**MESSAGES FROM ARCHANGEL MICHAEL LM-3-2003**

**THROUGH RONNA HERMAN**

**SEEKING HARMONY IN THE NEW COSMIC DANCE**

Beloved masters, many of you are experiencing the cutting edge of creative existence as you rapidly move through the remaining distortions of your old reality into a more clearly defined life and viewpoint. However, your emotional and mental awareness are still at odds and battling with the dichotomy of old and new thought forms/beliefs that are swirling around you. Symbolically, in one hand you are holding your justly earned higher vibrational awareness and wisdom as you test and validate your newly expanded senses, and you experience the many small and large miraculous manifestations that are occurring in your everyday life. Yet, in the other hand you are still trying to juggle the swirling mass of distorted thought forms prevalent in what we will call the common consciousness of humanity which is in the throes of the remaining vestiges of the old third/fourth-dimensional reality perpetuating fear, lack, separation and the deep-seated need to control and dominate others.

It is truly a cosmic dance you are in the midst of, and what we are endeavoring to do is help you find the harmonic cadence and beat which will allow you to waltz, glide and surf on the crests of the New Age waves of change, and to modify the troughs or lows in-between. Have we not told you many times before, this great drama you are in the midst of is not about Light/dark, good/evil, negative/positive, right/wrong, for there are many shades, interpretations and levels of truth within each of these concepts? What you are seeking is the middle path or balance, which means bringing all facets of your Being into harmony, one with another: the physical body, emotional body, mental body and etheric body, so that they resonate compatibly, and they compliment and strengthen each other.

First you accomplish this in what could be seen as a horizontal fashion, whereby, you reintegrate all the energetic facets of yourself you have created within your force/auric field. You focus within on each chakra/mind center and, through your enlightened intent, you gradually reprogram each of these centers, thereby replacing old dis-empowering vibrations with new master cells of Creator-consciousness. As you do so, the refined energy from each center radiates outward and re-defines/harmonizes the attributes and qualities that pertain to that particular energy center. As we have taught before, as you bring these energy centers into harmony, one-by-one, you activate/open the seven seals of higher consciousness, which ignites the pillar of Light in your spinal column and you gain access to the more rarified vertical levels of consciousness known as your Higher Self, your Christed Self and your Divine Self or I AM Presence.

Those of you who are deep in the midst of this transformational process at this time are experiencing many conflicting patterns of thought, but you are learning to be an observer of the process and view your everyday drama of life from the higher vantage point of a master. You are experiencing fewer and less dramatic lows, and are processing these and are moving back to your center of power much more quickly. However, it is a critical time of testing your ability to claim what is to be your highest truth and to maintain your balance as the waves of change ebb and flow. As you become accustomed to observing your world from a loftier viewpoint, you will be able to see the energetic probable future time lines which those around you are creating with their positive/negative thought forms and actions. You will intuitively see what is ahead of them if they continue on their present course–possibly not the particular details–but the uplifting or stressful results of their actions. Just as we cannot interfere or resolve your problems for you, you will not be able to intercede for those around you. What you can do is not get caught up in their negative dramas and you can serve best by being an unwavering example and staying firmly in the power of your heart center, each and every moment, no matter what occurs in the world around you.

It is an exhilarating time to be in the physical vessel, and yet, your physical vessel is struggling to keep up with the ever-increasing frequencies that you have available and are integrating moment-by-moment, and day-by-day. Many of you who have not suffered colds, the flu or intestinal disturbances for many years are now experiencing these debilitating symptoms and some of you ask “What am I doing wrong?” You are not doing anything wrong, my brave friends; it is what you are doing right that is causing these uncomfortable bouts of bodily distress. This is a good example of old limiting though forms: you see any of these symptoms or any illness as bad or unhealthy and that you are being punished or did something wrong for this to happen to you. We acknowledge the fact that these occurrences are not pleasant to experience. (Of course, we do not know this first-hand, but we do see and sense your distress). However, we wish to give you another facet of truth to ponder on. Again, many of you who are deeply emerged in the transformation/ascension process are experiencing these uncomfortable symptoms as a way to quickly transmute the old negative energies within your physical vessel. You could call it a transmutation or baptism by fire, a burning/releasing of old frequency patterns to allow the higher, more refined crystalline cells of consciousness to infiltrate and take dominion within. Not all viruses are bad nor are all the uncomfortable symptoms you are experiencing. See them as a means to an end and serving a higher purpose. These things too, will pass, beloveds.

We ask you to nurture yourselves, to pay attention as never before to your physical vessels and the signals or messages your wise body Elemental projects to you. How will you enjoy the beautiful world of love, joy and abundance you are creating if your precious physical vessel is not vibrant and healthy?

We would now like to continue with our explanation of what we will call the “second act” of the transition process that is now being played out on Earth. In our most recent past message, we explained how the three lower chakra centers must now be cleansed/balanced to received the refined mental body energies and the dynamics of our Father God: power, truth, valor and the will to create using the outward thrusting energies of the masculine attributes. No one is immune to these deeply penetrating energy patterns. No matter where a person stands on the ladder of ascension, each and everyone will experience the effects of the upward spiraling frequencies of Light. As you can see, many in the world have moved more deeply into separation and fear and are rigidly affirming that their way/truth is the only right/acceptable way. And, herein comes one of the greatest tests for you who claim harmony and a peaceful coexistence for ALL as your reality.

Our messenger’s journey to the Bahamas in the Caribbean was planned many months ago, and it was not by coincidence that she was there at that particular time (Feb. 1-8, 2003 - Ronna). The group that was called/nudged to be there with her took on a special assignment in the higher realms long ago and agreed to be born together during the last era of Atlantis. They fulfilled their mission in that lifetime and perished together in the great deluge that sank the last remnants of that great continent. Another part of the plan was that they would come together again in this lifetime to facilitate the healing/transmuting of the old negative Atlantean energy, and also to become vessels for the Diamond Core Cells of Creator Light that were radiated down from the heart center of the Supreme Creator and placed in a pyramid of Light in the highest plane of the fifth dimension. The group as a unit was taken to that rarified realm, and individually they received the twelve facets of Creator Light and the Diamond Core Cell. They were then taken in their etheric bodies down in the waters where the ancient remnants of the Atlantean civilization lay buried beneath the sands of time. Each one visited one of the special temples and brought back a symbolic gift that was left there for them; and then as they breathed the infinity breath in unison, that wondrous diamond cell of Creator Light began to sweep around the Earth via the elements of water and air.

It was also no coincidence that the space shuttle Columbia disintegrated in the atmosphere during that particular time. Again, we say, no, we did not orchestrate the event, but it was a soul agreement made by that brave group to assist in this dynamic process of evolution in whatever way was required of them. As the people of the world turned their thoughts toward the skies and opened their hearts in sorrow for the beautiful souls who perished, that diamond cell of Creator Light penetrated the heart center of all those who were “open-hearted” enough to accept it. Can you not see why we ask you to rise to a higher vantage point as an observer of what is taking place in the world today? You have no way of knowing what the overall plan for the future is, or how a seemingly disastrous event can be a part of a grander drama within the universal blueprint that will ultimately result in the highest good for humanity and the Earth. Be assured that all who agree to sacrifice themselves, past, present or future, in any way, for the good of the whole, do so lovingly and of their free will in the higher realms as part of their soul contract before incarnating in a physical body. Mourn for your loved ones, but also rejoice with them as they celebrate their victory in the higher realms. This is also one of the higher truths that we ask you to allow to take up residency in your consciousness. It will make it much easier for you to accept the stressful situations that will occur as you meet the challenges of the future head and heart on.

Come, beloveds, allow us to take you to the pyramid of Light in that glorious realm of the highest fifth dimension so that you may receive your personal DIAMOND CORE CELL OF PURE CREATOR LIGHT and so that you, too, may be a carrier/anchor of this precious gift and spread its radiance from your heart center out into the world from where you live. In doing so you will have all that you need to keep up with the ever-increasing beat of the cosmic dance of the future. We await your arrival with great anticipation. You are loved most profoundly. I AM Archangel Michael

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

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

Phone/Fax: 775-856-3654 \* Email: RonnaStar@earthlink.net Website: www.RonnaStar.com

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Dearest friends: I can’t begin to tell you of all the miracles that happened during our week in the Bahamas. Tom and Zehra Boccia, dear friends of mine who sponsored my two appearances before the United Nations UNSRC Enlightenment Society in NYC, own two historical homes in Governors Harbor, which Tom has been restoring for a number of years. They are there during the winter months to get away from the harsh New York winters and have decided to hold a limited number of “spiritual retreats.” I was the first one they asked to come, and I knew immediately that it was important that I do so. They can accommodate only ten guests, plus the seminar presenter, and so it was to be a small intimate gathering. Beloved Michael began to download information to me several months before the event. He had me reread the third story of my trilogy, *Once Upon a New World*, which is titled **MYSTICAL ATLANTIS**. (I call the trilogy “metafiction;” it is inspired, but not channeled, and the stories are remembrances of six of my past incarnations.) The stories helped me tremendously to understand the interactions, both positive and negative, I’ve had with the people in my present life, and they have made my “lessons” much easier by helping me to understand that I am not a victim of fate and I am in control. They are love/adventure stories which entertain as they teach the universal laws and higher truths that are so important for us to know during these times of great change. Lord Michael told me that the major characters in that story would be with me at this seminar, and as I did a personal reading for each one, he told them who they were and the part they had played. I took several copies of that book so that they could read the story and understand the significance of what was happening. They were all somewhat amazed and we were all deeply moved by the experience. I was given information before I left about how to use the set of Biosonic tuning forks I had purchased over two years ago. I used them while there. We also had a group healing session using the tuners, and we were all excited at the wonderful energy and transformation they facilitated. I plan to use them at all my seminars in the future and hope to develop a program so that healers can incorporate their use in their healing modalities. I am to call the technique Biosonic Energy Repatterning. We had several wonderful healers at the seminar, including a doctor, two nurses and several therapists, and they all were excited about the potential of the process. AA Michael keeps saying, “Light, sound and color are the healing modalities of the future,” and I can certainly attest to that premise. I also was led to an old file from several years back where I had placed the picture and information about an ancient Atlantean healing disc. AA Michael led me to it (as he often does) and suggested that I have copies made to take to the group. We all put our crystals on the disc on the floor in front of us during the daily sessions and the magnification of the energy was incredible. We truly did create a fifth-dimensional environment and each person came away with just what they needed to catapult them upward/forward on their journey to the stars. Amazingly, we had four people from the west coast, and four from the east coast, Dr. M., a dear friend from California, is originally from South America and another dear friend lives in Canada; other than myself, there was no one from the central part of the USA and so we had a strong representation from the west, the east, the north and the south. A lovely angelic lady from Austria was there to take the energy back to Europe. And to expand the miracle even more, when my dear friends, Geoff and Linda Hoppe, held their seminar the week following ours, they had no one from the USA attend. Their participants were from Mexico and various other places around the world so that they could be the carriers of these wondrous energetic gift back to their countries. Archangel Michael told Zehra Boccia several years ago that she had been the High Priestess Exonna in that last era before the great cataclysm, and so it was very appropriate that she had chosen to be the caretaker of the land there on that ancient soil (they have had the property for over 20 years). I was amazed to learned that four of the attendees at my seminar were of Michael’s lineage and I made the fifth. There was also a person of Metatron’s lineage (the Light of God) and one of Melchizedek’s lineage (the wisdom of God), with me anchoring the third point for AA Michael (the will of God). So we had four Michael energies to anchor the four corners of our pyramid and three of us to form the trinitized expression of our Father/Mother God. As it all fell into place, I was in awe and almost overwhelmed to say the least. After a few minor adjustments and expectations, we all settled in and created a space of joy, peace and harmony in which we all were nurtured and experienced a joyous reunion. The experience of going to the Pyramid of Light that was prepared for us is beyond compare and my personal journey back to Atlantis was one I will never forget. I was taken to the Hall of Records and I was shown the page where we all signed our name in agreement to be a part of this particular mission and to reunite once more during these times of tremendous change to play an important part in the drama of ascension. I know this same scenario is being played out all over the world by different groups–different scenarios and different assignments, but all just as integral to the whole. I usually come home on a high after an event, but I must say that this time it has been beyond my wildest expectations. I always have a lot of energy and feel great, but now it is hard to keep up with myself and the miracles are unfolding at an ever-increasing rate. I am so profoundly grateful to Tom and Zehra for making this event possible, and to all the dear souls who made and kept the commitment with me so long ago. I am looking forward to the coming years with great joy and expectations. I will not allow the distortions and negative energies that swirl around me to divert me from my path. Affirm with me, beloved friends, that together we will prevail, we will stay the course as we put on our dancing shoes and waltz across the heavens together. My deepest love, blessings and a big hug to each of you. Ronna

**8/2/04 \* NOTE FROM RONNA: Finally, after many years of preparation, my trilogy, *ONCE UPON A NEW WORLD,* has been published in 6 x 9 (trade size) Soft cover paper back*.* There are predictions by others that the trilogy will be a major mainstream seller, touching millions who are ready to awaken and begin the journey of self-mastery. If you know someone who might benefit from learning the universal laws and some of the higher truths our beloved Archangel Michael teaches us in simple everyday form, please recommend the trilogy to them. The six love/adventure stories taken from some of my past lives teach the continuity of life, the laws of cause and effect or Karma, and how we incarnate in each lifetime with certain lessons to learn, and different talents and abilities to perfect. The stories represent the great drama of life and the roles we and others choose to play in a particular lifetime. I would greatly appreciate any assistance you can offer to assist in getting these important lessons out to the world. Many thanks and blessings, Ronna**