

30TH Anniversary

# Extraterrestrials

by  
Jonah

Through  
Hosca Harrison

Copyright 1992 and 2022

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# **The 30th Anniversary Jonah's Message "Extraterrestrials" Copyright 1992 and 2022**

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*Jonah describes extraterrestrials, who and what they are, where they come from, how they arrive here, and their intent. This message was given in a public forum in Boulder, Colorado, in 1992.*

*"Extraterrestrials" was intended to be part of the Jonah collection of messages for the public. We experienced intense electrical disturbance during this event, which prohibited the recordings from being added to the Jonah collection.*

*Thankfully, Jonah filled in the missing pieces soon after due to this electrical disturbance. This is the second time this message has been offered to the public. The first time was 2012 in the Jonah International Newsletter.*

Indeed, good day beloved ones.

This called extraterrestrials, a fascinating word indeed, particularly with the word extra. This message is for creating an understanding of that called life. Indeed, a life that does not look like ye, sound like ye or make choices like ye. We shall speak of energy, called dimensions and dimensions within dimensions, indeed even interdimensional beings that travel through dimensional walls. We are here to bring an understanding to that called your physical universe, your spiritual universe, and universes within universes. Well, for goodness sakes!

Many upon the earth plane in this third dimension have experienced what ye would call sightings, encounters, some may perceive as having visions. Some even perceived hearing voices, some wondering the extent of life in the universe. Some religions believe life only exists upon earth. Some scientists believe that perhaps yes, indeed, there is life on other planetary systems in your third-dimensional universe. Still, it would be an impossibility to journey from one inhabited planet to another at such a distance. The keyword here that creates

much confusion is your word impossibility. In truth, there is never such as impossibility. There are multiple possibilities because there are multiple realities, multiple dimensions, and multiple universes.

There are many signs upon your earth plane that are called physical signs. Many are continuing to understand what these symbols and signs represent (crop circles)? What are the symbols in that country ye would call Britain? What are the symbols in the countries ye would call Peru, Egypt, Israel, and China? What are the symbols of the multiple circles appearing, not just in that country ye call Britain, but in many countries around your planet, even that called Antarctica, the mountaintops of the Himalayans, the mountaintops of the Andes, the rice patties of the Orient, including the wheat fields of your own country (America)?

They are symbols. They are messages. They are warnings. They are messages to awaken consciousness to those seeking to return home and recognize what ye are doing to the third-dimensional earth. That movement, that choice is a spiritual journey, a spiritual awakening; some would even call it an evolutionary movement, an evolutionary leap. There are also those called circles that have been made by man, from man's ignorance, often through fear of the unknown. The human psyche reacts to fear when something is beyond its beliefs. The fear breeds a desire to attack that which they do not understand.

It is part of the survival nature that is in so many. Indeed, like an animal in an overpopulated environment. Whenever the issue of fear arises, there also comes the energy. Will I survive? I must survive. What must I do to survive? Then one begins entering into an old programming, an old brain cellular programming, and an old level of belief programming that in essence shuts one down from being aware of the messages being delivered to humanity.

The majority in your country, if they were asked the question privately, "Do ye believe in the existence of extraterrestrial life?" would answer yes. But to answer the question publicly, then doubt would come as to how the individual would answer the question, because of a level of beliefs that have been presented to society, deliberately, to hold onto the illusion, this is all there is.

Take a group of people from birth and place them in a controlled environment where beliefs were fed to this group; this is what your environment looks like, this is how the environment works, and there was constant reinforcement. This is all there is. That belief system begins developing a series of limitations, "I see this, and therefore it exists." "I do not see this; therefore, it does not exist." Ye would have a perfectly formed group consciousness. Even give them a god to worship, tell them old stories of saviors. Excite their emotions to harm others and then introduce punishment to keep a level of control and fear upon this group.

Then, what if ye were to place in that controlled environment an individual that had what would be perceived as supernatural powers, supernatural abilities?

What if that individual came utilizing instruments that had never been seen, instruments that could levitate, and instruments that could transport? The individuals in that environment would begin adopting a belief this must be something greater than I. This must be something I must obey. This must be something I must listen to because this individual has more power than us, has more abilities than us, perhaps can even speak of the past and predict the future. Then one begins creating a consciousness of worshipping something outside of itself without understanding what it is?

What if that controlled environment was called the third dimension? What if in that third dimension were such belief systems; this is the way life works, this is what I see, this is what I feel, this is what I think because this has been my experience in the third dimension? Then, a new element begins to be added. What occurs to the consciousness of the old consciousness being held? Meaning if that old consciousness is held onto with rigidity and fear, often, what begins occurring is that old cycle of punishment, the old cycle of worship, "Come and save me from this painful world. Take me to paradise, take me to the fourth dimension, or take me to the Pleiades." Well, for goodness sakes!

What if ye had others that were not holding on tightly to their belief systems, to their old levels of consciousness, ones would begin asking questions, what does this represent? Asking questions, what role do ye play in the universe? What energy, of what consciousness do ye exist? Indeed, from what universe do ye come to exist? Perhaps we can share and learn from one another.

We are utilizing this example because energies are beginning to occur even more so in the future. There is life beyond the third-dimensional plane, and it is not all extraterrestrial. Still, there is developing a consciousness again that seeks to look to those energies in terms of survival and wanting to create another savior. The consciousness is beginning to emerge, "If I do the right thing and if I do it exactly as I am told, perhaps when society becomes more chaotic, they will come and evacuate me to a good place because I have been a good person." Based upon these concepts, many would form what ye would call in your culture, cults, religions, and churches. Indeed, many shall preach the end of the world—the rapture. How many old and new age will use this fear to control? Beloved, fall not into fear as to the end of the world, indeed even the end of the earth. The ones who would promote this fear will have something to sell ye, survival.

Beloved friends, it is truly needed an understanding of events that are and will be unfolding. This evolved life force we are speaking of is not about coming and saving. It is not their purpose to be a savior. This energy door is in the process of opening and will continue its expansion to allow for more demonstrations to your world. We will continue to speak of this in your evening hours. We will speak of particular locations, what they represent, and why they were created in what ye call your past.

This energy door is opening, as we have taught many times. There is a new age every two thousand years, which means a new level of consciousness, expansion, and rapid awareness movement. Every twenty-four thousand years, there is also a movement of energy called earth consciousness. (*Some say 26,000 years. Jonah disagrees with this because of a looping of time involved*). These two are coinciding and creating a thinning in the veil between dimensions. Indeed, there are that called extraterrestrials, but what the majority of human beliefs call extraterrestrials are indeed not extraterrestrials.

The majority are beings from inner dimensions, coming forth through a dimensional wall, not just from the fourth dimension but other dimensions as well. The earth plane is populated with many inner dimensional travelers and teachers. These beings are of many different sizes and shapes, and forms. This is quite a contradiction to the human belief systems. Many in the inner dimensional planes have always maintained contact with extraterrestrials. Because the dimensional walls are thinning, the human consciousness in the third dimension is beginning to experience more, which the mind frequently calls a phenomenon.

Earth always maintained a connection to the universe, but the third-dimensional mass consciousness has not maintained its connection to the universe.

Stonehenge is a circular structure of stone in the third dimension. It is also a dimensional doorway, a dimensional doorway that moves quite rapidly, opening and closing, as ye would perceive it. Indeed, it is not a ceremonial burial ground as some state or will state. For goodness sakes!

This is but one location; in truth, there are a hundred and forty-four of these sacred locations in the third dimension. Indeed, before ye attempt to pack your bags, this is of import to understand. These particular doorways were and are utilized quite often for journeying inner dimensionally by inner dimensional travelers and receiving information inner dimensionally. Beloved, understand for this doorway to work, one must match the energy of this doorway. Indeed, it is not the energy of the ego.

This is also why it is in this location on your earth circles have begun appearing and have continued increasing in appearances. Expanding quite dramatically, as we have stated many times before, in regard unto this subject, ye would find these designs changing and becoming more intricate in your future.

They carry a message encoded beyond that of your current mathematics. This mathematics is a form of communication that exists according to inner dimensional communication. But foremost, it is a means of gathering the attention of the human consciousness for those who will listen.

It is not to perceive here what ye call in your language flying saucers, coming and making a circle and just disappear. It is energy working here, under the earth, above the earth, and upon the earth. When one is in the third dimension, holding a third-dimensional consciousness, what could be physical in the fourth dimension is not recognized or seen. Ye may see the results of what has occurred, but seeing it occur is quite rare, is quite rare, for the time being.

Ye will find these doorways expanding. Ye will see communication expanding. This is of import in understanding here. We speak of internal communication with those who carry a higher dimensional consciousness.

We will repeat this. Each soul carries a vibration. That vibration works with all the bodies, including the physical, as the soul begins ascending into ascendancy according to the higher minds. When the soul essence, the higher mind within the individual, begins increasing, through its ascendancy of moving through the old consciousness, old beliefs, those connections start manifesting on a physical plane. It has already occurred with some. Indeed, some have begun experiencing communication, have begun experiencing shifts in their environment, and have been experiencing communication with these beings. It is part of the movement, from one age to another age. Beloveds, it is to understand this does not occur overnight. It is a process of the evolution of growth. Indeed, this can occur soon, or in decades, or lifetimes.

Two thousand years ago, this also occurred. Still, most of the recorded history from two thousand years ago was written by religious minds that did not understand inner dimensions or perceived it was, yes, your word, demonism. Indeed, this word demonism, because inner dimensions were not understood, much confusion in accordance to the nature kingdom, the nature spirits, and the divas, the keepers of natural evolution.

Often, when there is a thinning of the veils, and one begins witnessing and experiencing the changes occurring in their world, one begins experiencing perhaps even communicating with beings from another dimension, not this dimension. Often there is a tendency to form a religion around it. They want to start worshipping it, perceiving that it is something greater than they are, looking for a savior to come and save them. Even again, in this time, there is a tendency to create a religion looking for a savior, something to come and save me because I have been good. I deserve to go on that spaceship, paradise, or wherever it is ye seek. A one-way ticket, yes!

It is not a religion. It is not a cult. It is spiritual, though, because what in this world is not spiritual? Often the mind of an individual may state, "Ye are doing a spiritual work, or ye are not doing a spiritual work." Then what is it ye are doing if it is not spiritual? Are ye stating ye do not have a soul? Are ye stating that ye are not even listening to that which ye are, that ye are not communicating with other souls? What is it that is not spiritual? Whatever work one is doing, everyone is

spiritual, not to confuse the word spiritual with religion. Thereby, it is a spiritual connection. A spiritual connection is established on a deeper plane of awareness as the soul takes ascendancy: that awareness that ability of inter-dimensional communication, increases. Indeed, in your future, we shall teach an understanding of the physics of the soul to assist in moving beyond the beliefs of religion.

The ancient temples in Peru are also not understood, what they were for, let alone how they were built. They were constructed according to searching spiritual awareness, and it was a school. When one moves through a third-dimensional consciousness, away from a belief that a thirty-ton stone can be lifted as if it were a thirty-ounce stone, what is the difficulty? The difficulty often perceived was created solely in this dimension, in third-dimensional thinking. No, it was left as a demonstration for seeking and asking questions.

Quite similar, not the same, but quite similar are the pyramids of Egypt, which in truth are libraries, mathematical libraries. When one learns to read mathematics, one can also read the planet's history, including the future. It is a spiritual school. A spiritual school, of which there are still many demonstrations occurring continuously in this location.

There are called in your language, tribes living in this location not interacting with the mass majority of what ye would call public. They still have remembered their connections; they still have remembered their own spiritual family, their spiritual communication that continues.

There are also, as in life that we have spoken many times, the positive and the negative. Without the negative, how would ye know the positive? Without the positive, how would ye know the negative? Indeed, do not perceive the positive and negative as good and bad. What motive for growth would there be without the opposite polarity, for there is also the negative realm? It is most interesting that the negative realm gains much more attention than the positive realm. That is occurring in this culture, and when we say this culture, we are not referring simply to your particular (American) country.

There have been many writings, yes, many writings, regarding the negative what would be called extraterrestrial. Many writings regarding abductions and separation increase the fear and misunderstanding of what is occurring. Some even perceive there is occurring impregnation unto many women. Thus fetuses are removed and raised in sterile environments. Many writings in your culture have been gaining attention of late.

This also we shall address, not to empower, but to understand what is occurring. Energy comes through both positive and negative when a dimensional wall/ veil thins, depending on the dimension. It is not to perceive if a race of beings from another third-dimensional planet has more technology than ye, making them wise

spiritual beings. All life carries a consciousness; it is not that all life carries the same consciousness. Thereby each consciousness attracts and repels certain levels of energy that stimulate growth.

Now we are describing the process of opposite polarities, and then we will go back to speaking about what was written before abductions. Opposite polarities stimulate growth. It is not one must accept negativity to grow. Any time one attempts to deny negativity or condemn or judge negativity even of another, they attract more negativity. This is of great import in understanding. Anytime one denies negativity or condemns negativity, it will attract more negativity. They deny their journey to return home whenever they attempt to deny a part of themselves. Whatever that part may be, they will increase that part in themselves. Whatever part inside of oneself they condemn, whatever part inside of oneself they judge, deny, or want to resist, increases it.

If one were to understand the entire essence of the universe, indeed the energy that is not seen, the matter that is not seen, the light that is not seen, they would come to a deeper understanding of how opposite polarities work, on how this is part of everything. Listen carefully. We are stating everything. We shall speak upon this at a later time.

When experiencing pain, most want to do something to move so the pain does not continue. If one places their finger in the fire, they will want to move it rapidly. They will not wait and analyze how long it will take before physical damage unless there is a mental or emotional illness. Indeed, that inner desire is certainly an innate desire for movement to occur. That movement may be pretty slow or relatively rapid, but there are opposite polarities at play here. One polarity is to inflict pain, the other polarity to heal the pain, or make a choice not to put the finger in the fire at all. These opposite polarities will increase their strength as the dimensional walls thin.

As the dimensional walls thin, some souls will feel a deeper connection to what ye would call in your language, a soul family connection, call it a soul family heritage. (*Editors note; those who attended the Intensive "Soul Family" may want to review your notes for a deeper understanding of this statement*) That connection will strengthen. It will grow in strength. As these shifts grow in strength, so does the opposite polarity. Change is not entirely perceived because the positive is growing as well. But through the thinning of this veil, one will begin developing desires within themselves. Internal desires that can be difficult to put in words often feel that I want to go home.

Often the feeling, I feel so lonely, who can I share with that would understand me? Often the feeling, why do I feel so strange in this world, in this culture, in this society? The opposing polarity will activate the desire in one's self to escape. Escape the desire to heal, to escape the desire of life, thus desiring death, the end of the world, and supposedly the end of their pain. This is when great pain

comes about. When the desire is surfacing, I want to escape. How can I escape when the energy ye carry attracts the opposing polarity? Indeed, ye inadvertently open yourself to mental and emotional illnesses.

Ye are on your spiritual soul evolution, and the dimensional wall is thinning. If you find yourself having dreams, out-of-body experiences regarding extraterrestrials, or other time frames, indeed as a different earth, those feelings that we describe will increase. But if ye place those feelings in a category of wanting to escape, ye will also attract the opposing polarity when ye are in that moment. Also, some may experience painful extraterrestrial experiences.

Therefore it is of import, and it is of great import that each one searches within themselves, particularly if they are beginning to have these experiences. Is there a desire of wanting to escape what ye have created in life? Whether the escape is the physical body, whether the escape is a relationship, whether the escape is a job, whatever it is that escape may be associated with you. The energy of escapism attracts the opposite polarity, which often creates even a deeper, stronger desire to escape. In truth, there is never an escape; there is only resolvment. And the positive side of resolvment is it is resolved. Meaning one ceases repeating the painful experiences in their life or lives.

As the dimensional walls thin, and we have spoken this many times before, there will come many more sightings, ye would call in your skies. This often leads one to question in their mind, why do they not simply land and identify themselves? Why do they not come and directly interfere with the evolution of the human spirit seeking to return home? Indeed, this is contrary to universal law, the law of true physics, the law of spiritual evolution. There have been experiences in your governments that have encountered ones, spoken with ones, and sealed away these experiences for a time. Allowing this knowledge to be an accepted social belief would undermine the future plans for a one-world government and a one-world religion controlled by what some call the warlords and the money lords.

Whenever ye have a mass consciousness so willing to follow something, anything outside of the heart, that is so willing to worship something it perceives is higher than itself, that it perceives is greater than itself. Indeed, it would interfere with universal law, universal principles of soul evolution. It would interfere my friends, in the human spirit, the human evolution.

To fully understand this, indeed, one must understand how energy works. Certainly, we will speak more on the universal principles of energy in your future. Your money lords, your warlords, indeed promote this interference; some would even call the elite mental and emotional manipulation. Indeed, listen well, my friends. As your world consciousness begins shifting to more acceptance of extraterrestrials, these lords will implant false memories and teachers to incite fear. Indeed, some will teach your earth is under alien control, your world leaders are aliens from other worlds. Well, for goodness sakes! Whenever the human

consciousness begins to open, the warlords and money lords are there to direct it into a direction of fear!

We will speak more later this evening regarding what has already occurred, what is occurring and is occurring with self spiritually, mentally, and emotionally. For what will be occurring, and how to know and know that ye know, that the connection, that spiritual connection we spoke of earlier, is known. For there are some who hear voices and perceive they have created a connection, but the voice, and we will speak of this voice, is quite surprising from time to time.

Now at this time, we shall speak of these called lightships; indeed, we are stating lightships. This would not be the same as that ye would call space ships, which are called, yes your word, flying saucers, many different words and labels have been given. This is called lightships, inner connect with the inner dimensions of the earth/universe, for not all life is in a dense form, the word here, dense meaning a physical structure of matter, as ye perceive here. This called a lightship is energy. It is also to be called intelligence. It is also to be called spiritual, not to be confused with religion. Lightships inner connect with this third dimension, through inner dimensions. Many of these called lightships do come from; ye would call in your language other planetary systems, but not the dense matter third dimensional planetary systems.

They travel through what would be called waves of light. Some would also refer to it as currents of light, not dissimilar, as ye would perceive in your oceans as deep, powerful currents that move like rivers. Some may even call it wormholes, but the correct description from the perspective of lightships is wave currents of light, indeed unseen light. The same is true in accordance with the movement of light, throughout what ye call outer space, inner space, an in-between space. There are waves of light that allow rapid movement of what we call lightships. This is not to be confused with the speed of physical light, for indeed, the speed of your spectrum of physical light is one of the slowest speeds of travel in your third-dimensional universe. Physical light is the light ye experience from your sun, a third-dimensional star, from a third-dimensional perspective. Many lightships have come to assist throughout the history of your planetary system, not to interfere but to assist. Indeed, it is of import to know the difference.

They are recognized more when there is a changing of an Age; we spoke of earlier, when there is a thinning of the dimensional wall. There are connections also established according to what we were speaking earlier, as the soul takes ascendancy over the consciousness, to where belief systems no longer create that separation, but rather when one is operating on their internal knowing system of innate intelligence. This is the ascension of the soul. Throughout this process, one will become more sensitive to the movement of consciousness towards higher dimensions.

This is also part of what we were speaking about earlier, when certain feelings begin emerging in one, feelings of not fitting in, of not belonging. My home is somewhere else. Some may start having visions of that home, dream of that home, when its purpose is to begin living that essence, bringing that part of ye into the physical plane where ye currently are.

The living we were speaking about is that assistance ye receive.

Those who have already experienced those inner dimensional contacts are to begin implementing it into your personal life, here and now. Not to attract the opposite polarity, through wanting to escape being on third-dimensional earth, or wanting to go out into a field or mountaintop, or some made-up sacred location, and command that they come here and take ye home. Ye are beginning to remember your essence; ye are beginning to remember from where ye came. This does not mean ye are energetically ready to return home.

The purpose of that remembrance is to begin implementing it into your life. It is remembering who ye are as a soul. It utilizes that energy to start releasing the old belief systems that have attracted such pain in your life. Throughout the history of this particular planetary system, there have always been connections with that called extraterrestrials.

There has always been assistance offered, teachings of taking responsibility for whom, what, and where ye are, of learning to live with the earth, not against the earth. This energy called lightships has been increasing and will continue to grow. We are not stating it has not occurred before.

Now the opposite polarity, remember well, is not to attempt to create it into a religion, or something to worship, or something to fear, or to look for someone to come and save ye. We know and recognize this particular statement creates anger in certain ones that have been living their life waiting daily for someone to come and save them, for a spaceship to come and take them away. Some may even hope for the end of the world. For goodness sakes, is this not like one who wants to commit suicide and take as many with them as they can? This belief the warlords and money lords want ye to accept; if ye cannot have a joyful life, then no one should. How many who live in pain want others to experience their pain. How many want to create a group consciousness of pain for others to suffer, as they do?

This is not their purpose, this is not their function, and they will not be doing this. The more one becomes grounded, the deeper the spiritual experiences occur. Often one perceives the more out there they are, the more they can be out of the body, or the more they can be in a trance, or the more they can be this way or this way, then they can begin making these contacts. It is quite the opposite. The more grounded, focused, centered one is, the more profound one's spiritual experiences become.

### ***A Meditation directed by Jonah***

To breathe deeply, yes? Relax the shoulders. Begin utilizing equalized breathing. As ye would inhale, take the same length of time to exhale. While still allowing the relaxing of the shoulders, allow yourself to focus upon a particular color, whatever that color may be. And as ye allow yourself to focus upon that color, allow that color to grow in intensity. As ye are looking at that color and feel that color growing in intensity, become that color. Absorb that color, whether it is visualizing yourself walking into that color or breathing in that color, what ye are most comfortable with experiencing. As ye feel yourself becoming that color, allow yourself to hear as a musical tone. Now, to hear this musical tone, there needs to be relaxation, meaning the quieting of the mind. It will be different for different ones. Some may feel the musical tones, and some may hear it in their mind, but the more ye allow yourself to relax, the more ye allow the mind to relax, the more ye will hear this musical tone. Those that would find difficulty in hearing, feeling the musical tones go back to the light and allow the light to increase in its intensity.

These musical tones carry information through the emotional body. To decipher this information, allow the musical tones to be felt and heard, meaning allow self to feel the vibration. Then allow the feelings to be incorporated here with the musical tones. The key is not to anticipate what ye will feel. Allow spontaneity in this exercise. Allow selves to feel your heritage, your connection, with the universe. As ye begin feeling, ask the question of yourself, what exercise or meditation would be most appropriate to connect with my soul family? Again, understand through feeling, not analytical thought, but rather allow the information to come through the emotions. Some of ye who have difficulty feeling or seeing the light, or creating a brighter light, breathe deeper. Work with this for approximately ten minutes of your time—end *of meditation*.

As ye would work with this exercise, the more ye would allow the color to intensify, the more ye would allow the tone to be felt, to be heard. The keyword here is "allow," not force it, but to allow it. The more ye allow that to move through the emotions, through the feelings, the more information and assistance ye will receive from your soul heritage. The more guidance, internal guidance, in accordance to your soul family heritage will begin manifesting personally in your life. These musical tones flow throughout the universe. They carry information for the guidance of your journey. We will speak more on these musical tones in your future time frame.

Many changes are coming to your world. There needs to be. Your warlords and money lords shall continue to create future wars, causing hundreds of thousands of men, women, and children deaths. But it is never to perceive one must experience these changes alone. Assistance is here, and more assistance is

being given during this time of change to your school called earth than the majority recognizes.

But there is also increasing the opposite polarity; this brings about choice. It brings about movement. The more centered ye are as an individual, the more grounded ye are; the more profound your internal awakening becomes known.

Know well, my friends, the messages ye do receive from wherever ye receive them, search the message and question the message. Is the message one of taking complete responsibility for which ye are? Or is the message embedded in escapism, looking for a savior from the sky, a savior from a race of beings from another planet, or a religious savior, whatever a savior may mean to ye? Search and question the message. Some can receive messages hearing thoughts in their mind, and when that occurs, often the mind thinks I am receiving a message from a divine source. I must listen to it and follow it. Could it be a message directly sent from an artificial source, or is it a message from an internal source? Fifteen of your years ago, this would not even need to be discussed.

The reason we are speaking this there is technology, and we have spoken to a small degree of this technology in your culture before, there are means to send information, thoughts, unto the mind of another. Through the utilization of what is called in your culture as microwave, yes microwave, but not the type ye perceive. It has been experimented with and utilized. There have been many messages sent to ones perceiving they are receiving a divine inspiration; I must go to this location, or this location or this location to be rescued and saved, or I must give away my power to follow this one, or this one, or this one. Perhaps I need to start a following; indeed, I even need to start a new, new age movement for people to give their power away.

***(Editors Note; I believe this was Jonah's warning in 1992 about the coming 5G and beyond networks.)***

What indeed is of import is each one becoming grounded, within spiritual self-awareness, never follow anything outside of your heart. Even if it is perceived as more powerful than yourself, the keyword here is "perceived." It is coming unto your awareness, your inner knowingness, through being grounded.

Dimensional doorways have always existed upon the earth; they are increasing in strength because there is a shift in dimensional frequencies on the earth plane, a thinning of dimensional walls, indeed between the second and third and the third and fourth of your dimensions. As stated earlier, all that exists is life is energy, and energy carries consciousness. Is it not to understand your consciousness, to then know where it is ye are moving? Many want to experience a shift in consciousness, a movement in consciousness. Yet, without fully understanding their consciousness, how can they more develop a different consciousness?

Often, the mind states to itself, I do not want to understand the consciousness I have. All I know is I do not like it. It is time for a new one, opening the door to much confusion and pain. For one to move from one point to another point requires one, if they are to make that move positively, to understand what point of consciousness, what point of awareness are they at now? What level of consciousness are ye at now, what belief systems do ye carry now? Is it perhaps creating pain, confusion, separation, or delusion?

When one knows where they are, they know where they are going. One does not need to go to a seer to tell them where they are going. Instead, it would assist if ye want to ask the question, where am I? Then understand, where are ye going?

Many changes already have occurred that we have spoken. Your news media have reported approximately ten percent of the changes that have already occurred. There will come many more changes. To not become lost, through fear or escapism, it is to know where ye are now, through being grounded. But to be grounded, one must want to be here. Here, meaning in the body, this time and space. Many can do exercises and meditations to become grounded for five or six minutes. Well, I became grounded. That is good enough, now what can I find out there? Being grounded means not having a short grounding experience and then having a very long out-of-body experience. Is it not choosing to be in the present, allowing and giving self-permission to enjoy the present?

Many beautiful events will begin unfolding for ye, personally, as ye awaken to your knowingness. There have been many changes, yes; there has been much negativity occurring in the wars, and the talk of wars to come, and the wars underway, this is so. It will be because humankind is allowing it out of fear. Indeed, human mass consciousness enables the warlords and the money lords to create the rules of denying life. But there are also many wonderful events to begin unfolding. But if one is not here, they will miss them. When ye are here, there is much to explore, learn, and enjoy.

But again, to be here means not wanting to run away from what has been created, but taking what ye have created and turning it around. Often one will create an experience, but they assume that experience, and they go this way with it, when their internal pathway may be going another way. Therefore they think they created the wrong creation. It is not so much as the wrong creation. It is instead of taking what ye have created and placing that on the pathway of your inner knowingness, by not fighting what ye have created, but working with what ye have created, not denying what ye have created, but working with what ye have created.

Dreams are an intricate part of the soul's ascendancy to the conscious mind. Dreams carry important information for the individual, but dreams are often symbols because life is a symbol in this illusion ye live. It is only when the mind

attempts to analyze and separate life and to place it in many different categories that pain is created.

As we spoke earlier, those called Stonehenge, Peru, and the pyramids, are symbols. They are symbols of a very deep spiritual nature. They are symbols of a heritage held within each and every one of ye. It is not a symbol to be a tourist attraction and ponder how it was made. These symbols carry the history of humanity, indeed a library of human history. A library to be read by those who carry the wisdom to understand. Did ye need thousands of people to lift this one stone? That is the thinking of the present day; they are symbols of a spiritual heritage, a spiritual history that has been a part of the earth plane. Those symbols are understood when one allows their soul essence to ascend to the higher mind, the God mind. They are symbols made by the higher mind for the higher mind.

When one is in tune with their vibration, we speak of a musical vibration, a musical note, even a musical tone. When ye allow energy to flow through the feelings and ye listen to them, it begins placing symbols that the conscious mind can start grasping and working within. Ye may utilize the meditation we just gave for those who perhaps have a dream they do not understand. Use this meditation and ask yourself what the symbol of this dream is. What ancient symbol inside my self is seeking to come forth for the changing of this age that is relevant to me in this time?

If one has a difficulty they are experiencing in life, and/or emotional trauma they are experiencing in life, ask yourself to have a dream, to explain the process of resolvment for that difficulty. What is of import is not to have an analytical mind; trying to force that ancient part of ye to have an analytical dream, for it would not be understood. Simply have a dream to assist ye, have tools and awareness to come unto resolvment to the emotional issues experienced at the time. Record the dream first in your mind and perhaps on tape or paper. We state first in your mind, for when one first awakens, do not move the body, but lie quite still and reflect upon the dream. When ye begin moving the body, ye often begin losing conscious memory of the dream. When one moves the body, it starts changing the nervous system, thus changing the memory chemical responses in the brain. Therefore, as soon as ye awake, do not move the body, but reflect upon it, write it down, and record it. Then take that dream in this meditation we just gave and ask for the interpretation of the symbols, how they interact, and provide ye with information and support in resolving any emotional issues, crisis, pain, or difficulties one may be having.

One can also utilize this meditation to ask for assistance from their spiritual family. This assistance allows an increase in the colored light and the musical tone. The more this increases, the more receptive ye become to assistance, not that the assistance was not there before, but often the assistance does not work

unless ye become receptive to the assistance. It is not to ask for assistance from someone physical, saying, "I am afraid of the dark, will ye come and assist me?"

And the individual will say, "Certainly."

Then ye turn around and lock self in a lighted closet. It allows ye to be receptive to the assistance, meaning, not just in asking for the assistance but being present to receive the assistance, being grounded to receive the assistance. To ask for assistance and then not be present to receive it, the mind will develop the belief, how come I never receive assistance? For indeed the one offering ye the assistance, may wonder why are ye never are present to receive assistance?

Extraterrestrials are real, meaning beyond the illusion, but some would not be considered real simply in third-dimensional thinking. The human intellect has been conditioned that an intelligent life form must look, live, and travel as humans do. If it does not, how could it be intelligent? Then we have some of the new age thinking, and if it does not look like me, it must not be spiritual, perhaps it is evil, maybe it is a demon, a devil, coming to get me, beliefs from the old religious indoctrination. There are many forms, shapes, and sizes of intelligent life throughout the universe; to some, your human size is as a giant. To others, your human size is as a grain of sand. Your universes within universes are filled with beautiful, unique, loving beings that do not see distance as a reality.

Lightships travel considerably faster than the speed of light; well, this would even be considered an understatement, for goodness sakes. But when attempting to swim up current, it is perceived as relatively difficult to move from one point to another, similar to your third-dimensional space program. Trying to flow against the current instead of with the current is also quite symbolic of spiritual and religious thinking in your culture. There is a belief that to grow and become spiritual. One must endure much pain and suffering, and one must take a vow of poverty and experience that pain and suffering to get rid of the ego, to kill it off, to have it die, to become submissive so one can become, yes, more spiritual ye would call it. For goodness sakes, must they not first understand what the ego is and is not? Pain and suffering are never a requirement for a soul taking ascendancy over consciousness. It is never a requirement for the soul to live in poverty. Perhaps if one searched the history of religion, they would come to understand where this belief came from in your culture.

We have used the word graduation in this message and others. It is coming a time of graduation, moving beyond the illusion. Is it not time for the soul to begin taking ascendancy over consciousness? This does not mean giving up free will choice. It means honoring and claiming free will choice. Indeed, belief systems of your world are often in denial of free will choice. The warlords and the money lords want to keep it as such.

Breathe deeply, yes, breathe deeply, relax the shoulders; we will only be speaking for eight more hours, for goodness sakes. But not in this room! The bodies are only accustomed to short periods of time, in one position. Breathe deeply, taking the life force and allowing it to flow throughout your body, be your life force.

There is never a need for fear, for goodness sakes such simple teaching. Some in this room carry a fear of being abducted and having scientific, and that is an interesting word in and of itself, experiments done on their body. It is to understand many symbols are being presented to society. If ye take the symbol in a literal form, ye will come up with a story quite the opposite of what is occurring. If such space beings could travel across your galaxy, why would they utilize archaic methods of exploring the human biological structure?

There are extraterrestrials that journey and explore the human psyche, for it is pretty unique. They explore the human biological functions, for it is unique in this dimension, meaning how it has evolved from a higher dimension. Beloved friends understand this well. There are ones that are also involved in great negativity from the same dimension ye exists. In particular, we speak at this time of what some call Greys.

It is not our purpose to empower these particular beings, only this, if ye have been abducted, there is a need to begin releasing fear of the abduction. There is a need to work at being grounded, indeed, seek assistance. Do not see self as struggling with insanity. These beings of negativity feed on the human emotions of fear, survival, and hate. The beauty of self-empowerment, love, and compassion repels them. These beings often choose to implant ones who carry a genetic history of self-destruction through negative emotions. Some are perceived as teachers who teach disempowerment of self to deny free will choice, teachers who teach that fear of life is normal, and fear of love is normal. In stating this, my friends, it is of import to know the great majority of extraterrestrials who journey to the third-dimensional earth plane come from a higher dimension and journey through dimensional walls into the third dimension. This is why often, they are seen and act as if they disappear. This is why often ye see brilliant colors with them. This is also why ye see them moving faster than the speed of light in the third eye, with the internal eye, as a movement of light. Do understand, my friends, we will state again that ye call Greys do not come from a higher dimension but rather are attracted to the great negativity of your third-dimensional earth plane. They are attracted to the intensity of negative emotions in your cultures. Indeed, some in this room have been abducted by these called Greys. We will state this; indeed, we will state this twice, as those who have been abducted develop selective hearing. Some of ye will not even hear what we are saying about these called Greys. Some of ye have been implanted by these third-dimensional beings of great negativity. These implants, if allowed, can control your thoughts, emotions, and desires to empower your belief system contrary to your own heart. Indeed, we will state this twice. These

implants, if allowed, can control your thoughts, emotions, and desires to empower your belief system contrary to your own heart. The difficulty here is when one has an implant from these called Greys, they have great difficulty hearing this message. They begin developing a powerful illusion, seeing themselves as victims under the control of a greater force of aliens. It is also of import to understand the majority who have been abducted and implanted began experiencing this as a young child. It usually follows in the family genetic lineage. We find there will come teaching on how to release these implants in your future.

As the soul begins taking ascendancy over the consciousness, there is no longer that separation between conscious and soul mind, where ye as a physical being become in essence your higher self, and not perceiving the higher self on vacation somewhere. But, as the soul takes ascendancy over consciousness, barriers begin to drop, walls start to drop, and the soul family heritage begins manifesting in the physical plane.

What we are speaking of, your friends, your neighbors, and your family from a higher dimension coming to assist. The earth plane is but one planetary system of many. More planetary systems exist than the number of grains of sand upon your earth, just in your dimension. The universes are filled with life, light, and laughter, the essence of pure joy; yes, ye would call joy, peace, and universal tranquility. Assistance has come to the earth many times, particularly during critical times of choice, not to interfere in that choice, but to assist in the spiritual evolution, so choices made are wise choices.

Many seek to increase awareness in your cultures, particularly since your scientists have been playing with atoms. They seek to bring about spiritual evolvment so wise choices are made. Choices for this dimension, meaning your choices, just as other dimensions have choices. Each choice needs to be a choice of balance. Ones are coming forth into your dimension from higher dimensions of the earth and universe, to assist, to assist ye in understanding the power of choice and the wisdom of choice.

As more events begin unfolding in your world, as more wars begin unfolding, more control begins unfolding. Indeed, more mind control begins unfolding in your world, then certainly more assistance of choices will be offered. Indeed, the question for ye to ponder; will ye and ye of the future be willing to accept assistance? Or will ye allow yourself to unconsciously come under the influence of mind control, government control, as the shifting power of governments begins its transition to a new world order? In your future, we will speak about the nature of reality, what it is and what it is not in the understanding of science, not ego science, but science of the heart. Beloved, how can the lower mind and the brain held in the illusion understand what it has not experienced in your current reality? When your knowledge is present, we shall teach about the science of nature, and indeed the higher minds will allow the knowledge to flow.

In your coming time, some will be caught up in the great spiritual hoaxes of your time. Some will want to run and hide, looking for a savior, some fearing the end of the world. Others who are searching for their inner truth will seek to understand more, will seek to see through the illusion, they will find themselves stating, "Now I understand."

Now, back to this time, some perceive all of these encounters are extraterrestrials. Some perceive that these encounters are from the inner dimensions or other planetary systems, and many are from both. Indeed, it is also to understand some come from your dimensional earth, but from a future time frame. These are terrestrial beings. Understand beloved entities. The inner dimensions have never lost contact with the higher mind. Be it inner dimensions of the earth or other dimensional planetary systems. But as the soul begins taking ascendancy, the remembrance of those contacts will come forth. The joy of understanding the import of wanting to be here will come forth. The wisdom to make a wise choice as a whole being will begin emerging. As we have stated many times, ye are never alone. **We often state "in part"; indeed, our message is in part, as we will continue to add to these parts as human awareness continues to expand.**

There is always assistance. There is always support. But when ye try to do it alone, most certainly ye will feel alone. Ye are a human family, a human race, quite often as brothers and sisters quarreling among themselves, who will get more attention from the parent? Again, quite a symbol of races bickering among themselves, indeed an example to search is the Jews and Arabs. The killing of each other to seek approval from a father they call God. The age of awareness is only coming to individuals seeking an age of awareness. There is no longer separation in race, spiritual understandings, or separation between the mind, emotions, and spirit. Where separation no longer exists within the family of souls, the God family truly exists through all universes.

There is much to explore. The exploration can be filled with excitement and adventure as long as ye explore when ye are grounded when ye are centered. When ye are not grounded and seek to explore, all ye will find is the illusion, which becomes quite the delusion. Ones from the higher dimensions/ inner dimensions who have come and are coming to assist do not desire, nor will they accept to be worshipped or seen as a savior. They come as friends, brothers, sisters, mothers, fathers, grandmothers, and grandfathers. When ye are here, ye will see it. Be here, be in the body, be in the physical, meaning choose not to escape, but rather enjoy life by making wise choices. **When truly grounded, focused, and present, the possibilities become probabilities, no longer impossibilities!**

Now there are questions, yes?

**Jonah opened the following for questions from the audience.**

**Q.** Where are the energy centers upon this continent?

**Jonah:** The energy centers in this continent, one my friend, is not far from this location in a mountain range thus labeled "the blood of Christ." There is also that my friend, called the mountain range, Tetons. The mountain is called Shasta, and one is called Tahoe, although the doors of this one have been closed for a time. There is also my friend, named Lake Erie, in its center. There is also, my friend, that location called the south tip of the state ye call Florida, yes Florida. In the northeastern part of your particular country, there is also my friend, the northern reaches of your state called Maine, in particular, thirteen of your miles off of the coast. There is also a location called Lake Louise, north of your country. There is also a location called McKinley, the mountain. In the country ye call Mexico, there are many, including sites of pyramids. One site of pyramids is of great negativity, and one south of this carries great positive energy. These are but a few. We could continue for a few hours, but there are more questions, yes?

**Q.** I have met a couple of people (clients) that say they have been abducted and are quite upset about it. What has actually happened to these people?

**Jonah:** It is discussing with these individuals the events that have occurred, for indeed it did occur. Discuss the remembrance of these events. First, have them begin searching, looking, working with these events. What is important is to assist them in not denying the physical experiences that occurred. They were physical experiences that happened to these individuals, but to begin, search the events from early childhood. Then start searching the pattern of abuse from childhood to adulthood. It is of import to bring this out fully to the consciousness. This will assist in healing the deep levels of depression they have carried from childhood.

After ye begin working with the pictures in the brain and what they represent, a certain level of anger and fear will start being released. It is of import to understand, and at this stage, many will want to run away. Prepare them for this first stage of healing. It is working with that child on reclaiming empowerment, reversing the choices of permission given. To learn to be grounded and centered, these individuals often have great difficulty maintaining their bodies. These individuals often have difficulty in relationships and relationships with their own children. They will often carry deep depression and anger. The unconscious parts of their self communicates in symbols, come to learn their symbols. Working with these individuals assist them in understanding what these symbols mean to them, not ye. Do not attempt to tell them your understanding of their symbols. As we stated, assist them to feel, to understand the symbols themselves. As we have stated earlier, there will come assistance for these individuals to remove what ye would call implants. This will come from the vehicle (Hossca) in your future time frame (*Hossca taught an advanced Tai Yi treatment called Alien Dread in November 2015. This treatment is available from Hossca's advanced Tai Yi students*).

**Q.** What do you mean by spiritual heritage?

**Jonah:** Spirit, Spirit is life, the spirit is energy, energy is spirit, the spirit is awareness, heritage, meaning ye have developed this in other time frames. Some are now allowing themselves to remember and re-experience this heritage. Now the conscious mind will call it many different lifetimes. As an example of thinking, I had a lifetime in the twentieth century. I have had a lifetime in the nineteenth century, in the eighteenth century, the seventeenth century, the thirtieth century, and the fiftieth century BC. Whatever it may be, there is a heritage, a link, and a line of continuity that connects all of these. It connects with that heritage, that remembrance; it establishes contact from those different parts of self and brings it into the moment, which means this conscious moment. It is also to understand what we have taught as the illusion of time; all of these time frames or lifetimes are concurrent. Therefore, some interactions are occurring, there is an awareness that is occurring, but there is also that heritage, that link that goes through all of them. Quite as if ye were to have a large piece of paper and on this paper, ye were to write all of these dates, draw a little picture of yourself on each of these dates, and then draw a line through all of them. That line would be the heritage; it creates that connection with all parts of ye.

**Q.** How is my spiritual family different from my physical family?

**Jonah:** Often, a spiritual family is not raised under the same roof. From time to time, it is, but not as a physical family as a whole. To ask the question, one may look at their biological family, their mother, father, brother, sisters, aunts, uncles, all these different labels that encompass the physical family. Then, look at your friends of the heart, which have a strong spiritual connection with ye, and ask the question, "Do I feel, do I internally feel from the heart, a stronger connection with this individual over here than those of my biological family?" More often than not, it is not the biological family one feels closest to. That is not to state there is not a strong spiritual connection with a birth family. From time to time, there is. Children born into a spiritually attuned family will often find that it is also their soul family. There is also a spiritual connection, but the word family here, meaning in part, a quite similar vibration, a soul vibration. Now to explain this a little further, if one individual came up to another individual and attempted to carry on a conversation, back and forth, and neither one understands what the other is saying, where are they coming from? There is simply no comprehension occurring here because there is a different vibration, a different mind frequency. There is often a different set of values in life between the two. One may cherish their values deeply, the other may cherish their values deeply, but quite different values, and there is simply no relating back and forth. That is because there is a difference in the frequency of the individuals, the frequency of the vibration of the soul, the higher mind. When ye can go with one and meet one consciously for the first time in this life, and it is as if in a few minutes something clicked, there is like an instant rapport there, ye both understand where ye are coming from, what ye are feeling. That is an indication you are a part of the same soul family. There is quite a similar vibration. Just as in the physical family, there is a similar biological heritage. The spiritual family feels a much deeper connection, a much

deeper bonding of the heart. As we have stated before, "A friend of the heart will never depart."

**Q.** How does the second coming of Christ relate to what is and will be happening if we worship something outside of ourselves?

**Jonah:** Well, for goodness sakes, my friend, often what one calls the second, it is more appropriate the fourteenth, but we understand the second according to the perception of time here. The Christ Consciousness is that which awakens the spiritual essence in the individual. There was a prophecy given that Christ (Jesus) would return. As we stated earlier, there is a shift of age every two thousand years, a movement of consciousness. The Avatar is called Jeshua, Joseph bar Joseph, the world calls Jesus. This one came to teach the Christed Consciousness, unconditionally loving, much to the ridicule from the religious and political establishment of the time. This one also stated, 'everything I do, ye also can do,' when ye allow yourself to be filled with the Christed Consciousness, simply meaning, a state of unconditional loving, a state of being in totality, the soul mind. That remembrance is returning in this shifting age, renewing itself. It is not something or someone that is worshiped out there. It is something within oneself that is being resurrected and realized through the higher mind. There is not coming a, what ye would call, yes, wholesale enlightenment that will occur. Never has been, never will be, for goodness sakes. Some will want to simply sit and wait for enlightenment to occur. Indeed, we do teach patience, but understand this is not patience; this is the denial of one's own progression. Therefore it is not worshipping a savior; it is not searching for a spaceship to come and evacuate the good people of the earth while the bad people suffer. Nor is it whom some call Jesus, going to return to save the good people while the bad people go to hell in a handbasket, such your human phrases. For goodness sakes, is this not what religious doctrine teaches. Hum, now we understand this contradicts certain religious teachings, even though we are not a religious teacher. Nor have we come to establish a religion, but do understand, we understand in totality all religions of all time frames in your dimension. Simply stated, we have come to bring awareness to those seeking awareness. We will answer one more. Yes.

**Q.** Would you comment on what is coming on the other side of the veil?

**Jonah:** Well, it is to understand here, in part my friend, we have taught this as different dimensions, the veil, and the dimensional doorway. Now, to further understand the human consciousness, it is also to understand the higher dimensions truly exist within one's self, the higher self. Now, instead of going to another higher dimension, ye become the higher dimension. Just as some may become the lower dimension, watch the analytical mind play with this, for goodness sakes. As one moves through the dimensional doorways, ye are opening the door by becoming that vibration, by moving your own vibration. Ye are attracting assistance of that vibration ye have been working with, learning from, and being with. When we use the word learn, we are speaking here of the human conscious learning, adapting to the higher mind, the soul mind. This is

why we spoke of the soul taking ascendancy over the consciousness. When a soul takes ascendancy over the consciousness, that awareness, knowingness, becomes the human consciousness. This is why we state; it is of great import to be grounded, centered, here, and present. Often, people misunderstand that when they die, they will instantly become enlightened. Why not be enlightened while ye are still in your physical body and share that with those in your physical world. What is it to die? Leave the physical body, then suddenly become enlightened and be with all the other enlightened ones in some exclusive club? For goodness sakes, live in the present, not the future; allow the present to be a state of universal tranquility. What ye do in the present is indeed the outline of your future.

One's inner knowing system, the higher bodies, the higher mind do not create suffering, therefore often, one has the question, "How do I know what belief systems to work upon, to release, to come into my inner knowing, and to raise my vibration to become that dimension, dimension of home?"

Ye know it by searching what beliefs, what actions create suffering in your life? Those are the ones to begin working at releasing and embracing that knowingness that creates joy within the self. We will teach about beliefs systems in your future time frame, what creates excitement in life and wanting to be here. The more one gains that desire of wanting to be here, of challenging the traditions of pain and suffering, actually to enjoy being here, the more rapidly your vibration moves, the more rapidly ye become that dimension. The more joyful your existence in the physical is, and the more ye enjoy sharing, not preaching, but sharing what ye have learned as a brother, sister, a parent, grandparent, great grandparent, or a child again. It is being. It is that simple, simply being. Being here, being present, constantly questioning the traditions of your physical family heritage, for this is where enlightenment is needed the most. Many will state they want to go home; become home, and indeed ye are home.

Go in peace, beloved entities, and do enjoy your journeys. Good day. Jonah