

AAM Combined 2016

Transmitted Through Ronna Herman - 2016 Edition

Table of Contents

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

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TRANSMITTED THROUGH RONNA

WHAT IS SPIRIT?

Beloved masters, you are a Facet of the Creator's Spirit Essence: An Individualized God-Seed Atom. It is your I AM consciousness with an inborn desire to express and create. The word Spiritual does not refer to religion or religious dogma. It is a focus on the advancement from a present state of Being: physical, emotional, mental, intuitional and social. It entails a refinement of the human instinctual-nature into an evolved Spiritual/Human Being ready to move into the rarified environment of the Fifth Dimension. Enfoldment within higher consciousness results in a new state of awareness, which leads to new experiences, greater abilities and additional talents. Self-realization is the goal of today's advanced Souls.

It is vitally important that you learn to direct your personal stream of consciousness. The ego-desire mind meanders down through the labyrinth of the sub-conscious mind, following the strongest patterns of the illusional past, or randomly selecting bits and snippets of painful or stressful events, which are strong enough to leave a lasting thought form. Controlling your moment-to-moment mind chatter is an integral component in gaining mastery of Self. In order to become a rational thinker with a clear mind, you must become an observer or a monitor of the mind's thought processes.

Your Soul Self within the Third and Fourth Dimensions is a SACRED TRIAD FRAGMENT MERGING WITH MATTER in order to experience the multiple densities of creation. The Soul's primary motive is to infuse its host's personality with its portion of God Essence. Its goal and greatest desire are to serve through repeated cycles of "self-expressed individuality," with periodic impulses to again ascend into Spirit form, while retaining wisdom from a vast array of cosmic experiences.

Each Sacred Triad was diminished in Light quotient as it moved further out into the void and the density of creation. The beginning, Fifth-Dimensional stage of awareness, the densest, first sub-level will initiate a focus on the mental body and the integration of Divine Will. Specific evolutionary laws apply on each sub-plane as well as on each full plane of consciousness.

As you move into the vibrational patterns of the Fifth Dimension, your cells, Etheric Body, and Auric Field will begin an accelerated purification process. This process will facilitate, and will ultimately result in the downloading of the many Facets of your Higher Self, and the beginning phase of reclaiming your higher frequency Light Body. Tranquility begins in the lowest level of the Fifth Dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond conditioned consciousness into attunement with

your cosmic consciousness via the many Facets of your Higher Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of equilibrium that applies within the Fifth-Dimensional realms and above.

Briefly, the Sixth Dimension is the dimension in which you will truly realize that you are immortal. You will embody a greatly expanded consciousness of the DIVINE PLAN as you gradually reconnect with some of the more powerful levels of your Sacred Triads within this Sub-Universe.

The Seventh Dimension is the final evolutionary boundary for human embodiment within this Sub-Universal experience. You will have a definite form; however, it will be gossamer and malleable. The first sub-level (the lowest in frequency) of the Eighth Dimension is the Infinity Gateway. You will be able to tap into many of its benefits as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your Auric Field and vibrancy to your Soul Song. The full, radiant body of the Soul, upon its home plane level, the Seventh Plane of the Fourth Dimension, was given the title “the Higher Causal Body” by the ancient masters.

As you become multidimensional, your perception of time becomes more fluid, and the concepts registered by your brain will be more complex and accurate. You are gradually developing control over and a continuity of consciousness, which will result in a clearer and truer spiritual perception.

In order to develop your extra-sensory abilities it is of vital importance that you be willing to spend time not only in meditation and contemplation, but in silence. One of the first steps in gaining self-awareness is controlling and silencing the constant mind chatter of the lower conscious mind.

At the completion of overcoming all the challenges and tests of the Third and Fourth Dimensions, the aspiring Soul faces the final barriers leading to the entry (the first sub-level) of the Fifth Dimension. All of the Soul Fragments within the Fourth Dimension will have been cleansed, balanced and integrated into the entity’s four lower-bodily systems. As a result, the seeker becomes a harmonized, balanced, Soul-infused personality.

The Causal Body sphere, which initially contained all of the original Soul Fragments sent forth into the Third/Fourth Dimensions of this Sub-Universe, is now drawn back up into the Fifth-Dimensional, first sub-level Sacred Triad, from which it originated. It is now no longer needed, for the Soul-infused personality--now a Spiritual /Human Being--is ready to unite directly with its Fifth-Dimensional Sacred Triad. This Sacred Triad is the next higher Facet of its original God-Seed Atom within this Sub-Universal experience.

The harmonized, Fourth-Dimensional emotional realm is now ready to integrate with the first sub-plane of the Fifth-Dimensional mental realm, which opens up a whole new world of experience and learning.

For those who have not embraced the three godly qualities of DIVINE WILL, DIVINE LOVE, AND DIVINE INTUITIVE INTELLIGENCE, it is impossible to comprehend the wonder of the future. Your consciousness refines itself as you progress in spiritual awareness, and you also develop an acute awareness and sensitivity as the vibrations and rhythms of Sacred Love well up within your Sacred Heart. Sacred love is the key which opens the doorway to the next level of higher evolution. As a Soul-infused personality, you will become an earthly Solar Angel--a radiant Sun of God.

Many years ago, we explained to you: "There are Pyramids of Light stationed within every Dimension and Sub-Dimension throughout this Sub-Universe. Some are great storehouses of Cosmic Light substance, which are used in the creation of star systems, galaxies and solar systems. There are also innumerable, smaller Pyramids of Light, which contain an Etheric Replica of all the God-Spark fragments you have created on your journey into density.

" As you journeyed down through the multi-dimensions within this Sub-Universe, you refracted yourselves into smaller and smaller God-Seed Fragments. From the base level of the Fifth Dimension throughout all of the Sub-Dimensional realms up to the dimensional level in which your God-Seed Atom (I AM Presence) resides, you have a Sacred Triad within a Pyramid of Light, awaiting your return."

As you traverse the sub-levels of the Fifth Dimension, there is a Sacred Triad stationed within each of the Seven Sub-Dimensional levels, each one diminished in size and Light Power from the one above. All of the Sacred Triads were sent forth directly from within the Heart-Core of your God-Seed Atom, and they have been stationed within every Sub-/Full-Dimensional level, all the way down to the lowest, first sub-plane of the Fifth Dimension.

In order to gain access to and connect with the higher mental body, you must strive to stay centered within the Sacred Heart. This process can only be initiated once you have a firm control over your physical-emotional body. The conscious mind must have periods of silence in order to attune to the subtle whispers of the Soul and your Higher Self. You will attain peace of mind by consciously breathing through the Sacred Heart (the Infinity Breath), which becomes a natural way of breathing once you establish the Infinity pattern within your physical vessel, and practice the technique until it becomes a habit. It is vitally important that you learn to breathe mindfully. Through the process of focused breathing, by following the path of the breath, you will gradually become aware of the different parts of your body. Your Body Elemental's signals of discomfort or dis-ease are very subtle at first. If you do not heed these signals, they will gradually evolve into pain or possibly a serious illness.

We have often said that moving out of your comfort zone and the collective consciousness belief structure is a very courageous thing to do. Bravely going forth to seek and live your own truth is the first step in taking back your personal power. As you release the shackles of the past, and come to the understanding that you are in control of your future, you begin the process of awakening to your potential as a master cocreator. As you gain wisdom, and begin to enjoy the positive results of your endeavors, you begin to trust yourself and your

judgment. Your multi-sensory perception expands and becomes stronger, and you learn to view both the positive and negative results of your choices from a higher vantage point, thereby gradually learning to make decisions from a heart-centered point of view.

The process of ascending into the Higher-Dimensional realms of greater Light requires that you strive to unify your earthly consciousness with each higher vibrational level of God-Consciousness. The Grand Plan was designed so that your reentry into the higher realms would be accomplished through the integration of the White Fire Seed Atoms stored within the Diamond Core God Cell of each more advanced Facet of your Higher Self. One-by-one, step-by-step, you are integrating the will power, the wisdom, the attributes and qualities of each vaster Facet of your OverSoul. How quickly and easily you accomplish this is up to you, for you were given the gift of FREE WILL, which is an important component within the Grand Design for this Sub-Universal experience.

Every Facet of Creator-Consciousness in this Sub-Universe has experienced Soul-body fragmentation, and every Soul, at every level and station of Beingness, is now in the process of healing and reuniting with the many Facets of Itself. You will integrate as many Facets of Self as is humanly possible while in your present physical vessel, and the process will continue as you traverse the higher realms of existence. You are bio-computers with harmonic resonance. Each of you is a complex vibratory Being. You have become accustomed to the slower, denser energy of the Third/Fourth Dimensions; however, you are in the process of balancing, harmonizing and lifting the resonance of your force field in order to ascend into a more refined, Higher-Dimensional state of Being. You must remember that you are a unique Facet of the Creator, and you should treasure your uniqueness as you strive to return to the Oneness of your Divine Self.

Remember, as you lift your consciousness and return to harmony within, you will radiate forth more refined frequency patterns, and therefore, you will attract to you those who are embodying and radiating the same harmonic Light patterns. The reunification process entails rejoining multiple Facets of Self as well as reuniting with many members of your closest Soul companions on the journey. The Ascension process is a time of reunion at many levels of God-consciousness. Remember, we are only a heartbeat and a thought away. We enfold you in the radiant Sacred Love of our Father/Mother God. I AM Archangel Michael. Transmitted through Ronna * Star * Quest *775-856-3654*

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Dearest friends: As we enter the new year of 2016, we face many challenges, tests and opportunities, for we are truly on the Cusp of a New Age of conscious awareness and Self-mastery. If you have been faithfully following Archangel Michael's teachings over the past few years, you are aware that new wisdom teachings are guiding us toward a dramatic new reality. The messages have become increasingly complex, and for most of us, we must study, ponder on, and even reread the messages several times before we begin to get a clear understanding of what is being relayed to us. If you have recently purchased beloved Michael's seventh book of wisdom teachings, THE MAGIC & MAJESTY OF ASCENDING

HUMANITY, you are aware that he is now gradually relaying some of the advanced teachings from this new book to the masses via the monthly messages. This book contains many “Pearls of Wisdom” from his other six books and the three study manuals that we have been blessed with—along with a clear definition of what our present “Round of Ascension” entails. The manual is arranged to progressively assist us in understanding the Seven Dimensions which make up our earthly reality, and the progression of Earth’s and humanity’s amazing Ascension process. Also included are a number of incredible illustrations, which greatly help us to understand the complex process we are currently experiencing. Many will not be ready to study and integrate these teachings, and that is as it should be, for each of you are on your own path, progressing through each new level at your own pace. However, as the old Divine Blueprint is no longer in force, it behoves us to endeavour to understand how best to traverse these rapidly changing times. It will also be of vital importance to integrate at least the basics of the new Divine Blueprint for our Fifth-Dimensional reality. Each Sub-Dimension has its own specific laws and standards. Since we are in the process of accessing New Age Fifth-Dimensional awareness, our leap in Cosmic Consciousness will be much more dramatic and life-changing. Archangel Michael has gifted us with so much incredible information over the last twenty-five years, and it has been my great honor to be the “transmitter” of this information. Randy Monk and I are planning to hold some advanced webinars next year, which will focus on these new teachings. (Details to follow soon). In the meantime, I send you all my deepest love, gratitude and angel blessings, Ronna

**** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** CONTAINS ILLUSTRATIONS OF OUR PERSONAL TWELVE RAY CREATOR WHEEL FLOWER OF LIFE * ILLUSTRATION OF ATTAINING INTEGRATION OF ALL OF OUR FOURTH-DIMENSIONAL SOUL FRAGMENTS AND CONNECTING WITH OUR FIFTH-DIMENSIONAL, FIRST SUBLEVEL SACRED TRIAD. TWELVE COMPREHENSIVE ILLUSTRATIONS TO ASSIST US TO UNDERSTAND THE ADVANCED INFORMATION ARCHANGEL MICHAEL HAS GIVEN US IN THIS AMAZING BOOK ** THE MAGIC & MAJESTY OF ASCENDING HUMANITY * BOOK SEVEN * ARCHANGEL MICHAEL / Ronna * 8 X 11 Spiral-bound Study Manual * \$25. plus S&H**

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COSMIC WISDOM TEACHINGS FOR SELF-MASTERY

TRANSMITTED THROUGH RONNA

COSMIC WISDOM TEACHINGS FOR SELF-MASTERY

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Beloved masters, at the present time you may wonder why we are not relaying much new information to you, but are more or less repeating wisdom teachings of the past. We have told you—through the many messengers of Light who have devoted much of their time and energy to bringing forth the wisdom teachings for your ascension in consciousness—we have now given you the major, important teachings for this particular round of the ascension process. We are focusing on past teachings—refining and upgrading them—for a reason. Repetition is one of the best ways to help you integrate and retain the higher frequency teachings of the future.

We understand that it is exciting and tantalizing to constantly receive new, radical and sensational information; however, we ask you, ‘Have you integrated and perfected all the teachings that have been given? Have you accomplished all of the goals necessary to competently and easily access and live in a Fifth-Dimensional environment?’

A limited number of advanced Souls have achieved that goal; however, the majority of you are still in various stages of completing the final, critical Rites of Passage that are needed to achieve entry into the Fifth Kingdom of God-consciousness. Patience, and a willingness to allow the process to unfold in its own time is what is needed during this critical stage of higher consciousness integration. Whether you are in an intense period of testing or growth, or whether you are in a “null zone,” or a time of “sanctuary and contemplation,” it is vastly important that you allow your OverSoul/Higher Self to orchestrate the tempo and timing of the final stages of the process.

As you and the Earth return to balance in the still point of perfected harmony, polarity consciousness will no longer be able to dance and weave between the Light and the shadows. There will be no need for conflict, separation or anything which will hinder you in perfecting your mastership and creating that which will bring peace, prosperity and great joy for all. It is surely being brought into your awareness that the Light is becoming more predominant in certain people and areas, as the shadow/negativity is becoming more pronounced and chaotic in other areas. This is because a separation is taking place, both within each of you and all around you. You must choose which path you will follow: the upward spiraling path of en-Lighten-ment or the downward spiral of continued chaos and limitation. Our mission is to assist you in making the highest choices. Are you ready to manifest, and prepared to live in the magic and majesty of the Fifth Dimensional environment that is awaiting you?

**** SELF-MASTERY IS A STATE OF BECOMING.** Becoming a Soul-infused personality is a never-ending process as you learn to integrate more and more of the virtues and attributes of our Father/Mother God. It takes constant vigilance and practice, but the rewards are immeasurable.

** Be aware that there is energy potential all around you, and it radiates as an Infinity Sign from you—above, below, in front and in back. What you are thinking and feeling creates a vibrational pattern: it radiates out from you and magnetizes to you energies, situations or people who are in harmony with that vibrational resonance or pattern. Change your thoughts and the vibrational energy you project, and you will change your world.

** Remember why you are on Earth. Remember that you are an extension or a Facet of the Creator. Embrace the excitement of your new reality as you create greater and greater harmony within your world. Become a practical Spiritual/Human Being. Enjoying the beauty and bounty of all the Earth Plane has to offer, while also enjoying the beauty, wonder and magic of the higher realms.

** Each of you were placed in a particular energetic environment with harmonic frequencies that would be most advantageous in assisting you to learn the life's lessons you chose before coming into this incarnation. In addition, you were given special talents, gifts and strong inclinations to assist you in fulfilling your life's mission.

** The human body is a magnetic pole within the spectrum of Light and shadow or within the positive and negative forces of Cosmic electromagnetic energy. The physical vessel is a complex organism, which contains the ESSENCE ELEMENTS of all the Lower Dimensions: mineral, vegetable and animal, as well as the STARDUST ELEMENTS OF LIGHT.

** You have a Star Tetrahedron and rotating fields around you, which will increase in strength and magnitude as you build and strengthen the Rainbow Bridge or the crystalline column of Light that connects you to your God Seed Atom / I am presence. That column has diminished to a thin thread of Light in many humans, feeding them barely enough Life Force energy to keep them alive. As you clear the distortions, you will receive greater and greater amounts of Creator Light, and you will also re-establish your interactive relationship with the multi-faceted parts of your greater Self.

** Light, sound and color are the modalities of healing, expansion and transformation. You are just now remembering and learning to use some of the major tools of mastery that are a part of your divinity and birthright. Your genes/DNA carry a tone or resonance which we call your Soul Song. Toning, and using harmonics will help cure many of the symptoms of distress or illness that you are experiencing, for it brings your DNA, and your etheric, emotional and mental bodies back in to harmony.

** Love is a natural state of being. Love is a natural, inborn condition. When love is the radiating force in your life, fear disappears. Fear is created by the absence of love. Fear is only a state of mind. When you turn inward and tap into the well-spring of love within your heart core, it first fills your inner Being, and it then radiates out into the world. You begin to see through eyes filtered with love, and hearing tempered by compassion. It changes how you view the people in your life and everything that happens to you. An overlay of loving energy creates miracles.

** There are living libraries of knowledge stored at every level of existence throughout this multifaceted Universe. There are Recording Angels or Celestial Recorders who keep a record of every thought, action and event that has ever taken place or ever will take place.

** Yes, there are still many lessons to be learned, and there always will be. There are millions of mysteries on your journey throughout the cosmos that will entice you to seek a solution. We delight in your attempts to understand the workings of Creation and all of its wonders.

** Fortunately, a vast number of you now have the insight to see the justice and perfection in the dance and drama of life that you must experience each day. You are being prepared to take a giant leap INWARD, OUTWARD and FORWARD, beloveds. The time has come for you to assume your proper role in this great event called, the Ascension of Earth and humankind.

** Your Light Quotient must blaze forth so that it may connect with that of other en-LIGHTEN-ed Beings, and in doing so it will gain strength and momentum. Eventually it will permeate and infuse the Crystalline Etheric Web of your home planet so that ALL will benefit from the CREATOR LIGHT OF TRANSFORMATION.

** Worship should not be reserved for one designated day of the week, it should be a state of heightened-consciousness which OverLights your total Being, and it is the focal point of your reality. It is your highest privilege and first duty to maintain a worshipful attitude each and every moment of your existence. Strive to develop a constant, joyous and intimate relationship with the Creator.

** When you tap into the elixir of the higher realms of existence, it becomes an all-encompassing passion, which leads to heightened self-discipline, strong moral beliefs and spiritual aspirations. You will have no difficulty in learning patience, fortitude and tolerance, and you will strive to live a life of service. Divine wisdom and Cosmic insight are rewards of a sincere seeker of spiritual truth. Live your truth as it has been and will be revealed to you. You will live in an aura of peace personified and sublime love.

** True spirituality does not demand particular rituals or rigid beliefs, it is a mode of living your highest truth with whole-hearted devotion. You are to seek a blending of your highest intellectual, emotional and spiritual reality.

** Seek to use your Divine imagination. Be enthusiastic, but also be practical. Be courageous, but not reckless. Maintain a confident attitude as you delve into the unknown and seek to manifest the visions given to you in your sojourns into the higher realms of existence. When you make the highest moral choices, your Soul is infused with the ecstasy of Divine Love. If you aspire to align your will with that of our Father/Mother God—you become a partner—a cocreator of the multiple time/space worlds of existence. Never forget, the Creator indwells within you, and you indwell within the Heart Core of the Creator.

** The resurrection process for humanity has been a long evolutionary struggle to attain a balanced state of Being in order to allow Spirit to descend and take dominion of the physical vessel. Resurrection is returning to your original magnificence by embodying all your Divine Light and spiritual attributes. Evolution is purposeful, not accidental.

** The human intellectual thought process must evolve beyond the limitations of language. There is a vast wealth of information awaiting you via inspiration. You must develop your intuitive abilities in order to receive the wisdom of the higher realms. It will not come from outside you. It will well up within your own Sacred Mind and Sacred Heart. You must reach up and grasp it, for it will not come down into the density of the lower planes of consciousness and seek you out.

** You must shift from self-judgment to Self-love, which creates a resonance that extends beyond the physical body, and gradually begins to affect others. When it grows forceful enough, it can even assist in the healing process—first for yourself, and then to those within your sphere of influence.

** There is Cosmic time that is fluid and malleable, and mortal time that is linear, structured and event oriented. You are learning to live as spiritual mortals who have the ability to access the fluidity and magnificence of the Cosmos. There are schools of Cosmic philosophy where you have studied, which you will again be able to tap into as you gain the ability to traverse the higher realms of expression. There are Destiny Guardians to guide you and show you the way. Ask for their assistance and they will be your devoted servants. The Beings of Light represent many differing view points, and they have diverse personal experiences, just as mortals do.

** Each of you has the ability to contribute something personal and unique to the Divine Blueprint, which has been designed for the future of humanity and the Earth. You have been given an extraordinary gift by the Creator—the Divine privilege of participating in the creation of your own destiny. Each of you have the potential of becoming a Self-master and a glorified mortal. You are becoming Spirit-infused mortals which assures your immortal status. You are multifaceted, and you have consciousness on many more levels than you can comprehend at this time. You are an immortal Soul with a mortal mind and body. You are in a process of Soul expansion and higher-frequency Light integration. ** How bright and warm is your Sacred Fire? Does it blaze brightly and warm the hearts of others? Or is it a feeble flame, not even strong enough to warm your own heart? “Cold-hearted” is not a term associated with a true bearer of Creator Light. The Spirit of the Creator cannot be isolated. Spirit permeates everything in existence to one degree or another. You are being offered a grand opportunity to expand your consciousness to incorporate the vastness of Creation.

** Once you attain the status of a Soul-infused Spiritual/human, your intellectual abilities, efficiency, and practicality will assist you to make astounding progress. You have the tools and inward talents to achieve anything you desire in this lifetime and beyond, beloveds. Remember, when you have aligned with your current highest destiny for the greatest good of all, you will access and radiate out into the world the Creator Particles of Love/ Light

/Life. We are here to assist you in every way possible to attain spiritual illumination, and we radiate to you a beam of Eternal love. I AM Archangel Michael.

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-3-2016

TRANSMITTED THROUGH RONNA

THE FIVE KINGDOMS/DIMENSIONS FOR

THIS ROUND OF EARTHLY ASCENSION

Beloved masters, everything in the Universe is endowed with a consciousness of its own kind and on its own plane of perception. Remember, ALL Creation—the Omniverse at all levels—is Cosmic Energy, which was sent forth from the Heart-Core of the Supreme Creator. This Energy is composed of vibrational frequencies of infinite variations, which interpenetrate with each other, and yet are separated from each other by the variance in Light frequency patterns. The Light/Energy of the Creator contains all the components of Creation, and these innumerable Seeded Patterns of Light make up the complexity of the many levels of material manifestation. The terms used to describe the multiple levels of Creation, such as “Dimensions and Sub-Dimensions,” were established to bring clarity and understanding of the very complex “nature of the reality” in which you all exist. As most of you are aware, each Dimension within your earthly etheric environment has seven sub-levels.

THIRD AND FOURTH DIMENSIONS * DUALITY

ENERGY + MATTER

POSITIVE / ACTIVE ** NEGATIVE / RECEPTIVE

FIFTH DIMENSION * TRIPLICITY

DUALITY + SPIRIT + MATTER

EQUALS: HARMONIOUS MATTER

FIRST DIMENSION * MINERAL KINGDOM: First Dimension and lower sub-levels of Second Dimension: The Mineral and Vegetable Kingdoms are ruled strictly by instinct, and they are infused with God Light/Life via the Devic and Elemental Kingdoms. The First-Dimensional environment is the world of the elements, the building blocks of the material world from the sub-atomic elements to the soil, rocks and water that make up the body of the Earth. This is the foundation for the manifestation of all plant life, and home of the lowest level of the Elemental Kingdom whose mission it is to relay from the sun the life-giving elements or nourishment for all of the mineral and plant kingdoms. Under the guidance of the Elemental Kingdom, the Plant Kingdom also began to experience an instinctual desire to reach for the sunlight and bask in the warmth of its radiance.

SECOND DIMENSION * FLORA & FAUNA * PLANT & ANIMAL KINGDOM: The mid-Second-Dimensional level is where the Animal Kingdom materialized and a sub-level of consciousness began. Originally, the Animal Kingdom subsisted and received sustenance from plant life—it was never intended that they should become carnivorous. Basic feelings and emotions began to be displayed within the Second-Dimensional environment as the Animal Kingdom evolved and began to experience primal fear, anger and instinctual love or compatibility with a strong desire for companionship. The Animal Kingdom is strongly influenced by inborn instinct. The animals' Sparks come from and return to a Group Soul in between each incarnation.

THIRD DIMENSION: Since humanity's fall in consciousness many thousand years ago, the Earth and its physical environment have been composed of Third-/Fourth-Dimensional components. The Third Dimension consists of length, breadth and depth of space. The Sentient Beings of this Dimension are the more evolved Animal Kingdom (group consciousness) and Human Beings, which have individualized Soul-consciousness.

THIRD KINGDOM / THIRD DIMENSION: * FIRST THREE SUB-PLANES * ANIMAL / NATURE KINGDOM: Higher-conscious species of Animal Kingdom—instinctual /sub-conscious.

FIRST THREE LEVELS OF THE THIRD DIMENSION: Animals who are gradually evolving into a higher species, and who have developed a limited sentient intelligence, are within this range of intelligence: such as Primates (Apes and Monkeys), Elephants, Horses, Dogs and Cats. In some future stage of the "Ascension process," they will be "ensouled," and will be allotted an individualized I AM consciousness.

There are also some humans—very young Souls—who obtained their individualized I AM consciousness within a more recent "Round of Evolution". Their first incarnational experiences have been in this solar system or on the Earth Plane, and they are, therefore, still functioning within an animal/human base-instinctual nature, along with a varying degree of intellectual capacity. These Souls are the true "earthlings."

There are no longer any young or early mature Souls being incarnated on the Earth Plane. Only "mature and old Souls" who have had a vast number of incarnational experiences throughout this Universe, and quite possibly in other Universes as well, are incarnating on Earth now.

THIRD DIMENSION * SUB-PLANES FOUR THROUGH SEVEN * HUMAN KINGDOM: The Third-Dimensional realm of material expression is more mentally focused, with a strong desire to create, conquer and to control nature. It is the lowest level of humankind's experiential existence. A basic, instinctual-survival nature began to develop with a gradual, limited consciousness of self, "I am separate and different from you." Human Beings began to emerge from a herd-state of consciousness, where there were seldom any unique or individualized thoughts. Most knowledge came forth from the group instinctual nature and basic concepts handed down from the elders.

FOURTH KINGDOM / FOURTH-DIMENSIONAL HUMAN KINGDOM: Sub-conscious and conscious awareness. In the Fourth Dimension a conscious awareness of the “NOW” moment is added to length, breadth and depth of space. The Fourth Dimension is the realm of emotions, Maya/illusion—the Astral Plane. Since it is the beginning stage of higher frequency patterns, time is more fluid, and the laws of time and space begin to change. It is sometimes called the Etheric Realm. You must pass through the mass consciousness belief structure, which is mostly comprised of a conglomeration of inharmonious Third-/Fourth-Dimensional vibrations. It is your responsibility to clear or neutralize your personal discordant vibrational frequencies in order to traverse the seven sub-levels of the Fourth-Dimensional environment, and to tap into an awareness of your “I AM” within the Fifth-Dimensional environment.

FOURTH KINGDOM * SUB-PLANES ONE THROUGH THREE: HUMAN/HUMAN KINGDOM: Human Beings within this stage of evolvment are still using some of their animal instinctual nature along with the sub-conscious / conscious human nature. Sub-planes four through seven: the beginning of the development of a human/Spiritual nature.

Whales and Dolphins are a special, unique species which does not fit within any of the evolutionary profiles that we are presenting to you for your greater understanding. They are considered to be the most spiritually and intellectually advanced species on Earth. As the Earth was created for human inhabitation, these wondrous Beings of Light were sent forth from far-distant Star Systems as “Keepers of the Divine consciousness for the human species.” They are the recorders of the en-Lighten-ed, and also the diminished consciousness of all life forms from the beginning of this Sub-Universal experience—not only in this realm, but also in many other realms within this Sub-Universe. They embody the recorded history of Earth, all planets, solar systems and galaxies, and they constantly bring forth reverberating frequencies of Light and advanced information.

Wisdom teachings of the past from some of the en-Lighten-ed conveyers of Dolphin and Whale wisdom have brought forth much information regarding these powerful servers of the Light. The Dolphins and Whales facilitate the weaving of energy matrices of crystalline consciousness throughout the planet. This allows humans who are vibrationally receptive and spiritually ready to embody the deeper infusions of pure love throughout their cellular structure, and to experience deeper, more refined levels of telepathic communication. They represent all Beings on the Earth, and their mission and their glory are to hold the entire Earth in a liquid Auric Field of greater love. They send the tones of love through the waters, and deep into the Earth, as well as to all humanity, in order to keep the evolution of consciousness on the Earth moving according to the greater plan. They are not as they appear to be in form. They are great, magnificent Beings whom we admire, and if we are receptive, we will feel their loving energy as they continually patrol the oceans spreading our Father/Mother God’s frequencies of love, harmony and grace.

FIFTH KINGDOM: FIFTH-DIMENSIONAL SPIRITUAL/HUMAN NATURE * FIRST SUB-PLANE OF THE FIFTH DIMENSION: Integration of all Third-/Fourth-Dimensional Soul Fragments has been accomplished. Therefore, the Soul-infused Personality is released from the Wheel

of Karma. Gradual development of conscious / Superconscious / intuitive awareness —the beginning phase of SACRED-TRIADAL CONSCIOUSNESS.

FIFTH-DIMENSION, MENTAL PLANE OF CONSCIOUSNESS: SACRED TRIAD * THREE GOD RAYS:

I. SPIRITUAL WILL/POWER: COSMIC ENERGY ** II. LOVE/INTUITION: WISDOM **

III. COCREATIVE-ACTIVE INTELLIGENCE: KNOWLEDGE

EGO-DESIRE BODY * INSTINCT * LOWER MIND 3D

EMOTIONAL BODY * IMAGINATION * CONSCIOUS MIND Lower-4D

SOUL CONSCIOUSNESS * INTUITION * SACRED MIND Mid-4D

SOUL-INFUSED PERSONALITY * ILLUMINATION * SACRED TRIAD 1st-Level-5D

For your better understanding, we will give you an “ENERGY FIELD OF CONSCIOUSNESS” for each Dimension— an arbitrary designation of what we are calling, WATTS OF GSALP:

ENERGY FIELDS OF CONSCIOUS AWARENESS

“GOD-SEED ATOM LIGHT POWER.”

* FIRST DIMENSION * 1,000 TO 1,999 WATTS GSALP

* SECOND DIMENSION * 2,000 TO 2,999 WATTS GSALP

* THIRD DIMENSION * 3,000 TO 3,999 WATTS GSALP

* FOURTH DIMENSION * 4,000 TO 4,999 WATTS GSALP

* FIFTH DIMENSION * 5,000 TO 5,999 WATTS GSALP

FREQUENCY LEVELS OF CONSCIOUSNESS:

FIRST AND SECOND DIMENSIONS: 1,000 TO 2,500 WATTS GSALP:

Higher sub-levels of the Second Dimension and the first three sub-levels of the Third Dimension: 2,500 to 3,300 watts of GSALP

PREVAILING NEGATIVE ATTRIBUTES TO OVERCOME:

THIRD DIMENSION: FROM 3,000 TO 3,999 WATTS OF GOD-SEED ATOM LIGHT POWER.

FROM LOWEST LEVELS TO HIGHEST: SURVIVAL INSTINCT * FEAR * ANGER * VENGEFUL * HATE * DESPISING * SHAME * GUILT * DENYING * UNCARING * APATHY * STUBBORN * MISERABLE * INDIFFERENT * PERMITTING * ENABLING * HERD STATE * CONFUSED *

RIGID THINKING PROCESS * FEARFUL OF CHANGE * COMPLACENT * FEARFUL OF THE FORCES OF NATURE AND THE ELEMENTS.

FOURTH DIMENSION: FROM 4,000 TO 4,999 WATTS OF GOD-SEED LIGHT POWER.

FIRST THROUGH THIRD SUB-LEVELS: MISERABLE * SELF-SERVING * CONFRONTATIONAL * CRAVING * BLAME * DESPAIR * ANXIETY * LETHARGIC * HUMILIATION * HOPELESS * GRIEF * DEMANDING * WITHDRAWAL * DESTRUCTIVE * JUDGMENTAL * STUBBORN * INFATUATION * AUTHORITATIVE * DOGMATIC * EXTREME * FRIVOLOUS * VAIN * SEEK GLAMOUR * POSSESSIVE * BOREDOM * MATERIALISTIC * STRONG BELIEF IN “GOOD LUCK,” FATE AND PUNISHMENT * WILLING TO GO WITH THE FLOW * CAUGHT UP IN “MASS CONSCIOUSNESS BELIEF SYSTEM” * “I, ME, MY” FOCUS.

NEGATIVE ATTRIBUTES TO HARMONIZE, AND POSITIVE ATTRIBUTES TO INTEGRATE:

FOURTH SUB-LEVEL—A BRIDGE TO HIGHER CONSCIOUSNESS:

PLODDING * FRUSTRATION * DISCONTENT * DOUBT * REGRET * PERMITTING * ENABLING * PESSIMISTIC * NEUTRALITY * WORRY * DISCOURAGED * UNWORTHINESS * SOME OBJECTIVITY * LEARNING TO FORGIVE * UNDERSTANDING * HOPEFUL * OPTIMISTIC * DESIRE * LEARNING DISCIPLINE * BEGIN TO TURN INWARD * SEEKING * TRUST * INSIGHTFUL * HELPFUL * GENEROUS * “EXPANDING SELF-AWARENESS.”

FOURTH DIMENSION—FIFTH THROUGH SEVENTH SUB-LEVELS:

PATIENT * EXPRESSIVE * CREATIVE * DISCIPLINED * SEEKS SOLITUDE * COMPASSIONATE * MERCIFUL * HARMONIOUS * SERENE * TRUSTING * COURAGE * EMPOWERMENT * OPTIMISM * REVERENCE * LOVING * JOYFUL * BLISS * INTUITIVE * GRACIOUS * THANKFUL * ALTRUISTIC * DESIRE TO SERVE * TRUTHFUL * GRATEFUL * “DEVELOPING UNITY CONSCIOUSNESS.”

Most of you who have followed our teachings are aware that you must clear 51% of your negative frequency patterns and attune to your Soul Song to at least a portion of the lower sub-level frequencies of the Fifth Dimension in order to begin to receive the Adamantine Particles of Creator Light. In doing so, you gain the ability to breathe in this Essence of rarified Light containing the refined vibrational frequencies of the higher realms. You, while in your physical vessel, are being given an opportunity to incorporate the Divine Essence of the New Age, which is permeating the Earth at this time.

There is no firm demarcation between Dimensions, for they ebb and flow in a wave pattern and interpenetrate each other to a certain degree. Much of humanity is now resonating to the frequencies of the higher, more harmonious frequencies of the Third Dimension, while tapping into and integrating various levels of the Fourth Dimension. Many dedicated Souls are beginning to access some of the frequency patterns of the lower sub-levels of the Fifth Dimension, and there are even some more advanced Souls who are integrating small amounts of Sixth-Dimensional frequency patterns (and even higher) via the Cities of Light.

Beloveds, we know some of the concepts we relay to you can be very confusing. However, as you expand in consciousness and wisdom, your Sacred Mind will open to the well-spring of knowledge you have in reserve, and you will remember and understand. I am with you always. I AM Archangel Michael.

Transmitted through Ronna/Sacred Scribe *Star*Quest *775-856-3654*

** www.RonnaStar.com ** www.QuestForMastery.org **

THE LAW OF RESPONSIVE RETURN

TRANSMITTED THROUGH RONNA

THE LAW OF RESPONSIVE RETURN

Beloved masters, the Rays of Divine Light, which are radiated throughout Creation via the great Archangels, not only contain the all-encompassing attributes of our Father / Mother God, their thoughts and emotions of love and wisdom are also constantly being Ray-diated throughout all Creation. However, it is each person's responsibility to be receptive to this gift of Living Light, to integrate as much as possible, and then to pass on a portion to humanity, and also a "tithe" of Love/Light and gratitude back to the SOURCE of ALL.

Universal Law mandates that there must come a time when all conscious Souls begin to return a portion of the Divine gifts of Love/Life they have been allotted—it is called the Law of Responsive Return.

When you actively participate in sharing your allotment of Adamantine Particles in times prayer, affirmation, meditation and via the World Pyramid, you are fulfilling your obligation to our God Parents as an active and caring cocreator. This is the highest and most effective form of tithing. It is important to share your earthly riches, but even more important to share your loving energy, gifts and talents of Spirit.

The SACRED WHITE COSMIC FIRE, Adamantine Particles, that you magnetize to you as an awakened Self-master must continually circulate. Only a certain amount— that which is appropriate for each Soul to integrate at their current level of en-Lighten-ment—can be stored within the physical vessel. The remainder must be RAY-diated out into the world of form.

The Supreme Creator is composed of infinite, indefinable Essence power which is so overwhelming that you cannot even imagine ITS magnitude. That wondrous Essence power has been reduced within every dimensional level of Creation so that you, the Star Seed cocreators, may claim your portion of this magnificent energy.

Each human Being contains hundreds of potential personality traits, which have been stored within the genetic structure of his/her four-bodily systems (physical / mental / emotional / etheric). It is up to each person to determine which personality traits he/she will develop and present to the outside world. The faster you neutralize or harmonize your negative personality traits, the more quickly your godly potential or your master Self will emerge. Only then will you gain access to your full potential as a cocreative master within the physical planes of existence.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or Medulla Oblongata at the base of the skull; the back portal of your Sacred Heart; your Sacred Mind, which is located in the

upper, back portion of the brain, and the expansion of the opening of the Crown Chakra and your column of Light. These are major physical steps in the Ascension process, for they will clear and expand your connection with the River of Life, which contains the Living Light Particles of Creation called Adamantine Particles.

At that point, you begin to build a force field of the Full-Spectrum Light for this Sub-Universe, as you strive to become a Self-master, and a conscious cocreator who only creates those things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

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

The SACRED TRIAD is the vehicle through which the God-Seed Atom works, just as the Soul works through the personality on the Earth Plane. The Seventh sub-level, Fourth-Dimensional, Causal Body is a vehicle of higher Soul-consciousness. The Causal Body is the Spiritual Body of the God-Seed Atom Soul Fragments, and an intermediary between Spirit and matter, life and form.

THE THREE COSMIC CORDS OF LIGHT: There are three COSMIC GOLDEN CORDS OF LIGHT FROM WITHIN YOUR GOD-SEED ATOM which flow down through your many SACRED TRIADS into your Fourth-Dimensional Causal Body, and then down into your OverSoul / Higher Self into the physical vessel. The three cords are the LIFE FORCE ENERGY CORD, THE CONSCIOUSNESS CORD, AND THE CREATIVE CORD.

1. The Breath of Spirit/Life/Energy Conduit—the Silver Cord (which contains two Threads of Light) anchors within the Soul Star, OverSoul/Higher Self. Of the two Life Energy Threads, one is anchored within a God-Seed Atom in the Pineal Gland, and the other one is anchored within the Diamond Core God Cell within the Sacred Heart. This essential “CORD OF LIFE” uses the blood stream as its primary distributing agent.

2. The Consciousness Cord connects with your OverSoul/Higher Self within your Soul Star Chakra, and then anchors within the Pineal Gland in the brain.

3. The Creative Cord connects with the Right Brain hemisphere of the higher mind of intuition and inspiration and the Sacred Mind.

SOME OF THE MAJOR PERMANENT SEED ATOMS WITHIN THE PHYSICAL VESSEL:

1. A FIRST RAY, MENTAL SEED ATOM WITHIN THE PINEAL GLAND.

2. A SECOND RAY, HEART SEED ATOM WITHIN THE SACRED HEART

3. A THIRD RAY, ASTRAL SEED ATOM WITHIN THE SOLAR PLEXUS.

4. A ROOT CHAKRA SEED ATOM CONTAINING A RESERVE OF ADAMANTINE PARTICLES OF LIGHT.

5. A SECOND SEED ATOM WITHIN THE ROOT CHAKRA CONTAINS

YOUR DIVINE BLUEPRINT FOR THE EMERGING AGE OF AQUARIUS.

The higher wisdom and refined energy required for traversing the sub-levels of the Third/Fourth Dimensions are supplied by the three God Ray attributes and qualities of each, more refined, OverSoul/Higher Self. This vital energy flows through the Threefold Life/Light Cords within the person's Column of Light: Life Force Energy / Conscious awareness / Creativity.

As a person gradually awakens to the nudgings of the Soul and Higher Self, thereby becoming a Seeker of higher wisdom, the Consciousness and Creativity Cords become active, and vital frequencies of Self-mastery and Ascension begin to flow into the physical vessel. Eventually, higher frequency, vibrational patterns will be radiated from the GOD-SEED ATOM down through the River of Life column of Light—the Antakarana—into the Soul Star, and then directly into the Pineal and Pituitary glands, and also into the Sacred Mind and Sacred Heart. The physical mind, controlled earlier by the ego desire-body personality, is now controlled by the higher frequency consciousness of the Soul Self.

Each Sacred Triad was diminished in Light Quotient as it moved further out into the void and the density of Creation. The beginning Fifth-Dimensional stage of awareness—the densest, first sub-level—will initiate a focus on the mental body, and the integration of Divine Will. Specific evolutionary laws apply on each sub-plane as well as on each full plane of consciousness.

Every SACRED/SPIRITUAL TRIAD contains the Essence of the Three God Rays for this Sub-Universe: DIVINE WILL * LOVE/INTUITION * INTELLIGENCE IN ACTION.

THE LAWS OF SPIRIT WITHIN THE FIFTH DIMENSION ENTAIL: Learning how to wield energy in the physical, material world using the three God Rays from within your GOD-SEED ATOM, via the SACRED TRIAD of the first sub-level of the Fifth Dimension, to which you are gradually becoming attuned. It is also vitally important that you learn to stay centered within the Still Point of Infinity—the NOW moment of God Power.

The TRINITY aspect of the Third/Fourth Dimensions, BODY / MIND / SPIRIT, will become a perfected DUALITY, a Soul-Infused Personality—a fully conscious Soul on the physical plane. From that point onward, the Soul-infused personality is directly connected to the Fifth-Dimensional, entry-level, Sacred Triad, which is connected to all of the higher-frequency Sacred Triads throughout the Multi-Dimensions. After completing this stage of evolution, there will no longer be an Over-Soul/Higher Self within the Third and Fourth Dimensions.

HEAD: SACRED TRIAD * WILL/PURPOSE

HEART: SOUL * WISDOM/INTUITION

SOLAR PLEXUS: PERSONALITY * EGO-DESIRE BODY

The Soul's primary goal is to prepare Its physical vessel host to integrate enough Creator Light to lift Its frequencies from the Third-/Fourth-Dimensional environment into the base Fifth-Dimensional level. At that point, the physical vessel becomes Soul-infused or an empowered Soul, within a complimentary vessel. The aspirant is no longer just a human Being with a sustaining Soul. Each person is like a miniature whirlpool in an ocean of the Creator's dynamic, swirling energy.

THE SACRED TRIAD IS AN EXPRESSION OF YOUR GOD-SEED ATOM.

THE SOUL SEED ATOM IS AN EXPRESSION/A FACET OF THE SACRED TRIAD.

THE PERSONALITY IS AN EXPRESSION OF THE SOUL.

As you traverse the sub-levels of the Fifth Dimension, there is a Sacred Triad stationed within each of the Seven Sub-Dimensional levels, each one diminished in size and Light Power from the one above. All of the Sacred Triads were sent forth directly from within the Heart-Core of your God-Seed Atom, and they have been stationed within every Sub-/Full-Dimensional level—all the way down to the lowest—the first Sub-Plane of the Fifth Dimension.

As human Beings—Spirit/Soul/Physical Body—you are infused with the WILL to create, a sense of purpose, instinctual incentive, and a complex nature. Each person will have unique moods, desires, qualities, inherited complexities and inhibitions, for each incarnation is the sum total of the major aspects of a person's thousands of life experiences. The Soul is reflected through the personality until Soul integration is complete, at which time the personality is OverLighted and reflected by and through the Soul Self.

Your planet is now plugged directly into the Heart-Core of the Great Central Sun within the Milky Way Galaxy. The new cosmic waves of Creator Light are a great gift to the awakened Souls on planet Earth. Even though these refined, higher-frequency Rays are not being beamed down directly into the lower Fourth- and Third Sub-Dimensional levels, the transforming frequencies of Light will gradually filter into and affect everyone and everything on and within the Earth.

As a result of its alignment with the Galactic Center and attunement with the Great Central Sun of the Galaxy, the Earth is in the process of raising its frequency patterns—its Soul Song—so it can return to its status as a Sacred Planet. This Sub-Universe is also being upgraded in vibrational frequencies as a result of being bombarded with the Adamantine Particles of Creator Light via our Universal Mother/Father God.

Beloveds, the process that is now taking place is called the Inbreath of Creation. A new, powerful and all-encompassing clarion call has rung forth on your planet, and millions have once more stepped forward to answer the call. We are gathering our forces, of which you are an integral part, as preparations are made to expand Creation out into the great void. The Creator's radiance is now viable and active in your galaxy, solar system and on planet Earth, and you may draw forth as much of this rarified Love/Light as your physical body can contain as long as you use all you draw forth for the greater good.

Ask and we will assist you in every endeavor. Call on us and we will bolster your courage and Lighten your burdens. Know that the days ahead are bright with promise as you walk the path of the masters before you. We shower down upon you a full measure of the radiance of our Father/Mother God. I AM Archangel Michael.

Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-5-2016

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

EMBRACING THE POWER OF LOVE

Beloved masters, all of Creation expands from the Heart Core center of the Supreme Creator outward. The closer you are drawn toward the Core Center of Creation, the more God Power and radiance you will possess. As you progress on the path of higher Self-awareness as a shining Being of Light, you will embody more Sacred Love, and a joyful, serene demeanor, along with an intense desire to be of service to others, will prevail.

You are composed of UNITS OF ENERGY. You magnetize energy to you, and you radiate qualified energy from you in an Infinity pattern. It is important for you to learn to recognize the difference between manifested energy patterns—the difference between the use of DIVINE WILL POWER and SACRED LOVE, empowered by pure Creator Light, and the use of FORCE, employing Primal Life Force Substance or the diminished spectrums of Light, in the manifestation process within the lower densities of expression. There is a vast difference between the various types of energy. Humanity is in the midst of a redistribution of Ray potencies, qualities and aspects. The ego-desire personality uses knowledge and force in the Third-/lower Fourth-Dimensional world of form; whereas the Soul-directed personality uses intuition / inspiration /Sacred Love, fueled by Adamantine Particles of Creator Light, in the Self-expression and manifestation process.

The Spirit/Essence of our Mother/Father God flow and work through the God Seed-Atom of your individualized Soul Self. When you deny the whisperings of the Soul, you are denying your God-Self. When you are truly OverLighted by your God-Seed Atom, you may journey amongst the many streams of negative consciousness and not be affected in any way. You are totally sheltered by the Sacred Love/Light of our Father/Mother God.

There are three points of sensitivity within the brain of a Self-master: the Pineal Gland, Pituitary Gland and the Carotid Artery Gland—an Etheric Gland which becomes active as you begin to access the frequencies of the Fifth Dimension. The Adamantine Particles of Divine Light Substance are transported throughout the bodily form via the blood stream. It is through these master glands that the higher frequencies of Divine Light ignite the Seed Atoms within the physical vessel, thereby activating the process of en-Lighten-ment. Remember, you are spiritually responsible for the Creator Light that you integrate and radiate out into the world of form.

The SACRED MIND is a storehouse for the history and complete journey of the many Facets of the Soul within the Third/Fourth Dimensions. Your Sacred Mind is your direct connection to the multiple Facets of your OverSoul/Higher Selves, and eventually with the multiple Sacred Triads within the Fifth Dimension. Gradually, the Pyramids of Light, where your

Etheric Replicas (Sacred Triads) are stored, will reintegrate each level of your Beingness from the lower Dimensions.

Your immediate goal for this round of Ascension is for all of your Soul Fragments to be reintegrated within the first sub-level of the Fifth Dimension. You will then begin the process of rejoining with your multiple Sacred Triads throughout all the various dimensions within this galaxy; however, your ultimate destination is the Sacred Union with your I AM God-Seed Atom of this Sub-Universe. Once there, you will bask in the joy of reunion with all the precious Facets of your God-Self, in full conscious awareness, awaiting the time of the next Clarion Call. You will then be prepared to, once more, journey forth out into the great void to fulfill a grand, new Divine Blueprint.

A substantial portion of humanity is in a phase of transference from an outer focus on the material world to an inner focus on Spirit and Self-awareness. You will hear the inner voice of intuition, and you will sense many new waves of vibration. Aspiration will become recognition, and faith will merge with your new, higher truths. You will be standing at a pinnacle of attainment, gazing at the next lofty peak. However, you will be aware that you must traverse the valley of shadows before you may, once more, begin your upward journey. Those firmly on the path of Ascension are in the midst of integrating the remaining aspects of their Higher Self, which consists of clearing all the lower-frequency aspects, as well as accommodating the higher-frequency expressions of Self. This has been called the “renunciation” in the esoteric teachings of the past, for it often entails letting go of those things which do not fit into your evolving vibrational patterns. Therefore, there will be a level of discomfort within, as well as a certain level of chaos in your outer world, as it readjusts to fit the emerging, refined You.

You have a wealth of experience and wisdom to share with the multiple Facets of your Self, and your successes have been duly recorded in the Cosmic Records for future reference. You are learning to erase from your memory and free yourselves from the confines of the collective consciousness belief system; and via your Pyramids of Light in the Higher Dimensions, you are also learning to soar into the more refined realms of awareness. Each time you do so, you gradually bring back with you into your physical vessel and your auric field a portion of the uplifting, harmonious frequencies of the higher realms, which build a stronger, more radiant and expanded force field around you.

Faith is an intrinsic facet of trust: faith in yourself and your judgment, faith in those around you who have proven themselves trustworthy and honorable, faith in our Father/Mother God, the Universal Laws, and the Divine Blueprint for the future of humanity. We are not speaking of blind faith, for that is another way of giving your power away to someone else—their teachings or rules. In your material world, faith is built through actions and positive outcome, a function of the mind filtered through the heart. The heart is both a magnetic and radiating vortex, and it is the storehouse for the true source of human power.

Your Sacred Mind holds the Seed thoughts of your past and the future, and it is your personal source of the Divine Will and Power from our heavenly Father/Mother God. Your

Seed thoughts for the future must be incubated within the Sacred Heart, and the Adamantine Particles of Creator Light ignited by your altruistic love. Thereby, through your pure intention and actions, they are manifested in the world of form. Abundance of all kinds is a natural manifestation when you are in harmonious attunement with Spirit and the Divine Plan for the greatest good of all.

In the Third-/Fourth-Dimensional reality, there is a conscious awareness of time. Time is related to space and distance. As you move into the Sixth and Seventh sub-levels of the Fourth Dimension, time becomes more fluid and malleable. As you are aware, your sense of time passing has accelerated dramatically over the last few years. That is because the Earth and a good percentage of humanity have moved into the higher frequencies of the Fourth Dimension; therefore, your conscious awareness of time has also accelerated. It is more important than ever that you learn to still the mind and focus on the Still Point of awareness—the NOW moment—until it becomes a deep-seated habit.

A null zone lull, a time of self-contemplation, is imposed by the Soul Self in preparation for every new level of higher awareness. It is a protective device to keep you from making too rapid or superficial progress. There is a rhythm to Soul-expansion: a time of learning, growing and integration, followed by a time of solitude and self-contemplation, and then a phase or a burst of growth, expansion and higher activity. The cycle repeats itself over and over again as you traverse the narrow, steep path of Ascension into the higher realms of Light.

The brilliance of your physical vessel is determined by the grade of energy you have integrated. The aura is composed of the frequency patterns emanating from the Etheric Vessel—the rate of your vibrations or your Energetic Signature—and the purity and clarity of the colors you radiate. The head center is the custodian of Divine Purpose. You are a planetary Light Bearer. The Beings of higher realms are Celestial Light Bearers.

There is a POWER IN SPEECH and a POWER IN SILENCE. Sacred sounds are composed of higher frequency words spoken with power—spoken with positive, dynamic intention. You must develop the art of right interpretation of revealed higher truths, and then formulate your intention to manifest this new wisdom as efficiently as possible. Call forth your Sacred Will Power to bring revelation into material manifestation. The Divine Will Blueprint of a master is stored within one of the Kundalini Seed Atoms within the Root Chakra. You will not be able to access this sacred gift until you have harmonized / balanced the frequency patterns of the Fourth Dimension by returning your Fourth-Dimensional environment to the appropriate spectrum of Light and shadow called “duality.”

Essentially, duality is a system of expansion. It is the merging of Spirit with matter into its highest form (a Soul-infused personality) until it becomes one unit of perfected consciousness. In order to evolve/ascend into the higher frequency levels of consciousness, you must firmly stand and function centered within the Path of Light and Shadow, as you traverse the realms of duality. You must access the Seed Atoms of hope, inspiration and intuition, which are stored within your Sacred Mind and Sacred Heart. As you remove the

fog of negativity from your Etheric Body, your mind and emotional body, these precious Seed Atoms gradually begin to pulsate and release the potent, cosmic knowledge/truths/attributes stored therein. You must endeavor to disengage yourself from the glamour of the material world and from the dominant, out-of-balance forces of matter.

You are learning to gather your spiritual forces by holding steady within the Light. A Self-master learns to concentrate on creating a point of TENSION (In-tention), and through the use of creative imagination, he/she plants the new Seeds of Creation for a particular endeavor. Focus your mind on your higher mental consciousness, and then hold it there in a state of tension, while bringing forth the activated Adamantine Particles of Creator Light from within the storehouse of your Sacred Heart. You will then be ready to breathe out the Self-created pool of energy into your personal Flower-of-Life / Creator Wheel, and out into the world of cause through your conscious intention and Sacred Breath.

My brave ones, diligently make it a habit to focus on what is right in your everyday life and your personal world, and always envision yourself as you desire to become. We have emphasized that you must practice nonjudgment and that includes judgment of Self. Remember, you now have access to all of the Creator Particles of Light/Life that you can draw forth into your Sacred Heart. Always bear in mind that these Adamantine Particles of Creation can only be activated by your pure loving intention.

Many of you have begun, or are ready to embark on, your true mission, whatever that may be. Please remember that the ultimate goal is to become a conveyor of Love/Light. You must live your truth as you learn to traverse the higher Path so that you may fly your vision. You must claim and acknowledge every Facet of your Being as you strive for harmony and unified consciousness.

Dear ones, when you doubt, need inspiration or strength, come into your Pyramid of Light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I AM Archangel Michael. Transmitted through Ronna * STAR*QUEST* www.RonnaStar.com

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Before we descended down through the multi-dimensions in our crystalline Light bodies, an etheric Diamond Core God Cell was placed deep within our Sacred Heart. This precious Cell of God consciousness contains our God-Seed Soul Atom, and it was encoded with all the qualities, virtues and attributes of the 12 Rays of Creator Consciousness for this Sub-Universal experience. These tear-shaped, multi-faceted crystals, which have miraculously been made available to us, symbolize our Diamond Core God Cell and the wondrous gifts it embodies. The Diamond Core God Cell can be used when you meditate or when you go into your Pyramid of Light in the Fifth Dimension to assist in activating the qualities, virtues and attributes of the Twelve Rays. Crystals assist us in magnifying our intentions and they also assist us in clearing old negative thought forms and patterns. You may hold the God Cell over your Thymus Gland or heart area during meditation, and you may also use it to gently massage the various key chakra points of the body. Hold the God Cell in your left hand during meditation to receive Divine Light from the higher realms, or hold it in your Right hand to send forth Divine Light to others. During your meditation, see millions of tiny God-Seed Atoms pouring through your Crown Chakra and filtering into every level of your bodily form, which will assist in balancing and harmonizing your physical, mental, emotional and etheric bodies. It will also assist you in activating your Light Body.

^^^*^^*^^*^^*^^*^^*^^*

Dearest friends, Cindy Cruess, my faithful personal assistant is in the midst a traumatic family crises. Her mother, June, who successfully overcame a life-threatening bout of cancer about ten years ago, is now terminally ill. The cancer has returned and has metastasized throughout her body. June has chosen to spend her final days at home, and Cindy will be spending most of her time taking care of her beloved Mother, with the assistance of Hospice. As a result, Cindy will spend only a minimum amount of time handling Star*Quest business. She will still fill orders and return phone calls when possible; however, it may take her a little longer than usual. We are asking for your loving prayers and blessings to help Cindy and her family through this trying time. Eternal love and angel blessings, Ronna

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-6-2016

TRANSMITTED THROUGH RONNA

WARRIORS OF LIGHT: PROACTIVE, LOVINGLY ASSERTIVE

Beloved masters, in the past it has disturbed or confused many of you when we use the terms “Warriors of Peace” and “Warriors of Light” or what might be construed as militant terminology. Here again, there are many different interpretations and different facets of truth. Since the Earth’s and humanity’s fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion and the negativity created by your collective consciousness beliefs of fear, guilt and unworthiness. We have fought to assist you to reconnect with the many Facets of your true identity, and to help you remember how magnificent you are.

We have diligently carried out the orders and directives handed down from our Father/Mother God and the Supreme Creator, “Assist our children to return to the Light and to reclaim their Divine Heritage.” Yes, we have been involved for eons of time in a battle between the Light of the Creator and the shadows of humanity, but our weapons have been love, compassion, understanding and support as you traverse the valleys of despair, and seek to soar to the mountain tops of hope and illumination.

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

We have spoken many times before about the laws of cause and effect, or for every action there is a reaction, which result in what is known as positive or negative Karma. For many ages you, as the en-Lighten-ed ones, have been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity—returning to balance and harmony in all Facets of your Beingness. And so what will happen now as the winds of war, political conflict, and destruction swirl like a dark and heavy mantle around the Earth, touching and affecting everything and everyone? It depends on what you are feeling and thinking, dear ones—what is on your mind and in your heart—as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Many of you have succeeded admirably in balancing your Karmic ledger of life. Let us now call it just that, your “Ledger of Life,” whereby you have a plus and a minus column, and your goal is to turn the minuses into pluses or positive energy patterns.

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

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

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

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

Those brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all, and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge, and to enslave or control others, then they are functioning as righteous warriors, and the forces of Heaven are with them. Those who violently protest, shout, and march for a cause are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, or often declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting, or not taking a stand. We have told you many times before: it is time to “get off the fence.” It is time to declare which side you will serve, the Light or the shadow side. It is time to declare that you are an Emissary of the Light, a blazing Spark of the Divine, and a proactive cocreator of love, joy, abundance, and harmony. Or are you a human Being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright—the gift of free will?

“Peace” is an often-used word in these unsettling times, and can be interpreted in a multitude of ways. You use the term “peace of mind,” which means having a calm, tranquil state of mind which is free of discord, inharmonious thoughts or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation, which benefits all who are involved, and which brings about a calm, serene, and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or seek to promote a peaceful environment. You may “seek peace” or endeavor to “keep the peace” through conciliatory actions or by settling disagreements through compromise. Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit, which always seeks the greatest/best outcome for ALL concerned.

In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things; however, this harmony must begin from within. It must blossom within the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you begin to see through eyes filtered with love, and listen with ears tempered by compassion. You know that all you will ever require is yours for the asking, and you no longer seek to take that which belongs to another. You always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth, and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and allowing all others the same right. You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of peace out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature.

Together and in force, you can overcome any adversity, and you can create and enhance the cells/areas of Light that you are building on Earth, as well as those within the Fifth Dimension. And when those thought forms of Light reach a certain level of magnification, they will miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point and will manifest seemingly without effort. The final touches are being made and the preparations are almost complete, beloveds; now watch for the wondrous results of all your steadfast efforts.

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

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

Go within, my faithful companions, and remember how, so many eons ago, we soared the Universe together, creating new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and all you had to do was reach out with your mind and mold it into form. Remember how all you had to do was envision something and it miraculously appeared before you. Try to remember the many forms you have taken, some human, but also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God.

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

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

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Number range CHAPTER MESSAGES FROM ARCHANGEL MICHAEL * LM-7-2016

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THE LAW OF ATTRACTION

Beloved masters, it is of vital importance that you endeavor to incorporate the higher states of awareness, along with the will and Self-discipline needed to correctly implement the higher frequencies of truth into your physical, everyday life style in order to become a Master on the Path. Vital information for each incarnation is stored within the Soul-Seed Atom. However, the consciousness of the human personality must reach the required frequency patterns in order to access any advanced Cosmic information. Over time, desire is transformed into aspiration, and aspiration develops into a clear, definitive intuitive ability.

It is a proven fact that humanity evolves and gradually makes life changes through experiencing moments of crisis. The fusion of the Soul with the personality produces incredible changes in the ego-desire body consciousness, thus affecting every aspect of a human Being who is functioning within the physical plane existence. Living in the present moment, fully aware, without judgment or prejudice is the foundation of joyful, abundant living. Past memories and future expectations/aspirations create your present reality and future experiences.

Remember: Spiritual Fire is the basis of all manifestation, which forms the background for human evolution. The power of the Universe is in the present moment of the NOW, within the STILL POINT between the past and the future. The STILL POINT of Creation is not a void—it is filled with White Fire God-Seed Atom energy—the Creator's unmanifested potential.

When the time comes for a fragmented God-Seed Atom to experience the reality of a Fourth-Dimensional environment, the Sacred Triad stationed within the densest, entry-level of the Fifth Dimension sends forth the designated God-Seed Atom into the Seventh (highest) Sub-Plane within the Fourth-Dimension. The God-Seed Atom then sends forth a SPHERE of Light called the CAUSAL BODY, which becomes the OverSoul vessel for all of the Soul Fragments to be embodied within the Third /Fourth Dimensions.

The Sacred Triad, through the Causal Body, oversees the descent of the miniature God-Seed Atoms (Souls), which will then facilitate the creation of a physical vessel on the Earth Plane. The Seed Atoms/Soul Sparks then descend, via the Life Force Energy Cord, to experience life throughout their many lifetimes and creations.

The Creator Essence, from within the Sacred Triads, creates the Soul Fragments, which are to be embodied within physical matter. These Fragments are separate Facets of Itself, and yet they are still a part of the greater whole. The Sacred Triad, which resides within the environment of the Fifth Dimension, then assumes the position of an observer, watching as

these Soul Fragments sink deeper and deeper into density. It then patiently awaits the time when these wandering Sparks of Divinity will awaken to the nudgings of the Higher Soul Self, and then to gradually seek and find the Path of return.

The Magnetic power of Spirit will forever seek to draw the incarnated Soul inward and upward. It is the LAW OF ATTRACTION. Gradually over time, the Soul and the personality unite and become a consciously blended unit—a Soul-infused personality. Love and intelligence become unified, so that the Divine Plan and fulfillment are achieved. Higher knowledge is stored within the Sacred Memory Seed Atoms of the Soul, the DNA, and the Sacred Mind.

The Soul is a composite of Spiritual Essence, which resonates at specific levels of consciousness. A Self-master has a sense of individual Self-identity, and also a sense of Universal ONENESS. First comes Self-consciousness; secondly, you gradually develop and become a Soul-infused personality; then comes the awareness that you are not the Soul, but something much vaster—a point of Divine, dynamic Will, focused on the Soul—this is the individualized God-Seed Atom, which directly OverLights the Soul Self form. This is the moment of an awareness of BEING—not becoming. The small Light of the Soul-fragments—of the lower Dimensions—fades into nothingness as they gradually blend with the brilliant glory of the Sacred Triads of the Seven Sub-Planes of the Fifth Dimension and above.

The embodied Soul Self, and then the higher Causal Body, must integrate all remaining Soul Fragments within all of the Third-/Fourth-Dimensional Sub-Planes. Thus, the empowered radiance of the Soul OverLights the ego-desire body so that the human Being becomes a Soul-infused personality. This is the time when you step off the Wheel of Karma, for you have cleared, cleansed and integrated all of your Soul Fragments from within the Fourth-Dimensional levels and below. This is called the Fourth Stage on the Path of Ascension.

Henceforth, after the Causal Body's Sphere of Light is drawn upward and reintegrated into the OverLighting Sacred Triad, the Three Cosmic Cords—your Life / Consciousness / Creativity Cords—will be directly connected with your Sacred Triad. This is the next stage of “God-Self integration” on your journey back into the higher realms of Light.

This initiates the Fifth Stage of the Ascension process, which grants admittance into the first sub-level of the Fifth Dimension. The Soul-infused personality is now ready to team up with the Fifth-Dimensional, entry level, Sacred Triad, which embodies a White Fire Seed Atom, containing the three God Rays of our Sub-Universe: Divine Will, Love/Intuition, and Creative, Active Intelligence.

When this Fifth Stage occurs, for a time, there is a loss of rapport with your Soul Self, your guides and teachers, as well as any type of telepathic connection. It is like a mini-death, and there is an intense sense of abandonment for a few days. All Elements/Facets of the Third-/Fourth-Dimensional Soul Body, and the OverLighting Causal Body containing them, have been absorbed back into your Sacred Triad, within the lowest level of the Fifth Dimension. There is no longer an OverSoul/Higher Self within your Soul Star/Eighth

Chakra, for you are now directly connected with a Pyramid of Light, which contains one of your many Fifth-Dimensional Sacred Triads.

By this time, you will have created the River of Life, the Antakarana, the Rainbow Bridge of Light, which will ultimately connect you with all seven of your major OverLighting Sacred Triad Selves within the Fifth Dimension. There is one major Sacred Triad within each sub-plane of the Fifth Dimension. Each higher level Sacred Triad is within a larger Pyramid of Light, and it is higher in frequency than the one beneath it. There is also a variety of smaller Sacred Triads scattered throughout the Fifth Dimension. The process of integration is somewhat different within the Fifth-Dimensional realm, which we will not address at this time.

An important concept for your better understanding of the Creative process: Our Father/Mother God is experiencing Creation and the complexity of ALL of Its Seed Atom Fragments through each Spark of Creation throughout this Sub-Universe. Each Dimension and Sub-Dimension provide a different awareness and variety of ITS PRIMAL SELF through its GOD-SEED ATOMS.

Your GOD-SEED ATOM / I AM Presence is experiencing life through its many Sacred Triads. These Sacred Triads are experiencing life through the mental aspects of its many Soul Extensions. These higher level Soul Extensions are experiencing the material plane reality through the distortions of the emotional Astral Planes of consciousness via the physical senses.

Beloved ones, it behooves you to take time to ponder on and integrate the important concepts of Creation that we are relaying to you. You, the StarSeed, who have attained the required level of harmonious frequency patterns, are now in the process of putting all you have learned into practice. As you do so, those around you who are still struggling within the confines of the restrictive lower-Dimensional environment, will be awed at what you are accomplishing, and gradually they will begin to follow your example. As you are aware, teaching by example is the most effective way to get the attention of those around you. A truism from the past also applies: "By the fruits of your labor, will you be known."

WE SUGGEST THAT YOU STUDY THESE CONCEPTS UNTIL THEY ARE FIRMLY ENTRENCHED WITHIN YOUR MEMORY, FOR THEY ARE AN INTEGRAL PART OF THE "LAWS OF ATTRACTION" AND THEY ARE CRITICAL COMPONENTS FOR YOUR SUCCESSFUL ATTAINMENT OF THE STATUS: A "MASTER OF MANIFESTATION."

- Become a bystander, an observer, not a participant in all the negative drama that is constantly going on around you. It is the state of your emotions that draws you into the maelstrom of negativity. If you are radiating harmonious, higher frequency patterns, you will be immune to the discordant energy around you.
- You are in the process of expanding your conscious awareness of what is occurring around you, and so it is vitally important that you maintain a detached state of mind. You are

developing a new way of thinking, which is based on Higher-Self control of your mind and emotions.

- First comes Self-awareness, then Soul-consciousness, followed by Galactic-consciousness and eventually Sub-Universal-consciousness. You are striving to tap into the streams of Infinite Awareness, which contain the Cosmic Manifest for the complete Divine Blueprint for this new Sub-Universal experience.

- You are also developing a heightened, controlled sensitivity to those you interact with, which includes an empathetic, but somewhat detached viewpoint. This is an integral part of developing nonjudgment. You are to diligently seek, claim and live your truth to the best of your ability, and you are to allow all others the same right.

- Do not allow anything or anyone to disturb your serenity. Develop a high level of forbearance and sensitivity, and diligently practice being patient and slow to anger.

- While seeking Self-mastery, part of your testing will be that you will have to experience, overcome, and possibly even move beyond some of the trying relationships with the people in your life who are not ready or willing to move forward on the spiraling Path of conscious Soul-awakening. Each and every Soul must choose the path they will follow. You are only responsible for your own spiritual evolution.

It is imperative that you do not abdicate your search for personal Spiritual-awakening and Self-mastery out of a false sense of duty or loyalty to those who are seeking to continue to draw on your energy—or those who demand an unreasonable amount of your attention and time. Because you are in a very critical phase of your illumination process—a time when you are most vulnerable and your trials and tests may not be as dramatic as in the past—you are quite often confused, and you do not know what the next step is or what the next truth is that you are to incorporate into your ever-changing reality.

Remember, when you state, “I surrender all that I have and all that I am for my greatest good,” or “I align my will with the Divine Will of our Father/Mother God for my highest good and the greatest good of all,” it does not mean that you are giving up your worldly possessions or your free will. It is about trusting the wisdom of your OverSoul/Higher Self and your God Self, for these wise, higher Facets of your Divine consciousness always know what is best and most beneficial for you at any given time.

My brave ones, as you become more proficient as inspired cocreators, no longer will you focus your energy on creating the small, mundane desires of the past. You will have established a constant flow of Adamantine Particles into and throughout your physical vessel, with the remainder flowing out into the world of form. You will have programmed in the smallest detail that which you wish to manifest for your personal comfort and enjoyment, and one of your often used mantras should be, “All my needs and desires are fulfilled even before I realize what they are, which will always be for my greatest good and the most beneficial good of all.”

You will have meticulously outlined your path of service to humanity, which will be in perfect harmony with your Divine mission for this new era. You will have a constant, clear and beneficial connection with your resident OverSoul/Higher Self, and you will graciously and easily follow the Path of Light that ever winds higher and higher into the more refined realms of existence. Be assured that I will always guide, direct, inspire and protect you as you journey forth into the unknown. I radiate the eternal love of our Mother/Father God to each of you. I AM Archangel Michael.

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Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-8-2016

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

OPEN LETTER TO ASCENDING STARSEED SOULS

Beloved Ones: As you learn to tap into the cosmic records in the higher realms, you are beginning to broaden your awareness of your cosmic lineage. The process of reunification is well under way, and therefore, many faithful Servers of the Light are now striving to reclaim the many facets of their Divinity. A part of our mission is to help you remember your Divine heritage, and to also help you understand the unprecedented process humanity is in the midst of at this time.

Many of you, the StarSeed and Wayshowers, came into this lifetime with the vibrational frequencies of the Rays (within your Diamond Core God Cell) more active than those still functioning within the Third- / lower Fourth-Dimensional realms. Therefore, you have experienced more “bursts of God-conscious awareness” over the recent past years. If you will compare notes about your earlier experiences with others on the Path, you will find that you have had many similar experiences throughout your lifetime. You are now aware that many of the miracles, inspired thoughts and benefic coincidences are not common for the average person who still exists and functions within the distorted realms of the mass consciousness belief structure.

What you are now undergoing, brave hearts, is the transition of the final stages of the Fourth-Dimensional Realm. What is occurring at this time for many of you who are on the “fast track of the Ascension process,” is that you are in the midst of integrating the remaining Facets of your Higher Self within the Fourth Dimension. This activates many memories and feelings, like a kaleidoscope of experiences from your ancient past within the higher realms. Over the past several years, we have been relaying to you the critical process you must go through in order to arrive at your programmed destination—the first sub-plane of the Fifth Dimension.

As you integrate the more refined Fragments of your Higher Self, you will gain access to the Cosmic records of your past, along with the wisdom necessary to traverse the final levels of the Fourth-Dimensional material planes. You are beginning to get a glimpse of how truly magnificent you are in the higher realms. You are also slowly magnetizing into your auric field the refined frequencies of the Five Higher Galactic Rays, which contain the Divine Blueprint for the Aquarian Age. In addition, you are gradually beginning to integrate your own new Divine Blueprint, via the Kundalini Memory Seed Atom, which has been stored within your Root Chakra throughout your many human lifetimes.

We have stressed this fact many times over, “your present lifetime is one of the most important lives you will ever experience since assuming the physical vessel.” You chose the

date of your birth because the particular astrological configurations and energies they contained and projected—energies and qualities that focused on the strengths and talents you were to experience. Also emphasized were the negative thought forms /energies—those which were the most imbalanced within your four lower bodily systems: physical, emotional, mental and etheric—the lower frequency thought forms which were keeping you imprisoned within the shadowlands of illusion and limitation.

You chose your parents, your family and those you would interact with during this lifetime for the same reason—those who would project or mirror to you the positive

attributes you needed to integrate, and also many negative traits you need to overcome. All of the dear Souls in your life are a part of the great drama you have

chosen to experience in this lifetime—each one agreed to play a role which would, hopefully, be mutually beneficial. Ask yourself what positive traits your parents, your family, your mate and children have projected to you—then think about the negative traits they have displayed; therein are the lessons you set up for yourself to experience, and hopefully, to benefit from at a Soul level. Have you learned your lessons well? Are you displaying more of the positive traits or more of the negative traits that others mirror to you? Consider the tests and challenges as an opportunity to, once and for all, transmute all of the imbalances which are keeping you from stepping through the gateway into your new Fifth-Dimensional reality.

You and your family members chose to come together as a family unit because you knew it would give you the greatest opportunity to balance your mental and emotional natures. We sense that the most important lesson for many of you is to know that you are worthy of love and respect, and that it is time to begin to take back your power. The people in your life will not respect you until you learn to set boundaries and to meet your own needs before you try to assist them. You are not responsible for anyone's Soul growth but your own. As you learn to set boundaries and take back your power, you will find your relationship with those around you will gradually begin to change for the better. Also, you cannot take on anyone's lessons or the responsibility for their mistakes. They must learn the rules of cause and effect for themselves. The greatest gift you can give others is to love them enough to allow them to work through their own problems and mistakes.

My brave ones, you are here to teach love, unconditional love, by first loving yourself unconditionally. There are many of your Soul mates incarnated on Earth at this time, both male and female. More Soul families are being reunited as you move deeper into the more refined realms of Light. The best way to help those in your family, your friends or work associates is to be a shining example.

You are also here to learn detachment—that you cannot truly own anyone or anything. The beauty, abundance and bounty of the Universe are your Divine birthright, but these gifts are on loan to you. You must hold them lightly in your hands, and allow them to flow freely out

into the world—take what you need, and then share the remainder—do not hoard. When humanity comes to this reality, all poverty and scarcity will disappear from the Earth.

The primary emphasis at this time is on returning to wholeness within yourself—in taking personal responsibility for your actions, building self-esteem, and developing a sense of worthiness—via your Solar Heart Center in cooperation with your Soul Self and Higher Self. Truth and integrity will be the foundation of any relationship of the future. First, you must accept who you are at the present time, as you strive to become the very best person you can possibly be, through self-examination of your attitudes, beliefs, habits and your weaknesses.

In the near future the Wayshowers and Vanguard Souls, those who are bringing forth the higher wisdom of the new Divine Blueprint, will prove that dis-eases of any kind do not have to manifest as the body ages. The human physical vessel was meant to function at optimum health for at least 120 years. Humanity-at-large is caught up in the mass consciousness belief system of the Third/Fourth Dimensions, whereby the core issues from the past, and the imperfections within the ancestral DNA allow these stressful, debilitating symptoms to manifest—if the entity allows itself to feel unloved, unworthy, or feels guilt, shame or resentments of any form. As the Soul is allowed to become the guide and director of the physical personality—instead of the ego-desire body consciousness—all of the negative energies, which are a result of deep core memories from the ancient past, will rise to the surface so that each that person can release them once and for all. This will be through the conscious use of the Violet Transmuting Flame, and by heeding the inspired thought forms gleaned from your Sacred Mind, and your cosmic guides—as well as the many higher-frequency healing modalities now available to you.

As you move deeper into Self-awareness and begin to listen to the wisdom of the physical body—your Body Memory Seed Atom—you will no longer depend so much on external methods (drugs, surgery and artificial means of healing). The drastic physical imbalances and ill-health the majority of human beings is now experiencing will gradually be replaced with healthy, harmonious living practices, which will be guided by the new spiritual, intuitive wisdom that you have stored within your Sacred Mind. No longer can humanity rely only on the current practices of the medical profession. Your Soul is nudging you to integrate a more holistic approach to healing the physical, mental, emotional bodies so that the higher frequencies of the OverSoul can be integrated without so much trauma and distress to the physical vessel.

As we have stated many times, Light, Sound and Color are the healing modalities of the future. A study of the Chakra system, and of the frequencies of the five higher Galactic Rays will assist healers and counselors in how to inform their patients as to what is out of balance within their auric field, and how to assist them to gradually return to and maintain a healthy physical body. Our teachings give you all the guidelines you will need to integrate these “additional methods of healing” into your current health regimen. You also have a wondrous storehouse of information available to you within your Sacred Mind.

As your radiance expands and grows more powerful and far-reaching, you, along with other Light Workers, will become a unified force that will not be denied—a force for transformation and change of the highest order. Be bold in your vision. See what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for your thought patterns will always connect with and reinforce the Dimensional frequencies on which you focus your attention. Your only true enemy is fear. Release the fear and radiate Love/Light, and then watch as the miracles unfold. You are a master of manifestation—you have just forgotten. Believe in yourself and cease creating those things that bring you pain, guilt and suffering. Become a cocreator of the Light, peace, balance and harmony once more, and join with those who are striving to recapture the pristine beauty of planet Earth. Reclaim your rightful place as a Master of Light, dear ones, and remember, as you integrate the knowledge of Spirit and illumined truth, we ask you to go forth and share your wisdom. We are ever near to guide, protect and inspire you, but mostly to love you. I AM Archangel Michael.

Transmitted through Ronna Herman Vezane *STAR *QUEST*

www.StarQuestMastery.com * RonnaStar@earthlink.net

Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love y

NEW AGE CREED ©

Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love yourself.

Know that you are caretakers of the Earth and all life forms that reside on her...the nature, animal elemental and human kingdoms. Protect, preserve and honor all expressions of life.

Live your life with joy and with the spontaneity and delight of a child. Endeavor to leave a legacy of love and hope. Enjoy the journey of life, and strive to fulfill your earthly mission to the best of your ability.

Maintain a constant attitude of gratitude, and live each day as though Spirit were perched on your shoulder as an observer. Practice nonjudgment and look for the good in everyone.

Your goal is to return to balance in body, mind and Spirit. Polarity and duality will no longer affect you when you walk the middle path.

Seek and claim your highest truth, and then live your truth with integrity. Allow others the same right.

Learn and use the Universal Laws of Manifestation, the God-given tools that will assist you to create your version of paradise on Earth.

Share the wisdom you have integrated with others, first by example, then through your actions, and finally through words.

Claim your Divine Birthright: the love, joy, peace, health and abundance that are yours as a gift from our Father/Mother God.

Each day, call on your Mighty I AM Presence to overlight, guide and direct you, then listen to its inner nudgings. Call upon the mighty angel of forgiveness and the Violet Flame at the end of each day to balance, harmonize and transmute any discordant energy you have projected that day, thereby rendering it harmless, which moves you beyond the laws of cause and effect and into a state of grace.

A GIFT FROM ARCHANGEL MICHAEL

TRANSMITTED THROUGH

RONNA HERMAN

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Email: RonnaStar@Earthlink.net

Number range CHAPTERMESSAGES FROM ARCHANGEL MICHAEL * LM-9-2016

TRANSMITTED THROUGH RONNA

AVATARS * ASCENDED MASTERS * GREAT BEINGS OF LIGHT

Beloved masters, even though it may not seem so from your vantage point, wondrous things are transpiring throughout this Sub-Universe. By now many of you are aware that your galaxy, and particularly your small planet, are the focal point of these momentous happenings. Before your planet was created, it was decreed that it would become the Zero Point or the central focus for a new creative endeavor—whereby the Angelic Realm, the Cocreator Gods, the Great Beings of Light, and the StarSeed from throughout the Omniverse would send forth Fragments of their Essence to Earth, and thereby, they would bring their Light, their wisdom and their desire to assist in fulfilling the Creator's Grand Plan.

To some degree, all of humanity and the Earth's Soul consciousness are reaching inward and upward to connect with our Father/Mother God, while the Supreme Creator is opening the pathway from the core of Its Being throughout the Multi-Universes—the Great Central Suns, the Multi-Dimensions, and the many realms of Creation in order to incorporate and harvest the beauty and magnificence of what has been wrought by all of us in the name of our Omnipotent Creator. Those of you who are firmly on the Path of expanded spiritual awareness realize that you are living in unique and unprecedented times.

Great Beings of Light who had never before left their home within the Great Central Sun of their Universe agreed to do so, and to Fragment themselves into lesser Sparks of God Light, in order to bring their radiance, their love and their wisdom to planet Earth. The Beloved One called Jesus/Yeshua/Jeshua, the Great Kumaras, the Buddhas, Lord Melchizedek, Rama and Krishna, plus the radiant and mighty Angelic Kingdom, to name only a few, came from far-distant Universes created long before this young Universe came into being. We of the archangelic realm originated in the dim, ancient past of the Omniverse, as did many of the Ascended Masters and Avatars you are familiar with, and we assure you that many of you who are on the advanced Path of Ascension were birthed into your individualized consciousness in other Universes as well.

The Divine Plan was perfected, and the ground work was laid long ago for what is taking place on Earth at this time. Those Great Beings journeyed down into the lower Dimensions—in order to take up residency within the shining Cities of Light stationed throughout the Sixth Dimension—so that they could assist humanity to successfully traverse the multiple cycles of mass awakening / Ascension back into the realms of en-LIGHTEN-ment. In addition, the Divine Essence of the Earth was encoded with the White Fire Memory Seed Atoms, keys and codes, which would activate Its own awakening, and would also accelerate the awakening process within humanity as well.

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

The beloved Jesus/Jeshua came to Earth over 2,000 years ago, and along with Archangel Uriel and Lady Grace, he anchored the virtues, aspects and qualities of the Sixth Ray of devotion, forgiveness, mercy, grace, spiritual nourishment and faith in God. The lovely Lady Mary, the feminine Archangel of the Fifth Ray, who, along with Archangel Raphael, radiates forth the qualities of surrender, selflessness, dedication and healing, was given the honor of bringing forth unto the world the Christed Being called Jesus/Jeshua/Yeshua. However, Mary was chosen for an even greater task and opportunity to serve the Creator and humanity. She brought to Earth and anchored the virtues of the Goddess in the greatest measure possible so the process of balancing the masculine and feminine qualities of the Creator on Earth could once more take place.

Many of you are familiar with what are called the Michael/Mary lines in England. There are “Ley Lines” that pass through the British Isles, Germany, France and many other lesser known areas in Europe and around the world. We wish to give you a greater understanding of the “Grand Plan” and what have become some of the myths and miracles of your history. Thousands of years ago in Earth time, Lady Mary, representing the receptive/negative or feminine crystalline electromagnetic currents and I, Michael, radiating the positive or masculine crystalline electromagnetic currents, set about infusing the Earth’s ley lines with the currents necessary to rebuild the balanced and harmonious golden etheric grid system of the Earth. Rods of Power, Ascension columns of Light, or vortices were installed at integral points around the Earth. The sacred sites, natural formations which became places of worship, as well as great churches and temples, have all been constructed along these ley lines and power points.

Down through your many lifetimes on Earth, you have been drawn to these places over and over again to receive spiritual sustenance, but much more has transpired than you realize. Each of you, either by your physical presence or in your nightly sojourns in the etheric, have not only received harmonious energy and encodings from these spiritually magnetized locations, but you have also helped to activate them and spread these currents of Light around the Earth. You have become both a sender and receiver of God Light from the Earth below and from the heavens above. The Earth’s Soul and the OverSoul consciousness of humanity have once again become attuned, one with another.

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

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

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

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

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

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

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

attributes, qualities and virtues of the Creator. They have been attuned to and in communication with the great Avatars, and they have OverLighted these wondrous Beings with their own radiance and virtues. The Avatars were the physical, human representation of the Creator for a particular period of time, and the archangelic Beings were their spiritual OverLighting connection with our Father/Mother God.

This unique time has never before been experienced on Earth, and even though there are presently many powerful Avatars and Ascended Masters on Earth, there will not be just one great Avatar sent to the Earth to OverLight, guide and inspire humanity. Each of you has the potential of becoming an Ascended Master for these glorious times ahead. We gave you a golden promise, and that promise states that no matter how much or how little Christed Light or Essence of your Divine Self you brought forth with you at birth, you have the potential to draw forth all the magnificence of your God Ray and I AM Presence. That is what Ascension is all about, returning to balance and harmony within your physical, mental, emotional and etheric bodies so that, once more, Spirit can descend and take dominion. However, you must remember, all that you draw forth you must use for the greatest good of all, and then, beloved ones, even more will be given to you.

Beloveds, my flaming Sword of Light was fashioned by thought and energy from my innermost being, and infused with the dynamic energies of the Creator's First Ray of Divine Will. It is a sword of redemption, a sword of hope, a sword of freedom, a gift I offer you to sever the shackles of your own miscreations, and to release you from the illusional bonds of the Third/Fourth Dimension. We ask you to accept and use the awesome power of the First Ray of Divine Will and Power, and the Adamantine Particles of Creator Light to create anew in harmony with the Divine Will of the Creator. We implore you to, once more, claim your Divine right as a cocreator under the direction of our Father/Mother God.

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

Transmitted through Ronna Herman Vezane *STAR *QUEST*

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BECOMING A COSMIC TELEPATH AND A WORLD SERVER ** OPENING TO CHANNEL **

Expanded consciousness and mental telepathy are aspects of your Divine heritage. However, this ability must be reactivated and practiced if you wish to become a proficient and clear channel. An important component of Self-mastery is developing the ability to connect and interact with your Guardian Angels, your Spiritual Guides and Celestial Teachers. Therefore, under AA Michael's and the Cosmic Council's guidance, I have been

instructed to offer this valuable information to all the faithful aspirants on the Path. **
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HARMONIZING THE PHYSICAL * EMOTIONAL * MENTAL BODIES

^^^*^^*^^*^^*^^*^^*^^*^^*^^

THE THREE PLANES OF HIGHER CONSCIOUSNESS EVOLVE AS FOLLOWS:

** THE BRIDGE TO HIGHER CONSCIOUSNESS IS THE HEART CHAKRA.

** THE EMOTIONAL BODY SENSES EVOLVE VIA THE SOUL/SACRED HEART CENTER.

** THE MENTAL BODY CONSCIOUSNESS EVOLVES VIA THE SACRED

MIND AND SOUL CONSCIOUSNESS.

** SPIRITUAL AWARENESS BECOMES THE THIRD COMPONENT VIA THE SOUL,

AND THE CURRENT RESIDENT, OVERSOUL/HIGHER SELF.

Beloved masters, when you are attuned to the mid-Fourth-Dimensional frequencies of Light, you relinquish the idea of being human as you have known it in the past. It is a time of the emergence of your Soul Consciousness as you allow it to become the reigning influence within your life. This means you begin to listen to the wisdom of your Body Elemental, and the signals it sends as to what is appropriate for your physical and emotional well-being. Your DNA and the cells of your body begin to integrate the higher frequencies of Light, and gradually, you begin to vibrate and attune to the refined energy of the New Age.

This period of the transformation process could be likened to a death of your old self-consciousness, which is really the process of removing the veils of illusion. As you integrate each new level of your OverSoul/Higher Self, you absorb the wisdom and illumination of that Facet of your vaster Being. You are in the process of shedding the multiple layers of density, which you have absorbed within your Auric Field down through the many ages of earthly experience. The saying *Athe Light shall set you free*@ is a true statement, for the Light is dissolving the layers upon layers of negativity that you have carried for such a very long time.

You begin to function within an auric field of refined Light of your own creation, as you turn inward, and learn to stay focused and centered within your Sacred Heart in the power of the NOW moment. Over time you, as Light Transformers, begin to draw forth and integrate the maximum amount of Adamantine Particles of Creator Light, and you then consciously radiate forth the remainder out to humanity and to the world.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or the Medulla Oblongata, and

the Vagus Nerve at the base of the skull, and also the back portal of your Sacred Heart and your Sacred Mind. These are major steps in the Ascension process. When this process is complete, you are well on your way to gaining access to the first Sub-Level of the Fifth Dimension, where your entry-level Sacred Triad is waiting to welcome you.

THE ADAM/EVE KADMON BODY is your original individualized Seed Atom God-Self in a fully conscious Light Body form, created by the Elohim (Lords of Light/Builders of) as the archetype of humanity. The Adam Kadmon embodies the original complete Divine and spiritual nature of man/woman. It is not the same as your personal OverSoul Body of Light which is itself evolving towards Divine Consciousness. Your Higher Selves, your Spiritual/Oversoul Body, and your Sacred Triads are refracted Facets of your God Self, your original Light Body.

The Kadmon Light Body has the ability to take on any form necessary to create and experience all forms of Creation in your Father/Mother God=s plan for this Universe. The Adam/Eve Kadmon is a spiritual-physical creation, which incarnates in the planetary worlds during all cycles of Divine Creation.

PHYSICAL BODY: In the beginning awakening process there is a desire to turn inward and to listen to the AInner wisdom of the Soul.@ This Soul awareness includes your Body Elemental, the Memory Seed Atom which contains the perfect blueprint for your original Adam/Eve Kadmon Light Form.

EMOTIONAL BODY: First you become aware that your emotions control you through your wants, needs and desires, which in the long run do not bring you a sense of happiness or satisfaction. You begin to turn inward and to question your life choices, asking Awhat have been the results of your actions@? You begin to seek answers for the pain and dissatisfaction in your life. The voice of your Superconscious mind becomes stronger as you gradually take heed and follow your Soul=s guidance. As you become comfortable, and begin to rely on this voice of higher wisdom, the ego-desire body gradually relinquishes control, and the Soul-Self becomes the director and guiding influence in your life. You begin to align your will with the Will of your Higher Self, for you have gradually learned to trust the inspirational and intuitive thoughts from your Sacred Mind.

Eventually, you begin to view all interactive events in your life from a higher vantage point. You develop Emotional Detachment through a more refined view of human interactions. Having experienced most of the important tests of the emotions, you develop a better understanding of the human emotional nature. Again, you learn to go with the flow, and you view your tests and challenges as gifts and opportunities for growth. You have learned to make peace with the past, and to script your future, as you endeavor to live and focus on the NOW moment. Gradually, over time, the vibrational patterns of the Emotional Body are lifted above the magnetic pull of the physical realm.

THE MENTAL BODY: You begin to realize the limitations of your subconscious and conscious minds, and you see how rigid, limited and stuck you have been in the mass

consciousness belief structure. You willingly begin a self-analysis process, whereby you reevaluate your attitudes, judgment and programmed concepts. You begin to feel a burning desire to expand your knowledge beyond your physical reality, as you seek to learn why you are here on Earth, and the greater meaning of life. Your instinctive mind gives way to your higher intellectual mind, and gradually you gain access to your Sacred/Intuitive Mind. As your Soul-Self becomes the Director of your destiny your life begins to change dramatically for the better; then faith and trust become an inborn certainty that all is happening in Divine order. You also know with certainty that you are on an upward spiraling path to a more refined, harmonious and loving reality. All you have to do is stay in the moment, and take one step at a time as the WAY is opened before you.

A SELF-MASTER IS: SELF-DETERMINED * SELF-CONDITIONED * SELF-AWARE * SOUL-CONSCIOUS. A Self-master is responsive to the surrounding environment, while being the observer of mundane life experiences from a higher vantage point. **BEING IN THE WORLD, BUT NOT OF IT.** A most profound event is when you first experience the abounding loving energy and joy radiating forth from within your Sacred Heart and Soul. The **SOUL=S NATURE IS LOVE**, and while residing within the limitations of the Third-/Fourth-Dimensional environment, it is through the Soul Self that you connect with the Love Essence of your Mother/Father God.

A Self-master stands firmly centered within the Sacred Heart, within the midst of chaos and change, holding fast to the wisdom of the Sacred Mind, while gathering strength from our Father/Mother God as the illusions of the lower Dimensions slowly fade away.

AN ADEPT: An Adept is a person who is firmly centered upon the Path of Light, and whose point of focus is from within the Sacred Mind and the Sacred Heart. He/she has balanced, harmonized and integrated all the Facets of the Soul Self, from within the Third-/Fourth-Dimensional Planes of consciousness. He/she is now directly connected to his/her OverLighting Sacred Triad, which resides, at least, within the entry level of the Fifth Dimension. In order to reach this stage, an aspirant must have completed the first four STAGES of en-Lighten-ment, and have attained Self-mastery of the first Four Dimensions. **THIS IS THE LEVEL OF ASCENSION OPEN TO HUMANITY AT THIS TIME, AND IT CAN, AND WILL BE, ACCOMPLISHED BY MANY BRAVE SOULS WHILE IN THE PHYSICAL VESSEL.**

A DISCIPLE: A disciple is a person who has heeded the whisperings of the Soul Self, and who is actively seeking en-Lighten-ment, wisdom, Self-realization, and ultimately Self-mastery.

SACRED MIND / HIGHER MIND: The human Sacred Mind is an etheric, crystalline Seed Atom stored within the upper back portion of your brain. There is a membrane of Light protecting your access to the portal into, and to the contents of your Sacred Mind, until you have raised your frequencies to the appropriate level of the higher Fourth Dimension. Your Sacred Mind contains a condensed version of your ancient past history, and a portion of the wisdom and vital information you have integrated during your many past lives in this Universe. Becoming a Self-master on Earth involves gaining access to and integrating the requisite portion of the attributes, qualities and talents stored within your Sacred Mind.

The mental aspect of your Higher Self, or the wisdom you tap into when you connect with many Facets of your vaster OverSoul, will ultimately connect you with your I Am Presence / God Ray / GOD-SEED ATOM, which has access to the wisdom of your Father/Mother God, or the collective intelligence of this Sub-Universe.

DIVINE MIND: The Divine Mind is the totality of your Divine God-Seed Atom at an ever higher level: ultimately, the Sacred Minds of our Father/Mother God. For better understanding, you could say that the Higher Mind is a refined frequency of your consciousness, and you obtain higher consciousness levels with each download of a Facet of your OverSoul /Higher Self.

As you traverse the Path of Ascension, and move into an accepted spectrum of Light and shadow, your goal is to develop the ability to stay centered within your Sacred Mind and Sacred Heart. You learn to consciously maintain a higher perspective about what is going on around you, as you express compassion and unconditional love for everyone. That is the goal of a Self-master.

As you become attuned to the higher frequencies of Light, you will become accustomed to the flow of Sacred Fire Breath, which has been called the River of Life/Love/Light or the Antakarana in ancient teachings. There is a hidden, powerful, radiant current of knowledge encoded within this Living River of Life. It is a code of creative genius; however, you must tap into the wisdom of the Sacred Mind and your Soul Self in order to access this inborn power.

You are called AStarSeeds@ for a reason, for as you return to Self-mastery, you will initiate the process of creating crystalline, Life Code Seed Atoms C a new, advanced evolutionary process, which will eventually be used by life forms within the next, forthcoming Golden Galaxy.

We ask you to study what we have revealed, and endeavor to get the Universal schematic we have created firmly within your mind, so that you will understand the next phase of the wondrous cosmic events, which are unfolding before your eyes. As a Bearer of Light, you promised to be our representatives on Earth. Within, you have all that you need to complete your earthly journey through the remainder of the Fourth-Dimensional realms. As doubts arise, remember, all of your experiences of the past, whether they were successful or seemingly failures, have given you a wealth of experience to draw upon. Beloveds shine your Light for all to see. Call on us, and we will assist you in every way possible. Know that I am with you always, and you are loved most profoundly. I AM Archangel Michael

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TRANSMITTED THROUGH RONNA

THE FIERY FORCES OF CREATION ARE SWEEPING THE EARTH

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

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

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

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

Your transition from the impulses or nudgings of the emotional, ego-desire body to the inspirational thoughts of the Soul and the Higher Self has mostly been accomplished. Your focus has moved toward group consciousness, and how to serve humanity. You are also well on your way in the transition from I / me / my selfish interests to higher frequency — a we / our state of unity consciousness. The intuitive thoughts you receive, and the guidance from your guides, angelic helpers, and Higher Self, become stronger as you integrate more pure God Light. Your personal reality expands from a small-world focus of a me / my state of consciousness to an expanded consciousness which includes the world, the solar system and beyond. No longer do you respond to painful events in life as fated or punishment, for you realize they are challenges and opportunities for growth.

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

Your Soul is aware of the imbalances you brought forth from the past and also those you have created in this lifetime. It will do everything possible to bring these imbalances to your attention so you can rectify the imperfections and develop harmonious attunement with the next level of your Higher Self. This is the Soul's main purpose for being. Your Soul and Higher Selves will also make every effort to raise your vibrational frequencies and to harmonize the fluctuating energies of the emotional and mental bodies.

As you progress on the Path and begin to tap into the higher vibrational patterns of Light, you will experience the effects of the intensity of the frequencies of Cosmic Sacred Fire. You will be affected by the fiery forces of Creation in three ways: Fire by Friction: Fire of Body ** Solar Fire: Fire of Soul **Electromagnetic Fire: Fire of Spirit.

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

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

In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal destiny.

For all of you who are firmly on the spiraling Path of Ascension, your major goal at this time is to return the vibrational patterns, which make up your personal world in the Third-/Fourth-Dimensional reality, to the originally designed spectrum of Light and shadow. By doing so, your pendulum of consciousness will not swing so radically from positive to negative, and your mental and emotional natures will once more become stabilized and centered. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. A disciple on the Path of en-Lighten-ment must strive for heart-centered detachment and wise discernment.

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

When you succumb to irritation and respond in loud, angry words or thoughts, you are using astral energy that is contaminating to the auric field. Continued use will build a negative thought form that must eventually be resolved and dissolved via the Law of the Circle. Envision your negative thought forms adding another stone or brick to your emotional prison. Remember: you are composed of units of energy, which create your Energetic Signature, and ultimately your Soul Song. Your goal is to learn to control your thoughts and to focus your power. Your thoughts will increase in strength according to the intensity and repetition of your Seed Thoughts. Dear hearts learn to focus on the highest and best attributes of people and conditions within your inner circle of Light—this is one of the most important aspects of creating your personal Fifth-Dimensional environment.

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

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

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

You should strive for a strong, highly-developed connection between the mental and emotional bodies, and also between the Soul and Higher Self in order to develop refined spiritual values. As you tap into the higher frequencies of Divine Wisdom, brilliant ideas pour forth from the higher planes of intuition. You may experience exhilaration one moment and depression the next as you gradually achieve a blissful state of awareness, only to lose it again. However, the times of depression will grow less intense and also less frequent. Be assured that your ego desire body will rebel and resist the efforts of the Soul and the Higher Self, and will try to keep you in your habitual practices/habits of serving only the little self and its selfish desires.

However, as you progress, you will tap into the realm of the Sacred Mind and you will learn spiritual discernment. You must constantly monitor and critique your words, deeds and motives as you train yourself, and gain discipline over the little self. Remember: ALL knowledge is a form of Light.

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

You are an energy center, a receptacle, a physical body, which contains a measure of pure Creator Essence. You are responsible for integrating and using the Light Energy you need to empower yourself, and you must then send forth the balance out into the world for the benefit of all. Submission to your Divine Mission and to Cosmic Law means adherence to all Universal Laws as they are revealed to you. Walking the path of ascension requires a constant effort to make the highest choices for the greatest good, with an intense desire to serve. You must take responsibility for all actions and the energy you qualify, whether positive or negative, for it will return to you via the Law of the Circle. Your present earthly goal is to become a World Server, and the quickest way to attain this level of Self-mastery is to stimulate the flame of God Power within. Self-mastery is attained in small increments, not giant leaps.

Dear hearts, no matter the level of Spiritual/Self-awareness you have attained, we encourage you to make the Path to higher awareness a priority in your life. The world and the reality you have lived and experienced in the past are swiftly changing. You have a golden opportunity to join the ranks of those who are creating a bright new world for themselves and their loved ones. You also have the right to remain in the negative environment of the lower world of reality that is swiftly being cleansed, cleared and

modified, thus creating the chaos and monumental changes the masses and the Earth are now experiencing. Which will you choose? Whatever your choice, we will guide and protect you to the limits of Cosmic Law, and we will always love you beyond measure. I AM Archangel Michael.

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