

JONAH QUESTION AND ANSWER

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By

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Jonah, how does one let go of the pain from childhood? I am over 50 and I still suffer from the physical and mental abuse from childhood. If I let go of the pain, will I lose my identity? Lisa, Biloxi, Mississippi

Beloved, when one has a time fusing experience it will often form into a belief. A time fusing experience is an experience where time seems to stop. The total focus is on the experience. In your culture this most occurs with a painful experience of the mind, emotion, and body. This belief will take on a life of its own, meaning the stronger the belief the more the belief will take over your life, making choices for ye to continue to empower the belief. Indeed look at your life. How many choices have ye made that empower this belief? Look at the painful relationships ye have created in this life to honor this belief. Look at the choices ye have made injuring your body to honor this belief. These choices will continue until ye remove the core belief ye desire punishment, pain, and suffering to please another.

There is a way to remove a core belief, but many fear they will become different, others will not relate to them if they remove a part of their identity. Well for goodness sakes, one can find their own true identity when they remove their core belief of pain. One is not living their identity with a core belief; indeed they are living the identity of the one or ones who inflicted pain to begin with. One may state they want to let go of the pain, but do they want to let go of the punishment? The mind can see the two as very different; this is why they continue in their pain year after year, life after life.

One of the first steps to healing is to never confuse your identity with your core belief of pain and suffering...Jonah

Jonah, why is it scientists say there is probably life elsewhere in the universe? When they are asked if this life has visited earth they treat it as a joke. Palo, Tampico, Mexico

Well for goodness sakes. Some say the universe is only 5% physical, (this is changing) perhaps many choose only to see 5% of the reality they live in. Perhaps some choose only to use 5% of their intelligent and spiritual understanding. Perhaps ones can experience the greater realities of life when they remove the beliefs of limitation...Jonah

TAI YI HISTORY

By

Hosca Harrison

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Life Energy Flow is the western name used for the ancient form of healing called Tai Yi. Tai Yi can have many different meanings depending on the use of the words. In reference to Life Energy Flow Tai Yi the meaning is Supreme Movement. Supreme Movement also means Supreme Health.

Tai Yi predates acupuncture by several thousand years in the history of China. Although Tai Yi or Supreme Movement comes from much earlier times beyond the civilization of China, it is the Chinese history I shall discuss.

Tai Yi is a healing principle using all meridians from all bodies. Acupuncture is a result of the ancient Tai Yi practice. Documents discovered some years ago in the Mawangdui tomb in China, which was sealed in 198 BCE, contain no reference to acupuncture as such, but does refer to a system of meridians very different from the current use of meridians used in acupuncture. This is typical of Tai Yi.

Over time Tai Yi became localized and was used in the mountainous area of northwest China, west of the Min River, near the border of Tibet, in Szechuan by an ancient people called the Chiang Tribe.

This ancient tribe is one of the “lost” tribes of Israel. During the last two thousand years their traditions have adopted some of the Chinese traditions, but for the most part continue with the ancient traditions of the tribes of Israel. According to their traditions the Chiang Tribe is a direct descendant of Abraham.

It was from this connection the Chiang Tribe carried Tai Yi to the Middle East two thousand years ago.

Those who are studying Tai Yi from me or read my book *Tide of Change*, are aware of my involvement in teaching Tai Yi during the Essene time period two thousand years ago.

It is from this connection I was again taught Tai Yi by the same elder Tai Yi master who also existed in the Essenes and was of Chinese descent. It was his desire I master Tai Yi and set up a school to teach Tai Yi so this form of healing may continue again.

Tai Yi has all encompassing healing treatments with over 4,000 grid systems (exercises) to work with the meridians on every body of the seven bodies humans have. This is why Tai Yi works so well not just as a physical healing tool, but also mental, emotional and spiritual healing tool.

Tai Yi died out several centuries ago in Europe from the students I taught during the Essenes. Human nature seems to want to alter or change something of ancient value to put their ego personality into it. This was done to Tai Yi. Ones would begin to put their own ego into Tai Yi and alter its method thus causing Tai Yi to lose its value as a healing practice.

What I teach my students today are three points which must be met for Tai Yi to be successful.

- 1. All the points of the grid system must be accurate and placed in order by the Tai Yi practitioner.**
- 2. The Tai Yi practitioner must send full universal energy into the client.**
- 3. The client must be willing to accept the energy.**

According to my Tai Yi teacher who lives in China I am the only one now teaching Tai Yi. I have instituted many safeguards keeping Tai Yi pure. Even the safeguards I have instituted will not keep the determined fraudulent personalities from claiming to be a student of mine, or simply using bits and pieces of Tai Yi which will not work or can create harm when not used in its correct grid design.

I have recently set up a level system for my students. This is a similar system used in the practice of martial arts. The level system starts at 1.1 and goes to 12.12. Before anyone can teach Tai Yi they must have reached a level of 12.12. This means they have mastered in totality the energy, philosophy, and full practice of Tai Yi.

As my teacher was with me, I am with my students in terms of being on the conservative side of testing the level of their Tai Yi ability. I consider anyone of my students with a level ability of 5.0 or above to be of excellent ability, and will have experienced many healing demonstrations in the use of Tai Yi. This does not mean ones of a lesser Tai Yi level cannot assist ones in need. In time I hope to have each student's level (by their request) listed on my web site. Each student is tested twice per year as their ability increases.

In the ancient Chinese tradition of Tai Yi, a teacher will choose a primary student to prepare to continue the teachings of Tai Yi. As I was my teacher's primary student (actually only student) I have chosen a primary student whose name is Joseph. Joseph is currently working and assisting me in the Life Energy Flow Tai Yi School of Healing.

At this time the Life Energy Flow Tai Yi School of Healing is full, but we may have room for more students in the near future. If you would like to be considered for an

opening in the school please e-mail us at Hossca@aol.com and request to be put on a list of potential students for Life Energy Flow Tai Yi School of Healing. Classes are held four weekends per year in Woodland Park, Colorado.

**Life Energy Flow Tai Yi School of Healing
is the only school teaching and certifying
Tai Yi Practitioners.**

LABELS FOR THE 21st CENTURY???

**By
Joseph Twaddle
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If one wants to understand children of the Twenty First Century, as the wonderful teacher Jonah calls them, they must understand that the name has to do with the timeframe of their existence. Yet not to be interpreted as another new age label. Yet how many people that are not within that group want to label it, call it something that it is not.

I have heard many terms such as Indigo Child used. Yet in all my time here I have never seen one whose skin is blue. Terms like this have no connection to these children, although the people who created them became pretty popular. I have no connection to the labels that have been placed on me, to better understand me. It is time people quit separating people into groups.

It is true Children of the Twenty First Century can feel on a much greater level than previous generations. The result of that are greater extremes. This is both positive and negative. Think of it as nuclear power. When used carefully it could supply light and heat to millions. Yet if it is used improperly it can kill millions. Therefore people must be extremely careful in how they work with these individuals, for they carry both extremes.

We as a society are emerging from a lukewarm existence, of the sleeping masses. Children of the Twenty First Century are assisting in this by presenting people with opportunity to question their own personal tradition, through these extremes. They challenge the traditional beliefs people carry.

Yet how many people want to label them as "Indigo Children" ones with greater abilities than us, they are here to change the world, they are here to save us. Remember pain is a teacher, as is joy. These children carry greater extremes which assist in opening people's eyes and ears, and allowing them to think instead of simply following. These children are more sensitive to energy; therefore they will react to energies that generations of old never even picked up on. If one attempts to work with these children and their reactions, they must understand what they are reacting to. With these children never assume anything, be sure to know what they are reacting to. If one attempts to tell a child that they understand what is triggering them, and it is an energy that they are unaware of, then the child picks up and that. The connection between the child and the person working with the child will be broken. This will often put the child into an even further reaction.

That separation, that label, is only continuing the cycle in which they are here to break. Yet how many state, my intentions are of the heart, I am to help these "Indigo Children." Yet they do not understand how a child would hear the separation within the energy of that statement. Why would they not say I am here to assist individuals, and work with individuals as individuals, not as a group? Labels do not promote individuality therefore they are not of the heart. Therefore if one is to work with one of these children they must work with that specific child, to know that individual child, and to let go of the labels. When people see groups, they fail to see the individual. The power of the Children of the Twenty First Century is within each and every individual, not the group label. Yet how many want to empower the label?

How many people want to place the label ADD, ADHD on these children, and attempt to work with them based on the label, when the label does not address the individual's issue? A test to see if your child actually has trouble focusing is to get them to do something that they enjoy, if they can focus on what that is, then they do not have trouble focusing. Therefore in addressing the label you are completely missing the real issue.

These children are very strong willed, yet how many parents attempt to break them into their beliefs as one would break a wild horse? How many parents attempt to put blinders on their children so they see what the parents want them to? How many parents attempt to create a bonding through beliefs, teach their child their pain so then they have something to relate? How many of these children pick up their parent's pain, so they can relate to their parents? How many children blame their parents for their pain, and how many parents blame their children? If you want to relate to these children, relate to them as individuals, and respect their individuality.

If you attempt to take that individuality away from them so you can relate to them, it will blow up in your face.

If you work with a child through the predetermined belief that you know them, when all you know is a label, don't work with them at all. If you fail to understand them as individuals and look at the group, then you are dishonoring them, because to honor these children is to honor them as individuals, not to honor your interpretation of a label. When you have time, go to Google, and type in Indigo Child, Crystalline Child, whatever your label of choice is. You most likely find a checklist, does this child do this? Does he do this? Oh then this is what he/she must be. It is not the label that matters, what matters is who you are. It matters not what people try to say was, it matters what is.

If you want to look at these children through labels, and think you understand them because you know their label, then you truly do not understand. That is why nature has given humans two eyes, two ears, but one tongue. So they can see and hear twice as much as they talk. Ones that fail to hear the individual child, and fail to look past the labels, yet talk without seeing or hearing do not understand, these children. Those are the ones that these children are here to assist in opening their eyes and ears, and letting go of all the old labels that keep us separate. If you are working with these children there is only one name you need to know, theirs.