MESSAGES FROM ARCHANGEL MICHAEL \* LM-3-2005

TRANSMITTED THROUGH RONNA HERMAN

A DAY IN THE LIFE OF A MASTER

Beloved masters, after you have read this message, please create a list of the five things you would most like to change in your life in the immediate future. Go within and examine each thing and endeavor to see it in a different Light and from a loftier vantage point. You must realize that what you most dislike about yourself and your world are the things you brought forth into this lifetime to change, overcome or just accept. Next, make a list of what you consider to be the five most important things in your life. You may find, during this accelerated time of transformation, that your priorities will often change as you evolve. It is important that you learn to let go of those things which no longer serve your highest good, which you must understand will ultimately be for the highest good of all. The more centered, powerful and wise you become, the more you will influence for the better those around you and your world.

If you wish, you may take the exercise even further and create a list of what you would like to manifest in your life in the next six months, the next year, and perhaps, a five-year plan. We have explained how important it is to clearly plan your future, to state your intent, and to envision how you would feel, act and become as each of your dreams are manifested in the physical expression. Make no mistake, all you could ever hope for, all you can ever envision is “out there” as unmanifested potential just waiting for you to create whatever you desire with it Your next list should focus on what you must do to implement and successfully make the necessary changes to achieve the results you desire. This is the part of the plan that brings to a halt the process of evolutionary change for so many dear souls. Unfortunately, no matter how difficult their lives are or how unhappy they are it is more difficult to make the necessary changes to create a better world for themselves than it is to maintain and suffer the status quo.

It is important that you make small changes at first and the changes must begin from within you. As you make “attitude adjustments” and change how you view those around you and your world, the first part of the process is that you “lift” or raise the vibratory patterns that you radiate forth. This, in turn, begins the process of directing to you events and people which are in harmony with the higher vibrations you are projecting. We have told you, you are a radiating force field of vibrational patterns created by your thoughts, intent and actions. You are also a magnetic force field of vibrational patterns sent forth vertically from your Higher Self and God Self, and horizontally from those within your sphere of influence. Change your thoughts, intent and actions, and you change your world. Your shifting, elevated patterns of thought have a rippling effect on your life and those around you, and the changes throughout the world and within humanity are swiftly accelerating.

A phenomenon of this era is that an unusually large number of souls chose the Seventh Ray of transformation as their soul Ray for this lifetime, for it is well-known that the blessed Violet Flame will accelerate the process of transmuting negative vibrational patterns. The Sacred Fire of the Creator is enhancing the qualities of the Violet Flame and the Seventh Ray as an integral part of the ascension process now in progress on Earth and within humanity.

Letting go of past failures and your negative/defensive reactions to key interactions with others or to events which your Higher Self has orchestrated for your learning and resolution is an important facet of moving gracefully into the future as you reclaim self-mastery. It is important that you remember that everything in the past is “memory.” Change your memory or your interpretation of a past event and you can change all of your past into positive memories. Your past is what has made you who you are today, so why not glean only the best from your past and reinforce and claim that as part of the “future” you. This is what we endeavored to help you accomplish in the I AM MASTERY COURSE we inspired our messenger to develop several years ago. If you can only accept the fact that you chose your parents and the circumstances of your life before you incarnated in this lifetime because you, along with your guardians and teachers, knew that it would present to you the best possible situations for your higher learning and evolution. Seek to understand and release the negative situations that were presented to you in the past and to integrate the positive lessons and situations that were presented to you for your highest learning and you will be well on your way to self-mastery and illumination.

Another important fact is to understand that everything in your future is a figment of your imagination, and so why not contemplate and imagine the most exquisitely wonderful future for yourself and others.

Once again, we wish to offer specific information/truths for you to study, contemplate and integrate. As you meditate on each thought, seek to delve deep within to understand what negative thoughts, ideas or experiences are keeping you from accepting or implementing these higher truths. Please spend some time with each thought until you feel you understand it and have accepted it as your own truth, or you may wish to set aside some of these concepts until you feel you are ready to make them a part of your “Living Truth.”

YOUR SOUL AND HIGHER SELF ENCOURAGES YOU TO CONTINUALLY STRIVE TO FOCUS ON YOUR SACRED HEART CENTER WHICH CONTAINS PEACE EVERLASTING AND THE ESSENCE OF LOVE.

THE FUTURE CANNOT BE PREDICTED WITH CERTAINTY; HOWEVER, WE OF THE HIGHER REALMS CAN FORESEE THE STRONGEST, PROBABLE TIME LINES. EACH OF YOU HAS THE ABILITY TO CHANGE A NEGATIVE TIME LINE OF THE FUTURE BY WITHDRAWING YOUR ENERGY (THOUGHTS) FROM IT, AND FOCUSING ON A POSITIVE OUTCOME.

THERE WILL ALWAYS BE A POSITIVE SOLUTION AVAILABLE FOR EVERY TEST OR CHALLENGE. IT SOMETIMES TAKES A WHILE TO SEE THE POSITIVE RESULTS FROM A NEGATIVE EVENT; HOWEVER, THERE WILL ALWAYS BE ONE IF YOU STAY FOCUSED AND RESPOND THROUGH YOUR SOLAR HEART POWER CENTER.

ENERGY ATTRACTS LIKE ENERGY. THOUGHTS AND INTENT CONTAIN VIBRATIONAL FREQUENCIES OR ENERGY AND, THEREFORE, ARE ACTIVE FORCES OF YOUR NATURE. ENVISION YOUR THOUGHTS RESONATING FORTH FROM YOU IN AN INFINITY SIGN, WHICH DRAWS FORTH TO ITSELF LIKE VIBRATIONS AND RETURNS THEM TO YOUR FIELD OF CONSCIOUSNESS, THEREBY REINFORCING YOUR PERSONAL PICTURE OF REALITY.

YOU MUST LEARN TO LET GO OF THE NEED FOR CERTAINTY IN YOUR LIFE. IN REALITY, THE FEAR OF THE MOMENT IS AN EMOTIONAL RESPONSE CAUSED BY FOCUSING ON A NEGATIVE EVENT FROM THE PAST OR ON THE UNCERTAINTY OF THE FUTURE.

YOU WILL NOT BE INFLUENCED OR AFFECTED BY THE NEGATIVITY OF THE WORLD IF YOU LEARN TO SEEK BALANCE AND STAY HEART-CENTERED IN TIMES OF CHANGE AND CHAOS.

A MASTER IS ALWAYS HEART-CENTERED AND REMAINS IN AN OBSERVER MODE WHILE PROCESSING ALL THAT OCCURS IN THE MOMENT. AS A MASTER, YOU WILL LEARN TO QUICKLY BALANCE AND HARMONIZE, AND THEN RELEASE ANY DISCORDANT ENERGIES THAT COME YOUR WAY, AS WELL AS INTEGRATE AND UTILIZE ANY NEW TRUTHS THAT RESONATE WITHIN YOUR HEART MONITOR.

LEARN TO AVOID EXTREMES. THERE MUST BE A BALANCE BETWEEN WISDOM AND POWER. AN OVERLAY OF LOVE IS THE KEY TO ATTAINING THAT BALANCE.

THE PROCESS OF EVOLUTION AND ASCENSION ENTAILS REFINING, HARMONIZING AND RETURNING TO HARMONY YOUR INNER AND OUTER CONSCIOUSNESS. A PART OF THE PROCESS IS ALSO BECOMING AWARE OF “SELF” AT MULTIPLE LEVELS WHICH INCLUDES OTHER WORLDS AND REALITIES, BEGINNING WITH KNOWING YOUR “TRUE PHYSICAL SELF,” AND PROGRESSIVELY INTEGRATING YOUR SOUL SELF, HIGHER SELF, ETC.

YOUR I AM PRESENCE OR GOD RAY CONTAINS THE PERMANENT ATOM OF YOUR TRUE SELF. WHEN YOU HAVE REACHED A CERTAIN LEVEL OF RECONNECTION WITH YOUR DIVINE SELF BY REMOVING THE DISTORTIONS OF DENSITY, A STEADY STREAM OF WHITE FIRE ELECTRONIC ENERGY WILL POUR FORTH THE RADIANCE OF LIFE INTO YOUR SOLAR HEART CENTER AND THE PULSATING THREE-FOLD FLAME OF DIVINE POWER, WISDOM AND LOVE WILL ONCE MORE BLAZE FORTH WITHIN AND AROUND YOU.

TRANSITION FROM ONE LEVEL OF DENSITY TO ANOTHER INVOLVES A QUANTUM LEAP IN CONSCIOUSNESS. AT THIS TIME, HUMANITY AS A WHOLE IS IN THE MIDST OF A MAJOR QUANTUM LEAP IN CONSCIOUSNESS WHICH HAS RESULTED IN AN ACCELERATION OF FEAR, UNCERTAINTY, ANGER AND HOSTILITY AS THE PAST ROILS UP TO BE RELEASED OR REFINED IN ORDER TO MAKE WAY FOR THE BIRTHING OF A NEW ERA.

THE REFINED VIBRATIONS OF LOVE/LIGHT ARE FILTERING THROUGH THE VEILS OF ILLUSION EACH OF YOU HAS CREATED. THESE LAYERS OF DENSITY ARE SLOWLY DISSOLVING SO THAT MORE OF THE RAYS OF CREATION CAN PENETRATE THE CONSCIOUSNESS OF HUMANITY. THE ACCELERATION OF SOLAR FLARES FROM THROUGHOUT THE GALAXY AND FROM THE SUN OF YOUR SOLAR SYSTEM HAVE BEEN INSTRUMENTAL IN RELAYING THIS FREQUENCIES OF LOVE/LIGHT TO THE EARTH.

YOU MUST LOVE AND HONOR YOURSELF BEFORE YOU CAN LOVE AND HONOR OTHERS. LEARN TO SHARE AND GIVE FROM THE HEART, FUELED BY THE PURE INTENT OF THE SOUL. YOU MUST ALSO LEARN TO RECEIVE SO THAT YOU WILL HAVE MORE TO ENJOY AND SHARE. CLAIM YOUR ABUNDANCE, AND BY YOUR EXAMPLE, OPEN THE WAY FOR OTHERS TO DO THE SAME.

BECOME THE OBSERVER AND LEARN TO PRACTICE NON-JUDGMENT OF OTHERS. HEAL THE PAST AND RELEASE OLD TRANSGRESSIONS BY FORGIVING YOURSELF AND OTHERS. IN DOING SO, YOU WILL SPEED UP THE PROCESS OF RETURNING TO A SACRED UNION WITH YOUR “MASTER SELF.”

THE NAME OF YOUR DEITY MAKES NO DIFFERENCE, FOR ALL ARE FROM THE SAME SOURCE, THE SUPREME CREATOR. THE PURE LIGHT SUBSTANCE OF THE CREATOR CONTAIN COSMIC INTELLIGENCE WHICH IS REFRACTED INTO THE MULTIPLE RAYS OF CREATOR CONSCIOUSNESS. ALL CREATION IS THE SUPREME CREATOR ALLOWING ITSELF TO BE EXPRESSED IN UNLIMITED VARIATIONS OF FORM. EACH OF YOU IS ONE OF THOSE VARIATIONS.

Beloveds, it is time to seek your passion and to learn to live life to the fullest. You are being offered a gift beyond measure, but you must ask for it and then strive to use it in its highest form. We implore you to ask for an accelerated activation of your GOD RAY so that you may tap into your own unique creative fire. As we have told you, deep within your solar heart center there is an etheric diamond-shaped God Cell of Creator consciousness. It contains a great multitude of vibrational patterns, all the virtues, attributes and qualities of the twelve Rays of our Father/Mother God of this universe. Before your Spirit Self descended, in preparation for the birth process in this lifetime, portions of your God Cell were activated to a certain degree which was determined by what strengths you were to bring forth in order to facilitate your highest learning and also to assist you in overcoming the challenges and tests you would be presented with over the span of your lifetime.

As you reach a certain level of harmony and awareness, your God Cell gradually activates within, thereby releasing more and more of the vital qualities and virtues of the Twelve Rays. You may speed up the process by simply asking for the activation of your Diamond Core God Cell and agreeing to use this wondrous gift for your highest good and the greatest good of all. In your quiet time, go into a meditative state (even better, go into your Pyramid of Light/Power in the fifth dimension) and ask that your God Cell be activated in the most appropriate measure in order that you may move into a refined state of consciousness with ease and grace. Do not hesitate, beloveds, do not be left behind. Once you learn to live each day as a master, you will never return to your old self-limiting ways of the past. We offer you the strength of our love and the power of our wisdom. We will show you the way so that you may step to the fore and become the leader and the Way Shower you are meant to be. You are loved beyond measure. I AM Archangel Michael.

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

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**APRIL 22-24 \* 11TH ANNUAL WESAK CELEBRATION \* MT. SHASTA, CA. \* Sponsored by Mt. Shasta Magazine \* $300 per person \* The program will consist of a group of well-known speakers including: ARCHANGEL MICHAEL/Ronna Herman. Ronna will include an overview of some of AA Michael’s most recent information: Becoming the master of your destiny \* There will also be a special message from AA Michael for the Wesak gathering. \*\*NOTICE\*\*Ronna is offering a free special intimate evening of questions and answers with Archangel Michael for the first eighty people who purchase their tickets through \*Star\*Quest \* YOU MUST PAY FOR YOUR WESAK TICKET IN FULL IN ORDER TO BE ELIGIBLE FOR THE SPECIAL EVENING WITH AA MICHAEL AT THE MT. SHASTA RESORT ON THURSDAY, APRIL 21 \* 6 TO 8:30 PM \* There are only a few spaces left for the special evening with AA Michael so do not hesitate if you wish to attend this free event**.

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**MAY 14-15 \* BEST WESTERN HARBOR INN, 1250 Halyard Drive, West Sacramento, CA \* 916-371-2100**

**Saturday, May 14: ABUNDANCE EXCHANGE: $125 (Includes lunch) \* Sunday, May 15: ABUNDANCE EXCHANGE: $75 \* You have the option of attending the one-day event on Saturday ($125) or attending both Saturday and Sunday events ($200). However, you must attend the Saturday event to be eligible for the Sunday event. The Sunday seminar will incorporate and expand on what has been presented on Saturday. There will be a brief Q & A session with AA Michael on Sunday as well as a special message for the group. This will be a very experiential and hands-on event and the only full seminar Ronna will present on the West Coast in 2005.**

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**SATURDAY & SUNDAY, JUNE 11-12, 2005, VIENNA, AUSTRIA \* EUROPAHAUS \* Linzerstrasse 429, A-1140 \* ABUNDANCE EXCHANGE: 250 EUROS (INCLUDES BEVERAGES) www.europahauswien.at \*\*\* FOR INQUIRIES OR TO REGISTER, CONTACT: MARIA \* Phone/fax: 0043 1 440 54 50**

**Email: maria@rainbowbridge.biz Website: www.rainbowbridge.biz**

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**JUNE 14 - 25, 2005, ISTANBUL, TURKEY \* A PILGRIMAGE TO THE ANCIENT LAND OF THE GODDESS \* $2,900 includes round trip air fare from NYC , four-star hotel accommodations, all breakfasts and dinners, bus and hydrofoil trips, also a dinner cruise. We will visit several temples dedicated to the Goddess, including the House of Lady Mary, Troy and other wondrous sites. This special trip is limited to 45 people so please register early. For those of you who live in Europe, the price of the tour is $2,100 without airfare. We will soon have the name of the airline and the hotels.**

**DON’T MISS THIS OPPORTUNITY TO LEARN ABOUT OUR ANCIENT LINEAGE AS BEARERS OF THE GODDESS ENERGY. THIS SPECIAL JOURNEY WILL NOT BE OFFERED AGAIN.**

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**NOVEMBER 13-20 \* A SEVEN DAY CRUISE FROM MIAMI, FLORIDA \* RECLAIMING THE MAJESTY AND POWER OF OUR ATLANTEAN HERITAGE. EXPERIENCE A PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL JOURNEY INTO THE HIGHER REALMS WITH ARCHANGEL MICHAEL AND RONNA HERMAN. STEVE AND BARBARA ROTHER WILL JOIN US FOR THIS JOURNEY OF THE AGES. FULL DETAILS FOR THE CRUISE WILL SOON BE POSTED ON RONNA’S SITE AND ON www.Lightwork.com.**

**\*\*\*SEMINAR DETAILS ARE POSTED ON OUR WEBSITE OR YOU MAY REQUEST A REGISTRATION FORM WITH COMPLETE DETAILS \* CONTACT: CINDY \* STAR\*QUEST\* Phone/fax: 775-856-3654**