



Discovering An Adventure Called Life



Hossca Harrison

January 1th 2009 Issue

Newsletter

The Next Intensive

Let the Journey Begin...

What shall be your destination?

**This is your life and this is about the
quality of your life for 2009**

**Jonah will give 5 critical steps to take in knowing you are involved in your
chosen destination versus someone else's chosen destination for you.
Jonah's message at this Intensive will be deep and far reaching.**

A New Years message from Hossca

Dear Friends, as we approach another New Year this New Year will stand out in history, just as 2008 will stand out in history. We approach this New Year with the most critical choices of our life time.

Every year, about this time, our local newspaper publishes a list of predictions for the New Year made by a group of psychics, some claiming to have developed

their abilities by going to a psychic school. As I was reading their predictions I had to summarize one of two things. One they are not psychics, or two they are telling ones what they want to hear. I remember last year reading a group of psychics' predictions. They claimed 2008 would be a great year to invest in the stock market, as it would reach 16,000 on the Dow. This year's predictions are, our recession will be a short one and peace will come to the Middle East as each religion honors its own teachings. One did claim we are now in a depression, but it would be a short one. I could go to CNN, Fox News, or the Wall Street Journal and find many of the same predictions. Just as in 2007 I could read or hear from these same news media outlets making predictions that 2008 would be a great year in invest in the stock market. I do ask myself who is copying whose predictions?

It would be nice to have these predictions come true. It is what I and many others would like to believe. Truth is often omitted in favor of fiction, when the fiction fits one's belief system.

I remember some years ago I was at the home of a psychic who wanted to do an exchange of readings. I did know this person was a real psychic and was born with his ability. Another person was in the room who also wanted a reading. While I was listening to the psychic, give his reading, I could see he was hearing what was needed to be spoken, but he was speaking what the person wanted to hear. After the person left I asked the psychic why he would not speak what he was hearing. He looked at me surprised trying to explain it away. I looked him in the eyes and said, "Don't bull shit me. I know what you were doing."

He shouted back in anger and said, "It is not good for business." He had deceived himself into thinking if he told people what they wanted to hear, maybe they would create it. I explained to him the karma he was creating by doing this. "But I am a real psychic," he reasoned. "Yes," I said, "you are a real psychic perpetrating a fraud on people's minds."

How many get caught up in wanting to hear what they believe, versus what they need to hear? One example, of many I could share, is a woman who came to Jonah asking about having a loving relationship and when would it occur. She had been in many painful relationships during her life. Jonah gave her the answer she needed to hear, but did not want to hear. A few days later she went to a person, claiming to be a channel, who told her what she wanted to hear. She called me back and said, "I don't think Jonah knows what he is talking about. I just received a reading telling me I did not need to heal anything to have a loving relationship; in fact I was told my loving relationship would occur in a few months." A few years later she came back to Jonah, sharing with me she had created the most painful relationship of her life and it almost cost her, her life. She wanted to talk to Jonah again about what she needed to heal. She had thrown away the taped session she had with Jonah a few years earlier. This time

she did the work, although the work was much harder as she had much more pain to heal.

I would recommend listening to Jonah's message "[Finding A Teacher](#)". Sometimes truth can create short term pain; acting upon what ones want to hear in accordance to their beliefs, can cause pain for life times.

We have many psychics and channels who subscribe to this Newsletter. Those who are real I would ask you, "Do you tell people what they want to hear?" I know some of you do. Perhaps it is "Good for Business", but is it good for the soul? As Jonah stated in the last Intensive, "This is about your life and this is about the quality of your life." Healing by changing old patterns is not always pleasant. It is a requirement for healing. The moral of the message, listen to your heart, not your beliefs, then the healing shall begin. We have choices to make this year. The time is now. Where will your choices lead you?...[Hossca](#)

Jonah Question and Answer

"Jonah, why do many lack the basic self-love required to take the necessary steps for our own healing? Do you have any suggestions on how to shift that so ones can then do the work healing requires? Thank you!" [Jackie Lloyd, Ramona, California](#)

Jonah, in my attempt to experience unconditional love, I faced the experience of denial. Can you please give me some insights so that I could start - somehow - helping myself into feeling deeper my own truths and needs? [Anastasia Mitrogou, Paris, France](#)

Beloved Entities, we shall answer both of your questions. One does not lack the self love required to take the steps for one's own healing. Indeed, ones can choose not to use self love for their own healing. If one has an emotional, mental, or spiritual injury they indeed have the ability in using love to heal it. Many do deny their ability to heal; many deny their ability to create change in their life. Listen to our message "[Psychology of Denial](#)". Ones can and often do become addicted to a pattern of familiarity. Ones want the results of change without making choices of change. Indeed, love is a requirement for change in healing painful abuse patterns. How many will state, "I can not do this because of this." What if this, did not occur? What if this, is a sub conscious excuse to prevent change? One can feel truth when they express it. Do not perceive in the

mind one must be fully expressing truth to feel truth. Express a small amount of truth and ye will feel truth. Do this to allow truth to grow inside of ye. Your needs? Indeed, each has a need to feel, each has a need to love and be loved. Do ye allow it? The question is not, do ye want it? Do ye allow it? Do ye give yourself permission to feel? When ye do, ye give yourself permission to heal. An exercise to do. Each day do something that honors who ye are as a soul. Do something physical, mental, spiritual, or emotional. When ye do this do ye feel resistance to doing it? Is this resistance a belief program from your childhood of deserving? Take a 30 day period and do this every day. You will begin finding changes in your self, you will begin finding it easier to love and be loved. Remember life is a choice. If ye want to experience something new, then indeed ye must be willing to make new choices, new experiences. This will be uncomfortable, remember this is about moving out of your comfort zone. This is about ye and the quality of life ye will allow. A short answer for a complex question, but an answer for ye to begin with...[Jonah](#)

Jonah what occurs when one finally finds and heals their core belief? [M. Smith, Seattle, Washington](#)

Well for goodness sakes, when one finally finds and heals their core belief? When there is a commitment to heal it can occur rapidly. When one does heal their core belief, then they develop the ability to heal many areas of life. We well understand, many believe once they have healed their core belief they are done. But that is the beginning. The difference being, healing becomes a great joy, life flourishes. They can then develop the abilities they came forth to use. If one thinks, in their mind, they are complete with healing while other issues are present, then they indeed need to search their intent to heal. Indeed that is a sign they have not found their core belief...[Jonah](#)

Jonah I remember in your message “[A Man Called Jesus](#)” you gave in 1985. You refer to Jesus as Jeshua Joseph Bar Joseph. I am finding many are now using this name. My question is this. Some call him Jeshua Bar Joseph. Is this incorrect or is Jeshua Joseph Bar Joseph a different person then Jeshua Bar Joseph? [Tim McCoy, Orlando, Florida](#)

Well for goodness sakes. Indeed Jeshua Joseph Bar Joseph is a different person than Jeshua Bar Joseph. Jeshua Bar Joseph, meaning Jeshua son of Joseph was a common name in this time frame of Jerusalem. There were well over a 1000 men and boys with this name. Jeshua came from a lineage of

royalty. Royalty of that time and culture used two names as did Jeshua. His full name was Jeshua Joseph son of Joseph. Those who truly know of his essence and his Essene heritage will always refer to him as Jeshua Joseph bar Joseph...[Jonah](#)

Question for the next Newsletter

Jonah, there is much fear, many homosexuals carry to come out. But what about the real problems, a coming out can cause in their relationships with their parents, with their work environment, etc.? How can a homosexual be fully expressed in societies that have judgment in this matter? Which must be the criterion for coming out? [Andreas Kallis, Athens, Greece](#)

Submit your Questions

Thank you for sending in your questions for the Jonah Newsletter. Please continue to send in your questions. Below are some questions, from you, we presented to Jonah followed by his answers. Send your questions to Hossca@aol.com

Jonah's Newest Messages

KARMA FOR SALE

Available in CD format

Are you battling karma? Have you been working on issues with no end in sight? This message may help bring an understanding to your key in healing. An often overlooked issue in life can be the pivotal point between being healed or just holding onto the desire to heal.

THE TRUTH ABOUT TRUTH

Available in CD format

You live in a world where many hold onto different truths. Are they all truth or selected truths? Is your truth different than someone else's truth? Where does your truth come from? Is your truth working for you or are you working for your truth? How do you know the difference between truth and fiction?

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Spring and Autumn 2009 Intensive Dates

The Jonah Intensive
Spring Intensive May 15, 16, & 17, 2009
Autumn Intensive September 25, 26, & 27, 2009

With Love and Light

Hossca and Rebecca

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