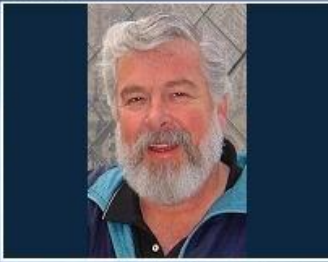


Hosca Harrison



Founder, Speaker, Author, and Medium

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

*Jonah*  
LIFE INSTITUTE llc

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

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Request the order by check mail order form. E-Mail [Hossca@aol.com](mailto: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.

### In Loving Memory

Franklin Slavensky  
1935 - 2010

My very dear friend Franklin passed to the other side, last weekend. I have known Franklin for over 45 years. It was in the last 27 years we became very close. Franklin was one of those people if you needed assistance, he was there whether you requested the assistance or just thought about it, he was there.

Franklin had been a director of the Universal Education Foundation. It was because of his assistance and commitment to the Foundation, the Foundation was able to continue. Franklin was the driving force behind the publication of Tide of Change. Franklin was also instrumental in transcribing Alunastar's

message "The Consciousness of Man", which we plan to publish. In this age where many talk about angels, Franklin was indeed a true angel to many.

Our dear friend Ann Raisch is setting up a Universal Education Foundation "Franklin Slavensky Scholarship Fund." This year the Foundation offered 3 scholarships to high school students. An article with a picture of Hossca speaking to the student body, parents, and faculty of Woodland Park High School will soon be sent to those who are on our Universal Education Foundation mailing list.

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](http://www.JonahLifeInstitute.com) under Newsletters. You may want to read prior issues to understand this article, which continues from the May 1, 2010 issue.*

*This article concludes Hossca's writing of his experiences with his teacher, for the Jonah Newsletter. Hossca will continue to write about healing in the upcoming issues. At this time Hossca is working on two books, "The Essene Odyssey" about Hossca's life time with Jonah during the Essenes, and "Walking with a Master" Hossca's experiences in learning Life Energy Flow Tai Yi from his teacher in this life. What has been published under A Message From Hossca this year, are excerpts from Hossca's book "Walking with a Master."*

*Continued:*

His answer shocked me and pushed me into another realm of consciousness to explore.

"Correct answer!" he shouted. "How can one have a correct answer with such a complex issue of life, death, suffering, and transcending? Life is a continuum, a continuous series of events that blend into each other so gradually and seamlessly, it is difficult to say where one becomes the next, just as a rainbow forms a continuum of color. This garden took many years in developing the stages of healing, stemming from the traumatic human suffering that occurred. Many do not understand healing, they understand they want the pain to end, but before the pain can truly end they must understand healing. Life Energy Flow Tai Yi does indeed work in stages of healing, it also prevents healing from overlapping which can cause greater pain. Your conscious mind perceives 5% of life in the physical, for the physical only occupies 5%. Life is a continuum beyond the 5% physical; most pain comes from that part beyond the 5%. Your future learning shall encompass healing beyond the 5%. Dreams are a pathway to learning beyond the 5%. The brain is a physical organ divided into many parts; the mind is nonphysical also divided into many parts. Those parts keep themselves separated until the division is healed. The division is caused by denial. If an adult wants to heal their childhood, but the mind denies remembering their childhood it creates a division. If an adult wants to heal pain, they must open that part of themselves of which the pain originated."

My teacher saw I was getting a little confused and said, "Let us walk to my shelter. I will have one bring me some rice."

I thought to myself, this is going to take a long time. He eats rice one grain at a time. He heard my thoughts, laughed and said, "I eat half the grains and you eat half the grains."

Me, chop sticks, eating one grain at a time. Yes, this will take a long time. As we arrived at his shelter, a young girl about the age of 16 was walking out his doorway. "Your rice is ready," she replied to my teacher.

He bowed to her, walked in, and sat in front of his rice bowl. There were two sets of chop sticks. "You are serious?" I asked.

He laughed and stated, "Now eat."

As I sat down, he pulled a small bottle of herbs out of his pocket and sprinkled a bright green colored powder on the rice. I looked down at the rice when he spoke, "Rice is a conduit for herbs or whatever I choose to put on the rice. The human body is a conduit for the soul. Learn to read the body and you learn to read the soul. You learn to read the pain, the joy, the direction you shall take tomorrow. Many try to change their body, not knowing why their body is the way it is. Many try to change the pain without knowing, why the pain is what it is. Many try to heal anger or disease, without understanding why it is there. Many choose to judge the body, the pain, anger, or disease. This judgment blocks all understanding of why it is what it is."

"Heal in stages?"

"Yes, but first you must understand the stages, then you heal. This garden is healing in stages, but before it could heal one had to understand the stages of the pain and suffering that had occurred in that spot. The pain and suffering that occurred in that spot continues. It is a continuum one life after another, until one looks at the cause and asks why it is what it is. The people now of my village, were ones that died that day of the storm. They have returned to build a beautiful garden on the same spot. They have learned to turn pain into beauty, suffering into inspiration. I teach you Life Energy Flow Tai Yi so you might turn pain into beauty, and suffering into inspiration. Yes, beauty and inspiration are the pathway to home...to be continued in my book "Walking with a Master"...Hossca

## Jonah Question and Answer

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

**Indeed, one can carry shame in all three points. Especially, if one carries shame over into this life from another life. Ye would work on it the same...Jonah (For more information listen to Jonah's message "[Healing the Shame Syndrome](#)."**

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

**Beloved, a mentor is also a friend, but a mentor is also a teacher who has mastered what it is they are teaching. This is called honor, meaning when one is teaching what they have mastered they are honoring what they have learned, and they pass that learning on to another in a personal way. One can master parts of life and share that part even though they have not mastered their entire life...Jonah**

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

**Well for goodness sakes, indeed the answer is the level of commitment...Jonah**

## Questions for future Newsletters

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 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

## 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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