



Star Quest

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A retired business executive and real estate broker, Ronna provides a common sense approach to metaphysics. She teaches what she knows, having struggled with many of the same lessons others face in their journey to wholeness.

(sample channellings from 2009)

LM 6

LM 7

LM 12

Lunar Moon 6

Beloved masters, there is a Light Path that will lead you out of the density into the LIGHTNESS OF THE SPIRITUAL REALMS. The key that allows you to traverse this sacred path is within you, and it is called your Energy Signature or your Soul Song. Your vibrational patterns or energetic signature has resonance, cadence, tones and vibrancy, just like a song; and your original Soul Song was in perfect harmony with the Celestial Soul Song of the universe. Each dimension has a unique resonance and an identifiable harmonic sound pattern. Your physical existence is a reality focused on harmony and balance or the lack thereof; and the further you move into density, the more discordant your vibrational patterns become. In your material plane reality you habitually focus on tangible things which have substance or density, a time/space orientation of cause and effect. That each of you is the creator of your own reality is gradually permeating the mass consciousness belief patterns.

As you refine your resonance, you are gradually becoming multi-dimensional, which means that you are tapping into the frequency patterns of several dimensions at once. In order to make room for the refined frequencies of the multiple levels of the fourth, fifth and higher dimensions, there must be a clearing/cleansing

process. Via the lessons and instructions we have given you over the years, we are endeavoring to give you the knowledge and the tools needed to traverse the path of ascension with ease and grace.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher dimensions: the ascension chakra or medulla oblongata at the base of the skull, the back portal of your Sacred Heart, and the expansion of the opening of the crown chakra. These are major steps in the ascension process, for they re-establishes your connection with the River of Life which contains the Living Light particles of Creation called Adamantine Particles. At that point, you begin to build a force field of full-spectrum Light as you strive to become a master of Self and a conscious cocreator who only creates those things which are for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

The basic seven etheric chakras or 'spinning wheels of electromagnetic energy' were placed within the physical body as receptacles for the attributes, qualities and virtues of God Consciousness which were radiated forth from the heart center of our Father / Mother God via the universal great Central Sun. As you strive to return to balance and harmony within the four lower bodily systems: physical, mental, emotional and etheric, you will gradually refine your vibrational patterns and begin the process of ascension into the higher frequencies of Light. The chakra system begins to take on the radiance of the five higher Rays of galactic God Consciousness which become available when your Energetic Signature is refined enough to tap into some of the frequency patterns of the fifth and sixth dimensions and eventually higher. The five higher Rays will have a profound effect on the seven chakras of the third- / fourth-dimensional physical vessel. First of all, the reserve supply of Adamantine Particles of Light stored in a sphere of Light within each chakra will be released. The Kundalini or Serpent of Sacred Fire stored at the base of the root chakra begins to rise and the process called Opening the Seven Seals of Higher Consciousness is initiated. The chakras will begin to spin truly instead of out-of-balance, they change colors as they attune to the higher frequencies of God Consciousness, and they become iridescent, for they will be infused with the vibrancy and glowing luminescence of Creator Light.

The different colored luminescent Rays will assist in integrating and balancing the higher frequency patterns of galactic consciousness. The more you balance, harmonize and strengthen your chakra system, the more Divine Light you can absorb. The Spinal Column will eventually become a Rod of Light through which the Streams of

Creator Light can flow freely unimpeded, whereby the process of ascension will be greatly accelerated.

There are many higher frequency Rays of Divine Light throughout this universe; however, during the present round of experience, humanity has had access to only the twelve major Rays of God Consciousness. That will change as you move into the more refined realms of Light, just as the Divine Blueprint has changed whereby in your future reality all three God Rays will Overlight you in a combination of attributes, qualities and virtues of God Consciousness, and your physical vessels will be programmed to contain a greater number of active chakras and frequency patterns. It is important to understand the physical schematic you were born with; however, it is now time to become aware of what your Divine Blueprint will be in the future instead of what you were in the past. You are evolving, my friends, and you are destined to assume the next level of human expression. We will speak more of this in the future. Suffice it to say, in time, you will be greatly pleased with your new refined and more radiant physical vessel.

GUIDELINES TO HELP FREE YOU FROM SELF- IMPOSED LIMITATIONS:

- * FIRST, YOU MUST STRIVE TO BECOME HEART-CENTERED AND SOUL-FOCUSED.
- * AFFIRMATIONS WILL ASSIST YOU IN REPROGRAMMING YOUR SUBCONSCIOUS AND CONSCIOUS MINDS, AND WILL HELP YOU ESTABLISH A NEW SET OF GUIDELINES TO LIVE BY.
- * YOU MUST RETURN TO AN ACCEPTED VIBRATIONAL PATTERN OF POLARITY SO THAT YOU CAN ACCESS THE HIGHEST FOURTH- AND LOWER FIFTH-DIMENSIONAL ENVIRONMENTS.
- * BEFORE YOU ACCEPT ANYTHING AS YOUR TRUTH, YOU MUST DISCERN: WHAT VALUE IS THERE IN THIS INFORMATION? DOES IT RING TRUE WITH MY INNER GUIDANCE?
- * THERE ARE MANY PATHS THAT LEAD TO THE SAME DESTINATION, BACK INTO THE REALMS OF LIGHT FROM WHENCE YOU CAME.
- * DO NOT JUDGE THOSE CONCEPTS THAT DO NOT RESONATE AS YOUR TRUTH. CHOOSE THE PATH THAT IS RIGHT FOR YOU AND ALLOW OTHERS TO DO THE SAME.
- * KNOW THAT YOUR HIGHER SELF WILL MONITOR YOU VIA THAT SMALL VOICE WITHIN: WHEN YOU DO SOMETHING THAT IS NOT IN ALIGNMENT WITH YOUR PHILOSOPHY OF LIFE, YOU WILL FEEL A HEAVINESS OR A SENSE OF DIS-EASE WITHIN THE HEART CENTER / SOLAR PLEXUS AREA.
- * WHEN SOMETHING YOU READ, HEAR OR OBSERVE IS IN ALIGNMENT WITH YOUR SET OF BELIEFS OR PRINCIPLES, YOU WILL FEEL A LIGHTNESS OR EXPANSION WITHIN THE

HEART-CENTER OR, PERHAPS, RIPPLES OF ENERGY ON THE SURFACE OF THE SKIN OFTEN CALLED 'ANGEL BUMPS' BY OUR MESSENGER.

* REMEMBER, HOWEVER, THERE IS ONE IMMUTABLE TRUTH THAT YOUR PHILOSOPHY OF LIFE MUST INCLUDE, AND THAT IS THE COMMANDMENT: 'YOU WILL DO HARM TO NO ONE, INCLUDING YOURSELF.'

* WHEN TRUE UNIVERSAL LAW FILTERS INTO YOUR CONSCIOUSNESS, IT EVENTUALLY ERASES ALL ERRONEOUS THOUGHT. THROUGH THE PROCESS OF EVOLUTION, HIGHER MORE REFINED CONCEPTS ARE MADE AVAILABLE SO THAT GRADUALLY HUMANITY WILL REVERT BACK TO IMMUTABLE UNIVERSAL LAW / TRUTH.

* FOR THREE MILLION YEARS HUMANKIND HAS BEEN LIVING IN THE SHADOWLANDS. VERY FEW SOULS HAVE BEEN PRIVILEGED TO HAVE ACCESS TO THE WISDOM TEACHINGS OF ASCENSION THAT ARE AVAILABLE TO YOU TODAY.

* WHAT GOOD IS INFORMATION WHEN YOU DO NOT USE THE KNOWLEDGE TO GAIN THE WISDOM? YOU MUST DRAW FORTH MORE GOD PARTICLES OF CREATION TO ASSIST YOU IN YOUR ADVANCEMENT ON THE SPIRAL OF ASCENSION. YOU MUST THEN SHARE YOUR NEWLY ACQUIRED WISDOM WITH OTHERS IN ORDER TO PROCEED TO THE NEXT LEVEL OF EN-LIGHTEN-MENT.

* IF YOU DO NOT CONSCIOUSLY ALLOW A PORTION OF YOUR ADAMANTINE PARTICLES TO FLOW FORTH FROM YOUR HEART CENTER OUT INTO THE WORLD, AFTER THEY HAVE BEEN ACTIVATED BY YOUR UNCONDITIONAL LOVE, THE FLOW OF GOD PARTICLES TO YOU WILL SLOWLY DIMINISH.

* AS A STARSEED ON THE PATH OF ASCENSION, YOU ARE SEEKING SELF-MASTERY AND MUST LEARN TO TAKE BACK YOUR SPIRITUAL POWER VIA THE FIRST RAY OF DIVINE WILL / POWER.

GUIDELINES TO HELP YOU DEVELOP SPIRITUAL DISCIPLINE:

LEARN THAT IT IS WISE TO SOMETIMES DELAY GRATIFICATION * PRACTICE ACCEPTANCE OF RESPONSIBILITY * DEDICATION TO THE TRUTH * BE REALISTIC * ALWAYS STRIVE TO MAINTAIN BALANCE IN ALL THINGS * IF YOU ARE NOT DISCIPLINED AND IN CONTROL OF YOUR LIFE, YOUR LIFE WILL CONTROL YOU * IF LIFE BECOMES TOO EASY, INERTIA SETS IN AND YOU WILL BECOME NON-PRODUCTIVE. * LIFE SHOULD BE A CHALLENGE, ALWAYS UNFOLDING AS YOU SEEK TO IMPROVE SELF * BECOME A PROBLEM SOLVER BY FACING YOUR CHALLENGES DIRECTLY * DEVELOP A WIN-WIN PHILOSOPHY, INSTEAD OF THE WINNER - LOSER CONCEPT OF THE THIRD-DIMENSIONAL REALITY.

Remember, beloveds, as has been stated many times before, it is not power that corrupts but the misuse of power. Acquiring power

and wealth tests your inner strength and your spiritual maturity. It magnifies the positive or negative qualities that you already have. If you are functioning from greed, selfishness and an "I, ME, MY" point of view, it will reveal and expand those traits. If you are spiritually centered in a "WE, OUR, UNITY" state of Being, your virtues and positive attributes will be magnified and expanded. The wise ones do not struggle or focus on money alone; neither do they see poverty as a virtue. They begin by turning inward and focusing on magnifying their inner resources, gaining wisdom so they can be good stewards of universal abundance of all kinds. You are of no value to yourself and you cannot truly be empowered and of service to others if you are functioning from a poverty consciousness. You must be an example for those around you as you learn to live and express your own revealed truths.

In closing, we would like to clarify an old concept which has puzzled many students who have been led to study the wisdom teachings of the past. In the occult wisdom teachings of the 1900's, The Great White Brotherhood was often mentioned. It was not intended that the term White Brotherhood was to define a color or race, but was a reference to the Light of God which is expressed as being crystalline white. Nor was it meant to infer that it was exclusively a masculine group, for there were/are many female masters who have always served in high-level positions in what has been called the Spiritual Hierarchy or the Cosmic Board.

The members of the ancient, cosmic Great White Brotherhood are a part of the Order of Melchizedek and consist of numerous ascended masters of the Earth, both male and female, as well as highly evolved, non-physical Spiritual Beings from all areas of this universe. In the past, they assisted humanity from within the various retreats and ashrams which were strategically placed around the world. These exalted Beings now reside in the various Celestial Cities of Light around the world. Those of you who are actively on the ascension path and have integrated a measure of fifth-dimensional frequencies within your physical vessel may now make nightly sojourns in your etheric body to the classrooms within the Light Cities in order to accelerate the ascension process.

It is to be known that, henceforth, this prestigious group will be called THE COSMIC COUNCIL OF LIGHT to reflect the evolving universal consciousness. Whether you accept it as your truth or not, beloveds, you are becoming galactic citizens and one of the future steps of en-LIGHTEN-ment will be the reunion with many members of your solar and galactic family of Light. At a future time, be assured that some of you will be asked to join the Council of Light as representatives of ascending humanity and the Earth.

My faithful warriors, you are awakening from a twilight dream-state whereby for many aeons of time you have existed on a starvation diet of half-spectrum Light. Open your hearts and your minds, and expand your vision to incorporate your full endowment of the virtues, attributes and qualities of God-Consciousness. It is our great pleasure to assist, inspire and protect you on your journey back into the realms of Light. Know that you are loved most profoundly,

I AM ARCHANGEL MICHAEL.

Lunar Moon 7

OPENING THE SEVEN SEALS OF GOD-CONSCIOUSNESS

Beloved masters, it is time for you to take advantage of your physical and spiritual senses in the fullest measure. You must redefine and learn to properly use the physical senses in order to access and develop the higher senses that became dormant so long ago: clairvoyance/clear seeing, clairaudience/clear hearing or telepathic abilities, clairsentience (an empathic, intuitive person with an expanded, inner sense of awareness). All of these heightened abilities are a part of your Divine birthright just waiting for you to reclaim them.

We have discussed in great detail the seven major chakras of the physical vessel and outlined the positive and negative attributes / functions of each one. It is important that you also realize that each chakra and organ within the body has a consciousness of its own which was overlaid and infused with the energies of your many past experiences and thought forms. You have not only created your outer world with your beliefs and the vibrational frequencies of your thoughts, but you have built your inner world as well. Your body communicates with you in many ways, but do you know how to listen and interpret what it is telling you? I have stated this truth to you before, but it bears repeating. Many of you have accepted the fact that you can communicate and interact with the angelic realms and Beings of Light, but most of you are still not aware that you can communicate with the many facets of your bodily form.

Some time ago we gave you the gift of Seven Crystalline Spheres of Higher Consciousness whereby you began the process of returning your chakra system to a harmonious state by breathing spheres of Light from your Divine I AM Presence into each of the seven major chakra centers of the physical body. We had you breathe in a sphere of Light and then superimpose the infinity sign over each sphere/ chakra to assist in accelerating the process of releasing impacted, disharmonious energy patterns as you strive to reclaim the gifts of self-mastery. The process of clearing, harmonizing and balancing the seven major chakras of the physical body results in an important initiation process called THE OPENING OF THE SEVEN SEALS OF GOD-CONSCIOUSNESS. As each chakra is returned to harmony within itself, a process is activated whereby an energy vortex is opened and the perfected qualities and energy of that chakra are projected upward into the next chakra. Also, the store of Adamantine Particles of Creator Light are released from each chakra and begin to flow upward as the process is repeated until the crown chakra is activated, which allows an amazing and wondrous thing to take place: the chakra system begins to spin at such high revolution that it turns the spinal column into a blazing shaft of Light and the five higher galactic Rays of the Creator pour down through the column of Light and infuse all your chakras with the luminescence of your Divine I AM Presence.

That is the process that many of you have been experiencing these last few years, and since you are on an accelerated path of initiation / transformation, much discomfort and distortion have been activated within the physical vessel. There was / is much to be released, rectified and balanced, and what has taken thousands of years to create is being transmuted in just a few short years. So please be gentle with yourselves and know that you are in the process of incorporating and transforming your human self into your shining human/Spirit Self.

Allow us to give you another simplified exercise to assist you in tapping into the inner wisdom of your physical vessel. I will give you a key word for each chakra. Please study / review and learn some of the attributes of each chakra, and then as you go about your daily life, when appropriate, chant or say the word for each chakra. (These words may be toned and held as long as comfortable if you wish.) As with toning the vowel sounds, start at your lowest, most comfortable note and slowly move up the scale as you repeat the word for each chakra. Observe what comes to mind when you chant the key word and focus on the chakra. How do you "LIVE" with the

energies of the root chakra, how do you "LOVE" with the energies of the heart, etc.?

ROOT CHAKRA

The Root Chakra grounds your physical self to the life force of Earth and gives stability (this is most important, for you must honor and maintain the physical body while reaching for the stars). When this chakra is functioning properly and in balance, you will have more vitality, courage and self-confidence. It will help you release old survival and scarcity issues and tap into your treasure chest of abundance.

Take a deep breath and TONE "I LIVE." STATE TO YOURSELF: "I AM NOW ACCESSING AND INTEGRATING THE POWER OF UNITY AND ONENESS AND MY CONNECTION WITH THE EARTH AND ALL ABUNDANCE." BREATHE DEEPLY. EITHER BY ENVISIONING OR USING YOUR IMAGINATION, SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR ROOT CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES FROM THE FIRST CHAKRA UP INTO THE SECOND (LOCATED JUST BELOW THE NAVEL). SAY: "I AM ONE WITH THE DIVINE CREATOR SOURCE." * BREATHE DEEPLY AND TONE: UH (HUH)

NAVEL CHAKRA

This is the seat of your physical/emotional self. When this chakra is in balance, you are no longer plagued by self-doubt, addictions, or sexual issues. You become attuned to the wisdom of your Soul mind instead of the ego mind, and gradually all the old self-limiting thought patterns of the subconscious mind are replaced with self-confidence and emotional stability. You take back your personal power as you learn to create joy, peace and prosperity instead of fear and limitation. Take a deep breath and TONE "I FEEL." STATE TO YOURSELF: "I AM NOW ACCESSING AND INTEGRATING THE POWER OF PASSION WITH SPIRIT AS MY DIRECTOR. MY DESIRE IS TO CREATE JOY, PEACE AND PROSPERITY TO ENJOY AND SHARE WITH OTHERS."

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR SECOND CHAKRA BEGIN TO SPIN FASTER AND FASTER,

BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE SECOND CHAKRA TO THE THIRD (SOLAR PLEXUS). SAY: "I AM WHOLE AND COMPLETE WITHIN MYSELF." * BREATHE DEEPLY AND TONE: OO (YOU)

SOLAR PLEXUS

This is the seat of your physical/mental self. When this chakra begins to spin in harmony and only a few discordant energies remain, your self-esteem returns, knowledge turns into wisdom and clarity of thought. You regain self-control and become the master of your desires. You learn to set boundaries and honor the boundaries of others as you draw forth energy from the universal source of life substance and your own I AM Presence instead of tapping into the energies of those around you. The activation of your Solar Power Center begins at this point (solar plexus, heart and thymus).

Take a deep breath and TONE "I WILL." STATE TO YOURSELF: " I AM NOW ACCESSING MY PERSONAL POWER CENTER, AND I TAKE CONTROL OF MY EMOTIONS. I AM THE MASTER OF MY DESIRES. I SET CLEARLY-DEFINED BOUNDARIES."

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR THIRD CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE THIRD CHAKRA TO THE FOURTH (HEART CHAKRA)

SAY: "I AM THE POWER TO CREATE." BREATHE DEEPLY AND TONE: OH (GO)

HEART

The heart chakra is the gateway to the higher chakras which connect you to the Soul Self and Spirit Self. When your heart chakra is unbalanced or mostly shut down, you will function primarily as an instinctual human being which is governed by the three lower chakras of the physical self. As you balance the energies of the heart mind/emotions (the life and love force energy centers of the body), you will tap into the unconditional love force of the God Mind.

You swiftly release all energies and thought patterns which manifest as jealousy, envy, selfishness, guilt or feelings of unworthiness. As you ignite the Three-fold Flame of Divine Will, Wisdom and Love, you begin to develop a compassionate nature and a oneness with life and all things. Take a deep breath and TONE "I LOVE." STATE TO YOURSELF: "I NOW ACTIVATE MY EMOTIONAL AND MY SOLAR POWER LIFE FORCE CENTERS. I RECEIVE AND PROJECT ONLY LOVE/LIGHT ENERGY. I OPEN MY HEART TO THE DIVINE FLOW OF SPIRIT."

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR FOURTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE FOURTH CHAKRA TO THE FIFTH (THROAT CHAKRA) SAY:" I AM UNIVERSAL LOVE." * BREATHE DEEPLY AND TONE: AH (FATHER)

THROAT

The throat chakra is connected to the astral / emotional plane or mental / causal plane, depending on the vibrational frequencies of the thoughts and words you project. This may seem confusing; however, since you create your own reality by the frequency patterns you radiate, the law of attraction assures that the lower frequencies you send forth will attract astral plane energies and the higher ones will tap into the mental planes of consciousness. The ascension process entails mastering the physical plane, the astral (emotional) plane, the mental plane and, eventually, up through the higher dimensions. Communication, the power of the spoken word, is one of the most important tools on the physical plane. When you begin to use the language of Love / Light and soul talk, you will always speak your highest truth, you will be expressive and creative in speech, in writing and you will become proficient in manifesting your vision for the future.

Take a deep breath and TONE "I SPEAK." STATE TO YOURSELF: "I AM NOW ACCESSING MY WILL POWER CENTER THROUGH THE POWER OF COMMUNICATION AND SELF-EXPRESSION. I WILL SPEAK MY TRUTH WITH INTEGRITY AND DISCERNMENT.

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR FIFTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A

RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE FIFTH CHAKRA TO THE SIXTH (THIRD EYE CHAKRA). SAY: "I AM PERFECT EXPRESSION."

* BREATHE DEEPLY AND TONE: I (EYE)

THIRD EYE

The brow or third eye chakra opens the door to the "inner senses," first connecting you to your unconscious self (subconscious mind) and gradually to your Higher Self as the pure cosmic Light substance of the God Mind (called Rays) is allowed to enter and activate your God consciousness (the Essence of you). You will move through the whispers of intuition into a "knowing" that you are being guided and inspired by Spirit. New knowledge, creative ideas and inspiration from the higher mental and intuitive planes will be accessible to you as you clear the distortions. Do not fear the seemingly dark energies or thought forms that float into your consciousness or before your eyes during meditation, beloveds, for these are your own creations coming to the fore to be healed and transmuted into Light. Love is the dynamic, cohesive force of Creation and when Love/Light is shined on any misqualified thought frequency, it is "lightened" and eventually transmuted. Also, remember to use the gift of the Violet Flame.

Take a deep breath and TONE "I SEE" STATE TO YOURSELF: "I AM NOW ACCESSING THE POWER OF MY INTUITIVE MIND. I HAVE CLEAR INSIGHT AND I LISTEN ATTENTIVELY AS I TAP INTO MY INNER WISDOM AND THE WISDOM OF MY HIGHER SELF."

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR SIXTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE SIXTH CHAKRA TO THE SEVENTH (THE CROWN CHAKRA) SAY: "I AM A PERFECT INSTRUMENT OF CLARITY AND WISDOM." * BREATHE DEEPLY AND TONE: AYE (SAY)

CROWN CHAKRA

When the crown chakra is activated, the pathway is opened to your Spiritual Self, and the wisdom, gifts and treasures stored with your Divine I AM Presence will be available to you. As you demonstrate that you are ready to live and radiate the Love / Light / Truth of Creation, you will be showered with an ever-increasing flow of the attributes and virtues of the Twelve Rays of God consciousness.

Take a deep breath and TONE "I AM." STATE TO YOURSELF: " I AM NOW ACCESSING MY SPIRITUAL POWER AND CONNECTION TO MY DIVINE I AM PRESENCE, WHICH IS MY CENTER OF ENLIGHTENMENT/INSPIRATION/WISDOM."

BREATHE DEEPLY. SEE THE SPHERE OF LIGHT WHICH REPRESENTS YOUR SEVENTH CHAKRA BEGIN TO SPIN FASTER AND FASTER, BECOMING LIGHTER AND BRIGHTER UNTIL IT BURSTS INTO A RADIANT SUN AND A SHAFT OF LIGHT MOVES UP FROM THE SEVENTH CHAKRA TO THE SOUL STAR. BREATHE DEEPLY AND TONE: EEE (ME)

SOUL STAR CHAKRA (6" TO 8" ABOVE CROWN)

STATE TO YOURSELF: "I CONNECT TO AND AM IN ALIGNMENT WITH MY RAINBOW BRIDGE TO UNITY CONSCIOUSNESS. I HEREBY TRANSMUTE ALL MISQUALIFIED ENERGIES AS I MOVE BEYOND THE LAW OF KARMA AND INTO A STATE OF GRACE."

BREATHE DEEPLY. AS YOU TONE, ENVISION THE COLUMN OF LIGHT THAT CONNECTS YOU TO YOUR GOD SELF (I AM PRESENCE) GROWING WIDER AND WIDER UNTIL IT FORMS A LOTUS BLOSSOM CROWN ON YOUR HEAD. SEE IT CLEARING ALL THE DISTORTIONS AND STATIC FROM YOUR DIVINE CONNECTION WITH SPIRIT SO THAT THE FREQUENCY PATTERNS OF DIVINE LIGHT, DIVINE WILL AND DIVINE WISDOM FLOW FREELY TO YOU FROM OUR MOTHER / FATHER GOD AND FROM YOU OUT INTO THE WORLD. SAY: "I AM ONE WITH THE DIVINE SOURCE." * BREATHE DEEPLY AND TONE THREE TIMES: AUM * AUM * AUM

To further assist you in reestablishing a pure, strong connection with your spiritual guides, angelic helpers and with any whom you wish to work with in the higher realms, we offer this exercise:

Focus your consciousness deep within your Sacred Heart as you take a few deep breaths. Envision (however you perceive), your Essence within a sphere of Light move through the portal at the back of your Sacred Heart chamber. You move quickly up into the fifth dimension into a new, personal pyramid of Light which has been especially designed as a meeting place for you, your friends and companions of the higher realms. Move into this sacred space and lie on the crystal table. As you do so, look around the room and see seated in the crystal chairs surrounding the table all those with whom you wish to commune and work. Take a moment to identify those who are with you in your pyramid. As with all other pyramids of Light in the higher dimensions, there is a double-terminated pure quartz crystal hanging down from the peak of the pyramid over the crystal table in the center. Electrifying lightning sparks are radiating forth from the giant crystal out into the room. This is the rarified Essence of the Supreme Creator and our Father/Mother God. There is a fountain under the table with a blazing Violet Flame pouring forth out into the room which will transmute any discordant energies you bring to this place to be released and purified. Come to this sacred place often to strengthen your connections and rapport with your Family of Light.

SAY TO YOURSELF: "I RECLAIM MY DIVINE BIRTHRIGHT AND MY CONNECTION WITH MY HIGHER SELF, MY SOUL FAMILY AND ALL THE BEINGS OF LIGHT I AM TO WORK AND COMMUNE WITH IN ORDER TO ACCESS AND RELAY THE COSMIC WISDOM AND TRUTH I AM TO INTEGRATE AND SHARE. HERE AND NOW, I RECLAIM MY SELF-MASTERY AND ALL THE QUALITIES, GIFTS, VIRTUES AND ATTRIBUTES OF MY DIVINE SELF. I DESIRE TO BE A LIVING PERSONIFIED EXAMPLE OF LOVE, HARMONY, ABUNDANCE AND JOY. I AM DIVINE LOVE, I AM DIVINE LIGHT, I AM DIVINE WILL, I AM DIVINE WISDOM IN ACTION." SO BE IT! SO IT IS! I AM THAT, I AM!

My bold and brave ones, as the process of ascension accelerates, it is more important than ever that you take advantage of as many as possible of the advanced techniques of transformation. It may seem simplistic; however, the above exercise / meditation is a powerful tool to assist in releasing old impacted vibrational patterns and speeding up the process of returning to an empowered state of duality within the physical vessel so that your Soul Song / Energetic Signature will become a beautiful, harmonious symphony of great magnitude and force. We are giving you all the necessary tools and information possible to assist you on your path of illumination; however, you must assume the responsibility for your return to

self-mastery. We are standing by to assist you as you reclaim your rightful status as a spiritual Being on a Divine mission for our Father / Mother God.

We salute your bravery. You are dearly loved.

I AM ARCHANGEL MICHAEL.

Lunar Moon 12

"BECOMING A COSMIC TELEPATH"

Beloved masters, we have given this information in the past; however, we must refresh your memory so that you will understand how the preparations of the past have led to the stage in the evolutionary process you are currently experiencing. In the late 1800's, as the influence of the Age of Pisces and the Sixth Ray were giving way to the Age of Aquarius, the Seventh Ray of freedom, purification, and the Violet Flame of Transformation, under the direction of the beloved Archangels Zadkiel and Lady Amethyst, our Father/Mother God received a tremendous infusion of Adamantine Particles of Light from the Supreme Creator. The time had come to begin to radiate the Love/Life Force of Creation out into the universe in a greater measure. The Earth and humanity were gradually exposed to higher and higher frequencies of Creator Light. However, as the refined Light penetrated the Earth and the hearts of humanity, chaos reigned on the planet. Just as the world and its inhabitants are presently experiencing, there were world wars, a devastating world pandemic, unheard of atrocities, extremely destructive weather patterns, and a world financial depression which caused great suffering among the masses. There was a rebellion among the younger generations and traditions that had been adhered to for thousands of years were modified or totally discarded. Life-changing events, inventions and revolutionary thinking changed the world dramatically as the Light of new Creation permeated the Earth and the auric fields of humanity.

In the mid-1980's, it was determined that humanity and the Earth had been exposed to as much of the refined frequencies of God Light as they could incorporate without creating greater chaos and suffering. During that time, many blessed Star Seed began the awakening process and were experiencing a Divine discontent, for they were in the midst of a "Soul-merge" and their Higher Selves

were actively nudging, encouraging and inspiring them onto the path of ascension.

Much has been written about the Harmonic Convergence which took place in August, 1987, and much occurred during that Cosmic moment. However, one of the most important occurrences was that the Crystalline Grid System was reactivated so that ascending humanity could begin to infuse this grid with the refined Light of Creation called Adamantine Particles. There is a Seed Atom of God Consciousness stored within every person's Diamond Core God Cell, and a life-changing awakening takes place when a person reaches a certain level of balance and harmony within his/her four lower bodily systems: physical, mental, emotional and etheric. From that time forward, the higher frequencies of Creator Light were directed to and through the awakening Star Seed instead of in a blanket effect all over the world. That is why we have called you Sentinels of Light, Pillars of Light, transformers and transducers of Light.

During that time, a few brave, advanced Souls, those whom we call the vanguard, began to connect with their guides / spiritual teachers, the Ascended Masters and occasionally the angelic realm. Each Soul had to go through an intense clearing and training process; however, many stayed the course and became clear channels of the advanced wisdom teachings, which were so important for those who were striving for spiritual adulthood and Self-mastery. The masses continued to awaken in astounding numbers as the infusion of Love/Light from the Supreme Creator, via our Father/Mother God and the great Archangel Metatron, was stepped-down or transduced to an acceptable level by the human Light Bearers so it could be safely dispersed to the Earth and humanity.

During these times of great change, the attributes, qualities and virtues of the Seventh Ray, which contain the Violet Flame of Transformation, are being beamed down from the Celestial Amethyst Hall by Archangels Zadkiel and Lady Amethyst in greater and greater measure. The Angels of the Violet Fire are actively radiating the Flame of transformation to the Earth and directly into the force field of anyone who invokes the Violet Flame for the greater good.

The years 1991 and 1992 were years of phenomenal transformation for both the Earth and humanity. The Violet Flame penetrated the auric field of the Earth and transmuted a great portion of the negative frequency patterns so that Gaia could integrate enough Creator Light to begin to vibrate at a mid-fourth-dimensional frequency level, thus allowing her to gradually move into the proper orbit in preparation for her eventual ascension into the fifth dimension. There have been many interpretations as to what the doorway of 11:11 meant, an event which occurred between July 11, 1991 and January 11, 1992. The numbers 11:11 could be interpreted to represent passageways of some kind, and this would

be a correct assumption. In the first half of the 20th century, the membrane of Light that composed the quarantine or the Ring-Pass-Not was completely dissolved, and much of the effluvia/negative energy of the astral planes had been transmuted and requalified. Once more, humanity was given access to cosmic information and could interact and commune with the Beings of the Higher Realms.

As more and more blessed Souls healed and transmuted their negative vibrational patterns, their Energetic Signature began to resonate with the harmonic frequencies of the higher sub-levels of the fourth dimension, and thereafter their lives began to change dramatically. Millions moved off the wheel of Karma and into a state of grace and began to earnestly seek and follow the path of en-Lighten-ment. This was also a time when many of those who had agreed to be messengers for the Spiritual Hierarchy were called forth to fulfill their Divine earthly mission. It was during that time, January 11, 1992, in fact, that I first contacted my beloved messenger, known in this lifetime as Ronna Herman. We have been constant companions since that time, and she has steadfastly devoted her life to her spiritual mission. She, as many other dedicated Souls around the world, have been an inspiration and a shining example to humanity.

Every year since that first 11:11 doorway was opened, a special 11:11 passageway is again opened briefly so that the Ascended Masters and Beings of Light can make contact with those who have attained the required level of harmonic frequency patterns so that they may begin to communicate with their guides, teachers and angelic friends and possibly become messengers of Light. We know this has happened recently to many of you who read our messages, and we wish to ease your mind and assist you to understand what is happening and what is being asked of you. It is a wondrous gift, beloveds, and there is nothing to fear, for you are reclaiming a part of your "natural State of Being."

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/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.

Never before have you had such an opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process, for the world as you have known it is slowly fading away. As Divine Sparks of the Creator, you were given a great gift, a treasure chest of Creator Essence to use in any way you desired. You began this lifetime with a portion of Adamantine Particles of Light stored within your Sacred Heart and a reserve tucked away

within your Root Chakra, the Sacred Fire Seed Atom sometimes called Kundalini and portrayed as a coiled serpent. You have always had access to the Sacred Fire stored within your heart; however, you have to remember how to use your "Keys to the Kingdom" in order to ignite and effectively use this power source of Divine Light. The Kundalini or Serpent Fire is a different matter, for you have to clear 51% of the distorted energy you have created in the past in order to tap into this reservoir of Metatronic Full Spectrum Light.

Various great Beings of Light have carried the burden of Earth and humanity for millions of years; however, it is now time for humanity to step to the fore and assume their bounden duty. You must begin to access, use and share the Divine Light with which you have been endowed. There must always be an energy exchange. It is a Universal Law. The time has come for humanity to evolve into spiritual adulthood and to assume responsible positions as God-Conscious Beings of Light. We have encouraged our messenger to assist you to remove the barriers and open the pathways of communication with ease and grace.

OPENING TO CHANNEL * GUIDELINES TO ASSIST YOU TO COMMUNICATE WITH YOUR HIGHER SELF, YOUR SPIRITUAL GUIDES AND ANGELIC HELPERS

RONNA HERMAN * OVERLIGHTED BY ARCHANGEL MICHAEL

Mental telepathy or channeling is communication without words, or thought transference mind-to-mind by means other than the known senses. You can only access vibrational levels with which you and your Energetic Signature are compatible. That is why it is so important to have gone through a clearing/cleansing process in order to achieve a more balanced and harmonious State of Being within your mental and emotional bodies.

At rare intervals and during the transition period from one great Age to another, Cosmic Law allows the Ascended Masters, the Beings of the angelic realm and the Spiritual Hierarchy to pass through the "veil" and make contact with select "awakened" members of the human race. You must express a willingness and a desire to interact with these wondrous, advanced Beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or Being of Light, they are immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers make every effort to assist you to receive the higher frequencies of wisdom that are critical for these times. They 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.

HEREIN ARE A FEW OF THE WAYS THAT WILL SPEED UP THE PROCESS OF BECOMING A PROFICIENT, CLEAR CHANNEL:

Everyone has at least one lifetime guardian angel, and sometimes more than one. You will have different guides as you progress through the multi-level dimensions. You must be able to "raise your consciousness" to a compatible level with your guides and teachers. They will also lower their frequencies somewhat to attain a harmonious level.

You must learn to concentrate and focus your attention.

You must learn to still your mind and get your own thoughts out of the way so that you are receptive to the thoughts and guidance of your guides and teachers.

There must be an agreement between your Soul/Higher Self and the entities you channel.

The Beings of Light will never infringe upon your free will.

Your guides will help you attain an appropriate frequency level by giving you an "energy boost," which will make you feel energized and may, as you access higher levels of energy, give you a feeling of expansion, especially in the head.

Channeling creates a greater sense of awareness.

Channeling is an accelerated path for spiritual growth.

Your guides will not give you the solutions to your lessons; however, they will give you options and perhaps a more expansive view of a situation.

Your higher guides will not predict the future, for you have free will and there are too many variables. However, they may point out the strongest "probable future" in a given situation and help you to make the wisest decision for the greatest good.

We will strengthen your resolve, we will inspire you and set your hearts ablaze with the Sacred Fire of Creation as you traverse the path of illumination. Know that Love, Light and untold blessings are eternally radiated to each of you from the hearts of our Father/Mother God.

I AM ARCHANGEL MICHAEL

