



# LIFESOURCE INSTITUTE NEWS

Volume 2, Issue 7

December 1, 2021

## Why Do We Need To Meditate?

### Inside this issue:

MEDITATION	1
THE NINE ARE	2
HOW LONG	3
THE WRONG	4
ASK THE COACH?	

#### STAY ON TRACK

- \* **Fitbit**, has short to longer mindful programs to help you get started.
- \* **Breathing** is very important building element in meditation..
- \* **Stay The Course** this is very important, at least give it 30 days, after that it should become a habit, and you will start to seeing astonishing results.
- \* **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.

**Meditation** is a sure-fire way to eliminate stress, and the effects of extreme anxiety, sleep deprivation, the attention span of most beginners can be improved. Lastly, meditation can slow down the aging process and enhance your immunity system. There are approximately nine different types of meditation.

**The Nine are**, Visualization meditation focuses on figures, images, and cheerful visualized scenes by emitting calmness, peace, relaxation, and highly enhanced feelings. Mindfulness meditation teachings originate from Buddhist origins and instructions that are the most popular and widely in the West. Loving-Kindness meditation is typically used to gain acceptance toward

others, and oneself is also used to show feelings of compassion and kindness. Spiritual meditation mainly develops focus on a deeper understanding of religious spiritual meaning with a definite higher power. Progressive meditation, also known as body scan meditation, is mainly aimed at relaxation and reducing tension in the body. Focused meditation relies on placing your concentration using all or any of the five senses. Transcendental meditation has been subjected to numerous scientific studies and is designed to introduce peace, calm and uses a mantra to quiet the mind. Movement meditation makes people think of yoga but may include walking,

gardening, Tai Chi, Qi Gong, or any other gentle form of movements. Mantra meditation comprises many of the prominent Hindu and Buddhist types of traditions. One of the most common sounds is "om".

**How long** if you are just starting your meditation journey four to five minutes a day for about 30 days, then begin working the time up to ten to fifteen minutes a day, after two weeks, push it to twenty to twenty-five minutes a day, then evaluate how you feel in retrospect to stress, sleep, anxiety, in other words, your total mind, body, and spirit.

**The wrong** way to meditate is there such thing? Do you cross your legs and say om, or listen to mindfulness tapes while laying down in your bed or on the floor? Experts say, there is no right or wrong way to meditate. Just do it!

#### MUST READ: MINDFUL IN 5 BY SPIWE JEFFERSON

#### ASK THE COACH?

**Q: COACH BERNARD: I HAVE READ THAT MEDITATION IS ABOUT STILLNESS, THIS IS VERY HARD FOR ME TO DO, ANY ADVICE? JAKE W. PA.**

A; GREAT QUESTION: JAKE, I ALSO HAVE THIS PROBLEM, MY METABOLISM WILL NOT ALLOW ME TO HAVE LONG MOMENTS OF STILLNESS DURING DAY. JAKE I HAVE LEARNED TO MEDITATE WHILE I AM RUNNING OR HIKING ALONE, THIS LIKE ANYTHING TAKES PRACTICE ESPECIALLY FOR PEOPLE LIKE US WHO HAVE A PROBLEM WITH BEING STILL. ONE THING I DO WHEN RUNNING OR HIKING IS CONTROL MY BREATHING ONCE I GET THAT IN CHECK, I CLEAR MY MIND OF ALL DAY TO DAY THOUGHTS, AND WORK ON THE TASK AT HAND. IT MAY TAKE A LITTLE WORK, WITH PRACTICE YOU CAN MASTER MEDITATION ON THE MOVE. HAVE A WONDERFUL SAFE HOLIDAY SEASON. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD 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 BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.