



Discovering An Adventure Called Life



Hossca Harrison

April 30th 2009 Issue

Newsletter

The Next Intensive

Spring Intensive May 15, 16, & 17, 2009
Denver, Colorado

IN SEARCH OF MYSTICISM

Many are concerned about physical body maintenance; Jonah will teach how to create a maintenance program for the mental and emotional bodies as well. Just as the physical body needs to be cleaned of toxins, so does the mental and emotional bodies.

Jonah will give a 5 part interactive guided meditation on how to focus and explore the deeper levels of self.

Jonah will give a 5 part self test, to determine the strength of one's desire to heal. This self test will assist one to bypass their belief system and come to know where their barriers to healing might reside.

Your answers may surprise you.

This is part of understanding true mysticism.

For More Information and to register for this Intensive go to the Intensive page at

www.Jonahlifeinstitute.com

Jonah's Newest Message

INDIVIDUALITY

This message is about creativity and abundance through individuality. Many think of themselves as being their own individual, but their programs can lead them on a life of being someone else. In this message, Jonah will address those who have difficulty in creating their own reality with joy and abundance. This is a powerful message, for those who want to know if it is their own individuality they are embracing.

To order go to Products page on **www.Jonahlifeinstitute.com**

“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.” - Plato

Jonah Question and Answer

What is the difference between discipline and devotion in terms of how we approach our healing and bring forward our abilities? Sharon Soldi, Ramona, California

Beloved, discipline is using one's own expression of their ability. It is not submitting to the many traditions of your world to create acceptance. Devotion is an energy of worship, often used in disempowering one's own self, unless it is

used to express one's ability. It is not to get into semantics, but rather for one to be clear of their intent. Listen to our message "[Finding a Teacher](#)"...Jonah

**Jonah " There are only 7 souls on earth; the rest is done with mirrors."
(Cited from the Newsletter on March 15, 2009). I do not get the existence of only 7 souls on earth. Could you please expand on this? Loula Vretou, Athens, Greece**

Well for goodness sakes, this is a metaphor, it is not literal. It is also a metaphor for the 7 original families. We spoke about this in our message (Intensive) Soul Family... Jonah

Jonah, during this period of transition and the fear ones hold are there more alien abductions then what usually goes on? Do abductions usually happen around 3:00 AM? If one were abducted does this mean they have an activated implant? If one thinks they have lost time between 3 and 5 am is this an indication of abduction? Is holding self with unconditional love the best way to cease abductions? What other information if available at this time? Thanks, Janette Dean, Victor, Colorado

Beloved, we understand the concern of abductions. This does occur, but it is not to be perceived as increasing because of your period of transition. Indeed, what is increasing and does need to be made aware of is thought projections. One can become influenced by thought projections, often times during the sleep state and often during the time ye speak about. Negative influence is alive and well in your world from ones in the physical and or nonphysical. One can have dreams during their sleep which can be a direct influence from thought projections. One can have a dream about another when indeed it is not about the other, but rather a combination of thought projections to ye about the other, which holds no truth. When one is committed to following and expressing their pathway, it is very difficult for ones to be susceptible to thought projections. When one is denying following and expressing their pathway they become very susceptible to thought projections, thinking it is their own thoughts...Jonah

Jonah, I have friends who are learning and practicing Tai Yi from Hossca and I want to receive the benefits of this healing energy technique. I would like some guidance on how to best approach a practitioner for assistance. For instance, would you suggest that I wait until i have a specific ailment or issue to work on or is the best approach to allow the practitioner and myself to use our intuitions to choose an exercise that I am needing? Ewell Culbertson, Longmont, Colorado

If one is totally healed physically, mentally, emotionally, and spiritually, then there is not a need for Tai Yi. If one does have ailments in these bodies then Tai Yi can be a deep healing tool. If one is not sure of which exercise to have used on them, then speak to a practitioner. A practitioner who is expressing their ability, will be able to see and determine what would be of greatest service to ye. Indeed, Tai Yi is not just for physical ailments, but can be used for deep healing in mental and emotional issues from this life or another. Tai Yi can also be used to prepare one for an opening one is preparing to go through...Jonah

Questions for future Newsletters

Hi Jonah! Was this so called "swine flu" genetically engineered and deliberately released in Mexico? If so, do the reasons for this include a propaganda attack against Mexican immigrants in the United States for control purposes, much like the Nazis demonized Jewish people etc? Thank you!! – Jackie Lloyd, Ramona, California

When I think of a “teacher” or “those who come to assist,” it has a feeling of separation on it – for example “a teacher” is separate from “an individual the teacher is assisting.” How can I shift my perception of a “master” or “teacher” to be more in line with the concept that we are all one? Or how can an individual feel at one with those of a lower vibration and vice versa? Is it to remove judgment? Sharon Soldi, Ramona, California

Dear Jonah, Could you please help us understand how can we overcome the mental virus which causes our spiritual sleep? With respect and love, Katerina Michalopoulou, Greece

Jonah, Will you please explain the learning/healing process of an unborn child's soul as the pregnant mother moves along in her pregnancy? Does the child still work with his/her guides, setting things in motion for the physical life? Do they tend to stay around the mother and/or parents in proximity? Do they stay attached to an age or gender even though they're in the nonphysical? Are they very aware of the present issues within the parents and interact with the parent or parents in accordance to those issues? Thank you! Tami Urbanek, Monument, Colorado

Jonah, thank you so much for your precious support. You have given us a lot of information about the main things each one has to focus on in accordance with his healing process during these times of change. But what about our small children at the age i.e. of 2,3,4 or 5 years old, how we as parents can support those souls to heal themselves, during this period? What about their core beliefs? Sophia Tsoumaki, Athens, Greece

Jonah, do we have only one core belief in each life time? Or can it be more than one so that we can heal one and another one appears afterwards? Or does it mean that we had not healed our core belief in totality and some residue remained? Also, could the core belief be “our heritage” from previous life times?

Jonah, what is critical for teachers working with immigrants children or charismatic children whose talents are not “recognized” by their parents? With love, Aggeliki Plouma, Athens, Greece.

**“Jonah, what is the energy and the essence of anger? What message does it carry? Why is it many times judged and suppressed? Where can unhealed anger lead to? How can one work with anger as soon as it appears rather than suppressing it? How can one tell if the anger that is felt because of a current event is original or suppressed anger which has been activated? Could you please give some guidance for unsuppressing, releasing and healing anger so that it is not projected on to others or turned against self? Also, I would like to ask about the expression of anger: Is it always to be expressed or sometimes it is not necessary? How can it be expressed in a compassionate way? What is the difference between positive and negative anger? Is negative anger also to be expressed? How negative anger can be healed? With much love and gratitude,”
Many thanks and much love. Aphrodite Tsalgaidou, Athens, Greece**

Jonah what can one do to find inner balance, to be alive in all life, to trust self and to find the essence in the aspects of life? Love and respect Rita Litou, Athens Greece

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

Autumn 2009
Intensive Date

The Jonah Intensive

Denver, Colorado

Title yet to be announced.

Autumn Intensive September 25, 26, & 27, 2009

With Love and Light

Hossca and Rebecca

Jonah Life Institute llc

www.Jonahlifeinstitute.com

Life Energy Flow Tai Yi School of Healing

PO Box 250

Divide, CO 80814

719-687-7676

Hossca@aol.com

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