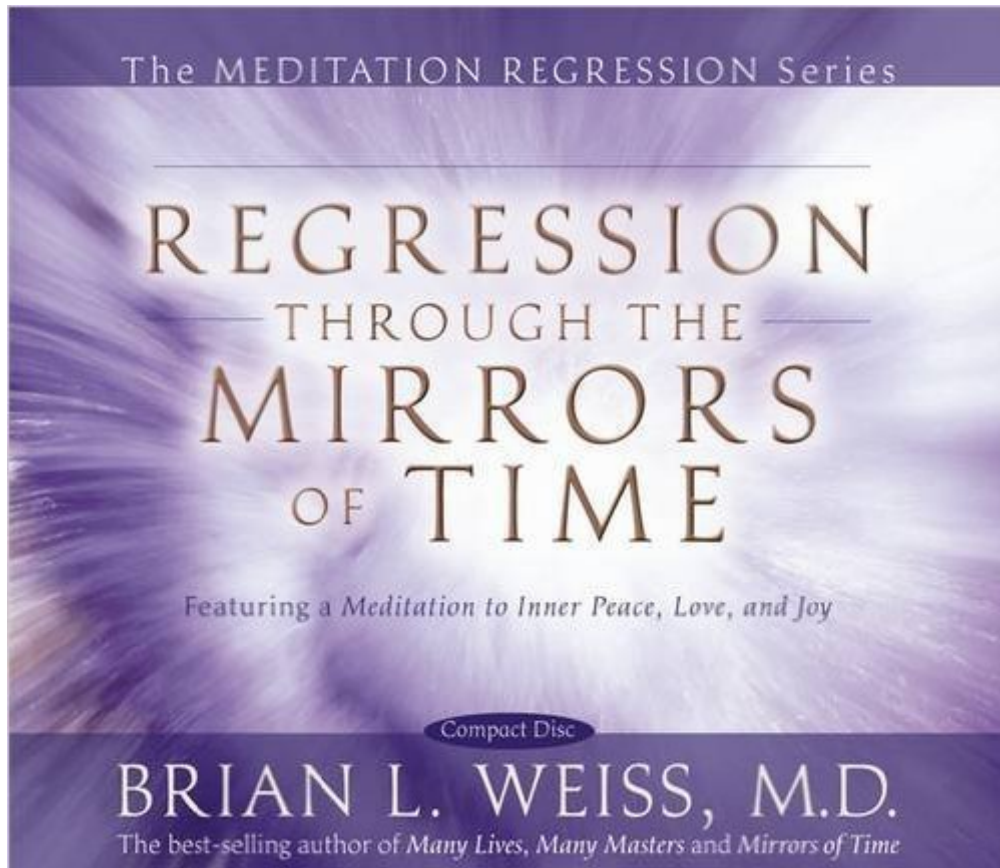


The book was found

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.) Â 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. Â The meditation incorporates positive affirmations, allowing you to find the peace and love that lies within you. Youâ™re also given the opportunity to contact a wise and loving being or guide.

Book Information

Series: Meditation Regression

Audio CD

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Product Dimensions: 5.6 x 0.5 x 4.9 inches

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (66 customer reviews)

Best Sellers Rank: #52,477 in Books (See Top 100 in Books) #22 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #24 inÂ Books > Books on CD > Health, Mind & Body > Meditation #30 inÂ Books > Books on CD > Nonfiction

Customer Reviews

Out of the three CD's in the regression series I only find one to be really useful. That one is Spritual Practice through Regression (see my review on that one under the title). All three share many features but that one is by far the most satisfying. Since they all have similar relaxation exercise that include messages of health and wellbeing and contain two meditations each I won't report on that section here. If you would like to know more about the relaxation part of the CD please read the first

part of my review of his "Spiritual Progress Through Regression". The problem with this CD is that you probably brought it because you wanted a regression CD. In truth only one of the two programs on the CD deals with regression and very briefly. There is far too much new age "love" talk and not enough useful regression techniques. Here is a description of what is on this CD. This first exercise did not work for me at all. After the above relaxation exercise, he tells you that you are an eternal being who exists beyond time and all negative emotions. He says that you may see colors which are healing and relaxing. You may feel others around you and are never alone. The music at this point is a kind of choral ohh/ahh which is quite pleasant, but the things he says are too trite and "new age-ie" for my taste. He uses phrases like "fill yourself with love" and harps on this theme. He then asks you to see yourself at all ages and create images of yourself which you bring into your heart where you are safe. This didn't resonate with me. He goes on to have you include family and loved ones and then give love to anyone who needs it. I found this part problematic as relaxation and thinking about people who are problematic do not go together.

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