

EXCERPTS FROM SCRIPTING YOUR DESTINY© ARCHANGEL MICHAEL & RONNA HERMAN

MESSAGE FROM RONNA

Beloved Angel and Star Friends,



I offer this gift to you from my heart to yours, and I ask you to recommend this wonderful study manual to any of your friends as Spirit guides you to do so. Much of this information has been given before by numerous others, but my mind and fingers were guided by Archangel Michael's loving energy and wisdom. He tells me it is so important that we know and can identify the many facets of cosmic energy that make up who we are, our strengths and weaknesses and how to bring ourselves into harmony and attunement with our highest expression of "Self." We carry each Ray's energies within us in some combination of varying degrees which, in part, helps to make us the unique human/Spiritual Beings we are.

Since Lord Michael first inspired me to compile the I AM MASTERY COURSE in 1998, I have taught the lessons to hundreds of people, and hundreds more around the world have either studied the lessons or taught the material to others. The complete course sold for \$55 U.S., so you are getting quite a bargain in this book as it contains all of the important material that Michael has given us over the past several years. If you will read and put into practice only a small portion of this material, I promise you, it will forever change your life for the better.

I know that our beloved friend, Lord Michael, will continue to bring forth more loving inspiration and wisdom for us to share. Until then, know that you are forever in my heart and in my beautiful pyramid of Light in the rarified higher planes.

My deepest love and blessings,
RONNA



STEPS TO ATTAIN MASTERY AND MANIFEST YOUR VISION:

In a Third-dimensional reality we are mostly functioning from instinct and in a semi-aware state, or unconsciously reacting to events that stem from our own thoughts and through our own actions. Therefore, we drift and coast or are pushed and pulled along the path of least resistance. We are not aware that we are cocreators and not pawns of fate--that God does not punish us. We see ourselves as victims when things do not go well and as "lucky" when they do. We are driven by fear and guilt, and are preoccupied with our failures of the past and are apprehensive of the future. We have been given all the talents, virtues, abilities (tools) to create a life of joy, peace, abundance and love. It is our Divine Birthright; we have just forgotten.

- * CLARITY OF THOUGHT AND VISION**
- * DEFINING PURPOSE**
- * AFFIRMATIONS**
- * EMOTIONAL INTENSITY**
- * WRITING AND SCRIPTING THOUGHTS AND PLANS**
- * ALWAYS MAKING THE HIGHEST CHOICES**
- * TAKING ACTION RESULTS IN MANIFESTATION OF DESIRES**
- * MAINTAINING AN ATTITUDE OF GRATITUDE * FOCUSING ON THE MOMENT, SEEING IT AS PERFECT AND APPROPRIATE**
- * ALIGNING WITH OUR HIGHER SELF FOR THE GREATEST AND BEST OUTCOME**

FIRST STEP: INTENT AND AWARENESS OF THE NEED TO CHANGE.

SECOND STEP: WRITING YOUR THOUGHTS DOWN FOR CLARITY.

THIRD STEP: FOCUSING ON YOUR FEELINGS AND REACTIONS TO EVENTS AND PEOPLE AND GAINING THE WISDOM FROM THE INTERACTION.

FOURTH STEP: ELIMINATING LIMITING CORE-ISSUE FEELINGS AND BELIEFS AND BEING WILLING TO FORGIVE THOSE INVOLVED * ESPECIALLY YOURSELF.

FIFTH STEP: REPLACING NEGATIVE CORE-ISSUE FEELINGS AND BELIEFS WITH EMPOWERING, MIND/HEART EXPANDING THOUGHTS.

SIXTH STEP: LET GO OF THE PAST * MAKE PLANS FOR THE FUTURE * FOCUS ON THE PRESENT.

SEVENTH STEP: ALWAYS SEEK/ASK FOR THE HIGHEST OUTCOME.

THE SEVEN AREAS OF LIFE EXPERIENCE:

PHYSICAL * MENTAL * EMOTIONAL * SPIRITUAL * SECURITY/ABUNDANCE * SOCIAL/RELATIONSHIPS * LIFE'S MISSION AND/OR CAREER

SELF-EMPOWERMENT begins when we decide to actively take control of our lives, which means we come to the awareness that we are responsible for our thoughts, feelings and actions. We begin to take back our power when we are daring enough to initiate the process of releasing/changing that which brings us pain, makes us sad or in any way diminishes who we are. Your desire must be strong enough to release or change that which does not serve your highest good (which will also be the highest good for others, in the long run) and to accept gracefully the challenges and opportunities that are placed before you for your growth and understanding.

THE PATTERNS AND ENERGIES OF LANGUAGE AND THOUGHT

THE LAW OF ATTRACTION: Whatever you wish to attract to you, you must become and project the feeling of that which you wish to manifest. If you desire love, sense a love of self; be loving and project love. You are a magnetic force. You draw to you your conscious desires empowered through mental clarity, emotional intensity and active involvement. (You also draw to you those negative energies that you allow in your sc and C minds.

THE LAW OF ASSUMPTION: The bible states, "Assume a virtue if you have it not, and it shall be yours." As a part of the Universal Laws of Manifestation, you must actively participate in order to manifest that which you desire. Assume that all the beauty, bounty, joy, peace and vitality of the Creator are yours. It is your heritage.

LAW OF ABUNDANCE: There is no lack, limitation or scarcity on this Earth except in the consciousness of humanity. "As within, so without." The law of abundance is ready to supply your every need, and the needs of all, but you must claim abundance, visualize abundance, and project energies of abundance, without doubt, feelings of unworthiness, or guilt. "As a man thinks within his heart, so is he."

THE LAW OF DOMINION: The Creator gave us dominion over everything on this Earth. It was a wonderful blessing, but also a stewardship; therefore, we are responsible for the safekeeping of the Earth and all that resides upon her. Everything already exists in the Universal Mind; therefore, it is yours for the asking. It is up to you as to how much of this heritage you will claim. Clarity of purpose, imagination, visualization, strength of purpose and active participation are the ingredients necessary to become a master of cocreation instead of a master of limitation.

THE LAW OF AFFIRMATION: THE CREATOR SAID, "LET THERE BE LIGHT," and there was light—no doubts, no trying, but creating through the law of affirmation. Your sc and C minds accept what you believe of yourself and for yourself. Affirmations reprogram the sc and give direction to your C mind. Whatever you affirm for yourself becomes the law of your Being. You must think, act and believe that which you wish to become and manifest.

THE LAW OF PHYSICALITY: You are Spirit in a physical vessel here on Earth to experience the material world for the Creator and the Great Beings of Light. You have a Divine Blueprint of your beautiful physical temple encoded in what is called your Golden Etheric Web, but this Golden Web has become dim, and impacted with a tarry substance. It has become diminished down through the ages with all the negative thought-forms and energies you have allowed in your auric field. Claim and activate that perfect body that was designed at the direction of the Creator. Repeat daily, "I AM pure in Spirit and Body. I AM strong, youthful, healthy, full of vitality and resonate from within the center of my being pure love

and Christ Light." Do not yearn to leave your body. Your mission is to bring paradise back to planet Earth—the Garden of E-don. This is the term Lord Michael uses which means obedience to Divine wisdom. The whole Earth was the Garden of Eden, not just a particular location.

MISCELLANEOUS THOUGHTS AND TEACHINGS

BY RONNA HERMAN

**WE ARE BEING PREPARED FOR THE ALPHA AND OMEGA PHASE OF CREATION
THE ALPHA/OMEGA THRESHOLD WILL CREATE A CONNECTION TO AND INITIATE THE REUNIFICATION
PROCESS WITH OUR VASTER OVERSOUL SELF**

**THESE ARE THE ENERGIES THAT ARE ACTIVATED AS WE COME INTO BALANCE/HARMONY AND ARE
FUNCTIONING AS ALPHA MASTERS**

1ST CHAKRA: ROOT * PASSION FOR LIFE / INTUITION / ATTUNEMENT TO EARTH

2ND CHAKRA: NAVEL/SACRAL * SPIRIT-INSPIRED DESIRE AND PRANIC (SACRED BREATH) CENTER

3RD CHAKRA: SOLAR PLEXUS * EARTHLY POWER CENTER

4TH CHAKRA HEART * SOLAR POWER CENTER *

BRIDGE TO UPPER CHAKRAS

5TH CHAKRA: THROAT * ROD OF POWER/TELE-COMMUNICATION CENTER

6TH CHAKRA: THIRD EYE * FOCUS / INNER SIGHT / THOUGHT PROJECTOR

7TH CHAKRA: CROWN * CROWN OF LIGHT / CONNECTION TO OUR DIVINITY

THE CHAKRAS AND CORRESPONDING GLANDS:

1. ROOT / BASE OF SPINE * ADRENAL GLAND

2. SACRAL CENTER * GONADS / SEXUAL ORGANS

3. SOLAR PLEXUS * PANCREAS

4. HEART * THYMUS

5. THROAT * THYROID / PARA-THYROID

6. THIRD EYE * PITUITARY GLAND

7. CROWN / HEAD * PINEAL GLAND

****ATTITUDE AND INTENT ARE EVERYTHING * PURE DESIRE CREATES PURE CREATIONS * WHAT YOU
FOCUS ON IS WHAT YOU GIVE MORE ENERGY TO AND DRAW TO YOU. YOU RADIATE AND MAGNETIZE
ENERGY.**

****FIRST COMES THE AWAKENING FOLLOWED BY: AWARENESS, REALIZATION, ASSIMILATION, ACTIVATION,
MANIFESTATION.**

**** WE ARE BEING BOMBARDED BY NEW, HIGHER LIGHT FREQUENCIES. WE ARE RECEIVING NON-VERBAL
INFORMATION FROM OUR HIGHER SELVES IN THE FORM OF SYMBOLS OR SACRED GEOMETRIC PATTERNS,
AS WELL AS PACKETS OF INFORMATION THAT NEED TO BE DOWN-LOADED THROUGH OUR BRAIN
STRUCTURE.**

**** IT IS IMPORTANT THAT WE BECOME CLEAR RECEPTACLES FOR THE LIGHT TO FLOW INTO AND THROUGH
* AS WE FILL OURSELVES WITH COSMIC CREATOR LIGHT, WE GO THROUGH THE PROCESS OF REFINING AND
RELEASING ANY OLD ENERGY THAT IS NOT OF THE SAME VIBRATION.**

****WHAT YOU ARE NOW IS WHAT YOU HAVE THOUGHT AND DONE IN THE PAST * WHAT YOU WILL BE IN
THE FUTURE IS DETERMINED BY WHAT YOU THINK AND DO NOW.**

**** A STATE OF ALERT EMPTINESS REMOVES CLUTTER FROM THE MIND. STOP AND MONITOR WHAT YOU
ARE THINKING ABOUT. IF IT IS NOT POSITIVE, CHANGE IT.**

**** YOU MUST BE WILLING TO STEP INTO AND EMBRACE THE NEW YOU * YOU ARE CHANGING EACH AND
EVERY MOMENT AND WILL CONTINUE TO DO SO AT AN ACCELERATED RATE IN THE FUTURE.**

BE WILLING TO LET GO OF WHAT NO LONGER WORKS, AND BE DARING ENOUGH TO REACH OUT AND EMBRACE THE NEW GIFTS BEING OFFERED TO YOU * HEALING/REVITALIZATION IS A NATURAL PROCESS, AND WILL BE IMPLEMENTED AND ACCELERATED WHEN WE BEGIN TO LISTEN TO OUR BODY ELEMENTAL AND HIGHER SELF.

** AS THE MEMBRANES OF LIGHT DISSOLVE FROM AROUND THE MULTIPLE STRANDS OF OUR DNA, OUR CELLS WILL BE RECALIBRATED AND WE WILL BIRTH NEW LEVELS OF OUR CORE SELF, WHICH WILL EVENTUALLY MANIFEST IN OUR PHYSICAL VESSELS, AS THE PROCESS OF PHYSICAL EVOLUTION SPEEDS UP. WE ARE CREATING A NEW ENERGY SIGNATURE THAT IS ATTUNED TO THE MULTI-DIMENSIONAL BEINGS WE ARE BECOMING.

** WE ARE MOVING INTO NEW, UNCHARTED TERRITORY. THERE ARE NO ROAD MAPS OR GUIDELINES FOR WHAT WE ARE NOW EXPERIENCING. WE ARE STEPPING INTO A GREATER REALITY. WE ARE ASCENDING INTO A NEW, TIGHTER SPIRAL OF EVOLUTION, WHICH CONTAINS BANDS OF HIGHER VIBRATIONAL ENERGY, OR A SERIES OF INTERCONNECTED SPIRALS AND ARCS WHICH CONTAIN HIGHER CODES AND GEOMETRIC PATTERNS OF LIGHT. WE ARE WEAVING A NEW REALITY WHERE DUALITY WILL BE THE BALANCED OPPOSITE BUT COMPLEMENTING FACETS OF THE CREATOR.

** WE ARE BECOMING META-NORMAL, WHICH MEANS THAT WE ARE EXPANDING IN CONSCIOUSNESS, ABILITIES AND AWARENESS. GREAT POTENTIAL IS WAITING TO BE ACCESSED, BROUGHT FORTH AND PERFECTED. THE CORE OF EVERY ATOM IS PURE SPIRIT—ENERGY WAITING TO MANIFEST IN A MULTITUDE OF FORMS. EVOLUTION DOES NOT JUST HAPPEN. THE EVOLUTIONARY PROCESS IS ALL ABOUT CHANGE: LETTING GO OF THE OLD WAYS AND MAKING WAY FOR THE NEW, WHICH CHALLENGES EACH OF US AND PUSHES US TO THE LIMIT. CONTROLLED STRESS IS A MAJOR COMPONENT OF STEPPING OUT OF YOUR COMFORT ZONE INTO THE UNKNOWN.

** AS OUR BODIES ARE INFUSED WITH NEW JEWELS OF CONSCIOUSNESS, OR CRYSTALLINE LIGHT FREQUENCIES, WE ARE GRADUALLY FREED FROM THE LOWER VIBRATIONAL PATTERNS OF KARMA AND WE MOVE INTO A STATE OF DIVINE GRACE. THERE IS ALSO WHAT IS CALLED A COLLECTIVE SOUL ADVANCEMENT: AS WE ARE LIFTED, SO IS THE EARTH AND ALL HUMANITY.

**WE ARE IN THE HABIT OF PERSONALIZING ALL EXPERIENCES. WE MUST REALIZE THAT IT IS NOT ALWAYS "ABOUT US," AND LEARN TO LOOK AT THE BIGGER PICTURE FROM A HIGHER VANTAGE POINT.

** AS YOU ASCEND ON THE SPIRAL OF EVOLUTION, YOU WILL CONTINUALLY GO THROUGH THE PROCESS OF STEPPING THROUGH A NEW DOOR OF HIGHER FREQUENCIES (A PLATEAU). YOU MUST THEN ABSORB, INTEGRATE AND RADIATE THAT LEVEL OF VIBRATION BEFORE YOU MOVE TO ANOTHER LEVEL. IT IS A NEVER-ENDING PROCESS OF SPIRITUAL GROWTH/REALIZATION.

EMBODYING SPIRIT

QUANTUM PHYSICS TEACHES THAT MATTER AND ENERGY ARE INTERCHANGEABLE. WE CAN'T LIVE JUST IN OUR EMOTIONAL BODY (HEART), OR IN OUR MENTAL BODY(HEAD). SPIRIT IS MEANT TO INHABIT THE WHOLE BODY, NOT JUST THE HEART (EMOTIONS) OR THE HEAD (INTELLECT). DEEP BREATHING AND FLOWING MOVEMENT HELPS SPIRIT TO PERMEATE OUR ENTIRE BODILY SYSTEM. FULL BODY BREATHING IS ONE OF THE SECRETS OF ALLOWING SPIRIT TO ENTER AND TAKE RESIDENCY WITHIN THE PHYSICAL VESSEL. SPIRIT CANNOT EMBODY A VESSEL THAT IS IMPACTED AND FILLED WITH NEGATIVE, FEAR-BASED RESTRICTIVE ENERGY WHICH IS THE BASIS OF ALL PAIN AND SUFFERING.

IT IS TIME WE BECOME AWARE OF THE "SCIENCE OF SPIRIT," AND NOT JUST THE "EMOTIONS OF SPIRIT." MOST RELIGIONS ARE BASED ON THE EMOTIONS OF SPIRIT, RESULTING IN FEAR-BASED REACTIONS OF GUILT, SHAME, FEELINGS OF LOW SELF-ESTEEM, A SENSE OF POWERLESSNESS IN CONTROLLING OUR DESTINY.

BECOMING AN ALPHA MASTER IN A BETA WORLD * USING METAVISION

**ALPHA MASTERS HAVE CONFIDENCE, A STRONG SENSE OF SELF-ESTEEM, AND
KNOW THAT THEY ARE IN CONTROL OF THEIR WORLD AND THE FUTURE**

**BECOMING AN ALPHA MASTER ENABLES YOU TO HARMONIZE THE RIGHT AND LEFT HEMISPHERES OF THE
BRAIN, WHICH ALLOWS INTEGRATED THINKING AND AWARENESS.**

**MAINTAINING AN ALPHA LEVEL UNLOCKS THE DEEP UNCONSCIOUS AND SUBCONSCIOUS MINDS AND
ALLOWS US TO TRANSMUTE AND CHANGE NEGATIVE, LIMITING THOUGHT PATTERNS THAT KEEP US FROM
REALIZING OUR GENIUS POTENTIAL AND OUR GREATNESS.**

1. LET GO OF THE PAST * SET GOALS FOR THE FUTURE * LIVE IN THE PRESENT.

2. ACTION IS BEGUN BY THOUGHT * THE CONTROLLING FACTOR IS THOUGHT.

**3. YOU CAN CONTROL THE CHEMICAL ACTION OF YOUR BODY'S RESPONSES BY YOUR ATTITUDE TOWARD
ANY STIMULUS THAT CAUSES STRESS.**

**4. STRESS CAUSES CHEMICAL REACTIONS IN YOUR BODY, REACTIONS THAT YOU HAVE NO CONTROL OVER
ONCE THEY HAVE STARTED.**

**5. A NEGATIVE RESPONSE OR A "FIGHT OR FLIGHT" EMOTIONALLY STRESSFUL RESPONSE IS INITIATED BY A
MENTAL IMAGE OF SOMETHING YOU HAVE BEEN PROGRAMMED TO BELIEVE IS THREATENING, OR THAT
YOU FEAR.**

6. YOU BECOME WHAT YOU THINK.

**7. MENTAL IMAGES ARE TRIGGERED BY A STIMULUS. WHEN A STIMULUS IS ASSOCIATED WITH A THOUGHT,
THE THOUGHT BECOMES THE ACTION.**

8. NEGATIVELY PROGRAMMED ASSOCIATED THOUGHTS CAN BE CONTROLLED BY REPROGRAMMING.

**9. LEARNING HOW TO QUICKLY MOVE INTO AND MAINTAIN AN ALPHA STATE IS THE KEY TO TAPPING INTO
OUR INNER WISDOM, OUR HIGHER SELF AND TO ASSIST IN CONNECTING WITH OUR GUIDES AND ANGELIC
HELPERS .**

**10. WHEN YOU VISUALIZE GOOD HEALTH AND WELLNESS, YOU SET IN MOTION ENERGIES WHICH
INFLUENCE THE VERY CELLS IN YOUR BODY. 1**

**1. YOU, IN EFFECT, CHANGE WHATEVER IT IS THAT CAUSED THE PROBLEM/DISCOMFORT/DIS-EASE IN THE
FIRST PLACE.**

**12. YOU VIEW THE PROBLEM FROM THE VANTAGE POINT OF A WELL-ADJUSTED PERSON WHICH IS QUITE
DIFFERENT FROM THAT OF A MALADJUSTED PERSON.**

13. YOU ALSO TAP INTO THE WISDOM OF YOUR BODY ELEMENTAL.

**14. SOON, YOU WILL HAVE ITS COOPERATION AND ASSISTANCE IN RECLAIMING THE HEALTHY, VITAL,
YOUTHFUL BODY WHICH WAS DESIGNED AEONS AGO BEFORE YOUR FIRST EARTHLY INCARNATION (YOUR
ADAM/EVE KADMON LIGHT BODY).**

15. FIRST YOU WILL MAGNETICALLY "LIGHTEN AND PERFECT" YOUR ETHERIC BODY, WHICH WILL GRADUALLY MANIFEST IN YOUR PHYSICAL BODY AS WELL.

IMAGINATION, SENSITIVITY AND IMPRESSIONABILITY are three important factors in one's ability to use METAVISION to attain and maintain an ALPHA STATE OF AWARENESS. An open mind, a good attitude and a willingness to practice the techniques as given are the pre-determining factors for your success in attaining your goals and becoming an ALPHA MASTER. When you effectively learn the process, you will find there is a wonderful feeling of peace and tranquility, a sense of well-being and clarity as you go about your daily tasks. You will feel more relaxed, you will be more focused and have more energy. Positive auto-suggestions are set while in a deeper Alpha state but executed and maintained while in a light ALPHA state though you will be fully conscious and awake. This proves to be one of the most effective ways to program what we want to be or have, and to release old/negative patterns, addictions and thought forms.

BY USING THE GIFT OF OUR PYRAMID OF LIGHT/POWER IN THE FIFTH DIMENSION, we add a powerful and effective element to our programming for the future. You must have a clear, detailed picture of what you wish to manifest. What is your true intent? You must align with your Higher Self and ask only for the highest outcome and the highest good for all. During the programming process while in your Pyramid, ask your Higher Self to show you any hidden blocks (guilt, fear, or other deeply embedded emotions) that are keeping you from attaining your goals.

Seeking out and changing old negative programming and false limitations will assist you in eliminating the blocks that keep you from successfully achieving that which you desire. Many limitations are instilled within our unconscious minds by criticism by an authority figure when we are young. Criticism creates limitations. We all have had experiences that created pain, guilt, shame and a sense of unworthiness. Some of these experiences keep us from living up to our fullest potential for we fear failure or criticism. We also have genetic fears. In the Bible it states that we will be visited (affected) by the sins of seven generations (paraphrased). What this means is that within our DNA we have imprints of ancestral and mass-consciousness beliefs which include fear, guilt, survival and worthiness issues. We also have fears that permeate our four lower bodily systems (physical, mental, emotional and etheric). It is possible to clear all the distorted beliefs, imbalances and programming that go back to our first incarnation, to begin with a clean, new slate, so to speak. Now that we are gaining a new expanded awareness and learning how the universal laws work, we have an opportunity to tap into our personal "God-power," and create any kind of world we can envision.

We should view change as a learning experience and an opportunity to grow and expand our consciousness and our world. As you claim your mastery and you are more confident in the results you can create, you will find yourself not only looking forward to change but instigating it as well.