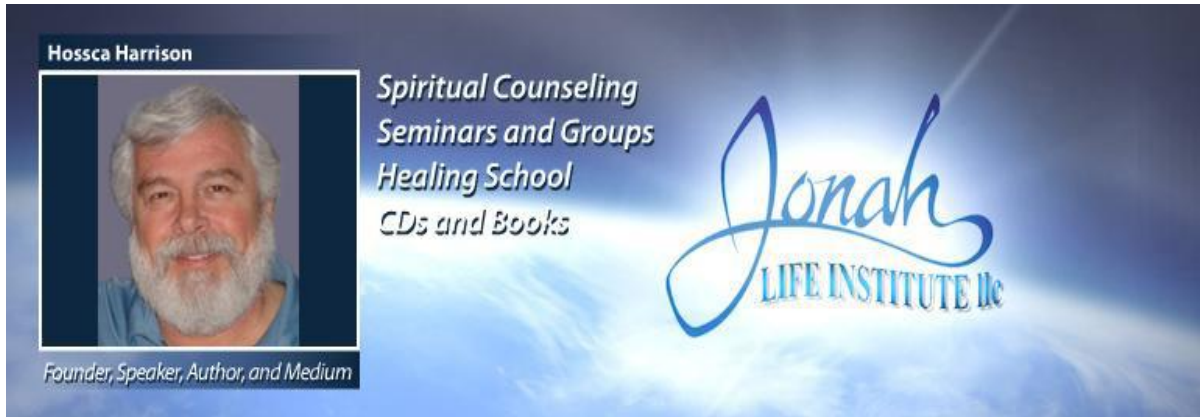


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June 1, 2011

# Newsletter

## Announcements

*HOSSCA'S NEWEST BLOG COMING SOON!*

**"A Journey Through Deception"**

**[www.Hosscasblog.com](http://www.Hosscasblog.com)**

**Jonah's Newest Message**

**JERUSALEM**

Jerusalem, a city of religion, a city divided, a city at war. Why was the first temple built, then the second temple, then the Dome of the Rock, all on the same location? Who first built the city of Jerusalem and why? What is buried under this city that has become the most contested city in the world? Jonah answers these questions and more. Jonah also prophesied in this message what the future holds for this divided city of religion. Some of the answers may surprise you; some of the answers may bring an understanding of why Jerusalem is the way it is. Jonah recorded this message in Amman, Jordan after speaking to a small group in Jerusalem and Petra.

## Guest Writer For June

Tami Urbanek

Tami is a writer for NaturalNews.com, has a weekly radio show titled Empowerment Through Healing at LA Talk Radio. [www.lataalkradio.com](http://www.lataalkradio.com), She is also a medium and Tai Yi practitioner, [www.empowermentthroughhealing.com](http://www.empowermentthroughhealing.com)

### **Coming Out of the Closet**

by

Tami Urbanek

Ever since I have been listening to and learning from Jonah, I have heard him tell people “be yourself!” In recent years, I have heard him tell people “get out of the closet!” Jonah defines “coming out of the closet” as being willing to express your individuality with truthfulness, even at the risk of ridicule. Many people associate this with being willing to talk about personal spirituality and/or talk about their work that may not be aligned with mass consciousness of ‘normal’.

The Jonah messages, “Individuality” and “The Creative Gene” both talk about being yourself and expressing individuality. They are wonderful messages for any person who

is in the process of learning full self-expression or for one who wants to be in the process of learning full self-expression. Coming out of the closet also means speaking up and speaking out. Being open about personal spirituality is a very important component to expressing individuality, but it is also about speaking about events that are occurring that affect us all. So, why is it so important to come out of the closet and what does it look like?

Coming out of the closet is important because humanity is suffering. Humanity is suffering from loss of love, compassion, and knowingness. More specifically, Third Dimensional humanity is suffering. Humanity is suffering because so many people have forgotten who they are, why they are here, what they are to do, and as a result, they survive day to day. People have forgotten how to live! So, who is going to wake them up? Is it all Jonah's responsibility? Is it all Hossca's responsibility? Indeed not. It is everyone's responsibility! If an individual has decided to wake up and to begin paying attention, it is that individual's responsibility to wake up other individuals. That requires coming out of the closet.

How many people are so asleep that they are passively allowing a law, that will eventually be passed, that would criminalize homosexuality with the death sentence? How many people are so asleep that they passively allow a bill to be passed in Tennessee that stops teachers from using the word homosexuality or talking about it whatsoever in the classroom? How many people passively allow their children to be vaccinated without asking the attending physician what the ingredients are and the possible side effects of those ingredients? How many people are so asleep that they do not question the large increase in cancer rates over the past 10 years? How many people are so asleep that they do not question the integrity of our food supply, our water supply, and our air? How long did it take for the mainstream media to stop reporting on the massive amounts of dead fish and birds?

A while ago, I remember having a conversation with two people about the chicken eggs that were contaminated with Salmonella. In the media, there was a brief discussion about what would happen to the chickens that were infected and the concern was that the chickens would be served on our dinner plates. When I brought this up to the two people, their response was, "well...you have to cook the heck out of chicken anyway, so it doesn't really matter." A thought I have is, if you know on one plate, you have contaminated chicken and on one plate is clean chicken, would you really not care which one you eat? People are asleep, and if I am waking up, it is my responsibility to assist in waking up other people. So, what does it look like?

For me, it meant joining different networking associations and not giving into fear about

standing up and speaking my truth. It also meant writing about issues and events that are occurring. It means talking to anyone who is willing to listen.

Full self-expression carries passion. For many, the demonstration of strong passion is uncomfortable, and many people misinterpret it for anger. Strong passion does not carry judgment and condemnation. It is not negative anger. Though, many people ridicule passion. The main belief of our mass consciousness is to survive life passively. When a person demonstrates strong passion, many people will ridicule that person because passion scares them. To that, I say, "so what?" I have already been ridiculed. So what? Humanity is suffering. The possibility of ridicule is insignificant compared to individuals who are in pain and who desire assistance. That desire for assistance may be conscious or unconscious, but the desire is present for many people.

There is an old saying: at the end of your life, you probably won't be saying, 'I am glad I spent all that time at the office'. In other words, at the end of a person's physical life, that person may have regrets for not living a passionate life. So, if he or she knows that now, then do something! Scream something out! Stand up for something! Rock the boat! Humanity is worth it. Will that person be ridiculed? Maybe. Well, probably. But, who cares? That person may assist 20 people who then assist 200 people who then assist 2,000 people. Stand up for humanity, love, compassion, and soul connection. When a person does that, how can there be any regrets at the end of physical life?

## Jonah Question and Answer

**The following questions are questions presented to Jonah at the May Intensive, "Transforming Amnesia of Home"**

Jonah, for those of us with children, how does my moving into the 4<sup>th</sup> dimension appear to my kids and affect my kids? Obviously I don't want to leave them behind. I want to help them move forward too. And not just my kids, but others too. When one moves into the 4<sup>th</sup> dimension do they simply disappear? Or do they appear to die?

**Beloved, the 4<sup>th</sup> dimension does not interfere with the bonds of love. There is not going to be a group rapture to the 4<sup>th</sup> dimension. The majority who have completed and have increased their spiritual frequency to that of the 4<sup>th</sup>**

dimension will indeed complete their life in the physical and choose out of love to reenter into the 4<sup>th</sup> dimension. Ones from the 4<sup>th</sup> dimension also have the ability to assist ones in the 3<sup>rd</sup> dimension during the dream state. Some may choose to remain, meaning enter into a body through birth in the 3<sup>rd</sup> dimension to continue assisting those they have a deep bond with...Jonah

Jonah, how do I love my body when it seems to limit me and my expression of my purpose?

**How do you love your body? Well for goodness sakes, ye love your body by making a choice to stop listening to others who tell you what or how ye shall look. Ye have accepted the judgments of others who think ye should look like them. Give them no credit. Indeed, when one states judgmental statements to ye, send them on their way. Your body will only change and release its limits to what your soul desires when ye carry love for your body. Perhaps learning this is learning the expression of your purpose...Jonah**

Jonah, what can we use as a barometer to know if a choice is coming from the higher mind or the scar?

**Tension, when a message comes from the higher mind there is no body tension, but rather a feeling of love for self. Indeed, one does need to “learn to feel” for this to come about...Jonah**

Jonah, the circular motion spoken of in the meditation. Is it a rotational motion as in the rotation of the earth, or is it an orbital motion as the earth moves around the sun and the galaxies around galaxies.

**Both...Jonah**

If one was not equally valued by a parent because, as an example, they were a girl and religion teaches females are of less value than males, there would likely be scars on the mental, emotional and spiritual level. And if there were an incident where the physical body was injured as a result of this belief, there would be a physical scar as well.

In using the meditations, which would you work on first? Do you repeat the series of meditations for each level or continue doing them till in meditation #1 you do not find any more scars?

**Ye continue the set of meditations as a set, then return and continue them again. Be certain ye are holding in your mind that which we spoke, just before the meditation...Jonah**

In the newsletter you said that after one heals the religious indoctrination, there would always be a scar as a reminder not to return to the lower consciousness. Will that scar show up in the meditation?

**No, not one which has been healed, the reminder we have spoken of is as a memory, a picture, and a reminder to not return to the life of pain when that scar was the basis for your choices...Jonah**

I have heard there is a radio wave that neutralizes radiation. Is this true? If not, is there something else?

**Beloved, radio waves are also radiation. Can radiation transcend radiation, can fire transcend fire, and indeed can fat transcend fat? Indeed, yes it can. At this time scientists in the land ye call China are working on this process. It has not been created to work at this time. There are ones who will claim they have developed this process, but indeed not to an understanding of it working without side effects.**

When one works on an issue consciously and heals it, why does it not heal in the sub conscious mind as well?

**Your question is itself a contradiction. If an issue is healed, it is healed on all levels. If it is not healed on all levels, it is not healed. It may be in the process of healing, but not totally healed...Jonah**

If someone imposes their free will choice on another, what constitutes harm so you know when to intervene?

**Harm is when one does not have the ability to defend themselves, such as a small child, an elderly person, or a person mentally or emotionally underdeveloped. It also includes a person being traumatized and in a state of trauma, such as one being raped or harmed beyond their ability to defend themselves. This is but a brief example. The core understanding is using common sense...Jonah**

## Questions for future Newsletters

Dear Jonah, I heard a statement by a psychologist that I cannot truly understand in my heart. Her statement was that humans seek for happiness because pain and grief are not accepted as a part of their life in certain circumstances. That humans need to get rid of pain and grief as soon as possible, better with a magic touch, than understand these

as an expected and unavoidable part of our life that we should heal. This process of human life should be according to this statement the way for humans to learn and grow up.

What do I miss here? Have we the feeling of not been happy and fulfilled, because we pay so much attention on pain and grief? I thought we are seeking to follow the path of our heart in order for our soul to fulfill her destiny for the certain incarnation. What do I miss here? Christina Manti, Athens, Greece

Jonah, Many people are being diagnosed with Lupus, an auto-immune disorder. The western medical community states they do not know a cause, but can only identify some triggers that activated Lupus. Is it difficult to find a cause because there are different causes as to why the body would attack itself? Is it individual based on the persons mental and emotional patterns? Will healers, of different modalities, see an increase in people who seek assistance with Lupus symptoms? How can Tai Yi benefit Lupus?

Tami Urbanek, Monument, Colorado

You have advised that on days when there are chemtrails in the skies it would be prudent to stay indoors as much as possible, and to inhale lavender to counteract the effects. But what about the animals we're responsible for who live outdoors? What can we do to assist them with dealing with the toxic effects? Thank you. I deeply appreciate the information you share with us! Diana Lees, Elgin, AZ

Dear Jonah, Is the use of so-called orgonite or "Dan Croft cloud busters" as beneficial against airborne and electromagnetic toxicity as is claimed? Thank you! Diana Lees, Elgin, AZ

"Where do we go?" is what the autistic Temple Grandin matter of factly asked when her horse died, and again when her beloved professor died. In terms of physics, where do we go? If we are third dimensional, then, even when the physical body is vacated, the remaining eleven bodies must still remain in a third dimensional frequency web. Do the remaining bodies have mass? Do we end up around galaxies in our universe as dark matter, adding to the gravitational force picked up by our WMAP satellites? Death is not a ticket to the fourth dimension, as you have said, so we must remain somewhere in the third. Perhaps we shift our electromagnetic frequencies, collapsing our wave function into the unseen 95% of our universe. Michael Bohoskey, Durango, Colorado

Jonah, In a recent group, you stated to someone that the oats they were eating were genetically modified. GM oats are not approved for human consumption and "do not exist" according to the FDA and other GM watchdogs. How did these GM oats get into the food system? How many other GM foods are in our food supply that supposedly "do not exist"?

Independent labs exist for testing the presence of GMOs, but they can test only for GMOs known to exist. How can we expose the existence of these unapproved GMOs?  
Thanks, Matt Spaeth - Lyons, Colorado

Dear Jonah,  
What is the difference between shame and guilt?  
Thank you in advance! Anastasia Mitrogogou, Athens, Greece

Dear Jonah,  
The number Twelve seems to have much significance in the Universe, with 12 Bodies, 12 Dimensions, 12 Realms in each Dimension, 12 Ancient Mystery Schools, and 12 months in a year. When my wife Patti's mother had a stroke and was learning to speak again, she would say the word "Twelve" to many questions. When she was asked to count she would say Twelve, or when she could not describe something she would just say Twelve. Is there significance to her saying twelve? Please describe the significance of the number Twelve and why we see it in so often in the Universe?  
Thank you for your love and guidance! With Aloha and Light, Wayne Holum  
Kailua Kona, Hawaii

Dear Jonah  
What would you recommend for ones that have the Herpes 6 virus that causes Chronic Fatigue Syndrome?  
Thank you for your help  
Sofia Rossou, Patra, Greece

Dear Jonah,  
Physicists think of dimensions in terms of coordinates, up/down, left/right and such, but it occurs to me that this concept may not be appropriate for describing dimensions, even though it seems an obvious choice. You described dimensions as frequency bands, analogous to tuning to a station on a radio. If one were in the 4th or 5th dimension, as you describe, would there not still be a three coordinate reference in that physical reality? Is it not the frequency of the string matrix that changes from one dimension to another, rather than the coordinate variables? And is not this partly the limitation of 4th dimensional mathematics, its attachment to coordinate variables as being dimensions?  
Michael Bohoskey, Oro, Arizona

Hello Jonah,  
Four days straight and each day worse. The constant all day long barrage of chem trailing is to the point that today the trails fan out to blend into the ones next to them so that the sky is obliterated for as far and wide as the eye can see. To the unsuspecting eye it looks as if the sky is feathered with light cloud cover. Who is orchestrating the spraying and why such massive coverage? Are there some areas targeted more than others? We get hit a lot in the Santa Fe area but the frequency has vastly increased and the coverage more extensive.. Why? Thank you, Sheri Perrin, Santa Fe, New Mexico

"Hello Jonah. I would like some help in understanding the animalistic nature a bit deeper. How is the human instinct of survival different than that of animals? Is survival in humans about the fear of not being loved whereas in animals it is of dying? In increasing suicide rates we see how people actually *resort* to death instead of fearing it. Also on the list of top fears in the U.S., death ranked only 7 whereas public speaking ranked top of the list. Is the fear of public exposure associated with the fear of emotional rejection (humiliation)? Thank you! Cor Savopoulos, Boulder, Colorado

Dear Jonah

1. How do the elite protect their physical health from aerosol spraying?
2. Are commercial airlines also involved in spraying or only the military? Are there controls in the cockpit so that pilots need know what's going on or is it an automatic operation in their ignorance?
3. Where need I search to find details on the above questions?

Thank you! Cornelius Savopoulos, Boulder, Colorado

Jonah - What really happened to the drumfish and blackbirds in Arkansas? The news is trying to say it was overpopulation for the fish and lightening for the birds. I find that hard to believe. Thanks, Janette Dean, Bellevue, Washington

Jonah, I would like to ask how homeopathy works and how one can utilize it in their healing process. Homeopaths and patients see the results of it but there is not a full understanding of its inner workings. Which bodies does it affect? Does it assist in removing energy blocks in the meridians and in balancing the energy? Thank you for your loving assistance! Aphrodite Tsalgaidou, Greece

Dear Jonah, You spoke of listening to the Earth in a recent Intensive. If I remember correctly, you said that Earth will send geographically specific information to ones who are tuned in, and that we can know it's Earth's message by a momentary loss of hearing followed by a high pitched sound. I hear high pitched sounds often, and occasionally experience that interruption of hearing. What are the high pitched sounds that come without the interruption of hearing? Are they information? Are they of benefit or are they, as some say, a form of programming or mind control? Thank you for helping me to understand. Diana Lees, Elgin, Arizona

Dear Jonah, I seem to be confused with what I perceive as conflict between the concept that there are no absolutes and the existence of universal laws. Thank you for helping us. I'm proud of myself for having found you! Cor Savopoulos, Boulder, Colorado

Dear Jonah, How can we transmute the radiation of the TSA full body scanning? Can this be done with the transmuting exercise given in Transmuting the 3rd Dimension? Is there another way for those that did not learn this exercise? How weakened does the immune system need to be for this radiation to be harmful and also there is the situation of repeated exposures to this on a trip. The pat downs seem to be intrusive and demeaning in intent. Would you tell us something about when this would be the preferable choice and how to prepare energetically and in consciousness? Thank you, Tanya Pozzi, Kula, Hawaii

In the February intensive in Denver, Colorado, you spoke often of our human fear of ridicule.

This fear is due to our innate need for human connection--to be liked and accepted. Human adults can go insane if we are deprived of all human connection, and human babies will become brain damaged or die without it. Therefore, our greatest human fear is that of being ostracized and banished. Ridicule threatens to lead to banishment.

Certainly, we need to learn not to base our decisions on fear, but I am curious: Do we have this need for human connection in the fourth dimension? Sincerely, Fran Shure Denver, Colorado

Hello Jonah, Please explain to us the NDM-1 bacteria/virus. Is this a product of man which is being used against humanity or is it a protective measure being released by the earth to protect itself from man and GMO's ? Please explain how NDM-1 will interact with the GMO bio-markers in our bodies from our eating GMO foods. Thank you, Alan Drobnak, Denver, Colorado

Jonah, given the radiation that is now on some of our foods and milk, what can we do to remove the radiation from our bodies? Tami Urbanek, Monument, Colorado

Dear Jonah, is the EM (Effective microorganisms)mixture of Dr. Teruo Higo an effective solution for cleaning the water and the soil from the radiation, GMO and chemtrails pollution? Did you refer to these microorganisms when you spoke about the viruses with which we can clean the soil in the last USA Intensive? What about black mica extract? Can it be used as an alternative in water cleansing? I understand that besides all in order to overcome this radiation pollution is to increase our vibration and consciousness. Thank you so much for you love and support. With love and gratitude Sophia Tsoumaki Athens Greece

Dear Jonah,

The total electron content of the ionosphere increased dramatically over the epicenter of the Japan earthquake, reaching a maximum three days before the quake struck. Although this correlated with the tail end of the electron flux you spoke about that came from the sun, is it still a direct result? Also, the military moved a large amount of troops far inland from the coast of San Diego the day before the quake- are our government scientists aware of these precursor signals, or was that just coincidence? Thank you for everything, particularly your patience. -Jackie Lloyd, California

# 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](mailto:Hossca@aol.com)

With Love and Light

Hossca and Rebecca Harrison

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