



Discovering An Adventure Called Life



Hossca Harrison

June 15th 2009 Issue

Newsletter

Jonah's Newest Message

“SPIRITUAL INSANITY”

Jonah gives a powerful message about Spiritual Insanity. Who and what determines what is sane or insane? How does one come into expression of their soul ability? How does one create a lasting joy in life? Jonah addresses guilt and a virus of destruction to the spiritual immune system. This message is very powerful and is directed to ones preparing to take the next step in healing their pain.

To order go to Products page on
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A Message From Hossca

Dear Friends, a philosophy I teach my Tai Yi students is, “Expect without respect then do not expect.” What do you want in your life? Do you want something you can respect, or do you want something you do not respect? This simple statement can be the pivotal point in determining will you allow joy in your life. What is in your life you do not respect? How do you react to it on a daily basis? What is in your life you do respect? How do you cherish it, honor it, and allow it to be a basis of joy? Our life is made up of a series of choices we make; we live the results of those choices daily. Are they choices we respect or do not respect? When one respects something in their life, whatever it might be is held differently in the body. It produces energy of learning and creativity.

Over the years working with people, helping them with their issues, I find a common dominator in ones who heal and move on, and ones who are still struggling with the same issue year after year. The ones who struggle year after year will often say, “I already know that.” And it can be true; they do know what ever “that” may be. But they do not respect it; therefore they do not use it. The mind is a very complex part of humans. It has the power to create great beauty, and great pain. It has the power to heal and the power to create disease. How much does one respect the power of the mind? As I said earlier, respect holds energy differently in the body. The body has a maze of meridians throughout all the bodies (many are familiar with the 7 bodies, Jonah and I teach there are 12), for the purpose of this message I will specifically address the physical, mental, and emotional bodies. When one is in a state of respect and they hold that energy, it increases the balance of strength connecting the mental and emotional body, thereby strengthening the physical body, and strengthening the immune system of the physical body. When this occurs it becomes much easier to learn, to heal, and to be in a state of joy.

When one respects what they have learned, they retain the knowledge with the ability to use it. When I teach a concept to my students of Tai Yi, I can watch the energy of the class and see how it is accepted, and if it will be used in respect to healing. Those who respect what they have learned, use it, and learn deeper levels of Tai Yi healing; those who do not, continue to struggle with using their healing abilities with Tai Yi.

Some confuse the energy of respect with the energy of worship. The two are very different, as different as night and day. Respect carries energy of self, respecting self, respecting the learning to heal self. Worship carries energy of putting something outside of you. Whenever you put something outside of yourself, you have just decreased your ability to create joy. You put your power into someone or something. This is a sure way to suppress your abilities, which compresses your energy, which then depresses your mental, emotional, and physical bodies.

If you want to learn something new, if you want to learn something you have forgotten, or something you remember but have not put to use, then allow yourself to respect it, and it will respect you. Remember "Expect without respect then do not expect." Hossca Harrison

Life Energy Flow Tai Yi School of Healing

We are currently adding names to the wait list for ones who desire to become students of Life Energy Flow Tai Yi School of Healing. Tai Yi is one of the most powerful hands on healing modalities available today. Life Energy Flow Tai Yi School of Healing requires a commitment to yourself, and a commitment to attend all classes (4 weekends per year).

One learns not just Tai Yi, but about healing and how healing works and the philosophy of healing. If you want to be on the wait list, e-mail us at Hossca@aol.com. For further information go to www.Jonahlifeinstitute.com and click on the **Tai Yi Button** at the top of the page.

Also included on the Tai Yi page, is a list of students offering Tai Yi to the general public. Each student should have a certificate from Jonah Life Institute/Life Energy Flow Tai Yi School of Healing. We have a sample of the certificate on the ***student verification page*** where it says click here. *Those who have this certificate in their place of work are approved and have been tested to do Tai Yi on the general public.*

Jonah Question and Answer

Hi Jonah! Was this so called "swine flu" genetically engineered and deliberately released in Mexico? If so, do the reasons for this include a propaganda attack against Mexican immigrants in the United States for control purposes, much like the Nazis demonized Jewish people etc? Thank you!! – Jackie Lloyd, Ramona, California

This ye call Swine Flu is indeed genetically engineered and was released in the land ye call Mexico. It was not the purpose to what ye call demonize ones of

Mexican heritage. It is as we stated in our message “**Let the Journey Begin**”, there would soon come a virus not to create many deaths but rather to create conformity. Look at the fear it created and ones submitting to conformity. Look at your laws that were activated or created to create conformity. As we also stated in our message “**The Coming Pandemic**”, there would come waves of genetically engineered viruses which include what is called the bird flu. This is the beginning wave...Jonah

Dear Jonah, Could you please help us understand how can we overcome the mental virus which causes our spiritual sleep? With respect and love, Katerina Michalopoulou, Greece

Beloved, the mental virus which causes spiritual sleep is from your world's traditions; whether it is social traditions, cultural traditions, religious traditions, or family traditions. When one lives their life through traditions, they stop living their life and chose to live the life of others. This causes a mental virus and spiritual sleep. Just as when ones are in a physical deep sleep, they do not want to be disturbed. Many are spiritually asleep and do not want to be disturbed. Ye overcome it by making choices to express the abilities of the soul. Sometimes one needs to stand up and state, “No, I shall not follow the traditions of my ancestors, but rather follow the knowing of my heart.” This is not always accepted by family and culture, it becomes a test of strength to the heart. Remember this is your life, and this is about the quality of your life...Jonah

Jonah, thank you so much for your precious support. You have given us a lot of information about the main things each one has to focus on in accordance with his/her healing process during these times of change. But what about our small children at the age i.e. of 2,3,4 or 5 years old, how we as parents support those souls to heal themselves, during this period? What about their core beliefs? Sophia Tsoumaki, Athens, Greece

Beloved, teaching a child is also learning from the child's soul. Meaning this, a child will learn many times deeper by example than by spoken words. A child will learn much deeper when ye as a parent can learn from the soul of the child. Do children have core beliefs? Indeed, they can. A child can come forth with emotional pain from a prior time, but a child can also come forth as a great teacher to the parents and family. Not all children are the same, or come forth with the same abilities, same issues, or issues at all. Therefore a child needs to be taught individuality, for it is through individuality one learns who and what they are, which opens the door to discover their purpose in this life. Listen to our message “**Individuality**”...Jonah

Jonah, what is the energy and the essence of anger? What message does it carry? Why is it many times judged and suppressed? Where can

unhealed anger lead to? How can one work with anger as soon as it appears rather than suppressing it? How can one tell if the anger that is felt because of a current event is original or suppressed anger which has been activated? Could you please give some guidance for unsuppressing, releasing and healing anger so that it is not projected on to others or turned against self? Also, I would like to ask about the expression of anger: Is it always to be expressed or sometimes it is not necessary? How can it be expressed in a compassionate way? What is the difference between positive and negative anger? Is negative anger also to be expressed? How negative anger can be healed? With much love and gratitude,"
Many thanks and much love. Aphrodite Tsalgatidou, Athens, Greece

Well for goodness sakes, so many questions about anger. We shall not answer all of these in this setting but rather bring an understanding about anger. There is both positive anger and negative anger. The difference being positive anger does not carry judgment. Negative anger is a build up of unexpressed emotions and mental stagnation. When one learns to express their feelings when they feel them, without making another wrong prevents the feelings from turning into anger. Anger can and does come from what ye call past life times. Again this is unresolved issues within the self. Negative anger is a reflection of the anger one holds against themselves and then projects to others. This form of anger is often passed from one life time to another. Must one express anger to another, indeed not. If one is angry with another is it not to look at the issue within self, and the anger one carries about that issue? To what avail is it to express negative anger to another. This does not and will not create a healing. Listen to our message "**Learning to Feel**" and "**Feeding your Emotions**." Also one that carries anger needs to look, are they spreading their anger about one to others. Are they going to others telling them how angry they are about another person? Beware this is a rapid way of creating deep karma. Ones can and do create deep karma, but because of their anger they are not aware of the karma they have created. They need to look, is something in their life not working for them. Are they stressed, depressed, or lack energy. This could be a karmic reaction of spreading anger. Negative anger is one of the most powerful weapons of self destruction. For those seeking to move to the next level of healing and to move beyond tradition listen to our message "**Spiritual Insanity**." Beloved, your world is filled with traditions of hate, anger, and war, is it not time for ones to begin accepting love, accepting support, and accepting life...Jonah

Questions for future Newsletters

When I think of a “teacher” or “those who come to assist,” it has a feeling of separation on it – for example “a teacher” is separate from “an individual the teacher is assisting.” How can I shift my perception of a “master” or “teacher” to be more in line with the concept that we are all one? Or how can an individual feel at one with those of a lower vibration and vice versa? Is it to remove judgment? Sharon Soldi, Ramona, California

Jonah, Will you please explain the learning/healing process of an unborn child's soul as the pregnant mother moves along in her pregnancy? Does the child still work with his/her guides, setting things in motion for the physical life? Do they tend to stay around the mother and/or parents in proximity? Do they stay attached to an age or gender even though they're in the nonphysical? Are they very aware of the present issues within the parents and interact with the parent or parents in accordance to those issues? Thank you! Tami Urbanek, Monument, Colorado

Jonah, do we have only one core belief in each life time? Or can it be more than one so that we can heal one and another one appears afterwards? Or does it mean that we had not healed our core belief in totality and some residue remained? Also, could the core belief be “our heritage” from previous life times?

Jonah, what is critical for teachers working with immigrants children or charismatic children whose talents are not “recognized” by their parents? With love, Aggeliki Plouma, Athens, Greece.

Jonah what can one do to find inner balance, to be alive in all life, to trust self and to find the essence in the aspects of life? Love and respect Rita Litou, 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;

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The 2009 Autumn

Intensive

September 25, 26, & 27, 2009

Denver, Colorado

Title yet to be announced.

With Love and Light

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