



The House of Sankofaa
Minister Barry Houston

True Meaning of the Trinity – Part One

Hotep! We first would like to give thanks and praise to our Ancestors, for their continued blessings! Welcome to another lesson/study with The House of Sankofaa! In the spirit of our Ancestors; we bring you the greeting words of peace, revelation, and struggle! One Aim! One God! And One Destiny! It is always our purpose to seek truth, produce justice and produce correctness in all things we do! In practice there is no other way for any person to justify his/her existence!

Today we will be exploring part I of the series on the True Meaning of the Trinity! To begin with it is critical that we see the concept of the Trinity as part of the high spiritual science of accumulated wisdom and knowledge by our Ancient Afrikan Ancestors! The Trinity was/is the cosmic essence of creation. This essence was/is understood and experienced through the triad of human consciousness. We understand that this concept is the basis of much confusion in the context of historical Christianity (White Supremacy!).

Those tools we use to aid us in our examination of the concept of the trinity are as follows:

1. The Dictionary of All Scriptures & Myths by G.A. Gaskell
2. The World's Sixteen Crucified Saviors by: Kersey Graves
3. Our Black Seminarians & Black Clergy without a Black Theology by: Yosef A.A. Ben-Jochannan
4. Who is this king of Glory by: Alvin Boyd Khun
5. Esoteric Christianity by: Anne Beasant
6. Afrikan Religion; Memphite Theology and Mystical Philosophy by :Dr. Muata Ashby
7. The book called the Holy-Bible.
8. The Dark Side of Christian History by: Helen Ellerbe
9. MAAT Philosophy by: Dr. Muata Ashby

Now let us begin, the True Meaning of the Trinity has to do with the cosmic cyclical law of creation. When we properly deal with the True Meaning of the Trinity we must look to the land and people of its origin. This is critical to our understanding of the True Meaning of Trinity. We must align our theology with our spirituality. The Trinity is the same as all other things theological; it is part of the “Stolen Legacy” of the Afrikaans of the Nile Valley. In other words, there is no doctrine or spiritual concept in the current Gospels or church history that did not have its origin in Ancient Afrika! (Did you get that?) This doctrine of the Trinity is not free from the theft, plunder and confusion of “White Supremacy”!

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Dr. Muata Ashby; in his book: **Egyptian Mysteries**, pg.12 gives us a cursory knowledge of the true scope meaning and gravity of the true essence of the “*Concept of the Trinity*”, as given to us by our Ancient Afrikan Ancestors! Moving forward we must bear witness to the spiritual principle (“*we are a spiritual people because we are an Afrikan People!*”).

Again, properly defining the land and people is crucial to the True Meaning of the Trinity. To be sure, we are not speaking of Jerusalem or Mecca. (Did you get that?) We are speaking without apology of a *4,100 mile strip of land* called the *Nile Valley*.

Dr. Muata Ashby in his book: **Egyptian Mysteries Shetau Neter the Mysteries of Neterian Religion and Metaphysics**, helps to give us some clarity on why we put major emphasis on the connection of the Trinity to the land and people of its origin. In his book he says: The land of Ancient Egypt -Nile Valley- the cities wherein the *Theology of the Trinity of Amun-Ra -Ptah* was developed were:

- a. Sais- (Temple of Net)
- b. Anu- (Heliopolis-Temple of Ra)
- c. Menofer or Hetkaptah- (Memphis, Temple of Ptah)
- d. Sakkra- (Pyramid Texts)
- e. Akhet - Aton (City of Akhnaton) (Temple of Aton)
- f. Abu- - Greek Abydos, (Temple of Asar)
- g. Denderah- (Temple of Hetheru)
- h. Waset- (Thebes, Temple of Amun)
- i. Edfu- (Temple of Heru)
- j. Philae (Temple of Aset)

These were the multiple cities and temples which taught the philosophy of the trinity to all candidates of the mysteries in the *Ancient World*. The cities wherein the theology of the most popular Trinity of *Asar-Aset & Heru* was developed was *Anu, Abdu, Philae, Denderah & Edfu*.

These temple systems taught the *Philosophy of the Trinity* **thousands** of years before Christianity, Judaism and Islam. These temple systems reveal the fact, that the Afrikaans were teaching the concept of the *Holy Trinity* by many names. Yes, **Brothers and Sisters**, when we deal with the True Meaning of the Trinity as given to us by our Ancient Afrikan Ancestors, we will find the *Science of Holy* concept “dumbed” down and confused in the context of White Supremacy.

Helen Ellerbe in her book: **The Dark Side of Christian History** pg. 59-67 explains; what we mean when we say this Holy concept of the Trinity have been corrupted, and “dumbed” down to its present state of the Father, Son, & Holy Ghost! (Did you get that?)

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Yes! Brothers and Sisters, the point we are seeking to raise here is that the Europeans *having no practice of the accumulated wisdom and knowledge of that which is called God*; replaced the concept of the *Holy Trinity* of (*Asar, Aset, & Heru*, with the concept of the Father, Son, Holy Ghost!) (Did you get that?)

It is even more critical that you see all this was done due to the extreme hatred the European culture had/ have for the *Goddess/Female principle*. (Did you get that?)

In closing, when we examine the teachings of the trinity all over ancient Afrika we will find that the Trinity was/is founded on the male/female principles of complementary opposites in the universe! (Did you get that?) This idea of the Trinity was/is based on the cosmic order of the universe founded on the spiritual principles of *MAAT*!

It is important to consider the fact that we get spirituality in the world in the first place only through the keen observation of the laws and of the universe by our Ancient Afrikan Ancestors! (Did you get that?)

Brothers and Sisters, next week we will go into the many traditions which taught the *Science of the Holy Trinity!* Hotep! Until next week! One Aim! One God! & One Destiny! (One LUV!)



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The True Meaning of the Trinity Part II Lesson Study

Hotep! We first would like to give thanks and praise to our Ancestors for their continued blessings! Welcome! to another lesson/study with the House of Sankofaa! In the spirit of our Ancestors, we bring you the greeting words of Peace, Revelation, and Struggle! One Aim! One God! & One Destiny! It is always our purpose to Seek Truth, Produce Justice, and Produce Correctness in all things we do! In practice, there is no other way for any person to justify his/her existence!

Today our focus will be on Part II of the *True Meaning of the Trinity!*

Muata [Ashby in his book: MAAT Philosophy pg.54](#) sums it up for us when he explains: To begin, the trinity espoused by our Ancient Afrikan Ancestors dealt with the *Trinity* in the *Spiritual Teachings* which revealed the secrets of:

1. *Creation*
2. *Human origins*
3. *Spiritual Enlightenment!*

Did you get that! This is a critical piece of the mystery as we move forward. This reality was taught by many *Traditions and Temple Systems* in the Afrikan context! The Trinity symbolically relates the *nature of the divine* who is the *source* and *sustenance* of the three worlds: *Physical, Astral, & Causal*. Additionally, the *Three States of Consciousness*:

1. *Conscious*
2. *Subconscious*
3. *Unconscious*

The three modes of nature:

1. Dull
2. Agitated
3. Lucid

The three aspects of human experience:

1. Seer
2. Seen
3. Sight

In addition, the *Three Stages of Initiation*:

1. Ignorance

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2. Aspiration
3. Enlightenment

This is why we say without apology that when we truly speak of the *True Meaning of the Trinity* as given to us by our Ancient Afrikan Ancestors, we are talking about **High Spiritual Science and Culture!** (*Help us Great Black Holy Ghost!*)

The Ancestors taught that the creation must be understood as existence based on the **cosmic order of MAAT!** (*Did you get that!*) Understanding this cosmic order was/is the first requirement necessary for all **“hue-man existence”!** (*Did you get that!*) This is critical because the Ancestors demonstrated that without *hue-man existence* the spirit **cannot incarnate** into hue-man form in order to experience the physical realities of the universe! (*Did you get that!*) This gives us the key to understanding **MAAT as the only true road to peace and order in society** then or now! This is the truth which the Ancestors gave us in the spiritual law which says: From one God I became three! (*Did you get that!*) This truth was/is taught whether we are talking the tradition of **Amun- Ra- Ptah** or **Asar- Aset-Heru!** (*Help us Great Black Holy-Ghost!*) The traditions of the Trinity in whatever *temple system*, or *ancient city* in the *Nile Valley* taught the **one underlining reality of the universe!** (*Did you get that!*)

When we examine for instance, the **Asarian Trinity of Asar, Aset and Heru** we will find them to hold hidden teachings; which if properly understood could lead the individual to spiritual enlightenment or Christ-consciousness! Brother & Sisters, this spiritual road map is contained in *the Holy or Sacred* writings called the ([Metu Neter](#)) or what is called correctly the **“word of God!”** (*Did you get that!*) The Ancients explained the **Holy Concept of the Trinity** in the triad of consciousness. This was/is espoused through the matrix of Mind- Soul- & Spirit! Yes! Brothers & Sisters, it was /is the blueprint of the involution & evolution of hue-man constitution! This is why we say the *True Meaning of the Trinity* correctly defined is the *Science of the Soul!* This concept was taught by the Ancients from Waset to Menofer!

In closing; the *True Meaning of the Trinity* as it relates to the triad of hue-man coconsciousness was/is based on the mystical understanding which is based on the nature of the Mind! (*Did you get that!*) in other words Man is Mind! Use your mind to free yo'self! and know yo'self to do for yo'self! (LAAR'd H AAB MErc'y!) This process tells us we must live a life virtue! This entails controlling: 1. Anger 2. Hatred 3. Greed ! This must be accomplished through *righteous actions, simplicity, truthfulness & patience* along with other *Godlike virtues!* (*Did you get that!*) So what are we talking about Brother & Sisters, when we speak about the **True Meaning of the Trinity;** is simply our understanding of creation, our reflection of creation, & harmonic role with its natural laws and cycles! This process of spiritual life means running away from the negative aspects of life/consciousness & running towards the positive!

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These are the realities which was/is given to us in the story of the Resurrection of Asar and his reincarnation in the form of Heru as a symbol for the Resurrection which must occur in the life of every Hue-man being!

Until next week Hotep! One Aim! One God! and One Destiny! (1LUV!)



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. The True Meaning of the Trinity Part III - Lesson Study Part III

Hotep! We first would like to give thanks and praise to our Ancestors for their continued blessings!

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Today our focus is on Part III of the *True Meaning of the Trinity!*

To begin, **Anne Besant in her book: Esoteric Christianity, pg. 230**, gives us some understanding of the Afrikan perspective of the *True Meaning of the Trinity!* When she says: “When the *Trinity* is represented as a unity, the triangle is used, either inscribed within a circle, or free.” (*Did you get that!*) The universe is symbolized by two triangles interlaced, the trinity of spirit with the apex of the triangle upward, and the trinity of matter, with the apex of the triangle downward! The *Kosmic process* can now be readily followed. The one has become two and the two three, and the *Trinity* is revealed! (*Did you get that!*)

Brother and Sisters, it is critical that you correctly understand the *high spiritual science* given to us in the teachings of the *Trinity* from the high culture, a civilization of our Ancient Afrikan Ancestors! (*Are u still with us!*) To be sure, when we speak of the *True Meaning of the Trinity* we are talking *high spiritual science* from a *high spiritual culture!* In other words, this is why we say we are a spiritual people because we are an Afrikan People! This is who we really are! (*Help us Great Black Holy Ghost!*)

When we speak of the *True Meaning of the Trinity* we are speaking of the science of the soul in the larger context. (*Did you get that!*) From the ancient wisdom of ancient Afrikan Ancestors we get the revelation; from *God one I became Gods three!* Brothers and Sisters, this is where our Ancestors was attempting to reveal to us the *one absolute truth* or *one essence* who transformed itself or his/herself into three!

Dr. John Jackson and Dr. Yosef Ben-Jochannan illuminate on this wisdom in their respective works:

- 1. Christianity before Christ**
- 2. Our Black Clergy and Black Seminarians without a Black Theology!**

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In these works they give us a sound picture of the world's *first holy trinity*, the family of Asar/ Aset and Heru through symbols. (*Did you get that!*) This is something totally different in meaning and scope of the Trinity given to us in the dumbed down concept of the Father, Son & Holy Ghost! (*Did you get that!*)

The spiritual basis of the *three* as given to us by our Ancient Afrikan Ancestors, speaks to the *multiplicity of the secrets* found in creation! (*Did you get that!*) This *duality* along with the interaction between *two* which makes *three principles!* These principles speak to the one fundamental Truth which is the *Sub-stratum and Underlying Reality of all Creation!* Yes! Brothers and Sisters, it is this *Ones* of which, our Ancient Afrikan Ancestors spoke; which has been incorrectly understood and transformed into religions as given to us by the *Europeans* as ***Monotheism!*** This is only because of their *lack of accumulated knowledge and wisdom* with that which is called God! (*Law'D HaaB Mer'cy!*)

In closing, Brothers and Sisters, all we are saying is that the time has come for us to *match our Theology with our spirituality!* (*Did you get that!*) In other words, what we are expressing in the *True Meaning of the Trinity* are those same truths given to us by our Ancient Afrikan Ancestors! **Dr. Muata Ashby in his book: Afrikan Religion vol. 3, Memphite Theology!** It helps to give us some clarity on how our Ancestors embraced the concept of the *Holy Trinity* when he reveals: The *True Meaning of the Trinity* has to do with:

1. secrets of creation
2. nature of the divine
3. human origins and the path to spiritual enlightenment! *These truths were taught to all initiates* in the 4100 mile strip of land called the *Nile Valley!*

Our Ancient Afrikan Ancestors was telling us then what a proper study of *quantum physics* is attempting to reveal to us today! That is the physical world is not only matter but is made up of energy! In other words, we learn that the universe is *Mental.* (*Did you get that!*) Reality experienced by the Human is not absolute but only conditional! (*Did you get that!*) We must strive to go beyond the conditioned mind and memory of that given to us by our oppressors under the false system of *white supremacy!* We must return to living the life sustaining system/spiritual principles of *MAAT* in order to perceive reality as it truly is!

Remember! Our Ancient Afrikan Ancestors reminds us, to learn to know the *Real* from the *un-Real* Meaning of the Trinity as given to us by our Ancient Afrikan Ancestors. It is that when we look at our "*hue-man beings*" we are beholding something much more and profound than our eyes allow us to see! (*Did you get that!*) "*Hue-man beings*" are not only *mind, senses* and *physical body!* But represents a more profound truth beyond the physical and mental which says:

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there is a Soul! *This Soul is our Higher Self!* It is here, we find our connection as individuals to the *True Meaning of the Trinity!* (*Did you get that!*)

Our Ancient Afrikan Ancestors explained this in the concept of three corresponding worlds

1. The *physical body* in the physical world
2. The *Astral body of mind & senses* in the Astral world and
3. The *under-world meaning* the home of the universal *Self/Soul!* This *Self/Soul* is revealed only when the mind is free of thoughts, imaginations, ideas, delusions, gross emotions, and sentimental attachments! When we are able to see this we are told we see our *true self and identity!* (*Did you get that!*)

This Teaching of our Ancient Afrikan Ancestors reveals to us the connection of our individual Souls to the *One Universal Soul of all Creation.* (*Did you get that!*) This Ancient Afrikan view of Creation includes three realms as given through many traditions by our Ancestors:

1. *TA* - meaning Earth
2. *Pet* - meaning heaven
3. *Duet* - meaning underworld or Amenta the home of the Ancestors! and the home of the one Truth! (*Did you get that!*) *The True Meaning of the Trinity = TA PET DUAT!*

Hotep! until next week ! One Aim ! One God ! And One Destiny! One LUV!