



LIFESOURCE INSTITUTE NEWS

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Reincarnation what is it?

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ASK THE COACH?

STAY ON TRACK

- * **Buddhists believe** that the soul takes less time to reincarnate and that the soul of an average person may take six to ten years; however, this period can vary.
- * **Souls enter** a sleep state and give up their astral bodies; they exist as a "mental energy body" that vibrates to specific energy frequencies. These frequencies corresponds to the total growth in another physical lifetime.
- * **The Astral Plane** is not a country, or even a place. Its dimensions are not those of space, but of vibration. The soul will move through many levels of planes during its in-between incarnation.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

Death is the great unknown and one of the top fears of human beings, but it is an inescapable event in each of our lives. What happens to us after we die? Is there an afterlife, heaven, a hell? Will we be punished for our mistakes? Would we have fewer fears if we could only know what happens after we die? Why is there is so much doubt that our soul leaves our body at the point of death and continues to live and reincarnate later?

People who have experienced Near-Death experiences (NDE's) have no doubts because they have 'died and, for a short time, have experienced what is called "the other side." My grandmother, Mabel, had an NDE during a heart attack. When she recovered, she said "she had met

The Virgin Mary," who told her she had unfinished work to do and was to go back. My grandmother made a startling recovery and changed her faith from Church of England to Catholic. After this incident, she found many spiritual gifts, including an Intuitive Healer and Evidential Medium. She was always calm and loving, and because she had a taste of the afterlife, she would tell us that there is nothing to fear; only love and peace awaits. My mother inherited these gifts and was a well know Clairvoyant. I have inherited the abilities from them both. My most substantial contribution is as an Evidential Medium; it is lovely to be able to open the door between the spiritual world and

the physical world and unite families with their loved ones who have departed.

It is proven that we never die that our soul lives on forever, and we will have an opportunity to live with our soul families on Earth. In one study within six different cultures, it was reported 61 percent of these subjects who remembered previous lives ended in violent death. In some cases they still maintain specific phobias or unusual behavior from their past life such as fear of flying, knives or daggers, swimming or water in general, fear of snakes or certain animals.

Phobias and gifts are unexplained in the current lifetime by parents or child psychiatrists. Those gifted from early childhood steaming from past lives. Wow!

MUST READ: ANSWERS ABOUT THE AFTERLIFE BY AUTHOR BOB OLSON

ASK THE COACH?

Q: **COACH PATIENCE:** What is an Evidential Medium? **KAREN C. CA**

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A; GREAT QUESTION: KAREN, THE PURPOSE OF AN EVIDENTIAL MEDIUM IS TO HELP YOU OVERCOME ANY SKEPTICISM YOU MIGHT HAVE ABOUT SPIRIT COMMUNICATION. EVIDENTIAL MESSAGES ARE THE MESSAGES THAT PEOPLE HAVE DESCRIBED AS FOLLOWS: "THE EVIDENTIAL MEDIUM KNEW THINGS ABOUT ME THAT SHE COULD NEVER HAVE KNOWN UNLESS SHE WAS IN CONTACT WITH THE ACTUAL SPIRIT OF THE INDIVIDUAL. THE MEDIUM KNOWS THINGS ABOUT THE SOUL THAT SHE COULD NEVER HAVE KNOWN UNLESS THEY WERE IN DIRECT CONTACT". KAREN HOPE THIS HELPS I'VE ALSO INCLUDED A MUST READ ON THIS SAME SUBJECT.

WE HAVE PEOPLE AT LIFESOURCE INSTITUTE THAT CAN CONNECT YOU DOWN THE PATH YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT PATIENCE@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.