



**THE
LIGHT
SHALL
SET
YOU
FREE**

**Dr. Norma
Milanovich**

**Dr. Shirley
McCune**

Self Empowerment/New Consciousness

The Ascended Masters state this book is destined to transform the world. Contained within these pages are some of the greatest spiritual teachings from the ancient mystery schools, plus instruction on how to apply these teachings to our everyday lives. Some of the information revealed here has not been made available before now. All of the information, if applied to our everyday lives, has the power to revolutionize the world.

In the past, only adepts, saints, apostles, mystics, and high priests and priestesses were allowed access to this instruction. With this knowledge, these individuals ruled and empowered themselves and civilizations, using the power that came with this knowledge to create and heal. Common folk leaned heavily on these spiritually elite for solutions to their problems, for the masses had acquired neither the discipline nor the strength of will it took to master the teachings on their own. Learning and applying these truths required lifetimes of discipline and dedication. More importantly, mastering the knowledge demanded that one be accountable for his or her own actions—a responsibility the masses were not ready to accept.

The Ascended Masters, however, decree that the time has come for everyone to learn these teachings and share in the responsibility for transforming life and the world. Admittance into the Fifth Dimension demands this of all. Therefore, all who read this book must be forewarned that access to this knowledge automatically holds the soul accountable for its part of creation and each will be judged accordingly! The portal now stands open for all to pass through to collectively build the Seventh Golden Age on Earth.

Writing this book with Shirley and the Ascended Masters proved to be one of the most exhilarating experiences of my life. I am humbled to be an instrument for the Masters' words and truly delighted to serve as a messenger to anyone who may benefit from this instruction.

Dr. Norma J. Milanovich



Moving to the Light is the goal for our personal and collective futures. May this book be a beacon for those who are moving toward Light and Love.

Dr. Shirley D. McCune

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FOREWORD

reetings, Dear Children of Earth.

I AM Kuthumi, coming through this frequency bringing words of wisdom and delight. I hail from the stars and the seventh-dimensional frequency and come to Earth as the Ambassador of Love and Light.

To some I am known as World Teacher. To others, I am the spokesperson for enlightenment and education for the Galactic Command. To others, I am the essence of Spirit. One's title is of little significance, for the importance of one's essence lies not in the title, but in the impact one's message has in changing consciousness and "ways."

I begin in this manner, for my message of today is designed to assist many to understand the concept of the "one way." This instruction is necessary for entry into the Fifth Dimension. It is also timely, for humanity is quickly approaching the portal of time/space that will open to allow entry into this new world.

There is much urgency on Earth during these troubled times. It is my hope that my role as World Teacher will be earned through the imparting of this critical message, designed to assist humanity on how to move gracefully through the turmoil in the days and years to come.

I am one of many who represent the Galactic Command of The Most Radiant One. We have journeyed to your system to accompany Earth on her mission and destiny into the Fifth Dimension. In the twinkling of an eye, you will soon see the