



LIFESOURCE INSTITUTE NEWS

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The Yoga Mind What Is It?

Inside this issue:

WHAT IS FORMED	1
EVEN AFTER 5,000	2
THE MIND	3
THE FIVE	4
ASK THE COACH?	

STAY ON TRACK

- * **Relax**, "Fitbit" has short mindfulness program to help you get started.
- * **Breathing** is very important building element in all forms of yoga.
- * **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 see and feel astonishing results, especially with your minds clarity.
- * **Last** the COVID 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 we are all here for each other the coaches and counselors 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.

What is formed from intelligence, memory, and the body concerning the yoga mind? For example, the brain can't know the physical looks you inherit through genetics. But, with yoga, all this is part of the yoga mind. Practicing yoga allows you to add additional focus on your environment internally as well as emphasizing your body by linking the two through vigorous training and practice also known as mindfulness, which makes it easy for anyone to focus on daily tasks, and take no notice of distractions with ease during your busy day.

Even after 5,000 years, yoga has not lost any popularity; in fact, it is the opposite; it has been gaining momentum, as we see it

today yoga is more than sitting in a crossed legged position with closed eyes for many hours or in an inverted wheel position which is most commonly also used in today's world. Most people say they notice a recognizable clarity and peace around yogis and yoga practitioners that is hard for them to describe; this may seem to be why we think yoga is followed in such a passionate manner all over the world today.

The mind made simple, gray matter is the primary composition of our brains; this is where our neurons exist along with white matter, which receives feedback based on the various orders sent out. These two essential

neurons are the body and brain's operating cells. When learning a new technique or skill, you have to build additional new neurons in the brain to store this newly attained information. To strengthen the linkage between your body and mind, you must, without hesitation push your mind to think about the muscles that you've been continually using.

The five branches of Classical yoga are "Hatha Yoga, Raja Yoga, Bhakti Yoga, Jnana Yoga, and Karma Yoga." The final goal is a "Union with God," which is found within the human mind in the absolute state of conscious awareness. This newsletter is a very small glimpse, I strongly advise to become more knowledgeable about these concepts please check on the books available today on the subject of yoga.

MUST READ: SCIENCE OF YOGA BY ANN SWANSON

ASK THE COACH?

Q: COACH PATIENCE: I HAVE EXPERIENCED AND READ LIVING WITH A HIGHLY INTUITIVE-SENSITIVE PERSON CAN BE HARD IF YOU DON'T UNDERSTAND HOW THEY ARE WIRED, ANY ADVICE? BERNARD P. AZ.

A; GREAT QUESTION: BERNARD, I UNDERSTAND BEING ONE OF THOSE PEOPLE, NO ONE HEARS THEM, WE PROVIDE COMFORT TO OTHERS, YET WE DON'T FEEL IT FOR OURSELVES. LIKE MANY INTUITIVE-SENSITIVES WE'RE THE WISE ONES, PERCEPTIVE, CARING, EMOTIONALLY GENEROUS WITH OTHERS, BUT LITTLE UNDERSTANDING OF OURSELVES. THE CHANGE HAS ALREADY BEGUN, WE AS A SOCIETY ARE SLOWLY OPENING OUR EYES TO THE BLESSINGS THAT ARE PROVIDED TO US BY THESE GIFTED SENSITIVE INTUITIVE LEADERS. BERNARD HOPE THIS ANSWER HELPS YOU AND OTHERS BETTER UNDERSTAND THESE WONDERFUL SOULS PLACED HERE STRATEGICALLY TO HELP US EVOLVE AND GROW INTO OUR NEW EARTH CONSCIOUSNESS. LOVE AND BLESSINGS 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 PATIENCE@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.