



LIFESOURCE INSTITUTE NEWS

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Why A Spiritual Life Coach?

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STAY ON TRACK

- * **Meditation** is essential to gain the ultimate mind, body, & spirit unification. Start with 2 to 5 minutes a day, working towards 30 minutes as a eventual goal.
- * **Great coaches** can help you change negative behaviors into positive ones' by helping their clients understand it could not have happened any other way. Once this concept is fully understood then this changed behavior can fully take place.
- * **Trust & honesty** is paramount when finding a spiritual or holistic life coach, with the combination of these two attributes together you will become the person you truly want to be.
- * **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.

As a spiritual life coach, Patience has healed many clients, answered their questions, brought communications with their past loved ones and guides, and educated them with visualization and meditation to learn how to heal themselves through soul enlightenment, healing body, mind, and spirit.

Energy healing is a potent tool used when someone feels out of place with themselves. When someone has been broken and hurt and disappointed multiple times, it takes a toll on our energy and damages the spirit. We can determine if energy healing is what you may need through my sessions.

Many people have the knowledge they seek deep within them and simply need the proper spiritual

guidance to know the answers they have buried inside. I counsel my clients with issues regarding their marriage, relationships, children, career, personal issues, identity, spiritual development, phobias, financial matters, life decisions, life path, and past lives. The most rewarding thing about my work is to see the healing that takes place. Whether it be through communication with a loved one who is in spirit or watching someone transform themselves and their lives by getting advice and guidance from a higher source.

You will learn how to have the help of the Universe and your guides to attract lighter & positive

energy into the situation. Your guides will help you understand your life and the path you chose before you were born. This service is a pre-scheduled amount of communication one on one with Patience covers monthly communication working along with questions answered as needed, guidance, and spiritual instruction. By the end of our sessions, I want you to feel settled and comfortable with where you are at, passionate and excited about where you are going and at peace with where you have been and what you've been through. If this is the type of life coaching for you, please go to the website and pick the program that is best for you. We also have a holistic health coach willing and able to assist.

MUST READ: HIGHLY INTUITIVE PEOPLE BY HEIDI SAWYER

ASK THE COACH?

Q: COACH PATIENCE: WHAT IS THE DIFFERENCE BETWEEN A SPIRITUAL LIFE COACH VS- A HOLISTIC LIFE COACH? HEATHER L. NZ

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A; GREAT QUESTION: HEATHER, I PERSONALLY USE SPIRITUAL LIFE COACH INSTEAD OF HOLISTIC, FOR THE REASON I WAS BORN WITH INTUITIVE GIFTS, THAT GIVES ME THE COACH A GREATER INSIGHT INTO THE MIND BODY & SPIRIT OF THE PERSON AND THE PEOPLE AND PETS AROUND THEM PAST AND PRESENT. SO THIS PROCESS TRULY BRIDGES THE GAP BETWEEN PHYSICAL AND SPIRITUAL WORLDS. THESE INTUITIVE GIFTS ARE TRULY THE ONLY DIFFERENCE BETWEEN A SPIRITUAL AND HOLISTIC LIFE COACH. HEATHER, I HOPE THIS HELPS. 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 OR BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.