

**The following question from Beth and answer from Jonah was
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Q. Dear Mr. Jonah, my heart is breaking, please can you answer my question. Why are children killing children? What is makin this happen? First in Mississippi, then in Kentucky, where next? I asked my pastor why does God allow this, and he told me he did not know, it must be Gods will. Well Mr. Jonah, for the first time in my life I told him I can't believe that. My cousin told me about you years ago and said you know spirit things. Please don't think me an old rambling woman. My grandchildren are the age of these children who were killed, if these had been my grandchildren I don't know if I could continue to live, please does God have an answer. May God bless you...Beth

A. Beloved, indeed there is an answer, but the answer is not an answer many want to hear. Children killing children, adults killing children, children killing adults. For a child to kill a child; that child must be taught to kill, but before that child is taught to kill, that child is taught to hate, and before that child is taught to hate that child is taught not to express his feelings, and before that child is taught not to express his feelings, he is taught by example how to absorb anger, resentment, and hopelessness. How many parents in your western culture give up their responsibility of raising a child to the talking box (TV)? How many children learn to absorb emotions from the talking box? Indeed how many killings does a child absorb in their mind and emotions throughout their childhood? Many say it is the fault of the talking box, indeed where is the responsibility of the parent to tell the talking box to stop, yes ye call it turn it off. The talking box is just a means of expression of the mass consciousness. If the mass consciousness did not want what was on the talking box then it would change. It is the responsibility of the parent or the one or ones who have taken responsibility to raise and teach a child, the power and responsibility of choice, and the results of choices made. Many children do not understand the power of choice. They are not taught the responsibility of choice. When a child is not loved, that child knows he is not loved. That feeling turns to anger and anger leads to many deep levels of pain that can erupt in many different forms of destruction. Yes beloved this event will occur again, and again, and again. We find the mass consciousness looking for a solution, and that solution to be found by the mass consciousness will be to kill the child who kills a child. Yes, your world calls this teaching by example. We well understand the destructive energies being presented to the family unit. We are not just speaking of the mother, father, child family unit but the greater family unit, the soul family unit. If ye choose to be a parent to a child, and yes an accident is a choice, ye are also choosing to take responsibility to love and teach by example to that child. To avoid this responsibility is to create great levels of karma. Indeed it is to let go of the old belief of ownership of a child. Ownership meaning carrying the consciousness I will teach this child what to do, when to do it, and how to do it. I will be the one to decide what this child will become, whom this child can love,

what religion to belong to, and what to believe. The opposite of this belief is to take no responsibility of teaching this child how to love, indeed it is positive to love, even to love those who do not love ye. Beloved, if ye see a child in need, give need. If ye see a child without love, offer that child love. If ye see a child seeking direction, offer direction, for that child is not just a child of another human, that child is a child of the human race...Jonah

The following questions and answers have appeared in the Jonah Newsletters throughout the years.

Q. Since menopause affects every woman and there are millions of women on this planet alone, here goes. Why??? I would like to believe that it is a natural phase of life and that it isn't necessary, as our "experts", the doctors, say, to take synthetic hormones for ever, but I am undecided. Is there a natural way to ease the symptoms?...Sally, Canal Fulton, OH.

Q. I would like to know more about the endocrine system, how the hormones work together and especially about the trend in estrogen replacement in women. It seems a natural process for the body to slow down estrogen production, but the arguments for taking estrogen are compelling concerning bone maintenance. How can we keep our bodies balanced from within?...Patty, Langley, WA.

A. Beloved, unto both questions, indeed menopause does affect many women, just as male menopause affects many men. With women menopause affects the physical, emotional, and mental bodies, as with men it is for the greater degree the emotional and mental part of the human system.

In your western medical culture the human body is seen as a chemical system, therefore doctors tend to treat menopause with drugs, including synthetic hormones, which can have many side effects. In the eastern medical culture the human body is seen as an energy system. If one part of the body is not connecting with another part of the body then ye send energy through the nerves, thereby awakening the dormant part of the body.

It is natural for the body to age, not for the body to grow old. We will be explaining this in greater detail in our coming message "Aging, The Process Of Life."

Search how often humans abuse their bodies, physically, emotionally, and mentally. How often do ye not allow your body to rest? How often do ye allow yourself to become emotionally or mentally distraught? How often do ye put food into your body when ye are in a state of great tension, thus turning the food into poison for the body?

Menopause is a state of cleansing, for allowing a new phase of life to emerge. Most women and men simply wait for this to happen. What if ones were to prepare for this to occur two, three, or even five years before the onset of menopause? Then you would find many women would not need added hormones forever. Ask yourself these three questions.

1. How often do I relax my body, including my solar plex area, and claim my own empowerment as a woman? Or for a man, as a man?

2. Do I choose to relax when I eat food, and to eat food I enjoy?
3. How do I view myself aging? Do I see myself growing old or gaining in wisdom to share with others?

Menopause is a stage of cleansing, not just for the physical body, but mind and emotions also. Remember ye have forty to fifty years of cleansing out the old, which occurred before this stage called menopause, ye can do it with self-empowerment. It is also of importance to understand if there is a weakness already in the body, menopause may and often increases that weakness. If this occurs, then seek treatment from the doctor who can assist you. For many acupuncture and herbal therapy can assist in this transformation.

The endocrine system is connected to the chakra system, from the base chakra to the crown chakra, or to be stated from the gonads to the pineal gland. When the chakra system is healthy the endocrine glands send hormones through the bloodstream to all parts of the body. The hypothalamus that is connected to the pituitary gland, or third eye coordinates the activities of the nervous and endocrine system. If one is empowering their belief system versus their knowing system, or there is confusion as to their pathway or inner vision then the pituitary gland will become stagnate, interfering with how much hormone the other glands release, including the thyroid which produces hormones which allow calcium to be deposited in the bone structure. There is an Essene saying, "Clear thought creates a clear vision, which creates a clear body, which creates clear thought, for there is no separation in all there is, this is the creation of enlightenment." We could continue for hours, indeed days on the power of spirit and the human body, but there are other questions, yes, but first we shall say, be cautious of artificial hormones.

Q. Jonah, you've often said, "there is no escape, only resolution." I'm often unsure about how to go about resolving something. Are there steps one can take toward resolution? Thank you, I love you all... Susan, Santa Ana, CA.

A. Beloved, indeed there is no escape, for what one creates in the negative they must resolve, if it takes one day or ten thousand life times, this is universal law. Steps toward resolution need to begin with understanding what it is you are trying to resolve, are you still judging it, are you still fearing it, indeed does it still control you? If one believes they are the servant of their creation versus the master of their creation then resolution does not occur. Look at what you have created, whatever the creation is that you are trying to escape, and recreate that creation with love for yourself, ask for assistance from the universe, indeed from your own guides. Allow the new creation to replace the old creation this is resolution.

Q. Several years ago at an Awakening you described a new connection of the chakras in overlapping rather than concentric circles. I have been working with these connections in relation to putting together music for Holotropic

Breathwork. Could you please explain how and why chakras one and five, two and six, and three and seven are connected?... Betty, Baldwin City, KS.

A. Beloved, indeed we spoke of this at that which we called "The Universal Mind. The Eternal Quest Of The Human Spirit." To fully describe this would fill a book or ten, but to give a brief description it is first to understand there is no separation of all there is, the first chakra often called the root or base works with all the other chakras but specifically with the fifth chakra called the throat chakra. Search, what does the root chakra, the chakra which grounds you physically, have to do with the throat chakra, which is your physical expression? One supports the other. If one is out of balance then the other will be also. The second chakra, which we call the giving and receiving chakra, some call the sexual chakra is connected to all but again more specifically the sixth chakra called the third eye. Search what inner vision has to do with giving and receiving. To truly give and receive physically or sexually in balance one needs to know who and what they are, their own inner being. The third chakra called the solar plexus is connected with the seventh chakra called the crown chakra. Again search what does the solar plexus, which is self- empowerment, have to do with the crown chakra that is ones physical connection with the universal mind. True self- empowerment comes from one being connected with the universal mind, or called the one, the God essence. As these chakras are worked with and blended it creates a balanced life with an awareness of who and why they are. Again this is a very brief description for your answer. As for those who attended our teachings of the eight through the twelfth chakras, this may bring more questions, but then we did call this Awakening, "The Eternal Quest."

Q. Dear Jonah, how does prophecy work? Do prophecies ever fail?... Ben, Rapid City, S.D.

A. Beloved, indeed prophecy is one of the most interesting topics for the human consciousness, and one of the most misunderstood. It is not that prophecy fails, but rather prophecy can be changed. There are no absolutes. An example we have used many times, if one is walking in the middle of a road, a prophecy may be given, you will be hit by a truck. Upon hearing the prophecy a choice can be made by that person. Remove yourself from the roadway and when the truck comes by you will not be hit. One might then say the prophecy failed because they were not hit. It is not so the prophecy failed, it is so they chose to change their experience. That is a very simplistic answer on personal prophecy. On mass conscious prophecy, the prophecy can be changed, but this is quite rare, what can change is the timing of the prophecy. If the mass consciousness changes just a little, it can change the prophecy by days, months, or even years, or it can change the intensity of the prophecy. For a deeper level of understanding you may want to listen to our message called "Prophecy".

Q. Jonah, why do you use the word "we" instead of "I" when you are talking?...Barbara, Nashville, TN.

A. Beloved, when ones ask us who we are, we state, “I am that which I am, which is the we, called the Jonah, for we are not separate from that which is. We are one with the universe, we do not see ourselves as separate from that which is, therefore our message is not one of separation but one of unification.”

Q. Jonah are UFO’s real?... Tom, Seattle, WA.

A. Well for goodness sakes, UFO’s used to be real, now IFO’s are real, identified flying objects. Even IFOWHL’s are real. Ones may use their imagination for that one.

Q. Jonah, I have never spoken with you, but I have listened to your tapes from a friend of mine. My question, how can we reach our children? I live in L.A. where I hear gunshots every night. My son goes to school dodging bullets virtually every day, now he wants to get a gun and I fear for his life, he is only eleven. When I was his age we had our problems but nothing compared to this, what has happened to our country, what is happening to our children? We just can’t continue living like this... Dorothy, Los Angeles, CA.

A. Beloved, the relationship between a parent and a child is a very powerful relationship. That power can flow both ways, positive and negative. For a parent, or any adult to truly reach a child, there must be a bonding, a bonding of trust, and a bonding of respect. A child will often act out the anger and frustration that is held in the parent, even if that anger and frustration is or has been held silently. Ask yourself, am I always telling my child what to do, or do I spend time asking him what he feels. Feelings become openly expressed when a child feels a safe environment for expressing. Begin asking your son what does he feel, and why. Ask him who his friends are, and does he enjoy being around them, or are they just friends for the sake of having friends. But before he would be willing to answer these questions, there must first be a bonding, a trusting relationship with your child. This does take time and work on your part, but this time and work will provide an abundant relationship with your child for a lifetime.

What is happening to the children of your culture is what is happening to your culture as a whole. There is a saying in your time of past, “the straw that broke the camels back” or here it could be said the straw that broke societies back. There is but one straw left to put on. To find a solution to a problem search the history of the problem. More directly, look at the schooling system your children are sent to. How much power have parents given away to the schooling system. Who is responsible for teaching your child, the school, his friends, indeed not, ye are. Who taught ye about sexuality, inner morality, a sense of purpose, the freedom to love, the freedom to express. This is not taught at your schools, although the yearning is there in the child to understand these areas of life. If the school does not teach it, if the parent does not teach it, who and what do ye think will be taught to the child?

Might we recommend ye listen to our taped message, "Children of the 21st Century." We also find ye have an opportunity to move from the area ye are in; we suggest ye make that move.

Q. Jonah, why is it easier to hate than to love?...Calvin, Westminster, CO.

A. Beloved, first it is to understand, it is not easier to hate than to love. It takes much energy to maintain a level of hate. But hate is only a part of what is occurring. When one continues to make choices to live in an environment of stress, whether it is a painful relationship, a stressful job, negative minded "friends", they develop a mindset of trying to prove, or seek approval of who and what they are. In essence they disapprove of themselves through judgment of the self, thereby lowering their vibration, their life energy. When one lowers their life energy they are more apt to make choices to reinforce their painful environment. When one continues to state they hate their relationship, their job, whatever it may be, and they continue to make the same choices to reinforce that environment, they enter into a process of lowering their vibration, or stated, they rationalize their choices by saying to themselves I need to grow this way, for this is the only way I can have support. Love is a free flowing energy, it lightens the energy field, and gives perspective to life, to choices, to health. **To love is to accept, and then to grow from that point of acceptance.** Love is the power to enlighten, love is the power to heal, love is the power to bond with humanity, and with the universe.

Q. Jonah I do not know if you will answer this question or not, but this has been on my mind a long time. I do massage work, sometimes I will have one come who is very angry at me for having to pay for my services. These are people who can well afford what I charge. Then I have some who come and cannot afford to pay, but pay anyway and they are quite happy to have been to me. What is the difference? Why are some angry about paying and others are not?...Helen, Palm Beach, FL.

A. Beloved as we stated in the earlier answer, to understand a problem, search first the history of that problem. Look at the historical belief of money, there is a saying that money is the root of all evil. Then on the other side you have spirituality is the way to salvation. Therefore if one is doing a spiritual work, there is often a conscious or subconscious belief that it is wrong to use the root of all evil to do a spiritual work. **Money in and of itself is a tool**, some may use that tool to gain power over others, or to build up their own ego, which quite often is one and the same. Some use money to assist others, and themselves. It is the intent of how the money is used. What is free? Nothing, you even work for the breath of air you draw into your lungs. If one comes to you for your services, whatever that service is, and you are doing your service in the **light with love**, and one becomes angry, this is usually a sign they do not plan on using the information or service you have provided. It is not to become angry with them, nor to judge them, but simply to understand where they are at that point in time.

Your learning is to learn not to be attached to the acceptance or denial of your work. A true teacher will simply offer a teaching or service, they do not take responsibility if the student accepts it or not. To take responsibility for others acceptance often leads to control and manipulation of self and others.

Q. I was told by a friend who attended your Intensive “Preparing for the Earth Changes” there would be many new viruses affecting us. It seems like I am always getting sick with something. What can we do to better our health during these coming times? I was also told of many herbs to take, will these help?
Francis... Canton, Mississippi

A. Beloved, yes there are many viruses affecting the human race. As the immune system of the earth continues to be decimated, so shall the human immune system continue to weaken. Indeed, this is only a part of the difficulty. How many times have ye requested assistance, energy to do something, to accomplish something, and then not use that energy? When ever one calls upon energy and that energy is not used, it becomes stagnant. Stagnant energy also lowers the immune system. This allows the virus to take hold in your body. Energy needs to be moved, it needs to be used. Whenever one begins thinking; I hate this... my job, my partner, my life, whatever it may be ye are also stating I do not want to move, I do not want to grow. Your energy field becomes stagnant, when this happens ye are inviting a virus to enter into your body, even cancer often develops from a virus. Be very careful what ye state, for that is what ye become.

As to your question on herbs, they are a tool, a tool to be used wisely. Herbs will not heal ye, but they can assist in your healing. This is of import to understand, there is a phrase in your culture “to much of a good thing”. There is truth to this statement. One can take too many herbs, or mismatched herbs, which can become toxic to the body; indeed herbs can create an illness more severe then the illness ye are trying to heal. As some would say “a rule of thumb”, or we will call wisdom of little finger, it is not wise to take more than two to three different separate herbs at the same time. Time not meaning a period of time such as a day, week, or month, but rather what ever herbs ye are taking take not more than two to three during the course of the difficulty ye are experiencing. The point in understanding is the phrase wisdom of little finger, some can use more than two or three herbs at one time, some need more than two or three at one time, but this is rare. Do not allow yourself to become addicted to herbs or ye will not allow your body to heal.

Q. Dear Jonah, please tell me about chiropractors, my medical doctor told me they could create more harm than good? What is your position on this? And while you are on this subject what about massage, acupuncture, and something I have just heard of called cranial adjustment... Ed, Tampa, Fl.

A. Such the healing questions at this time, for goodness sakes. Chiropractors yes the bone movers of the body. It is so, some chiropractors,

massage, acupuncture and cranial therapists can do more harm than good, if they do not have a full understanding of how the body works, but this is also true of medical doctors. One that understands how the body works and uses chiropractors for assistance can find much release of old energy. This is also true of the other methods ye have asked about, as long as the consciousness is ready for change.

Search the one ye want to go to, and ask them about their understanding of how the body works, of how energy is moved. If they do not understand movement of energy, then search someone else. Another area to search for... are they just using textbook information, or are they using their intuitive. If one is just going by the book then they may only benefit one out of a hundred.

As to cranial adjustment, this is not an adjustment to take lightly. When the cranial is adjusted it can shift the flow of spinal fluid, especially when the sacrum is adjusted at the same time. This can bring up emotions at a time ye are not ready to work with. Also if ye are one who has difficulty with the lower back, it is not of benefit to just have a cranial, but rather cranial - sacral therapy is needed, or energy blocks can occur in the crown, third eye and throat chakras. Therefore search deep within yourself if this is a treatment ye need, or is it out of curiosity.

Q. Jonah, this is the first time I have sent a question to you. I hope I am asking this in the right way. Last month my uncle died of prostate cancer, last year my mother died of breast cancer, and a friend of our family died this week of lung cancer, he was a non-smoker. Why are so many dying of cancer? We have made great advancement in medical technology, people are eating better, watching their weight, yet there is an increase in people dying of these terrible diseases, why?... Ron, Long Beach, CA.

A. Beloved there is not such as a right or wrong way to ask us a question, it is the intent of the question. We find your intent clear and from the heart. The English word disease is quite fitting. Dis - Ease, or not finding peace within ones self. We well understand that many believe that diet and environment are the greatest causes of cancer. In part this is correct. But to go beyond this, why does one eat a diet they know is harmful to them, or why do they live in an environment they know is harmful to them. It comes back to belief, habit, based on destructive thought patterns. Why does one create a life pattern, or shall we say a denial of life pattern that produces a Dis Eased life. There are many reasons for this, the first and foremost is the belief in self-punishment, more often than not, it is a sub-conscious belief. They will find themselves eating foods their body will not absorb, or choose to live in an environment they know is harmful to them. There is always a choice, but often ones do not understand what the choices are.

It is so; your medical technology has greatly increased... at the same rate as your diseases. Look at the most common areas of cancer; the breast, having to do with self-nourishment, the prostate, having to do with sexuality, the lungs having to do with grief. Look at your society, how many take the time for self-

nourishment? We are not speaking of taking a short break to think of new things to worry about, but true nourishment, look at the judgment of sexuality, self judgment, self denial, guilt, look at the grief in your culture. Many hearts have become hardened from experiencing constant violence, they are not even aware of how cynical they have become. For goodness sakes look at how many entertain themselves even spending their energy (money) on watching violence, which for many has become an addiction. Ye would find it interesting to know the highest cancer rate in your country is the capitol of your country, the lowest rate is a state ye call Alaska. Symbolically search which consciousness do ye most fit into. We are not stating one is pure negative and one is pure positive, but rather look at the symbolism being presented to your country. Messages are always given; messages are not always listened to. Just as in your body, many messages are given, are they heeded, or denied. There is an old or some would say fairly new saying, when a student is ready the teacher will appear. The teacher is not always a person, physical or non-physical, sometimes the teacher is your own body. As a student how will ye allow yourself to learn?

Q. Jonah, I am teaching Introduction to Special Education at the University and have been reading that the number of children with autism, learning disabilities and ADHD is on the rise, with ADHD being the fastest growing category. So what is up with this? Why so many more children born with disabilities, especially ADHD and how do we prevent this?...Tina, Oklahoma City, Oklahoma.

A. Beloved, it is so there is an increase among children with this form of disease. There is not a single answer for all of these but there is an answer for many. First, ones who created these labels put many children into this category because they do not have an answer. Second, many more humans are receiving injections of toxins into their bodies. These toxins are passed onto the child and create interference between the mind and the brain, meaning the brain carries blockages in receiving energy impulses from the mind. We well understand this has been “disproved by certain scientists.” What needs to be understood is these scientists are also involved and invested with injecting toxins into humans. Third, many of these children indeed are not dis-eased but are very intuitive within their mental and emotional bodies. These abilities are not understood or worked with causing a deep suppression in their energy fields causing symptoms as ADHD...Jonah

Q. Jonah, You mentioned the “Families” at the Ultimate Conspiracy Intensive. I don’t understand the incongruence, of how these beings appear to utilize higher dimensional abilities but demonstrate no apparent higher dimensional qualities such as unconditional loving. Sacred karma seems infinitely delayed for these souls who would utilize sacred knowledge to manipulate and suppress fellow

souls seeking freedom on this earth school. Please assist me in understanding here...Michael, Santa Fe, New Mexico.

A. Beloved, part of your confusion is your statement "Higher Dimensional Abilities." There are many beings that have "abilities" deemed super natural, which indeed is not a higher dimensional ability. Speaking in language of understanding, using the term ghost. An earthbound ghost can walk through walls, move objects indeed carry on a conversation with ye without your conscious awareness. This does not mean they are using higher dimensional abilities. A higher dimensional ability is the ability to love unconditionally. Ye are not aware of the karma they are creating, have created, and are experiencing. It is not to concern oneself with the karma of another, but rather to reach for higher dimensional abilities within ones own self...Jonah

