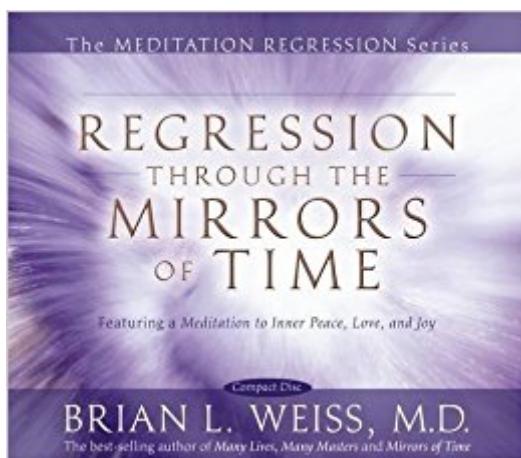


The book was found

Regression Through The Mirrors Of Time (Meditation Regression)



Synopsis

The MEDITATION REGRESSION Series . . . helps you discover and learn meditation and regression techniques. The meditations utilize powerful imagery to promote physical, mental, and spiritual healing and renewal; profound relaxation; and deeper self-understanding. The regressions provide different techniques for retrieval of memories from this lifetime and prior lifetimes, as well as methods to access spiritual states and inner wisdom. (The other two CDs in this series are: REGRESSION TO TIMES AND PLACES and SPIRITUAL PROGRESS THROUGH REGRESSION.) *Regression Through the Mirrors of Time* is a past-life exercise in which Dr. Brian L. Weiss leads you first to childhood memories in this lifetime, then guides you to visualize yourself in many mirrors of light, in different (often ancient) times and places. This will enable you to discover the blocks and obstacles that impede your present-day peace and joy. The meditation incorporates positive affirmations, allowing you to find the peace and love that lies within you. You'll also be given the opportunity to contact a wise and loving being or guide.

Book Information

Series: Meditation Regression

Audio CD

Publisher: Hay House; Unabridged edition edition (May 1, 2008)

Language: English

ISBN-10: 140192235X

ISBN-13: 978-1401922351

Product Dimensions: 5.6 x 0.5 x 4.9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 76 customer reviews

Best Sellers Rank: #219,688 in Books (See Top 100 in Books) #55 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #58 in Books > Books on CD > Health, Mind & Body > Meditation #135 in Books > Books on CD > Nonfiction

Customer Reviews

A graduate of Columbia University and Yale Medical School, Brian L. Weiss, M.D., is Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami and also maintains a private practice. In addition, he is the author of several books on past-life regression therapy, including *Many Lives, Many Masters* and *Mirrors of Time*; and conducts national and international seminars, experiential workshops, and training programs for professionals.

This meditation CD is not at all relaxing. I feel like I am on a race track. He talks too fast and doesn't stop. He continually asks you to visualize and then keeps on talking directing you to more and more without allowing time to do what he asks. There is no time to follow his directions. The back ground music is too loud and high pitched. I was really looking forward to using this, I wish I could send it back.

I use these CDs everyday during my 30 minutes of meditation. They are perfect for me. I would highly recommend these CDs because Dr. Weiss is a fabulous voice for bringing you to where you want to be during your meditation. I'm only sorry I didn't find these CDs when I was younger!

Regression Through The Mirrors is awesome! I met Dr. Weiss several years ago and was very impressed with both his knowledge and his willingness to answer questions from the audience. He is truly an authentic and unique individual. I have read all his books and listened to the CD's provided by him and there is no one like Dr. Weiss. He is genuine, informative, and "speaks" to the audience.

He doesn't give you enough time to explore and all he does is TALK through the whole "journey".

I saw this man on Oprah and went out the following week and found 2 of his works. One was a book with a CD and the other was just a CD. Wish I could say that I was able to regress myself and find out everything that was causing strife in my life and blame it on some past life but that did not happen. I do however feel more positive about my life and know what to do when I feel the stress building. I have a feeling that one day I will be able to regress with Brian's CD's. If you do meditate this CD would be beneficial.

It works with several attempts.

Great CD....his work is amazing!

I constantly re-read this book, finding that it has helped me logically clarify and resolve issues which have emerged as a result of my own personal internal/spiritual venture. I would highly recommend it to anyone whose spiritual interests are slightly outside the religious/moral box of convention. To

those who aren't simply satisfied with blindly accepting tradition and convention. The potential depth of individual meditation allows the true self to mollify life's hurdles and its stressors to find reason and peace. After all, without inner peace, how can the outer world have peace?

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