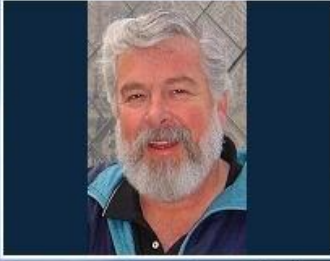


Hosca Harrison



Founder, Speaker, Author, and Medium

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

Jonah
LIFE INSTITUTE llc

August 1, 2010

Newsletter

Denver, Colorado
Jonah Intensive

**STATE
OF THE
WORLD**

**PLANS OF THE MONEY LORDS AND WAR
LORDS.**

**WHY THE GULF OIL SPILL WAS NOT AN
ACCIDENT, AND WHY IT IS NOT OVER.**

**WHAT WILL BE OCCURRING WITH THE
ECONOMIES OF UNITED STATES AND EUROPE?**

**WORLD FOOD SUPPLIES AND HOW THEY
BREED MENTAL ILLNESS.**

**A NEW EMERGING PESTILENCE DEVELOPING IN
HUMAN BODIES CAUSING
CLUSTERS OF PAIN.**

**THE EARTH'S BALANCING SYSTEM BEING
RESTORED, HOW THIS WILL AFFECT YOU.**

THIS AND MUCH MORE.

WHAT YOU CAN DO TO BE PREPARED.

***This is not about living in fear; this is about living
in awareness to make wise choices...Jonah***

September 24, 25, & 26, 2010

Denver, Colorado

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Hossca's book "**Tide of Change**" (English version), is now available as an e-book at Amazon.com for \$9.99. The paperback version is still available on our web site and Amazon.com

Point of Interest

Join Hossca Harrison on Facebook. Soon, look for messages and discussions from Hossca on Facebook.

A Message From Hossca

Dear Friends, what would it be like if healing were in abundance all around you? How or would your life be different? In our societies, the opposite of healing is in abundance all around you. We have an abundance of toxic foods, an abundance of anger, depression, and spiritual passiveness to keep us in the same state of consciousness. That consciousness attracts the same results of pain and suffering as it did many years ago. Certainly the one thing that can make a great difference in our lives is making a different choice, thus experiencing a different outcome, experiencing a life of joy versus pain. On paper that sounds easy, just make a different choice and begin to experience joy. Why does it sound easy on paper, but not in actual life? Could it be because paper does not feel change, it just experiences change? Could it be when people feel change it causes something inside to seek cover, to seek some form of protection? Take a look at the animal kingdom, watch when change occurs. It could be a person walking into their environment, another animal seeking food in their habitat, the weather taking a sudden change. What does that animal do when it experiences this change? Does it take proactive movement or does it remain passive? It has been my experience in studying nature that those animals that are passive are either ill or injured. I am not referring to domestic pets, rather animals of the wild. One day as I was sitting on a rock, 9000 feet up in the Rocky Mountains of the United States, I was observing nature, wild animals. Each little change experienced they would make a change. If they felt danger or a sudden shift of the wind, they would take action to create a different outcome. As I was watching this, I thought of people who refuse to take action or change in the face of danger. These people would become injured, physically, mentally, emotionally or spiritually. Their injury becomes part of their passive nature, thus incurring more pain and suffering. People for the most part do not accept change because it may be contrary to their beliefs. When one makes a choice contrary to their beliefs, it causes a certain level of stress in their body. Perhaps it is the animalist nature in humans to carry stress when their belief pattern is altered.

What if one were able to fully relax when they make a choice of change? What if the body did not develop stress? What if the change that was truly desired, was accepted in the body? When one is under stress a number of chemical changes occur, shutting down or cutting off energy to other parts of the body. The stress hormone Cortisol can accumulate in your body causing changes in your glucose, causing a strong desire for high-carbohydrates. The immune system is weakened, which is one of the most serious effects of stress. The immune system takes a tremendous amount of energy to

operate the complex cells, hormones, and organs that allow your physical life to continue disease free.

What if you choose to make a different choice in a relaxed state? Perhaps that relaxed state could be in a hot tub of water, sitting in a beautiful setting in nature, or if you live in a city, a park, or on the shore of the ocean. The point being, if you work at making different choices in a relaxed state you can create a different outcome to your life. When the stress hormone Cortisol is present, it allows for fear to be present in any or all of your new choices that are needed for your life to be joyful. Use the power of the human spirit to transcend the animalist nature. Don't wait for a threat or fear to be present to make a different choice. Make that choice with stress, fear, or anger the choice will not be joyful and the same old patterns will continue. Use your human spirit to make life changing choices in a relaxed state and enjoy the different reality it will create...Hossca

Jonah Question and Answer

Can you please tell us what you would say the best way to treat seasonal allergies is, without the use of medicine? This afflicts so many of us. Srim Placides, Columbus, Ohio

Allergies, well for goodness sakes. Indeed, allergies of the emotional body expressing itself through the physical body. The first point of healing is searching what allergies ye have in the emotional body, what deep often hidden irritation does one carry in their emotional body. When this is discovered, ones may want to use an herb from the land of Europe called Butterbur. With this herb, one might want to also use a saline nasal spray to flush the toxins which build up each year, one layer on top of another layer. Use this order of healing for healing to last and improve the quality of life...Jonah

Hi Jonah - At the last Intensive you mentioned that some dreams are being affected by subliminal messages. How do we know if this is happening to us? What can we look for when remembering our dreams? Besides what was given in the Intensive is there more information to know regarding protecting oneself from these influences? Thank you, Janette Dean, Bellevue, Washington

Beloved, indeed we did speak of this. We also spoke a warning to those who often use television, computers, and or games that influence the mind, are the ones who are most affected by the subliminal messages and interference of one's dream state. How does one know if this is occurring to them? Search, how has one changed in their desire to heal, their desire to learn, and their desire to love? Has one become more easily angered, depressed, and developed the attitude of giving up on themselves and their abilities? This is a strong sign they are being influenced by subliminal messages. There is not a matter of more information than we gave at the Intensive, but rather it is to use the information we gave at the Intensive to protect the one of the most important tools available to ye, your mind...Jonah

Jonah, I am working on developing passion and compassion. In your message "Compassion", you state that "for one truly to have compassion, indeed first they must have passion." In the April 1, 2010 newsletter, you recommended "learning compassion on yourself so ye may develop passion." Can you help me understand the relationship between these two seemingly different statements? Is compassion on self a pre-requisite for passion which then leads to true compassion? Thank you, Matt Spaeth, Lyons, Colorado

Indeed, we stated learning compassion on yourself so ye may develop passion. The key word is learning, to learn as much as ye can about compassion. As ye develop passion in life, ye allow compassion on yourself, your loved ones, your world. With compassion ye see the depth of others, thus allowing yourself to see the depth of self. Listen to our message "Compassion**"...Jonah**

Dear Jonah, I feel I need more understanding about some points you mentioned in Athens' seminar:

1. "...**satisfaction of animalistic nature leads to pain ... to fear...**" This is truly difficult to me to deeply understand it! What do you mean "animalistic nature"? And how does it "leads to pain and fear"?

2. You gave us a lot of assistance dealing with "integrity". I need to clarify the difference between "integrity" and "honesty to self" or "congruence". I have that feeling that "integrity" is something more... much more! Is it?

With gratitude and respect, Vangelis Kosmatos, Athens, Greece

Beloved, to answer this question in total would require a book. We recommend ye listen to our message "Nature of the Beast.**" To satisfy the animalistic nature is to satisfy the fear of survival. Your world consciousness is built on the fear of survival. This is what has created the supposed human need that created totalitarian governments, religions, and ones seeking to control others. When one is controlled by fear, they deny themselves the ability to love and be loved.**

Integrity is something more; it is being in integrity to the soul. Indeed, one can tell themselves they are honest to themselves, but is it being honest to the beliefs of self, honest to what others want of ye? Integrity is living the purpose of the

soul, even when it does not fit with traditions of family, society, or religions. True joy, peace of mind, and knowingness of God is living your life to the full integrity of the soul, the higher mind, the God Self. Listen to our messages, "Lie, Cheat, and Steal"... and our message "Spiritual Ethics – Apply Within"...Jonah

Questions for future Newsletters

Jonah is the increased incidence of autism due to environmental factors such as diet, toxins in foods, genetic modification, etc. or are these so-called autistic symptoms more attributable to the enhanced abilities of Children of the 21st Century? Is there an underlying effort by the elite to label Children of the 21st Century as autistic so that their abilities become questioned and dismissed? Thanks. Bill Dean, Bellevue, Washington

Dear Jonah, I dreamed that I was in a time that looked like the time of the Essenes, and that I was with Hossca and I was his daughter. In the book of Hossca, "The tide of change", he writes about Ioanna Golfinopoulou being his daughter at the time. Can you help me clarify where we both, me and Ioanna, Hossca's daughters and your granddaughters? Maria Papadopoulou, Athens, Greece

Dear Rebecca, dear Hossca,

I hope you are very well.. Thank you one more time for the amazing Greek intensive!
I have a question for Jonah:

"Jonah, what's going on with the volcanic ash coming from Iceland? What do we have to know about it and how can we protect ourselves against it? Thank you very much for your love and light." Anastasia Mitrogogou, Athens, Greece

Jonah, in the Nature of the Beast CD you talk about positive viruses that might counteract the negative viruses. Will you please elaborate on how this works especially for cancer patients? Thank you so much! Sue Goodin, Denver, Colorado

Jonah, is the DNA the Soul chooses the same for a Medium and a Channel?

Can you explain the progression of the artistic portrayal of the Soul from half animal/half human to the true reflection of the Soul today? Thank you, Chris Donovan, Littleton, Colorado

Dear Coach,

It feels like consciousness is the missing link in the Unified Field Theory. Could it be that

consciousness can be quantized in relation to the variable of time? I know that awareness of moments comes in units of time, which are like quantized bits of intent, which somehow constellate a physical reality out of the so-called string frenzied dance of possibility. But is this quantum of consciousness really linked to time, or am I just "whistling from my navel?" I don't get "Big Bang" in an eternal universe, and can't figure

why there is such resistance to information traveling faster than the Speed of Light. Have you any guidance here?

Your always grateful student, Michael Bohoskey, Durango, Colorado

Dear Jonah what did the Chinese Master mean when he told Hossca that overlapping healing can cause greater pain. Isn't all healing in a person connected, thus overlapping? How do we prevent overlapping?

Anna Frances, Denver, Colorado

PS thank you for all of your love, guidance and teachings.

Dear Jonah, I attended a talk about the Mayan Civilization where speaker described the earth's vibration in cycles of waves. He equated this to building waves (vibration) up like a pyramid. Are we entering the 9th and final wave like the top of a pyramid? If so, will this wave be completed before 2012 or are there other waves to follow. Is the wave energy one of unity of consciousness where people will choose to be in duality or oneness?

Also, is the wave energy earth is experiencing be emitted from what is called the Tree of Life in the middle of the Galaxy and or from the center of the earth or neither?

Thank you, Joann Stender, Seattle, Washington

Dear Jonah, how and why would one cord another? How can the creator bring such a situation into full consciousness, heal it in totality and release karma? Also, I would like to ask if one can cord another part of his/her own self. If this is so, how can one realize it, understand why s/he did it and heal it? Thank you for your love and assistance. With gratitude, Aphrodite Tsalgaidou, Athens, Greece

Dear Jonah, Please help me understand what it means to be proactive. How does one be "in" the 3rd Dimension but not "of" it? In other words, how does one feel the full import of the growing despair, hopelessness and anger of those in the Gulf whose lives and livelihoods are being systematically shattered by this intentional Hemorrhaging of the Earth's blood, and find constructive focus for action? The new age solution is to find

some global Internet “pray the universe into collective healing” effort. But you said yourself that healing is not a group sport. Enlightenment comes one soul at a time, and requires unique responses to mass illusions. But what does one do, aside from giving up one's job to go to the gulf and scoop scum out of the ocean with one's own hands, or push for some global boycotting of BP products, or just stand on a rooftop and scream foul play? The agony is knowing “what” to do. How to be positively engaged knowing what we know, without being overwhelmed by feelings or numbed in trying to rid oneself of them. Michael Bohoskey, Durango, Colorado

Dear Jonah... in the July Q&A you mentioned that the mind seeks to enlarge upon a trauma to justify the pain of abuse. Why do we do this? How do we do this? How can we tell if we have enlarged the trauma of any abuse we've experienced? Your support is most precious! Anna Frances, Littleton, Colorado

Good day Jonah... what happens to our beloved pets when they leave their physical bodies? Where do they go and what happens to their souls? Thank you. Anna Frances, Littleton, Colorado

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

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