July 1, 2010

Newsletter

The Next United States Jonah Intensive

STATE OF THE WORLD

The Emerging Pestilences
Cluster of Pain developing in human bodies
Plans of the Money Lords and War Lords
The Earth's balancing system being restored

This and much more.
What you can do to be prepared.

This is not about living in fear; this is about living in awareness to make wise choices…Jonah

September 24, 25, & 26, 2010
Denver, Colorado
For more information and registration go to:
www.Jonahlifeinstitute.com

Jonah's Newest Messages

LET THE JOURNEY BEGIN (*Italian*)

We have just completed our DVD "***Let the Journey Begin"*** **in** ***Italian.*** This DVD has beautiful graphic designs with music. It includes portions of Jonah's message he gave at the winter 2009 Intensive. Jonah teaches how to create a quality life in the journey ahead and what to watch for. This DVD also has extra features including Tai Yi, Tide of Change, and Universal Education Foundation.

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 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 to those who are attending the Zermatt Intensive.

For more information contact Ioanna Golfinopoulou in Athens before July 5, at 210-6778216

Jonah Question and Answer

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.

Beloved, in your world survival is one of the most primal energies that exist. There are many different levels of survival. Ones who treat animals with cruelty are often acting out their anger and revenge, which is a sub category of survival. In most cases of cruelty to animals you will find an injured, traumatized child in that person. It is through these actions they are attempting to survive their emotional injuries. Greed is also used in the form of cruelty to animals. Look at the many methods of cruelty that traumatizes animals for the sake of greed. Greed is also a level of survival. Listen to our message "Nature of the Beast"…Jonah

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?

Well for goodness sakes. It is wonderful indeed to assist children in their healing. A child is a child, regardless of the age of the body. If one works with adults, then indeed work with the child in the adult. For true healing to exist, the child must first be healed. One does not need a label "healer" to assist others in their healing. There are many ways to assist brother sister souls. Find the way that brings joy to your heart…Jonah

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?

Indeed, this is also about the primitive nature of human survival. What ye call the drug lords are attempting to survive their way of life, which is denial of life, by poisoning the youth of your world with the blood of greed on their hands. We find it is the policy of your governments to continue this war. When ye seek to make something illegal such as drugs, it does not stop ones from using this substance, but rather the supply and demand goes in the direction of survival, greed, and killings. We also find those who choose to support the drugs, by obtaining their drugs from the drug lords also hold a responsibility to the killings of the children. Ye do not live in an enlightened society, but rather a primitive and paranoid society based on archaic religious beliefs. When will your societies, yes Mexico, your American, European, and African choose to wake up? Enlightenment will not just occur because ones become tired of the old. Enlightenment will occur when ones make a choice to not be passive and be proactive in the changes of your world…Jonah

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

Indeed, what we answered to the above question also in part answers this question. It is so; the Elite do control many of the drug cartels in your world. If the many secretive policies were to become transparent, ye would find many in the government have a direct relationship with the drug cartels of your world. Indeed, the governments we spoke in your last question have many policies that promote and protect the drug cartels. This is not what your masses want to hear so they chose not to hear. As we have stated many times, those who have eyes to see, will see. Those who have ears to hear will hear. There are many who desire peace and transparency in the governments of your world. Is it not time for those to step out of the closet? Your country is not greatly different from others. Yes, ye speak a different language, have different customs. But ye as a whole carry the same human nature we have spoken about for many years…Jonah

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

Yes, for goodness sakes. Some use fantasy to fill in past life memories. Those are ones who are disenchanted with their own life. Many dreams incorporate past life events, feelings, and thoughts. The subconscious mind communicates in

symbolic messages, in pictures that create deep feelings. A deep feeling will guide one in the direction of understanding, what ye call a past life. When one is willing to know all and everything about one's self, they indeed open themselves up to discovering all life times. We find not many are willing to fully open themselves up to know all there is to know about one's self. This can be because of guilt, pain, or being passive and choosing to live in a closet. Choice and honoring deep feelings are the deepest way to fully understand your many different aspects…Jonah

Questions for future Newsletters

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, Belleview, 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 form 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

Dear Jonah what did the Chinese Master mean when he told Hossca that overlapping healing can cause greater pain. Isn't all healing in a person connected, thus overlapping? How do we prevent overlapping?
Anna Frances, Denver, Colorado
PS thank you for all of your love, guidance and teachings.

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

"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? Thank you for your love and assistance. With gratitude, Aphrodite Tsalgatidou, Athens, Greece.

Dear Jonah, Please help me understand what it means to be proactive. How does one be ”in“ the 3rd 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 at 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 ones own hands, or push for some global boycotting of BP products, or just stand on a rooftop and scream foul play? The agony is knowing “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, Colorao

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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