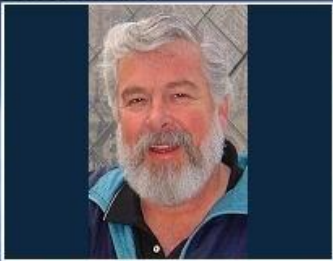


Hossca Harrison



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

Jonah
LIFE INSTITUTE llc

Founder, Speaker, Author, and Medium

April 15, 2010

Newsletter

Hossca Interview

Hossca will again be on The ***Eldon Taylor Provocative-Enlightenment Radio Show***, Tuesday May 4. The show will be about politics in spirituality and discuss the changes of our time, including Jonah's understanding of the ultimate game, the true agenda. The interview can be heard live worldwide at 11:00 AM Pacific Standard Time on the following link.

<http://www.eldontaylor.com/provocative-enlightenment-radio-show/>

Jonah's Newest Message

HEALING DEPRESSION,

THE ART OF RESTORING JOY

This message from Jonah is about the causes of depression, known and unknown. Jonah also teaches how to heal depression and to restore a state of joy in your life. Are you tired of working on your healing and still being depressed? Use these keys taught by Jonah to create the joy in your life you deserve.

To order online go to **Front Page** or **Products Page** at
www.Jonahlifeinstitute.com

OR

Request the order by check mail order form. E-Mail Hossca@aol.com and put Check Order Form in the subject line. We will send you the CD order form.

The Next American
Jonah Intensive
Denver, Colorado

TRANSCENDING
THE
SHADOW
OF
HUMAN EXPERIENCE
Healing the Whole

May 21, 22, 23, 2010

TOPICS TO BE COVERED

JUST WHAT IS THE SHADOW AND HOW IS IT CREATED?

HOW THE ELITE USES THE SHADOW TO CREATE CONFORMITY.

JONAH WILL TEACH THE ART OF MOVING BEYOND THE
CONSCIOUSNESS OF EMOTIONAL, MENTAL, AND PHYSICAL PAIN.

A TEACHING TO END THE HAUNTING, FEARS, AND DISEASES
CAUSED BY THE SHADOW.

JONAH WILL TEACH ABOUT THE 12 BODIES EACH ONE HAS.

THIS INTENSIVE WILL INCLUDE CRITICAL INFORMATION FOR
HEALERS AND THOSE WORKING ON THEIR OWN PERSONAL
HEALING.

JONAH WILL TEACH HOW TO SEARCH FOR THE DENIAL OF
HEALING PROGRAM HIDDEN IN THE BODY.

FOR MORE INFORMATION AND TO REGISTER GO TO
WWW.Jonahlifeinstitute.com

The Next European
Jonah Intensive
Zermatt, Switzerland

*WALKING OUT OF THE
SHADOW OF PAIN*

JONAH WILL TEACH 7 KEYS TO RELEASING PAIN

You will be taught how to use these 7 keys, and what order to use these 7 keys that would work with your own personal journey.

It is not just the 7 keys, it is the order the 7 keys are used. This creates a custom healing for physical, emotional, mental, and spiritual pain to be released.

Zermatt, Switzerland

July 24 & 25, 2010

There will be a Jonah Group Session, for personal questions on July 21 in Zermatt. To attend you must be preregistered for this Jonah Group Session. Space is limited.

For more information contact Ioanna Golfiopoulou in Athens at 210-6778216

A Message from Hossca

While assisting people in need, for almost 30 years, I have had the opportunity to meet and work with many different people with every difficulty, one could image. So often I hear from ones, "I am just tired of healing." Some people seem to work on healing more than any other area of their life. They feel burned out and want to give up.

I remember well, a conversation I had 20 years ago in 1990 with my Chinese Teacher. I had just returned from Greece doing a Jonah workshop on the island of Hydra. Just before the workshop began an old man came up to me, telling me he had worked for many years healing. He was spiritually tired and looked forward to the day he would physically die. As he was speaking I asked myself, where is the joy, where is the satisfaction of healing? I thought to myself, when one heals is there a benefit to the healing, or does one just go on to the next healing issue? A good question for my teacher the next time I see him.

That opportunity came just days after I returned home. I arrived at the Sacred Cave during mid morning. It was very quiet with light filtering into the cave. It had rained the night before and the air was filled with moisture. It was a welcome relief from the dry air of Colorado.

My teacher was not there, which was an indication it was a time for me to prepare for my coming lesson on healing. I began thinking about the old Greek man and others I

had encountered, who were tired of healing and just waiting for their physical death. How can one heal and experience joy of life, instead of being tired of living?

As I was sitting there running these thoughts through my mind, my teacher arrived carrying large bags filled with herbs, strapped over his shoulder. As he entered the cave I walked over and took the bags off his shoulder, realizing they must have weighed over fifty pounds. I looked at him in amazement. He was 94 years old at the time and he had just walked up the mountain carrying this weight. His face shined with joy and excitement of life. His body was free from pain, his mind was free from confusion, and his emotions were free from all the clutter most humans carry.

“Do you ever have pain?” I asked.

“Pain,” he replied. “Why I carry pain? I have no room for pain. You carry pain when you have room for pain. A personal philosophy I choose to live. But that not question. You ask question you thinking about, then I answer question.”

“Tell me about healing?” I asked. “I find many people grow tired of healing, or as they heal they find something else that is in need of healing. Their healing seems to take all the energy they have. I see them walking through life as if they have a great burden.”

“Healing?” he asked. “You come with me. I show you.”

We walked out of the cave and took a different path I had not taken before. This path curved downward, away from the lake and into a small meadow. In the meadow was a large tree filled with fruit about the size of a plum. “What kind of tree is this?” I asked.

“This called Jujube tree, it planted on day I was born, by my father. This tree answer your question.”...to be continued...Hossca

Jonah Question and Answer

Dear Jonah, when you have a loved one in your life who is in physical or emotional pain and either not healing at all or working on their healing on the surface, how does one be ok with their choice? How do you remain focused on your own life and still support and love your loved one's choices without it affecting you? Thank you for your wonderful teachings. In Gratitude, Debbie Norum, Woodland Park, Colorado

Beloved, it is to understand like energy attracts like energy. This is not about right or wrong, it is about using this mirror in looking at yourself and your own healing. Ye remain focused on your own life by making your healing a priority, and through your own healing, assisting loved ones in their healing. Some choose to heal at the speed of light; others chose to heal at the speed of a sloth. Ye remain focused on your own life, when ye choose to look in the mirror being presented. If one refuses to look in their own mirror consciously or subconsciously, then the other person becomes the issue that takes most of your attention. It is learning spiritual integrity. Ye want this in your life. To state ye do not, is in denial of your own creation. When one creates pain and say they do not want it, is in denial of what they created. As long as one is in denial of what they have created, they have disempowered themselves to change it...Jonah

*Dear Jonah is hypnotherapy an effective tool to heal our most deeply held negative beliefs? Can hypnotherapy be a tool for PERMENANT change and healing? Thank you for all of your love, support and teachings.
Anna Francis, Denver, Colorado*

Indeed, what ye call hypnotherapy is an effective tool when ye find one who uses it with spiritual integrity. Understand it is a tool. A tool does not heal ye, only ye can heal ye. A tool is something to use in order to look deeper at the issue. Ye ask permanent change. Permanent change only occurs, when ye change permanently your actions that cause the pain...Jonah

Questions for future Newsletters

Dear Jonah,

Many people and organizations are offering money to aid in the assistance to the people in Haiti following the earthquake. Given the pre and post earthquake political climate in Haiti, is the money really arriving to assist the people who need it? Or is this another example of the Tsunami from 2004 where many people sent money and many people, organizations, and governments pledged money, but did not follow through or the money was not used for its intended purpose? Is there more to the earthquake than what the general public knows or will know? Thank you, Tami Urbanek, Monument, CO

Jonah, As you have predicted on several occasions, there are coming to our country (US) times of very oppressive policies and even compulsory procedures designed to control the masses. If one makes what one believes to be prudent decisions to not participate in those circumstances by leaving this country to live in another, how can one determine the difference between reasonable actions to avoid these things and actions that are just "escaping"? It seems that this can be a very fine line. Richard Morrissey, Boulder CO

Dear Jonah, If wars are planned by the elite and so are economic crises, could it be that natural disasters are influenced and/or created by the elite as well? Thank you! Jackie Lloyd, Ramona, California

Dear Jonah, In the shame syndrome message you list three most likely places in the body that store shame. Could someone also carry some shame in all three? And if so, what would be the best method to healing that- start with the most common point you mentioned and then move to the next? Thank you so much! Jackie Lloyd, Ramona, California

What is a mentor? How does it compare to being a friend? How does one who has not mastered life share with one they are mentoring in a way that honors the child and self? Sharon Soldi, Ramona, California

In your "The Shame Syndrome" CD, you mentioned that shame can be hidden mainly in three parts of the body. Is it possible that it is hidden in ALL THREE parts at once? What do these three areas represent, in terms of healing the shame syndrome? Thank you very much for your assistance, Sharon Soldi, Ramona, California

Jonah, one person completes their 30 day core belief plan and it is fully healed. Another completes their 30 day plan and there are remnants. What is the cause of the remnants? What did the two people do differently? Thanks, Matt Spaeth, Lyons, Colorado

I have been receiving your newsletters for about two years now and I always await to receive them as a source of information, wisdom and encouragement.

I must say that sometimes when I read the newsletter it seems to me like you're referring to a reality that is more appropriate to the US or Europe. Or maybe it is just a self-deception. Or maybe it is a reality we are heading to, since there are more and more kids with bipolar disease, ADD, or other new illnesses. People may not take as many drugs here (Mexico) as in the U.S. but they're definitely taking more and more -- both medical and illegal.

1) Since we are all in a sea of oneness, when a person hurts an animal, are they

creating karma? In what way? I'm not a person who treats animals as if they were my kids. I love them, respect them and try to do no harm but it's hard for me to believe how some people can be so cruel to them.

2) I understand that by raising our level of awareness we will have a more developed ability to understand life and love. I notice you refer a lot to people who have children or work with children but, in what way does this apply to a person whose job is not related to educate or heal people? Since I teach adults I don't feel I'm "raising" them but rather getting to know them. Sometimes I feel I ought to teach them something "else" besides my subject. Or am I just pushing too hard on myself since I am also a learner of life?

3) A few weeks ago 15 teenagers were murdered by members of a drug cartel in Juarez, Mexico. For me as for many people here it was devastating news. I felt very frustrated and for some reason extremely sympathetic to them and their families. It's been very hard for me to understand that event besides what is said in the news and the obvious relation to the drug war currently going on in Mexico. What is there to learn about this?

4) This question just came up. Is the Elite related to the current "drug war" in Mexico? I believe they are but is there something else you can add? How can we contribute to making this country and world a safer place to live? Victor Ramirez, Puerto Vallarta, Mexico

Jonah, can you please share with us if there's any way to tell the difference between a past life memory, a fantasy, symbolic messages or regular nighttime dreaming? As always, thank you for your support! Jacqueline Lloyd, Ramona, California

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

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

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."

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

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

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

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

Hossca and Rebecca Harrison

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

The contents of this is Newsletter is **copyrighted 2010** by Jonah Life Institute llc and Hossca Harrison

It is our policy to only send this newsletter to those who have requested to be on our mailing list and receive our free Jonah Life Institute Newsletter. If you have received this newsletter in error or wish to be removed from our mailing list, please e-mail Hossca@aol.com and put cancel in the subject line. Your e-mail address will be removed.

Jonah Life Institute does not share or give information about you to anyone at anytime for any reason. Your name, address, phone, and purchase history is held in strict confidence.