

# SEQUENCE & FREQUENCY OF USE GUIDE

## Learning sequence suggestions and practice of Archangel Michael's teachings

Archangel Michael has given us many methods to improve our life. We are aware that it may be difficult to determine where to start. Therefore, we have created this study guide to assist you with Archangel Michael's teachings. This guide will help you to find various techniques and meditations, as well as give you suggestions on how often to use them. Some meditations and breathing exercises are only necessary to perform one time, however, you may be drawn to practice some more frequently, and if so, that is appropriate.

If there is something that is challenging you in life or you are drawn to, like The Universal Laws of Manifestation, or Breaking Agreements, for example, go to that topic, otherwise we suggest that you follow the list below.

**Personal Pyramid of Light** – Healing/Refuge/Nurturance – Daily when awake and during sleep

*Scripting Your Destiny*, page 125

*Reference & Revelations \* Glossary & Illustrations*

*Becoming an Alpha Master* CD/MP3 program

**Alpha State Exercise** Accessing Sacred Mind (heart-mind connection) – Daily and throughout your day to maintain an alpha state

*Scripting Your Destiny*, page 158

*Reference & Revelations \* Glossary & Illustrations*, illustration pages

**Infinity Breath** – Practice daily in the morning and throughout your day

*Scripting Your Destiny*, page 189

*Reference & Revelations\* Glossary & Illustrations*

*Reference & Revelations\* Glossary & Illustrations*, illustration pages

*Becoming an Alpha Master* CD/MP3 program

**Personal Work Pyramid** (People/Projects/Solutions) – Practice as needed

*Scripting Your Destiny*, page 125

*Reference & Revelations \* Glossary & Illustrations*,

*Becoming an Alpha Master* CD/MP3 program

**Toning** – Practice daily or weekly as needed

*Scripting Your Destiny*, page 154

*Reference & Revelations \* Glossary & Illustrations*, illustration pages

**Breaking Karmic Agreements and Cutting Energy Cords** – As needed

**Sacred Transformational Breathing** – Daily with breathing techniques  
*Scripting Your Destiny*, page 152

**Abdominal Breathing** – Daily with breathing techniques and throughout your day  
*Becoming an Alpha Master* CD/MP3 program

**World Pyramid of Light** [Breathe in Light](#) – [Breathe out Love](#) - weekly or daily while awake and/or during sleep

**Reference & Revelations \* Glossary & Illustrations**, illustration pages  
*Becoming an Alpha Master* CD/MP3 program

**Seven Crystalline Spheres of Higher Consciousness** – Once, or as needed  
*Scripting Your Destiny*, page 187  
*Reference & Revelations \* Glossary & Illustrations*,  
*Becoming an Alpha Master* CD/MP3 program

**Infinity Breath with Binary Sequencing** – Once  
*Scripting Your Destiny*, page 185  
*Reference & Revelations \* Glossary & Illustrations*  
*Becoming an Alpha Master* CD/MP3 program

**Diamond Core God Cell Meditation** – Once  
*Becoming an Alpha Master* CD/MP3 program

**Infinity Breath with Flower of Life** – Daily  
*Reference & Revelations \* Glossary & Illustrations*, illustration pages  
*Becoming an Alpha Master* CD/MP3 program

**Creating Your New Mer-Ki-Vah of Light** - Once  
*Scripting Your Destiny*, page 243  
*Becoming an Alpha Master* CD/MP3 program

**Group Pyramid of Light**...periodically and/or nightly during sleep  
*Becoming an Alpha Master* CD/MP3 program

**Violet Flame Meditation** – Once...and when faced with trauma/challenges  
*Becoming an Alpha Master* CD/MP3 program

**Sacred Heart – Adamantine Particles Meditation** – Once  
*Becoming an Alpha Master* CD/MP3 program

**City of Light Meditation** – Once when awake and nightly during sleep  
*Becoming an Alpha Master* CD/MP3 program

**Living Each Day as a Master** – Daily  
*Scripting Your Destiny*, page 121  
*Becoming an Alpha Master* CD/MP3 program

**Universal Laws of Manifestation** – This is an on-going practice of setting clear intentions, being focused and paying attention to your thoughts and feelings  
*Scripting Your Destiny*, page 117  
*The Golden Promise*, page 60  
*Becoming an Alpha Master* CD/MP3 program

## ADVANCED TEACHINGS

**Accordion Breath** – As needed  
*Reference & Revelations \* Glossary & Illustrations*

**Violet Flame Initiation** – Once, as needed  
*Reference & Revelations \* Glossary & Illustrations*

## BOOKS

If you are not at all familiar with AA Michael's teachings, we suggest that you begin your studies with BOOK TWO: THE GOLDEN PROMISE.

If you have been reading AA Michael's teachings and are somewhat familiar with his "Cosmic Wisdom Teachings," then BOOK THREE: YOUR SACRED QUEST would be appropriate.

If you have been studying AA Michael's teachings and are very familiar with the advanced information, then we suggest: BOOK FOUR: LET THERE BE LIGHT, AND BOOK FIVE: REVEALED COSMIC TRUTHS FOR ASCENDING HUMANITY, AS WELL AS THE WORK/STUDY BOOKS: SCRIPTING YOUR DESTINY AND REFERENCE & REVELATIONS \* GLOSSARY AND ILLUSTRATIONS.

### ***REVEALED COSMIC TRUTHS FOR ASCENDING HUMANITY***

Archangel Michael's latest book of messages gives us universal wisdom teachings that were originally reserved for only the most advanced initiates in the retreats and secret wisdom schools: The Crystalline Grid System \* How to anchor the higher frequencies from the Celestial Cities of Light in order to create an environment of peace, beauty and harmony where we live \* The River of Love/Life \* Adamantine Particles: What they are and how to effectively use them \* Twin Flame Reunion \* Violet Flame Meditations to help us to release all old karmic patterns and issues, and much more cutting edge information.

<http://ronnastar.com/revealedtruths.html>

**REFERENCE & REVELATIONS \* GLOSSARY & ILLUSTRATIONS** © \* *Companion spiral-bound booklet for Archangel Michael's messages. This booklet contains in-depth descriptions of the most important words and terms that AA Michael has used in his messages over the past sixteen years.*

*It contains excerpts of the latest and most essential concepts, techniques, meditations and affirmations from AA Michael's wisdom teachings, plus eighteen pages of illustrations (many of them in color). It is a valuable tool for those who are seeking en-Lighten-ment, and also for those who have a desire to share / teach the tools of ascension and the secrets of Self-mastery. 8 X 11 Spiral-bound booklet \* \$20. Plus S&H*

<http://ronnastar.com/reference.htm>

**BECOMING A COSMIC TELEPATH AND A WORLD SERVER \*\* OPENING TO CHANNEL \*  
DEVELOPING YOUR TELEPATHIC COMMUNICATION SKILLS**

*Expanded consciousness and mental telepathy are aspects of your Divine heritage. However, this ability must be reactivated and practiced if you wish to become a proficient and clear channel.* Because these are such critical times for humanity and the Earth, Archangel Michael is encouraging all of us to diligently strive to open our “private lines of communication” with the higher realms. An important component of Self-mastery is developing the ability to connect and interact with your Guardian Angels, your Spiritual Guides and Celestial Teachers. Therefore, under AA Michael’s and the Cosmic Council’s guidance, I have just completed an expanded version of the OPENING TO CHANNEL booklet. I have been instructed to offer this valuable information to the faithful aspirants on the Path. Each of you is needed as a SENTINEL OF LIGHT and a WORLD SERVER. **\$20 plus S&H: \$6 USA \* \$11.50**

**Canada & Mexico \* \$13.50 International**

<http://ronnastar.com/opentochannel.html>

**STUDY MANUAL \* SCRIPTING YOUR DESTINY** © \* This study manual incorporates all the information from the I AM Mastery course, plus all the major techniques and tools AA Michael has blessed us with over the past few years, as well as many meditations and a compilation of some of his most powerful teachings. Use the manual alone or in conjunction with AA Michael’s five books of messages to empower yourself and claim all the gifts of Spirit that he tells us are ours for the taking. It will also serve as a wonderful teaching manual if you desire to hold classes and share your gifts of Spirit with others. **6 X 9 PAPERBACK \* \$25 Plus S&H**

<http://ronnastar.com/scriptingyourdestiny.html>

**BOOK FOUR \* LET THERE BE LIGHT** \* In Archangel Michael’s fourth book of messages, he takes us deeper into the wisdom of the cosmos as he expands our consciousness and gives us more tools to assist us on our journey of ascension. He discusses such topics as: “Do You Choose a God of Wrath or a God of Love” \* “You Are the Inbreath of the Creator” \* “Integrating the Radiance of Your God Cell” \* “Stepping Off the Wheel of Karma and Into a State of Grace” \* “Accessing the Portals and the Cities of Light” \* “A Day in the Life of a Master,” “A Cosmic Viewpoint of Creation and Evolution,” and much, much more. **\$22 PLUS S&H**

<http://www.ronnastar.com/lettherebelight.htm>

**BOOK THREE \* YOUR SACRED QUEST** \* In *Your Sacred Quest*, Archangel Michael gives us the tools we need to move through the initiation/ascension process with ease and grace. His messages address many of the myths and truths of the past as he explains them in simple everyday language. He explains our cosmic, universal, galactic and earthly heritage and what our mission on earth is all about. His messages teach on many levels of conscious awareness, and he gives us practical advice for everyday living; how to transcend the fear and pain of illusion of the third- and fourth-dimensional world as we learn to live as fifth-dimensional masters on Earth. You will develop a personal relationship with

Archangel Michael, the wondrous Beings of Light and our Father/Mother God, and you will know without a doubt that you are never alone.

**\$22 PLUS S&H**

<http://ronnastar.com/sacredquest.html>

**BOOK TWO \* THE GOLDEN PROMISE** \* *The Golden Promise* helps us to remember our Divine origins and the glorious adventures we experienced while in Spirit form, and also gently guides us each step along the path to mastery. It provides many exercises, meditations and affirmations to help us release old, self-sabotaging beliefs, and to replace them with empowering, life-changing thought patterns. You will feel the support of the angelic realm, and be reminded that these magnificent Beings are always nearby to assist us. Lord Michael also gives us a vision for the new millennium and a Creed for the New Age. **\$18 PLUS S&H**

<http://ronnastar.com/goldenpromise.html>

**BOOK ONE \* ON WINGS OF LIGHT** \* In AA Michael's first book of messages, he seems to be speaking directly to each of us. Many people have told me that they ask a question and randomly open to a page in *On Wings of Light*, and there is the answer to their question. The messages are positive, uplifting and life changing. *On Wings of Light* is about how to create your perfect reality, realize your highest potential, and assist others to do the same by sharing your manifested dream. It is about unity and miracles and how to reach up and touch an angel. A best seller. **\$20 PLUS S&H**

<http://ronnastar.com/starquest6.html>

**ONCE UPON A NEW WORLD \* A METAFICTION TRILOGY BY RONNA HERMAN**

**BOOK ONE:	FIRST REMEMBRANCE: A GLIMPSE OF PARADISE SECOND REMEMBRANCE: THE TIME OF SEETA
**BOOK TWO:	THIRD REMEMBRANCE: MYSTICAL ATLANTIS FOURTH REMEMBRANCE: THE WARRIOR MAID
**BOOK THREE	FIFTH REMEMBRANCE: REWARD AND REFLECTION SIXTH REMEMBRANCE: ENDINGS AND BEGINNINGS

6 X 9 SOFT COVER PAPER BACK \*\* PRICE: EACH BOOK: \$17 \* PLUS S & H

ORDER THE SET AND SAVE \*\* ALL THREE BOOKS: \$40 \* PLUS S & H

*ONCE UPON A NEW WORLD© is a series of six stories I choose to call "metafiction," because although it is fiction, it is intertwined with a higher truth, if only my own. The stories are based on glimpses and remembrances of some of my past lives, and partially on some of my experiences during my present incarnation, but not actual events or people. The stories are about the journey (incarnations) of one SPARK of the GOD FORCE, and its evolution through time and space. It is an adventure story of love, hope and inspiration, and hopefully, gives new meaning to why we are here and where we are going. In simple language, it teaches the universal laws and higher truths which are so important during these times of great change. These books would be a loving gift to anyone just stepping on the path of enlightenment, or if you would like some light reading that will touch your heart and inspire you.*

<http://ronnastar.com/starquest7.html>

Ronna's books and the *Becoming an Alpha Master CD* program can be purchased at [www.RonnaStar.com](http://www.RonnaStar.com)

The *Becoming an Alpha Master* CD program or MP3 version can be purchased at [www.TimelyGuidance.com](http://www.TimelyGuidance.com)

This study guide is a work in progress, therefore, you there will be changes from time to time.