



LIFESOURCE INSTITUTE NEWS

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METAPHYSICS: A Spiritual Approach To Life

Stay On Track with Mindfulness Meditation

- * Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind, body and soul.
- * Mindfulness techniques can vary, but in general, mindfulness meditation involves a breathing practice, a mental imagery, awareness of body, mind and spirit, muscle body relaxation.
- * Remember during this time of COVID 19 we are all here for each other, so go to the website and contact Patience at LIFESOURCE INSTITUTE she will help you bridge the gap between mind body and spirit. You will possibly get in touch with a passed love one. Love & Blessings, and may you all remain safe.

What is Metaphysics?
Metaphysics is a branch of philosophy that studies the ultimate nature of existence, reality, and experience without being bound to any one theological doctrine or dogma. Metaphysics includes all religions but transcends them all. Metaphysics is the study of ultimate cause in the universe.

What does a Medium do?
Patience at LIFESOURCE Institute is a 3rd generation "psychic evidential medium" meaning that she provides evidential proof of life after death via detailed messages from the spiritual realms. The purpose is to show beyond all doubt that the human soul continues to live after physical death, and that the separation we feel when a loved one dies is only temporary. Often pets that have passed also come through in a reading.

When "contact" is made with

loved ones their messages provide information that validates things known only to the person requesting the reading.

Examples of Contact. A daughter wishing to contact her passed parents, at first they came through behind a wall of heavy smoke, they had many messages for their daughter but the father said he had to leave because he had some "repairs" to do. (Patience was later told they had died together in a house fire and the father worked as a computer/typewriter repairmen.

A son who had committed suicide came through and stated that he was with his "other heart". (The family didn't understand what this meant until they realized that he was born a twin and she had died at child-birth).

When Pets come through. They have similar messages that validates the life they lived with their loving owners. Such as "sleeping on the little blanket" he also mentioned that he had with him the red heart. Patience was later told that when this dog was a puppy he slept on a small blanket, he grew very large so was provided with a much larger blanket, but still only slept on the small blanket. The owners small daughter had placed her necklace with a red heart around his neck after he had passed. Another dog came through with the message that she liked the brand new pillows the couple had just bought for their bed the day before, and she took with her the "stick" she used to play with.

Validations. When these validations come through from loved ones it helps those who are still here to understand that our loved ones never leave us and we will see them again

DAILY AFFIRMATION

"I ENCIRCLE MYSELF WITH THE WHITE LIGHT OF GOD'S LOVE AND DIVINE PROTECTION. NOTHING NEGATIVE OR EVIL CAN PENETRATE THIS CIRCLE".

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This above affirmation should be said morning and evening, or anytime during the day. Visualize what you are saying as you say it and repeat it 2 to 3 times each session.