***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©**

**\*STAR\*QUEST\* \* RONNA VEZANE \*** [*www.StarQuestMastery.com*](http://www.StarQuestMastery.com)

***\*\*` 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 UNAWAKENED 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.***

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*\*\*\* 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***

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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.* ***\*\* BOOK SEVEN \*8 ½ X 11 Spiral-Bound Manual \* $25. plus S&H \*\*\**** <http://www.StarQuestMastery.com>

***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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