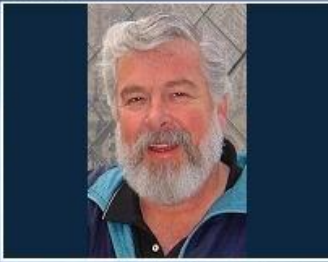


Hosca Harrison



Founder, Speaker, Author, and Medium

*Spiritual Counseling
Seminars and Groups
Healing School
CDs and Books*

Jonah
LIFE INSTITUTE llc

March 1, 2010

Newsletter

The Next American Jonah Intensive

TRANSCENDING
THE
SHADOW
OF
HUMAN EXPERIENCE
Healing the Whole

May 21, 22, 23, 2010

**JONAH WILL BE TEACHING ABOUT THE SHADOW HUMAN,
SHADOW PEOPLE, AND THE SHADOW THAT FOLLOWS EACH
HUMAN EXPERIENCE OF PAIN.**

**A TEACHING TO END THE HAUNTING, FEARS, AND DISEASES
CAUSED BY THE SHADOW.**

**INCLUDING THE 12 BODIES JONAH HAS TALKED ABOUT OVER THE
YEARS.**

**THOSE WANTING TO LEARN ABOUT THE 12 BODIES, NOW IS THE
TIME.**

**THIS INTENSIVE WILL INCLUDE CRITICAL INFORMATION FOR
HEALERS AND THOSE WORKING ON THEIR OWN PERSONAL
HEALING.**

**FOR MORE INFORMATION AND TO REGISTER GO TO
WWW.Jonahlifeinstitute.com**

Jonah's Newest Message

SPEAKERS FOR THE ELITE

Jonah's message "Speakers for the Elite" is in part a continuation of "Nature of the Beast." In this message Jonah goes into much detail about the Elite; who they are, where they came from, and just who and what the Speakers are he referred to in "Nature of the Beast." This is not a message about surviving, but a message on how to thrive.

NATURE OF THE BEAST

Jonah's message "**Nature of the Beast**" is a message for deep understanding of the nature of your makeup. Jonah explains why there is no contradiction between evolution and spirituality. Why do humans carry such strong emotions of anger, hatred, desire for war, and the desire to inflict self punishment? Jonah explains the difference between the 3rd and 4th dimension and where humans (the human body) came from. This is a

powerful message to understand why you are the way you are with a sense of peace, and why you have the power to change it. Caution, this message may push your beliefs.

To order online go to Products page at
www.Jonahlifeinstitute.com

OR

Request the order by check mail order form. E-Mail Hossca@aol.com and put Check Order Form in the subject line. We will send you the CD order form.

Our Next Newsletter

This March 1, 2010, issue of Jonah Life Institute Newsletter will be the only one for March. Our next Jonah Life Institute Newsletter will be sent in April. Most of the month of March, we will be out of the country. Our web site and e-mail will be open for those who wish to send in questions for future Jonah Life Institute Newsletters.

The Next European Intensive Athens, Greece

Did Ye Miss The Secret?

March 20, 21, 2010

Jonah will give steps to refine your sixth sense, to be aware of the secret war for your mind, and to recreate missed opportunities for creating a joyful life.

What does the European Union have planned for you?
Have you become a master of creating excuses to deny yourself?
Do you find yourself running away from the joy you desire?
Do you find yourself creating one painful relationship after another?

**This Intensive is about creating and maintaining inner peace when
your outer world is filled with chaos.
What life do you deserve?**

*For more information and to register for this Intensive contact
Ioanna Golfopoulos in Athens at 210-6778216*

A Message from Hossca

It was a cold and snowy day in Boulder, Colorado March 1985. I was waiting for a woman to arrive for a Tai Yi treatment. I had been having doubts about working on this woman, but she seemed in so much pain from her spine. I heard car doors close in our driveway and looked out the window to see a man helping this woman walk up to our front door. I opened the door and invited them in to sit on our couch. She began to explain how she has had back pain from her childhood and was now in her 40's. The man with her was her husband. He was very quiet, when he did try to speak, she would ask him to be quiet and let her do the talking. After a few minutes I had her husband help her get up, on the massage table in the middle of the living room. As always, I first did a scan with my hand to determine the depth of energy I was seeing in her body and in particular her spine. I could not find any spinal injury which would cause this pain. I did find much anger from her childhood causing this pain. As she was laying face down I began to ask her a series of questions about her childhood, relationships, and how she saw herself. With each question she would answer no, no such event ever occurred. I looked over at her husband, whom she could not see, and he was agreeing with everything I was finding, as she was denying everything. After about ten minutes of this I finally told her, "You are too invested in your denial. You do not want to heal, but rather be taken care of and this is your way of doing it."

Her husband then spoke up and said, "Thank God someone finally has told her what she needs to hear." This she heard and became very angry.

I told her, "I cannot help. If in the future you decide to look at your issues, then perhaps I can help you."

She got up and demanded her husband take her to the car, speaking as she was walking, "This was a waste of time."

When she left I could see waves of anger moving through our living room. I gathered it up and sent it on its way, putting the energy of our living room back to its former state before she arrived.

A few days later I went to see my teacher. I knew this was going to be a top topic of discussion. When I arrived at the cave, sure enough he was there sitting on the stone Tai Yi table smiling. "What did you learn about denial?" he asked.

I answered, "Denial is more painful than the physical pain one carries."

"Yes," he answered, "denial is much more painful because it carries pain in the mental and emotional bodies through to the physical body."

"How does that work?" I asked.

"The meridians are currents of energy, these currents carry information. Whatever information that is programmed for them to carry, they carry and deliver that information. If pain is the program they carry, then the energy moves through the mental and emotional meridians to the physical and acts like an explosion. This explosive energy translates into pain in the physical body, if there is already pain in the body, the pain increases. I could say simply the Neuro-matrix centered on the portions of the cerebral cortex of the brain brings about perception of pain. Now that would be an intellectual reply, you are looking for a spiritual understanding. Denial is an energy program. It denies the energy of healing, the energy of joy."

"How can one know they are in denial?" I asked.

"Know if they are in denial!" He responded with a big laugh, "You can see it. Did you not see it when she came into your home?"

"Yes," I answered, "but what about others needing to know this?"

"Yes others, well you look and see if they are spiritual shoppers. Do they go about shopping for teachers until they find a non teacher who agrees with them? The woman who came to your home was shopping; her mate was tired of shopping. He got it and she did not."

"Now the meridians; they are carriers of energy, information, both pleasant and unpleasant creating pain or joy. Energy needs the direction of wisdom with knowledge. How many deny who they are to keep face with family and social standards? You are not separate from that which you believe. What you believe to support your social standards is the energy that flows through the meridians. Be in denial, you deny not only who you are, you deny healing. You did well choosing not to work on this one. You would have absorbed this one's energy." He smiled and said, "Now your next test

will arrive next week, get some rest for this one, go home. I shall enjoy my rice"...Hossca, to be continued...

For those who are new to our mailing list and want to access past Jonah Newsletters, or to read from the beginning the series of articles Hossca has written about his Chinese teacher. Go to www.Jonahlifeinstitute.com and hit the Newsletter button. All current Jonah Newsletters should be updated in the next few days.

Password for our website?

We have been receiving requests from ones who lost the password they set up on www.Jonahlifeinstitute.com. We do not have access to your passwords. No one does except the person who set it up. If you lost your password, you can request it by putting in the information requested. Be sure you are using the same e-mail address you used when you set it up. Also please understand you do not need a password to enter onto our web site, or to purchase CD's DVD's or Books. Using a password only offers a convenience so one does not need to reenter their information.

Jonah Question and Answer

Jonah a Unified Field Theory is obviously the attempt to mathematically express how the universe works, including quantum mechanics and relativity, micro and macro functioning of energy, all in one beautiful, elegant formula. But as you say, we are attempting to accomplish this from a 3rd dimensional viewpoint/consciousness. And the *strings* of string "theory" are linked to knowingness, a 4th dimensional soul, heartfelt knowingness, which opens the mind to comprehend the patterns we seek. Can it be done? A unified field formula? I had a dream that it was accomplished. But can it be done in mathematical form? Michael Bohoskey Durango, Colorado

Well for goodness sakes, such a well thought out question for such a simple answer. Indeed, it can be done...Jonah

Dear Jonah, airplanes spray chemicals in the atmosphere creating clouds which hide the sun. How can we empower ourselves and cleansing of these chemicals? Thanks and Love, Nina Maroullaki, Rhodes, Greece

It is so; elements of your world governments do spray chemicals in the atmosphere. These chemicals do often interfere with consciousness. When ones are under this presence they become very passive and very believing of what governments tell them. This is not just Greece, but all of Europe, the Americas north and south, and throughout Africa and Asia. To empower one's self is to empower one's electromagnetic field. To cleanse the body is to bathe in sea salt baths. We will be speaking more of this in Greece.

Dear Jonah, what is this phenomenon that occurs in Greece the last few years which they call "African dust"? Is it a natural phenomenon or is it another product of human intervention? Is there any way to protect ourselves from its effects and not experience the symptoms caused by it (e.g. headaches, dizziness, low mood, difficulties in breathing, etc.)? Stella Mavrogiorgi, Athens, Greece

This has different causes; the first is what ye would call HAARP, a project created by the American government. The second is global warming, which is also being increased by HAARP. The dust cloud gathers over Africa and moves through Europe beginning in Greece, it also moves across the Atlantic Ocean and to the Eastern part of America. This dust cloud carries viruses, some long dormant in the deep sands of the Sahara desert. As the earth changes continue both manmade and natural in your third dimension, one must make changes in their mind, emotions, and physical body. These changes are the protection one seeks. To make changes one must take action to learn more how the mind works, how the emotions work, and through this increase their immune system. One cannot increase their immune system without first strengthening the immune system of their mind and emotions. There is no place on earth one can run and hide from the coming events, one must work on themselves. At this time physically take herbs to strengthen the lungs, such as Myrrh. Increasing water intake is of great importance. Some may choose to wear a mask when they are outside. Also, obtain mint oil and massage on your temples. This will assist in headaches and also in clarity...Jonah

Jonah, I would like to ask you about the most beneficial order in one's healing: if one has not fully released their core belief, can they proceed with releasing the shame and the other steps that you gave at the last Intensive for empowering the 6th sense, or would it be more beneficial to work upon fully releasing their core belief first and then work on empowering the 6th sense? Thank you from my heart. Aphrodite Tsalgaidou, Athens, Greece

Healing? Well for goodness sakes. How can one put healing on hold and expect the whole to grow? It does not. Those who listened to our message about healing the core belief will do well to continue working on this, as they also work on healing the shame. One part assists the other part. Some carry the belief, cut off current healing information and just focus on the old. These deny themselves the tools and assistance to heal the whole. The more ones come together to heal,

the more one works with others of like mind to heal. Is it not to heal in abundance, versus being separate from others of like mind to heal?...Jonah

Questions for future Newsletters

You have spoken to me of going into the Void. A Course in Miracles and some other teachings seem to be directed at what is referred to as "the undoing of the mind." Is this the same as going into the Void. I have found myself drawn toward advaitist (non-dual) teachings, as well. Are any of these useful tools for going into the Void? If so, which ones? If not, what tools or approaches support going into the Void? Linda Masterson, Felton, California

Jonah, is it true that the elite staged the whole 9/11 catastrophe in order to just change the face of fear? Did the government know and if yes what was the extent of government involvement? Also, I don't understand how the elite knows so much about the human psyche and yet use the knowledge to instigate fear and maintain control instead of inspire growth? I mean, OUR growth is assisted by knowledge of the Self, right? OUR growth is based on knowledge of our mind and emotions. So how come THEIR knowledge brings about stagnation, fear and resistance instead of growth? Knowing so much, the elite gives me the impression that it consists of beings quiet developed spiritually or how did they ever get to understand our mind so well as to manipulate the masses, if they are not spiritual? I can only guess that they may have somehow acquired their higher knowledge without effort. As if it was readily available to them without them needing to do the work to acquire it by themselves. Someone offered them the end result without them needing to undergo the journey to that end? Who did and in exchange of what? Thank you, Cornelius, Boulder, Colorado

Dear Jonah, how organized is the Elite? Are you referring to the ruling elite from Atlantean times, the ones that don't die, the ones who put their consciousness into new bodies when the old ones wear out? What is the intelligent energy that is connected with the true elite? It's an ancient and highly intelligent, very cold and heartless energy and intelligence with the ability to see past and future. What IS that? Furthermore, I

thought I have met members of the elite in society and politics-and most of them don't embody this ancient calculating and cold intelligence quality that I'm referring to, so maybe they are speakers and in fact not the elite themselves? How hidden are the elite? As always, thank you for the gift of clarity! Jackie Lloyd, Ramona, California

Dear Jonah,

When you have a loved one in your life who is in physical or emotional pain and either not healing at all or working on their healing on the surface, how does one be ok with their choice? How do you remain focused on your own life and still support and love your loved one's choices without it affecting you?

Thank you for your wonderful teachings. In Gratitude, Debbie Norum, Woodland Park, Colorado

Dear Jonah is hypnotherapy an effective tool to heal our most deeply held negative beliefs? Can hypnotherapy be a tool for PERMANENT change and healing? Thank you for all of your love, support and teachings.

Anna Francis, Denver, Colorado

Dear Jonah,

Many people and organizations are offering money to aid in the assistance to the people in Haiti following the earthquake. Given the pre and post earthquake political climate in Haiti, is the money really arriving to assist the people who need it? Or is this another example of the Tsunami from 2004 where many people sent money and many people, organizations, and governments pledged money, but did not follow through or the money was not used for its intended purpose? Is there more to the earthquake than what the general public knows or will know? Thank you, Tami Urbanek, Monument, CO

Jonah, As you have predicted on several occasions, there are coming to our country (US) times of very oppressive policies and even compulsory procedures designed to control the masses. If one makes what one believes to be prudent decisions to not participate in those circumstances by leaving this country to live in another, how can one determine the difference between reasonable actions to avoid these things and actions that are just "escaping"? It seems that this can be a very fine line. Richard Morrissey, Boulder CO

Dear Jonah, If wars are planned by the elite and so are economic crises, could it be that natural disasters are influenced and/or created by the elite as well? Thank you! Jackie Lloyd, Ramona, California

Dear Jonah, In the shame syndrome message you list three most likely places in the body that store shame. Could someone also carry some shame in all three? And if so, what would be the best method to healing that- start with the most common point you mentioned and then move to the next? Thank you so much! Jackie Lloyd, Ramona, California

What is a mentor? How does it compare to being a friend? How does one who has not mastered life share with one they are mentoring in a way that honors the child and self? Sharon Soldi, Ramona, California

In your "The Shame Syndrome" CD, you mentioned that shame can be hidden mainly in three parts of the body. Is it possible that it is hidden in ALL THREE parts at once? What do these three areas represent, in terms of healing the shame syndrome? Thank you very much for your assistance,
Sharon Soldi, Ramona, California

Jonah, one person completes their 30 day core belief plan and it is fully healed. Another completes their 30 day plan and there are remnants. What is the cause of the remnants? What did the two people do differently? Thanks,
Matt Spaeth, Lyons, Colorado

I have been receiving your newsletters for about two years now and I always await to receive them as a source of information, wisdom and encouragement.

I must say that sometimes when I read the newsletter it seems to me like you're referring to a reality that is more appropriate to the US or Europe. Or maybe it is just a self-deception. Or maybe it is a reality we are heading to, since there are more and more kids with bipolar disease, ADD, or other new illnesses. People may not take as many drugs here (Mexico) as in the U.S. but they're definitely taking more and more -- both medical and illegal.

1) Since we are all in a sea of oneness, when a person hurts an animal, are they creating karma? In what way? I'm not a person who treats animals as if they were my kids. I love them, respect them and try to do no harm but it's hard for me to believe how some people can be so cruel to them.

2) I understand that by raising our level of awareness we will have a more developed ability to understand life and love. I notice you refer a lot to people who have children or work with children but, in what way does this apply to a person whose job is not related to educate or heal people? Since I teach adults I don't feel I'm "raising" them but rather getting to know them. Sometimes I feel I ought to teach them something "else" besides my subject. Or am I just pushing too hard on myself since I am also a learner of life?

3) A few weeks ago 15 teenagers were murdered by members of a drug cartel in Juarez, Mexico. For me as for many people here it was devastating news. I felt very frustrated and for some reason extremely sympathetic to them and their families. It's been very hard for me to understand that event besides what is said in the news and the obvious relation to the drug war currently going on in Mexico. What is there to learn about this?

4) This question just came up. Is the Elite related to the current "drug war" in Mexico? I believe they are but is there something else you can add? How can we contribute to making this country and world a safer place to live? Victor Ramirez, Puerto Vallarta, Mexico

Questions

Thank you for sending in your questions for the Jonah Newsletter. Please continue to send in your questions. Your questions and Jonah's answers are a great teaching tool for many. Send your questions to; Hossca@aol.com

With Love and Light

Hossca and Rebecca Harrison

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