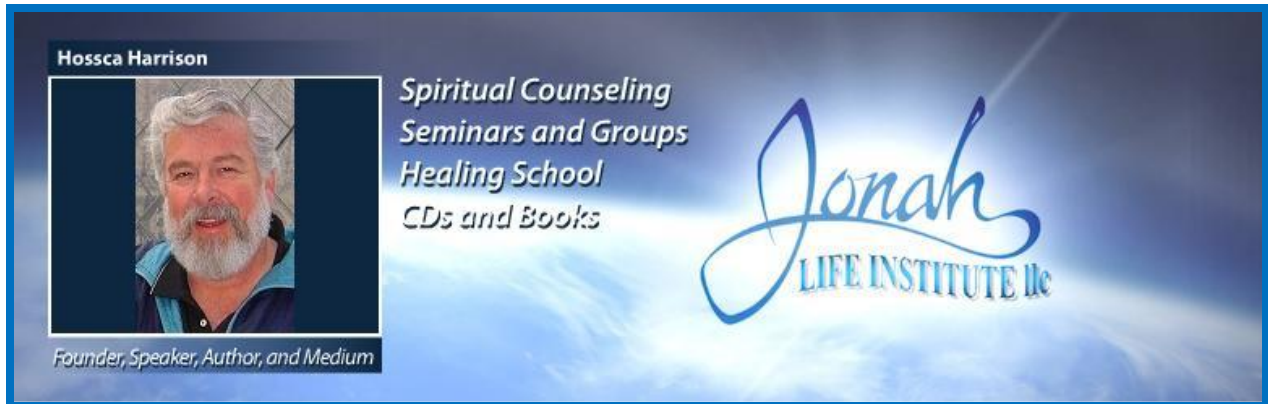


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December 1, 2010

# Newsletter

The Next American Intensive

The

# Global Plan

And

# Power of Free Will Choice

**How to use Free Will Choice with JUDICIOUSNESS and DISCRETION.**

**Jonah will address NEW TECHNOLOGY now being used for mind control,  
hidden from the populace.**

**What personality types are most influenced by this technology?**

**The chemical changes in ChemTrails, how to SHIELD yourself physically,  
mentally, and emotionally.**

And More...

[www.Jonahlifeinstitute.com](http://www.Jonahlifeinstitute.com)

Denver, Colorado

February 4, 5, & 6, 2011

## The Next European Intensive

A special thank you to Ioanna Golfinopoulou for making this Intensive possible.

# Journey Home Through Sanctuary

Jonah will teach the Journey Home can have many detours. Jonah will describe the personality makeup that takes one on many detours. Jonah will assist ones in understanding why they make the choices they make and how to avoid walking through the fields of emotional and mental pain.

### THE WARNING ZONE

Jonah will also be teaching what signs to look for if you are preparing to make a choice of great pain. What are the warning signs for creating ill health, a future accident, a choice to be in the wrong place at the wrong time?

### SANCTUARY

Jonah will teach how to create and use Sanctuary as a tool for your journey home.

For information and registration, call Ioanna Golfinopoulou at

210-6778216

This Intensive will be held at the Margi Hotel on

March 19 and 20, 2011

For the English speaking Greeks, if you would like the English brochure for this Greek Intensive please e-mail [Hossca@aol.com](mailto:Hossca@aol.com) and request Greek Intensive Brochure. The brochure will be sent in PDF format.

## Announcements

### HOSSCA'S BLOG

Joseph Armeanio has just put the final design touches on our new web site for Hossca's Blog, Discovering An Adventure Called Life.

Hossca's first blog "The Line of Evil" can be viewed by everyone on [www.Discoveringanadventurecalledlife.com](http://www.Discoveringanadventurecalledlife.com).

Hossca's next blog, "Freedom versus Security" will be sent by e-mail on December 16, and then posted to Hossca's Blog.

If you are receiving this Newsletter, you will automatically receive the latest Blog from Hossca. If you missed the e-mail or it did not arrive, you may go to [www.Discoveringanadventurecalledlife.com](http://www.Discoveringanadventurecalledlife.com).

### GROWING UP WITH A MEDIUM

As many of you may already know Tami Urbanek, my daughter has an internet radio show Empowerment Through Healing on Wednesday afternoons on [www.castlerockradio.com](http://www.castlerockradio.com). On December 22 at 3 PM MDT, I with my granddaughter Bethany Snow will join Tami on her show. This show is titled "Growing up with a Medium." Tami, Bethany, and myself will share experiences of what it is like living with a medium.

### OFFICE FOR LEASE

The Universal Education Foundation in Woodland Park, Colorado will have an office for lease starting in January. Join others working at the Foundation offering healing assistance. For more information, contact Rebecca Harrison at [Hossca@aol.com](mailto:Hossca@aol.com) or 719-687-7676.

# A special Thank you

A special thank you to Linda Masterson of California, for setting up "The Wisdom and Philosophy of Jonah" on Facebook. It is a wonderful site for sharing and exploring the teachings of Jonah. Check it out.

## Jonah's Newest Message

### "THE GREAT PASSIVENESS"

Jonah speaks about America, Mexico, Canada, and Europe. Why have they adopted passiveness versus active awareness? What is being done behind your back and by whom? When and how will you come face to face with it? Have you allowed someone or something to become the master of your destiny? Jonah speaks about taking action, not just to create change but also, to bring self-awareness. Are you on your journey away from home or towards home?

To order online go to Front Page or Products Page at  
[www.Jonahlifeinstitute.com](http://www.Jonahlifeinstitute.com)

## Jonah Question and Answer

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

**Well for goodness sakes! Indeed, all energy vibrations move in cycles of waves, be it the human body, earth, solar system, galaxy and the universe. We well**

understand the human consciousness, which has grown weary of the old and have deep desire for new. Many desire to believe there will come a grand awakening where all humans become enlightened. The desire for enlightenment is wonderful indeed, but we find this desire is mixed with the animalistic nature of survival, escape. These energies prohibit movement into a higher consciousness. Your year 2012 is not a magical year. It is a time of much change and opportunity for ones who transcend the animalistic nature for great expansion. There is a great desire instantly for all humanity to move into total enlightenment. This has never occurred in your third dimensional reality. Many do and will attempt to exploit this in much the same manner as religion. A savior will come and select the chosen people for a place of safety, or heaven, or perhaps space ships. For goodness sakes! These changes including your solar system, which travels throughout the universe, will move into a different frequency that works with planetary disruptions, such as has been created on your earth.

Indeed, there is a light emitting from the center of the universe, which directs a healing frequency to restore earth's balance, as it was intended. Listen to our message "Nature of the Beast." It is not to focus on a single year, but rather a time of change for each to make choices to empower their knowing. This energy will assist those seeking the expansion of the heart, the expansion of the Christed Consciousness. Many were caught up in thinking their new leader would guide them out of the wilderness. It would be wise to stop looking for a leader to do this, rather look within your own heart and allow your heart to be your leader...Jonah

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 Tsalgatidou, Athens, Greece

Beloved, there are many answers to your question, as there is not a single answer. To the greater degree, one will cord another because they want what the other has. They want what the other has because they carry a belief they have not the power to create it themselves. To bring it to awareness is to seek assistance for healing. To release karma is to seek forgiveness, either of the ones you have corded and yourself. The Hossca is the one who has brought cords and cording to the attention of his students at his healing school. Many from this school have shared with many others about cording. Through this transmitting of information without naming its source "The Hossca", not all are aware of the full and complete teachings on cording. We do find the Hossca will be writing about cording and all of its effects...Jonah

Dear Jonah, Please help me understand what it means to be proactive. How does one be "in" the 3<sup>rd</sup> 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 ones 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 knows "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

**Beloved, proactive means taking an active role in your environment versus a passive role in your environment. Indeed the 3<sup>rd</sup> dimension is an illusion to the human consciousness. It is as such, as we have stated before, the 3<sup>rd</sup> dimension is not home to the human race. It is home to the evolving plant, animal, insect, and water life. To these it is not an illusion, but rather their home for their evolving spirit. The greater majority of humans live with animalist nature of survival. How does one be in the 3<sup>rd</sup> dimension but not of it? It is to use spiritual discipline to live actively, express the human spirit, the human heart without allowing the animalist nature to control your actions. Enlightenment is a natural process only interrupted by the belief of separation. When one believes themselves to be separate from God, separate from their own creation they allow themselves to be controlled by false gods, and the creation of others. The mass creation of the 3<sup>rd</sup> dimension is a creation created by ones who know they have mastered the mass creation, they are known as the elite, the ones who use humanity as their slaves, servants. Their intent is to keep ones passive, through the teachings of false gods, chemical and drug infused foods and waters, which affect ones who insist upon holding onto their beliefs of separation. The mass consciousness gives power to the elite by supporting their actions, their chemicals, their drugged foods and water. We have been speaking on becoming more proactive and we find indeed, ones are awakening to this. They are educating themselves on what actions to take. As we have stated before, support those who support your healing. Why would one choose to support ones who only support you being passive? Indeed, it is not to sit in judgment, judgment is an energy the elite feed upon and the elite know judgment weakens the human heart. To pray, send positive thoughts for the healing of the whole you state? Indeed, this does assist. It does not create group enlightenment, but it does slow the elite, allowing one to reset their priorities. What can ye do? Educate, assist to heal, adjust their bodies. If ye desire to get your hands dirty, go and clean the oil, or offer adjustment, healing, and educate those being poisoned by the gulf waters. Indeed, ask the question what about the ones in your area, can you not assist them as well? Why the gulf? Because many people are talking about the gulf? Your entire earth is in need of healing, one does not need to look far to find ones seeking to be educated, assisted in healing. Indeed, there are eight as we speak who are young males contemplating suicide because they believe their sexual ordination is evil. Their guides are seeking to assist them, but their mind**

is closed to their guides. They need a strong male teacher to assist them. It is not to look far away to assist in healing, or you may indeed miss ones truly seeking healing...Jonah

## Questions for future Newsletters

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

Jonah, It seems the more your message is heard the more ones try to repackage the information you give and pretend it is their own. How does one stay in Integrity while sharing your teachings?...Joseph Armeanio, Divide, Colorado

Dear Jonah

1. What is the difference between the Americans and the Greeks if there is one? In other words if both peoples have placed their power outside of themselves then what exactly symbolizes that external power for each people?
2. If both peoples gave up their power, did the Americans influence the Greeks down that road or did the Greeks influence the Americans? Thank you, Corr Savopoulos, Boulder, Colorado.

Dear Jonah,

Is the low rumbling and booming we have been hearing related to the release of methane gasses in the global sea floor and land masses?

Is this creating a global warming positive feedback loop, further accelerating the process?

By California, is the sea floor preparing to release rather suddenly and in a very

noticeable way? It feels like a release of stagnation, as well as a huge relief to the sea creatures, - and that the ocean is preparing now for a sudden expansion.

There really isn't anything in the news about this phenomenon. Are scientists choosing to ignore it or is our perception of what is occurring inaccurate?

Thank you so much!!...Jackie Lloyd, Ramona, California

Dear Jonah, You asked me what anti-matter was. This came to me today. Anti-matter is like the dark side of the moon. It is like the Unconscious mind is to the conscious mind. It is like the 95% of the Universe that we don't see from the 3rd dimension in relation to the 5% of matter we do detect. Perhaps anti-matter acts similarly to the so called archetypes of the unconscious, providing the symbolic, universal principles that enrich reality as we know it. Anti in the English language usually denotes opposition, but this is a misnomer. The opposition is implied by our mere ignorance of what energy is and how it works. Am I on track here? Thank you for your confidence in my ability to understand. Michael Bohoskey, Durango, Colorado

Dear Jonah, thank you very much for all your help and mostly for filling up our souls with so much hope.

My question is: how can one avoid being emotionally dependent from its partner (mate)? Means, our mood changing according to his/her actions...instantly  
Is it fear of rejection? Is it pure selfishness? Georgia Tsevrenidi, Greece

"Dear Jonah, would you please explain to me what anger means? What does it mean on a feeling level not to be angry anymore? When angry people take their anger out on me, how would I feel and respond had I healed my anger?" Thank you! Cornelius Savopoulos, Boulder, Colorado

Good day, my beloved teacher,

1. In the intensive, you mentioned those who carry scars from religious indoctrination. If one has worked and healed their religious beliefs, will there still be scars? If so, how does one release the scars or will they remain as reminders to not return to the old patterns?

2. In the coming war you spoke of, I understand it is very important to maintain a realm of consciousness higher than that of the war. For those who are parents or siblings of those who will be drafted into the military and be in harm's way, do you have any recommendations on how not to empower fear and thereby lower our consciousness?

3. As we remember and live that 4th dimensional consciousness here in the 3rd dimension, how will we transition to the 4th dimension? Will not the ultimate test of our animalistic nature of survival be experiencing our own physical death without fear? Will we then incarnate into the 4th?

My deepest love and gratitude to you, Jonah, and to Hossca for keeping your commitment to come back and assist us to go home...Jeannie Smith, Castle Rock, Colorado

Jonah, what if any part of my hypothesis of the fall of humanity is accurate: When humans fell from the fourth dimension, it was as it is now ... a grand awakening, a shift and a thinning of dimensional walls. Because of the dramatic changes, the fear, and the enormous responsibility of making the choice to either ascend or descend into another level of consciousness ... humans looked for something or someone to tell them what to do. They looked for a savior, a messiah to tell them what to do. Predictably, a "light-bearer", Lucifer, obliged them, accepted the power they had relinquished, and promised salvation or survival to those that were obedient. Lucifer led some of humanity into the third dimension, a dimension where ones became trapped in the polarities of obedience and rebellion of external rules ... as opposed to the freedom and integrity of the fourth dimension where ones embrace their own uniqueness and creativity...Jaclyn Miller, Woodland Park, Colorado

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 cloudbusters" 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 a 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

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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