



LIFESOURCE INSTITUTE NEWS

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STAY ON TRACK

- * **Meditation** programs are very important when trying to link your higher self with your earth bound mind, body, and spirit, this also helps you to reach other dimensions outside of our own.
- * **Deep breathing** exercises will help you to access the mindfulness needed to slow down racing thoughts, to help let go of negativity, and calm both your mind, body, and spirit.
- * **Research** is very important when it comes to finding a Clairvoyant, Medium, or Metaphysical Life Coach remember all are not equal.
- * **Last** when you find someone that you trust, reach out to the souls that you want to make contact with let them know you will be meeting this person to get any messages that they may have for you, the same goes for your pets. Good luck on the quest of connecting with your past love ones, pets included.
- * 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.

Metaphysical Parapsychology

Metaphysics: The branch of philosophy that questions existence and being, including the investigation of space and time, reality, the meaning of life and existence, objects and their properties, cause and effect, and possibility. *Parapsychology* the study of paranormal and psychic phenomena. According to current research work in parapsychology being carried out in universities and educational institutes across 30 countries in the world. Some of the important subjects are: *Psychokinesis* the psychic ability to change the shape of the metallic objects lying at a distance with the power of the mind.

Intuition: A natural ability to instinctively sense what is about to happen without using the rational approach. 'ESP' Extra Sensory Percep-

tion the ability to perceive events or things that normally cannot be experienced through our five physical senses.

Clairvoyance: The psychic ability to accurately visualize what the physical eyes cannot view. It is an ability to see beyond the veil of the mundane reality, into the distance, the world of spirits, the past, and the future.

Clairaudience means the ability to hear clearly. *Telepathy* establishing contacts, understanding, and communicating with people or spirits without using scientific or physical aids. *Precognition* sensing accurately what will happen immediately or in the distant future. The relationship between *Parapsychology*

and *Mediumship:* An essential area of parapsychological studies is the immortality of the soul or the spirit, which embodies the material human form and survives its death. It is this spirit/soul that the human body activates the five senses through which the human body acts and reacts. The spirit appears in the astral form of the human body. It carries the impressions of its actions and reactions not only of its stay in the immediate previous birth but also of many past incarnations. Psychics can see and interact with this astral form through their psychic medium abilities and special tools. They can also communicate with it to solve the mystery of the problems that plague and baffle their clients and are beyond the comprehension of the experts.

MUST READ: THE EVOLVING SOUL BY DR. LINDA BACKMAN

ASK THE COACH?

Q: COACH BERNARD: MY QUESTION IS REFERENCE SEPTEMBER'S NEWSLETTER ON SKINNY UP DIET, I'VE BEEN USING IT FOR 10 DAYS AND HAVE LOST 15 POUNDS IS THIS A LASTING PROGRAM OR LIKE THE REST I'VE TRIED? MICHAEL.W. NY

A; GREAT QUESTION: MICHAEL, YES, AFTER COVERING ALMOST EVERY DIET UNDER THE SUN WE AT LIFESOURCE INSTITUTE TRULY BELIEVE THAT AS FAR DIET'S IF THE CLIENTS STICK TO THE PROTOCOL AND DON'T RESTRUCTURE THE PLAN TO FIT THEIR LIKES OR DISLIKES, OR MODIFYING IT TO FIT IT INTO A BUSY LIFESTYLE. THE PART OF THE PROGRAM I TRULY LIKE IS IT ALLOWS YOU TO SLOWLY CHANGE THE HABITS THAT GOT YOU OVER WEIGHT IN THE FIRST PLACE. ALSO WHILE IN THE REDUCE PORTION OF THE PROGRAM CLIENTS HAVE NO PROBLEM STAYING IN KETOSIS WHICH ISN'T TALKED ABOUT SINCE IT IS NOT A KETO SPECIFIC DIET PLAN. DON'T DEVIATE AND YOU SHOULD CONTINUE TO SEE GREAT RESULTS. REMEMBER EVEN THOUGH WE THINK WE CAN GO IT ALONE DON'T HESITATE GET HELP IF YOU NEED IT. MICHAEL, 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. IF YOU HAVE MORE QUESTIONS, CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS, AND KEEP SENDING IN THE QUESTIONS.