

2-20-2008

## The Heart of Forgiveness

I am Sananda, my I AM Presence comes on this day of 2-20-2008, to offer to those of you willing to Let Go, an Attunement to The Heart of Forgiveness. In attuning to this vibration, you are integrating the triple heart within you.

The Heart of Forgiveness is a 110, A vibration. The A 110 frequency musical tone is the Harmonious Attunement vibration a soul enters into just before a physical incarnation. It is the vibration that prepares a soul for opening the lungs for the first breath of air. Inside the womb, the developing fetus receives oxygenated blood through the amniotic fluid. At birth, a miraculous process occurs which allows the emerging soul's physical vehicle to shift from a fluid source for life support through the mother, to a gaseous source from exterior environmental life support. It is an amazing process which encapsulates the act of letting go, which is the Heart of surrendering to change and to transformation.

(See notes below to view the Physiological Heart-lung process of transformation at birth<sup>1</sup>.)

The soul's first act upon birth is a supreme letting go of the old way of being, represented by a physical connection to the mother's source of life-blood. The letting go process of birth is meant to be a natural and graceful act of transition. In a conscious birth, the first breath of a newborn is a peaceful and alert experience for both mother and child.<sup>2</sup>

What children learn in their formative years, is how to hold on. A newborn infant is a master at letting go because he/she has not yet been introduced to the holding on frequency. As long as its needs are met, an infant exists from moment to moment, in a state of pure Being. Over the first two years of its life, an infant gradually learns about the value of holding on from the perspective of survival instincts as a biological entity. This comes through the lessons of control and possessions. Me and Mine are very prominent words in developing children as they becomes aware of the exterior world and their relationship to it. The process of shifting identify from connection to all, or "uni-centric" to "self-centric" is one that every incarnate being must make. Controlling of bodily functions and control of possessions and choices are parts of this process that you are all aware of. The ego, or the I, is developed in this process. Is there something

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<sup>1</sup> With the first breath after birth, the system changes suddenly. The pulmonary resistance is dramatically reduced. More blood moves from the right atrium to the right ventricle and into the pulmonary arteries, and less flows through the *foramen ovale* to the left atrium. The blood from the lungs travels through the pulmonary veins to the left atrium, increasing the pressure there. The decreased right atrial pressure and the increased left atrial pressure pushes the *septum primum* against the *septum secundum*, closing the *foramen ovale*, which now becomes the *fossa ovalis*. This completes the separation of the circulatory system into two halves, the left and the right. <http://en.wikipedia.org/wiki/Fetus>

<sup>2</sup> I have personally experienced this peaceful transition during the birth of my children. In the Spiritual Art of Birthing, a channeled discourse on spiritual birth, I was able to access information on how to birth in this way. Using this practice, my son was born without pain. He came into the world in a peaceful alert state, staying connected to me through the umbilical cord until he was breathing comfortably on his own.

“wrong” with the formation of ego in your world? For many spiritual teachers tell you that the ego must die or must, at the very least, be controlled.

Let us assume for a moment that each and every need of an infant is perfectly met, and not only met, but is anticipated in advance by its caretaker. Even if this could occur, the process of developing a sense of I or ego is a critical part of development into a functional being in the incarnate world. There is nothing wrong with the ego, our friends in light! What we have been teaching for a long, long time, is that the ego is simply the “I” without the I AM. The fundamental dysfunction or dissonance occurs when the connection to the eternal, indwelling soul is not maintained, nurtured, and balanced with the external needs of being in the physical world.

But is this wrong? For if it is, 100% of incarnate beings are flawed or have been subject to some sort of cruel reality. Because as souls, we *choose* to come here to learn spiritual Truths and to transcend the limitations of place and identification to return to unification with All. We choose this path because it serves us in a profound way. We come here because we learn to disconnect and be in a state of dissonance. By choice, then, we awaken and return to connection and harmony. The greatest of your spiritual teachers have all followed this pathway. So let us first and foremost, let go of judgment around the experience of individuation and the development of what you are calling ego, in order to transcend to an integrated Truth. Because if you despise or denigrate the ego, you are essentially forgetting why you came here in the first place!

The fundamental reason that you come here is to learn to forgive. To learn to forgive is to learn to let go of all grievances, past hurts, old wounds and to let go of the internal pressure in the heart and/or mind to hold on to old ways of being. We can see this from the etymological origins of “forgive” which take us into the places of the unhealed heart.

#### [forgive](#)

O.E. *forġiefan* "give, grant, allow," also "[to give up](#)" and "to give in marriage;" from *for-* "completely" + *ġiefan* "give".

#### [give](#)

O.E. *ġiefan* (W. Saxon), from PIE *\*ġhab(h)-* "to take, hold, have, give".  
O.Dan. *ġivæ*. Meaning "[to yield to pressure](#)" is from 1577.

#### [pressure \(n.\)](#)

1382, "[act or fact of pressing on the mind or heart](#)," from O.Fr. *pressure* (12c.), from L. *pressura* "action of pressing," from *pressus*, pp. of *premere* "to press."

From: <http://etymonline.com/>

To forgive is to wholeheartedly (and in full consciousness) let go of anything that is pressing on the mind or heart that keeps you disconnected from the eternal I AM. To forgive is to let go of dissonance and return to harmony.

“But Master Sananda, you have said before that we are here to love.” Yes, this is true. But in order to love unconditionally, you must let go of the pressure to hold on. The pressure to hold on comes from belief in separation. If one is separated, which in fact happens biologically at birth, then one believes through experience, that this is the true state of being. Spiritual maturation, or reawakening, is to reconnect with the One, which is by analogy, the Umbilical cord of Divine Love which is never severed. To reconnect, you have to let go! You must choose to forgive and let go of internal dissonant pressure. The True state of being is connection. Connection is a bond of communion with the One.

### connection

c.1385, from O.Fr. *connexion*, from L. *connexionem*, from *connectere* "to fasten together," from *com-* "together" + *nectere* "to bind, tie."

### nexus

1663, "bond, link, means of communication," from L. *nexus*, pp. of *nectere* "to bind," from PIE base *\*ned-* "to bind, tie."

Source: <http://etymonline.com/>

To be connected is to feel the bond with the Eternal I AM. In order to feel this eternal tie, the act and art is to let go! This concept creates a pressure in the heart and mind. To let go is to reconnect. This statement creates cognitive dissonance<sup>3</sup>. Cognitive dissonance is a good thing because it creates the discomfort which impels us to question, to ask and to go deeper within.

How does one let go? To let go is to surrender, to be willing to go deep within to the places of both darkness and light. It is to have the **courage to see, acknowledge and accept what is** within in order to liberate it. When you liberate your places of darkness, you are moving from a learned state of infantile being, which is to be response-based, into a state of being action-based and then into a Creation Able being. This is to experience the God within. This is to reconnect to the eternal bond of Love. God is the

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<sup>3</sup> **Cognitive dissonance** is a [psychological](#) state that describes the uncomfortable feeling between what one holds to be true and what one knows to be true. Similar to ambivalence, the term cognitive dissonance describes conflicting thoughts or beliefs ([cognitions](#)) that occur at the same time, or when engaged in behaviors that conflict with one's beliefs. In academic literature, the term refers to attempts to reduce the discomfort of conflicting thoughts, by performing actions that are opposite to one's beliefs.

In simple terms, it can be the filtering of information that conflicts with what one already believes, in an effort to ignore that information and reinforce one's beliefs. In detailed terms, it is the [perception](#) of incompatibility between two [cognitions](#), where "cognition" is defined as any element of [knowledge](#), including [attitude](#), [emotion](#), [belief](#), or [behavior](#). The theory of cognitive dissonance states that contradicting cognitions serve as a driving force that compels the mind to acquire or invent new thoughts or beliefs, or to modify existing beliefs, so as to reduce the amount of dissonance (conflict) between cognitions. Source: [www.Wikipedia.com](http://www.Wikipedia.com)

Creator and within you, in the integrated heart, you are also a Creator and you are Creation Able.

The Attunement to the Heart of Forgiveness occurs in letting go and then, allowing in the reconnection to I AM One. To let go in the heart of forgiveness is to open the heart to whatever is, without judgment. Whatever you have experienced in the past has given you a great gift in the now. That gift is to give you the material to practice forgiveness in the Now! If you have been harmed, you may look at that from a perspective of spiritual wisdom as the opportunity to let go into forgiveness of others. If you have harmed others, you may see that as an opportunity to let go into forgiveness of your self.

**When you stop judging what happened in the past and see it as a gift of awakening, you are able to begin the letting go process.** You are then capable of moving from responding all the time, to past experiences as if they were happening again right now. You move from being response –able into a different state which is being action –able. The action aspect of letting go is to act differently, as Master Kuthumi says: *to make a different choice*. To make a conscious choice. It is to act from Love rather from reacting or responding to conditioned patterns of the past which are based on fear and “less than” feelings. You let go of the expectation that you may be harmed or harm another, as in the past, and take the action of the I AM: I Am letting go now, into forgiveness of others and forgiveness of self.

### Experiencing the Heart of Forgiveness: Letting Go

This is an integration and an attunement which encompasses body, mind and spirit. The body is opened through connecting the heart to the infinity or the Creator within, the mind is engaged by restructuring beliefs, and the spirit is integrated through the I AM.

You may activate this in the following way:

- Place your middle three fingers of both hands on each side of your sternum, around the chest, feeling the spaces between your ribs.
- Breathe into your heart, taking in the I AM.
- Feel the heart expand with the in-breath.
- As you exhale, feel the Letting Go.
- As you let go on the out breath, take note of any pressure you feel in the heart area.
- You may feel this more deeply by pressing inward with your fingers.
- This feeling of pressure is showing you that you are still holding on to past experiences and still responding to them, in a largely unconscious way.
- Just be aware of this feeling, without judgment.
- Observe this process, allowing it to inform you of your conditioned responses.

Now, after feeling this pressure, you may next actively open your heart on the in breath by actually using your fingers to expand the heart area by spreading the sternum open and

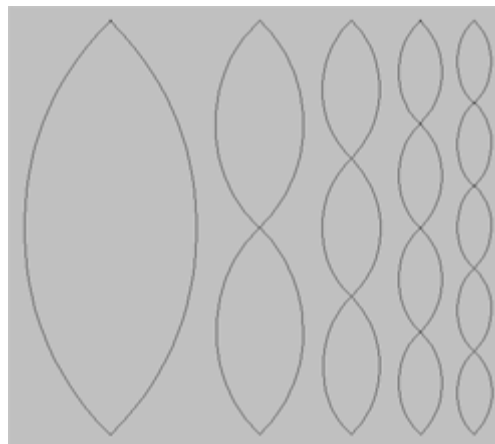
expanding the rib cage to allow in more air, more light, more conscious, more connection and our Beloveds, more love.

As you do this simple breathing, you are nurturing your self from the level of the soul. Perhaps you see the body connection of this because your hands and arms are creating a nurturing infinity circle with your heart. You are sending love directly into your heart and your arms are encircling your breasts in love, the place where you energetically give to others, both as males and females. You now embrace and give love to yourself. This is a simple and yet profound activation of the Attunement to the Heart of Forgiveness.

As you breathe in and out, you may affirm: “I am letting go, I am forgiving, I am, I am Love, I am Love Creating.”

You may enhance this experience further by bringing in an “A” frequency on any of the octaves: A 110, A 220, A 440 (universal concert “A”), or A 880. Why is this the ideal sound vibration? Because it reconnects you to the supreme act of letting go at birth and reminds and re-instructures you to the Harmonious Attunement vibration on which you were born into this life, as an incarnate soul. The A frequency attunes you to forgiveness, and it aligns you with all the soul intention that impelled you into this life: “I am here to forgive and to create a New Now, one based on love and connection, forgiveness and harmony, peace and attunement, the integration of Light, Dark and forgiveness, the I AM creation of soul.”

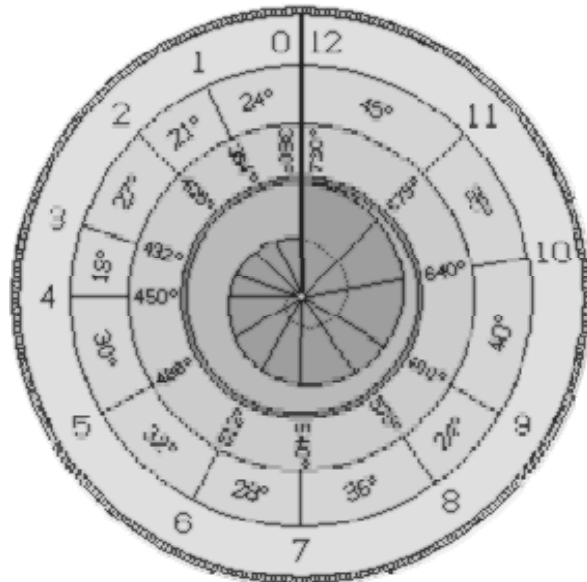
The waveform of A is seen in this vibrational infinity waveform:<sup>4</sup>



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<sup>4</sup> Tone is based on the frequency of sound waves. In modern western music, the note "A" in the middle octave has a frequency of 440 waves per second. This is the base frequency that is generally used to tune instruments. **This is the same as the number of cubits in the baselength of the great pyramid.** Doubling the frequency of a note produces the same note, one octave higher. Thus a frequency of 880 also produces an "A", as does a frequency of 220. <http://home.hiwaay.net/~jalison/music.html>

Using Universal A 440, you are attuning and re-turning to the frequency of your incoming soul to this Creation dimension, a letting go of dissonance and a reconnection with Harmony:



**The Circle of Natural Intervals**

In this geometry is all Creation, the reconnection of 12, the Fibonacci sequence, the golden spiral, the repetitive and sacred geometry behind all creation. 0,1,2,3,5,8,13,21.<sup>5</sup>

This attunement has the potential to reconnect you to a state of being Creation Able. This is the Heart of Forgiveness, the eternal connection to One. This state of harmony is the reason you choose to come here, to remember, to awaken and to be at One, the true state of your Creation, in connection to Love and to forgiveness of All.

Blessings on this day of attunement, 2-20-2008 and again, on 2-28-2008.

From the Heart Center of All where the Plan of the One is known,

I AM Sananda

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<sup>5</sup> Refer to the following website for an overview of the Fibonacci sequence and Golden Spiral, including a beautiful sequence of images connecting the microcosm-macrocosm through sacred form and attunement: <http://iluvkids.myweb.uga.edu/Goldenspiral.html>