



Those interested in hosting an Intimate Group Seminar please email Randy Monk at [Randy@TimelyGuidance.com](mailto:Randy@TimelyGuidance.com)

**INTIMATE GROUP SEMINARS & QUEST FOR MASTERY TEACHER TRAINING**  
Founder/Director Ronna Herman \* Overlighted by Archangel Michael  
**\*THESE SEMINARS ARE INTERACTIVE WITH INDIVIDUAL PARTICIPATION\***

**The intention of this Intimate Group Seminar series is to provide a supportive and nurturing environment for those interested in moving to the next level of their personal and spiritual development, as well as people who are interested in teaching the life-altering material given by Archangel Michael through Ronna Herman. These seminars will be presented by Randy Monk.**

**Time:** 9:00am to 5:00 – breaks in the morning and afternoon with a one hour lunch break

**Participants:** 10 Participant minimum – 15 Maximum

**Abundance exchange:** \$88.00 – one day event

**Abundance exchange:** \$144.00 – two day event

Event fees refundable until within 30 days of event

Minimum number of participants may be higher due to travel costs

### **Sponsor**

- Main contact person via phone and email
- Provides venue (home, clubhouse, hall or business office meeting room)
- Identify local reasonably priced hotel/motel
- Airport pick-up/return and drive to and from motel/hotel (for Randy)
- Receives complementary seminar attendance, Becoming an Alpha Master CD program and \$50 for 1 Day seminars and \$100 for 2 Day seminars
- Remind people to bring water, snacks and lunch
- Provides refreshments and dessert for final Level 2<sup>nd</sup> day (to be reimbursed)

### **Attendees**

- *Required materials:*
- *Scripting Your Destiny, by Ronna Herman*
- *If intends to be a certified teacher must have Becoming an Alpha Master CD Program (20% discount for attendees)*
- *Bring lunch, water and snacks, paper and pen*

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## **QUEST FOR MASTERY LEVELS\***

### **Level I**

#### **I AM Mastery**

- Steps to Attain Mastery and Manifest your Vision
- Seven Chakras Exercises
- Seven Crystalline Spheres of Higher Consciousness Meditation

#### **Level I-A (possible follow-up)**

##### **I AM Mastery Teleclasses**

#### **Level II – 1 day event**

- What is an Alpha Master?
- Alpha State exercise I & II
- Universal Laws of Manifestation
- Infinity Breath exercise I & II
- Toning
- Abdominal Breathing
- Personal Work Pyramid of Light

#### **Level III – 1 day event**

- World Pyramid of Light
- Infinity Breath with Binary Sequencing
- Diamond Core God Cell Meditation
- Infinity Breath with Flower of Life
- Personal Pyramid of Light
- Creating Your Mer-Ka-Ba of Light
- Creating Your New Mer-Ki-Va of Light
- Violet Flame Meditation

#### **Level IV – 2 day event**

- Overview of Scripting Your Destiny
- Sacred Heart – Adamantine Particles Meditation
- City of Light Meditation
- Q & A session
- Certification Review – Participants present techniques and meditations

#### **QFM/Randy Monk**

- Provides marketing flier
- Announce event on monthly telecasts
- Post seminars on TimelyGuidance.com
- Post seminars on QuestForMastery.org
- Post seminars on RonnaStar.com
- Post seminars on AskArchangelMichael.com
- Presents Archangel Michael material for all levels
- Presents Archangel Michael material and coaches/reviews participants for final level
- Archangel Michael or Melchizedek message

This program is a work in progress and is subject to change as it develops.