process of expanding your conscious awareness of what is occurring around you, and so it is vitally important that you maintain a detached state of mind. You are developing a new way of thinking, which is based on Higher-Self control of your mind and emotions.

· First comes Self-awareness, then Soul-consciousness, followed by Galactic-consciousness and eventually Sub-Universal-consciousness. You are striving to tap into the streams of Infinite Awareness, which contain the Cosmic Manifest for the complete Divine Blueprint for this new Sub-Universal experience.

· You are also developing a heightened, controlled sensitivity to those you interact with, which includes an empathetic, but somewhat detached viewpoint. This is an integral part of developing nonjudgment. You are to diligently seek, claim and live your truth to the best of your ability, and you are to allow all others the same right.

· Do not allow anything or anyone to disturb your serenity. Develop a high level of forbearance and sensitivity, and diligently practice being patient and slow to anger.

· While seeking Self-mastery, part of your testing will be that you will have to experience, overcome, and possibly even move beyond some of the trying relationships with the people in your life who are not ready or willing to move forward on the spiraling Path of conscious

Soul-awakening. Each and every Soul must choose the path they will follow. You are only responsible for your own spiritual evolution.

It is imperative that you do not abdicate your search for personal Spiritual-awakening and Self-mastery out of a false sense of duty or loyalty to those who are seeking to continue to draw on your energy—or those who demand an unreasonable amount of your attention and time. Because you are in a very critical phase of your illumination process—a time when you are most vulnerable and your trials and tests may not be as dramatic as in the past—you are quite often confused, and you do not know what the next step is or what the next truth is that you are to incorporate into your ever-changing reality.

Remember, when you state, "I surrender all that I have and all that I am for my greatest good," or "I align my will with the Divine Will of our Father/Mother God for my highest good and the greatest good of all," it does not mean that you are giving up your worldly possessions or your free will. It is about trusting the wisdom of your OverSoul/Higher Self and your God Self, for these wise, higher Facets of your Divine consciousness always know what is best and most beneficial for you at any given time.

My brave ones, as you become more proficient as inspired cocreators, no longer will you focus your energy on creating the small, mundane desires of the past. You will have established a constant flow of Adamantine Particles into and throughout your physical vessel, with the remainder flowing out into the world of form. You will have programmed in the smallest detail that which you wish to manifest for your personal comfort and enjoyment, and one of your often used mantras should be, "All my needs and desires are fulfilled even before I realize what they are, which will always be for my greatest good and the most beneficial good of all."

You will have meticulously outlined your path of service to humanity, which will be in perfect harmony with your Divine mission for this new era. You will have a constant, clear and beneficial connection with your resident OverSoul/Higher Self, and you will graciously and easily follow the Path of Light that ever winds higher and higher into the more refined realms of existence. Be assured that I will always guide, direct, inspire and protect you as you journey forth into the unknown. I radiate the eternal love of our Mother/Father God to each of you. I AM Archangel Michael.

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-8-2016

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

OPEN LETTER TO ASCENDING STARSEED SOULS

Beloved Ones: As you learn to tap into the cosmic records in the higher realms, you are beginning to broaden your awareness of your cosmic lineage. The process of reunification is well under way, and therefore, many faithful Servers of the Light are now striving to reclaim the many facets of their Divinity. A part of our mission is to help you remember your Divine heritage, and to also help you understand the unprecedented process humanity is in the midst of at this time.

Many of you, the StarSeed and Wayshowers, came into this lifetime with the vibrational frequencies of the Rays (within your Diamond Core God Cell) more active than those still functioning within the Third- / lower Fourth-Dimensional realms. Therefore, you have experienced more “bursts of God-conscious awareness” over the recent past years. If you will compare notes about your earlier experiences with others on the Path, you will find that you have had many similar experiences throughout your lifetime. You are now aware that many of the miracles, inspired thoughts and benefic coincidences are not common for the average person who still exists and functions within the distorted realms of the mass consciousness belief structure.

What you are now undergoing, brave hearts, is the transition of the final stages of the Fourth-Dimensional Realm. What is occurring at this time for many of you who are on the “fast track of the Ascension process,” is that you are in the midst of integrating the remaining Facets of your Higher Self within the Fourth Dimension. This activates many memories and feelings, like a kaleidoscope of experiences from your ancient past within the higher realms. Over the past several years, we have been relaying to you the critical process you must go through in order to arrive at your programmed destination—the first sub-plane of the Fifth Dimension.

As you integrate the more refined Fragments of your Higher Self, you will gain access to the Cosmic records of your past, along with the wisdom necessary to traverse the final levels of the Fourth-Dimensional material planes. You are beginning to get a glimpse of how truly magnificent you are in the higher realms. You are also slowly magnetizing into your auric field the refined frequencies of the Five Higher Galactic Rays, which contain the Divine

Blueprint for the Aquarian Age. In addition, you are gradually beginning to integrate your own new Divine Blueprint, via the Kundalini Memory Seed Atom, which has been stored within your Root Chakra throughout your many human lifetimes.

We have stressed this fact many times over, "your present lifetime is one of the most important lives you will ever experience since assuming the physical vessel." You chose the date of your birth because the particular astrological configurations and energies they contained and projected—energies and qualities that focused on the strengths and talents you were to experience. Also emphasized were the negative thought forms /energies—those which were the most imbalanced within your four lower bodily systems: physical, emotional, mental and etheric—the lower frequency thought forms which were keeping you imprisoned within the shadowlands of illusion and limitation.

You chose your parents, your family and those you would interact with during this lifetime for the same reason—those who would project or mirror to you the positive

attributes you needed to integrate, and also many negative traits you need to overcome. All of the dear Souls in your life are a part of the great drama you have

chosen to experience in this lifetime—each one agreed to play a role which would, hopefully, be mutually beneficial. Ask yourself what positive traits your parents, your family, your mate and children have projected to you—then think about the negative traits they have displayed; therein are the lessons you set up for yourself to experience, and hopefully, to benefit from at a Soul level. Have you learned your lessons well? Are you displaying more of the positive traits or more of the negative traits that others mirror to you? Consider the tests and challenges as an opportunity to, once and for all, transmute all of the imbalances which are keeping you from stepping through the gateway into your new Fifth-Dimensional reality.

You and your family members chose to come together as a family unit because you knew it would give you the greatest opportunity to balance your mental and emotional natures. We sense that the most important lesson for many of you is to know that you are worthy of love and respect, and that it is time to begin to take back your power. The people in your life will not respect you until you learn to set boundaries and to meet your own needs before you try to assist them. You are not responsible for anyone's Soul growth but your own. As you learn to set boundaries and take back your power, you will find your relationship with those around you will gradually begin to change for the better. Also, you cannot take on anyone's lessons or the responsibility for their mistakes. They must learn the rules of cause and effect for themselves. The greatest gift you can give others is to love them enough to allow them to work through their own problems and mistakes.

My brave ones, you are here to teach love, unconditional love, by first loving yourself unconditionally. There are many of your Soul mates incarnated on Earth at this time, both male and female. More Soul families are being reunited as you move deeper into the more

refined realms of Light. The best way to help those in your family, your friends or work associates is to be a shining example.

You are also here to learn detachment—that you cannot truly own anyone or anything. The beauty, abundance and bounty of the Universe are your Divine birthright, but these gifts are on loan to you. You must hold them lightly in your hands, and allow them to flow freely out into the world—take what you need, and then share the remainder—do not hoard. When humanity comes to this reality, all poverty and scarcity will disappear from the Earth.

The primary emphasis at this time is on returning to wholeness within yourself—in taking personal responsibility for your actions, building self-esteem, and developing a sense of worthiness—via your Solar Heart Center in cooperation with your Soul Self and Higher Self. Truth and integrity will be the foundation of any relationship of the future. First, you must accept who you are at the present time, as you strive to become the very best person you can possibly be, through self-examination of your attitudes, beliefs, habits and your weaknesses.

In the near future the Wayshowers and Vanguard Souls, those who are bringing forth the higher wisdom of the new Divine Blueprint, will prove that dis-eases of any kind do not have to manifest as the body ages. The human physical vessel was meant to function at optimum health for at least 120 years. Humanity-at-large is caught up in the mass consciousness belief system of the Third/Fourth Dimensions, whereby the core issues from the past, and the imperfections within the ancestral DNA allow these stressful, debilitating symptoms to manifest—if the entity allows itself to feel unloved, unworthy, or feels guilt, shame or resentments of any form. As the Soul is allowed to become the guide and director of the physical personality—instead of the ego-desire body consciousness—all of the negative energies, which are a result of deep core memories from the ancient past, will rise to the surface so that each that person can release them once and for all. This will be through the conscious use of the Violet Transmuting Flame, and by heeding the inspired thought forms gleaned from your Sacred Mind, and your cosmic guides—as well as the many higher-frequency healing modalities now available to you.

As you move deeper into Self-awareness and begin to listen to the wisdom of the physical body—your Body Memory Seed Atom—you will no longer depend so much on external methods (drugs, surgery and artificial means of healing). The drastic physical imbalances and ill-health the majority of human beings is now experiencing will gradually be replaced with healthy, harmonious living practices, which will be guided by the new spiritual, intuitive wisdom that you have stored within your Sacred Mind. No longer can humanity rely only on the current practices of the medical profession. Your Soul is nudging you to integrate a more holistic approach to healing the physical, mental, emotional bodies so that the higher frequencies of the OverSoul can be integrated without so much trauma and distress to the physical vessel.

As we have stated many times, Light, Sound and Color are the healing modalities of the future. A study of the Chakra system, and of the frequencies of the five higher Galactic Rays

will assist healers and counselors in how to inform their patients as to what is out of balance within their auric field, and how to assist them to gradually return to and maintain a healthy physical body. Our teachings give you all the guidelines you will need to integrate these “additional methods of healing” into your current health regimen. You also have a wondrous storehouse of information available to you within your Sacred Mind.

As your radiance expands and grows more powerful and far-reaching, you, along with other Light Workers, will become a unified force that will not be denied—a force for transformation and change of the highest order. Be bold in your vision. See what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for your thought patterns will always connect with and reinforce the Dimensional frequencies on which you focus your attention. Your only true enemy is fear. Release the fear and radiate Love/Light, and then watch as the miracles unfold. You are a master of manifestation—you have just forgotten. Believe in yourself and cease creating those things that bring you pain, guilt and suffering. Become a cocreator of the Light, peace, balance and harmony once more, and join with those who are striving to recapture the pristine beauty of planet Earth. Reclaim your rightful place as a Master of Light, dear ones, and remember, as you integrate the knowledge of Spirit and illumined truth, we ask you to go forth and share your wisdom. We are ever near to guide, protect and inspire you, but mostly to love you. I AM Archangel Michael.

Transmitted through Ronna Herman Vezane *STAR *QUEST*

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Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love y

NEW AGE CREED ©

Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love yourself.

Know that you are caretakers of the Earth and all life forms that reside on her...the nature, animal elemental and human kingdoms. Protect, preserve and honor all expressions of life.

Life your life with joy and with the spontaneity and delight of a child. Endeavor to leave a legacy of love and hope. Enjoy the journey of life, and strive to fulfill your earthly mission to the best of your ability.

Maintain a constant attitude of gratitude, and live each day as though Spirit were perched on your shoulder as an observer. Practice nonjudgment and look for the good in everyone.

Your goal is to return to balance in body, mind and Spirit. Polarity and duality will no longer affect you when you walk the middle path.

Seek and claim your highest truth, and then live your truth with integrity. Allow others the same right.

Learn and use the Universal Laws of Manifestation, the God-given tools that will assist you to create your version of paradise on Earth.

Share the wisdom you have integrated with others, first by example, then through your actions, and finally through words.

Claim your Divine Birthright: the love, joy, peace, health and abundance that are yours as a gift from our Father/Mother God.

Each day, call on your Mighty I AM Presence to overlight, guide and direct you, then listen to its inner nudgings. Call upon the mighty angel of forgiveness and the Violet Flame at the end of each day to balance, harmonize and transmute any discordant energy you have projected that day, thereby rendering it harmless, which moves you beyond the laws of cause and effect and into a state of grace.

A GIFT FROM ARCHANGEL MICHAEL

TRANSMITTED THROUGH

RONNA HERMAN

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Email: RonnaStar@Earthlink.net

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-9-2016

TRANSMITTED THROUGH RONNA

AVATARS * ASCENDED MASTERS * GREAT BEINGS OF LIGHT

Beloved masters, even though it may not seem so from your vantage point, wondrous things are transpiring throughout this Sub-Universe. By now many of you are aware that your galaxy, and particularly your small planet, are the focal point of these momentous happenings. Before your planet was created, it was decreed that it would become the Zero Point or the central focus for a new creative endeavor—whereby the Angelic Realm, the Cocreator Gods, the Great Beings of Light, and the StarSeed from throughout the Omniverse would send forth Fragments of their Essence to Earth, and thereby, they would bring their Light, their wisdom and their desire to assist in fulfilling the Creator's Grand Plan.

To some degree, all of humanity and the Earth's Soul consciousness are reaching inward and upward to connect with our Father/Mother God, while the Supreme Creator is opening the pathway from the core of Its Being throughout the Multi-Universes—the Great Central Suns, the Multi-Dimensions, and the many realms of Creation in order to incorporate and harvest the beauty and magnificence of what has been wrought by all of us in the name of our Omnipotent Creator. Those of you who are firmly on the Path of expanded spiritual awareness realize that you are living in unique and unprecedented times.

Great Beings of Light who had never before left their home within the Great Central Sun of their Universe agreed to do so, and to Fragment themselves into lesser Sparks of God Light, in order to bring their radiance, their love and their wisdom to planet Earth. The Beloved One called Jesus/Yeshua/Jeshua, the Great Kumaras, the Buddhas, Lord Melchizedek, Rama and Krishna, plus the radiant and mighty Angelic Kingdom, to name only a few, came from far-distant Universes created long before this young Universe came into being. We of the archangelic realm originated in the dim, ancient past of the Omniverse, as did many of the Ascended Masters and Avatars you are familiar with, and we assure you that many of you who are on the advanced Path of Ascension were birthed into your individualized consciousness in other Universes as well.

The Divine Plan was perfected, and the ground work was laid long ago for what is taking place on Earth at this time. Those Great Beings journeyed down into the lower Dimensions —in order to take up residency within the shining Cities of Light stationed throughout the Sixth Dimension—so that they could assist humanity to successfully traverse the multiple cycles of mass awakening / Ascension back into the realms of en-LIGHTEN-ment. In addition, the Divine Essence of the Earth was encoded with the White Fire Memory Seed Atoms, keys and codes, which would activate Its own awakening, and would also accelerate the awakening process within humanity as well.

We do not like to focus attention on ourselves, for our greatest joy and mission are to serve the Creator and those under our guardianship, and no credit is needed or desired. However, it is necessary so that you can fully understand our mission on Earth and how closely we have always been connected with you.

The beloved Jesus/Jeshua came to Earth over 2,000 years ago, and along with Archangel Uriel and Lady Grace, he anchored the virtues, aspects and qualities of the Sixth Ray of devotion, forgiveness, mercy, grace, spiritual nourishment and faith in God. The lovely Lady Mary, the feminine Archangel of the Fifth Ray, who, along with Archangel Raphael, radiates forth the qualities of surrender, selflessness, dedication and healing, was given the honor of bringing forth unto the world the Christed Being called Jesus/Jeshua/Yeshua. However, Mary was chosen for an even greater task and opportunity to serve the Creator and humanity. She brought to Earth and anchored the virtues of the Goddess in the greatest measure possible so the process of balancing the masculine and feminine qualities of the Creator on Earth could once more take place.

Many of you are familiar with what are called the Michael/Mary lines in England. There are "Ley Lines" that pass through the British Isles, Germany, France and many other lesser known areas in Europe and around the world. We wish to give you a greater understanding of the "Grand Plan" and what have become some of the myths and miracles of your history. Thousands of years ago in Earth time, Lady Mary, representing the receptive/negative or feminine crystalline electromagnetic currents and I, Michael, radiating the positive or masculine crystalline electromagnetic currents, set about infusing the Earth's ley lines with the currents necessary to rebuild the balanced and harmonious golden etheric grid system of the Earth. Rods of Power, Ascension columns of Light, or vortices were installed at integral points around the Earth. The sacred sites, natural formations which became places of worship, as well as great churches and temples, have all been constructed along these ley lines and power points.

Down through your many lifetimes on Earth, you have been drawn to these places over and over again to receive spiritual sustenance, but much more has transpired than you realize. Each of you, either by your physical presence or in your nightly sojourns in the etheric, have not only received harmonious energy and encodings from these spiritually magnetized locations, but you have also helped to activate them and spread these currents of Light around the Earth. You have become both a sender and receiver of God Light from the Earth below and from the heavens above. The Earth's Soul and the OverSoul consciousness of humanity have once again become attuned, one with another.

I have been called the "guardian overseer of humanity," and it is time for you to understand that the beloved Lady Mary is the feminine aspect of the Goddess assigned to oversee humanity's sojourn and descent throughout this Universe as well. It has been our greatest honor and privilege to be with you— guiding, guarding and directing you every step along the way throughout the eons of time—as you journeyed forth on your assigned task of cocreating worlds and wondrous things without end.

Along with the Essence of the Creator, the memory of us coming together and OverLighting you with our individualized Essence and love was buried deep within your Soul and your memory so that even though you may have forgotten consciously, you could never forget within the memory of your Soul-Self.

King Arthur, The Lady of the Lake, Joan of Arc and many mythical historical characters each bought forth an extraordinary amount of Lady Mary's Essence and my Essence in order to infuse them within the Earth's consciousness and within the hearts of humanity. This is why these myths never grow old, and why they have stayed near and dear to your hearts. They conjure up memories of the time we were together in the higher realms, before your mission into the worlds of density began. You are remembering our close and Divine connection, and as we are reunited in mind and heart, it is a most joyous and gratifying time for us all.

In order to give you a greater understanding of what has taken place on Earth and how perfect the Creator's plan was and is, we will go back in your history to approximately 5,000

BC according to your timekeeping, to the time the Avatar Rama came to Earth. The Christed Being in human form called Rama, who brought forth to Earth the attributes, virtues and qualities of the Creator for that era, was OverLighted with my Essence bearing the First Ray of Divine Will. Many of you are of my lineage, and you bear the Essence of angels within your DNA and Soul. The difference is that Rama bore the greatest infusion of my Essence ever brought forth to Earth in order to lay the foundation for the future, this time we are presently experiencing. The love of the Creator has always been the major OverLighting focus with every Avatar; however, they bring forth different teachings, those which are best suited for the time and the current level of humanity's awareness.

Following Rama was Krishna, then Gautama Siddhartha, the Buddha, and numerous other Avatars. Archangel Mary, as the bearer of the Goddess energy or the feminine aspect of the Creator, played an important part in the lives of these great Avatars. In Rama's life, his wife, Sita, was OverLighted with the Essence of Mary. In Krishna's life, it was a spiritual friend and companion, devoid of physical desire. Of course, Mary's best known role was as the mother and mentor of Jeshua. She has stayed in the background all these thousands of years, but her great love for and devotion for the Creator and humanity have always been a major force on Earth and in the higher realms.

Many other great Beings of Light have visited the Earth over the ages, Lao-Tzu, Confucius, Abraham, Moses and Mohammed to name only a few. The Beloved Kuan Yin was OverLighted with the Essence of Lady Mary and brought the qualities of compassion, justice and healing to Earth. You are or should be familiar with these great Ones, for they all portrayed particular facets, aspects and virtues of the Creator, and have played important roles on Earth as representatives of the Creator.

What is not widely understood is that the archangelic realm has also played an integral part in this Divine drama of descent into the worlds of material form. Throughout the ages, each archangel has played a predominant part in anchoring and radiating specific aspects, attributes, qualities and virtues of the Creator. They have been attuned to and in communication with the great Avatars, and they have OverLighted these wondrous Beings with their own radiance and virtues. The Avatars were the physical, human representation of the Creator for a particular period of time, and the archangelic Beings were their spiritual OverLighting connection with our Father/Mother God.

This unique time has never before been experienced on Earth, and even though there are presently many powerful Avatars and Ascended Masters on Earth, there will not be just one great Avatar sent to the Earth to OverLight, guide and inspire humanity. Each of you has the potential of becoming an Ascended Master for these glorious times ahead. We gave you a golden promise, and that promise states that no matter how much or how little Christed Light or Essence of your Divine Self you brought forth with you at birth, you have the potential to draw forth all the magnificence of your God Ray and I AM Presence. That is what Ascension is all about, returning to balance and harmony within your physical, mental, emotional and etheric bodies so that, once more, Spirit can descend and take dominion.

However, you must remember, all that you draw forth you must use for the greatest good of all, and then, beloved ones, even more will be given to you.

Beloveds, my flaming Sword of Light was fashioned by thought and energy from my innermost being, and infused with the dynamic energies of the Creator's First Ray of Divine Will. It is a sword of redemption, a sword of hope, a sword of freedom, a gift I offer you to sever the shackles of your own miscreations, and to release you from the illusional bonds of the Third/Fourth Dimension. We ask you to accept and use the awesome power of the First Ray of Divine Will and Power, and the Adamantine Particles of Creator Light to create anew in harmony with the Divine Will of the Creator. We implore you to, once more, claim your Divine right as a cocreator under the direction of our Father/Mother God.

The chalice we now offer you during these momentous times of great change is filled with the Elixir of Love/Light, the Twelve-Fold Flame from our Father/Mother God. It contains the Cosmic Fire of new creation that will be used to mold the new Golden Galaxy and to expand this Universe out into the void. Drink deeply my beloved and faithful ones, for you are the StarSeed of the future. We surround and enfold you in our auric field of love and protection. I AM Archangel Michael.

Transmitted through Ronna Herman Vezane *STAR *QUEST*

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HARMONIZING THE PHYSICAL * EMOTIONAL * MENTAL BODIES

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THE THREE PLANES OF HIGHER CONSCIOUSNESS EVOLVE AS FOLLOWS:

** THE BRIDGE TO HIGHER CONSCIOUSNESS IS THE HEART CHAKRA.

** THE EMOTIONAL BODY SENSES EVOLVE VIA THE SOUL/SACRED HEART CENTER.

** THE MENTAL BODY CONSCIOUSNESS EVOLVES VIA THE SACRED

MIND AND SOUL CONSCIOUSNESS.

** SPIRITUAL AWARENESS BECOMES THE THIRD COMPONENT VIA THE SOUL,

AND THE CURRENT RESIDENT, OVERSOUL/HIGHER SELF.

Beloved masters, when you are attuned to the mid-Fourth-Dimensional frequencies of Light, you relinquish the idea of being human as you have known it in the past. It is a time of the emergence of your Soul Consciousness as you allow it to become the reigning influence within your life. This means you begin to listen to the wisdom of your Body Elemental, and the signals it sends as to what is appropriate for your physical and emotional well-being. Your DNA and the cells of your body begin to integrate the higher frequencies of Light, and gradually, you begin to vibrate and attune to the refined energy of the New Age.

This period of the transformation process could be likened to a death of your old self-consciousness, which is really the process of removing the veils of illusion. As you integrate each new level of your OverSoul/Higher Self, you absorb the wisdom and illumination of that Facet of your vaster Being. You are in the process of shedding the multiple layers of density, which you have absorbed within your Auric Field down through the many ages of earthly experience. The saying Athe Light shall set you free@ is a true statement, for the Light is dissolving the layers upon layers of negativity that you have carried for such a very long time.

You begin to function within an auric field of refined Light of your own creation, as you turn inward, and learn to stay focused and centered within your Sacred Heart in the power of the NOW moment. Over time you, as Light Transformers, begin to draw forth and integrate the maximum amount of Adamantine Particles of Creator Light, and you then consciously radiate forth the remainder out to humanity and to the world.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or the Medulla Oblongata, and the Vagus Nerve at the base of the skull, and also the back portal of your Sacred Heart and your Sacred Mind. These are major steps in the Ascension process. When this process is complete, you are well on your way to gaining access to the first Sub-Level of the Fifth Dimension, where your entry-level Sacred Triad is waiting to welcome you.

THE ADAM/EVE KADMON BODY is your original individualized Seed Atom God-Self in a fully conscious Light Body form, created by the Elohim (Lords of Light/Builders of) as the archetype of humanity. The Adam Kadmon embodies the original complete Divine and spiritual nature of man/woman. It is not the same as your personal OverSoul Body of Light which is itself evolving towards Divine Consciousness. Your Higher Selves, your Spiritual/Oversoul Body, and your Sacred Triads are refracted Facets of your God Self, your original Light Body.

The Kadmon Light Body has the ability to take on any form necessary to create and experience all forms of Creation in your Father/Mother God=s plan for this Universe. The

Adam/Eve Kadmon is a spiritual-physical creation, which incarnates in the planetary worlds during all cycles of Divine Creation.

PHYSICAL BODY: In the beginning awakening process there is a desire to turn inward and to listen to the AInner wisdom of the Soul.@ This Soul awareness includes your Body Elemental, the Memory Seed Atom which contains the perfect blueprint for your original Adam/Eve Kadmon Light Form.

EMOTIONAL BODY: First you become aware that your emotions control you through your wants, needs and desires, which in the long run do not bring you a sense of happiness or satisfaction. You begin to turn inward and to question your life choices, asking Awhat have been the results of your actions@? You begin to seek answers for the pain and dissatisfaction in your life. The voice of your Superconscious mind becomes stronger as you gradually take heed and follow your Soul=s guidance. As you become comfortable, and begin to rely on this voice of higher wisdom, the ego-desire body gradually relinquishes control, and the Soul-Self becomes the director and guiding influence in your life. You begin to align your will with the Will of your Higher Self, for you have gradually learned to trust the inspirational and intuitive thoughts from your Sacred Mind.

Eventually, you begin to view all interactive events in your life from a higher vantage point. You develop Emotional Detachment through a more refined view of human interactions. Having experienced most of the important tests of the emotions, you develop a better understanding of the human emotional nature. Again, you learn to go with the flow, and you view your tests and challenges as gifts and opportunities for growth. You have learned to make peace with the past, and to script your future, as you endeavor to live and focus on the NOW moment. Gradually, over time, the vibrational patterns of the Emotional Body are lifted above the magnetic pull of the physical realm.

THE MENTAL BODY: You begin to realize the limitations of your subconscious and conscious minds, and you see how rigid, limited and stuck you have been in the mass consciousness belief structure. You willingly begin a self-analysis process, whereby you reevaluate your attitudes, judgment and programmed concepts. You begin to feel a burning desire to expand your knowledge beyond your physical reality, as you seek to learn why you are here on Earth, and the greater meaning of life. Your instinctive mind gives way to your higher intellectual mind, and gradually you gain access to your Sacred/Intuitive Mind. As your Soul-Self becomes the Director of your destinyCyour life begins to change dramatically for the better; then faith and trust become an inborn certainty that all is happening in Divine order. You also know with certainty that you are on an upward spiraling path to a more refined, harmonious and loving reality. All you have to do is stay in the moment, and take one step at a time as the WAY is opened before you.

A SELF-MASTER IS: SELF-DETERMINED * SELF-CONDITIONED * SELF-AWARE * SOUL-CONSCIOUS. A Self-master is responsive to the surrounding environment, while being the observer of mundane life experiences from a higher vantage point. BEING IN THE WORLD, BUT NOT OF IT. A most profound event is when you first experience the abounding loving

energy and joy radiating forth from within your Sacred Heart and Soul. The SOUL=S NATURE IS LOVE, and while residing within the limitations of the Third-/Fourth-Dimensional environment, it is through the Soul Self that you connect with the Love Essence of your Mother/Father God.

A Self-master stands firmly centered within the Sacred Heart, within the midst of chaos and change, holding fast to the wisdom of the Sacred Mind, while gathering strength from our Father/Mother God as the illusions of the lower Dimensions slowly fade away.

AN ADEPT: An Adept is a person who is firmly centered upon the Path of Light, and whose point of focus is from within the Sacred Mind and the Sacred Heart. He/she has balanced, harmonized and integrated all the Facets of the Soul Self, from within the Third-/Fourth-Dimensional Planes of consciousness. He/she is now directly connected to his/her OverLighting Sacred Triad, which resides, at least, within the entry level of the Fifth Dimension. In order to reach this stage, an aspirant must have completed the first four STAGES of en-Lighten-ment, and have attained Self-mastery of the first Four Dimensions. THIS IS THE LEVEL OF ASCENSION OPEN TO HUMANITY AT THIS TIME, AND IT CAN, AND WILL BE, ACCOMPLISHED BY MANY BRAVE SOULS WHILE IN THE PHYSICAL VESSEL.

A DISCIPLE: A disciple is a person who has heeded the whisperings of the Soul Self, and who is actively seeking en-Lighten-ment, wisdom, Self-realization, and ultimately Self-mastery.

SACRED MIND / HIGHER MIND: The human Sacred Mind is an etheric, crystalline Seed Atom stored within the upper back portion of your brain. There is a membrane of Light protecting your access to the portal into, and to the contents of your Sacred Mind, until you have raised your frequencies to the appropriate level of the higher Fourth Dimension. Your Sacred Mind contains a condensed version of your ancient past history, and a portion of the wisdom and vital information you have integrated during your many past lives in this Universe. Becoming a Self-master on Earth involves gaining access to and integrating the requisite portion of the attributes, qualities and talents stored within your Sacred Mind.

The mental aspect of your Higher Self, or the wisdom you tap into when you connect with many Facets of your vaster OverSoul, will ultimately connect you with your I Am Presence / God Ray / GOD-SEED ATOM, which has access to the wisdom of your Father/Mother God, or the collective intelligence of this Sub-Universe.

DIVINE MIND: The Divine Mind is the totality of your Divine God-Seed Atom at an ever higher level: ultimately, the Sacred Minds of our Father/Mother God. For better understanding, you could say that the Higher Mind is a refined frequency of your consciousness, and you obtain higher consciousness levels with each download of a Facet of your OverSoul /Higher Self.

As you traverse the Path of Ascension, and move into an accepted spectrum of Light and shadow, your goal is to develop the ability to stay centered within your Sacred Mind and Sacred Heart. You learn to consciously maintain a higher perspective about what is going on

around you, as you express compassion and unconditional love for everyone. That is the goal of a Self-master.

As you become attuned to the higher frequencies of Light, you will become accustomed to the flow of Sacred Fire Breath, which has been called the River of Life/Love/Light or the Antakarana in ancient teachings. There is a hidden, powerful, radiant current of knowledge encoded within this Living River of Life. It is a code of creative genius; however, you must tap into the wisdom of the Sacred Mind and your Soul Self in order to access this inborn power.

You are called AStarSeeds@ for a reason, for as you return to Self-mastery, you will initiate the process of creating crystalline, Life Code Seed Atoms C a new, advanced evolutionary process, which will eventually be used by life forms within the next, forthcoming Golden Galaxy.

We ask you to study what we have revealed, and endeavor to get the Universal schematic we have created firmly within your mind, so that you will understand the next phase of the wondrous cosmic events, which are unfolding before your eyes. As a Bearer of Light, you promised to be our representatives on Earth. Within, you have all that you need to complete your earthly journey through the remainder of the Fourth-Dimensional realms. As doubts arise, remember, all of your experiences of the past, whether they were successful or seemingly failures, have given you a wealth of experience to draw upon. Beloveds shine your Light for all to see. Call on us, and we will assist you in every way possible. Know that I am with you always, and you are loved most profoundly. I AM Archangel Michael

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TRANSMITTED THROUGH RONNA

THE FIERY FORCES OF CREATION ARE SWEEPING THE EARTH

Beloved masters, remember this term: MEMBRANES OF LIGHT, for it is important that this concept is clearly defined within your mind. There were membranes of Light placed across your memory when you began your journey into the illusionary realities of the Third/Fourth Dimensions. There were membranes of Light placed at the entryway to your

Sacred Mind and to your Sacred Heart. There was / is a membrane of Light surrounding your Third Eye / your inner sight. When your Higher Self determines it is time for your Third Eye to open, it will be as if you received a surge of sacred energy upon your brow. These specialized frequencies open the Seed Crystals of Light within the Pineal Gland, which initiates the ability for extrasensory perception/clairvoyance.

Most of you have heard of the Ring-Pass-Not, a thin Membrane of Light Radiation, which encircled the planet. It was a restrictive quarantine of sorts, which was gradually dissolved from the Earth's atmosphere, thereby allowing the cosmic information flood gates to be flung open so that the next level of Cosmic Wisdom could pour forth to a select group of World Servers / Cosmic Messengers. For many lifetimes, every one of these brave Souls has been in an intense preparatory stage in the higher realms. This intense training period was necessary in order to bring forth the advanced teachings in an accurate, orderly and timely method. It is Cosmic Law that you must integrate and experience each level of new truth in order to move to the next, more advanced level. It is a unique and specialized path of initiation. The Ascended Masters of the Cosmic Council of Light do not openly teach in public. They work entirely through their disciples and initiates, mostly by conveying the inspired thought forms of higher wisdom teachings. Initiates work on the mental levels, also mostly behind the scenes. However, a select group is actively teaching out in the world, for inspiring others to become World Servers is their most important task.

There is a Light epidemic whereby every person on Earth is being bombarded by the refined frequencies of God Light; however, each person can only absorb and integrate the frequencies of Light that their physical vessels can accommodate. You must be able to metabolize the higher frequency God Light in order to benefit from it and make use of it.

Those of you who have steadfastly followed the Path that was designed for you are quickly coming to a state of completion for the particular stage of en-Lighten-ment you have been in for the past ten years. When you attain true Self-mastery, your thoughts and words will become harmless, for criticism and negativity cannot dwell in the Light of love and truth. Service is an intrinsic impulse of the Soul-Self, just as desire is the major impulse of the ego.

Your transition from the impulses or nudgings of the emotional, ego-desire body to the inspirational thoughts of the Soul and the Higher Self has mostly been accomplished. Your focus has moved toward group consciousness, and how to serve humanity. You are also well on your way in the transition from I / me / my selfish interests to higher frequency — a we / our state of unity consciousness. The intuitive thoughts you receive, and the guidance from your guides, angelic helpers, and Higher Self, become stronger as you integrate more pure God Light. Your personal reality expands from a small-world focus of a me / my state of consciousness to an expanded consciousness which includes the world, the solar system and beyond. No longer do you respond to painful events in life as fated or punishment, for you realize they are challenges and opportunities for growth.

You are swiftly moving out of the energy vortex, or collective consciousness band of thought forms created by humanity, which is a vortex of violent activity. Ascension is a process

whereby you consciously move forward into higher and higher levels of the energy/vibrational fields of your OverSoul/Higher Selves — forever moving forward into more rarified fields of Divine Energy of the higher dimensions.

Your Soul is aware of the imbalances you brought forth from the past and also those you have created in this lifetime. It will do everything possible to bring these imbalances to your attention so you can rectify the imperfections and develop harmonious attunement with the next level of your Higher Self. This is the Soul's main purpose for being. Your Soul and Higher Selves will also make every effort to raise your vibrational frequencies and to harmonize the fluctuating energies of the emotional and mental bodies.

As you progress on the Path and begin to tap into the higher vibrational patterns of Light, you will experience the effects of the intensity of the frequencies of Cosmic Sacred Fire. You will be affected by the fiery forces of Creation in three ways: Fire by Friction: Fire of Body ** Solar Fire: Fire of Soul **Electromagnetic Fire: Fire of Spirit.

Eventually, you will learn to recognize the source of the frequency patterns of the various Beings of Light that you are to work with. You will also be able to differentiate between the subtle forces and the Rays. You must strive to become a Divine observer and a master of detachment.

You know who you are; we do not have to tell you. We ask you to steadfastly maintain your Center of Power within your Sacred Heart as you are drawn into the higher levels of World Service. As you move deeper and deeper into the realm of the Ascended Masters, your chosen path of service should become easier–almost effortless. Your major challenges and tests are behind you as you draw greater amounts of God Light to you. The warring factions within will slowly release their hold on you as they submit to the transformative vibrations of Love. My brave warriors of peace, as your Light shines brighter out into the world, you must be vigilant so that you will do nothing which will make you a focal point for negative vibrational forces. You are learning to be a director of the Higher Forces. As you refine your skills of Self-mastery, you will learn to identify the quality and force of all energy around you

In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal destiny.

For all of you who are firmly on the spiraling Path of Ascension, your major goal at this time is to return the vibrational patterns, which make up your personal world in the Third-/Fourth-Dimensional reality, to the originally designed spectrum of Light and shadow. By doing so, your pendulum of consciousness will not swing so radically from positive to negative, and your mental and emotional natures will once more become stabilized and centered. This is an important step in learning to live centered within your

Sacred Heart and Sacred Mind. A disciple on the Path of en-Lighten-ment must strive for heart-centered detachment and wise discernment.

In the unawakened person, more choices are made unconsciously than through intelligent awareness. It is as if they are in a semi-conscious state of awareness. The initial phase of becoming a Self-aware person is to realize that he/she is not consciously awake. This begins the process of striving to awaken to the nudgings of the Soul-self, for this is an intrinsic part of becoming spiritually aware and a master of Self.

When you succumb to irritation and respond in loud, angry words or thoughts, you are using astral energy that is contaminating to the auric field. Continued use will build a negative thought form that must eventually be resolved and dissolved via the Law of the Circle. Envision your negative thought forms adding another stone or brick to your emotional prison. Remember: you are composed of units of energy, which create your Energetic Signature, and ultimately your Soul Song. Your goal is to learn to control your thoughts and to focus your power. Your thoughts will increase in strength according to the intensity and repetition of your Seed Thoughts. Dear hearts learn to focus on the highest and best attributes of people and conditions within your inner circle of Light–this is one of the most important aspects of creating your personal Fifth-Dimensional environment.

The language of the unconscious and subconscious minds is primarily imagery. The refinement of the subconscious and conscious minds and attunement to the Superconscious mind are greatly speeded up by the deliberate practice and perfecting of the imagery and visualization skills.

The Soul needs a vehicle of expression on the physical plane in order to bring forth the power and magnificence of Creation. You must endeavor to rise above and to shelter yourself from the emotional chaos of the mass consciousness existence; however, you must also function efficiently among the masses, and spread your Light as you go about daily life. You cannot live in a detached world and forsake the material world in order to attain en-Lighten-ment. Becoming an unrealistic, vague mystic serves no one. The introspective, inward-focused meditative practices of the Eastern philosophies are being joined with the creative, outward-focused practices of the Western world.

In a Third- and lower Fourth-Dimensional environment, your mental body is prone to projecting into the future, which creates fear and uncertainty. The emotional body is always replaying the events of the past, some fond memories, but mostly reliving experiences of failure or pain. The present moment is hardly registered at all unless there is some positive or negative drama involved.

You should strive for a strong, highly-developed connection between the mental and emotional bodies, and also between the Soul and Higher Self in order to develop refined spiritual values. As you tap into the higher frequencies of Divine Wisdom, brilliant ideas pour forth from the higher planes of intuition. You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only

to lose it again. However, the times of depression will grow less intense and also less frequent. Be assured that your ego desire body will rebel and resist the efforts of the Soul and the Higher Self, and will try to keep you in your habitual practices/habits of serving only the little self and its selfish desires.

However, as you progress, you will tap into the realm of the Sacred Mind and you will learn spiritual discernment. You must constantly monitor and critique your words, deeds and motives as you train yourself, and gain discipline over the little self. Remember: ALL knowledge is a form of Light.

As you strive to understand your role and purpose for this lifetime, you will learn to turn inward in order to understand who you really are, why you act and react the way you do, and how to tap into your greatest talents and potential abilities. This should be your major goal at this time. Reflection, contemplation and active meditation will unlock the mystery of your true Self, and what your major goals are for this lifetime.

You are an energy center, a receptacle, a physical body, which contains a measure of pure Creator Essence. You are responsible for integrating and using the Light Energy you need to empower yourself, and you must then send forth the balance out into the world for the benefit of all. Submission to your Divine Mission and to Cosmic Law means adherence to all Universal Laws as they are revealed to you. Walking the path of ascension requires a constant effort to make the highest choices for the greatest good, with an intense desire to serve. You must take responsibility for all actions and the energy you qualify, whether positive or negative, for it will return to you via the Law of the Circle. Your present earthly goal is to become a World Server, and the quickest way to attain this level of Self-mastery is to stimulate the flame of God Power within. Self-mastery is attained in small increments, not giant leaps.

Dear hearts, no matter the level of Spiritual/Self-awareness you have attained, we encourage you to make the Path to higher awareness a priority in your life. The world and the reality you have lived and experienced in the past are swiftly changing. You have a golden opportunity to join the ranks of those who are creating a bright new world for themselves and their loved ones. You also have the right to remain in the negative environment of the lower world of reality that is swiftly being cleansed, cleared and modified, thus creating the chaos and monumental changes the masses and the Earth are now experiencing. Which will you choose? Whatever your choice, we will guide and protect you to the limits of Cosmic Law, and we will always love you beyond measure. I AM Archangel Michael.

**TRANSMITTED THROUGH RONNA VEZANE * STAR * QUEST * 775-856-3654 * www.RonnaStar.com

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BECOMING AN EMISSARY OF LIGHT

Beloved masters, as surely as you live and breathe, you are helping to create either Heaven or hell on Earth—or many of you may possibly feel that you vacillate somewhere in-between the two. No matter what you believe or how you interpret the ancient teachings, Heaven is a state of mind/consciousness, and not somewhere "out there" in the higher dimensions. It is not a final destination or a place you may be eligible to go to when you transcend and leave your present physical vessel. It is a state of consciousness that you create and exist in no matter where you have been, where you are now, or where you are going in the future. You came from a heavenly place, and you brought Love/Light with you, along with the ability to create a heavenly environment, no matter what dimension, world or reality you have chosen to experience.

Hell on Earth is what many of you have been experiencing over these many thousands of years since humanity's fall into a semi-conscious state. You have been living in an unreal world whereby you are steeped in fear, superstition, feelings of shame, guilt, and of not being worthy of love or abundance. You have allowed others to tell you how to think and act, and you have allowed those you thought were wiser than you to take away your power and control your lives. A maelstrom of negative thought forms created by the masses has kept you imprisoned in a world of illusion.

Your real world was designed to be crisp, clear, free-flowing and harmonious, whereby you would traverse the middle path with a few obstacles and challenges in your way: a beautiful world of peace and plenty where you would be free to cocreate in cooperation and harmony with your fellow brothers and sisters on the journey; a place where you would be connected to all levels of consciousness while attuned to all the Facets of Creation within the first Four-Dimensional levels; a place that was designed to provide a Heavenly existence on the material plane. Remember, your mission was to experience the realm of physicality so that the Creator could also experience this wondrous Facet of Its creative process.

The miracle of these times is that the masses are awakening in greater numbers every day. You, the vanguard, have opened the way, and you have set the stage for the monumental transformational process that is sweeping the world. Through your tireless efforts, you have

anchored the higher frequencies of Light upon and within the Earth, thereby making them available to all those who are ready to open their hearts and step onto the path of heightened awareness and Self-mastery. Each person has the ability to create their own unique Heaven on Earth. That is the miracle of these unparalleled times in which you are living.

You are stretching your spiritual muscles, and you are tapping into the vast resources which have been awaiting you for these many ages. You are beginning to reclaim the elements and characteristics of your real world—a world that all of you helped to create in the beginning. Down through the multiple Dimensions each of you brought with you, stored within your Diamond Core God Cell, all the attributes, virtues and qualities of the twelve Rays, a precious gift from our Father/Mother God.

In the beginning, you used your abilities to create many magnificent and wondrous things until, over time, your abilities became diminished, distorted and imperfect because of your fall into the illusional negative environment of the lower dimensions. Thus, you began to create and live in an unreal world, a hellish place of your own making.

The Supreme Creator knows only perfection, and our Father/Mother God parents want only the very best for all Creation. They do not punish. They do not take sides. They do not know anger or fear. They are filled with and radiate only Love/Light, which is comprised of compassion, joy and harmony, as well as all things good and righteous. It does not matter what religion you are. It does not matter if you are an atheist, an agnostic, or whether you say you hate or deny God. You will never truly die; you only change form. You are immortal. Remember, you are a refracted Light/Spark of the Creator. You see through a lens made up of vibrational frequencies, which are composed of thought forms, intentions and actions, resulting in an unique picture of reality you have created over many thousands of lifetimes. You are in the process of reclaiming your higher truth, refining your thoughts, and clearing your vision. As you do so, the veils of illusion are slowly dissolving, while you gradually build your new version of paradise /Heaven on Earth, which will gradually blend and meld with the visions of your brothers and sisters on the journey with you.

Throughout the centuries, there have been predictions and prophecies that there will be a New Age of evolution on Earth and within humanity, which have been termed as a passage from instinctual, physical/human Beings to INTUITIVE SPIRITUAL/HUMAN BEINGS, or a return to your true nature as Divine Sparks of the Creator.

One galactic cycle takes approximately 26,000 years to complete, and the Earth along with all sentient Beings are being affected as humanity emerges from the darkness into the new Light and a new Cosmic Day. It has been designated as a new Golden Age, and it is truly so, for a wondrous new Golden Galaxy will be formed, incorporating the vibrations/frequencies of your experiences/successes and the wisdom garnered throughout your many sojourns on the earthly plane, along with a new Divine Plan sent forth from the Heart/Mind of the Supreme Creator to our Father/Mother God of this Universe.

During the night or dark cycle of past Ages, you sank into density, and your Life/Light Lines to your Higher Self and our Father/Mother God were greatly diminished. You were left to your own devices in hopes that you would awaken to your Inner Source (resources) of spiritual power. The Divine Plan did not call for you to experience lack, limitation and fear; however, you had to suffer the consequences of your free will actions—the discordant energies you projected out into your world.

We have spoken many times before about the laws of cause and effect, or "for every action there is a reaction," which results in what is known as negative or positive Karma. For many ages, you, as the enlightened ones, have been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity, returning to balance and harmony in all Facets of your Beingness. You have struggled with the cross of matter for many ages, and it is wondrous to watch as you slowly returned to harmonious frequencies the discordant energies that have kept you off-balance for so long. As you heal and transmute the thought forms that have kept you captive in your hellish environment of the past, you are once more becoming a Pillar of Light, and the cross you bear is a Cross of Light that radiates forth from your Solar Power center via the front and back portals of your Sacred Heart. Thus, you are creating a column of Light from which you are beginning to experience the "fruits of your labor," as you reclaim your heavenly heritage as an Emissary of Light.

Many of you are wondering what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and everyone. It depends on what you are feeling and thinking, dear ones, what is on your mind and in your heart as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Again we ask you, are you contributing to the liberating vibrations of Heaven or to the discordant frequencies of hell? We are asking you to no longer sit passively by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before. You are much more powerful than you can imagine, my brave friends—you are playing an important role in attaining a peaceful solution to a very unsettling world situation.

The energy you are radiating forth from your heart center has just as much an influence on the outcome of the devastating conflicts around the world as those who are on the "front lines." You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested Adamantine Particles of Divine Light, and to mold them into powerful thought forms and actions that can overcome any adversity. As we have stated before: "The brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all, and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge and to enslave or control others, then they are functioning as righteous warriors, and the forces of Heaven are with them."

Many around the world are asking, “Why can we not have leaders with integrity who are Spirit-inspired instead of those who are self-serving, seeking power and who do not have the best interests of the masses as their predominant goal?” It is also a sign of the times, beloveds. The great changes that are slowly taking place must begin in the hearts of the people. As your beliefs change and gain power and force, you will build a new thought form, and you will insist that your leaders be accountable, that they have integrity and are true valiant heroes and champions of the people. Your leaders reflect the mind set of the masses, and an important part of your life’s mission is to radiate unconditional love to ALL humanity and to the Earth. Remember, we have told you that when you do so, your loving energy is added to the collective whole, and it is then used for the highest and greatest good of ALL. When you are do so, you are in alignment with the Creator’s Divine Plan and you stand with my Legions of Light as warriors of peace.

When we say you should seek that which is your passion, and that which brings you the greatest satisfaction and joy, many of you do not have the slightest idea what that is. We ask you to begin by eliminating those things that are stressful in your life, that which brings you pain and which you dread. You did not become the way you are in a day, a week, or a year, but you can transform back into your empowered masterful self much more quickly than you can imagine. We have offered you many tools, techniques and information over these past years, but you must make a commitment and prove for yourself that what we offer you are the “magical tools” you have been seeking.

We have said many times, you must turn knowledge into wisdom, or you must come to the realization that something is true and achievable. Realization is when something becomes crystal clear in your mind, and you “know” that it is your truth—then you must put that truth into action. Knowledge /wisdom, overlaid with love/compassion, and focused intent/action create the power that holds the keys to the universal storehouse of unmanifested potential—potential that is just waiting for you to mold it, and to create anything you can envision. That is what is waiting for you in your new heavenly world of tomorrow.

It is a time of integration and moving back into harmony in all things. Of paramount importance are the reunification and balancing of the Father/Mother God Forces on Earth, and within each of you. This reunification process will speed up your personal return to balance and harmony within yourselves. You will, once again, embody both the masculine and feminine attributes, qualities and virtues of our Mother/Father God. You will no longer be fractured and warring within yourselves, but empowered through the combined forces of your Divine Self.

The celestial winds of change are sweeping throughout this Sub-Universe, and they have been bombarding the Earth for a number of years. No longer can you ignore the fact that your world is changing moment by moment. You feel that time is speeding up, but it is really your Earth that is racing through space at a faster pace. You are moving into a reality where time is fluid and space is malleable.

Great Beings of Light have come from the far reaches of the Omniverse to observe and assist you in these epochal times of momentous change. We can inspire, direct and assist you, but you and you alone must take the action that will result in the manifestation of Heaven on Earth. Watch for the signs in the sky; notice the beautiful clouds and sunsets that the angels paint for you; be sensitive to the nudgings and whispers we send your way; and be aware of all the miracles, large and small, that we arrange for you. We are not "out there." We are only a thought and a heartbeat away. I surround and enfold you in my auric field of love and protection. You are loved beyond measure. I AM Archangel Michael.

Transmitted through RONNA / Sacred Scribe *STAR*QUEST* * www.RonnaStar.com

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Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-2-2017

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

UNIFIED SPIRITUAL AWARENESS

Beloved masters, the winds of change are blowing strongly within your inner and outer worlds, and you often feel you are being tumbled about by the winds of fate. You are being bombarded with so much new information that your body and brain are in overload. Everything is changing so rapidly in your world that you can no longer depend on what was considered to be the norm, and there is such a plethora of new information that it is difficult to know what to believe. Old concepts are being updated and the philosophies of the Eastern and Western worlds are blending as higher expanded truths are being presented for your learning as humanity strives to become spiritual adults and masters of their destiny.

There are many paths to en-LIGHTEN-ment and many variations and levels of the truth; however, the universal laws and Creator truth are immutable. There are essential truths in every religion, and if you strip away the dogma, man-made superstitions and limitations, you will find they all contain more similarities than differences. Instead of criticizing or condemning the beliefs of others, would it not be better to seek a common ground of understanding? The majority of humanity does not have a clue about the origins or major beliefs of other religions, and yet there is condemnation of all beliefs that are not one's own. The core cause of all the wars of the past, and the wars that are presently raging around the world are based on conflicting religious beliefs–how sad and how futile. There can be no winners; everyone loses in the rage and fury for supremacy that is rampant on Earth.

I have asked my messenger to research and give you a condensed synopsis of some of the similarities and the differences between the Eastern and the Western world views, as well as a condensed overview of the major religions of the world, past and present. It is important that you understand the customs and beliefs of your brothers and sisters around the world if you are to move forward on the path of reunification and harmony.

** (THE WORD "RELIGION" IS FROM THE LATIN WORD "RELIGARE," WHICH MEANS: TO BIND). RV

Humanity is gradually moving beyond the narrow concept of isolationism and secular "religion" into the expanded and cohesive truth of spirituality whereby you turn inward and connect to your own Divine Source for Creator truth and universal laws to guide you, instead of turning to someone you think is more knowledgeable and powerful than you. In the past, humanity has been mostly of a herd-state mentality, and it has been a common practice to follow the man-made religious laws as defined by others: dogmatic beliefs or superstitions which were/are often steeped in fear.

Herein we will list some of the similarities and also some of the differences:

SIMILARITIES:

CONCEPT OF GOD:

Eastern view: Belief in a Supreme Deity, maker of all Souls and all things, and in lesser deities. Western view: Belief in a Supreme Deity, maker of all Souls and all things, including angelic beings and the heavenly host.

ON SALVATION AND GOD'S WILL:

Eastern view: Salvation is through strict obedience to God's will, and the descent of His grace through spiritual enlightenment.

Western view: Salvation is through strict obedience to God's will, usually through a messiah, prophet, minister or priest.

ON GOOD CONDUCT:

Eastern view: Moral living is essential to spiritual progress, for unrighteous thoughts, words and deeds keep you from spiritual liberation.

Western view: Religion is based on ethical and moral conduct as outlined in the Ten Commandments; the opposite leads you away from God.

ON THE NATURE OF REALITY:

Eastern view: There is more to reality than we can experience with the five senses. The Soul is immortal, deathless and eternal, and will ultimately be liberated from the cycle of rebirth.

Western view: There is a reality beyond what we experience on Earth. The Soul is immortal, deathless and eternal, living forever in God's presence or separated from Him in an eternal hell.

DIFFERENCES:

REGARDING CREATION:

Eastern view: The universe exists in endless cycles of creation, preservation and destruction. There is no absolute end to the world. We are a part of God and God is within us. Unity is stressed.

Western view: The world was created by God and at some point in the future it will be destroyed. He is distinct from it and rules from above. A dualistic nature of the world and humanity is stressed.

THE TRUE GOD:

Eastern view: There is but one true and absolute God. All Souls are destined to receive God's grace through experience on many paths according to their understanding, temperament and maturity. God is pure love and Consciousness.

Western view: There is but one true God and one true religion. Those who accept it will enjoy God's grace; all others, unless they repent and come to "your" God, will suffer eternally in hell. God is loving as well as wrathful.

ON KNOWING GOD:

Eastern view: Personal, inner and often mystical experience of God is the foundation of Eastern religions. Man can and ultimately must come to know God during earthly life. Individually oriented and introspective.

Western view: It is presumptuous for man to seek personal knowledge of God. The basis of religion is not experience but belief, faith and a virtuous life. Socially oriented and extroverted.

ON HELL AND EVIL:

Eastern view: God is love and all Souls are a Facet of God. Each Soul is guided as it experiences karma interactions into dharma (enlightenment and alignment with universal laws). Hell is the lower astral planes, not a physical place, nor is it eternal. Karmic suffering is a state of mind during life or between lives. There is no intrinsic evil. All is good. All is God. Only the veil over our intuitive-intellectual mind keeps us from realizing our personal relationship with God.

Western view: On judgment day the physical body of every Soul who ever lived is brought to life. Pure Souls are granted entrance into heaven, while sinners are sent to everlasting hell. There is genuine evil in the world, a living force which opposes God's will. Satan and his

demons embody this evil, as well as in man if he develops evil tendencies and does not follow God's commandments.

HEREIN IS A BRIEF SYNOPSIS OF THE MAJOR WORLD RELIGIONS:

Hinduism is the world's oldest religion; it predates recorded history, and has no human founder. Its major scriptures are called The Vedas. There are nearly one billion followers, mostly in India. Hinduism is a vast and profound religion whose followers believe in one, all-pervasive Supreme Being who is both Creator and unmanifested reality. They believe that all Souls are evolving toward union with God, and will ultimately gain spiritual knowledge and liberation from the cycle of rebirth. They believe in karma, the laws of cause and effect by which each individual creates his own destiny through his thoughts, words and deeds.

Buddhism began about 2,500 years ago in India and was founded by Gautama Siddhartha, the Buddha, Enlightened One. The Buddha's essential teachings are contained in the Four Noble Truths. There are over 300 million believers throughout China, Japan, Sri Lanka, Thailand, Burma, Indochina, Korea and Tibet. There are three main sects, Theravada, Tibetan and Mahayana. Zen Buddhism, well-known in the West, is a Japanese Mahayana school. Their goal in life is nirvana (salvation). They believe in the Middle Path, living moderately, avoiding extremes of luxury and asceticism. They believe in love and compassion for all creatures that live, and that man's true nature is Divine and eternal. They believe in karma, dharma, reincarnation and the passage on Earth as an opportunity to end the cycle of birth and death.

Taoism began about 2,500 years ago in China and was founded by Lao-tzu, whom Confucius described as a dragon riding the wind and clouds. The Tao-te-Ching, or Book of Reason and Virtue, is among the shortest of all scriptures, containing only 5,000 words. There are approximately 50 million believers, mostly in China and other parts of Asia. The Tao or the Way, has never been put down in words, rather it is left for the seeker to discover within. The primary goal of Taoism may be described as the mystical intuition of the Tao, which is the Way, the primal meaning, the undivided unity and the ultimate reality. He who has realized the Tao has uncovered the layers of consciousness and sees the inner truth of all things. Taoists believe in the oneness of all creation, in the spirituality of the material realms and in the brotherhood of all men.

CONFUCIANISM:

Confucianism began about 2,500 years ago in China by the supreme sage, K'ung-fu-tsu (Confucius) and Second Sage Meng-tzu (Mencius). Its major scriptures are The Analects, Doctrine of the Mean, Great Learning and Mencius. There are over 350 million adherents, mostly in China, Japan, Burma and Thailand. Confucianism is, and has been for over 25 centuries, the dominant philosophical system in China and the guiding Light in almost every aspect of Chinese life. Confucius urged individuals to strive for perfect virtue, righteousness, and improvement of character. He taught that man grows spiritually by living truthfully,

serving selflessly, and aligning himself with the Eternal way through humility, simplicity, serenity and effortless action. They believe God is the sovereign One, the omnipotent, immortal and personal Creator, a being beyond all time and space. They believe in the oneness of all creation, in the spirituality of the material realms and in the brotherhood of all men.

Islam began about 1,400 years ago in present-day Saudi Arabia. It was founded by the Prophet Mohammed and its major scripture is The Koran. There are over one billion followers, mostly in the Middle East, Indonesia, Pakistan, Bangladesh, Africa, China and Eastern Europe. There are two main divisions of Islam. The Sunnis are followers of the political successors of Mohammed. The Shiites are of Mohammed's family successors, all martyred at an early age. Islam means submission, surrender to the will of God, called Allah. Those who submit are called Muslims. Islam is based upon the Five Doctrines and observance of the Five Pillars. The virtues of truthfulness, temperance and humility before God are foremost for Islam, and the practice of fasting, pilgrimage, prayer and charity to the Muslim community are most necessary to please Allah. They believe that the Soul of man is immortal, embodied only once on Earth, then entering heaven or hell upon death according to its conduct and faith on Earth. The primary goal of Islam is to enjoy eternal life, both physical and spiritual, in a heavenly paradise with Allah.

Judaism began about 3,700 years ago in Egypt-Canaan, now Israel. It was founded by Abraham, who started the lineage, and Moses, who emancipated the enslaved Jewish tribes from Egypt. Its major scripture is The Torah (the first five books of the Old Testament and the Talmud). There are about 12 million believers world-wide, over half in the United States. Jews are divided into Orthodox, Conservative and Reform sects, with other regional and ethnic divisions. The religion of the Jews is inseparable from their history as a people. By far the most profound characteristic of Judaism is its strict monotheism. The Jews hold an unshakeable belief in one God and one God only from whom all creation flows.

Much stress is placed on the hallowing of daily existence, worship in synagogue, prayer and reading the scriptures. They believe obeying God's laws brings rewards in the future life when the Messiah will come to overthrow evil and reward the righteous in God's kingdom on Earth. The Soul thereafter will enjoy God's presence and love. They believe that man has two impulses: good and evil. He can either follow God's law or rebel and be influenced by Satan, who caused God's Creation to go astray. One must strive to follow justice, charity, ethics and honesty, being true to the one true God, Yahweh.

CHRISTIANITY:

Christianity began a little over 2,000 years ago in what is now Israel. Its major scripture is The Bible, Old and New Testament and was founded by Jesus (Yeshua) of Nazareth. There are estimated to be about 1.5 billion Christians. Christianity consists of three main sects: Roman Catholic, Eastern Orthodox and Protestant. Among Protestants there are over 20,000 denominations. Most Christian faith revolves around the basic principals of the Apostles' Creed, but with important exceptions to its various beliefs. Christianity has an

unswerving conviction that it is the only true religion, the only path to salvation. They believe man's plight is caused by disobedience to God's will. Man needs redemption from the forces of evil which would enslave and destroy him: fear, selfishness, desire and the supernatural forces of the Devil, sin and death against which he is powerless. Stress is placed on acceptance of Jesus as God and Savior, on good conduct, compassion, service to mankind, faith and preparation for the Final Judgment. Only good Christians will be saved and accepted in heaven. The goal of Christianity is eternal life with God in heaven, a perfect existence in which God's glory and bliss are shared.

Beloveds, can you not see that there is a strong pattern, a compatible philosophy that is the basis for all religious beliefs: the belief in a Supreme Being, a desire to personally know the Creator, a belief in the intrinsic goodness of humankind, and the priceless value of love, harmony, charity and faith. Are the differences so important that wars must rage and separation of family, cultures, and nations must prevail? Unity consciousness is the foundation of spiritual teachings of the present and future, not the separatist views of the past. The current religions of the world are based on the spiritual teachings of a particular time, beliefs and energy of the past. It is time to let go of the negative, restrictive, dis-empowering, fear-based teachings of the past, as humanity prepares to move into the realms of higher learning and self-mastery. Why not glean the beauty and positive aspects of each religion as you strive to embrace and live your own higher truth? The Creator and our Father/Mother God does not care what religion you are, or what you call your beliefs. You are known by your radiance and by the Love/Light you give forth. Our greatest desire is for you to understand and experience the ecstasy of the harmony and Oneness that are available to you in the higher realms of Light.

We are ever near to guide and protect you. I AM Archangel Michael.

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UNDERSTANDING THE PROCESS OF ASCENSION

ARCHANGEL MICHAEL / RONNA ** KEVIN ADAM /AUTHOR

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* What is ascension all about and how do I attain it?

* How can I release all the guilt, fear and painful experiences of the past?

* How can I learn to live in the moment and attain Self-mastery?

* What does Unity Consciousness mean?

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ARE YOU A STARSEED WAYSHOWER?

Beloved masters, it is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select, awakened members of the human race. You must express willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and eventually your SACRED TRIAD will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Sacred Heart. You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently waited for this time as well. Communing with the Beings of Light is a great evolutionary step for you, as human Beings, for it quickly facilitates a new conscious

awareness and a powerful transformation within you. Most likely, you will first connect with and learn to interact and communicate with your personal guides or, sometimes, your master teacher will quickly establish a relationship with you, especially, if you made an agreement to work with that particular Being before incarnating in this lifetime.

Many of you are well on the way to developing your sixth sense – the intuitive mind, whereby you have a direct line to your OverSoul Self, and certain Facets of your multiple Higher-Selves. It is the beginning phase of creating a direct line to home base, your SACRED TRIAD, and eventually with your magnificent God-Self. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart.

Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Light, for it will accelerate the Ascension process and assist you in attaining the status of a Self-master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Energetic Signature are compatible. That is why it is so important to have gone through a clearing/cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Long, long ago, you, who would later come forth as the StarSeed Wayshowers for the Ascension of humanity and the Earth, agreed to take on a special role on the planet Earth sometime in the far distant future. This group of brave Souls would incarnate into every race, color, culture and creed, and they would be spread far and wide upon the planet in preparation for a preordained cosmic drama: the mass ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

Those of you who stepped to the fore were given a special dispensation whereby much of your minor imbalances would be cleared so that your earthly burden would not be too overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your Energetic Signature / Soul Song to the Mid-Fourth Dimension and higher.

A vast multitude of you, the StarSeed, are well on your way to Self-mastery; however, too many of this Wayshower group is still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former root races, along with special memory cell encodings for the new Golden Root Race of the future. It is true that over time there have been great imbalances amongst this group of Souls, and many have not listened to the nudgings of their Spirit Self and have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you were encoded with a Light

Consciousness Seed Atom that, when activated, would help you remember your promise to be our earthly representatives — and that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance upon the Earthly plane.

We wish to give you some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major root races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many, many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other root races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a universal level, after you had externalized into your individualized God-consciousness and had spent eons of time in joyous cocreation, you and a harmonious group of Souls, which we will call "Soul family groups," were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the Fifth and Sixth Dimensions. You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the "reunification process." THAT TIME IS NOW!

Those of you we fondly call "Old Souls" are scattered throughout the world. True, there are greater numbers of these old Souls in some locations and cultures; however, this vanguard group is scattered around the Earth from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals they care for. They have mundane jobs in every field of endeavor and quietly go about fulfilling their duties. They have positions of great responsibility and they serve their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher Selves and have become masters of Self. Many others are well on their spiritual path, but unfortunately, there is a great multitude of these StarSeed Wayshowers who are still unconscious of their Divine nature, and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean race, that of leaders / pioneers /warriors. There is a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria – the gentle,

nurturing, intuitive, inward focused qualities, and in addition, great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage, and in the past, you have been blessed to have so many magnificent Beings of Light in your midst — masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way, and it is our greatest hope that some of you will take up the banner and be the future spiritual champions for the emerging new spirituality among Self-aware humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another. We are aware of a great sense of loneliness amongst the peoples of the world — a sense of isolation. It is not enough to read the teachings we give you or those of the masters, or to visit a beautiful cathedral or temple, and pay homage to God. It is a time of reunification. You must begin to come together to share your love, your wisdom and inspiration. It is a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the gods of the future will dwell. You are the cocreators of the future — Divine Sparks of the Creator — who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to take to heart what we have told you, over and over again, “You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT.” You must learn to love and respect yourself, and you must have a deep sense of Self-worth before you can truly love and respect others, and before others will return the love and respect you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a “state of Being” or a “quality of life.” You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian /Goddess virtues and qualities, you will feel incomplete, and you will experience a great sense of dissatisfaction.

Come together in groups of two, three, ten, one-hundred or one-thousand, it makes no difference; however, if you join together for the benefit of all, we promise you, we will be

there in full force to empower you, to assist you and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed spectrum of Light and shadows, the vibrational patterns that make up your personal world in the Third-/Fourth-Dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and your Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-master.

It may not seem so; however, we assure you that you are living in a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this Universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, who are the great Builders of Form, in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love/Light. In you, we are well pleased. I AM Archangel Michael.

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ARCHANGEL MICHAEL'S WISDOM TEACHINGS

STAR*QUEST * WEBINAR * MARCH 25, 2017

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Those of us who have been seriously seeking Self-mastery – by taking responsibility for our actions, striving for harmony, and an integration of the maximum amount of Sacred God Light – have a vision of a grand new world where all will coexist in peace, harmony and abundance. EACH OF YOU MUST MAKE A CHOICE: Will you join the StarSeed Wayshowers on the upward spiral of Ascension, or will you remain a captive in the negative, chaotic reality of the Third- and lower Fourth-Dimensional worldly environment?

Please join us for this inspiring, instructive webinar if Spirit guides you to do so.

Love and angel blessings, Ronna and Randall

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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, 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 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 who 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 the 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 then 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.

Many years ago, (November, 2003), 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, at the appropriate time, 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 it clears and opens the 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 Adamantine Particles stored within your Etheric Replica, which is located within your Fifth-Dimensional personal Pyramid of Light. This Divine Light flows forth from the City of Light in which you have established a connection. Once this process is activated, it supplies a continuous flow of Creator Particles to and through your physical vessel – it then flows out into your Personal Twelve Ray Creator Wheel, and ultimately out into the world of form in a powerful Infinity Sign.

*(The ACCORDION BREATH TECHNIQUE can be found in Archangel Michael's Sixth Book of Messages: THE SECRETS OF SELF-MASTERY: www.StarQuestMastery.com) RV

You, as the Wayshowers and the Path Finders, must Lighten your own path, and draw on your own precious inner wisdom, which has been paid for and won through many long ages of experience, trials and suffering, and ultimately success. Because you are in a very critical phase of your illumination process, a time when you are most vulnerable and your trials and tests may not be as dramatic as in the past, you are quite often confused, and you do not know what the next step is or what the next truth is that you are to incorporate into your ever-changing reality.

Beware of falling back into the old patterns of allowing others to do your thinking, to lead the way without question, without validating what is your truth by going inward and connecting to that infallible source, your own Divine Presence. Many of you are still seeking outside yourself, turning to those you think are more powerful or more knowledgeable than you, hoping they will lead the way so you will not have to step to the forefront into untested territory. We tell you, beloved ones, this will not work.

So many of you are still struggling in your relationships, which are the source of a good percentage of the present pain and suffering of the human species. Are you willing to solicit the assistance of your Higher Self to help you review and analyze – from a higher vantage point – the reasons why you interact and react as you do with your mate, your family and those with whom you have a close relationship? Are you afraid to state your truth, and to stand firm in your decision to become the master of your own destiny?

** Are you learning to only give of yourself that which you feel comfortable in giving, as you learn to adhere to the laws of balance and harmony in giving and receiving?

** Are you still afraid of being alone, losing your job or your security?

** Do you still doubt that you can handle success, power or responsibility? Many of you will be led to the edge of the abyss during these coming years. It will seem as though there is only darkness, a great void or sure destruction before you, but actually it will be your Spirit Self nudging you forward—tempting you to try your symbolic wings and testing you to see if you are ready to soar.

** Remember, when you state: "I surrender all that I have, and all that I am for my greatest good," or "I align my will with the Divine Will of our Father/Mother God for my highest good and the greatest good of all," it does not mean that you are giving up your worldly possessions or your free will. It is about trusting the wisdom of your OverSoul/Higher Self and your God Self, for these wise, higher Facets of your Divine consciousness always know what is best, and what is most beneficial for you at any given time.

My brave ones, you cannot be faint of heart or timid in Spirit, for the next step on your path toward full Self-mastery is to take control of your personal world, to step forward with courage and determination as you reclaim your Divine heritage. It is waiting for you; however you must draw to you, integrate and activate the Creator Essence – Adamantine Particles of Light – the Divine substance of all Creation that you will use to mold and create your wondrous new world.

You have always been destined to become the catalyst and director of your own future. You must infuse your vision with emotions of excitement and daring; you must be bold and courageous as you go against the tide of commonality; and you must move out from beneath the stranglehold of mass consciousness. You must speak words that resonate with the vibrations of success, and you must assume the stance and take the actions of a triumphant winner. You must dare to risk your all as you prove to yourself that when you are in harmony with Spirit, whatever you give freely with loving intent will be returned a hundredfold.

You all have an integral part to play – no longer will you be able to abdicate your authority or to follow meekly where others lead you. You are destined to take an active part, and to play the role you were assigned by your Divine Self – that which will be your gift and contribution to the whole.

As you strive to fulfill the oath you took before incarnating into this most critical time on Earth, we promise you that we will assist you in every way that Universal Law allows. We are all in this journey together, and we are always nearby to guide and protect you. You are loved most profoundly,

I AM Archangel Michael

Transmitted through Ronna Vezane *STAR*QUEST*

www.StarQuestMastery.com * * E-Mail: RonnaStar@earthlink.net

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THE PHYSICAL VESSEL: A WONDROUS, SACRED CREATION

Beloved masters, let us again review some of the basic teachings which are so vitally important during these critical times of transformation. As you move forward on the path of en-Lighten-ment, and you come to a better understanding of cosmic law and the workings of the universe, we welcome the opportunity to occasionally give you a better understanding of some of the concepts of Creation and the complexity of the physical vessel. Therefore, we would like to give you an in-depth explanation of the composition of the Etheric Body and its importance in the process of Ascension. The Etheric Body (or Etheric Web), which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. The Etheric Body is composed of the physical aura, which conveys your physical state of health via various colors and the distortions, or lack thereof, within the Etheric Web pattern. The emotions of pain, suffering and resentment are thought forms which are keeping you from embracing and becoming the Bearer of Light you were meant to be. The auric field is the invisible electromagnetic force field that surrounds the physical body, and it magnifies energy to you and radiates vibrational frequency patterns from you.

The aura of the mental body within the Etheric Web is almost non-existent in those who are trapped in the restrictions of the Third and lower Fourth Dimensions. That is because they see the world and events through a filter of illusion created by their past beliefs, thoughts and actions.

When existing in a Third-/Fourth-Dimensional environment, the dominating force within the emotional body is the astral plane. Therefore, a vast majority of people are under the influence of their base personality and the ego desire body, which is composed of unfulfilled yearnings from the past, as well as emotional imbalances and feelings of being unworthy and/or unloved. One of the most dramatic phases of the Ascension process is moving through the distortions of the emotional mass-consciousness belief system into the stability, freshness and harmony of the higher Dimensions.

Never forget, fear takes away your power. The general mass-consciousness belief system is powered by negative, hostile thinking and a resistance to new concepts and change. The majority of the masses are frozen in a reality of pain and suffering, but they are unwilling to entertain new expansive ideas, which would relieve them from their self-imposed prison of limitation.

It is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the Third Dimension. You must also strive

to establish emotional harmony and serenity within the illusionary world of the Fourth Dimension as you seek wisdom and endeavor to become acclimated to the mental plane of the lower Fifth Dimension. You must be ever alert for the whispers of your Soul and Higher Self. It is also important that you understand that you do not have just one Higher Self, but many fragments/Sparks of your Higher Self scattered throughout the universe.

The Ascension process entails the gradual integration and assimilation of the next Higher-Dimensional frequency Facet of your Higher Self. You are in the process of expanding your Light and your consciousness. Your transformation into Self-mastery, as well as the Ascension process, will be greatly accelerated once you have expanded your personal lifeline of Light – an etheric tube of Light – which is your core connection to your Divine I AM Presence. You are also in the process of reestablishing your connection to the River of Life via your personal Antakarana (Rainbow Bridge of Light), which contains the Creator Essence called Adamantine Particles. Over the many past ages, humanity has diminished the connection to the River of Life/Light so that, in most people, it has become only a small trickle.

Each of you has a sphere of radiance that is produced by the vibrational patterns of your auric field and your Soul Song. Ascension means bringing the total bodily chakra system into balance, which will facilitate the clearing, refining and balancing of the Etheric Body / Auric Field. Your goal is to return your Etheric Body and Auric Field to their perfect Divine Blueprint, which is the human blueprint for your original bodily form called the Adam/Eve Kadmon Light Body. We observe you via the bands of color within your multiple body systems, physical, mental, emotional and etheric, which have been created by your thoughts, actions and deeds throughout your many lifetimes down through the ages.

Your Energetic Signature is composed of the vibrational frequency patterns you emit day-by-day via your thoughts, actions and deeds. Your Energetic Signature can vary greatly when you are functioning within a Third-/Fourth-Dimensional environment. However, as you progress along the path of en-Lighten-ment, your Energetic Signature gradually becomes more harmonious and melodious, and eventually becomes a part of your permanent Soul Song. Your Soul advancement is monitored by the frequencies of your Soul Song, and not by your daily actions.

Your Soul Song is composed of Mid-Fourth and Higher-Dimensional vibrational patterns of unconditional love, wisdom, balance and harmony. As a Self-master, your Energetic Signature and your Soul Song will merge into a Celestial Mandala of sound and color, by which you will be identified in the higher Realms. You are recognized by the brilliance of your inner Light. The more Light Essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

The Holy Spirit or your Higher Mental Self is the discerning higher intelligence, which monitors and regulates the Light infusions, and the gifts of Spirit that are allotted to you according to your level of spiritual awareness and your present needs. Special dispensations

are also monitored and dispersed by your Holy Mental Self, which is the intermediary between you and your I AM Presence / God Self.

Meditation helps to discipline the lower mind and the ego so that you can attune consciously to the musings of your higher mind. It takes patience and discipline to stop the mind chatter that is the norm for those closed off from their higher consciousness. We encourage you to practice active and passive meditation. A decree or affirmation is a prayer with power. It should be a concise, positive affirmation expressed with confidence, and the assurance that it will be manifested in the proper form at the appropriate time. If the affirmation is sent forth with loving intent for the greatest good, you are aligning your will with that of your Higher Self; and Universal Law will assure that your cocreator thoughts and aspirations will be combined with those by others of like mind. Thus, they will be increased in strength and power. Silent meditation is listening for an answer from your Higher Self, your guardian angel, or the Holy Spirit.

Remember, one person who is centered within their Sacred Heart and Sacred Mind can convey cosmic truths and inspired thoughts to millions of people, while the loving vibrations of their auric field blesses everyone with whom they come in contact.

Serenity and joy are qualities of the Soul. Intelligent love results when the Soul becomes the dominating force within and the ego personality has been brought under control. When you successfully dissolve the membranes of Light guarding the entrance to your Sacred Mind, you gain access to your personal storehouse of Divine Wisdom.

Allow us to give you a recap of a few of the many symptoms of Ascension which you, the initiates on the Path, are experiencing at this time.

** You find yourself withdrawing from social activities and events that were pleasurable in the past. Loud noises, crowds and boisterous activities disturb you, and you yearn for seclusion and perhaps, the serenity of nature. As your vibrational frequencies lift and become more harmonious, you will disengage from interaction with people, events and places that emit lower discordant frequencies. Also, gradually, you will have less and less in common with certain friends and relatives, especially those who are negative, judgmental and unkind to others.

** You may have intense bursts of energy whereby you can hardly stay still, and sometimes you may feel so light inside that you barely feel your bodily form. At other times, you may feel so weighed down that you are almost sinking into the ground, and you may experience extreme fatigue. Your bodily form is going through an intense metamorphosis at an etheric and cellular level, and some of the transformational symptoms are not pleasant – especially for those who are existing in an older or somewhat debilitated bodily form.

** As the Kundalini (Sacred Fire) begins to rise up your spinal column (the etheric tube of Light), you may experience times of intense inner heat, while your exterior body feels cold and even clammy. That is the reason why, initially, it is best to strive for a gradual release of the Kundalini Fire stored within the Root chakra at the base of the spine so that you may

slowly integrate the higher frequencies of God Light. Faster and more is not necessarily better when you are in the midst of the transformational process of Ascension.

** For those in the early stages of the process, the integration of refined Light frequencies experience will not be overly dramatic. However, for those Star Seed who are well on their way within the Ascension process, and who have agreed to be World Servers – clearing the path for others – it can be a formidable and ongoing process as they integrate higher and higher frequencies of Light to share with others.

** You may feel as though you are on an emotional roller coaster as you experience many emotional ups and downs. You are tapping into and releasing much impacted energy/discordant frequency patterns from a deep cellular level. It is important to allow these feelings to come to the surface so they can be transmuted into refined Light substance. It is also important that you learn to become an observer of what is occurring – to objectively view, process and rectify, with loving patience and understanding, that which is being revealed to you.

** Your eating habits may change drastically. Whatever you choose to eat, follow your inner guidance and monitor how your body feels after you have ingested anything. Your Body Elemental or inner body intelligence is awakening, and if you will pay attention, it will direct you to the proper food and diet. Always remember, moderation in all things is the key.

** You may have many strange aches and pains, for which there is no definitive diagnosis. There are many minor chakra and meridian points within the physical body. As the higher frequencies of Light try to flow throughout the body, they can meet resistance at these critical junctures, which can cause discomfort. One of the most common areas of distress is in the area of the spinal column of the upper back, between the shoulder blades.

** You may feel as though you are losing your mind or at least your memory. There are Multi-Dimensional levels within the brain, so as you lift your frequency patterns, the lower levels of the brain will gradually be refined. Therefore, you will no longer need or be able to access much of your negative past history, as well as much of the trivia you have stored there. You will be gaining access to the higher levels of the brain where your Sacred Mind dwells. The unification between the Sacred Mind and the Sacred Heart is an integral part of the Ascension process.

Beloveds, you must admit, it is an exhilarating time to be in the physical vessel. And yet, your physical vessel is struggling to keep up with the ever-increasing frequencies that you are integrating moment-by-moment and day-by-day. Many of you who have not suffered colds, the flu or intestinal disturbances for many years are now experiencing these debilitating symptoms, and some of you are asking, “What am I doing wrong?”

You are not doing anything wrong, my brave friends; it is what you are doing right that is causing some of these uncomfortable bouts of bodily distress. We acknowledge the fact that these occurrences are not pleasant to experience. However, we wish to give you another facet of truth to ponder on. Again, many of you who are deeply immersed in the

transformation/Ascension process are experiencing these uncomfortable symptoms as a way to quickly transmute the old negative energies within your physical vessel. You could call it a transmutation or baptism by fire, a burning/releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take dominion within. Not all viruses are bad, nor are all the uncomfortable symptoms you are experiencing. See them as a means to an end, and serving a higher purpose. These things, too, will pass, dear ones.

We ask you to nurture yourselves – to pay attention to your physical vessels as never before – as you learn to recognize the signals or messages your wise body Elemental projects to you. How will you enjoy the beautiful world of love, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

Join us in your Pyramid of Light, beloveds, and let us assist you to move through the process with ease, grace and great joy. May the radiance of our Father/Mother God pour down upon you and fill you with the Light of Life Everlasting. Know that we are ever near to guide and protect you. I AM Archangel Michael.

* Transmitted through Ronna Vezane * Phone: 775-856-3654 * www.StarQuestMastery.com * Email: RonnaStar@earthlink.net

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RELATIONSHIPS AND YOUR SACRED UNION

Beloved masters, the refined frequencies of the New Age are having a profound effect on how you view yourselves. As you learn to take back your power, set boundaries, and reclaim a sense of self-worth, it will also have an intense effect in your relationships with others, especially romantic relationships.

In the past, you have had many unresolved issues that created what could be called “imbalanced or vulnerable blemishes” in your emotional body and chakra system, especially chakras one through four. You had many unresolved issues within you in the form of guilt, fear, anger, a sense of abandonment, and of being unlovable. All of these thought forms have a vibrational frequency, and you radiated those frequencies of unworthiness out into the world. See these energies radiating forth in front of you and all around you in an Infinity Sign, whereby they are picked up by those who are resonating to the same frequency levels, and thus are drawn into your life in one way or another. Unconsciously, you attracted to you those who were also coming from a viewpoint of “neediness.” You hoped they could fix everything for you and make you happy, but in reality all this kind of relationship creates is more friction through feelings of lack and an inner sense of unworthiness. In the past, most relationships were based on physical attraction, which usually fades rather quickly if there is not more depth to the attraction.

There were other disempowering components as well such as dependency, a desire for security or an attempt to find validation of self-worth outside oneself. Unresolved issues and problems are magnified when someone comes into your life that mirrors these negative situations back to you. These issues and problems invariably create friction, which is not necessarily a bad thing if you recognize them, are willing to acknowledge them, and you agree to make a concerted effort to change them for the better.

The emphasis now is on returning to wholeness within yourself through taking personal responsibility for your actions, and through building self-esteem, and of a sense of worthiness via your solar heart center in cooperation with your Soul-Self and Higher-Self. Truth and integrity will be the foundation of any relationship of the future. First, you must accept who you are at the present time as you strive to become the very best person you can possibly be through self-examination of your attitudes, beliefs, habits and your weaknesses. You will learn that the foundation of a lasting relationship with others is to first have a “love affair” with yourself, whereby you strive to become more loving and lovable. Eventually you realize that “you are love personified,” and you do not need anyone else to validate that

truth for you because, deep within, you have claimed it. You tap into your Sacred Heart and that wellspring of unconditional love within your own Divine God Spark, and you remember that there is a never-ending supply of Love/Light available to you through your Light connection with Source. That is your Divine Heritage, dear hearts. Why not claim it?

It takes a strong, mutual commitment, without blame, judgment, or ego-driven accusations to work out personal differences, and to arrive at mutually beneficial conclusions that are fair to all parties involved. In a growing, evolving relationship, no longer will there be an emphasis on who is "right" or who is "wrong," but on compromise, and a desire to meet the needs of everyone involved in the most equitable way.

No area of your life can remain stagnant, especially for those of you who are dedicated to your spiritual path and Soul evolution. It is not always possible for those in a relationship to grow or evolve at the same pace. However, it is possible to not feel threatened, to remain in a supporting role, and to allow those around you to develop at their own pace, if you have established a "Sacred union" within yourself. This "Sacred union" is returning to balance and harmony within your physical, mental, emotional and spiritual bodies, as well as reclaiming the attributes and virtues of your masculine and feminine natures. The strictly defined roles of males and females are gradually being altered, whereby a blending of sexually defined roles is becoming more the norm. Once more, the powerful radiance of the Goddess is being showered down upon the Earth and humanity. The status of women is rapidly changing, and masculine/feminine equality will become the norm when both men and women claim their intrinsic masculine/feminine natures. The battle of the sexes has its origins within, for humanity has struggled for eons to reunite the god and goddess within. Women are learning to reclaim their power; however, they know they must use this gift with love and compassion as an overlay. Those in the male body are gradually learning to allow the unconditional love of the Goddess to "Light the fire of compassion and gentleness within." They are learning that there is strength in creativity, intuition and a willingness to allow oneself to be gentle and open-hearted.

As you strive for spiritual maturity, many facets of your life will change. There will be a strong desire to support one another, along with an intense yearning to grow and expand, even if at times your paths may take different directions. You will claim the truth that you are bonded together at a Soul level, and you can never truly be separated.

True sexual union is and can be an incredible spiritual experience, not just the joining of two bodies. Divine sexuality calls for a total opening of the heart, a blending of the mental, emotional and physical facets of your Being, which results in a profound, lasting experience. This type of union can result in a true sense of unity if you are in harmony at a deep Soul level, one with another.

You must remove etheric barriers or filters you have placed around your heart and emotions if you are to be able to receive and radiate unconditional love. You must confront your fears about losing those you love, and of disappointments and betrayals of the past, which often manifest as a fear of intimacy or of making a commitment to another. As you

learn to believe in and trust yourself, you will develop a fundamental trust in others, and others will place their faith and trust in you, for trust begets trust.

It is not appropriate to sacrifice your dreams and desires for another – or for the people in your life to make sacrifices for you. There must be a common goal with everyone involved participating in an agreed upon manner – sharing the load and reaping the rewards.

Each of you belongs to a huge, complex Soul family, and you have surely played many diverse roles with each other down through the ages. The people you are involved with in this lifetime, or who come into your life so you can learn the "lessons of life," are a part of a greater ongoing cosmic drama. When you judge another, you need to be aware that, in truth, you are only judging yourself. You have played all the parts during your journey throughout this universe: lovers, friends, mother, father, sister, brother, son and daughter. You are integrating all the attributes of the multiple parts you have played; the strength and wisdom of a father; the gentle nurturing and loving care of a mother; the passion, commitment and companionship of a lover; the steadfast loyalty of a friend; and the joyful, light-hearted interactions between a sister, brother, son or daughter.

It is the time of reuniting, of coming together – the beginning of returning to ONENESS. You can no longer hide behind a cloak of fear or isolation, beloveds. It is time to make a conscious commitment, first to yourself and to your God Self, and then to those around you with whom you are destined to experience the "dance of new life." You must make a conscious, detailed agreement within yourself about what you desire and expect from those around you, and then you must be open to discussing your desires and expectations with all the people whom you interact with. In the future, as relationships unfold, deeper and deeper levels of understanding and commitment will blossom forth, for everyone will be willing to speak from the heart with Spirit as their guide, rather than the ego.

As many of you know, I have been honored to give many of you personal "galactic readings" over the years. It has been my great pleasure, and I must state that it has also been a blessing and a gift from my beloved messenger, for it has taken up much of her time and energy to bring forth these messages to you. During these times of great change and of great opportunities, I am sending an open galactic reading to you all so that you may know how very special you are, and the wondrous gifts that await you.

Dearly beloved: It is wondrous to watch as you remember and bring forth all the gifts and wisdom you have stored within your brain structure. You have such vast experience to draw on, dear one, not only from your sojourns in the higher realms, but from your earthly experiences, as well. It is time for you to remember that the Earth is not your home. You have soared throughout this Universe, and you have always eagerly stepped forward to volunteer for a new assignment, no matter how difficult. Your earthly experiences have been a wondrous variety of cocreative endeavors, and you have made slow but steady progress toward your true identity as a Being of Light. It is time for you to realize that you are much more than just the identity you chose in this lifetime. You and those like you are being given an opportunity to integrate the multiple Facets of yourselves, and by doing so,

you will begin to see how truly powerful and wise you are. All of your trials, tests and seeming failures have made you the shining, beautiful Spirit/human Being you are today. When you teach, you teach from experience, and you will show by your example how any obstacles can be overcome – that others, like you, can triumph over any adversity.

This is the time when your Soul has reached the furthest most point of Its journey of separation, and it is now ready to begin the journey of "Reunion and Integration" once more. Your Soul has gradually been infused with a Divine discontent, which slowly filters into your conscious mind and emotions, and you begin to turn inward in order to tame the ego and reconnect with the Soul, your OverSoul and the multiple Facets of your Higher-Self. You now have the potential to connect with the many Facets of your Soul family, your Higher Self, your many OverSouls, and ultimately, your God Seed Atom (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns. This energy is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

Your greatest desire for this lifetime has been to integrate the many Facets of your Beingness; however, first, they must be healed and harmonized so that they can be filled with Light. In this way, you will not have to experience the discomfort, the challenges or the karmic interactions of the Third- / Fourth-Dimensional experience, for that is the old way. As you allow your Divine Self to OverLight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just allow it to happen naturally, dear one.

What brings you joy and satisfaction? How do you wish to serve? There are many ways and you have many talents (more than you will acknowledge), but the choice is yours. Just remember it should bring you joy and make your heart sing as you offer others the gifts that have been given you. Your reward will be the Light in their eyes, and the joy they express as they, too, allow the integration of Spirit to create miracles in their lives.

It is time to let go of the painful past. It is time to claim your mastery, to create your own version of paradise, and then to teach others to do the same. Help those who come to you to heal their emotional wounds and their physical bodies, and then they will be ready to listen to the nudgings of Spirit. We all are in the times of great change that have been foretold for thousands of years. You carry within the refined vibrational frequencies of the future, and you CAN make a difference. Draw the Love/Light of Creation from your Divine Self, use what you need to bring yourself into harmony and vibrant health, and then allow your gentle heart to radiate the beautiful glow of loving energy to others.

Focus on what is right in your world, look for the best in those around you, and that is what you will reinforce and help to create. You can change the world around you, one thought at a time.

You have wonderful angelic guides just waiting to assist you. Call on them and together you can create miracles to share with others. Allow us to assist you in fulfilling your mission and to nurture you with our love. I AM ARCHANGEL MICHAEL.

Transmitted through Ronna Herman Vezane * STAR*QUEST*

www.StarQuestMastery.com ** Email: RonnaStar@earthlink.net

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EXCERPTS FROM ARCHANGEL MICHAEL'S BASIC TEACHINGS

**WORDS OF POWER ** LANGUAGE OF LIGHT ** THE PROCESS OF ASCENSION

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MESSAGES FROM ARCHANGEL MICHAEL * LM-7-2017 (LM-9-2017 SJE)

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ARE YOU READY FOR LIBERATION?

Remember, my brave ones, you are living in the midst of Eternity. The messages of cosmic wisdom we bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love, and to give you a glimpse of the glorious future before you. As more and more of the masses are feeling a discontent initiated by their Soul Self, it is vital that the Wisdom Teachings of Ascension are studied and shared with those around you. You, the awakened STAR SEED, are the ones who will now spread the emerging WISDOM TEACHINGS of the future.

Once again, allow us to give you an example of what is occurring as you traverse the path of en-Lighten-ment. You have heard that there are many mansions in heaven, which in truth, are the many Dimensional and sub-Dimensional realms of manifested Creation. During the era that has now come to a completion, much of humanity's reality has been composed of a combination of Third- and Fourth-Dimensional frequency patterns made up of his/her individual past and present beliefs, actions, and deeds. Residing within each person's mansion of existence are all those people who are attuned to, and who are compatible with, that particular level of existence. They share many beliefs and function under many of the same limiting concepts: scarcity, guilt, fear of the future, and they are usually controlled by racial, cultural, religious, as well as traditional rules and standards.

In that reality, usually, the normal ego-driven personality has a self-centered sense of entitlement or a martyr, self-sacrificing complex with many variations and extremes. Those who function within this frequency level of existence interact with each other, choosing those who mirror to them that which they are lacking (usually in a distorted, exaggerated way). They usually are not comfortable with those who resonate at a higher frequency level, and even though they are dissatisfied, they have difficulty in breaking free and moving out of their dysfunctional life patterns – their perceived comfort zone.

As you eliminate old habits, beliefs and actions, you gradually return to harmony within the accepted spectrum of polarity/duality. With each higher frequency level you attain, you leave behind those situations, people and things that no longer are compatible with your new level of awareness and resonance. It often seems as if you have stepped through a new Dimensional doorway and a portion of the past is fading away. That is why many of you are experiencing the loss of friends and/or family members, and why you are changing jobs or beginning a new career. Many of you are also moving to new places, sometimes not really

understanding why you have been guided to a certain area, but there is a deep inner-knowing that it was meant to be. Many of you are finding that the work you do, your recreational pursuits, hobbies and many things that interested you in the past are less satisfying, for they do not fit into your ever-expanding, evolving reality.

The multidimensional doorways of the past are closing, and the doorways of the future are opening at a faster and faster pace as the process of Ascension accelerates. The fear of change has been a major controlling factor within your conscious awareness for a very long time. In the beginning of your journey into density, you sought a great variety of self-expression and change, and you delighted in each new creation. It has only been during your earthly experiences that you have forgotten that you were a cocreator endowed with a full measure of creative abilities, and that you have a direct link to the Power Source of Creation, which has been named the River of Life/Light.

You, the StarSeed vanguard, who have diligently labored to refine the resonance of your physical vessel, and upgrade your emotional and mental nature in order to return to an accepted level of duality, are now in the process of clearing the residual, imbalanced frequencies within the three lower sub-planes – the astral planes – of the Fourth Dimension. You have refined your column of Light so that you now exist in a world of your own making, which consists of the four higher sub-planes of the Fourth Dimension. Most of you who have faithfully followed our teachings have tapped into a stream of frequencies composed of a variety of Fifth-Dimensional frequencies, as well as a small trickle-down stream of Light from the Sixth Dimension. You might say this is a new formula of Light/Life you are creating.

Within the ancient esoteric teachings was this puzzling concept: “When an initiate on the path reaches a certain stage in the Ascension process, there appears what is called The Dweller on the Threshold and the Angel of Presence. The Dweller on the Threshold is the one who stands before the gate of God and the portal of initiation. The Angel of Presence stands on the other side of the portal.”

Since so many of you on the Path are in the process of clearing the residual, imbalanced frequency patterns from the higher Third and lower Fourth Dimensions, the time has come for us to explain this important Facet of the initiation process. The Dweller on the Threshold is a Memory Seed Atom in which, over time, the remaining, residual, negative thought patterns within the emotional and mental bodies have been encapsulated. When you have reached a certain level of en-Lighten-ment, with your Higher Self as the director, the Dweller on the Threshold slowly releases these challenging thought forms into your conscious awareness, and then out into your world of form so they may be transmuted into harmonious frequencies of Light. The Angel at the Portal is a Facet of your Higher Self who stands ready to assist you through these intense periods of testing. The Threshold is within your Diamond Core God cell; it is the innermost portal that leads to your Sacred Heart Core where the White Fire Seed Atom of our Father/Mother God resides. Once you gain entrance to the Golden Sun chamber of the Sacred Heart, you will be forever changed, for you will have experienced the bliss of communion with your God parents.

It has become very apparent that humanity and the Earth are in the midst of an accelerated evolutionary process. That is the miracle of these times, beloveds. The Supreme Creator is radiating throughout the Omniverse the full spectrum of Divine Light. This powerful, pure Light is filtering through each Great Central Sun, the mansion world of the Father/Mother God of each universe – out into every level of Creation – so that gradually every Spark and fragment of Creation will have access to an appropriate level of Creator-consciousness. The Light of Creation or Adamantine Particles is being made available to every Soul that has ever been created; however, there are some rules that apply to this "Light Redemption" process: each Soul must prepare their vessel by lifting their vibrational patterns to a certain level of harmonious frequencies in order to receive these particles of God Light. And, you must remember: after receiving these particles of Light, they must be activated by your loving intention. Love is the power source, the generator of these precious particles from the Source of All.

Ascension is about lifting, balancing and harmonizing your vibrational patterns so that the many Facets of your Divine Self can descend and take dominion within your Sacred Heart core. As you delve more deeply into the wisdom of the cosmos, it is of vital importance that you maintain a state of mindful awareness. Humanity is emerging from a state of amnesia, or what could be called a limited awareness of Self, and of the complex vastness of Creation.

We have explained in the past; however, it is time to refresh your memory about what is taking place as you traverse the many levels and sub-levels of consciousness. As you clear the distortions within your auric field, there is also an internal process taking place. Your entire physical structure is undergoing complex changes, which are triggered by the higher frequency patterns you are integrating from the Creator Source via the great Cities of Light. Your DNA, your chakra centers, and your Sacred Heart/Mind contain your Divine Blueprint. As you integrate more and more Adamantine Particles of God consciousness, all the distortions/imperfections that you have created from the concepts you have accepted as your truth are slowly being rectified. Many of these distorted concepts are being filtered into your conscious awareness to be healed or eliminated. We understand that this can be an uncomfortable, disconcerting process.

You have a SACRED CENTER OF EXISTENCE within your Sacred Heart, which we have named your DIAMOND CORE GOD CELL for this sub-Universal experience. You have around you an etheric Third- / Fourth-Dimensional GRAND TRIANGLE OF EXISTENCE, which contains your Pillar of Light, and the Cross of Matter that you have created down through the ages. You exist in a GOLDEN OVOID (egg-shaped sphere), which expands and radiates more and more Divine Love-Light as you resonate with higher and higher frequencies of consciousness. The Adamantine Particles of Divine Light contain Living energy, which has been programmed for a specific Divine Blueprint. When you access that Living Light, you must activate it with your loving intention, and program it with the desires of the Soul, which are always in harmony with your Divine Blueprint.

On the material planes of existence, the Creator Light must be encoded with your Essence as a cocreator before it is ready to be radiated out into the world of form. It takes great

courage and tenacity to become SELF-AWARE and SOUL-CONSCIOUS. A constant attitude of gratitude and thanks-giving is sustenance for the Soul.

You are becoming very proficient at analyzing new concepts, and the plethora of information that is now available via the empowering gift of discernment. Now that you are more attuned to Spirit and the voice within, you have the ability to quickly ascertain if a concept is in alignment with your inner truth. If it is not, it behooves you to discard it without malice or judgment. Or, if you are not sure, put it aside and ask your Higher Self to validate it for you in some unmistakable way. We are aware that you are being bombarded with many new concepts, some of which are stretching the limits of your conceptual understanding. Please be aware, beloveds, that what you are experiencing is all part of the reunification and ascension process.

Many of you are experiencing miraculous events in your lives, and we ask you to be bold enough to share these wonders with your family and friends. Do not fear ridicule or criticism; you will find approval more often than disapproval, and interest more often than disdain. The religious community, partially out of fear of losing their following, is beginning to incorporate some of the more moderate cosmic teachings. While it matters not how or why, it is all for the benefit of humanity, and it will assist in speeding up the transformation process of Earth and its inhabitants.

Examine your feelings of abundance and scarcity, beloved ones. If even one-quarter of the population of the world would believe, envision, invoke, and then work towards prosperity and abundance for all, you would see a dramatic turn of events as those who hoard the wealth of the world, and those who prey on the meek and poor begin to lose their stranglehold on the world's economy.

Are you fearfully holding on tightly to and hoarding your riches? Beware, dear ones that your hoard does not melt into thin air. It is only a form of energy, you know. Energy is meant to be circulated, recycled – used, reformed, expanded and refined. That which you hold onto too tightly will dissolve before your eyes. A part of the Initiation process is to surrender all that you hold dear, all that you possess to your Divine Self, to the highest good of all. This does not mean that you will lose what you surrender; it means you are willing to allow the Divine plan to work through you, which is always for your highest good, even though it may not seem so at the time.

Do not be dismayed if your past is becoming only a hazy memory, especially the painful memories you experienced during this lifetime. It is time to heal and release the past, brave hearts. It no longer serves you to delve into past lifetimes in order to heal yourself or to try to understand why you are acting or reacting a certain way in the present. That is the old way. The distortions of consciousness you created in the past cannot exist when you fill yourselves to overflowing with Adamantine Particles through the processes we have taught you. These magical particles contain the pure / perfect Essence of the Creator, and will gradually transform / transmute any distortions in your auric field and your physical vessel. Slowly, but surely, the imperfections you have created both in your inner and outer worlds

are being rectified. Remember, a slow steady pace forward on the Path leads to Self-mastery. It is the ego personality that desires more information and dramatic validation; it forever seeks excitement, drama and sensationalism. It has taken a very long time for the Earth and humanity to reach the present state of imperfection that is now so prevalent. The level of transformational progress that has been made by you, the earthly Legions of Light, in such a short time is truly miraculous.

We understand that these are times of great challenge, and many of you are wondering what you are doing to deserve such painful and trying tests when you have so faithfully stayed the course. We tell you "Do not falter now, for as you face these latest tests with love and compassion, you will find that the Angel at the Portal will assist you to clear the way. With every challenge faced head-on, there will be miracles and blessings to encourage you to clear the remaining obstacles on the Path before you."

This is a critical step in the Ascension process, for when you have succeeded in firmly establishing your Soul Song resonance within the higher Fourth Dimension, you will be ready to incorporate a larger measure of Fifth-Dimensional vibrational patterns. Before taking this leap in consciousness, it is vital that you have gained the discipline to stay centered within the required parameters of duality. Your abilities to manifest in the world of form will increase dramatically, and if you are not well-disciplined mentally and emotionally, you will create more chaos, which will, most likely, draw you back into a denser frequency pattern.

Brave bearers of Light, are you ready and willing to be a Pathfinder, to open the doors to the many heavenly mansions/Dimensions of Creation? Each Dimensional level will offer new opportunities, and will give you access to many new abilities and expanded wisdom. However, each higher level will also challenge you in many ways, and will require that you release those things which no longer serve your greatest good. You left many Facets of your greater Self along the way as you traversed the descending pathway into the lower Dimensions – you must also be willing to release to the past those people, ways of being, and things which do not fit into your present and future reality as you make your return journey into the higher Dimensions.

Beloveds, we are assisting you in every way possible within the limits of Universal Law. We are waiting patiently for you to join us in the various Pyramids of Light stationed throughout this sub-Universe. We have told you that you are not only creating your new earthly reality, but you are also creating your mansions in the Heavenly Dimensions. We convey to you all the radiance of Love/Light that you can contain. You are loved beyond measure. I AM Archangel Michael.

* Transmitted through Ronna Vezane *. STAR*QUEST *

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** BOOK SIX ** SECRETS OF SELF MASTERY * KEYS TO ASCENSION ** In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds

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1 * MESSAGES FROM ARCHANGEL MICHAEL * LM-8-2017

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PERFECTING YOUR SKILLS AS A COCREATOR

Beloved masters, for many years now there have been so many new inventions and scientific breakthroughs, along with an overwhelming amount of philosophical and spiritual information bombarding the minds of humanity, that the human brain can hardly absorb the countless theories and new concepts without going into overload.

You are in the midst of a monumental process – a complex procedure of choosing and manifesting your destiny for the New Age, which will gradually become your more refined,

expanded reality of tomorrow. Your choices – especially the focus, clarity and power of your thoughts and actions, will determine how quickly your desires will manifest in the material world of form. It is vitally important that you learn to discipline your mind, strengthen your concentration abilities, and stay in control of your emotions and mind chatter. The gifts and opportunities or Divine dispensations that are being offered to you require / demand a corresponding strong, personal discipline, along with a high level of responsibility.

Becoming sharply aware of your emotions and your thought patterns is a critical component within the process of cocreation, for it will determine the quality of the vibrational patterns you will send forth into your personal Twelve Ray Creator Wheel.**

The frequencies of the Seed thoughts you plant in your personal Wheel of Creation will determine the quality of what you will manifest, and they will also determine what you will experience in your everyday life – whether positive or negative. These occurrences will be your barometer as to what kind of vibrational patterns you are sending forth into the world of cause and effect. Your primary task / goal at this time is to develop a state of mindful awareness, as you move deeper and deeper into the core Seed Atom of your Sacred Heart and Sacred Mind; this is where you will find all the strength and guidance you will ever need. As you develop your cocreative abilities and become more proficient in your personal mind control and visualization abilities, you will understand how important it is to constantly monitor the frequency patterns you are radiating forth out into the world. Always be mindful that you live in a world of vibrating, neutral cosmic energy – the forces of Creation – which are waiting for you to mold them into anything you can imagine. You create your own Heaven or hell. You cannot blame anyone else for the reality you are presently experiencing.

** Instructions for creating Your Personal Flower of Life Creator Wheel with illustrations can be found in our Study Manual: REFERENCE & REVELATIONS * GLOSSARY & ILLUSTRATIONS. www.StarQuestMastery.com/books. (RHV)

You are a Spark of the Divine Creator, and when you were given the gift of individualized consciousness, an awareness of your Divine, independent nature, you were encoded with a permanent Memory Seed Atom which stated: “Go forth and create worlds without end in my name.” From that time beyond remembering, you have been experimenting, striving, learning, succeeding at times and failing many times as well; yet, you have steadily made progress and are now being given an opportunity to become a full-fledged participant in the creation of a new Golden Age.

Integrating and perfecting the virtues, qualities and attributes of your many Higher Selves is a gradual process. The multitude of Sparks of your God Self contain a wealth of information, and each individual Facet has many wondrous experiences and successes to share with you, along with a great infusion of Divine love, bliss and joy. Each Seed Atom of your Higher Soul Self that you integrate will supply you with more wondrous gifts of God Consciousness: abilities, talents and wisdom beyond your wildest imagining.

It is vitally important that you learn to be a conscious, directing agent of all life forces. In order to become a proficient cocreator, you must hold an idea in your mind long enough for it to register clearly within the brain. All events and created manifestation of form are evidence of energy and mind force: the use or misuse of force.

Remember, the breath is the conductor of the vital Life Force energy. In the years to come, humanity will understand that the breath is sacred – it is the gift of life – and you will learn not to waste it. As you inhale each breath, be aware that it is the only breath you are assured, for it may very well be your last breath. It is vitally important that you to take time to ponder on and integrate the important concepts of Creation that we are relaying to you. You, the Star Seeds, who have attained the required level of harmonious frequency patterns, are now ready to put all you have learned into practice. As you do so, those around you who are still struggling within the confines of the restrictive lower-Dimensional environment, will be awed at what you are accomplishing, and gradually they will begin to follow your example. As you are aware, teaching by example is the most effective way to get the attention of those around you. A truism from the past also applies: “By the fruits of your labor, you will be known.”

STUDY THESE CONCEPTS UNTIL THEY ARE FIRMLY ENTRENCHED WITHIN YOUR MEMORY, FOR THEY ARE PART OF THE “LAWS OF MANIFESTATION” AND THEY ARE CRITICAL COMPONENTS FOR YOUR SUCCESSFUL ATTAINMENT OF THE STATUS OF A “MASTER OF MANIFESTATION.”

** Become a bystander, an observer, not a participant in all the negative drama that is constantly going on around you. It is the state of your emotions that draws you into the maelstrom of negativity. If you are radiating harmonious, higher frequency patterns, you will be immune to the discordant energy around you.

** You are in the process of expanding your conscious awareness of what is occurring around you, and so it is vitally important that you maintain a detached state of mind. You are developing a new way of thinking, which is based on personal mental and emotional control.

** First comes Self-awareness, then Soul-consciousness, followed by Galactic-consciousness and eventually Sub-universal-consciousness. You are striving to tap into the streams of Infinite Awareness, as well as the vast Light Pyramids, which contain the Cosmic Manifest for the complete Divine Blueprint for this Sub-universal experience - a transition into a HUMAN evolutionary advancement and into the more refined frequencies of the AGE OF AQUARIUS.

** You are also developing a heightened, controlled sensitivity to those you interact with, which includes an empathetic, but somewhat detached viewpoint. This is an integral part of developing nonjudgment. You will diligently seek, claim, and live your truth to the best of your ability. It is vitally important that you allow all others the same right.

** Do not allow anything or anyone to disturb your serenity. Develop a high level of forbearance and sensitivity, and diligently practice being patient and slow to anger.

** While seeking Self-mastery, part of your testing will be that you will have to experience, overcome, and possibly even move beyond some of the trying relationships with the people in your life who are not ready or willing to move forward on the spiral of conscious Soul-awakening. Each and every Soul must choose the path they will follow. You are only responsible for your own spiritual evolution.

** It is imperative that you do not abdicate your search for personal Spiritual-awakening and Self-mastery because of a false sense of duty or loyalty to those who are seeking to continue to draw on your energy, or because of those who demand an unreasonable amount of your attention and time.

My brave Ones, now, more than ever, you have the tools of manifestation at your fingertips. You must step out of your comfort zone, and release all that no longer serves your greatest good. Each of you knows where this applies in your personal life – it has been staring you in the face for months and even years -- and will become even more unbearable until you finally relent and release that which is holding you back. As you become more proficient as inspired cocreators, no longer will you focus your energy on creating the small, mundane desires of the past. You will have established a constant flow of Adamantine Particles into and throughout your physical vessel, with the remainder flowing out into the world of form. You will have programmed in the smallest detail that which you wish to manifest for your personal comfort and enjoyment. Your constant mantra will be: “All my needs and desires are fulfilled even before I realize what they are, which will always be for my greatest good and the most beneficial good of all.”

You will have meticulously outlined your path of service to humanity, which will be in perfect harmony with your Divine mission for this new era. You will have a constant, clear and beneficial connection with your resident OverSoul-Higher Self, and you will graciously and easily follow the Path of Light that ever winds higher and higher into the more refined realms of existence. Be assured that I will always guide, direct, inspire and protect you as you journey forth into the unknown. I radiate the eternal love of our Mother/Father God to each of you. I AM Archangel Michael.

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1MESSAGES FROM ARCHANGEL MICHAEL * LM-9-2017

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CREATING A "NEW EMPOWERED YOU"

Beloved Masters, as the Supreme Creator increases the flow of the Elixir of Life throughout the Omniverse, it is affecting all Creation. You cannot hide from it. You cannot deny it. Your lifeline to your Source is growing stronger and more compelling all the time. The magnetization factor is growing stronger, and you are magnetizing to yourself in stronger and stronger measures that which you have claimed as your reality. If you believe that you must live in poverty and chaos, those thought forms will be reinforced and magnified in your life. If you have accepted the truth that you are entitled to a life of beauty, joy and prosperity, that reality will unfold before you (if you follow through, and take the proper steps as outlined in our many past messages).

Many of you are in a phase of transition whereby you are feeling disconnected and alone as you strive to adjust to the next level of cosmic vibrational patterns. Humanity is gradually emerging from the restrictive illusion of the lower astral planes as the expansive, accelerated frequencies of the higher Fourth Dimension permeate the Earth and all its inhabitants at one level or another. Know that your column of God-Light is widening and becoming stronger, so that more and more Divine Elixir of life can pour down into and through you, as it saturates your body and radiates down into the Soul Essence of the Earth. This rarified energy is critical for your host planet, as this great Being struggles to return to balance and harmony within, as well as to lessen the intensity of the cataclysms on its surface. The higher frequency vibrational patterns are especially important in the process of purifying and returning the auric field, which surrounds your planet, to its original Divine blueprint of perfection. As you purify your four lower bodily systems so that you may consistently increase the amount of Adamantine Particles of Light that you can magnetize to

you and radiate from you, it is a duty and a Divine gift to be able to assist your beloved planet to evolve as well.

The return to harmony and balance begins as a "Divine Discontent" within each of you. Your Higher Self begins to increase the amount and raise the frequencies of Creator Light you are receiving. If you "Heed the Call," unity consciousness can begin within you, here and now, in this moment. First, it is vitally important that you acknowledge and bring forth into your consciousness all of those unbalanced Fragments that you have created during your many lifetime experiences – those things that control you, those things that have created an emotional and mental prison around you in your auric field. Then, you must become aware of these Fragments and how they affect your reality. Thereafter, through your conscious intention, you must create a burning desire to change, and to fill those Fragments with transformative Love/Light energy. We are always ready and willing to assist you in your positive endeavors, but you must ask and give us permission so that we can reinforce your resolve, so that we may give you the necessary knowledge, along with swiftest and best way to accomplish your transformation with ease and grace.

In your mind's eye, however you perceive, envision that you are viewing the Earth from a great Light ship, and together we, the Angelic Forces and the multitude of universal Light Beings, who represent our Father/Mother God, are bringing forth the energetic vibrational patterns of the wondrous Divine schematic in preparation for humanity's inhabitation of the Earth. During the intricate, complex stages of preparation, great sentient crystals were implanted deep within the Earth in strategic places around the planet. A portion of each huge crystal rose from the Earth's surface as a sentinel which radiated energy and information out into the cosmos, as well as functioning as a receiver of Divine Light, Wisdom and Power from our Father/Mother God. Over the many aeons of time, as Earth changes took place whereby mountain ranges rose into the skies, land masses sank beneath the waters, and continents shifted and changed shape, most of those great crystals were shattered and buried deep within the Earth and the waters. However, many remained intact deep within the waters, in great caverns, and many more lie close to the surface of the land hidden only by a thin covering of earth or vegetation – waiting for you to discover them and bring forth their powerful gifts and ancient memories. They are the Earth's Seed Atom Record-Keepers, and you hold the key which will give you access to the wisdom and the power of manifestation that lie dormant within them.

If you could truly see the grid system, the web of life or the connection of all things, you would have a better understanding of the concept of Oneness. It is not just the Earth that has an intricate grid system. You have streams of Light that radiate forth from you and to you, one to another, back and forth amongst every person on Earth. Some are stronger, some are weaker, but you are still intrinsically connected with everyone and everything on your planet, and even within this Sub-universal expression. This may be mind-boggling and hard for you to imagine, but it is true. When we say you are all one, what does this really mean and how does this happen? It is because there are those streams of Light that penetrate and filter through everyone, around and through all of the Earth. Yes, most of

these streams of Light are very weak, but more and more of these streams of Light are growing stronger, and are setting up a vibration of recognition. There is an echo from within that says, "Yes, I remember you. Yes, I know who you are, and I know we have been together before. I don't know where, but I feel and recognize your vibrations and your energy signature. You touch my Soul and make my heart strings sing. Your loving Essence assures me that I am no longer alone. Welcome into my heart. I ask you to share my journey and to allow me to be a part of your journey as well."

Each one of you bears within the Essence of your Soul, your DNA, and your personal God-Self such wondrous gifts, such magical energy, and a vast memory bank of Universal information and history. All of these stories that are now being told and the ancient memories that are being accessed, don't you realize that you were there? Perhaps it was not always specifically you in physical form, but at times it was a close member of your Soul family. You do not have to personally experience everything that has happened during this great journey throughout the Universe and on Earth to be a part of it or to have it in your memory bank, for you have a lifeline, a Soul memory connection with your immediate Soul family, which creates a link whereby they will gain the data and wisdom from your experiences, and their experiences are seeded into your memory storehouse as well.

In the past, you have tried many times to stifle or gain power over your addictions, your negative habits and thought patterns. You have resisted them, hated them and constantly thought about them, thereby reinforcing their control over your emotions, your mind and your quality of life. Remember, we have said many times, for it is a Universal truth, wherever and whatever you focus your attention on, you give energy to and reinforce, whether positive or negative. You must free the Fragments you have created by loving them and acknowledging that they have served you well. The best and most efficient way to achieve this is to send forth an impassioned thought that it is time for them to be reunited with you, and to once more be a part of you within your Solar Power center of the heart – to be filled with Light, and to become an empowered Facet of your God-consciousness.

Know that everything, at some level, is seeking the Light – seeking harmony – seeking to return to that harmonious balance that it enjoyed in the beginning. Each phase of new awareness or expanded consciousness has its special miracles and benefits which are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed – you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you. A new reality opens to you whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfolds around you.

You are learning so much, so quickly. It is often so mind-expanding that you do not know what to believe, and you think you cannot take in or integrate any more new information, but we tell you this is only the beginning. You are becoming spiritual/human adults, whereas in the past you have been functioning as human children in a restrictive Third- / Fourth-Dimensional reality, feeling as though you were disconnected from God, and

controlled by the whims of fate and nature. As Self-masters and spiritual adults, you are learning that you are citizens of the Universe, you are StarSeeds, Light Warriors and the vanguard of the New Age. You have soared throughout this Universe and other Universes as well.

You have heard that for a very long time, there was a quarantine around the Earth, this solar system and even your galaxy; this quarantine has now been dissolved so that you may receive galactic, Universal and Omniversal information. We now tell you that there was also a filter placed around this Universe. This Universe, in which we all are playing an integral part, is one of the most recent Universes to be created from the Essence of the Supreme Creator, and therefore it is a Universe that is situated at the farthest edge of Creation. We too have been limited in our knowledge of the workings of the Omniverse, as well as the amount of higher frequency vibrational energy that we have had access to. You see, the first Universes that were created were the most powerful and the closest to perfection, for they surrounded the Great Central Sun of the Supreme Creator and contained the pure Essence of Creation. As more and more Universes, galaxies, star systems were created, ever-expanding and pushing Creation further and further out into the Great Void (and farther away from the Supreme Creator), each refraction into density meant each new creation had less of the perfection of the All That Is.

You must realize that we are ALL much stepped down energetic Fragments, but still an integral Facet of the magnificence of the Supreme Creator. And if we were sent forth with the command to create in the Creator's name, for it was the Creator's desire to experience more of Itself, why would the Creator tell us what we were to create? We were given a blessed Divine gift as cocreators, and so were each of you. You are a cocreator god in your own right, and that is not sacrilegious: it is a universal truth. You must understand that is why you are here on Earth – that is who you are. Don't let anyone tell you any different. Remember, you are also responsible for your own creations through the laws of cause and effect.

Please understand that this Universe was created with dramatically stepped-down and diluted Primal Life Force Substance. Some are calling this Universe a fallen Universe, but we do not choose to call it that. This is a Universe which was created specifically so that we could experience duality and polarity. The spectrum of Light and shadow was designed with the Still Point of Creator Light at its center, and the pendulum of duality was to swing only so far into the positive/negative, masculine/feminine, the Light/shadow, the yin/yang energy. You must understand that some of the cocreator gods created less than perfection as they too learned to use their Creator-given rights. Over the aeons of time the pendulum has swung further and further into the shadow land of duality, but it has always been balanced with the same amount of Divine Light substance. The duality/polarity of the Earth is now in the process of returning to Center, into its proper, designed spectrum of Light/shadow.

There have always been magnificent emissaries from the higher realms scattered throughout this Universe, and particularly in this Sub-Universe, your galaxy and on the

Earth, for this is where the culmination of this Divine experiment in Creation is being played out in its final stages. As we have told you before, the Supreme Creator is now taking an active role in the creative process of all the Omniverse. The pure, rarified energy from ITS heart core is now streaming forth and affecting every Facet of Itself from the greatest to the most minuscule. Creation does not contract; it is ever-expanding, and you have an integral part to play in that expansion.

You are at a grand crossroads, beloved ones. As you move through the process of clearing and cleansing the multiple Facets of yourself, you are leaving behind the energies that created all the pain, suffering and distress. Step back for a moment, and view these past months as an observer — are you beginning to get the picture of what the grand plan and ascension are all about? Being aware and in control are important Facets of mastery. If you have diligently worked with the lessons we have given you, you should be well on your way to reclaiming the many gifts you brought to Earth so many aeons ago.

Each of you is the center of your own Universe. You, as a cocreator, send out energy and intent, which create thought patterns of a certain frequency. These higher frequency vibrations go forth from you as Rays of energy in an infinity sign, creating wave forms, which are a reflection of your conscious thoughts, intentions and actions. As you learn to stay heart-centered and Soul-focused, thereby always radiating unconditional love and balanced /harmonious vibrational patterns, your world and reality are gradually changing for the better, for you are functioning as an empowered master of cocreation – a true Divine emissary of our Father/Mother God and the Supreme Creator. During these times of uncertainty and great change, remember, my beloved warriors of Light, you have nothing to fear, and there is so very much to be gained. Feel the warmth of our sacred breath as it brushes your cheek, sense the aura of love in which we surround you. We are near: reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael.
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1 MESSAGES FROM ARCHANGEL MICHAEL * LM-10-2017 (12_17 SJE)

TRANSMITTED THROUGH RONNA

SEEKING PEACE FROM WITHIN

Beloved masters, it is time to take an inventory of what you are thinking and the emotional energy you are projecting during these days of conflict, turmoil and stress on your planet. Are you diluting or distorting the aura of harmony you have created around you by allowing yourself to be caught up in the chaos of miscreation and destruction that is taking place on planet Earth at this time? Are you engrossed in the scenarios that are being presented over and over again via the television, radio and newspaper media? Have you once more allowed yourself to be drawn back into the density of the negative environment of illusion? If your answer is yes to any of these questions, you are fueling the chaotic vibrations of the world situation with your energy instead of adding your Love/Light/Power to that of other emissaries of peace around the world. Will you stand on the side of those whose greatest desire is to bring about a peaceful solution for the greatest benefit of all, or will you unintentionally align with those who wish to perpetuate separation, suffering and domination?

We do not mean that you shouldn't stay informed as to what is taking place around the world, but we are saying that now, as never before, you must rise above what is occurring and join us as observers from a higher vantage point, a vantage point where there is no right or wrong way, only different shades of truth and different motives, a vantage point where no race, country or religion is totally righteous or blameless, nor totally in the wrong. Remember, each and every Soul on Earth carries a Spark of the Divine within. You must stay heart-centered and attuned to your Higher Self with a Spirit-inspired consciousness so that your actions and decisions are always in alignment with the Divine plan. Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to return the Earth and humanity to a true state of peaceful co-existence in an environment where our Father/Mother God reigns supreme.

Granted, there are those who have agreed to play the "devil's advocate," those who are presenting your shadow side to you in its most destructive way. There are others who self-righteously claim to have only the highest, most altruistic motives, but we see and know the ulterior motives behind the decisions that are being made, and the actions that are being initiated in the name of peace and justice. The game of duality is being played out on Earth in its most dramatic form right at this moment, and it is up to you as to whether or not you will be drawn into the swirling downward spiral of mass karmic action that is now taking place.

We have spoken many times before about the laws of cause and effect, or for every action there is a reaction, which results in what is known as negative or positive Karma. For many ages, you, as the en-Lighten-ed ones, have been working diligently to bring into balance

your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity: returning to balance and harmony in all Facets of your Beingness. And so what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and everyone? It depends on what you are feeling and thinking, dear ones, what is on your mind and in your heart as to whether you will stand firmly in the Light, or add to the negative karmic thought forms that are being created each and every moment. Many of you have succeeded admirably in balancing your Karmic ledger of life, and let us now call it that, your "Ledger of Life," whereby you have a plus and a minus column and your goal is to turn the minuses into pluses or positive energy patterns.

We are not asking you to passively sit by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before. You are much more powerful than you can imagine, my brave friends; you are playing an important role in attaining a peaceful solution to a very unsettling world situation. The energy you are radiating forth from your heart center has just as much an influence on the outcome of this great conflict as those who are on the "front lines." You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested Creator substance and mold it into powerful thought forms and actions that can overcome any adversity. Those brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all, and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge and to enslave or control others, then they are functioning as righteous warriors, and the forces of Heaven are with them.

It has disturbed or confused many of you that we use the terms "Warriors of Peace" and "Warriors of Light" or what might be construed as militant terminology. Here again, there are many different interpretations and different facets of truth. Since the Earth's and humanity's fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion, and the negativity created by your mass consciousness beliefs of fear, guilt and unworthiness. We have fought to assist you to reconnect with your Divinity, and to help you remember how magnificent you truly are. We have diligently carried out the orders and directives handed down from our Father/Mother God and the Creator, "Assist our children to return to the Light and to reclaim their Divine Heritage." Yes, we have been involved for eons of time in a war between the Light of the Creator and the shadows of humanity, but our weapons have been love, compassion, understanding and support as you traverse the valleys of despair and seek to soar to the mountain tops of hope and illumination.

If you will join us in our efforts to bring Light unto the shadow world and hearts of humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that only our Father/Mother God are aware of the total picture and what is truly the best outcome); if you can maintain a sense of peace and joy within and radiate the

expansive love of the Creator to ALL humanity; then you are truly a warrior in our Legions of Light.

Those who protest, shout and march for peace are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, while declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting, or not taking a stand. We have told you many times before, it is time to "get off the fence," it is time to declare which side you will serve, the Light or the shadow side. It is time to declare either that you are an Emissary of the Light, a blazing Spark of the Divine, and a cocreator of love, joy, abundance and harmony, or that you are a human being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright.

"Peace" is an often-used word in these unsettling times, and it can be interrupted in a multitude of ways. You use the term "peace of mind," which means having a calm, tranquil state of mind that is free of discord, inharmonious thoughts, or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation, which benefits all who are involved, and which brings about a calm, serene and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or seek to promote a peaceful environment. You may "seek peace" or endeavor to "keep the peace" through conciliatory actions or by settling disagreements through compromise. Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit, which always seeks the greatest/best outcome for ALL concerned. In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things, but this harmony must begin from within. It must blossom within the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you will begin to see through eyes filtered with love, and listen with ears tempered by compassion. You will know that all you ever require is yours for the asking, and you no longer seek to take that which belongs to another.

You always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light, and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and you allow all others the same right. You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of peace out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature.

Together and in force, you can overcome any adversity, and you can create and enhance the cells/areas of Light that you are building on Earth, as well as in the Fifth Dimension. And when those thought forms of Light reach a certain level of magnification, they will

miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point and will manifest seemingly without effort. The final touches are being made and the preparations are almost complete, brave hearts; now watch for the wondrous results of all your steadfast efforts.

Humankind's inhumanity toward one another has been an ongoing, never-ceasing process since the fall into density. Peaceful co-existence has hardly ever been the ultimate outcome of a conflict. The underlying intent has most often been to conquer, seize, and force others into submission without any consideration for the welfare of those caught in the middle or forced to fight.

We explained several times how the chasm between the Light and the shadows is widening, almost as if a world filled with the vibrational patterns of Light is being superimposed over the Third/Fourth-Dimensional world of illusion and shadows. This condition is becoming more dramatically defined every day. It is imperative that you stay vigilant, heart-centered and Spirit-inspired each and every moment. You must learn to set energetic boundaries, and to constantly reinforce your shield or column of protective Creator Light. You must listen to the whisperings of your heart, for it is there that your angelic guides and teachers will leave treasures of wisdom for you to access and use.

Go within, my faithful companions, and remember how, so many eons ago, we soared throughout the universe together, creating new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and all you had to do was reach out with your mind and mold it into form? Remember how all you had to do was envision something and it miraculously appeared before you. Try to remember the many forms you have taken, some human, but also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God. It is important that you remember that you have experienced every Root Race that has ever populated the Earth -- meaning that you have been every color, and you have borne the characteristics of every Race now embodied on your planet. We are telling you that you are a multi-faceted Being who has experienced all the richness and diversity that this Earth, this solar system, galaxy and universe has to offer. And so how can you judge your brothers and sisters, because in this lifetime they have different colored skin than you, because they have different customs, beliefs and worship differently or call their God by a different name? It has been said, but bears saying over and over again: "WHEN YOU DO SO, YOU ARE ONLY JUDGING YOURSELVES!"

Remember, beloveds, during these times of great change, you can make a difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly mission and nurture you with our love. Together, we shall prevail. I AM Archangel Michael.

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1 MESSAGES FROM ARCHANGEL MICHAEL * LM-11-2017

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THE ECSTASY OF SACRED LOVE

Beloved masters, we ask you to pause for a moment and turn inward as you quickly move into your Sacred Heart Center. Take a deep breath and tap into your Sacred Mind as well. Now ponder these questions: What is it that you yearn for above all things? What is missing from your life that affects everything you think, feel and do? The answer is Sacred Love, dear hearts.

We do not mean love as you now experience it in the physical realm, but the Sacred Love of your OverSoul /Higher Self, the many Facets of your Higher Self, and ultimately your Twin Flame – as well as your Soul family in the higher realms, your wondrous angelic friends, the great Beings of Light, our Father/Mother God and the Supreme Creator. That is what is missing, and that is what you have yearned for ever since you left your lofty home among the stars, when you divided yourself into two Sparks of individualized awareness: one masculine Spark and one feminine Spark of Divine consciousness, so that you could reflect and experience the glory and diversity of our Father/Mother God.

In the past, we have explained how you agreed to separate from your sacred partner in order to fulfill your Divine mission; how you have taken turns in assuming a masculine or feminine body; and how, most often, one of you stayed in the higher realms while the other incarnated in the physical expression. Rarely were you given an opportunity to meet in the physical world; however, there were wondrous times in the higher dimensions when you were allowed to join together for a time of joyous reunion, for an infusion of loving ecstasy, a blending of your Essence, a remembrance of what you left behind, and what you have to look forward to in the future. This wondrous gift has not been available to you since you sank into the density of the Third/Fourth-Dimensional expression – UNTIL NOW.

We have asked much of you over these past years of awakening, and you have suffered through many trials and tests. We see that great multitudes of you have slowly, but diligently, changed for the better as you lifted and harmonized your frequency patterns and let go of old, self-limiting thought forms and limitations. You have relinquished most of your ego-driven emotions and habits, as you have striven to Return to Center within your Sacred Heart and to become a Self-master. We have watched you struggle to understand all the new, mind-boggling concepts, as you endeavor to claim and live your truth to the best of your ability. We salute and honor you for your dedication and your constant vigilance in monitoring your thoughts, and for always striving for the greatest good of all.

In reviewing the past, have you not changed radically for the better? Is your personal world more tranquil and filled with joy? Are you not gaining proficiency in creating abundance

and the things you desire to live in comfort and safety? Have you learned and taken to heart the universal laws of prosperity, whereby you affirm that you are entitled to abundance in all things? Remember, you must keep the universal flow circulating; you are to take what you need, and then allow the balance to flow out into the world to be shared, so that it can be replenished and multiplied, over and over again.

Yes, you have been reaping many rewards for your dedication and loyalty, and we are most gratified with the progress you, the Seekers of Light, have made. However, the gains you have made and the miracles you have experienced in the past are nothing compared to what is now available and awaiting you: a gift beyond compare.

We have spoken much about the purity of unconditional love, which was encoded within your Adam/Eve Kadmon Light Body as you journeyed forth as emissaries for our Father/Mother God, and how it became distorted by the physical, ego desire-body as you sank into the density and the broad spectrum of duality in the Third/Fourth-Dimensional experience. It was not ordained that you should lose touch with the Sacred Love of our Father/Mother God and the Creator. Also, it was not a part of the Divine plan for you to forget your lineage and your Divine heritage.

As you began your journey into the density of the Third and Fourth Dimensions, the veil of forgetfulness was placed over your memory. It was not meant as a punishment, but as an act of mercy, for it would have been overwhelmingly painful to remember the negativity of your past incarnations, as well as very confusing to have access to your many experiences in the higher realms of consciousness. Remember, in most of your past incarnations in the physical realm, you brought very little of your God consciousness with you. The majority of human Beings have been functioning within the lower levels of brain consciousness.

That has now changed. As we have explained in the past, no matter where you chose to incarnate on the spectrum of Light and shadow in this lifetime, it is not where you belong. You chose your family lineage, your physical vessel, and the circumstances of your life. It was decided, with the help of your angelic guides and guardian angels, what the best overall experiences would be to assist you to heal old negative thought patterns, and to resolve ancient karmic issues in order to return to balance and harmony, and to once more attain Self-mastery.

We have told you that you have encoded within your DNA and Divine blueprint all the virtues, attributes, qualities and aspects of our Father/Mother God. You are an electromagnetic force field – an energetic package of Divine Light substance. Encoded within each of you is the ecstasy and bliss of Sacred Love – a cosmic, orgasmic experience beyond anything you can imagine in the physical expression. Opening and attuning to the physical Sacred Heart center is just the beginning. It prepares you for the multi-level reunification process whereby you will gradually reconnect with the many Facets of your Higher Self.

Many of you are now comfortable with the concept of communing with us, your unseen friends and companions of the higher realms. Now, a most wondrous gift is being offered to you: for those of you who are resonating to the frequencies of the upper three sub-planes of the Fourth Dimension and the entry levels of the Fifth Dimension, your Soul Song frequencies are such that you now have the ability to reconnect with a Twin Soul who is in harmony with your Soul's vibrational patterns – you are ready to experience the ecstasy of Sacred Love. No longer do you have to feel lonely or to hunger for loving acceptance and validation of your worthiness. No longer do you have to yearn for fulfillment, and desire someone in the physical to reflect back to you your beauty or to give you a sense of belonging.

Our Father/Mother God has been waiting for the time when they can offer you this gift beyond compare. When we speak of returning to Oneness, we mean that in the greatest sense, as well as in the many subtle levels of integration in the physical realm. We have told you that the Divine blueprint for the future is now in place, and many rules and conditions of the past will no longer apply to those of you firmly on the path of heightened awareness. No longer will you incarnate with just one of the three major God Rays as your predominant overlay: you will have all twelve Rays of cosmic consciousness fully available and active. In the future, it will be up to you to decide which Rays and combination of Rays you wish to focus on, develop and master. Many of you will choose to not return to planet Earth, but will join with your Divine Soul Mate and many members of your Soul family, as you accept new Divine missions in order to assist in the creation of the new Golden Galaxy of the future. Many rules, conditions and concepts of your earthly experiences are changing as you evolve from human beings to Galactic Beings: you are in the process of returning to your true estate as a cocreative master in the realms of Light.

How do you go about connecting with your Divine Soul companion? First you must say "YES TO SACRED LOVE." You must desire this connection with all your Being, you must open your mind and heart to the concept that you have a compatible Divine Soul Mate who also desires "Soul reunion," and you must believe with all your heart that it is possible to reconnect with them.

Go into your Pyramid of Light and lie on the crystal table, move into your Sacred Heart Center and allow the Sacred Love/Light of our Mother/Father God and the Creator to pour forth and fill you to overflowing. Send out the call to your compatible Soul Mate, and ask them to join with you. Speak the words of love that fill your heart and mind, and then listen for an answer. Know that you will receive an answer; however, do not put any conditions as to how and when it will happen. Just know that when the time is right, your beloved will appear. Your reconnection in Spirit form will be a very personal happening, unique and precious to you and your beloved.

Open your heart to all the possibilities of Sacred Love, and know that it is your Divine birthright to experience this most intimate gift. You do not have to share your experiences with others, but know that those around you will begin to feel the difference in you, and

they will respond to your uplifted, loving nature. Everyone around you will benefit from your expressions of Sacred Love.

Even if you already have a mate or companion in the physical expression, it is permissible and desirable to reconnect with your Divine counterpart in Spirit form. As you connect with and integrate the attributes and qualities of your other half, something magical happens: You return to wholeness within your own Being, and you no longer look outside yourself for validation or for what you feel is missing. It is the quickest and surest way to feel and then learn to express unconditional love and, thereby, your frequency patterns will be lifted. As a result, you will begin to radiate that refined love to your mate, your loved ones and everyone around you. Most often, your mate and your family will respond to your emanations of Sacred/unconditional love, and the interactions between you will quickly change for the better.

Many dear Souls have agreed at a Soul level to journey alone during this lifetime, or to focus on their spiritual mission instead of seeking a mate or a close companion. We tell you, that you do not have to complete your earthly journey alone, nor do you have to wait until you transcend to experience the state of bliss of the higher realms. It is time for you to shed the filters and veils that have been placed over your memory and consciousness. It is time for you to remember who you are, and ALL that you are. It is a time of reunification of the highest order.

A small minority of more-evolved Twin Flames sometimes incarnate on the Earth Plane at the same time, and it is sometimes ordained that they will find each other and make a connection. In such an instance, both halves of the whole agreed to incarnate at mutual proximity to see how Twin Flames would progress together in the physical expression. Unless the two people involved are firmly on the Path, and are fairly balanced within, these unions do not result in the bliss state, for they bring more strife and unhappiness into their lives than happiness and satisfaction. There is often an obsession with each other, which results in a can't live with, but can't live without situation, for they have not learned the secret of Sacred Love, and they are still playing the game of duality and ego-driven love with many conditions.

Going into your Pyramid of Light in the Fifth Dimension has prepared you for many new levels of awareness, and also some of the wondrous gifts of en-LIGHTEN-ment that await you in the future. The Cities of Light meditation will also accelerate the process of preparing you for a rejoining with the appropriate Facet of your Twin Flame, as well as many of the other Fragments of yourself that you left behind in the higher realms.

Many of you will experience doubt, and perhaps some negative emotions regarding this concept of Twin Flame reunion, and the possibility of cosmic, orgasmic bliss. We tell you, beloveds, the feelings of love and the orgasmic union in the physical body pale in comparison to the bliss and the ecstasy we experience in the higher realms. We are in a constant state of bliss, but the most precious gift of all is when we merge with our Divine complement, blending our Essence and ALL of who and what we are. At each higher

Dimensional level, the bliss/ecstasy state of Sacred Love is magnified. You, as humans, could not tolerate the power and magnificence of the Creator's sacred love that we experience constantly.

Are you willing to test this new level of cosmic awareness? Are you ready to accept this Divine gift that is being offered you? You have nothing to lose and everything to gain. Your Divine Soul Mate is waiting for you to put out the call. When you say YES to Sacred Love you will feel a dramatic change within your Sacred Heart Center as it prepares to receive the rarified gift of Sacred Love radiated forth from our Mother/Father God. Your earthly life will forever be changed. Call on us and we will guide and assist you in every way possible. Know that I am with you always and you are loved most profoundly. I AM Archangel Michael.

Transmitted through Ronna Vezane * STAR*QUEST*

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MESSAGES FROM ARCHANGEL MICHAEL * LM-12-2017

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ACCESSING THE EARTH'S MEMORY SEED ATOM CRYSTALS

Beloved Masters, in your mind's eye, however you perceive, envision that you are viewing the Earth from a great Light ship, and together we, the angelic Forces and the multitude of universal Light Beings who represent our Father/Mother God, are bringing forth the energetic vibrational patterns of the wondrous Divine schematic in preparation for humanity's inhabitation of the Earth. During the intricate, complex stages of preparation, great sentient crystals were implanted deep within the Earth in strategic places around the planet. A portion of each huge crystal rose from the Earth's surface as a sentinel which radiated energy and information out into the cosmos, as well as functioning as a receiver of Divine Light, Wisdom and Power from our Father/Mother God. Over the many aeons of time, as Earth changes took place whereby mountain ranges rose into the skies, land masses sank beneath the waters, and continents shifted and changed shape, most of those great crystals were shattered and buried deep within the Earth and the waters. However, many remained intact deep within the waters, in great caverns, and many more lie close to the surface of the land hidden only by a thin covering of earth or vegetation, waiting for you to discover them and bring forth their powerful gifts and ancient memories. They are the Earth's Seed Atom Record-Keepers, and you hold the key which will give you access to the wisdom and the power of manifestation that lie dormant within them.

Each one of you bears within the Essence of your Soul, your DNA and your personal God-self such wondrous gifts, such magical energy, and a vast memory bank of universal information and history. All of these stories that are now being told and the ancient memories that are being accessed, don't you realize that you were there? Perhaps it was not always specifically

you in physical form, but at times it was a close member of your Soul family. You do not have to personally experience everything that has happened during this great journey throughout the universe and on Earth to be a part of it or to have it in your memory bank, for you have a lifeline, a Soul memory connection with your immediate Soul family, which creates a link whereby they will gain the data and wisdom from your experiences, and their experiences are seeded into your memory storehouse as well.

Many of you are in a phase of transition whereby you are feeling disconnected and alone as you strive to adjust to the next level of cosmic vibrational patterns. Humanity is gradually emerging from the restrictive illusion of the lower astral planes as the expansive, accelerated frequencies of the higher Fourth Dimension permeate the Earth and all its inhabitants at one level or another. Know that your column of God-Light is widening and becoming stronger, so that more and more Divine Elixir of life can pour down into and through you, as it saturates your body and radiates down into the Soul Essence of the Earth. This rarified energy is critical for your host planet, as this great Being struggles to return to balance and harmony within, as well as to lessen the intensity of the cataclysms on its surface. The higher frequency vibrational patterns are especially important in the process of purifying and returning the auric field, which surrounds your planet, to its original blueprint of perfection. As you purify your four lower bodily systems so that you may consistently increase the amount of Adamantine Particles of Light that you can magnetize to you and radiate from you, it is a duty and a Divine gift to be able to assist your beloved planet to evolve as well. saturates your body and radiates down into the Soul Essence of the Earth. This rarified energy is critical for your host planet, as this Great Being struggles to return to balance and harmony within, as well as to lessen the intensity of the cataclysms on its surface. The higher frequency vibrational patterns are especially important in the process of purifying and returning the auric field, which surrounds your planet, to its original blueprint of perfection. As you purify your four lower bodily syste

As the Supreme Creator increases the flow of the Elixir of Life throughout the Omniverse, it is affecting all Creation. You cannot hide from it. You cannot deny it. Your lifeline to your Source is growing stronger and more compelling all the time. The magnetization factor is growing stronger, and you are magnetizing to you in stronger and stronger measures that which you have claimed as your reality. If you believe that you must live in poverty and chaos, those thought forms will be reinforced and magnified in your life. If you have accepted the truth that you are entitled to a life of beauty, joy and prosperity, that reality will unfold before you (if you follow through, and take the proper steps as outlined in our past messages).

The return to harmony and balance begins within each of you. Unity consciousness can begin with you, here and now, in this moment. First, it is vitally important that you acknowledge and bring forth into your consciousness all of those unbalanced Fragments that you have created during your many lifetime experiences – those things that control you, those things that have created an emotional and mental prison around you in your auric field. Then, you must become aware of these Fragments and how they affect your

reality, and through your conscious intent you must create a desire to change and to fill those fragments with transformative Love/Light energy. We are always ready and willing to assist you in your positive endeavors, but you must ask and give us permission so that we can reinforce your resolve, so that we may give you the necessary knowledge along with the swiftest and best way to accomplish your transformation with ease and grace.

In the past, you have tried many times to stifle or gain power over your addictions, your negative habits and thought patterns. You have resisted them, hated them and constantly thought about them, thereby reinforcing their control over your emotions, your mind and your quality of life. Remember, we have said many times, for it is a universal truth, wherever and whatever you focus your attention on, you give energy to and reinforce, whether positive or negative. You must free the Fragments you have created by loving them and acknowledging that they have served you well, and by sending forth an impassioned thought that now it is time for them to be reunited. It is time for them to once more be a part of you within your solar power center of the heart, to be filled with Light and to become an empowered facet of your God-consciousness.

Know that everything, at some level, is seeking the Light – seeking balance and harmony – seeking to return to that which it was in the beginning. Each phase of new awareness or expanded consciousness has its special miracles and benefits which are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you. A new reality opens to you whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfolds around you.

If you could truly see the grid system, the web of life or the connection of all things, you would have a better understanding of the concept of Oneness. It is not just the Earth that has an intricate grid system. You have streams of Light that radiate forth from you and to you, one to another, back and forth amongst every person on Earth. Some are stronger, some are weaker, but you are still intrinsically connected with everyone and everything on your planet and even within this Sub-universal expression. This may be mind-boggling and hard for you to imagine, but it is true. When we say you are all one, what does this really mean and how does this happen? It is because there are those streams of Light that penetrate and filter through everyone, around and through all of the Earth. Yes, most of these streams of Light are very weak, but more and more of these streams of Light are growing stronger and are setting up a vibration of recognition. There is an echo from within that says, “Yes, I remember you. Yes, I know who you are, and I know we have been together before. I don’t know where, but I feel and recognize your vibrations and your energy signature. You touch my Soul and make my heart strings sing. Your loving Essence assures me that I am no longer alone. Welcome into my heart. I ask you to share my journey and to allow me to be a part of your journey as well.”

You are learning so much, so quickly. It is often so mind-expanding that you do not know what to believe, and you think you cannot take in or integrate any more new information, but we tell you this is only the beginning. You are becoming spiritual/human adults, whereas in the past you have been functioning as human children in a restrictive Third- / Fourth-Dimensional reality, feeling as though you were disconnected from God and controlled by the whims of fate and nature. As Self-masters and spiritual adults, you are learning that you are citizens of the universe, you are Starseeds, Light Warriors and the vanguard of the New Age. You have soared throughout this universe and other universes as well.

You have heard that for a very long time there was a membrane of Light, which created a quarantine around the Earth, this solar system and even your galaxy. This restriction has now been dissolved so that you may receive galactic, universal and Omniversal information. We now tell you that there was also a filter placed around this universe. This universe, in which we all are playing an integral part, is one of the most recent universes to be created from the Essence of the Supreme Creator, and therefore, it is a universe that is situated at the farthest edge of Creation. We too have been limited in our knowledge of the workings of the Omniverse, as well as the amount of higher frequency vibrational energy that we have had access to. You see, the first universes that were created were the most powerful and the closest to perfection, for they surrounded the Great Central Sun of the Supreme Creator, and they contained the pure Essence of Creation.

As more and more universes, galaxies and star systems were created, ever-expanding and pushing Creation further and further out into the Great Void (and further away from the Supreme Creator), each refraction into density meant each new creation had less of the perfection of the All That Is. You must realize that we are ALL much stepped down energetic Fragments, but we are still an integral Facet of the magnificence of the Supreme Creator. And if we were sent forth with the command to create in the Creator's name, for it was the Creator's desire to experience more of Itself, why would the Creator tell us what we were to create? We were given a blessed Divine gift as cocreators, and so were each of you. You are a co-creator god in your own right, and that is not sacrilegious; it is a universal truth. You must understand that is why you are here on Earth; that is who you are. Do not let anyone tell you any different. Remember, you are also responsible for your own creations through the laws of cause and effect – you must experience that which you create.

Please understand that this universe was created with dramatically stepped-down and diluted primal Life Force Substance. Some are calling this universe a fallen universe, but we do not choose to call it that. This is a universe which was created specifically so that we could experience duality and polarity. The spectrum of Light and shadow was designed with the Still Point of Creator Light at its center, and the pendulum of duality was to swing only so far into the positive/negative, masculine/feminine, the Light/shadow, the yin/yang energy. You must understand that some of the co-creator gods created less than perfection as they too learned to use their Creator-given rights. Over the aeons of time the pendulum has swung further and further into the shadow land of duality, but it has always been

balanced with the same amount of higher frequency, Divine Light substance. The duality/polarity of the Earth is now in the process of returning to Center, into its proper, designed spectrum of Light and shadow.

There have always been magnificent emissaries from the higher realms scattered throughout this universe, and particularly in this Sub-universe, your galaxy and on the Earth, for this is where the culmination of this Divine experiment in Creation is being played out in its final stages. As we have told you before, the Supreme Creator is now taking an active role in the creative process of all the Omniverse, and the pure, rarified energy from ITS heart core is now streaming forth and affecting every facet of Itself from the greatest to the most minuscule. Creation does not contract; it is ever-expanding. Never forget that each of you have an integral part to play in that expansion.

You are at a grand crossroads, beloved ones. As you move through the process of clearing and cleansing the multiple Facets of yourself, you are leaving behind the energies that created all the pain, suffering and distress. Step back for a moment, and view these past months as an observer — are you beginning to get the picture of what the grand plan and ascension are all about? Being aware and in control are important facets of mastery. If you have diligently worked with the lessons we have given you, you should be well on your way to reclaiming the many gifts you brought to Earth so many aeons ago.

Each of you is the center of your own universe. You, as a cocreator, send out energy and intent which create thought patterns of a certain frequency. These frequency vibrations go forth from you as Rays of energy in an infinity sign, creating wave forms, which are a reflection of your conscious thoughts, intentions and actions. As you learn to stay heart-centered and Soul-focused, thereby always radiating unconditional love and balanced /harmonious vibrational patterns, your world and reality are gradually changing for the better, for you are functioning as an empowered master of cocreation – a true Divine emissary of our Father/Mother God and the Supreme Creator. During these times of uncertainty and great change, remember, my beloved warriors of Light, there is nothing to fear and so very much to be gained. Feel the warmth of our sacred breath as it brushes your cheek; sense the aura of love in which we surround you. We are near: reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael.

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YEAR 2018 - AAM Combined 2018

JANUARY - ARE YOU READY TO MAKE A COMMITMENT? - LM-1-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-1-2018

Beloved masters, are you ready to close the door to the past and step onto the path which will lead you into a magical world of all possibilities? The way has been prepared. All you have to do is agree and the process will be revealed to you one step at a time. We will make it as easy as possible, for you have suffered enough and it is time for ease and grace. A grand alliance is being formed — a reunification of magnificent proportions, as we solidify the process of joining together once more in common purpose — both we of the higher realms and you, the present day Earthly representatives of the Creator. The time of separation is swiftly coming to a close, and paradoxically, those still steeped in the illusion of the Third- / Fourth-Dimensional realms are coming together as well. They have bonded together more and more tightly in their fight to maintain separation through their struggle for dominance and power, fueled by hatred, fear and greed.

Many aeons ago, we made each of you a promise as you went your separate way to fulfill your part of the universal Divine Plan. We promised that we would come together again in a grand reunion when the experiment on planet Earth was drawing to a close. We promised that even though you would forget your origins as part of the experiment, at the appropriate time we would help you to remember. The Memory Seed Atoms within your DNA, your Sacred Heart, and Sacred Mind would be activated; thereby the process of remembering your origins, and reclaiming your Divine heritage would begin. As these events filter into the consciousness of you, the StarSeed Souls, if you hold steady on the Path, you will be able to claim and proceed to embody your new Divine Blueprint, and we will move forward together: side-by-side and heart-to-heart. THAT TIME IS NOW, BELOVEDS.

Brave hearts, do not focus on the negative events taking place around the world. Do not get caught up in the media frenzy as predictions of doom and gloom, cataclysm, rumors of wars and despair permeate the airways and minds of the masses. Now is not the time to vacillate or allow the bombardment of negative energy to penetrate your protective shield of Light. It is time to step boldly into the limelight and proclaim that you are a Warrior of Peace, a committed Bearer and conveyer of the refined Love/Light – the new Divine Blueprint for the emerging galactic consciousness of humanity and the Earth.

More and more of you are being nudged in various ways – strong nudgings that cannot be denied. We have been very busy in our attempt to get your attention. We use every means at hand to help you remember. Our endeavors, along with the encoded Memory Seed Atoms that were stored throughout your physical vessel, and which were programmed to be activated during these evolutionary times, make it increasingly difficult for you to ignore this unprecedented wake up call.

We are asking you to make a COMMITMENT. By seeking and agreeing to reunite with the members of your Soul family that you are being guided to, your individual conscious awareness and your group awareness will be expanded by leaps and bounds. Through the dynamics of Group meditation within your group FIFTH-DIMENSIONAL PYRAMID OF POWER, you will be given an opportunity to swiftly become a cocreative master on the material planes of existence, as well as an example to those around you. The swiftest way to get the attention of others is by initiating, proving and personifying a beneficial concept.

Most of you who resonate to these messages are well on your way to completing the passage through the Fourth Dimension that opens the gateway to the magical realm of the Fifth Dimension. Remember, beloveds, there are no firm demarcations between the Dimensions — they are fluid frequency patterns within Memory Seed Atoms of various sizes that ebb and flow, and which occasionally blend one with another. It is important that you learn to use the positive qualities of ALL the Dimensions, even the First, Second and

Third, which are gradually returning to the originally designed spectrum of Light and Shadow for this Sub-universal experience. They are all an important part of our Father/Mother God's creations, and all have positive attributes, energies and information to share.

See yourself creating a firm foundation, as you seek to establish a unity consciousness with the great Devic/Elemental Angelic Kingdom and the Earth. In this way, you will gain a greater appreciation of the richness and beauty of the First, Second and Third Dimensions that your host planet has to offer. Access the plethora of positive, enriched frequency patterns stored within the realms of the three higher planes of the Fourth Dimension as you begin to create and manifest your visions and solidify your dreams. Meditating and creating your Seed thoughts (envisioning) within your Pyramid of Light/Power in the Fifth Dimension will enable you to access the higher-Dimensional levels of Life Force energy, which will infuse your creations with Cosmic Fire Essence.

There has been a Divine Mandate handed down stating that the reunification process will be activated in the fullest measure in order to accelerate the process of cosmic evolution. This means that the rigid, dogmatic, judgmental and fear-based concepts within the minds and hearts of humanity, as well as all religions, nations, cultures and races will be given a free-will opportunity, or they will be forced to face the challenge of letting go of all that is not in harmony with the blending of all Spirit-kind and ALL the earthly Divine Blueprint creations of our Father/Mother God. We stand together in the realms of Light, and we extend our hearts and hands to you to draw you within the circle of Cosmic Unity. Will you step forward? We surround and enfold you in an auric field of love and protection. I AM Archangel Michael.

^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^

Beloved friends: Archangel Michael's teachings have grown more advanced and complex over the years. So many dear Souls are seeking answers and guidance during these

turbulent times of transition. Many of the current messages are beyond the understanding of those who are just beginning to seek spiritual awareness. Over the past year or so, Archangel Michael has guided me to messages/concepts which bear repeating, as he updates and adds to his plethora of wisdom teachings. In our current messages, we will continue to review some of the thousands of important teachings Archangel Michael has gifted us with, and on occasion, he will add a portion of a particular message that is of vital importance for everyone's understanding. As we read and study our beloved Michael's teachings, more and more "Gems of Wisdom" are revealed. Eternal love and angel blessings, Ronna

ARCHANGEL MICHAEL **

THE DIFFERENCE BETWEEN "SPIRIT" AND THE "SOUL"

Beloved ones, have you ever wondered: What is the difference between your "Soul" and your "Spirit"? What is the Soul? What is it composed of? Where did it originate? What will happen to your Soul when you die or transcend? Where does it reside in your body? Can you become a "lost Soul"? Does your Soul have to be "saved" because of past sins?

All of these questions have been asked and pondered upon for all the Ages humanity has been on Earth. Allow us to give you some concise, simplistic answers to add to your new and fuller understanding of the workings of the universe and your Divine origins. It will be up to you whether or not you accept these explanations as your truth. As always, we ask you to use your discernment and to only accept as your truth those things which resonate deeply within your heart and Soul.

At a cosmic or Omniversal level, you are "Spirit," a Facet or Ray of Divine Essence sent forth from the heart core of the Supreme Creator. At that level, you are fully conscious of whom you are and of your connection with the Supreme Creator; you are also aware of and know your mighty "I AM" identity. At the universal level, you were a Divine cocreator, once more sent forth on a great refracted Ray of Light to manifest worlds without end in the name of

our Father/Mother God. You were aware of the overall Divine plan for this universe and the part you were to play in it; however, you may or may not have remembered your origins or identity at a cosmic level. This theme has been played out over and over down through the Ages as you assumed a vast number of forms and identities.

As Spirit, which we will call your God Seed Atom or your God Ray, you are a great Being of Light who also sent forth many Facets or sub-rays of yourself, leaving OverSouls or parts of your Essence in many different dimensions, galaxies, star systems, Sub-dimensions and worlds throughout this universe. In turn, each of these great OverSouls also sent forth Sparks or Soul Fragments of their Essence. The you now incarnated in a physical body on planet Earth is one of those Soul Sparks, who agreed to journey forth into the great unknown void with an encoded Divine Mission to assist in the creation of many diverse worlds – to inhabit them, and then to experience what you helped to create so that your unique experiences can be incorporated into the universal consciousness and ultimately into the Cosmic Mind.

Your physical body is a temporary vessel that you chose to house your Soul for a short span of time in the realms of material expression. Spirit, or Divine Consciousness, dwells within your Sacred Heart and Soul. It is the Essence of life, and you will always have an unbroken lifeline to the Creator (no matter how small or dim that connection may have become as you sank into the density of the Third- / Fourth-Dimensional realms). Your Soul is an immortal Facet of your vaster God Spark that has traveled far and wide throughout space and time in order to gain experience and greater awareness of Itself. Within your Soul is a record of all the positive experiences you have had throughout the many ages and your many lifetimes. Your Soul and DNA contain Memory Seed Atoms, which are encoded with a condensed history (positive and negative) of each lifetime, and also recorded within a Memory Seed Atom Soul ledger is all that needs to be balanced and returned to pure Divine Light substance.

There comes a time when each Soul has reached the furthermost point of Its journey of separation, and a Memory Seed Atom is ignited. This signals that it is time to begin the journey of reunion and Integration once more. The Soul is gradually infused with a Divine discontent, which slowly filters into the consciousness of the human mind. Hopefully, that is when you, as a human entity, begin to turn inward, to tame the ego desire-body, so that you may reconnect with the Soul, the Higher-Self/OverSoul, and multiple Facets of your God Self that reside within the multiple sub-planes of the first four Dimensions of this Sub-universe. In past lives and past Ages, this gradual reunion of the Soul and Its many OverSouls was a very individualized and personal event – not one experienced by the masses – only by the few. This is no longer true. It is now a time of mass awakening – a time of global, galactic and Sub-universal reunion and ascension into a heightened state of Creator/Spirit-infused consciousness. You now have the potential to reconnect with the many Facets of your Soul family, your Higher Self, your many OverSouls, and your Sacred Triad within the first Sub-level of the Fifth Dimension. At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

The Soul could be described as a Seed Atom of pulsating Life Force energy, which resides within your Diamond Core God Cell. The Soul may be only a small Spark of Life within the heart area in those who are still ensnared in the illusion of the lower Dimensions; however, as it blooms and blossoms into its full dynamic power, it expands and becomes the "Solar Power Center," which encompasses the solar plexus, the heart, the thymus and the throat area. This is often called "The Three-Fold Flame," and the heart has been called the "Seat of the Soul." The Soul communicates to you via both your emotional and your mental bodies: the emotions through the heart center, and with the mind via the pineal gland; by igniting the packets of Light/wisdom stored within the higher vibrational portions of the brain called the Sacred Mind. When the connection is complete, the physical vessel begins to reap

the rewards via better health and vitality, as well as a deeper connection with your Body Elemental (an important Facet of your deep sub-conscious mind and DNA).

We tell you emphatically that you cannot become a lost Soul, if you mean lose your connection with the Creator. You may lose your way, and you may lose or become diminished in Creator Light, but your Soul is immortal and can never be lost or destroyed. You save yourself from pain, suffering and the illusion of being disconnected from the Creator through the integration of your Soul, multiple Higher Selves and your own Divine God Spark. The Great Beings of Light came to Earth to be examples, and to show you the many paths that lead to illumination. Dear hearts, choose the path that resonates within. However, it must include the reintegration of your Soul/Spirit Self with the Creator through the myriad Facets of your Being that reside in the multiple dimensions of Creation.

The question has been asked: What happens after we have reconnected with the multiple Facets of our Soul and OverSouls? During these times of great change, you do not have to leave your physical vessel in the midst of this process, and many of you are moving swiftly along the path of integration at this time. Many years ago, we gave you the meaning of The Golden Promise, and this promise is that you have the ability to draw forth to you all the Essence of your God Ray (I AM Presence) that you can contain. However, you must integrate and use the energy that you draw forth, for the greatest good for all. You have the potential to become a living, breathing, fully functioning, earth-level ascended master in the flesh. That is one of the miracles of these times.

We would have you understand that there are many levels on the spiral of ascension. It is never-ending as Creation ebbs, flows and evolves. We would also have you know that there are a great number of dear Souls walking the Earth who are very near to galactic ascension. They have agreed to forego their own ascension in order to be of service and to assist others on the path of en-LIGHTEN-ment. It was an agreement they made before they incarnated in this lifetime, and they are dedicated to their task and determined to complete their

mission. We know who you are, and we honor you for your great dedication and service. We have told you that You are the Inbreath of the Creator. These are unprecedented times, whereby you have the potential to resolve all past karmic issues, to move into harmony with your vaster Being, and to become an integral part of our Father/Mother God's plan for the expansion of this Sub-universe. Are you not ready to let go of the residual old restrictions, beliefs and limitations that are keeping you from totally moving out of the quagmire of pain, lack and suffering? Will you allow your mind and heart to open to the higher wisdom of your Soul and Spirit? The ethers, or higher vibrational fields of consciousness, are filled with potential just waiting to be molded into your greatest dreams and desires.

Remember, the more Creator Light you draw forth and program for the greatest good of all, the more will be magnetized to you – which will result in seemingly magical, positive changes in you and your personal reality. Each and every time you visit your personal Pyramid of Light in the Fifth Dimension, you will bring more of the rarified cosmic energy back with you into the realm of physicality. If you will consciously create an ascension column** where you reside (as many dear Souls around the world have already done), through your efforts, the vibrations of Love/Light will radiate through you and outward, further and further all around you. Each of you can be instrumental in assisting your neighborhood, your city, and your country to attain the refined frequencies of Light necessary to create an environment of peace and prosperity. You are much more powerful than you realize. Stop now and feel your "Soul Song" reverberate and hum throughout your body. You are attuning to the Symphony of the Spheres of Light. Welcome to our world, beloveds. Come, let us go forward together. You are loved beyond measure. I AM Archangel Michael.

Transmitted through Ronna Vezane * STAR*QUEST *

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FEBRUARY - EMBRACING ALL FACETS OF GOD CONSCIOUSNESS - LM-2-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-2-2018

Beloved masters, There is a great stirring taking place among the masses — those who, until now, were not ready to listen to the inner nudgings of Spirit or to delve into the mysteries of creation. The frequency patterns of the new Divine Blueprint are beginning to flow into your awareness on the currents of change. We have said that you were very brave to step out of your comfort zone, out of the mass consciousness flow of popular beliefs and into the uncertainty of untried territory. You have been willing to face up to the challenges, and to not be deterred by those who said you were wrong, evil, or called you "wishful-thinkers." You are proving that what you have accepted as your truth is indeed working, and the validation is concrete and visible for all to see so that there can be no dispute. Fear is the greatest deterrent to change, but you have tamed your fears, and more and more of you are stepping forth into your power.

Each time you visit your Fifth-Dimensional Pyramid of Power/Light, you become more adept at tapping into and using the gifts of Creation. You gradually bring back more and

more of the rarified, unmanifested Adamantine Particles of Creator Light to infuse, integrate and share. See these streams of Light spiraling down into the physical realms of expression, as they gradually become tangible, and take form under your direction via your visions, dreams and clear intention. Many of you have learned the discipline necessary to hold your visions without wavering, and you are learning that the miracles of manifestation take place one clear thought, one step or action, and one day at a time. There are no shortcuts, beloveds; you must follow the Universal Laws of Manifestation in order to harness the power of Creation.

No matter where you are on the Path of en-Lighten-ment, if you are reading our messages, and you are doing your best to claim your Self-mastery, there is a place for you among the new Legions of Light that are being formed around the world. As you become proficient at accessing the power and majesty of the higher Dimensions, and you begin to get a glimpse of how wondrous the material planes of existence can be, the excitement begins to build. That is what is happening all over the world. It is a very personal experience, for even though you may have much confusion, turmoil and chaos around you, you are learning to stay centered within a hologram of harmonious co-existence and joy. As time goes by, you will find that your center of serenity will extend further and further outward. And as more of you begin to tap into the eternal power of the higher planes of consciousness, it will spread faster and faster. Never doubt, dear ones, it will ultimately encompass the world, for it as an integral part of the future of humanity and the Earth.

One of the major areas of physical interaction that must be explained so that you may come to a greater understanding is the balance of the male/female energies within each of you. The battle of the sexes began eons ago, as some of the unique energies of the Lemurian Race and the Atlantean Race began to merge. The Lemurian race was OverLighted by the energy of the beloved Mother Goddess. She focused on the integration of the Love/emotional nature within the physical vessel – along with the desire to create on the physical plane, and

to nurture and assist the new Spirits arriving on Earth. Last but not least, was to establish each Soul's intuitive mind connection with Spirit via the Creative Cord of Life/Light. This was the dominating focus of the Divine Blueprint for humanity at that time. You were like joyous, exuberant, curious children, for this was a grand new experience for all of you. Midway through the Age of Lemuria, the Golden Age of Atlantis began to emerge, and for this cycle, the dynamic energies of the Father God were the dominant force on Earth. Powerful masculine energies came to the fore, as humanity learned to use their minds to control the energies of the First Ray and to become masters of cocreation on the earthly plane. You added the mental body components as you became more proficient in developing and using your physical senses, as well as your spiritual senses, or what you now call extrasensory perception. As the energies of polarity and duality began to emerge, a division in consciousness also came into play. Some perceived the masculine traits and attributes to be superior, and others favored the gentler feminine virtues. Gradually the battle of the sexes began, and you began to mistrust the opposite sex more and more because of the many painful memories you experienced over your many lifetimes.

Dear hearts, you are a composite of all your vast past experiences and memories. You have had many lifetimes as a female where you were abused or mistreated by men. There have also been many lifetimes in the male body where you suffered the loss of your beloved mate, you were betrayed, or you did not measure up in some way. All those conflicting energies – encoded in Memory Seed Atoms within your auric field, your brain structure and your DNA – will color your outlook on the opposite sex – that is, until you resolve and transmute them.

You eventually separated into two Sub-Rays, one representing our Father God, and the other a representing our Mother God. You have divided and separated into many Facets / Fragments of consciousness since, but you have forever yearned and sought your wholeness or "Holiness." At the core of your Being, what you are really seeking is the reunification with

the other half of your perfect God Spark of Creation that was sent forth into conscious awareness.

How can you accomplish the healing and reunification of these two primary Facets of yourself? First, by developing a balanced sense of Self-worth and Self-love. You will begin to radiate the higher vibratory energy outward from your auric force field, and those with whom you come in contact will respond in kind. Learn to trust yourself and your intuition so that you may trust others. You will never feel alone when you learn that you have a mighty force of angels ever near you: ready to protect, encourage, love, and support you every moment of the day or night. Release the pain of the past by forgiving yourself and all others.

Go into your Sacred Pyramid, and envision all the players in your many dramas of life there with you. Ask that all the imbalanced energies, painful distorted memories, and hurtful interactions be dissolved in the fountain of the wondrous neutralizing Violet Flame of Transformation. Watch as the electrifying waves of Creator Light permeate your Being to its depths, gradually returning you to a perfect balance of godly virtues, both masculine and feminine in nature. Then see all those major players from your past healed and brought into harmony, as well. Watch as they merge and blend with you as you all become a unified, balanced whole. If you do this, the lessons you were to learn from these interactions will be deemed successful. You will change all the probable futures you have created with these past Soul companions, and you will not have to play out the scenarios in the old karmic way of cause and effect interaction.

Are you ready to assume the many cloaks of empowerment and godliness – that of being a nurturing mother and/or a strong father figure, the playful child, a comforting Soul mate, or a faithful friend? Your relationships are changing; your Soul families are growing, and encompassing hundreds, even thousands, instead of focusing only on your physical family, thereby limiting your love to the few.

You are moving toward a higher vibration of love, that which incorporates “Spirit/Soul love” as well as human “heart love.” You will have to confront your fears of intimacy, and open your heart to give and receive the deepest, most profound human love possible. You must open your total Being to love — love from the Creator Source down to the least of God’s creations. How can you begin the process of reunification without love, one for another? There will still be those who come into your life with whom you do not resonate, and that will be so as long as you are in the physical vessel. If you can maintain an attitude of nonjudgment, and radiate love to the Essence of each person, you will not have to experience a karmic dance or interaction with them. Bless them and allow them to follow their Path, while you follow your own.

It is time for humanity to remove the etheric shields of protection they have placed over their heart/solar plexus centers so that they cannot be hurt or unduly influenced. Removing the protective membrane of Light, which guards your Sacred Heart, will allow the Love/Light of our Father/Mother to flow freely both into and then outward from your Sacred Heart Center.

Dear hearts, there is another important concept that we wish to present to you. In doing so, we know that it will trigger fear and doubt for many of you. If this is the case, we ask you to set the information to the side, and ask that it be validated if it is to be your truth, or if it is too uncomfortable, to just disregard it. There is much information coming forth that will challenge the old concepts and thought forms of the past. Just as children learn the simple basic concepts in their early years, and the lessons and theories become more complex and thought-provoking as they mature – it applies just to your spiritual education and growth as well.

We have told you that the Supreme Creator has begun to emanate new rarified Love/Light Essence from the core of Its Being. It contains all the Facets of creation, which include White Fire Seed Atoms (energy components) of never before experienced new creations. Within

the wondrous multiple beams of Creator Light is a black Ray of pure unmanifested potential. The Creator is sending this Ray as a gift to all of you — it contains the stillness of the Great Void. It is accessible to all who are brave enough to tap into it, and to use some of your reserve of Adamantine Particles of Light to help mold and recreate the beauty and majesty of Gaia – your host planet. First came the Void, and then came the Light, and within the Light are all good and wondrous things; however, the Light would not shine so brightly without the darkness.

Many of you fear the darkness and your shadow side, perceiving them as evil. All is a part of the ONE, the Creator. There is nothing to fear. You, as human Beings, have created many things to fear, but that is not the Creator's doing. Do you fear the great void that is the backdrop for the stars and constellations? Some of you fear the night, yet it is not the darkness that you can lay the blame on, but the hurtful things that humans do under the cover of darkness. We wish to help you to begin to investigate and transmute those old self-limiting concepts so you may broaden your horizons and assume your cloak of Light. With the gift of Light comes a great responsibility — the leadership role that we mentioned earlier.

We ask you to LIVE your lives with a heightened sense of awareness; to FEEL the joy of being connected to All That Is, and then to share the joy with others; to use your WILL power to move swiftly along the path of enlightenment, so as you gain a higher vantage point, you can more easily assist others over the rough spots: to LOVE others with all your heart and Soul, as the Creator loves you; to SPEAK your highest truth with love, compassion, and discernment; to SEE the best in everyone; and to know that we are all a part of the same great I AM.

Precious friends, we began and we will complete this particular Divine Mission together so that you may join us in the next great "Cosmic Adventure" that our Father/Mother God have planned. We will encourage you, stretch your minds, and we will gently nudge you when

appropriate, but most of all, we will love you eternally. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE ** *STAR*QUEST*

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MARCH - OPENING THE PORTAL TO YOUR SACRED HEART - LM-3-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-3-2018

Beloved masters, your journey into density has been quite an adventure, and has spanned billions of years according to your timekeeping. We have explained how, as you moved deeper and deeper into the great void and the darkness of space, you assisted in filling that void with Light, substance, texture and shapes beyond your wildest imagination. And then, according to the Divine plan, you submerged yourself within each new reality you had helped fashion so that you could experience creation in its many magnificent, diverse forms. Thus began the manifestation of solid matter – first via pure thought brought forth from the Mind of the Supreme Creator, thereafter, via the mind of the Father/Mother God of each universe, and eventually via your own thoughts as you moved further and further outward from the pure Source of all creation.

After you came into your individualized consciousness, realizing that you were a Divine Spark of the Supreme Creator, the ALL THAT IS, you knew that you were predestined to journey forth into the great unmanifested void as an emissary of Light, for it was encoded deep within your immortal Soul and your Sacred Heart Core. You, along with all the other "awakened Sparks of consciousness," were destined to experience all the wondrous

diversity of creation for the Creator, our Father/Mother God, and all the great Beings of Light, who remained within the rarified realms of Creator Light.

We tell you this because we wish to impress upon you how ancient and complex you are. You came into this lifetime with a wealth of knowledge and a rich, complex lineage encoded within your DNA, your cellular structure, your mental and emotional bodies, and also within your extensive chakra system of awareness. You often wonder why the members of a family are so different when, from a narrow point-of-view, they came from the same parents and lineage. The lineage of your earthly family in this lifetime is only a minuscule portion of your vast and priceless heritage.

You have separated your consciousness or fragmented yourself millions of times in order to experience the great diversity of Creation, and you have also reunited with many of the multiple Facets of yourself more times than you can count. Each time you did so, you added more complex information and unique experiences to your memory bank. The further you moved away from the perfection of the Supreme Creator, and the deeper you moved into multi-dimensionality, the denser and less perfect your creations became, for you had less pure Light substance to work with. Therefore, there is no blame, and there should be no feelings of guilt and failure. It was a learning experience; however, it is now time for you to reclaim your Self-mastery, and the ability to create things of beauty and harmony in accordance with the original Divine plan. Now that you are aware that you have the power to tap into an unlimited supply of the full-spectrum of Creator Light called Adamantine Particles of Love/Light – what are you waiting for? The rejection of your Divine birthright is a travesty. Your Higher Self will not relent in its nudgings to help you awaken and to claim your Divine heritage.

We have explained how the spectrum of Light and shadow was created in this universe so that you could experience duality and polarity. In the higher Dimensions, for those closest to our Father/Mother God and the Great Central Sun, the duality spectrum is very narrow;

however, it became broader and more pronounced as each dimension was established until it reached what was to be the maximum duality that was to be experienced. You are aware that it was not ordained or intended that humanity should sink so deeply into duality and polarity thereby causing so much pain and suffering. The time has arrived for the distortions and excesses of the past to be brought back into harmony, and it is our greatest desire to assist you to move through this process with ease and grace.

Will you please heed our words: You are not judged and never have been judged by anyone or any Being from the unseen or higher realms – YOU ONLY JUDGE YOURSELVES! Under the universal laws of cause and effect, all your thoughts, intentions and deeds are stored within your auric field and your chakra system. You radiate the vibrational patterns thereby created, which go forth from you in an Infinity pattern, and then return to you in like frequencies and measure. In the past, it often took many lifetimes to reap the rewards for positive, loving actions, or to experience the penalties for negative or hurtful actions. Therefore, most often, it was not obvious that the "righteous" are indeed rewarded, and the "unrighteous" also receive their just rewards in kind. Again, no great or small Being is doling out rewards or punishment. The Universal Laws are firmly in place, and your own Higher Self monitors your progress or lack thereof: either by clearing the way ahead, and blessing you with miracles large and small; or by placing more obstacles before you in hopes you will awaken and step onto the spiral of ascension.

Beloveds, too many of you are carrying great burdens from the past – mistakes you have made in this lifetime – and also, many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the "burdens of inequity" no longer serves you. It is time for you to allow us to help you heal the painful memories of the past, just as we are clearing the distortions of the Third- / Fourth-Dimensional collective consciousness belief patterns, and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limiting realms of consciousness, membranes of Light were placed around the multiple strands of your DNA, leaving only two accessible and active. Membranes of Light were also placed over your memory, as well as around the Light Packets of wisdom stored within your higher brain structure called your "Sacred Mind." A veil was put over your memory so that, most often, you could not remember your past lives, for it would be too much of a burden to remember all your past mistakes and imperfections. It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all your past aberrations. These restrictive membranes of Light are slowly dissolving as you return to balance and harmony, and advance on the spiral of ascension and reunification.

A membrane of Light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of Light. However, you and you alone placed a membrane of protection over the front vortex of your Sacred Heart Center because you have been hurt, disappointed and disillusioned so often. Slowly, but surely, through the techniques we have given you, you have dissolved those restrictive membranes so that the Love/Light can flow freely to and from you in the way it was intended.

In order to access and radiate the ever-increasing frequencies of Light, you must be able to integrate and permeate your Being with these advanced vibrational patterns. We tell you that is vitally important that you begin to radiate these transforming Light frequencies down into the core of the Earth, and then project them out into the world-at-large via your Sacred Heart Center portal, from both the front and the back. Remember, we told you that when you first came to Earth, you were a shining crystalline Pillar of Light. Slowly as you sank into the density, you began to build a cross of matter that became more and more unwieldy as your spectrum of Light and shadow increased. Now you are loving those fragments you have created back into balance and harmony as you seek and tap into higher

and higher frequencies of Light. You are in the process of become a cross of Love/Light, beloveds, as your spinal chakra system becomes ignited, and you radiate Love/Light from your Sacred Heart Center in front and behind you.

We have repeatedly told you to "Heal the past, script your future and then live in the moment," for this very moment is the Still Point or the power center of Creation. Why not move into the center of that spiral, into the eye of duality and polarity where all is calm and peaceful, and filled with pure, rich, Cosmic Life Force substance just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. You can know without a doubt that you are a treasured son/daughter on an important mission, and there is nothing you can say or do that will diminish that love.

REMEMBER, YOUR EMOTIONAL, MENTAL AND ETHERIC BODIES CAN BE HEALED AND TRANSFORMED BACK INTO WHOLENESS VIA THE GIFT OF FORGIVENESS. Stand in front of a mirror and gaze into your own eyes, or go into your Pyramid of Light and lie on the crystal table. Say to yourself, "I forgive myself for any action, thought or deed, past, present or future, in this or any other reality that has not been composed of the frequencies of Sacred Love. I forgive everyone I feel has treated me unjustly in this or any other lifetime, and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures that we have created together. I ask the angels of forgiveness to permeate all Facets of my Being with the frequencies of Love/Light so that I may become "Soul-focused and heart-centered" as a Bearer of Light and a Self-master.

Breathe deeply as you move into your Sacred Heart Center. Allow the pure Love/Light to pour down through you via your Higher Self. Feel the expansion in your heart center as this Divine elixir of love permeates the very depths of your Beingness. Sacred Love is what frees you from the shackles you have woven around yourselves: binding, restricting, and

entangling you in karmic interactions. When you deny this love, you are denying your heritage and your Divine birthright. Perform this exercise as often as necessary until you feel you have accepted the truth that you are worthy of forgiveness.

Forgiveness of Self, which facilitates a forgiveness of all others, is an integral step in the process of opening the portal to your Sacred Heart center, and your heart portal must be open in order to successfully connect with the many Facets of your Higher Self. You must be making a concerted effort to return to harmony and balance within your own Being in order to be ready to connect with your precious Soul family. Your painful, unsatisfying earthly relationships are a result of inner feelings of unworthiness, guilt, fear of failure and rejection. The battle of the sexes is really an internal battle with Self, as you project your "needs, wants and desire" outward to someone else in hopes they can supply what is missing within. Your relationships will surely reflect to you the negative energies you need to overcome, as well as some of the positive attributes you desire for yourself. Either can be painful or fulfilling, depending on the way you wish to "play the game of relationships." Negative physical relationships are fear-based, rigid, self-absorbed and limiting. Sacred relationships are love-based and Spirit-inspired, and they allow each party to integrate and express the positive attributes of their intrinsic masculine and feminine nature. They focus on wholeness and unity, and yet are flexible and allow freedom of expression.

As you lift your consciousness and return to harmony within, you will radiate forth more refined frequency patterns. Therefore, you will attract to you those who are radiating to, and are comfortable with, the same frequency levels of the Divine Light spectrum. The reunification process at the entry level of the Fifth Dimension entails rejoining many Facets of your Soul family that you have journeyed with down through the many Ages, thereby, once again, enjoying the wondrous state of Unity consciousness.

Beloveds, won't you begin the process of forgiveness NOW? Are you willing to make a concerted effort to open the portal of your Sacred Heart Center so that these wondrous gifts

may be showered down upon you? Call on us and allow us to assist you. Remember, we are only a heartbeat and a thought away. We enfold you in sacred, unconditional love. I AM Archangel Michael.

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APRIL - ARE YOU READY? - Month 4

MESSAGES FROM ARCHANGEL MICHAEL ** Month 4

Beloved masters, it has been some time since we discussed the Cities of Light in the higher realms and the wondrous gift that has been made available to humanity. We have observed that many of you, as part of your earthly mission, are actively involved in anchoring the Creator Light (Adamantine Particles) within yourselves, into the crystalline grid of the Earth, and then radiating the remainder out into the world at large. However, even though discontent, fear and anger abound, the human majority is still not ready to accept the fact that great changes in every area of life on Earth are in the making and that time is of the essence. The masses are still in denial and resistant to change, and most are incapable of absorbing what they feel are far-fetched, radical teachings of the coming age of en-Lighten-ment. We have told you over and over again that you are the transducers, the receptacles, the human vessels into and through which the rarified frequencies of the future must flow in order to be anchored on Earth and made available to all earthly creations. That is why it is so important for you to balance and harmonize your personal frequency patterns and to "return to center," in order to accommodate the greatest amount of the crystalline Creator Fire of Life/Love.

If you will remember, some time ago, we explained how, as the earth was formed and made ready for human inhabitation, there were gigantic crystalline spires of Living Light implanted deep within the Earth that also extended high into the skies above ground. These sentient spires, which surrounded the world, were the receivers and senders of the sacred geometric codes of Light from the Great Central Sun, and the energetic codes/frequencies of the Earth were then radiated back into the higher realms so that the great Beings of Light could monitor the progress of Earth and humanity. These magnificent pillars of Light were

also used to modify and refine the Divine blueprint and the frequencies of Light which were being sent forth onto the Earth and throughout the grid system. When the Earth fell into the density of the Third/Fourth Dimensions, there was a dramatic increase of cataclysmic events whereby most of these great spires were broken, shattered and buried deep within the Earth. Only a few of these magnificent sentinels remained; however, they are disguised by a cover of plant material or layers of soil and rock. Most all of the wondrous crystals that are returning to you during this miraculous age of transformation are fragments of those great spires. Is it any wonder that they have become so precious to you as they help you retrieve some of the wondrous memories of your ancient past and create visions of your home among the stars?

Many of you have diligently anchored the ascension stones as we instructed you to do in conjunction with information about how to visit the City of Light nearest you, and how to tap into the vibrational frequencies of the Fifth and Sixth Dimensions in order to begin the flow of Adamantine Particles into your etheric vessel in your Fifth-Dimensional Pyramid and down into your earthly physical vessel. We have explained how you may also tithe a portion of the Adamantine Particles of Light that you download and integrate to the World Pyramid in the higher dimensions for the greatest good of all. You may also dedicate a portion to any other pyramids that you have created or helped to create. A full explanation and procedure of how to do this have been given in the past.

It is time to give you a more detailed explanation regarding the ascension anchoring stones and why they are so important. The two clear crystal stones represent the crystalline Fire Light of the Creator, or the Adamantine Particles as we have named them for this coming era. Since it is not feasible to replace the great sentient crystal spires around the Earth, these stones will perform the same function as receivers and senders in conjunction with each of you as refined, conscious Light receptacles. The two small amethyst stones will draw forth the Violet Flame of transformation from the Seventh Ray, and will radiate it down into

the many levels of the Earth, thereby activating the great amethyst clusters, and the etherically encapsulated Violet Flame chambers that were strategically placed around the Earth awaiting the appropriate time to burst into life and begin the uplifting, transformational process from within the Earth's structure. This will also speed up the process of activating the crystalline grid system that surrounds the Earth which, in turn, will further accelerate the ascension process for the Earth and humanity.

Envision, if you will, a focused shaft of Light beaming down from the City of Light in your area directly into your personal ascension stone, diamond-pattern formation, and then down into the core of the Earth. This will also accelerate the process of anchoring the crystalline grid in your personal surroundings. This, in turn, will eventually result in creating a sacred space of beauty and harmony where peace and serenity prevail. There will come a time, after you have activated your own ascension column of Light, via your personal pyramid in the Fifth Dimension, when the power of your magnetic resonance will draw forth and anchor an ascension column of Light to the crystalline grid system through your buried ascension stone diamond-pattern. In doing so, you will begin the process of radiating more and more of this transforming Light down into the Earth and out into your surrounding area.

To refresh your memory and to remind you of the extreme importance of become a bearer of Creator Light, we will repeat a brief excerpt from a past message:

The portals are now open, but you must rise up and enter, for this great gift of radiant Light is only accessible to those who are firmly on the path of ascension and are capable of being baptized in the Living Light of new Creation. The key to each Higher-Dimensional inner sanctum is vibrational, each one more refined and exquisite than the last. If you have been reading our messages over the past years, and have made an effort to integrate even a small portion of our teachings, you are ready to be a part of this grand mission and to enter a City of Light.

If you still have doubts, go into your pyramid of Light and lie on the crystal table therein. Ask your angelic friends to assist you in harmonizing your frequency patterns both within and without, and then while in a meditative state, with pure intention, envision the double helix spiral of Light. See yourself being lifted up the spiral on the right and allow your Higher Self to orchestrate your journey into the Light City. Do not place any conditions on your journey or expect a certain outcome. Allow Spirit to be your guide and you will not be led astray. You will be infused with the appropriate amount of Creator Light, as much as you can integrate, process and project out into the world. No more, no less.

Gradually you, the ascending StarSeed of new Creation, will move further and further into the inner sanctum of Light as you bring more and more of the rarified Fire Light of the Creator, and the Divine Schematic of the future back to Earth with you. Remember, beloveds, in many ways, you are planting the seeds of ascension for humanity and the Earth. As has been said, "As you are lifted up, so are the Earth and all of its inhabitants.

Dear ones, we are aware that these are times of great stress and momentous change. It is more important than ever that you do not let yourselves be dragged downward onto the spiral of fear and negativity that is building within the collective consciousness of humanity. You must be diligent in your determination to stay centered and focused on your personal vision for the future. Do not allow others to deter you from your path out of a false sense of duty, and old ties that bind you to the illusion of the Third/Fourth Dimensions. Promise yourself that from this moment onward you will only do that which excites you and brings a sense of satisfaction, for therein lies your mission and how you can best serve. As you bring more joy into your life, others will notice and begin to follow your example, and as you activate this inner power source more and more, it will trigger what is needed for others to open their heart center and begin the awakening process. You can be the catalyst that will help those within your sphere of influence to move more quickly through the process of healing emotional wounds, and through your words of wisdom you can inspire them to turn

inward and begin to listen to the nudgings of Spirit.

Be aware that there will be people who come into your life who may try to discourage you from your path as you move further along the spiral of ascension, and there may be some that you will leave behind as you delve deeper into the complexities of enlightenment. As you learn the lessons that are presented to you, and you are ready to advance toward the Light, many of those around you will stay stuck in the illusion of the inharmonious lower dimensions. Do not judge. Bless them and allow them to follow their own path, but do not let them deter you from yours. Those like you are in the vanguard, the ones brave enough to step out and away from popular beliefs and the limited mass consciousness of the Third- and lower Fourth-Dimensional environment. Allow those visions that sometimes fill your consciousness to come forth, and allow yourself to speak the words of wisdom that often float through your mind. You are in the process of accessing more and more of your Sacred Mind – your own cosmic library where a great wealth of information, knowledge and ancient memories are stored.

You must remember that for these many past ages, almost every Soul born on the physical plane has been caught up in the mass consciousness belief system of the Third/Fourth Dimensions. As a result, the core issues from the past and the imperfections within the ancestral DNA have caused many symptoms to manifest whenever anyone allowed themselves to feel unloved, unworthy, or felt guilt, shame or resentments in any form. During these momentous times of transformation, the Light of Eternal Life will not be denied. It is delving into the deepest pockets of negativity within your multiple bodily systems. As these misqualified thought forms rise to the surface, they can create great discomfort in various ways, for they have been a part of your physical makeup for a very long time. They may not relinquish their hold easily, beloveds, but you must prevail. When the opposing forces of Light and shadow meet, the Light is always ultimately victorious. So do not become discouraged, for as you move deeper and deeper into your inner core, you

are being given an opportunity to, once and for all, release to the Light all frequencies of a discordant nature which do not serve your greatest good. The process of transformation is speeding up exponentially; however, it will become much easier for those of you who are actively taking part in your own ascension process. Remember, always ask for ease and grace.

My faithful warriors, are you ready to step forward and accept the final phase of your earthly mission? For in these critical times you are needed as transducers and transmitters of this refined energy to help move humanity and the Earth through this important time of transition. That is why I have called my legions together once more, and why I am making my presence known to those of you who have agreed to play an important role in the great drama that is now unfolding on Earth. As you fill yourself to overflowing with the elixir of Love/Light from the Creator, your circle of influence will widen. First, you will be transformed, and gradually, those in your immediate environment – then it will radiate out further and further into the world. As you allow your Higher Self to guide you and to become more fully integrated within, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just allow it to happen naturally, dear ones. Our Mother/Father God and the full company of the higher realms are here to support, encourage and love you unconditionally. I AM Archangel Michael.

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MAY - THE SPIRALING PATH OF ASCENSION - LM-7-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-7-2018

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Beloved masters, first of all, we wish to clarify WHAT ASCENSION IS NOT. At your present state of evolution, ascension of the physical body along with your Soul-Self will only be possible for a few very advanced avatars that have opened the path for humanity's ascension into the next level of higher consciousness. The beloved Jeshua, along with many great avatars and the angelic realm, set the stage and planted the cosmic Seeds of Creator Light in preparation for this extraordinary process.

In order to ascend in the physical vessel at this time, you would have to almost complete the transformation of your physical body into frequencies of Divine Light, and raise the harmonics of your Soul Song to those of the highest planes of the Fifth Dimension and above. It is wishful thinking to assume that it is possible to transmute the density of a Third- / Fourth-dimensional physical body into a Fifth-Dimensional vessel of Light in one lifetime. You, the vanguard, the Star Seed, are supplying the fuel, Adamantine Particles of Light, to activate the Seeds of ascension, which were planted on Earth over 2,000 years ago. Humanity is in a purification stage, in preparation for a much greater expansion of consciousness, which is affecting more and more Souls as it sweeps the Earth and accelerates exponentially as a result.

At the present stage of evolutionary change, the physical bodies of the aspirants / disciples on the Path are in the process of being infused with the transforming power of Creator Light. The cells of higher consciousness are awakening and bursting forth with the alchemical formula of transformation. You are in the process of cleansing your Auric Field of a major portion of the negative / distorted vibrational frequency patterns which have dimmed your Auric Light and have resulted in the manifestation of all the miscreations within the physical vessel.

Locked in the cellular body are toxins, which must be released or refined so that you may integrate the harmonious frequencies of your multi-level bodily structure once more. The Light Body cells have been dimmed, just as the Auric Field has become foggy and congested

with negative energy. The God Cells are still present and functioning within you; however, they have just diminished and dimmed over time from a lack of nourishment. It is as if you have constantly been fed contaminated food, which over a long period of time will destroy the bodily vessel. The ego-desire body is cunning and persistent, and it will constantly nudge you toward seeking more and more bodily sensations and self-indulgence, often with disastrous results.

You must understand, the different parts of your body resonate to a great variety of frequency patterns, depending on the spin and purity of your chakra system. You should always strive for maximum harmony within each level of your Higher Self that you integrate. Do not forget that ascension is a never-ending process, for all levels of Creation have an inborn desire to seek and attain the next higher level of consciousness.

Consider the notion that humanity is experiencing four realities at once: physical, mental, emotional and astral. In the physical / material world, where your body and physical senses are the major focus, your state of health determines how interactive you are in the world of physicality, and how much you will enjoy the experience. Your progression into the higher realms of consciousness is a gradual awakening process, whereby you awaken to the nudging / wisdom of your Soul and immediate Higher Self /Over-Soul. As you step onto the Path of en-Lighten-ment, you initiate the process of developing a conscious / mindful awareness. You must first focus on the physical aspects of your Being: your physical vessel, the chakra system, your emotional nature and your mental capabilities. Gradually, over time, as you balance, harmonize and integrate a certain degree of unity consciousness within your physical State of Being, you are ready to access the vibrational patterns, the wisdom, attributes and abilities of the higher Fourth- and lower Fifth-Dimensional realities. This is the basic process that we sometimes call “Ascension in Consciousness.”

You have an Etheric Body which contains a complete, authentic replica of your physical, mental and emotional bodies. When you transcend or leave your body, the Silver Cord (as it

is sometimes called) is severed. At that time, you totally vacate the physical vessel, which immediately begins to disintegrate. What will remain is the shell of the subtle body, which is composed of astral emotional and mental substance which must be dissolved before the Soul can proceed to the next level of conscious awareness. We have explained before how the unawakened Souls are taken to special places, which could be called Intensive Care Units whereby, via the beautiful Angels of Mercy, the Love/Light of the Creator is continuously radiated to and through each Soul's Auric Field until the negative shell of misqualified energy is completely transmuted.

However, it is important that you understand that the death/transition, after-life process has changed radically. No longer does any Soul go into the dense astral planes to await their turn to reincarnate on the Earth. If you are a Self-conscious person whose Soul Song resonates to the higher Fourth / lower Fifth Dimensions or higher, you are automatically taken to the appropriate plane where everything seems much like the reality you left behind – only much grander, more beautiful and more joyful, loving and peaceful. You will go through the Gates of the heavenly realms totally aware. You will review your past life as an observer, and you may say farewell to those near and dear to you; however, they will slowly fade into the background unless they are members of your immediate Soul family.

Again, the frequencies you project or resonate to will determine which dimension or sub-plane dimensional level you will be taken to, and also which levels of cosmic information you will be able to access. Your Auric Field is like a cloak that surrounds your Etheric / Astral Bodies, and it is either a cloak of Light or a shroud of negative, inharmonious energy that you have accumulated over your many past lifetime experiences. You are composed of units of energy: mental, emotional, physical, astral and spiritual. You must learn and accept the fact that you are a creation of forceful energy, an original Spark of Divine Consciousness. As a Self-conscious cocreator, you are also a director of energy via your own forceful thoughts, actions and intentions.

You exist in a whirlwind of energy: energy forces comprised of either Primal Life Force substance, the half-spectrum Light of the lower dimensions; or the wondrous, all-encompassing Adamantine Particles of Creator Light from the higher realms of consciousness. Your mental state of mind and the quality or resonance of your emotional nature determines the outcome of your creative endeavors. As a cocreator, you will mold and manifest your creative ideas / thoughts, and then you must experience the resulting manifested expression of your thoughts and actions – so state the Universal Laws.

You are to become an efficient director of Cosmic energy forces. So become a conscious observer as you practice detachment from within your Sacred Heart center. Do not allow yourself to be pulled into a vortex of negative energy created by others. Learn to stand firm and in control, as you gradually become the director of all of your Sacred energy. Do not allow anyone to disturb your serenity and harmonious nature. However, please remember, if you do occasionally have a human moment, stop and take a deep breath and return to center, as you send forth a burst of Violet Flame to transmute and dissolve any discordant energy. You are sometimes too harsh in your judgment of Self. Perfection is not expected, dear hearts.

The radiance of your Higher, Over-Soul Self gradually penetrates and permeates your physical and emotional bodies, thereby gradually releasing any accumulated negative, astral debris. The combined Light of the Over-Soul of all humanity is gradually dissolving the contaminated, distorted vibrational patterns of the astral planes. In the past they have been called the “collective consciousness,” the negative thought patterns of humanity. Love, serenity and joy are the primary qualities of the Over-Soul.

Most people’s thoughts are generally random and without focus. Lowering the frequencies of your brain waves or learning to maintain an Alpha State of consciousness provides a sharp focus of your ongoing thought processes and gives clear direction to the subconscious mind. The Alpha Mastery techniques are a profound and powerful tool. Your conscious

thinking mind comprehends, but it is your subconscious mind that processes the incoming information and takes action. Becoming an Alpha Master, and maintaining the appropriate Alpha level of consciousness, will allow you to speak to and interact with your subconscious mind. It goes beyond will power as you develop the ability to communicate directly with your deep, instinctive inner mind and your Sacred Mind. You will find yourself naturally making the best decisions and taking the right action to achieve your goals.

The ascension process begins when your Soul Self has resumed its proper position as director of the physical, mental and emotional self. It is as if an ignition switch has been turned on within your DNA, which contains the blueprint for your perfect Adam/Eve Kadmon Light Body. A series of latent encodings are activated via the higher frequencies of Light that you have begun to integrate. These Light vibrational patterns contain specific encodings of color and harmonics which will affect all the cells and organs within the bodily form. Gradually, the cells will begin to absorb and metabolize the Light, and these Light-bearing cells will begin to permeate and affect the entire physical vessel.

The transmutation process is then initiated whereby toxins, emotional trauma, painful memories and experiences stored throughout the body will begin to surface, thereby creating a multitude of uncomfortable physical symptoms: aches and pain in various parts of the body, flu-like symptoms, headaches, confusion and temporary memory loss, to name only a few.

The next level of Auric Field reconstruction involves the emotional body and the astral planes of consciousness. As your physical body evolves, it becomes capable of integrating more and more refined frequency cells of Light. Your Fourth-Dimensional reality becomes more fluid as it shifts and changes frequencies; therefore, your illusional world becomes distorted and confusing. Your religious belief structure may begin to fall apart, leaving you feeling vulnerable and without guidance or direction. There is a Higher-Self merge at this point, whereby the Over-Soul Facet of your Higher-Self, which has resided within your Soul

Star (the Eighth Chakra), begins to send impulses/beams of higher frequency Light packets into your Sacred Mind, Sacred Heart and the entire chakra system. These beams activate your intuitive abilities. They also contain vital information for your greater understanding of who you truly are, and they may also activate a Divine Discontent within.

Your Diamond Core God Cell is now integrating more and more God Light, which activates and increases the power of the Rays of God Consciousness within your Sacred Heart Core. This process is programmed within your Divine Blueprint, and it is also encoded within your DNA. By this time, your cells have begun to respond to the Light as it becomes the main source of life-giving energy. This is the major reason aspirants on the Path often radically change their diets to less dense food, for their physical and emotional bodies are being saturated with Adamantine Particles of Light – the food of the gods.

As you move deeper and deeper into the realms of refined Light, the physical senses may become enhanced, and your awareness of colors and sound will increase. The magnification of the physical senses means the cells within your Auric Field are beginning the task of clearing the dense, restrictive energy that has built up over many thousands of years. The foggy prison that has dulled the senses, and has kept humanity in bondage, is gradually being bathed in Light cells. This will result in the Auric Field becoming more radiant as more and more Souls awaken to the Divine potential within. The physical body must gradually be reintroduced to the transformative effects of the Living Light in order to reclaim the original Light Body form that was designed for all humanity.

Beloveds, cast not your eyes on the chaos and destruction that are rampant on the Earth at this time. Live each day centered within your Sacred Heart so that you may integrate into your physical vessel the maximum amount of Creator Light – and you then joyfully send forth that precious gift down into the core of the Earth, and out into the world of form. Know that the joint efforts of the World Servers around the planet are making a difference. We are a force for the greater good that cannot be denied. I am forever your faithful

guardian and protector. I AM ARCHANGEL MICHAEL.

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JUNE - YOU ARE IN THE MIDST OF A SPIRITUAL REVOLUTION - LM-6-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-6-2018

1 (SJE-AUGUST)

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 without words, mind to mind. Imagine that you have the natural ability to see everyone's auric field, and therefore, you 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 StarSeed 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.

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 whole-heartedly 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 non-judgment 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 imbalanced 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 shadow lands 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 should endeavor to 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 comprises the solar plexus, 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 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 VEZANE **

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JULY - YOU ARE A STAR OF COSMIC SACRED FIRE - LM-7-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-7-2018

Beloved masters, in the very beginning, each of you were one of the Holy Innocent Ones, a brilliant Spark of the Supreme Creator. When it came your turn to externalize and awaken, you suddenly were aware of your godliness as a fragment of the ALL THAT IS. Then came a startling awareness of your own conscious I AM Presence as an individualized Facet of the

Creator. This awakening of Souls has continued at every level, in every dimension of Creation, and continues today as Great Beings of Light are brought forth to create new galaxies, solar systems, planets and worlds without end.

In these extraordinary times, to one degree or another, there is a major internal, transformational process occurring within every Soul on Earth. Individually, you are experiencing a clearing and cleansing process as well as modification and expansion in various areas of your physical, mental, emotional and etheric bodies; changes which are necessary if you are to hold up under and integrate the ever-increasing vibrational frequencies which are bombarding your Earth at this time.

There is an ever-increasing number of energy fields of consciousness available to you, the awakening StarSeed. Just as the Creator Light pours forth from the cosmic treasury of Light to be used by the Elohim and Builders of Form, this rarified Light is available to those of you who are now attuned to at least the higher Fourth- and lower Fifth-Dimensional frequency patterns.

Each star in the galaxy is a node of vibrational energy frequencies. Each person functions as a living star capable of receiving and conveying harmonious frequency patterns according to his/her level of consciousness. These frequencies are called your Soul Song. The universe is composed of one gigantic Celestial Soul Song.

Your seven major chakra centers could be likened to seven electrical batteries or seven dynamic force centers within the physical vessel. You draw forth into these seven power centers the specific qualities, attributes and virtues of the seven Rays of God-consciousness via the RAY-diance of the Seven great archangels who OverLight humanity. The manner in which you qualify and use these energies determines your Energetic Signature and your Soul Song. Your supersensitive, awakened fellow human Beings feel your resonance and can discern whether it is benevolent or discordant.

The wondrous and never-tiring Devic Kingdom angels focus on the creation of form under

the direction of the Elohim and their vast group of Builders of Form. Each and every one of you had to undergo what could be called an apprenticeship under these Master Builders so that you could become proficient at molding and creating a great variety of things of a corporeal nature. While in the higher levels of universal Light, it seemed to be a fairly simple process to mold and create that which you wished to manifest. That is because you were functioning in the realm of pure thought where there were no distortions or negativity to contaminate the Seed thoughts sent forth from within your Sacred Mind. And, also because you were drawing forth the maximum amount of Creator Light available to you at that time within this universal experience. It becomes increasingly more difficult to hold the pure Seed thoughts of manifestation in each stepped-down level or dimension as you refract yourself into more and more Sparks / Fragments of God Consciousness. Therefore, is it any wonder that humanity has had to struggle for so long to manifest that which is needed and desired while existing in the restrictive, distorted Third- /Fourth-Dimensional world of reality?

The Devic Kingdom angels are bearers of Cosmic Sacred Fire and could be called Sacred Fire Beings. They function from within the Etheric Planes of existence, and they, along with other great Fire Beings you have named “Dragons,” are the transmitters of the Metatronic Light substance of this universe, which is constantly radiated forth from the heart core of our Father / Mother God into great storage units – Pyramids of Light – which are strategically placed throughout the vast Dimensional and sub-Dimensional realms of Creation. From the greatest Devic Angels, who oversee the mountains, oceans, great forests and lakes, to the tiniest Elementals, who radiate life-sustenance to the trees, flowers and every blade of grass, these wondrous Beings of God-Essence, under the direction of the Elohim, supply the cosmic streams of Life Force energy for every Facet of creation that is not blessed with an individual God Seed Atom (a Soul) and the I AM consciousness of Being. A Spark of the Supreme Creator’s Essence is in All things, from the greatest to the smallest.

You must release old restrictive, out-moded, fear-based frequencies, and replace them with the appropriate level of God-consciousness and universal laws, which will assist you on your current path of illumination. It is a step-by-step process and it cannot be rushed. It is the ego that constantly desires more information, especially dramatic and sensational news or revelations, even though, most often, there is no desire to integrate or make use of the information. However, during these critical times of accelerated change and evolution, a Divine dispensation has been given to somewhat relax the requirements, and to speed up the process of divulging the more-advanced Universal Laws and Cosmic wisdom in order to assist humanity on the path of ascension.

It has always been a slow process of learning the rules, guidelines and requirements for each step on the path. Qualities, abilities and knowledge must be integrated and perfected so that the higher truths become a part of who you are. When you are living your new truths as a natural part of your Beingness, the wisdom garnered from that knowledge is stored for future use within the Facet of your Higher Self that resides on the Causal Plane of existence. This wisdom becomes a permanent part of your I AM consciousness. You must understand that your I AM Presence is a vast source of Light and Creator wisdom; however, you and all the Fragments of your Higher Self within this universe hold the wisdom and experience that have been gathered during your many sojourns and vast experiences throughout time and space. All of the positive experiences, successes and wisdom gained during all your lifetimes within this universal experience are stored within your Causal Mind.

When your Energetic Signature reaches a certain frequency level, you automatically begin to tap into the gifts, information and wisdom that are stored within your Sacred Mind, and also within the mind of your Higher Self residing on the Mental-Causal Plane. Remember, it is vitally important that you filter all new information and knowledge through your own conscience and consciousness.

It has taken many ages for you to incorporate the distorted energy you now carry. However,

this is a time of miracles, and there was another special, Divine dispensation given by our Father/Mother God, whereby every effort you make to return to Self-mastery will be magnified and accelerated during these wondrous evolutionary times of ascension. Self-mastery is always gained through the process of upgrading your consciousness and increasing your capacity to integrate and radiate more Divine Light substance. In the process, you will become a pathfinder, a wayshower and a World Server filled with goodwill for all Beings as you radiate unconditional Love/Light out into the world.

Your awareness will gradually expand to include all humanity, the Earth, as well as the solar system, galaxy and universe. No longer can your primary focus be on the little self alone. Your ultimate goal is to become a galactic citizen and eventually a universal Being of Light. Expansion of consciousness results in the wherewithal to tap into higher, more complex information. This will result in the ability to integrate more and more of the virtues, qualities and talents of our Father / Mother God. In the Third- / Fourth-Dimensional environment, the human emotions rule. In the higher levels of the Fourth- / lower-levels of the Fifth Dimensions, the mental nature and more refined abilities are predominant, and they are OverLighted by the purity and illumination of the Sacred Mind, Sacred Heart and Higher-Self.

Dear hearts, do not just read the profound statements we give you, such as the ones below. Rather, study them and commit them to memory, for within these words of wisdom are critical factors you will wish to draw upon when you are perfecting your mastery of Self, and when you are called upon to share your hard-earned wisdom with others.

** A master seeks his/her highest truth, and then lives it to the best of his/her ability. A master learns to view the world and its great drama from a higher vantage point, downward.

** A master is adept at manipulating energy, always for the greatest good. He/she exists in a vortex of harmonious spiritual forces.

** Ascension is mind- and Soul-expanding, forever passing from one state of heightened consciousness to another. Time becomes malleable as you move out of the linear time-line into the spiraling, undulating vibrational waves of the higher dimensions.

** You have entered into an Age of conscious awareness. A conscious awareness of and awakening to the nudgings of your Soul-Self are step in attaining Self-mastery.

** A master knows when to speak and when to be silent. A master is deliberate in his/her speech. Constant mind chatter and senseless gossip disturb the tranquility of your auric field. You are to seek the harmonious, higher wave frequencies of Light in all things.

** Knowledge alone divides. Wisdom and Soul awareness unite.

** As an initiate on the Path, you are constantly increasing your capacity for Creator Light. When you deny any Facet of your Divinity, you are denying your Divine wholeness.

** The universe is constantly remaking and redefining Itself via the impulses / desires of the Supreme Creator and our Mother/Father God. The Supreme Creator's desire is to experience individuality by refracting Itself into an unimaginable number of various-sized Sparks of consciousness.

** The Omniverse is filled with dancing, flowing, merging and separating Fragments / God Sparks. The Creator is alive and conscious in each and every one of these Fragments, no matter how large or how small.

** Space is an entity within itself, waiting to be programmed or molded into infinite possibilities.

QUESTION: How do we know if we have any etheric tears? If so, how do we know where they are located, and how do we heal them?

Healing etheric tears in the auric field is a process that is initiated as soon as you begin the process of integrating more of your Soul-Self. As you begin to integrate more and more higher frequency energy into your physical vessel, and start the process of balancing and harmonizing your chakra system, one of the major benefits is that any etheric tears you may

have will slowly begin to heal. Often, you will have physical discomfort in areas where there are tears or etheric scar tissue in your auric field. The most prevalent etheric tears are in the areas of the three lower chakras, across the heart area / solar plexus, or in the back of the body between the shoulder blades.

You can speed up the process by going into your personal pyramid. Lie on the crystal table and ask your angelic helpers to scan your body and to let you know where (or if) there are any etheric tears in your auric field. If you get an indication that there are some tears, ask that I seal these tears with my blazing sword of Light and it will be done. This procedure may take a while; however, the healing process will begin. It will accelerate as you access the higher vibrational patterns of Light. Bringing in more Adamantine Particles of Light via the Infinity Breath and toning the vowel sounds are also provide great benefits, and will assist in the healing/harmonizing of your auric field, as well as your four-lower bodily systems.

My brave ones, no matter where you live or the conditions you are presently living in, there is a grand opportunity for you to begin the process of attaining Self-mastery. You are urgently needed as a Bearer of Light and a World Server. This applies to every one of you reading this message. I surround and enfold you in an auric field of protection. I am forever your guardian and faithful companion. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE ** *STAR*QUEST*

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AUGUST - ENHANCING YOUR PERSONAL GOD ESSENCE - Month 8

MESSAGES FROM ARCHANGEL MICHAEL ** Month 8

Beloved masters, the Creator's breath is the fuel of existence, and you are the flame it feeds.

It is important you understand that you are developing your individual SUNLIGHT, which is a reflection of your own God Essence.

The human intellectual thought process must evolve beyond the limitations of language. There is a vast wealth of information awaiting humanity via inspiration. You must develop your intuitive abilities in order to receive the wisdom of the Divine Blueprint for the Aquarian Age, which is now being RAY-diated from our Father/Mother God via the Twelve Galactic Rays of cosmic consciousness. It will not come from outside you. It will well up within your own Sacred Mind and Sacred Heart. You must reach up and grasp it, for it will not come down into the effluvia of the Earth planes and seek you out.

Mature spirituality is not an unconscious experience. You must develop a self-sustaining Divinity, whereby you are constantly breathing the rich Pranic Breath of Life / Adamantine Particles of Creator Essence, so that you may receive spiritual sustenance from the River of Life via the Eighth Chakra, your Soul Star. The empowering Breath of Infinity opens the pathways that lead to the multidimensional levels of Creator consciousness. You must broaden your inner perspective as you gradually change your way/mode of thinking and perceiving. The Spirit of the Creator cannot be isolated. Spirit permeates everything in existence to one degree or another. You must expand your consciousness to incorporate the vastness of Creation.

Are you ready to accept the fact that the Heart Core of our Father/Mother God is the focal point and the basis of all religions? It is not the dogma, superstition, rules and restrictions, but the love, power and perfection, which result in the ability to create and enjoy worlds of beauty, balance and harmony. When the mind and heart of God become manifested within you, you become a Facet of the Collective Messiah. It is the creative fulfillment of your

destiny.

You are a Spark of the Creator – a manifested Divine Facet of consciousness – a Still Point within Creation. You either enrich the world you live in or you help to contaminate it. How bright and warm is your Sacred Fire? Does it blaze brightly and warm the hearts of others? Or is it a feeble flame, not even strong enough to warm your own heart? "Cold-hearted" is not a term associated with a true Bearer of God Light. You may journey through the shadow lands with those who helped create them, or you may walk with delight in the radiance of God Light.

All of you are familiar with the Twelve Rays of God-consciousness, which you are currently striving to integrate and claim as your own. However, there has been a very important facet of Creation that has been withheld from the masses until now. All manifestations in the Omniverse are composed of organized Energy from the Heart Core of the Supreme Creator. There is a Master Creator Core of Cosmic Consciousness, which contains an allotment of the Full Spectrum Essence of the Supreme Creator.

The Father and Mother God of this universe were endowed with a portion of these Creator attributes, qualities and virtues. This is the primary source of Creator Consciousness within this universe, and all is balanced – all is equal – all is harmonious. Before the God Rays of our Father/Mother God were radiated out into the great void, there were an incalculable number of powerful Supreme Creator Rays sent forth out into the cosmic void. These Creator Rays became great regions of space with different Light densities and time-consciousness memory cells, which contain infinite Divine schematics of material world possibilities. There are membranes of Light that create barriers so that there is a firm demarcation between each Sub-universe. These Light-line barriers cannot be penetrated or crossed without special Divine dispensation – that is until your personal Soul Song resonates to the refined Light frequencies which are harmonious with that particular level of God-consciousness.

Some of these great Creator Rays are much wider than others, and separating them, are a number of thin membranes of Light which contain time cell encodings within pyramids of Light. There are living pyramids of Light/life within every energy field and dimensional space of Creation. Creator Light pours forth from the pyramid-shaped treasuries of Light to be used by the Elohim and the Builders of Form in making new creative designs as mandated by our Father/Mother God. Each star in the galaxy is a node of energy vibration. Also, each person functions as a living star capable of receiving and conveying harmonic frequency vibrations according to his/her level of consciousness. As you are now aware, these frequencies are called your Soul Song. You are a point of Light, a vibrant Spark of the Divine. This universe is composed of one gigantic Celestial Soul Song.

From the Heart Core Essence of our Father/Mother God, the Essence of the Son/Daughter Cocreators was made manifest. These wondrous Beings are stepped-down refractions of the power and majesty of our God Parents – just as our Father/Mother God are a stepped-down refraction of the Supreme Creator.

From the Essence within the Master Core of Cosmic Consciousness (mentioned above), there were a specific number of Sub-universes created within this universal whole with both feminine and masculine attributes, virtues and qualities of Divine Light in perfect equality and balance. However, when the major portion of the Sub-universes was created, the predominant forces of the creative process were allotted to either the masculine or the feminine attributes of Creator-consciousness. In half of the Sub-universal Divine Blueprints (plans), the Father/Son qualities of Divine will, power and purpose, the mental/outward-focused attributes of the Creator were emphasized, while the Mother/Daughter attributes of compassion, nurturing, intuition, inward-focused qualities were in a support position. There are also an equal number of sub-universes with the Mother/Daughter qualities and virtues in the leadership role, while the Father/Son attributes take the secondary position. Have we not told you that this universe could be called a universe of great and unique

diversity? It was created as a univers-ity of learning for you, the Star Seed of the Omniverse. Essentially, however, the indeterminable diverseness and magnitude of Creation were designed so that the Creator could experience unlimited variations of ITSELF.

This sub-universe has been primarily a Father/Son universal experience from its inception. Our Mother God and the beautiful Goddess qualities have always been present, but not in the full glory and Essence of her Beingness. It is now time for the Mother/Daughter and the Father/Son aspects of the Creator to return to equal partnership. This is the wondrous evolutionary process now in progress within this entire universe and within all its creations.

You, as seekers on the Path, must be initiated into the Pyramidal functions of Light before you can be advanced to the next level of evolution – the next consciousness time cell. Human creation is only a small part of a much greater and grander creative process. That is why we have placed such emphasis on creating your personal Pyramid of Light in the Fifth Dimension. It is also why we have given you instructions in great detail as to the various pyramids of Light available to you, and the important part they play in the ascension process.

You are called StarSeed for a reason, for as you return to Self-mastery, you will initiate the process of creating Crystalline Seed Life Memory Codes, a new evolutionary process to be used in the next forthcoming Golden Galaxy. This process is a part of the Wheel within the Wheel Creative Process, which we will reveal to you in the future. In the meantime, we ask you to study what we have revealed, and to endeavor to get the universal schematic we have created firmly within your mind so that you will understand the next phase of the wondrous cosmic events that are unfolding before your eyes.

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes, which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is

to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael.

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QUESTION: "Some people seem to come into this life with obvious gifts: healing, psychic abilities, etc. How does the average person know what his / her gifts to offer mankind truly are, when they are not obvious to them, other than a burning desire to be of service in conjunction with other Light workers?"

RONNA'S ANSWER:

Dear hearts, there are very few people who are aware of their creative or spiritual gifts early in life. There may be an interest or desire in learning or perfecting certain talents; however, everyone I know has had to experience many facets of life, as well as many trials and tests, in order to gradually, over time, develop their talents. Although I had some spiritual experiences at various times throughout my lifetime, I did not develop an intense desire to seek spiritual wisdom until I was in my late fifties. The gifts gradually come forth as you seek to balance and harmonize the many Facets of your Being. A Facet of your Higher Self is always waiting to connect with you or take up residency within your Sacred Heart, and with each download of your Soul Self, more gifts, talents and wisdom will be available to you.

It takes work, dedication and tenacity; however, I can attest, it is well worth the effort. We are on Earth to be cocreators with our Father/Mother God. The gifts of Spirit are available to each of us, but we must do the work and turn inward and reach outward to attain them.

ARCHANGEL MICHAEL'S COMMENTS:

^^ First, It is important that you eliminate those things in your life that you do not like

while you are seeking to develop your talents and find your passion. If you do nothing more than become a Beacon of Love/Light, so that you may shine the radiance of our Father/Mother God out into the world, it is enough.

^^ An important part of your earthly mission is to develop and perfect the gifts and talents you bring forth to experience in each lifetime. There will be an emphasis, a desire or preference to perfect certain underdeveloped talents and abilities. However, you must make the effort and take the time to become accomplished in each chosen endeavor. Occasionally, a person who is well on his/her way to mastery will incarnate with certain genius abilities which he / she has perfected in previous lifetimes. This is happening more and more frequently with the old Souls who are incarnating during these accelerated times of transformation.

^^ There will be some negative traits or addictive habits which will be emphasized so that you may release, modify or refine them; thereby, you return to balance and harmony so that you may begin the process of Soul expansion and Self-awareness.

^^ There will be things you do not like or that you will have strong opinions about – things you do not approve of which can cause discord and make you unhappy or uncomfortable. Some of these will be things that you cannot change, and therefore, you must accept them and endeavor to make the best of the situation or condition.

^^ However, the most important life lesson is to strive to engage your Soul Self, and to begin the journey of reunification with the many Facets of your Divine nature; all else will follow.

***TRANSMITTED THROUGH RONNA VEZANE * STAR * QUEST *

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SEPTEMBER - YOUR CONNECTION TO YOUR HOLY MENTAL SELF - Month 9

MESSAGES FROM ARCHANGEL MICHAEL ** Month 9

Beloved masters, as you move forward on the path of en-Lighten-ment, and you come to a better understanding of cosmic law and the workings of the universe, we welcome the opportunity to occasionally give you a better understanding of some of the concepts of Creation and the complexity of the physical vessel. Therefore, we would like to give you an in-depth explanation of the composition of the Etheric Body and its importance in the process of ascension. The Etheric Body or Etheric Web, which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. The Etheric Body is composed of the physical aura, which conveys your physical state of health via various colors and the distortions – or lack thereof – within the Etheric Web pattern. The emotions of pain, suffering and resentment are thought forms which are keeping you from embracing and becoming the Bearer of Light you were meant to be. The auric field is the invisible electromagnetic force field that surrounds the physical body, and it magnetizes energy to you and radiates vibrational frequency patterns from you.

The aura of the mental body within the Etheric Web is almost non-existent in those who are trapped in the restrictions of the Third and lower-Fourth Dimensions because they see the world and events through a filter of illusion created by their past beliefs, thoughts and actions.

When existing in a Third- / Fourth-Dimensional environment, the dominating force within the emotional body is the astral plane. Therefore, a vast majority of people are under the influence of their base personality and the ego desire body, which is composed of unfulfilled yearnings from the past, as well as emotional imbalances and feelings of being unworthy

and / or unloved. One of the most dramatic phases of the ascension process is moving through the distortions of the emotional mass-consciousness belief system into the stability, freshness and harmony of the higher Dimensions.

Never forget, fear takes away your power. The general mass-consciousness belief system is powered by negative, hostile thinking, and a resistance to new concepts and change. The majority of the masses are frozen in a reality of pain and suffering, but are unwilling to entertain new expansive ideas, which would relieve them from their self-imposed prison of illusion and limitation.

It is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the Third Dimension. You must also strive to establish emotional harmony and serenity within the illusionary world of the Fourth Dimension as you seek wisdom and endeavor to become acclimated to the mental reality of the lower Fifth Dimension. You must be ever alert for the whispers of your Soul and Higher Self. It is also important that you understand that you do not have just one Higher Self, but many Facets or Sparks of your Higher Self scattered throughout this Sub-universe.

The ascension process entails the gradual integration and assimilation of the next higher-Dimensional frequency Facet of your Higher Self. You are in the process of expanding your Light and your consciousness. Your transformation into Self-mastery, as well as the ascension process, will be greatly accelerated once you have expanded your personal lifeline of Light – an etheric tube of Light – which is your core connection to your Divine I AM Presence. You are also in the process of reestablishing your connection to the River of Life via your personal Antakarana (Rainbow Bridge of Light), which contains the Creator Essence called Adamantine Particles. Over the many past ages, humanity has diminished the connection to the River of Life/Light so that, in most people, it has become only a small trickle of Life Force energy.

Each of you has a sphere of radiance that is produced by the vibrational patterns of your

auric field and your Soul Song. Ascension means bringing the entire bodily chakra system into balance, which will facilitate the clearing, refining and balancing of the Etheric Body and Auric Field. Your goal is to return these vital components of yourself back into its perfected Divine Blueprint, which is the human blueprint for your original bodily form called the Adam/Eve Kadmon Light Body. We observe you via the bands of color within your multiple body system, physical, mental, emotional and etheric, which have been created by your thoughts, actions and deeds throughout your many lifetimes down through the Ages.

Your energetic signature is composed of the vibrational frequency patterns you emit day-by-day via your thoughts, actions and deeds. Your energetic signature can vary greatly when you are functioning within a Third- / Fourth-Dimensional environment. However, as you progress along the path of en-Lighten-ment, your energetic signature gradually becomes more harmonious and melodious, and it eventually becomes a part of your permanent Soul Song. Your Soul advancement is monitored by the frequencies of your Soul Song and not by your daily actions.

Your Soul Song is composed of mid-Fourth and higher-Dimensional vibrational patterns of unconditional love, wisdom, balance and harmony. As a Self-master, your energetic signature and your Soul Song will merge into a Celestial Mandala of sound and color, by which you will be identified in the higher Realms. You are recognized by the brilliance of your inner Light. The more Light Essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

The Holy Spirit – the Love/Wisdom of our Divine Mother God – or your Higher Mental Self is the discerning higher intelligence which monitors and regulates the Light infusions, and the gifts of Spirit that are allotted to you according to your level of spiritual awareness and your present needs. Special dispensations are also monitored and dispersed by your Holy Mental Self, which is the intermediary between you and your Sacred Triad, and your God

Self.

Meditation helps to discipline the lower mind and the ego so that you may attune consciously to the musings of your higher mind. It takes patience and discipline to stop the mind chatter that is the norm for those closed off from their higher consciousness. We encourage you to practice active and passive meditation. A decree or affirmation is a prayer with power. It should be a concise, positive affirmation expressed with confidence, and the assurance that it will be manifested in the proper form at the appropriate time. If the affirmation is sent forth with loving intent for the greatest good, you are aligning your will with that of your Higher Self; and universal law will assure that your cocreator thoughts and aspirations will be combined with those by others of like mind. Thus, they will be increased in strength and power. Silent meditation is listening for an answer from your Higher Self, your guardian angel or the Holy Spirit.

Remember, one person who is centered within their Sacred Heart and Sacred Mind can convey cosmic truths and inspired thoughts to millions of people while the loving vibrations of their auric field blesses everyone with whom they come in contact.

Serenity and joy are qualities of the Soul. Intelligent love results when the Soul becomes the dominating force within, and the ego personality has been brought under control. When you successfully dissolve the membranes of Light guarding the entrance to your Sacred Mind, you gain access to your personal storehouse of Divine Wisdom.

Allow us to give you a recap of a few of the many symptoms of ascension, which you the initiates on the Path, may be experiencing at this time.

^^ You find yourself withdrawing from social activities and events that were pleasurable in the past. Loud noises, crowds and boisterous activities disturb you, and you yearn for seclusion and perhaps, the serenity of nature. As your vibrational frequencies lift and become more harmonious, you will disengage from interaction with people, events and places that emit lower discordant frequencies. Also, gradually, you will have less and less in

common with certain friends and relatives, especially those who are negative, judgmental and unkind to others.

^^ You may have intense bursts of energy whereby you can hardly stay still, and sometimes you may feel so light inside that you barely feel your bodily form. At other times, you may feel so weighed down that you are almost sinking into the ground, and you may experience extreme fatigue. Your bodily form is going through an intense metamorphosis at an etheric and cellular level, and some of the transformational symptoms are not pleasant – especially for those who exist in an older or somewhat debilitated bodily form.

^^ As the Kundalini (Sacred Fire) begins to rise up your spinal column (the etheric tube of Light), you may experience times of intense inner heat, while your exterior body feels cold and even clammy. That is the reason why, initially, it is best to strive for a gradual release of the Kundalini Fire stored within the Root chakra at the base of the spine so that you may slowly integrate the higher frequencies of God Light. Faster and more are not necessarily better when you are in the midst of the transformational process of ascension.

^^ For those in the early stages of the process, the integration of refined Light frequencies experience will not be overly dramatic. However, for those StarSeed who are well on their way within the ascension process, and who have agreed to be World Servers, clearing the path for others can be a formidable and an ongoing process as they integrate higher and higher frequencies of Light to share with others.

^^ You may feel as though you are on an emotional roller coaster as you experience many emotional ups and downs. You are tapping into and releasing much impacted energy and discordant frequency patterns from a deep cellular level. It is important to allow these feelings to come to the surface so they can be transmuted into more refined Light substance. It is important that you learn to become an observer of what is occurring, as you objectively view, process and rectify with loving patience and understanding that which is being revealed to you.

^^ Your eating habits may change drastically. Whatever you choose to eat, follow your inner guidance, and monitor how your body feels after you have ingested anything. Your Body Elemental or inner body intelligence is awakening, and if you will pay attention, it will direct you to the proper food and diet. Always remember, moderation in all things is the

^^ You may have many strange aches and pains for which there is no definitive diagnosis. There are many minor chakra and meridian points within the physical body. As the higher frequencies of Light try to flow throughout the body, they can meet resistance at these critical junctures, which can cause discomfort. One of the most common areas of distress is in the area of the spinal column of the upper back, between the shoulder blades.

^^ You may feel as though you are losing your mind or at least your memory. There are multi-Dimensional levels within the brain, so as you lift your frequency patterns, the lower levels of the brain will gradually be refined. Therefore, you will no longer need or be able to access much of your negative past history, as well as much of the trivia you have stored there. You will be gaining access to the higher levels of the brain where your Sacred Mind dwells. The unification between the Sacred Mind and the Sacred Heart is an integral part of the ascension process.

My brave ones, you must admit, it is an exhilarating time to be in the physical vessel, and yet your physical vessel is struggling to keep up with the ever-increasing frequencies that you are integrating moment-by-moment and day-by-day. Many of you who have not suffered colds, the flu or intestinal disturbances for many years are now experiencing these debilitating symptoms, and some of you ask, “What am I doing wrong?” You are not doing anything wrong, dear hearts; it is what you are doing right that is causing some of these uncomfortable bouts of bodily distress. We acknowledge the fact that these occurrences are not pleasant to experience. However, we wish to give you another facet of truth to ponder on. Again, many of you who are deeply submersed in the transformational ascension process are experiencing these uncomfortable symptoms as a way to quickly transmute the

old negative energies within your physical vessel. You could call it a transmutation or baptism by fire, a burning and releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take dominion within. Not all viruses are bad, nor are all the uncomfortable symptoms you are experiencing. See them as a means to an end and serving a higher purpose. These things, too, will pass, dear ones.

We ask you to nurture yourselves and to pay attention as never before to your physical vessels and the signals or messages your wise body Elemental projects to you. How will you enjoy the beautiful world of love, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

Join us in your Pyramid of Light, beloveds, and allow us assist you to move through the process with ease, grace and great joy. May the radiance of our Father/Mother God pour down upon you and fill you with the Light of Life everlasting. Know that we are ever near to guide and protect you. I AM Archangel Michael.

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OCTOBER - MICHAEL ** LM-10-2018 - LM-10-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-10-2018

1 MESSAGES FROM ARCHANGEL

THREE GOD RAYS: DIVINE WILL * DIVINE LOVE * DIVINE INTELLIGENCE

Beloved masters, the Earth is, once again, being prepared for a new, higher-evolutionary species of humanity. All of you, as StarSeed and World-Servers, are encoded with Memory Seed Atoms giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a Self-directed, Soul-inspired entity in the midst of the chaos and turmoil of the current Third- / Fourth-Dimensional reality of today.

A new Divine Plan filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful Rays of God-consciousness upon Earth and humanity from the Great Central Sun of this Sub-universe. An advanced Soul, treading the narrow path of Ascension, must learn how to absorb and integrate the three major God Rays of the coming Age, THE SPIRITUAL TRINITY, consisting of: DIVINE WILL * LOVE / INTUITION * INTELLIGENT, PURPOSEFUL ACTION.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity, where all is calm and peaceful — filled with Pure Cosmic Life Force Substance, Adamantine Particles, just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: you are a treasured son or daughter on an important mission and nothing you can say or do can diminish that love. It is time to open the brain passages of your mind to the higher frequency codes of your OverSoul/Higher Self.

Never forget, your nearest and dearest friend should be yourself — your own Soul-consciousness. Within your Sacred Heart Center you will find wisdom, compassion, patience, and most important of all, unlimited Sacred Love. From the beginning of the creative experience into density, all human life forms have been subjected to an ongoing, continuous series of revelations. A curious, inquiring mind was a built-in, intrinsic Facet of

human nature.

Too many of you are still carrying great burdens from the past. Mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field. Just as we are clearing the distortions of the Third-/Fourth-Dimensional, collective-consciousness belief patterns, thereby bringing those Dimensions back into their originally designed spectrum of duality. Fear is a primitive fight or flight emotion, which will hinder the expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower human nature.

It is important that you understand — even though you no longer remember your past errors or the thoughts and deeds that threw you off balance — that until these negative thought forms are acknowledged and transmuted, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher Fourth/Fifth Dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention. This is the source of so much of the inner turmoil, challenges and tests that you, the Self-aware seekers of Light, are experiencing.

We have stressed over and over again, one of the greatest challenges, yet one of the most important tasks to be accomplished in order to step onto the spiral of Ascension, is to maintain a focused point of awareness within your Solar Power Center. In doing so, you will maintain an open passage into the Sacred Heart — thereby allowing the Creator Light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious Soul Song.

During these wondrous, yet trying, times, you are being given a grand opportunity to tap into the Cosmic Library, which holds the mysteries of this Sub-universe. You, the StarSeed, are gradually becoming equipped to tap into those sacred temples — Pyramids of Light — where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height, surmount any obstacle, and your path of Ascension will be revealed with certainty. You have never lost your divinity or your Godly intelligence. It has only been in safe-keeping, awaiting the time when you would, once again, awaken to claim your birthright as a Divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves so you may become clear vessels for the refined frequencies of Light. You have the ability to become a conduit for the Adamantine Particles of Creator Light, which will permeate your physical vessel and flow out into the world of form. However, you must liberate the power of the Sacred Fire from within your physical vessel, the Kundalini Fire stored within your Root Chakra, while drawing forth a new supply via the great Sixth-Dimensional Cities of Light.

The breath is the conductor of this vital Life Force energy. You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques, which you must incorporate in order to develop and claim Self-mastery. This is vital information that you are to integrate and then share with those on the Path behind you.

We ask you to envision the Violet Flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you, as well as giving you protection from outside, negative influences. As you evolve into a Spiritual/human Being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper, more intense love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your Soul Song. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things.

Remember, in order to manifest your Spiritual vision, you must define what you wish to create, and then clearly envision it. First of all, as a conscious cocreator, you should focus on manifesting a refined, evolved state of Being, and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes and virtues of God Consciousness will assure success in creating all the material objects you require to live in comfort. You are learning to become one with the infinite flow of abundance, as you traverse the many levels and dimensions of Creation. One of the most important concepts that you must accept as your truth is a crystal clear awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what is your mission in this lifetime? We tell you, your Soul's greatest desire is that you reclaim the many Facets of yourself, and that you return to being the wondrous master of cocreation that you were when you first embodied in the material planes.

The Ascension process is an on-going journey — not a destination. Each day, endeavor to make the highest choices — stay in the moment, for that is the only time you can access your God-power — not focusing on the past and not projecting into the future, but seeking your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human nature.

This is a balancing lifetime for you, the StarSeed, whereby you are seeking to bring into harmony all the Facets of your Being. Deep within, you are aware of how important it is for

you to honor and integrate your feminine nature, the gentle, intuitive, creative and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong, yet gentle, outward focused as you tap into the treasure house of wisdom within. Your Divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your Sacred Mind, OverLighted with the compassion of your Sacred Heart. You must learn to speak concisely, constructively and confidently. Know that if you stay centered and focused within your Sacred Heart, the Universe must respond in a positive manner, and your success will be assured.

As you become attuned to the intuition of your Higher Self, you will begin to feel the God Light pulsating within your Sacred Heart, and you will begin to focus on the Spark of Creation within the Sacred Heart Center of every person you meet. It may be dim in many dear Souls, but it is still burning within or they would not be alive. When you do so, you will automatically strive to practice nonjudgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep within — that which is loving, enlightening and expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of Ascension and enlightenment. Whatever you choose as your truth, you must integrate and apply it in your life through focused intention and action. DISCERNMENT / HEART-CENTERED INTENTION / DELIBERATE ACTION result in positive manifestation.

No matter what station, circumstances, or level of awareness you assumed for this incarnation, deep within your Soul-Self was a burning desire to integrate the multiple-level Facets of your Beingness. However, first they must be healed and harmonized so that they

may be filled with the rarified Light of the higher realms. As you allow your Higher Self to OverLight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

The mighty forces of the Angelic Kingdom, as well as a vast number of wondrous Beings of Light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe upon your free will. It is time to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, it is vitally important that you to go forth and share your wisdom.

Know that the challenges and opportunities before you will bring rewards beyond anything you can imagine, and so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant Light, for you have earned it. Follow your own path and do not fear being different from those around you.

We will leave you with a few en-Lighten-ing thoughts to assist you to stay focused upon the higher mental plane of awareness, with an overlay of loving intention.

YOUR GOAL IS TO BECOME HEART-CENTERED AND SOUL-FOCUSED:

*** The higher mind utilizes the senses of your multiple-body consciousness in its thinking and analyzing process.

*** Knowledge, talent and a high intelligence do not create a genius. It takes concentration, courage, perseverance and an on-going drive, along with integrity, to tap into your spiritual genius potential. Find and pursue your desire for excellence, and strive to live your passion to the very best of your ability.

*** Returning to the narrow path of Ascension in consciousness is the beginning of

transcending opposites where there is no good or bad, right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning Self-master, you will make only the highest and best choices for the benefit of ALL.

*** You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always, and you are profoundly loved. I AM Archangel Michael.

*** Transmitted through RONNA VEZANE *** *STAR*QUEST*

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THE ELOHIM, ARCHANGELS AND DRAGONS©

BEARERS AND CONVEYERS OF THE NEW DIVINE BLUEPRINT SEED ATOMS

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A few months ago, Archangel Michael "downloaded into my consciousness" a hologram which contained the creative process for this Sub-universe. A new creation, which could be anything from a star system, a Sub-universe, a galaxy, a solar system, a planet, or a new "enSouled Race of human Beings."

Within our galaxy, there is a new Divine Blueprint created for each Age. This cocreative process involves our FATHER/MOTHER GOD, THE ELOHIM (Builders of Form), the ARCHANGELS, DRAGONS, the DEVIC and ELEMENTAL KINGDOMS, and HUMANITY. Finally, we have been given a clear picture of the process of cocreation within the material realms of consciousness. Yes, dragons are real, and I have been shown what these great, magnificent Beings truly look like in the higher realms.

^*^*^*^*^*^*^*^*^*^*^*^*^*^*^*^

ARCHANGEL MICHAEL *

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^^ BODY IMAGE AND HONORING THE BODY ^^ COMPETITION, COMPARISON AND PEER PRESSURE ^^ DESTRUCTIVE EMOTIONS OF ANGER AND FEAR ^^ PUNISHMENT AND RIDICULE ^^ RACISM AND BIGOTRY ^^ DISABILITIES AND FEELING "DIFFERENT" ^^ SOCIAL STATUS AND PUBLIC IDENTITY. ^^^^^^^ WORK IN PROGRESS: SECOND ADVENTURE: HOW RICH AM I? ^^^^^^

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NOVEMBER - THE POWER AND MAJESTY OF THE ELEMENTS - Month 11

MESSAGES FROM ARCHANGEL MICHAEL ** Month 11

Beloved masters, an understanding of the Elements of FIRE, AIR, WATER, and EARTH, which are unique components, Facets or Elements of the nature of our Father/Mother God within this Sub-Universal experience, is vitally important tha you seek greater wisdom as you strive to claim Self-Mastery. These are the four major Elements, which were encoded within the bodily system of the original human form to assist in Self-realization and Self-mastery on the material plane of existence. These Elements are supplied to all created matter in this Sub-Universe via the great Archangels' RAY-diation of the twelve Rays of God Consciousness from the Heart Core Essence of our Father/Mother God.

The Etheric Body and Soul Self are attuned to and are fed by the Element of COSMIC FIRE.

The Mental Body resonates to and is energized by the Element of AIR /ETHER.

The Emotional Body is attuned to and affected by the Element of WATER.

The Physical Body is anchored by and attuned to the Element of EARTH, for the duration of each Soul's journey into the realms of density, the First through the Fourth Dimensions.

The qualities, attributes and virtues of the Seven Rays of God Consciousness for this solar system were placed within Spheres of Light. These spheres, known as chakras, were

designed to spin at a very high velocity, which made them appear to be spinning cones of Light radiating from the front and back of the physical body. Therefore, you are constantly radiating frequencies of Light out into the world of form. The power of the vibrational patterns, as well as the frequency level of the harmonics you project, will determine whether you will experience joy, peace and abundance, or limitation, stress and discord. Every living cell within your body is a capacitor which stores memories and energy patterns. For every feeling there are endocrine gland secretions produced which match the vibrational patterns you emit. Therefore, you might say that there is a specific energy pattern of hate and an energy pattern of love, and so on in varying degrees, depending on the power, force and consistency of the energy you project.

As you begin the journey of ascension back into the realms of Light, you gradually lose density within the physical vessel – not necessarily body mass; however, your bodily form begins to resonate with higher and higher frequencies of Light.

Never before have so many masters of Light walked the Earth among the masses. Many brave Souls were given the option of leaving the planet, and continuing their work/mission from within the Sixth-Dimensional Celestial Cities of Light, or to continue their service to humankind within the framework of their chosen earthly environment. We wish you all to know that we are well-pleased with those of you, the Light Bearers, who are steadfastly walking through the dense, shadowed valleys of darkness in order to create a pathway of Light for others to follow.

Gaining mastery of the four Elements of God-consciousness will assist you in creating a constant flow of Sacred Fire energy (Adamantine Particles of Creator Light) throughout the chakra system and the physical vessel. The Etheric Body vehicle is composed of the ELEMENT OF FIRE. In the beginning phase of your ascension process, the more refined vibrational frequencies of God-consciousness must first filter through the Etheric Body before they gradually begin to flow freely throughout the physical vessel. You must slowly

build up a tolerance for these refined frequencies of God Light so that they do not create too much discomfort or do bodily harm. The Sacred Fire must flow through the Heart Chakra first, in order to be activated by your loving intention, before this elixir of life can freely flow throughout the body. Gradually, over time, as the frequencies of your Soul Song become more refined, you will be able to magnetize higher levels of cosmic Primal Life Force Substance, as well as greater quantities of Adamantine Particles of Light.

The AIR ELEMENT focuses on the Mental Body, the plane of mental consciousness. The mental nature is fueled by the Sacred Breath of God Consciousness. That is why the breathing techniques you have been given are so important. Soul-awareness is the critical beginning phase of awakening to one's Divine Nature. The Third Eye, the Pineal and Pituitary Glands, and the Sacred Mind are all critical components of the Mental Body.

The Emotional Body is fueled via the ELEMENT OF WATER. The Mental Body provides the seed thoughts and the Emotional Body fuels the E-motion or energy in motion. As we have often explained, your creations are either a product of the ego desire-body or the desires and inspiration of the Soul. The throat and the solar plexus are integral power sources for the Emotional Body. However, the full power of manifestation begins when you have tapped into the Kundalini Sacred Fire, or the Adamantine Particles of God Light stored within the Root Chakra, and when you have completed the connection with your Soul Star and OverSoul Self so that you have access to the Antakarana, River of Life.

The activation and harmonization of the Mental and Emotional Bodies and the merging of the lower and upper chakras via the Heart Chakra result in a merger of the Father God and Mother Goddess qualities, virtues and abilities within the physical vessel. Your level of godliness is predicated on the harmonic resonance of your Soul Song, or the dimensional levels in which you are attuned.

The ELEMENT OF EARTH via the physical vessel is both an anchor and your means of soaring into the realms of Light once more. You cannot ignore the physical vessel and still

fulfill your earthly mission. If you deny the bodily form, you are denying your God-given uniqueness, and the specific, complex form that you chose for this life's journey into the material realm of existence. You, along with the guidance of your guardian angels and your Council of Light, chose the appropriate DNA /ancestral lineage, the race, culture and circumstances you would be born into for this specific life's experience. A broad spectrum of tests, challenges and opportunities were programmed to give you the best opportunity for Soul-growth. These events were designed to be initiated at the appropriate times throughout your lifetime. As always, free will applies, and it is up to each person as to how he/she handles the tests and challenges, and takes advantage of the opportunities. Do you understand that each and every person is constantly releasing or emitting energy which originated from the God Source? You are using this God-given gift of Light/Life in either a positive or a negative manner. Via your free will, to a great degree, you are the cocreator the builder of your own reality.

Many of you are experiencing a transformation process of ascending in consciousness, along with physical evolution, whereby the Kundalini Fire stored within the Root Chakra is moving swiftly up the chakra system and throughout the physical vessel. This too is a dynamic and vital part of the ascension process. We have asked our messenger to share with you an article which was prepared for one of her wisdom teachings webinar classes:

RONNA * SACRED SCRIBE *

OVERLIGHED BY ARCHANGEL MICHAEL

FIRE OF GOD , SACRED FIRE, SACRED WHITE FIRE, AND KUNDALINI FIRE ARE ALL TERMS USED FOR ADAMANTINE PARTICLES OF LIGHT: THE FUEL OF LIFE BREATHED FORTH FROM THE HEART CORE OF THE SUPREME CREATOR.

KUNDALINI: A Sanskrit word which literally means coiled. This Sacred God Fire lies coiled at the base of the spine, and until activated, it is dormant or at rest and unconscious. It is often envisioned as a sleeping serpent; hence a number of English renderings have been

created using terms such as “serpent power.” The ancients tell us that the Kundalini resides within the Root Chakra at the base of the spine in three and a half coils. It has been described as a residual/ reserve source of pure God Fire. According to ancient wisdom teachings, there are two nerve currents in the spinal column, a coiled double helix within a hollow tube, sometimes called a “Rod of Power,” that runs along in front of the spinal column.

Through meditation and various other spiritual practices, the Kundalini is awakened, and begins to rise up through the chakra system alongside the spine. The progression of Kundalini fire through the different chakras leads to different levels of awakening and mystical experiences. When the Kundalini fire finally reaches the top of the head, the crown chakra, it sometimes produces a unique mystical experience as you are reconnected to the multiple Facets of your Higher Self.

THE FIRST MAJOR ACTIVATION is usually felt in the back of the bodily torso, between the shoulder blades. You will feel a pressure in that area, which can sometimes be quite uncomfortable. This is an indication that the back portal of your Sacred Heart is opening. I have often said, “When this happens, we are growing our angel wings.”

THE SECOND ACTIVATION: The Kundalini Fire rises to the top of the spine, where it connects to the Medulla Oblongata, sometimes called “The Mouth of God.” This is an indication that the ascension chakra is being activated. This activation will also affect the throat chakra. Practicing the Infinity Breath and toning will accelerate this process as they will help to break through any distorted energy blocks along the spinal column and within the chakra system. The throat chakra is one of the critical areas within the body, which can cause distress as we strive to reclaim our personal power via the means of spoken language.

THE THIRD ACTIVATION: The Pineal and Pituitary Glands are stimulated, and will begin to send impulses to the portal opening of the Sacred Mind so that full access to your personal temple of wisdom is realized. In addition, a firm reconnection with your Soul Star and Over

Soul-Higher Self is established. When this is accomplished, your spiritual journey back into the higher realms will truly begin. Also at this point you are ready to receive the Sacred Fire of Spirit – Adamantine Particles of Creator Light will automatically begin to course into your Sacred Heart with every breath. The driving-upward force of Serpent Fire is now accompanied by a down-pouring of Adamantine Particles via your OverSoul-Higher Self, which resides within your Soul Star.

You must activate these particles of Creator Light with your loving intention as they course throughout your physical vessel, with the remainder flowing down into the Earth, and then out into the world for the benefit of the Earth and all humanity. As the Kundalini, Sacred Fire, begins to rise up your spinal column (the etheric tube of Light), you may experience times of intense inner heat while your exterior body will feel cold and perhaps even clammy. That is the reason why, initially, it is best to strive for a gradual release of the Kundalini Fire stored within the Root chakra so that you may slowly become acclimated to the integration of higher and higher frequencies of God Light.

Remember, dear friends, as beloved Michael often tells us "faster and more are not always better when you are in the midst of the transformational process of ascension."

As a Self-master, you will begin to experience a constant uprising flow of inner Sacred Fire along with a downward thrust of Divinely encoded Spiritual Fire. This process will spur you on to a greater, expanded awareness, more inspired thought, and the activation of capabilities of which you were not even aware. Bounteous blessings, miracles and assistance from our friends of the higher realms will become the norm. You will also be given an opportunity to become an active, full-fledged World Server, along with the great multitude of World Servers from all over the planet. I, for one, am excited about what the future holds for us, the Wayshowers. My mantra for 2019 will be: THIS IS OUR YEAR TO SHINE! Eternal Love and angel blessings, Ronna

ARCHANGEL MICHAEL: My brave bearers of Light, it is important that you realize that each

phase of the Divine Plan is holographically imprinted upon the Earth's auric field. Remember, there are Memory Seed Atom Codes and impulses, which have been or will be ignited within each of you at the appropriate time. No matter your beliefs, the celestial winds of change are growing stronger and stronger as they permeate everything and everyone on Earth. All must evolve or devolve; nothing can remain static.

We encourage you to take advantage of the unprecedented opportunities which are constantly being offered to you. Know that we are with you every step of the way, onward and upward. You are loved most profoundly, I AM Archangel Michael. TRANSMITTED THROUGH RONNA* SACRED SCRIBE

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DECEMBER - DEVELOPING NON-ATTACHMENT - LM-12-2018

MESSAGES FROM ARCHANGEL MICHAEL ** LM-12-2018

Beloved masters, each advanced level of evolution and Ascension contain higher truths, along with new challenges and opportunities to attain Self-mastery. Self-discipline, heightened awareness and determination are required. However, the more you bring your ego-desire body under control, and allow your Higher Self to guide you, the easier the process will become.

As you expand your awareness, and begin to view life from a higher vantage point, your perspective changes. You no longer focus on the negative aspects or what is wrong in your life as you develop a positive outlook and focus on the good in others. You learn to appreciate the beauty of nature, and what is right with the world. Gradually, you also develop a sense of wonder and thanksgiving for the many miracles that manifest for you and those around you.

One of the most difficult things to accomplish is to let go of old outmoded, preconceived thought patterns and habits. Ingrained habits, traditional rules and standards, as well as social, racial, and religious influences of the past are only some of the shackles you must

release as you strive to become an “en-Lighten-ed, free Spirit” within a newly emerging reality.

Humanity as a whole, as well as individually, is still trapped in half-truths and concepts that originated many thousands of years ago. Each of you is a composite of all your experiences, not just past lives, but experiences you have had from the time you first externalized into an individualized conscious Facet of the Creator. Many of these limiting thought patterns have no place in your new world of expanded consciousness. It is vitally important that you release these negative influences, if you are to continue your forward momentum upon the spiral of Ascension into the higher realms of Light and Self-mastery.

It is time to take an inventory, dear hearts. Review what you have released during the last few years of your time. What outmoded ideas, habits, and responsibilities have you released and what has replaced them? What do you still need to release, or transmute into a higher form? What is limiting your spiritual growth, and no longer serves your greatest good?

** Have you learned that you are no longer a victim of fate, and that you are in control of your own destiny? What are you doing with your newly found power?

There is no one or no thing out there doing anything to you or for you unless you allow it. You have been gifted with all the tools of Creation, and you are entitled to all the beauty, bounty and opulence of this Universe – it is your Divine birthright. We can assist you, guide and inspire you; however, you are the composer and builder of your world and the reality in which you exist. Each and every day you are projecting thought forms, feelings and intention, which will influence and construct your reality of tomorrow. If you do not like what you have created, and what you are experiencing at the moment, change your attitude and your thought patterns to a higher frequency, and then watch your world change for the better. Remember, as you acquire skills in focusing your thoughts, and you practice deliberate, step-by-step action, your power to create will accelerate exponentially – both positively and negatively.

** Are you becoming more comfortable as a cocreator of your life's experiences? Are you now willing to take credit and responsibility for both the positive and negative experiences in your life?

You can monitor and determine what kind of thought forms you are radiating forth out into the world by the people you draw into your awareness. Are you experiencing a lot of negative feedback or interaction with those around you? Are you still allowing people to take advantage of you in order to feel worthy?

When you do things for others, how often do you feel harmonious and loving afterward? How often do you feel resentful or exploited? It would be better to not do something for another person, than to do it for the wrong reason.

** Remember, it is also the vibrational patterns that you are projecting that determine the "rightness" of action, not just the action itself.

In the process of returning to balance and harmony, there must be a balance in ALL things. There is an energy exchange in every thought you have, and in everything you do. If you constantly give to another person without receiving some kind of positive energy exchange in return – an imbalance develops, which soon manifests as resentment or guilt, and often a sense of superiority or inferiority. It becomes impossible to radiate unconditional love to another person under such conditions.

** Have you gone through the process of releasing everything and everyone in your world to its or their greatest good? This is one of the major challenges you must experience during your journey toward Self-mastery.

This does not that mean that you will have to give up anything or anyone, but you may be tested to see if you truly mean what you say. Holding on to people or things, and resisting change are the major cause of human pain and suffering.

In truth, you do not own anything, and you certainly cannot own anyone. All you are assured of is a moment in time, or the present now moment. Everything and everyone in

your life could disappear from sight in a flash – including you.

We do not wish to make you fearful; however, what we are trying to instill in your consciousness is that everything in your reality of today is transitory. What are you holding on to that still brings you pain or discomfort? What lessons are still to be learned from the discomfort these things instill in you? Isn't it time to let go of the suffering, and to claim ease and grace?

** Do you own your possessions or do they own you?

Are you so deeply in debt or so obligated to others that you have no time to enjoy life? Do you spend all your time taking care of, cleaning, fixing or striving to pay for your possessions? Remember, we have tried to impress upon you, things do not make you happy. Most often, they only bring a moment's satisfaction, and then you are looking for something or someone else to satisfy the urges of your ego-desire body. Happiness, joy and satisfaction come from within. What you are yearning for is a quality of life, or a state of Being.

How long has it been since you took a walk in nature, since you took time to gaze at the stars or the beautiful cloud formations in the sky? Can you remember the last time you walked barefoot in the grass, and attuned to the heartbeat of Mother Earth? How long has it been since you sat quietly and listened to the birds sing – or watched the people around you, as you endeavored to sense what they were feeling, or the frequency patterns they were emanating?

In your fast-paced existence, isn't it time to slow down and experience the perfection of the moment? In doing so, you are creating more perfect moments, instead of a more frenetic lifestyle, which has become the norm for so many people in today's world.

** Do you constantly have to be entertained or have outside stimulation to keep from being bored with your life situation?

** What can you let go of in order to simplify your life, and to make your everyday experiences more enjoyable?

** How often do you spend time in solitude, enjoying your own thoughts, and the whispers of your Soul-self?

** Do you always have to have music, the television or some outside distraction to keep from tuning in to your own inner thoughts?

** Do you enjoy being alone?

You must learn to enter the silence of Self in order to connect with Spirit – your Higher Self and your God Self are waiting for you to tap into the magical Light stream of Divine consciousness. We sense the yearnings of so many millions of dear Souls who wish to communicate with their Higher Self and with us. It is so simple, dear hearts. All you have to do is state your intention, and then practice going into the silence and stillness within, so that we may clear the pathways, and strengthen the connection that is already there – a connection which has atrophied from mis-use or non-use.

** What negative habits have you released? What positive habits have you replaced them with, and what results have you noticed?

You will find it becomes easier and easier to release negative habits and thought forms as you begin to see the results of your positive actions. You will automatically begin to fine-tune your everyday conscious actions as you become an observer of your thoughts and intent. It is important that you become aware of the frequency patterns you are projecting, as well as the words you use. Always use positive words of empowerment, tempered by love, and constantly monitor your negative mind chatter.

** Has it become easier to practice unconditional love rather than loving with conditions?

You must first forgive yourself, and practice unconditional love of Self before you can practice unconditional love for others. You cannot project or give what you do not have within. This does not mean that you should not strive to better yourself or achieve a higher level of Self-mastery. It means that you accept and love yourself the way you are at the moment, as you strive to integrate more of your Divinity and the Lightness of Spirit.

** Remember, heal the past, script your future, live in the moment.

Fear of the future is a result of not trusting yourself and the decisions you have made or will make. This is a result of deep-seated memories of failures or painful experiences of the past (in this or many other lifetimes). Guilt and shame are also ego-driven emotions of not achieving intended goals or perfection in the past. Fear, guilt and shame are often directed toward other people in your lives who are mirroring back to you the vibrational patterns you need to balance in order to let go of those past negative patterns and experiences. When you learn to radiate balanced, loving energy, it will be reflected back to you through the people you interact with, and also through your everyday experiences.

** Determine what attachments you have which no longer serve your highest good, and that are holding you back. Make a concerted effort to release those attachments, and envision the vacancies being filled with transforming crystalline Light substance.

** Remember to use the power of the Violet Flame of transformation. Use this magic elixir often to assist in the transmutation of negative, imbalanced vibrational patterns..

** Endeavor to sever any cords of attachment that you still have with people in your life. With your inner vision, see these cords of attachment returning to the other person wrapped in loving energy. Strive to become consciously aware when someone is trying to tap into your solar power center. With loving intent, return the energy to the sender.

** Endeavor to view life and circumstances around you with detachment. Be an observer and reserve judgment. Seek and live by your own truth as it has been revealed to you.

Beloveds, you are in an intense phase of transition in which you are letting go of all the negativity of the past from the deepest core level of your Being. Old energies, symptoms, thought forms, and possibly pain, are roiling up into your consciousness and within your bodily form in order to be transmuted. You are building a strong probable future through your intentions and actions, and you are being challenged to see if you are ready to bring your dreams and desires to fruition. Take some time to determine what kind of probable

future you are building. If you do not like your design, MODIFY IT, for if you do not – as surely as there is a tomorrow what you have envisioned will become your reality.

We have been with you since you were birthed into consciousness in this Universal experience, and we will be with you throughout eternity. From the Sacred heart center of our Father/Mother God, blessings without end are constantly being showered down upon you. You are loved most profoundly, I AM Archangel Michael.

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MESSAGES FROM ARCHANGEL MICHAEL * LM-1-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

ENHANCING YOUR POWER TO MANIFEST

Beloved masters, as you traverse the return path into the higher-dimensional realms of existence known as the River of Light/Life, or sometimes, the Rainbow Bridge of Cosmic Consciousness, the vibrational patterns within and around you are in a constant state of change. This has resulted in an ever-increasing expansion of consciousness, whereby the filters through which you view your world of reality, as well as the belief-structures you have built around you, are gradually being replaced with higher, more empowering truths. The world you have created, and those you interact with, will always reflect back to you the beliefs and expectations you have accepted as your truth.

In a painful or debilitating situation, there are always distorted or imbalanced beliefs and attachments which keep you imprisoned in a false, illusional reality. The beliefs which control many of your actions and reactions on a daily basis are slowly dissolving, and are being replaced with self-empowering concepts you are gradually accepting as your new version – vision – of reality.

You are in the process of expanding your awareness of Self, and you are developing a more focused, in-depth awareness of those with whom you interact, and also of the realms beyond your present ability to see. You have often heard the saying that “all is an illusion.” This does not mean that everything that has been created in the physical realm of existence is not solid, does not have structure, or is not real. Nor does it mean that the higher realms are illusional with no tangible structure or definition. Every level of existence throughout this Universe seems as real to those who reside there as your earthly home does to you. The Creator and Its all-encompassing influence are most assuredly real, just as we are.

The illusion is your perception of the world, a reality you view through filters of your own making: beliefs, structures, taboos and limitations you have encoded within your subconscious mind, and that you have accepted as your truth. Everyone views the world and daily events through a veil of their own beliefs and a modified level of awareness. That is why many see everything through a filter of negativity, while en-Lighten-ed Souls experience life through a filter of love and non-judgment.

During these times of accelerated transformation, you are experiencing great changes both within and without. The membranes between the subconscious, conscious and superconscious minds are becoming thinner, thereby allowing you access to the subjective,

self-limiting information you need to release, and the distorted concepts you need to heal in order to return to balance within as you strive to reclaim Self-mastery. The right and left hemispheres of your brain, as well as the matrix of your subconscious, conscious and superconscious are in the process of merging and returning to a unified state of super- or macro-consciousness. In many ways, the saying "as it was in the beginning, so it will be once more" applies to the transformational process humanity is now experiencing.

Every observation via the physical senses that makes an impression on you, as well as every action, interaction and reaction, is automatically transmitted and recorded within the memory cell Seed Atoms of the subconscious mind. Again, we stress, your subconscious mind is subjective, and it takes every thought or experience literally, and is thereafter affected by your individual bias. The subconscious mind will continue to respond to and replay old thought patterns and conditions over and over again until the misconceptions are resolved and reprogrammed.

Your Third- and Fourth-Dimensional world is random and chaotic, while the time/space continuum of the higher-Fourth Dimension and beyond is more flexible and fluid. As you integrate the vibrational patterns of the higher dimensions, all that is not compatible will rise to the surface for resolution, which results in higher wisdom. For those who have developed their inner sight, they know that thoughts are tangible things. They are aware that the quality or frequency patterns of a thought determine its color, while the nature of an emotion determines the form it will take. The more focused and detailed a thought is, the clearer the outline will be.

Thoughts of a low frequency level are dark, muddy and distorted while the higher octaves of thought, those infused with love, are more delicate and luminous. You must accept the fact that your thoughts do have substance and that they do have an effect on you and the world around you.

You must be willing to examine the preconceived ideas about the complex traditions, structures and boundaries of your life, and you must release or transform the beliefs which are keeping you stuck in self-inflicted, structural limitations. Releasing attachments, outmoded habits and concepts is an ongoing process and requires constant vigilance and upgrading. We are aware that you have built comfort zones around you, which are difficult to move beyond, even if they are uncomfortable and constrictive. But that is exactly what you must do, beloveds, if you are to expand your awareness and become the masters of cocreation you were meant to be.

Letting go is liberating, and it gives you the power to expand your consciousness and your world. The higher your vibrational patterns become, the more fluid the restrictions around you become. Do not become attached to the structures of life you have built around you. You must realize that change is an integral part of growth. You make decisions and choices every day, and as a master-becoming, it is imperative that you always strive for the highest choices. The boundaries of your spectrum of duality will become narrower, and the pendulum of choice will swing in a much smaller range to the right and left of center. As a

result, your perception and conscious awareness will expand and be raised exponentially. "A master always follows the narrow upward path" is an ancient truth that still applies. You must always seek your highest truth and then live it to the best of your ability.

It is important that you are aware that there is an orderly sequence to the Cosmic Cycles of Creation, which define and emphasize a great variety of GODLY EXPRESSION. Therefore, it is important that you learn to flow and adapt to the changes of the time, to discard the restrictive, limiting beliefs of your Third- and Fourth-Dimensional reality as you gain wisdom, seek higher truths and grow closer to your original "State of Divinity."

We are in the midst of one of the greatest cycles of transformation that this Universe has ever experienced; however, it is important that you understand that there have been many minor cycles of change on Earth, and each of you has experienced these transformational times in one way or another.

The coming Seventh Root Race will be highly-evolved and spiritually-attuned and will be influenced by the SEVENTH RAY of transformation, purification, freedom and redemption. Everyone and everything on Earth will be affected by the radiance of the Seventh Ray, the Violet Transmuting Flame. Many of the old, outmoded teachings are being discarded as you evolve in wisdom and raise your frequency patterns. The love-based and empowering religious beliefs will be retained, while the fear-based, controlling concepts are slowly being discarded. During the transition into the age of enlightenment, the religions that will survive are those which are willing to expand their philosophy to incorporate the revealed, higher Creator truths.

New cycles of "Being" are initiated through a willingness to change, and these upgrades have been designed so that you may gradually incorporate them with ease and grace. However, for those who are resistant, it will be through chaos and conflict. Much depends on your capacity to attract, respond and absorb (or reject), and then transmit the more refined energies known as "higher truth." Your Soul and Higher Self remember the reason you chose to experience and express painful situations – not as a punishment, but for resolution.

It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an ego self-serving mode to a Soul-serving state. Your Soul is the part of you which is connected to the Universal Whole. You gain compassion the hard way through pain and suffering (ego-driven), or the easy way through the process of reunion with your Higher Self and God Ray (Soul-inspired).

Nothing can escape the radiation and magnetic influence of the rarified Creator Light -- called Adamantine Particles – now permeating this Universe, Sub-Universe, galaxy, solar system, the Earth and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to many levels of consciousness. You must be harmonious with, and attuned to the vibrational frequencies in order to integrate them. The higher frequencies of Light, thought, and sound vibrate

through your blood, cells, organs, bones, muscles and tissues, enriching your sense of well-being. The lower frequencies of the Third- / Fourth-Dimensional environment restrict the flow of life-giving energy, and increase the density in your four lower-body systems. Your blood carries Memory Seed Atoms, genetic encodings of your earthly lineage, but more important, your cosmic lineage and your Divine heritage.

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart/Mind as you draw forth the Diamond Ray Particles of Life/Light, and infuse them with your love before radiating them out into the world and to humanity. We are all in this cosmic dance of evolution, and together, we shall prevail. I AM Archangel Michael.

ENHANCING YOUR POWER TO MANIFEST©

RONNA / SACRED SCRIBE

Meditating regularly on the Sacred Heart, and consciously activating the incoming Adamantine Particles of Creator Light that you integrate, will result in a major transformation in your life as you become a cocreative Self-Master of the highest order.

In a relaxed state, begin the Breath of Infinity--(a figure 8). With each breath, imagine your consciousness expanding to incorporate all of the solar system..... then the galaxy..... and then this Sub-universe. Envision, however you perceive, the magnificence of the planets, star systems, galaxies, and also feel within your Sacred Heart the power and majesty of the vastness of space…….the "Great Void" filled with the unmanifested potential of Love/Light (the Adamantine Particles of Creation, powered by Love).

Now envision yourself as the center, the focal point within this Sub-universe, as the "Flow of Divine Light" radiates forth from all directions toward you. See the prisms of Light refracting into Rainbow Colors, which contain all the virtues, qualities, attributes and potential of Creation. Breathe deeply as you ingest this gift of Love/Life, as you begin to feel the flow to you and from you…….the never-ending supply of Divine Light Substance.

Breathe in.....breathe out..... breathe in.....breathe out.....as you see this magic elixir flow forth from your Sacred Heart center in an Infinity Sign, from both the front and back portals of your heart. Be aware that, with you as the receptacle and the conduit on the material plane, the Creator particles of pure Light substance will pour forth into you and from you in a never-ending supply. These particles will stream outward into the material world to be molded into an unlimited variety of physical manifestations via your visions, seed thoughts and pure intentions / will / actions!

AFFIRMATION: SAY TO YOURSELF: "I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF AND MY SOUL FAMILY. I ASK TO BE ALIGNED WITH THE MASTERS AND THE BEINGS OF LIGHT THAT I AM TO COMMUNE WITH, IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH WHICH I AM TO INTEGRATE AND

SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND THE APPROPRIATE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, AND I AM DIVINE WISDOM IN ACTION.

SO BE IT! SO IT IS! I AM THAT, I AM!"

Lastly, but of vast importance, always maintain an attitude of gratitude for all things, large and small. A constant state of thanksgiving generated from within the Sacred Heart will magnify and enhance your ability to cocreate in alignment with the Divine Plan for the greatest good of all.

How will you use this gift, which is a treasure beyond compare? What are your greatest desires? What will be your legacy to the world and humanity? Reach for the stars, beloved friends, for there is no limit to what you can manifest and share when your desires are in harmony with Spirit.

ARCHANGEL MICHAEL * RONNA VEZANE

BASIC INFINITY BREATH MEDITATION© **THE BREATH OF LIFE**

Take a deep breath, and center your consciousness in your Solar Power Center (the thymus, heart and solar plexus area), which we will now refer to as your SPC. Envision, however you perceive, your SPC being filled with the Divine Light Particles of Creation. As you breathe deeply, feel the energy begin to build and travel up your back along the spinal column. This energy permeates the medulla oblongata, where the spinal column and the lowest part of your brain are connected. It also contains nerve centers that control breathing and circulation, and it also connects to the Ascension chakra. This Light energy moves through the Ascension chakra, and out the back of your head in an arch about six inches above the top of your head. It then sweeps down before your face and enters the SPC again. It continues its journey down the back spinal column, and it exits the body through the root chakra (the perineum) in an arch. The energy flows up the front of your body, as it returns once again to the SPC within the body, gaining more energy, Light and power with each breath.

Continue the process of deep rhythmical breathing as you visualize this INFINITY sign filled with Light arching farther and farther above your head and deeper down into the Earth, returning to your SPC with each rhythmic breath cycle. Continue the process as long as is comfortable, knowing that as you incorporate more of these precious Adamantine Particles, it will magically accelerate the process of cleansing and clearing your physical vessel of any discordant energies, and filling the vacancies with Creator Light substance.

You will also be accessing more and more of the refined thought forms of new Creation, anchoring them in your physical vessel, and deep within the Earth as well. Your beloved Earth will greatly benefit from the process as you share these wondrous gifts of Creation with her. In turn, she will strengthen and harmonize her connection with you, as together;

you go about your Father/Mother's business of creating peace, harmony and all good things on your home planet.

Forever love and angel blessings, Ronna

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MESSAGES FROM ARCHANGEL MICHAEL * LM-2-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE EMPOWERING GIFT OF FORGIVENESS

Beloved masters, as the higher frequencies of Light and Creator wisdom permeate the Earth and humanity, a radical shift in consciousness is taking place. More and more precious Souls are questioning their basic beliefs and examining their life patterns, the many structures they have built, both physical and mental, which make up their personal reality. Fear and uncertainty are rampant, and a great majority of people fear that the best times are past, and the future looks bleak and uncertain.

It is normal to resist or be uncomfortable with dramatic changes, especially when people feel they are not in charge and in control of their future. That is why it is so important to tap

into the wisdom of your Higher Self, and to connect with your wonderful angelic guides and teachers.

Know that the pathway home has always been in place and your return to the higher realms of illumination is assured. However, be aware that the secret of how this is accomplished comes from within, not from your outer world. The internal transformation process can be accomplished with ease and grace when you once again gain access to the wisdom of your Sacred Heart and Mind. We encourage you to take advantage of all the wonderful information that is coming forth from the Realms of Light via the many messengers and teachers who have dedicated their lives to bringing forth advanced universal wisdom.

Beloved ones, you are deep in the process of healing past transgressions, and releasing the painful memories of your many past lives on the earthly plane – as well as those from throughout your solar system and galaxy as well.

We have said before, you will not be punished or cast into hell. Will you please heed our words? You are not judged – you never have been judged by anyone or any Being from the unseen or higher realms – YOU ONLY JUDGE YOURSELF!

Under the Universal Laws of cause and effect, all your thoughts, intentions and deeds are stored within your auric field and your chakra system, and you radiate the vibrational patterns created thereby, which go forth from you in an infinity pattern and return to you in like frequencies and measure. In the past it often took many lifetimes to reap the rewards for positive, loving actions, or to experience the penalties for negative or hurtful actions. Therefore, most often, it was not obvious that the righteous are indeed rewarded, and the unrighteous also receive their just rewards in kind. Again, no great or small Being is doling out rewards or punishment. The Universal Laws are firmly in place, and your own Higher Self monitors your progress or lack thereof; either clearing the way ahead, and blessing you with miracles large and small – or by placing more obstacles before you in hopes you will awaken and step onto the spiral of Ascension.

Dear hearts, too many of you are carrying great burdens from the past, mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field, just as we are clearing the distortions of the Third- and Fourth-Dimensional collective consciousness belief patterns and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limiting realms of consciousness, the veil of forgetfulness was placed over your memory so that, most often, you could not remember your past lives, for it would be too much of a burden to remember all your past mistakes and imperfections. It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all your past

aberrations. These restrictive membranes of Light are slowly dissolving as you return to balance and harmony and advance on the spiral of ascension and reunification. An important fact to remember is that even though you no longer recall your past errors and the thoughts and deeds that threw you off balance, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. That is the process you are now in the midst of at this time: through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher Fourth Dimension are roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention.

Imagine a great orchestra playing a symphony; however, each instrument is a little off-key. Now imagine how uncomfortable that would make you. And then, picture some of the most powerful negative vibrational patterns you have sent forth in the past – instead of beautiful, melodic frequencies which lift and inspire – it is as if you have been sending forth discordant frequencies, which clash and create chaos instead of balance and harmony. Can you bring to mind some of the positive vibrational patterns you have radiated forth recently, which have been as powerful as your negative thought forms?

Your Soul Song has gradually lost some of its pure and harmonious frequency patterns, and therefore, both your inner and outer worlds have become off-balance and discordant. We have stressed over and over again, one of the greatest challenges, yet the most important thing to be accomplished in order to step onto the spiral of ascension, is to return to center within your Solar Power Center. This facilitates the opening of the Sacred Heart, and thereby, allows the Creator Light to flow freely to and from you. This, in turn, assists you to reclaim your uniquely beautiful and harmonious Soul signature.

We have explained how a membrane of Light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of Light. However, you and you alone placed a membrane of protection over the front portal to your Sacred Heart Center because you have been hurt, disappointed and disillusioned so often.

Slowly but surely, through the techniques we have given you, you have dissolved those restrictive membranes so that the Love/Light can flow freely to and from you in the way it was intended. In order to access and radiate the ever-increasing frequencies of Light, you must be able to integrate and permeate your Being with these advanced vibrational patterns. Then, you must be prepared to radiate them down into the core of the Earth, and project them out into the world at large, via your Sacred Heart Center portals – both front and back.

Envision how you looked when you first came to Earth: you were a shining crystalline Pillar of Light, filled with a full allotment of the virtues, qualities and talents of your God Ray consciousness. Slowly as you sank into the density, you began to build a cross of matter, which became more and more unwieldy as your spectrum of Light and shadow increased. You are now in the process of loving those Fragments you have created back into balance

and harmony as you seek and tap into higher and higher frequencies of Light. You are in the process of becoming a cross of Light, beloveds, as your spinal chakra system becomes ignited and you radiate Love/Light from the front and back portals of your Sacred Heart Center.

Why not move into the center of the spiral of ascending consciousness – into the eye of duality and polarity where all is calm and peaceful, and filled with pure cosmic life force substance called Adamantine Particles – waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator, knowing that you are a treasured son/daughter on an important mission and that nothing you can say or do can diminish that love.

VIA THE GIFT OF FORGIVENESS, YOUR EMOTIONAL, MENTAL AND ETHERIC BODIES CAN BE HEALED AND TRANSFORMED BACK INTO WHOLENESS. THIS, IN TURN, BENEFITS YOUR PHYSICAL BODY AND ENHANCES YOUR SENSE OF WELL-BEING.

Stand in front of a mirror and gaze into your own eyes or go into your Pyramid of Light and lie on the crystal table.

Say to yourself, AI forgive myself for any action, thought or deed – past, present or future – in this or any other reality, which has not been composed of the frequencies of Sacred Love. I forgive everyone with whom I have shared conflicting, discordant energies during my present or past lives – in this or any other reality – and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures that we have created together. I ask the angels of forgiveness to permeate all Facets of my Being with the frequencies of Love/Light so that I may become Soul-focused and heart-centered as a Bearer of Light and a Self-master."

Breathe deeply as you move into your Sacred Heart Center. Allow the pure Love/Light to pour down through you via your Higher Self. Feel the expansion in your heart center as this Divine Elixir of Love permeates the very depths of your Being. Sacred Love is what frees you from the shackles you have woven around yourselves, binding, restricting and entangling you in karmic interactions. When you deny this love, you are denying your heritage and your Divine birthright. Perform this exercise as often as necessary until you feel you have accepted the truth that you are worthy of forgiveness.

Forgiveness is a very personal act, and it must come from the heart. It does not matter if others forgive you or not. When you forgive from the heart, it changes the energy dynamics between you and others. As we have said before, you can only change yourself, and you must allow others to change in their own time and way. You are only responsible for your own spiritual growth. However, remember, dear hearts, your loving energy speaks for itself and it creates miracles.

Forgiveness of Self, which facilitates a forgiveness of all others, is an integral step in the process of opening the portal to your Sacred Heart center. Your heart portal must be open

in order to successfully connect with the many Facets of your Divine Self and your universal consciousness. You must make a concerted effort to return to harmony and balance within your own Being in order to be ready to connect with your Divine counterparts. Your painful, unsatisfying earthly relationships are a result of inner feelings of unworthiness, guilt, fear of failure and rejection.

The battle of the sexes is really an internal battle with Self, as you project your needs, wants and desires outward to someone else in hopes they can supply what is missing within. Your relationships will surely reflect to you the negative energies you need to overcome as well as some of the positive attributes you desire for yourself. Either can be painful or fulfilling, depending on the way you wish to apply the game of relationships. Negative frequency physical relationships are fear-based, rigid, self-absorbed and limiting. Sacred relationships are love-based and Spirit-inspired, and allow each party to integrate and express the positive attributes of their intrinsic masculine and feminine nature. They focus on wholeness and unity, and yet they are flexible and allow freedom of expression.

As you lift your consciousness and return to harmony within, you radiate forth more refined frequency patterns, and therefore, you will attract to you those who are radiating and are comfortable with the same level of the Light spectrum. The reunification process entails rejoining the multiple Facets and levels of your Soul family, which consists of your earthly Soul companions and the many Facets of your Higher-Self – your solar, galactic and Sub-Universal family.

Beloveds, won't you begin the process of forgiveness NOW, and make a concerted effort to open the portal of your Sacred Heart Center so that these wondrous gifts can be showered down upon you?

Call on us and allow us to assist you. Remember, we are only a heartbeat and a thought away. We enfold you in the Sacred, unconditional love of our Father/Mother God. I AM Archangel Michael. RONNA VEZANE * STAR*QUEST* www.StarQuestMastery.com

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MESSAGES FROM ARCHANGEL MICHAEL ** LM-3-2019

THE PATH OF ASCENSION

OVERLIGHTED BY ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE

Dearest friends, some time ago, Archangel Michael explained to me:

"As a messenger of the advanced Cosmic information for the New Age, when you have integrated the remainder of your Soul Fragments within the Third and Fourth Dimensions – and you are in the process of gaining access to your entry-level SACRED TRIAD within the

Fifth Dimension – it is necessary for you to demonstrate your ability to directly bring forth some of the new knowledge from the higher Planes of consciousness. This must be accomplished through your own expanded, intuitive awareness. This process is necessary in order to blend your physical, mental capabilities with your intuitive higher faculties – your connection with your Spiritual Triad – via the Sacred Mind."

Beloved Michael has asked me to share with you some of the important lessons and techniques he has given us over the past 25 years. Therefore, beginning in 2019, occasionally, I will be posting some of the key lessons I have compiled for Archangel Michael's seven books of messages.

THE EIGHT STAGES OF EXPANDED-AWARENESS:

STAGE ONE:

You gradually tune into and begin to listen to the small voice of your conscience (your embodied Soul Self), and you begin the process of healing and harmonizing your Emotional Nature. You slowly allow your Soul-Self to be the guide and the director of your life's experiences, instead of the ego-desire body. You begin the process of upgrading and refining your Emotional Body consciousness, which can be painful and challenging, but also rewarding and en-Lighten-ing.

STAGE TWO:

As you begin to delve deep within your subconscious mind, you initiate the process of aligning your emotional will with that of your OverSoul/Higher Self and Divine Will. Your most often used mantra or affirmation becomes: "Thy Will be done for the greatest good of all."

As you learn that you are an electromagnetic, energetic Being, you come to the understanding that you are constantly radiating energetic thought forms out into the world around you. You then must experience these positive or negative thought forms as events or situations of the same frequencies. Your personal world is constantly rearranging itself to fit your current picture of reality. Through trial and error, you slowly begin to understand the Laws of Cause and Effect or Karma.

There will be some negative traits or addictive habits which will be emphasized so that you may release, modify or refine them; thereby returning the negative vibrations to frequencies of balance and harmony as you move through the process of Soul integration and Self-awareness.

There will be times when you will experience "A Dark Night of the Soul," as you strive to clear, harmonize and balance the many negative thought forms that you still carry within your physical vessel, your Auric Field, and your DNA. You will have peaks and valleys, emotionally and mentally, as you move deeper and deeper into the cleansing and refining process of your four earthly body systems: physical, emotional, mental and etheric.

You will gain an understanding of and you will begin to actively use the Universal Laws of Manifestation, as you slowly refine your abilities as a cocreator on the earthly plane of existence. With new awareness, confidence and trust in the workings of the Universe, you gradually relinquish control at an emotional level to your OverSoul/Higher Self, for you now understand that it is your Divine Birthright to enjoy the love, beauty and bounty of your Father/Mother God. You now understand that your Higher Self sees things from a higher vantage point; therefore, you will always be directed toward the best outcome.

STAGE THREE:

As you progress upward on the ladder of Ascension, you also learn to view the events in your life from a higher vantage point. You have gone through the painful process of breaking and healing all past agreements with those whom you have experienced Karmic interaction, so that you may sever any remaining energetic cords between you. You lovingly forgive and ask forgiveness, so that each person may, once again, become a sovereign Being. By healing and transmuting the probable futures you have created in your many past lifetimes' experience, you move into the future without the heavy burden of past negative actions.

Over time and after much Soul-searching and processing, you gradually strive for and gain a certain degree of emotional detachment. You love more deeply and compassionately as you begin to look for and see the best in everyone around you. You are gradually moving toward the concept of you and unity consciousness, instead of the ego-driven concept of separation, me versus everyone else. You have learned to see your tests and challenges as opportunities for growth, instead of punishment and bad luck. As a result, your Emotional Body consciousness is now resonating with much higher, more harmonious, vibrational frequencies. You are now ready to focus your attention on uplifting and harmonizing your Mental Body.

STAGE FOUR:

During this stage, your OverSoul/Higher Self begins to take a more active role in your transformation process, as your Soul-Self slowly integrates the higher frequencies (attributes, qualities and virtues) of your OverSoul/Higher Self. You begin the process of reviewing your beliefs, habits and the quality of your mental awareness. You re-evaluate the major judgments and attitudes that have been handed down by your elders, your culture, and religious and governmental leaders, as you gradually move out of and beyond the mass consciousness belief patterns of the lower Astral Planes.

STAGE FIVE:

As you begin to refine the frequency patterns of your Mental Body, you slowly gain access to your Sacred Mind and the treasure chest of higher mental consciousness that is stored therein. Your Sacred Mind and Sacred Heart become unified with your OverSoul/Higher Self as the guiding influence in your spiritual quest. You become more tolerant of other people's beliefs, as you learn that there are many paths to follow; however, you are now aware that

all Paths ultimately lead to the same destination. You learn to be discerning as to what you will accept as your truth, and you only accept those truths that resonate positively within your Sacred Core Being. You begin to expand your horizons of thought, and many of you will develop a desire to learn more about your spiritual origins: why you are on Earth, what is your mission and purpose for this lifetime, and what happens to you after you transcend?

STAGE SIX:

As you lift the frequencies of your Mental and Emotional bodies, your chakra system begins to spin much faster – in a harmonious fashion. This results in an ignition or activation of the etheric tube of Light that runs along the spinal column, up through the Medulla Oblongata (the Ascension Chakra) into the Sacred Mind, and out the Crown Chakra. The coiled energy called Kundalini, which contains the Sacred White Fire Seed Atoms of Creator Light called Adamantine Particles, begins to flow up the spinal column.

The portal to the Sacred Heart has opened, so that you are now receiving Adamantine Particles of Light via the back portal of your Sacred Heart, as well as a downward flow via your Crown Chakra, and an upward flow of Kundalini Fire along your Sacred Rod of Power/Light. This process will be speeded up and magnified if you use the gift of conscious breathing, such as the Infinity Breath or other deep breathing techniques, along with affirmations of empowerment.

STAGE SEVEN:

By this time, you have learned to HEAL THE PAST and SCRIPT YOUR FUTURE, so that you can focus on the ETERNAL "NOW" MOMENT–the STILL POINT of Creation. You will have merged your physical intellect with the spiritual wisdom of your current resident OverSoul/Higher Self. This means that you not only understand and accept the many higher spiritual truths you have learned, but you have integrated them, and you are now radiating forth the frequency patterns of those refined wisdom teachings.

As you draw forth more and more vibrational frequency patterns from the highest planes of the Fourth-Dimension, your Soul Song will become attuned to and resonate with much higher vibrational frequencies. This sets off a CELESTIAL CLARION CALL for the remaining Fourth-Dimensional Facets of your Higher Self to begin the process of slowly moving into alignment within your personal column of Light. The downloading of the Facets of your Higher Selves with your presiding OverSoul/Higher Self begins to accelerate at this point, and your progress on the Ascension path will also greatly accelerate. You are now ready to move into the Flow of the River of Life – the Antakarana stream of Cosmic Energy – and you know that you will be guided and directed as you begin to "FOLLOW SPIRIT WITHOUT HESITATION."

STAGE EIGHT:

You gradually become comfortable with your new State of Being and your new way of viewing the world. You value your solitude as you delve deeper and deeper into your Sacred

Beingness. You are now living each day as a Living Meditation and a Living Prayer as you naturally stay centered within your Sacred Heart. The earthly illusion now has minimal affect on you; however, your loving compassion has now grown to embrace all Beings and all Creation.

Archangel Michael:

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart and Mind as you draw forth the White Fire Seed Atoms of Life/Light, and infuse them with your love before radiating them out into the world and to humanity. We are all in this cosmic dance of the evolution, and together, we shall prevail. I AM Archangel Michael.

Transmitted through Ronna Vezane * *STAR*QUEST*

www.StarQuestMastery.com *** Email: RonnaStar@earthlink.net

A GIFT FROM ARCHANGEL MICHAEL

THROUGH RONNA / SACRED SCRIBE

NEW AGE CREED©

1. Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love yourself.

2. Know that you are a caretaker of the Earth and all life forms that reside upon her — the nature, animal, elemental and human kingdoms. Protect, preserve and honor all expressions of life.

3. Live your life with joy and with the spontaneity and delight of a child. Endeavor to leave a legacy of love and hope. Enjoy the journey of life, and strive to fulfill your earthly mission to the best of your ability.

4. Maintain a constant attitude of gratitude, and live each day as though Spirit were perched on your shoulder as an observer. Practice nonjudgment, and look for the good in everyone.

5. Your goal is to return to balance in body, mind, and Spirit. Polarity and duality will no longer affect you when you walk the middle path.

6. Seek and claim your highest truth, and then live your truth with integrity. Allow others the same right.

7. Learn and use the Universal Laws of Manifestation — the God-given tools that will assist you to create your version of paradise on Earth.

8. Share the wisdom you have integrated with others, first by example, then through your actions, and finally through words.

9. Claim your Divine Birthright: the love, joy, peace, health and abundance that are yours as a gift from our Father/Mother God.

10. Each day, call on your Mighty I AM Presence to OverLight, guide and direct you, then listen to ITS inner nudgings. Call upon the Mighty Angel of Forgiveness, and the Violet Flame at the end of each day to balance, harmonize and transmute any discordant energy you have projected that day, thereby rendering it harmless, which moves you beyond the laws of cause and effect and into a state of grace.

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APRIL - LM-4-2019_Evolution_Soul_WEB.doc

MESSAGES FROM ARCHANGEL MICHAEL ** LM-4-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE EVOLUTION OF THE SOUL

Beloved masters, you must endeavor to expand your capacity for Love/Light so that it includes all Creation: Love of nature, Love of animals, Love and compassion for humanity, Love for your perceived enemies, and most important, Love of Self. For in Essence, all of Creation is a part of you, and you are a Facet of the Supreme Creator. The expansion of God-Consciousness results in an expansion of your auric field–your Light Radiance. Over time, more and more of you will develop a radiance so powerful and expansive that it will begin to have a positive effect on those around you–and eventually on the Earth and all humanity. Quite a large number of the more advanced Souls have already gained this ability. However, you must remember, you cannot convey that which you have not claimed as your own. Also, remember this: an important part of your mission on Earth is to intensify the Light of the lower Dimensions. Expansion of Soul-consciousness results in an expansion of the auric field, both in intensity and scope of influence.

An aspirant on the Path must focus on both outer and inner world training. You must strive to become a conscious observer of what is taking place around you. Training yourself to become fully engaged with focused awareness of the physical events in everyday life is vitally important, as well as learning to process the harmonious and the discordant frequency patterns to which you are subjected. You must then take the appropriate action. Practicing emotional and mental discipline is also very important as you seek to become a Master of Self. You must not turn your back on the world and life's experiences, but face them head-on. However, it is vital that you learn to view life from a higher vantage point. Endeavor to see the bigger picture and not get entangled in the small story dramas.

Logic is a function of the physical mental body and your mind. Remember, the knowledge or theories you accept as your own truth must be experienced in order to gain the wisdom from the disclosed information. Inspiration is supplied by the Higher Self and your Sacred Mind. You must learn to pay attention to the impulses of your Sacred Mind and Sacred Heart or to the input of the prevailing Facet of your Higher Self, for that is how you will gradually learn to communicate with the Beings of the Higher Realms and gain cosmic wisdom.

In the beginning, there was communication with and amongst specialized, group Spiritual Guides and Guardians; however, over time this gift or ability was lost. As humanity sank deeper into material consciousness, they became submerged in the sensations of the five senses, and they gradually stopped turning inward for the sense of connection with the higher realms of consciousness. The lower Third and Fourth Dimensions are not bright and clear. There is a misty or foggy overlay. Those Souls existing in this environment do not realize this, for it is the state of awareness they are accustomed to. The reality of the lower Third / Fourth Dimensions could be likened to existing within a murky labyrinth where you are forever seeking the path that will lead you back into the pure Light of awareness. This fog gradually begins to dissipate as you move into the mid-Sub-levels of the Fourth Dimension, and your world becomes lighter and brighter as you traverse each Higher Sub-level. In order to receive the lessons of Light, you must lift your consciousness to attune to at least the Fifth sub-level of the Fourth Dimension. In this Sub-Universal experience, there are Seven Sub-levels to each Dimension, with the First Sub-level being the lowest/densest and the Seventh sub-level the highest and most refined. The masters and your guides are willing to meet you halfway; however, only on very rare occasions will they lower their frequencies into the density of extreme duality, for it is too uncomfortable for them.

The ego is a Facet of the physical personality; it was designed to assist you in developing a sense of identity and individuality over time. An outward-focused mind is guided by the ego. The misdirected ego-self was instrumental in creating the illusional belief system of the material plane, a reality based on separation, fear, selfishness and scarcity. As you expand your mental horizons, you begin to break down the barriers of self-limiting perception. Mind-expansion includes activating dormant cells of the upper dimensional levels of the brain and tapping into the wisdom of your Sacred Mind. Blind obedience is not a requisite for en-Lighten-ment, for you are striving to become a Master of Self and to live your personal truths as they have been revealed to you and validated by your heart monitor.

Humanity is in the midst of a Soul and cellular awakening. As you move into the vibrational patterns of the higher Fourth and lower Fifth Dimensions, your cells, etheric body and auric field will begin an accelerated purification process. This process will facilitate and ultimately result in the downloading of the many Facets of your Higher Self and the gradual reclamation of your body of Light. Be mindful and aware every moment so that your focus becomes one-pointed and clear. You will gradually develop a sense of self-assurance and security, a knowing that all is well and that it will remain so.

The Soul is a refracted extension of your God Self or I AM Presence. The Soul uses the right brain consciousness of intuition, which is connected to the higher Sacred Mind and Spiritual Will. An inner-focused mind is guided by the Soul Self. Humanity is in the process of developing the subtle, refined senses which have become dulled from misuse. You must move past the basic, often distorted physical senses, while diligently endeavoring to develop the higher mental senses of intuition and Divine wisdom. It is of vital importance that you learn to control your emotional nature and to hold your thoughts steadily on the Light.

Your God Self is your original Core Intelligence, your first individualized identity within a Universal or Sub-Universal experience. Within this Sub-Universal experience, your I AM PRESENCE created your first Twelve Soul Fragments or Soul extensions. Since that time, your God Essence has refracted and separated innumerable times. You are now in the process of reclaiming all the multiple Facets of your Divine Self within this Sub-Universe so that you may move forward to a greater, more dynamic and expansive version of your Divine Self. To assist you in accomplishing this, your Diamond Core God Cell and your personal Flower of Life Creator Wheel contain a full measure of the Twelve Rays of God-Consciousness for this Sub-Universal experience. They were designed so that you would always have access to your own FULL SPECTRUM DIVINITY for this Sub-Universal experience. Your task is to activate these Rays, to incorporate the God qualities and attributes they contain, and then to use these qualities and attributes for the greatest good. There is still much confusion as to what the Soul is, how it functions and where it resides. It is vital that you understand the intricate process of reconnecting with the many Facets of your Higher Self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding the multiple Higher Self Fragments (you have many, not just one) and the process for incorporating these multiple Facets of Self. Therefore, we feel it is time for an advanced explanation of this most important process for the EVOLUTION OF THE SOUL:

^^ You carry within your Diamond Core God Cell a crystalline, Memory Seed Atom of full Self-realization from your point of origin. It contains a very brief overview of the highlights of every life you have ever lived, the major lessons you have learned and the talents you have perfected as you journeyed throughout this universe.

^^ The Soul is an extension of your God Self or I AM Presence. The Soul is neither Spirit nor matter. It is a crystalline, Sacred Fire, Memory Seed Atom, a Fragment of pure Light Essence that is programmed to record your journey throughout this Sub-Universal experience. It is the link between you, the many higher Fragments of your Higher Self, and ultimately, your God Self.

^^ Your personal Soul Self, for this lifetime, resides within your Sacred Heart as a Facet of your Diamond Core God Cell. A Cell of Soul consciousness also resides within the Pineal Gland. Each higher frequency Facet of your Soul has its own Memory Seed Atoms. When a given Facet takes up residency within your Soul Star as your OverSoul, it will gradually relay its personal vibrational pattern memories to the Memory Seed Atom within your Diamond

Core God Cell, and also to your embodied Soul Self. First, it will activate the appropriate Memory Seed Crystals within your Sacred Mind. As your frequencies expand to accommodate them, the Memory Seed Crystals held in reserve within your Diamond Core God Cell will be activated. In this way, as you incorporate all of your Soul Fragments, you will eventually gain the ability to access all of the wisdom, talents, positive memories and experiences of your I AM Presence for this Sub-Universe. This process repeats itself over and over again as you traverse the multidimensional levels of God-Consciousness and incorporate more and more Facets of your Divine Self.

YOU WERE PROGRAMMED TO FOREVER SEEK THE SACRED HEART OF YOUR ESSENCE, YOUR DIAMOND CORE GOD CELL, AND YOUR CRYSTALLINE SEED ATOM OF CREATOR ESSENCE

At specially timed intervals there have always been small groups of special, unique Beings who incarnated into the different races and sub-races, and who brought forth fresh ideas, instilled new qualities and attributes. These advanced Beings interjected their wisdom, higher consciousness and special talents by example, and they also merged physically with select members of the human species in order to advance the DNA encodings of humanity. YOU ARE LIVING IN ONE OF THOSE SPECIAL TIMES.

The Fourth Dimension could be called a "transitional reality," for this is where you begin to let go of all the preconditioning of the past. The Fourth-Dimensional realm is more emotional in nature, and therefore, the heart and feeling nature are the major focus. The ancients called the Fourth Dimension the realm of Maya or illusion. The collective mass consciousness of humanity fills the lower three levels of the Fourth Dimension, and this is where most of humanity exists mentally until they gradually begin to turn inward and listen to the nudgings of their Soul-Self. The ego-desire body personality is the master manipulator of this realm, and it constantly urges one to seek more satisfaction and happiness via sensation and external means of gratification.

You begin to tap into your Inner Power Potential as you move into the higher Sub-levels of the Fourth Dimension. Matter becomes more fluid, and therefore, it becomes easier to manifest what you desire. That is why you must learn to be decisive and to focus your thoughts with clear intention. A disciplined mind links the chains of thought together in proper order.

It is vitally important for you to understand that scattered thoughts are detrimental to your progress. Living in the present moment – in the NOW moment – is a critical component in attaining Self Mastery. Mental effort is required in order to successfully traverse the path of illumination. Gradually, a good portion of your memory of past events will begin to fade as you move out of the realm of the instinctual brain / mind into the realm of the Higher Mind. Important traits of a Self-master are focused observational abilities and harmlessness in thought, word, and deed. As an aspirant on the Path, greater and greater Cosmic Truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules,

laws and truths of the next level of existence in the never-ending cycle of ascension in consciousness.

You must keep the channel of communication open between the Soul and the brain via the mind. This initiates the slow reactivation process of the Pineal Gland and the opening of the portal to the Sacred Mind, which is located at the back portion of the brain, close to the crown of the head. The Sacred Mind resonates to the Highest Fourth-Dimensional Sub-levels, as well as all of the Fifth- and the Sixth-Dimensional levels, with a small portion of Seventh-Dimensional frequencies/data, which are reserved for future use when you gain the ability to traverse the highest levels possible for humanity in this Sub-Universal experience. However, you must gradually increase your own vibrational patterns in order to tap into this storehouse of Cosmic Wisdom.

The Sacred Mind and the Sacred Heart are not made of material world matter; they consist of gossamer, ethereal Light substance that cannot be detected via scientific means. However, they are more real than any part of your physical body. For once you reestablish the connection between your Sacred Mind, your Sacred Heart and your Diamond Core God Cell, there will be a constant flow of Adamantine Particles, as well as pertinent, advanced information coming from within your Memory Seed Atoms and also from your OverSoul / Higher-Self. That is why it is so critical that you reconnect the Triad of God Consciousness: the Sacred Mind, the Sacred Heart and all the Facets of your Diamond Core God Cell.

As you move into the vibrational patterns of the Fifth Dimension, your cells, etheric body and auric field will begin an accelerated purification process. Tranquility begins in the lowest level of the Fifth Dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond the massive belief patterns of the collective consciousness of humanity into attunement with your Cosmic Consciousness via the many Facets of your Higher-Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of EQUILIBRIUM that applies to the Fifth Dimension and above.

Briefly, the Sixth Dimension is the Dimension of immortality and a greatly expanded Soul consciousness as you reconnect with the highest levels of your Soul potential within this Sub-Universe. The Seventh Dimension is the final evolutionary boundary for humanity within this Sub-Universal experience. The first sub-level (the lowest in frequency) of the Eighth Dimension is the INFINITY GATEWAY, which you will be able to tap into as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your auric field and the vibrancy of your Soul Song.

REMEMBER, MY BRAVE ONES, YOU ARE LIVING IN THE MIDST OF ETERNITY. The wisdom messages we bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love and to give you a glimpse of the glorious future before you. I will guide, direct, inspire and protect you, and I radiate the eternal love of our

Father/Mother God to each of you. I AM Archangel Michael. TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE

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ARCHANGEL MICHAEL * RONNA / SACRED SCRIBE

LORD MELCHIZEDEK * RANDALL MONK / MEMORY SEED ACTIVATOR

SEMINAR ** SATURDAY, JUNE 8, 2018

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In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal Destiny. As you balance and harmonize your vibrational patterns within the Third- / and the Fourth-Dimensional environment, a major influx of "OverSoul Consciousness" is downloaded into the Sacred Mind and Sacred heart. In ancient teachings these "enhanced levels of Spiritual awareness" were termed "Initiations." We will call this transformation process "STAGES OF ASCENSION AND SELF-MASTERY."

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THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many Starseed Souls are close to accomplishing this goal. It will become a common occurrence over the coming years, and the Ascension of

humanity will accelerate throughout this century. Archangel Michael has defined the stages or levels of the Ascension process that humanity is currently experiencing as "STAGES OF EVOLUTION." THE MAGIC & MAJESTY OF ASCENDING HUMANITY * Book Seven * ARCHANGEL MICHAEL / Ronna * 8 X 11 Spiral-bound Study Manual * $25. plus S&H *** www.StarQuestMastery.com * E-mail: RonnaStar@earthlink.net * PHONE/FAX: 775-856-3654 * Monday & Thursday * 10 AM to 2 PM PDT ** STAR*QUEST*

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MESSAGE FROM ARCHANGEL MICHAEL * LM-5-2019

RONNA / SACRED SCRIBE

THE NEW AGE OF SPIRITUAL/HUMAN CONSCIOUSNESS

EVOLUTION OF THE EARTH * FIRST THROUGH FOURTH DIMENSIONS

EVOLUTION OF THE SOLAR SYSTEM * FIFTH AND MID-SIXTH DIMENSIONS

EVOLUTION OF THE GALAXY * SIXTH AND MID-SEVENTH DIMENSIONS

Beloved masters, the God Rays of creation for the Piscean Age, which contained the specific aspects, qualities, virtues, designs and formulas for the creative process of that ERA, were beamed down upon the Earth and humanity for over 2,000 years. Those Creator Rays are now in the process of being withdrawn and shut down. That is why the masses, those who are still stuck in the illusion and the vibrational frequencies of the imbalanced Third- and lower-Fourth Dimensions, are feeling as if they have lost their way. Nothing is working the way it did in the past, and there seems to be no hope for the future. Old regulations, guidelines, as well as many well-established institutions and religious organizations are no longer dependable, and many are falling by the wayside. Fragmentation of almost all racial, cultural, social and political boundaries within the Third- / Fourth-Dimensional paradigm are crumbling or are being challenged. The consciousness of humanity is on the rise, and nothing can stop the forward momentum. HUMANITY IS COMING OF AGE, and all must follow the flow of expanded awareness or fall into the trap of inertia and chaos.

Fortunately, more and more people are awakening to the process of turning inward in order to gain a heightened sense of Self-awareness, which ultimately leads to a desire for higher Soul-consciousness via the energies of Divine discontent. Every cultural group, every race and every country on Earth are seeking direction or a higher philosophical path to follow. This phenomenon is due to the fact that the Seven Rays of God Consciousness for your Earth, which contained the Divine Blueprint for the Piscean Age, have been almost completely withdrawn, and are being replaced with the higher frequency, more-refined twelve Rays of galactic consciousness for the Aquarian Age.

In the beginning stages of awakening, before a major Soul merge takes place within a person, there can be no interference from the higher realms due to the Divine gift of free

will, which ultimately became a gift with great and burdensome consequences. However, when a person attains an energetic signature which resonates with the higher frequencies of the mid-Fourth Dimension and above, he/she is ready to affirm: "Thy will be done. I ask for my greatest good and the highest outcome for all," thereby aligning the personal will with the Will of the Higher Self and the new Divine Blueprint for the Earth. As a result, a magical path of Light is extended to that Soul via his/her personal column of Love/Light/Life. This Pathway of Light, often called the River of Life, leads to an authentic Essence Consciousness, whereby each person who reaches the required level of consciousness will begin to receive his/her special portion of encoded crystalline Seed Atoms for their new galactic or Sub-Universal Divine Blueprint / Mission. These new Seed Atoms will also contain the advanced wisdom, talents, attributes and qualities necessary to qualify as a participant in the early-stage, creative process for the new Golden Galaxy of the future.

The process of evolution is changing – the bodily structure of all humanity will gradually be refined and upgraded. There will be guidance and directions supplied to those who have attuned to their Sacred Heart / Sacred Mind and who have placed their personal will under the command of Divine Will.

Heretofore, the masses have lived in a world of veiled, illusional awareness, and it seems they are now facing a future that feels much like a ship that has been cast into a stormy sea without a rudder. That is because the Primal Life Force energy that has been available to all humanity over the past age is no longer filled with God Seeds of great potential from within the old Divine Blueprint for this Sub-Universe. The masses will still receive the vibrational patterns they need to maintain the status quo. And, we assure you that the loving energy of our Father/Mother God and the Beings of Light will always be available to humanity; however, in order to tap into the new Divine Blueprint that is awaiting each Soul, there must be an attunement to at least the mid-Fourth-Dimensional frequencies of Light. Our Father/Mother God's greatest desire is to see all Facets of their "Beingness" return to Self-mastery so they may enjoy the love, peace, joy and abundance that is every Soul's Divine Birthright. There will always be help available from the great Beings of Light, and the angelic realm will always answer calls or pleas for assistance. However, there are immutable Universal Laws that must be adhered to, and it must be each person's choice as to which path they will follow: the Path of Light or the path of shadows.

You, the StarSeed, who have balanced and harmonized the vibrational patterns of your four lower bodily systems so that your Soul Song is resonating to the Fourth sub-plane of the Fourth Dimension and higher, are now beginning to access the HIGHER FREQUENCY RAYS OF THE GOLDEN AGE OF THE FUTURE. There is a new Divine Blueprint for this Sub-Universe and for each person who is ready to don a shining cloak of many colors – a refined auric field of Light – signifying a readiness to receive the virtues, qualities, talents, abilities and aspects of the New Age. These wondrous gifts are programmed within the Adamantine Particles of Creator Light, and they are now available to those of you who have attained the required level of Self-Mastery.

Adamantine Particles of Creator Light are complete Facets of Creator Consciousness ready to be activated, programmed and manifested into new, unlimited creative endeavors. At the initiation of each subsequent plan for a new creative project, the Adamantine Particles are encoded with the Divine Blueprint for that plan. These Blueprint Adamantine Particles are then sent forth in great Rays of unlimited potential by the Father/Mother God who received the command from the Supreme Creator for the new project that is to be manifested in the material realms. The Seed thoughts of the Divine Father, which are then radiated forth from the Cosmic Womb of the Divine Mother, are known as ESSENCE GENES.

You have genes within your DNA structure from all the different dimensions you have ever experienced. You, the StarSeed, are now in a state of preparation which will condition your current four bodily systems to receive these Essence Genes, along with your new Divine Mission. These powerful, higher-frequency Rays contain the Creator Essence Cells for the Divine Blueprint of the New Golden Age, and they are being RAY-diated throughout this Sub-Universe via the great shining vessels of the Elohim and the Archangelic realm. These vibrational frequencies are stepped down at every sub-level of every dimension. If this were not so, all material manifestations, including humanity, would burn up from the Electromagnetic power/intensity of the Sacred Fire Energy.

The SACRED WHITE COSMIC FIRE, Adamantine Particles, that you magnetize to you as an awakened Self-master must continually circulate. Only a certain amount – that which is appropriate for each Soul to integrate at their current level of en-Lighten-ment – can be stored within the physical vessel; the balance must be RAY-diated out into the world of form.

The Supreme Creator is composed of infinite, indefinable Essence Power, which is so overwhelming that you cannot even imagine ITS magnitude. That wondrous Essence Power has been reduced within every dimensional level of Creation so that you, the Star Seed cocreators, may claim your portion of this magnificent, potential power.

Each human Being contains hundreds of potential personality traits, which have been stored within the genetic structure of his/her four bodily systems (physical, mental, emotional and etheric). It is up to each person to determine which personality traits he/she will develop and present to the outside world. The faster you neutralize or harmonize your negative personality traits, the more quickly your godly potential or master Self will emerge. Only then will you gain access to your full potential as a cocreative master within the physical planes of existence.

Your planet is now plugged directly into the heart-core of the Great Central Sun within the Milky Way Galaxy. The new cosmic waves of Creator Light are a great gift to the awakened Souls on planet Earth. Even though these refined, higher-frequency Rays are not being beamed down directly into the lower Fourth- and Third Sub-Dimensional levels, the transforming frequencies of Light will gradually filter into and affect everyone and everything on and within the Earth.

Scientists have announced that a hydrogen wall barrier has been discovered at the edge of this solar system. These are the membranes of Light that we have spoken of in the past. Science and spirituality are validating and merging many conceptual teachings and theories of the past as more human Beings tap into the resources of the Sacred Mind.

As a result of its alignment with the Galactic Center and attunement with the Great Central Sun of the Galaxy, the Earth is in the process of raising its frequency patterns – its Soul Song – so it may return to its status as a Sacred Planet. This Sub-Universe is also being upgraded in vibrational frequencies as a result of being bombarded with the Adamantine Particles of Creator Light via our universal Father/Mother God.

The Milky Way Galaxy is also divided into twelve sectors, just as the universe is divided into Sub-Universal sectors, and each sector within the Galaxy has a governing Council of Twelve. Hopefully, you are gaining a better understanding as to the importance of the numbers 12 and 144, for these numbers apply to many Facets of Creation throughout this Sub-Universe.

Your encodings of awareness are constantly being modified by your positive or negative thoughts, intentions and actions. You are being presented with tests of tolerance, benevolence, humility and patience, and your cultural views are being challenged as well. Each and every day the Seed thoughts, which contain the negative frequency patterns of these aspects, will shrivel and disappear when you stop feeding them energy.

We have taught you to become "a living meditation" whereby you are able to function efficiently in your earthly environment while maintaining a balanced Alpha State of consciousness. The next step is to endeavor to live in a constant state of joy and gratitude, thereby becoming a "living prayer." As you become more proficient as cocreators on the earthly plane, you must constantly monitor your energy patterns and seek to upgrade them. You must strive for sustained harmony and refined godly expression. You must liberate the power of the Sacred Fire within, which, for most, has lain dormant for many thousands of years. You should strive to direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Creator Wheel of Life, you are planting the Seeds of focused change, and you will be supplied with the Sacred Fire of Creation needed to manifest what you have envisioned. Your major goal must be to gain Self-mastery while in the physical vessel. When your endeavors are directed toward the highest good for all humankind, a special dispensation is given, and a greater measure of Creator Light will be made available to you.

Imagine, dear ones, how it would feel to have access to an unlimited supply of Divine Creator Essence. Envision yourself as a great energy vortex, pulsating with power, sending out great Rays of luminous color, radiating waves of energy and creating any and everything your Soul Self can envision. Sense how you would feel as the energies you project swirl and solidify, as structure and form become discernible, beautiful and unique beyond measure — your creations — through the power of your thoughts, love/emotions and inspired imagination. We are endeavoring to help you understand why you and the Earth are so important during these chaotic times on your planet. In this galactic experience, the Earth is

the place to be during this extraordinary period of evolution of the species and expansion of this Sub-Universe.

Build your vision, my brave and faithful Ones. Start within your own Sacred Heart center and reclaim that power and magnificence that is your Divine heritage. Then, begin to radiate that power and perfection into your physical vessel and outwardly into your world: your relationships, your work place, community, country and world. Allow all that no longer serves you to continue on its path of limitation or to join you in the realm of higher frequencies of unlimited potential via the process of transmutation. The path toward the Light and the path spiraling further into darkness, have now come to a distinct point of separation. You are being forced to face, once and for all, the residual shadows of Self — all the imbalances and restrictions that are holding you back from fully empowered Self-realization. Being a Self-master is not for the timid or weak of heart, dear ones. Accept my Sword of Light, which is encoded with the DIVINE WILL POWER of our Father God, and accept a shining CHALICE OF LOVE/LIGHT from our beloved Mother God, as we go bravely forward into the dawning of the new AGE. I am ever near to guide, direct, inspire and protect you. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE

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ARCHANGEL MICHAEL * RONNA / SACRED SCRIBE

LORD MELCHIZEDEK * RANDALL MONK / MEMORY SEED ACTIVATOR

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ARCHANGEL MICHAEL'S WISDOM TEACHINGS

BOOK SIX ** SECRETS OF SELF MASTERY * KEYS TO ASCENSION ** In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of, and have a desire to fulfill his/her personal destiny. We offer you vital information to assist you to move onward and upward on the spiral of Ascension with ease and grace. Now is the time we've been waiting for. 8 ½ X 11 SPIRAL- BOUND BOOK $25 plus S&H

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MESSAGES FROM ARCHANGEL MICHAEL * LM-6-2019

RONNA / SACRED SCRIBE

THE ESSENCE OF CREATION

Beloved masters, have you ever wondered about the true meaning of the phrase, "And God said, 'Let there be Light'"? It is a complex statement and it has been interpreted in many ways. Hopefully, you are beginning to understand how profound and all-encompassing it is. In your recent past history, as children of God, you could only understand the story of Creation in its most simplistic form. But as you awaken, raise your consciousness, and tap into the cosmic truth of Creation, you now have the ability to access all the wisdom and majesty of your Divine origins and birthright.

In the beginning of the beginning, all that existed was the great void – which was filled with unlimited, unmanifested potential. The Supreme Creator was in repose within a sphere of

unimaginable power and magnificence. The mind of the ALL THAT IS stirred, and from within ITS Core Essence, a White Fire Seed Atom came forth with the desire to create and experience more of ITSELF.

The words, "Let there be Light," were not spoken, but from within the heart of the Creator there burst forth a beam of radiance of gigantic proportions. This beam of the Creator's consciousness radiated forth out into the void, illuminating the great void, and thereby creating what was to be the Omniverse of the First Cause. Within this Light hologram were all the components of Creation, everything there ever has been and everything there ever will be: pure love, wisdom, the Divine Blueprint for all future universes, galaxies, star systems, planets, as well as the mineral, vegetable, animal kingdoms, and YOU, dear ones.

When we speak of Light, it is in all-encompassing terms. Within the Light are all the love, wisdom, power, virtues, attributes, and aspects of the Creator. And because each of you is a child of our Father/Mother God of this Universe, you were decreed to be a cocreator, and you were endowed with your own special Divine blueprint containing the virtues and attributes of our God Parents. A White Fire Seed Atom of individualized God conscious – a precious Spark of the Creator is who you really are.

Oh, yes, you are in a dramatically stepped down form, and you carry only a minuscule amount of the Creator's Light, but nevertheless, you are a Being of Love/Light. The Light is your life-line to the Creator. The Divine Essence of our Mother/Father God is what you draw upon to bring your creations into manifested form: either joy, peace, love, and abundance, or you turn the energy into the lower frequencies of fear, pain, and limitation. Remember, you are a cocreator, and it is your choice as to what you manifest; however, it is a Universal Law that you must always experience that which you create.

The time has arrived. You are in the midst of a shifting of the Ages, and a great upward turn in the spiral of Cosmic Creation. You have journeyed down through the multi-dimensions to the farthest outward point allowable for this experiment in duality and polarity. You have existed in the DIM-ensions for too long, and now you are being given the opportunity to return to higher consciousness within the entry level of the Fifth Dimension, which is the next step in your never-ending journey back into the rarified realms of Light.

Fear, ignorance, lack, pain, and suffering are all a result of being cut off from the refined frequencies of God Light. The love of our Father/Mother God is contained within the Essence of Supreme Creator Light — all is contained within this radiance — remember that. All of Creation is manifested through Light vibrations, which create sound, pulsations of wave forms, and specific RAYS of consciousness. Imagine yourself as a tuning fork or resonance receptor attuned to certain frequencies and vibrations. As you refine your frequencies, you begin to vibrate and attune to higher and more refined energy vibrations, which contain more and more of the Creator's Light — the components of Creation.

And so we ask you, what is your Light quotient? How much of the Creator's Light have you integrated and claimed as your own? We are not looking for a number, dear hearts. We

already know the answer. We can tell by the radiance and love you project from your heart center. We can tell by the qualities of the thought forms that permeate your auric field, and by your deeds, large and small. As you tap into and integrate more of the Light, you begin to walk tall, with purpose, and you make a positive impact on those around you. You become a leader instead of a follower – beginning by becoming the master of your own destiny – and by breaking free of the popular mass consciousness beliefs, thereby living and following your own truth and journey instead of that of someone else.

As we have told you before, this Universe is in a megacycle of increased Light impulses, which are radiating directly from the Heart Core of the Supreme Creator. The refined octaves of Creator Light are available to ALL at whatever level each Being has prepared their vessel to accept and integrate them.

The higher frequency Light cannot begin to infiltrate the static or jumbled frequencies that make up the Third- / Fourth-Dimensional physical vessel without the permission of the recipient and an opening of the heart center. Your Soul Self, OverSoul-Higher Self, and God Self are just waiting for a signal from you to begin the process — to open the Light line of eternal life. Light is in your DNA, and every atom of your body is filled with Light to one degree or another. If it were not so, you could not exist. It is time to unlock the flow of God Light from within and from without.

Envision billions of tiny Light particles turning on within your body, and billions more radiating down from your White Fire God Seed Atom, your God Self, in the form of sparkling, diamond crystal pyramids of Light. See yourself surrounded in a golden aura of Cosmic Light, and then observe as your circle of Love/Light begins to expand. Know that you are emulating the Creator as you say to yourself, "Let there be Light." Now, watch as your unique beam of God's Light streams forth before you, smoothing, harmonizing, lifting, and transforming via all the elements of wondrous refined creative energy.

As you learn to move back and forth between your Fifth-Dimensional Pyramid of Light and the sphere of Light you have built around you, you will be not affected by the negativity of the lower-frequency vibration patterns. You will create a sacred place within your heart and mind, and your world will begin to reflect your highest desires. Your sphere of influence will expand, and you will draw to you those who are in harmony with the refined frequencies and ideals you embody. Together, you will begin to be active participants in weaving the gossamer fabric of the new reality that is being birthed. And eventually, if it is your desire, you will be allowed to actively participate in the formulation of a future Divine Blueprint of Cosmic Creation within this Sub-Universe.

As a part of your transformational process, you are once again becoming aware of the energies and uses of the crystals and gemstones found within the Earth. They, too, carry Creator Light, and they will assist you to clear and balance the energies within much more quickly, if you attune to their individual energies and program them through your higher conscious intent. They are eager to work with you, for as you awaken and come into harmony with the higher frequencies, so do they.

There are great sentient quartz crystals, which resonate with the heartbeat of your Mother Earth, and other huge strategically placed crystal clusters which are attuned to the pulsations of the new Divine Blueprint for this Sub-Universe. There are also huge Amethyst clusters that radiate the transforming Violet Flame, which were strategically placed deep within great caverns of the planet. These powerful sources of Creator Light are now being activated in order to send forth the transmuting vibrational frequencies of the Seventh Ray of the Aquarian Age. As we have told you before, they act as receivers and receptors – transmitters and broadcasters of energy and information – both around the world and out into the solar system and galaxy.

There are also Record Keeper crystals, both large and small, and they will assist you to activate the Memory Seed Atom Light packets within your brain structure – your Sacred Mind. They can also help you unlock the mystery and wisdom of your and the Earth's ancient past. The mineral, vegetable, and animal kingdoms are also in a state of transformation into a renewed, higher awareness. Beloveds, none will be left behind — all are in a state of transformation and awakening.

It is a time of liberation. The desire for freedom is growing stronger within the heart of every sentient Being on Earth. It is also a time of coming together. Even as you are being reunited with your Soul or Star families, so are we of the higher realms joining forces. For many Ages, you have journeyed your separate path in order to fulfill your particular part of the Divine Mission. But now, you are reuniting in order to create a synergistic overlay of consciousness that will be available to all who are prepared to be a part of the TEAM effort. We use this term, for you are comfortable with it, and it creates a mind picture of many working in harmony together with purpose and a common goal.

As we have told you in great detail, there are great and magnificent Pyramids of Light in the Fifth Dimension, where they are easily accessible to those of you who have done your homework, and who have attuned your physical vessel to the realms of Light. Within these pyramids that you have access to and can draw forth are all the components of Creator Light you will need to create anything you desire, for the greatest good of all. Your angelic guides and teachers are waiting there to join you and to be cocreators with you. So, bring forth your visions and your pure intention so you may claim the miracles that await you.

What if we were to tell you that it is quite possible that your earthly spiritual contract is completed? Many of you would go into fear and you might say, "But that is not what we have been told by others."

Allow us to explain and help you understand what is taking place. Yes, each of you have a contract that you made before you assumed your fleshly garment in this lifetime, and overlaying this is a more all-encompassing contract that you made when you came into your consciousness within this particular Sub-Universe. When you reach a certain level of en-LIGHTEN-ment, it is possible to complete the contract you made before coming to Earth for this particular embodiment. That contract was to bring together, balance, and harmonize all the loose ends or the major unbalanced energies you left behind from all your previous

earthly incarnations (these were energies, probable futures, and agreements you created from all your past learning experiences).

Remember, we explained long ago that in the higher realms it was known this would be the most important lifetime any of you would ever experience on planet Earth. As a condition for being allowed to return to Earth during these exciting times of great change, there were three prerequisites that you had to agree to. First, much of your minor imbalances were eradicated via a special dispensation of grace. What remained in your auric field and memory banks were the lessons, energies, and creations that were most important for you to bring back into balance and harmony. Remember, we have told you, that the experiment on Earth was about polarity and duality / balance and harmony.

Secondly, you were given a general overlay of what you would have to experience during this one lifetime: all the trials, tests, challenges, and opportunities that would be presented to you in order for you to accomplish this assigned task. Third, because of the overlay of total free will that was granted humanity at the beginning of this experiment on planet Earth, you were asked if you would allow us, at the proper times, to set aside your free will in order to nudge you onto the path of awareness – to help you awaken to who you are, and to reveal to you your earthly mission. EVERY ONE OF YOU AGREED, or you would not be here.

That is the beauty and wonder of what is taking place at this time on Earth. Many more Starseed than we hoped for have accepted the challenge, and via tests and trials, they have taken advantage of the opportunities to awaken in consciousness as they were presented to them. We are pleased to say that a vast majority of you have bravely triumphed. Your numbers are growing by leaps and bounds, as you balance and harmonize your inner force fields of Light, and then project your Creator Love/Light out into the world. You are coming together in greater and greater numbers, and you are joining forces with us as Warriors of Light and as champions of peace. When you have reached a certain level of harmony within, and you have balanced the ledger of life via loving interaction, deeds, and by gaining the wisdom of past experiences, that is when you are given an opportunity to gain access to your new Divine Blueprint for the Aquarian Age.

Beloveds, we would have you know that you have experienced every major Facet of Creation - either personally or via one of the many Soul Fragments of your God Self. You are much more ancient, and you are encoded with more wisdom than you could ever imagine. Do you not carry all the virtues and components of God within you? And so, as a part of bravely accepting this assignment on planet Earth, you were assured that at its successful completion, you would be allowed to choose your next assignment — you could join the ascended masters as they serve humanity and move forward on the spiral of evolution. Or you have the potential to experience and enjoy the many wonders and diverse creations within this Sub-Universal experience that you desire.

The return path that you chose before or during this incarnation is being modified. This is what your universal contract states: A candidate to partner with our Father/Mother God in

the creation, seeding and overseeing of the mansion worlds. Yes, this will happen far into your future, but you may begin to draw forth the components, gifts, and wisdom which will help you fulfill and realize your new contract. It is assured, for it is your destiny. Know that we are not your superiors, we are your friends and partners. Let us join together as we walk boldly into our grand new future. You are loved and cherished beyond measure. I AM Archangel Michael. TRANSMITTED THROUGH: RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST

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MESSAGE FROM ARCHANGEL MICHAEL * LM-7-2019 ** SJE AUGUST

RONNA / SACRED SCRIBE

THE MEMORY SEED ATOMS WITHIN YOUR SOUL

Beloved masters, it is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select, awakened members of the human race. You must express willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Solar Power Center and eventually within your Sacred Heart. You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently awaited this time as well. Communing with the Beings of Light is a great evolutionary step for you, as human Beings, for it quickly facilitates a new conscious awareness and a powerful trans- formation within you.

Most likely, you will first connect with, and learn to interact and communicate with your personal guides, or sometimes, your master teacher will quickly establish a relationship with you – especially, if you made an agreement to work with that particular Being before

incarnating in this lifetime. When the time is appropriate, your master teacher will send forth an etheric Memory Seed Atom, via your Higher-Self, into your Sacred Mind. This Memory Seed Atom will ignite another Memory Seed Atom that was placed there before you incarnated. If you are willing, it will establish a telepathic link between the two of you, which will enable you to gain access to the appropriate higher frequency wisdom teachings via your master teacher.

This is one of the many miracles that await those of you are diligently traversing the Path of Light, and who have harmonized most of the imbalanced thought forms within your four bodily systems: physical, mental, emotional and etheric. We will speak more of this in the future; however, we will tell you that one of the greatest gifts awaiting those who are now resonating with the frequencies of the higher Fourth-Dimension is access to the etheric White Fire Memory Seed Atoms within the OverSoul-Self, which contain the many attributes, qualities, virtues and talents for this lifetime.

Many of you are in the process of developing your sixth sense – the intuitive mind, whereby you will have a direct line to your OverSoul-Self and certain Facets of your multiple Higher-Selves. It is the beginning phase of creating a direct line to home base, your Sacred Triad within the Fifth Dimension. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Light, for it will accelerate the ascension process and assist you in attaining the status of a Self-master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Soul Song are compatible. That is why it is so important to have gone through a clearing /cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Long, long ago, you, who would later come forth as the StarSeed Wayshowers for the ascension of humanity and the Earth, agreed to take on a special role on the planet Earth sometime in the far distant future. This group of brave Souls would incarnate into every race, color, culture and creed, and they would be spread far and wide upon the planet in preparation for a preordained cosmic drama: the mass ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

Those of you who stepped to the fore were given a special dispensation whereby much of your minor imbalances would be cleared so that your earthly burden would not be too overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your Energetic Signature / Soul Song to the Mid-Fourth Dimension and higher.

A vast multitude of you, the StarSeed, are well on your way to Self-mastery; however, too many of this Wayshower group are still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former root races, along with special memory cell encodings for the new Golden Root Race of the future.

It is true that over time there have been great imbalances amongst this group of Souls, and many have not listened to the nudgings of their Spirit Self. They have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you were encoded with a Light-encoded Memory Seed Atom, which when activated, would help you remember your promise to be our earthly representatives – that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance on the Earthly plane.

We wish to review some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major root races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many, many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other root races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these root races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a Universal level, after you had externalized into your individualized God-consciousness, and you had experienced eons of time in joyous cocreation, you and a harmonious group of Souls, which we will call "Soul family groups," were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the Fifth Dimension. You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the "reunification process." THAT TIME IS NOW!

Those of you we fondly call Old Souls are scattered throughout the world. True, there are greater numbers of these old Souls in some locations and cultures; however, this vanguard group is scattered around the Earth, from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals they care for. They have mundane jobs in every field of endeavor and quietly go about fulfilling their duties. They have positions of great responsibility, and they serve their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher-Selves and have become masters of Self. Many others are well on their

spiritual path, but unfortunately, there is a great multitude of these StarSeed Wayshowers who are still unconscious of their Divine nature and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean race, that of leaders/pioneers/warriors. There is as a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria, the gentle, nurturing, intuitive, inward focused qualities, and in addition, great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage, and in the past you have been blessed to have so many magnificent Beings of Light in your midst – masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way, and it is our greatest hope that some of you will take up the banner. We are asking you to become the future spiritual champions for the emerging new spirituality among Self-aware humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another.

We are aware of a great sense of loneliness amongst the peoples of the world – a sense of isolation. It is not enough to just read the teachings we give you or those of the masters, or to visit a beautiful cathedral or temple and pay homage to God. It is a time of reunification, and you must begin to come together to share your love, wisdom and inspiration, a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the gods of the future will dwell. You are the cocreators of the future – Divine Sparks of the Creator – who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to take to heart what we have told you, over and over again, You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT. You must learn to love and respect yourself. You must have a deep sense of self-worth before you can truly love and respect others, and before others will return the love and respect that you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a state of Being or a quality of life. You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian /Goddess virtues and qualities, you will feel incomplete, and you will experience a deep, indefinable sense of dissatisfaction.

Come together in groups of two, three, ten, one-hundred or one-thousand, it makes no difference. However, if you join together for the benefit of all, we promise you, we will be there in full force to empower you, to assist you, and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed spectrum of Light and shadows, the vibrational patterns that make up your personal world in the Third- / Fourth-Dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-master.

It is a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this Sub-Universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, the great builders of form, in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love and Light. In you, we are well pleased. I AM Archangel Michael.

Transmitted through Ronna Vezane / Sacred Scribe ** www.StarQuestMastery.com http://www.StarQuestMastery.com^*^*^*^*^*^*^*^*^*^*^*^*^*

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MESSAGES FROM ARCHANGEL MICHAEL * LM-8-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE FAST TRACK TO SELF-MASTERY

My beloved champions of Light, it is not a time for the faint-hearted, and it is time to stop dabbling in Spirituality. Many of you have been half-hearted in your endeavors to awaken to the wisdom of the Soul and your Higher-Self. It is time to set your heart afire with an intense desire to claim Self-mastery and become a Soul-Seeker instead of a pleasure-seeker. The secrets of how to traverse the dramatic changes and the chaos of transformation are

constantly being revealed to you. However, you must make the effort and actively strive to incorporate the fail-safe methods available to you if you are to successfully ride the crest of the waves of change during the turbulent years ahead. It is a time of LETTING GO OF THE OLD – MAKING WAY FOR THE NEW. An upgrading and refinement of every Facet / Spark of God-consciousness, as well as of every dimension, are gaining momentum as the rarified Light of the Supreme Creator beams forth to the very edge of manifested creation within this Sub-universe.

It is time for you and other Light workers to understand where you fit into this great cosmic event of expansion and evolution. Now is the time you have been preparing for in this and many past lifetimes. You, the faithful ones, who are striving to attain Self-mastery so that you may become World Servers of the Light, are needed now more than ever. It is now the time to declare, "I will strive to become a BOLD BEARER of LIGHT so that I may magnetize to me and radiate from me the maximum amount of Creator Light out into the world and to all humanity."

In doing so, you will create a column of harmonious, higher-dimensional Light frequencies of safety around yourself, your home and your loved ones. As you gain the ability to magnetize to you greater and greater amounts of Divine Light substance, your sphere of influence will grow, and it will spread to encompass an ever-expanding area. Eventually, your Light will join with the frequency patterns of your spiritual brothers and sisters who are also committed to becoming Bearers of Light. There are many of you who have already achieved this God-given ability, and you are making a difference.

Unrest and turmoil are rampant on your planet, and as you are aware, it is accelerating so that no country or race of people is immune. We sense your concern and rightly so, for it is a critical time for the Earth, humankind and all living things residing on the planet. Therefore, once again, allow me to remind you of what is and what is not appropriate for you as a Self-master of cocreation.

We know it is your greatest heart's desire to assist those who are suffering and in distress, and this is as it should be. There are those whose mission it is to be directly involved, whether it is defending, nurturing, healing or helping to relieve the misery of those displaced or in need. There are those who will be called into the midst of the turmoil, and there are those who must make critical decisions as to what is the best course of action to take in various situations and dramas that are being played out on an ongoing basis. Others will give support by sharing their wealth, and that too is appropriate. However, the majority of you, especially those of you who have claimed the frequencies of the higher dimensions as your reality, are somewhat removed from these stressful dramas. Therefore, it is more important than ever that you stay heart-centered and Soul-focused so that you can spread the maximum amount of Light, hope and harmony from your SOLAR POWER CENTER outward into the chaotic astral planes of consciousness and down into the heart core of your Mother Earth. You, the StarSeed, are capable of assisting the Earth to release herself from a prison of negativity as she strives to Lighten her load and harmonize her auric field in order to claim her new designated position within the solar system.

Thanks to you, the brave Souls who are called the wayshowers or the vanguard of Light workers, the golden path has been clearly created and defined. You are also in the process of opening the lines of communication between us so that we may convey to you all the information you will need to quickly move through the process of ascension into the next level of consciousness. By doing so, you will leave behind and will not be affected by the drastic changes, negativity and chaos of the lower, imbalanced dimensions from which the masses are now struggling to emerge. The time has come when each of you is being asked to bring forth and share your own particular wisdom garnered from your vast experiences on Earth, and to also tap into the jewels of wisdom stored within your Sacred Mind, which you brought with you from the far reaches of the Universe.

Those of you who have faithfully followed our teachings are being offered what we might call a fast track to Self-mastery. Our beloved messenger, Ronna, is one of those brave Souls who graciously agreed to assume the task of bringing forth and making available to you the appropriate, expanded universal wisdom teachings, which were originally reserved for only the most advanced initiates in the retreats and secret wisdom schools. All of you are in the midst of an initiation process – at one stage or another. It is a school of learning and initiation that is taking place each and every day while you go about your daily tasks and meet your daily opportunities and challenges. All that has been hidden in the past is now being brought into the Light of awareness, either to be corrected, eliminated, or in some cases, magnified.

It is also time for those of you who are firmly on the Path to begin to build a more intimate relationship with your guardians and angelic teachers of the higher realms. The many Facets of your Higher-Self are waiting for you to integrate these advanced teachings, along with the higher frequencies of Light that are now available to you. Telepathic communication with the Beings of Light from the higher realms is a part of your original physical, sensory gifts. It is time to reclaim those talents and gifts, beloveds. We ask you to study and meditate on the advanced wisdom teachings we are offering to those of you firmly on the Path until they are engraved upon your mind and become a part of your higher consciousness. The wondrous gifts and abilities you have awaiting you will far outweigh the effort you will put forth to attain them.

More and more precious Souls are just stepping onto the path of awareness as they begin to heed the nudgings of their Soul-Self. Often, this initiates an intense dark night of the Soul process as they face the distortions in consciousness they have created, and the full measure of the Law of the Circle, or Karma, is brought to bear. As you are aware, it is not a punishment even though it may seem so in the beginning. It is an opportunity for each person to turn and bravely face him or her Self and to rectify and harmonize the discordant frequency patterns he or she has created.

Higher and more refined frequencies are constantly bombarding you and the Earth. As a result, many of you are in the midst of the emotional intensity and distortions of the lower astral planes, which consist of the first three sub-planes of the Fourth Dimension. These are emotional planes of consciousness, which must be brought under control and returned to

an accepted level of polarity and duality. These are some of the most difficult tasks you will ever experience while on your journey of ascension into the Fifth Dimension of balance and tranquility. It is a time of clearing the deep, residual core energy patterns that you must release in order to accommodate the higher frequencies of Light.

Know this, Beloveds, it is a golden opportunity for you to release, once and for all, those impacted energies that you have carried with you as excess baggage for many thousands of years. Face them, process them and see them transmuted into pure Light substance, and in the process you will feel LIGHTER AND BRIGHTER, as you traverse the pathway to higher consciousness into the realms of wondrous possibilities.

There is a plethora of information available to you on every level of spiritual awareness and advancement. The brave ones ahead of you are now able to access the higher and more refined levels of the great Halls of Wisdom and also receive advanced teachings from the Beings of Light. Much of the information brought forth is helpful and love-filled, but some of it is confusing and distorted. Therefore, we ask you to use your discernment as to what you accept as your truth. Some of the information stretches the imagination, and you wonder how you will ever attain the multiple levels of consciousness which are described.

After being shut off from your Source for so long, you are eager and desirous of knowing all there is to know so that you may attain the heights of illumination as quickly as possible. However, please remember, my precious friends, you must make the journey one step at a time, learning each lesson fully as you release that which no longer serves you. It is also vital that you assimilate the higher frequency illumined teachings until they become a part of your Spiritual/human nature. You will then be led through the next open door of glowing radiance, and you will be offered ever-expanding levels of God-consciousness. It is a never-ending journey. There will always be new tests, new opportunities and amazing new adventures to experience.

These are most critical times for the Earth and humanity as all that no longer serves the highest good is gradually being eliminated or transformed. You are clearing the distortions and reconnecting with the Rainbow Bridge or the River of Life, which will lead to a bright new future for you and your Earth, as well as this solar system and galaxy. It is up to each of you as to how easy or difficult the journey will be. Dear hearts, please keep in mind, that your success is assured; however, it is your choice as to how long you will take to reach the next destination.

We know it is easier to rise above a disaster or negative situation when it is occurring half-way around the world. But it is not so easy when it is in your homeland, your neighborhood or when it personally affects you, your family and your home. Then come the true tests of mastership. Can you stay centered within your Sacred Heart and trust in your friends from the higher realms to assist you through the dark nights of chaos into the sunlight of a bright, new future, no matter what happens to you or around you?

Many are asking. “What can we do to help?” First, become an example and radiate your Light for all to see and bask in. Join in group meditations and also spend as much time as possible in the celestial World Pyramid in the Fifth Dimension, adding your unique energies and your Love/Light to be used for the greatest good. Strive to draw forth the maximum cosmic Light substance to you, as you become anchors for the Adamantine Particles of Divine Light in the area where you live. Envision great crystal pyramids of Light being formed and activated within the Fifth Dimension by the many groups of Light workers – where you all join together in your meditations with the intention of building the greatest cosmic Love/Light waves possible. These waves, designed for the highest good of all, will sweep across each country as times goes by, awakening the masses — cleansing and clearing the negative energies that have a stranglehold on each country and its people. Know that each country and race is unique, for they were created with distinct attributes, desires, opportunities and challenges. Each of you has been strategically placed in the area where you can be of the greatest service and do the most good. You have vibrational etheric Memory Seed Atom Crystals within your brain, your DNA and your Soul structure, which will assist you, your country and your countrymen and women to access the Light of Truth, Wisdom and Protection.

My beloved warriors of Light, we are asking you to not close down your heart centers. Do not move into fear and a sense of hopelessness. There are great happenings taking place on Earth and in the higher realms that are beyond your understanding. Remember how often we have told you, “out of chaos, new creation emerges?” We do not ask you to minimize the monumental tragedies which are taking place or the suffering, which will be experienced by many. But it serves no one if you get caught up in the negativity, fear and pandemonium of the Third-/Fourth-Dimensional illusion. Do not allow your powerful thought forms and energy to move into lower vibrational patterns, which will only add more negative energy to the cloud of darkness. Instead, send your powerful Love/Light winging its way into the midst of the chaos and into the hearts of those who spread chaos – then watch as slowly the darkness is overcome by the transforming Light.

We promise to lift and support you with our loving energy and to assist you through even the darkest of times. The Light and Love of all Creation, along with your bold, steadfast endeavors shall prevail. I am forever your loving friend and protector. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE **
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SEPTEMBER - LM-9-2019_SJE_OCT.docx

MESSAGE FROM ARCHANGEL MICHAEL * LM-9-2019 (SJE- October)

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE JOURNEY OF THE SOUL

Beloved masters, we have told you that "You are the Inbreath of the Creator." These are unprecedented times, whereby you have the potential to resolve all past karmic issues, to move into harmony with your vaster Being, and to be an integral part of our Father/Mother God's plan for the expansion of this Sub-universe. Are you ready, once and for all, to let go of all the old restrictions, beliefs and limitations that are keeping you from moving out of the quagmire of pain, lack and suffering? Will you allow your mind and heart to open to the higher wisdom of your Soul and Spirit? The ethers, or higher vibrational fields of consciousness, are filled with vast potential just waiting to be molded into your greatest dreams and desires.

Once again, we will review some of our teachings from the past to assist you to understand the complex Journey of the Soul every human Being is in the midst of, whether it be at an entry level of awareness or as an advanced Self-master on the Path. There comes a time when the Soul has reached the furthermost point of Its experience in separation, fragmentation of Self and the co-cocreative process within the lower physical realms. The Soul entity is then ready to begin the process of "reunification and integration" for the current cosmic round of Creation. The Soul-Self is gradually infused with a Divine discontent which slowly filters into the consciousness of the human mind. Hopefully, that is when the human entity begins to turn inward, to tame the ego personality and reconnect with the Soul, the resident OverSoul/Higher-Self, as well as with the multiple Facets of Its greater Self.

Humanity is in the midst of a mass awakening. A transformation of mass proportions has begun, which involves a global, galactic and Sub-Universal reunion – the beginning of an ascension into a heightened state of Creator/Spirit-infused consciousness. At a cosmic level, the Supreme Creator is now sending down the radiance of itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Cosmic White Fire Essence of Life, through the Sacred Heart Core of our Father/Mother God, by way of the Sun of this solar system.

Your Higher OverSoul-Self could be described as an etheric White Fire Memory Seed Atom of pulsating Life Force energy, which is composed of many smaller Seed Atoms containing your Divine Blueprint for this Sub-Universe. The portion of your Soul-Self that you have embodied (according to your energetic signature) resides within the Sacred Heart, along with your multi-faceted Diamond Core God Cell.

Your Diamond Core God Cell contains the Twelve Rays of God Consciousness for this Sub-Universe: the virtues, qualities, aspects and talents that you are seeking to activate once more so that you may become the proficient cocreator that you were designed to be on the material planes of consciousness. The Soul may be only a small Spark /Facet of Life within the heart area of those who are still ensnared in the illusion of the lower Dimensions. However, as it blooms and blossoms into its full dynamic power, it expands and becomes the "Solar Heart Center," which encompasses the solar plexus, the heart, and the thymus and throat area. In the past it was called the Three-Fold Flame, and the heart has been called the Seat of the Soul. The Soul communicates to you via both your emotional and

your mental bodies: the emotions through the heart center, and with the mind via the pineal gland, thereby igniting the Seed Packets of Light Wisdom stored within the higher vibrational portions of the brain called the "Sacred Mind." When the connection is complete, the physical vessel begins to reap the rewards by way of better health and vitality, as well as a deeper connection with your Body Elemental.

We tell you empathetically that you cannot become a lost Soul or lose your connection with the Creator. You may lose your way, and you may become diminished in Creator Light, but your Soul is immortal and can never be lost or destroyed. You save yourself from pain, suffering and the illusion of being disconnected from the Creator through the integration of your Soul, the multiple Facets of your Higher-Self, and your personal God Ray. The mass consciousness belief structure of the past is slowly being replaced with Lighter, more refined and liberating thought forms of the new Divine Plan. It is important that you understand that there are many levels on the spiral of ascension – it is never-ending – as Creation ebbs, flows and evolves.

At a cosmic or Omniversal level, you are Spirit, a Facet or a White Fire Memory Seed Atom of Divine Essence sent forth from the heart core of the Supreme Creator. At that level, you are fully conscious of who you are and of your connection with the Supreme Creator; you are aware of and know your "I AM" identity.

At the Universal and Sub-universal levels, you are a Divine cocreator, once more sent forth on a great refracted Ray of Light to manifest worlds without end in the name of our Father/Mother God. You are aware of the overall Divine plan for this Sub-universe and the part you are to play in it; however, you may or may not remember your origins or identity at a cosmic level.

As Spirit, which we call your "God Ray," you are a great Being of Light who also sent forth Facets or sub-rays of yourself, leaving OverSouls or parts of your Essence in different dimensions, galaxies, star systems and worlds throughout this Sub-Universe. In turn, each of these great OverSouls also sent forth Sparks or Soul Fragments of their Essence.

The current you, now incarnated in a physical body on planet Earth, is one of those Soul Sparks who agreed to journey forth into the unknown void, to create diverse worlds, to inhabit them, and then to experience what you helped to create so that your unique experiences can be incorporated into the universal consciousness and ultimately into the Cosmic Mind.

When your physical vessel was first created, the Etheric Body sent forth billions of tiny Elemental Sparks throughout the bodily form. These Elemental Sparks were programmed to convey the Adamantine Particles of Light (the gift of life) to all the different parts of the body: the organs, the blood stream, muscles, tissue and bone structure (much as the Nature Elementals transmit the Adamantine Particles of Sun Light to all of the Nature Kingdom, and any Facets of Creation which are not ensouled with a Sacred Seed Atom of Creator Consciousness).

The master teachers of the past often made reference to the Human Body Elemental and the Etheric Body or Etheric Web. The deep, esoteric teachings of the past were often written so that only the most advanced students on the Path could decipher the true meaning of the lessons. It is time that those teachings are revealed, upgraded and simplified so that all serious Souls on the Path of ascension can understand, and then gradually integrate them in order to expand their conscious awareness. Gaining the advanced knowledge and then integrating the wisdom from the universal teachings of the higher realms are vital components in the process of ascension.

The ancient teachings state that your physical bodies were originally created from etheric substance. You first came to Earth in your radiant crystalline form, and gradually over many ages you developed your beautiful physical body from the Adam/Eve Kadmon Divine Blueprint for this Sub-universe. The distortions began as you sank into the density of the lower Fourth and the higher sub-levels of the Third Dimensions. The ego desire body gradually took control of the mental and emotional bodies, thereafter, in each lifetime less and less of your OverSoul consciousness embodied in your Diamond Core God Cell within your Sacred Heart. That process is now being reversed.

In addition to the four recognized elements – fire, water, earth and air – ether is said to be the fifth element, thus comes the term "etheric." The Etheric Body or Etheric Web, which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. It holds the blueprint for your three lower-physical bodies (physical, mental and emotional). It is sometimes called the "memory body," for it sustains and vitalizes the material form. It is susceptible to your thoughts and emotions, both positive and negative. Disease or debilitation occurs first in the Etheric Body and then gradually infiltrates into the physical vessel. The Etheric Body sustains and vitalizes the components of the physical body, and it controls the digestive and assimilation processes. It also repairs the damage in the physical body caused by the wear and tear of living in the Third- / Fourth-Dimensional density.

There was a failsafe program encoded within the Etheric Body so that when you sank so deeply into the density, and you were nearly to the point of self-destruction, your Body Elemental Memory Seed Atoms went into a semi-dormant state – they have remained in that state for thousands of years. Just as you are awakening to your true nature and your Divine state of Being, so is your Body Elemental consciousness. It is gradually beginning to respond to your positive affirmations and the higher frequencies of Light you are integrating.

It is vitally important that you understand that there are subatomic dark crystals throughout the bodily form of everyone who resonates to the lower frequency thought forms. These crystals are packed with negative waste material created and recreated over many lifetimes, some of which are inherited negative patterns that you brought with you into the physical form to heal.

The subconscious mind – your subjective mind – is part of the Etheric Body consciousness, and it records and stores everything you experience, what you see, hear, think and feel emotionally. The subconscious mind takes everything literally, and it does not matter if you have experienced an event or just imagined it vividly, the subconscious mind registers it as fact. That is why it is so important to change negative, debilitating, past memories into positive memories. Your thoughts and intentions resonate to specific frequencies, and by changing the frequency patterns you project through the use of will power and conscious effort, you will gradually create the life, physical health and circumstances you desire.

You will become aware of your physical body consciousness as your Body Elemental wakes up, so to speak, and begins to work harmoniously with you to gradually correct all the miscreation's you have created in your bodily form due to erroneous thoughts. Over time, you will gradually become more sensitive to your Body Elemental's signals. Your body cells are all conscious to one degree or another. Some are disharmonious and create chaos and discomfort within, while others resonate in harmony, thereby vibrating at a higher frequency and conveying a sense of balance and well-being. Metabolizing Light is an important, intricate process that is necessary for your well-being. You might say that you have been on a starvation diet of half-spectrum God Light. Your trillions of bodily cells must relearn how to recognize and utilize Light as a vital energy source.

The reality of the senses or physical body consciousness: When you are in the flow of Spirit, you will exist very lightly in your body, often with no pain or discomfort. You may experience some diminished bodily sensations, except within the Solar Power Center and especially within the deep Sacred Heart area, where you will gradually begin to feel loving bliss and joy as they blaze forth from our Mother/Father God. More and more frequently you will experience a great sense of well-being, harmony and peace.

Brave hearts, we ask you to study what we have revealed to you over the years, and to endeavor to get the universal schematic we have created firmly established within your mind so that you will be able to understand and implement the next phase of the wondrous cosmic events which are unfolding before your eyes.

* YOUR GOAL IS TO INTEGRATE THE HIGHER MENTAL BODY, WHICH IS YOUR EN-LIGHTEN-ED HIGHER SELF FOR THIS ROUND OF EVOLUTION.

* IN ORDER TO ACCOMPLISH THIS, YOU MUST BRING THE EGO DESIRE BODY INTO ALIGNMENT WITH YOUR SOUL'S DESIRES.

* YOU CAN USE FORCE AND RESIST OR YOU CAN TAP INTO THE TRANSFORMING POWER OF LOVE.

* STRIVE TO TAP INTO THE WILL-POWER OF SELF-MASTERY, WHICH IS THE COMBINED WISDOM OF YOUR SACRED HEART, SACRED MIND AND YOUR OVERSOUL / HIGHER SELF.

* SPIRIT WITHOUT MATTER IS MOTIONLESS. MATTER WITHOUT SPIRIT IS LIFELESS.

* YOU ARE PASSING FROM A TIME-ORIENTED. LINEAR WORLD INTO A TIMELESS, FLUID REALITY.

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into your personal, etheric pyramid of Light in the Fifth-Dimension, and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I Am Archangel Michael.

Transmitted through Ronna Vezane / Sacred Scribe *STAR*QUEST*

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MESSAGES FROM ARCHANGEL MICHAEL ** LM-10-2019

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE

NEW RAYS OF INDIVIDUALIZED EXPRESSION

Beloved masters, it is time to release, transmute or upgrade many of the old restricting thought forms and structures that you have accepted as your personal reality. If you will spend some time in meditation and contemplation reviewing the structures you have created in your Third- and Fourth-Dimensional reality, which include mental, emotional, physical, and etheric, as well as some spiritual restrictions, you will quickly determine that it is time to release many of the ties that bind you so that you may move quickly and gracefully into the expanding, empowering world of the higher planes of consciousness.

Many of you feel as though you are in the final stretch of a long, difficult race, and your energy and enthusiasm are lagging. You are growing more and more disenchanted with the glamour of your worldly existence, and the things that used to excite you seem somewhat tarnished and dull. It is because you are shifting in and out of two vastly different realities or several dimensions at once, and your four lower bodily systems (physical, mental, emotional, and etheric) are trying to adjust to and catch up with your Soul/Spiritual Self. This has put much stress and strain on your earthly vessel.

A vast number of you have and are preparing to make a quantum leap into a Fifth-Dimensional consciousness, whereby your old world – State-of-Being – is falling away much faster than you can integrate the refined energies/vibrations and concepts of your new, higher frequency existence. As you become aware of what is taking place, you will not be so stressed out and confused. Please believe us when we say, relief is at hand. One of our

greatest desires is to assist you in the process so that your transition can be accomplished with ease and grace. Over these many past years, much of the information, meditations, and exercises we have given you have been about transmuting old negative energy patterns. This process is necessary to make way for the infiltration and integration of the rarified cells of Creator Light – the higher frequency, powerful new Rays of Individualized Expression from the Supreme Creator.

When you go into the World Pyramid of Light, which contains a holographic replica of the world, and breathe in the Light from the Creator, and breathe out Sacred, unconditional love. This wondrous energy is then filtered or diluted so that it can be received by all who are ready and willing to open their heart center, thereby initiating the process of transformation into a Galactic Spiritual/human Being.

When you go into your Personal Pyramid or build a Pyramid for a specific project or task, you open the way for the full force, variety, and spectrum of the new Rays of expression to pour into your temple of Light, which will assist you in your endeavors. You are opening your personal gateway to abundance as you create a sacred space for the Adamantine Particles of Creator Light to join you in the cocreative process. Remember, we have told you many times, you are masters of cocreation – you have just forgotten. Also remember that abundance comes in a multitude of forms.

The Infinity Breath process is another way of accessing the new energies of Creation. As you ignite the Ascension Chakra located at the top of the spinal column and at the base of the brain, you begin the process of opening the Gateway to Galactic- consciousness. This major ignition point is a vital part of the current human evolution process. All of humanity was programmed for this event, and sooner or later, it will take place in each individual Soul on Earth. As you breathe the Infinity Breath and see it looping down into the Earth and out into the ethers, you are also helping to make this awesome gift available to the First, Second, Third, and Fourth Dimensions, and every Facet of God-Consciousness therein.

Beloveds, we are offering you one more way to access your full Divine potential for this round of Evolution – the integration of all of your remaining SOUL FRAGMENTS within the multi-levels of the Fourth Dimension – those Facets of yourself that have been waiting for eons to reconnect with you. We can show you the way, but you must take the steps and move through the process. We promise it will be

worth the effort. We extend our hands in comradeship as we blend our Essence with yours. We send you Rays of peace and joy, but most of all, we send you our love. I AM Archangel Michael.

** MEDITATION

LET US BEGIN WITH THE PHYSICAL VESSEL:

Go into your personal Pyramid of Light and lie on the crystal table. You might ask for the Ray of health and vitality to radiate forth into your physical vessel, or the Rays of beauty,

youthfulness, coordination, strength, power, elegance, clear seeing, clear hearing, flexibility, and any other attributes that come to mind which will enhance your physical well-being. Call on and activate only one or two of each Ray's energies at one time.

Know that your Divine I AM Presence and your OverSoul/Higher Self will monitor the process, and will assure that you integrate only the appropriate amount of these powerful energies, and no more. Your desire should not be for accelerated transformation only, but that the law of ease and grace applies, always. You are to enjoy the process, beloveds. The time of painful lessons, trauma, stress, and failure can be over, if you will allow the process to work for you, by moving out of the realm of cause and effect or karma, and into the higher frequency realms where the Law of Grace applies.

NOW FOCUS ON THE EMOTIONAL BODY:

As you stand at the head of your crystal table, see your Emotional Body manifest and take form on the table. How does your Emotional Body appear to you? Study it for a moment, and observe the different shades, colors, and shapes that make up your emotional body. You might be surprised at what you see. Whatever you perceive will be valid, and if you keep practicing, your inner senses will sharpen in focus. You might start by asking for the frequencies of the Ray of pure Creator love to pour forth and fill you to overflowing, washing away all sense of inadequacy, guilt, shame, and doubt. Now, in turn, call on the Ray of compassion, the Ray of mercy and forgiveness, the Rays of receptivity, passion, peace, harmony, benevolence, refined intuition, courage, and so on. Then see your emotional body being filled with each of these specific energies as you integrate the maximum amount that is appropriate for you at a particular time.

NOW FOCUS ON THE MENTAL BODY:

Again, stand at the head of your crystal table, and see your mental body manifest and take form on the table. How does your mental body appear to you? Is it strong and well-defined, or is it muted with muddled and distorted colors? Ask for the Rays of truth, will, valor, wisdom, intelligence, focus, creativity, Divine thought, language/patterns of Light, sacred geometry, discipline, organization, scientific information, order, the Ray of receiving, the Ray of giving/sharing, each in turn, to flow down through the great generator crystal that hangs over the center of the table into your personal Pyramid of Light.

Your God Spark – I AM Presence – will filter the Essence of each Ray of expression in its purest form into your Etheric Replica. See your Pyramid being filled with the Essence and power of each of these Rays as they permeate everything within. Know that you will bring the gifts of each Ray (the appropriate amount for you) back with you via the column of Light in which you presently reside.

YOU MAY ALSO FOCUS ON YOUR ETHERIC BODY:

Your Etheric Body contains the blueprint for your Body of Light. The Etheric Body surrounds the physical vessel, and the distortions and imperfections lodged there first before they manifested within the physical

vessel. Now the process is being reversed. The Essence of perfected Creation of the physical form is stored within the Etheric Body, and you must fill that part of your Being with harmonious Light once more so that it will be accessible to your physical body.

What does your Etheric Body look like? Can you see or imagine the dark webs of distorted energy throughout? Are there patches that are denser and darker than others? Where are they? Eventually, this ability will become a natural part of your refined awareness. Your etheric body-elemental consciousness will begin to tell you where your body is out of balance and in the most distress, and where it is likely that you will experience the next health crisis or dis-ease.

In addition, while in a Light ALPHA state you may wish to concentrate on the physical body for a week or two as you prepare your body to receive and manifest these powerful energies. If you, in any way, begin to feel disoriented, not grounded or uncomfortable, stop the process for a day or two before continuing. Let Spirit be your guide, and do not pattern your progress or transformation after that of anyone else. You are tapping into your own Divine intelligence, and you are activating your own creative genius.

Whenever you wish, you may identify and focus on the colors of the Rays that are being projected to you; however first, please concentrate on the feeling qualities of each Ray. Your auric field will change each time you integrate another Ray of expression. Henceforth, as you radiate the Love/Light of the Creator, it will take on the magnified qualities of each Ray you have absorbed. In doing so, you will begin to project your own unique Ray of God Light–your SOUL SONG–your gift to humanity.

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

EXCERPTED FROM: THE MAGIC & MAJESTY OF ASCENDING HUMANITY©

*STAR*QUEST* * RONNA VEZANE * www.StarQuestMastery.com

**` ETHERIC BODY * VEHICLE OF VITAL LIFE-FORCE ENERGY.

** ASTRAL BODY * FEELING AND EMOTIONAL ENERGY.

** MENTAL BODY * INTELLIGENT ENERGY / WISDOM / WILL POWER.

THE AURIC FIELD IS A FRAGMENT OF YOUR OVERLIGHTING SOUL ESSENCE, WHICH IS YOUR CONNECTION TO THE MANY FACETS OF YOUR OVERSOUL AND YOUR GOD-SEED ATOM.

YOUR AURIC FIELD IS COMPOSED OF THE FOLLOWING FOUR DISTINCT ELEMENTS:

THE PHYSICAL AURA * THE STATE OF HEALTH AND VITALITY OF THE PHYSICAL VESSEL.

THE ASTRAL AURA * THE EMOTIONAL FIELD, WHICH IS THE DOMINANT AURIC FORCE IN THE UNAWAKENED HUMAN. THE ASTRAL PLANE EMOTIONAL NATURE IS COMPOSED OF THE EGO-DESIRE BODY'S INTERESTS AND AN "I, ME, MY" FOCUS. THE UNIFYING POWER OF LOVE WILL GRADUALLY RAISE THE CONSCIOUSNESS SO THAT THE AURIC FIELD BECOMES BALANCED, HARMONY RETURNS, AND THE FREQUENCY PATTERNS BECOME MORE REFINED.

THE AURIC FIELD OF THE OVERLIGHTING SOUL SELF CONTAINS THE DIVINE BLUEPRINT FOR YOUR ORIGINAL ADAM / EVE KADMON LIGHT BODY.

EMOTIONAL BODY AURIC FIELD: THE UNIFYING POWER OF LOVE WILL GRADUALLY RAISE THE CONSCIOUSNESS SO THAT THE EMOTIONAL BODY AURIC FIELD BECOMES COMPOSED OF THE FREQUENCIES OF COMPASSION AND UNCONDITIONAL LOVE. THE GOAL OF AN ASPIRANT ON THE PATH IS TO BALANCE AND HARMONIZE THE SEVEN MAJOR CHAKRA CENTERS SO THAT HIS/HER AURA IS RADIATING, VIA THE SOLAR POWER CENTER, A TANGIBLE FORCE FIELD OF PURE LOVE/LIGHT THEREBY, ALLOWING THE LIGHT OF THE SOUL TO SHINE FORTH.

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*** A dedicated practice of meditation leads to a habitual state of reflection and contemplation. Mindful awareness is your first goal in order to gain access to your Soul Self, Sacred Mind and Sacred Heart. You must first become aware of the specific changes that need to be made in order to return to balance and harmony, both within and without.

*** We encourage you to sit for awhile after you have read any new concepts we impart to you. It will take time for the richness of the information to unfold and reveal the wisdom of the higher Cosmic truths that we have conveyed.

*** Those who still function within the realms of mass consciousness have not fully integrated the totality of their Soul-Seed Atom for this lifetime. The Antakarana is a bridge of mental Light matter, which links the physical personality to the Sacred Triads of the Fifth Dimension, and ultimately with the God-Seed Atom, your I AM Presence within this Sub-Universal experience.

*** Soul Fragments contain thought forms and energy units of past lives that must be integrated if they are of compatible frequencies, or transmuted and returned to balance and harmony if they are composed of lower frequencies, so they may be easily absorbed into the physical vessel. This cycle of transmutation ends when all Soul Fragments within the Third/Fourth Dimensions are integrated, so that the Soul and the physical personality may fuse into Oneness.

*** Universal Sacred language, Sacred geometry, numbers, Light, sound and color are all integral Facets of the more advanced wisdom teachings.

My dear Soul companions, I send you my eternal love, angel blessings, and a big hug, Ronna

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THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** AA Michael * Ronna / Sacred Scribe **

The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many Starseed Souls are close to accomplishing this goal. It will become a common occurrence over the coming years, and the Ascension of humanity will accelerate throughout this century. ** BOOK SEVEN *8 ½ X 11 Spiral-Bound Manual * $25. plus S&H *** http://www.StarQuestMastery.com

THE SECRETS OF SELF-MASTERY ** AA MICHAEL * RONNA / Sacred Scribe **In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is a time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of, and have a desire to fulfill his/her personal destiny. We offer you vital information to assist you to move onward and upward on the spiral of Ascension with ease and grace. Now is the time we've been waiting for.

BOOK SIX ** 8 ½ X 11 SPIRAL- BOUND BOOK $25 plus S&H *** www.StarQuestMastery.com

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NOVEMBER/DECEMBER PREDICTIONS - LM-11-12_Predictions_Issue_SJE.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

PREDICTIONS ISSUE * NOVEMBER/DECEMBER, 2019 ** SEDONA JOURNAL

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

WHAT ARE YOU DOING WHILE WAITING TO ASCEND?

Beloved masters, as we monitor your progress, measure the "Light Quotient" of your thought patterns, and observe how valiant and stalwart you are in your endeavors to integrate the wondrous energies of Creator-consciousness, we are most gratified, as well as amazed at your astounding progress. The maelstrom of negative thought forms that have swirled throughout the three lower astral planes, affecting humanity for eons of time, are gradually being replaced by uplifting thought forms of hope, inspiration, joy. This will allow the now prevalent reality of scarcity, limitation and negativity to be replaced with an assurance that abundance, peace and harmony is everyone's Divine birthright. All you have to do in order to claim your heritage is to accept as your truth that you are worthy, and then to solidify that reality via your positive thoughts, deeds and actions.

A wondrous new vision, a powerful probable future for humanity and the Earth is awaiting your entrance into a Fifth-Dimensional environment. It is being strengthened and magnified moment-by-moment. It is a future whereby all humanity, as well as the mineral, vegetable, animal, human, Devic and Elemental kingdoms will peacefully co-exist on Earth. Envision an Earth which is pristine in its beauty, which has sparkling clear water, and clean healthy air to breathe. It will be a world of abundance and plenty, whereby no one will suffer from lack of adequate food, shelter or opportunity. It will be a world whereby different races, cultures, beliefs and traditions are honored and respected – where no one tries to force his/her beliefs on others or deny others the right to live their own truths and follow their own customs.

As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. Have we not told you over and over again, "Your thoughts have energy – positive or negative – and what you focus on, you magnify."

Many of you are so caught up in the desire to ascend, and to live in a perceived paradise of the higher dimensions, you are forgetting and neglecting the beauty, joy and the benefits of experiencing the magnificence and wonder of the journey. Each phase of new awareness or expanded consciousness has its special miracles and benefits, which are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energy within, you are transformed, and you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you, and a new reality opens to you, whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously unfold around you.

Those of you who have followed our teachings over the years are aware that the major theme for the Spiritual-human experience on planet Earth has been separation, duality and polarity, with an ultimate goal of returning to balance, harmony and oneness with your multi-dimensional Self, and unity consciousness with ALL.

Each of you fragmented your Divine Self into hundreds of individual Sparks of consciousness as you ventured forth to fulfill the Divine Mandate of the Creator, "Go forth

and create new worlds without end in my name." Along the way many of you forgot that there is a Universal Law that states, "You must experience that which you have created."

The great multitude of seekers who have moved back onto the path, which leads to harmony and a reunion with Spirit, have primarily done so because they became tired of the pain and suffering of the past. And so, your Soul-Self finally got your attention so that you were ready to listen to the whisperings of Spirit. Those of you who have diligently sought your higher truth, and have striven to live and exemplify that truth are now reaping the rewards. You are learning that you are in control, and you are not being tossed around by the whims of fate. You are not being punished or rewarded by anyone, for you have realized that you are responsible for your thoughts and actions, and you create your own reality – ALL OF IT! – via the harmonious or discordant frequency patterns you emit. You have finally realized that you are not surrendering anything, but when you align your will with the Creator's Will, you make way for unlimited miracles and possibilities to enter your life.

We have discussed in-depth about bringing all the Facets of your multiple chakra system back into harmony, and the importance of integrating and balancing the virtues, qualities and attributes of the Rays of God-Consciousness. If any one Facet of your Being is out of balance, none of the others can function at its maximum potential. You are meant to be a composite Spiritual/human being with a unified consciousness. In most human beings, the physical senses and desires of the body have overridden the more subtle senses of their spiritual nature.

A person who lives mostly in a mental world is lacking or missing out on the wonders, strength and delight of the heart, the refined emotions, and the Soul. A person who is driven by his/her emotions is living in an unstable world, which has no foundation or structure, and is susceptible to the emotional highs and lows of every day occurrences, and those around him/her. A person who has disconnected from Spirit lives a life without hope, and no matter what he/she may attain or accumulate in the physical world, he/she lives an existence that does not sustain the Soul, a life without the luster of lasting, heart-felt gratification. Humanity has focused on the emotions of Spirit for thousands of years, and have neglected the science or mental aspects of spirituality.

The Universe and all creation function under the immutable Universal Laws as decreed by the Supreme Creator. Know the laws and live in harmony with them, and you will exist in alignment with Creator Will. As a result, you may be assured that all the beauty, bounty and abundance of the Universe will be yours for the taking.

Returning to harmony and balance within, what we call the four lower bodily systems, physical, mental, emotional, and ethericl, is the next vital step after coming to an understanding about the energies, qualities and attributes of each chakra and how they affect the four bodily systems.

It is imperative that you stimulate and work on your emotional intelligence and your mental intuition. You need to redefine your altered ego-desire body, and re-establish the proper

relationship between your ego and your Soul-Self. The ego was designed to function under the direction of the Soul, not the other way around; whereby you are to focus your attention on your inner world of reality instead of the illusion of the outer world. You will no longer look for some event, some person or some thing to give you a moment's satisfaction or happiness – things that are usually fleeting, and often fall short of your expectations. When you turn inward for validation of your self-worth, and to feed your emotional and spiritual yearnings, you will tap into that wellspring of unlimited sustenance.

Many of you have chosen to experience strong First, Third or Fifth Ray energies, which often lead to a tendency to function almost exclusively within the left (mental) hemisphere of the brain structure – with a linear, outward focused, analytical mind-set. A major focus of your life's lessons is to learn to use the abstract / emotional right brain structure, and to explore and integrate the emotional facets of your nature.

Second Ray people are apt to be more balanced in their bodily nature, whereby they explore and use both the right and left hemispheres of the brain, but this is not always the case. However, those who have chosen to experience and balance the Fourth, Sixth and Seventh Rays during this lifetime are inclined to function mostly within the right brain structure, and they tend to be very emotional in nature. Their world is often perceived as an emotional roller coaster, and it is very difficult to find a balance or to live a harmonious existence.

Your goal is to blend and harmonize the major bodily chakras of your physical being – to balance your mental and emotional energy fields, and to OverLight them with your Spiritual Essence. We will define each category so that you may quickly identify what you need to focus on and rectify.

MENTAL BODY FOCUS * When the mental body is the major focus, your beliefs, attitudes, and knowledge are derived from text book and historical/traditional facts without the benefit of emotional or spiritual validation. You tend to be very analytical, often rigid, judgmental and you must maintain intellectual control. You have limited visionary abilities, and you only believe what is tangible and what can be proven scientifically.

EMOTIONAL BODY FOCUS * When the emotional body is the driving force within you, you are vulnerable to the strong emotional tide of the mass consciousness and your ego-desire body. You must examine and discover how your emotions drive and control you through your desires and wants, and you must closely examine your motives.

MENTAL BODY with SPIRITUAL BODY OVERLIGHT * You have learned to utilize the wisdom of your Superconscious mind as you integrate all the attributes, qualities and virtues of your God Ray and Soul Ray, and you have learned to focus on the Still Point of the NOW. You have perfected the process of healing the past, scripting the future, and living in the power of the moment.

EMOTIONAL BODY with SPIRITUAL BODY OVERLIGHT * As the mental and emotional bodies are harmonized, you will have learned to rely on your mental intuition as you seek to validate and integrate the higher truths you are accessing in your never-ending quest for

en-Lighten-ment. You validate your truths through your heart/Soul monitor, and then you live by those truths to the best of your ability. New expanded thoughts and concepts become the norm.

EMOTIONAL/MENTAL BODY UNITY = EMOTIONAL INTELLIGENCE * The emotional energetics you radiate along with your focused intent are some of the most important components in the creation process. When there is a balance of power between your emotional and mental bodies, you begin the process of understanding yourself, and you learn to identify the driving force behind your actions. You learn to harmonize your will with God's Will as you begin to understand the workings of the Universal Laws. The desired mode is emotional detachment, as you move gracefully and surely toward your desired goal.

SPIRITUAL/MENTAL BODY CONSCIOUSNESS * When you begin to use the intelligence of your Soul-Self, you tap into the unlimited possibilities of the Cosmic Stream of Divine Light. You learn how to bypass the distortions of the Third/Fourth-Dimensions as you create and use your Pyramid of Power/Light in the Fifth Dimension. That is when the miracles truly begin to happen, and you will know without any doubt that you are partnering with Spirit in all your endeavors.

SPIRITUAL/EMOTIONAL BODY CONSCIOUSNESS * Love tempers your emotions, and although you still have a human nature, you have learned discernment, and you become detached from all the negative life drama going on around you. You now view the events in your life from a higher vantage point – that of a Self-master.

HARMONIZED SPIRITUAL / MENTAL / EMOTIONAL / PHYSICAL CONSCIOUSNESS *You derive nurturance from your indwelling Spirit, and from our Father/Mother God via your God Ray. You stop looking outside yourself for validation of your self-worth. You no longer experience the extreme highs and lows as you move into a state of joy or bliss. You learn to live in the world, surrounded by a sphere of higher frequency Love/Light that you have created, as you expand your consciousness to incorporate the great variety of multi-dimensional expressions now available to you.

You are now living in an ascended state of consciousness as you unite with the multiple Facets of your God Self. You move out of a state of becoming into a state of BEING. You have developed clear-seeing and pure intention, and the fog of illusion no longer affects you. You mold and create your greatest visions and desires from the storehouse of Divine unmanifested potential, and you live in harmony with all Creation.

You develop an unerring assurance that you can have or become anything you can envision, if you are willing to put forth the effort to accomplish your goals. You have learned to rely on your angelic helpers, and you gain strength and sustenance from their presence. You will then be seen and defined as a unified, radiant SPIRITUAL BEING IN HUMAN FORM.

Brave hearts, we can offer you tools and knowledge, and we can encourage and inspire you; however, you must be willing to turn the knowledge into wisdom, and take the necessary

action to reclaim your Divinity and the glorified state that awaits you. I am your faithful companion on the journey. You are loved beyond measure. I AM Archangel Michael.

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CREATOR ESSENCE ** ENERGY FIELDS OF LIGHT IN PYRAMIDAL FORM:

Our Father-Mother God, the Elohim, and the Archangels created living Pyramids of Light within every level of Creation so that we may access the White Fire Memory Seed Atoms of life (Adamantine Particles of Creator Essence). These life-giving forms give access to the frequencies of Light, which are necessary components of transformation so that we, as human beings, may return to a state of higher consciousness – our Divine State.

ETHERIC BODY:

The golden etheric web contains the perfect blueprint for the human body – it is the invisible replica of the physical body, which is also known as the astral body or etheric body. It contains the perfect blueprint for our four lower physical bodies: physical, mental, emotional and etheric. It sustains and vitalizes the material form, and it controls the digestive and assimilation processes. It also repairs the damages in the physical form caused by the "wear and tear" of living. The etheric body is the memory body, and it is susceptible to our thoughts and emotions – both positive and negative. Disease or debilitation occurs first in the etheric body, and then gradually infiltrates into the physical vessel. It is also true that the balancing and harmonizing of the physical vessel begins within the etheric body, and then gradually manifests in the physical body.

OUR MENTAL BODY IS A TRINITY OF CONSCIOUSNESS CONSISTING OF:

THE CONSCIOUS MIND, which is composed of the intuitive right brain hemisphere, and the linear thinking, reasoning, analytical left brain hemisphere. The mind controls the brain, which was designed to be an extension of the superconscious mind and our OverSoul/Higher Self.

THE SUBCONSCIOUS MIND or our subjective mind records and stores everything we experience: what we see, hear, think and feel emotionally. The subconscious mind takes everything literally. It does not matter if we have experienced an event or just imagined it vividly; the subconscious mind registers it as a fact. That is why it is so important to change negative, debilitating past memories into positive memories. Our thoughts and intention resonate to specific frequencies, and by changing the frequency patterns we project through the use of will power and conscious effort, we can create the life, physical health and circumstances we desire.

THE SUPERCONSCIOUS MIND. As we raise our frequency patterns and vibrational field of consciousness, we are able to tap into higher and higher levels of Creator-consciousness. The superconscious mind has a direct flow of wisdom from the Divine Mind, once we have

cleared the static and distortions from the column of Light that connects us to our Higher Self and to our OverSoul/Higher Self and our Fifth-Dimensional Sacred Triad.

The thoughts we think, and the emotions we feel create the cause and effect or karmic reactions in our worldly experience. When we raise our vibrational patterns and return to harmony within our emotional and mental bodies, we step off the wheel of karma and move into a a State of Grace.

Forever love and angel blessings, dear friends. Ronna

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DECEMBER - DIVINE MOTHER SJE - LM-12-2019_DIVINE_MOTHER_SJE.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * 12-2019

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

THE RETURN OF THE GODDESS * OUR HEAVENLY MOTHER

Beloved masters, a wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years have been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love, compassion, creativity and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother-God. From our Father-God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb of our Mother/-God's Being. Then through their unified desire, we were radiated forth into individualized consciousness — spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE, AND SUB-ROOT RACE ERA –– how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be experienced and integrated within a certain era of humanity's passage through the many Ages.

You also have heard of the Golden Ray, which represents and carries the radiance, virtues and attributes of our Father God, and of the Silver Ray, which radiates the reflective virtues of our Mother God. We tell you now, this Silver Ray is just a minuscule Facet of her awesome power and radiance. The new energy that is now pouring down upon the Earth and

humanity has been called the Platinum Ray, the Diamond Ray, and the Crystalline Ray but no matter what you call it, it cannot describe the magnificence of this miraculous gift that is being given to all Creation.

It is the memory of the perfect love of your Mother-God, described by the ancients as the "Holy Spirit" that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center that has ached – that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength and purity – all you have to do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

I hear the whispers in your minds, beloveds, "But am I worthy?" We tell each and every one of you, yes, you are worthy — no reservations, on exceptions. Yes, the Universal Laws are enforced here as with everything, laws which will determine through your vibrational frequencies how much of this energy you will be able to integrate. But without exception, it is available to all, and eventually, a White Fire Seed Atom of this rarified love potion will be ignited within every heart, and in every corner and Facet of Creation. It cannot be otherwise, for it has always been there; however, it became diminished in radiance each time you sank deeper into the density of the material planes of consciousness.

You see, it is time for reunification at all levels, from the highest to the lowest, therefore the attributes, aspects and virtues of the Mother Creator will be the dominant force in this Sub-Universe until a balance between your Divine masculine and feminine Nature is once more attained. Your DNA is encoded with Divine love, compassion and creativity, as well as the strength, power and the will to create, which were passed on to all sentient Beings by our spiritual parents. This is a vital component in attaining Unity Consciousness once more.

We have focused on and tried to explain why so many of you are experiencing distress, discomfort and uncertainty, and yet, at other times a sense of great joy, wonder and a sense of expectation well up from within. Some are calling it the Light Workers' syndrome, and this is an appropriate title. Here again, you cannot even begin to comprehend what is happening to you and your Earth, as well as this Sub-universe and the entire Universe. You are mutating as your DNA strands are unbundled and activated, and your brain is slowly being refined and upgraded. You are also reconnecting to your cosmic lineage — as you move along the skeins of time, back to the time when you separated from your Fifth-Dimensional Sacred Triad, and began your journey into the density of the Fourth- / Third-dimensional realms of materiality.

Envision the column of Light that your spinal column has become, or is becoming, and see it move down into the crystalline core of the Earth. Then observe the expanded sensation you feel as it extends out of your crown chakra until it connects with your Fifth-Dimensional Sacred Triad. Now envision other smaller beams projecting out horizontally from your column of Light as they touch and merge with individual Souls in physical embodiment — your Soul / Star family here on Earth with you. These energy projections are not the same

as those you extended to others, in the past, in the Third-Dimensional expression. Those projections were attachments which were intended to control, possess or siphon energy. The Rays of Light you are now projecting carry the virtues of unconditional love and unity.

.Watch the Rays of energy you have projected, which are part of you and the radiance you are reclaiming, as they connect with your Soul family in the higher realms, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some you don't remember. The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner Dimensions and out into the solar system and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another view point, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God, I AM Archangel Michael.

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DECEMBER - RETURN OF THE GODDESS - LM-12-2019_WEB_docx.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * DECEMBER, 2019

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

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Beloved masters, a wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years has been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love,

compassion, creativity and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother God. From our Father God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb – of our Mother God's Being. Then through their unified desire, we were radiated forth into individualized consciousness — spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE AND SUB-ROOT RACE ERA –– how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be experienced and integrated within a certain era of humanity's passage through the many Ages.

You also have heard of the Golden Ray, which represents and carries the radiance, virtues and attributes of our Father God, and of the Silver Ray, which radiates the reflective virtues of our Mother God. We tell you now, this Silver Ray is just a minuscule Facet of her awesome power and radiance. The new energy that is now pouring down upon the Earth and humanity has been called the Platinum Ray, the Diamond Ray, and the Crystalline Ray, but no matter what you call it, it cannot describe the magnificence of this miraculous gift that is being given to all Creation.

It is the memory of the perfect love of your Mother God, described by the ancients as the "Holy Spirit," that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center has ached – that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength and purity – all you have to do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

I hear the whispers in your minds, beloveds, "But am I worthy?" We tell each and every one of you, yes, you are worthy — no reservations, no exceptions. Yes, the Universal Laws are enforced here as with everything, laws which will determine through your vibrational frequencies how much of this energy you will be able to integrate. But without exception, it is available to all, and eventually, a White Fire Seed Atom of this rarified love potion will be ignited within every heart, and in every corner and Facet of Creation. It cannot be otherwise, for it has always been there; however, it became diminished in radiance each time you sank deeper into the density of the material planes of consciousness.

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strength, power and the will to create, which were passed on to all sentient Beings by our spiritual parents. This is a vital component in attaining Unity Consciousness once more.

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Watch the Rays of energy you have projected, which are part of you and the radiance you are reclaiming, as they connect with your Soul family in the higher realms, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some you don't remember. The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner Dimensions and out into the solar system and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another view point, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God, I AM Archangel Michael.

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ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE

AFFIRMATIONS TO THE DIVINE MOTHER AND TO THE LADIES OF LIGHT©

WHILE IN YOUR PERSONAL FIFTH-DIMENSIONAL PYRAMID OF LIGHT, WE SUGGEST THAT YOU OFTEN CALL ON AND COMMUNE WITH THE DIVINE MOTHER AND HER LADIES OF LIGHT. YOU MAY REPEAT THE AFFIRMATIONS BELOW OR MAKE UP YOUR OWN. WE SUGGEST THAT YOU CONCENTRATE ON EACH OF THE LADIES OF LIGHT FOR A WEEK SO YOU MAY BEGIN TO ATTUNE TO, AND ALSO RECOGNIZE, THE ENERGY OF EACH GREAT LADY EMISSARY OF THE CREATOR.

BELOVED DIVINE MOTHER, I ask you to join me in my Pyramid of Light, and to gift me with your blessed loving energy so that I may be filled with the glory and power of your Divine Essence. I seek to integrate and portray your gentleness and your strength of Spirit, and to express your sweet, pure love in my daily life to any and all I meet. Open the portals of my Sacred Heart so that your pure love may blaze forth through me now and forever more.

I CALL UPON THE BLESSED LADY MARY, ARCHANGEL OF THE FIFTH RAY, for whom I feel such great affinity, to guide and sustain me in my quest for truth and creative power. I claim all the gifts that have been imprinted on my Soul and within my brain structure, and I gratefully manifest them in their highest form for the blessing of all. I am continually inspired to give birth to things of great beauty to delight and encourage others to do the same. I draw upon the laws of Creation and dedicate my life in service to humanity.

I CALL UPON LADY AMETHYST, ARCHANGEL OF THE SEVENTH RAY, to be my inspiration. I claim the gift of the Violet Transmuting Flame, the Divine alchemical energy of transformation and transmutation. I will accept the challenge to be the full embodiment of the perfected masculine and feminine energy, showing all what it means to walk in power and strength while personifying love and compassion. I claim and pronounce my MASTERHOOD NOW!

I CALL UPON THE BEAUTIFUL LADY FAITH, ARCHANGEL OF THE FIRST RAY, to inspire me and lead me through the unknown territory onto the path that leads to enlightenment. I will go forth in full faith, trust and knowledge that I am being led by my God Self, and I will be a shining example for all to see. I will show others that with courage and faith the impossible becomes possible. By being willing to move out of my comfort zone, in order to release that which may seem safe and secure, when I am nudged to do so, I attain comfort and I am blessed with riches untold. I will show the weak of heart that we can step off the cliff and soar among the stars.

I CALL UPON LADY CONSTANCE, ARCHANGEL OF THE SECOND RAY OF JUSTICE AND TRUTH, to fill me with the desire to know and experience the hidden wisdom of the ages. As I gain true knowledge and wisdom, and manifest them in my life, may I become an example and disseminator of higher truth, sharing it with all seekers of the Light. I will give comfort to those who are discouraged and inspire those who feel defeated. I will be a courageous example for the faint of heart, and I will give loving succor to those who do not feel worthy of love. I will honor and listen to the nudging of my Spirit, and I will walk the way of truth and love.

I CALL UPON LADY CHARITY, ARCHANGEL OF THE THIRD RAY. I, who have known ignorance, bigotry and injustice, will be a shining example of unconditional love and pure intention. I will always endeavor to understand and forgive, knowing that each person is on their own sacred journey, and they must learn their lessons in their own way and in their own time. I claim the purity of my Divine Self so that it will shine radiantly for all to see and share in its warmth. I will share my gifts of abundance, and I will be charitable in thoughts, action and deeds. I will personify the qualities of understanding, clear perception and Divine wisdom.

I CALL UPON THE COMPASSIONATE LADY HOPE, ARCHANGEL OF THE FOURTH RAY. I will portray hope and inspiration in my manner, speech and actions. I will give loving assistance where needed. I will gently inspire and encourage where there is despair; I will speak words of hope so all may hear. By my very presence, I will bring comfort, and I will leave in my wake an aura of peace and beauty.

I CALL UPON LADY GRACE, ARCHANGEL OF THE SIXTH RAY, to fill me and infuse me with her glorious radiance. Please, make me a beacon for all to see so that they will know whom I serve as I use the Light of Spirit to heal, comfort and inspire. I will bask in the glow of her radiance, and I will create such a brilliant aura of love that all whom I come in contact with will be blessed, so that the seeds of transformation may be planted, and come to fruition at the appropriate time. My Spirit rejoices as I spread wide my influence of Loving Light.

I CALL UPON THE BELOVED LADY MASTER KWAN YIN, to infuse me with the healing energy, love and compassion of her wondrous nature. Assist me to be a nurturer for all those who seek comfort, hope and inspiration. Allow me to be a Bearer of healing Light by which they attain wholeness in body, mind and Spirit. May all whom I meet and serve be infused with balance, peace and harmony.

I CALL UPON THE GODDESS OF LIBERTY, to liberate me from any limitation that is keeping me from fulfilling my highest destiny. I assume the mantel of an inspired cocreator under the guidance of my Divine Self, and I go forth in constant assurance of success. I know I am a teacher of the new, emerging wisdom and truth. May I never hesitate to speak my truth and share my wisdom as my Spirit leads me to do so. I accept the role of a gentle guide to all those who are led to me.

I CALL UPON THE LOVING GODDESSES OF THE DEVIC AND ELEMENTAL KINGDOMS, to shower their radiant loving energy down upon the Earth, calming all the elements of nature, and to join us in our efforts to heal our wounded Mother Earth. I petition them to work in unison with us once more to reclaim the beauty and perfection of the Earth. May we remember that we are stewards of the Earth, the animal, vegetable and mineral kingdoms which were put under our care. May we walk in peace and harmony, honoring all our Mother/Father God's creations, from the lowest to the highest.

AFFIRM: I HEREBY DON MY SHINING CLOAK OF SPIRITUAL ARMOR, AND I ACCEPT THE GIFTS AND RESPONSIBILITIES OF AN ASCENDING MASTER OF COCREATION. I DEDICATE MY LIFE AND MY ALL TO THE GLORY OF OUR FATHER GOD AND MOTHER GODDESS – TO THE ALL-THAT-IS – AND TO THE MANIFESTATION OF HEAVEN ON EARTH. SO BE IT! SO IT IS! IT IS DONE!

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Dearest friends: As we move more fully into the AGE OF AQUARIUS and the new GALACTIC BLUEPRINT for the Earth and humanity, which is an era of expanded conscious awareness and Self-mastery, we are experiencing more tests, challenges and opportunities. If you have been faithfully following Archangel Michael's teachings over the past few years, you are aware that new wisdom teachings are guiding us toward a dramatic new reality. The messages have become increasingly complex, and for most of us, we must study, ponder on, and even reread the messages several times before we begin to get a clear understanding of what is being relayed to us.

If you have read beloved Michael's seventh book of wisdom teachings, THE MAGIC AND MAJESTY OF ASCENDING HUMANITY©, you are aware that he is now gradually relaying some of the advanced teachings from his latest book to the masses via the monthly messages. This book contains many "Pearls of Wisdom" from his other six books and the three study manuals that we have been blessed with—along with a clear definition of what our present "Round of Ascension" entails. The manual is arranged to progressively assist us in understanding the Seven Dimensions which make up our earthly reality, and the progression of Earth's and humanity's amazing Ascension process. Also included are a number of incredible illustrations, which greatly help us to understand the complex process we are currently experiencing.

Many will not be ready to study and integrate these teachings, and that is as it should be, for each of you are on your own path, progressing through each new level at your own pace. However, as the old Divine Blueprint is no longer in force, it behoves us to endeavor to understand how best to traverse these rapidly changing times. It will also be of vital importance to integrate at least the basics of the new Divine Blueprint for our Fifth-

Dimensional reality. Each Sub-Dimension has it own specific laws and standards. Since we are in the process of accessing New Age Fifth-Dimensional awareness, our leap in Cosmic Consciousness will be much more dramatic and life-changing. Archangel Michael has gifted us with so much incredible information over the last twenty-five years, and it has been my great honor to be the “transmitter” of this information. I send you all my deepest love, gratitude and angel blessings, Ronna

BOOK SEVEN ** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** Contains illustrations of our personal Creator Wheel Flower of Life; attaining integration of all of our Fourth-Dimensional Soul Fragments, and connecting with our Fifth-Dimensional, Sacred Triad. Many comprehensive illustrations to assist us to understand the advanced information AA Michael has given us in this amazing book. The Ascension goal for humanity within this era of earthly experience is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third/ Fourth Dimensions. Archangel Michael has blessed us with some extraordinary information, which will assist us to move through this process as gracefully as possible. * 8 X 11 Spiral-bound Study Manual * $25. plus S&H

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JANUARY, 2020

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TRANSMITTED THROUGH RONNA * SACRED SCRIBE

INTEGRATING YOUR NEW DIVINE BLUEPRINT

Beloved masters, never forget, your nearest and dearest friend should be yourself — your own Soul-consciousness. Within your Sacred Heart center you will find wisdom, compassion, patience, and most important of all, unlimited Sacred Love. From the beginning of the creative experience into density, all human life forms have been subjected to an ongoing, continuous series of revelations. A curious, inquiring mind was a built-in, intrinsic facet of human nature. The Earth is, once again, being prepared for a new, higher-evolutionary species of humanity. All of you, as StarSeed and world servers, are encoded with Memory Seed Atoms giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a Self-directed, Soul-inspired entity in the midst of the chaos and turmoil of the current, Third- / Fourth-Dimensional reality of today.

A new Divine Plan filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful Rays of God consciousness upon Earth and humanity from the Great Central Sun of this Sub-universe. An advanced Soul, treading the narrow path of Ascension, must learn how to absorb and integrate the three major God Rays of the coming Age, THE SPIRITUAL TRINITY, consisting of: DIVINE WILL * LOVE/INTUITION * INTELLIGENT, PURPOSEFUL ACTION.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity, where all is calm and peaceful, filled with pure cosmic life force substance, Adamantine Particles, just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: you are a treasured son or daughter on an important mission. Nothing you can say or do can diminish that love. It is time to open the brain passages of your mind to the higher frequency codes of your OverSoul/Higher Self.

Too many of you are still carrying great burdens from the past. Mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the

painful memories stored within your physical vessel and auric field – just as we are clearing the distortions of the Third-/Fourth-Dimensional, collective consciousness belief patterns; thereby, bringing those dimensions back into their originally designed spectrum of duality. Fear is a primitive fight or flight emotion, which will hinder the expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower human nature.

It is important that you understand, even though you no longer remember your past errors or the thoughts and deeds that threw you off balance, until these negative thought forms are acknowledged and transmuted, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness, and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher Fourth/Fifth Dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention. This is the source of so much of the inner turmoil, challenges and tests that you, the Self-aware seekers of Light, are experiencing.

We have stressed over and over again, one of the greatest challenges, yet one of the most important tasks to be accomplished in order to step onto the spiral of Ascension, is to maintain a focused point of awareness within your Solar Power Center. In doing so, you will maintain an open passage into the Sacred Heart–thereby allowing the Creator Light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious Soul Song.

During these wondrous, yet trying, times, you are being given a grand opportunity to tap into the cosmic library, which holds the mysteries of this Sub-Universe. You, the StarSeed, are gradually becoming equipped to tap into those sacred temples / Pyramids of Light where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height, surmount any obstacle, and your path of Ascension will be revealed with certainty. You have never lost your divinity or your godly intelligence. It has only been in safe-keeping, awaiting the time when you would, once again, awaken to claim your birthright as a Divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves so you may become clear vessels for the refined frequencies of Light. You have the ability to become a conduit for the Adamantine Particles of Creator Light, which will permeate your physical vessel, and flow out into the world of form. However, you must liberate the power of the Sacred Fire from within your physical vessel, the Kundalini Fire stored within your Root Chakra, while drawing forth a new supply via the great Sixth-Dimensional Cities of Light. The breath is the conductor of this vital Life Force energy. You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques which you must incorporate in order to develop and claim Self-mastery –vital information you are to integrate and then share with those on the Path behind you.

We ask you to envision the Violet Flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you as well as giving you protection from outside, negative influences. As you evolve into a Spiritual/human Being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a part of your Energetic Signature. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things. Remember, in order to manifest your spiritual vision, you must define what you wish to create, and then clearly envision it. First of all, as a conscious cocreator, you should focus on manifesting a refined, evolved state of Being, and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes and virtues of God Consciousness will assure success in creating all the material objects you require to live in comfort. You are learning to become one with the infinite flow of abundance, as you traverse the many levels and Dimensions of Creation. One of the most important concepts that you must accept as your truth is a crystal clear awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what your mission is in this lifetime and, we tell you, your Soul's greatest desire is that you reclaim the many facets of yourself, and return to being the wondrous master of cocreation that you were when you first embodied in the material planes. The Ascension process is an on-going journey, not a destination. Each day, endeavor to make the highest choices – stay in the moment, for that is the only time you can access your God power – not focusing on the past and not projecting into the future, but seeking your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human-nature.

This is a balancing lifetime for you, the StarSeed, whereby you are seeking to bring into harmony all the facets of your Being. Deep within, you are aware of how important it is for you to honor and integrate your feminine nature, the gentle, intuitive, creative and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong, yet gentle, outward focused as you tap into the treasure house of wisdom within. Your Divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your Sacred Mind, OverLighted with the compassion of your Sacred Heart. You must learn to speak concisely, constructively and confidently. Know that if you stay centered and focused within your Sacred Heart, the Universe must respond in a positive manner and your success will be assured.

As you become attuned to the intuition of your Higher Self, you will begin to feel the God Light pulsating within your Sacred Heart, and you will begin to focus on the Spark of

Creation within the Sacred Heart Center of every person you meet. It may be dim in many dear Souls, but it is still burning within or they would not be alive. When you do so, you will automatically strive to practice non-judgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep within, that which is loving, enlightening and expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of Ascension and enlightenment. Whatever you choose as your truth, you must integrate and apply in your life through focused intention and action. DISCERNMENT / HEART-CENTERED INTENTION / FOCUSED ACTION result in positive manifestation.

No matter what station, circumstances, or level of awareness you assumed for this incarnation, deep within your Soul Self was a burning desire to integrate the multiple-level Facets of your Beingness. However, first they must be healed and harmonized so that they may be filled with the rarified Light of the higher realms. As you allow your Higher Self to OverLight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

The mighty forces of the Angelic Kingdom, as well as a vast number of wondrous Beings of Light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe upon your free will. It is time to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, it is vitally important that you to go forth and share your wisdom.

Know that the challenges and opportunities before you will bring rewards beyond anything you can imagine, and so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant Light, for you have earned it. Follow your own path. Do not fear being different from those around you.

We will leave you with a few en-Lighten-ing thoughts to assist you to stay focused upon the higher mental plane of awareness, with an overlay of loving intention. Your goal is to become Heart-centered and Soul-focused:

^^ The higher mind utilizes the senses of all your multiple-body consciousness in its thinking /analyzing process.

^^ Knowledge, talent and a high intelligence quotient do not create a genius. It takes concentration, courage, perseverance and an on-going drive, along with integrity, to tap into

your spiritual genius potential. Find and pursue your desire for excellence, and strive to live your passion to the very best of your ability.

^^ Returning to the narrow path of Ascension in consciousness is the beginning of transcending opposites where there is no good or bad, right or wrong, only harmonious personal choices within the accepted spectrum of duality. As an empowered, functioning Self-master, you will make only the highest and best choices for the benefit of ALL.

^^ FEAR, HATE AND JUDGMENT DIVIDE. LOVE TRANSFORMS AND UNITES. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity.

Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always, and you are profoundly loved. I AM Archangel Michael. *** Transmitted through Ronna Vezane / Sacred Scribe www.StarQuestMastery.com

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us with so much incredible information over the last twenty-five years, and it has been my great honor to be the “transmitter” of this information. I send you all my deepest love, gratitude and angel blessings, Ronna ^*^*^*^*^*^*^*^*^*^*^*^*^*^

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** RONNA VEZANE / SACRED SCRIBE

**2020 AND BEYOND THE VEIL©* * E-BOOKLET SERIES ** NUMBER ONE

As the year 2020 approaches, I can think of no better way to support our spiritual growth than to review of some of our beloved Archangel Michael’s most pertinent wisdom teachings. AA Michael has encouraged me to publish a series of messages in smaller E-BOOKLETS. He has chosen the topics in this first booklet, and each message has been updated or added to, as he felt was appropriate. 2020 AND BEYOND THE VEIL is the first offering of these important messages from Archangel Michael. *** $7.77 * U.S. FUNDS

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * FEBRUARY, 2020

\THROUGH RONNA VEZANE * SACRED SCRIBE

A NEW CYCLE OF CREATION IS IN PROGRESS

Beloved masters, the stage is set, and the curtain is about to rise on the new dawn of tomorrow. There are new sacred vortexes 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.

Know this, my brave ones, you are in the final stages of a specific unit of time, and you all have been subjected to a unique system of rules. We are repeating and emphasizing this information, for it is vitally important that you understand this concept within the new Universal Laws of the Age of Aquarius.

Total free will was deemed to be a great gift; however, it became a great burden as humanity sank into a broader 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 it will, henceforth, apply to the emerging group of World Servers as well as the aspirants and disciples on the path of Ascension."

You are slowly withdrawing your attention and your energy from your old, dysfunctional Third- and lower Fourth-Dimensional reality; therefore, it will gradually fade and cease to exist, for you will no longer feed it the energy necessary to sustain it.

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 of consciousness will be designated as cocreators of the future. As an individualized God Seed Atom of Creator Light, your Divine mission is to expand the borders of manifested God-consciousness. Your goal is to become a master of manifestation – drawing forth the Essence of Creation, activating it within your Sacred Heart. Then, via specific thoughts from within your Sacred Mind, molding the God Substance into an endless variety of forms. Thus, you will become a true, full-fledged, extension of our Father/Mother God

You, as individuals, will tap into the appropriate amplified-consciousness White Fire Memory Seed Atoms, which contain the next higher level of your Higher Self Divine Essence that is appropriate for you at this time. This is the Essence of Ascension, and it has been waiting for you ever since you separated from your Divine I Am Presence. These Seed Atoms of God-consciousness contain the wisdom, love, power and inspiration that will assist you through these next tumultuous years of evolutionary change.

Humanity is in the midst of a dramatic change in Memory Seed Atom Life Codes as you, the StarSeed, reawaken your extrasensory abilities. Your sight will expand beyond the ultra-

violet spectrum of Light, and your natural way of seeing will become more panoramic as your peripheral vision increases to a degree.

There are minuscule pyramid-shaped crystals of Light within the brain in the area of the pineal gland, which will be activated as you begin to understand and learn how to use sound and color as it was designed to be used in healing; thereby, balancing and harmonizing the auric field and the human body. Your superconscious mind will begin to download more and more wisdom teachings about the workings of the Universe – the complexity of your true nature – as well as information about the future of humankind. When your Higher Self determines it is time for your Third Eye to open, it will be as if you have received a surge of Sacred energy in the middle forehead area. These specialized frequencies will also activate the Seed Crystals of Light within the Pineal Gland, which will speed up the process of reclaiming and perfecting your telepathic communication skills.

There will be new information coming forth about molecular genetics, mathematics, music and the importance of sound. You will experience a quickening in the process of downloading the multidimensional aspects of your nature, and the Holy Spirit, the powerful loving essence of our blessed Mother God will initiate a dramatic increase of the vibrational frequencies of Love radiated forth directly from her Sacred Heart Core.

And so we ask you, beloveds, are you ready to close the door to the past, and step onto the path which will lead you into a magical world of all possibilities? The way has been prepared. All you have to do is agree and the process will be revealed to you, one step at a time. We are endeavoring to make this transition as easy as possible, for you have suffered enough, and it is time for ease and grace. A grand alliance is being formed — a reunification of magnificent proportions, as we solidify the process of joining together once more in common purpose — both we of the higher realms and you, the earthbound representatives of the Creator. The time of separation is swiftly coming to a close, and paradoxically, those still steeped in the illusion of the Third /Fourth Dimensions are coming together as well. They will be bonded together more and more tightly in their fight to maintain separation through their struggle for dominance and power, fueled by hatred, fear and greed.

Many eons ago, we made each of you a promise as you went your separate way to fulfill your part of the Universal Divine Mission. We promised that we would come together again in a grand reunion when the experiment on planet Earth was drawing to a close. We promised that even though you would forget your origins as part of the experiment, at the appropriate time we would help you to remember and reclaim your heritage, and we would move forward together, side-by-side and heart-to-heart. That time is now, beloveds.

We are asking you to make a commitment by becoming a LIGHT BEARER and a WORLD SERVER. In doing so, your awareness and effectiveness will be expanded by leaps and bounds. Through the dynamics of group meditation within the Fifth-Dimensional World Server Pyramid, you will swiftly become a master of cocreation and an example for those around you. The swiftest way to get the attention of others is by initiating, proving and personifying a beneficial theory.

See yourself creating a firm foundation and establishing a unity with the Earth as you enjoy the richness and beauty she and the first Three Dimensions have to offer. Access the plethora of positive thought forms stored in the realm of the Fourth Dimension to assist you in building your vision and solidifying your dreams. Then move into your Pyramid of Power in the Fifth Dimension in order to access the Life Force of Creation and thereby infuse your creations with Cosmic Fire.

MESSAGE OF ENCOURAGEMENT FOR THE STARSEED WAYSHOWERS

in past lives and past Ages, this reunion of the Soul and Spirit was a very individualized and personal event, not one experienced by the masses, only by the few. This is no longer true. It is now a time of mass awakening, a time of global, galactic and universal reunion and Ascension into a heightened state of Creator/Spirit-infused consciousness. You now have the potential to connect with the many Facets of your Soul family, your Higher Self, your many OverSouls and your White Fire God Seed Atom (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.

As your radiance expands and grows more powerful and far-reaching, you, along with other Light Workers, will become a unified force that will not be denied – a force for transformation and change of the highest order. Be bold in your vision; see what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for wherever you focus your attention that is where your energy will go.

We have told you many times "your only true enemy is fear." However, it remains one of your greatest drawbacks on the path of Ascension. Release the fear of the future and of failure. Strive to stay centered within your Sacred Heart as you radiate Love/Light out into the world of form – then watch as the miracles unfold. You are masters of manifestation; you have just forgotten. Believe in yourself and cease creating those things that bring you pain, guilt and suffering. Become a cocreator of the Light, peace, balance and harmony once more, and help recapture the pristine beauty of planet Earth, and harmony amongst all sentient Beings.

Through your diligence in studying and perfecting your skills as Self-masters and cocreators, your Soul has gradually been infused with a Divine discontent, which has slowly filtered into your consciousness. You began to turn inward, to tame the ego desire-body and reconnect with the Soul, the Oversoul and multiple Facets of your greater Self. Now you are ready to display and share your wisdom and the "teachings of the New Age of En-lighten-ment" with other dear Souls who are just beginning to awaken. The masses are stirring, and the need for guidance and inspiration will grow and spread rapidly to all people around the world.

We say to you that it is time to begin to listen to your own inner guidance so that you will begin to trust your intuitive powers. Go into your Pyramid of Light in the Fifth Dimension and state your desire to clearly understand how you are to proceed as you strive to fulfill your Divine Mission – at the appropriate time for your highest good and the greatest good of all. This aligns your will with your OverSoul Higher Self, and it allows us to guide you to the place where you will be most effective: to the situations which will also help you move along the path of Ascension, with ease and grace, as you go about creating your version of Paradise on Earth. Allow us to be your guide, and follow that small voice within, which is our way of communicating with you at the present.

As you become more confident with new your wisdom, and you begin to trust your inner knowing, you will find that people will be drawn to you. You have the ability to coordinate and bring together others who are seeking to find their path. You will be guided to help them understand the transformation process all of you are experiencing at one level or another during these times of accelerated transformation.

We assure you that if you will study and integrate the information and tools we have offered over these many past years, and then share your wisdom with those on the path who are also seeking their higher truth, you will find many dear Souls who are anxious and willing to listen to you. You all have the potential to be healers of Souls, beloveds. We ask you to radiate the love we send you to those who are still suffering in the pain and illusion of the Third and lower-Fourth Dimensions.

Many of you who have agreed to integrate the maximum amount of the higher frequencies if Divine Light from our Father/Mother God, which are now available to you, the StarSeed Wayshowers. We know that, at times, you are experiencing uncomfortable symptoms and mood swings, but this will pass as your physical vessel releases more and more of the impacted or negative energies from within. As time passes, you will refine the physical vessel as you integrate more of your Divine Self. It is something that has never been done on Earth before, and we honor you for being among the forerunners of this process. Those of you who are showing the way are making it much easier for those who follow behind you.

Beloved ones, you can help transform your families, your neighborhoods, the cities and countries in which you reside, and ultimately the world. Be bold in your vision; see what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for wherever you focus your attention that is where your energy will go.

We of the angelic realms are here in great force to help you move through these times of evolution and great change; however you must ask for our assistance, for we cannot infringe upon your free will. We are asking each of you to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, we ask you to go forth and share your wisdom. If you do nothing more than draw forth and integrate your maximum amount of Adamantine Particles of Creator Light, and then radiate a portion out into the world and to humanity, it will be enough.

There has been a Divine Mandate handed down, stating that the reunification process will be activated in the fullest measure in order to accelerate the process of cosmic evolution. This means that boundaries and barriers within the minds and hearts of humanity, as well as all religions, nations, cultures and races will be given the opportunity, or will face the challenge, of letting go of all that is not in harmony with the blending of all Spirit-kind and the Creations of our Father/Mother God.

We stand together in the Realms of Light and we extend our heart and hands to you to draw you within the circle of Cosmic Unity. Will you step forward? We surround and enfold you in an auric field of love and protection. I AM Archangel Michael.

Transmitted through Ronna Vezane * Sacred Scribe * STAR*QUEST
www.StarQuestMastery.com

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** RONNA VEZANE / SACRED SCRIBE

**2020 AND BEYOND THE VEIL©* * E-BOOKLET SERIES ** NUMBER ONE

As we move into the frequency patterns of 2020, I can think of no better way to support our spiritual growth than to review of some of our beloved Archangel Michael's most pertinent wisdom teachings. AA Michael has encouraged me to publish a series of messages in smaller E-BOOKLETS. He has chosen the topics in this first booklet, and each message has been updated or added to, as he felt was appropriate. 2020 AND BEYOND THE VEIL is the first offering of these important messages from Archangel Michael. *** $7.77 * U.S. FUNDS

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** BOOK SEVEN ** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** Contains illustrations of our personal Creator Wheel Flower of Life; attaining integration of all of our Fourth-Dimensional Soul Fragments, and connecting with our Fifth-Dimensional, Sacred Triad. Many comprehensive illustrations to assist us to understand the advanced information AA Michael has given us in this amazing book. * 8 X 11 Spiral-bound Study Manual * $25 plus S&H

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MARCH, 2020" WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MARCH, 2020 WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MARCH, 2020\\

RONNA * SACRED SCRIBE

KEEPERS OF THE VIOLET FLAME

Beloved masters, humanity is in a cosmic moment of opportunity. The Violet Flame of transformation and purification, through the radiance of beloved Archangel Zadkiel and Lady Amethyst, under the direction of St. Germain along with his Twin Flame, Lady Portia, Goddess of Justice, is being showered down upon the Earth and humanity to assist in these unprecedented times of evolution and Ascension. The purifying vibrational patterns of the Violet Flame will greatly increase in strength over the coming years as more and more advanced Souls learn how to harness and project its magical, transformative properties. The Seventh Ray of ceremonial order, freedom, redemption, purification, ritual and organization will be the Over-Lighting Ray for these next 2000 years as the Earth spirals into a closer orbit in relation to the sun of this solar system.

The First Ray of Divine Will / Power / Purpose will be the second most important, active Ray for the next cycle of 2000 years. The Violet Flame of the Seventh Ray will accelerate the transformation process by returning discordant vibrational patterns to neutral Light substance so that, through your loving, conscious intention, you can return to balance and harmony within your physical, emotional, mental and etheric bodies. Once this is accomplished, you will more easily become true cocreators of beauty, abundance, joy and peaceful coexistence on Earth. You are to seek personal Ascension; however, you must also assist your brothers and sisters and the Earth to evolve and ascend as well.

At the turn of the TWENTIETH CENTURY, a Divine dispensation was declared, and the Chohan of the Seventh Ray, St. Germain, was allowed to bring forth the mystery teachings of the Seventh Ray / Violet Flame. Before that time, just as with the advanced teachings we are now bringing forth unto the masses, the knowledge of the Violet Flame and its Divine

alchemical properties was reserved for the Ascended Masters and their chosen disciples. Advanced Souls called Chelas were recruited, and the I AM Teachings were conveyed to qualified teachers. Invocations / decrees were taught to the students who expressed an interest. For several years the number of devotees grew; however, they could not keep up the momentum, and interest in decreeing gradually waned until it faded completely from the consciousness of all but a few of the faithful.

What was called decreeing in the past is now called affirmations; however, the results are more dramatic, for you have been given even more advanced Sacred Wisdom teachings. When you have the ability to draw forth (magnetize to you) the Adamantine Particles of Creator Consciousness, of which the Violet Flame is a component, you have at your disposal the full Spectrum of the Light components of manifestation. When you bring forth a powerful thought form via affirmations and breathe or radiate that thought out into the world of form, you magnetize to you and radiate from you the elements needed to manifest that thought form in its material expression.

The Violet Flame will also accelerate the vibrational frequencies of the components of any discordant patterns of thought so that they can be dislodged and purified by the Sacred Flame. Faith, perseverance and forgiveness of yourself and others are an important part of the accelerated transformational process. You will be performing a great service if you will make it a practice to consciously see this blessed energy blazing up from beneath your feet around you, and then radiating out in an ever-widening circle. By doing so, you will join other dedicated Souls in helping to lift the consciousness of humanity back into the frequencies of Love/Light. As you draw forth and radiate the Divine Essence of the Creator, you will help spread this wondrous transforming Light, which will facilitate in the healing of the Earth and humanity.

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 it will continue for some time as the Earth releases the negative patterns and constrictive energies. Your Earth Mother is striving to repair the damage that has been done to the planet over the eons of time through humanity's negative thoughts and actions. Humanity is responsible for the present state of the Earth. 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.

Dear hearts, 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 – 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 around the world is a travesty: the wildfires, destructive flooding, tornadoes, droughts, and the pain and suffering caused by the ongoing wars that are taking place in many areas 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 Server Pyramid where you will affirm, "I ask for my highest good, the most beneficial 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
www.StarQuestMastery.com. (RV) If you have been following our teachings for some time, you are aware that before you began your journey out into this Sub-Universe, you were given a Divine Mission. That mission included an assortment of tasks or lesser missions, and you were also offered many other opportunities as your expertise in manifestation increased, and you became accustomed to the great diversity in form and expression.

As StarSeed, those of you who answered the clarion call, which ultimately placed you in a physical body on Earth at this time, were taken to a star system in a galaxy that is composed of pure Amethyst Crystalline Energy of the VIOLET FLAME. There in the Celestial Amethyst Hall, from the Amethyst Throne, Archangel Zadkiel and Lady Amethyst accepted your vow to become a KEEPER OF THE VIOLET FLAME.

An etheric Amethyst Seed Atom, which contains the vibrational frequencies of the Violet Flame, was placed within your Sacred Heart. The Violet Flame contains the vibrational patterns of the love and compassion of our Mother God, as well as the frequencies of forgiveness and transformation. It also contains Adamantine Particles of Love/Light which are offered as a gift, a Divine dispensation; however, they must be activated by the frequencies of a loving, compassionate heart.

As this powerful Seed Atom is activated, the Facet of your Diamond Core God Cell that carries the vibrational patterns of the Violet Flame will blaze forth into your auric field, and it will enhance the activation of your ascending Body of Light. Refining your Soul Song, harmonizing your etheric Auric Field, and using the Violet Flame are instrumental in the process of Ascension. The Violet Flame removes discordant vibrational patterns so that you may more quickly expand and grow in radiance. As a Keeper of the Violet Flame, you are also to actively send forth the gift of the Violet Flame to those you are led to assist, as well as out into the world-at-large.

Faithful Ones, the time has come to divulge more of the complex design of the Universe so that you will better understand the magnificence of your home among the stars. No, you do not have one specific home location, for you are a citizen of the Universe. You, the Star Seed, have helped to create many wondrous planets and galaxies, and that is why you have been given such an important part to play in the future expansion of this Universe. You have often heard the sayings: “As above, so below,” and “The microcosm is representative of the Macrocosm.”

We have spoken before about the new Golden Galaxy that is in the formative stages; however, we have not elaborated on the Galaxies of the Rays and their function in this Sub-Universe. A Galaxy was created specifically for each of the twelve Rays of God-Consciousness; and although the frequencies and colors of the other eleven Rays are also represented within each galactic structure, the colors and frequencies of each galaxy are predominately those of the Ray it represents. The galaxy of the Seventh Ray is composed primarily of Amethyst Crystals from the deepest purple to the palest violet. It is the home base of Archangel Zadkiel and Archangel Lady Amethyst, and from their Amethyst Throne within the great Celestial Amethyst Hall, they send forth their great Rays of Refracted Creator Light to the multitude of Great Central Suns throughout this Sub-Universe. These galaxies are the chakra system for this Sub-Universe, and they contain a high concentration of the vibrational frequencies which each Ray represents. These galaxies could be called Universal storehouses of Divine Creator Light. When it is time for a particular Ray to take a predominant role in a particular quadrant of this Sub-Universe, our Father / Mother God radiates a greater amount of that Ray into the Galactic Centers so that the Archangels of that

Ray can radiate more of the attributes, qualities and virtues of God-Consciousness to the designated galaxies, solar systems, planets and to you and all sentient Beings.

Beloveds, we know some of the concepts we relay to you can be very confusing. However, as you expand in consciousness and wisdom, your Sacred Mind will open the well-spring of knowledge you have in reserve, and gradually, you will remember and understand. I am with you always. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA ** SACRED SCRIBE ** STAR*QUEST **

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THE SEVENTH RAY * VIOLET FLAME OF TRANSFORMATION

ACTIVATED / PROGRAMMED AMETHYST SENTIENT PILLAR CRYSTALS

The Violet Fire of transmutation, the Seventh Ray qualities, virtues and attributes of our Father/Mother, are brought forth through the energies of beloved Archangel Zadkiel, Lady Amethyst and St. Germain, and are being showered down upon the Earth and humanity to assist us in these times of monumental change. The vibrational patterns of evolution and transformation will continue to grow in strength, and they will be a major factor in the ever-accelerating awakening that is now taking place. The SEVENTH RAY is the only RAY, which is radiated downward from the higher realms, and also radiated upward from the powerful Violet Flame Clusters deep within the Earth's great caverns. Your Amethyst Crystal will amplify your ability to call forth and use the magic elixir of the Violet Flame. It will help you to release negative thought patterns, encodings and imperfections of the past and replace them with Seeds of mastery. The Violet Flame is the gift of the coming Age and will be the predominant Ray/vibration on Earth for the next 2000 years.

ARCHANGEL MICHAEL SUGGESTS THAT YOU PLACE YOUR AMETHYST CRYSTAL PILLAR UPRIGHT SO THAT THIS BLESSED ENERGY MAY BLAZE UP AND AROUND YOU, RADIATING OUT IN AN EVER-WIDENING CIRCLES, AS YOU JOIN OTHERS, AND HELP TO LIFT THE CONSCIOUSNESS OF HUMANITY BACK INTO THE FREQUENCIES OF LOVE / LIGHT. YOU MAY ALSO USE WHITE SAND, FROM A "HOBBY STORE," IN A DECORATIVE BOWL TO HOLD YOUR AMETHYST PILLAR CRYSTAL. $40.00 plus S & H (Small plastic stand included) *STAR*QUEST ** www.StarQuestMastery.com

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** APRIL 2020\

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\\RONNA VEZANE / SACRED SCRIBE\\\

TRAVERSING THE LAST SUB-PLANES OF THE FOURTH DIMENSION

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Beloved masters, you are a White Fire Seed Atom Fragment of God Consciousness. Your individualized God Seed Atom is the wholeness of your Being within this Sub-Universal experience. Envision your God Self as a golden sphere of Divine Light that has sent forth many, many Fragments of Itself throughout the many Creations within this Sub-Universe. You are one of those brilliant, shining Fragments. Your GOD SELF or I AM PRESENCE is experiencing many realities at once. As you move more fully into the entry levels of a Fifth-Dimensional environment, you will begin to experience some bleed-through telepathic thought forms, and information from some of your closer, most energetically compatible Higher Selves. You are becoming multidimensional, Spiritual / Human Beings.

You are about to enter a doorway into another reality – a world where special talents and attributes are a normal part of who you are. You are experiencing a physical reality and a non-physical reality at the same time. You have spent much more time in a non-physical

reality than in the physical world. Earthly existence is merely a moment in time compared to the times spent in the higher realms.

You should not focus on sensationalism or ways to impress people, but ways to assist yourself and others to become more conscious and in control of your own future. How do you wish to experience the next five or ten years? How do you envision yourself? It is time to begin to build your new reality right now, and your Spiritual friends and Higher Self can help you do just that – efficiently, gracefully and in alignment with your greatest good.

Connecting and communicating with your Higher Self, guides and teachers will give you access to new, advanced knowledge and information. Your sensitivity to energy, inspiration and the subtle voice of Spirit will increase dramatically. Building and perfecting your ability to interact telepathically will change the way you view the world. You will feel more confident and more in control of your destiny. As you learn to be an observer from a higher vantage point, you will see that these attributes will keep the Love / Light flowing to and through you, for there will be no distortions to slow down the process of mind expansion and Higher Self integration.

It is vitally important that you understand that telepathic communication is not to be taken lightly. It is not a parlor game or a means to satisfy someone's curiosity. We have given the basic instructions and guidelines in our BECOMING A COSMIC TELEPATH STUDY MANUAL. It outlines the various steps to telepathic communication, and also gives some of the important rules: what to do and what not to do. It is vital that you prepare properly and set the stage for this important facet of Self-mastery, as you strive to create and live in a Fifth-Dimensional environment.

>> If you wish, you may use your Personal Pyramid for the "developing your telepathic skills sessions" or you can create a special personal Pyramid specifically for this purpose. When you do so, ask your guides, teachers and angelic friends to join you there. Your Personal Pyramids will be composed of the appropriate frequencies and attuned to the specific projects you have in mind.

>> Remember, you may build as many Fifth-Dimensional Pyramids of Light as you like. In fact, the more the better, for by doing so, you will draw forth into your Pyramids the appropriate vibrational frequencies and angelic helpers to assist you and support your specific endeavors.

>> The angelic realm has specialists, just as you do on Earth, angels who personify all of the attributes, virtues and qualities of God Consciousness. They work under the guidance and direction of the archangels of each specific Ray. You could call them the "Worker Bee Angels.'" There are billions of them, and they are always eager and ready to assist you.

>> We strongly suggest that you, at least occasionally, visit the higher-dimensional Celestial City of Light that OverLights your area. We suggest that you regularly go into your personal Pyramid of Light before going to sleep, and then ask to be taken to one of the "Ascension Accelerator Chambers" within the City of Light when it is appropriate.

>> Over these many past years, we have endeavored to assist you to connect with, transmute and integrate your Soul Fragments from throughout the Third Dimensional environment, and up through the highest plane of the Fourth Dimension. This process cannot be rushed, so don't push it, just allow it to happen naturally. The meditations and exercises we offer are a good opportunity to use your intuitive and inner-sight abilities. Unless you have been following our teachings for a long time, you may integrate only a small amount of the higher plane, vibrational frequencies in the beginning; however, you will gradually gain the ability to tap into and integrate higher and more refined frequencies. Remember the words of advice we have given: "Faster or more are not always better." The journey of Ascension is a gradual ebb and flow of releasing old vibrational patterns to make way for the higher frequencies of Light. It is an ongoing, never-ending process.

>> LIGHT has consciousness. Everyone embodies Light to some degree. It is your Lifeline to the God Source. In order to traverse the higher realms, it is important that you create an ORB / SPHERE OF LIGHT and protection around yourself. This will assure your safety and comfort as you become accustomed to the various frequency patterns and more refined vibrational energies.

>> Just as you should always enclose your Higher Self and consciousness in a SPHERE OF LIGHT when traveling out into the higher dimensions or to the Cities of Light, your orb of Light will also protect you in the physical realm, if you stay focused and centered within your Sacred Heart. It will allow only those frequencies that are beneficial to you to enter your force field.

>> Become accustomed to having SPIRIT perched on your shoulder and give permission for your guides and teachers to work with you and through you.

>> Ask while in meditation that your INNER EYE be opened and your intuitive abilities to be enhanced. Learning to maintain an Alpha level of brain wave consciousness will assist you in this endeavor. You are in the process of unifying the right and left hemispheres of your brain, as well as balancing / harmonizing your masculine and feminine traits, attributes and virtues.

>> Most Spiritual guides reside and work at a specific inner-dimensional frequency levels of conscious awareness. As you lift your consciousness and refine your energetic signature, your guides will change. However, your special GUARDIAN ANGELS will stay with you throughout your many lifetimes, for they are Facets of your Higher OverSoul, and they will accompany you as you move through all your experiences on Earth and beyond.

>> Be aware that attaining Self-mastery takes effort, will power, perseverance and a commitment to the highest truth and integrity. Once you begin to trust your inner voice and its guidance, positive changes will naturally begin to happen. Miracles, small and large, will become a natural occurrence, and you will learn to maintain an attitude of gratitude. Thanks-giving and forgiveness will become an important part of your daily ritual.

>> You will gain more insight into the meaning of the tests and challenges before you, and you will learn to not engage in the dramatic, everyday situations, which in the past, kept you off-balance and confused. You will learn that in most instances, it is better to stay centered and not try to fix things for everyone around you.

>> Do not forget that, first, you must focus on the Fragments you have created that are resonating to frequencies patterns that are lower than yours. These lower Fragments are integrated differently than the Facets of your Higher Self. These Fragments, which have been created by your addictions, negative habits and distorted thought forms throughout your many past lifetimes, must be healed and loved free through your positive intentions, actions, changes in attitude and habits. This beginning process is usually what creates all the trials, tests and upheavals within a person's life, until he / she gradually begin to return to balance and harmony within his / her Third- and lower Fourth-Dimensional world.

>> When you have transmuted fifty-one percent of your negative karma, you are ready to begin the process of OverSoul / Higher Self integration. At that time, if you stay the course, you will progress very quickly onto the accelerated Path of ascension.

>> After you have integrated the many Fragments you have created within the Third- and lower-Fourth-Dimensional levels of consciousness – via the three lower chakras of your physical vessel – the next phase of the Ascension process is when, gradually, the Memory Seed Atoms from your Higher Self -Soul Fragments begin to move into alignment with your column of Light. Each one in turn, takes up residency within your Eighth Chakra (called your Soul Star). This Facet of your Being is called the OverSoul, for it will begin to download and radiate its higher frequency attributes and qualities into your auric field and chakra system. This reunification process gradually connects you to higher and higher levels of your vaster Higher Self, as you exchange the many important Memory Seed Atoms with the many Facets of your Being that you left throughout this Sub-Universe during your journey into density.

My brave Ones, now, more than ever, you have the tools of manifestation at your fingertips. You must step out of your comfort zone and release all that no longer serves your greatest good. Each of you knows where this applies in your personal life – it has been staring you in the face for months and even years – and will become even more unbearable until you finally relent and release that which is holding you back. As you become more proficient as inspired cocreators, no longer will you focus your energy on creating the small, mundane desires of the past. You will have established a constant flow of Adamantine Particles into and throughout your physical vessel, with the remainder flowing out into the world of form. You will have programmed in the smallest detail that which you wish to manifest for your personal comfort and enjoyment. Your constant mantra will be: "All my needs and desires are fulfilled even before I realize what they are, which will always be for my greatest good and the most beneficial good of all."

You will have meticulously outlined your path of service to humanity, which will be in perfect harmony with your Divine mission for this new era. You will have a constant, clear

and beneficial connection with your resident OverSoul-Higher Self, and you will graciously and easily follow the Path of Light that ever winds higher and higher into the more refined realms of existence. Be assured that I will always guide, direct, inspire and protect you as you journey forth into the unknown. I radiate the eternal love of our Mother/Father God to each of you. I AM Archangel Michael.

NOTE FROM RONNA:

Dear friends, our task is to clear and harmonize all of the lower three levels of our personal astral-plane thought patterns so that we may begin to resonate to the Fourth sub-plane of the Fourth Dimension. The Fourth sub-plane of each of the dimension is a transitional plane of consciousness, just as the Heart, the Fourth Chakra, is our physical body Spiritual-bridge to higher consciousness. Archangel Michael tells us "It is a very brave thing to accomplish, when you step outside the negative mass consciousness belief system, and to begin to seek your own illumined truth."

Archangel Michael also has told us, that because of what we are now accomplishing, no other experiment in consciousness will ever allow the StarSeed Souls or any Fragments of God Consciousness to sink into the density of the Third Dimension. Archangel Michael's seventh book, Magic and Majesty goes in great detail about our transition through Fourth Density back into the Fifth Dimension, and the reconnection with our Spiritual Triad.

We must traverse the higher levels of the Fourth Dimension in order to attain Fifth Dimensional consciousness.. Each dimension consists of Seven Sub-Dimensions: the first being the lowest and the seventh being the highest. The first three lower sub-planes of the Fourth Dimension contain the negative astral plane frequencies, which contain all the negativity of the mass consciousness belief thought forms created by humanity over the many past Ages.

The three Higher Planes of the Fourth Dimension are where we begin to integrate the remaining Soul Fragments that we created in order to experience the lower Fourth and the Third-Dimensional densities. Our goal is to return each of the lower dimensions (1st, 2nd, 3rd, 4th), to the originally designed Spectrum of Light and Shadow. The Fourth Dimension was not designed to be negatively out of balance. Humanity is responsible for the gross negativity that the Third- and Fourth-Dimensional plans contain, and it is our job to return those Dimensions to the appropriate frequencies of Light, so that we may experience polarity and duality in the originally designed Spectrum of Light and Shadow, as it was designed to be.

Our main goal is to return to an accepted spectrum of duality, whereby our 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 the full spectrum, Adamantine Particles of Creator Light.

As we begin to refine the frequency patterns of our Mental Body, we slowly gain access to our Sacred Mind and the treasure chest of higher mental consciousness that is stored therein. Our Sacred Mind and Sacred Heart become unified with our OverSoul-Higher Self, and once again, become the guiding influence in our spiritual quest. We become more tolerant of other people's beliefs, as we learn that there are many paths to follow; however, we are now aware that all paths ultimately lead to the same destination. We learn to be discerning as to what we will accept as our truth, and we only accept those truths that resonate positively within our Sacred Core Being. We begin to expand our horizons of thought, and many of us will develop a desire to learn more about our spiritual origins: why we are on Earth, what is our mission/purpose for this lifetime, and what happens to us after we transcend?

The time to AWAKEN and to become Spiritual/Human Beings has truly begun. We have the option of accepting this challenge with ease and grace or through resistance, chaos and dramatic challenges. Which do you choose? Angel blessings, Ronna

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MAY 2020

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RONNA VEZANE * SACRED SCRIBE

IT IS TIME TO SHINE YOUR LIGHT AND 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 in a positive way. 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 through Seventh Rays.

Fear is the predominant emotion within the second, more predominant group, 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, religious beliefs, different cultures, racial dogma, 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. People 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, which 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 be an Light Worker who shows the Way. 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 your physical vessel, through you as you take what you need, and then you are to radiate the remainder out to humanity and the Earth. 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 and pure intention.

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- and Fourth-Dimensional environment. However, it will mix and meld with the higher frequency Adamantine Particles of Light, and it 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, which is then transduced out into and through the sun of your solar system, you are designed to filter the Light through yourselves. You must activate it with your unconditional love, and then 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 the upgraded 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 as you go about your daily life:

>> 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 begins to move up the spinal column through the chakra system, thereby 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 a reunion with 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 a

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, and also upward from the great, ageless Violet Fires within the Earth. The refined frequency patterns of the five higher galactic Rays will then flow outward from within the heart centers of you, the en-Lighten-ed Light Bearers, encompassing the world, and affecting the consciousness of all humanity. 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 and will 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. Some of the advanced Souls on the Path are already doing so. 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 to 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 upgraded 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 and our Mother/Father God. We are with you always. I AM Archangel Michael.

Transmitted through, RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST * www,StarQuestMastery.com

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** RONNA VEZANE / SACRED SCRIBE

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As we move into the frequency patterns of 2020, I can think of no better way to support our spiritual growth than to review of some of our beloved Archangel Michael's most pertinent wisdom teachings. AA Michael has encouraged me to publish a series of messages in smaller E-BOOKLETS. He has chosen the topics in this first booklet, and each message has been updated or added to, as he felt was appropriate. 2020 AND BEYOND THE VEIL is the first offering of these important messages from Archangel Michael. *** $7.77 e-BOOK Download * PRINTED BOOKLET * $10.00 Plus S&H

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JUNE 2020

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

YOU, THE WAYSHOWERS, ARE THE HOPE OF THE FUTURE.

Beloved masters, it is imperative that you understand the critical nature of the dramatic, accelerated and swiftly changing times you are now experiencing. 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 it 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 may 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 and 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 will gradually move upward 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 and astral body – the lower nature (the three lower chakra centers) – 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 into the darkness and distortion of the lower Dimensions.

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 gradually change as well, and it will begin to respond to the higher frequency 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 Sub-universe. This pathway was called the Antakarana in ancient, esoteric teachings, and is sometimes known as the Rainbow Bridge currently.

In order to return to Self-mastery, you must learn to use the three aspects of your mental nature: the brain, the mind and the Soul. You must also clear the negative distortions of the subconscious mind and attune the conscious mind to your Soul-Self, so that the wisdom of your Soul and Higher Self can begin to flow throughout your four lower-bodily systems.

Remember, every atom and all your physical Being have consciousness; 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 – a Fragment – of the Supreme Creator. You have latent powers that must be acknowledged and 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 many sub-tributaries or streams of Light, which will ultimately strengthen and magnify the connections between the many Facets of Self and your OverSoul Higher Self, and ultimately your Sacred Triad that awaits you in the lowest

sub-level of the Fifth Dimension. These streams of Light have consciousness, and they contain the intelligence of your multiple levels of Self which reside in the higher Realms. As we have told you, your subconscious mind is becoming conscious, and your conscious mind is opening up to the wisdom of your Superconscious mind, which contains the mysteries of this Sub-universe.

You, the aspirants on the Path, are becoming proficient at building and using multiple Pyramids of Light and Power in the Fifth Dimension as you slowly but surely become acclimated to a lower Fifth-Dimensional environment. Many of you have opened the pathways to the Cities of Light so that you may 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.

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 and evolution process hastened as never before in the history of the Earth. This step is imperative so that more and more of you may act as transmitters and interpreters of Universal Law and Cosmic Truth.

The call for reunification is beginning for many of you, whereby your refined Soul Song is reaching various members of your OverSoul-Higher 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 Dimension. As a result, via Streams of Light, you will begin to connect with the auric fields of some of the Soul Fragments of your Higher Self.

Slowly, these blessed Facets of your Self are becoming aware of you, and gradually, they will begin the process of exchanging Memory Seed Atoms of higher consciousness with you. Those whose resonance is lower than yours will fall into line within the appropriate Dimensional level below you, while those who are on the Path ahead of you will slowly move closer within 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 Higher OverSoul Self 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 begin to build a reservoir of knowledge which you can draw upon when needed. Also, as you gain further 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 you 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. 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 Vezane *STAR*QUEST* www.StarQuestMastery.com

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JULY 2020

RONNA VEZANE * SACRED SCRIBE

A GLIMPSE BEYOND TOMORROW

Beloved masters, as the multidimensional expressions of change swirl around you, and time compresses and expands at an ever-accelerating rate, you must learn to GO WITH THE FLOW in order to exist in a state of ease and grace. As all of you have experienced to one degree or another, life on Earth has changed drastically in the last fifty years. What was the norm in a Third- and Fourth-Dimensional environment no longer applies as you move through the more refined levels of Creator Light. We will address some of the major issues of the times to give you a greater understanding as to how the newly emerging collective

consciousness of humanity compares with the old mass consciousness beliefs that have prevailed for thousands of past years.

YOUR RELATIONSHIP WITH SELF: In the past, your ego-desire body was primarily in control of your daily existence, and your Soul Self was the small voice of consciousness that most often you ignored. Tradition, religious beliefs, obligations and duty were instilled at an early age, and you were taught to believe what other people thought of you was of greater importance than what you thought of yourself. You were always looking outside of yourself for validation as to your worthiness. You were constantly seeking someone, something or some event to bring you happiness, but it was usually fleeting, often disappointing, and left you searching for something beyond yourself to bring you some measure of self-content.

Now you have learned to turn inward for validation, inspiration and guidance, because you have had what has been termed a Soul-Merge, and you are connecting to the multi-facets of your Higher Self. In the process, you are integrating greater amounts of pure Cosmic Light Consciousness, which assists you to release all outmoded concepts without guilt as you integrate the new higher truths that are coming to you at an astounding rate.

You now realize that God is not in some lofty, distant celestial kingdom pulling strings and meting out rewards and punishment. You are accepting the fact that you have ALL that is needed within you, as a part of your Divine Birthright, to manifest a loving, joyous, peaceful and abundant existence. Old traditions and habits are losing their hold on you as you seek freedom of expression and create new ways to celebrate holy days, passing time, and to honor our Father/Mother God and The Creator.

Worship is not reserved for one day, for you live your spirituality each and every moment of every day. You live each day as a master by monitoring your thoughts and actions. You know that your intent must be pure, for you are responsible for each and every minuscule atom of energy that you send forth. You practice discernment, and you are constantly monitoring the beliefs that you allow to take up residency within your Being, for you know that within the truths you claim as your own are the rules you must live by. You know you must always make the highest choices, and as you walk the middle path in peace and harmony, you move beyond the laws of Karma and into a state of grace.

YOUR RELATIONSHIP WITH SELF AND WITH OTHERS: You are learning that you as you gain a sense of self-love and worthiness within, you draw more and more Love/Light from the Creator—it is a never-ending source of spiritual sustenance. As you fill yourself to overflowing, this wondrous elixir radiates forth from you in an ever-expanding circle of Light. You are beginning to seek relationships that bring satisfaction at all levels—physical, emotional, mental, and spiritual. There will be no sense of self-sacrifice in the relationships of the future. There will be a fundamental trust, and you will seek and support full expression of individual interests, talents and spiritual truth. Committed partners will complement the strengths of each other, with non-judgment and patience, and they will assist each other to work through their weaknesses and fears. It is important that you share a common vision with those you are closely associated with, for there will be no tolerance

for power and control games. You are beginning to instantly recognize a member of your Soul family and those with whom you have a deep spiritual bond. You will find more comfort and joy in your relationships than you ever thought possible. No longer will you seek relationships based on need but through a desire to mutually share your journey and your knowledge as you go forward into a new and exciting Age.

THE NEW ECONOMIC SYSTEM OF THE FUTURE ** LACK OR ABUNDANCE, IT IS YOUR CHOICE: The process of redistribution of the wealth of the Earth is now fully in progress. Be aware that more corporations and organizations will fall into disgrace and oblivion. All that is based on a foundation of fear, greed and control of others is crumbling. In the past, it often took several lifetimes for a wrong to be rectified, and you had no way of knowing when or how justice was served. Now, for those stuck in the illusion of the game of cause and effect, ill deeds are returning almost instantaneously in a boomerang effect. No longer will those who are self-serving, and who abuse the trust and power allotted to them, be able to hide their misdeeds. Whether it be religious organizations, corporations/businesses or governments, the time of reckoning is at hand.

The Light is penetrating into the deepest shadows as the Earth incorporates more and more of the higher vibrational frequencies of Spirit. Mind and Spirit are the builders, and you are the cocreators of the new paradise on Earth. All that you will ever need will be supplied, but you must hold fast to your vision, for the greatest good of all. Then you must boldly dare to tap into the Cosmic Bank of pure unmanifested Light Substance so that you may mold it into anything you can envision. Beloveds, seek an abundance of love, joyful loving relationships, good health, youthful vitality and creativity as you learn that it is not just things that bring you happiness and contentment, but a “state of being and a quality of life.”

MOTHER EARTH IS HEALING HERSELF VIA THE FORCES OF THE ELEMENTS: The Earth is undergoing a cleansing process, a catharsis, in a seemingly haphazard way, whereby lands that have been abused by over-cultivation, infused with deep-seated painful memories of wars and acts of violence are being ravished by floods, fires, earth movement and destructive winds. It is a Universal Law, dear hearts, for the cleansing, clearing and healing process is necessary in order to clear the air, cleanse the land, and purify the waters that humanity has so heedlessly polluted. The great Devic and Elemental Kingdoms are valiantly endeavoring to cleanse and heal the Earth with the least amount of destruction; however, the damage and negativity are of such magnitude that it will take extreme measures to return your blessed Earth to balance and harmony.

Now and over the coming years, many sweet Souls, those who are struggling for existence, will choose to leave the Earth. We ask you to see the transition process in a new Light. Can you not see that they are leaving a suffering and hopeless existence by choice, as they step through the doorway into a world of love, peace, joy and abundance, where they will be prepared to return to a more refined earthly existence? In the not too distant future, there will be no world of base Third density to return to, for the higher Third- and lower Fourth-dimensional planes of consciousness will have returned to the originally designed Spectrum of Light and Shadow. Incoming Souls will return to a more balanced world where they will

be given an opportunity to learn, expand in consciousness, and move quickly through their earthly lessons. That is what you, the wayshowers, are preparing for them.

Many of you are being led to move to different parts of the world—you are not sure why, but there is a deep-seated yearning to journey forth into unchartered territory. You are being called to that place on Earth where you can be of greatest service, and those with like vibrations and missions will be led to join you. It is a time of Teaming Up or reuniting with your Soul families and task companions. You are becoming more intuitive as you tap into increasingly inspired thought from the realm of all possibilities. Your instinctual nature of the past is being refined as it joins your multi-faceted consciousness of the future.

Your needs and desires will change as you integrate more Light into your physical vessels. The time will come when life-threatening diseases and viruses will have a difficult time finding a home in your evolving, more resilient bodies of Light. You will not see a great change in the physical body for awhile, but the internal and etheric changes are happening very rapidly. As the membranes of Light around your DNA gradually dissolve, you begin to access more and more of the wisdom stored within your brain structure, and your physical vessel will become stronger. There will be wondrous new breakthroughs and techniques in healing, and natural products and medicinals will replace most of your synthetic drugs, which have so many toxic side effects.

Many of you are already learning that your body will not tolerate many of the popular prescribed substances touted by the pharmaceutical companies which are only interested in their profit margins. The focus will be more in preventative maintenance, whole life care, fitness, and wellness, as well as natural cures and how important your positive, loving thoughts are in staying healthy. No longer will you ignore the signals your Body Elemental sends to you as it tries to get your attention. Pain is a way in which your body lets you know that something is amiss. In the past, you took pain killers to mask the symptoms until it was too late, and radical measures had to be taken to correct the imbalances. As you attune to the multiple levels of awareness within your body as well as without, you learn to pay heed to the signals you receive. You will make the necessary adjustments as quickly as possible so that the least amount of discomfort is experienced, and you will quickly return to harmony and a sense of well-being.

Finally, you will also come to terms with your uniqueness in bodily structure, attributes, talents, and ways of expressing and creating. You chose your parents and the genetic structure of your ancestral lineage for a reason. Your uniqueness is what makes you so special—there is no one else on Earth exactly like you, not even in identical twins. One of the major hurdles you are facing during these next few years is to accept yourself the way you are–to realize that you are beautiful and precious–no matter what outer garment of flesh you chose to wear in order to experience this most important of all lifetimes. It is your shining Souls and great warm hearts that we see radiating forth, beloveds: we pay no heed to the fleshly disguise you wear.

USING YOUR SKILLS OF THE PAST AS YOU BUILD THE FUTURE: Over the past years, we have endeavored to help you remember your wondrous past, USING YOUR SKILLS OF THE PAST AS YOU BUILD THE FUTURE: Over the past years, we have endeavored to help you remember your wondrous past, and to accept the truth that you have within you all that is needed to create a grand new world. We were not just talking about your past lives on Earth, for we have endeavored to give you some insight as to how truly magnificent you all are. Please accept the fact that you left the vaster part of your Beingness in the higher realms, and now it is time to begin the process of reclaiming those many Facets of God-expression that make up the totality of the real YOU. and to accept the truth that you have within you all that is needed to create a grand new world. We were not just talking about your past lives on Earth, for we have endeavored to give you some insight as to how truly magnificent you all are. Please accept the fact that you left the vaster part of your Beingness in the higher realms, and now it is time to begin the process of reclaiming those many Facets of God-expression that make up the totality of the real YOU.

We have told you that this is a Universe of great diversity, and as part of your training you have experienced many wondrous adventures in very specific and complex places. You now understand why the Earth is so important, because your planet is where all the diversity of this Universe has been brought together. You have had a grand time playing the game of duality and polarity, as you created great wealth and then painful scarcity. In other lifetimes, you brought forth wondrous talents and accomplished great deeds of valor, just as you have also experienced many simple-minded lives in a narrowly focused way. You have all experienced every situation imaginable, from the lowest to the highest. Now it is time to step through the veil of illusion and reclaim your Divinity. As you move more deeply into God-consciousness and tap into the higher dimensions of creation, you are beginning to flex your spiritual muscles, and you are amazed at how quickly you are able to manifest what you envision. The small miracles are turning into great and complex miracles as you become more proficient, and we tell you, it is nothing compared to what is in store for you in the near future.

YOU ARE CREATING YOUR PERSONAL FUTURE: It is your choice as to how you experience the coming years of great change. As you strive to move higher in consciousness to the vantage point of a master, you will know that all is unfolding as planned. You will recognize that no matter how bleak the world looks, there is Creator Light shining down and penetrating the darkest shadows, seeking out the hidden places on Earth, and opening the hearts of humanity. The majority of human Beings on Earth want only to live in peace, comfort and plenty, to express their godliness in their own unique way, and they are willing to allow others the same right.

Even though it may not seem so, those who wish to dominate, conquer and control are in the minority, and their power stranglehold on the Earth and humanity is growing weaker every day. As more of you step into your mastery and claim your Divine Birthright, the weaker and more ineffectual they will become. There will be skirmishes and rumors of wars in many places on the Earth for some time to come. But those who are battling the darkness

of ignorance within, with the intent of destroying that which is right and of the Light, will fail. Henceforth, every act of violence and destruction will be met head on by the forces of Heaven, for you, as Warriors of Peace, are slowly winning the battle with your weapons of Light, compassion and forgiveness.

You are molding the future each and every moment, with every thought and action, and so it behooves you to focus on what is right in your world instead of what is wrong. Make it a practice to see the good in those around you, and be sure to offer words of encouragement and loving support in any way possible. You are the ones who will lead humanity into the shining new world of tomorrow. You have weathered the wildest storms, and you have walked through many dark nights of the Soul, and you have emerged triumphant. Do not become discouraged or faint of heart at this late date, my brave friends. By stating, "Thy will be done for the greatest good of all," you give us permission to intercede in your behalf, and to assist you through these tumultuous times of great change.

We relay to you the love of our Father/Mother God, and a rarified infusion of Light from the heart of the Supreme Creator. You are loved and cherished beyond measure. I AM Archangel Michael, and I bring you these truths.

Transmitted through: RONNA VEZANE ** *STAR*QUEST* **

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number of people who are MEMORY SEED ACTIVATORS at many different levels." ARE YOU A "MEMORY SEED ACTIVATOR?"

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * AUGUST 2020 \

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

THE CELESTIAL WINDS OF CHANGE ARE SWEEPING THE EARTH.

Beloved masters, as surely as you live and breathe, you are helping to create either Heaven or hell on Earth. Or many of you may possibly feel that you vacillate somewhere in-between the two. No matter what you believe or how you interpret the ancient teachings, Heaven is a state of mind-consciousness and not somewhere out there in the higher dimensions. It is not only a place you may be eligible to go to when you transcend and leave your present physical vessel, although not a final destination, it is also a state of consciousness that you can create and exist in no matter where you have been, where you are now, or where you are going in the future. You came from a "heavenly place," and you brought Love/Light with you, along with the ability to create a "heavenly environment" no matter what dimension, world or reality you have chosen to experience.

Hell on Earth is what many of you have been experiencing over these many thousands of years since humanity's "Fall into unconsciousness." You have been living in an "unreal world" whereby you are steeped in fear, superstition, feelings of shame, guilt and of being unworthy of love or abundance. You have allowed others to tell you how to think and act, and you have allowed those you thought were wiser than you to take away your power and control your lives. A maelstrom of negative thought forms created by the masses has kept you imprisoned in a world of illusion.

Your real world was designed to be crisp, clear, free-flowing and harmonious, whereby you would traverse the middle path with few obstacles in your way. A beautiful world of peace and plenty where you could freely cocreate in cooperation and harmony with your fellow brothers and sisters on the journey. A place where you would be attuned to all levels of consciousness, as well as connected with all Facets of Creation. A place that was designed to be a Heaven on the material plane of existence. Remember, your mission was to experience the realm of physicality so that the Creator could also experience this wondrous Facet of ITS creation.

The miracle of these times is that the masses are daily awakening in greater and greater numbers. You, the vanguard, have opened the way and set the stage for the monumental transformational process that is affecting all humanity and the planet. Through your tireless efforts, you have anchored the higher frequencies of Light upon and within the Earth, thereby making them available to all those who are ready to open their hearts and step onto the path of heightened awareness and Self-Mastery. Each person has the ability to create their own unique Heaven on Earth. That is the miracle of these unparalleled times in which you are living.

You are stretching your spiritual muscles, and you are tapping into the vast resources which have been awaiting you for these many Ages. You are beginning to reclaim the elements and characteristics of your real world. A world that all of you helped to create in the beginning. Down through the multiple dimensions each of you brought with you, stored in your Diamond Core God Cell, all the attributes, virtues and qualities of the twelve Rays – a precious gift from our Father/Mother God. In the beginning, you used your abilities to create many magnificent and wondrous things until, over time, your abilities became diminished, distorted and imperfect because of your fall into the illusional negative environment of the lower dimensions. Thus, you began to create and live in an unreal world, a hellish place of your own making.

The Supreme Creator knows only perfection, and our Father/Mother God parents desire only the very best for all Creation. They do not punish. They do not take sides. They do not know anger or fear. They are filled with and radiate only Love/Light, which is comprised of compassion, joy and harmony, as well as all things righteous and good. It does not matter what religion you are. It does not matter if you are an atheist, an agnostic or whether you say you hate or deny God. You will never truly die – you only change form. You are immortal.

Remember, you are a refracted Light/Spark of the Creator. You see through a lens made up of vibrational frequencies which are composed of thought forms, intentions and actions resulting in a unique picture of reality you have created over many thousands of lifetimes. You are in the process of reclaiming your higher truth, refining your thoughts and clearing your vision. As you do so, the veils of illusion are slowly dissolving while you gradually build your new version of Heaven on Earth, which will gradually blend and meld with the visions of your spiritual brothers and sisters.

Each phase of the Divine Plan is imprinted holographically upon the Earth's auric field, and there is a Memory Seed Atom Code designed to ignite within each of you at a specific time – nudging and inspiring you to fulfill your Divine Mission – an integral part of the Grand Plan. It has been carefully orchestrated so that if anyone of you abdicates, there is always another brave Soul ready to take your place. The Divine Blueprint for the Earth and humanity will not be denied. It will be brought to fruition. There are many contingency plans with wide parameters, and there is a fail-safe. The forward march of the Ages will proceed as mandated by the Creator and our Father/Mother God.

Throughout the centuries, there have been predictions and prophecies about a New Age of evolution on Earth and within humanity, which has been termed as a passage from instinctual, physical/human beings to INTUITIVE SPIRITUAL/HUMAN BEINGS – a return to your true nature as Divine Sparks of the Creator. One galactic cycle takes approximately 26,000 years to complete, and the Earth and all sentient Beings are being affected as humanity emerges from the darkness into the refined Light and a new cosmic day. A new Golden Age is in the making. A wondrous new Golden Galaxy is in the early formation stages. It will incorporate the refined vibrational frequencies of your successful, earthly experiences, along with the wisdom garnered throughout your many sojourns on the earthly plane – a grand, new Divine Plan sent forth from the Mind and Heart of the Supreme Creator to our Father/Mother God of this Universe.

During the night or dark cycle of past Ages, you sank into density, and your Life/Light Line to your Higher Self and our Father/Mother God was greatly diminished. You were left to your own devices in hopes that you would awaken to your Inner Source (resources) of Spiritual Power. The Divine Plan did not call for you to experience lack, limitation and fear; however, you had to suffer the consequences of your free will actions, the discordant energies you projected out into your world.

We have spoken many times before about the laws of cause and effect or for every action there is a reaction, which results in what is known as negative or positive Karma. For many ages, you, as the en-Lighten-ed ones, have been working diligently to bring into balance your personal karma, ancestral karma, and race karmic influences. That was a major part of the game of duality and polarity – returning to balance and harmony in all Facets of your Beingness. You have struggled with the cross of matter for many Ages. It is wondrous to watch as you slowly return to harmonious frequencies the discordant energies that have kept you off-balance for so long.

As you heal and transmute the thought forms that have kept you captive in your hellish environment of the past, you are once more becoming a Pillar of Light. The cross you bear is becoming a Cross of Light that radiates forth via your Solar Power center from the front and back of your heart chakra. Thus, you are creating a column of Light by which you are beginning to experience the fruits of your labor, as you reclaim your heavenly heritage as an Emissary of Light.

Many of you are wondering what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and everyone. It depends on what you are feeling and thinking, dear ones – what is on your mind and in your heart as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Again, we ask you, are you contributing to the liberating vibrations of Heaven, or the discordant frequencies of hell? We are asking you to no longer sit passively by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before.

You are much more powerful than you can imagine, my brave friends, and you are playing an important role in attaining a peaceful solution to a very unsettling world situation. The energy you are radiating forth from your heart center has just as much of an influence on the outcome of the devastating conflicts around the world as those who are on the front lines. You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested primal Life Force substance and mold it into powerful thought forms and actions that can overcome any adversity. The brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge and to enslave or control others, then they are functioning as righteous champions of Light, and the forces of Heaven are with them.

Vast numbers of people around the world are lamenting, why can we not have leaders with integrity who are Spirit-inspired instead of those who are self-serving, seeking power and who do not have the best interests of the masses as their predominant goal?

It is also a sign of the times, beloveds. The great changes that are slowly taking place must begin in the hearts of the people. As your beliefs change and gain power and force, you will build a new thought forms of a positive nature. You will insist that your leaders be accountable, have integrity, and are trust-worthy, valiant champions of the people. Your leaders reflect the mindset of the masses. An important part of your life's mission is to radiate unconditional love to ALL humanity and to the Earth. When that concept becomes the predominant desire of the masses, it will create a powerful thought form that will be added to the collective whole so that it may be used for the highest good of ALL. When you do so, you are in alignment with the Creator's Divine Plan, and you stand with my Legions of Light as champions of harmonious coexistence on Earth.

When we say you should seek that which is your passion and that which brings you the greatest satisfaction and joy, many of you do not have the slightest idea what that is. We ask you to begin by eliminating those things that are stressful in your life, that which brings you pain and which you dread. You did not become the way you are in a day, a week or a year; however, you can reclaim your empowered, masterful Self much more quickly than you imagine. We have offered you many tools, techniques and information over these past years, but you must make a commitment and prove for yourself that what we offer you are the magical tools you have been seeking.

We have said many times, you must turn knowledge into wisdom or you must come to the realization that something is true and achievable. Realization is when something becomes crystal clear in your mind and you know that it is your truth. Then you must put that truth into action. Knowledge and wisdom overlaid with love and compassion, fueled by focused intent/action, create the power that holds the keys to the universal storehouse of unmanifested potential – potential that is just waiting for you to mold it and create anything you can envision. That is what is waiting for you in your new heavenly world of tomorrow.

It is a time of integration and moving back into balance in all things. Of paramount importance is the reunification of the Father/Mother God Forces within each of you, and eventually all of the Earth. This reunification process will speed up your return to balance and harmony within yourselves. You will, once again, embody both the masculine and feminine attributes, qualities and virtues of the Supreme Creator. No longer fractured and warring within yourselves, but empowered through the combined qualities, attributes and talents of your Divine Self.

The celestial winds of change are sweeping your galaxy and have, at last, reached the Earth. No longer can you ignore the fact that your world is changing moment by moment. You feel that time is speeding up, but it is actually your Earth that is spiraling through space at a faster pace. You are moving into a reality where time is fluid and space is malleable.

Great Beings of Light have come from the far reaches of the Omniverse to observe and assist you in these epochal times of momentous change. We can inspire, direct and assist you, but you and you alone must take the action that will result in Heaven on Earth. Watch for the signs in the sky and the beautiful clouds and sunsets that the angels paint for you. Be sensitive to the nudgings and whispers we send your way, and be aware of all the miracles, large and small, that we arrange for you. We are not out there. We are only a thought and a heartbeat away. I surround and enfold you in my auric field of love and protection. You are loved beyond measure. I AM Archangel Michael.

Transmitted through, RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST * www,StarQuestMastery.com

***2020 AND BEYOND THE VEIL© * * E-BOOKLET SERIES ** NUMBER ONE

As we move into the frequency patterns of 2020, I can think of no better way to support our spiritual growth than to review of some of our beloved Archangel Michael's most pertinent wisdom teachings. AA Michael has encouraged me to publish a series of messages in smaller E-BOOKLETS. He has chosen the topics in this first booklet, and each message has been updated or added to, as he felt was appropriate. 2020 AND BEYOND THE VEIL is the first offering of these important messages from Archangel Michael. *** $7.77 * U.S. FUNDS ** PRINTED BOOKLET $10 * Plus S&H

***TOOLS AND TECHNIQUES FOR TRANSFORMATION© * E-BOOKLET SERIES ** NUMBER TWO

I AM pleased to offer you ARCHANGEL MICHAEL'S second E-BOOKLET of advanced wisdom teachings. The messages were specifically chosen to assist us through these "end times of chaos and change," as we strive to return to balance and harmony in all phases of our life. We have been given a grand opportunity to resolve and clear all of our negative karma for this "Round of Ascension," so that we may return to our status as a "FIFTH-DIMENSIONAL SPIRITUAL / HUMAN BEING, with all the talents, gifts and qualities that go with this "State of Being." Beloved AA Michael has encouraged me to publish the messages that haven't been printed in book form in smaller E-BOOKLETS. He has chosen the messages in this booklet, and each message has been updated or added to as he feels was appropriate.

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** SEPTEMBER 2020

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ADAMANTINE PARTICLES AND HOW TO USE THEM EFFECTIVELY

A REVIEW *** RONNA / SACRED SCRIBE

Beloved masters, in many ways, we have endeavored to convey to you the magnificence and all-inclusive meaning of Love/Light from the Creator Source. It is time for many facets of higher knowledge to come together so that you can more fully understand the perfection in the Creator's grand plan.

The strongest force in the Omniverse is the LOVE FORCE, which is radiated through the Essence of the feminine or GODDESS energy of the Creator. First, the masculine Essence of the Creator brings forth SEEDS of new creation within ITS mind, resulting in a Divine Blueprint, which is then enfolded within the LOVE CORE or the emotional nature of the Goddess Essence. A wondrous and magnificent process is thereby initiated, resulting in creations beyond your greatest imaginings. You, as humans, are one of those magnificent creations.

As each Soul takes up residency within a physical body, there is a ration of Adamantine Particles stored within the Sacred Heart. As an innocent child, this Divine Love/Light flows freely to and from the Sacred Heart; however, gradually innocence is lost. The etheric shields of unbalanced energy begin to build up around the Sacred Heart – initiated by the ego, supposedly for protection. Therefore, by adulthood the flow of this Divine Elixir is greatly diminished, except for the few awakened Souls. That is why we say it is so important to balance the chakra system and to activate the Solar Power Center, which in turn initiates the reactivation and empowerment of the Sacred Heart.

It is of vital importance that you endeavor to stay centered within the heart. It is so critical that you are attuned to the frequencies of the Mid-Fourth or lower Fifth Dimensions so you may gain access to the Adamantine Particles of Creator Light. You are always connected to Spirit via your Higher Self through the Silver Cord LifeLine. However, your Sacred Heart must be open so that the Love/Light energy of Adamantine Particles may flow freely to you and from you. You must be resonating above the Third and lower levels of Fourth density for this to take place. This is a critical step in becoming a Self-Master and a cocreator of balance, vibrant health and abundance.

When we state: "The God Source is constantly radiating forth from within the Core of Itself streams of pure Christed Energy," we are speaking of Adamantine Particles. We have told you that you automatically radiate and magnetize energy. When you are resonating from the center of Sacred Love, you attract Adamantine Particles. When you are aligned with your highest destiny for the greatest good of all, you are radiating Adamantine Particles. That is why it is so important to dissolve the etheric shields you have placed around your Sacred Heart to allow the free flow of energy to and from you. It is also important that you activate your Diamond Core God Cell within your Sacred Heart. This allows the free flow of Adamantine Particles to more fully ignite the Twelve Rays of Creator Consciousness within. When you accomplish this, you are well on your way to Self-Mastery.

At times, during your meditations, when you have moved deep within your Sacred Heart, it is possible to tap into the bliss state of higher consciousness. If you move into that stream or River of Life, it is a feeling you will never forget. However, once again, the Universal Laws

apply: you can only access the frequency level to which you currently resonate, for there is a fail-safe as you ascend in consciousness. As you integrate higher frequency patterns, you will access the more refined levels of Love/Light (Adamantine Particles).

Knowledge and wisdom overlaid with love, compassion, focused intent and action, create the power which holds the key to the Universal storehouse of unmanifested potential. Energy from the Heart Core of the Creator is waiting for you to mold it and manifest it into anything you can envision on the physical plane of consciousness. We are here to assist you in every way possible to tap into the River of Life/Light and an unlimited supply of these Divine Particles. I AM Archangel Michael. TRANSMITTED THROUGH: RONNA VEZANE ** *STAR*QUEST* www.StarQuestMastery.com

MORE ABOUT ADAMANTINE PARTICLES OF LIGHT

OVERLIGHTED BY ARCHANGEL MICHAEL ** COMPILED BY RONNA / SACRED SCRIBE

The Metatronic Light or Full-Spectrum Light for this Universe comes from the Supreme Creator and consists of Adamantine Particles of Divine Love/Light.

2. The SUPREME CREATOR ASCENSION WAVE is the main sustaining wave that flows from the Heart-core of the Creator. This stream of Light / Life increases in strength when it is time for a new cycle of manifestation or Ascension is initiated. This time wave consists of Adamantine Particles.

3. This ASCENSION WAVE is a vast downward flowing stream from the Creator throughout all manifested Creation. It is the LifeLine to every Facet of Creation, whether it be a Universe, star system, galaxy, solar system, planet, or any of the human, animal, vegetable and mineral kingdoms. There is a much smaller, upward-spiraling stream of Light that is the RETURN PATH, which you, as conscious cocreators, activate with your loving intention, your Sacred Breath and unconditional love.

4. Another description of Adamantine Particles: Divine Love/Light originated within the Heart/Mind of the Supreme Creator – the substance of all Creation. The complete, full-spectrum Light or electromagnetic radiation from the SOURCE contains all the necessary Light mathematics, sacred geometry, and the keys and codes needed to create worlds without end. None of the manifested Universes could exist without it, and neither could you. The terms LOVE and LIGHT go together, for the two are inexorably connected; they are a part of the WHOLE.

5. Both the stream of “Cosmic Consciousness” and the “Wisdom of the Cosmos” have often been called “The River of Life,” for indeed, each contains the “Elixir of Life.” It is the LifeLine from and to the ALL THAT IS. The River of Life is composed of Adamantine Particles, comprising a continuous flow of unlimited potential. Imagine this stream or river of White Fire Memory Seed Atoms also running back through all the higher dimensions from the Mid-Fourth up through the Twelfth Dimension, connecting to the Great Central Sun, and our Father/Mother God. It then flows out into the Omniverse to the Supreme

Creator. An important component of Humanity's Divine BluePrint is to return – or tithe – a portion of the Love/Light received and activated – back into the higher realms of Creation.

6. Everything in Creation contains Essence, the Love/Light Energy of Creation, or a Spark of the Divine. Again, we stress, nothing can exist without it. Light permeates all manifested Creation. As new creations are brought forth into existence, the Light penetrates and suffuses the darkness, thereby expanding Creation out into the Great Void. Love is the dynamic force of all Creation. Life is the Creator's Love made manifest.

ACCESSING AND USING ADAMANTINE PARTICLES:

7. Envision your Love/Light energy bursting forth as tiny crystalline diamonds filled with the pure Divine Essence of our Father/Mother God. For indeed, if you are reading these messages, understand the truth in them, and you have put even a small portion of what we have given you into practice, you are now capable of accessing and integrating the refined, rarified frequencies of Light from the Supreme Creator.

8. Adamantine Particles, Christed Energy or the Metatronic Full-Light Spectrum cannot be re-qualified. They are only accessible when you reach the Mid-Fourth and Fifth-Dimensional levels and higher. Love from within the Sacred Heart, or what is termed unconditional or Sacred Love, is the alchemical action that initiates the free flow of Adamantine Particles so that the sender is also receiving this magic elixir of life, as well as sending it.

9. The Half-Light Spectrum or Primal Life Force Substance, which is available to ALL humanity, can be molded and re-qualified – in a positive or negative way – through the intentions of the cocreator on the physical plane of existence. This is the energy that is available to humanity in the Third- / lower-Fourth-Dimensional environment. That is why it is so important to return to a harmonious balance within and activate the Sacred Heart Center. So that you access the higher- Fourth- and Fifth-Dimensional frequencies patterns, and the Adamantine Particles of Creator Essence.

10. The Soul could be described as a White Fire Memory Seed Atom of pulsating Life Force energy, which resides in the area of the Sacred Heart. Within the core of this Seed Atom resides your diamond-shaped, multi-faceted God Cell, which is in the process of activating more of your God Consciousness attributes and qualities, as it is infused with Adamantine Particles. The Soul may contain only a small Spark of Life and consciousness within the heart area in those who are still ensnared in the illusion of the lower Dimensions. However, as it blooms and blossoms into its full dynamic power, it expands and becomes the Solar Heart Center. Which encompasses the solar plexus, the heart, the thymus and throat area. This is often called the Three-Fold Flame, and the heart has been called the Seat of the Soul.

The Soul communicates with you via both your emotional and your mental body, the emotions through the heart center, and the mind via the Pineal Gland. When the portals to the Sacred Heart are opened and activated, you gain access to the packets of Light Wisdom

stored within the higher vibrational portions of the brain called the Sacred Mind. When the connection is complete, the physical vessel begins to reap the rewards via better health and vitality, as well as a deeper connection with the Body Elemental.

11. Adamantine Particles, or LOVE/LIGHT in spiritual terms, can be defined as electromagnetic radiation, a Divine emanation from the Core Heart / Mind of the Supreme Creator. It is the Essence of Life, and within it are all of the qualities, virtues, aspects and attributes, which are refracted into twelve great Rays of Creator consciousness through our Father/Mother God, the Elohim and Archangels of this Universe. There is some level of Creator Light in everything in existence. Nothing could exist without it. That is why it is often called "Living Light." No matter how small or dim, it must be present in order for anything to exist.

12. You, as a Spark of Divinity, came forth with a specific amount of Creator Light (Adamantine Particles) stored within your Diamond Core God Cell. There was also a Memory Seed Atom reserve stored within your Root Chakra to assist you in the awakening process of Ascension. However, the greater portion of your Divine Light remained stored within your God Self in the lofty realms of higher consciousness. The Ascension process entails drawing forth the maximum amount of Creator Light that can be contained within your physical vessel. As you return to harmony in your world within and without, your physical, mental, emotional and etheric bodies are made ready to receive SPIRITUAL ILLUMINATION – Living Light /Adamantine Particles from your Divine Self.

HISTORICAL INFORMATION ABOUT ADAMANTINE PARTICLES ** RONNA / SACRED SCRIBE

>> The word "Adamantine" has been around for thousands of years. In the Buddhist tradition we can find one of the first references to this word; in Sanskrit Vajra means Adamantine, and Vajradhatu is a Sanskrit word, which means "Adamantine Sphere." But perhaps, the most important finding is that the word Vajrasattva means the "Adamantine Being" who represents the Buddha of purification and healing. The Vajrasattva Meditation is a special practice recommended by Vajrayana Buddhism to their practitioners who wish to cleanse themselves from accumulated impurities caused by negative feelings, thoughts, words and actions.

>> It can be said that Adamantine Particles mean pure particles, not combined with anything – particles so pure, small and simple that they cannot be divided. Therefore, they represent, and are an absolute. They are one of the constants of the Universe.

>> Adamantine Particles are crystalline particles of Infinity, which contain stored potential to manifest any original substance or element. It can also be said that Adamantine Particles are encoded with a kind of Universal DNA (like Stem Cells), which allows them to form any possible type of atom.

>> The Power of Love: Adamantine Particles require power to create other particles and Atoms. However, there is only one type of energy that is compatible with them (not

energy generated by friction as we know it in 3D). This energy is the magnetic power of Love, which pervades the Universe in the form of Universal Life Force Energy. Love is not only the most beautiful feeling, but it is also the power which ignites and directs Adamantine Particles into manifestation. We can also call Love and its magnetic power: pure and infinite potential to command the Adamantine Particles to form innumerable expressions of material substance. Love is the ultimate force in the Universe; it holds every galaxy, star and planet in its place. In the presence of Love, patterns of beauty, perfection, harmony and efficiency manifest spontaneously. Any human Being can also generate a quality and quantity of infinite Love using his / her magnetic Sacred Heart. Angel blessings, Ronna

Transmitted through RONNA VEZANE ** *STAR*QUEST* www.StarQuestMastery.com

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

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THROUGH RONNA / SACRED SCRIBE

THE VOICE OF SPIRIT IS CALLING \\

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SJE – JANUARY 2021

Beloved masters, as more and more dear Souls begin to awaken to the nudging of Spirit, it is time for a review of some of the fundamental teachings of expanded consciousness. Even those of you who have been on the Path of Ascension for many years sometimes need a "refresher course" in some of the critical steps in attaining Self-Mastery. This review is a critical phase for humanity, and many of you are feeling the "Ascension symptoms" which accompany these life-altering changes.

As the Light Cells of God Consciousness infiltrate deeper and deeper into the physical structure, the membranes of Light surrounding the DNA begin to dissolve. As part of this Sub-Universal experience, this was programmed into the Adam/Eve Kadmon Light Body blueprint so that the activation of the DNA strands would take place two at a time. The DNA strands are attuned to the different dimensional levels. The two strands which are now available and active in the physical vessel are attuned to the First-, Second- and Third-Dimensional levels. As we have told you before, as you sank into the density of the lower dimensions, two by two, your DNA strands were encased in membranes of Light and placed in reserve until the time you were ready to begin your journey back into the higher dimensions of Light.

FIRST, SECOND AND THIRD DIMENSIONS:	TWO	STRANDS OF DNA
FOURTH AND FIFTH DIMENSIONS:	FOUR	STRANDS OF DNA
SIXTH AND SEVENTH DIMENSIONS:	SIX	STRANDS OF DNA
EIGHTH AND NINTH DIMENSIONS:	EIGHT	STRANDS OF DNA
TENTH AND ELEVENTH DIMENSIONS:	TEN	STRANDS OF DNA
TWELFTH DIMENSION:	TWELVE	STRANDS OF DNA

For clarity and to help you understand the sequence of Higher Self/OverSoul integration, let us assign numbers to each Facet of your Higher Self. You were born with a Facet of your God Self enclosed within a Sphere of Light, which was stored within your Sacred Heart. Encoded within your DNA, your auric field and the White Fire Memory Seed Atoms throughout your body were the frequencies you were to experience in the beginning stages of your life. Your number One Soul Self, which we will call your OverSoul, took up residency within your Soul Star, the Eighth Chakra, at the time of your birth.

If your Heart Chakra remains open, gradually over time, this higher dimensional Facets of your Soul OverLights you and radiates Its refined Light frequencies into your chakra system and auric field. If everything goes according to plan and your Heart Chakra remains open and unsullied, sometime in your early years of life you begin to awaken to the nudging, whisperings of your Soul Self (around seven years of age), and a Soul/personality merge process begins. We will call this your number Two Soul Self.

When the integration of this Facet of your higher consciousness is complete, at the appropriate time your number Three Soul Self (around twelve years old), the next more advanced Spark of your multi-dimensional Being, moves down into the Eighth Chakra position. It becomes your OverSoul consciousness which OverLights your physical, mental and emotional expression.

This process will be repeated over and over again at regular, pre-determined intervals throughout this physical lifetime until you reach the mid-sixties or early seventh decade of life. If the Sacred Heart center has not been actively opened by this time, the Higher Over-Soul Self would no longer send the Memory Seed Atom Cells of higher consciousness to awaken you. You would transition from this life experience without ever tapping into the full measure of this priceless gift of Godly Cosmic Consciousness stored therein.

When you began your adventure into the physical realms of materiality, you slowly built a garment of flesh around your shining, crystalline Light Body. A Sphere of Light was placed in the back area of the body behind your physical heart. This Light Sphere, which would be called your Sacred Heart, became the home of your Soul/Higher Self, and your Diamond Core God Cell was also placed within this Sacred Chamber.

The qualities, attributes and virtues of the Seven Rays of God Consciousness were also placed within Spheres of Light. These spheres, known as chakras, were designed to spin at a very high velocity, which made them appear to be spinning cones of Light radiating from the front and back of the physical body. Now you are striving to reverse the process as you seek to eliminate all the discordant frequencies you have created down through the ages, thereby purifying your four lower bodily systems, physical, mental, emotional and astral, so that you can move beyond your physiological limitations.

You must move from an ego-desire body, self-centered attitude; however, this does not occur until you are well on the path of Ascension. Remember, we have told you, there is a virtue in "selfishness," or a time of intense self-absorption, when you are endeavoring to heal and balance your physical, emotional and mental bodies. This preparation and refining of the physical vessel is an important step for each higher level of Light infusion. Otherwise, it would be like inserting a 110-volt electrical plug into a 220-volt outlet. It would result in an instant shock, and most likely, the destruction of the appliance (physical vessel).

It is extremely important that you focus on refining the seven chakras of the bodily form, thereby creating and activating your Pillar of Light, which follows the path – in front – of the spinal column. This Pillar of Light must reestablish its connection to the Heart Core Center of the Earth and to your Star Tetrahedron, your Soul Star, which is eight to twelve inches above the crown of your head. When this is accomplished, you will gradually gain access to the five higher Rays of Creator Light, which will assist you in the completion of your Divine Blueprint for this particular Round of Evolution.

We must explain, however, that during your journey back into the higher dimensions, you will be asked to accept many special missions and you will usually agree; for this is the way the Ascension process was designed. You will forever seek to return to the fullness of your God Consciousness, but you will also maintain a burning desire to serve in some way; for deep within your Sacred Heart there is a Memory Seed Atom that pulsates with pure love and an inborn desire to serve.

It was ordained that many Facets or Sparks of the angelic kingdom, and of other great Beings of Light, would incarnate on Earth and follow the path of humans. Portals of initiation were opened and have remained open down through the Ages. However, in the past, only a few brave Souls made it past the entry gateway of illumination and gained Self-mastery.

Conscious awareness is developed through gradual stages of awakening and understanding more complex and refined concepts. As you progress, you will gradually gain access to higher and higher dimensional levels of consciousness during your nightly Astral Body travels. You are taken to halls of learning and eventually into halls of wisdom. Over time, each seeker of the Light will join the World Server Groups, who breathe in and radiate forth waves of Adamantine Particles of Creator Light, which will be used for the greatest good.

How will you know when you are eligible to join members of your Soul group in the World Server Pyramid? You will automatically be taken there when your Soul Song resonates to the mid-Fourth Dimensions and above. You will go there when you have balanced 51% of your karma, and you are truly making an effort to control your emotional nature. You will go there when you begin to see the best in those around you, and when you are endeavoring to move out of judgment as you learn to view life and the world through eyes filtered with compassion.

Allow us to explain the makeup of the World Server Pyramid. Envision a gigantic crystal pyramid in the Fifth Dimension, with the peak and the double-terminated crystal extending up into the first level of the Sixth Dimension. Within this wondrous edifice are graduated levels of the Fifth- and lower Sixth-Dimensional frequency patterns. There are thousands of smaller pyramids, each of which resonate to particular harmonic frequencies of Light. You might equate these pyramids to small cities of Light. When the time arrives that you are qualified to join the group of World Servers, you will be taken into the Light pyramid that is attuned to your particular vibrational patterns. As you advance in Light resonance, you will move ever upward into higher and higher stations of Light within the World Server Pyramid. This too is an integral part of the Ascension process.

The focused gaze of humanity is being lifted out of the stifling quagmire of earthly existence onto the far-distant horizon of the future. Desire for material riches is being replaced with a yearning for Soul consciousness. World Servers will be held together by a strong Soul connection: a remembrance of a solemn oath to serve humanity, with a common goal of ascending in consciousness.

The Divine Blueprint for this Sub-Universe was created as a Twelve-Dimensional experience. There are other Sub-Universes that were created to experience a greater number of dimensions and some others with fewer dimensions. The Earth and the solar system of which it is a part are in the process of reintegrating all of the attributes, qualities and virtues of the twelve Rays of God Consciousness in order to be eligible to join in the next higher degree of the Divine Plan for the expansion of this Sub-Universe.

Over time, evolution of consciousness is followed by stages of evolution within the physical vessel. Form always follows thought. The human body is being prepared to receive the higher frequencies of Creator Light, the Adamantine Particles of Sacred Fire Light. You must evolve from a passive mode of Being into a newly refined State of Being as an action-oriented, expansive Bearer of Light if you are to become a COCREATIVE MASTER OF LIGHT.

As you turn inward and reach upward for higher frequency concepts and information, you will automatically begin to withdraw from the astral plane, collective consciousness belief system. From a spiritual viewpoint, evolution means a steadily increasing sensitivity to vibrational frequencies and an ability to integrate more Creator Essence. This results in greater illumination and a more compassionate nature. The intuition of an intelligent, awakened person leads to a greater understanding of the Divine Plan for humanity and the part he or she is to play. Focused intelligence is necessary to successfully enter the Fifth

Dimension, and then, to tap into the vast storehouse of wisdom and advanced abilities therein available. Meditation and a strong Soul-consciousness open the portal to cosmic revelation.

When needed, appropriate, expanded information will always be supplied to the aspirant on the Path of Light. Your next step and the action needed are revealed one level at a time. Think of telepathic communication with the Beings of the Higher Realms as receiving Memory Seed Atoms of thought and information. You must practice perfecting the ability to create a vivid picture of your ideas, and to hold them long enough until they register within your brain and the Ethers. Remember, energy follows thought.

Light is both energy and matter. Electrification or conversion of matter / energy happens when energy is processed through a Pyramid of Light. As the human mind reaches out to the en-Lighten-ed Beings of the higher realms, it results in an energy conversion. Gradually, using these advanced techniques and perfecting them release you from the laws of entropy and decay, so that you may slowly begin the process of rejuvenation.

You are also gradually moving from one type of visibility to a more advanced state. You will be moving beyond the ultraviolet spectrum of color and Light into the many higher frequency, electromagnetic spectrums of Light. You are also being prepared to work on many levels of intelligence.

You cannot escape the streams of energy that are constantly bombarding the Earth and humanity. The life-giving energy of the great Rays radiates forth from our Father/Mother God via the Great Central Sun of this Universe through the myriad suns of the Sub-Universes, galaxies and solar systems. There are also specialized frequencies of cosmic energy pulsating throughout this Sub-Universe from the many constellations and other solar systems – as well as the pulse and heartbeat of your Mother Earth, which has a direct influence upon all living things.

Many of the cosmic forces of the higher dimensional frequencies are beneficial, life-sustaining and enhancing, while those of the lower, discordant frequencies of the Third / Fourth Dimensions are detrimental and limiting. Every Soul determines which of the multitude of frequencies they will respond to via their Energetic Signature. In doing so, they either create their personal Heaven on Earth or their private hell.

Your brain is a magnificent organ which contains a vast number of “Consciousness Life Codes or Memory Seed Atoms.” Most of your genius potential has been stored away in the higher dimensional levels of your Sacred Mind, which is located at the back of the head near the crown chakra. Your Soul Song contains the frequencies which will assist you in accessing this rich storehouse of knowledge. Every octave of frequency acceleration gives you access to a higher level of God Consciousness. Your brain and mind hold the keys to mastership and illumination.

Dear hearts, remember, if you are focused only on your personal Ascension, you are misinterpreting our messages. As you tread the high road that leads to illumination, you

must reach out and touch the hearts of others through your words, actions and deeds. A true disciple on the Path leads a life of service.

A wayshower on the Path gradually moves beyond physical family duties and responsibilities as his or her consciousness, wisdom and Light magnify. Gradually, the aspirant's influence expands, and his or her opportunity to become a true wayshower increases. It takes constant and deliberate effort to tame the ego, and to gain the knowledge and expertise necessary to become a World Server. You must be an outstanding example and have the ability to excite and stimulate desire for spiritual wisdom in order to serve humanity as a guiding Light.

My brave friends, we know how it feels to bask in the perfection of Creator Love/Light. You are just beginning to understand. Your yearning within will grow stronger and more compelling as you reach higher and higher into the illumined realms of existence. In the beginning we were in perfect rapport and finely attuned, one with another. Together, we are slowly but surely returning to that beautiful state of unity. I am forever your friend and constant companion, I AM Archangel Michael.

***TRANSMITTED THROUGH RONNA VEZANE * STAR * QUEST *
www.StarQuestMaster.com

THE SEVENTH RAY * VIOLET FLAME OF TRANSFORMATION

ACTIVATED / PROGRAMMED AMETHYST SENTIENT PILLAR CRYSTALS

The Violet Fire of transmutation, the Seventh Ray qualities, virtues and attributes of our Father/Mother, are brought forth through the energies of beloved Archangel Zadkiel, Lady Amethyst and St. Germain, and are being showered down upon the Earth and humanity to assist us in these times of monumental change. The vibrational patterns of evolution and transformation will continue to grow in strength, and they will be a major factor in the ever-accelerating awakening that is now taking place. The SEVENTH RAY is the only RAY, which is radiated downward from the higher realms, and also radiated upward from the powerful Violet Flame Clusters deep within the Earth's great caverns. Your Amethyst Crystal will amplify your ability to call forth and use the magic elixir of the Violet Flame. It will help you to release negative thought patterns, encodings and imperfections of the past and replace them with Seeds of mastery. The Violet Flame is the gift of the coming Age and will be the predominant Ray/vibration on Earth for the next 2000 years.

ARCHANGEL MICHAEL SUGGESTS THAT YOU PLACE YOUR AMETHYST CRYSTAL PILLAR UPRIGHT SO THAT THIS BLESSED ENERGY MAY BLAZE UP AND AROUND YOU, RADIATING OUT IN AN EVER-WIDENING CIRCLES, AS YOU JOIN OTHERS, AND HELP TO LIFT THE CONSCIOUSNESS OF HUMANITY BACK INTO THE FREQUENCIES OF LOVE / LIGHT. YOU MAY ALSO USE WHITE SAND, FROM A "HOBBY STORE," IN A DECORATIVE BOWL TO HOLD YOUR AMETHYST PILLAR CRYSTAL. $40.00 plus S & H (Small plastic stand included) www.StarQuestMastery.com

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NOVEMBER/DECEMBER PREDICTIONS - 11-12_SJE_Predictions_Issue_2020_final.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

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\\\PREDICTIONS ISSUE *** NOVEMBER / DECEMBER 2020

TAKING CONTROL OF YOUR DESTINY

RONNA / SACRED SCRIBE

Beloved masters, you are currently in the process of integrating the next appropriate level of Creator Light, with the assistance of your OverSoul intelligence. Connecting with and

integrating the many Facets of your Fifth-Dimensional Self will ultimately result in a new biological Blueprint of Creation.

Your Divine Birthright includes all the gifts, talents, attributes and virtues of Creation. They are free; yours for the taking. However, you must earn them through your own efforts, and then share your integrated wisdom with those on the Path behind you. The wise ones, the masters of the Earth, and the initiates on the Path have spent countless time and effort to bring forth their talents, and to gain the wisdom they share with everyone who is a seeker of wisdom. Their mission is to make the journey or the task of gaining Self-mastery easier for humanity, and they deserve remuneration for their efforts.

There must always be an abundance exchange of some kind for services rendered. You are to put forth the time and effort to share your wisdom with others, or in some way compensate those who pave the way for you by supplying you with the advanced wisdom teachings of the higher realms. You must lift your ideas and goals to the highest frequencies possible, thereby making them refined ideals which will benefit all humanity.

The awakening process entails moving through the many levels of the emotional Astral Plane. Your goal is to center yourself within the higher Mental Plane of consciousness. As his or her consciousness, wisdom and Light increase, a disciple's perspective gradually expands to include his or her personal world environment, along with the physical family obligations and responsibilities. Gradually, the aspirant's influence increases, as does his or her potential to become a World Server.

It takes constant and deliberate effort to tame the ego, and to gain the knowledge and expertise required to become a World Server. You must be an outstanding example, and also have the ability to excite and stimulate desire for spiritual wisdom, in order to serve humanity as a guiding Light. An en-Lighten-ed teacher offers the truth as it has been revealed to each person, and also the opportunity for their students to accept or reject the teachings.

So many of you are having difficulty in discovering your mission or your passion, and so you drift through your days in inertia. You continue to do nothing, making no attempt whatsoever to initiate positive changes in your life. Not everyone is meant to teach the masses or become a world figure. It is those of you who are quietly going about your daily duties, as you make small steady improvements within yourselves while radiating the Love/Light of Creation down into the Earth and out into the world, who are making the most dramatic impact on the earthly negative environment. We are seeking World Servers at a grass-roots level. Each and every one of you is needed to help lift and refine the collective consciousness of the masses.

As you go through the trials, tests and challenges of transformation, we wish to offer encouragement to those of you who are feeling helpless and fear there is no way out of the dilemma in which you find yourselves. Won't you open your minds to the possibility that

there is help available from the realms of Godly existence; that there is a new way of thinking, and a more refined way of living available to you?

You pray and often beg in desperation for assistance; however, if it does not come in a form you are comfortable with, you deny and reject it. Prayers are always answered; however, sometimes the answer is "NO," if you are asking for something that isn't in alignment with your spiritual destiny. Prayers asking for the greatest good manifest as miracles large and small, and open the path for a life of ease and grace. Prayers of the ego desire-body are answered by allowing you to seek your own solutions, which are manifested from your misconceptions and inappropriate actions. The lessons of life are learned by experiencing what you have created. The ego attracts disharmony and dissatisfaction, and it causes the seeker to look outside of Self for solutions and gratification. You must learn to pray with the purity of your heart and with intentions of the highest order. As you raise your Light quotient, you will increase the magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with thanksgiving and a grateful heart. Why not start your Mission Statement by listing the negative things in your life you would like to change? Begin with several small changes in your life, and remember, you must begin with yourself. We assure you that if you make a concerted effort, and use the tools we have given you, you will begin to see dramatic changes in your life. We ask you to put us to the test. With an open mind, study some of the basic concepts we have given, and slowly but faithfully, implement into your daily life those that you resonate to most strongly. Give us permission to guide and inspire you, and by doing so, you will have the forces of Heaven behind you. You can only fail if you give up, beloveds.

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the forces of nature, and the Earth changes and cleansing are accelerating and increasing in intensity every day. There is an intense polarization building between the various factions, not just in isolated places around the world, but in every country, involving every race, culture, religion and political affiliation.

We have told you that the chasm between the Light and the shadowlands is widening, and it is very apparent from both a lofty and Earthly viewpoint. We see clearly the areas that are being bathed in the Living Light; thanks to you, the faithful Sentinels of Light. We also see the swirling whirlwinds of negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and even among families around the world.

If you are caught up in the rhetoric of the worldwide news media, you cannot help but be aware that there is a feeding frenzy of negativity being spewed out into the airways and consciousness of those who are receptive to the distorted messages of sensationalism and separation. Fear of deprivation, anger at rulers, leaders and the government, and an indignant sense of entitlement to goods and services, without personal responsibility, are symptomatic of the intense fear of change that is taking place within every area of the world and within the human consciousness.

It is time for the next step in the Ascension process to begin, and many of the advanced aspirants on the Path are already becoming proficient and engrossed in the procedures. At this time, there is no question that those who are in any way advanced in spiritual consciousness are having their awakening and evolution process hastened as never before in the history of the world. This is in order so 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 may gradually incorporate higher and more refined frequencies of Light. You are also preparing yourselves to interact on a regular basis with the many Facets of your Higher Self and the great Beings of Light.

The call of reunification is beginning for many of you, whereby your higher frequency Soul Song is reaching various Facets of your OverSoul/Higher 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 the higher-Fourth and into the lower Fifth-Dimensions.

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 more 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.

It is also time for an amazing transfer of wisdom and historical experiences for those of you who are in the final stages of returning to balance and harmony within the higher frequency levels of the Fourth Dimension. At the appropriate time, you are programmed to exchange Memory Seed Atoms of Consciousness with of some of your Higher Self Soul Fragments. Each of you will be gifted with some of the unique higher frequency experiences your Soul Sparks have experienced, and you will gift them with yours. This is all a part of the Ascension Process that is now in progress.

For some of you this information will be confusing; however, many of you are experiencing this process in varying degrees during your nightly sojourns or in meditation. Therefore, we wish to give you a basic understanding of what is taking place at the various levels of the Ascension Process.

As you 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, as well as the en-Lighten-ed masters from the higher realms. When you have turned the information you have garnered into wisdom, and have become a living example of each new, advanced level of consciousness, you will then be qualified to

teach the concepts to others. You must experience that which you teach and become a shining example, which is the most effective way to get the attention of others.

Remember, my brave ones, in every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. Submission to the Will of our Father/Mother God means adherence to the Universal Laws as they are revealed to you. A Self-master always strives to make the highest choices, has a burning desire to serve others, and is always responsible for their own actions.

A true channel of Power and Light in the material world is a conscious embodiment of divinity—a custodian of Divine Principle.

Call on us and allow us to Light the way as you journey forth into the future. You are loved most profoundly. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE * STAR*QUEST* www.StarQuestMastery.com

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ADVANCED INFORMATION ABOUT OUR UNIVERSE AND ITS MANY SUB-UNIVERSES

Ronna / Sacred Scribe ** OverLighted by Archangel Michael

*** MEMBRANES OF LIGHT: This Universe is enclosed in a crystalline membrane of Light that separates it from other Universes. Our Universe is being pulled into an upward SPIRAL OF LIVING LIGHT. Our Universe and its many Sub-Universes are undergoing a vast leap into a new LIGHT CREATION. The planet Earth will move into a new electromagnetic orbit. There are thousands of subterranean chambers where crystalline fields of Adamantine Particles are stored to be used to assist the Earth in its Ascension process. Each Sub-Universe has its own unique electromagnetic spectrum of Light. You many wonder, what does a universe look like? There are a multitude of sizes and shapes with a never-ending variety of components.

*** This Sub-Universal Divine Blueprint was primarily designed to experience the Father God /Creator Son SUN aspect of Creation, with our Mother God / Creator Daughter in support positions. Other Sub-Universes reverse the order of prominence, and still others have a variety of OverLighting components and combinations. As the Divine experiment in duality and polarity comes to a close, the masculine and feminine Aspects of the Creator will once again become unified and equal.

*** There are massive Creator Rays that make up the vibrational patterns of the Sub-Universes. Each Sub-Universe has a specific number of God Rays (some more and some less than the Twelve Rays of our Sub-Universe). These God Rays Ray-diate the qualities, virtues and talents that are to be incorporated into the creative process for each Sub-Universe. Each Sub-Universe has is own Divine Blueprint for the creative process that is to be manifested within the boundaries of that Sub-Universe.

*** There are Pyramids of Light within each region of Space or Dimension, where the Adamantine Particles of Creator Light are stored in Great Pyramids of Living Light. There are also Consciousness Time Cells, as well as ancient White Fire Memory Seed Atoms, stored there to be used by the Beings of Light whose destiny is to create wondrous new things and then radiate them out into the great Void.

*** CONSCIOUSNESS TIME CELL: A sub-unit within a Divine Blueprint that contains a schematic for a specialized program or experiment within a Sub-Universe. Time Cells of higher Creation are now opening and will be accessible to those whose frequency patterns are attuned to the higher mental planes of consciousness.

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** NOVEMBER 2020

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RONNA VEZANE ** SACRED SCRIBE

A WONDROUS CREATION: THE PHYSICAL VESSEL

Beloved masters, as you move forward on the path of en-Lighten-ment, you will come to a better understanding of cosmic law and the workings of the Universe. We welcome the opportunity to, occasionally, give you a better understanding of some of the concepts of Creation and the complexity of the physical vessel. Therefore, we would like to give you an in-depth explanation of the composition of the Etheric Body and its importance in the process of Ascension.

The Etheric Body or Etheric Web, which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. The Etheric Body is composed of the physical aura, which conveys your physical state of health via various colors, as well as the distortions, or lack thereof, within the Etheric Web pattern. The emotions of pain, suffering and resentment are thought forms which are keeping you from embracing and becoming the Bearer of Light you were meant to be. The auric field is the invisible electromagnetic force field that surrounds the physical body. It magnifies energy to you and radiates vibrational frequency patterns from you. The aura of the mental body within the Etheric Web is almost non-existent in those who are trapped in the restrictions of the Third and lower Fourth Dimensions, because they see the world and events through a filter of illusion created by their past beliefs, thoughts and actions.

When existing in a Third- / Fourth-Dimensional environment, the dominating force within the emotional body is the astral plane. Therefore, a vast majority of people are under the

influence of their base personality and the ego desire body, which is composed of unfulfilled yearnings from the past, as well as emotional imbalances and feelings of being unworthy or unloved. One of the most dramatic phases of the Ascension process is moving through the distortions of the emotional mass -consciousness belief system into the stability, freshness and harmony of the higher dimensions.

Never forget, fear takes away your power. The general mass-consciousness belief system is powered by negative, hostile thinking and a resistance to new concepts and change. The majority of the masses are frozen in a reality of pain and suffering, but are unwilling to entertain new expansive ideas, which would relieve them from their self-imposed prison of limitation.

It is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the final phases of the Third-Dimensional environment. You must also strive to establish emotional harmony and serenity within the illusionary world of the Fourth Dimension as you seek wisdom and endeavor to become acclimated to the mental plane of the lower- Fifth Dimension. You must be ever alert for the whispers of your Soul and Higher Self. It is also important that you understand that you do not have just one Higher Self, but many Fragments or Sparks of your Higher Self scattered throughout this Sub-Universe.

The Ascension process entails the gradual integration and assimilation of the next higher-dimensional frequency Facet of your Higher Self. You are in the process of expanding your Light and your conscious awareness. Your transformation into Self-mastery, as well as the Ascension process, will be greatly accelerated once you have expanded your personal lifeline of Light – an etheric tube of Light – which is your core connection to your Divine I AM Presence. You are also in the process of reestablishing your connection to the River of Life via your personal Antakarana (Rainbow Bridge of Light), which contains the pure Creator Essence called Adamantine Particles. Over the many past ages, humanity has diminished the connection to the River of Life/Light so that, in most people, it has become only a small trickle.

Each of you has a sphere of radiance that is produced by the vibrational patterns of your auric field and your Soul Song. Ascension means bringing the total bodily chakra system into balance, which will facilitate the clearing, refining and balancing of the Etheric Body and auric field. Your goal is to return your Etheric Body and auric field to their perfect Divine Blueprint, which is the human blueprint for your original bodily form called the Adam/Eve Kadmon Light Body. We observe you via the bands of color within your multiple body system, physical, mental, emotional and etheric, which have been created by your thoughts, actions and deeds throughout your many lifetimes down through the Ages.

Your Energetic Signature is composed of the vibrational frequency patterns you emit day-by-day via your thoughts, actions and deeds. Your Energetic Signature can vary greatly when you are functioning within a Third- / Fourth-Dimensional environment. However, as you progress along the path of en-Lighten-ment, your Energetic Signature gradually

becomes more harmonious and melodious, and it eventually becomes a part of your permanent Soul Song Signature. Your Soul advancement is monitored by the frequencies of your Soul Song, and not by your daily actions.

Your Soul Song is composed of mid-Fourth and higher-dimensional vibrational patterns of unconditional love, wisdom, balance and harmony. As a Self-master, your Energetic Signature and your Soul Song will merge into a Celestial Mandala of sound and color, by which you will be identified in the higher Realms. You are recognized by the brilliance of your inner Light. The more Light Essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

The Holy Spirit or your Higher Mental Self is the discerning higher intelligence which monitors and regulates the Light infusions and the gifts of Spirit that are allotted to you according to your level of spiritual awareness and your present needs. Special dispensations are also monitored and dispersed by your Holy Mental Self, which is the intermediary between you and your I AM Presence / God Self.

Meditation helps to discipline the lower mind and the ego so that you may attune consciously to the musings of your higher mind. It takes patience and discipline to stop the mind chatter that is the norm for those closed off from their higher consciousness. We encourage you to practice active and passive meditation. A decree or affirmation is a prayer with power. It should be a concise, positive affirmation expressed with confidence, and the assurance that it will be manifested in the proper form at the appropriate time. If the affirmation is sent forth with loving intent for the greatest good, you are aligning your will with that of your Higher Self, and Universal Law will assure that your cocreator thoughts and aspirations will be combined with those by others of like mind. Thus, they will be increased in strength and power. Silent meditation is listening for an answer from your Higher Self, your Guardian Angel or the Holy Spirit.

Remember, one person who is centered within their Sacred Heart and Sacred Mind can convey cosmic truths and inspired thoughts to millions of people, while the loving vibrations of their auric field bless everyone with whom they come in contact. Serenity and joy are qualities of the Soul. Intelligent love results when the Soul becomes the dominating force within and the ego personality has been brought under control. When you successfully dissolve the membranes of Light guarding the entrance to your Sacred Mind, you gain access to your personal storehouse of Divine Wisdom.

Allow us to give you a recap of a few of the many symptoms of Ascension, which you, the initiates on the Path, are experiencing at this time.

>> You find yourself withdrawing from social activities and events that were pleasurable in the past. Loud noises, crowds and boisterous activities disturb you, and you yearn for seclusion, and perhaps, the serenity of nature. As your vibrational frequencies lift and become more harmonious, you will disengage from interaction with people, events and places that emit lower discordant frequencies. Also, gradually, you will have less and less in

common with certain friends and relatives, especially those who are negative, judgmental and unkind to others.

>> You may have intense bursts of energy whereby you can hardly stay still, and sometime, you may feel so light inside that you barely feel your bodily form. At other times, you may feel so weighed down that you are almost sinking into the ground, and you may experience extreme fatigue. Your bodily form is going through an intense metamorphosis at an etheric and cellular level, and some of the transformational symptoms are not pleasant – especially for those who are existing in an older or somewhat debilitated bodily form.

>> As the Kundalini (Sacred Fire) begins to rise up your spinal column (the etheric tube of Light), you may experience times of intense inner heat, while your exterior body feels cold and even clammy. Initially, that is the reason why it is best to strive for a gradual release of the Kundalini Fire stored within the Root chakra, at the base of the spine, so that you may slowly integrate the higher frequencies of God Light. Faster and more are not always better when you are in the midst of the transformational process of Ascension.

>> For those in the early stages of the process, the experience of integrating some of the refined Light frequencies will not be overly dramatic. However, for those StarSeed who are well on their way within the Ascension process – those who have agreed to be World Servers and help to clear the Path for others – it can be a formidable and ongoing process as they integrate higher and higher frequencies of Light to share with others.

>> You may feel as though you are on a mental roller coaster as you experience many emotional ups and downs. You are tapping into and releasing much impacted energy and discordant frequency patterns from a deep cellular level. It is vitally important to allow these feelings to come to the surface so they can be transmuted into refined Light substance. It is important that you learn to become an observer of what is occurring, as you objectively view, process, and rectify, with loving patience and understanding that which is being revealed to you.

>> Your eating habits may change drastically. Whatever you choose to eat, follow your inner guidance and monitor how your body feels after you have ingested anything. Your Body Elemental or inner body intelligence is awakening, and if you will pay attention, it will direct you to the proper food and diet. Always remember, moderation in all things is the key.

>> You may have many strange aches and pains, for which there is no definitive diagnosis. There are many minor chakra and meridian points within the physical body. As the higher frequencies of Light try to flow throughout the body, they can meet resistance at these critical junctures, which can cause discomfort. One of the most common areas of distress is in the area of the spinal column of the upper back, between the shoulder blades.

>> You may feel as though you are 'losing your mind' or at least your memory. There are multi-Dimensional levels within the brain, so as you lift your frequency patterns, the lower levels of the brain will gradually be refined. Therefore, you will no longer need or be able to

access much of your negative past history, as well as much of the trivia you have stored therein. You will be gaining access to the higher levels of the brain where your Sacred Mind dwells. The unification between the Sacred Mind and the Sacred Heart is an integral part of the Ascension process.

Beloveds, you must admit, it is an exhilarating time to be in the physical vessel, and yet your physical vessel is struggling to keep up with the ever-increasing frequencies that you are integrating moment-by-moment and day-by-day. Many of you who have not suffered colds, the flu or intestinal disturbances for many years are again experiencing these debilitating symptoms, and some of you ask, “What am I doing wrong?” You are not doing anything wrong, my brave friends; it is what you are doing right that is causing some of these uncomfortable bouts of bodily distress.

We acknowledge the fact that these occurrences are not pleasant to experience. However, we wish to give you another facet of truth to ponder on. Again, many of you who are deeply immersed in an accelerated transformational process are experiencing these uncomfortable symptoms as a way to quickly transmute the old negative energies within your physical vessel. You could call it a transmutation or baptism by fire, a burning and releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take dominion within. Not all viruses are bad, nor are all the uncomfortable symptoms you are experiencing. See them as a means to an end and serving a higher purpose. These things, too, will pass, dear ones.

We ask you to nurture yourselves, to pay attention as never before to your physical vessels and the signals or messages your wise Body Elemental projects to you. How will you enjoy the beautiful world of love, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

Join us in your personal Pyramid of Light, beloveds, and allow us assist you to move through the process with ease, grace, and also, great joy. May the radiance of our Father/Mother God pour down upon you and fill you with the Light of Life Everlasting. Know that we are ever near to guide and protect you. I AM Archangel Michael. TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE **

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NEW: THE GOLDEN PROMISE ** E-BOOK Download ** VOLUME ONE ** $12.00

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>> In this newly-revised digital edition, available in two volumes, The Golden Promise continues to answer so many questions about our past and future. Author Ronna Herman Vezane has provided the world with these uplifting messages to readers in this timeless collection. The Golden Promise, which is Book Two of messages from Archangel Michael (Book One: On Wings of Light), provides many exercises, meditations, and affirmations to help us release old, self-sabotaging beliefs, and to replace them with empowering, life-

changing thought patterns.>> If you are ready for the next steps in your spiritual growth, this is the book for you. In Ronna's book, Archangel Michael helps us remember our Divine origins and the glorious adventures we experienced while in Spirit form, and gently guides us with each step along the path to Self-mastery.

**WE HAVE JUST RECEIVED A NEW ORDER OF SOME OF THE MOST

EXQUISITE CRYSTALS WE HAVE HAD IN A LONG TIME**

THE NEW DIVINE BLUEPRINT VOGEL-CUT CRYSTALS ARE MASTER MAGNIFIERS. Your VOGEL CRYSTAL will enhance and magnify your positive thoughts and the vibrational patterns you project, and it will also unify and enhance the power of your other crystals, for it will create a harmonious interaction between all your crystals. Attune to your Vogel-cut crystal when you receive it via the Infinity Breath and your intention, and then place all your other crystals closely around it so they are all touching. After saying some appropriate affirmations, do a series of Infinity Breaths and blow on the crystals on each out-breath. You and your crystals will then be connected by RAY-diating streams of God-Light containing your New Divine Blueprint for the Aquarian Age. *** VOGEL-CUT CRYSTAL: $35.00 + S&H

GODDESS CRYSTALS ** The strongest force in the Omniverse is the LOVE FORCE, which is radiated through the Essence of the feminine Goddess energy of the Creator. First, the masculine Essence of the Creator brings forth “SEEDS” of new Creation within ITS mind, resulting in a Divine Blueprint, which is then folded within the LOVE CORE or the emotional nature of the Goddess Essence. A wondrous and magnificent process is thereby initiated resulting in creations beyond your greatest imaginings. You, as humans are one of those magnificent creations. The Goddess expression, or the feminine aspect of the Creator, is becoming more active and prevalent on Earth during these turbulent times of the “Sifting of the Ages.” Through an amazing, channeled message from “The Ladies of the Goddess Energy,” we were given an opportunity to experience an initiation into the ORDER OF THE GODDESS. Call upon the LADIES OF THE GODDESS to assist you to claim and perfect a life of ease, grace and prosperity. *** GODDESS CRYSTAL: $30.00 Plus S&H

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\WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** DECEMBER 2020\\ \ \

RONNA VEZANE ** SACRED SCRIBE

ARE YOU A STARSEED LIGHT UPON THE PATH?

Beloved masters, long, long ago, those brave Souls who would later come forth as StarSeed Wayshowers for the Ascension of humanity and the Earth agreed to take on a special role on the Planet Earth sometime in the far distant future. This group of Souls, who bravely answered a new Clarion Call, would incarnate into every race, color, culture and creed. They would be spread far and wide upon a specially created planet in preparation for a

preordained cosmic drama, the mass Ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

It is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the Spiritual Hierarchy to pass through the veil and make contact with select, awakened members of the Human Race. You must express a willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you. Your guardian angels, spiritual guides and teachers will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Solar Power Center and eventually within your Sacred Heart.

You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently awaited this time as well. As human Beings, communing with the Beings of Light is a great evolutionary step for you, for it quickly facilitates a new conscious awareness and a powerful transformation within you. Most likely, you will first connect with and learn to interact and communicate with your personal guides, or sometime, your master teacher will quickly establish a relationship with you. Especially, if you made an agreement to work with that particular Being before incarnating in this lifetime.

Many of you are in the process of developing your sixth sense – the intuitive mind, whereby you will have a direct line to your OverSoul Self and certain Facets of your multiple Higher Selves. It is the beginning phase of creating a direct line to home base, your Divine I Am Presence / God-Self. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Essence, for it will accelerate the Ascension process and assist you in attaining the status of a Self-Master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Energetic Signature are compatible. That is why it is so important to have gone through a clearing and cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Those of you who stepped to the fore were given a special dispensation, whereby much of your minor imbalances would be cleared so that your earthly burden would not be too

overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your

Energetic Signature / Soul Song to the Mid-Fourth Dimension and higher.

A vast multitude of you, the StarSeed, are well on your way to Self-Mastery; however, too many of the Wayshower group are still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former Root Races, along with Memory Seed Atom Encodings for the new Golden Root Race of the future. It is true that over time there have been great imbalances amongst this group of Souls. Many have not listened to the nudgings of their Spirit Self and have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you was encoded with a Memory Seed Atom. When activated, it was programmed to help you remember your promise to be our earthly representatives, and that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance on the Earthly Plane.

We wish to give you some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major Root Races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other Root Races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these Races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a universal level, after you externalized into your individualized God-consciousness and had spent eons of time in joyous cocreation, you and a harmonious group of Souls, which we will call “Soul family groups,” were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the Fifth Dimension. You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the reunification process. THAT TIME IS NOW!

Those of you we fondly call “Old Souls” are scattered throughout the world. True, there are greater numbers of these Old Souls in some locations and cultures; however, this Vanguard group is scattered around the Earth from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals who are in their care. They have mundane jobs in every field of endeavor, and they quietly go about fulfilling their duties. They have positions of great responsibility, and they serve

their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher Selves and they have become Masters of Self. Many others are well on their spiritual path, but unfortunately, there is a great multitude of these StarSeed Wayshowers who are still unconscious of their Divine nature and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean Race – the leaders/pioneers/warriors. There is as a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria, the gentle, nurturing, intuitive, inward focused qualities, along with great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage. In the past, you have been blessed to have many magnificent Beings of Light in your midst – masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way. It is our greatest hope that some of you will take up the banner and be the future spiritual champions for the emerging new spirituality among Self-aware Humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another. We are aware of a great sense of loneliness amongst the peoples of the world – a sense of isolation.

It is not enough to read the teachings we give you or those of the masters – or to visit a beautiful cathedral or temple and pay homage to God. It is a time of reunification. It is now time to come together to share your love, wisdom and inspiration, a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the Creator Essence of the future will dwell. You are the cocreators of the future – Divine Sparks of the Creator– who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on Planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to

take to heart what we have told you, over and over again, “You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT.” You must learn to love and respect yourself. You must have a deep sense of self-worth before you can truly love and respect others, and before others will return the love and respect you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a “state of Being” or a “quality of life.” You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian Goddess virtues and qualities, you will feel incomplete and experience a great sense of dissatisfaction.

Come together in groups of two, three, ten, one hundred or one thousand, it makes no difference. However, if you join together for the benefit of all, we promise you, we will be there in full force to empower you, to assist you, and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed Spectrum of Light and shadows, the vibrational patterns that make up your personal world in the Third- / Fourth-Dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-Master.

It is a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this Universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, the great Builders of Form, in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love/Light. In you, we are well pleased. I AM Archangel Michael. *** Transmitted through Ronna Vezane * www.StarQuestMastery.com

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GIVE A TRANSFORMING GIFT OF LOVE/LIGHT For Assistance Through the Evolutionary Times of Change

THE SEVENTH RAY * VIOLET FLAME OF TRANSFORMATION\\\

ACTIVATED / PROGRAMMED AMETHYST SENTIENT PILLAR CRYSTALS

The Violet Fire of transmutation, the Seventh Ray qualities, virtues and attributes of our Father/Mother, are brought forth through the energies of beloved Archangel Zadkiel, Lady Amethyst and St. Germain, and are being showered down upon the Earth and humanity to assist us in these times of monumental change. The vibrational patterns of evolution and transformation will continue to grow in strength, and they will be a major factor in the ever-accelerating awakening that is now taking place. The SEVENTH RAY is the only RAY, which is radiated downward from the higher realms, and also radiated upward from the powerful Violet Flame Clusters deep within the Earth's great caverns. Your Amethyst Crystal will amplify your ability to call forth and use the magic elixir of the Violet Flame. It will help you to release negative thought patterns, encodings and imperfections of the past and replace them with Seeds of mastery. The Violet Flame is the gift of the coming Age and will be the predominant Ray/vibration on Earth for the next 2000 years.

ARCHANGEL MICHAEL SUGGESTS THAT YOU PLACE YOUR AMETHYST CRYSTAL PILLAR UPRIGHT SO THAT THIS BLESSED ENERGY MAY BLAZE UP AND AROUND YOU, RADIATING OUT IN AN EVER-WIDENING CIRCLES, AS YOU JOIN OTHERS, AND HELP TO LIFT THE CONSCIOUSNESS OF HUMANITY BACK INTO THE FREQUENCIES OF LOVE / LIGHT. YOU MAY ALSO USE WHITE SAND, FROM A "HOBBY STORE," IN A DECORATIVE BOWL TO HOLD YOUR AMETHYST PILLAR CRYSTAL. $40.00 plus S & H (Small plastic stand included). www.StarQuestMastery.com

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***FIFTH-DIMENSIONAL LIGHT QUARTZ CRYSTALS AND THE NEW DIVINE BLUEPRINT VOGEL-CUT CRYSTALS ARE AWAITING THE OWNER TO IGNITE THE SACRED PROPERTIES WITHIN THE CRYSTAL THEY ARE DRAWN TO CLAIM AS THEIR OWN. \\\

"Beloveds, use these precious, solidified fragments of Light to enhance your latent extra–sensory abilities and to strengthen your connection with your Higher Self, and eventually your magnificent God Seed Atom. They are your companions on this journey of ascension into the realms of Light.

"In the past, we have explained how, as the Earth was formed and made ready for human inhabitation, there were gigantic crystalline spires of Living Light implanted deep within the Earth that also extended high into the skies above ground. These sentient spires, which surrounded the world, were the receivers and senders of the sacred geometric codes of Light from the Great Central Sun, and the energetic codes/frequencies of the Earth were then radiated back into the higher realms so that the great Beings of Light could monitor the progress of Earth and humanity.

These magnificent pillars of Light were also used to modify and refine the Divine Blueprint and the frequencies of Light which were being sent forth onto the Earth and throughout the grid system. When the Earth fell into the density of the Third/Fourth Dimensions, there was a dramatic increase of cataclysmic events whereby most of these great spires were broken,

shattered and buried deep within the earth. Only a few of these magnificent sentinels remain; however, they are disguised by a cover of plant material or layers of soil and rock.

These wondrous crystal friends that are returning to you during this miraculous Age of transformation are fragments of those great spires. Is it any wonder that they are becoming so precious to you as they help you retrieve some of the wondrous memories of your ancient past and create visions of your home among the stars?"

THE NEW DIVINE BLUEPRINT VOGEL-CUT CRYSTALS ARE MASTER MAGNIFIERS. Your VOGEL CRYSTAL will enhance and magnify your positive thoughts and the vibrational patterns you project, and it will also unify and enhance the power of your other crystals, for it will create a harmonious interaction between all your crystals. Attune to your Vogel-cut crystal when you receive it via the Infinity Breath and your intention, and then place all your other crystals closely around it so they are all touching. After saying some appropriate affirmations, do a series of Infinity Breaths and blow on the crystals on each out-breath. You and your crystals will then be connected by RAY-diating streams of God-Light containing your New Divine Blueprint for the Aquarian Age. $35.00 plus S & H *STAR*QUEST ** www.StarQuestMastery.com

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JANUARY - 1-2021_Law_of_Circle.pdf

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** JANUARY 2021

RONNA VEZANE * SACRED SCRIBE

LAW OF THE CIRCLE * LAW OF THE TRIANGLE

THE CIRCLE REPRESENTS UNITY * COMPLETION

THE TRIANGLE REPRESENTS CREATION * BUILDING * BECOMING

THE INFINITY SIGN REPRESENTS THE NEVER-ENDING FLOW OF DIVINE LIGHT.

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 eons 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 and

teachings, along with 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 your Divine

White Fire Seed Atom of God Consciousness to prepare you for you journey into the denser, reduced-

frequency, lower-Dimensional realms of existence. When you answered the Clarion Call and agreed

to be a part of the experiment in duality and polarity within the Sub-Universal experience, 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 now in the process of reclaiming all the multiple Facets of your Soul Self within the

Third and Fourth Dimensions so that you may move forward to a greater, more dynamic and

expansive version of your Higher Self within a Fifth-Dimensional environment. To assist you in

accomplishing this, your Diamond Core God Cell and your personal Flower of Life Creator Wheel

contain a full measure of the Twelve Rays of God Consciousness for this Sub-universal experience.

They were designed so that when you were ready to begin the return journey into the higher levels of

consciousness, you would have access to your own FULL SPECTRUM DIVINITY. Your task is to

activate these Rays, to incorporate the God qualities and attributes they contain, and then to use

these qualities and attributes for the greatest good. There is still much confusion as to what the Soul

is, how it functions, and where it resides. It is vital that you understand the intricate process of

reconnecting with the many Facets of your Higher Self. It is also important that you gain clarity about

the more in-depth teachings we have given you regarding the multiple Higher Self Fragments (you

have many, not just one) and the process for incorporating these multiple Facets of Self.

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 Cocreator Gods and Goddesses throughout this Sub-Universe, 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.

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 planned 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 and activating the Seed Thoughts with unconditional 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 and 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 and Power, the Core Essence of the Creator

and each 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 and Power. The Holy Spirit is the Mother Aspect of God

whose Cosmic Womb has been infused with the Seed Thoughts – Adamantine Particles – from the

mind of the Father God. The Seed Thoughts are activated with the Second Ray of Love/ Wisdom from

within the Heart Core of the Mother God, and then radiated forth out into the Universe via the River of

Life, to be used by the Suns (Paradise Sons and Daughters) through the qualities, attributes and

aspects of the Third Ray to create worlds and wondrous things without end.

The pyramidal form, either three or four-sided, is the method whereby you access and gain

entrance into the higher Dimensions of Light. The higher realms function within a three-fold balance, a

Trinity of power, the Sacred Fire of Creation. The four-sided pyramid is representative of duality

within the Third- and Fourth-Dimensional realms of existence.

The Power of the Trinity has been a driving force throughout this Universe. AA Metatron,

Lord Melchizedek and I, Archangel Michael, have been given the privilege to form a Trinity of

Consciousness within this 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 all 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 – Memory Seed Atoms – 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 is to be initiated. You

have been a part of many Trinity Cell Seed Atoms, 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 within this

Universe, to one degree or another, and that everyone on Earth and in every other realm also affect

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.
Transmitted Through Ronna /
Sacred Scribe

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RADIATING ADAMANTINE PARTICLES INTO

THE MANY PYRAMIDS OF LIGHT YOU HAVE CREATED

RONNA / SACRED SCRIBE

WE NOW OFFER YOU A PRECIOUS GIFT. 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. 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 upward 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 Archangel Michael has given us. There is also a stream of Light, which 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. You will also be sharing the Light you have activated with your

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. SO BE IT! SO IT IS! Angel blessings, Ronna

Transmitted through: RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST *
www.StarQuestMastery.com Email: RonnaStar@earthlink.net

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***FIFTH-DIMENSIONAL LIGHT QUARTZ CRYSTALS AND THE NEW DIVINE BLUEPRINT VOGEL-

CUT CRYSTALS ARE AWAITING THE OWNER TO IGNITE THE SACRED PROPERTIES WITHIN THE

CRYSTAL THEY ARE DRAWN TO CLAIM AS THEIR OWN.

"Beloveds, use these precious, solidified fragments of Light to enhance your latent extra–

sensory abilities and to strengthen your connection with your Higher Self, and eventually your

magnificent God Seed Atom. They are your companions on this journey of ascension into the

realms of Light.

"In the past, we have explained how, as the Earth was formed and made ready for human

inhabitation, there were gigantic crystalline spires of Living Light implanted deep within the Earth

that also extended high into the skies above ground. These sentient spires, which surrounded the

world, were the receivers and senders of the sacred geometric codes of Light from the Great

Central Sun, and the energetic codes/frequencies of the Earth were then radiated back into the

higher realms so that the great Beings of Light could monitor the progress of Earth and humanity.

These magnificent pillars of Light were also used to modify and refine the Divine Blueprint

and the frequencies of Light which were being sent forth onto the Earth and throughout the grid

system. When the Earth fell into the density of the Third/Fourth Dimensions, there was a

dramatic increase of cataclysmic events whereby most of these great spires were broken,

shattered and buried deep within the earth. Only a few of these magnificent sentinels remain;

however, they are disguised by a cover of plant material or layers of soil and rock.

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transformation are fragments of those great spires. Is it any wonder that they are becoming so

precious to you as they help you retrieve some of the wondrous memories of your ancient past

and create visions of your home among the stars?"

THE NEW DIVINE BLUEPRINT VOGEL-CUT CRYSTALS ARE MASTER MAGNIFIERS. Your VOGEL

CRYSTAL will enhance and magnify your positive thoughts and the vibrational patterns you project, and it

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between all your crystals. Attune to your Vogel-cut crystal when you receive it via the Infinity Breath and

your intention, and then place all your other crystals closely around it so they are all touching. After saying

some appropriate affirmations, do a series of Infinity Breaths and blow on the crystals on each out-breath.

You and your crystals will then be connected by RAY-diating streams of God-Light containing your New

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** FEBRUARY 2021

RONNA / SACRED SCRIBE

TAKING CONTROL OF YOUR DESTINY

Beloved masters, you are currently in the process of integrating the next appropriate level of Creator

Light with the assistance of your OverSoul intelligence. Connecting with and integrating the many Facets

of your Fifth-Dimensional Self will ultimately result in a new biological Blueprint of Creation.

Your Divine Birthright includes all the gifts, talents, attributes and virtues of Creation. They are free,

yours for the taking. However, you must perfect them through your own efforts, and then share your

integrated wisdom with those on the Path behind you. The wise ones, the masters of the Earth, and the

initiates on the Path have spent countless time and effort to bring forth their talents, and to gain the

wisdom they share with everyone who is a seeker of wisdom. Their mission is to make the journey or

the task of gaining Self-mastery easier for humanity, and they deserve remuneration for their efforts.

There must always be an abundance exchange of some kind for services rendered. You are to

put forth the time and effort to share your wisdom with others, or in some way compensate those who

pave the way for you by supplying you with the advanced wisdom teachings of the higher realms. You

must strive to lift your ideas and goals to the highest frequencies possible, thereby making them refined

ideals which will benefit all humanity.

The awakening process entails moving through the many levels of the emotional Astral Plane. Your

goal is to center yourself within the higher Mental Plane of consciousness. As his or her consciousness,

wisdom and Light increase, a disciple's perspective gradually expands to include his or her personal

world environment, along with the physical family obligations and responsibilities. Gradually, the

aspirant's influence increases, as does his or her potential to become a World Server.

It takes constant and deliberate effort to tame the ego, and to gain the knowledge and expertise required

to become a World Server. You must be an outstanding example, and also have the ability to excite

and stimulate desire for spiritual wisdom, in order to serve humanity as a guiding Light. An en-Lighten-

ed teacher offers the truth as it has been revealed, and also the opportunity for their students to accept

or reject the teachings.

So many of you are having difficulty in discovering your mission or your passion, and so you drift

through your days in inertia. You continue to do nothing, making no attempt whatsoever to initiate

positive changes in your life. Not everyone is meant to teach the masses or become a world figure. It is

those of you who are quietly going about your daily duties, as you make small steady improvements

within yourselves while radiating the Love/Light of Creation down into the Earth and out into the world,

who are making the most dramatic impact on the earthly negative environment. We are seeking World

Servers at a grass-roots level. Each and every one of you is needed to help lift and refine the

collective consciousness of the masses.

As you go through the trials, tests and challenges of transformation, we wish to offer encouragement to

those of you who are feeling helpless, and fear there is no way out of the dilemma in which you find

yourselves. Won't you open your minds to the possibility that there is help available from the realms of

Godly existence, that there is a new way of thinking, and a more refined way of living available to you?

You pray and often beg in desperation for assistance; however, if it does not come in a form you are

comfortable with, you deny and reject it. Prayers are always answered; however, the answer is

sometimes "NO," if you are asking for something that isn't in alignment with your spiritual destiny.

Prayers asking for the greatest good manifest as miracles large and small, and open the path for a life

of ease and grace.

Prayers of the ego desire-body are answered by allowing you to seek your own solutions, which are

manifested from your misconceptions and inappropriate actions. The lessons of life are learned by

experiencing what you have created. The ego attracts disharmony and dissatisfaction, and it causes

the seeker to look outside of Self for solutions and gratification. You must learn to pray with the purity

of your heart and with intentions of the highest order. As you raise your Light quotient, you will increase

the magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with

thanksgiving and a grateful heart.

Why not start your Mission Statement by listing the negative things in your life you would like to

change? Begin with several small changes in your life, and remember, you must begin with yourself.

We assure you that if you make a concerted effort and use the tools we have given you, you will begin

to see dramatic changes in your life. We ask you to put us to the test. With an open mind, study some

of the basic concepts we have given, and slowly but faithfully, implement into your daily life those that

you resonate with most strongly. Give us permission to guide and inspire you, and by doing so, you will

have the forces of Heaven behind you. You can only fail if you give up, beloveds.

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the

forces of nature, and the Earth changes and cleansing are accelerating and increasing in intensity every

day. There is an intense polarization building between the various factions, not just in isolated places

around the world, but in every country, involving every race, culture, religion and political affiliation.

We have told you that the chasm between the Light and the shadowlands is widening, and it is very

apparent from both a lofty and Earthly viewpoint. We clearly see the areas that are being bathed in the

Living Light, thanks to you, the faithful Sentinels of Light. We also see the swirling whirlwinds of

negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and

even among families around the world.

If you are caught up in the rhetoric of the worldwide news media, you cannot help but be aware that

there is a feeding frenzy of negativity being spewed out into the airways and consciousness of those

who are receptive to the distorted messages of sensationalism and separation. Fear of deprivation,

anger at rulers, leaders and the government, and an indignant sense of entitlement to goods and

services, without personal responsibility, are symptomatic of the intense fear of change that is taking

place within every area of the world and within the human consciousness.

It is time for the next step in the Ascension process to begin, and many of the advanced aspirants on

the Path are already becoming proficient and engrossed in the procedures. At this time, there is no

question that those who are in any way advanced in spiritual consciousness are having their

awakening and evolution process hastened as never before in the history of the world. This is so 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 may gradually incorporate

higher and more refined frequencies of Light. You are also preparing yourselves to interact on a regular

basis with the many Facets of your Higher Self and the great Beings of Light.

The call of reunification is beginning for many of you, whereby your higher frequency Soul Song is

reaching various Facets of your OverSoul/Higher Self. As you refine your vibrational patterns and your

Energetic Signature reaches a certain level of harmony, your Soul Song will begin to reverberate

throughout the higher Fourth and into the lower Fifth Dimensions.

As you study and delve into the mysteries of Cosmic Truth, you will build a reservoir of knowledge that

you can draw upon when needed. Also, as you gain more 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.

It is also time for an amazing transfer of wisdom and historical experiences for those of you who are in

the final stages of returning to balance and harmony within the higher frequency levels of the Fourth

Dimension. At the appropriate time, you are programmed to exchange Memory Seed Atoms of

Consciousness with of some of your Higher Self Soul Fragments. Each of you will be gifted with some of

the unique higher frequency experiences your Soul Sparks have experienced, and you will gift them with

yours. This is all a part of the Ascension process that is now in progress.

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 Ascension.

As you evolve and become skillful at sharing your wisdom with others, you will become increasingly

sensitive to the subtle messages, concepts and ideas from your guides, teachers, angelic helpers, and

the en-Lighten-ed masters from the higher realms. When you have turned the information you have

garnered into wisdom, and have become a living example of each new, advanced level of

consciousness, you will then be qualified to teach the concepts to others. You must experience that

which you teach and become a shining example, which is the most effective way to get the attention of

others.

Remember, my brave ones, in every era and major cycle, Cosmic Wisdom and Divine Truth are

made available to those with open minds and loving hearts. Submission to the Will of our Father/Mother

God means adherence to the Universal Laws as they are revealed to you. A Self-master always strives

to make the highest choices, has a burning desire to serve others, and is always responsible for their

own actions.

A true channel of Power and Light in the material world is a conscious embodiment of divinity—

a custodian of Divine Principle.

Call on us and allow us to Light the way as you journey forth into the future. You are loved most

profoundly. I AM Archangel Michael. TRANSMITTED THROUGH RONNA VEZANE * STAR*QUEST*

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ADVANCED INFORMATION ABOUT OUR UNIVERSE AND ITS MANY SUB-UNIVERSES

Ronna / Sacred Scribe ** OverLighted by Archangel Michael

*** MEMBRANES OR HOLOGRAMS OF LIGHT: This Universe is enclosed in a crystalline membrane

of Light that separates it from other Universes. Our Universe is being pulled into an upward SPIRAL OF LIVING

LIGHT. Our Universe and its many Sub-Universes are undergoing a vast leap into a new LIGHT CREATION. The

planet Earth is gradually moving into a new electromagnetic orbit. There are thousands of subterranean chambers

within the Earth where crystalline fields of Adamantine Particles are stored to be used to assist the Earth in its

Ascension process. Each Sub-Universe has its own unique electromagnetic spectrum of Light. You may wonder,

what does a universe look like? There are a multitude of sizes and shapes with a never-ending variety of

components.

***

This Sub-Universal Divine Blueprint was primarily designed to experience the Father God

/Creator Son (SUN) aspect of Creation, with our Mother God / Creator Daughter in support positions. Other

Sub-Universes reverse the order of prominence, and still others have a variety of OverLighting components and

combinations. As the Divine experiment in duality and polarity comes to a close, the masculine and feminine

Aspects of the Creator will once again become unified and equal.

***

There are massive Creator Rays that make up the vibrational patterns of the Sub-Universes.

Each Sub-Universe has a specific number of God Rays (some more and some less than the Twelve Rays of our

Sub-Universe). These God Rays Ray-diate the qualities, virtues and talents that are to be incorporated into the

creative process for each Sub-Universe. Each Sub-Universe has its own Divine Blueprint for the creative process

which is to be manifested within the boundaries of that Sub-Universe.

***

There are Pyramids of Light within each region of Space or Dimension, where the Adamantine

Particles of Creator Light are stored in Great Pyramids of Living Light. There are also Consciousness Time

Cells, as well as ancient White Fire Memory Seed Atoms, stored there to be used by the Beings of Light whose

destiny it is to manifest wondrous new creations and then radiate them out into the great Void.

*** CONSCIOUSNESS TIME CELL: A sub-unit within a Divine Blueprint that contains a schematic

for a specialized program or experiment within a Sub-Universe. Time Cells of higher Creation are now

opening and will be accessible to those whose frequency patterns are attuned to the higher Mental Planes

of consciousness.

Transmitted through RONNA VEZANE ** STAR*QUEST **

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credit of authorship and my website address is included: www.StarQuestMastery.com

^*^*^*^*^*^*^*^

SET OF FOUR DIVINE TUNERS

Beloved Archangel Michael has always stressed the importance of sound and harmonizing the

-5-

vibrational frequencies within and around us. He inspired me to seek out a source to make the DIVINE

TUNERS especially for STAR*QUEST which are to be used in conjunction with his teachings.

>> THE DIVINE TUNERS ARE DESIGNED TO CARRY THE VIBRATIONAL FREQUENCIES OF:

DIVINE GODDESS * OUR MOTHER GOD

* 2562 CPS

DIVINE LIGHT * ARCHANGEL METATRON

* 2460 CPS

DIVINE WILL * ARCHANGEL MICHAEL

* 1255 CPS

DIVINE WISDOM * LORD MELCHIZEDEK

* 2223 CPS

The DIVINE TUNERS are of a very high frequencies/vibrations, which will assist in

activating / balancing the higher chakras, the Ascension chakra at the base of the skull, the pineal gland

and the “Memory Seed Atoms of wisdom” stored within our Sacred Mind. These forks will also help to

reactivate the Third Eye and speed up the integration of the multiple Facets of our Higher Self and Sacred

Triad. This will accelerate the integration of our Light Body frequencies, thereby assisting us to become

a Self-master and a World Server. The DIVINE TUNERS will assist us in tapping into the wisdom of our

ancient past, as we create our BLUE PRINT for the future. SET OF FOUR DIVINE TUNERS IN A BLUE VELVET

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*** OPENING TO CHANNEL * DEVELOPING YOUR TELEPATHIC COMMUNICATION SKILLS.

Expanded consciousness and mental telepathy are aspects of your Divine heritage. However, this ability

must be reactivated and practiced if you wish to become a proficient and clear channel. An important

component of Self-mastery is developing the ability to connect and interact with your Guardian Angels,

your Spiritual Guides and Celestial Teachers. Therefore, under AA Michael's and the Cosmic Council's

guidance, I have been instructed to offer this valuable information to the faithful aspirants on the Path.

Each of you is needed as a SENTINEL OF LIGHT and a WORLD SERVER *

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years, as well as many meditations and a compilation of some of his most powerful teachings. Use the

manual alone or in conjunction with AA Michael's four books of messages to empower yourself and claim

all the gifts of Spirit that he tells us are ours for the taking. It will also serve as a wonderful teaching

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MARCH - 3-2021_Cosmic_Moment.pdf

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MARCH 2021

RONNA ** SACRED SCRIBE

A COSMIC MOMENT OF OPPORTUNITY

Beloved masters, humanity is in the midst of a cosmic moment of opportunity. The Seventh Ray of

Divine Light, the Violet Flame of transformation and purification, through the radiance of beloved

Archangel Zadkiel and Lady Amethyst, is being showered down upon the Earth and humanity to

assist in these unprecedented times of evolution and Ascension. The purifying vibrational patterns

of the Violet Flame will greatly increase in strength over the coming years as more and more

advanced Souls learn how to harness and project its magical, transformative properties.

The incoming Souls of the new Sub-Root Races – species of humanity – are highly evolved and

spiritually attuned, and they are strongly influenced by the SEVENTH RAY of transformation, freedom,

redemption, purification, ritual and Unity Consciousness. Everyone and everything on Earth are being

affected by the radiance of the Seventh Ray, the Violet Transmuting Flame. As a result, many of the

old, outmoded teachings are being discarded as humanity evolves in wisdom and raises their

frequency patterns. Much of the inspired, true religious beliefs will be retained, and the religions that

survive will be those that expand their philosophy to incorporate the higher Creator truths which are

now being revealed.

The Violet Flame of the Seventh Ray will accelerate the transformation process by returning

discordant vibrational patterns to neutral Light substance. This transformation is facilitated through

your loving, conscious intention and actions, so that you may return to balance and harmony within

your physical, emotional, mental and etheric bodies. Once this is accomplished, you will more easily

become true cocreators of beauty, abundance, joy and peaceful coexistence on Earth. You are to

seek personal Ascension; however, you must also assist your brothers and sisters, and also the

Earth to evolve and return to a harmonious state of consciousness.

Never before have you had such an opportunity to serve humanity and the Creator. You are at a

crossroads in your evolutionary process, for the world as you have known it is slowly fading away.

As Divine Sparks of the Creator, you were given a great gift, a treasure chest of Creator Essence to

use in any way you desired. You began this lifetime with a portion of Adamantine Particles of Light

stored within your Sacred Heart. Another reserve White Fire Sacred Fire Seed Atom was tucked

away in your Root Chakra. In ancient teachings it was called the Kundalini, and it was portrayed as

a coiled serpent. You have always had access to the Sacred Fire stored within your heart; however,

you have to remember how to use your Keys to the Kingdom in order to ignite and effectively use

this power source of Divine Light. The Kundalini or Serpent Fire is a different matter, for you must

clear 51% of the distorted energy you have created in the past in order to tap into this reservoir of

Metatronic Full Spectrum Light.

There is great concern that the devastation around the world is accelerating. We acknowledge that

this is true, and it will continue for some time as the Earth releases the negative patterns and

constrictive energies – for your Earth Mother must endeavor to repair the damage that has been

done to the planet over the eons 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 – the StarSeed Souls, 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, along with the Sacred Fire energy necessary to

accomplish this task. However, you must incorporate and direct this powerful energy appropriately.

Your Ascension and the Earth's Ascension are inexorably tied together and we are committed to

assist you in every way possible.

This Universe, and especially the Sub-Universe in which you currently exist, is in the midst of a

monumental transformational process. Planets are shifting places and moving closer to the sun of

the solar system of which they are a part. Galaxies and Sub-Universes 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 and Life, and the Seed Thoughts for new Creation are permeating the consciousness of all

sentient Beings.

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 and 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 Soul Self and your Soul family. You are also striving to

become a Spiritual/human adult while existing in an ever-expanding, multidimensional realm of

physicality. The different colored luminescent Rays will assist in integrating and balancing the higher

frequency patterns of galactic consciousness. The more you balance, harmonize and strengthen

your chakra system, the more Divine Light you can absorb. The spinal column will eventually become

a “Rod of Light” through which the streams of Creator Light can flow freely and unimpeded, whereby

the process of Ascension will be greatly accelerated.

The Holy Spirit or your Higher Mental Self is your discerning higher intelligence that monitors and

regulates the Light infusions and the gifts of Spirit, which are allotted to you according to your level

of spiritual awareness and your current needs. Special dispensations are also monitored and

dispersed by your Holy Mental Self, which is the intermediary between you and your Fifth -

Dimensional Sacred Triad. However, any special dispensations that are bestowed upon you require

that you diligently endeavor to do your part. You must make the maximum effort to use the special

gifts of Divine Creator Light for the greatest good. Remember, you are a designated cocreative

partner with our Father/Mother God.

As you become more proficient as cocreators on the Earthly Plane, you should endeavor to

constantly monitor your energy patterns and seek to upgrade them, as you strive for sustained

harmony and refined godly expression. You must liberate the power of the Sacred Fire which has

lain dormant for many thousands of years, and diligently strive to direct and focus your energy into

the areas of your life you wish to change. By establishing and constantly upgrading your Creator

Wheel of Life, you are planting the Seeds of focused change, and you are supplying the Sacred Fire

of Creation needed to manifest what you have envisioned. When you can do this proficiently, your

personal world will become a wonderland. You will become a Beacon of Light for all to see.

We cannot emphasize enough how important the breath is in reclaiming your Divine nature. Not the

shallow breathing the majority of people on Earth have accepted as the proper way to breathe. This

type of ineffective breathing has resulted in many debilitating symptoms and dis-eases. It has also

limited your intake of Divine Essence, which is critical to your well-being and the reclamation of your

vessel of Light.

-3-

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 it opens the return passageways to the

higher Dimensions via the Binary Sequencing Technique. It speeds up the process of building your

ascending vehicle of Light, and 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 Adamantine Particles

stored within your Etheric Replica, which is located within your Fifth-Dimensional personal Pyramid

of Light.

Your SOUL SONG is composed of mid-Fourth- and higher-Dimensional vibrational patterns of

unconditional love, wisdom, balance and harmony. As a Self-master, your Energetic Signature and

your Soul Song will merge into a Celestial Mandala of Light, sound and color, by which you will be

identified in the higher realms. You are recognized by the brilliance of your inner Light. The more

Light Essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

There is a Sacred path open for each of you to follow, no matter at what station or in what

circumstances you may find yourselves – a golden opportunity waiting to enable you to assume your

power, tap into your creativity, bring to the fore those many latent abilities you have stored deep

within your memory banks. Now, as never before, we are close by, observing, waiting to assist,

encourage, create the miracles, and smooth the way as you strive to evolve onward and upward. If

you can view all that is presently in your life as transitory, except the Love/Light and Spiritual Fire

within your Sacred Heart and 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

so that you may become the free Spirit you were meant to be.

When the Infinity Loop and the timeline of your past have been harmonized 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 accessing the Light of your future, while leaving the shadows of the past

behind. 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 should 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

you. The Law of the Circle states that every new creative endeavor must begin from within the Still

Point of Will Power of the Core Essence of the Creator and also the cocreator. Remember, one

person who is centered within their Sacred Heart and Sacred Mind can convey Cosmic truths and

inspired thoughts to millions of people, while the loving vibrations of their auric field blesses everyone

with whom they come in contact.

It is time for each of you to step to the fore, to take a stand and be heard. Begin where you are, at

your highest level of understanding, seeing through eyes filtered by love, feeling with a heart filled

with compassion, and functioning with a mind that is not clouded by guilt, fear or judgment. That is

the way you will validate your truth and gain your wisdom, beloved ones. That is the way that your

world and reality will be filled to overflowing with love, joy and abundance. That is the way of the

master, the way of Living truth, the way back home.

-4-

You are always your own judge, and with the assistance of your Guardian Council, you decide what

the major details of your next life experience will be. When in the environment of the higher

Dimensions, a Soul is always eager to rectify past mistakes so the auric field may be cleared of any

inharmonious vibrational patterns, and the journey toward en-Lighten-ment may continue.

It matters not if people deny the truth in what we are conveying to you. Nevertheless, it is the Living

truth and Universal Law, and every Soul is affected and ruled by the tenets of the Divine Plane,

whether they believe or not. Here again, the inner veil that allows you access to your greater wisdom

applies, and you must break through the limitations of the negative Third- / Fourth-Dimensional

environment in order to gain access to an expanded, wondrous reconnection to Cosmic

Consciousness. You always have been and always will be connected to the ALL THAT IS. The

sense of disconnection is all within your mind, and the way to “unlock the door” to the River of Life is

within the SACRED HEART.

As you refine your resonance, you are gradually becoming multi-Dimensional, which means that you

are tapping into the frequency patterns of several Dimensions at once. In order to make room for the

refined frequencies of the multiple levels of the Fourth, Fifth and higher Dimensions, there must be

a clearing and cleansing process. Via the lessons and instructions we have given you over the years,

we are endeavoring to give you the knowledge and the tools needed to traverse the Path of

Ascension with ease and grace.

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 are to 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.

You are at a grand crossroads, beloved ones. As you move through the process of clearing and

cleansing the multiple Facets of yourself, you are leaving behind the energies that created all the

pain, suffering and distress. Step back for a moment, and view these past months as an observer —

are you beginning to get the picture of what the grand plan and Ascension are all about? Being aware

and in control are important Facets of mastery. If you have diligently worked with the lessons we

have given you, you should be well on your way to reclaiming the many gifts you brought to Earth so

many Ages ago.

Each of you live within a personal Holographic Sphere of Light and Shadow which you alone created.

You, as a cocreator, send out Seed thoughts, energy and intention, which create patterns of a certain

Frequency. Those Frequency vibrations go forth from you as Rays of energy in an Infinity Sign,

creating powerful wave forms, which are a reflection of your conscious thoughts, intent and actions.

As you learn to stay heart-centered and Soul-focused, thereby always radiating unconditional love

and balanced, harmonious vibrational patterns, your world and reality will gradually change for the

better. For you are slowly learning to function as an empowered master of cocreation – a true Divine

Emissary of our Father/Mother God and the Supreme Creator. During these times of uncertainty and

great change, remember, my beloved Champions of Light, you have nothing to fear, and there is so

very much to be gained. Feel the warmth of our Sacred Breath as it brushes your cheek, sense the

aura of love in which we surround you. We are near, reach out and touch us. We will respond. You

are loved most profoundly. I AM Archangel Michael.

** Transmitted through Ronna Vezane * Sacred Scribe * STAR*QUEST*
* ** www.StarQuestMastery.com mailto:RonnaStar@earthlink.net

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APRIL - 4-2021_White_Fire_Seed_Atom.pdf

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * APRIL 2021

TRANSMITTED THROUGH RONNA/SACRED SCRIBE

YOU ARE A “WHITE FIRE SEED ATOM” OF ALL THAT IS

Beloved masters, in the very beginning, each of you were one of the Holy Innocent Ones, a

brilliant Spark of the Supreme Creator. When it came your turn to externalize and awaken, you suddenly

were aware of your godliness as a White Fire Seed Atom of the ALL THAT IS. Then came a startling

awareness of your own conscious “I AM Presence” as an individualized Facet of the Creator. This

awakening of Souls has continued at every level, in every Dimension of Creation, throughout this

Universe – it continues today as Great Beings of Light are brought forth to create new galaxies, solar

systems, planets and worlds without end.

In these extraordinary times, to one degree or another, there is a major internal, transformational

process occurring within every Soul on Earth. Individually, you are experiencing a clearing and

cleansing process, as well as modification and expansion in various areas of your physical, mental,

emotional and etheric bodies. Changes that are necessary if you are to hold up under and integrate the

ever-increasing vibrational frequencies which are bombarding your Earth at this time.

As an awakening StarSeed, there are an ever-increasing number of energy fields of

consciousness available to you. Just as the Creator Light pours forth from the Cosmic Treasury of Light

to be used by the Elohim and Builders of Form, this rarified Light is available to those of you who are

now attuned to at least the higher Fourth- and lower Fifth-Dimensional frequency patterns. Each star

in the galaxy is a node of vibrational energy frequencies. Each person functions as a living star capable

of receiving and conveying harmonious frequency patterns according to his or her level of

consciousness. These frequencies are called your Soul Song. The Universe is composed of one gigantic

Celestial Soul Song.

Your seven major chakra centers could be likened to seven electrical batteries or seven dynamic

force centers within the physical vessel. You draw forth into these seven power centers the specific

qualities, attributes and virtues of the seven Rays of God-consciousness via the RAY-diance of the

Seven great archangels who OverLight humanity. The manner in which you qualify and use these

energies determines your Energetic Signature and your Soul Song. Your supersensitive, awakened

fellow human Beings feel your resonance and can discern whether it is benevolent or discordant.

The Devic Kingdom Angels are bearers of Cosmic Sacred Fire and could be called Sacred Fire

Beings. They function within the Etheric Planes of existence, and they, along with other great Fire

Beings you have named “Dragons,” are the transmitters of the Metatronic Light Substance of this

Universe. This rarified Life Essence is constantly radiated forth from the heart core of our Father /

Mother God into great storage units – Pyramids of Light – which are strategically placed throughout the

vast Dimensional and Sub-Dimensional realms of Creation.

Under the direction of the Elohim, the great Devic Angelic Kingdom OverLight the mountains,

oceans, great forests and lakes, to the tiniest Elementals, as they radiate Life-giving sustenance of God

Essence to the waters, earth, trees, flowers and every blade of grass. These wondrous Beings also

supply the cosmic streams of Life Force energy for every Facet of Creation that is not blessed with an

individual God Seed Atom (a Soul) and the I AM consciousness of Being. A Spark of the Supreme

Creator's Essence is in All things, from the greatest to the smallest.

Each and every one of you had to undergo what could be called an apprenticeship under those

Master Builders so that you could become proficient at molding and creating a great variety of things of

a corporeal nature. While in the higher levels of Universal Light, it seemed to be a fairly simple process

to mold and create that which you wished to manifest. That was because you were functioning in the

realm of pure thought where there were no distortions or negativity to contaminate the Seed Thoughts

sent forth from within your Sacred Mind, and because you were drawing forth the maximum amount of

Creator Light available to you at that time within this Universal experience. It becomes increasingly

more difficult to hold the pure Seed Thoughts of manifestation in each stepped-down level or Dimension

as you refract yourself into more and more Sparks or Fragments of God Consciousness. Therefore, is

it any wonder that humanity has had to struggle for so long to manifest that which is needed and desired

while existing in the restrictive, distorted Third- / Fourth-Dimensional world of reality?

You must release old restrictive, out-moded, fear-based frequencies, and replace them with the

appropriate level of God Consciousness and Universal Laws, which will assist you on your current path

of illumination. It is a step-by-step process and it cannot be rushed. It is the ego that constantly desires

more information, especially dramatic and sensational news or revelations, even though, most often,

there is no desire to integrate or make use of the information. However, during these critical times of

accelerated change and evolution, a Divine dispensation has been given to somewhat relax the

requirements, and to speed up the process of divulging the more-advanced Universal Laws and Cosmic

wisdom in order to assist humanity on the Path of Ascension.

It has always been a slow process of learning the rules, guidelines and requirements for each

step on the Path. Qualities, abilities and knowledge must be integrated and perfected so that the higher

truths become a part of who you are. When you are living your new truths as a natural part of your

Beingness, the wisdom garnered from the information is stored for future use within a Facet of your

Higher Self that resides on the Causal Plane of existence. This wisdom becomes a permanent part of

your I AM consciousness. You must understand that your I AM Presence is a vast source of Light and

Creator Wisdom.

However, you and the multiple Fragments of your Higher Self within this Universe contain all the

wisdom and experience you have gathered during your many sojourns and vast experiences throughout

time and space. All of the positive experiences, successes and wisdom gained during all your lifetimes

within this Universal experience are stored in White Fire Memory Seed Atoms within your Sacred Mind.

When your Energetic Signature reaches a certain frequency level, you automatically begin to tap into

the gifts, information and wisdom that are stored within your Sacred Mind, and also within the mind of

your Higher Self residing on the Mental-Causal Plane. Remember, it is vitally important that you filter

all new information and knowledge through your own Sacred Heart and Sacred Mind centers before

you accept it as your truth.

It has taken many Ages for you to incorporate the distorted energy you now carry. However, this

is a time of miracles, and there was another special, Divine dispensation given by our Father/ Mother

God, whereby every effort you make to return to Self-mastery will be magnified and accelerated during

these wondrous evolutionary times of Ascension. Self-mastery is always gained through the process of

upgrading your consciousness and increasing your capacity to integrate and radiate more Divine Light

substance. In the process, you will become a Pathfinder, a Wayshower and a World Server filled with

goodwill for all Beings as you radiate unconditional Love/Light out into the world.

Your awareness will gradually expand to include all humanity and the Earth, as well as the solar

system, galaxy and Universe. No longer can your primary focus be on the little self alone. Your ultimate

goal is to become a galactic citizen and eventually a Universal Being of Light.

Expansion of consciousness results in the wherewithal to tap into higher, more complex

information. This will result in the ability to integrate more and more of the virtues, qualities and talents

of our Father / Mother God. In the Third- / Fourth-Dimensional environment, the human emotions rule.

In the higher levels of the Fourth- and lower-levels of the Fifth Dimensions, the mental nature and more

refined abilities are predominant because they are OverLighted by the purity and illumination of the

Sacred Mind, Sacred Heart and Higher Self.

Dear hearts, do not just read the profound statements we give you, such as the ones below.

Rather, study them and commit them to memory, for within these words of wisdom are critical factors

you will wish to draw upon when you are perfecting your mastery of Self, and also when you are called

upon to share your hard-earned wisdom with others.

** A master seeks his or her highest truth and then live it to the best of his or her ability. You must allow

all others the same right.

** A master learns to view the world and its great drama from a loftier vantage point.

** A master is adept at manipulating energy, always for the greatest good. He or she exists in a vortex

of harmonious Spiritual forces.

** Ascension is mind and Soul-expanding, forever passing from one state of heightened consciousness

to another. Time becomes malleable as you move out of the linear time-line into the spiraling, undulating

vibrational waves of the higher Dimensions.

** You have entered into an Age of conscious awareness. A conscious awareness of and awakening to

the nudgings of your Soul Self are steps in attaining Self-mastery.

** A master knows when to speak and when to be silent. A master is deliberate in his or her speech.

Constant mind chatter and senseless gossip disturb the tranquility of your Auric Field. You are to seek

the harmonious, higher wave frequencies of Light in all things.

** KNOWLEDGE ALONE DIVIDES. WISDOM AND SOUL AWARENESS UNITE.

** As an initiate on the Path, you are constantly increasing your capacity for integrating Creator Light.

When you deny any Facet of your Divinity, you are denying your Divine wholeness.

** The Universe is constantly remaking and redefining Itself via the impulses and desires of the Supreme

Creator and our Mother/Father God. The Supreme Creator's desire is to experience individuality by

refracting Itself into an unimaginable number of various-sized Sparks of Creator Consciousness.

** The Omniverse is filled with dancing, flowing, merging and separating White Fire Memory Seed Atoms

of Divine Light. The Creator is alive and conscious in each and every one of these Fragments, no matter

how large or how small.

** Space is an Entity within itself, waiting to be programmed or molded into infinite possibilities.

QUESTION: How do we know if we have any etheric tears? If so, how do we know where they are located,

and how do we heal them?

ARCHANGEL MICHAEL:

Healing etheric tears in the Auric Field is a process that is initiated as soon as you begin the

Integration of more of your Higher Soul Self. As you begin to integrate more high frequency energy into

your physical vessel, which initiates the process of balancing and harmonizing your chakra system, one

of the major benefits is that any etheric tears you may have will gradually begin to heal. Often, you will

have physical discomfort in areas where there are tears or etheric scar tissue in your Auric Field. The

most prevalent etheric tears are in the areas of the three lower chakras, across the heart area / solar

plexus or in the back of the body, between the shoulder blades.

You can speed up the process by going into your personal Pyramid. Lie on the crystal table and

ask your angelic helpers to scan your body and to let you know where – or if – there are any etheric

tears in your Auric Field.

If you get an indication that there are some tears, State to me: "I ask that you seal those tears

with your blazing Sword of Light," and it will be done. This procedure may take a while; however, the

healing process will begin. It will accelerate as you access the higher vibrational patterns of Light.

Bringing in more Adamantine Particles of Light via the Infinity Breath and toning the vowel sounds are

also a great benefit, for it will assist in the healing and harmonizing of your Auric Field, as well as your

four lower bodily systems.

My brave ones, no matter where you live or the conditions you are presently living in, there is a

grand opportunity for you to begin the process of attaining Self-mastery. You are urgently needed as a

Bearer of Light and a World Server. This applies to every one of you reading this message. I surround

and enfold you in an Auric Field of protection. I am forever your guardian and faithful companion. I AM

Archangel Michael. ** Transmitted through Ronna Vezane * Sacred Scribe *

www.StarQuestMastery.com mailto:RonnaStar@earthlink.net

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Beloved masters, shall we gaze into the future—your future—and see what is in store for you over these

coming months and years? These are the most important times you will ever spend on planet Earth. The decisions

you make now or the energies you radiate out from you to create the force field within which you live, will determine

your reality, and how quickly you will move deeper and more fully into the energies of the New Age. It is time to

decide whether you will move forward on the spiral of Ascension, through the gift of the life process, or through the

old energies of the death process.

We offer you ways to monitor your thoughts and still the mind, in order to reprogram your sub-conscious

and conscious minds with higher wisdom from your Divine Self. We will help you to bring the multiple-minds of your

chakra system into balance so that, once again, they are working in harmony, one with another. As you begin to

experience peace of mind, you will begin to experience joy and bliss within the heart, for they are inexorably

connected. It is time for you to release all those concepts that do not support your highest, most-empowering vision

for the future. Whether or not you believe it, each and every day you are becoming more powerful cocreators. Are

you creating peace, love, joy and abundance in your life, or more chaos, pain and discord?

MAY - 5-2021_Soul_Infused_Personality.pdf

1

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MAY 2021

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

BECOMING A SOUL-INFUSED PERSONALITY

Beloved masters, your WHITE FIRE GOD-SEED ATOM / I AM Presence is your original Core

Intelligence, your first individualized identity within a Universal or Sub-Universal experience. In this

Sub-Universal experience, your first twelve God-Sparks / Soul Fragments contained all the virtues,

aspects, talents and knowledge you would need to traverse the multiple levels (Dimensions) within this

Sub-Universe. Since that time, your God-Seed Atom Essence has refracted and separated

innumerable times. You are now in the process of reclaiming all the multiple Facets of your Soul Self

within the Third and Fourth Dimensions so that you may move forward to a greater, more dynamic and

expansive version of your Higher Self within a Fifth-Dimensional environment.

To assist you in accomplishing this, your Diamond Core God Cell and your personal Flower of

Life Creator Wheel contain a full measure of the Twelve Rays of God Consciousness for this Sub-

Universal experience. They were designed so that when you were ready to begin the return journey into

the higher levels of consciousness, you would have access to your own FULL SPECTRUM DIVINITY.

Your task is to activate these Rays, to incorporate the God qualities and attributes they contain, and

then to use these talents and attributes for the greatest good.

There is still much confusion as to what the Soul is, how it functions, and where it resides. It is

vital that you understand the intricate process of reconnecting with the many Facets of your Higher Self.

It is also important that you gain clarity about the more in-depth teachings we have given you regarding

the multiple Higher Self Fragments. You have many of these, not just one. Incorporating these multiple

Facets of Self is a process which will take much time and contemplation. Therefore, we feel it is time for

an advanced explanation of this most important process – the EVOLUTION OF THE SOUL.

In order to evolve, you must expand your capacity for Love/Light so that it includes all Facets of

Creation upon the Earth: love of nature, love of the animal kingdom, love for humanity, love for your

perceived enemies, and most important, love of Self. For in essence, all of Creation is a part of you,

and you are a precious White Fire Seed Atom of the Supreme Creator. The expansion of God

Consciousness results in an expansion of your auric field – your Light Essence. Over time, more of you

will develop a radiance so powerful and expansive that it will begin to have a positive effect on those

around you, and eventually, on the Earth and all humanity. Quite a large number of the more advanced

Souls have already gained that ability. However, you must remember, you cannot convey that which

you have not claimed as your own. Also, remember this, an important part of your mission on Earth is

to intensify the Light of the lower Dimensions. Expansion of Soul consciousness results in an expansion

of the auric field, both in intensity and scope of influence.

An aspirant on the Path must focus on both outer and inner world training. You must strive to

become a conscious observer of what is taking place around you. Training yourself to become fully

engaged with focused awareness of the physical events in everyday life is vitally important, as well as

learning to process the harmonious and the discordant frequency patterns to which you are subjected.

You must then take the appropriate action. Practicing emotional and mental discipline is also very

important as you seek to become a master of Self. You must not turn your back on the world and life's

experiences but face them head-on. However, it is vital that you learn to view life from a higher

vantage point. Endeavor to see the bigger picture and not get entangled in the small story dramas.

Logic is a function of the physical mental body and your conscious mind. Remember, the

knowledge or theories you accept as your own truth must be experienced in order to gain the wisdom

from the disclosed information. Inspiration is supplied by the Higher Self and your Sacred Mind. You

must learn to pay attention to the impulses of your Sacred Mind and Sacred Heart, or to the input of the

prevailing Facet of your Higher Self, for that is how you will gradually learn to communicate with the

Beings of the higher realms and gain cosmic wisdom.

In the beginning, there was communication with and amongst specialized, group spiritual

guides and guardians; however, over time this gift or ability was lost. As humanity sank deeper into

material world consciousness, they became submerged in the sensations of the five senses. Also, they

gradually stopped turning inward for the sense of connection with the higher realms of consciousness.

The lower Third and Fourth Dimensions are not bright and clear. There is a misty or foggy overlay.

Those Souls existing in this environment do not realize this, for it is the state of awareness they are

accustomed to. The reality of the lower Third/Fourth Dimensions could be likened to existing within a

murky labyrinth where you are forever seeking the path that will lead you back into the pure Light of

awareness. This fog gradually begins to dissipate as you move into the mid-sub-levels of the Fourth

Dimension, and your world becomes Lighter and brighter as you traverse each higher sub-level. In

order to receive the lessons of Light, you must lift your consciousness to attune to, at least, the Fifth

sub-level of the Fourth Dimension. In this Sub-Universal experience, there are seven sub-levels to each

Dimension, with the first sub-level being the lowest and densest, while the seventh sub-level is the

highest and most refined. The masters and your guides are willing to meet you halfway; however, only

on very rare occasions will they lower their frequencies into the density of extreme duality, for it is too

uncomfortable for them.

The ego is a Facet of the physical ego-personality self. It was designed to assist you in

developing a sense of identity and individuality over time. An outward-focused mind is guided by the

ego. The misdirected ego-self was instrumental in creating the illusional belief system of the material

plane, a reality based on separation, fear, selfishness and scarcity. As you expand your mental

horizons, you begin to break down the barriers of self-limiting perception. Mind expansion includes

activating dormant cells of the upper Dimensional levels of the brain and tapping into the wisdom of

your Sacred Mind. Blind obedience is not a requisite for en-Lighten-ment, for you are striving to become

a master of Self and to live your personal truths as they have been revealed to you and validated by

your heart monitor.

Humanity is in the midst of a Soul and cellular awakening. As you move into the vibrational

patterns of the higher Fourth and lower Fifth Dimensions, your cells, etheric body and auric field will

begin an accelerated purification process. This process will facilitate and ultimately result in the

downloading of the many Facets of your Higher Self, and also the gradual reclamation of your etheric

Body of Light. Be mindful and aware every moment so that your focus becomes one-pointed and clear.

You will gradually develop a sense of self-assurance and security, a knowing that all is well and that it

will remain so.

The Soul is a many-times refracted extension of your GOD-SEED ATOM / I AM Presence.

The Soul uses the right brain consciousness of intuition, which is connected to the higher Sacred Mind

and Spiritual Will. An inner-focused mind is guided by the Soul Self. Humanity is in the process of

developing the subtle, refined senses which have become dulled from misuse. You must move past the

basic, often distorted physical senses, while diligently endeavoring to develop the higher mental senses

of intuition and Divine wisdom. It is of vital importance that you learn to control your emotional nature

and to hold your thoughts steadily on the refined frequencies of Light.

You carry within your Diamond Core God Cell a crystalline, Memory Seed Atom of full Self-

realization from your point of origin. It contains a very brief overview of the highlights of every life you

have ever lived — the major lessons you have learned, and the talents you have perfected as you

journeyed throughout this Universe.

The Soul is neither Spirit nor matter. It is a crystalline, SACRED FIRE, MEMORY SEED ATOM, a

Fragment of pure Light Essence that is programmed to record your journey throughout this Sub-

Universal experience. It is the link between you and our Father/Mother God, and ultimately, to the

Supreme Creator. Your personal Soul Self for this lifetime resides within your Sacred Heart as a Facet

of your Diamond Core God Cell. Each higher-frequency Facet of your Soul has its own Memory Seed

Atom. When a given Facet takes up residency within your Soul Star as your OverSoul/Higher Self, it

will periodically relay its personal vibrational pattern memories to the Memory Seed Atom within your

Diamond Core God Cell and also to your embodied Soul Self.

First, it will activate the appropriate Memory Seed Crystals within your Sacred Mind. If your

frequencies and consciousness expand to accommodate them, the Memory Seed Crystals held in

reserve within your Diamond Core God Cell will be activated. In this way, as you incorporate all of your

Soul fragments, you will eventually gain the ability to access all of the wisdom, talents, positive

memories and experiences of the next phase of evolution – the journey of the Soul Self through the

multi-levels of the Fifth Dimension. This process repeats itself over and over again as you traverse the

multi-Dimensional levels of God Consciousness and incorporate more and more Facets of your Divine

Self. THIS IS A SIMPLIFIED EXPLANATION OF THE PROCESS OF ASCENSION.

You were programmed to forever seek the Sacred Heart of your Essence, your Diamond Core

God Cell, and your White Fire Seed Atom of Creator Essence. At specifically timed intervals, there

have always been small groups of advanced, unique Beings who incarnated into the different races and

sub-races, in order to bring forth fresh ideas and instill new qualities and attributes. These advanced

Beings interjected their wisdom, higher consciousness, and special talents by example, and they also

merged physically with select members of the human species in order to advance the DNA encodings

of humanity. YOU ARE LIVING IN ONE OF THOSE SPECIAL TIMES.

The Fourth Dimension could be called a “transitional reality,” for this is where you begin to let go

of all the preconditioning of the past. The Fourth-Dimensional realm is more emotional in nature, and

therefore, the heart and feeling nature are the major focus. The ancients called the Fourth Dimension

the realm of Maya or illusion, or the astral planes of consciousness. The collective mass

consciousness of humanity fills the lower three levels of the Fourth Dimension. This is where most of

humanity exists mentally until they gradually begin to turn inward and listen to the nudging of their Soul

Self. The personality/ego desire-body is the master manipulator of this realm, and it constantly urges

you to seek more satisfaction and happiness via sensation and external means of gratification.

You begin to tap into your inner power potential as you move into the higher sub-levels of

the Fourth Dimension. Matter becomes more fluid, and therefore, it becomes easier to manifest what

you desire. That is why you must learn to be decisive and to focus your thoughts with clear intention. A

disciplined mind links the chains of thought together in proper order. It is vitally important for you to

understand that scattered thoughts are detrimental to your progress. Living in the present moment – in

the "Still-Point Power of the NOW moment" – is a critical component in attaining Self-mastery.

Mental effort is required in order to successfully traverse the path of illumination. Gradually, a good

portion of your memory of past events will begin to fade as you move out of the realm of the instinctual

brain / mind into the realm of the higher mind. Important traits of a Self-master are focused

observational abilities and harmlessness in thought, word, and deed. As an aspirant on the Path,

greater and greater cosmic truths will be revealed to you. However, you should be aware that the lesser

principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and

truths of the next level of existence in the never-ending cycle of Ascension in consciousness.

You must keep the channel of communication open between the Soul and the brain via the

mind. This initiates the slow reactivation process of the Pineal Gland, and the opening of the portal to

the Sacred Mind, which is located at the upper, back portion of the brain, close to the crown of the

head. The Sacred Mind resonates to the highest Fourth-Dimensional sub-levels as well as all of the

Fifth- and Sixth-Dimensional levels — with a small portion of Seventh-Dimensional frequencies and

data, which is reserved for future use when you have gained the ability to traverse the highest levels

possible for humanity in this Sub-Universal experience. However, you must gradually increase your

own vibrational patterns in order to tap into this storehouse of cosmic wisdom.

The Sacred Mind and the Sacred Heart are not made of material world matter; they consist of

gossamer, ethereal Light substance that cannot be detected via scientific means. However, they are

more real than any part of your physical body. For once you reestablish the connection between your

Sacred Mind, your Sacred Heart, and your Diamond Core God Cell, there will be a constant flow of

Adamantine Particles, as well as pertinent, advanced information coming from within your Memory

Seed Atom and also from your OverSoul/Higher Self. That is why it is so critical that you reconnect the

Spiritual Triad of God Consciousness: the Sacred Mind, the Sacred Heart, and the many Facets of your

Diamond Core God Cell.

As you move into the vibrational patterns of the Fifth Dimension, your cells, etheric body and

auric field will begin an accelerated purification process. Tranquility begins in the lowest level of the

Fifth Dimension and strengthens exponentially. Gaining godly power and wisdom requires that you

move beyond the massive belief patterns of the collective consciousness of humanity into attunement

with your cosmic consciousness via the many Facets of your Higher Self. Emotional stability and

mental effort are required in order to successfully traverse the Path of illumination. There is a law of

EQUILIBRIUM that applies to the Fifth Dimension and above.

Briefly, the Sixth Dimension is the Dimension of immortality and a greatly expanded Soul

consciousness as you reconnect with the highest levels of your Soul potential within this Sub-Universe.

The Seventh Dimension is the final evolutionary boundary for humanity within this round of

Sub-Universal experience. The first sub-level (the lowest in frequency) of the Eighth Dimension is

the INFINITY GATEWAY, which you will be able to tap into as you gain the ability to integrate more and

more of the higher frequencies of Divine Light. A trickle-down effect is initiated as you gain the ability to

access each higher frequency level, whereby minuscule amounts of more refined God Light begin to

flow into your personal column of Light, thus adding Light to your auric field and to the vibrancy of your

Soul Song.

REMEMBER, MY BRAVE ONES, YOU ARE LIVING IN THE MIDST OF ETERNITY. The wisdom messages we

bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love

and to give you a glimpse of the glorious future before you. I will guide, direct, inspire and protect you,

and I radiate the eternal love of our Father/Mother God to each of you. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA / SACRED SCRIBE *

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JULY - 7-2021_Seeking_Peace.pdf

1

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ** JULY 2021

RONNA VEZANE / SACRED SCRIBE

SEEKING PEACE AND SERENITY FROM WITHIN

Beloved masters, it is time to take an inventory of what you are habitually thinking and

the emotional energy you are projecting during these critical days of conflict, turmoil, and stress

on your planet. Are you diluting or distorting the aura of harmony you have created around you

by allowing yourself to be caught up in the chaos of miscreation and destruction that is taking

place on Earth at this time? Are you engrossed in the scenarios that are being presented over

and over again via the television, radio and newspaper media? Have you once more allowed

yourself to be drawn back into the density of the negative environment of misinformation and

illusion?

If your answer is yes to any of these questions, you are adding fuel to the chaotic

vibrations of the negative mass consciousness belief system with your energy instead of adding

your Love, Light, and Power to that of other emissaries of harmony and serenity throughout the

world. Will you stand on the side of those whose greatest desire is to bring about a peaceful

solution for the greatest benefit of all — or are you unintentionally aligning with those who wish

to perpetuate separation, suffering and domination?

We do not mean that you should not stay informed as to what is taking place around the

world; however, we are saying that now, as never before, you must rise above what is occurring

and join us as observers from a higher vantage point: a vantage point where there is no right or

wrong way, only different shades of truth and different motives; a vantage point where no race,

country or religion is totally righteous or blameless, nor totally in the wrong.

Remember, each and every Soul on Earth carries a Spark of the Divine within. You must

stay heart-centered and Soul-focused as you attune to your Higher Self with a Spirit-inspired

consciousness so that your actions and decisions are always in alignment with the Divine Plan.

Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to

return the Earth and humanity to a true state of peaceful co-existence in an environment where

our Father/Mother God reign supreme.

Granted, there are those who have agreed to play the devil's advocate, those who are

presenting your shadow-side to you in its most destructive way. There are others who self-

righteously claim to have only the highest, most altruistic motives; however, we see and know

the ulterior motives behind the decisions that are being made, as well as the actions that are

being initiated in the name of peace and justice. The game of duality is being played out on Earth

in its most dramatic form right at this moment, and it is up to you whether or not you will be drawn

into the swirling, downward spiral of mass karmic action that is currently taking place.

We have spoken many times before about the laws of cause and effect or "for every

action there is a reaction," which results in what is known as negative or positive karma. For

many Ages, you, as the en-Light-ened ones, have been working diligently to bring into balance

your personal karma, ancestral karma and race karmic influences. That was a major part of the

game of duality and polarity – returning to balance and harmony in all Facets of your Beingness.

There is much conjecture about what will happen now as the winds of war, conflict and

destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything

and “everyone.” Dear ones, it depends on what you are feeling and thinking. What is on your

mind and in your heart? Are you standing firmly in the Light or are you adding to the negative

karmic thought forms that are being created each and every moment? Many of you have

succeeded admirably in balancing your karmic ledger of life. Symbolically, imagine that you

have a plus and a minus column, and your goal is to turn the minuses into pluses or positive

energy patterns.

We are not asking you to passively sit by the wayside and do nothing. You are being

asked to stand up and be counted, for your dynamic Life Force energy is needed now as never

before. You are much more powerful than you can imagine, my brave friends. Make no mistake,

you ARE playing an important role in attaining a peaceful solution to a very unsettling world

situation. The collective energy you and other Light Workers are radiating forth from your heart

centers has just as much an influence on the outcome of this great conflict as those who are on

the “front lines.” You, too, are on the front lines, so to speak, for you have the ability to tap into

the pure, unmanifested Adamantine Particles of Creator Light, so that you may mold them into

powerful positive thought forms and actions that can overcome any adversity.

It has disturbed many of you that we use the terms “Warriors of Peace” and “Warriors of

Light” or what might be construed as militant terminology. Here again, there are many different

interpretations and different Facets of truth. Ever since the Earth’s and humanity’s fall into the

density of separation and pain, we have fought diligently for you and with you. We have fought

the shadows of illusion and the negativity, which were created by your collective consciousness

beliefs of fear, guilt and unworthiness. We have endeavored to assist you to reconnect with your

Divinity and to help you remember how magnificent you truly are.

We have also diligently carried out the orders and directives handed down from our

Father/Mother God and the Creator, “Assist our children to return to the Light and to reclaim

their Divine Heritage.” Yes, we have been involved for eons of time in a war between the Light of

the Creator and the shadows of humanity; however, our weapons have been love, compassion,

understanding and support as you traverse the valleys of despair and seek to soar to the

mountain tops of hope and illumination.

If you will join us in our efforts to bring Light unto the shadow world and hearts of

humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that

only our Father/Mother God are aware of the total picture and what is truly the best outcome); if

you can maintain a sense of peace and joy within and radiate the expansive love of the Creator

to ALL humanity, then you are truly a warrior in our Legions of Light.

3

Those who protest, shout and march for peace are adding their energy to the melting pot

of chaos. They are not offering solutions or taking positive action, but laying blame and

protesting the actions of others, declaring that non-action is the only way to achieve peace and

harmony. It is another form of fence-sitting or not taking a stand. We have told you many times

before, it is time to get off the fence of inertia and indecision, it is time to declare which side you

will serve — the Light or the shadow side. It is time to declare that you are an Emissary of the

Light, a blazing Spark of the Divine, and a cocreator of love, joy, abundance and harmony. Or a

human being who is willing to take the easy way by following the dictates of others, thereby, for

the time being, putting aside your Divine Birthright.

Peace and serenity are not the same. Peace refers to the Third- and lower Fourth-

Dimensional fields of consciousness, which are primarily dominated by the emotional nature of

humanity. Every step forward on the Path of Light is marked by conditions or challenge and

chaos, interspersed with periods of integration and a sense of peace.

Serenity of mind and emotions creates a deep calmness within, which is free of any

emotional disturbance, and therefore, the emotional nature is focused within a very slim

spectrum of duality. The highest choices are the rule, and a detached view of all circumstances

is maintained. Peace is a lower density state of consciousness, whereas serenity is a Fifth-

Dimensional, emotional quality.

“Peace” is an often-used word in these unsettling times and can be interpreted in a

multitude of ways. You use the term “peace of mind,” which means having a calm, tranquil state

of mind, which is free of discord, inharmonious thoughts, or mental conflict. Peace can mean a

mutual agreement between two people, a family, a group, neighborhood, city or nation which

benefits all who are involved, and brings about a calm, serene and secure atmosphere, as well

as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two

dissenting factions. You may be called a peaceable person or a pacifist because you are

inclined toward or you seek to promote a peaceful environment. You may “seek peace” or

endeavor to “keep the peace” through conciliatory actions or by settling disagreements through

compromise.

Peace is the end result of achieving harmony and balance in any situation. Peace is

never attained via the emotional nature or mind of the ego, but through the higher vibrational

energies of Spirit, which always seeks the greatest and best outcome for ALL concerned. In

your world of duality and polarity, the optimum goal is to seek harmony and balance in all things;

however, this harmony must begin from within. It must blossom within the heart as you allow

Spirit to descend and once more take dominion within your physical vessel. Then you will begin

to see through eyes filtered with love, and you will listen with ears tempered by compassion.

You will know that all you ever require is yours for the asking, and you no longer seek to

take that which belongs to another. You will always strive for a win/win solution, and you know

that when one loses, everyone loses as well. You become champions of Light, and you walk

softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth and

justice. You affirm what is your truth, and you live your truth steadfastly with integrity and

humility, teaching by example, and allowing all others the same right.

You must first seek peace from within, beloveds, and when you find what you are

seeking, you will radiate an aura of serenity out into the world where it will be joined and

magnified by that of others with a peaceful and harmonious nature. Together and in force, you

can overcome any adversity, and you can create and enhance the cells or areas of Light that

you are building on Earth, as well as within your new Fifth-Dimensional environment. And when

those thought forms of Light reach a certain level of magnification, they will miraculously begin

to manifest on the earthly plane. Many of your visions are nearing that point, and they will

manifest seemingly without effort. The final touches are being made, and the preparations are

almost complete, beloveds. Now watch for the wondrous results of all your steadfast efforts.

Humankind's inhumanity toward one another has been an ongoing, never-ceasing

process since the fall into density. Peaceful co-existence has hardly ever been the ultimate

outcome of a conflict. The underlying intent has most often been to conquer, seize, and force

others into submission, without any consideration for the welfare of those caught in the middle

or forced to fight.

We explained some time ago how the chasm between the Light and the shadows has

been increasing for some time. However, gradually, the vibrational patterns of Light are being

superimposed over the Third- / lower Fourth-Dimensional world of illusion and shadows. This

condition is becoming more dramatically defined every day. It is imperative that you stay

vigilant, heart-centered and Spirit-inspired each and every moment. You must learn to set

assertive boundaries, and constantly reinforce your shield or column of protective Creator Light.

You must listen to the whisperings of your heart, for that is where your angelic guides and

teachers will leave gems of wisdom for you to access and use.

Go within, my faithful companions, and remember how, so many eons ago, we soared

the Universe together as we created new galaxies, worlds and civilizations beyond your wildest

dreams. Remember how you had available to you all the Divine substance of Creation, and all

you had to do was envision something and it miraculously appeared before you. Try to recall the

many forms you have taken – some human – however, also many different forms in a variety of

compositions, textures and features, but all beautiful and perfect in the eyes of our

Father/Mother God. It is important that you remember that you have experienced every Root

Race that has ever populated the Earth, meaning that you have been every color, and you have

borne the characteristics of every Race now embodied on the Earth Plane. We are telling you

that you, the StarSeed Souls, are multi-faceted Beings who have experienced all the richness

and diversity that this Earth, this solar system, galaxy and Universe have to offer. And so how

can you judge your brothers and sisters who are following on the Path behind you, because in

this lifetime they have different colored skin than you, and they have different customs, beliefs

and worship differently or call their God by a different name? It has been said, but it bears

saying over and over again, "YOU ARE ONLY JUDGING YOURSELVES!"

Remember, brave hearts, during these times of great change, you can make a

difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly

mission and nurture you with our love. Together, we shall prevail. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE ** *STAR*QUEST*

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * AUGUST 2021

RONNA VEZANE / SACRED SCRIBE

FINE-TUNING YOUR SPIRITUAL AWARENESS

Beloved masters, let us pause for a moment before we begin our discourse. Close your eyes

and allow the sense of time and space to fall away. Envision streams of Love/Light radiating from within

the wellspring of your heart center, and then flowing out in concentric circles to encompass everyone

and everything on Earth. Now see them continue upward and outward toward all the planets and star

systems within your solar system. Via your inner vision, watch as billions of minuscule streams of Light

radiate back to you from every sentient Being on Earth.

It is important that you set aside the hate, fear, judgment and your different beliefs so you may

connect with the core Love Essence of your brothers and sisters around the world. You are unique and

yet you are the same, for within every Soul there is a White Fire Memory Seed Atom of pure Divine

Light. Allow yourself to be lifted to a rarified place where you are a soaring, radiant Being of Light

connecting to every other Being of Light within this Sub-Universe.

There is no separation. There can be no separation, no matter how far you journey forth from

the heart center of the Creator. It does not matter what assignment you have accepted down through

the ages or the appearance of the cloaks of flesh you have assumed. It does not matter how many

times you have divided your White Fire Seed Atom into smaller and smaller fragments; you have always

been connected to the Supreme Creator, our Father/Mother God, and to one another as well. THE

CONNECTION HAS NEVER BEEN BROKEN AND IT NEVER WILL BE!

Breathe deeply and slowly as you sense multicolored, luminescent, billowing waves of Light

filled with the Love/Light and the virtues of our Father/Mother God surround you. Within these rarified

waves of Light are all the energy and programmed Memory Seed Atoms you will ever need to build

your field of dreams, to lay the foundation for the New Age, and to reclaim your masterhood.

Know that the barriers of the astral planes between us no longer exist. Even though we were

never truly parted, know that we now have permission to strengthen our connection with you, moment

by moment, day by day. No longer are you children stumbling through the dark on a path to nowhere.

No longer will you feel as though you are pawns of fate. You are awakening and you are remembering

that it has all been a grand experiment; however, the experiment is swiftly coming to a close.

As you realize your God-given rights as a cocreator, no longer will you create that which brings

pain and suffering. Why would you, when just as easily you can create joy, peace and abundance? All

you have to do is to strive to stay heart-centered and Soul-focused. Will you give us permission to be

an integral part of your life, and open your mind to the possibility that we are real? When you do so,

you will move into the magic realm of harmlessness, whereby you no longer feed the negative energy

mass consciousness force field of the astral planes. Instead, you will add your vibrant, loving energy to

the etheric field of Love/Light that surrounds the Earth – the Golden Cosmic Grid of Illumination.

Can you not sense your old world and reality gradually slipping away? The negative thought

forms of the mass consciousness belief structure that were captured in the lower astral (emotional)

planes are being swiftly dissolved. The frequencies of extreme duality and polarity consciousness are

gradually losing their hold on you. Multitudes of you are slowly returning to balance and harmony,

thereby loosening the grip of your shadow-self as you project more and more Light into the darkness.

The rules of the game are also changing as you move upward on the Path of en-LIGHTEN-ment. It is

often called the narrow path, and this is true. Each of you is held accountable – not judged – according

to your level of awareness. Your guardian angels and Higher Self are constantly presenting you with

opportunities or challenges to assist you in your awakening process.

A great percent of the masses are still swayed by various primitive, religious, dogmatic

teachings. It is most difficult to release and move beyond the established ideas and belief which most

people have been subjected to from a very early age. Racial, cultural and religious beliefs create strong

emotional boundaries. As you become an observer and begin to operate within the Universal Laws of

Creation and the rules of cause and effect, you begin to see the wisdom and justice of all that occurs

within your life. If you are to gain mastery of yourself and your world, you must begin to fine-tune your

Spiritual awareness.

Remember, you must agree to and submit to a particular authority before it has any power over

you. It is also important that you understand, whatever realm of consciousness you are currently

attuned to and functioning within, whether dense or refined, that it is your reality for the present time.

If you do not like what is happening in your personal world, change your beliefs and your actions, and

your personal reality will quickly follow suit. Only the brave and courageous ones have the strength, will

and determination to break the restrictive bonds of the lower dimensions, and to step forward to join

the ranks of the seekers of wisdom. It is vitally important that you clear your mind of superstition and

dogma and seek your own higher wisdom and truth.

Only when you attune to the realms of the highest Fourth and the entry levels of the Fifth

Dimension will you attain a greater sense of “Self” so that you may begin to merge with greater and

more expansive Facets of your Higher Self. You are in the process of developing your Sixth Sense –

the intuitive mind, whereby you will have direct communication with your Soul Self and certain Facets

of your OverSoul–Higher Self. It is the beginning phase of creating a direct line to the Cosmic

storehouse of Divine Wisdom.

Through trial and error, you are learning to become proficient in the use of the Universal Laws

of Manifestation. The results of your choices are quickly brought into your awareness so that you will

know that the Laws of Cause and Effect are immutable and you really are the creator of your reality

and the world around you. Greater awareness begets greater opportunities but also more responsibility.

The spiral journey homeward can be a gradual climb or a swift one. However, it entails making the right

choices within your level of en-LIGHTEN-ment, and also striving to use your abilities to their highest

potential.

My brave ones, do not seek God in the heavens or some far away, unattainable place, for the

Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are

becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as

a bearer of Cosmic Love/Light. It is vitally important that you become attuned to the ever-increasing

frequencies of the New Divine Blueprint for the Aquarian Age, for they will assist you in attaining the

status of a Self-master, which is necessary if you wish to move forward gracefully on the Ascension

Path into the radiant new world of the future.

Beloved ones, when you allow the shackles of time, space and the density of the lower

dimensions to fall away, your visions will become sharp and clear. Your resolve will strengthen, and

you will confidently move forward with ease and grace, for your constant mantra will be: "For the greatest

and best good of all." Remember, you should place no expectations or restrictions on how or when

your visions will manifest.

As more and more of your cosmic origins become available, many of you have become

uncomfortable and fearful when you read some of the stories of your ancient history and the messages

which describe the great diversity of Creation. It is up to you to accept or discard what you will claim

as your truth. We have told you that there is much truth woven within the myths and stories of your

past – probably more than you would like to believe. Since the question has been asked of our

messenger, allow us to give you an example. Down through the Ages, humans have always had a great

fascination with dragons, both good and evil, and they are one of your most enduring myths.

Dragons are depicted as great Beings with wings and long sweeping tails, often with colored

scales for skin, and always breathing fire from their mouths and nostrils. Some people have a great

affinity for these creatures; however, mostly they are feared and depicted as dangerous or evil. Some

years ago, when this question was posed to our messenger, we took her on an inner journey out into

the galaxy so that she could experience the true origins of the "dragon myth."

Many, many eons ago, as this Sub-Universe was being "Seeded" with its Divine Blueprint,

envision yourselves as God-Conscious Beings of great radiance. You were magnificent, expansive and

flowing Beings who contained within all of the Rays, colors, virtues and attributes of the Creator. Some

of you chose to display the rippling, iridescent colors of what might appear to be scales, while others

experimented with many other forms. As a cocreator SUN, you soared and experimented, leaving great

trails of Light that could be described as wings and a sweeping tail. And as you used your powers of

Creation, you breathed forth great beams of God's First Ray of Divine Will and Power, or the Fire of

Creation. Oh, what wondrous Beings you were, and what wondrous deeds you wrought as you soared

throughout the great Void of this new, unmanifested Sub-Universe. All of this was in preparation for

your eventual descent down through the multi-dimensions and into the physical worlds. However, many

brave Souls agreed to remain in the Dragon Brigade in service under the Great Builders of Form and

Archangels. The Dragon Brigade is active throughout this Sub-Universe at every level in which the

programmed Divine Blueprint is to be made available for manifestation within the material realms of

existence.

Only those of you who have been able to move out of the confines of your physical vessel and

soar in Spirit to the higher realms have an inkling of what those wondrous realms are really like. We

have told you that the visions and explanations we give you are of the most simplistic nature and are

only a minuscule portion of how it truly is where we reside. So you see, in order to bring forth these

wondrous visions of how it was in the beginning and the multitude of forms you have assumed, you

have had to filter them through your physical mental faculties. The dragons and many of your monsters

are only your version or vision of some of God's greatest Creations, and your concepts could not be

further from the truth.

Each and every one of you is responsible for the energy you draw forth from the cosmic bank

of Primal Life Substance. How are you spending your spiritual inheritance? As we embark on this

important phase of evolution together, please take time to define your commitment to yourselves and

to your Universal spiritual family.

Know that we, the angelic forces, under the direction of our Father/Mother God stand steadfastly

beside you. When you sense we are near, trust your feelings, for in truth we are beaming our Love/Light

into your auric field. Listen to the whisperings of your Soul, for it will, unerringly, assist you in following

the best course of action and help you to make the wisest choices. You are loved most profoundly. I

AM Archangel Michael.

Transmitted through Ronna / Sacred Scribe ** STAR*QUEST **

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BELOW IS AN ARTICLE FROM ARCHANGEL MICHAEL GIVING A COMPREHENSIVE EXPLANATION OF THE

IMPORTANT ROLES OF THE DRAGON, DEVIC AND ELEMENTAL KINGDOMS IN THE PROCESS OF CREATION

WITHIN THE MATERIAL REALMS OF CONSCIOUSNESS.

THE SCHEMATIC FOR RADIATING THE DIVINE BLUEPRINT FOR

OUR SUB-UNIVERSE FROM OUR FATHER/MOTHER GOD, DOWN

THROUGH THE MULTI-DIMENSIONS TO HUMANITY, THE EARTH

THE DRAGON, DEVIC AND ELEMENTAL KINGDOMS©

ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE **

Our Father God receives the White Fire Seed Atoms (Adamantine Particles of Creator Light)

directly from the Supreme Creator. He then infuses the Particles of Divine Light with his Divine Blueprint

Seed Atoms for a new Creation. This new Creation could be anything from a star system, a Sub-

Universe, a galaxy, a solar system, a planet, or a new en-Souled Race of Human Beings. However, the

particular new Blueprint we will focus on at this time has been created for our Earth, and the transition

process that we are now experiencing: balancing and harmonizing the final sub-levels of our Fourth-

Dimensional world and preparing for the entry level of our new Fifth-Dimensional environment. This

process includes the integration of the Five Higher Rays of Galactic Consciousness.

After our Father God has completed Seeding the great White Fire Seed Atoms with a new Divine

Plan for the Earth, they are then implanted within our Mother God's cosmic womb. At which time she

activates the Seed Atoms of the new creation with her Holy Spirit frequencies of Life/Love/Wisdom.

She then radiates them into another SUN of Light where the Paradise Suns (the individualized Paradise

Creator Son and Daughter) will reside. They will become the bearers of the primary duality/polarity

Divine Blueprint for our Sub-Universe. The Paradise Suns are already encoded with the Divine Blueprint

for the entire cycle of humanity's sojourn on planet Earth. However, the new components for the first

phase of the Aquarian Age, the upgraded Divine Blueprint, must be modified and activated before they

are sent forth to the Archangelic Kingdom for further distribution.

The enhanced Divine Blueprint is then radiated forth into the twelve Great Rays embodied by

the twelve Archangels of our Sub-Universe. These wondrous Beings integrate and expand to

accommodate the new frequencies of Creator Light. This Divine Blueprint is a specific one for our Earth,

humanity and the Devic and Elemental kingdoms. The Archangels radiate all of the attributes, qualities

and virtues of the twelve Rays, within the Divine Schematic, into three great Pyramids of Lights. The

one on the left contains the new mandate for humanity's final passage through the seven sub-levels of

the Fourth Dimension. The center Pyramid is the largest and contains the data for the transition of

Gaia/planet Earth into a higher Fourth and lower Fifth-Dimensional environment. The Pyramid on the

right contains the higher vibrational frequencies of Light that the Devic / Elemental Kingdom will now

radiate forth to the Elements and to all of "non-enSouled" Creation on the Earth Plane.

At this stage, the great Lords of Light / the Elohim / the Builders of Form take over the process.

Within those three Pyramids of Light, the new activated Blueprint is encoded, along with the great White

Fire Memory Seed Atoms containing the Frequency Patterns for each of the expanded twelve Ray

attributes, qualities and virtues for the Aquarian Age. The Elohim then refine, step-down, and add all

the details to the Blueprint for the new creative project. The Lords of Light, within each Light Pyramid,

then call forth the great Dragon Brigade. (Archangel Michael is the Commander-in-Chief of the Dragon

Brigade.)

The Dragon Kingdom come in multiple sizes, colors and configurations, depending on which

Sub-Dimension they serve: the lower the electromagnetic energy patterns of the Dimensional

environment, the smaller the dragons. Also, their size depends on what is their particular creative

specialty (of which there is an endless variety).

Each dragon has been assigned to a particular Archangel, and embodies the attributes, qualities

and virtues of the Ray which each Archangel "Ray-diates". The colors of the Rays change periodically,

depending on many things (which we will not address at this time). Suffice it to say, a Dragon will

assume the Ray colors of his "Guiding Archangel," which applies to the particular Dimensional-

frequency levels, and the time frame within which they are performing their duty. (In the higher

dimensions there are many more than twelve Archangels who perform their Lords of Light directed

duties.)

Members of the Dragon Brigade then go forth to the level in which the programmed Divine

Blueprint is to be made available for manifestation, within the material realms of existence. In this case,

within the Fifth Dimension, for access by the StarSeed Souls on Earth in the higher Fourth-Dimensional

planes. The number of Dragons required depends on the size and scope of the project to be Seeded or

how many megawatts of God Seed Atom Light Power are needed.

Another duty the Dragon Brigade performs is to supply the Love/Life energy from our

Father/Mother God to the great Devic and Elemental Kingdom and all of Creation that is not enSouled

with an I AM consciousness. Their Life/Line to the God Source is supplied by the great Dragon Brigade.

The Dragon Brigade, for each Sub-Dimension, radiates forth the vibrational patterns for that level. The

Seed Atoms are then gathered into Pyramids of Light, which have been placed all around the world,

where the Devic Angels go to replenish their supply of God Light. They then radiate the Seed Atoms

into innumerable formulas, which are sent forth to the vast Elemental Kingdom. Those faithful servants

of our Father/Mother God then supply the Life Force energy for all godly creations which are not

enSouled.

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BEARERS AND CONVEYERS OF THE NEW DIVINE BLUEPRINT SEED ATOMS

ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE

8 x 11 LAMINATED COLORED ILLUSTRATION **

WITH A COMPREHENSIVE EXPLANATION

Within our galaxy, there is a new Divine Blueprint created for each Age. This cocreative process involves

our FATHER/MOTHER GOD, THE ELOHIM (Builders of Form), the ARCHANGELS, DRAGONS, the DEVIC and

ELEMENTAL KINGDOMS, and HUMANITY. Finally, we have been given a clear picture of the process of cocreation

within the material realms of consciousness. Yes, dragons are real, and I have been shown what these great,

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magnificent Beings truly look like in the higher realms. *STAR*QUEST* ** wwwStarQuestMastery.com **

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**THE GOLDEN RULES OF ASCENSION **

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

RONNA VEZANE ** SACRED SCRIBE

LISTENING TO THE WHISPERINGS OF YOUR OVERSOUL / HIGHER SELF

Your major goal at this time is to return the frequency patterns of your personal Third- / Fourth-Dimensional reality to

the originally designed, harmonious spectrum of Light and shadows. In doing so, your pendulum of consciousness will

not swing so radically from positive to negative energy and your mental and emotional natures will become stabilized

and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind.

As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of

Light that restrict you from accessing your higher consciousness. Once this occurs, you are well on your way to becoming

a conscious, Soul-inspired Self-master.

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1

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * SEPTEMBER 2021

RONNA VEZANE / SACRED SCRIBE

YOUR SPARK OF DIVINITY IS IMMORTAL AND ETERNAL

Beloved masters, never forget, your reason for Being is to become a conscious cocreator and

that our Father/Mother God is the Life-Giving Force of your existence. You must let go of the straight

line, linear time concept whereby your choices are limited and influenced by the past. A Self-master

functions within the Law of the Circle, the concept of the Infinity Loop (a horizontal figure 8). The

Infinity Loop that continually flows forth from you is filled with Divine potential; however, the Infinity

Loops around you in your personal Creator Wheel must contain the thought forms of harmonious

frequencies to support your vision. You are assured that your desires and visions will manifest in the

perfect way and perfect time, if you stay centered in your Sacred Heart, and maintain clarity of

thought and action. Remember, the human Spirit cannot be defeated, for it is composed of God-stuff

and is therefore indestructible. The Spark of Divinity that has been allotted to each of you is

immortal and eternal.

The world you now live in is not a reflection of the world that was planned for you. Stored

within your DNA are etheric time atoms which hold the memory Essence of all your past lives. You

have separated and refracted yourself thousands of times; however, you have memory cells of your

Divinity waiting to be accessed and incorporated into your Being. These memory cells are the building

blocks of your Light Body. It is a time of attuning to the consciousness of your body elemental, and

you must make time for introspection in order to develop spiritual sensitivity. You must make a habit

of continually monitoring and controlling your STATE OF MIND as you move deeper and deeper into the

process of ascension and the expansion of your conscious awareness. Gradually, a good portion of

your memory of past events will begin to fade as you move out of the realm of the instinctual brain

and conscious mind into the realm of the higher mind.

Over time, humankind became sense-conscious instead of remaining God-conscious, thereby

gradually losing the opportunity for Self-expression. The inspiration and guidance of the Higher Self

and the Soul were gradually replaced by the nudgings of the ego desire body. Original thought

became a thing of the past as humanity became stuck in the illusional, collective consciousness realm

of thought. Your beliefs and concepts of truth became rigid, structured and often distorted. As you

gradually lost the connection to your internal guidance, you began to focus on the outer world, and

you became mostly a reactor rather than an initiator.

Those who are functioning within the frequency environment of the discordant Third and

Fourth Dimensions rely on their subconscious and conscious minds to store information and

knowledge. Some are better at retaining and retrieving information than others; however, it is

ineffectual or distorted in many instances. Remember, knowledge must be integrated and used in an

appropriate, efficient way in order to be retained as wisdom. The chakras are subconscious mind

centers. In the beginning, these centers worked in perfect harmony; however, gradually over time the

spectrum of duality became stronger and more prevalent, and your vibrational patterns became

more discordant. As the chakra system is balanced and harmonized, the power centers of the chakras

begin to work in unison for the greatest good of the host instead of warring with each other for

supremacy.

When you exist in the first four inner-dimensional levels of the brain, you are in an Earth-

bound state of consciousness. Your focus is on “self,” your personal interests and the bodily

sensations of the five outer senses: sight, sound, smell, taste and feeling. This is the realm of the ego

desire body and the personal self since the greater portion of your Soul Consciousness has

withdrawn into your Soul Star within the Eighth Chakra, approximately six to ten inches above the

crown of your head. There is a strong, narrow-minded focus on others and the world, with rigid, self-

serving opinions.

In order to effect change, you must consciously choose a positive alternative to negative,

habitual responses. You must diligently strive to release and clear old, impacted thought forms that

are keeping you stuck in limitation. Many of you have made great progress in the process of

balancing or clearing the imperfections within your auric field. It is imperative that you clear the

destructive or distorted thought patterns of the past so that you can create the new, empowering

blueprint of the future. During your nightly review of your day, envision a positive alternative to

negative situations in your life, and then focus on that vision unerringly. You must keep the channel

of communication open between the Soul and the brain via the mind. This initiates the slow

reactivation process of the Pineal Gland and the opening of the portal to the Sacred Mind, which is

located at the back portion of the brain, close to the crown of the head.

Gradually, as you progress into the higher, semi-balanced Third Dimension and lower, sub-

levels of the Fourth Dimension, awareness begins to expand to include select others – those who fit

into your accepted realm of thinking and being. Your acceptance and love for others have conditions,

for your personal needs and desires are still foremost. However, your love and compassion quotient

begins to expand to include those who fit comfortably into your picture of reality.

You begin to listen to the small voice of your consciousness or your Soul Self; however, you do

not always follow its guidance. Some of your deep-seated habits become burdens, and you begin the

process of attempting to change or release them. Thus, the battle between the ego and the Higher

Self begins. Gradually, the ego takes a secondary position as the servant of the Soul. Your personality

slowly begins to change, for the ego no longer controls your emotions and your desire impulses. Your

viewpoint of others gradually changes also, and you begin to see situations from a higher, broader

point of view. Ascension is mind-expanding, a process of passing from one state of consciousness into

another. Your awareness gradually expands to include all humanity, the Earth, the solar system and

the higher universal laws. No longer is your focus on the little self. The ultimate goal is to become a

Galactic Being and to eventually attain a Universal consciousness.

When you attain and maintain some of the frequency patterns of the higher Fourth

Dimension and the entry level vibrational patterns of the Fifth Dimension, a Soul merge download of

the Facet of your Higher Self that resides within your Soul Star begins. The Higher Soul Self gradually

sends down the Essence (Memory Seed Atoms) of your Higher Self into your Sacred Heart Center. In

turn, this action will ignite more of the Three-Fold Flame (Divine Love, Divine Wisdom, Divine

Will/Power) within your Solar Power Center, which encompasses the heart, thymus and throat area.

When this process is completed, you will have integrated the attributes, qualities and virtues of that

portion of your Soul Self. Thereafter, the next higher level of your etheric Higher Self will descend and

take up residency with your Soul Star, awaiting ITS turn to merge with you. This process will repeat

itself over and over again, as you merge with greater and greater Facets of your Divine Self.

The earlier in life you begin to listen to the nudgings of your Soul and Higher Self, the easier it is

to bring the ego and the personality self under control. Your Soul Self, which has an inborn sense of

right and wrong, will grow stronger and stronger if you take heed. Or it will gradually become silent if

you do not. As the power of the Soul expands, sensitivity increases, and your thoughts, desires and

actions become more refined and loving. The Light of the intellect and the Light of reason bring

wisdom and understanding, for it supplies the mental nature with the fuel that enables you to

comprehend and master the world of form.

Be aware that forgiveness means to release or resolve imbalanced frequency patterns you

have created between yourself and others as you strive to return to center. Forgiveness means

freeing yourself from negative emotions so that you may continue to receive the Adamantine

Particles of Divine Light. Remember, the pure Essence of the Creator that you draw forth into your

Sacred Heart must be ignited and activated via the frequencies of unconditional love.

The 2,000-year Piscean Age was ruled by the emotional nature and the Astral planes of the

Fourth Dimension. The next 2,000 years, the Age of Aquarius, will now focus on the science of

spirituality and the mental nature as humanity gradually moves into and becomes acclimated to the

highest levels of the Fourth Dimension, and the lower entry level frequencies of the Fifth Dimension.

With you, the Star Seed, leading the way, humanity will gradually adjust to a new, expanded

Self-awareness, which will gradually become the accepted norm. An aspirant on the Path must

traverse the sub-planes of the Astral Plane and gain control of the emotional / astral body – the lower

nature – thereby balancing the three lower chakra centers and initiating the activation of the Sacred

Fire of the Kundalini stored within the Root Chakra.

In the future, it will also be normal to live within the aura 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. 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 the 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. All Facets of manifestation begin

internally, and ANY concept or abstract idea to be birthed must go through an incubation stage

before it can become a reality in the world of form.

You must reclaim the personal 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 is a primary phase

of returning to balance and harmony within, which is required in order to once more become a

master of Self. The path to higher consciousness will eventually result in directly experiencing your

God Self / I AM Presence and the splendor and majesty of the Creator in some of ITS many forms.

ALLOW US TO GIVE YOU A FEW MORE THOUGHTS TO CONTEMPLATE UNTIL WE COME TOGETHER AGAIN.

THE LIGHT FREQUENCIES OF KNOWLEDGE BECOME THE LIGHT OF WISDOM:

KNOWLEDGE = PERSONALITY LIGHT ** WISDOM = SOUL LIGHT ** INTUITION = HEART LIGHT

1. You may deny the SOURCE of all but our Father/Mother God will never deny you.

2. Remember, just because you believe something to be true does not make it so.

3. Loneliness is an illusion. Turn inward and you will find the loving companionship you seek. It is vital that

you remain in the protective custody of a golden-white sphere of God Light, where you are assured security,

inspiration and guidance. You qualify your breath with the energy of your intentions. Your Sacred Breath and

intentions add fuel to your visions. The human Spirit cannot be defeated, for it is composed of “God Light,”

and, therefore, it is indestructible. You must build your own Light center in order to claim your Sun-Ship.

<<THE TRIAD OF SUN-SHIP: THE BRILLIANCE OF YOUR DIAMOND CORE GOD CELL,

PLUS THE LIGHT OF YOUR SOUL, AND THE GLOW OF YOUR SACRED HEART

CREATE THE RADIANCE OF YOUR AURIC FIELD OF LIGHT>>

We emphasize again, there is an urgent need for trained, dedicated WORLD SERVERS. Initiation

is now a group event – not simply an individual attainment. As you strive for Self-mastery, 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 your Soul which is

seeking reunification, not the personality.

My brave ones, be very sure that your primary focus at your present stage of life is on that

which you desire to experience in the future years of dramatic expansion of consciousness and the

monumental world changes which are now in progress. Be mindful and aware of every moment so

that your focus becomes one-pointed and clear, for you are creating your new world of tomorrow,

one thought at a time. We are ever near to guide and direct you. You are loved most profoundly. I

AM Archangel Michael. Transmitted through RONNA VEZANE / SACRED SCRIBE * www.StarQuestMastery.com

^*^*^*^*^*^*^*^*^*^*^

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showered down upon the Earth and humanity to assist us in these times of monumental change. The vibrational

patterns of evolution and transformation will continue to grow in strength, and they will be a major factor in the ever-

accelerating awakening that is now taking place. The SEVENTH RAY is the only RAY, which is radiated downward from

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**THE GOLDEN RULES OF ASCENSION **

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

RONNA VEZANE ** SACRED SCRIBE

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It is my greatest wish that Archangel Michael's wisdom teachings are made available for everyone on the

planet to assist us all on our Spiritual journey. Will you help us "spread AA Michael's Wisdom Teachings?"

Most of the messages have been recorded as audio files, beautifully narrated by Barry Peterson, and they

are FREE. If you are more visually oriented and like to READ your books; or if you would love to support my

Spiritual mission in "Spreading the Word," the printed version of THE GOLDEN PROMISE is now available on

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OCTOBER - 10-2021_Hold_Steady.pdf

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * OCTOBER 2021

RONNA VEZANE / SACRED SCRIBE

HOLD STEADY, BELOVEDS

Beloved masters, we will review some of the fundamental lessons of the past for those who have

recently begun to claim their full Soul Consciousness and Self-mastery for this lifetime. What we term as

Sacred Breath consists of the normal Third- / Fourth-Dimensional air that consists of oxygen as well as

Prana – the Hindu word for Universal Life Force energy – which flows in currents into and throughout the

physical vessel. However, it also contains the Adamantine Particles of Creator Light. The magnitude and

power of these Divine Particles increase with each higher level of consciousness you attain. The

empowering Breath of Infinity opens the pathways that lead to the multi-Dimensional levels of Creator

Consciousness. Your inner perspective will automatically broaden as you gradually change your way or

mode of thinking and perceiving.

Once you have opened the back portal of the heart, the Inbreath loop of the Infinity Breath passes

through the Medulla Oblongata and out the Ascension Chakra (the back portal of the head) at the base of

the skull, as it sweeps upward into your Soul Star. The Adamantine Particles of Creator Light that you have

inhaled are programmed to integrate a specific number of Life-Code Memory Seed Atoms from your

OverSoul-Higher Self as the Sacred Breath passes through your Soul Star. The Outbreath or exhale passes

through the Root Chakra and enters the Kundalini Seed Atom contained therein. Monitored by your

OverSoul-Higher Self, measured portions of the Adamantine Particles stored within the Root Chakra are

added to the Sacred Breath. **Note: Illustrations and the full explanation of the Infinity Breath One and Infinity Breath

Two can be found in REFERENCE & REVELATIONS – a study manual — on my website: www.StarQuestMastery.com * Ronna)

The Adamantine Particles of Light, which are stored in the Root Chakra, are unique for they

contain the programmed Memory Seed Atoms of your current Divine Blueprint — your special talents,

attributes and qualities from past life experiences — as well as the distorted Memory Seed Atoms that

you brought forth to heal and harmonize.

The Sacred Breath then moves back up in front of the physical vessel and automatically enters the

body where your crystalline Still Point Seed Atom is located. This Seed Atom was designed to magnetize,

integrate and hold these higher frequency Particles of Light. It could be called a Staging Center, for it is

directly connected to your Sacred Heart. The Adamantine Particles of Light are then drawn into your

Sacred Heart to be activated through your Seed thoughts and intention. These programmed Adamantine

Particles are then ready to be breathed out into your Twelve Ray Creator Wheel, as well as out into the

world-at-large. A dedicated portion will also stream outward into the Fifth-Dimensional World Pyramid

and other Pyramids of Light of your choice.

2

The Pineal Gland could be called a Light filter for the brain. The chakra system is designed to

magnetize and filter into the body the appropriate vibrational frequencies, RAY-diated by the Archangels

bearing the attributes, qualities and virtues of each particular Ray. There is a complex formula composed

of a broad variety of frequency patterns that constantly penetrate the human auric field, which are then

conveyed to the glands and memory centers within the physical body. Your level of comprehension and

awareness will increase with each download of higher frequency energy.

Once you have gained access to your Sacred Heart and you have activated your Solar Power

Center, the Zero Point or the Still Point Seed Atom within your Solar Power Center begins to store a

reserve of Cosmic energy. As you become a Self-master and a conscious cocreator, you will have access

to an infinite amount of Adamantine Particles to use in your creative endeavors and to share with others.

The SACRED WHITE COSMIC FIRE Adamantine Particles that you magnetize to you as an awakened Self-master

must continually circulate. Only a certain amount, that which is appropriate for each Soul to integrate at

their current level of en-Lighten-ment, can be stored within the physical vessel. The balance must be RAY-

diated out into the world-of-form.

Mature spirituality is not an unconscious experience. You must endeavor to develop a Self-

sustaining Divinity, whereby you are constantly breathing the rich Breath of Life — Adaman?ne Par?cles

of Creator Essence. By doing so, you will begin to receive spiritual sustenance from the River of Life via

the Eighth Chakra, your Soul Star, and through the back portal of your Sacred Heart.

Each Self-aware person functions as a living star capable of receiving and conveying harmonic

frequency vibrations according to his or her level of consciousness. As you are now aware, these

frequencies are called your Soul Song. You are a POINT OF LIGHT, a vibrant Spark of the Divine. This Sub-

Universe is composed of one gigantic Celestial Soul Song.

As you develop the ability to deeply and effortlessly breathe the Sacred breath, your awareness

will gradually descend into your Sacred Heart Center, and then even deeper into the Vesica Piscis

Mandala, which contains the White Fire Memory Seed Atom – your own personal Divine Facet of our

Father/Mother God. This is when you may draw forth all the Sacred Love you can contain. This is where

you begin to realize that you are the dreamer as well as the dream. It is in this Sacred Space that you will

begin your journey back into the wholeness (holiness) as you strive to recreate yourself as a SUN CHILD of

our Father/Mother God. This has been preordained; it is your Divine Heritage.

Please remember that only a minuscule Facet of your Archetypal Being is incarnated in the density

of the Third/Fourth Dimensions. The Fourth Dimension contains the astral plane, which is a bridge to the

Fifth Dimension. The three lower sub-levels are filled with a great array of emotional energy debris and a

broad spectrum of discordant frequency, mental thought forms. The Fourth Dimension is the storehouse

for the mass consciousness beliefs of humanity from all past ages on Earth. The Fourth Dimension also

contains the mental body auric field of the Earth.

You are called StarSeed for a reason, for as you return to Self-mastery, you will initiate the process

of integrating highly-developed crystalline Life-Code Memory Seed Atoms — a new, advanced evolutionary

process to be used in the next forthcoming Golden Age. Humanity is ready to take a giant leap in

consciousness. At some point in every person's Soul journey throughout time and space, there is a

yearning to return to the higher realms – a Divine discontent sets in that cannot be denied.

First you must become aware of the subtle voice of your conscience. The whispers of your Soul

will grow louder and more distinctive as you begin to pay attention to the call of Spirit. A sensitivity grows

within your feeling nature as you become attuned to higher vibrational patterns of people, places,

thoughts and actions. Eventually you will learn to distinguish the Soul Song vibrations of your Soul family

and of the different masters and angelic Beings.

Yes, humanity is in the midst of dramatic changes, an evolutionary process of profound

proportions. However, remember, it is just a part of the never-ending spiral. All of you who are awakening

to your God Consciousness have experienced a great variety of momentous transitional processes

throughout this Universe.

Please take heed, no longer will you be allowed to stagnate or even stay at a certain level very

long—time and the process of transformation are moving too rapidly. Your language is changing, and

your thought forms are different. The old areas of your brain, which contain your past, are gradually being

refined or dissolved, so it is beginning to seem as though everything that happened before, even last year,

is a vague dream. New areas of your brain are being activated, and you must learn to think in a whole new

way.

Light packets of information, holographic pictures of great significance, and Sacred geometric

patterns will begin to filter into your consciousness, and you must learn how to decipher them. It may

seem as if those whom you are moving beyond no longer understand you or you cannot find words to

carry on the old mundane patterns of conversation. You will also find that you do not need to verbalize

every thought as you begin to telepathically pick up the energies and thoughts of those around you. Your

intuitive abilities will increase, and you will not be easily deceived. You will speak your truth with Spiritual

integrity, and you will not be willing to engage in the negative games of the past. We implore you: do not

become attached to any way of Being, any one modality or any philosophy that is too narrow or

structured. Also, do not buy into any agreement that gives power to someone outside yourself.

4

Discernment, discernment, discernment! We cannot emphasize this enough, for as quickly as an

apparent truth comes forth and you incorporate it into your belief system, it may be superseded by a

higher truth or a new concept. In looking back, can you not see that much of the knowledge you now

accept as your absolute truth was beyond your wildest imagining ten years ago, or even six months ago?

Be aware that many of the things you are so certain about today will undoubtedly change tomorrow or in

the near future.

Mentally, new ideas and concepts are bombarding your consciousness. Nebulous at first, but

gradually solidifying as you use your enhanced reasoning abilities to unfold and decode the formulas and

inventions of the future. As you tap into the higher planes of the Fifth Dimension, you will begin to

remember Facets of the blueprint of Creation for this Sub-Universe – including, how to hold a pure thought

until it is brought to fruition, and how you assisted in the creation of a great variety of wondrous things.

Many of you will begin to see geometric shapes, sparkling crystals and brilliant new colors as you move

through and beyond time and space into the realms of Light.

We have told you that many special dispensations are to be given to those who bravely step to the

fore and claim their heritage. That time is NOW! As the masses awaken and cry out for assistance, solutions,

information and encouragement, you will be needed more than ever, my brave ones. We are waiting to

empower you, to gift you with wisdom, abilities and knowledge beyond your wildest imagining.

You see, your brain has always functioned at 100% capacity, which may come as a surprise to you,

for you have heard that the average person only uses approximately 10% of their brain power. Before the

mid-1900's, the masses have only had access to that limited portion of the brain which resonated to the

frequencies of the Third and lower-Fourth Dimensions.

It is the mind that is or was restricted – not the brain. As you balance and integrate the higher

frequencies, you gain access to your Sacred Mind, which contains much more of your brain power

(Memory Seed Atoms). This is how you gain access to the higher Fourth- and Fifth-Dimensional levels of

Cosmic Wisdom.

Some advanced Souls are even tapping into the entry levels of the Sixth Dimension. It is not

possible to access those advanced portions of your brain until you attune to those refined frequencies.

The major goal at the present time is to raise your vibrational frequencies to the level necessary to clear

the membranes of Light which guard the portals to your Sacred Mind and Sacred Heart, and the Fifth-

Dimensional levels of the brain structure. That is when you will truly begin to make progress in your

Spiritual quest.

5

Be aware that there is an ebb and flow to the process of Ascension. There are, periodically, great

pulsations of new higher Cosmic Ray vibrational patterns – the Divine Blueprint for the Aquarian Age --

bombarding the Earth, with quiet times in-between so as not to create an overload situation. Ascension

is not a steady, forward-motion process. It is an insurgence of energy and new information, and then a

time of assimilation, integration and manifestation. Many of the sensations seem more pronounced to

you at this time. You may feel as though you have taken a great leap into the unknown at times or you

have taken a step backward into uncertainty. At other times you may feel an intensified sense of

vulnerability. By now, you should be somewhat accustomed to the ebb and flow of magnified, accelerated

frequencies; however, when you are pushed to the next level of awareness, it often sets off an alarm of

varying degrees within your physical, mental and emotional bodies.

It is decision time, for this is an era of the Harvesting of Souls. Everyone must decide whether

they wish to move forward with the Earth as she spirals into the higher Dimensional frequencies – or move

on to another Third- / Fourth-Dimensional Planet which has returned to the originally designed Spectrum

of Light — to finish their lessons in the realms of duality and polarity. Many Souls will choose to leave the

Earth plane as a part of their contract and Divine Mission, and many other beautiful Souls are being placed

or readied to assume positions of authority and positions of power. They will remain low key, possibly in

the background, until it is time to step forward and make themselves known. They will be dynamic,

forceful and carry a new vision for humanity—one that will serve all people and create the foundation for

the New Age to come.

And so we say to you, “HOLD STEADY, BELOVEDS!” This is the time to seek your personal truth, to

once again take control and dominion over your world, to remember you are a representative of the

Creator on an important mission called “THE EVOLUTION OF HUMANITY AND THE PLANET EARTH.” Accept

your power as a master of cocreation. Integrate and activate the gifts you were endowed with that lie

dormant within.

Do not despair, beloveds, if you have been led to our current teachings and they prove to be too

difficult to understand. Our many messengers of Light have labored tirelessly to bring forth our wisdom

teachings that address the basic tenets of spirituality through the many intermediate levels, and now to

the current advanced cosmic teachings. If you will seek out these past messages, you will find your own

level of understanding, and you may comfortably proceed from that level forward.

The evolutionary process for humanity is in full-swing and moving forward at an astounding pace.

Open your minds and your hearts, beloveds, and embrace the infusion of Divine Love/Light that awaits

you. Bask in the glory of reunion with us as we move forward together on this incredible journey into a

new reality. We are with you always. You are loved most profoundly. I AM Archangel Michael.

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NEW: ** HEALTH * WEALTH * HARMONY© ** E-BOOK SERIES # FOUR

>> THE ASCENSION GOAL FOR HUMANITY, WITHIN THIS ERA OF EARTHLY EXPERIENCE, IS TO INTEGRATE ALL OF THE REMAINING

SOUL FRAGMENTS OF OUR INDIVIDUAL SOUL SELF, FROM WITHIN ALL THE SUB-PLANES OF THE THIRD AND FOURTH DIMENSIONS. IT WILL

BE SOME YEARS BEFORE OUR PHYSICAL VESSELS BEGIN TO DISPLAY THE BEAUTY AND MAJESTY OF OUR LIGHT BODY VESSEL; HOWEVER,

OUR AGING PROCESS WILL SLOW DOWN, AND OUR HEALTH AND VITALITY WILL IMPROVE AS WE FOLLOW THE LOVING GUIDANCE WE

ARE RECEIVING FROM OUR BELOVED FRIENDS OF THE HIGHER REALMS. ** WE ARE IN THE LAST PHASE OF THE DIVINE BLUEPRINT FOR

EARTH, WHICH HAS BEEN AN EXPERIMENT IN DUALITY AND POLARITY. THE SPECTRUM OF LIGHT AND SHADOW HAVE BECOME OUT OF

BALANCE – WAY BEYOND WHAT WAS ORIGINALLY PLANNED. THE FIRST, SECOND, THIRD AND FOURTH DIMENSIONS MUST BE RETURNED

TO THE ORIGINALLY DESIGNED PARAMETERS OF DUALITY. IN ORDER TO TRAVERSE THE HARMONIOUS BALANCED PATH OF ASCENSION.

WE MUST ENDEAVOR TO ALWAYS MAKE THE HIGHEST AND BEST CHOICES FOR THE GREATEST GOOD.

A FEW SAMPLES OF THE TOPICS COVERED IN "HEALTH * WEALTH * HARMONY"

HEALTH BENEFITS OF A BALANCED CHAKRA SYSTEM ** WHO WE ARE ** WHERE WE ARE GOING

HEALING ETHERIC TEARS WITHIN THE PHYSICAL BODY ** MANIFESTING JOY AND ABUNDANCE

THE LAST STAGES OF THE ASCENSION PROCESS ** ACTIVATING OUR DIVINE BLUEPRINT

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WHISPERS OF SPIRIT© ** E-BOOK SERIES # THREE

>> Your major goal at this time is to return the frequency patterns of your personal Third- / Fourth-Dimensional reality to

the originally designed, harmonious spectrum of Light and shadows. In doing so, your pendulum of consciousness will not

swing so radically from positive to negative energy and your mental and emotional natures will become stabilized and

centered. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate

your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict

you from accessing your higher consciousness. Once this occurs, you are well on your way to becoming a conscious, Soul-

inspired Self-master. ** $8.88 ** 8 ½ X 11 SPIRAL-BOUND PRINTED BOOK: $12.88 * Plus S &H

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * NOVEMBER 2021

RONNA / SACRED SCRIBE

RECREATING PARADISE ON EARTH

Beloved masters, as humanity and the Earth make ready for the next great leap in evolution

and expanded consciousness, all is being shaken to the deepest core of existence. The higher you reach

toward enlightenment, the deeper you must go into the Core Essence of your past. As you tap into the

memory cells of your cosmic past and become aware of your royal heritage, you are also remembering

how it was time after time in your ancient past when your reality and the world seemed to be turned

upside down, and everything that was familiar swiftly changed in some manner or was swept away,

often through wars between races and nations or by ecological disasters via the elements of nature:

fire, water, air/wind and earth movement.

Every human on Earth is in the midst of an evolutionary crisis at some level. Multitudes are

striving to shake off the residual thought patterns, habits and density of their animal/human nature.

There are also many of you who have functioned as refined “Beings” of humanity for many lifetimes

and are moving into the realms of Spiritual/Human Beings, whereby your Immortal Soul is burning

brightly within and your auric field is OverLighted by the Eternal Spirit Essence of our Father/Mother

God.

As we have stated many times before, GOD/GODDESS DOES NOT PUNISH. However, as the

Universal pattern of change becomes more forceful and the Shift of the Ages accelerates, all that is not

based on truth, balance and harmony will be shaken to its core. As you are becoming aware, many

governments and civilizations that have been constructed and permeated with negative Third-

Dimensional vibrational frequencies of power, greed, control and dishonesty now must face up to their

misdeeds, and the betrayal of the trust bestowed upon them is being revealed. Those who insist on

building or living in the low-lying coastal areas should by now be aware that the radical Earth changes

that are taking place will continue and will increase for some time unless they stop building on the

quicksand of negativity and irresponsibility.

Your coastlines have changed many times before and will change again, for it is all part of the

cycles of nature and the cleansing of the Earth's surface. In the past, land masses have sunk, only to

rise again, refreshed, renewed and soon teeming with new life. Drought comes to those areas that

have been overused and destroyed by pesticides and chemicals, and deserts have blossomed after

being fallow for hundreds of years.

You have only to research the history of humanity and the Earth to know this is true, and so

why are you so surprised when you, once again, move from a time of the status quo into a time of

change. There have always been cycles of death and rebirth as part of the evolutionary process, and

these cycles affect every facet of creation.

We do not wish to instill fear or doubt within. In fact that is exactly what we wish to dispel as

we endeavor to assure you that you and you alone will decide whether you move into the New Age

with ease and grace or through cataclysms and chaos. We wish to help you understand what is in store

for you over these coming months and years. Most of you reading these messages are aware that these

are the most important times you will ever spend on Planet Earth. The decisions you make now, and

the energies you radiate out from you that create the forcefield within which you live will determine

your reality, and how you will experience these momentous years of transition. It is time to decide

whether you will move forward on the spiral of Ascension through the gift of the life process or the old

energies of the death process. Make no mistake, every human Being on the planet is in the midst of

this transformative process -- at some level and in some form -- whether they are aware of it or not.

I ask you to project your consciousness outward, away from yourself and your little picture of

reality. Assume an expanded awareness: Imagine, if it helps, that you are viewing your life and the lives

of those around you from our vantage point, giving you the ability to see the panoramic view of what

is occurring from moment to moment. Look back over your year, over several years. Have you not made

great strides? Are you not a much wiser, more compassionate and a more enlightened person? Can

you not see the perfection or at least the justice in what has occurred in your past? Are you not

stronger and wiser for your trials and tests along the way?

Observe those closest to you. Have they moved forward and expanded their awareness, or are

they still stuck on the treadmill of inertia -- fearful in their tunnel-visioned view of life? Are you

becoming more proficient in letting go of old, outmoded habits and thought patterns? Is it not easier

to filter through the plethora of information that is coming to you to determine what is your truth, and

also that which no longer serves your greatest good?

You are in the process of re-establishing a Sacred Heart and Sacred Mind connection with Spirit.

It takes a unified heart and mind to bring together the cohesive power of our Father/Mother God.

Unconditional love is the magic key that ignites the Fires of Creation. Love with conditions became the

norm as humanity sank into the density, and from these negative thought patterns all other self-limiting

concepts sprang forth and became your truth. Now is the time to reverse, release and restructure your

present reality, a new reality that encompasses all the lessons in mastery we have given you over

these past years.

We have given you ways to monitor your thoughts and to still the mind in order to reprogram

your subconscious and conscious minds with higher wisdom from your Divine Self. We have helped you

to bring the multiple-minds of your chakra system into balance so that, once again, they are working

in harmony, one with another. Any wonder you have been at war with those around you, for you have

been fighting a losing battle with your own shadow side for such a very long time.

You are the ones who must allow the Divine Force of Creation to filter through you, down into

the Earth and out from your Solar Heart Center so this wondrous elixir may gradually encompass the

Earth and help to awaken humanity. There will come a time when the radical forces of nature will no

longer be necessary in order to cleanse and bring harmony to the Earth.

Can you not see how vastly important each of you is in this process of cleansing and

transformation? Your goal is not just to ascend but to allow your Spirit-Self to descend so that there

can be an integration and fusion of the many complex Facets of yourself that were created on your

diverse and wondrous journey throughout this Universe, galaxy and during all your earthly experiences.

As StarSeed Souls, before descending through the multi-dimensional Universe, you had a

multitude of experiences where you exemplified all the virtues and qualities of the Creator in perfect

harmony and in total alignment with Divine Will. In many other experiences you used your vast mental

abilities almost exclusively by focusing on a specific thought form or creation. Through your conscious

intent you brought forth the necessary pure Creator Light Substance, and like a laser beam you

projected forth that perfect vision until it was miraculously manifested on the physical plane.

You have also had many wondrous adventures focusing almost exclusively on the emotional

Facets of your multi-dimensional Self. Using the virtues and attributes of your goddess nature while in

the higher realms of existence, you joyously merged your consciousness with the angelic realm, thereby

experiencing the exquisiteness of the love of Creation in its purest form as you went forth to assist in

the creation of worlds and realities beyond description. All the while you were experiencing these

diverse Facets of the Creator, your individualized Spirit-Self was registering and recording each

experience in your vast memory bank, for you knew there would come a time when you would need

to draw forth into your consciousness all the wisdom you had gained in the past.

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Since your descent into the world of physicality, your Spirit-Self has been struggling to function

within its physical overlay as you have played the game of duality and separation. In numerous lifetimes

you focused primarily on your spiritual nature while excluding the other facets of your Beingness. It is

time to bring all these diverse Facets of your nature back into harmony so that you may function in a

state of unified consciousness once more.

When functioning within the illusional environment of the Third/Fourth Dimensions, the most

neglected facet of your Being was your intuitive mind or Soul mind. It is one of the greatest resources

you have within you, for that is your connection to your Higher Self and ultimately to the Creator

Source. Your Soul and Sacred Mind have a never-ending supply of fresh ideas and creative thought

forms just waiting for you to tap into them. Your intuitive mind, or that small inner voice, will always

point you in the right direction and help you make the right decision if you will only listen.

Since the fall into density, the wisdom of the Soul has been almost totally shut down within

most of the general populace. After that inner voice was ignored for so many thousands of years, with

great sadness, the Soul retreated into almost total stillness and dormancy as an observer, waiting for

the time when it would be called back into action as your partner in the journey of life. It is shining

brighter and brighter in those of you who have diligently striven to reconnect with your Soul, Higher

Self and God Ray (I AM Presence), and it is now a constant and loving companion who directs, inspires,

nurtures and protects you.

It will bring you together with members of your Soul family or with those whom you have

something of importance to share. It will inspire and assist you in ways that will open the flood gates

of abundance and in manifesting your highest visions when they are in alignment with the greatest

good for all. Inspired thought and fresh creative ideas will pour forth effortlessly as you serve yourself

and others by becoming a cocreator of all that is harmoniously beautiful, loving and of the highest

order.

It may not seem so, but a wondrous new vision, a powerful probable future for humanity and

the Earth has taken shape and is being strengthened and magnified moment-by-moment, a future

whereby all humanity, as well as the mineral, vegetable, animal, human, Devic and Elemental kingdoms

will peacefully co-exist on Earth. It will be an Earth which is pristine in its beauty, that has sparkling

clear water, and clean healthy air to breathe. It will be a world of abundance and plenty where no one

suffers from lack of adequate food, shelter or opportunity, and a world whereby different races,

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cultures, beliefs and traditions are honored and respected — where no one tries to force his or her

beliefs on others or deny others the right to live their own truths and follow their own customs.

As more and more of you slowly withdraw your attention and thoughts from the self-limiting

thought patterns of old, they are gradually losing strength and becoming ineffectual. Have we not told

you over and over again, Thoughts have energy, positive or negative, and what you focus on, you

magnify with your energy?

When you allow the attributes of your God Self to emerge and the refined energy of Spirit

becomes the dominant force in your life, the path is cleared for you to begin the process of accessing

the rarified frequency patterns of the full spectrum of the twelve Rays of your Diamond Core God Cell.

You are also integrating the gifts of the myriad parts of yourself — those Soul fragments who also made

the journey into density who are ready to share their wisdom and adventures with you. Therefore, you

do not have to have all the answers, just as it was not necessary for you to experience every single

Facet of earthly life. Your Divine Soul mates have done that for you, just as you have your unique

experiences and wisdom to share with them.

Remember, my brave warriors, you now have access to the New Divine Blueprint to recreate

Paradise on Earth in the emerging Age of Aquarius. We are here to assist you with all the forces of

Heaven at your beck and call. Reach inward and upward, we will respond. In love and gratitude, I salute

you, beloved ones. I AM Archangel Michael.

Transmitted through: RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST *

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YEAR 2022 - AAM Combined 2022

JANUARY - 1_Wisdom_Higher_Self-WEB_2

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JANUARY 2022\

RONNA VEZANE / SACRED SCRIBE

ACCESSING THE WISDOM OF YOUR HIGHER SELF

Beloved masters, Ascension means attaining a clearer awareness of Self, and accepting the fact that you are a White Fire Seed Atom Facet of our Mother/Father God. As you delve deeper and deeper within yourself, you come to realize your intimate connection with the ALL THAT IS. Once you have felt the exquisite bliss of a heart-to-heart connection with our Mother/Father God, and you are able to draw fully on the Adamantine Particles of Love/Light, your yearning for love is gradually fulfilled. Your hunger for sustenance will also be satisfied, and you will be given the strength, will and determination you require to joyfully complete your earthly mission.

Energy is generated via the frequency patterns of attraction, rather than patterns of resistance or friction. Thoughts, words and emotions have either a helpful, or a detrimental effect on the physical vessel, and they also create a certain band of frequencies within your auric field and beyond. Thereby, your reality on the physical plane is created. The laws of the Universe state that "you must always experience that which you create."

REMEMBER: THE SPOKEN WORD IS THE LANGUAGE OF THE PHYSICAL WORLD. THE LANGUAGE OF SPIRIT IS COMPOSED OF LIGHT, SACRED GEOMETRY, IMAGERY, SOUND AND COLOR. WHEN YOU ARE RADIATING THE REFINED FREQUENCIES OF LOVE ALL AROUND YOU, THE NEGATIVE FORCES WILL NOT AFFECT YOU.

My brave Ones, you must become a tributary of the River of Life, a channel for the Divine force of Creation. Stagnation begins immediately when you stop the flow of Adamantine Particles into and through your Sacred Heart. As you become a Sentinel of Light, your aura will grow and glow as you become illumined by the radiance of Spirit. You, your home, your neighborhood, city, state, province and country all have an auric field, whether it is bright or dim. The heart and Soul of each country must be revived. When unity consciousness is lost, the Spiritual life force of a country begins to wane. Remember, everything that exists has an aura. The divinity and awesome power of the Creator is in everything!

Many Souls are what could be termed spiritually bankrupt, for they have either used up their allotment of Adamantine Particles of Life / Light and are now so steeped in the lower frequencies of the Third and Fourth-Dimensional world that they can no longer tap into the cosmic river of Life and draw forth the full-spectrum Light of the Creator. Or since early

childhood, they have not been able to attain the required level of harmonious frequency patterns to ignite their allotment of Adamantine Particles stored within their Sacred Heart.

Unfortunately, many dear Souls take with them into death the greater portion of their allotment of Creator Light. These are the tormented Souls who feel unloved and have led a life of suffering and often isolation or violence, which was created by a sense of hopelessness, feelings of self-hatred and inferiority. They often focus their hatred and frustration outwardly, blaming others and fate for their failures, while all the time being unaware that they are the source of their own pain and suffering.

Many of these precious ones choose to come forth on what could be called the lower spectrum of Shadow and Light. At a Soul level, they chose the overlay for the life's drama they would experience because they wished to overcome certain imbalanced frequency patterns from the past. However, many times the path they chose is too much of a challenge and they fall back into the negative patterns of many fruitless lifetimes. Those who have the least freedom of choice are driven by obsession, addictions and unconscious impulses. They are controlled by past negative influences that are very difficult to correct. Remember, dear hearts, you are not judged by anyone but yourself, and you will always be given an opportunity to overcome past transgressions. Self-forgiveness is the first step in healing the past and reconnecting to the power within.

It may seem heartless and uncaring; however, a Self-master will gradually end relationships with people they are no longer in harmony with. There should be no judgment, just a gradual letting go and a withdrawal or severance of any energy cords of attachment. It is usually the other person who ends the relationship, for they can no longer receive the "emotional energy'" they require from the enlightened person.

So many lonely Souls are seeking their Soul mates, and this is taking place around the world as more and more Souls reach a certain level of harmony within. For millions of you, this is the time when your Soul has reached the furthermost point of Its journey of separation, and you are now in the midst of the journey of "reunion and integration". Your Soul has gradually been infused with a Divine discontent which is slowly filtering into your consciousness, and you have turned inward in order to tame the ego and reconnect with the Soul, the OverSoul, and the multiple facets of your greater Self. You now have the potential to connect with the many Facets of your Soul family, your Higher Self, your many OverSouls and your God Ray (I AM Presence).

On the other hand, many Soulmates have similar Soul vibrational patterns but do not necessarily have similar physical auric patterns. Soul frequencies are stronger than physical frequency patterns, and they are stronger when you are in an emotional, heart-felt state. If the radiance is strong enough, the beauty of Soul shines through; however, it may not be strong enough to overcome the physical, emotional and mental traits that are not in harmony, one with another, in order to create a lasting, satisfying relationship. Physical relationships are difficult at best on the earthly plane, and especially when you are striving

for Self-mastery, and you are in the process of "knowing thyself," which leads to constant, transformational changes within and without.

My brave ones, never forget, you are eternal and immortal. Your physical body is a temporary temple in which God dwells. The Sacred Heart is the temple of the Soul; therein is the Essence of life where true love resides, and where your awareness of Infinity begins. The Diamond Core God Cell within the Sacred Heart contains the Twelve Rays of God Consciousness which are etheric crystal prisms of refracted Light called Rays that beam forth the Essence of Creation.

Death is a metamorphosis, a changing of the cloak of flesh for a cloak of Light. You have but one life and that is eternal. You have assumed many roles while on your journey throughout eternity; however, you are as you were in the beginning within your Sacred Heart: a Divine child of the Supreme Creator. To become "Christed" is to realize your Divinity within, and then following unerringly the guidance of your God Self. In the higher realms your vessel of Light is pure, perfect and indestructible. Envision a wholeness that has never been altered and has no imperfections.

Staying centered within the Sacred Heart maintains your connection to the higher levels of God Consciousness, and assures a steady flow of Creator Light, Love, and Life. The Superconscious mind is a magnet for higher, godly truth. The desire body is a generating force within each person. You are dominated by either the ego desire body, which is controlled by the physical senses or the spiritual "righteous" desire body, which is controlled by the Higher Self.

The subconscious, subjective mind is ruled by the conscious mind and past conditioning. It is programmed and reprogrammed through vibratory influences, whereby the lower, negative thought forms of the past have convinced you that you are sinful, weak, imperfect and inferior. Throughout your many past life experiences, you have created a powerful vortex of doubt, depression, fear, scarcity and debilitating disease, which leads to premature death. These harmful thought forms have been repeated over and over again until they are firmly entrenched within each individual's subconscious mind, as well as within the collective conscious belief structure, until they become the accepted reality of the masses.

Your Sacred Mind always knows the truth and it will eventually override the misconceptions of the conscious mind which can be reprogrammed as you strive to clear the subconscious mind of negative influences. Your Sacred Mind is the direct connection to the God Mind. Moderation in all things results in equilibrium, balance and a sense of well-being.

Self-mastery leads to control of the physical emotions and the thought processes of the lower mind. A Self-master stands firmly centered within the Sacred Heart in the midst of chaos and change, holding fast to the wisdom of the Sacred Mind — as it gathers strength and guidance from our Father/Mother God — always an observer of the process as all illusion slowly fades away.

Ascension means attaining a clearer awareness of Self and accepting the fact that you are an extension of our Mother/Father God. As you delve deeper and deeper within Self, you come to realize your intimate connection with the Creator. Once you have felt the exquisite bliss of a heart-to-heart connection with our Mother/Father God, and you are able to draw fully on the Adamantine Particles of Love/Light, your yearning for love is gradually fulfilled. Your hunger for sustenance will also be satisfied and you will be given the strength, will and determination you require to joyfully complete your earthly mission.

Energy is generated through frequency patterns of attraction, rather than patterns of resistance or friction. Thoughts, words and emotions have a helpful or detrimental effect on the physical vessel, and they also create a certain band of frequencies within your auric field and beyond. Thereby, your reality on the physical plane is created. The laws of the Universe state that you must always experience that which you create.

As you begin the process of integrating the many Facets of your Higher Self, you will also tap into your higher creative abilities. You must learn to perfect a state of alert relaxation, whereby you are the cocreator as well as an observer of the process. You must be patient, for there is a preparatory stage that must be followed in the process of activating your higher consciousness powers and attributes.

The language of the unconscious and subconscious minds is primarily imagery. The activation and integration process of the subconscious, conscious and Superconscious minds is greatly accelerated by the deliberate practice of perfecting your imagery and visualization skills. Perfecting your Tele-thought skills requires an intense will to succeed, along with determination and concentration.

Your progression into the higher realms of consciousness is a gradual awakening process, whereby you awaken to the nudgings and wisdom of your Soul Self, and your Higher Self-OverSoul. As you step onto the Path of en-Lighten-ment, you initiate the process of developing a conscious, mindful awareness. You must first focus on the physical aspects of your Being: your physical vessel, the chakra system, your emotional nature and your mental capabilities. Gradually, over time, as you balance, harmonize, and integrate a certain degree of unity consciousness within your physical State of Being, you are ready to access the vibrational patterns, wisdom, attributes, and abilities of the higher Fourth- and lower Fifth-Dimensional realities. This is the basic transformational process called Ascension in Consciousness.

This procedure includes joining, balancing and integrating the right and left hemispheres of the brain, gaining and access to your Sacred Mind, as well as balancing and harmonizing the seven etheric mind centers within the physical body called the Chakra system. As you ignite the Kundalini Fire that is stored within the Root Chakra and your reserve of Adamantine Particles of Light (which were stored there at birth for future use), you begin the process of opening and activating the Seven Seals of higher consciousness. You will gradually gain access to you Sacred Heart center, and your Diamond Core God cell begins to blaze forth, thereby magnifying and radiating in greater force the dynamic Rays of God Consciousness.

This is your own special formula, your Soul Song, which was encoded within your crystalline structure before your journey into physicality. Your task is to magnify, increase and add to this Soul Signature of Light as you move deeper and deeper into expanded God Consciousness.

You must realize that you exist in a whirlwind of vibrational frequencies created through your own forceful thoughts, actions and intention. While existing in the lower frequency environment of a Third- and Fourth-Dimensional reality, you only have access to energy forces composed of Primal Life Force Substance, the half-spectrum Light of the inharmonious material planes of existence. These vibrational frequencies will respond to your thoughts and actions, whether positive or negative, eventually manifesting materially depending upon the force and repetition of your thoughts. Your mental state of mind determines the outcome of your creative endeavors. Universal Law assures that you will experience the resulting manifested expressions of your thoughts and actions, whether positive or negative.

Are you willing to strive to maintain a balanced forceful nature so that the frequency patterns you radiate forth into the world are loving, kind and beneficial to all? If you are truly serious about developing your latent skills of telepathic communication, it is important that you devote some time each day to study and practice. Create a sacred space where you won't be disturbed and ask your guides and teachers to join you there. As you gradually attune to the higher realms and clear the distortions of the past from your personal column of Light, which connects you with your I AM Presence (God Self) and our Father/Mother God, you will slowly develop your ability to maintain a constant Alpha State level. Thereafter, you will enjoy an ongoing relationship with your Higher Self/Selves, your guides, teachers, the Cosmic Council of Light and the angelic realm. That is your ultimate goal.

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes. 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. When you doubt, need inspiration or strength, come into your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael. \

*** RONNA VEZANE / SACRED SCRIBE ** www.StarQuestMastery.com

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FEBRUARY - 2_Activation_Memory_Seed_Atoms

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * FEBRUARY 2022

\

RONNA VEZANE / SACRED SCRIBE \\

ACTIVATING THE CRYSTALLINE MEMORY SEED ATOMS OF THE FUTURE

ARCHANGEL MICHAEL:

Beloved masters, you are now in the process of reuniting with your STARSEED SOUL FAMILIES. You are ready to begin to form some of your many TRINITY SOUL UNITS – consisting of those Souls who have activated and are consciously using all three God Rays of Divine Will, Divine Love, Wisdom and Divine active Intelligence – units composed of 3, 9, 12, 24 and 144 beloved Souls. Many of these Soul groups are in the formation stages on the physical plane. You, the vanguard, are now in the process of creating these wondrously empowered Spiritual units. You are the brave spiritual pioneers who will become inspiring examples for humanity. You are also the ones who will provide the initial MEMORY SEED ATOM CODES of Creator Light – the new Divine Blueprints for the emerging CITIES OF LIGHT on the Earth Plane.

In addition, there will also be many Soul Groups, comprised of people who have never met on the material plane, formed within the new FIFTH-DIMENSIONAL, UNITY SACRED-TRIAD PYRAMIDS. These reunions and joint missions will be even more powerful and meaningful than the ones formed in person. Yes, my brave Warriors of Light, the long foretold era that you have all yearned and striven for is upon you. We of the Realms of Light rejoice in your victory. We stand steadfastly beside you as we all journey forth together to assure that the Divine Plan for the New Age is fulfilled. You are loved most profoundly, I AM ARCHANGEL MICHAEL.

RONNA:

Dear friends, the time we have been waiting for is finally upon us. The “null zone” we have been in for some time now is over. It is TIME FOR ACTION. We are strongly and clearly being given an important part of our new Divine Mission for the Age of Aquarius. I have never felt Archangel Michael’s loving energy so forcefully. He is emphasizing that during

these critical times of transformation, we much take action now in order to ease some of the tremendous stress upon our Mother Earth, the Devic Kingdom, and the elements of nature.

It is vitally important that you understand why our actions and participation are so critical. We are the ones who must bring in and anchor the Creator Light that will activate the new Divine Blueprint -- beginning with the activation of the CRYSTALLINE STRUCTURES DEEP WITHIN THE EARTH, WHICH CONTAIN THE WHITE FIRE SEED ATOMS OF THE FIVE HIGHER GALACTIC RAYS OF CONSCIOUSNESS.

Also, we must consciously begin to work with the great Devic and Elemental Kingdoms to transmute and clear all of the powerful, destructive negativity that humanity has been spewing out into the ethers. If we do not, there will be even more destruction via powerful fires. hurricanes, floods and earthquakes. Universal Law states that we must experience that which we create, and it is humanity that has created these powerful "weapons of destruction."

Archangel Michael has told us much over the years about how great crystalline structures were strategically placed deep within the Earth's surface when it was first formed. These great clustered spires contain the Divine Blueprint programmed by our Father/Mother God for each sub-cycle of the seven great Cosmic Ages for humanity's sojourn within this Sub-Dimension.

Our Earth, humanity and all sentient Beings are now integrating and processing the refined frequencies of the Five Higher Rays of galactic consciousness. The blueprints for Seven Rays of God Consciousness for our solar system have also been upgraded to incorporate the first three sub-levels of our Fifth-Dimensional consciousness. Just as we, the STARSEED Light workers, have been consciously activating the semi-dormant crystalline structures and the Violet Flames within the great earthly caverns for many years, it is now time for us to begin the process of activating the CRYSTALLINE MEMORY SEED ATOM programming for galactic consciousness, which is contained within these great sentient crystal structures.

We also have programmed MEMORY SEED ATOMS within our SACRED HEART and our SACRED MIND. Without even being aware of it, over time, some of us have gradually been activating these precious Seed Atoms. We have also been performing the service of assisting in the activation of the MEMORY SEED ATOMS within those dear Souls who are ready for this precious gift, as well as for our blessed Earth. However, as active Champions of Light and bearers of the new Divine Blueprint, it is now time for this process to be understood and actively used, with intention, by all of us.

MEMORY SEED ATOM CRYSTALS

AND ADAMANTINE PARTICLES WITHIN THE EARTH

RONNA:

While in deep meditation, Archangel Michael told me that there are historical and scientific MEMORY SEED CRYSTALS stored within great subterranean caverns in strategic places around the world. These etheric SEED CRYSTALS are in the same caverns as the Eternal Violet Flames, and both have an integral part to play in our present ascension process. The various Sacred Sites and holy places around the world have, most often, been built over or near one of these great caverns – or where there is one of the great crystal clusters and spires. You will also find portals to the inner Earth near some of these special Sacred Sites.

When we are guided to visit one these special places, we may experience a most wondrous event of which we are not even aware of at the time. If your intentions are pure, and your Energetic Signature and Soul Song resonate at a higher Fourth-Dimensional level or above, you will automatically activate the appropriate Memory Seed Crystals stored within the cavern below the Sacred Site you are visiting – for quite possibly, you have performed this service before; perhaps, many Ages ago or quite possibly in a more recent past life.

In turn, you will be gifted with an activation of some of the White Fire Seed Atoms stored within your Sacred Mind. These will most likely be Memory Seed Atoms, some of which hold advanced information that you will need in the future; or Memory Seed Activation Atoms, which will trigger the activation of a particular talent; or perhaps Healing Memory Seed Atom, which will help you overcome some affliction or release a troublesome, addictive habit.

Throughout the Earth's history there are stories of masters and great Beings who accomplished amazing feats, won great battles, created many magnificent edifices and performed amazing miracles through their own, seemingly, super-human efforts.

What has not been known, heretofore, is that these great Ones knew how to draw forth some of the Memory Seed Atoms from the great caverns within the Earth. They had the capacity to draw forth a full measure of the First Ray of Divine Will Power, along with an added measure of Creator Particles of Light, and also Life from within the storehouse caverns deep within the Earth.

It is important that you understand that a good portion of the Adamantine Particles of Light allotted to the planet were stored within these great caverns when it was first created. The balance was stored within the Earth's Sacred Heart Core. Every planet, galaxy, sun, star system, Sub-Universe, and Universe within the Omniverse have repositories of Adamantine Particles of Life/Light – and so has every Soul ever created.

Just as we must activate the Adamantine Particles we carry within, and the ones we draw forth from the unlimited supply of Creator Light, we must also activate the Adamantine Particles stored within the Earth through our loving intention and action. We are now moving into the vibrational patterns of mastership, and we are being offered special gifts, talents and specific dispensations to assist us in assuming our role as World Servers.

A NEW CLARION CALL has gone forth for those of us who came to Earth as members of ARCHANGEL MICHAEL'S LEGIONS OF LIGHT. We are being called together once more in

order to complete our current earthly mission. We have spent many lifetimes and endured tremendous trials and tests – in order heal our past and harmonize our physical vessels – so that the MEMORY SEED ATOMS that were encoded, so very long ago within our Sacred Hearts and Sacred Minds, could be activated. These were keys and codes that have assisted us to complete the GROUP DIVINE MISSION we were assigned by our Father/Mother God of this Sub-Universe.

SHINE ON, dear friends. Love and Angel Blessings, Ronna

RONNA VEZANE ** STAR*QUEST ** www.StarQuestMastery.com * E-MAIL: RonnaStar@earthlink.net

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * MARCH 2022\

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RONNA VEZANE / SACRED SCRIBE

THE TIME IS NOW

Beloved masters, allow us to return to some basic but vitally important concepts and teachings: Once more, it is time for you to answer the new Clarion Call. It is time for you to step to the fore and say,

“I AM READY”. It is time for you to discard the remaining remnants of the disguises you assumed for the earthly drama you chose to play out in this lifetime.

You have been playing with the concept of empowerment of Self long enough. It is time to reach out and take the Cloak of Light that is waiting for you, a garment that contains all the knowledge, attributes, and qualities of mastership that you left behind when you embodied in your denser physical vessel.

You encumbered yourselves with overlays of negative, self-limiting concepts and thought forms from a multitude of past lives in order to face and conquer your greatest enemy, FEAR. We have explained many times before, ‘fear is the absence of love in some measure’. All negative emotions, impulses, and beliefs such as anger, guilt, shame, unworthiness, low self-esteem, resentment and so on, stem from a sense of being cut-off from the life-giving Love/Light of our Father/Mother God.

You learned to project these feelings outward to those around you in an effort to recapture that feeling of warmth, joy, safety, and empowerment that the pure love of the Creator instilled within your heart center. Over the many past Ages, you gradually forgot that all the emotional sustenance you will ever need is supplied via that vertical shaft of Light that connects you to your Divine God Seed Atom and ultimately the Creator.

You began to project emotional cords of attachment toward those around you, which have resulted in a tug-of-war battle in many forms between individuals, male and female, families, cultures, and nations. This has created an emotional war in which there are no winners, only losers, for no one can derive from another that which will conquer the debilitating enemy called fear.

You are in the process of finding your way back to the love of the Sacred Heart, which is unconditional love. Love with conditions became the norm as humanity sank into the density. From these negative thought patterns all other self-limiting concepts sprang forth and became your truth. Any wonder you have been at war with those around you, for you have been fighting a losing battle within yourself for such a long time.

Now is the time to reverse, release and restructure your present reality — a new reality that encompasses all the lessons in mastery we have given you over these past years. We have given you effective ways to monitor your thoughts and still the mind in order to reprogram your sub-conscious and conscious minds with higher wisdom from your Divine Self. We have taught you how to balance the multiple-minds of your chakra system so that, once again, they are working harmoniously, one with another.

As you experience peace within the mind, you will also begin to experience joy and bliss within the heart, for they are inexorably connected. It is time for you to release all those concepts that do not support your highest, most-empowering vision for the future, for whether you believe it to be so or not, each and every day you are becoming more powerful cocreators.

Just as in the drama that is being played out on your planet today, there was a time in your ancient past when you, too, stepped forward, saying, "I am ready to serve." You left the beauty, safety and comfort of your homeland and journeyed out into the unknown. You spent many thousands of years, as you count time, in preparing yourself for your mission and you were tested over and over again to see if, indeed, you were ready.

You took an oath and agreed to allow yourselves to be diminished in Light, wisdom and power to whatever degree was necessary by fragmenting your wondrous Self, over and over again, in order to fulfill your assigned task. Your loved ones wished you well and watched you go with great sadness but also with pride welling up within. For they knew that you were going forth on a great mission; a mission mandated by our Father/Mother God. They knew that you would be away for a very long time, and they also knew that you would forget them; however, they would never forget you. Now the members of your spiritual family are sending you beams of Love/Light from home – loving messages telling you how much you are missed and that it is time to return. Indeed, it is time for a spiritual reunion of monumental proportions.

The cosmic trumpet call for the battle of extreme duality to end has sounded. It is time for you to return to your true state as a full-fledged Emissary of Light for the Creator. A new assignment is being offered to you, an assignment that requires you to reclaim a grand portion of what you left along the way on your descent into the material realm of reality. Remember, as you spiral forward and upward into the higher realms of Light, you are also being reunited with your Spiritual family.

The battle between the Light and shadow-side has really been a battle amongst yourselves. As the many Fragments of expression were brought forth into physical embodiment, you all

began to believe and affirm that yours was the right or true way; that your customs and traditions were the best; or your religion and rituals were the ones favored by God. Humanity created the broad spectrum of Light and shadow in which the pendulum of truth and power would broadly swing back and forth over these many past Ages.

In reviewing your past, it is obvious that there are never any true winners in a war, only shifting power and different kinds of problems or inequities. Humanity has not yet learned the art of empowerment through positive, assertive action, which seeks justice for all. The wars you are fighting now are a result of seeds of hate and fear that were planted thousands of years ago. And, until humankind accepts the truth that you are all brothers and sisters in Spirit, there will be no true peace on the Earth. An Earth that is steeped in and hindered by Third- and Fourth-Dimensional vibrational patterns of fear and limitation. When the Earth and humanity ultimately are lifted into the refined frequencies of the higher Fourth- and Fifth-Dimensional frequencies, there will be peace on Earth. War will be a vague, distant memory of the past.

That is why it is so important for you to join the Legions of Light who are endeavoring to create a new Earth where peace and harmony will prevail. Each of you is much more powerful than you can ever imagine, especially if you have integrated and are using the tools of mastery we have offered you. Each time you visit your Pyramid of Light and Power, thereby filling yourselves with the Divine elixir of Love/Light from the Creator, you bring back with you into the physical realm more of that wondrous energy. You radiate it forth from you and it filters out as a gift to all those around you. Slowly but surely, you are magnetizing to yourself and into the Earth the building blocks of Light, which you will use to recreate the dreams and projects you have envisioned in the higher realms.

Beloveds, will you surrender your emotional pain to us and allow us to show you how to return to emotional peace and harmony within? Will you allow us to help you replace old limiting thoughts with new empowering concepts of mastery? Are you brave enough to script your vision for the future and place it in your Pyramid of Light, asking for the highest outcome for all? Are you willing to release any

attachment to the outcome? As you align your will with the Creator's Will, you will be amazed at the sense of freedom and the assurance of rightness you will feel, for the desire of our Father/Mother God is always for your highest good.

Mental harmony comes with reprogramming old negative, limiting thoughts which are judgmental, rigid, and controlling. Mental detachment comes with wisdom — an understanding and faith in the Universal Laws. As an Emissary of Light, you will seek to live by the highest moral standards through virtuous conduct, and with a burning desire to see justice for all. Emotional and mental health and physical well-being are a result of learning to live in the sacred space of the heart while staying attuned to the wisdom of your Higher Self.

As you learn to function within the stillness of the Sacred moment of Infinity or the Still Point of Creation, magical things begin to happen to you and around you. You begin to create an energetic force field around you that is impenetrable. Your body is constantly renewing itself via the thought forms and energetic patterns you radiate. Change the self-limiting patterns and negative thought forms to those of positive, expansive vibrations, and you will change your body, your reality, and ultimately your world.

Are you willing to expand your thoughts to encompass a new reality? Are you willing to expand your boundaries as to what is possible to create and enjoy in your new reality? Are you willing to claim the prosperity and abundance in all those things that you so desire? Are you willing to expand your mind and your vision, as you reach upward and outward, to incorporate all the wondrous new concepts and inventions just waiting for someone to claim, integrate and create them?

Look back at the progress of humanity over the last 100 years or so. You have made astounding progress in all areas of physical existence. We tell you, dear friends, it is nothing compared to what is waiting for you in the here and now. A quantum leap in evolution and human consciousness is taking place, and those who are preparing themselves for this advancement are the ones who will set the pace for what is to come during these next important years on Earth.

We have told you that our Father/Mother God is now taking an active part in the process of reunification. There are wondrous new colors beyond anything you can conceive that are redefining the Rays as you know them. This is because new frequencies patterns are being added, as well as new qualities and attributes as they become Rays of refined Universal consciousness.

The First Ray of Divine Will/Power to Create has become the Royal Ray of the new creative process now in progress. It blends the esoteric (spiritual plane) color of blue for truth and valor with the exoteric (material plane) color of red for power and forward thrusting action, making it magenta in color with a sparkling, luminescent overlay of Creator Light.

Some time ago, we told you about the new Rays or Sub-rays of individualized expression from the Creator Mind. You are truly becoming Builders of Form, along with the mighty Elohim, as you learn to wield the cosmic tools of Creation. As you claim the gifts of the First Ray, you have the ability to integrate into that Ray, for your use, those attributes you feel you most need, in their highest and best form. As you claim the gift of the Royal Ray of Divine Will, please infuse it with compassion, benevolence, clear vision and purpose, with a desire to create harmony, peace, and abundance for all people on Earth, not just the few.

That is why we have spent so much time teaching you about the aspects, attributes, qualities, and virtues of each Ray in both their positive and negative forms. How will you know what needs to be changed if you are not cognizant of what is available, and to also become aware of how you are presently using the energies? The wondrous energy of new

Creation is swirling and spiraling all around you. All you have to do is turn inward and reach out to take the new cells of God Light that are being showered down upon you.

If you are daring enough and willing to do the work, you may tap into the higher frequencies within your column of Light in order to bring down the more refined and powerful Memory Seed Atoms of pure cosmic unmanifested potential. These gifts are waiting for you in your Pyramid of Light and Power. All you have to do is stay centered within your Sacred Heart with pure loving intention, and a desire to assist in returning the Earth to the paradise it was in the beginning. You must also be willing to state, "I AM READY to, once more, become an Emissary of Light."

We promise to Light the way and clear the path for you as we come ever closer together on our journey into the bold, new future of tomorrow. May you bask in the knowledge that you are a beloved child, a White Fire Memory Seed Atom of our Father/Mother God, and you are eternally loved. I AM Archangel Michael. Copywrite: Ronna Vezane/Sacred Scribe * STAR*QUEST* www.StarQuestMastery.com

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WISDOM MESSAGES FROM ARCHANGEL MICHAEL * APRIL 2022

RONNA VEZANE / SACRED SCRIBE

THE LAW OF POSITIVE RETURN

Beloved masters, the Rays of Divine Light, which are radiated throughout Creation via the great Archangels, not only contain the all-encompassing attributes of our Father / Mother God but their thoughts and emotions of love and wisdom are also constantly being Ray-diated throughout all Creation. It is to each person's benefit to integrate as much of this Divine Light as possible; however, it is also their responsibility to pass on the remainder of this blessed energy to humanity and the Earth.

It is also vitally important that humanity radiates a "tithe" of Love/Light and gratitude back to the SOURCE of ALL. Universal Law mandates that there must come a time when all conscious Souls begin to return a portion of the Divine gifts of Love/Life they have been allotted—it is called the Law of Responsive Return.

When you actively participate in sharing your allotment of Adamantine Particles in times of prayer, affirmation, meditation and via the World Pyramid, you are fulfilling your obligation to our God Parents as an active, caring cocreator and a conveyer of Love/Light. This is the highest and most effective form of tithing. It is important to share your earthly riches; however, it is even more important to share your loving energy, gifts, and talents of Spirit.

The SACRED WHITE COSMIC FIRE, Adamantine Particles, that you magnetize to you as an awakened Self-master must continually circulate. Only a certain amount — that which is appropriate for each Soul to integrate at their current level of en-Lighten-ment — can be stored within the physical vessel. The remainder must be RAY-diated out into the world of form. The Supreme Creator is composed of infinite, indefinable Essence power, which is so overwhelming that you cannot even imagine ITS' magnitude. That wondrous Essence power has been stepped-down within every dimensional level of Creation so that you, the StarSeed cocreators, may claim your portion of this magnificent energy.

Each human Being contains hundreds of potential personality traits, which have been stored within the genetic structure of his or her four-bodily systems (physical, mental, emotional, and etheric). It is up to each person to determine which personality traits he or she will develop and present to the outside world. The faster you neutralize or harmonize your negative personality traits, the more quickly your godly potential or your master-self will emerge. Only then will you gain access to your full potential as a cocreative master within the physical planes of existence.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or Medulla Oblongata at the base of the skull; the back portal of your Sacred Heart and your Sacred Mind, which is located in

the upper, back portion of the brain. Thereby facilitating the expansion of the opening of the Crown Chakra and your column of Light. These are major physical steps in the Ascension process, for they will clear and expand your connection with the River of Life, which contains the Living Light Particles of Creation called Adamantine Particles.

At that point, you begin to build a force field of the Full-Spectrum Light for this Sub-Universe, as you strive to become a Self-master – a conscious cocreator who only creates those things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

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 used in the wondrous creations of the new Divine Blueprint. 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.

The SACRED TRIAD is the vehicle through which the God-Seed Atom works, just as the Soul works through the personality on the Earth Plane. The Seventh sub-level – the highest, Fourth-Dimensional level – is a vehicle of the Causal Body Soul-consciousness. The Causal Body is the Spiritual Body of the God-Seed Atom Soul Fragments, and it is an intermediary between Spirit and matter, life, and form.

THE THREE COSMIC CORDS OF LIGHT: There are three COSMIC GOLDEN CORDS OF LIGHT FROM WITHIN YOUR GOD-SEED ATOM, which flow down through your many SACRED TRIADS into your Fourth-Dimensional Causal Body, and then down into your OverSoul / Higher Self into the physical vessel. The three cords are the LIFE FORCE ENERGY CORD, THE CONSCIOUSNESS CORD, AND THE CREATIVE CORD.

1. The Breath of Spirit, Life and Energy Conduit (which contains two Threads of iridescent Light) first anchors within the Soul Star, OverSoul/Higher Self. Of the two Life Energy Threads, one — a Gold Cord — is then anchored within a God-Seed Atom in the Pineal Gland, and the other one — a Silver Cord — is anchored within the Diamond Core God Cell within the Sacred Heart. This essential “CORD OF LIFE” uses the blood stream as its primary distributing agent.

2. The Consciousness Cord connects with your OverSoul/Higher Self within your Soul Star Chakra, and then anchors within the Pineal Gland in the brain.

3. The Creative Cord connects with the Right Brain hemisphere of the higher mind of intuition and inspiration and with the Sacred Mind.

SOME OF THE MAJOR PERMANENT SEED ATOMS WITHIN THE PHYSICAL VESSEL:

1. A FIRST RAY, MENTAL SEED ATOM WITHIN THE PINEAL GLAND.

2. A SECOND RAY, HEART SEED ATOM WITHIN THE SACRED HEART

3. A THIRD RAY, ASTRAL SEED ATOM WITHIN THE SOLAR PLEXUS.

4. A ROOT CHAKRA SEED ATOM CONTAINING A RESERVE OF ADAMANTINE PARTICLES OF LIGHT.

5. A SECOND SEED ATOM WITHIN THE ROOT CHAKRA CONTAINS YOUR DIVINE

BLUEPRINT FOR THE EMERGING AGE OF AQUARIUS.

The higher wisdom and refined energy required for traversing the sub-levels of the Third /Fourth Dimensions are supplied by the three God Ray attributes and qualities of each, more refined, OverSoul/Higher Self. This vital energy flows through the Threefold Life / Light Cords within the person's Column of Light: Life Force Energy, Conscious awareness, and Creativity.

As a person gradually awakens to the nudgings of the Soul and Higher Self, thereby becoming a Seeker of higher wisdom, the Consciousness and Creativity Cords become active, and the vital frequencies of Self-mastery and Ascension begin to flow into the physical vessel. Eventually, higher frequency, vibrational patterns will be radiated from the GOD-SEED ATOM down through the River of Life column of Light – the Antakarana – into the Soul Star, and then directly into the Pineal and Pituitary glands, and also into the Sacred Mind and Sacred Heart. The physical mind, controlled earlier by the ego desire-body personality, is now controlled by the higher frequency consciousness of the Soul Self.

Each Sacred Triad was diminished in Light Quotient as it moved further out into the void and the density of Creation. The beginning Fifth-Dimensional stage of awareness — the densest, first sub-level — will initiate a focus on the mental body and the integration of Divine Will. Specific evolutionary laws apply in each sub-plane as well as in each full plane of consciousness.

Every SACRED / SPIRITUAL TRIAD contains the Essence of the Three God Rays for this Sub-Universe: DIVINE WILL * LOVE / INTUITION * INTELLIGENCE IN ACTION.

THE LAWS OF SPIRIT WITHIN THE FIFTH DIMENSION ENTAIL: Learning how to wield energy in the physical, material world using the three God Rays from within your GOD-SEED ATOM, via the SACRED TRIAD within the first sub-level of the Fifth Dimension. This process takes patience and practice; however, if you implement and practice the techniques we have given you, you will gradually become attuned as a proficient cocreator in the higher realms of form. It is also vitally important that you learn to stay centered within the Still Point of Infinity—the NOW moment of God Power.

The TRINITY aspect of the Third/Fourth Dimensions, BODY / MIND / SPIRIT, will become a perfected DUALITY, a Soul-Infused Personality—a fully conscious Soul on the physical plane. From that point onward, the Soul-infused personality is directly connected to the Fifth-Dimensional, entry-level, Sacred Triad, which is connected to all of the higher-frequency Sacred Triads throughout the Multi-Dimensions. After completing this stage of

evolution, there will no longer be an Over-Soul/Higher Self within the Third and Fourth Dimensions.

HEAD: SACRED TRIAD * WILL/PURPOSE *** HEART: SOUL * WISDOM/INTUITION *** SOLAR PLEXUS: SOUL-INFUSED PERSONALITY (This occurs after the ego-desire body has returned to its proper role as a servant of the Soul so that it may then be incorporated into the SOLAR POWER CENTER).

The Soul's primary goal is to prepare Its physical vessel host to integrate enough Creator Light to lift Its frequencies from the Third-/Fourth-Dimensional environment into the base Fifth-Dimensional level. At that point, the physical vessel becomes Soul-infused or an empowered Soul, within a complimentary vessel. The aspirant is no longer just a human Being with a sustaining Soul. Each person is like a miniature whirlpool in an ocean of the Creator's dynamic, swirling energy.

THE SACRED TRIAD IS AN EXPRESSION OF YOUR GOD-SEED ATOM.

THE SOUL SEED ATOM IS AN EXPRESSION OR A FACET OF THE SACRED TRIAD.

THE PERSONALITY IS AN EXPRESSION OF THE SOUL.

As you traverse the sub-levels of the Fifth Dimension, there is a Sacred Triad stationed within each of the Seven Sub-Dimensional levels, each one diminished in size and Light Power from the one above. All of the Sacred Triads were sent forth directly from within the Heart-Core of your God-Seed Atom, and they have been stationed within every Sub-Level and Full-Dimensional level — all the way down to the lowest — the first Sub-Plane of the Fifth Dimension. As human Beings —Spirit, Soul and Physical Body — you are infused with the WILL to create a sense of purpose, instinctual incentive, and a complex nature. Each person will have unique moods, desires, qualities, inherited complexities and inhibitions, for each incarnation has the DNA Memory Seed Atoms of the sum total of the major aspects of a person's thousands of life experiences. The Soul is reflected through the personality until Soul integration is complete, at which time the Soul Self OverLights the personality and expresses directly through it.

Your planet is now plugged directly into the Heart-Core of the Great Central Sun within the Milky Way Galaxy. The new cosmic waves of Creator Light are a great gift to the awakened Souls on planet Earth. Even though these refined, higher-frequency Rays are not being beamed down directly into the lower Fourth- and Third Sub-Dimensional levels, the transforming frequencies of Light will gradually filter into and affect everyone and everything on and within the Earth.

As a result of its alignment with the Galactic Center and attunement with the Great Central Sun of the Galaxy, the Earth is in the process of raising its frequency patterns — its Soul Song — so it can return to its status as a Sacred Planet. This Sub-Universe is also being upgraded in vibrational frequencies as a result of being bombarded with the Adamantine Particles of Creator Light via our Universal Mother /Father God.

Beloveds, the process that is now taking place is called the Inbreath of Creation. A new, powerful and all-encompassing clarion call has rung forth on your planet, and millions of Souls have once more stepped forward to answer the call. We are gathering our forces, of which you are an integral part, as preparations are made to expand Creation out into the great void. The Creator's higher frequency radiance is now viable and active in your galaxy, solar system and on planet Earth, and you may draw forth as much of this rarified Love/Light as your physical body can contain, as long as you use and share all you draw forth for the greater good.

Ask and we will assist you in every endeavor. Call on us and we will bolster your courage and lighten your burdens. Fear not the darkness, chaos and violence that is growing more rampant for the LIGHT ALWAYS PREVAILS. Know that humanity's future is still bright with promise as you, the WayShowers, walk the path of the masters before you. We shower down upon you a full measure of the radiance of our Father/Mother God. I AM Archangel Michael.

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Your major goal at this time is to return the frequency patterns of your personal Third- / Fourth-Dimensional reality to the originally designed, harmonious spectrum of Light and shadows. In doing so, your pendulum of consciousness will not swing so radically from positive to negative energy and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict you from accessing your higher consciousness. Once this occurs, you are well on your way to becoming a conscious, Soul-inspired Self-master.

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL <> MAY 2022

RONNA VEZANE / SACRED SCRIBE

THE VIBRATIONS OF LOVE OVERCOME ALL NEGATIVITY

Beloved masters: Unfortunately, many Souls have become what could be termed spiritually bankrupt. For they have either used up their allotment of Adamantine Particles of Love / Light and are now so steeped in the lower frequencies of the Third / Fourth-Dimensional world so they can no longer tap into the cosmic river of life and draw forth the full-spectrum Light of the Creator. Or, since early childhood, they have not been able to attain the required level of harmonious frequency patterns to ignite their allotment of Adamantine Particles stored within their Sacred Heart.

Also, sadly, many dear Souls take with them into death the greater portion of their allotment of Creator Light. These are the tormented Souls who feel unloved and have led a life of suffering and often isolation or violence, created by a sense of hopelessness, feelings of self-hatred and inferiority. They often focus their hatred and frustration outwardly, blaming others and fate for their failures, while all the time being unaware that they are the source of their own pain and suffering.

Many of these precious ones chose to come forth on what could be called the lower spectrum of Shadow and Light. At a Soul level, they chose the overlay for the life's drama they would experience because they wished to overcome certain imbalanced frequency patterns from the past.

However, it is important that you understand that many times the path they chose was, most likely, too much of a challenge, and so they fell back into the negative patterns of many

fruitless lifetimes. Those who have the least freedom of choice are driven by obsession, addictions and unconscious impulses. They are controlled by past negative influences that are very difficult to overcome and correct.

Remember, dear hearts, you are not judged by anyone but your Higher-self, and you will always be given an opportunity to overcome past transgressions. Self-forgiveness is the first step in healing the past and reconnecting to the power within. It may seem heartless and uncaring but a Self-master will gradually end relationships with people who they no longer have a harmonious relationship. There should be no judgment, just a gradual letting go and withdrawal or severance of any energy cords of attachment. It is usually the other person who ends the relationship, for they can no longer receive the emotional energy support they require from the en-Lighten-ed person.

Beloveds, it is your Divine Mission to become a tributary of the River of Life, a channel for the Divine force of Creation. Stagnation begins immediately when you stop the flow of Adamantine Particles into your Sacred Heart. As you become a Sentinel of Light, your aura will glow and grow as you become illumined by the radiance of Spirit.

You, your home, your neighborhood, city, state, province and country all have an auric field, whether it is bright or dim. The heart and Soul of each country must be revived. When unity consciousness is lost, the spiritual life force of a country begins to wane. Remember, everything that exists has an aura. The divinity and awesome power of the Creator is in everything!

STUDY AND MEDITATE ON THESE CONCEPTS SO THAT YOU MAY INTEGRATE THE INFORMATION AND TURN IT INTO WISDOM:

>> Never forget, you are eternal and immortal. Your physical body is a temporary temple in which God dwells. The Sacred Heart is the temple of the Soul. Therein, is the Essence of life where true love resides, and where your awareness of Infinity begins. The Diamond Core God Cell within the Sacred Heart contains the Twelve Rays of God Consciousness, which are etheric crystal prisms of refracted Light called Rays that beam forth the Essence of Creation.

>> Death is a metamorphosis, a changing of the cloak of flesh for a cloak of Light. You have but one life and that life is eternal. You have assumed many roles while on your journey throughout eternity. However, you are as you were in the beginning within your Sacred Heart: a Divine child of the Supreme Creator. To become Christed is to realize the Divinity within, and then following, unerringly, the guidance of your God Self. In the higher realms your vessel of Light is pure, perfect and indestructible. Envision a wholeness that has never been altered and has no imperfections.

>> Staying centered within the Sacred Heart maintains your connection to the higher levels of God Consciousness, and assures a steady flow of Creator Light, Love and Life. The Superconscious mind is a magnet for higher, godly truth. The desire body is a generating force within each person. You are dominated by either the ego desire body, which is

controlled by the physical senses, or the spiritual, righteous, desire body that is controlled by the Higher Self. The subconscious, subjective mind is ruled by the conscious mind and past conditioning. It is programmed and reprogrammed through vibratory influences, whereby the lower, negative thought forms of the past have convinced you that you are sinful, weak, imperfect, and inferior.

>> Throughout your many past life experiences, you have created a powerful vortex of doubt, depression, fear, scarcity, and debilitating disease which lead to premature death. These harmful thought forms have been repeated over and over again until they are firmly entrenched within each individual's subconscious mind, as well as within the collective conscious belief structure, until they become the accepted reality of the masses.

>> Your Sacred Mind always knows the truth and it will eventually override the misconceptions of the conscious mind, which can be reprogrammed as you strive to clear the subconscious mind of negative influences. Your Sacred Mind is the direct connection to the God Mind. Moderation in all things results in equilibrium, balance and a sense of well-being. Self-mastery leads to control of the physical emotions and the thought processes of the lower mind. A Self-master stands firmly centered within the Sacred Heart in the midst of chaos and change, holding fast to the wisdom of the Sacred Mind as it gathers strength and guidance from our Mother/Father God, an observer of the process as all illusion slowly fades away.

>> Ascension means attaining a clearer awareness of Self and accepting the fact that you are an extension of our Mother/Father God. As you delve deeper and deeper within Self, you come to realize your intimate connection with the Creator. Once you have felt the exquisite bliss of a heart-to-heart connection with our Father/Mother God, and you are able to draw fully on the Adamantine Particles of Love/Light, your yearning for love is gradually fulfilled. Your hunger for sustenance will also be satisfied and you will be given the strength, will and determination you require to joyfully complete your earthly mission.

>> Energy is generated through frequency patterns of attraction, rather than patterns of resistance or friction. Thoughts, words, and emotions have either a helpful or detrimental effect on the physical vessel, and also create a certain band of frequencies within your auric field and beyond. Thereby, your reality on the physical plane is created. The laws of the universe state that you must always experience that which you create. WHEN YOU ARE RADIATING THE REFINED FREQUENCIES OF LOVE ALL AROUND YOU, THE NEGATIVE FORCES WILL NOT AFFECT YOU.

My brave ones, It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an "ego self-serving mode" to a "Soul-serving" state of consciousness. Your Soul is the part of you which is connected to the "Universal Whole." You gain compassion the hard way through pain and suffering; "ego-driven", or the easy way, through the process of reunion with your Higher Self; "Soul-inspired".

Nothing can escape the radiation and magnetic influence of the rarified Creator Light / Adamantine Particles now permeating this Sub-universe, galaxy, solar system, the Earth and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to your many levels of consciousness. You must be harmonious with and attuned to the higher-vibrational cosmic teachings in order to integrate them.

The refined frequencies of Light and sound vibrate through your blood stream, cells, organs, bones, muscles and tissues, thereby, enriching your sense of well-being. The lower frequencies of the Third- / Fourth-Dimensional environment restrict the flow of life-giving energy and increase the density in your four lower-body systems. Your Sacred Heart and Sacred Mind, along with your blood stream and Chakra Mind Centers, carry genetic encodings of your earthly lineage. And even more important, within your DNA are holograms and Memory Seed Atoms of your entire cosmic lineage and your Divine heritage.

Beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns, which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart and Sacred Mind as you draw forth the Diamond Ray Particles of Life / Light and infuse them with your love before radiating them out into the world and to humanity. Together, in our own unique way, we are all experiencing this cosmic dance of evolution. And, through our joint effort and endeavors, we shall prevail. I AM Archangel Michael. Ronna Vezane / Sacred Scribe <> *STAR*QUEST* ** www.StarQuestMastery.com

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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL <> JUNE 2022MESSAGES FROM ARCHANGEL MICHAEL * LM-12-2016 SJE

RONNA VEZANE <> SACRED SCRIBE

THE FIERY FORCES OF CREATION ARE SWEEPING THE EARTH

Beloved masters, remember this term: MEMBRANES OF LIGHT, for it is important that this concept is clearly defined within your mind. There were membranes of Light placed across your memory when you began your journey into the illusionary realities of the Third / Fourth Dimensions. There were membranes of Light placed at the entryway to your Sacred Mind and your Sacred Heart. There was or is a membrane of Light surrounding your Third Eye / your inner sight. When your Higher Self determines it is time for your Third Eye to open, it will be as if you received a surge of sacred energy upon your brow. These specialized frequencies open the Memory Seed Atom Crystals of Light within the Pineal Gland, which initiates the abilities of extrasensory perception called clairvoyance.

Most of you have heard of the 'Ring-Pass-Not,' a thin Membrane of Light Radiation, which encircled the planet for thousands of years. It was a restrictive quarantine of sorts, which has been gradually dissolved from the Earth's atmosphere, thereby allowing the cosmic information flood gates to be flung open so that the next level of Cosmic Wisdom could pour forth to a select group of World Servers and Cosmic Messengers. For many lifetimes, every one of these brave Souls has been in an intense preparatory stage in the higher realms. This intense training period was necessary in order to bring forth the advanced teachings in an accurate, orderly, and timely method.

It is Cosmic Law that you must integrate and experience each level of new truth in order to move to the next, more advanced level. It is a unique and specialized path of initiation. The Ascended Masters of the Cosmic Council of Light do not openly teach in public. They work entirely through their disciples and initiates, mostly by conveying the inspired thought forms of higher wisdom teachings. Initiates work on the mental levels, also mostly behind the scenes. However, a select group is actively teaching out in the world, for inspiring others to become World Servers is their most important task.

There is a Light epidemic whereby every person on Earth is being bombarded by the refined frequencies of God Light. However, each person can only absorb and integrate the frequencies of Light that their physical vessels can accommodate. You must be able to metabolize the higher frequency God Light in order to benefit and make use of it.

Those of you who have steadfastly followed the Path that was designed for you are quickly coming to a state of completion for the particular stage of en-Lighten-ment you have been experiencing for the past ten years. When you attain true Self-mastery, your thoughts and words will become harmless, for criticism and negativity cannot dwell in the Light of love and truth. Service is an intrinsic impulse of the Soul-Self, just as desire is the major impulse of the ego.

Your transition from the impulses or nudgings of the emotional, ego-desire body to the inspirational thoughts of the Soul and the Higher Self have mostly been accomplished. Your focus has moved toward group consciousness and how to serve humanity. You are also well on your way in the transition from I, me , my self-centered interests to a higher frequency of

we / our state of unity consciousness. The intuitive thoughts you receive, and the guidance from your guides, angelic helpers, and Higher Self, become stronger as you integrate more pure God Light. Your reality expands from a small-world focus of a personal state of consciousness to an expanded consciousness, which includes the world, the solar system and beyond. No longer will you respond to painful events in life

as fated or punishment, for you realize they are challenges and opportunities for growth.

You are swiftly moving out of the energy vortex, or collective consciousness band of thought forms created by humanity, which is a vortex of violent activity. Ascension is a process whereby you consciously move forward into higher and higher levels of the energy and vibrational fields of your OverSoul/Higher Selves — forever moving forward into more rarified levels of Divine Cosmic Energy within the higher dimensions.

Your Soul is aware of the imbalances you brought forth from the past and also those you have created in this lifetime. It will do everything possible to bring these imbalances to your attention so you can rectify the imperfections and develop harmonious attunement with the next level of your Higher Self. This is the Soul's main purpose for being. Your Soul and Higher Selves will also make every effort to raise your vibrational frequencies and to assist you in harmonizing the fluctuating energies of the emotional and mental bodies.

As you progress on the Path and begin to tap into the higher vibrational patterns of Light, you will experience the effects of the intensity of the frequencies of Cosmic Sacred Fire. You will be affected by the fiery forces of Creation in three ways: Fire by Friction: Fire of Body ** Solar Fire: Fire of Soul **Electromagnetic Fire: Fire of Spirit.

Eventually, you will learn to recognize the source of the frequency patterns of the various Beings of Light that you are to work with. You will also be able to differentiate between the subtle forces and the Rays. You must strive to become a Divine observer and a master of detachment.

You know who you are; we do not have to tell you. We ask you to steadfastly maintain your Center of Power within your Sacred Heart as you are drawn into the higher frequency levels of World Service. As you move deeper into the realm of the Ascended Masters, your chosen path of service should become easier – almost effortless. Your major challenges and tests are behind you as you draw greater amounts of God Light to you. The warring factions within will slowly release their hold on you as they submit to the transformative vibrations of Love.

My brave warriors of peace, as your Light shines brighter out into the world, you must be vigilant so that you will do nothing which will make you a focal point for negative vibrational forces. Do not be drawn into the negative, destructive vibrations of the chaotic mass consciousness belief structure of the Astral Planes. You are learning to be a director of the Higher Forces. As you refine your skills of Self-mastery, you will learn to identify the quality and force of all energy around you.

In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his or her personal destiny.

For all of you who are firmly on the spiraling Path of Ascension, your major goal at this time is to return the vibrational patterns, which make up your personal world in the Third-/Fourth-Dimensional reality, to the originally designed spectrum of Light and shadow. By doing so, your pendulum of consciousness will not swing so radically from positive to negative, and your mental and emotional natures will once more become stabilized and centered. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. A disciple on the Path of en-Lighten-ment must strive for heart-centered detachment and wise discernment.

In the unawakened person, more choices are made unconsciously than through intelligent awareness. It is as if they are in a semi-conscious state of awareness. The initial phase of becoming a

Self-aware person is to realize that they are not consciously awake. This begins the process of striving to awaken to the nudgings of the Soul-Self, for this is an intrinsic part of becoming spiritually aware and a master of Self.

When you succumb to irritation and respond in loud, angry words or thoughts, you are using astral energy that is contaminating to the auric field. Continued use will build a negative thought form that must eventually be resolved and dissolved via the Law of the Circle. Envision your negative thought forms adding another stone or brick to your emotional prison. Remember: you are composed of units of energy, which create your Energetic Signature and ultimately your Soul Song. Your goal is to learn to control your thoughts and to focus your power. Your thoughts will increase in strength according to the intensity and repetition of your Seed Thoughts. Dear hearts learn to focus on the highest and best attributes of people and conditions within your inner circle of Light. This is one of the most important aspects of creating your personal Fifth-Dimensional environment.

The language of the unconscious and subconscious minds is primarily imagery. The refinement of the subconscious and conscious minds and attunement to the Superconscious mind are greatly speeded up by the deliberate practice and perfecting the imagery and visualization skills.

The Soul needs a vehicle of expression on the physical plane in order to bring forth the power and magnificence of Creation. You must endeavor to rise above and to shelter yourself from the emotional chaos of the mass consciousness existence. However, you must also function efficiently among the masses, and spread your Light as you go about daily life. You cannot live in a detached world and forsake the material world in order to attain en-Lighten-ment. Becoming an unrealistic, vague mystic serves no one. The introspective,

inward-focused meditative practices of the Eastern philosophies are being joined with the creative, outward-focused practices of the Western world.

In a Third- and lower Fourth-Dimensional environment, your mental body is prone to projecting into the future, which creates fear and uncertainty. The emotional body is always replaying the events of the past, some fond memories, but mostly reliving experiences of failure or pain. The present moment is hardly registered at all unless there is some positive or negative drama involved.

You should strive for a strong, highly-developed connection between the mental and emotional bodies, and also between the Soul and Higher Self in order to develop refined spiritual values. As you tap into the higher frequencies of Divine Wisdom, brilliant ideas pour forth from the higher planes of intuition.

You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only to lose it again. However, the times of depression will grow less intense and also less frequent. Be assured that your ego desire body will rebel and resist the efforts of the Soul and the Higher Self, and it will try to keep you in your habitual practices and habits of serving only the little self and its selfish desires.

However, as you progress, you will tap into the realm of the Sacred Mind, and you will learn spiritual discernment. You must constantly monitor and critique your words, deeds, and motives as you train yourself and gain discipline over the little self. Remember: ALL knowledge is a form of Light frequencies.

As you strive to understand your role and purpose for this lifetime, you will learn to turn inward in order to understand who you really are, why you act and react the way you do, and how to tap into your greatest talents and potential abilities. This should be your major goal at this time. Reflection, contemplation, and active meditation will unlock the mystery of your true Self, and what your major goals are for this lifetime.

You are an energy center, a receptacle, a physical body, which contains a measure of pure Creator Essence. You are responsible for integrating and using the Light Energy you need to empower yourself, and you must then send forth the balance out into the world for the benefit of all. Submission to your Divine Mission and to Cosmic Law means adherence to all Universal Laws as they are revealed to you. Walking the path of ascension requires a constant effort to make the highest choices for the greatest good, with an intense desire to serve. You must take responsibility for all actions and the energy you qualify, whether positive or negative, for it will return to you via the Law of the Circle. Your present earthly goal is to become a World Server, and the quickest way to attain this level of Self-mastery is to stimulate the flame of God Power within. Self-mastery is attained in small increments, not giant leaps.

Dear hearts, no matter the level of Spiritual or Self-awareness you have attained, we encourage you to make the Path to higher awareness a priority in your life. The world and the reality you have lived and experienced in the past are swiftly changing. You have a

golden opportunity to join the ranks of those who are creating a bright new world for themselves and their loved ones. You also have the right to remain in the negative environment of the lower world of reality that is swiftly being cleansed, cleared, and modified, thus creating the chaos and monumental changes the masses and the Earth are now experiencing. Which will you choose? Whatever your choice, we will guide and protect you to the limits of Cosmic Law, and we will always love you beyond measure. I AM Archangel Michael.

RONNA VEZANE <> SACRED SCRIBE <>STAR * QUEST<> www.StarQuestMastery.com

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JULY - 7_Mastering_Duality_-_Polarity_Web-ADs

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * JULY 2022

RONNA VEZANE <>SACRED SCRIBE

MASTERING THE DENSE WORLD OF DUALITY AND POLARITY

Beloved masters, your journey into density has been quite an adventure. It has spanned billions of years according to your timekeeping. We have explained how, as you moved deeper and deeper into the great void and the darkness of space, you assisted in filling that void with Light, substance, texture and shapes beyond your wildest imagination. And then, according to the Divine plan, you submerged yourself within each new reality you had helped fashion so that you could experience creation in its many magnificent, diverse forms. Thus began the manifestation of solid matter via pure thought brought forth from the heart/mind of the Supreme Creator; and later Ray-diated forth from the Father/Mother God of each Universe, and then, eventually via your own thoughts as you moved farther and farther from the pure Source of all Creation.

After you came into your individualized consciousness, realizing that you were a Divine Spark of the Supreme Creator, the ALL THAT IS, you knew that you were predestined to journey forth into the great unmanifested void as an emissary of Light, for it was encoded deep within your immortal Soul and your Sacred Heart Core. You, along with all the other awakened "Sparks of Divine consciousness," were destined to experience all the wondrous diversity of creation for the Creator, our Father/Mother God and all the great Beings of Light who remained within the rarified realms of Creator Light.

We tell you this because we wish to impress upon you how ancient and complex you are. You came into this lifetime with a wealth of knowledge and a rich, complex lineage encoded within your DNA, your cellular structure, your mental and emotional bodies, as well as within your extensive chakra system of awareness. You often wonder why the members of a family are so different, when from a narrow point-of-view, they came from the same parents and lineage. The lineage of your earthly family in this lifetime is only a minuscule portion of your vast and priceless heritage.

You have separated your consciousness or fragmented yourself millions of times in order to experience the great diversity of Creation, and you have also reunited with many of the multiple Facets of yourself more times than you can count. Each time you did so, you added more complex information and unique experiences to your memory bank. The further you moved away from the perfection of the Supreme Creator, and the deeper you moved into multi-dimensionality, the denser and less perfect your creations became, for you had less pure Light substance to work with.

Therefore, there is no blame and there should be no feelings of guilt and failure. It was a learning experience. However, it is now time for you to reclaim your Self-mastery, and the ability to create things of beauty and harmony in accordance with the original Divine plan. Now that you are aware that you have the power to tap into an unlimited supply of full-spectrum of Creator Light called Adamantine Particles. What are you waiting for? The rejection of your Divine birthright is a travesty, and your Higher Self will not relent in its nudgings to help you awaken and claim your royal heritage.

We have explained how the spectrum of Light and shadow was created in this Universe so that you could experience duality and polarity. In the higher Dimensions, those closest to our Father/Mother God and the Great Central Sun, the duality spectrum is very narrow. However, it became broader and more pronounced as each dimension was established until it reached what was to be the maximum duality that was to be experienced by humanity. You are aware that it was not ordained or intended that humanity should sink so deeply into duality and polarity thereby causing so much pain and suffering. The time has arrived for the distortions and excesses of the past to be brought back into harmony, and it is our greatest desire to assist you to move through this process with ease and grace.

Will you please heed our words: You are not judged and never have been by anyone or any Being from the unseen or higher realms; YOU ONLY JUDGE YOURSELVES! Under the universal laws of cause and effect, all your thoughts, intentions and deeds are stored within your auric field and your chakra system. You radiate the vibrational patterns thereby created, which go forth from you in an infinity pattern and return to you in like frequencies and measure. In the past, it often took many lifetimes to reap the rewards for positive, loving actions or to experience the penalties for negative or hurtful actions. Therefore, most often, it was not obvious that the “righteous” are indeed rewarded, and the “unrighteous” also receive their just rewards in kind. Again, no great or small Being is doling out rewards or punishment. The universal laws are firmly in place and your own Higher Self monitors your progress or lack thereof, either clearing the way ahead and blessing you with miracles large and small. Or by placing more obstacles before you in hopes you will awaken and step onto the spiral of ascension.

Beloveds, too many of you are carrying great burdens from the past, mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the “burdens of inequity” no longer serves you. It is time for you to allow us to help you heal the painful memories of the past, just as we are clearing the distortions of the Third- and

Fourth-Dimensional collective consciousness belief patterns and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limiting realms of consciousness, membranes of Light were placed around the multiple strands of your DNA, leaving only two accessible and active. Membranes of Light were also placed over your memory, as well as around the Light Packets of wisdom stored within your higher brain structure. A veil was put over your memory so that, most often, you could not remember your past lives, for it would be too much of a burden to remember all your past mistakes and imperfections. It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all your past aberrations. These restrictive membranes of Light are slowly dissolving as you return to balance and harmony and advance on the spiral of ascension and reunification.

A membrane of Light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of Light. However, you and you alone placed a membrane of protection over the front vortex of your Sacred Heart Center because, so often, you have been hurt, disappointed and disillusioned. Slowly, but surely, through the techniques we have given you, you have dissolved those restrictive membranes so that the Love/Light can flow freely to and from you in the way it was intended.

In order to access and radiate the ever-increasing frequencies of Light, you must be able to integrate and permeate your Being with these advanced vibrational patterns, and you must be prepared to radiate them down into the core of the Earth and then project them out into the world-at-large via your Sacred Heart Center portal, from both the front and the back. Remember, we told you that when you first came to Earth, you were a shining crystalline Pillar of Light. Slowly as you sank into the density, you began to build a cross of matter that became more and more unwieldy as your spectrum of Light and shadow increased. Now you are loving those fragments you have created back into balance and harmony as you seek and tap into higher and higher frequencies of Light. You are in the process of become a cross of Light, beloveds, as your spinal chakra system becomes ignited and you radiate Love/Light from your Sacred Heart Center in front and behind you.

We have repeatedly told you to 'heal the past, script your future and then live in the moment,' for this very moment is the Still Point or the power center of Creation. Why not move into the center of that spiral, into the eye of duality and polarity where all is calm and peaceful, and filled with pure, rich, Creator Light just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. And, you will surely become aware that you are a treasured son or daughter on an important mission, and nothing you can say or do can diminish that love.

REMEMBER, YOUR EMOTIONAL, MENTAL AND ETHERIC BODIES CAN BE HEALED AND TRANSFORMED BACK INTO WHOLENESS VIA THE GIFT OF FORGIVENESS. Stand in front

of a mirror and gaze into your own eyes or go into your Pyramid of Light and lie on the crystal table. Say to yourself, "I forgive myself for any action, thought or deed, past, present or future, in this or any other reality, that has not been composed of the frequencies of Sacred Love. I forgive everyone I feel has treated me unjustly in this or any other lifetime and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures that we have created together. I ask the angels of forgiveness to permeate all Facets of my Being with the frequencies of Love/Light so that I may become a "Soul-focused and heart-centered" Bearer of Light and a Self-master.

Breathe deeply as you move into your Sacred Heart Center. Allow the pure Love/Light to pour down through you via your Higher Self. Feel the expansion in your heart center as this Divine elixir of love permeates the very depths of your Beingness. Sacred Love is what frees you from the shackles you have woven around yourselves, binding, restricting, entangling you in karmic interactions. When you deny this love, you are denying your heritage and your Divine birthright. Perform this exercise as often as necessary until you feel you have accepted the truth that you are worthy of forgiveness.

Forgiveness of Self, which facilitates a forgiveness of all others, is an integral step in the process of opening the portal to your Sacred Heart center Remember, your Sacred Heart portal must be open in order to successfully connect with the higher Facets of your Soul Family.

You must be making a concerted effort to return to harmony and balance within your own Being in order to be ready to begin the exciting journey into unity consciousness. Your painful, unsatisfying earthly relationships are a result of inner feelings of unworthiness, guilt, fear of failure and rejection. The battle of the sexes is really an internal battle with Self, as you project your "needs, wants and desire" outward to someone else in hopes they can supply what is missing within.

Your relationships will surely reflect to you the negative energies you need to overcome, as well as some of the positive attributes you desire for yourself. Either can be painful or fulfilling, depending on the way you wish to "play the game of duality relationships." Negative-based physical relationships are fear-based, rigid, self-absorbed and limiting. Sacred relationships are love-based and Spirit-inspired and allow each party to integrate and express the positive attributes of their intrinsic masculine and feminine nature. They focus on wholeness and unity and yet are flexible and allow freedom of expression.

As you lift your consciousness and return to harmony within, you radiate forth more refined frequency patterns and, therefore, you will attract to you those who are radiating and are comfortable with the same level of the Light spectrum. The reunification process entails rejoining multiple Facets and levels of your Soul family consisting of your earthly family, your solar, galactic and universal family and the many Facets of Self, including your Divine Twin Flame and then eventually, the wholeness of your I AM Presence.

Beloveds, won't you begin the process of forgiveness NOW, and make a concerted effort to open the portal of your Sacred Heart Center so that these wondrous gifts can be showered down upon you? Call on us and allow us to assist you. Remember, we are only a heartbeat and a thought away. We enfold you in sacred, unconditional love. I AM Archangel Michael.

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Your major goal at this time is to return the frequency patterns of your personal Third- / Fourth-Dimensional reality to the originally designed, harmonious spectrum of Light and

shadows. In doing so, your pendulum of consciousness will not swing so radically from positive to negative energy and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict you from accessing your higher consciousness. Once this occurs, you are well on your way to becoming a conscious, Soul-inspired Self-master. www.StarQuestMastery.com

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>> THE ASCENSION GOAL FOR HUMANITY, WITHIN THIS ERA OF EARTHLY EXPERIENCE, IS TO INTEGRATE ALL OF THE REMAINING SOUL FRAGMENTS OF OUR INDIVIDUAL SOUL SELF, FROM WITHIN ALL THE SUB-PLANES OF THE THIRD AND FOURTH DIMENSIONS. IT WILL BE SOME YEARS BEFORE OUR PHYSICAL VESSELS BEGIN TO DISPLAY THE BEAUTY AND MAJESTY OF OUR LIGHT BODY VESSEL; HOWEVER, OUR AGING PROCESS WILL SLOW DOWN, AND OUR HEALTH AND VITALITY WILL IMPROVE AS WE FOLLOW THE LOVING GUIDANCE WE ARE RECEIVING FROM OUR BELOVED FRIENDS OF THE HIGHER REALMS.>> WE ARE IN THE LAST PHASE OF THE DIVINE BLUEPRINT FOR EARTH: WHICH HAS BEEN AN EXPERIMENT IN DUALITY AND POLARITY. THE SPECTRUM OF LIGHT AND SHADOW, WHICH WAS ORIGINALLY DESIGNED SO WE COULD DEVELOP OUR SKILLS AS COCREATORS, HAVE BECOME OUT OF BALANCE, WAY BEYOND WHAT WAS ORIGINALLY PLANNED. THE FIRST, SECOND, THIRD AND FOURTH DIMENSIONS MUST BE RETURNED TO THE ORIGINALLY DESIGNED PARAMETERS OF DUALITY. IN ORDER TO STAY ON THE HARMONIOUS BALANCED PATH OF ASCENSION, WE MUST ENDEAVOR TO ALWAYS MAKE THE HIGHEST AND BEST CHOICES FOR THE GREATEST GOOD.

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RONNA VEZANE/ SACRED SCRIBE

<> ARE YOU READY TO TAKE A STAND? <>

Beloved masters, your greatest inborn desire is to return to full God-Consciousness; however, there is still much confusion as to how this is to be accomplished. Many of you are well on your way to becoming cocreative masters of Light once more. It is imperative that you remember: an integral part of your mission on Earth is to share your wisdom with others, after you have integrated and are actively living each new level of en-LIGHTEN-ed awareness. The collective consciousness of humankind within the Third-/Fourth-Dimensional environment perpetuates separateness, limitation, and fear, as well as a narrow-focused reality, a rigid outlook. People often have a self-righteous attitude toward beliefs which are in conflict with the popular accepted belief structure. For your better understanding, we will condense and recap some of the more important truths we have given you over the past years.

When you tap into the Cosmic Mind of your OverSoul / Higher Self, you begin to view the world and all situations from a higher vantage point; from a "we" perspective, instead of an "I" point-of-view, which is the beginning of Unity Consciousness. You gradually gain access to the storehouse of all possibilities within this Sub-Universe, which is innovative and limitless.

All of the Divine Light Substance of Creation that you can integrate and use is being offered to you. You are being given an opportunity to manifest anything you desire, from the smallest, simplest things to the most complex and magnificent as long as your intention is for the greatest good of all. Many are confused as to what you must do to prepare yourselves to reclaim this precious gift of Love/Light as cocreators on the earthly plane of existence.

In the process of awakening, you learn to turn inward in order to find the answers to the pain, fear, and emotional trauma that you have experienced in the past, and in the process you gradually become aware of what brings you peace and lasting joy. Through a new Soul-inspired awareness, you become an observer, as well as a participant in your everyday interactions with those around you. You begin to tap into your extra-sensory perception, which is vaster and more powerful than you can imagine, as you learn to pay attention to what thought forms you allow to infiltrate into your consciousness. Negative, fear-based thoughts and emotions, projected or received through the solar plexus center, create distorted vibrations of chaos, a sense of futility, and a lack of faith in yourself or in others.

First of all, you must endeavor to add the magic elixir of love by accepting that you are worthy of love and then projecting the vibration of unconditional love to others – your

world will begin to change for the better. It is important that you understand: You project or radiate vibrational patterns of a certain frequency, and you magnetize to yourself the vibrational frequencies that match those you have sent forth. Lift and harmonize the electromagnetic frequency patterns you project, and you will change your personal reality. It is as simple as that.

As you begin to take control of your life and learn that you are the Creator of your reality, one of the most important steps is to align your will with the Will of your Divine Self within this Sub-Universal experience. You are not surrendering anything; however, you are giving your Higher Self permission to take an active role in your life. You quickly learn that lasting success is based on honor, truth, integrity and pure intention, which are universal laws of the highest vibrations. Martyrdom and self-sacrifice are put aside as you learn that it is your birthright and your obligation to be an active, empowered cocreator of joy, peace, abundance, beauty and harmony, which are to be made available and enjoyed by all within your personal sphere of influence.

You will find that as you examine, change, or advance your beliefs of “Self,” it automatically begins to affect your relationships or attitude toward others. You stop allowing your emotions to control you by projecting your expectations to others via the push-pull solar plexus interactions. You also cease giving your power away to others in an effort to attain approval or love. You are now focused and project Love/Light energy from your Sacred Heart within Solar Power Center. And, even though you are aware of the thought forms and energy others project to you, you allow nothing lesser than the frequencies of unconditional love to take up residency within your auric field and your Solar Power Center.

As you reactivate the etheric Three-Fold Flame of Divine Will, Divine Love, and Divine Wisdom, which has always been in place over your Solar Power Center as your Shield of Divine Protection, you will, once more, have the assurance that all energies of a negative vibration will be transmuted before they are allowed to enter your force field.

Your Divine discontent will grow stronger, and it will inspire you to learn as much as you can about the workings of the Universe and the Divine Laws of Creation. You will seek to balance your emotional awareness of Spirit or of our Father/Mother God, with the wisdom and a greater understanding of the vastness and wonder of Creation. One of your greatest desires is to learn what part you are destined to play in this great ongoing drama of evolution and the ascension of humanity.

Through your conscious endeavors, you are gradually balancing your chakra system, the seven major energy and mind centers within the body, which contain the Creator’s seven virtues, attributes, and abilities for your solar system This is so they will, once again, spin truly and in harmony. This, in turn, opens and unifies the Seven Seals of Solar Consciousness, which allows access to the higher multi-dimensional chakra system and the five higher Rays of Galactic Consciousness.

You are preparing the way for a higher Soul-merge, whereby your Soul Self replaces the ego-desire body as director of your life's experience. This, in turn, allows integration of the multiple Facets your Higher Self, and eventually with your Divine I AM Presence. Humanity has always been connected to our Father/Mother God and the Supreme Creator; however, their energy has been vastly stepped-down through the many dimensions and the sub-level stages of consciousness. The miracle of these times is that the Earth and humanity are being bathed in and blessed with the greatest infusion of Divine Light ever experienced since this Sub-Universe and solar system were created.

Down through your many incarnations and the painful experiences you have suffered, you gradually placed protective shields around your heart and emotions and have often become rigid and inflexible in your thinking. "If you do not love too deeply or intently, you won't be hurt. If you do not care too much for others or expect too much, you won't be disappointed or rejected. If you do not take a chance, step out of your comfort zone or try something new, you will not fail." These are some of the standard viewpoints of those stuck within the Third-/Fourth-Dimensional illusion. Change is challenging and threatening, and it forces you to move into the unknown. Your current habits and beliefs are comfortable and safe, even if they do perpetuate a sense of separation, pain, and sorrow. You cannot integrate all the Facets of your God Self without changing or dissolving the emotional and mental filters you have placed both within and around your Essential Being. Your auric field, and the imperfections within your DNA, which you inherited through your ancestry, plainly display the shields, distortions, and protective layers you have woven around yourself.

We have spoken often about releasing and healing the core issues that keep welling up from deep within: the guilt, shame, unworthiness, sense of failure, and abandonment, which lead to depression, anger, fear, and hopelessness. As you move up the ladder of ascension, these core issues will no longer be denied. They will roil and bubble to the surface and they will get your attention in any way possible, whether it be mental, emotional, or physical symptoms and strife.

Dear hearts, we implore you, do not deny these feelings any longer. Consider them a gift and an opportunity to, once and for all, let go of all the emotional trauma that is keeping you tethered in a world of illusion and separation. As an observer, allow the feelings to rise to the surface. Through your intention, affirm that you are ready to release these dis-empowering emotions.

Go into your personal Pyramid of Light and Power in the Fifth Dimension and lie upon the crystal table. See the Violet Fire of Transmutation blazing up and around you, bathing, cleansing, transforming the thought forms and negative energies into pure crystalline Light. Then envision that transformed energy moving within your body and filling those vacancies with more crystalline Light substance. In this way, you are slowly but surely rebuilding your radiant vessel of Light, which must be refined for each higher dimensional-level. Practice the Infinity Breath and use the Alpha Mastery techniques to assist you and to speed up the process of transformation and empowerment. These are wondrous tools; however, they serve no purpose if you do not take advantage of the gift.

It has become the norm or the current fashion to turn to others for knowledge, or for what you accept as your truth. However, this will quickly change as more and more of you tap into your own source of wisdom and the higher truths now available to all. Yes, it is true, there are those who have proceeded you along the path as Way Showers and trail blazers. They are the ones who have dedicated themselves to unselfishly serve humanity. Faithfully and diligently, they have traveled the narrow path of enlightenment, often uncertain as they traversed unknown territory. They have been judged, ridiculed and ostracized but they have steadfastly kept moving forward. Inspired by a burning desire from within, they have done all that was necessary to prepare themselves to be the messengers of the New Age. They have been instrumental in reestablishing the connections between humanity and the Beings of Light who reside within the Higher Realms of creation.

We honor them for their unselfish service and dedication; however, the time is swiftly approaching when each of you will be asked to tune-in to the frequencies of higher learning and expression. Also, it is important that you revive your innate ability to telepathically communicate with us so that you may gain direct access to the Cosmic Wisdom stored within the River of Life/Light. It is your birthright and a part of your ongoing initiation into the more exalted states of consciousness.

We implore you to seriously increase your effort to gain higher spiritual consciousness, no matter where you are on the scale of enlightened awareness. Begin by asking for assistance from your angelic helpers and guardians from the higher realms. Dare to solidify your dreams and your visions for the future by writing them down in a journal or on paper, so that you have a clear, concise plan before you. Align your vision with Divine Will and always seek the highest outcome. Treasure each day as a gift from the Creator and live each moment to the best of your ability. Always seek to see the best in yourself as well as in others. Be aware of the small gifts and miracles that occur around you every day. Feel the sun's warmth on your skin; breathe deeply of the fresh clean air, and focus on the beauty of nature, whether it is summer or winter. There are always things of beauty to inspire you, but you must look for them. As an observer, without judgment, review what you can change about yourself or do better. Begin with the small habits you would like to change, and as you grow in confidence, you will advance in wisdom, discipline, and strength, as you move on to greater accomplishments.

We implore you, do not worship us or see us above you. We are all Facets of the Creator, just as you are. We wish you to see us as your brothers and sisters on the Path, serving our Father/Mother God, just as you are. As the spiral of evolution turns, great change is inevitable, and we know that you are dismayed by what seems to be more and more chaos, conflict, and violence around the world. Again, we encourage you to focus on what is right in your world, and to add your gift of loving energy and your God Light to ours, so that we may create greater and more far-reaching miracles for the highest good of the Earth and for all humanity.

The negativity, fear, greed, and struggle to gain supremacy over others seems to be increasing by leaps and bounds, and we tell you our brave warriors of peace, it is not a time

to be faint of heart. Gird your spiritual armor around you, stand strong and connected to your Spark of Divinity stored within your Sacred Heart. We have overcome challenges and obstacles much greater than these, and we promise you, together, we shall prevail. You are loved beyond measure. I AM Archangel Michael.

RONNA VEZANE <> SACRED SCRIBE <> STAR*QUEST <> www.StarQuestMastery.com

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SEPTEMBER - 9_New_Divine_Blueprint_-WEB_-Final

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * SEPTEMBER 2022

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * SEPTEMBER 2022

<> RONNA VEZANE / SACRED SCRIBE<>

DOWNLOADING YOUR NEW DIVINE BLUEPRINT

Beloved masters, never forget, your nearest and dearest friend should be yourself—your own Soul-consciousness. Within your Sacred Heart center you will find wisdom, compassion, patience, and most important of all, unlimited Sacred Love. From the beginning of the creative experience into density, all human life forms have been subjected to an ongoing, continuous series of revelations. A curious, inquiring mind was a built-in, intrinsic facet of human nature. The Earth is, once again, being prepared for a new, higher-evolutionary species of humanity. All of you, as StarSeed and world-servers, are encoded with Memory Seed Atoms giving you a burning desire to participate in the manifestation of this incredible dream of the future. Your personal goal is to become a Self-directed, Soul-inspired entity in the midst of the chaos and turmoil of the current, Third- / Fourth-Dimensional reality of today.

A new Divine Blueprint filled with advanced creative ideas beyond the wildest dreams of even the most brilliant, advanced minds of today is being beamed down via the powerful Rays of God-consciousness upon Earth and humanity from the Great Central Sun of this Sub-Universe. An advanced Soul, treading the narrow path of ascension, must learn how to absorb and integrate the three major God Rays of the coming Age, THE SPIRITUAL TRINITY, consisting of: DIVINE WILL / POWER * LOVE / INTUITION * INTELLIGENT, PURPOSEFUL ACTION.

Why not move into the center of the spiral of ascending consciousness, into the eye of duality and polarity — where all is calm and peaceful — filled with pure cosmic life force substance, Adamantine Particles, just waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator. Please accept this immutable truth: you are a treasured son or daughter on an important mission, and nothing you can say or do can diminish that love. It is time to dissolve the membranes of Light protecting your Sacred Mind and Sacred Heart which will give you access to the higher frequency Memory Seed Atoms of your Over Soul-Higher Self.

Too many of you are still carrying great burdens from the past. Mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field. Just as we are clearing the distortions of the Third- /Fourth- Dimensional, collective-consciousness belief patterns;

thereby bringing those dimensions back into their originally designed spectrum of duality. Fear is a primitive fight or flight emotion, which will hinder the expansion of your consciousness awareness. It is time to clear and reprogram the base, instinctual components of your lower-human nature.

It is important that you understand: even though you no longer remember your past errors or the thoughts and deeds that threw you off balance; until these negative thought forms are acknowledged and transmuted, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. Through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the

frequencies of the higher Fourth/Fifth Dimensions is roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy, and loving intention. This is the source of so much of the inner turmoil, challenges, and tests that you, the Self-aware seekers of Light, are experiencing.

We have stressed over and over again, one of the greatest challenges, yet one of the most important tasks to be accomplished in order to step onto the spiral of ascension, is to maintain a focused point of awareness within your Solar Power Center. In doing so, you will maintain an open passageway into the Sacred Heart; thereby allowing the Creator Light to flow freely to and from you. This, in turn, assists you to enhance and perfect your uniquely beautiful, harmonious Soul Song.

During these wondrous, yet trying, times, you are being given a grand opportunity to tap into the cosmic library, which holds the mysteries of this Sub-Universe. You, the StarSeed Souls, are gradually becoming equipped to tap into those sacred storehouses, Pyramids of Light, where the universal laws and wisdom of the ages are stored. In doing so, you will learn that you can traverse any height, surmount any obstacle, and your path of ascension will be revealed with certainty. You have never lost your divinity or your godly intelligence. It has only been in safe-keeping, awaiting the time when you would, once again, awaken to claim your birthright as a Divine child of our Mother/Father God.

Beloveds, we are asking you to focus on yourselves so you may become clear vessels for the refined frequencies of Light. You have the ability to become a conduit for the Adamantine Particles of Creator Light, which will permeate your physical vessel and flow out into the world of form. However, you must liberate the power of the Sacred Fire from within your physical vessel, the Kundalini Fire stored within your Root Chakra, while drawing forth a new supply via the great Sixth-Dimensional Cities of Light. The breath is the conductor of this vital Life Force energy.

You must learn to use and perfect the perfect rhythm of Sacred Breathing. The Infinity Breath is a vital component of the transformation process. Over the past years, we have added more important elements to the advanced techniques — which you must incorporate

in order to develop and claim Self-mastery. It is vital information you are to integrate and then share with those on the Path behind you.

We ask you to envision the Violet Flame radiating up from beneath your feet and completely enfolding you in this vital energy of transmutation, which will speed up the process of transforming all impure substance within and around you, as well as giving you protection from outside, negative influences. As you evolve into a spiritual/human Being, you will become capable of more profound thought and complex concepts. You will also develop a greater capacity for deeper, more intense love.

When you have integrated the vibrational formula of abundance, and accepted it as your truth, it becomes a permanent part of your Energetic Signature. Thereafter, those frequency patterns of abundance will radiate forth, from the front and back portals of your Solar Power Center in an Infinity sign, thereby creating a constant flow of abundance in all good things.

Remember, in order to manifest your spiritual vision, you must define what you wish to create, and then clearly envision it. First of all, as a conscious cocreator, you should focus on manifesting a refined, evolved state of Being, and a harmonious quality of life. Therefore, you should seek an abundance of love, joy, peace, creativity, good health, compatible satisfying relationships, and so on. Seeking to incorporate the qualities, attributes and virtues of God Consciousness will assure success in creating all the material objects you require to live in comfort. You are learning to become one with the infinite flow of abundance, as you traverse the many levels and Dimensions of Creation. One of the most important concepts that you must accept as your truth is a crystal-clear awareness that you are the creator of the reality in which you will live now and in the future.

Many of you ask what your mission is in this lifetime, and we tell you, 'Your Soul's greatest desire is that you reclaim the many Facets of yourself so that you may, once again, be the wondrous master of cocreation that you were when you first embodied within the material planes. The ascension process is an on-going journey, not a destination. Each day, endeavor to make the highest choices–stay in the moment, for that is the only time you can access your God-power – not focusing on the past and not projecting into the future but seeking your highest potential in each and every moment. See the challenges in your life as opportunities as you learn to let go of old self-limiting ways. These are inalienable truths that you should instill within until they become an intrinsic part of your human-nature.'

This is a balancing lifetime for you, the StarSeed, whereby you are seeking to bring into harmony all the Facets of your Being. Deep within, you are aware of how important it is for you to honor and integrate your feminine nature, the gentle, intuitive, creative, and inward focused energies, as well as developing and using your masculine attributes. Strive to be strong, yet gentle, outward focused as you tap into the treasure house of wisdom within. Your Divine nature will grow in strength and conscious expression as you learn to draw forth the wisdom of your Sacred Mind, OverLighted with the compassion of your Sacred Heart. You must learn to speak concisely, constructively, and confidently. Know that if you

stay centered and focused within your Sacred Heart, the Universe must respond in a positive manner, and your success will be assured.

As you become attuned to the intuition of your Higher Self, you will begin to feel the God Light pulsating within your Sacred Heart, and you will begin to focus on the Spark of Creation within the Sacred Heart Center of every person you meet. It may be dim in many dear Souls, but it is still burning within, or they would not be alive. When you do so, you will automatically strive to practice non-judgment, and you will begin to see the positive nature within everyone.

We ask you to use discernment before taking anyone's teachings as your truth. Do not get hung up on theory or complex information. Take only that which resonates deep within, that which is loving, enlightening and expands your awareness. There are many half-truths in the teachings that are now being brought forth to humanity. Remember, you are the one who must create freedom, abundance, and empowerment in your life. No one else can do that for you. Discernment is a vital attribute for those on the path of ascension and enlightenment. Whatever you choose as your truth, you must integrate and apply in your life through focused intention and action. DISCERNMENT / HEART-CENTERED INTENTION / SOUL-FOCUSED ACTION result in positive manifestation.

No matter what station, circumstances, or level of awareness you assumed for this incarnation, deep within your Soul-self was a burning desire to integrate the multiple-level Facets of your Beingness. However, first they must be healed and harmonized so that they may be filled with the rarified Light of the higher realms. As you allow your Higher-Self to OverLight and guide you, more and more inspired thought will come to you. There are many ways to allow Spirit to manifest through you; just let it happen naturally, dear ones. What makes your heart smile and brings you a deep sense of satisfaction? How do you wish to serve? There are many ways, and you have many talents (more than you will acknowledge); however, the choice is always yours.

The mighty forces of the Angelic Kingdom, as well as a vast number of wondrous Beings of Light, are here to help you move through these times of evolution and great change with ease and grace. However, you must ask for our assistance, for we cannot infringe upon your free will. It is time to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, it is vitally important that you to go forth and share your wisdom.

Know that the tests and opportunities before you will bring rewards beyond anything you can imagine, so do not be afraid to step out of your comfort zone as you reach for the stars. Accept your cloak of radiant Light, for you have earned it. Follow your own path and do not fear being different from those around you. We will leave you with a few en-Lighten-ing thoughts to assist you to stay focused upon the higher mental plane of awareness, with an overlay of loving intention. Your goal is to become Heart-centered and Soul-focused.

FEAR, HATE AND JUDGMENT DIVIDE. LOVE TRANSFORMS AND UNITES. You must learn to rise above the everyday stressful situations so that you may transform moments of discord into hours of serenity. Call on us and we will guide and assist you in every way possible. Be bold and steadfast, my brave warriors. Know that I am with you always. You are profoundly loved. I AM Archangel Michael. <><> Ronna Vezane / Sacred Scribe <> STAR*QUEST <> www.StarQuestMastery.com

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** RONNA HERMAN VEZANE'S EARTHLY ODYSSEY**

** NINETY-TWO YEARS AROUND THE SUN AND STILL GOING STRONG **

HOW I BECAME A COSMIC TELEPATH AND A MESSENGER FOR ARCHANGEL MICHAEL

AUTHOR: RONNA VEZANE ** E-BOOK * $8.88 ** PRINTED 8 x 11 BOOKLET ** $15 .00 + S&H * U.S. FUNDS

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PROGRAMMED, LARGE GODDESS CRYSTALS: The Goddess aspect, the Mother God, or the feminine energy of the Creator, is radiating more of her attributes and energy throughout

this Sub-Universe at this time: the attributes of Divine love, compassion, illumination, gratitude, faith, creativity, and the inner focus and awareness of Spirit. These blessed energies will enhance, refine and complement the masculine aspects of Creator Consciousness – Divine Will to create, wisdom, truth, decisiveness and power. $30 PLUS S&H

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OCTOBER - 10_Ladies_of_Goddess_WEB

<> NOTE FROM RONNA<>

DEAREST FRIENDS and SOUL FAMILY: Beginning in February 1992, every month, except one ," I have channeled and sent out a message from Archangel Michael to the "public-a-large. This includes the SEDONA JOURNAL (this was even before the name was changed to SJE). In November, I will complete my 94th year around the sun and begin my 95th, which promises to be a "dozy."

I have recently experienced an incredible "Rite of Passage," and I have been instructed to "take a sabbatical" to prepare for and to integrate the next, higher level of Cosmic Truth. THIS WILL BE MY LAST SUBMISSION TO SJE for an undetermined period of time.

I am now receiving "advanced teachings" for those who are ready to answer a new CLARION CALL to become WORLD SERVERS and teachers of: "HOW TO TRAVERSE THE FINAL SUB-LEVELS OF THE FOURTH DIMENSION AND THE NULL ZONES OF TRANSITION IN PREPARATION TO ACCESS THE ENTRY LEVEL OF THE FIFTH DIMENSION." There will be periodic notices on my website as to my progress.

I wish to thank and honor the SEDONA JOURNAL staff /friends/ Soul family and readers, for their support and dedication in "Spreading the Light of Truth" to humanity for so many years. Together we have and will make a difference. Love, angel blessings and big hugs to all. RONNA

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL <> JANUARY 2023 <> SJE

\\TRANSMITTED THROUGH RONNA * SACRED SCRIBE

<> THE GODDESS : THE FEMININE ASPECT OF THE CREATOR <>

Beloved masters, the Feminine qualities of the Creator or the Goddess Energy is the most predominant Force on Earth during this time of the Great Shift of the Ages. The Goddess is here to initiate the return to harmony; balance and harmony within all things, beginning with the balanced energies, attributes, qualities, and virtues of our Father/Mother God.

The middle path within the holographic thought form and the structure of polarity and duality is becoming more and more apparent. Many diverse Facets of Creation are moving deeper into the process of reunification. It is apparent at every level throughout the

universe and especially on planet Earth. One of the most important facets within the "Shift of the Ages" is the return of the Divine Goddess and the reunification of the masculine and feminine qualities and attributes of our Father/Mother God. The Universe is composed of millions of vibrational and frequency patterns, all of which originated from the heart / mind of the Supreme Creator. All that ever has been or ever will be is stored within the Core Essence of ALL-THAT-IS. When the Supreme Creator stirred and brought forth the desire to experience more of ITSELF, through the creative dynamics of manifestation, the first separation and individualized manifestation was the masculine/feminine, positive /negative; or the vibrations of opposites called polarity.

The Father/Mother energies came together again, which created a combustive or explosive force field and thereby created the son and daughter White Fire Memory Seed Atoms (or the SUN Aspects). This is the Sacred Triad, the triangle, the sacred three of esoteric teachings. The Father/Mother Creator energies expanded into twelve great Beings in our sub-universe. Our solar system resonates to the harmonics of seven; however, it is now in the process of returning to the Galactic harmonics of twelve.

The strongest force in the Omniverse is the LOVE FORCE which is radiated through the Essence of the feminine or GODDESS energy of the Creator. First, the masculine Essence of the Creator brings forth "SEEDS" of new creation within ITS mind, resulting in a Divine Blueprint which is then enfolded within the LOVE CORE or the emotional nature of the Goddess Essence. A wondrous and magnificent process is thereby initiated resulting in creations beyond your greatest imaginings. You, as humans, are one of those magnificent creations.

A wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years has been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love, compassion, creativity, and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother God. From our Father God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb – of our Mother God's Being. Then through their unified desire, we were radiated forth into individualized consciousness — spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE AND SUB-ROOT RACE ERA / AGE –– how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be

experienced and integrated within a certain era of humanity's passage through the many Ages.

You also have heard of the Golden Ray, which represents and carries the radiance, virtues, and attributes of our Father God; and of the Silver Ray, which radiates the reflective virtues of our Mother God. We tell you now, this Silver Ray is just a minuscule Facet of her awesome power and radiance. The new energy that is now pouring down upon the Earth and humanity has been called the Platinum Ray, the Diamond Ray, and the Crystalline Ray, but no matter what you call it, it cannot describe the magnificence of this miraculous gift that is being given to all Creation.

It is the memory of the perfect love of your Mother God, described by the ancients as the "Holy Spirit," that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center has ached – that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength, and purity – all you have to do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

I hear the whispers in your minds, beloveds, "But am I worthy?" We tell each and every one of you, yes, you are worthy — no reservations, no exceptions. Yes, the Universal Laws are enforced here as with everything, laws which will determine through your vibrational frequencies how much of this energy you will be able to integrate. But without exception, it is available to all, and eventually, a White Fire Seed Atom of this rarified love potion will be ignited within every heart, and in every corner and Facet of Creation. It cannot be otherwise, for it has always been there; however, it became diminished in radiance each time you sank deeper into the density of the material planes of consciousness.

You see, it is time for reunification at all levels, from the highest to the lowest; therefore, the attributes, aspects and virtues of the Mother Creator will be the dominant force in this Sub-Universe until a balance between your Divine masculine and feminine Nature is once more attained. Your DNA is encoded with Divine love, compassion, and creativity, as well as the strength, power, and the will to create, which were passed on to all sentient Beings by our spiritual parents. This is a vital component in attaining Unity Consciousness once more.

We have focused on and tried to explain why so many of you are experiencing distress, discomfort, and uncertainty, and yet, at other times a sense of great joy, wonder and expectation well up from within. Some are calling it the Light Workers' syndrome, and this is an appropriate title. Here again, you cannot even begin to comprehend what is happening to you and your Earth, as well as this Sub-universe and the entire Universe.

You are mutating as your DNA strands are unbundled and activated, and your brain is slowly being refined and upgraded. You are also reconnecting to your cosmic lineage as you move along the skeins of time, back to the time when you separated from your Fifth-

Dimensional Sacred Triad and began your journey into the density of the Fourth- / Third-dimensional realms of materiality.

Envision the column of Light that your spinal column has become or is becoming, and see it move down into the crystalline core of the Earth. Then observe the expanded sensation you feel as it extends out of your crown chakra until it connects with your Fifth-Dimensional Sacred Triad. Now envision other smaller beams projecting out horizontally from your column of Light as they touch and merge with individual Souls in physical embodiment — your Soul / Star family here on Earth with you.

These energy projections are not the same as those you extended to others in the past, in the Third-Dimensional expression. Those projections were attachments which were intended to control, possess, or siphon energy. The Rays of Light you are now projecting carry the virtues of unconditional love, compassion and unity.

Observe the Rays of energy you have projected, which are part of you, and the radiance you are reclaiming, as they connect with your Soul family on the earthly planes of consciousness, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some you do not remember.

The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now, allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner-dimensions and out into the solar system and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another viewpoint, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease, and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God. I AM Archangel Michael.

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PEARLS OF INSPIRATION:

<><> AS YOU PROGRESS ON THE PATH OF EN-LIGHTEN-MENT, YOUR RELATIONSHIPS WILL CHANGE, OFTEN DRAMATICALLY. THEY WILL NO LONGER BE BASED ON EMOTIONAL ATTACHMENT. YOU WILL NO LONGER TRY TO MANIPULATE PEOPLE

EMOTIONALLY, AND YOU WILL NOT ALLOW PEOPLE TO MANIPULATE YOU. YOU CEASE TO PLAY THE EMOTIONAL CORD, PUSH-PULL DANCE, OF THE LOWER-DIMENSIONAL REALITY. THE HEART CHAKRA BECOMES THE DOMINANT FORCE BETWEEN THE FULL SPECTRUM CHAKRA SYSTEM. YOU ARE IN THE PROCESS OF CREATING A UNIFIED FORCE FIELD OF HARMONIOUS ENERGY.

<><> ANY SOUL ON EARTH WHO HAS A DESIRE TO EARNESTLY PRAY TO GOD OR SEND LOVING ENERGY TO OTHERS, AUTOMATICALLY SENDS A FACET OF THEIR SOUL INTO THE FIFTH-DIMENSIONAL ETHERIC WORLD PYRAMID. IT IS A GATHERING PLACE OF ALL SOULS. YOU COULD CALL IT A CELESTIAL CATHEDRAL – A PLACE TO COMMUNE WITH OUR FATHER/MOTHER GOD, THE GREAT BEINGS OF LIGHT, AND THE ANGELIC FORCES. ALMOST EVERY SOUL ON EARTH HAS MOMENTS WHEREBY THEY FEEL OR RADIATE PURE UNCONDITIONAL LOVE TO SOMEONE. THAT "SPARK OF LOVE" BECOMES AN ETHERIC REPLICA OF THAT PERSON AND IT TAKES UP RESIDENCY WITHIN THE WORLD PYRAMID.

<><> THE WORLD PYRAMID IS A MID-WAY STATION FOR OUR SOUL-SELVES. OUR GOOD DEEDS ARE STORED WITHIN THE TREASURY OF LIGHT STOREHOUSE WITHIN THE WORLD PYRAMID. THERE IS A HARVESTING OF GOOD DEEDS EVERY YEAR, AND OUR LOVING THOUGHTS AND DEEDS ARE MAGNIFIED AND STORED THERE EVERY YEAR. THE GREATER PORTION IS MELDED WITH CREATOR LIGHT TO BE USED TO CREATE THE GREATEST GOOD FOR ALL HUMANITY. WE RECEIVE OUR SPECIAL GIFTS AND DIVINE DISPENSATIONS IN ACCORDANCE WITH WHAT WE HAVE CONTRIBUTED TO THE STOREHOUSE OF LIGHT.

Transmitted through RONNA VEZANE <> *STAR*QUEST*
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NOVEMBER - 11-22_MSAtoms-No_Time_FINAL_.doc

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ARCHANGEL MICHAEL <> NOVEMBER 2022\\\

RONNA VEZANE/ SACRED SCRIBE

<>SACRED SITE MEMORY SEED CRYSTAL ACTIVATORS

AND PRIME MEMORY SEED ACTIVATORS <>

Beloved masters, there are a great number of brave StarSeed Souls who are MEMORY SEED ACTIVATORS at many different vibrational-pattern levels. This is so that the Memory Seed Atoms, which contain the new Aquarian Divine Blueprint, may be activated within pre-designated crystalline structures in the great caverns deep within the Earth. Another part of the Memory Seed Activators' Aquarian Divine Blue Print mission is to assist in the task of

activating the newly created Sacred Sites or the specific, predetermined Ley Line conjunctions upon the Earth's surface. This process has been designed so, at the appropriate time, the preprogrammed Memory Seed Atoms would be supplied to activate these Sacred Energy Centers. It is a part of the Aquarian Divine Blueprint; a core creative process designed to occur between humanity and the Earth. Each and all of the activations, which will initiate the necessary changes for the evolvement of the Earth and humanity, are a cooperative effort amongst Gaia, humanity and the Great Beings of Light, under the direction of our Mother/Father God.

You, as Light Workers, are considered caretakers of the Earth. You came here to be a part the great transition into a new Age of en-Lighten-ment. There are Memory Seed Activations that began, many years ago, within the mid-plane realms of the Fourth Dimension. This process could not begin until the vibrational frequencies of the Earth, and also a great number of human Souls, were attuned to the frequency patterns of the mid-Fourth Dimension.

As this transition, from the first four levels of the Fourth Dimension into the frequencies of the three higher planes of 4D occurred, there are many dear Souls who actually began to help activate the Violet Flames of transformation; along with some of the Memory Seed Atom frequency patterns of the New Divine Blueprint within the Earth. They also acted as the place holders during the early stages of the ascension process, by anchoring ASCENSION COLUMNS of Light at various locations around the planet.

So now we will move forward from there. As we have taught you in our past messages: The vibrational energies of the person who is doing the activation must have the Frequency Patterns that will trigger an activation of the stored Essence within the great crystalline structures. We have explained that most of these activations are not "time activated," but "event activated."

However, be aware that there are different levels of the activation process. As people on the beginning Path began to move into the mid-Fourth Dimension, there were those who were led to take groups to the Sacred sites. That is the most popular way, and it is what you might say "The most basic form of energy activation of the Violet flame and of the Earth's crystalline energy." However, remember, there is power in numbers, and those endeavors have greatly assisted the Mother Earth in the initial process of transmuting the energies from within: the decompression, the clearing of the great caverns and the labyrinths, and great portions of the negativity that has compressed and contaminated Gaia's Essence and her physical Being.

Now let us focus on those of you who are moving into and tapping into the Fifth-Dimensional frequencies and rarified environment. This is the more advanced phase of this Cosmic Earth / humanity Activation. So, as an example: one of the great energy sources is Mt. Shasta, CA and there is another energy vortex within Lake Tahoe, CA. There is an ancient portal — a Sacred Site — known as Grimes point in the Nevada USA desert. There are many places such as these around the Earth. Many of them now intersect, and many others were

connected in past Ages. When one of these Cosmic Energy power centers is activated, it immediately begins to radiate the frequency patterns of Divine Light to the other predetermined components.

Thereby creating the triangles and geometric patterns that will assist each portal to move solidly into place or to integrate the higher frequency energy more quickly and in a more dynamic way.

What we wish impress upon you at this time is that the STARSEED – THE GEOMETRIC PATTERN HOLDERS of the new Divine Blueprint are now, personally, in the process of having their own PRIME MEMORY SEED ATOM more fully activated. This is so they may gradually be brought to their full potential. IT IS TIME! Due to the formidable negative events that are now occurring around the world, it is of vital importance that dramatic steps be taken to speed up the transition process, for the Earth and for all sentient Beings on Earth. Each person was or will be guided to specific locations in order to supply his or her particular portion of the Geometric Pattern of the future at that location. The Crystalline Memory Seed Atoms are activated when these Prime Activators go to each of these Sacred sites -- in a pre-programmed way and at a pre-designed frequency level – they activate a specific portion of the Divine Blueprint.

Then, over time, others will add their Seed Atom frequencies, and so the Memory Seed Atom crystals may begin to expand in Light Power and release more and more of the Divine Blueprint. It is like adding more programmed energy power. Or, "adding more electromagnetic wattage" to the source that is waiting to be activated. In addition, as each person transmits their programmed Memory Seed Atom energy to the Earth or to other Souls, and in turn, they will also receive the blessing of a Memory Seed Atom infusion or energy activation. There must always be a mutual energy exchange; whether positive or negative.

There are many of these Sacred carriers, and their unique vibrational patterns coalesce and blend as they activate the different Sacred sites around the Earth. The events on Earth and within humanity have progressed so that the time has arrived for the Prime Event to take place. The Prime Event is now ready to be "PRIMED." It is time for all of the activations around the Earth and within humanity to take place. So the PRIME ACTIVATORS are now going to be inspirationally guided to these places, in order to add the components they embody: Memory Seed Atoms to infuse the Earth with the higher frequencies of Creator Consciousness for the new Age of Aquarius.

This Sacred process can be accomplished from afar; it is not restricted to the person's presence at the physical location. You do not have to be physically present at the site. However, it is much more powerful for the Sacred location and for you if you are physically there for the activation. It is something that we can easily guide and assist you in accomplishing – we can ease and open the way. That is part of the process – the Divine dispensations that are being allowed at this time – for those who have made a commitment

within the very depths of their inner Being — for that is what it will take to successfully accomplish this important mission.

So as you are aware, many of you are being brought together, and many more of you are stepping up to claim and fulfill your Divine Mission. However, many have also fallen by the wayside. They are not to be condemned; their time will come at a future "Clarion Call." There is always a brave Soul ready to take their place, for this process will not be denied. IT WILL BE COMPLETED! IT WILL SUCCESSFULLY TAKE PLACE!

This Divine Activation is beginning to grow in intensity and to swiftly coalesce. The higher, more powerful Rays of transformation are bombarding and infusing the Earth and humanity. It is of vital importance that this process begins to take place at this time. So the inspiration and the Divine discontent that many of you feel are because your Path of Destiny is calling: THE TIME IS NOW

So be patient, beloveds and allow your future to unfold gradually. You will be astounded as everything begins to fall into place. You have earned this Divine dispensation. Because of the radiance that you are now projecting out onto the world, you have earned it. The time that has been long foretold is upon you, and you shall prevail. You have proven that you are tried-and-true. You are much beloved. I AM Archangel Michael.

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OVERLIGHTED BY ARCHANGEL MICHAEL <> RONNA VEZANE / SACRED SCRIBE

<>EARTH TIME AND HIGHER-DIMENSIONAL "NO TIME" <>

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Earth-time and higher-dimensional no-time consists of programmed Memory Seed Atoms of a broad range of "frequency patterns" and "frequency, sequences of events."

There is a premise that everything is happening simultaneously in the "NOW" moment. From a human perspective, how can that be possible? If this is true, then we must be living all of our lives, simultaneously, via a vast number of separate holograms throughout the cosmos.

At this time, we will focus only on this sub-universal experience, and our earthly Third/Fourth -Dimensional environment; along with our earthly lives within the seven, and eventually, the twelve planes of consciousness within this sub-universe. In the far distant future, we will experience solar system ascension, then galactic and sub-universal ascension and so on.

Time, as we know it, exists only within the Third and Fourth Dimensions of our physical reality world of duality and polarity. We are living in a dense, time-space continuum or reality consisting of the First though the Fourth Dimensions and sub-dimensions; with each

dimension having multiple levels of COMPLEX FREQUENCY PATTERNS OR FREQUENCY SEQUENCES OF EVENTS.

The lower the density, the more solid (dense) material objects and our physical vessels become. It takes longer and a much more focused effort and energy to manifest our visions. We have entered a new era. We are experiencing a phenomenon, whereby it seems that time is dramatically speeding up. The reason why is this: The higher the frequency patterns are, the faster the creative process speeds up and manifests. The frequency / vibrational patterns become more and more refined. Physical and material mass becomes less dense: It very gradually becomes more "ethereal, delicate, Light-infused and spiritual."

Beginning with the Fifth Dimension and in all succeeding higher-dimensional and sub - dimensional levels; each higher sub-plane consists of much higher (more refined) vibrational patterns. The higher the Memory Seed Atom frequency patterns are, the less dense material objects and our physical vessels become. (Not necessarily in physical mass, but in frequency patterns of Divine Light).

Therefore, within the highest realms of the universe and beyond, the process of manifestation is instantaneous, which creates the reality that everything is happening "simultaneously." There is "NO TIME!"

All creation consists of "Supreme Creator inspired," programmed, White Fire Memory Seed Atoms of a broad range of frequency patterns and frequency sequences of events, which has resulted in a vast number of holographic universes, sub-universes and so on, throughout the cosmos.

We exist in a Cosmic Hologram which contains an immeasurable number and variety of Holograms. It consists of a perfect Divine Blueprint created by the Supreme Creator, which was destined to be repeated at every level and dimension throughout manifested Creation.

A HOLOGRAM could be described as "A sphere or geometric pattern having a Divine Blueprint of Creation of any size, shape or dimension, which is self-contained and all-inclusive within itself. Membranes of Creator Light surround each Hologram, separating each Holographic Blueprint from other individualized Creations."

OUR BIRTH HOLOGRAM contains our Divine Blueprint for each lifetime. We are also affected by seven generations of ancestral past lives; both positively and negatively. The highlights of all our past lives experiences are stored within Etheric Holograms: Memory Seed Atoms within our DNA.

OUR ADULT HOME and CURRENT FAMILY HOLOGRAM: In marriage or intimate partnerships, we are subject to and

influenced by the other person's personal holographic environment. Our partner's holographic environment is also influenced by ours. We are also influenced by the Divine Blueprint and frequency patterns of all the Holograms within this sub-universal Hologram,

dependent upon the frequency patterns of our current Soul Song. As we balance and harmonize any negative frequency patterns contained in each Hologram, we gradually move upward into the higher frequencies contained within that particular Hologram, until we

reach the highest "Frequency Patterns" therein.

Within our personal Divine Blueprint Hologram for this lifetime, we then move into the next Higher Frequency Hologram to continue our passage throughout the Fourth Dimensional Sub-Planes. Our goal is to ultimately rejoin our Sacred Triad within the entry Sub-Plane level of the Fifth Dimension. This is the TIME we have been waiting for. Angel Blessings, Ronna

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DEAREST FRIENDS and SOUL FAMILY: Beginning in February 1992, every month, except one, I have channeled and sent out a message from Archangel Michael to the general public. In November, I will complete my 94th year around the sun and begin my 95th, which promises to be a "dozy." I now have to limit my time on the computer because of my "eyesight," which is still fairly good. However, I can no longer spent six to eight hours a day on the computer. I still work in my home office five to seven hours a day and will do so as long as I am able to do so.

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NEW NOTICE: ARCHANGEL MICHAEL'S "MONTHLY MESSAGE SUBSCRIPTIONS" BY US POSTAL SERVICE.

Presently, we will continue posting monthly messages for an "UNDETERMINED TIME;" HOWEVER, WE WILL NOT BE ACCEPTING ANY NEW SUBSCRIPTIONS. If and when we discontinue mailing the monthly messages, we will E-mail each of you, who have a plus-balance on your paid MAILED SUBSCRIPTION, the CREDIT AMOUNT due to you. You may either choose to "donate the remainder" to Star Quest; or you may order something on our

Website: www.StarQuestMastery.com <> Either an E-Download book or various types of E-Lessons; or if you wish a product that has to be mailed, we request you send us an E-mail and we will give you the cost of the product, plus postage.

ALSO, IF YOU HAVE SIGNED-UP ON PAYPAL FOR "AUTOMATIC RENEWAL, YOU WILL HAVE TO CANCEL THAT OPTION. WE CANNOT DO IT FOR YOU. <> I wish to thank and honor all of my dear friends, my extended Soul family, and my readers, for their support and dedication in "Spreading the Light of Truth" to humanity for so many years. Together we have and will make a difference. Love, angel blessings and big hugs to all. RONNA

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GIVE A GIFT OF SPARKLING CRYSTAL LIGHT: <> THE NEW DIVINE BLUEPRINT VOGEL-CUT CRYSTALS ARE MASTER MAGNIFIERS AWAITING THE OWNER TO IGNITE THE SACRED PROPERTIES WITHIN THE CRYSTAL THEY ARE DRAWN TO CLAIM AS THEIR OWN. Your VOGEL CRYSTAL will enhance and magnify your positive thoughts and the vibrational patterns you project. You and your crystals will then be connected by RAY-diating streams of God-Light containing your new Divine Blueprint for the Aquarian Age. $35.00 plus S & H <><><><><><>

ARCHANGEL MICHAEL * Family of AA Michael Crystals: We all are of the Legion of Archangel Michael and the Family of Michael. Each of these beautiful double-terminated crystals has their own story to tell. They are infused with the loving energy and protection of Archangel Michael and Lady Faith. Your crystal can be used

when you meditate and when you go into your Pyramid of Light in the Fifth Dimension. It will assist in activating the qualities, virtues and attributes of the FIRST RAY OF DIVINE WILL AND POWER. <><> $25 Plus S&H <><><><><>\

PROGRAMMED, LARGE GODDESS CRYSTALS: The Goddess aspect, the Mother God, or the feminine energy of the Creator, is radiating more of her attributes and energy throughout this Sub-Universe at this time: the attributes of Divine love, compassion, illumination, gratitude, faith, creativity, and the inner focus and awareness of Spirit. These blessed energies will enhance, refine and complement the masculine aspects of Creator Consciousness – Divine Will to create, wisdom, truth, decisiveness and power. $30 PLUS S&H <> ALL CRYSTAL COME WITH A COLORFUL FELT BAG <>\

NOVEMBER - 11-22_MSAtoms-Without_Notce_an_ads

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL ARCHANGEL MICHAEL <> NOVEMBER 2022

RONNA VEZANE/ SACRED SCRIBE

<>SACRED SITE MEMORY SEED CRYSTAL ACTIVATORS

AND PRIME MEMORY SEED ACTIVATORS <>

Beloved masters, there are a great number of brave StarSeed Souls who are MEMORY SEED ACTIVATORS at many different vibrational-pattern levels. This is so that the Memory Seed Atoms, which contain the new Aquarian Divine Blueprint, may be activated within pre-designated crystalline structures in the great caverns deep within the Earth. Another part of the Memory Seed Activators' Aquarian Divine Blue Print mission is to assist in the task of activating the newly created Sacred Sites or the specific, predetermined Ley Line conjunctions upon the Earth's surface. This process has been designed so, at the appropriate time, the preprogrammed Memory Seed Atoms would be supplied to activate these Sacred Energy Centers. It is a part of the Aquarian Divine Blueprint; a core creative process designed to occur between humanity and the Earth. Each and all of the activations, which will initiate the necessary changes for the evolvement of the Earth and humanity, are a cooperative effort amongst Gaia, humanity and the Great Beings of Light, under the direction of our Mother/Father God.

You, as Light Workers, are considered caretakers of the Earth. You came here to be a part the great transition into a new Age of en-Lighten-ment. There are Memory Seed Activations that began, many years ago, within the mid-plane realms of the Fourth Dimension. This process could not begin until the vibrational frequencies of the Earth, and also a great number of human Souls, were attuned to the frequency patterns of the mid-Fourth Dimension.

As this transition, from the first four levels of the Fourth Dimension into the frequencies of the three higher planes of 4D occurred, there are many dear Souls who actually began to help activate the Violet Flames of transformation; along with some of the Memory Seed Atom frequency patterns of the New Divine Blueprint within the Earth. They also acted as the place holders during the early stages of the ascension process, by anchoring ASCENSION COLUMNS of Light at various locations around the planet.

So now we will move forward from there. As we have taught you in our past messages: The vibrational energies of the person who is doing the activation must have the Frequency Patterns that will trigger an activation of the stored Essence within the great crystalline structures. We have explained that most of these activations are not "time activated," but "event activated."

However, be aware that there are different levels of the activation process. As people on the beginning Path began to move into the mid-Fourth Dimension, there were those who were led to take groups to the Sacred sites. That is the most popular way, and it is what you might say "The most basic form of energy activation of the Violet flame and of the Earth's crystalline energy." However, remember, there is power in numbers, and those endeavors have greatly assisted the Mother Earth in the initial process of transmuting the energies from within: the decompression, the clearing of the great caverns and the labyrinths, and great portions of the negativity that has compressed and contaminated Gaia's Essence and her physical Being.

Now let us focus on those of you who are moving into and tapping into the Fifth-Dimensional frequencies and rarified environment. This is the more advanced phase of this Cosmic Earth / humanity Activation. So, as an example: one of the great energy sources is Mt. Shasta, CA and there is another energy vortex within Lake Tahoe, CA. There is an ancient portal — a Sacred Site — known as Grimes point in the Nevada USA desert. There are many places such as these around the Earth. Many of them now intersect, and many others were connected in past Ages. When one of these Cosmic Energy power centers is activated, it immediately begins to radiate the frequency patterns of Divine Light to the other predetermined components.

Thereby creating the triangles and geometric patterns that will assist each portal to move solidly into place or to integrate the higher frequency energy more quickly and in a more dynamic way.

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DECEMBER - 12_Ready_Divinely_Inspired_WEB11-12

\WISDOM TEACHINGS FROM ARCHANGEL MICHAEL <> \\<>DECEMBER 2022\\\\\

RONNA VEZANE / SACRED SCRIBE \\\\

ARE YOU READY TO BECOME A "DIVINELY INSPIRED HUMAN BEING?"

EVOLUTION OF THE EARTH <> FIRST THROUGH FOURTH DIMENSIONS

EVOLUTION OF THE SOLAR SYSTEM <> FIFTH AND MID-SIXTH DIMENSIONS

EVOLUTION OF THE GALAXY <> SIXTH AND MID-SEVENTH DIMENSIONS

Beloved masters, HUMANITY IS COMING OF AGE. Our Father/Mother God's greatest desire is to see all Facets of their "Beingness" return to Self-mastery so they may enjoy the love, peace, joy, and abundance that is every Soul's Divine Birthright. There will always be help available from the great Beings of Light, and the angelic realm will always answer calls or pleas for assistance. However, there are immutable Universal Laws that must be adhered to, and it must be each person's choice as to which path they will follow: the Path of Light or the path of shadows.

You, the StarSeed, who have balanced and harmonized the vibrational patterns of your four lower bodily systems, so that your Soul Song is resonating to the Fourth sub-plane of the Fourth Dimension and higher, are now beginning to access the HIGHER FREQUENCY RAYS OF THE GOLDEN AGE OF THE FUTURE. There is a new Divine Blueprint for this Sub-Universe and for each person who is ready to don a shining cloak of many colors – a refined auric field of Light – signifying a readiness to receive the virtues, qualities, talents, abilities and aspects of the New Age. These wondrous gifts are programmed within the Adamantine Particles of Creator Light, and they are now available to those of you who have attained the required level of Self-Mastery.

Adamantine Particles of Creator Light are complete Facets of Creator Consciousness ready to be activated, programmed and manifested into new, unlimited creative endeavors. At the initiation of each subsequent plan for a new creative project, the Adamantine Particles are encoded with the Divine Blueprint for that plan. These Blueprint Adamantine Particles are then sent forth, in great Rays of unlimited potential by the Father/Mother God who received the command from the Supreme Creator, for the new project that is to be manifested in the material realms. The Seed thoughts of the Divine Father, which are then radiated forth from the Cosmic Womb of the Divine Mother, are known as ESSENCE GENES.

You have individual holograms within your DNA structure, which contain all your ancestral lineage and experiences within the multi-dimensions you have ever experienced throughout the many Ages. You, the StarSeed, are now in a state of preparation which will condition your current four bodily systems to receive the appropriate, refined Essence

Genes, along with your new Divine Mission. The powerful, higher-frequency Rays, which are now bombarding the Earth and humanity, contain the Creator Essence Cells for the Divine Blueprint of the New Golden Age. They are being RAY-diated throughout the Earth and to humanity via the great shining vessels of the Elohim and the Archangelic realm. These vibrational frequencies are appropriately stepped down at every sub-level of every dimension. If this were not so, all material manifestations, including humanity, would burn up from the Electromagnetic power/intensity of the Sacred Fire Energy.

The SACRED WHITE COSMIC FIRE, Adamantine Particles, that you magnetize to you as an awakened Self-master must continually circulate. Only a certain amount – that which is appropriate for each Soul to integrate at their current level of en-Lighten-ment – can be stored within the physical vessel; the balance must be RAY-diated out into the world of form. The Supreme Creator is composed of infinite, indefinable Essence Power, which is so overwhelming that you cannot even imagine ITS magnitude. That wondrous Essence Power has been reduced within every dimensional level of Creation so that you, the Star Seed cocreators, may claim your portion of this magnificent, potential power.

Old regulations, guidelines, as well as many well-established institutions and some religious organizations no longer have the best interests of the people as their main focus; therefore, many are falling by the wayside. Fragmentation of almost all racial, cultural, social and political boundaries within the Third- / Fourth-Dimensional paradigm are crumbling or are being challenged. The consciousness of humanity is on the rise, and nothing can stop the forward momentum. All must follow the flow of expanded awareness or fall into the trap of inertia and chaos. That is why the masses – those who are still stuck in the illusion and the vibrational frequencies of the imbalanced Third- and lower-Fourth Dimensions – are feeling as if they have lost their way. Nothing is working as it did in the past, and there seems to be no hope for the future.

Fortunately, more and more people are awakening to the process of turning inward in order to gain a heightened sense of Self-awareness, which ultimately leads to a desire for higher Soul-consciousness via the energies of Divine discontent. Every cultural group, every race and every country on Earth are seeking direction or a higher philosophical path to follow. This phenomenon is due to the fact that the Seven Rays of God Consciousness for your Earth, which contained the Divine Blueprint for the Piscean Age, have now been completely withdrawn, and have been replaced with the higher frequency, more-refined twelve Rays of galactic consciousness for the Aquarian Age.

In the beginning stages of awakening, before a major Soul merge takes place within a person, there can be no interference from the higher realms due to the Divine gift of free will, which ultimately became a gift with great and burdensome consequences. However, when a person attains an energetic signature that resonates with the higher frequencies of the mid-Fourth Dimension and above, and he or she is ready to affirm: “Thy will be done. I ask for my greatest good and the highest outcome for all.” This sincere affirmation aligns the personal will with the Will of the Higher Self and the new Divine Blueprint for the Earth.

As a result, a magical path of Light begins to unfold to a reconnection with the Fifth-Dimensional, Sacred Triad via person's personal column of Love/Light/Life.

This Pathway of Light, often called the River of Life, leads to an authentic Essence Consciousness, whereby each person who reaches the required level of consciousness will begin to receive his or her special portion of encoded crystalline Seed Atoms for their new galactic or Sub-Universal Divine Blueprint and Mission. These new Memory Seed Atoms will also contain the advanced wisdom, talents, attributes, and qualities necessary to qualify as a participant in the early-stage, creative process for the new, expanded Golden Galaxy of the future.

The process of evolution is changing – the bodily structure of all humanity will gradually be refined and upgraded. There will be guidance and directions supplied to those who have attuned to their Sacred Heart and Sacred Mind, and who have placed their personal will under the command of Divine Will.

Heretofore, the masses have lived in a world of veiled, illusional awareness, and they are now facing a future that feels much like a ship that has been cast into a stormy sea without a rudder. That is because the Primal Life Force energy that has been available to all humanity over the past age is no longer filled with God Seeds of great potential from within the old Divine Blueprint for this Sub-Universe. The masses will still receive the vibrational patterns they need to maintain the status quo. We assure you that the loving energy of our Father/Mother God and the Beings of Light will always be available to humanity; however, in order to tap into the new Divine Blueprint that is awaiting each Soul, there must be an attunement to at least the mid-Fourth-Dimensional frequencies of Light.

Each human Being contains hundreds of potential personality traits, which have been stored within the genetic structure of his or her four bodily systems (physical, mental, emotional and etheric). It is up to each person to determine which personality traits he or she will develop and present to the outside world. The faster you neutralize or harmonize your negative personality traits, the more quickly your godly potential or master-Self will emerge. Only then will you gain access to your full potential as a cocreative master within the physical planes of existence.

Your planet is now plugged directly into the heart-core of the Great Central Sun within the Milky Way Galaxy. The new cosmic waves of Creator Light are a great gift to the awakened Souls on planet Earth. Even though these refined, higher-frequency Rays are not being beamed down directly into the lower Fourth- and Third Sub-Dimensional levels, the transforming frequencies of Light will gradually filter into and affect everyone and everything on and within the Earth.

Earth scientists have announced that a hydrogen wall barrier has been discovered at the edge of this solar system. These are the membranes of Light that we have spoken of in the past. Science and spirituality are validating and merging many conceptual teachings and theories of the past as more human Beings tap into the resources of the Sacred Mind.

As a result of its alignment with the Galactic Center and attunement with the Great Central Sun of the Galaxy, the Earth is in the process of raising its frequency patterns – its Soul Song – so it may return to its status as a Sacred Planet. This Sub-Universe is also being upgraded in vibrational frequencies as a result of being bombarded with the Adamantine Particles of Creator Light via our universal Father/Mother God.

The Milky Way Galaxy is also divided into twelve sectors, just as the Universe is divided into Sub-Universal sectors. Each sector within the Galaxy has a governing Council of Twelve and Twenty-four; with many lessor Councils of Light overseeing and assisting the "multi-level frequency, groups of humanity". Hopefully, you are gaining a better understanding as to the importance of the numbers 12 and 144, for these numbers apply to many Facets of Creation throughout this Sub-Universe.

Your encodings of awareness are constantly being modified by your positive or negative thoughts, intentions and actions. You are being presented with tests of tolerance, benevolence, humility and patience, and your cultural views are being challenged as well. Each and every day the Seed thoughts, which contain the negative frequency patterns of these aspects, will shrivel and disappear when you stop feeding them energy.

We have taught you to become "a living meditation" whereby you are able to function efficiently in your earthly environment while maintaining a balanced Alpha State of consciousness. The next step is to endeavor to live in a constant state of joy, compassion and gratitude, thereby becoming a "living prayer:" a dynamic forcefield of radiating Divine Love/Light. As you become more proficient as cocreators on the earthly plane, you must constantly monitor your energy patterns and seek to upgrade them. You must strive for sustained harmony and refined godly expression. You must liberate the power of the Sacred Fire within, which for most, has lain dormant for many thousands of years.

You should strive to direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Creator Wheel of Life, you are planting the Seeds of focused change, and you will be supplied with the Sacred Fire of Creation needed to manifest what you have envisioned. Your major goal must be to gain Self-mastery while in the physical vessel. When your endeavors are directed toward the highest good for all humankind, a special dispensation is given, and a greater measure of Creator Light will be made available to you.

Imagine, dear ones, how it would feel to have access to an unlimited supply of Divine Creator Essence. Envision yourself as a great energy vortex, pulsating with power, sending out great Rays of luminous color, radiating waves of energy and creating any and everything your Soul Self can envision. Sense how you would feel as the energies you project swirl and solidify, as structure and form become discernible, beautiful, and unique beyond measure — your creations — through the power of your thoughts, love, emotions, and inspired imagination. We are endeavoring to help you understand why you and the Earth are so important during these chaotic times on your planet. In this galactic experience, the Earth is

the place to be during this extraordinary period of evolution of the species and expansion of this Sub-Universe.

Build your vision, my brave and faithful Ones. Start within your own Sacred Heart center and reclaim that power and magnificence that is your Divine heritage. Then, begin to radiate that power and perfection into your physical vessel and outwardly into your world: your relationships, your work place, community, country, and world. Allow all that no longer serves you to continue on its path of limitation or to join you in the realm of higher frequencies of unlimited potential via the process of transmutation. The path toward the Light and the path spiraling further into darkness, have now come to a distinct point of separation. You are being forced to face, once and for all, the residual shadows of Self — all the imbalances and restrictions that are holding you back from fully empowered Self-realization.

Being a Self-master is not for the timid or weak of heart, dear ones. Accept my Sword of Light, which is encoded with the DIVINE WILL POWER of our Father God and accept a shining CHALICE OF LOVE/LIGHT from our beloved Mother God, as we go bravely forward into the dawning of the new AGE. I am ever near to guide, direct, inspire and protect you. I AM Archangel Michael. Copyright: 2022 RONNA VEZANE <>STAR*QUEST<>

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<> NEW NOTICE: ARCHANGEL MICHAEL'S "MONTHLY MESSAGE SUBSCRIPTIONS" BY US POSTAL SERVICE.

Presently, we will continue posting monthly messages for an "UNDETERMINED TIME;" HOWEVER, WE WILL NOT BE ACCEPTING ANY NEW MAIL SUBSCRIPTIONS. If and when we discontinue mailing the monthly messages, we will E-mail each of you, who have a plus-balance on your paid MAILED SUBSCRIPTION, the CREDIT AMOUNT due to you. You may either choose to "donate the remainder" to Star Quest; or you may order something on our Website: www.StarQuestMastery.com <> Either an E-Download book or various types of E-Lessons; or if you wish a product that has to be mailed, we request you send us an E-mail and we will give you the cost of the product, plus postage.

ALSO, IF YOU HAVE SIGNED-UP ON PAYPAL FOR "AUTOMATIC RENEWAL, YOU WILL HAVE TO CANCEL THAT OPTION. WE CANNOT DO IT FOR YOU. <> I wish to thank and honor all of my dear friends, my extended Soul family, and my readers, for their support and dedication in "Spreading the Light of Truth" to humanity for so many years. Together we have and will make a difference. Love, angel blessings and big hugs to all. RONNA

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