

QRSTU

Iyesus Christos, The Holy Trinity & The Cross





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Jahn Hooks



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By Jahn Hooks

These are contemplations on symbols and ideas around our **Lord Jesus Christ (QRST)**, the cross and The Holy Trinity along with Bible verses to contemplate the **non dual** workings of God. Saying non dual may be misleading. Maybe it's better to say to contemplate the **Triune** working of God, because we are not denying **duality** and **polarity**. We can't go back to **1** now that we experience **2**, but we can go forward to the **1** in the **3**.

While these ideas or the gnosis in this booklet has been of utmost value to me, the intent is not to have more ideas to intellectualize and wrangler over in our head. The Path of **QRSTU** is centered at the heart. I pray these words assist us in experiencing The Holy Trinity power in all aspects of our lives and support our traveling of The Way.

The Holy Trinity

Father

I am/ Mind/ Infinite imagination/ Infinite Intelligence/ Consciousness

Son

Word/ Sonic (Son IC)/ Logos/ Sound/ Form/ Body

Holy Spirit

Breath of life/ Infinite breathing torus field

Let us contemplate the Holy Trinity. God is **1** but has **3** distinct expressions, roles or persons.

These three can also be found in and as our own Mind, Form and Breath. These three aspects of our being act as **1** but

have **3** functions unique to them. Our own unity yet distinction of Mind Body and Spirit displays Gods Triune nature.



The FATHER

Firstly Abba, Father or the Supreme Parent is Mind/ Awareness/ Imagination.

No thing can be without Mind first imaging/ imagining it. Although God is ineffable, Infinite intelligence can be considered God The Father aspect.

Awareness or Consciousness itself is **I Am** that **I Am**, the name of God in the Old Testament. The free will aspect of our mind to think or imagine whatever it wants is similar to God's ability to think whatever God likes. The image (imagination) of God who's likeness we are made from is imagination or Mind itself. These are contemplations on the three aspects of the One God but let us not confuse ourselves to think God can be deduced to these words and concepts. If these ideas help one experience God in the nature of their being and relationships plus produce more fruits of the spirit in our life, then they are worthy contemplations. If not, disregard them.

The SON

Now we come to the **Son**, the **Word** of God. The son **I See** (in the flesh) or **Sonic** (**sound/ logos/ vibration/ son-ic**)

I.C. can signify Iyesus Christos. This is the first begotten Word of God. The first sound or vibration. **Logos** is the **Word**. Jesus Christ is this first vibration that **reSONates** and reverberates fractally throughout all creation. For Christ is all and in all. (Collosians 3:11)

Christ-All/ Crystal/ Christos. This Crystal or Christ in and as all is a fractal. The fractals of the Ethiopian and orthodox crosses symbolize this reverberating first begotten **Son-IC** of God. Sound that **I see**, or Son-ic is all forms. Vibration is the root of formation. Nothing comes into form except through vibrating. Cymatics displays how shapes/ forms come from sound vibrations.

The fractal/ crystalline nature of Christ is why we can see the stories of Christ in the celestial bodies and in The Sun itself as well as in our own anatomy and biology. The stories seem to reverberate in every level and layer of our lives. Even the word reverberate means "The **Word** Vibrating Again".

Iyesus Christos is the word (logos) made flesh to dwell amongst us. Historically incarnated in the flesh at Bethlehem as the one who never missed the mark and even presently, in and as us. Our **biology** and **astrology** both contain **LOGOS** (biologos/ astrologos). Because Christ is all and in all, there isn't a study we can't find Logos in.



The HOLY SPIRIT

Thirdly, we have the Holy **Spirit**, The Breath of Life. Gods breath is breathing us and everything. Breath is the energy underlying everything. It is the torus field which is always breathing. The inhale is always flowing into the exhale and the exhale is always flowing into the inhale. All living things are known to have a torus field and all living things must breathe in some form.

Respiration is a prerequisite for life. Respiration and In**SPIR**ation contain the word **Spirit**. Breath is the same word for **spirit** in multitudes of languages. The energy or force powering the world is breath itself aka **spirit**.

If you have experienced **Mind** or Imagination you have communed with the **Father**. Although no one has seen the father just like mind. We cannot see **mind** but we can behold The **Form** which is the incarnation of the Eternal **Word/ Vibration/ Logos** that proceeds from **Mind** or The **Father**.

If you have a form or a body, it has came forth from the **Logos** first begotten **son/ sound** and **word** of God, so you are experiencing Jesus Christ by virtue of your own embodiment and all things.

If you are breathing (re**SPiR**ation) you are experiencing The Holy **Spirit** and we are all only alive by power.

Everyone has relationship with The Holy Trinity at the ground of their being whether aware of it or not.

These three aspects each have their own role but they work together in unity. This displays a divine triune relationship which is intimately wrapped up in Gods nature. Relationship is what happens between these three ever one aspects of God eternally. Mind, Form (Word/ Vibration) and Breath are three aspects of us that are made in the image and likeness of The One God in three persons.

Consider this context. One dot isn't a shape or yet a geometric form. 2 dots can form a line which still isn't considered a geometric shape. And 3 dots connected form a triangle or the first shape. All forms come through the Holy Trinity.



Our relationships all can be seen as
having a Trinity of their own.
Disregard of any aspect of the Trinity
leads to a degradation of
relationships.

*Mind body spirit
Man woman child
Length width depth
Proton neutron electron
Solid liquid gas
Future present past
First middle last
Word sound power
Seer seeing seen
Knower knowing known
Faith hope love
Knowledge wisdom understanding
Before now later
Upper middle lower
Left center right*

QRST

The Truth (Etumo) and Word (Logos)

Etumo means **truth** in Greek. It is where the word **etymology** comes from
Christ said he is the truth (Etumo)

Logos means **word** and biblically it denotes the word of God Jesus Christ
Logos is the root of 'logy' in etymology
This leads me to use etymology to connect with Christ since he is the word and the truth.

תא/AΩ

Christ said he is the alpha and omega in Greek or the aleph and tau.

These are the first and last letters of these alphabets. This links all letters and all words to the first begotten word.

Even in our English alphabet we can find a sequence acknowledging Christ.

A B C D E F G H I J K L M
N O P **Q R S T U** V W X Y Z

QRST or **QRSTU** = Christ/ Christo

We thank our friend *Marty Leeds* for sharing the following **QRSTU** numerology.

"QRSTU are the numbers 4 5 6 7 6 in septenary gematria. If we add these up, it is 28, the number of phalanges on one's hands (14 on the left, 14 on the right) Your feet have the same math.

If we multiply 4 x 5 x 6 x 7 x 6, it sums up to 5,040.

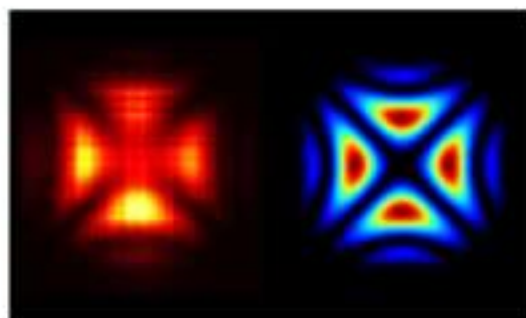
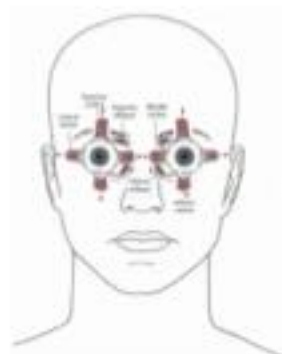
5,040 is found by multiplying 1 x 2 x 3 x 4 x 5 x 6 x 7

*28 is found by adding 1 + 2 + 3 + 4 + 5 + 6 + 7
5,040/28 = 180*

180 is the geometric representation of the holy trinity"

Many studies end with the suffix log/ logy like Biology or Astrology. This logos contained in such words reminds me that we can find the word of God or QRST in all our studies.

The same type of Crystal can grow on many different continents and many different regions. It will just have slight differences based on where it grows. This is just like Christ and the Cross/ Crossroads being present in all Lands and Cultures in some form. Photons have been photographed and observed in the shape of the cross. See below.





The Cross

The word cross contains similar syllables as Christ when we take out the vowels. Christ and the cross are forever associated with each other. It's possible that in whatever culture the cross was venerated that there was some connection to what and who we know as Christ.

The cross can be found in our own anatomy. The obvious is when standing with feet together and arms out similar to Christ on the cross. Our eye muscles also have cross shaped and our skull has sutures that form crosses.



Golgotha and Calvary are known as the location where Christ was crucified and Golgotha and Calvary both mean **skull**.

Maskal/ Meskel or Ma **Skull** is how to say cross in Ethiopia. Mary Magdalene is often Seen accompanied by a **skull**.

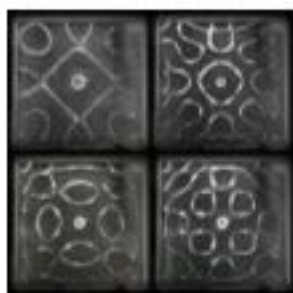
The **skull** is the head. In many ancient eastern languages RS/ ras/ rosh/ ross means **head**. **Ras/** ross is heard in **Cross**. Jesus is the head or Ras of the church and there are 22 bones in the **skull**. There are 22 letters in the Hebrew alphabet and QRSTU said as previously noted that he is the **Aleph** (first letter) and **Tau** (last letter).



That means he has all letters in between as well. Interestingly **Tau** can mean **Cross** and is shaped like one. And the **Tao** means the way.



The geometries of Ethiopian and Coptic cross designs seem to communicate a fractal and crystalline nature of the word of God. Most of the crosses contain fractal geometry. Sound producing forms and shapes is called **CYMATICS**. Sound is **Sonic** - Son I C - Iyesus Christos the first begotten sound of God. This sound/**son IC**/ logos is God.



SYMBOLIC & DIABOLIC

השם Hashem (hebrew)

ሰም S(e)M (geez ethiopic)

Sm/ sem/ shem - Name of God

*"Praise Him upon the loud **Cymbals**:
praise him upon the high sounding
Cymbals" (Psalm 150:5)*

The Name of God is the **symbol** that all symbols comes from. The universe itself and everything in it can be considered as **symbols**. Whether or not this is a **simulation**, we are the **symphony** of God's Name. This is more than **semantics**. This is the **semblance** and **similitude** of God. **Seminary** is a place where God is taught. **Semen** is a life giving substance and is known in esoteric anatomy to have correspondences

with Jesus Christ the seed of life. **Cymbals** makes sounds. Sounds make shapes or **Symbols** and **Cymatic** is the word for sound becoming form or a **symbol**. **Cymbal** and **Symbol** are connected in this way. **Same** means two things are one. **Similar** means two things are alike. **Symbolic** means bringing together and uniting two things. Like **symmetry**, **semper**, and **simultaneous**. **Sema** tawi (the yoga of kmt) in Egypt means to unite two lands. The **sem/ sym** in **symbolic** Unites us with The Holy Name. This is why we use icons and language which are symbols to foster the uniting of all with Divine. This is the **yoke** (union) or **yoga** spoken of by Jesus. "My Yoke is easy" (Matt 11:30) Whereas the **dia** in **Diabolic** stands for breaking or splitting apart of two

things. In Diabolic we can see and hear the word **Double** and **Devil**. In **duality** or **dual** we find **duel** which is a fight of sorts. Two things fighting is a dual. Two things breaking or splitting apart is **diabolic** is opposed to **symbolic** which unites (sema tawi/ yoga/ yoke) two things. Its intent is to separate one from the divine and make two. **Symbolic** is to partake of the tree of life. The virtue of any **symbol** is to unite us with the divine. Any concept used to separate one from divine isn't even a true symbol but it is **devil** or **double** and a lie. **Diabolic** is to eat of the tree of knowledge of good and evil. Even the number **2** is shaped like a serpent who is associated with the devil in the Garden of Eden.

EYE SINGLE

*Bible verses for contemplation on
Oneness and non duality*

And out of the ground made the
LORD God to grow every tree that is
pleasant to the sight, and good for
food; the tree of life also in the midst
of the garden, and the tree of
knowledge of good and evil.
(Gen 2:9)

But of the tree of the knowledge of
good and evil, thou shalt not eat of
it: for in the day that thou eatest
thereof thou shalt surely die.
(Genesis 2:17)

**The tree of knowledge of good and
evil represents **2**, opposites and
duality estranged from The Lord. The
tree of Life represents **1**, Oneness,*

non duality, unity and a natural original wholeness. **1** is **Odd** which begins the word **Adam**. **2** is **Even** which begins the word **Eve**. The Garden combines **odd** (ed) and **even** (en) making **Eden**.

Man was forbidden from eating of the **duality** tree and was instead encouraged to partake of the **unity** tree. But now since we have already missed the mark and tasted the tree of knowledge of **good and evil**, we are graced with the tree of life in the **tree/ three** of life, Father Son and Holy Spirit who is Revealed in the flesh as QRST. The holy **symbolic trinity** is the remedy for the **diabolic double** or **duality**.

O Israel: The LORD our God *is* one LORD.
(Deuteronomy 6:4)

A double minded man *is* unstable in all
his ways.
(James 1:8)

If I ascend to heaven, you are there; if I
make my bed in Sheol, you are there.
(Psalm 139:8)

Your eye is the lamp of your body. If your
eye is single, your whole body is full of
light; but if it is hurtful, your body is full of
darkness.
(Luke 11:34)

Let the same mind be in you that was in
Christ Jesus.
(Philippians 2:5)

Fulfill ye my joy, that ye be likeminded,
having the same love, being of one
accord, of one mind.
(Philippians 2:2)

For who has known the mind of the Lord so as to instruct him?' But we have the mind of Christ.

(1 Corinthians 2:16)

"When he has done this, then the Son himself will be made subject to him who put everything under him, so that God may be all in all."

(1 Corinthians 15:28 NIV)

Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.

(2 Corinthians 13:11)

But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

(2 Corinthians 3:18)

As concerning therefore the eating of those things that are offered in sacrifice unto idols, we know that an idol *is* nothing in the world, and that *there is* none other God but one.
(1 Corinthians 8:4)

Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond *nor* free: but Christ *is* all, and in all.
(Colossians 3:11)

Thus saith the LORD the King of Israel, and his redeemer the LORD of hosts; I *am* the first, and I *am* the last; and beside me *there is* no God.
(Isaiah 44:6)

Jesus said unto him, you shall love the lord thy God with all thy heart, with all thy soul and with all thy mind.

This is the first great commandment .

The second is like unto it. Thou shalt love thy neighbor as thyself.

(Matthew 22:37-39)

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

(Matthew 5:44-45)

And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done *it* unto one of the least of these my brethren, ye have done *it* unto me.

(Matthew 25:40)

No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

(Luke 16:30)

Jesus answered them, Is it not written in your law, I said, Ye are gods?

(John 10:34)

If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?

(1 John 4:20)

I know, and am persuaded by the Lord Jesus, that *there is* nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him *it is* unclean.
(Romans 14:14)

Unto the pure all things are pure: but unto them that are defiled and unbelieving *is* nothing pure; but even their mind and conscience is defiled.
(Titus 1:15)

But give as alms the things that are within you, and you will see that everything is clean for you.
(Luke 11:41)

In the beginning was the Word, and the Word was with God, and the Word was God.
(John 1:1)

You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.

(Matthew 5:43-48)

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

(2 Corinthians 3:18)

For God was pleased to have all his
fullness dwell in him.
(Colossians 1:19)

Neither shall they say, Lo here! or, lo
there! for, behold, the kingdom of God is
within you.
(Luke 17:21)

In every thing give thanks: for this is the
will of God in Christ Jesus concerning
you.
(1 Thessalonians 5:18)

For as he thinketh in his heart, so is he:
(Proverbs 23:7)

But the wisdom that is from above is first pure,
then peaceable, gentle, and easy to be
intreated, full of mercy and good fruits, without
partiality, and without hypocrisy.
(James 3:17)

For God shows no partiality
(Romans 2:11)

So Peter opened his mouth and said:
"Truly I understand that God shows no
partiality.
(Acts 10:34)

My brothers, show no partiality as you
hold the faith in our Lord Jesus Christ, the
Lord of glory. For if a man wearing a gold
ring and fine clothing comes into your
assembly, and a poor man in shabby
clothing also comes in, and if you pay
attention to the one who wears the fine
clothing and say, "You sit here in a good
place," while you say to the poor man,
"You stand over there," or, "Sit down at
my feet," have you not then made
distinctions among yourselves and
become judges with evil thoughts?
(James 2:1-4)

For of him, through him and unto him are
all things. To him be the glory forever.
Amen.
(Romans 11:36)

So we have come to know and to believe
the love that God has for us. God is love,
and whoever abides in love abides in
God, and God abides in him.
(1 John 4:16)

Anyone who does not love does not know
God, because God is love.
(1 John 4:8)

There is no fear in love, but perfect love
casts out fear. For fear has to do with
punishment, and whoever fears has not
been perfected in love.
(1 John 4:18)

And above all these put on love, which
binds everything together in perfect
harmony.
(Colossians 3:14)

FOUR	FIVE	SIX	SEVEN	SIX
6265	6555	653	65551	653
19	21	14	22	14

Q R S T U



GEMATRIA TOTAL: 90



90 degrees is the square/cross

QRSTU-Christos is the Crystal or Sound
logos incarnate in and as all. Christ-All.
All sacred geometry has 9 as a common
denominator of its angles. QRSTU is
180 (9) and 90 (9) in the septenary
gematria.

Sums of Angles in (regular) Polyhedra

	$3 \times 60^\circ = 180^\circ$ $+ 180^\circ$	digital root $1+2 = 9$
	$4 \times 90^\circ = 360^\circ$ $+ 180^\circ$	$3+6 = 9$
	$5 \times 108^\circ = 540^\circ$ $+ 180^\circ$	$5+4 = 9$
	$6 \times 120^\circ = 720^\circ$ $+ 180^\circ$	$7+2 = 9$
	$7 \times 128,57^\circ = 900^\circ$ $+ 180^\circ$	9
	$8 \times 135^\circ = 1,080^\circ$ $+ 180^\circ$	$1+8 = 9$

Sums of Angles in Platonic Solids

	tetrahedron: $4 \times 180^\circ = 720^\circ$ $+ 720^\circ$	digital root $7+2 = 9$
	octahedron: $8 \times 180^\circ = 1,440^\circ$ $+ 720^\circ$	$1+4+4 = 9$
	hexahedron (cube): $6 \times 360^\circ = 2,160^\circ$ $+ 1,440^\circ$	$2+1+6 = 9$
	icosahedron: $20 \times 180^\circ = 3,600^\circ$ $+ 2,880^\circ$	$3+6 = 9$ $2+8+8 = 18 = 9$
	dodecahedron: $12 \times 340^\circ = 4,080^\circ$ $+ 1,800^\circ$	$4+0+8 = 12 = 9$ $6+4+8 = 18 = 9$



Qedemawi Haile Selassie
Power of the Trinity Emperor of Ethiopia
King of Kings Lord of Lords
Lion of Judah Defender of The Faith



"You have become the Tree of Life on earth, your fruit is the fruit of life and he who eats from it will live eternal life. - May your Son grant us his mercy. Pray for us, o Holy One!"

(from the 'Anqasa Berhan)