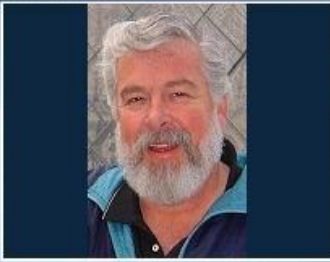


Hosca Harrison



Founder, Speaker, Author, and Medium

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

Jonah
LIFE INSTITUTE llc

May 1, 2010

Newsletter

Jonah's Newest Messages

SLEEP

Most people spend one third of their lives sleeping. Nearly half have some form of sleeping issues. There are many remedies available for the symptoms, but not the direct cause. Jonah speaks about why we need sleep, beyond the obvious of restoring the physical body. Jonah teaches what occurs when you are sleeping, and the many hidden alarms that have been built into your body, mind, and emotions that are meant to awaken you from sleep or from entering into sleep. Jonah teaches about these alarms, understanding their origins, and removing the alarms from your body.

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.

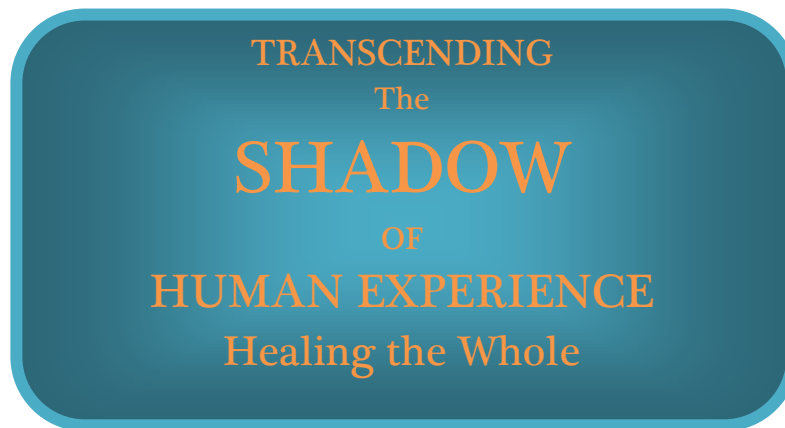
Coming Soon

Hossca's book "Tide of Change" (English version), will soon be available as an e-book through the following stores, Barnes and Noble, Amazon.com, BooksonBoard, Scribd.com, Nook, Sony Reader, and soon on Apple's new ipad. The cost for the e-book "Tide of Change" will be \$9.99. The download will be available worldwide. This should become available in 4 – 6 weeks. The paperback version will still be available on our web site and Amazon.com. We will send out an announcement as soon as this process becomes complete.

The Next American
Jonah Intensive

DISCOUNT PRICE ENDS AFTER MAY 14, 2010

Denver, Colorado



May 21, 22, 23, 2010

TOPICS TO BE COVERED

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

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

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.

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.**

**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, July 21 in Zermatt.
To attend, you must be preregistered for this**

Jonah Group Session. Space is limited.

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

A Message from Hossca

Welcome, new subscribers, to the Jonah Life Institute Newsletter. "A Message from Hossca" is a continuation of articles about Hossca's experiences with his Chinese Teacher. Prior editions of this Newsletter are available on www.JonahLifeInstitute.com under Newsletters. You may want to read prior issues to understand this article, which continues from the April 15, 2010 issue.

On the way down to the meadow I stopped on the edge of the path, and looked down at the Jujube tree in the center of the small meadow. My teacher had stated this tree had the answer to my question, I had presented to him about the labor of healing. As I looked closer, I could see this was not just an ordinary meadow. It was beautifully groomed with many pathways curving throughout. It looked very much like a Chinese classical garden. My teacher heard my thought and said, "A Poetic Garden, this provide a spiritual utopia to connect with nature, to connect with healing."

"A spiritual utopia?" I asked.

"Yes, a place for ideal perfection to heal," he answered. "Now I stay here. You walk down to the tree; you walk on the paths and sit on the stone facing the Jujube tree. You ask question, then you come back and we talk."

I continued walking down the side of the mountain toward the meadow. As I approached the meadow, I could clearly see the many intricate designs throughout the garden. The pathway entering into the garden was made of smooth flat stones set close together, with multiple colored ground-covering growing in-between the stones. As the pathway continued, the stones became further apart, requiring a longer stride in my step. The grass throughout the meadow was a deep, moist green; different shapes had been cut out of the grass exposing the dark soil. Within these shapes were plants, flowers, or unique shaped stones. The strength of the fragrance would vary, as the breeze shifted its direction. As I approached the jujube tree, I needed to take one expanded step. I saw the stone, raising about three feet above the ground in front of the tree. I sat on the stone, quieted my mind, and stared at the tree. Its trunk was very large with large branches coming off of it. The tree was 94 years old and had been well taken care of throughout its life. The branches had many thorns; it was not a tree you would want to climb.

I asked the question in my mind, "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."

I felt at one with the tree and heard in my mind, "The complex questions are the ones with the simplistic answers. Look around you; look at the great beauty of this garden. This garden took much work, much healing."

I closed my eyes and could see my teacher's father planting the jujube tree, but there was no garden, the entire area appeared to have experienced a massive mud and rock slide from the mountain. There was no vegetation, only brown mud and grey fractured rocks. "The area needed healed," I heard. "So your teacher's father planted the tree of healing, knowing his son would continue the healing of this area. He knew his new born son, was a healer from ancient China who would know healing."

I asked to see what the area looked like, before the mud and rock slide. As I asked this, I could hear voices and movement of people in the area. On this site was a village full of people, going about their business of living, growing food, building or repairing shelter, sitting and visiting, and children running and playing. In the distance I could hear thunder and see dark clouds forming. The mountain became hidden in the clouds. I then heard a loud explosive sound, within minutes the entire village was buried, covered in mud and stone. You could not see any remains of the village or its people. There was dead silence.

I opened my eyes and sat there in front of the jujube tree, surrounded by the fragrance of the flowers and grasses. I could hear the answer. "This area was devastated in the disaster of the storm and mud slide, just like people can experience devastation in their lives, from the loss of loved ones to abusive childhood, abusive adulthood, abusive relationships, or to the creation of disease. There are many forms of suffering for humans and a great need for healing. Humans will work at healing a disease, trauma, or some form of pain, without stopping to enjoy each piece of their healing. This garden took many years to create; it took many years to heal this area. This garden was created in stages; the human body heals in stages. If one stage overlaps another stage of healing, it blocks the healing."

I remembered this from my teachings of Tai Yi. Just as in Tai Yi, you must allow one exercise to work to heal before beginning another. You cannot overlap them, it blocks the healing. The same is true for all types of healing. The human body heals in stages and the stages must not be overlapped. It was a simple answer. I was excited to go back up the mountain and share with my teacher, what I had learned from the jujube tree. I walked rapidly up the path toward my teacher. I could see him standing there waiting for me.

As I approached him I asked, "Is this the correct answer?"

His answer shocked me and pushed me into another realm of consciousness to explore. To be continued...Hossca

Jonah Question and Answer

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, Colorado

Beloved, in terms of animalist nature there is a saying in your culture. Do not let the coyotes guard the hen house. Well, for goodness sakes. The political structure of this country has been and is one of great deception. Yes, some of the monies will reach those in need, most will not. This ye call earthquake is the beginning of a series of events to create change, needed to awaken ones from their passive nature...Jonah

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, Colorado

Well, for goodness sakes. Is one to leave a country and go where? Yes, we have long predicted oppressive policies in your country. Many laws are put into place ones are not aware of, until they experience them. This is not an American issue, this is a global issue. If one leaves America for another country, be it called prudent decisions or not, and they carry a passive nature will indeed experience the same. Is it not time for ones to become proactive? The shadow is growing, and many are living in pain of the shadow in many different countries. Indeed, that ye call nations of Europe are facing an awakening, a choice to maintain independence or experience conformity. The elite, we have spoken of many times, have plans for all countries. If ones continue to be passive, then indeed they will require conformity. Yes, yes, we find ye have two questions from the land ye call Greece. Indeed, present it to us at this time...Jonah

Dear Jonah, what is the lesson that the Greeks need to learn, going through this rough economic situation? Will Greece go bankrupt? Is there a way we could stop this economic catastrophe? Thank you, Eugenia Boura, Greece

Indeed, this is the question. Going bankrupt, indeed ye are already bankrupt. Ye ask, is there a way to stop this economic catastrophe? Indeed, there is. Ye as a country have allowed ones to rule ye, lie to ye, and play games with ye, by ones ye call former Greek leaders. They have and are speakers for the elite. The monies are not gone; they are hidden in other countries including Switzerland, Germany, and France. Your people are protesting, but protesting for a reason that will not create positive change, but rather death and destruction. Ye as a country need to demand responsibility from your leaders, past and present. If not, Germany will again conquer your country as they did in what ye call World War II. Not with tanks in your streets, but rather with controlling your way of life. We spoke of this in our message to ye, in your third month of this year. We will also be speaking much more in that ye call Switzerland, in your seventh month on personal responsibility, global responsibility for this issue, and how to prepare for the aftermath of that which shall occur. Your country is not a victim, but rather has been passive as to what ye have allowed your leaders to do. This is not greatly different than what has occurred in the America, Canada, Mexico, and many other countries in your world. We spoke of the subliminal influence that began in your autumn and into your winter time. Indeed, it is working on the ones who are passive. Indeed, now is the time for change, not when others have made the changes for ye...Jonah

Dear Jonah, What is the purpose for a young pregnant lady and especially for her unborn baby, to be killed during the latest episodes in Athens?

Why she had to die? What is the reason for the 4 month old unborn? Why the unborn had made such a short life circle?

Of course, everyone learned some lesson here. Of course this death wasn't meaningless for everyone else. But, still, why? With love and respect, Christina Manti, Athens, Greece

Beloved, we find this occurred by what ye would call a radical group, a group consciousness that does not desire peace and prosperity, but rather a group that would seek to intimidate ones who truly desire peaceful change. As we stated in the other question presented, 'Your people are protesting, but protesting for a reason that will not create positive change, but rather death and destruction.' Indeed, some do chose to allow their physical life to end to make a statement--stop, look, and listen. It is of importance for the people of Greece to not fall into radical groups, promoting fear and destructive anger. Indeed, change is needed,

change will occur, allow your choice, a different choice to be the choice that creates change. We have stated many times about being passive and proactive. To stand in the street and demonstrate that which will not change, is a form of being passive. Ones are simply following the dictates of others. Being proactive is being involved in positive change, not through violence, but through education and demanding responsibility from your leaders. Ye want to offer love and support, for the ones whose physical life ended during this time. Then indeed, become proactive peacefully, through education of the masses of what and why these events have occurred. As we stated to Greece this spring, there is much subliminal influence occurring to remain passive. Use the information we have given ye, use the exercises we have given ye so ye do not become influenced. This is also true for the Americans, Canadians and Mexicans. How passive shall ye be as your waters are being destroyed? This is your life, this is about your life, and this is about the quality of your life...Jonah

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

Beloved, it is not to perceive the elite control all natural disasters, but are indeed aware of their coming and are proactive. We state not all natural disasters. The elite are involved in what ye call the great oil on the water, in your America. We find ones will place unnatural chemicals in this location to hide the sight of the oil from the surface. This unnatural chemical will create an altering of the DNA in the life that lives in this water, and will also interfere with the DNA in those who eat from these waters. This was not an accident, but a warning to the leader of your America to conform and not interfere with the money lords, who own the street on the wall. In your America, do be prepared for disruptions in power. The money lords are preparing for the next planned economic collapse. Indeed, some ask are pleasant times coming? Indeed, times of peace and prosperity are coming and will be enjoyed by those who choose to be proactive. Proactive meaning, not living the animalist nature, not living in the closet, but for that consciousness that will allow itself to experience the coming spiritual, mental, emotional, and physical prosperity...Jonah

Questions for future Newsletters

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." 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

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

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 Golfinou 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

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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