

November 30, 2008

Newsletter

Questions

Thank you for sending in your questions for the Jonah Newsletter. Please continue to send in your questions; we will be putting out more Jonah Newsletters than before. Below are some questions, from you, we presented to Jonah followed by his answers. Send your questions to Hossca@aol.com

Jonah Question and Answer

**Jonah, I work with many patients who are diagnosed with “bipolar” disorder. I would like to understand this condition better, how it affects all the bodies and also would like to know why it is so prevalent in today’s society. Can you explain bipolar disorder? Are the core beliefs similar for those who have created this condition? What are some alternatives for healing other than pharmaceuticals?
Connie Luciano, Tucson, Arizona**

Beloved, indeed that which ye call bipolar is prevalent today and we find will continue to increase. It will increase because ye live in a world of opinionated minds that do not understand the importance of individuality and self expression of ones creativity, spirituality. Your mind doctors’ state bipolar disorder is when one has manic episodes. We have taught many times when one suppresses they compress, and then they depress, or go into a state of depression. To heal depression many courses of action are required. First they must look at what they are suppressing in their life and stop suppressing it. One also must be willing to look at their diet. Many who are depressed turn to alcohol and sugar which furthers depresses one. It is also of great importance to search “GMO foods” they put in their diet. Many scientists, in this field of work, know some of these foods causes males to go sterile, is one cause of depression, and in

some increases the desire for alcohol and sugar. Listen to our message **“Genetic Plague.”**

If one body is injured, all bodies feel the injury. When one is depressed their emotional body struggles to breath, it struggles to feel. It is not of import to have an analysis of what is occurring in all bodies of the self. It is of import to take steps in healing the physical body and allow that healing to journey to all of your bodies.

In your world of greed, ones push substances on ones who will need another substance to “suppress” the side effects, and then yet again give more substances to deal with further side effects of the second and third substances. The body becomes so toxic it forgets how to function, how to feel, indeed how to live. One needs to be willing to detoxify their human energy system in order to begin feeling, and knowing that what they are feeling is your own true feelings. How many claim to be living their own truth when, in reality, they are living their own beliefs coerced upon them when they were a child. Many who are depressed carry similar beliefs. The most common belief is, “I cannot love myself unless I know my parents love and approve of who I am.” They try to be something else or someone else to gain that approval. This indeed is a suppression of the true self, which leads to compression, then depression. Listen to our message **“The Truth about Truth.”** To be free of depression you must be free from suppression. Ye must allow yourself to be free to be ye. We well understand that requires a step into the unknown. We well understand that requires coming out of the closet. But beloved, this is your life and this is about the quality of your life. For those who are depressed take the steps to freedom from beliefs, take the steps to live truth, not programmed beliefs of old traditions...Jonah

**Jonah, what is it that keeps people so blocked from connecting with their guides?
Tami Urbanek, Monument, Colorado**

Beliefs and more beliefs. Some have an agenda in their life based on their belief. When information from their guides does not fit, they tune out the assistance. This does not mean they do not want assistance, indeed they do. Many do not allow themselves to hear, see, or feel because of the pain they carry in their minds, emotions, and body. Indeed, what would it be like if ones were to let go of pain and allow change. Change is coming. If ye allow it your life will flow with much love. If you resist it your life will fill with greater pain. Life is flowing energy, when one attempts to block it, slow it, resist it, indeed even divert it, pain is the result. Pain leads to lack of hearing, seeing, and feeling. Much of this we have spoken about in the Intensive **“A Belief Worth Dying For?”** and will be speaking about in **“Let the Journey Begin”**...Jonah

Jonah, I find a lot of people that are in a hurry to heal, will you explain the psychology of that? Joseph Armeanio, Divide, Colorado

The psychology of one being in a hurry to heal, is one that simply wants to get rid of the pain and not heal the issue, therefore, they do not heal the issue. Just as some have taken the information we taught at the intensive **“A Belief Worth Dying For?”**, and raced through it in such a hurry to reach the end. Then they wonder, why is the pain still here? The pain is still there because ye healed nothing. All ye wanted to do was be rid of the pain and not actually heal and release the core belief, there is no speed to healing. Your society is taught take a pill, take an injection, take alcohol, do this, do that to cover up the pain, and the pain goes away. Then one says, “Now I am much better,” because their conscious mind is not recognizing the pain they think they are better. Actually, their body is still in pain and suffering. It is going to come back to the conscious mind and the pain is going to be much more than it was to begin with. Whenever ones attempt to speed their healing do not expect to heal...Jonah

Will Hossca please give more information on Life Energy Flow Tai Yi School of Healing? How can one become a student of this school? James Radder, San Francisco, California

Hossca began Life Energy Flow Tai Yi School of Healing in 1994 after years of intense learning from his Chinese teacher. Tai Yi is a powerful ancient healing method using one's hands. There are over 4,000 exercises dealing with any and all forms of illness in the mind, emotions, physical body and spiritual bodies. Tai Yi requires precise points for precise healing. The points create a grid to direct energy into a specific area of the bodies for a specific ailment. We have two classes each held four times per year in April, June, August, and November. The Tai Yi grading system goes from a 1.1 to a 12.12. Anyone who scores above a 5.0 will be invited to begin taking advanced courses in Tai Yi from Hossca. At this time both classes are full. If you desire to be placed on a list for future openings please e-mail Hossca at Hossca@aol.com. If you have e-mailed about the classes and did not receive a response please e-mail again. E-mail does not always arrive at their intended destination. Also, you may want to read Hossca's book **“Tide of Change.”** Hossca had a chapter on Tai Yi in his book. You can also visit www.Jonahlifeinstitute.com go to the Tai Yi page.

Life Energy Flow Tai Yi School of Healing is the only school teaching and certifying Tai Yi practitioners.