**MESSAGES FROM ARCHANGEL MICHAEL LM-7-2005**

**TRANSMITTED THROUGH RONNA HERMAN**

**DEVELOPING NON-ATTACHMENT**

Beloved masters, each advanced level of ascension/evolution contains higher truths, along with new challenges and opportunities to attain self-mastery. Self-discipline, heightened awareness and determination are required; however, the more you bring your ego-desire body under control and allow your Higher Self to guide you, the easier the process will become.

As you expand your awareness and begin to view life from a higher vantage point, your perspective changes. You no longer focus on the negative or what is wrong in your life/world as you develop a positive outlook and begin to see the good in others. You learn to appreciate the beauty of nature and what is right with the world, and you also develop a sense of wonder and thanksgiving for the many miracles that manifest for you and those around you.

One of the most difficult things for you to accomplish is to let go of old outmoded, preconceived thought patterns and habits. Ingrained habits, traditional standards, as well as social, racial, and religious influences of the past are only some of the shackles you must release as you become “freed Spirits” within a newly emerging reality. Humanity as a whole, as well as individually, is still trapped in half-truths and concepts that originated thousands of years ago. Each of you is a composite of all your experiences, not just past lives, but experiences you have had from the time you first externalized into an individualized conscious aspect of the Creator. Many of these thought patterns have no place in your new world of expanded consciousness, and you must release these negative influences if you are to continue your forward momentum upon the spiral of ascension into the higher realms of Light/wisdom.

It is time to take an inventory, dear hearts. Review what you have released during the past five years of your time. What outmoded ideas/habits/responsibilities have you released and what has replaced them? What do you still need to release or disconnect from?

* **Have you learned that you are no longer a victim of fate, and that you are in control of your own destiny? What are you doing with your newly found power?**

There is no one or no thing “out there” doing anything to you or for you. You have been gifted with all the tools of creation and are entitled to all the beauty, bounty and opulence of this universe. It is your Divine birthright. We can assist you, guide and inspire you; however, you are the composer and builder of your world and the reality in which you exist. Each and every day you are projecting thought forms, feelings and intention which will influence and construct your reality of tomorrow. If you do not like what you have created and what you are experiencing at the moment, change your attitude and your thought patterns to a higher frequency and watch your world change for the better. Remember, as you acquire skills in focusing your thoughts and practice deliberate, step-by-step action, your power to create will accelerate exponentially, both positively and negatively.

* **Are you becoming more comfortable as a cocreator of your life’s experiences and are you now willing to take credit/responsibility for both the positive and negative experiences in your life?**

You can monitor and determine what kind of thought forms you are radiating forth from you by the people you draw into your awareness. Are you experiencing a lot of negative feedback or interaction with those around you? Are you still allowing people to take advantage of you in order to feel worthy? When you do things for others, how often do you feel harmonious and loving afterward? How often do you feel resentful or exploited? It would be better to not do something for another person than to do it for the wrong reasons.

Remember it is the vibrational patterns that you are projecting that determine the “rightness” of action, not the action itself. In the process of returning to balance and harmony, there must be a balance in everything. There is an “energy exchange” in every thought you have and everything you do. If you constantly give to another person without receiving some kind of positive energy exchange in return, an imbalance develops which soon manifests as resentment or guilt, and often a sense of superiority or inferiority. It becomes impossible to radiate unconditional love to another person under such conditions.

* **Have you gone through the process of releasing everything and everyone in your world to its/their greatest good? This is one of the tests/challenges you must experience during your journey to self-mastery.**

This does not that mean that you will have to give up anything or anyone, but you may be tested to see if you truly mean what you say. Holding on to people or things, and resisting change are the major cause of human pain and suffering. In truth, you do not own anything and certainly not anyone. All you are assured of is “a moment in time,” or the present “NOW MOMENT.” Everything and everyone in your life could disappear from sight in a flash, just as you could. We do not wish to make you fearful; however, what we are trying to instill in your consciousness is that everything in your reality of today is transitory. What are you holding on to that still brings you pain or discomfort? What lessons are still to be learned from the pain these things bring you? Isn’t it time to let go of the suffering and claim ease and grace?

* **Do you own your possessions or do they own you?**

Are you so deeply in debt or so obligated to others that you have no time to enjoy life? Do you spend all your time taking care of, cleaning, fixing or paying for your possessions? Remember, we have told you, things do not make you happy; most often, they only bring a moment’s satisfaction and then you are looking for something or someone else to satisfy your ego-desire body. Happiness, joy and satisfaction come from within. What you are yearning for is a “quality of life,” or a “state of Being.”

How long has it been since you took a walk in nature; since you took time to gaze at the stars or the beautiful cloud formations in the sky; since you walked barefoot in the grass and attuned to the heartbeat of Mother Earth? How long has it been since you sat quietly and listened to the birds sing, or watched the people around you as you endeavored to sense what they were feeling or the frequency patterns they were emanating?

In your fast-paced existence, isn’t it time to slow down and experience the perfection of the moment? In doing so, you are creating more perfect moments instead of a more frenetic lifestyle which has become the norm for so many people in today’s world.

* **Do you constantly have to be entertained or have outside stimulation to keep from being bored with your life situation?**
* **What can you let go of in order to simplify your life and make your everyday experiences more enjoyable?**
* **How often do you spend time in solitude enjoying your own thoughts/company?**
* **Do you always have to have music, the television or some outside distraction to keep from “thinking” and getting to know yourself? DO YOU ENJOY BEING ALONE WITH YOURSELF?** You must learn to enter the “Silence of Self” in order to connect with Spirit. Your Higher Self

and God Self are waiting for you to tap into the magical Light stream of Divine consciousness. We sense the yearnings of so many millions of dear souls who wish to communicate with their Higher Self and with us, and yet, it is so simple. All you have to do is state your intention and then practice going into the silence and stillness within so we can clear the pathways and strengthen the connection that is already there, a connection which has atrophied from mis- or non-use.

* **What negative habits have you released? What positive habits have you replaced them with and what are the results you have noticed?**

You will find it becomes easier and easier to release negative habits and thought forms as you begin to see the results of your positive actions. You will automatically begin to fine-tune your everyday conscious actions as you become an “observer” of your thoughts and intent, and are “aware” of the thought patterns you are projecting as well as the words you use. Always use words of empowerment and monitor your “mind chatter.”

* **Has it become easier to practice “unconditional love” rather than loving with conditions?**

You must first forgive yourself and practice unconditional love of Self before you can practice unconditional love for others. You cannot project or give what you do not have within. This does not mean that you do not strive to better yourself or achieve a higher level of self-mastery. It means that you accept and love yourself the way you are at the moment as you strive to integrate more of your Divinity and the Lightness of Spirit.

* **Remember, heal the past, script your future, live in the moment.**

Fear of the future is a result of not trusting yourself and the decisions you have made or will make. This is a result of deep-seated memories of failures or painful experiences of the past ( in this or many other lifetimes). Guilt and shame are also ego-driven emotions of not achieving intended goals or perfection in the past. Fear, guilt and shame are often directed toward other people in your lives who are mirroring back to you the vibrational patterns you need to balance in order to let go of those past patterns/experiences.

When you learn to radiate balanced, loving energy, it will be reflected back to you by the people you interact with, and also through your everyday experiences.

* **Determine what attachments you have which no longer serve your highest good and are holding you back. Make a concerted effort to release those attachments and fill the vacancies with pure crystalline Light substance.**
* **Remember to use the power of the Violet Flame of transformation. Use this magic elixir often to assist in the transmutation of negative/imbalanced vibrational patterns**.
* **Endeavor to sever any “cords of attachment” that you still have with people in your life. With your inner vision, see these cords of attachment returning to the other person and be consciously aware when someone is trying to tap into your solar power center. With loving intent, return the energy to the sender.**
* **Endeavor to view life and circumstances around you with detachment. Be an observer and reserve judgment. Seek and live by your own truth as you know it.**

Beloveds, you are in an intense phase of transition in which you are letting go of all the negativity of the past from the deepest core level of your Being. Old energies, symptoms, thought forms and possibly pain are roiling up into your consciousness and within your bodily form in order to be transmuted. You have built a strong probable future through your intent, and you are being challenged to see if you are ready to bring your dreams/desires to fruition. Take some time to determine what kind of probable future you have built and if you do not like your design, CHANGE IT, for if you do not, as surely as there is a tomorrow, what you have envisioned will become your reality.

We have been with you since you were birthed into consciousness in this universe, and we will be with you throughout eternity. From the heart center of our Father/Mother God blessings without end are showered down upon you. You are loved profoundly, I AM Archangel Michael.

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Dearest friends, I recently returned from an incredible ten-day visit to Vienna, Austria. My dear friend, Claudia Coleman, author of *How to Feed Your Body Type*, was my traveling companion and also a presenter at my seminar in Vienna. It was a glorious and inspiring trip and we experienced many miracles while there. Vienna is one of the most beautiful cities I have ever visited. It has an elegant, old-world charm and some of the magnificent buildings date back more than a thousand years. We got to see the famous Lipizzaner horses perform their morning exercises, and we felt as though we were in a time warp as we toured one of the opulent summer palaces of the Kaiser (emperor) who was deposed and went into exile in the early 1900's. Another highlight of our trip was a visit to the historic Melk Abbey, which has been an imperial church property since 831 AD. It became a Benedictine Monastery in 1113 AD and has been in existence ever since. It looks like a magnificent walled castle sitting high on a hilltop overlooking the blue Danube, about an hour’s drive from Vienna. The moment we stepped into the courtyard, we knew that this was a very special place. It is filled with wonderful treasures and works of art from the past. As we stood in awe of the beauty of the chapel, AA Michael told me that one of the main reasons it was important that I visit this beautiful place is because one of the Light Cities he has spoken of is directly over the Abbey and that is the reason it has been protected for the many hundreds of years it has been in existence. The energy of this Light City will spread out like an umbrella over Vienna and will eventually spread its Light throughout Europe. After the seminar, a lovely lady named Lourdes Resperger came up to me and asked if I would consider speaking to their group at the United Nations in Vienna, the Society for Conscious Living. After I agreed, Ana Teresa Dengo, the president of the group, quickly made arrangements and got the word out to their members so that on Tuesday evening when we arrived, there were between 40 to 50 people waiting for us. AA Michael came through so strongly the room was vibrating with his energy. He told them that they were the ones who agreed to activate the portal opening and to bring the rarified Creator Energy down to Earth to be spread throughout Austria and Europe. His message to them was inspiring and almost overwhelming, and I can hardly believe how much information he was able to impart to them in the one and one-half hours we had with the group. They were all so grateful and, of course, wanted to know more. I have been invited to return, but for now, we will just have to wait and see what the future holds. I will share more of miracles that are happening next month. Love and hugs, Ronna

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