

AAM Combined 2005

Transmitted Through Ronna Herman - 2005 Edition

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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

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

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

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

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

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.

SATURDAY & SUNDAY, JUNE 11-12, 2005, VIENNA, AUSTRIA * EUROPAAHAUS * 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

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 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.

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*
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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.

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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

eadar 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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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: Becoming the master of your destiny * There will also be a special message from AA Michael for the Wesak gathering. **NOTICE** Ronna is offering a free special intimate 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 * There are only a few spaces left for the special evening with AA Michael so do not hesitate if you wish to attend this free event.

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. This will be a very experiential and hands-on event and the only full seminar Ronna will present on the West Coast in 2005.

SATURDAY & SUNDAY, JUNE 11-12, 2005, VIENNA, AUSTRIA * EUROPAAHAUS * 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

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 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 LINEA

GE AS BEARERS OF THE GODDESS ENERGY. THIS SPECIAL JOURNEY WILL NOT BE OFFERED AGAIN.

NOVEMBER 13-20 * A SEVEN DAY CRUISE FROM MIAMI, FLORIDA * RECLAIMING THE MAJESTY AND POWER OF OUR ATLANTIAN 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.

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

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 * ATLANTIAN 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.

NEW!! I am pleased to announce that we now have beautiful, thick blankets/throws, 60" X 80", brilliant blue and gold embossed with the sign

et of the Legions of Archangel Michael. Special price: \$50 plus S&H. A picture of the blanket will soon be posted on our website along with shipping fees.

Phone orders: 775-856-3654.

NEW!! We also have two beautiful note cards with envelopes designed by Matia Michaelson. One is Michael's Sword of Light and the other is Michael and Faith. Abundance exchange:

\$2.00 each, minimum order of five cards. S&H for five to ten cards with envelopes: \$2 USA * \$3 Canada * \$4 International.

NEW!! ANGEL CARDS * ARCHANGEL MICHAEL SPEAKS TO YOUR HEART AND SOUL. A set of 48 cards with quotes from On Wings of Light. There are also nine cards which explain the positive attributes of each of the seven major chakras; therefore, the color of the card you choose is also important for Lord Michael is telling you that you need to focus on the positive attributes and qualities of that card as well as the message. AA Michael Cards in a cloth pouch: \$16.00 Plus S&H * \$3.00 USA * \$4 Canada * \$5 International

AVAILABLE THROUGH STAR*QUEST: WELLNESS FOR LIFE * HOW TO FEED YOUR BODY TYPE * An old soul's guide to nutrition and four-body healing by Claudia Coleman. "Light workers following a path of ascension are altering their DNA from carbon-based to silicon-based (crystalline), and need nutritional information specific to their rapidly changing bodies." \$14.95 * \$3 S&H * \$5 Canada * \$6 Int'l.

4 Body Assessments—your personal Key to Health---available from Claudia Coleman at Wellness for Life t starwavz@telus.net t 250-763-7557 t www.starwavz.com

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

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.

***JUST BOOKED: JULY 15-16 * SALT LAKE CITY, UTAH * Best Western Garden Inn * 154 West 600 South. FRIDAY evening, 7 to 9 pm * A Glimpse of 2012 and Beyond and an Intimate Q & A Session with Archangel Michael * SATUR

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.

NOVEMBER 20-27, 2005 * ATLANTIAN 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. 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 .

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 \$50 per blanket. The quality of the blanket is excellent (it weighs six lbs) and is still a great buy if you choose to purchase one. Phone orders: 775-856-3654. ON-LINE: www.RonnaStar.com

NEW!! We also have two beautiful note cards with envelopes designed by Matia Michaelson. One is Michael's Sword of Light and the other is Michael and Faith. Abundance exchange: \$2.00 each, minimum order of five cards. S&H for five to ten cards with envelopes: \$2 USA * \$3 Canada * \$4 International.

NEW!! ANGEL CARDS * ARCHANGEL MICHAEL SPEAKS TO YOUR HEART AND SOUL. A set of 48 cards with quotes from On Wings of Light. There are also nine cards which explain the positive attributes of each of the seven major chakras. Cards in a cloth pouch: \$16.00 Plus S&H * \$3.00 USA * \$4 Canada * \$5 International

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 ease 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.

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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. ** *****

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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 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.

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

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this event at the reduced rate above. That special rate will disappear on July 4 and so may
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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 * ATLANTIAN 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.

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***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.

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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 physical

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

mony 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 overlit 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 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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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