

## [10-10-10: Sananda on Forgiveness | Ronna Prince](#)

This seems like a good time to share Sananda's wisdom on forgiveness: (from a private written session in 2006):

### *Transmitted to you all again on 10-10-2008: 10-10-10 (111)*

We welcome you on this morning of enlightenment and new beginnings. Speaking to you is the combined I AM Presence of Sananda, the one known to you as Christ and my co-creative partner, Mary Magdalene.



We will be addressing your questions from a large vortex of light energy being held by the Archangel Metatron.



Metatron is the Great Revealer of Truths. He shines light into the shadows to illumine consciousness to a vaster picture of Reality. When one asks from the Heart and Soul, one receives. This is a Spiritual Truth. We are here today to first and foremost, *give you comfort*. To show you, beyond doubt, that you are held in the Embrace of the Divine and Loved beyond your wildest imaginings. You are here to Love. This is the Purpose of your Incarnation. All other things are variations of this theme.

You have asked questions in three categories through a pathway interspersed and littered with fear:

1. What is my Purpose here?
2. What lessons am I here to learn?
3. How do I align my desires with my purpose and lessons?

We have answered all of these questions already:

1. You are here to love
2. Your lessons are about loving to the fullest of your capacity
3. When your desires are aligned with the high heart (love), you achieve your purpose; your lessons will continue to manifest through the choice to love or to fear.

Now, we understand that in the reality of living in this plane of consciousness, you require more than these simple words. So indeed, let us continue to illustrate the meaning of these things. First and foremost, let us ask you: why do you suppose you have such trepidation, such fear, such anxiety and such doubt? Why do you believe in your unworthiness to such an extent that you are even in fear of hearing the answers to your questions from the I AM Presence of Sananda-Mary? For here is Truth:

**In your soul you KNOW you are worthy.**

**In your soul, you KNOW there is nothing to fear.**

**In your soul, you KNOW there is no way for you, as an incarnated human being, to disappoint the Divine Mind, the Creator of Heaven and Earth and all things in between, namely, [YOUR OWN SACRED I AM PRESENCE](#).**

So, our dearest one, why are you in such fear?

It is because your *heart* does not believe these things. Somewhere along the line, (and we know exactly where) you were told that you were not worthy, and worse than that, you were told that you were evil. This is a gross and harmful untruth. However, and most unfortunately, your heart, very tender and vulnerable at the time, took this to be your ultimate truth. And from then on, you have lived in fear of punishment, of judgment and of being discovered as a fraud. So let us go back to the concept of the lesson: if you fundamentally hold this false belief in your heart, that somehow you are unworthy and worse, what is the lesson in this? Is the lesson to hold on to this belief so you can suffer some more? Have you not suffered enough, our precious one? To resonate in so much fear, one has to hold a very deep belief in your own unworthiness. Now is the time to let go of this untruth. Enough is enough!

Do you choose to love or do you choose to fear? For this one moment in time may be the determining factor for the remaining time you have on this earth in this plane of existence. Now, you immediately wish to jump to: I choose to love. This is a good starting place, but we must back up a few steps – for the basis of this choice must fully be understood. In order to choose to Love fully and completely, our dear one, you must first accept and acknowledge where you have been, you must love and forgive those who have facilitated your lessons so far (yes, even those who have trespassed against you), and you must forgive yourself, at depth, not just in a simple statement, but at the depth of your soul, in your heart and then integrate this to Wisdom. From here, choosing to Love has great meaning, choosing to Love is inspired by consciousness and choosing to Love shifts the reality of your existence into that place which you describe as the **Sacred Fire**.

First we relay to you a message from your own guardian angel: (each person's guardian angel holds the same energy and hope for his/her incarnate soul)

“I AM the Light. Truly, truly, this is all my voice needs speak. For all else is the mind and the filtering of the mind. Will you accept my gift, my host on earth? For you are my host. I am your guest. You see, when you call me, I come in one instant of thought, and often, I come before the thought even manifests. **I invite you to feel with the Heart**. You will learn many things through words from this work the guides, the masters, angels, and YOUR OWN HIGH SELF, will co-create this morning. But we ask you, to read with your heart. We ask you to hear with your heart, for you will hear many more things this morning than what is written on this two dimensional surface of black and white. We ask you, our host, to feel with your heart. This is your task, this is your purpose. It will serve no great good for you to keep engaging at the level of the mind. Yes indeed, you must, by dynamic energy structure, use your mind, but we ask you to engage and experience from the heart. You have long been a student of the head. You have experienced the heart, most beautifully in non-verbal relationship with animals (your pets). But the Masters will speak to you very poignantly today on how you have over shielded your heart because of many karmic hurts which have intertwined into your reality in the Now. I AM gracing this unveiling through your high self, gifted to you by the Masters and the archangelic command. I AM gracing this unveiling in Love. You are truly Blessed. Amen.”

Now, we relay the experience we are inviting you to expand into:

Please take a breath into your heart, for in your heart, you have shielded yourself from hurt, and that has resulted in direct relationship, to you preventing yourself from feeling the great LOVE that surrounds you. You know this, and sometimes you feel it, but you do not experience it in its fullness. This is something that we wish to bring to you today. If we convey nothing else, we wish for you to know, from the halls of Shamballa, once again we tell you: that you are Loved.

**You are loved.**

Please take that in. Please allow the golden light from your guides and angels to radiate heat to your back, at the heart center. Allow this golden warmth to permeate your aura, and enter into direct contact with your physical body. Allow the warmth coming from the emanation of your guides' hearts, to melt away the shield of fear and of self protection. You no longer need this

shield, for you are loved. It no longer serves you, for you are loved. Allow it to melt away, melt away, melt away. You may wish to expel deep from within your lungs, aaaaahhhhhh. Let go, let go, let go. Then allow this warmth to encircle your heart. Allow this golden warmth to embrace your heart, the core of your being, the place where you give and receive love. Feel it having melted away the shield of protection, then feel your heart begin to glow with this golden light and warmth. Yes indeed. Allow yourself to feel, not to think, but to feel. For here is your power, here is your purpose, here is your path. Most divine.

Now, we ask you to make a conscious choice. Can you live from this place of the “unprotected” heart? You must make that choice. For it is only you who can stay in this place of balance. You may wish to put the shield back in place, for you may wish to continue to believe that you must protect yourself from harm and from hurt. This is nothing more than the accumulation of experience of the emotional harm you have both endured from others, and caused to your own self. For you wish to ask: “how can I go around like this, open, vulnerable and unprotected?”

Well, we will tell you, there is nothing to fear. For when you come from a place of the healed heart, in consciousness, you integrate the lessons to wisdom. And what is that wisdom? That once you align your self with your soul purpose, you cannot be harmed again in this lifetime. For you will begin to see all experience and all emotion and all thoughts, as great teachers. What I say to you All is this:

[I forgive you for all things, I love you, no matter what,  
and I thank you for your gifts to me,](#)

Opening to Love does not mean choosing the easy path. For it is far easier to hold onto past resentments and current judgments than it is to release them. For often, this means moving into a new and unfamiliar place. It is like taking off a worn out shoe and realizing that one does not even need to wear shoes in this place at all, for one is entirely free to run on the warm green grass of Truth. One does not need the limitation of constraint in this place. Freedom of the soul is truly letting go of fear. There is nothing to fear. How do we know this? Because we also, have traversed all layers of doubt, fear and negativity, our own Presences as Christ-Mary have suffered, struggled and finally surrendered. And now we teach you Truth.

The final step, our dear one, is to forgive yourself. “But I have already done this,” you wish to say. We will suggest that perhaps you have not done it fully. In order to resonate as much doubt and fear and unworthiness through your questions, it is evident that you have not done this. How is it that you can forgive your mother and father but not yourself? It goes back to the fact that you incorporated your deep feelings of unworthiness very early on in your childhood. It goes back further than this to several past lifetimes where you accepted blame for scarcity, lack and loss. (This is not in the scope of this reading.) With the archangel Metatron holding open the portal of Truth, we affirm: there is nothing that you have ever done, said, experienced, thought or imagined that could make you unworthy of Divine Love.

Let us describe to you the concept of forgiveness so that you may understand:

What is exactly in the nature of forgiveness? What does this imply? What is the true meaning of this word? For it has been much maligned and confused over many centuries and more recently, the concept of forgiveness has been further confused by “new age” and metaphysical “gurus”, and this has further compounded the issue. For we will tell you one small thing, dear heart. Forgiveness is not at all about another person. *The heart of forgiveness is the for-give-ness of the Self.* For when one truly understands with the heart of wisdom, meaning not the intellect-mind or the emotional-body, that one is only experiencing the impact of one’s own soul path, what is there to forgive in the “temporal” sense? No-thing at all!

For-give-ness, in its true sense, is about understanding that the most important person you must for-give is yourself! And this is set up in such perfection, for you are fore-giving yourself before you even incarnate! You have created your current Now as a soul, knowing that it would be a struggle. Before coming here, you have said, “I will allow myself in this lifetime to become enlightened enough to truly for-give”. I fore-give my own soul for the creation of this Experience, I gift my mental and emotional bodies now, in this very moment, this Reality. For my soul has already Given me this Gift! It is done, in Divine perfection with fore-thought! *I have for-Given myself and my soul for this Plan!* Do you see? There is no one to forgive. IT is only an allowing of the understanding and wisdom to descend into your mental and emotional bodies! This is all. For you have already for-given that this is the Plan on your Soul plane. All you now do, is in go to your heart and release all layers of blame, doubt, fear, anxiety and trepidation.

Your soul planned this very moment in time so that you could indeed, release your own self from the prison you have been living in. To finally acknowledge, that there is no need to forgive, because by grace and virtue of all things that have come before, you stand here now fully aware of the power of Love and fully ready to accept that indeed, you are Worthy, you have always been worthy and nothing will ever change that – just as nothing would ever change the love you have for your animals –and we state, that they are here to remind you of this each and every day. This is perfection of the Divine Creator.

Now, as to the practical nature of your questions: When you enter into the depth of this Love and the Reality of your worthiness, many things begin to shift in the exterior of your life. For as you have resided in the smallness of doubt, you have surrounded yourself with limited opportunities to be seen for the greatness of your soul. .... We affirm that anyone, in any situation, may be the change they wish to see in the world, to use the phrase of the Mahatma Gandhi.

If you wish to manifest a more rewarding avocation, *you begin where you are*, by expanding the light of your soul into your current workplace, (not through words necessarily, but through your eyes and loving attention to all you do and all you meet). As you manifest a higher level of self acceptance and love, your vibration shifts, and you will begin to find new opportunities opening. For indeed, we see you contributing much more to the world through working in a charitable organization, one which is in need of a person with an open heart, who no longer fears in scarcity, and who can truly manifest abundance for the greater good. This all seems too large for you to believe in at this moment, but we will tell you through the Master El Morya, that:

**“Thy Will be Done Through Me”,**

is the most powerful affirmation that you can state in this moment. For the Will of God is to manifest abundance through the open heart of the Servers of Humanity. And, our dearest, you are a Server of Humanity, and you are a Server of Gaia. And how do we know this? Because we have seen your soul and we see your heart. You have done enough, you have come far enough and you are truly willing to release the burden of the old beliefs. In traversing this path, you now stand ready to fully Serve: with your heart open in this very moment, Live, Experience and fully Immerse yourself in the Sacred Fire of St. Germain. Right Now. Allow it to sweep over your entire energy field and transmute all layers and levels of your suffering to Wisdom. This is transformation. This is Divine Love. And most of All, this is the Gift of your Soul to the Self. For in Truth, you cannot manifest such as message into your Reality until you are Ready to Receive.

As Servers of Gaia, you assist in restoring balance to the planet by transmuting the energies of shifts and change to Love. Where there is strife, you send love, where there is turmoil, you send love, where there is hatred, you send love, where there is fear, you send love, when the earth shifts, trembles, rages, burns and explodes, you send love. And this love goes from the earth, all the way to the Central Sun, to the Presence of Helios who blesses, transforms, transmutes and returns in Wholeness, the Light of the Divine into the Rainbow healing wave at the second chakra of Gaia. This is energetic healing and requires the consciousness and participation of the Servers of Gaia. It is Intention which creates the potential for healing, and this is part of your Service. You do not need to move, you do not need to change, you do not need to fear, you simply send Love.

**Align with your Purpose**  
**Open to the Divine**  
**You are Here to Love**  
**You are Loved**  
**You are Love**

Blessed be, so it is,  
Namaste  
Sananda and Mary, overlit by Metatron

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