

2-8-2008 and 2-28-2008

We began this discourse on the day of 2-8, 2008, a day of 1-1 or 11. We complete it on the day of 2-28-2008, a day of 22. We move from 11-Master Spiritual Intuition to 22 – Master Builder. We ask you to consider: What is the Foundation on which you Build your New Now? On this day the veils drop from your third eye, if you so choose. On this day, the heart chambers open to All that is within, including The Heart of Light, The Heart of Darkness and The Heart of Forgiveness. I AM Sananda, here to present to you the Canon of Spiritual Atonement.



This is a trinity integration of the triple heart and it is based on the 111 **Crystal Grids of Trinity** within your heart, the heart of Gaia, and the heart of God. **We**, meaning my I AM Presence, the I AM Presence of my co-teacher, the Master Kuthumi and the I AM Presence of Buddha, show you through the synchronous resonance of word vibration, how this fits together to form the **Canon of Spiritual Atonement** on this day of 28-28: 11. We continue to use word vibration-numerology as the means of substantiation of these Truths. The Canon of Spiritual Atonement forms a complete circle, 360 degrees of unification with the One.

Let us begin. We ask you to incorporate the vibration of 111 by understanding the power of vibrational phrases that equate to 111. This vibration connects you to the Crystal Grids of Trinity and reconnects you to your own **Light Network of Ascension**.<sup>1</sup>

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<sup>1</sup> For a description of the Crystal Grids of Trinity and Light Network of Ascension, please follow this link to a discourse on the topic by Sananda on 2-11-2008: [http://www.azlivinglight.com/archives\\_2008.htm](http://www.azlivinglight.com/archives_2008.htm)

Canon of Spiritual Atonement

**c a n o n o f s p i r i t u a l a t o n e m e n t**

3 1 5 6 5      6 6      1 7 9 9 9 2 3 1 3      1 2 6 5 5 4 5 5 2

**| Total Letter Value    111    =    3**

All of the following phrases equal 111 in the translation of word to sacred number:

Crystal Grids of Trinity = 111 = 3

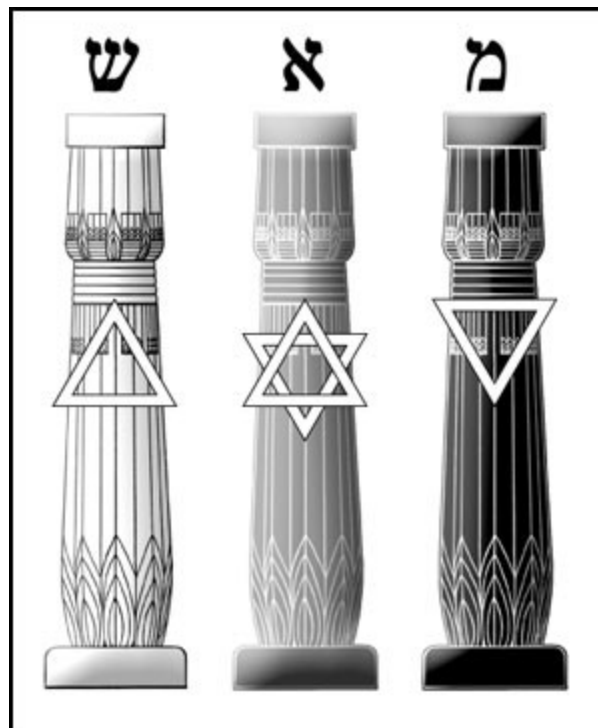
Light Network of Ascension = 111 = 3

Eternal Lightness of Being = 111 = 3

Buddha: All Essence is Vibration. = 111 = 3

Christ: Love Wisdom Power = 111 = 3

Kuthumi: The Law of Confluence = 111 = 3



Symbol from the Order of the Golden Dawn

What is the importance of the 111 vibration and symbol? It is the connecting energy to the center of all things: the 111 symbol represents the inner awakening to balance of your own primary trinity of Love-Wisdom-Power.

In a generalization of the last 12,000 year cycle of humanity's development, we affirm that women have been largely disconnected from their source of power and men have been largely disconnected from their source of wisdom. What are the predominant characteristics of this? Female disempowerment, victimization and persecution of the creative power of women such as feminine intuitive healing and birthing arts. This pattern is shifting rapidly as the divine feminine is re-emerging as empowered wise women reconnect and rebalance their trinity of love-wisdom-power. For males, the emphasis on "power-over" others has resulted in the false belief (folly), that power can be used for acquisition of things or status, without causing harm to the heart of humanity and Gaia. Male tyranny stems from a disconnect from Divine Truth-inner wisdom that power must be wielded with great responsibility and honor. This pattern is also shifting rapidly as the divine masculine is re-emerging as wise men reconnect and rebalance their trinity of love-wisdom-power.

What is the connecting energy of all things? It is Love. Love is the reconnecting emotion and vibration. It heals all things. But it must be activated in the sacred trinities so that an imbalance does not recur. The 111 symbol is a sacred symbol of this reconnection in the inner most place of your soul: the God within. To reconnect with the God, or I AM Presence within, you must give yourselves permission to go into your own temple of Love-Wisdom-Power, represented by the number 111. Deep within your own heart, you find unity with the One. Deep within your heart, you experience Atonement.

What are the Crystal Grids of Trinity and the Light Network of Ascension? The Crystal Grids of Trinity are matrix connections on multiple layers of reality. For example, at the core of the Earth is a large body-centered cubic crystal structure composed of a single crystal of iron. From this iron crystal emanates a gigantic icosahedron form which creates the Great central matrix on earth's surface.<sup>2</sup> These 20 equilateral triangular forms (trinities) all connect to the One body-centered cubic crystal at the center. The matrix connects all sacred sites and power vortexes. Electromagnetic resonance from these amplified sacred sites serve many purposes, including balancing the earth, creating portal openings to other dimensions, and impacting all life forms on earth.

Within your physical being, you also have one central cell that connects to all other cells in your body through 20 equilateral triangles. Where is the one cell? It is in the heart structure. Specifically, the center of the heart and all function of your being is located in

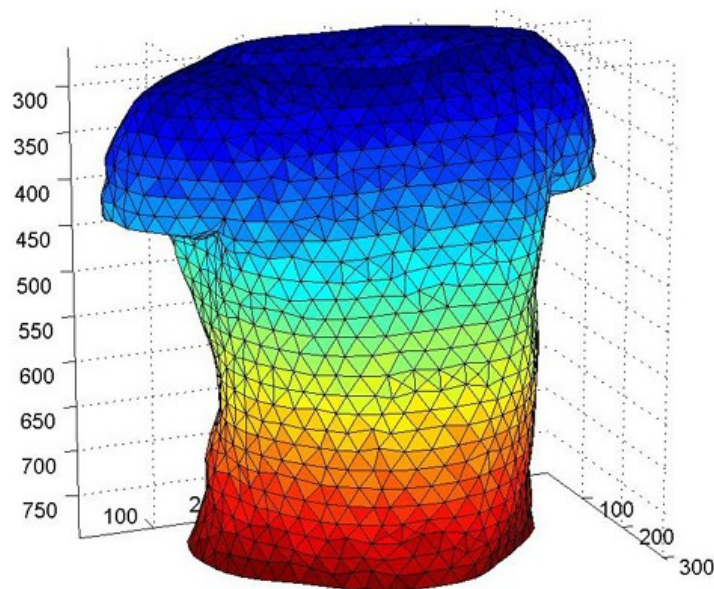
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<sup>2</sup> Reference: <http://www.spiritofmaat.com/archive/nov2/thegrids.htm>

the Aortic Valve<sup>3</sup> which opens to the Arch of Aorta<sup>4</sup>. The aortic valve consists of three (111:3) half moon shaped cusps, a central trinity at the center of your being!

We draw to your attention also, that scientists engaged in mapping the human body for a wide variety of purposes are creating models based on projecting 20,000 triangles onto the surface of the body. 20 x 1,000. 20 all connected into the 1. These are sacred geometrical proportions that are reflecting the icosahedral properties of the earth grids in the form of trinities.

These creation geometries are resonating into the frequencies of human transfiguration based on 12-21-2012 encodings. 20 x 1,000. This is also the beginning of the Fibonacci series, 0,1,2. All is connected to sacred number and geometry.



There are many, many more phrases that vibrate in the 111 frequency. For now, let us show you the complete circle of Canon of Spiritual Atonement:

Atonement is Divine Love. It is the integration of The heart of Light, The heart of Darkness and The heart of Forgiveness. We show you the complete circle in vibration and then we will bring this to understanding.

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<sup>3</sup> The **aortic valve** is one of the **valves** of the **heart**. It lies between the **left ventricle** and the **aorta**. The aortic valve has three cusps. These cusps are half moon shaped hence also called aortic semilunar valve. Each cusp has a small swelling in the center called the nodule.

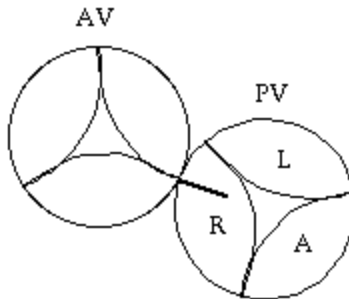
<sup>4</sup> The **aorta** is the largest **artery** in the **human body**, originating from the **left ventricle** of the **heart** and **bringing oxygenated blood to all parts of the body** in the **systemic circulation**. **Arch of aorta** is the peak part of the aorta that is the form of an inverted "U".

<sup>5</sup> Source: <http://ese.wustl.edu/UndergradResearch/ugrweb/>

Word vibration:

Atonement: Divine Love	89
The Heart of Light	81
The Heart of Darkness	80
The Heart of Forgiveness	110
Total vibration:	360

Atonement has been misunderstood and misinterpreted by all major religions. Atonement is not about reparation for injury or wrong. It is about Unity of Humanity with the Divine. Is it not interesting that the aortic arch is the U ( $\cap$ ) at the center of your being? And that the biological structure that opens into the arch is formed by a trinity?



(Diagram of the semi-lunar aortic and pulmonary values )

From: <http://pathhsw5m54.ucsf.edu/case22/pv.html>

All structures, geometries and vibrational essence is encoded with deep connection and meaning once you begin to see the Unity in all things. You have seen this common association of Atonement: At-One-Ment. What does this mean? You understand that it is about becoming One with the Divine and you feel deep within your hearts that there is a possibility of experiencing and knowing Unity. But how does one do this in incarnate form? Do you or some other person such as Jesus, have to die to experience Atonement?

You all know by feeling in your hearts, that you do not have to die, nor does someone in any time (past-present-future) have to die on your behalf in order to experience Spiritual Atonement.

**Spiritual Atonement is acknowledging and accepting all there is within you in all of your soul's experience, light and dark and then moving All of who you are into the frequency of forgiveness and Love of self and others.**

This creates Atonement. What is the essence? Divine Love.

Spiritual Atonement is activated by the integration of your triple hearts. The triple heart consists of three heart centers in the human body which carry the energies of Light, Darkness and Forgiveness. What we call heart, is not just associated with the physical organ structure that has been named “heart”. Heart is a concentration of energy, of life, of power, of creation and of connection to the One. In the human body, we find three of these concentrated centers, which we call the Triple Heart Mechanism:

<b>Energetic Heart</b>	<b>Physical Organ Association</b>	<b>Chromatic Chakra Association<sup>6</sup></b>	<b>Nerve plexus Association</b>	<b>Acupuncture Meridians</b>
<u>High Heart</u> The Heart of Light	Thymus	Turquoise – 8 <sup>th</sup> chromatic chakra	Brachial-Bronchial	Triple Warmer – meridian of hope and power
<u>Middle Heart</u> The Heart of Forgiveness	Heart	Green – 7 <sup>th</sup> chromatic chakra	Coronary-esophageal-Cardiac	Heart – meridian of forgiveness and love
<u>Low Heart</u> The Heart of Darkness	Ovaries/Prostate	Coral – 2 <sup>nd</sup> chromatic chakra	Sacral – Pelvic	Kidney – meridian of sexual assuredness & wisdom

Let us first examine The Heart of Darkness.

You see, many of you wish to skip or overlook the Heart of Darkness, making it impossible to move off of the wheel of karma and into Ascension and Dharma. You do not want to look at the darkness because it is difficult. You do not want to acknowledge your dark acts because it stirs up guilt. You do not want to see the dark aspects of your soul because it reminds you of your suffering and the suffering you have inflicted upon others. But when you do not integrate the Heart of Darkness, you must come back over and over again to learn to liberate the darkness, and to forgive, thereby experiencing Spiritual Atonement.

What is darkness? Is it sin? Is it evil? Is it negative karma? Is it fear? What we call **temporal darkness** is most closely identified with the word “ignorance”. Ignorance, our Beloveds, is the lack of connection with the fullness and unity of who you are. It is lack of Divine Wisdom. In ignorance, people harm each other. You see, if you remember all of who you are, you simply would not harm another or you would not experience harm at the hands of another. It is ignorant to believe that you can harm another without harming your self and soul. This is temporal darkness. (We three Wisdom Masters qualify darkness by the word ‘temporal’ or temporary, because pristine, eternal darkness is where Creation occurs and is nothing to fear! Where does creation come from in the body? The dark heart of ovaries and prostate.) The Comic Truth is that when you harm

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<sup>6</sup> Based on a system of 12 integrated charkas inside the physical body, channeled by Kuthumi and Maha Chohan to Ronna in 2006.

another, you are actually harming yourself. When you are being harmed by another, you are experiencing their darkness projected onto you.

Ah! But many of you have been instructed that if you focus on the darkness, it will bring more of the same to you by way of the Law of Attraction. The Master Kuthumi speaks of a different law, called the Law of Confluence, vibrating at a higher frequency of Cosmic Truth which states that Integration of all things creates a flowing energy in and through your life rather than a pushing/pulling dynamic of the small ego and little will. If you push away the darkness through denial, you actually attract more of it into your life because that is the energy you are requesting: the adage of “what you resist, persists”, is energetically true and we know that you have all experienced this. This is the profound meaning of my words, recorded in the Gospel of Thomas:

"If you bring forth what is within you,  
what you bring forth will save you.  
If you do not bring forth what is within you,  
what you do not bring forth will destroy you."

Gospel of Thomas  
Nag Hammadi Library  
Verse 70

When you begin to accept all of who you are and begin to activate integration of light/dark and forgiveness, you begin to balance in the triple hearts and experience a reconnection with the Divine, leading to Spiritual Atonement.

**The veils of ignorance drop and the Truth of attunement/atonement begins when you make a choice to remember all of who you are.**

Some of you ask this: Does the past matter? Is incarnate life not just about the present and the future? If you believe that the past does not matter and has no bearing on who you are Now, then you are destined to repeat the same lessons. And please notice that we do not say “the same mistakes”, because there are no mistakes. There are simply cycles of learning that are shorter in temporal time and cycles that are longer in temporal time. What is the deciding factor? It is your own willingness to look at All of who you are. That is all. When you deny that you have been and done all things, then you are choosing to experience your own denial which attracts opposite forces of experience into your field. You are operating at the Law of Attraction consciousness, based on duality.

When you embrace all of who you are, in all times, all places, all dimensions and all states of consciousness, you enter into Confluence with the Divine Blueprint of your soul which is to Integrate Light-Dark-Forgiveness into Love. Now, you are choosing to activate the Law of Confluence which is flow, integration and trinity.

“How does one do this Master Sananda?”

Let us proceed to open the heart chambers of giving-receiving. Just as the left chambers receive oxygen-rich blood and give it to the body for nourishment, and the right chambers receive oxygen-depleted blood and give it to the lungs for purification, so does your soul give you the spiritually-enriched opportunities to remember and your personality receives these experiences and chooses to deny or to embrace them. Purification- atonement happens in the Divine Embrace. The Divine Embrace is a Trinity Integration: Light-Dark-Forgiveness in the Heart. Where is the balancing point? In the center through which all things flow. In emotion, it is forgiveness through love. In an anatomical sense, it is the Aortic Valve leading into the Arch of Aorta! This physical process is a pure representation of the Divine: opening to the Flow of enriched Source.

The High Heart is the Turquoise chakra of the body located between the green of the central heart and the blue of the throat chakras. It is known as the Ananda Khanda. It is The Heart of Light. It is associated with the thymus gland which is currently in an atrophied state for most adults. It is connected energetically through the bronchial and brachial plexuses of nerves and the triple warmer meridian. Tapping on the thymus, just above the heart, balances the entire acupuncture median system of the body.

The Heart of Light is the heart energy that you are most attuned to because it is the area of your positive feelings and your hopes. It is the area that you feel connected to others in the lightness of your being. In the high heart, most of you feel safe.

The condition of the organ in the high heart, the thymus, tells us what has happened to humanity over the last 12,000 year cycle, which we call the Egyptian cycle. It began at the fall of Atlantis. The high heart was prominent in Atlantis. It was not atrophied as an organ. Auto-immune diseases were virtually unknown. The High Heart is the feeling side of your being. When Atlantis fell on that day 12,000 years ago, the high heart began to atrophy based on unhealed shame, guilt, fear and blame. In modern times, the thymus actually goes through an atrophy process from infancy into adulthood, recycling the Atlantean catastrophe<sup>7</sup>. The thymus function is associated with the immune system and we do indeed see an epidemic of auto-immune disorders in your society today.

To begin to reactivate The Heart of Light to its full capacity, you may begin to tap on the high heart with your left and right fingers alternating and stating:

**“I am awakening The Heart of Light.”**

**Do not underestimate that power of this activity. It will create an energetic shift throughout your entire being.**

The Low Heart is the Coral chakra of the body located between the red of the root and the orange of the sacral chakras. It is the Heart of Darkness. It is associated with the prostate

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<sup>7</sup> The thymus continues to grow between birth and puberty and then begins to **atrophy**, a process directed by the high levels of circulating sex hormones. Upon atrophy, the size and activity are dramatically reduced, and the organ is primarily replaced with **fat** (a phenomenon known as "involution). The reason or order of these circumstances has yet to be determined by medical scientists. (From Wikipedia.com)

gland in men and the ovaries in women. It is connected energetically through the sacral and pelvic plexuses of nerves and the kidney meridian. We see the energetic dis-ease of the low heart in males with the increasing occurrence of prostate illness. The underlying cause is the long term disconnect in males with Wisdom in the Low Heart. This stems from the long term imbalance of power where males have abused others and have caused trauma and suffering in the low heart of less powerful men and disempowered women throughout the entire Egyptian cycle. This began with the necessity of men to ensure the survival of humanity after the fall of Atlantis where strength and power were the only means to survive. But the male power dynamic spun out of control and has not yet been fully rebalanced.

We also see this imbalance in increased rates of infertility impacting both men and women. This heart of darkness is calling to be healed at the deepest of all levels, reconnecting into the love-wisdom-power trinity.

The Heart of Darkness carries the shock-trauma of all misdeeds and mis-creations perpetuated on an individual and global level. To heal The Heart of Darkness begins with this step:

**“I accept all that I AM.”**

You activate this by placing the middle and ring fingers of the left hand just above the pelvic bone in the front of your body and the middle and ring fingers of your right hand at the same level on the back of your body. For this affirmation to be effective, you must be grounded into the Here and Now, the only moment for change. This means that you must feel your connection to your body and to the earth. You must give yourself permission to be here and to see all of what IS. In this position, you are connecting the San Jiao and Pericardium meridians to the Ren Mai and Kidney meridians. When you begin to feel energy flow from your arms and into the low heart, you may begin to activate the Low Heart Healing:

**“I forgive myself for all that I have ever done.  
I forgive others for all that has ever been done to me.  
I am at One.”**

We tell you that you may experience memories from this or other lifetimes in this experience. Let them flow in and through the low heart, purifying with each in breath and liberating with each out breath. Many things emerge in this experience. This is your soul calling for you to integrate the Heart of Darkness.

Is this an experience of suffering and remembering trauma? Not at all. It is the letting go of what is already there by acknowledgement, acceptance and forgiveness so that a different energetic may be re-awakened: the low heart activation of wisdom for men, and the low heart activation of power for women.

The middle heart is the green of chakra in the center of your being and contains the physical heart structure. This is the Heart of Forgiveness.

The Heart of Forgiveness is a 110 Hertz, a musical tone “A” vibration. The integration of the Heart of forgiveness with the Heart of Light and the Heart of Darkness is a profound experience of Spiritual Atonement. We will continue this integration in the discourse entitled: The Heart of Forgiveness. We ask you to continue to let go as you move through these attunements and integrations. These are powerful experiences of letting go in order to create a New Now. Do not fear the darkness our Beloveds and do not become over attached to light. It is in the integration of All things that Atonement occurs. It is your Divine Blueprint to be whole, to be at peace and to At One with the Divine.

For the greatest good of All, in Gnosis of the Indwelling Christ Consciousness,

I Am Sananda

We are Kuthumi and the Presence of Buddha

Namaste

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