

AAM Combined 2019

Transmitted Through Ronna Herman - 2019 Edition

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MESSAGES FROM ARCHANGEL MICHAEL * LM-1-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

ENHANCING YOUR POWER TO MANIFEST

Beloved masters, as you traverse the return path into the higher-dimensional realms of existence known as the River of Light/Life, or sometimes, the Rainbow Bridge of Cosmic Consciousness, the vibrational patterns within and around you are in a constant state of change. This has resulted in an ever-increasing expansion of consciousness, whereby the filters through which you view your world of reality, as well as the belief-structures you have built around you, are gradually being replaced with higher, more empowering truths. The world you have created, and those you interact with, will always reflect back to you the beliefs and expectations you have accepted as your truth.

In a painful or debilitating situation, there are always distorted or imbalanced beliefs and attachments which keep you imprisoned in a false, illusional reality. The beliefs which control many of your actions and reactions on a daily basis are slowly dissolving, and are being replaced with self-empowering concepts you are gradually accepting as your new version – vision – of reality.

You are in the process of expanding your awareness of Self, and you are developing a more focused, in-depth awareness of those with whom you interact, and also of the realms beyond your present ability to see. You have often heard the saying that “all is an illusion.” This does not mean that everything that has been created in the physical realm of existence is not solid, does not have structure, or is not real. Nor does it mean that the higher realms are illusional with no tangible structure or definition. Every level of existence throughout this Universe seems as real to those who reside there as your earthly home does to you. The Creator and Its all-encompassing influence are most assuredly real, just as we are.

The illusion is your perception of the world, a reality you view through filters of your own making: beliefs, structures, taboos and limitations you have encoded within your subconscious mind, and that you have accepted as your truth. Everyone views the world and daily events through a veil of their own beliefs and a modified level of awareness. That is why many see everything through a filter of negativity, while en-Lighten-ed Souls experience life through a filter of love and non-judgment.

During these times of accelerated transformation, you are experiencing great changes both within and without. The membranes between the subconscious, conscious and superconscious minds are becoming thinner, thereby allowing you access to the subjective, self-limiting information you need to release, and the distorted concepts you need to heal in

order to return to balance within as you strive to reclaim Self-mastery. The right and left hemispheres of your brain, as well as the matrix of your subconscious, conscious and superconscious are in the process of merging and returning to a unified state of super- or macro-consciousness. In many ways, the saying “as it was in the beginning, so it will be once more” applies to the transformational process humanity is now experiencing.

Every observation via the physical senses that makes an impression on you, as well as every action, interaction and reaction, is automatically transmitted and recorded within the memory cell Seed Atoms of the subconscious mind. Again, we stress, your subconscious mind is subjective, and it takes every thought or experience literally, and is thereafter affected by your individual bias. The subconscious mind will continue to respond to and replay old thought patterns and conditions over and over again until the misconceptions are resolved and reprogrammed.

Your Third- and Fourth-Dimensional world is random and chaotic, while the time/space continuum of the higher-Fourth Dimension and beyond is more flexible and fluid. As you integrate the vibrational patterns of the higher dimensions, all that is not compatible will rise to the surface for resolution, which results in higher wisdom. For those who have developed their inner sight, they know that thoughts are tangible things. They are aware that the quality or frequency patterns of a thought determine its color, while the nature of an emotion determines the form it will take. The more focused and detailed a thought is, the clearer the outline will be.

Thoughts of a low frequency level are dark, muddy and distorted while the higher octaves of thought, those infused with love, are more delicate and luminous. You must accept the fact that your thoughts do have substance and that they do have an effect on you and the world around you.

You must be willing to examine the preconceived ideas about the complex traditions, structures and boundaries of your life, and you must release or transform the beliefs which are keeping you stuck in self-inflicted, structural limitations. Releasing attachments, outmoded habits and concepts is an ongoing process and requires constant vigilance and upgrading. We are aware that you have built comfort zones around you, which are difficult to move beyond, even if they are uncomfortable and constrictive. But that is exactly what you must do, beloveds, if you are to expand your awareness and become the masters of cocreation you were meant to be.

Letting go is liberating, and it gives you the power to expand your consciousness and your world. The higher your vibrational patterns become, the more fluid the restrictions around you become. Do not become attached to the structures of life you have built around you. You must realize that change is an integral part of growth. You make decisions and choices every day, and as a master-becoming, it is imperative that you always strive for the highest choices. The boundaries of your spectrum of duality will become narrower, and the pendulum of choice will swing in a much smaller range to the right and left of center. As a result, your perception and conscious awareness will expand and be raised exponentially.

“A master always follows the narrow upward path” is an ancient truth that still applies. You must always seek your highest truth and then live it to the best of your ability.

It is important that you are aware that there is an orderly sequence to the Cosmic Cycles of Creation, which define and emphasize a great variety of GODLY EXPRESSION. Therefore, it is important that you learn to flow and adapt to the changes of the time, to discard the restrictive, limiting beliefs of your Third- and Fourth-Dimensional reality as you gain wisdom, seek higher truths and grow closer to your original “State of Divinity.”

We are in the midst of one of the greatest cycles of transformation that this Universe has ever experienced; however, it is important that you understand that there have been many minor cycles of change on Earth, and each of you has experienced these transformational times in one way or another.

The coming Seventh Root Race will be highly-evolved and spiritually-attuned and will be influenced by the SEVENTH RAY of transformation, purification, freedom and redemption. Everyone and everything on Earth will be affected by the radiance of the Seventh Ray, the Violet Transmuting Flame. Many of the old, outmoded teachings are being discarded as you evolve in wisdom and raise your frequency patterns. The love-based and empowering religious beliefs will be retained, while the fear-based, controlling concepts are slowly being discarded. During the transition into the age of enlightenment, the religions that will survive are those which are willing to expand their philosophy to incorporate the revealed, higher Creator truths.

New cycles of “Being” are initiated through a willingness to change, and these upgrades have been designed so that you may gradually incorporate them with ease and grace. However, for those who are resistant, it will be through chaos and conflict. Much depends on your capacity to attract, respond and absorb (or reject), and then transmit the more refined energies known as “higher truth.” Your Soul and Higher Self remember the reason you chose to experience and express painful situations – not as a punishment, but for resolution.

It is vitally important that you strive to strengthen your self-determination and your desire for fulfillment. You must evolve from an ego self-serving mode to a Soul-serving state. Your Soul is the part of you which is connected to the Universal Whole. You gain compassion the hard way through pain and suffering (ego-driven), or the easy way through the process of reunion with your Higher Self and God Ray (Soul-inspired).

Nothing can escape the radiation and magnetic influence of the rarified Creator Light -- called Adamantine Particles – now permeating this Universe, Sub-Universe, galaxy, solar system, the Earth and humanity. The chakras are like electromagnetic batteries within the body. The vibrations of electromagnetic frequencies communicate to many levels of consciousness. You must be harmonious with, and attuned to the vibrational frequencies in order to integrate them. The higher frequencies of Light, thought, and sound vibrate through your blood, cells, organs, bones, muscles and tissues, enriching your sense of well-

being. The lower frequencies of the Third- / Fourth-Dimensional environment restrict the flow of life-giving energy, and increase the density in your four lower-body systems. Your blood carries Memory Seed Atoms, genetic encodings of your earthly lineage, but more important, your cosmic lineage and your Divine heritage.

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater good. We implore you to view your life experiences through the filters of your Sacred Heart/Mind as you draw forth the Diamond Ray Particles of Life/Light, and infuse them with your love before radiating them out into the world and to humanity. We are all in this cosmic dance of evolution, and together, we shall prevail. I AM Archangel Michael.

ENHANCING YOUR POWER TO MANIFEST©

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Meditating regularly on the Sacred Heart, and consciously activating the incoming Adamantine Particles of Creator Light that you integrate, will result in a major transformation in your life as you become a cocreative Self-Master of the highest order.

In a relaxed state, begin the Breath of Infinity--(a figure 8). With each breath, imagine your consciousness expanding to incorporate all of the solar system..... then the galaxy..... and then this Sub-universe. Envision, however you perceive, the magnificence of the planets, star systems, galaxies, and also feel within your Sacred Heart the power and majesty of the vastness of space.....the “Great Void” filled with the unmanifested potential of Love/Light (the Adamantine Particles of Creation, powered by Love).

Now envision yourself as the center, the focal point within this Sub-universe, as the “Flow of Divine Light” radiates forth from all directions toward you. See the prisms of Light refracting into Rainbow Colors, which contain all the virtues, qualities, attributes and potential of Creation. Breathe deeply as you ingest this gift of Love/Life, as you begin to feel the flow to you and from you.....the never-ending supply of Divine Light Substance.

Breathe in.....breathe out..... breathe in.....breathe out.....as you see this magic elixir flow forth from your Sacred Heart center in an Infinity Sign, from both the front and back portals of your heart. Be aware that, with you as the receptacle and the conduit on the material plane, the Creator particles of pure Light substance will pour forth into you and from you in a never-ending supply. These particles will stream outward into the material world to be molded into an unlimited variety of physical manifestations via your visions, seed thoughts and pure intentions / will / actions!

AFFIRMATION: SAY TO YOURSELF: “I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF AND MY SOUL FAMILY. I ASK TO BE ALIGNED WITH

THE MASTERS AND THE BEINGS OF LIGHT THAT I AM TO COMMUNE WITH, IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH WHICH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND THE APPROPRIATE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, AND I AM DIVINE WISDOM IN ACTION.

SO BE IT! SO IT IS! I AM THAT, I AM!"

Lastly, but of vast importance, always maintain an attitude of gratitude for all things, large and small. A constant state of thanksgiving generated from within the Sacred Heart will magnify and enhance your ability to cocreate in alignment with the Divine Plan for the greatest good of all.

How will you use this gift, which is a treasure beyond compare? What are your greatest desires? What will be your legacy to the world and humanity? Reach for the stars, beloved friends, for there is no limit to what you can manifest and share when your desires are in harmony with Spirit.

ARCHANGEL MICHAEL * RONNA VEZANE

BASIC INFINITY BREATH MEDITATION© **THE BREATH OF LIFE**

Take a deep breath, and center your consciousness in your Solar Power Center (the thymus, heart and solar plexus area), which we will now refer to as your SPC. Envision, however you perceive, your SPC being filled with the Divine Light Particles of Creation. As you breathe deeply, feel the energy begin to build and travel up your back along the spinal column. This energy permeates the medulla oblongata, where the spinal column and the lowest part of your brain are connected. It also contains nerve centers that control breathing and circulation, and it also connects to the Ascension chakra. This Light energy moves through the Ascension chakra, and out the back of your head in an arch about six inches above the top of your head. It then sweeps down before your face and enters the SPC again. It continues its journey down the back spinal column, and it exits the body through the root chakra (the perineum) in an arch. The energy flows up the front of your body, as it returns once again to the SPC within the body, gaining more energy, Light and power with each breath.

Continue the process of deep rhythmical breathing as you visualize this INFINITY sign filled with Light arching farther and farther above your head and deeper down into the Earth, returning to your SPC with each rhythmic breath cycle. Continue the process as long as is comfortable, knowing that as you incorporate more of these precious Adamantine Particles, it will magically accelerate the process of cleansing and clearing your physical vessel of any discordant energies, and filling the vacancies with Creator Light substance.

You will also be accessing more and more of the refined thought forms of new Creation, anchoring them in your physical vessel, and deep within the Earth as well. Your beloved

Earth will greatly benefit from the process as you share these wondrous gifts of Creation with her. In turn, she will strengthen and harmonize her connection with you, as together; you go about your Father/Mother's business of creating peace, harmony and all good things on your home planet.

Forever love and angel blessings, Ronna

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MESSAGES FROM ARCHANGEL MICHAEL * LM-2-2019

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THE EMPOWERING GIFT OF FORGIVENESS

Beloved masters, as the higher frequencies of Light and Creator wisdom permeate the Earth and humanity, a radical shift in consciousness is taking place. More and more precious Souls are questioning their basic beliefs and examining their life patterns, the many structures they have built, both physical and mental, which make up their personal reality. Fear and uncertainty are rampant, and a great majority of people fear that the best times are past, and the future looks bleak and uncertain.

It is normal to resist or be uncomfortable with dramatic changes, especially when people feel they are not in charge and in control of their future. That is why it is so important to tap into the wisdom of your Higher Self, and to connect with your wonderful angelic guides and teachers.

Know that the pathway home has always been in place and your return to the higher realms of illumination is assured. However, be aware that the secret of how this is accomplished comes from within, not from your outer world. The internal transformation process can be accomplished with ease and grace when you once again gain access to the wisdom of your Sacred Heart and Mind. We encourage you to take advantage of all the wonderful information that is coming forth from the Realms of Light via the many messengers and teachers who have dedicated their lives to bringing forth advanced universal wisdom.

Beloved ones, you are deep in the process of healing past transgressions, and releasing the painful memories of your many past lives on the earthly plane – as well as those from throughout your solar system and galaxy as well.

We have said before, you will not be punished or cast into hell. Will you please heed our words? You are not judged – you never have been judged by anyone or any Being from the unseen or higher realms – YOU ONLY JUDGE YOURSELF!

Under the Universal Laws of cause and effect, all your thoughts, intentions and deeds are stored within your auric field and your chakra system, and you radiate the vibrational patterns created thereby, which go forth from you in an infinity pattern and return to you in like frequencies and measure. In the past it often took many lifetimes to reap the rewards for positive, loving actions, or to experience the penalties for negative or hurtful actions. Therefore, most often, it was not obvious that the righteous are indeed rewarded, and the unrighteous also receive their just rewards in kind. Again, no great or small Being is doling

out rewards or punishment. The Universal Laws are firmly in place, and your own Higher Self monitors your progress or lack thereof; either clearing the way ahead, and blessing you with miracles large and small – or by placing more obstacles before you in hopes you will awaken and step onto the spiral of Ascension.

Dear hearts, too many of you are carrying great burdens from the past, mistakes you have made in this lifetime, and also many from past conditioning and buried memories of painful events or actions from all your previous lifetimes. Holding onto these memories or carrying the burdens of inequity no longer serves you. It is time for you to allow us to help you heal the painful memories stored within your physical vessel and auric field, just as we are clearing the distortions of the Third- and Fourth-Dimensional collective consciousness belief patterns and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limiting realms of consciousness, the veil of forgetfulness was placed over your memory so that, most often, you could not remember your past lives, for it would be too much of a burden to remember all your past mistakes and imperfections. It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all your past aberrations. These restrictive membranes of Light are slowly dissolving as you return to balance and harmony and advance on the spiral of ascension and reunification. An important fact to remember is that even though you no longer recall your past errors and the thoughts and deeds that threw you off balance, those energies are still present within your cellular structure waiting to be rectified and returned to harmony within. That is the process you are now in the midst of at this time: through your conscious awareness and by aligning your will with the Will of your Higher Self and our Mother/Father God, all that is not in harmony with the frequencies of the higher Fourth Dimension are roiling up within to be healed and returned to the harmonics of peaceful coexistence, joy and loving intention.

Imagine a great orchestra playing a symphony; however, each instrument is a little off-key. Now imagine how uncomfortable that would make you. And then, picture some of the most powerful negative vibrational patterns you have sent forth in the past – instead of beautiful, melodic frequencies which lift and inspire – it is as if you have been sending forth discordant frequencies, which clash and create chaos instead of balance and harmony. Can you bring to mind some of the positive vibrational patterns you have radiated forth recently, which have been as powerful as your negative thought forms?

Your Soul Song has gradually lost some of its pure and harmonious frequency patterns, and therefore, both your inner and outer worlds have become off-balance and discordant. We have stressed over and over again, one of the greatest challenges, yet the most important thing to be accomplished in order to step onto the spiral of ascension, is to return to center within your Solar Power Center. This facilitates the opening of the Sacred Heart, and thereby, allows the Creator Light to flow freely to and from you. This, in turn, assists you to reclaim your uniquely beautiful and harmonious Soul signature.

We have explained how a membrane of Light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of Light. However, you and you alone placed a membrane of protection over the front portal to your Sacred Heart Center because you have been hurt, disappointed and disillusioned so often.

Slowly but surely, through the techniques we have given you, you have dissolved those restrictive membranes so that the Love/Light can flow freely to and from you in the way it was intended. In order to access and radiate the ever-increasing frequencies of Light, you must be able to integrate and permeate your Being with these advanced vibrational patterns. Then, you must be prepared to radiate them down into the core of the Earth, and project them out into the world at large, via your Sacred Heart Center portals – both front and back.

Envision how you looked when you first came to Earth: you were a shining crystalline Pillar of Light, filled with a full allotment of the virtues, qualities and talents of your God Ray consciousness. Slowly as you sank into the density, you began to build a cross of matter, which became more and more unwieldy as your spectrum of Light and shadow increased. You are now in the process of loving those Fragments you have created back into balance and harmony as you seek and tap into higher and higher frequencies of Light. You are in the process of becoming a cross of Light, beloveds, as your spinal chakra system becomes ignited and you radiate Love/Light from the front and back portals of your Sacred Heart Center.

Why not move into the center of the spiral of ascending consciousness – into the eye of duality and polarity where all is calm and peaceful, and filled with pure cosmic life force substance called Adamantine Particles – waiting to be molded into your vision of the future? This very moment, as you move into your Sacred Heart Center, you can experience the profound love and compassion of our Father/Mother God and the Supreme Creator, knowing that you are a treasured son/daughter on an important mission and that nothing you can say or do can diminish that love.

VIA THE GIFT OF FORGIVENESS, YOUR EMOTIONAL, MENTAL AND ETHERIC BODIES CAN BE HEALED AND TRANSFORMED BACK INTO WHOLENESS. THIS, IN TURN, BENEFITS YOUR PHYSICAL BODY AND ENHANCES YOUR SENSE OF WELL-BEING.

Stand in front of a mirror and gaze into your own eyes or go into your Pyramid of Light and lie on the crystal table.

Say to yourself, I forgive myself for any action, thought or deed – past, present or future – in this or any other reality, which has not been composed of the frequencies of Sacred Love. I forgive everyone with whom I have shared conflicting, discordant energies during my present or past lives – in this or any other reality – and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures that we have created together. I ask the angels of forgiveness to permeate all Facets of my Being with the

frequencies of Love/Light so that I may become Soul-focused and heart-centered as a Bearer of Light and a Self-master.”

Breathe deeply as you move into your Sacred Heart Center. Allow the pure Love/Light to pour down through you via your Higher Self. Feel the expansion in your heart center as this Divine Elixir of Love permeates the very depths of your Being. Sacred Love is what frees you from the shackles you have woven around yourselves, binding, restricting and entangling you in karmic interactions. When you deny this love, you are denying your heritage and your Divine birthright. Perform this exercise as often as necessary until you feel you have accepted the truth that you are worthy of forgiveness.

Forgiveness is a very personal act, and it must come from the heart. It does not matter if others forgive you or not. When you forgive from the heart, it changes the energy dynamics between you and others. As we have said before, you can only change yourself, and you must allow others to change in their own time and way. You are only responsible for your own spiritual growth. However, remember, dear hearts, your loving energy speaks for itself and it creates miracles.

Forgiveness of Self, which facilitates a forgiveness of all others, is an integral step in the process of opening the portal to your Sacred Heart center. Your heart portal must be open in order to successfully connect with the many Facets of your Divine Self and your universal consciousness. You must make a concerted effort to return to harmony and balance within your own Being in order to be ready to connect with your Divine counterparts. Your painful, unsatisfying earthly relationships are a result of inner feelings of unworthiness, guilt, fear of failure and rejection.

The battle of the sexes is really an internal battle with Self, as you project your needs, wants and desires outward to someone else in hopes they can supply what is missing within. Your relationships will surely reflect to you the negative energies you need to overcome as well as some of the positive attributes you desire for yourself. Either can be painful or fulfilling, depending on the way you wish to apply the game of relationships. Negative frequency physical relationships are fear-based, rigid, self-absorbed and limiting. Sacred relationships are love-based and Spirit-inspired, and allow each party to integrate and express the positive attributes of their intrinsic masculine and feminine nature. They focus on wholeness and unity, and yet they are flexible and allow freedom of expression.

As you lift your consciousness and return to harmony within, you radiate forth more refined frequency patterns, and therefore, you will attract to you those who are radiating and are comfortable with the same level of the Light spectrum. The reunification process entails rejoining the multiple Facets and levels of your Soul family, which consists of your earthly Soul companions and the many Facets of your Higher-Self – your solar, galactic and Sub-Universal family.

Beloveds, won't you begin the process of forgiveness NOW, and make a concerted effort to open the portal of your Sacred Heart Center so that these wondrous gifts can be showered down upon you?

Call on us and allow us to assist you. Remember, we are only a heartbeat and a thought away. We enfold you in the Sacred, unconditional love of our Father/Mother God. I AM Archangel Michael. RONNA VEZANE * STAR*QUEST* www.StarQuestMastery.com

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MESSAGES FROM ARCHANGEL MICHAEL ** LM-3-2019

THE PATH OF ASCENSION

OVERLIGHTED BY ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE

Dearest friends, some time ago, Archangel Michael explained to me:

"As a messenger of the advanced Cosmic information for the New Age, when you have integrated the remainder of your Soul Fragments within the Third and Fourth Dimensions – and you are in the process of gaining access to your entry-level SACRED TRIAD within the Fifth Dimension – it is necessary for you to demonstrate your ability to directly bring forth some of the new knowledge from the higher Planes of consciousness. This must be accomplished through your own expanded, intuitive awareness. This process is necessary in order to blend your physical, mental capabilities with your intuitive higher faculties – your connection with your Spiritual Triad – via the Sacred Mind."

Beloved Michael has asked me to share with you some of the important lessons and techniques he has given us over the past 25 years. Therefore, beginning in 2019, occasionally, I will be posting some of the key lessons I have compiled for Archangel Michael's seven books of messages.

THE EIGHT STAGES OF EXPANDED-AWARENESS:

STAGE ONE:

You gradually tune into and begin to listen to the small voice of your conscience (your embodied Soul Self), and you begin the process of healing and harmonizing your Emotional Nature. You slowly allow your Soul-Self to be the guide and the director of your life's experiences, instead of the ego-desire body. You begin the process of upgrading and refining your Emotional Body consciousness, which can be painful and challenging, but also rewarding and en-Lighten-ing.

STAGE TWO:

As you begin to delve deep within your subconscious mind, you initiate the process of aligning your emotional will with that of your OverSoul/Higher Self and Divine Will. Your

most often used mantra or affirmation becomes: “Thy Will be done for the greatest good of all.”

As you learn that you are an electromagnetic, energetic Being, you come to the understanding that you are constantly radiating energetic thought forms out into the world around you. You then must experience these positive or negative thought forms as events or situations of the same frequencies. Your personal world is constantly rearranging itself to fit your current picture of reality. Through trial and error, you slowly begin to understand the Laws of Cause and Effect or Karma.

There will be some negative traits or addictive habits which will be emphasized so that you may release, modify or refine them; thereby returning the negative vibrations to frequencies of balance and harmony as you move through the process of Soul integration and Self-awareness.

There will be times when you will experience “A Dark Night of the Soul,” as you strive to clear, harmonize and balance the many negative thought forms that you still carry within your physical vessel, your Auric Field, and your DNA. You will have peaks and valleys, emotionally and mentally, as you move deeper and deeper into the cleansing and refining process of your four earthly body systems: physical, emotional, mental and etheric.

You will gain an understanding of and you will begin to actively use the Universal Laws of Manifestation, as you slowly refine your abilities as a cocreator on the earthly plane of existence. With new awareness, confidence and trust in the workings of the Universe, you gradually relinquish control at an emotional level to your OverSoul/Higher Self, for you now understand that it is your Divine Birthright to enjoy the love, beauty and bounty of your Father/Mother God. You now understand that your Higher Self sees things from a higher vantage point; therefore, you will always be directed toward the best outcome.

STAGE THREE:

As you progress upward on the ladder of Ascension, you also learn to view the events in your life from a higher vantage point. You have gone through the painful process of breaking and healing all past agreements with those whom you have experienced Karmic interaction, so that you may sever any remaining energetic cords between you. You lovingly forgive and ask forgiveness, so that each person may, once again, become a sovereign Being. By healing and transmuting the probable futures you have created in your many past lifetimes’ experience, you move into the future without the heavy burden of past negative actions.

Over time and after much Soul-searching and processing, you gradually strive for and gain a certain degree of emotional detachment. You love more deeply and compassionately as you begin to look for and see the best in everyone around you. You are gradually moving toward the concept of you and unity consciousness, instead of the ego-driven concept of separation, me versus everyone else. You have learned to see your tests and challenges as opportunities for growth, instead of punishment and bad luck. As a result, your Emotional Body consciousness is now resonating with much higher, more harmonious, vibrational frequencies. You are now ready to focus your attention on uplifting and harmonizing your Mental Body.

STAGE FOUR:

During this stage, your OverSoul/Higher Self begins to take a more active role in your transformation process, as your Soul-Self slowly integrates the higher frequencies (attributes, qualities and virtues) of your OverSoul/Higher Self. You begin the process of reviewing your beliefs, habits and the quality of your mental awareness. You re-evaluate the major judgments and attitudes that have been handed down by your elders, your culture, and religious and governmental leaders, as you gradually move out of and beyond the mass consciousness belief patterns of the lower Astral Planes.

STAGE FIVE:

As you begin to refine the frequency patterns of your Mental Body, you slowly gain access to your Sacred Mind and the treasure chest of higher mental consciousness that is stored therein. Your Sacred Mind and Sacred Heart become unified with your OverSoul/Higher Self as the guiding influence in your spiritual quest. You become more tolerant of other people's beliefs, as you learn that there are many paths to follow; however, you are now aware that all Paths ultimately lead to the same destination. You learn to be discerning as to what you will accept as your truth, and you only accept those truths that resonate positively within your Sacred Core Being. You begin to expand your horizons of thought, and many of you will develop a desire to learn more about your spiritual origins: why you are on Earth, what is your mission and purpose for this lifetime, and what happens to you after you transcend?

STAGE SIX:

As you lift the frequencies of your Mental and Emotional bodies, your chakra system begins to spin much faster – in a harmonious fashion. This results in an ignition or activation of the etheric tube of Light that runs along the spinal column, up through the Medulla Oblongata (the Ascension Chakra) into the Sacred Mind, and out the Crown Chakra. The coiled energy

called Kundalini, which contains the Sacred White Fire Seed Atoms of Creator Light called Adamantine Particles, begins to flow up the spinal column.

The portal to the Sacred Heart has opened, so that you are now receiving Adamantine Particles of Light via the back portal of your Sacred Heart, as well as a downward flow via your Crown Chakra, and an upward flow of Kundalini Fire along your Sacred Rod of Power/Light. This process will be speeded up and magnified if you use the gift of conscious breathing, such as the Infinity Breath or other deep breathing techniques, along with affirmations of empowerment.

STAGE SEVEN:

By this time, you have learned to HEAL THE PAST and SCRIPT YOUR FUTURE, so that you can focus on the ETERNAL “NOW” MOMENT—the STILL POINT of Creation. You will have merged your physical intellect with the spiritual wisdom of your current resident OverSoul/Higher Self. This means that you not only understand and accept the many higher spiritual truths you have learned, but you have integrated them, and you are now radiating forth the frequency patterns of those refined wisdom teachings.

As you draw forth more and more vibrational frequency patterns from the highest planes of the Fourth-Dimension, your Soul Song will become attuned to and resonate with much higher vibrational frequencies. This sets off a CELESTIAL CLARION CALL for the remaining Fourth-Dimensional Facets of your Higher Self to begin the process of slowly moving into alignment within your personal column of Light. The downloading of the Facets of your Higher Selves with your presiding OverSoul/Higher Self begins to accelerate at this point, and your progress on the Ascension path will also greatly accelerate. You are now ready to move into the Flow of the River of Life – the Antakarana stream of Cosmic Energy – and you know that you will be guided and directed as you begin to “FOLLOW SPIRIT WITHOUT HESITATION.”

STAGE EIGHT:

You gradually become comfortable with your new State of Being and your new way of viewing the world. You value your solitude as you delve deeper and deeper into your Sacred Beingness. You are now living each day as a Living Meditation and a Living Prayer as you naturally stay centered within your Sacred Heart. The earthly illusion now has minimal affect on you; however, your loving compassion has now grown to embrace all Beings and all Creation.

Archangel Michael:

My beloved bearers of Light, we ask you to view each test and challenge as an opportunity to release outmoded thoughts and vibrational patterns which no longer serve your greater

good. We implore you to view your life experiences through the filters of your Sacred Heart and Mind as you draw forth the White Fire Seed Atoms of Life/Light, and infuse them with your love before radiating them out into the world and to humanity. We are all in this cosmic dance of the evolution, and together, we shall prevail. I AM Archangel Michael.

Transmitted through Ronna Vezane * *STAR*QUEST*

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A GIFT FROM ARCHANGEL MICHAEL

THROUGH RONNA / SACRED SCRIBE

NEW AGE CREED©

1. Love your Father/Mother God with all your Beingness. Love yourself unconditionally as a Divine Spark of the Creator. Love everyone else as you love yourself.
2. Know that you are a caretaker of the Earth and all life forms that reside upon her — the nature, animal, elemental and human kingdoms. Protect, preserve and honor all expressions of life.
3. Live your life with joy and with the spontaneity and delight of a child. Endeavor to leave a legacy of love and hope. Enjoy the journey of life, and strive to fulfill your earthly mission to the best of your ability.
4. Maintain a constant attitude of gratitude, and live each day as though Spirit were perched on your shoulder as an observer. Practice nonjudgment, and look for the good in everyone.
5. Your goal is to return to balance in body, mind, and Spirit. Polarity and duality will no longer affect you when you walk the middle path.
6. Seek and claim your highest truth, and then live your truth with integrity. Allow others the same right.

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

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

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

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

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MESSAGES FROM ARCHANGEL MICHAEL ** LM-4-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE EVOLUTION OF THE SOUL

Beloved masters, you must endeavor to expand your capacity for Love/Light so that it includes all Creation: Love of nature, Love of animals, Love and compassion for humanity, Love for your perceived enemies, and most important, Love of Self. For in Essence, all of Creation is a part of you, and you are a Facet of the Supreme Creator. The expansion of God-Consciousness results in an expansion of your auric field—your Light Radiance. Over time, more and more of you will develop a radiance so powerful and expansive that it will begin to have a positive effect on those around you—and eventually on the Earth and all humanity. Quite a large number of the more advanced Souls have already gained this ability. However, you must remember, you cannot convey that which you have not claimed as your own. Also, remember this: an important part of your mission on Earth is to intensify the Light of the lower Dimensions. Expansion of Soul-consciousness results in an expansion of the auric field, both in intensity and scope of influence.

An aspirant on the Path must focus on both outer and inner world training. You must strive to become a conscious observer of what is taking place around you. Training yourself to become fully engaged with focused awareness of the physical events in everyday life is vitally important, as well as learning to process the harmonious and the discordant frequency patterns to which you are subjected. You must then take the appropriate action. Practicing emotional and mental discipline is also very important as you seek to become a Master of Self. You must not turn your back on the world and life's experiences, but face them head-on. However, it is vital that you learn to view life from a higher vantage point. Endeavor to see the bigger picture and not get entangled in the small story dramas.

Logic is a function of the physical mental body and your mind. Remember, the knowledge or theories you accept as your own truth must be experienced in order to gain the wisdom from the disclosed information. Inspiration is supplied by the Higher Self and your Sacred Mind. You must learn to pay attention to the impulses of your Sacred Mind and Sacred Heart or to the input of the prevailing Facet of your Higher Self, for that is how you will gradually learn to communicate with the Beings of the Higher Realms and gain cosmic wisdom.

In the beginning, there was communication with and amongst specialized, group Spiritual Guides and Guardians; however, over time this gift or ability was lost. As humanity sank deeper into material consciousness, they became submerged in the sensations of the five senses, and they gradually stopped turning inward for the sense of connection with the

higher realms of consciousness. The lower Third and Fourth Dimensions are not bright and clear. There is a misty or foggy overlay. Those Souls existing in this environment do not realize this, for it is the state of awareness they are accustomed to. The reality of the lower Third / Fourth Dimensions could be likened to existing within a murky labyrinth where you are forever seeking the path that will lead you back into the pure Light of awareness. This fog gradually begins to dissipate as you move into the mid-Sub-levels of the Fourth Dimension, and your world becomes lighter and brighter as you traverse each Higher Sub-level. In order to receive the lessons of Light, you must lift your consciousness to attune to at least the Fifth sub-level of the Fourth Dimension. In this Sub-Universal experience, there are Seven Sub-levels to each Dimension, with the First Sub-level being the lowest/densest and the Seventh sub-level the highest and most refined. The masters and your guides are willing to meet you halfway; however, only on very rare occasions will they lower their frequencies into the density of extreme duality, for it is too uncomfortable for them.

The ego is a Facet of the physical personality; it was designed to assist you in developing a sense of identity and individuality over time. An outward-focused mind is guided by the ego. The misdirected ego-self was instrumental in creating the illusionary belief system of the material plane, a reality based on separation, fear, selfishness and scarcity. As you expand your mental horizons, you begin to break down the barriers of self-limiting perception. Mind-expansion includes activating dormant cells of the upper dimensional levels of the brain and tapping into the wisdom of your Sacred Mind. Blind obedience is not a requisite for en-Lighten-ment, for you are striving to become a Master of Self and to live your personal truths as they have been revealed to you and validated by your heart monitor.

Humanity is in the midst of a Soul and cellular awakening. As you move into the vibrational patterns of the higher Fourth and lower Fifth Dimensions, your cells, etheric body and auric field will begin an accelerated purification process. This process will facilitate and ultimately result in the downloading of the many Facets of your Higher Self and the gradual reclamation of your body of Light. Be mindful and aware every moment so that your focus becomes one-pointed and clear. You will gradually develop a sense of self-assurance and security, a knowing that all is well and that it will remain so.

The Soul is a refracted extension of your God Self or I AM Presence. The Soul uses the right brain consciousness of intuition, which is connected to the higher Sacred Mind and Spiritual Will. An inner-focused mind is guided by the Soul Self. Humanity is in the process of developing the subtle, refined senses which have become dulled from misuse. You must move past the basic, often distorted physical senses, while diligently endeavoring to develop the higher mental senses of intuition and Divine wisdom. It is of vital importance that you learn to control your emotional nature and to hold your thoughts steadily on the Light.

Your God Self is your original Core Intelligence, your first individualized identity within a Universal or Sub-Universal experience. Within this Sub-Universal experience, your I AM PRESENCE created your first Twelve Soul Fragments or Soul extensions. Since that time, your God Essence has refracted and separated innumerable times. You are now in the

process of reclaiming all the multiple Facets of your Divine Self within this Sub-Universe so that you may move forward to a greater, more dynamic and expansive version of your Divine Self. To assist you in accomplishing this, your Diamond Core God Cell and your personal Flower of Life Creator Wheel contain a full measure of the Twelve Rays of God-Consciousness for this Sub-Universal experience. They were designed so that you would always have access to your own FULL SPECTRUM DIVINITY for this Sub-Universal experience. Your task is to activate these Rays, to incorporate the God qualities and attributes they contain, and then to use these qualities and attributes for the greatest good. There is still much confusion as to what the Soul is, how it functions and where it resides. It is vital that you understand the intricate process of reconnecting with the many Facets of your Higher Self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding the multiple Higher Self Fragments (you have many, not just one) and the process for incorporating these multiple Facets of Self. Therefore, we feel it is time for an advanced explanation of this most important process for the EVOLUTION OF THE SOUL:

^^ You carry within your Diamond Core God Cell a crystalline, Memory Seed Atom of full Self-realization from your point of origin. It contains a very brief overview of the highlights of every life you have ever lived, the major lessons you have learned and the talents you have perfected as you journeyed throughout this universe.

^^ The Soul is an extension of your God Self or I AM Presence. The Soul is neither Spirit nor matter. It is a crystalline, Sacred Fire, Memory Seed Atom, a Fragment of pure Light Essence that is programmed to record your journey throughout this Sub-Universal experience. It is the link between you, the many higher Fragments of your Higher Self, and ultimately, your God Self.

^^ Your personal Soul Self, for this lifetime, resides within your Sacred Heart as a Facet of your Diamond Core God Cell. A Cell of Soul consciousness also resides within the Pineal Gland. Each higher frequency Facet of your Soul has its own Memory Seed Atoms. When a given Facet takes up residency within your Soul Star as your OverSoul, it will gradually relay its personal vibrational pattern memories to the Memory Seed Atom within your Diamond Core God Cell, and also to your embodied Soul Self. First, it will activate the appropriate Memory Seed Crystals within your Sacred Mind. As your frequencies expand to accommodate them, the Memory Seed Crystals held in reserve within your Diamond Core God Cell will be activated. In this way, as you incorporate all of your Soul Fragments, you will eventually gain the ability to access all of the wisdom, talents, positive memories and experiences of your I AM Presence for this Sub-Universe. This process repeats itself over

and over again as you traverse the multidimensional levels of God-Consciousness and incorporate more and more Facets of your Divine Self.

****YOU WERE PROGRAMMED TO FOREVER SEEK THE SACRED HEART OF YOUR ESSENCE, YOUR DIAMOND CORE GOD CELL, AND YOUR CRYSTALLINE SEED ATOM OF CREATOR ESSENCE****

At specially timed intervals there have always been small groups of special, unique Beings who incarnated into the different races and sub-races, and who brought forth fresh ideas, instilled new qualities and attributes. These advanced Beings interjected their wisdom, higher consciousness and special talents by example, and they also merged physically with select members of the human species in order to advance the DNA encodings of humanity. YOU ARE LIVING IN ONE OF THOSE SPECIAL TIMES.

The Fourth Dimension could be called a “transitional reality,” for this is where you begin to let go of all the preconditioning of the past. The Fourth-Dimensional realm is more emotional in nature, and therefore, the heart and feeling nature are the major focus. The ancients called the Fourth Dimension the realm of Maya or illusion. The collective mass consciousness of humanity fills the lower three levels of the Fourth Dimension, and this is where most of humanity exists mentally until they gradually begin to turn inward and listen to the nudgings of their Soul-Self. The ego-desire body personality is the master manipulator of this realm, and it constantly urges one to seek more satisfaction and happiness via sensation and external means of gratification.

You begin to tap into your Inner Power Potential as you move into the higher Sub-levels of the Fourth Dimension. Matter becomes more fluid, and therefore, it becomes easier to manifest what you desire. That is why you must learn to be decisive and to focus your thoughts with clear intention. A disciplined mind links the chains of thought together in proper order.

It is vitally important for you to understand that scattered thoughts are detrimental to your progress. Living in the present moment – in the NOW moment – is a critical component in attaining Self Mastery. Mental effort is required in order to successfully traverse the path of illumination. Gradually, a good portion of your memory of past events will begin to fade as you move out of the realm of the instinctual brain / mind into the realm of the Higher Mind. Important traits of a Self-master are focused observational abilities and harmlessness in thought, word, and deed. As an aspirant on the Path, greater and greater Cosmic Truths will be revealed to you. However, you should be aware that the lesser principles of ageless wisdom will constantly be expanded to incorporate the unique rules, laws and truths of the next level of existence in the never-ending cycle of ascension in consciousness.

You must keep the channel of communication open between the Soul and the brain via the mind. This initiates the slow reactivation process of the Pineal Gland and the opening of the

portal to the Sacred Mind, which is located at the back portion of the brain, close to the crown of the head. The Sacred Mind resonates to the Highest Fourth-Dimensional Sub-levels, as well as all of the Fifth- and the Sixth-Dimensional levels, with a small portion of Seventh-Dimensional frequencies/data, which are reserved for future use when you gain the ability to traverse the highest levels possible for humanity in this Sub-Universal experience. However, you must gradually increase your own vibrational patterns in order to tap into this storehouse of Cosmic Wisdom.

The Sacred Mind and the Sacred Heart are not made of material world matter; they consist of gossamer, ethereal Light substance that cannot be detected via scientific means. However, they are more real than any part of your physical body. For once you reestablish the connection between your Sacred Mind, your Sacred Heart and your Diamond Core God Cell, there will be a constant flow of Adamantine Particles, as well as pertinent, advanced information coming from within your Memory Seed Atoms and also from your OverSoul / Higher-Self. That is why it is so critical that you reconnect the Triad of God Consciousness: the Sacred Mind, the Sacred Heart and all the Facets of your Diamond Core God Cell.

As you move into the vibrational patterns of the Fifth Dimension, your cells, etheric body and auric field will begin an accelerated purification process. Tranquility begins in the lowest level of the Fifth Dimension and strengthens exponentially. Gaining godly power and wisdom requires that you move beyond the massive belief patterns of the collective consciousness of humanity into attunement with your Cosmic Consciousness via the many Facets of your Higher-Self. Emotional stability and mental effort are required in order to successfully traverse the path of illumination. There is a law of EQUILIBRIUM that applies to the Fifth Dimension and above.

Briefly, the Sixth Dimension is the Dimension of immortality and a greatly expanded Soul consciousness as you reconnect with the highest levels of your Soul potential within this Sub-Universe. The Seventh Dimension is the final evolutionary boundary for humanity within this Sub-Universal experience. The first sub-level (the lowest in frequency) of the Eighth Dimension is the INFINITY GATEWAY, which you will be able to tap into as you gain the ability to integrate more and more of the higher frequencies. A trickle-down effect is initiated as you gain the ability to access each higher frequency level, whereby minuscule amounts of more refined God Light begin to flow into your personal column of Light, thus adding Light to your auric field and the vibrancy of your Soul Song.

REMEMBER, MY BRAVE ONES, YOU ARE LIVING IN THE MIDST OF ETERNITY. The wisdom messages we bring you are not to set more rules or create new dogma. Our intention is to set your hearts afire with love and to give you a glimpse of the glorious future before you. I will guide, direct, inspire and protect you, and I radiate the eternal love of our Father/Mother God to each of you. I AM Archangel Michael. TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE

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ARCHANGEL MICHAEL * RONNA / SACRED SCRIBE

LORD MELCHIZEDEK * RANDALL MONK / MEMORY SEED ACTIVATOR

SEMINAR ** SATURDAY, JUNE 8, 2018

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In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal Destiny. As you balance and harmonize your vibrational patterns within the Third- / and the Fourth-Dimensional environment, a major influx of "OverSoul Consciousness" is downloaded into the Sacred Mind and Sacred heart. In ancient teachings these "enhanced levels of Spiritual awareness" were termed "Initiations." We will call this transformation process "STAGES OF ASCENSION AND SELF-MASTERY."

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THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many Starseed Souls are close to accomplishing this goal. It will become a common occurrence over the coming years, and the Ascension of humanity will accelerate throughout this century. Archangel Michael has defined the stages or levels of the Ascension process that humanity is currently experiencing as

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MESSAGE FROM ARCHANGEL MICHAEL * LM-5-2019

RONNA / SACRED SCRIBE

THE NEW AGE OF SPIRITUAL/HUMAN CONSCIOUSNESS

EVOLUTION OF THE EARTH * FIRST THROUGH FOURTH DIMENSIONS

EVOLUTION OF THE SOLAR SYSTEM * FIFTH AND MID-SIXTH DIMENSIONS

EVOLUTION OF THE GALAXY * SIXTH AND MID-SEVENTH DIMENSIONS

Beloved masters, the God Rays of creation for the Piscean Age, which contained the specific aspects, qualities, virtues, designs and formulas for the creative process of that ERA, were beamed down upon the Earth and humanity for over 2,000 years. Those Creator Rays are now in the process of being withdrawn and shut down. That is why the masses, those who are still stuck in the illusion and the vibrational frequencies of the imbalanced Third- and lower-Fourth Dimensions, are feeling as if they have lost their way. Nothing is working the way it did in the past, and there seems to be no hope for the future. Old regulations, guidelines, as well as many well-established institutions and religious organizations are no longer dependable, and many are falling by the wayside. Fragmentation of almost all racial, cultural, social and political boundaries within the Third- / Fourth-Dimensional paradigm are crumbling or are being challenged. The consciousness of humanity is on the rise, and nothing can stop the forward momentum. HUMANITY IS COMING OF AGE, and all must follow the flow of expanded awareness or fall into the trap of inertia and chaos.

Fortunately, more and more people are awakening to the process of turning inward in order to gain a heightened sense of Self-awareness, which ultimately leads to a desire for higher Soul-consciousness via the energies of Divine discontent. Every cultural group, every race and every country on Earth are seeking direction or a higher philosophical path to follow. This phenomenon is due to the fact that the Seven Rays of God Consciousness for your Earth, which contained the Divine Blueprint for the Piscean Age, have been almost completely withdrawn, and are being replaced with the higher frequency, more-refined twelve Rays of galactic consciousness for the Aquarian Age.

In the beginning stages of awakening, before a major Soul merge takes place within a person, there can be no interference from the higher realms due to the Divine gift of free will, which ultimately became a gift with great and burdensome consequences. However, when a person attains an energetic signature which resonates with the higher frequencies of the mid-Fourth Dimension and above, he/she is ready to affirm: "Thy will be done. I ask

for my greatest good and the highest outcome for all,” thereby aligning the personal will with the Will of the Higher Self and the new Divine Blueprint for the Earth. As a result, a magical path of Light is extended to that Soul via his/her personal column of Love/Light/Life. This Pathway of Light, often called the River of Life, leads to an authentic Essence Consciousness, whereby each person who reaches the required level of consciousness will begin to receive his/her special portion of encoded crystalline Seed Atoms for their new galactic or Sub-Universal Divine Blueprint / Mission. These new Seed Atoms will also contain the advanced wisdom, talents, attributes and qualities necessary to qualify as a participant in the early-stage, creative process for the new Golden Galaxy of the future.

The process of evolution is changing – the bodily structure of all humanity will gradually be refined and upgraded. There will be guidance and directions supplied to those who have attuned to their Sacred Heart / Sacred Mind and who have placed their personal will under the command of Divine Will.

Heretofore, the masses have lived in a world of veiled, illusional awareness, and it seems they are now facing a future that feels much like a ship that has been cast into a stormy sea without a rudder. That is because the Primal Life Force energy that has been available to all humanity over the past age is no longer filled with God Seeds of great potential from within the old Divine Blueprint for this Sub-Universe. The masses will still receive the vibrational patterns they need to maintain the status quo. And, we assure you that the loving energy of our Father/Mother God and the Beings of Light will always be available to humanity; however, in order to tap into the new Divine Blueprint that is awaiting each Soul, there must be an attunement to at least the mid-Fourth-Dimensional frequencies of Light. Our Father/Mother God’s greatest desire is to see all Facets of their “Beingness” return to Self-mastery so they may enjoy the love, peace, joy and abundance that is every Soul’s Divine Birthright. There will always be help available from the great Beings of Light, and the angelic realm will always answer calls or pleas for assistance. However, there are immutable Universal Laws that must be adhered to, and it must be each person’s choice as to which path they will follow: the Path of Light or the path of shadows.

You, the StarSeed, who have balanced and harmonized the vibrational patterns of your four lower bodily systems so that your Soul Song is resonating to the Fourth sub-plane of the Fourth Dimension and higher, are now beginning to access the HIGHER FREQUENCY RAYS OF THE GOLDEN AGE OF THE FUTURE. There is a new Divine Blueprint for this Sub-Universe and for each person who is ready to don a shining cloak of many colors – a refined auric field of Light – signifying a readiness to receive the virtues, qualities, talents, abilities and aspects of the New Age. These wondrous gifts are programmed within the Adamantine Particles of Creator Light, and they are now available to those of you who have attained the required level of Self-Mastery.

Adamantine Particles of Creator Light are complete Facets of Creator Consciousness ready to be activated, programmed and manifested into new, unlimited creative endeavors. At the initiation of each subsequent plan for a new creative project, the Adamantine Particles are

encoded with the Divine Blueprint for that plan. These Blueprint Adamantine Particles are then sent forth in great Rays of unlimited potential by the Father/Mother God who received the command from the Supreme Creator for the new project that is to be manifested in the material realms. The Seed thoughts of the Divine Father, which are then radiated forth from the Cosmic Womb of the Divine Mother, are known as ESSENCE GENES.

You have genes within your DNA structure from all the different dimensions you have ever experienced. You, the StarSeed, are now in a state of preparation which will condition your current four bodily systems to receive these Essence Genes, along with your new Divine Mission. These powerful, higher-frequency Rays contain the Creator Essence Cells for the Divine Blueprint of the New Golden Age, and they are being RAY-diated throughout this Sub-Universe via the great shining vessels of the Elohim and the Archangelic realm. These vibrational frequencies are stepped down at every sub-level of every dimension. If this were not so, all material manifestations, including humanity, would burn up from the Electromagnetic power/intensity of the Sacred Fire Energy.

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

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

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

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

Scientists have announced that a hydrogen wall barrier has been discovered at the edge of this solar system. These are the membranes of Light that we have spoken of in the past.

Science and spirituality are validating and merging many conceptual teachings and theories of the past as more human Beings tap into the resources of the Sacred Mind.

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

The Milky Way Galaxy is also divided into twelve sectors, just as the universe is divided into Sub-Universal sectors, and each sector within the Galaxy has a governing Council of Twelve. Hopefully, you are gaining a better understanding as to the importance of the numbers 12 and 144, for these numbers apply to many Facets of Creation throughout this Sub-Universe.

Your encodings of awareness are constantly being modified by your positive or negative thoughts, intentions and actions. You are being presented with tests of tolerance, benevolence, humility and patience, and your cultural views are being challenged as well. Each and every day the Seed thoughts, which contain the negative frequency patterns of these aspects, will shrivel and disappear when you stop feeding them energy.

We have taught you to become “a living meditation” whereby you are able to function efficiently in your earthly environment while maintaining a balanced Alpha State of consciousness. The next step is to endeavor to live in a constant state of joy and gratitude, thereby becoming a “living prayer.” As you become more proficient as cocreators on the earthly plane, you must constantly monitor your energy patterns and seek to upgrade them. You must strive for sustained harmony and refined godly expression. You must liberate the power of the Sacred Fire within, which, for most, has lain dormant for many thousands of years. You should strive to direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Creator Wheel of Life, you are planting the Seeds of focused change, and you will be supplied with the Sacred Fire of Creation needed to manifest what you have envisioned. Your major goal must be to gain Self-mastery while in the physical vessel. When your endeavors are directed toward the highest good for all humankind, a special dispensation is given, and a greater measure of Creator Light will be made available to you.

Imagine, dear ones, how it would feel to have access to an unlimited supply of Divine Creator Essence. Envision yourself as a great energy vortex, pulsating with power, sending out great Rays of luminous color, radiating waves of energy and creating any and everything your Soul Self can envision. Sense how you would feel as the energies you project swirl and solidify, as structure and form become discernible, beautiful and unique beyond measure — your creations — through the power of your thoughts, love/emotions and inspired imagination. We are endeavoring to help you understand why you and the Earth are so important during these chaotic times on your planet. In this galactic experience, the Earth is the place to be during this extraordinary period of evolution of the species and expansion of this Sub-Universe.

Build your vision, my brave and faithful Ones. Start within your own Sacred Heart center and reclaim that power and magnificence that is your Divine heritage. Then, begin to radiate that power and perfection into your physical vessel and outwardly into your world: your relationships, your work place, community, country and world. Allow all that no longer serves you to continue on its path of limitation or to join you in the realm of higher frequencies of unlimited potential via the process of transmutation. The path toward the Light and the path spiraling further into darkness, have now come to a distinct point of separation. You are being forced to face, once and for all, the residual shadows of Self — all the imbalances and restrictions that are holding you back from fully empowered Self-realization. Being a Self-master is not for the timid or weak of heart, dear ones. Accept my Sword of Light, which is encoded with the DIVINE WILL POWER of our Father God, and accept a shining CHALICE OF LOVE/LIGHT from our beloved Mother God, as we go bravely forward into the dawning of the new AGE. I am ever near to guide, direct, inspire and protect you. I AM Archangel Michael.

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ARCHANGEL MICHAEL * RONNA / SACRED SCRIBE

LORD MELCHIZEDEK * RANDALL MONK / MEMORY SEED ACTIVATOR

SEMINAR ** SATURDAY, JUNE 8, 2018

CARSON VALLEY INN ** 1627 U.S. Hwy 395 N, Minden, NV 89423

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In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of and have a desire to fulfill his / her personal Destiny. As you balance and harmonize your vibrational patterns within the Third- / and the Fourth-Dimensional environment, a major influx of "OverSoul Consciousness" is downloaded into the Sacred Mind and Sacred Heart. In ancient teachings these "enhanced levels of Spiritual awareness" were termed "Initiations." We will call this transformation process "STAGES OF ASCENSION AND SELF-MASTERY."

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ARCHANGEL MICHAEL'S WISDOM TEACHINGS

BOOK SIX ** SECRETS OF SELF MASTERY * KEYS TO ASCENSION ** In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of, and have a desire to fulfill his/her personal destiny. We offer you vital information to assist you to move onward and upward on the spiral of Ascension with ease and grace. Now is the time we've been waiting for. 8 1/2 X 11 SPIRAL- BOUND BOOK \$25 plus S&H

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MESSAGES FROM ARCHANGEL MICHAEL * LM-6-2019

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THE ESSENCE OF CREATION

Beloved masters, have you ever wondered about the true meaning of the phrase, “And God said, ‘Let there be Light’”? It is a complex statement and it has been interpreted in many ways. Hopefully, you are beginning to understand how profound and all-encompassing it is. In your recent past history, as children of God, you could only understand the story of Creation in its most simplistic form. But as you awaken, raise your consciousness, and tap into the cosmic truth of Creation, you now have the ability to access all the wisdom and majesty of your Divine origins and birthright.

In the beginning of the beginning, all that existed was the great void – which was filled with unlimited, unmanifested potential. The Supreme Creator was in repose within a sphere of unimaginable power and magnificence. The mind of the ALL THAT IS stirred, and from within ITS Core Essence, a White Fire Seed Atom came forth with the desire to create and experience more of ITSELF.

The words, “Let there be Light,” were not spoken, but from within the heart of the Creator there burst forth a beam of radiance of gigantic proportions. This beam of the Creator’s consciousness radiated forth out into the void, illuminating the great void, and thereby creating what was to be the Omniverse of the First Cause. Within this Light hologram were all the components of Creation, everything there ever has been and everything there ever will be: pure love, wisdom, the Divine Blueprint for all future universes, galaxies, star systems, planets, as well as the mineral, vegetable, animal kingdoms, and YOU, dear ones.

When we speak of Light, it is in all-encompassing terms. Within the Light are all the love, wisdom, power, virtues, attributes, and aspects of the Creator. And because each of you is a child of our Father/Mother God of this Universe, you were decreed to be a cocreator, and you were endowed with your own special Divine blueprint containing the virtues and attributes of our God Parents. A White Fire Seed Atom of individualized God conscious – a precious Spark of the Creator is who you really are.

Oh, yes, you are in a dramatically stepped down form, and you carry only a minuscule amount of the Creator’s Light, but nevertheless, you are a Being of Love/Light. The Light is your life-line to the Creator. The Divine Essence of our Mother/Father God is what you draw upon to bring your creations into manifested form: either joy, peace, love, and abundance, or you turn the energy into the lower frequencies of fear, pain, and limitation.

Remember, you are a cocreator, and it is your choice as to what you manifest; however, it is a Universal Law that you must always experience that which you create.

The time has arrived. You are in the midst of a shifting of the Ages, and a great upward turn in the spiral of Cosmic Creation. You have journeyed down through the multi-dimensions to the farthest outward point allowable for this experiment in duality and polarity. You have existed in the DIM-ensions for too long, and now you are being given the opportunity to return to higher consciousness within the entry level of the Fifth Dimension, which is the next step in your never-ending journey back into the rarified realms of Light.

Fear, ignorance, lack, pain, and suffering are all a result of being cut off from the refined frequencies of God Light. The love of our Father/Mother God is contained within the Essence of Supreme Creator Light — all is contained within this radiance — remember that. All of Creation is manifested through Light vibrations, which create sound, pulsations of wave forms, and specific RAYS of consciousness. Imagine yourself as a tuning fork or resonance receptor attuned to certain frequencies and vibrations. As you refine your frequencies, you begin to vibrate and attune to higher and more refined energy vibrations, which contain more and more of the Creator's Light — the components of Creation.

And so we ask you, what is your Light quotient? How much of the Creator's Light have you integrated and claimed as your own? We are not looking for a number, dear hearts. We already know the answer. We can tell by the radiance and love you project from your heart center. We can tell by the qualities of the thought forms that permeate your auric field, and by your deeds, large and small. As you tap into and integrate more of the Light, you begin to walk tall, with purpose, and you make a positive impact on those around you. You become a leader instead of a follower – beginning by becoming the master of your own destiny – and by breaking free of the popular mass consciousness beliefs, thereby living and following your own truth and journey instead of that of someone else.

As we have told you before, this Universe is in a megacycle of increased Light impulses, which are radiating directly from the Heart Core of the Supreme Creator. The refined octaves of Creator Light are available to ALL at whatever level each Being has prepared their vessel to accept and integrate them.

The higher frequency Light cannot begin to infiltrate the static or jumbled frequencies that make up the Third- / Fourth-Dimensional physical vessel without the permission of the recipient and an opening of the heart center. Your Soul Self, OverSoul-Higher Self, and God Self are just waiting for a signal from you to begin the process — to open the Light line of eternal life. Light is in your DNA, and every atom of your body is filled with Light to one degree or another. If it were not so, you could not exist. It is time to unlock the flow of God Light from within and from without.

Envision billions of tiny Light particles turning on within your body, and billions more radiating down from your White Fire God Seed Atom, your God Self, in the form of sparkling, diamond crystal pyramids of Light. See yourself surrounded in a golden aura of Cosmic

Light, and then observe as your circle of Love/Light begins to expand. Know that you are emulating the Creator as you say to yourself, “Let there be Light.” Now, watch as your unique beam of God’s Light streams forth before you, smoothing, harmonizing, lifting, and transforming via all the elements of wondrous refined creative energy.

As you learn to move back and forth between your Fifth-Dimensional Pyramid of Light and the sphere of Light you have built around you, you will be not affected by the negativity of the lower-frequency vibration patterns. You will create a sacred place within your heart and mind, and your world will begin to reflect your highest desires. Your sphere of influence will expand, and you will draw to you those who are in harmony with the refined frequencies and ideals you embody. Together, you will begin to be active participants in weaving the gossamer fabric of the new reality that is being birthed. And eventually, if it is your desire, you will be allowed to actively participate in the formulation of a future Divine Blueprint of Cosmic Creation within this Sub-Universe.

As a part of your transformational process, you are once again becoming aware of the energies and uses of the crystals and gemstones found within the Earth. They, too, carry Creator Light, and they will assist you to clear and balance the energies within much more quickly, if you attune to their individual energies and program them through your higher conscious intent. They are eager to work with you, for as you awaken and come into harmony with the higher frequencies, so do they.

There are great sentient quartz crystals, which resonate with the heartbeat of your Mother Earth, and other huge strategically placed crystal clusters which are attuned to the pulsations of the new Divine Blueprint for this Sub-Universe. There are also huge Amethyst clusters that radiate the transforming Violet Flame, which were strategically placed deep within great caverns of the planet. These powerful sources of Creator Light are now being activated in order to send forth the transmuting vibrational frequencies of the Seventh Ray of the Aquarian Age. As we have told you before, they act as receivers and receptors – transmitters and broadcasters of energy and information – both around the world and out into the solar system and galaxy.

There are also Record Keeper crystals, both large and small, and they will assist you to activate the Memory Seed Atom Light packets within your brain structure – your Sacred Mind. They can also help you unlock the mystery and wisdom of your and the Earth’s ancient past. The mineral, vegetable, and animal kingdoms are also in a state of transformation into a renewed, higher awareness. Beloveds, none will be left behind — all are in a state of transformation and awakening.

It is a time of liberation. The desire for freedom is growing stronger within the heart of every sentient Being on Earth. It is also a time of coming together. Even as you are being reunited with your Soul or Star families, so are we of the higher realms joining forces. For many Ages, you have journeyed your separate path in order to fulfill your particular part of the Divine Mission. But now, you are reuniting in order to create a synergistic overlay of consciousness that will be available to all who are prepared to be a part of the TEAM effort.

We use this term, for you are comfortable with it, and it creates a mind picture of many working in harmony together with purpose and a common goal.

As we have told you in great detail, there are great and magnificent Pyramids of Light in the Fifth Dimension, where they are easily accessible to those of you who have done your homework, and who have attuned your physical vessel to the realms of Light. Within these pyramids that you have access to and can draw forth are all the components of Creator Light you will need to create anything you desire, for the greatest good of all. Your angelic guides and teachers are waiting there to join you and to be cocreators with you. So, bring forth your visions and your pure intention so you may claim the miracles that await you.

What if we were to tell you that it is quite possible that your earthly spiritual contract is completed? Many of you would go into fear and you might say, “But that is not what we have been told by others.”

Allow us to explain and help you understand what is taking place. Yes, each of you have a contract that you made before you assumed your fleshly garment in this lifetime, and overlaying this is a more all-encompassing contract that you made when you came into your consciousness within this particular Sub-Universe. When you reach a certain level of enlightenment, it is possible to complete the contract you made before coming to Earth for this particular embodiment. That contract was to bring together, balance, and harmonize all the loose ends or the major unbalanced energies you left behind from all your previous earthly incarnations (these were energies, probable futures, and agreements you created from all your past learning experiences).

Remember, we explained long ago that in the higher realms it was known this would be the most important lifetime any of you would ever experience on planet Earth. As a condition for being allowed to return to Earth during these exciting times of great change, there were three prerequisites that you had to agree to. First, much of your minor imbalances were eradicated via a special dispensation of grace. What remained in your auric field and memory banks were the lessons, energies, and creations that were most important for you to bring back into balance and harmony. Remember, we have told you, that the experiment on Earth was about polarity and duality / balance and harmony.

Secondly, you were given a general overlay of what you would have to experience during this one lifetime: all the trials, tests, challenges, and opportunities that would be presented to you in order for you to accomplish this assigned task. Third, because of the overlay of total free will that was granted humanity at the beginning of this experiment on planet Earth, you were asked if you would allow us, at the proper times, to set aside your free will in order to nudge you onto the path of awareness – to help you awaken to who you are, and to reveal to you your earthly mission. EVERY ONE OF YOU AGREED, or you would not be here.

That is the beauty and wonder of what is taking place at this time on Earth. Many more Starseed than we hoped for have accepted the challenge, and via tests and trials, they have

taken advantage of the opportunities to awaken in consciousness as they were presented to them. We are pleased to say that a vast majority of you have bravely triumphed. Your numbers are growing by leaps and bounds, as you balance and harmonize your inner force fields of Light, and then project your Creator Love/Light out into the world. You are coming together in greater and greater numbers, and you are joining forces with us as Warriors of Light and as champions of peace. When you have reached a certain level of harmony within, and you have balanced the ledger of life via loving interaction, deeds, and by gaining the wisdom of past experiences, that is when you are given an opportunity to gain access to your new Divine Blueprint for the Aquarian Age.

Beloveds, we would have you know that you have experienced every major Facet of Creation - either personally or via one of the many Soul Fragments of your God Self. You are much more ancient, and you are encoded with more wisdom than you could ever imagine. Do you not carry all the virtues and components of God within you? And so, as a part of bravely accepting this assignment on planet Earth, you were assured that at its successful completion, you would be allowed to choose your next assignment — you could join the ascended masters as they serve humanity and move forward on the spiral of evolution. Or you have the potential to experience and enjoy the many wonders and diverse creations within this Sub-Universal experience that you desire.

The return path that you chose before or during this incarnation is being modified. This is what your universal contract states: A candidate to partner with our Father/Mother God in the creation, seeding and overseeing of the mansion worlds. Yes, this will happen far into your future, but you may begin to draw forth the components, gifts, and wisdom which will help you fulfill and realize your new contract. It is assured, for it is your destiny. Know that we are not your superiors, we are your friends and partners. Let us join together as we walk boldly into our grand new future. You are loved and cherished beyond measure. I AM Archangel Michael. TRANSMITTED THROUGH: RONNA VEZANE / SACRED SCRIBE ** STAR*QUEST

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The Violet Fire of transmutation, the Seventh Ray qualities, virtues and attributes of our Father/Mother, are brought forth through the energies of beloved Archangel Zadkiel, Lady Amethyst and St. Germain, and are being showered down upon the Earth and humanity to assist us in these times of monumental change. The vibrational patterns of evolution and transformation will continue to grow in strength, and they will be a major factor in the ever-accelerating awakening that is now taking place. The SEVENTH RAY is the only RAY which is radiated downward from the higher realms, and also radiated upward from the powerful Violet Flame Clusters deep within the Earth's great caverns.

ARCHANGEL MICHAEL SUGGESTS THAT YOU PLACE YOUR AMETHYST CRYSTAL PILLAR UPRIGHT SO THAT THIS BLESSED ENERGY MAY BLAZE UP AND AROUND YOU, RADIATING OUT IN AN EVER-WIDENING CIRCLES, AS YOU JOIN OTHERS, AND HELP TO LIFT THE CONSCIOUSNESS OF HUMANITY BACK INTO THE FREQUENCIES OF LOVE / LIGHT. YOU MAY ALSO USE WHITE SAND, FROM A "HOBBY STORE," IN A DECORATIVE BOWL TO HOLD YOUR AMETHYST PILLAR CRYSTAL.

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MESSAGE FROM ARCHANGEL MICHAEL * LM-7-2019 ** SJE AUGUST

RONNA / SACRED SCRIBE

THE MEMORY SEED ATOMS WITHIN YOUR SOUL

Beloved masters, it is vitally important for you to understand that these are unprecedented times whereby many special dispensations are in force. It is a grand opportunity for you, the seekers of the Light, to tap into your Divine heritage and your special gifts and talents. At rare intervals, and during the transitional period from one great Age to another, Cosmic Law allows the Beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select, awakened members of the human race. You must express willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers will make every effort to assist you to receive the higher frequencies of wisdom which are critical for these chaotic times of transformation. These benevolent Beings endeavor to gain your attention by intensifying the Light within your Solar Power Center and eventually within your Sacred Heart. You have waited centuries for an invitation to consciously communicate with the ascended masters and the angelic realms, and they have patiently awaited this time as well. Communing with the Beings of Light is a great evolutionary step for you, as human Beings, for it quickly facilitates a new conscious awareness and a powerful transformation within you.

Most likely, you will first connect with, and learn to interact and communicate with your personal guides, or sometimes, your master teacher will quickly establish a relationship with you – especially, if you made an agreement to work with that particular Being before incarnating in this lifetime. When the time is appropriate, your master teacher will send forth an etheric Memory Seed Atom, via your Higher-Self, into your Sacred Mind. This Memory Seed Atom will ignite another Memory Seed Atom that was placed there before you incarnated. If you are willing, it will establish a telepathic link between the two of you, which will enable you to gain access to the appropriate higher frequency wisdom teachings via your master teacher.

This is one of the many miracles that await those of you are diligently traversing the Path of Light, and who have harmonized most of the imbalanced thought forms within your four bodily systems: physical, mental, emotional and etheric. We will speak more of this in the

future; however, we will tell you that one of the greatest gifts awaiting those who are now resonating with the frequencies of the higher Fourth-Dimension is access to the etheric White Fire Memory Seed Atoms within the OverSoul-Self, which contain the many attributes, qualities, virtues and talents for this lifetime.

Many of you are in the process of developing your sixth sense – the intuitive mind, whereby you will have a direct line to your OverSoul-Self and certain Facets of your multiple Higher-Selves. It is the beginning phase of creating a direct line to home base, your Sacred Triad within the Fifth Dimension. Do not seek God in the heavens or some far away, unattainable place, for the Essence of the Creator, a Spark of Divinity, resides within your Sacred Heart. Many of you are becoming aware of your Divine origins; however, you have only a slight inkling of your vast potential as a bearer of Cosmic Light. It is vitally important that you become attuned to the ever-increasing frequencies of Creator Light, for it will accelerate the ascension process and assist you in attaining the status of a Self-master so that you may fulfill your pledge to be a Light upon the Path and a Wayshower.

Remember, you can only access vibrational levels with which you and your Soul Song are compatible. That is why it is so important to have gone through a clearing /cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

Long, long ago, you, who would later come forth as the StarSeed Wayshowers for the ascension of humanity and the Earth, agreed to take on a special role on the planet Earth sometime in the far distant future. This group of brave Souls would incarnate into every race, color, culture and creed, and they would be spread far and wide upon the planet in preparation for a preordained cosmic drama: the mass ascension of humanity and the Earth, along with all material manifestations within this Sub-Universe.

Those of you who stepped to the fore were given a special dispensation whereby much of your minor imbalances would be cleared so that your earthly burden would not be too overwhelming. All that remained would be the major lessons that you needed to resolve so that you could return to a balanced and harmonious level of vibrational frequencies, thereby lifting your Energetic Signature / Soul Song to the Mid-Fourth Dimension and higher.

A vast multitude of you, the StarSeed, are well on your way to Self-mastery; however, too many of this Wayshower group are still at slumber or in denial. Each of you has a major role to play in the accelerated evolutionary process that is now in progress. The genetic encodings of this group carry the best qualities of all the former root races, along with special memory cell encodings for the new Golden Root Race of the future.

It is true that over time there have been great imbalances amongst this group of Souls, and many have not listened to the nudgings of their Spirit Self. They have forgotten their earthly mission. However, deep within your Sacred Heart core, each of you were encoded with a Light-encoded Memory Seed Atom, which when activated, would help you remember your

promise to be our earthly representatives – that your mission would be to strive with all your Beingness to become proficient cocreators of beauty, peace, harmony and abundance on the Earthly plane.

We wish to review some basic information so you will be able to put what we are sharing with you in proper perspective. It is important that you not see yourselves as people of only one lineage, for all of you have experienced lifetimes in all the major root races. It is important that you do not place yourselves above those on the path behind you, for you have also been non-seekers and followers in many, many lifetimes. You have had black skin as well as the brown, white, red and yellow skin of the other root races, and you also have within your DNA all the distinct attributes, virtues and qualities of each of these root races. In this lifetime, you chose to be born into a particular family or to live in a specific country for a very explicit reason.

At a Universal level, after you had externalized into your individualized God-consciousness, and you had experienced eons of time in joyous cocreation, you and a harmonious group of Souls, which we will call “Soul family groups,” were called together in a great pyramid of Light in the higher realms. These Pyramids of Light would later be called WORLD SERVER PYRAMIDS, and they are scattered throughout the many sub-levels of the Fifth Dimension. You were told that there would come a time in the far distant future when a major phase of the Divine Plan would come to a culmination. Many specialized groups would be brought together who would have important roles to play in the “reunification process.” **THAT TIME IS NOW!**

Those of you we fondly call Old Souls are scattered throughout the world. True, there are greater numbers of these old Souls in some locations and cultures; however, this vanguard group is scattered around the Earth, from the most primitive rural areas to the most cosmopolitan and highly cultured cities. These brave Souls are not the people who run the government or make the headlines. They live on farms, for they love nature and the animals they care for. They have mundane jobs in every field of endeavor and quietly go about fulfilling their duties. They have positions of great responsibility, and they serve their country and its people in a great variety of ways. They live in mansions and in hovels, and in every social level from the lowest to the highest. They are members of organized religious groups, and they worship in their own unique way. Many are attuned to the whisperings of their Higher-Selves and have become masters of Self. Many others are well on their spiritual path, but unfortunately, there is a great multitude of these StarSeed Wayshowers who are still unconscious of their Divine nature and the promise they made so long ago.

Those of you who are in this group have encoded within your DNA the major virtues, abilities and qualities of the Atlantean race, that of leaders/pioneers/warriors. There is as a deep-seated desire to use your mental abilities along with the Divine Will and Power of our Father God in order to be major cocreators on the physical plane of reality. In addition, you are infused with the highest virtues, qualities and abilities of our Mother God, which were instilled in those Souls who came to Earth during the Golden Age of Lemuria, the

gentle, nurturing, intuitive, inward focused qualities, and in addition, great artistic abilities and a desire for peace, tranquility and contemplation.

You have experienced a rich and wondrous spiritual heritage, and in the past you have been blessed to have so many magnificent Beings of Light in your midst – masters whose teachings have left you with wondrous guidelines for living a virtuous life. However, it is time to blend the past with the future, and humanity is experiencing a deep-seated need for guidance, inspiration and support from one another.

We are going to suggest a new way, and it is our greatest hope that some of you will take up the banner. We are asking you to become the future spiritual champions for the emerging new spirituality among Self-aware humankind. We ask you to begin to come together in order to study, support and inspire each other. We ask you to share your knowledge, your wisdom, your visions and your experiences with one another.

We are aware of a great sense of loneliness amongst the peoples of the world – a sense of isolation. It is not enough to just read the teachings we give you or those of the masters, or to visit a beautiful cathedral or temple and pay homage to God. It is a time of reunification, and you must begin to come together to share your love, wisdom and inspiration, a time to study together and to support one another. We are not asking you to build more great temples, for that is not where the gods of the future will dwell. You are the cocreators of the future – Divine Sparks of the Creator – who are being asked to take your rightful place in the grand march into the future.

Beloved ones, it is time to release all the guilt, shame and feelings of unworthiness that so many of you have carried as core issues from a very long time ago. You must heal the pain of the past so that you may assume your proper role in the wondrous plan for the future that is now unfolding so rapidly on planet Earth.

Through our messages, we have given you the tools, wisdom and insight to release all things in your life that do not serve your best interests and the greatest good. We implore you to take to heart what we have told you, over and over again, You are worthy of all the love, beauty, joy, peace and abundance of this universe, for it is your DIVINE BIRTHRIGHT. You must learn to love and respect yourself. You must have a deep sense of self-worth before you can truly love and respect others, and before others will return the love and respect that you so richly deserve.

We ask you to review the qualities, virtues and attributes of your Divine Heritage that you are now displaying. Are you projecting too much of the masculine Atlantean energy, and focusing too much on acquiring and creating? Remember, we have told you that you are looking for a state of Being or a quality of life. You can acquire great wealth and manifest many wondrous things materially, but if your heart center is closed or you have ignored and not developed your Lemurian /Goddess virtues and qualities, you will feel incomplete, and you will experience a deep, indefinable sense of dissatisfaction.

Come together in groups of two, three, ten, one-hundred or one-thousand, it makes no difference. However, if you join together for the benefit of all, we promise you, we will be there in full force to empower you, to assist you, and to radiate the love of our Father/Mother God to you in the greatest measure you can contain.

Your major goal at this time is to return to the originally designed spectrum of Light and shadows, the vibrational patterns that make up your personal world in the Third- / Fourth-Dimensional reality. In doing so, your pendulum of consciousness will not swing so radically from positive to negative frequencies, and your mental and emotional natures will become stabilized and centered once more. This is an important step in learning to live centered within your Sacred Heart and Sacred Mind. As you elevate your vibrational patterns, the higher frequencies of Light will gradually dissolve the many membranes of Light that restrict your higher consciousness. Once this occurs, you are well on your way to living a conscious, Soul-inspired life of a Self-master.

It is a most wondrous time, beloveds. We have been with you from the time you first externalized into your individual consciousness within this Sub-Universe. We will be with you as we go forward into the bright new future, as we join forces with the mighty Elohim, the great builders of form, in preparation for the fulfillment of the glorious new Age to come. I send forth the radiance of our Father/Mother God as we enfold you in an aura of Divine Love and Light. In you, we are well pleased. I AM Archangel Michael.

Transmitted through Ronna Vezane / Sacred Scribe ** www.StarQuestMastery.com
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MESSAGES FROM ARCHANGEL MICHAEL * LM-8-2019

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE FAST TRACK TO SELF-MASTERY

My beloved champions of Light, it is not a time for the faint-hearted, and it is time to stop dabbling in Spirituality. Many of you have been half-hearted in your endeavors to awaken to the wisdom of the Soul and your Higher-Self. It is time to set your heart afire with an intense desire to claim Self-mastery and become a Soul-Seeker instead of a pleasure-seeker. The secrets of how to traverse the dramatic changes and the chaos of transformation are constantly being revealed to you. However, you must make the effort and actively strive to incorporate the fail-safe methods available to you if you are to successfully ride the crest of the waves of change during the turbulent years ahead. It is a time of LETTING GO OF THE OLD – MAKING WAY FOR THE NEW. An upgrading and refinement of every Facet / Spark of God-consciousness, as well as of every dimension, are gaining momentum as the rarified Light of the Supreme Creator beams forth to the very edge of manifested creation within this Sub-universe.

It is time for you and other Light workers to understand where you fit into this great cosmic event of expansion and evolution. Now is the time you have been preparing for in this and many past lifetimes. You, the faithful ones, who are striving to attain Self-mastery so that you may become World Servers of the Light, are needed now more than ever. It is now the time to declare, “I will strive to become a BOLD BEARER of LIGHT so that I may magnetize to me and radiate from me the maximum amount of Creator Light out into the world and to all humanity.”

In doing so, you will create a column of harmonious, higher-dimensional Light frequencies of safety around yourself, your home and your loved ones. As you gain the ability to magnetize to you greater and greater amounts of Divine Light substance, your sphere of influence will grow, and it will spread to encompass an ever-expanding area. Eventually, your Light will join with the frequency patterns of your spiritual brothers and sisters who are also committed to becoming Bearers of Light. There are many of you who have already achieved this God-given ability, and you are making a difference.

Unrest and turmoil are rampant on your planet, and as you are aware, it is accelerating so that no country or race of people is immune. We sense your concern and rightly so, for it is a critical time for the Earth, humankind and all living things residing on the planet. Therefore, once again, allow me to remind you of what is and what is not appropriate for you as a Self-master of cocreation.

We know it is your greatest heart's desire to assist those who are suffering and in distress, and this is as it should be. There are those whose mission it is to be directly involved, whether it is defending, nurturing, healing or helping to relieve the misery of those displaced or in need. There are those who will be called into the midst of the turmoil, and there are those who must make critical decisions as to what is the best course of action to take in various situations and dramas that are being played out on an ongoing basis. Others will give support by sharing their wealth, and that too is appropriate. However, the majority of you, especially those of you who have claimed the frequencies of the higher dimensions as your reality, are somewhat removed from these stressful dramas. Therefore, it is more important than ever that you stay heart-centered and Soul-focused so that you can spread the maximum amount of Light, hope and harmony from your SOLAR POWER CENTER outward into the chaotic astral planes of consciousness and down into the heart core of your Mother Earth. You, the StarSeed, are capable of assisting the Earth to release herself from a prison of negativity as she strives to Lighten her load and harmonize her auric field in order to claim her new designated position within the solar system.

Thanks to you, the brave Souls who are called the wayshowers or the vanguard of Light workers, the golden path has been clearly created and defined. You are also in the process of opening the lines of communication between us so that we may convey to you all the information you will need to quickly move through the process of ascension into the next level of consciousness. By doing so, you will leave behind and will not be affected by the drastic changes, negativity and chaos of the lower, imbalanced dimensions from which the masses are now struggling to emerge. The time has come when each of you is being asked to bring forth and share your own particular wisdom garnered from your vast experiences on Earth, and to also tap into the jewels of wisdom stored within your Sacred Mind, which you brought with you from the far reaches of the Universe.

Those of you who have faithfully followed our teachings are being offered what we might call a fast track to Self-mastery. Our beloved messenger, Ronna, is one of those brave Souls who graciously agreed to assume the task of bringing forth and making available to you the appropriate, expanded universal wisdom teachings, which were originally reserved for only the most advanced initiates in the retreats and secret wisdom schools. All of you are in the midst of an initiation process – at one stage or another. It is a school of learning and initiation that is taking place each and every day while you go about your daily tasks and meet your daily opportunities and challenges. All that has been hidden in the past is now being brought into the Light of awareness, either to be corrected, eliminated, or in some cases, magnified.

It is also time for those of you who are firmly on the Path to begin to build a more intimate relationship with your guardians and angelic teachers of the higher realms. The many Facets of your Higher-Self are waiting for you to integrate these advanced teachings, along with the higher frequencies of Light that are now available to you. Telepathic communication with the Beings of Light from the higher realms is a part of your original physical, sensory gifts. It is time to reclaim those talents and gifts, beloveds. We ask you to

study and meditate on the advanced wisdom teachings we are offering to those of you firmly on the Path until they are engraved upon your mind and become a part of your higher consciousness. The wondrous gifts and abilities you have awaiting you will far outweigh the effort you will put forth to attain them.

More and more precious Souls are just stepping onto the path of awareness as they begin to heed the nudgings of their Soul-Self. Often, this initiates an intense dark night of the Soul process as they face the distortions in consciousness they have created, and the full measure of the Law of the Circle, or Karma, is brought to bear. As you are aware, it is not a punishment even though it may seem so in the beginning. It is an opportunity for each person to turn and bravely face him or her Self and to rectify and harmonize the discordant frequency patterns he or she has created.

Higher and more refined frequencies are constantly bombarding you and the Earth. As a result, many of you are in the midst of the emotional intensity and distortions of the lower astral planes, which consist of the first three sub-planes of the Fourth Dimension. These are emotional planes of consciousness, which must be brought under control and returned to an accepted level of polarity and duality. These are some of the most difficult tasks you will ever experience while on your journey of ascension into the Fifth Dimension of balance and tranquility. It is a time of clearing the deep, residual core energy patterns that you must release in order to accommodate the higher frequencies of Light.

Know this, Beloveds, it is a golden opportunity for you to release, once and for all, those impacted energies that you have carried with you as excess baggage for many thousands of years. Face them, process them and see them transmuted into pure Light substance, and in the process you will feel LIGHTER AND BRIGHTER, as you traverse the pathway to higher consciousness into the realms of wondrous possibilities.

There is a plethora of information available to you on every level of spiritual awareness and advancement. The brave ones ahead of you are now able to access the higher and more refined levels of the great Halls of Wisdom and also receive advanced teachings from the Beings of Light. Much of the information brought forth is helpful and love-filled, but some of it is confusing and distorted. Therefore, we ask you to use your discernment as to what you accept as your truth. Some of the information stretches the imagination, and you wonder how you will ever attain the multiple levels of consciousness which are described.

After being shut off from your Source for so long, you are eager and desirous of knowing all there is to know so that you may attain the heights of illumination as quickly as possible. However, please remember, my precious friends, you must make the journey one step at a time, learning each lesson fully as you release that which no longer serves you. It is also vital that you assimilate the higher frequency illumined teachings until they become a part of your Spiritual/human nature. You will then be led through the next open door of glowing radiance, and you will be offered ever-expanding levels of God-consciousness. It is a never-ending journey. There will always be new tests, new opportunities and amazing new adventures to experience.

These are most critical times for the Earth and humanity as all that no longer serves the highest good is gradually being eliminated or transformed. You are clearing the distortions and reconnecting with the Rainbow Bridge or the River of Life, which will lead to a bright new future for you and your Earth, as well as this solar system and galaxy. It is up to each of you as to how easy or difficult the journey will be. Dear hearts, please keep in mind, that your success is assured; however, it is your choice as to how long you will take to reach the next destination.

We know it is easier to rise above a disaster or negative situation when it is occurring half-way around the world. But it is not so easy when it is in your homeland, your neighborhood or when it personally affects you, your family and your home. Then come the true tests of mastership. Can you stay centered within your Sacred Heart and trust in your friends from the higher realms to assist you through the dark nights of chaos into the sunlight of a bright, new future, no matter what happens to you or around you?

Many are asking, "What can we do to help?" First, become an example and radiate your Light for all to see and bask in. Join in group meditations and also spend as much time as possible in the celestial World Pyramid in the Fifth Dimension, adding your unique energies and your Love/Light to be used for the greatest good. Strive to draw forth the maximum cosmic Light substance to you, as you become anchors for the Adamantine Particles of Divine Light in the area where you live. Envision great crystal pyramids of Light being formed and activated within the Fifth Dimension by the many groups of Light workers – where you all join together in your meditations with the intention of building the greatest cosmic Love/Light waves possible. These waves, designed for the highest good of all, will sweep across each country as times goes by, awakening the masses — cleansing and clearing the negative energies that have a stranglehold on each country and its people. Know that each country and race is unique, for they were created with distinct attributes, desires, opportunities and challenges. Each of you has been strategically placed in the area where you can be of the greatest service and do the most good. You have vibrational etheric Memory Seed Atom Crystals within your brain, your DNA and your Soul structure, which will assist you, your country and your countrymen and women to access the Light of Truth, Wisdom and Protection.

My beloved warriors of Light, we are asking you to not close down your heart centers. Do not move into fear and a sense of hopelessness. There are great happenings taking place on Earth and in the higher realms that are beyond your understanding. Remember how often we have told you, "out of chaos, new creation emerges?" We do not ask you to minimize the monumental tragedies which are taking place or the suffering, which will be experienced by many. But it serves no one if you get caught up in the negativity, fear and pandemonium of the Third-/Fourth-Dimensional illusion. Do not allow your powerful thought forms and energy to move into lower vibrational patterns, which will only add more negative energy to the cloud of darkness. Instead, send your powerful Love/Light winging its way into the

midst of the chaos and into the hearts of those who spread chaos – then watch as slowly the darkness is overcome by the transforming Light.

We promise to lift and support you with our loving energy and to assist you through even the darkest of times. The Light and Love of all Creation, along with your bold, steadfast endeavors shall prevail. I am forever your loving friend and protector. I AM Archangel Michael.

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE **

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SEPTEMBER - LM-9-2019_SJE_OCT.docx

MESSAGE FROM ARCHANGEL MICHAEL * LM-9-2019 (SJE- October)

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

THE JOURNEY OF THE SOUL

Beloved masters, we have told you that “You are the Inbreath of the Creator.” These are unprecedented times, whereby you have the potential to resolve all past karmic issues, to move into harmony with your vaster Being, and to be an integral part of our Father/Mother God’s plan for the expansion of this Sub-universe. Are you ready, once and for all, to let go of all the old restrictions, beliefs and limitations that are keeping you from moving out of the quagmire of pain, lack and suffering? Will you allow your mind and heart to open to the higher wisdom of your Soul and Spirit? The ethers, or higher vibrational fields of consciousness, are filled with vast potential just waiting to be molded into your greatest dreams and desires.

Once again, we will review some of our teachings from the past to assist you to understand the complex Journey of the Soul every human Being is in the midst of, whether it be at an entry level of awareness or as an advanced Self-master on the Path. There comes a time when the Soul has reached the furthestmost point of Its experience in separation, fragmentation of Self and the co-cocreative process within the lower physical realms. The Soul entity is then ready to begin the process of “reunification and integration” for the current cosmic round of Creation. The Soul-Self is gradually infused with a Divine discontent which slowly filters into the consciousness of the human mind. Hopefully, that is when the human entity begins to turn inward, to tame the ego personality and reconnect with the Soul, the resident OverSoul/Higher-Self, as well as with the multiple Facets of Its greater Self.

Humanity is in the midst of a mass awakening. A transformation of mass proportions has begun, which involves a global, galactic and Sub-Universal reunion – the beginning of an ascension into a heightened state of Creator/Spirit-infused consciousness. At a cosmic level, the Supreme Creator is now sending down the radiance of itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Cosmic White Fire Essence of Life, through the Sacred Heart Core of our Father/Mother God, by way of the Sun of this solar system.

Your Higher OverSoul-Self could be described as an etheric White Fire Memory Seed Atom of pulsating Life Force energy, which is composed of many smaller Seed Atoms containing your Divine Blueprint for this Sub-Universe. The portion of your Soul-Self that you have embodied (according to your energetic signature) resides within the Sacred Heart, along with your multi-faceted Diamond Core God Cell.

Your Diamond Core God Cell contains the Twelve Rays of God Consciousness for this Sub-Universe: the virtues, qualities, aspects and talents that you are seeking to activate once more so that you may become the proficient cocreator that you were designed to be on the material planes of consciousness. The Soul may be only a small Spark /Facet of Life within the heart area of those who are still ensnared in the illusion of the lower Dimensions. However, as it blooms and blossoms into its full dynamic power, it expands and becomes the “Solar Heart Center,” which encompasses the solar plexus, the heart, and the thymus and throat area. In the past it was called the Three-Fold Flame, and the heart has been called the Seat of the Soul. The Soul communicates to you via both your emotional and your mental bodies: the emotions through the heart center, and with the mind via the pineal gland, thereby igniting the Seed Packets of Light Wisdom stored within the higher vibrational portions of the brain called the “Sacred Mind.” When the connection is complete, the physical vessel begins to reap the rewards by way of better health and vitality, as well as a deeper connection with your Body Elemental.

We tell you empathetically that you cannot become a lost Soul or lose your connection with the Creator. You may lose your way, and you may become diminished in Creator Light, but your Soul is immortal and can never be lost or destroyed. You save yourself from pain, suffering and the illusion of being disconnected from the Creator through the integration of your Soul, the multiple Facets of your Higher-Self, and your personal God Ray. The mass consciousness belief structure of the past is slowly being replaced with Lighter, more refined and liberating thought forms of the new Divine Plan. It is important that you understand that there are many levels on the spiral of ascension – it is never-ending – as Creation ebbs, flows and evolves.

At a cosmic or Omniversal level, you are Spirit, a Facet or a White Fire Memory Seed Atom of Divine Essence sent forth from the heart core of the Supreme Creator. At that level, you are fully conscious of who you are and of your connection with the Supreme Creator; you are aware of and know your “I AM” identity.

At the Universal and Sub-universal levels, you are a Divine cocreator, once more sent forth on a great refracted Ray of Light to manifest worlds without end in the name of our Father/Mother God. You are aware of the overall Divine plan for this Sub-universe and the part you are to play in it; however, you may or may not remember your origins or identity at a cosmic level.

As Spirit, which we call your “God Ray,” you are a great Being of Light who also sent forth Facets or sub-rays of yourself, leaving OverSouls or parts of your Essence in different dimensions, galaxies, star systems and worlds throughout this Sub-Universe. In turn, each of these great OverSouls also sent forth Sparks or Soul Fragments of their Essence.

The current you, now incarnated in a physical body on planet Earth, is one of those Soul Sparks who agreed to journey forth into the unknown void, to create diverse worlds, to inhabit them, and then to experience what you helped to create so that your unique

experiences can be incorporated into the universal consciousness and ultimately into the Cosmic Mind.

When your physical vessel was first created, the Etheric Body sent forth billions of tiny Elemental Sparks throughout the bodily form. These Elemental Sparks were programmed to convey the Adamantine Particles of Light (the gift of life) to all the different parts of the body: the organs, the blood stream, muscles, tissue and bone structure (much as the Nature Elementals transmit the Adamantine Particles of Sun Light to all of the Nature Kingdom, and any Facets of Creation which are not ensouled with a Sacred Seed Atom of Creator Consciousness).

The master teachers of the past often made reference to the Human Body Elemental and the Etheric Body or Etheric Web. The deep, esoteric teachings of the past were often written so that only the most advanced students on the Path could decipher the true meaning of the lessons. It is time that those teachings are revealed, upgraded and simplified so that all serious Souls on the Path of ascension can understand, and then gradually integrate them in order to expand their conscious awareness. Gaining the advanced knowledge and then integrating the wisdom from the universal teachings of the higher realms are vital components in the process of ascension.

The ancient teachings state that your physical bodies were originally created from etheric substance. You first came to Earth in your radiant crystalline form, and gradually over many ages you developed your beautiful physical body from the Adam/Eve Kadmon Divine Blueprint for this Sub-universe. The distortions began as you sank into the density of the lower Fourth and the higher sub-levels of the Third Dimensions. The ego desire body gradually took control of the mental and emotional bodies, thereafter, in each lifetime less and less of your OverSoul consciousness embodied in your Diamond Core God Cell within your Sacred Heart. That process is now being reversed.

In addition to the four recognized elements – fire, water, earth and air – ether is said to be the fifth element, thus comes the term “etheric.” The Etheric Body or Etheric Web, which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. It holds the blueprint for your three lower-physical bodies (physical, mental and emotional). It is sometimes called the “memory body,” for it sustains and vitalizes the material form. It is susceptible to your thoughts and emotions, both positive and negative. Disease or debilitation occurs first in the Etheric Body and then gradually infiltrates into the physical vessel. The Etheric Body sustains and vitalizes the components of the physical body, and it controls the digestive and assimilation processes. It also repairs the damage in the physical body caused by the wear and tear of living in the Third- / Fourth-Dimensional density.

There was a failsafe program encoded within the Etheric Body so that when you sank so deeply into the density, and you were nearly to the point of self-destruction, your Body Elemental Memory Seed Atoms went into a semi-dormant state – they have remained in that state for thousands of years. Just as you are awakening to your true nature and your

Divine state of Being, so is your Body Elemental consciousness. It is gradually beginning to respond to your positive affirmations and the higher frequencies of Light you are integrating.

It is vitally important that you understand that there are subatomic dark crystals throughout the bodily form of everyone who resonates to the lower frequency thought forms. These crystals are packed with negative waste material created and recreated over many lifetimes, some of which are inherited negative patterns that you brought with you into the physical form to heal.

The subconscious mind – your subjective mind – is part of the Etheric Body consciousness, and it records and stores everything you experience, what you see, hear, think and feel emotionally. The subconscious mind takes everything literally, and it does not matter if you have experienced an event or just imagined it vividly, the subconscious mind registers it as fact. That is why it is so important to change negative, debilitating, past memories into positive memories. Your thoughts and intentions resonate to specific frequencies, and by changing the frequency patterns you project through the use of will power and conscious effort, you will gradually create the life, physical health and circumstances you desire.

You will become aware of your physical body consciousness as your Body Elemental wakes up, so to speak, and begins to work harmoniously with you to gradually correct all the miscreation's you have created in your bodily form due to erroneous thoughts. Over time, you will gradually become more sensitive to your Body Elemental's signals. Your body cells are all conscious to one degree or another. Some are disharmonious and create chaos and discomfort within, while others resonate in harmony, thereby vibrating at a higher frequency and conveying a sense of balance and well-being. Metabolizing Light is an important, intricate process that is necessary for your well-being. You might say that you have been on a starvation diet of half-spectrum God Light. Your trillions of bodily cells must relearn how to recognize and utilize Light as a vital energy source.

The reality of the senses or physical body consciousness: When you are in the flow of Spirit, you will exist very lightly in your body, often with no pain or discomfort. You may experience some diminished bodily sensations, except within the Solar Power Center and especially within the deep Sacred Heart area, where you will gradually begin to feel loving bliss and joy as they blaze forth from our Mother/Father God. More and more frequently you will experience a great sense of well-being, harmony and peace.

Brave hearts, we ask you to study what we have revealed to you over the years, and to endeavor to get the universal schematic we have created firmly established within your mind so that you will be able to understand and implement the next phase of the wondrous cosmic events which are unfolding before your eyes.

* YOUR GOAL IS TO INTEGRATE THE HIGHER MENTAL BODY, WHICH IS YOUR ENLIGHTEN-ED HIGHER SELF FOR THIS ROUND OF EVOLUTION.

* IN ORDER TO ACCOMPLISH THIS, YOU MUST BRING THE EGO DESIRE BODY INTO ALIGNMENT WITH YOUR SOUL'S DESIRES.

* YOU CAN USE FORCE AND RESIST OR YOU CAN TAP INTO THE TRANSFORMING POWER OF LOVE.

* STRIVE TO TAP INTO THE WILL-POWER OF SELF-MASTERY, WHICH IS THE COMBINED WISDOM OF YOUR SACRED HEART, SACRED MIND AND YOUR OVERSOUL / HIGHER SELF.

* SPIRIT WITHOUT MATTER IS MOTIONLESS. MATTER WITHOUT SPIRIT IS LIFELESS.

* YOU ARE PASSING FROM A TIME-ORIENTED. LINEAR WORLD INTO A TIMELESS, FLUID REALITY.

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into your personal, etheric pyramid of Light in the Fifth-Dimension, and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. I Am Archangel Michael.

Transmitted through Ronna Vezane / Sacred Scribe *STAR*QUEST*

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MESSAGES FROM ARCHANGEL MICHAEL ** LM-10-2019

TRANSMITTED THROUGH RONNA VEZANE / SACRED SCRIBE

****NEW RAYS OF INDIVIDUALIZED EXPRESSION****

Beloved masters, it is time to release, transmute or upgrade many of the old restricting thought forms and structures that you have accepted as your personal reality. If you will spend some time in meditation and contemplation reviewing the structures you have created in your Third- and Fourth-Dimensional reality, which include mental, emotional, physical, and etheric, as well as some spiritual restrictions, you will quickly determine that it is time to release many of the ties that bind you so that you may move quickly and gracefully into the expanding, empowering world of the higher planes of consciousness.

Many of you feel as though you are in the final stretch of a long, difficult race, and your energy and enthusiasm are lagging. You are growing more and more disenchanted with the glamour of your worldly existence, and the things that used to excite you seem somewhat tarnished and dull. It is because you are shifting in and out of two vastly different realities or several dimensions at once, and your four lower bodily systems (physical, mental, emotional, and etheric) are trying to adjust to and catch up with your Soul/Spiritual Self. This has put much stress and strain on your earthly vessel.

A vast number of you have and are preparing to make a quantum leap into a Fifth-Dimensional consciousness, whereby your old world – State-of-Being – is falling away much faster than you can integrate the refined energies/vibrations and concepts of your new, higher frequency existence. As you become aware of what is taking place, you will not be so stressed out and confused. Please believe us when we say, relief is at hand. One of our greatest desires is to assist you in the process so that your transition can be accomplished with ease and grace. Over these many past years, much of the information, meditations, and exercises we have given you have been about transmuting old negative energy patterns. This process is necessary to make way for the infiltration and integration of the rarified cells of Creator Light – the higher frequency, powerful new Rays of Individualized Expression from the Supreme Creator.

When you go into the World Pyramid of Light, which contains a holographic replica of the world, and breathe in the Light from the Creator, and breathe out Sacred, unconditional love. This wondrous energy is then filtered or diluted so that it can be received by all who are ready and willing to open their heart center, thereby initiating the process of transformation into a Galactic Spiritual/human Being.

When you go into your Personal Pyramid or build a Pyramid for a specific project or task, you open the way for the full force, variety, and spectrum of the new Rays of expression to pour into your temple of Light, which will assist you in your endeavors. You are opening your personal gateway to abundance as you create a sacred space for the Adamantine Particles of Creator Light to join you in the cocreative process. Remember, we have told you many times, you are masters of cocreation – you have just forgotten. Also remember that abundance comes in a multitude of forms.

The Infinity Breath process is another way of accessing the new energies of Creation. As you ignite the Ascension Chakra located at the top of the spinal column and at the base of the brain, you begin the process of opening the Gateway to Galactic- consciousness. This major ignition point is a vital part of the current human evolution process. All of humanity was programmed for this event, and sooner or later, it will take place in each individual Soul on Earth. As you breathe the Infinity Breath and see it looping down into the Earth and out into the ethers, you are also helping to make this awesome gift available to the First, Second, Third, and Fourth Dimensions, and every Facet of God-Consciousness therein.

Beloveds, we are offering you one more way to access your full Divine potential for this round of Evolution – the integration of all of your remaining SOUL FRAGMENTS within the multi-levels of the Fourth Dimension – those Facets of yourself that have been waiting for eons to reconnect with you. We can show you the way, but you must take the steps and move through the process. We promise it will be

worth the effort. We extend our hands in comradeship as we blend our Essence with yours. We send you Rays of peace and joy, but most of all, we send you our love. I AM Archangel Michael.

**** MEDITATION**

LET US BEGIN WITH THE PHYSICAL VESSEL:

Go into your personal Pyramid of Light and lie on the crystal table. You might ask for the Ray of health and vitality to radiate forth into your physical vessel, or the Rays of beauty, youthfulness, coordination, strength, power, elegance, clear seeing, clear hearing, flexibility, and any other attributes that come to mind which will enhance your physical well-being. Call on and activate only one or two of each Ray's energies at one time.

Know that your Divine I AM Presence and your OverSoul/Higher Self will monitor the process, and will assure that you integrate only the appropriate amount of these powerful energies, and no more. Your desire should not be for accelerated transformation only, but that the law of ease and grace applies, always. You are to enjoy the process, beloveds. The

time of painful lessons, trauma, stress, and failure can be over, if you will allow the process to work for you, by moving out of the realm of cause and effect or karma, and into the higher frequency realms where the Law of Grace applies.

NOW FOCUS ON THE EMOTIONAL BODY:

As you stand at the head of your crystal table, see your Emotional Body manifest and take form on the table. How does your Emotional Body appear to you? Study it for a moment, and observe the different shades, colors, and shapes that make up your emotional body. You might be surprised at what you see. Whatever you perceive will be valid, and if you keep practicing, your inner senses will sharpen in focus. You might start by asking for the frequencies of the Ray of pure Creator love to pour forth and fill you to overflowing, washing away all sense of inadequacy, guilt, shame, and doubt. Now, in turn, call on the Ray of compassion, the Ray of mercy and forgiveness, the Rays of receptivity, passion, peace, harmony, benevolence, refined intuition, courage, and so on. Then see your emotional body being filled with each of these specific energies as you integrate the maximum amount that is appropriate for you at a particular time.

NOW FOCUS ON THE MENTAL BODY:

Again, stand at the head of your crystal table, and see your mental body manifest and take form on the table. How does your mental body appear to you? Is it strong and well-defined, or is it muted with muddled and distorted colors? Ask for the Rays of truth, will, valor, wisdom, intelligence, focus, creativity, Divine thought, language/patterns of Light, sacred geometry, discipline, organization, scientific information, order, the Ray of receiving, the Ray of giving/sharing, each in turn, to flow down through the great generator crystal that hangs over the center of the table into your personal Pyramid of Light.

Your God Spark – I AM Presence – will filter the Essence of each Ray of expression in its purest form into your Etheric Replica. See your Pyramid being filled with the Essence and power of each of these Rays as they permeate everything within. Know that you will bring the gifts of each Ray (the appropriate amount for you) back with you via the column of Light in which you presently reside.

YOU MAY ALSO FOCUS ON YOUR ETHERIC BODY:

Your Etheric Body contains the blueprint for your Body of Light. The Etheric Body surrounds the physical vessel, and the distortions and imperfections lodged there first before they manifested within the physical

vessel. Now the process is being reversed. The Essence of perfected Creation of the physical form is stored within the Etheric Body, and you must fill that part of your Being with harmonious Light once more so that it will be accessible to your physical body.

What does your Etheric Body look like? Can you see or imagine the dark webs of distorted energy throughout? Are there patches that are denser and darker than others? Where are they? Eventually, this ability will become a natural part of your refined awareness. Your etheric body-elemental consciousness will begin to tell you where your body is out of balance and in the most distress, and where it is likely that you will experience the next health crisis or dis-ease.

In addition, while in a Light ALPHA state you may wish to concentrate on the physical body for a week or two as you prepare your body to receive and manifest these powerful energies. If you, in any way, begin to feel disoriented, not grounded or uncomfortable, stop the process for a day or two before continuing. Let Spirit be your guide, and do not pattern your progress or transformation after that of anyone else. You are tapping into your own Divine intelligence, and you are activating your own creative genius.

Whenever you wish, you may identify and focus on the colors of the Rays that are being projected to you; however first, please concentrate on the feeling qualities of each Ray. Your auric field will change each time you integrate another Ray of expression. Henceforth, as you radiate the Love/Light of the Creator, it will take on the magnified qualities of each Ray you have absorbed. In doing so, you will begin to project your own unique Ray of God Light—your SOUL SONG—your gift to humanity.

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

EXCERPTED FROM: THE MAGIC & MAJESTY OF ASCENDING HUMANITY©

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*** ETHERIC BODY * VEHICLE OF VITAL LIFE-FORCE ENERGY.

** ASTRAL BODY * FEELING AND EMOTIONAL ENERGY.

** MENTAL BODY * INTELLIGENT ENERGY / WISDOM / WILL POWER.

THE AURIC FIELD IS A FRAGMENT OF YOUR OVERLIGHTING SOUL ESSENCE, WHICH IS YOUR CONNECTION TO THE MANY FACETS OF YOUR OVERSOUL AND YOUR GOD-SEED ATOM.

YOUR AURIC FIELD IS COMPOSED OF THE FOLLOWING FOUR DISTINCT ELEMENTS:

THE PHYSICAL AURA * THE STATE OF HEALTH AND VITALITY OF THE PHYSICAL VESSEL.

THE ASTRAL AURA * THE EMOTIONAL FIELD, WHICH IS THE DOMINANT AURIC FORCE IN THE UNAWARE HUMAN. THE ASTRAL PLANE EMOTIONAL NATURE IS COMPOSED OF THE EGO-DESIRE BODY'S INTERESTS AND AN "I, ME, MY" FOCUS. THE UNIFYING POWER OF LOVE WILL GRADUALLY RAISE THE CONSCIOUSNESS SO THAT THE AURIC FIELD BECOMES BALANCED, HARMONY RETURNS, AND THE FREQUENCY PATTERNS BECOME MORE REFINED.

THE AURIC FIELD OF THE OVERLIGHTING SOUL SELF CONTAINS THE DIVINE BLUEPRINT FOR YOUR ORIGINAL ADAM / EVE KADMON LIGHT BODY.

EMOTIONAL BODY AURIC FIELD: THE UNIFYING POWER OF LOVE WILL GRADUALLY RAISE THE CONSCIOUSNESS SO THAT THE EMOTIONAL BODY AURIC FIELD BECOMES COMPOSED OF THE FREQUENCIES OF COMPASSION AND UNCONDITIONAL LOVE. THE GOAL OF AN ASPIRANT ON THE PATH IS TO BALANCE AND HARMONIZE THE SEVEN MAJOR CHAKRA CENTERS SO THAT HIS/HER AURA IS RADIATING, VIA THE SOLAR POWER CENTER, A TANGIBLE FORCE FIELD OF PURE LOVE/LIGHT THEREBY, ALLOWING THE LIGHT OF THE SOUL TO SHINE FORTH.

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

*** A dedicated practice of meditation leads to a habitual state of reflection and contemplation. Mindful awareness is your first goal in order to gain access to your Soul Self, Sacred Mind and Sacred Heart. You must first become aware of the specific changes that need to be made in order to return to balance and harmony, both within and without.

*** We encourage you to sit for awhile after you have read any new concepts we impart to you. It will take time for the richness of the information to unfold and reveal the wisdom of the higher Cosmic truths that we have conveyed.

*** Those who still function within the realms of mass consciousness have not fully integrated the totality of their Soul-Seed Atom for this lifetime. The Antakarana is a bridge of mental Light matter, which links the physical personality to the Sacred Triads of the Fifth Dimension, and ultimately with the God-Seed Atom, your I AM Presence within this Sub-Universal experience.

*** Soul Fragments contain thought forms and energy units of past lives that must be integrated if they are of compatible frequencies, or transmuted and returned to balance and harmony if they are composed of lower frequencies, so they may be easily absorbed into the physical vessel. This cycle of transmutation ends when all Soul Fragments within the Third/Fourth Dimensions are integrated, so that the Soul and the physical personality may fuse into Oneness.

*** **Universal Sacred language, Sacred geometry, numbers, Light, sound and color are all integral Facets of the more advanced wisdom teachings.**

My dear Soul companions, I send you my eternal love, angel blessings, and a big hug, Ronna

Transmitted through RONNA VEZANE / SACRED SCRIBE *STAR*QUEST*

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THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** AA Michael * Ronna / Sacred Scribe **

The Ascension goal for humanity, within this era of earthly experience, is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third / Fourth Dimensions. This will initiate a reunion with our Spiritual Triad, a Sacred Facet of our Divine Self, which is awaiting our return within the First Sub-Plane of the Fifth Dimension. This is humanity's major goal for this round of evolution. Yes, it is possible to achieve this spiritual state of Soul-awareness while in the physical vessel. At this time, many Starseed Souls are close to accomplishing this goal. It will become a common occurrence over the

coming years, and the Ascension of humanity will accelerate throughout this century. **
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THE SECRETS OF SELF-MASTERY ** AA MICHAEL * RONNA / Sacred Scribe **In every era and major cycle, Cosmic Wisdom and Divine Truth are made available to those with open minds and loving hearts. It is a time for an understanding of where humankind stands on the ladder of evolution. Each person must gain the knowledge of, and have a desire to fulfill his/her personal destiny. We offer you vital information to assist you to move onward and upward on the spiral of Ascension with ease and grace. Now is the time we've been waiting for.

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NOVEMBER/DECEMBER PREDICTIONS - LM-11- 12_Predictions_Issue_SJE.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL

PREDICTIONS ISSUE * NOVEMBER/DECEMBER, 2019 ** SEDONA JOURNAL

TRANSMITTED THROUGH RONNA / SACRED SCRIBE

WHAT ARE YOU DOING WHILE WAITING TO ASCEND?

Beloved masters, as we monitor your progress, measure the “Light Quotient” of your thought patterns, and observe how valiant and stalwart you are in your endeavors to integrate the wondrous energies of Creator-consciousness, we are most gratified, as well as amazed at your astounding progress. The maelstrom of negative thought forms that have swirled throughout the three lower astral planes, affecting humanity for eons of time, are gradually being replaced by uplifting thought forms of hope, inspiration, joy. This will allow the now prevalent reality of scarcity, limitation and negativity to be replaced with an assurance that abundance, peace and harmony is everyone’s Divine birthright. All you have to do in order to claim your heritage is to accept as your truth that you are worthy, and then to solidify that reality via your positive thoughts, deeds and actions.

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

As more and more of you slowly withdraw your attention and thoughts from the self-limiting thought patterns of old, they are gradually dissolving and becoming ineffectual. Have we not told you over and over again, “Your thoughts have energy – positive or negative – and what you focus on, you magnify.”

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

Those of you who have followed our teachings over the years are aware that the major theme for the Spiritual-human experience on planet Earth has been separation, duality and polarity, with an ultimate goal of returning to balance, harmony and oneness with your multi-dimensional Self, and unity consciousness with ALL.

Each of you fragmented your Divine Self into hundreds of individual Sparks of consciousness as you ventured forth to fulfill the Divine Mandate of the Creator, "Go forth and create new worlds without end in my name." Along the way many of you forgot that there is a Universal Law that states, "You must experience that which you have created."

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

We have discussed in-depth about bringing all the Facets of your multiple chakra system back into harmony, and the importance of integrating and balancing the virtues, qualities and attributes of the Rays of God-Consciousness. If any one Facet of your Being is out of balance, none of the others can function at its maximum potential. You are meant to be a composite Spiritual/human being with a unified consciousness. In most human beings, the physical senses and desires of the body have overridden the more subtle senses of their spiritual nature.

A person who lives mostly in a mental world is lacking or missing out on the wonders, strength and delight of the heart, the refined emotions, and the Soul. A person who is driven by his/her emotions is living in an unstable world, which has no foundation or structure, and is susceptible to the emotional highs and lows of every day occurrences, and those

around him/her. A person who has disconnected from Spirit lives a life without hope, and no matter what he/she may attain or accumulate in the physical world, he/she lives an existence that does not sustain the Soul, a life without the luster of lasting, heart-felt gratification. Humanity has focused on the emotions of Spirit for thousands of years, and have neglected the science or mental aspects of spirituality.

The Universe and all creation function under the immutable Universal Laws as decreed by the Supreme Creator. Know the laws and live in harmony with them, and you will exist in alignment with Creator Will. As a result, you may be assured that all the beauty, bounty and abundance of the Universe will be yours for the taking.

Returning to harmony and balance within, what we call the four lower bodily systems, physical, mental, emotional, and etheric, is the next vital step after coming to an understanding about the energies, qualities and attributes of each chakra and how they affect the four bodily systems.

It is imperative that you stimulate and work on your emotional intelligence and your mental intuition. You need to redefine your altered ego-desire body, and re-establish the proper relationship between your ego and your Soul-Self. The ego was designed to function under the direction of the Soul, not the other way around; whereby you are to focus your attention on your inner world of reality instead of the illusion of the outer world. You will no longer look for some event, some person or some thing to give you a moment's satisfaction or happiness – things that are usually fleeting, and often fall short of your expectations. When you turn inward for validation of your self-worth, and to feed your emotional and spiritual yearnings, you will tap into that wellspring of unlimited sustenance.

Many of you have chosen to experience strong First, Third or Fifth Ray energies, which often lead to a tendency to function almost exclusively within the left (mental) hemisphere of the brain structure – with a linear, outward focused, analytical mind-set. A major focus of your life's lessons is to learn to use the abstract / emotional right brain structure, and to explore and integrate the emotional facets of your nature.

Second Ray people are apt to be more balanced in their bodily nature, whereby they explore and use both the right and left hemispheres of the brain, but this is not always the case. However, those who have chosen to experience and balance the Fourth, Sixth and Seventh Rays during this lifetime are inclined to function mostly within the right brain structure, and they tend to be very emotional in nature. Their world is often perceived as an emotional roller coaster, and it is very difficult to find a balance or to live a harmonious existence.

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

MENTAL BODY FOCUS * When the mental body is the major focus, your beliefs, attitudes, and knowledge are derived from text book and historical/traditional facts without the benefit of emotional or spiritual validation. You tend to be very analytical, often rigid, judgmental and you must maintain intellectual control. You have limited visionary abilities, and you only believe what is tangible and what can be proven scientifically.

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

MENTAL BODY with SPIRITUAL BODY OVERLIGHT * You have learned to utilize the wisdom of your Superconscious mind as you integrate all the attributes, qualities and virtues of your God Ray and Soul Ray, and you have learned to focus on the Still Point of the NOW. You have perfected the process of healing the past, scripting the future, and living in the power of the moment.

EMOTIONAL BODY with SPIRITUAL BODY OVERLIGHT * As the mental and emotional bodies are harmonized, you will have learned to rely on your mental intuition as you seek to validate and integrate the higher truths you are accessing in your never-ending quest for en-Lighten-ment. You validate your truths through your heart/Soul monitor, and then you live by those truths to the best of your ability. New expanded thoughts and concepts become the norm.

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

SPIRITUAL/MENTAL BODY CONSCIOUSNESS * When you begin to use the intelligence of your Soul-Self, you tap into the unlimited possibilities of the Cosmic Stream of Divine Light. You learn how to bypass the distortions of the Third/Fourth-Dimensions as you create and use your Pyramid of Power/Light in the Fifth Dimension. That is when the miracles truly

begin to happen, and you will know without any doubt that you are partnering with Spirit in all your endeavors.

SPIRITUAL/EMOTIONAL BODY CONSCIOUSNESS * Love tempers your emotions, and although you still have a human nature, you have learned discernment, and you become detached from all the negative life drama going on around you. You now view the events in your life from a higher vantage point – that of a Self-master.

HARMONIZED SPIRITUAL / MENTAL / EMOTIONAL / PHYSICAL CONSCIOUSNESS *You derive nurturance from your indwelling Spirit, and from our Father/Mother God via your God Ray. You stop looking outside yourself for validation of your self-worth. You no longer experience the extreme highs and lows as you move into a state of joy or bliss. You learn to live in the world, surrounded by a sphere of higher frequency Love/Light that you have created, as you expand your consciousness to incorporate the great variety of multi-dimensional expressions now available to you.

You are now living in an ascended state of consciousness as you unite with the multiple Facets of your God Self. You move out of a state of becoming into a state of BEING. You have developed clear-seeing and pure intention, and the fog of illusion no longer affects you. You mold and create your greatest visions and desires from the storehouse of Divine unmanifested potential, and you live in harmony with all Creation.

You develop an unerring assurance that you can have or become anything you can envision, if you are willing to put forth the effort to accomplish your goals. You have learned to rely on your angelic helpers, and you gain strength and sustenance from their presence. You will then be seen and defined as a unified, radiant SPIRITUAL BEING IN HUMAN FORM.

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

TRANSMITTED THROUGH RONNA VEZANE * STAR*QUEST* www.StarQuestMastery.com

RONNA / SACRED SCRIBE

CREATOR ESSENCE ** ENERGY FIELDS OF LIGHT IN PYRAMIDAL FORM:

Our Father-Mother God, the Elohim, and the Archangels created living Pyramids of Light within every level of Creation so that we may access the White Fire Memory Seed Atoms of life (Adamantine Particles of Creator Essence). These life-giving forms give access to the frequencies of Light, which are necessary components of transformation so that we, as human beings, may return to a state of higher consciousness – our Divine State.

ETHERIC BODY:

The golden etheric web contains the perfect blueprint for the human body – it is the invisible replica of the physical body, which is also known as the astral body or etheric body. It contains the perfect blueprint for our four lower physical bodies: physical, mental, emotional and etheric. It sustains and vitalizes the material form, and it controls the digestive and assimilation processes. It also repairs the damages in the physical form caused by the “wear and tear” of living. The etheric body is the memory body, and it is susceptible to our thoughts and emotions – both positive and negative. Disease or debilitation occurs first in the etheric body, and then gradually infiltrates into the physical vessel. It is also true that the balancing and harmonizing of the physical vessel begins within the etheric body, and then gradually manifests in the physical body.

OUR MENTAL BODY IS A TRINITY OF CONSCIOUSNESS CONSISTING OF:

THE CONSCIOUS MIND, which is composed of the intuitive right brain hemisphere, and the linear thinking, reasoning, analytical left brain hemisphere. The mind controls the brain, which was designed to be an extension of the superconscious mind and our OverSoul/Higher Self.

THE SUBCONSCIOUS MIND or our subjective mind records and stores everything we experience: what we see, hear, think and feel emotionally. The subconscious mind takes everything literally. It does not matter if we have experienced an event or just imagined it vividly; the subconscious mind registers it as a fact. That is why it is so important to change negative, debilitating past memories into positive memories. Our thoughts and intention resonate to specific frequencies, and by changing the frequency patterns we project through the use of will power and conscious effort, we can create the life, physical health and circumstances we desire.

THE SUPERCONSCIOUS MIND. As we raise our frequency patterns and vibrational field of consciousness, we are able to tap into higher and higher levels of Creator-consciousness. The superconscious mind has a direct flow of wisdom from the Divine Mind, once we have

cleared the static and distortions from the column of Light that connects us to our Higher Self and to our OverSoul/Higher Self and our Fifth-Dimensional Sacred Triad.

The thoughts we think, and the emotions we feel create the cause and effect or karmic reactions in our worldly experience. When we raise our vibrational patterns and return to harmony within our emotional and mental bodies, we step off the wheel of karma and move into a a State of Grace.

Forever love and angel blessings, dear friends. Ronna

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**DECEMBER - DIVINE MOTHER SJE - LM-12-
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WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * 12-2019

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

****THE RETURN OF THE GODDESS * OUR HEAVENLY MOTHER****

Beloved masters, a wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years have been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love, compassion, creativity and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother-God. From our Father-God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb of our Mother/-God's Being. Then through their unified desire, we were radiated forth into individualized consciousness — spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE, AND SUB-ROOT RACE ERA -- how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be experienced and integrated within a certain era of humanity's passage through the many Ages.

You also have heard of the Golden Ray, which represents and carries the radiance, virtues and attributes of our Father God, and of the Silver Ray, which radiates the reflective virtues of our Mother God. We tell you now, this Silver Ray is just a minuscule Facet of her awesome power and radiance. The new energy that is now pouring down upon the Earth and humanity has been called the Platinum Ray, the Diamond Ray, and the Crystalline Ray but no matter what you call it, it cannot describe the magnificence of this miraculous gift that is being given to all Creation.

It is the memory of the perfect love of your Mother-God, described by the ancients as the "Holy Spirit" that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center that has ached – that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength and purity – all you have to

do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

I hear the whispers in your minds, beloveds, “But am I worthy?” We tell each and every one of you, yes, you are worthy — no reservations, on exceptions. Yes, the Universal Laws are enforced here as with everything, laws which will determine through your vibrational frequencies how much of this energy you will be able to integrate. But without exception, it is available to all, and eventually, a White Fire Seed Atom of this rarified love potion will be ignited within every heart, and in every corner and Facet of Creation. It cannot be otherwise, for it has always been there; however, it became diminished in radiance each time you sank deeper into the density of the material planes of consciousness.

You see, it is time for reunification at all levels, from the highest to the lowest, therefore the attributes, aspects and virtues of the Mother Creator will be the dominant force in this Sub-Universe until a balance between your Divine masculine and feminine Nature is once more attained. Your DNA is encoded with Divine love, compassion and creativity, as well as the strength, power and the will to create, which were passed on to all sentient Beings by our spiritual parents. This is a vital component in attaining Unity Consciousness once more.

We have focused on and tried to explain why so many of you are experiencing distress, discomfort and uncertainty, and yet, at other times a sense of great joy, wonder and a sense of expectation well up from within. Some are calling it the Light Workers’ syndrome, and this is an appropriate title. Here again, you cannot even begin to comprehend what is happening to you and your Earth, as well as this Sub-universe and the entire Universe. You are mutating as your DNA strands are unbundled and activated, and your brain is slowly being refined and upgraded. You are also reconnecting to your cosmic lineage — as you move along the skeins of time, back to the time when you separated from your Fifth-Dimensional Sacred Triad, and began your journey into the density of the Fourth- / Third-dimensional realms of materiality.

Envision the column of Light that your spinal column has become, or is becoming, and see it move down into the crystalline core of the Earth. Then observe the expanded sensation you feel as it extends out of your crown chakra until it connects with your Fifth-Dimensional Sacred Triad. Now envision other smaller beams projecting out horizontally from your column of Light as they touch and merge with individual Souls in physical embodiment — your Soul / Star family here on Earth with you. These energy projections are not the same as those you extended to others, in the past, in the Third-Dimensional expression. Those projections were attachments which were intended to control, possess or siphon energy. The Rays of Light you are now projecting carry the virtues of unconditional love and unity.

.Watch the Rays of energy you have projected, which are part of you and the radiance you are reclaiming, as they connect with your Soul family in the higher realms, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some

you don't remember. The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner Dimensions and out into the solar system and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another view point, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God, I AM Archangel Michael.

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DECEMBER - RETURN OF THE GODDESS - LM-12-2019_WEB_docx.docx

WISDOM TEACHINGS FROM ARCHANGEL MICHAEL * DECEMBER, 2019

TRANSMITTED THROUGH RONNA * SACRED SCRIBE

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Beloved masters, a wondrous time has come, a time for which we have long waited. Yes, you too have awaited the arrival of this blessed event even though you knew not what it was. The focus for many thousands of years has been on God as the Father, and you have sought to embody his dominant virtues and attributes: power, will, wisdom, truth and valor. Now it is time for the Goddess, your Mother God, to radiate the fullness of her love, compassion, creativity and wisdom throughout this Sub-Universe. Every Facet of Creation is being touched and affected by this awesome gift.

Just as surely as you came forth into the world from the cradling warmth of your mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother God. From our Father God's Divine Mind Essence came White Fire Seed Atoms of creation, which were radiated forth into the heart center/core – the Cosmic Womb – of our Mother God's Being. Then through their unified desire, we were radiated forth into individualized consciousness — spiritual expressions of such great and complex variety, it is beyond comprehension.

We have explained to you, over these many past years, how the Rays of cosmic consciousness have changed colors as well as frequencies during each ROOT RACE AND SUB-ROOT RACE ERA — how they have been increased or diminished in force depending on the new Divine Blueprint, what was needed at the time, or what was to be experienced and integrated within a certain era of humanity's passage through the many Ages.

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It is the memory of the perfect love of your Mother God, described by the ancients as the "Holy Spirit," that you have yearned for and sought throughout these many ages, precious ones. A place within your heart center has ached – that could not be filled by anything or anyone in the physical expression. The time has come for that place to be filled to overflowing with her unconditional love, compassion, strength and purity – all you have to

do is remove the insulation from around your heart/Soul chamber – your Sacred Heart – and allow her radiance to enter.

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Watch the Rays of energy you have projected, which are part of you and the radiance you are reclaiming, as they connect with your Soul family in the higher realms, as well as with the masters, angelic Beings, and those with whom you have a great affinity. Yes, see your beam of Light connecting and merging with my energy, and with that of the other beloved archangels, as well as those of every great Being you know and recognize, and even some

you don't remember. The time will come when you will be ready to merge, in full consciousness, into the heart center of our Father/Mother God within this Sub-Universe. This will occur in the far distant future, but we assure you, it will happen. For now allow yourselves to get used to the idea that you are becoming multidimensional Beings of Light.

You are projecting your essence, the unique Being you have become, into the realms of the higher inner Dimensions and out into the solar system and galaxy. You are following your own individual path homeward — journeying back through the past toward your glorious future.

Beloveds, when anyone speaks of a coming or predicted event in a negative way, why not give them another view point, another possibility or probable future? Ask them to help us manifest the highest outcome so that you may experience this transition into the Light with joy, ease and grace. It is a time of golden opportunities – do not miss out on the gifts that are being offered you. Know that I am with you as you expand into the Light and reclaim your rightful place as a beloved child of our Mother/Father God, I AM Archangel Michael.

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ARCHANGEL MICHAEL ** RONNA / SACRED SCRIBE

AFFIRMATIONS TO THE DIVINE MOTHER AND TO THE LADIES OF LIGHT©

WHILE IN YOUR PERSONAL FIFTH-DIMENSIONAL PYRAMID OF LIGHT, WE SUGGEST THAT YOU OFTEN CALL ON AND COMMUNE WITH THE DIVINE MOTHER AND HER LADIES OF LIGHT. YOU MAY REPEAT THE AFFIRMATIONS BELOW OR MAKE UP YOUR OWN. WE SUGGEST THAT YOU CONCENTRATE ON EACH OF THE LADIES OF LIGHT FOR A WEEK SO YOU MAY BEGIN TO ATTUNE TO, AND ALSO RECOGNIZE, THE ENERGY OF EACH GREAT LADY EMISSARY OF THE CREATOR.

BELOVED DIVINE MOTHER, I ask you to join me in my Pyramid of Light, and to gift me with your blessed loving energy so that I may be filled with the glory and power of your Divine Essence. I seek to integrate and portray your gentleness and your strength of Spirit, and to express your sweet, pure love in my daily life to any and all I meet. Open the portals of my Sacred Heart so that your pure love may blaze forth through me now and forever more.

I CALL UPON THE BLESSED LADY MARY, ARCHANGEL OF THE FIFTH RAY, for whom I feel such great affinity, to guide and sustain me in my quest for truth and creative power. I claim all the gifts that have been imprinted on my Soul and within my brain structure, and I gratefully manifest them in their highest form for the blessing of all. I am continually inspired to give birth to things of great beauty to delight and encourage others to do the same. I draw upon the laws of Creation and dedicate my life in service to humanity.

I CALL UPON LADY AMETHYST, ARCHANGEL OF THE SEVENTH RAY, to be my inspiration. I claim the gift of the Violet Transmuting Flame, the Divine alchemical energy of transformation and transmutation. I will accept the challenge to be the full embodiment of the perfected masculine and feminine energy, showing all what it means to walk in power and strength while personifying love and compassion. I claim and pronounce my MASTERHOOD NOW!

I CALL UPON THE BEAUTIFUL LADY FAITH, ARCHANGEL OF THE FIRST RAY, to inspire me and lead me through the unknown territory onto the path that leads to enlightenment. I will go forth in full faith, trust and knowledge that I am being led by my God Self, and I will be a shining example for all to see. I will show others that with courage and faith the impossible becomes possible. By being willing to move out of my comfort zone, in order to release that which may seem safe and secure, when I am nudged to do so, I attain comfort and I am blessed with riches untold. I will show the weak of heart that we can step off the cliff and soar among the stars.

I CALL UPON LADY CONSTANCE, ARCHANGEL OF THE SECOND RAY OF JUSTICE AND TRUTH, to fill me with the desire to know and experience the hidden wisdom of the ages. As I gain true knowledge and wisdom, and manifest them in my life, may I become an example and disseminator of higher truth, sharing it with all seekers of the Light. I will give comfort to those who are discouraged and inspire those who feel defeated. I will be a courageous example for the faint of heart, and I will give loving succor to those who do not feel worthy of love. I will honor and listen to the nudging of my Spirit, and I will walk the way of truth and love.

I CALL UPON LADY CHARITY, ARCHANGEL OF THE THIRD RAY. I, who have known ignorance, bigotry and injustice, will be a shining example of unconditional love and pure intention. I will always endeavor to understand and forgive, knowing that each person is on their own sacred journey, and they must learn their lessons in their own way and in their own time. I claim the purity of my Divine Self so that it will shine radiantly for all to see and share in its warmth. I will share my gifts of abundance, and I will be charitable in thoughts, action and deeds. I will personify the qualities of understanding, clear perception and Divine wisdom.

I CALL UPON THE COMPASSIONATE LADY HOPE, ARCHANGEL OF THE FOURTH RAY. I will portray hope and inspiration in my manner, speech and actions. I will give loving assistance where needed. I will gently inspire and encourage where there is despair; I will speak words of hope so all may hear. By my very presence, I will bring comfort, and I will leave in my wake an aura of peace and beauty.

I CALL UPON LADY GRACE, ARCHANGEL OF THE SIXTH RAY, to fill me and infuse me with her glorious radiance. Please, make me a beacon for all to see so that they will know whom I serve as I use the Light of Spirit to heal, comfort and inspire. I will bask in the glow of her radiance, and I will create such a brilliant aura of love that all whom I come in contact with will be blessed, so that the seeds of transformation may be planted, and come to fruition at the appropriate time. My Spirit rejoices as I spread wide my influence of Loving Light.

I CALL UPON THE BELOVED LADY MASTER KWAN YIN, to infuse me with the healing energy, love and compassion of her wondrous nature. Assist me to be a nurturer for all those who seek comfort, hope and inspiration. Allow me to be a Bearer of healing Light by which they attain wholeness in body, mind and Spirit. May all whom I meet and serve be infused with balance, peace and harmony.

I CALL UPON THE GODDESS OF LIBERTY, to liberate me from any limitation that is keeping me from fulfilling my highest destiny. I assume the mantel of an inspired cocreator under the guidance of my Divine Self, and I go forth in constant assurance of success. I know I am a teacher of the new, emerging wisdom and truth. May I never hesitate to speak my truth and share my wisdom as my Spirit leads me to do so. I accept the role of a gentle guide to all those who are led to me.

I CALL UPON THE LOVING GODDESSES OF THE DEVIC AND ELEMENTAL KINGDOMS, to shower their radiant loving energy down upon the Earth, calming all the elements of nature, and to join us in our efforts to heal our wounded Mother Earth. I petition them to work in unison with us once more to reclaim the beauty and perfection of the Earth. May we remember that we are stewards of the Earth, the animal, vegetable and mineral kingdoms which were put under our care. May we walk in peace and harmony, honoring all our Mother/Father God's creations, from the lowest to the highest.

AFFIRM: I HEREBY DON MY SHINING CLOAK OF SPIRITUAL ARMOR, AND I ACCEPT THE GIFTS AND RESPONSIBILITIES OF AN ASCENDING MASTER OF COCREATION. I DEDICATE MY LIFE AND MY ALL TO THE GLORY OF OUR FATHER GOD AND MOTHER GODDESS – TO THE ALL-THAT-IS – AND TO THE MANIFESTATION OF HEAVEN ON EARTH. SO BE IT! SO IT IS! IT IS DONE!

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Dearest friends: As we move more fully into the AGE OF AQUARIUS and the new GALACTIC BLUEPRINT for the Earth and humanity, which is an era of expanded conscious awareness and Self-mastery, we are experiencing more tests, challenges and opportunities. If you have been faithfully following Archangel Michael's teachings over the past few years, you are aware that new wisdom teachings are guiding us toward a dramatic new reality. The messages have become increasingly complex, and for most of us, we must study, ponder on, and even reread the messages several times before we begin to get a clear understanding of what is being relayed to us.

If you have read beloved Michael's seventh book of wisdom teachings, THE MAGIC AND MAJESTY OF ASCENDING HUMANITY®, you are aware that he is now gradually relaying some of the advanced teachings from his latest book to the masses via the monthly messages. This book contains many "Pearls of Wisdom" from his other six books and the three study manuals that we have been blessed with—along with a clear definition of what our present "Round of Ascension" entails. The manual is arranged to progressively assist us in understanding the Seven Dimensions which make up our earthly reality, and the progression of Earth's and humanity's amazing Ascension process. Also included are a number of incredible illustrations, which greatly help us to understand the complex process we are currently experiencing.

Many will not be ready to study and integrate these teachings, and that is as it should be, for each of you are on your own path, progressing through each new level at your own pace. However, as the old Divine Blueprint is no longer in force, it behoves us to endeavor to understand how best to traverse these rapidly changing times. It will also be of vital importance to integrate at least the basics of the new Divine Blueprint for our Fifth-Dimensional reality. Each Sub-Dimension has 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. I send you all my deepest love, gratitude and angel blessings, Ronna

BOOK SEVEN ** THE MAGIC AND MAJESTY OF ASCENDING HUMANITY ** Contains illustrations of our personal Creator Wheel Flower of Life; attaining integration of all of our Fourth-Dimensional Soul Fragments, and connecting with our Fifth-Dimensional, Sacred Triad. Many comprehensive illustrations to assist us to understand the advanced information AA Michael has given us in this amazing book. The Ascension goal for humanity within this era of earthly experience is to integrate all of the remaining Soul Fragments of the individual Soul Self within the Third/ Fourth Dimensions. Archangel Michael has blessed us with some extraordinary information, which will assist us to move through this process as gracefully as possible. * 8 X 11 Spiral-bound Study Manual * \$25. plus S&H