**MESSAGES FROM ARCHANGEL MICHAEL \* LM-2-2004**

**TRANSMITTED THROUGH RONNA HERMAN**

**YOU ARE THE MASTER OF YOUR DESTINY**

Beloved masters, the winds of change are blowing more powerfully and growing stronger every day. The progression/change of the Ages will not be denied. The cosmic life force Essence of the Creator has arrived and is permeating every material facet of Creation in this universe and especially on planet Earth. Some are feeling the excitement, the power and the strong creative impulses from this complex energy infusion of the Cosmic Solar Rays of Creation, while others have moved deeper into fear, desperation and a sense of hopelessness. A plethora of rumors, predictions of doom and gloom are circulating the world, as are many wondrous missives of hope, inspiration and theories to give you insight and encouragement as to what is happening on Earth at this time. Which will you believe? Please be vigilant and discerning, my brave warriors of Light, for what you choose to believe will quickly become your reality. Your thoughts are manifesting more rapidly than you ever thought possible.

It has been some time since we have called you Children of Light. It is time for you to become spiritual adults and masters of your destiny, and that has been the main goal in our teachings to you over the past years. It is no longer appropriate to cling to the “herd state” mentality, whereby you allowed others, whom you thought were more powerful and wiser than you, to dictate to you what you were to believe, how you were to behave, and what you could do or become. You were controlled through fear, guilt and intimidation, and it has not been easy for you to step out of the confines of the collective or mass consciousness belief system, but you have done so, and we salute you.

We will not deny that great changes are indeed in the offing. We have endeavored to make you aware that some of these changes will be disruptive and even uncomfortable so that you will be prepared and not caught unawares. We wish to instill in your mind that you do have choices. You always have a choice. **You are the master of your own destiny**. You can ride the waves of change like an expert surfer, cresting the highs, and skimming lightly through the troughs as you enjoy the thrill and a great sense of accomplishment. Stop believing that you are being cast asunder by the whims of fate. You can be in total control. You can fashion your future any way you wish, but you must be bold, daring and willing to step out of your comfort zone. You must be willing to let go of all that is not working for you, those things which do not bring you joy or a sense of accomplishment and soul/heart expansion.

We have touched on this subject before, but it is appropriate that we give you an explanation once more regarding the diverse beliefs in predestination and free will. Many believe one or the other to be true, but we have explained that both are true, and you ask, “How can this be?” Dear ones, you burst forth in perfection from the heart of the Creator, and from the beginning you were predestined and programmed to eventually return to that perfection. How long it takes you to complete your journey is totally up to you. Through the use of the gift of free will, only you can decide if you will take the high, narrow accelerated path of return, or the ebb and flow of the middle path, or the rocky, low road that winds and turns, but eventually leads to the same destination.

However, we would have you know that the middle and low roads are getting more tedious and difficult to traverse. Time as you know it is accelerating at a tremendous pace, and it no longer takes lifetimes to see the results of your beliefs, thoughts and actions. For those who are still stuck in the illusion of the third- and fourth-dimensional reality, the law of cause and effect, or karma, is almost instantaneous. Those who, in the past, existed by taking advantage of others or who were not living a life of integrity and honesty are now being found out and their secrets are coming to light. They can no longer hide their misdeeds of corruption and misuse of power. The Light is penetrating the shadows that permeate the Earth, as well as deep into the heart/soul of every human Being.

It is time to take an inventory, beloveds, to look at the “state of your life.” We have said before that it is a time of harvesting. Are you willing to begin to gather your resources, to reinforce your strengths and take the optimum advantage of your blessings and talents, as you endeavor to release those things that weaken, disrupt or create chaos in your life?

Are you honoring the temple for your Spirit? How can you become the spiritual/human Being you wish to become if you do not take care of your physical body? The human physical body as you know it is changing and evolving whether you believe it or not. We will not deny that the accelerated evolutionary process now in progress can be somewhat stressful on the human body, especially those who are more advanced in years. However, by listening to the wisdom of your body Elemental, and by learning what is best for you during these times of transition, you can lessen the stress and move through the process with ease and grace. Many of you can no longer tolerate the heavy processed foods that have been the norm for many years. As you seek and learn to take advantage of the “spiritual nourishment” being offered you, your desires will change and you will no longer feel the need for so much outside stimuli. Heavy, overcooked, processed meals put a strain on the body and take much energy and vital life force to digest, and you still do not derive the nourishment you need for optimum health and vitality.

It is time you refined your sense of taste and learn to savor your food by eating slowly, chewing each mouthful well in order to derive the maximum benefit, and to recognize that more is not always better. We are not asking you to deprive yourselves, but we are asking you to learn to monitor your feelings of hunger. Is it your physical body that needs nourishment or is it your emotional, mental or spiritual bodies that are sending out signals of imbalance and a need for spiritual sustenance? Has your sense of taste become jaded and dulled by too many complex, rich meals? Awaken your taste buds with a variety of fresh fruit, nuts, crisp vegetables and golden grains. Allow the healing Light that is filtering into the vegetable kingdom to supply a good portion of your bodily needs. There is more nourishment in these whole foods that you can imagine.

We often stress the importance of the breath and deep, rhythmic breathing, such as the Infinity Breath and other techniques. Another benefit for those of you who have learned to tap into the vibrations of the higher fourth and fifth dimensions is that you will have access to the cosmic breath of life which has been called the “food of the gods.” The rarified Light Rays of the Creator are filled with nourishment for the spiritual, mental, emotional and physical bodies. This is only one of the many gifts being offered you.

Much has been said about the importance of hydrating the body with pure fluids. Water soothes the emotions, cleanses the body, both within and without as it helps to release toxins and to balance the electromagnetic force field of your four lower bodily systems.

Your physical senses are becoming more sensitive as you begin to reawaken your higher, intuitive senses. Are you aware or do you pay attention to the outward sensations that bombard your physical Being every day? What is your sensitivity quotient? Must you always have background noise via the radio or television to drown out your thoughts? Are you comfortable when alone with your own thoughts or do you need constant stimuli around you? Your soul and God Self cannot reach you above the din of chaotic thinking and constant discordant noise that so many of you consider to be normal. Although it is no longer appropriate nor necessary to spend a lifetime learning to quiet the mind and still the senses, it is imperative that you take advantage of all the wonderful, effective techniques that have been given you these past years which help you learn to quickly move into that Still Point of the heart and into the sacred silence of the soul.

Think of your sense of touch and how important it is in creating richness in your life. What if you could not feel the smooth soft skin of a tiny child, or the warm, uplifting embrace of a loved one? What if you could not enjoy the sensation of refreshing, cleansing water upon your body? Your fingertips have some of the most sensitive nerve endings in your body, and think how debilitating it would be if you no longer had this ability. Do you ever think about this and appreciate the wonderful, sensual gift of touch?

How blessed is the gift of sight, but how sad that so many dear souls see through a filter of negativity, fear and despair so that the world is a gray, dull place even when the sun shines brightly. Each person sees through a filter of their own making which colors their world accordingly. Does your world seem bright and filled with hope and promise even on the days when the sun does not shine? Your inner Light will brighten your world if you will allow it to do so. It is a Light that never grows dim and will fuel, inspire and lighten your load, no matter what tests and challenges come your way.

You must acknowledge and reclaim the gifts of the physical senses that were given to you when you first incarnated in the world of material form before you can tap into what is called your extra-sensory perception or the higher sensory abilities such as telepathy, clairvoyance, clairaudience, and clairsentience. Are you using and taking advantage of the many techniques and tools we have given you over the past year, such as the Infinity Breath, becoming an Alpha Master, building your Pyramid of Light/Power in the fifth dimension and the solar harmonics or sacred healing with sound and vibration? These tools and techniques will speed up the process of transformation as you clear the “thought wave channel” to your Higher Self and tap into the wisdom of your God Self. They will also assist you to quickly transmute any residual negative vibrational patterns you have within so that you do not have to go through the painful process of experiencing these imbalanced energies as you endeavor to release them. Ease and grace should be one of your major affirmations. A constant influx of positive thoughts in the form of short mantras or affirmations is a way to reprogram your subconscious mind, which, in turn, filters down into your deep unconscious mind, your DNA and core beliefs from aeons ago.

You are in the process of re-calibrating your DNA. There is an internal rectification of all the weaknesses and imperfections that you inherited from your ancestors as you ingest the Light of perfection and accelerate the process of rebuilding your perfect Adam/Eve Kadmon Light Body. We have told you that you are moving on an upward spiral, in a circular manner, and you are healing the past as you go forward into the bright new future. You chose your family lineage deliberately, for you knew it was a great opportunity to heal the past for some of the souls who are very dear to your heart. Many of you wonder why you chose to be born into what you call your birth family. It is much more complex than we can explain in this message, but we would have you know that most often it was a great sacrifice on your part, and it certainly was not at the level of awareness or in the circumstances where you belonged or that you could have chosen. Rise about that which you chose as your beginning in this lifetime, dear hearts. Reach upward and inward for your majestic Divine Self. We can and will assist you; however, it must be a partnership endeavor. There are miracles in store for you, beloveds, and the greatest of these is that your perfection awaits you. May the radiance of the Creator shine down upon you. You are loved beyond measure. I AM Archangel Michael.

*(Note from Ronna: Our Adam/Eve Kadmon body is our original heavenly Divine Being in a fully conscious Light Body form, created by the Elohim, the Creator Lords of Light, as the archetype of humanity. The Adam Kadmon embodies the original full Divine and spiritual nature of man/woman. It is not the same as our personal Oversoul Body of Light which is itself evolving towards Divine Consciousness. Our Higher Self or Oversoul Body is a refracted part of our God Ray Self or our Original Light Body*.)

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

**775-856-3654 \* Email: RonnaStar@earthlink.net \* Web Site: www.RonnaStar.com**

Dearest friends: These last few months since the Harmonic Concordance have been interesting to say the least. The energy infusion has been intense for me as well as many others I have spoken with. I am usually “in the flow” and my life is filled with ease and grace, as well as many miracles, large and small. However, since mid-October it seems as though everything has been a little out of “sync.” As I wrote before, my sweet Mother passed away in October, and even though it was a blessed relief, it was also a time of release and mourning. Then the devastating illness that my daughter experienced which was one of the most difficult things I have had to process in a long time. I am pleased to say that she is doing well and on the road to recovery. She is swiftly regaining her strength and returning to her usual bright and sunny self. I always have many details to handle in Dec. and Jan. as I make plans and firm up my seminar schedule for the year. This year has been somewhat of a test in that I had to change the location of the San Diego Seminar and change the dates of the Longmont Seminar. I even had some doubts as to whether I should cancel these events or not, and dear Michael came through loud and clear asking me to hold these events. He said it was very important and that the people who were led to attend had made an agreement a very long time ago to come together to be anchors for this wondrous energy that is now being showered down upon us. He said it did not matter how many attended, it would be enough to get the task done and so, of course, I agreed. It seems as though these seminars are taking on a whole new meaning and the outcome will be beyond anything I can imagine. If you have been feeling a lot of physical discomfort or experiencing what AA Michael called “an energy flu,” join the crowd. The day after my Saturday, one-day intensive here in Reno, I began to experience a slight fever with chills and extreme pain in my neck, shoulder and arm on the left side. It was intense throughout the night, but miraculously disappeared around 9 AM each morning for about five days, and then disappeared altogether. I was told that it was the quickest and easiest way to integrate the massive “download” of energy I had experienced over the past month. I am now feeling wonderful again, and my energy level is higher than ever. I feel a great excitement and anticipation about the future, and I know the benefits we will derive far outweigh the little discomforts we must experience in the process. I am so glad our Beloved friend Michael focused on what is happening, and as always, he graciously gives us the tools and information we need to move through the process with ease and grace. Each of you is very dear to me. I send you love, angel blessings and a big hug, Ronna