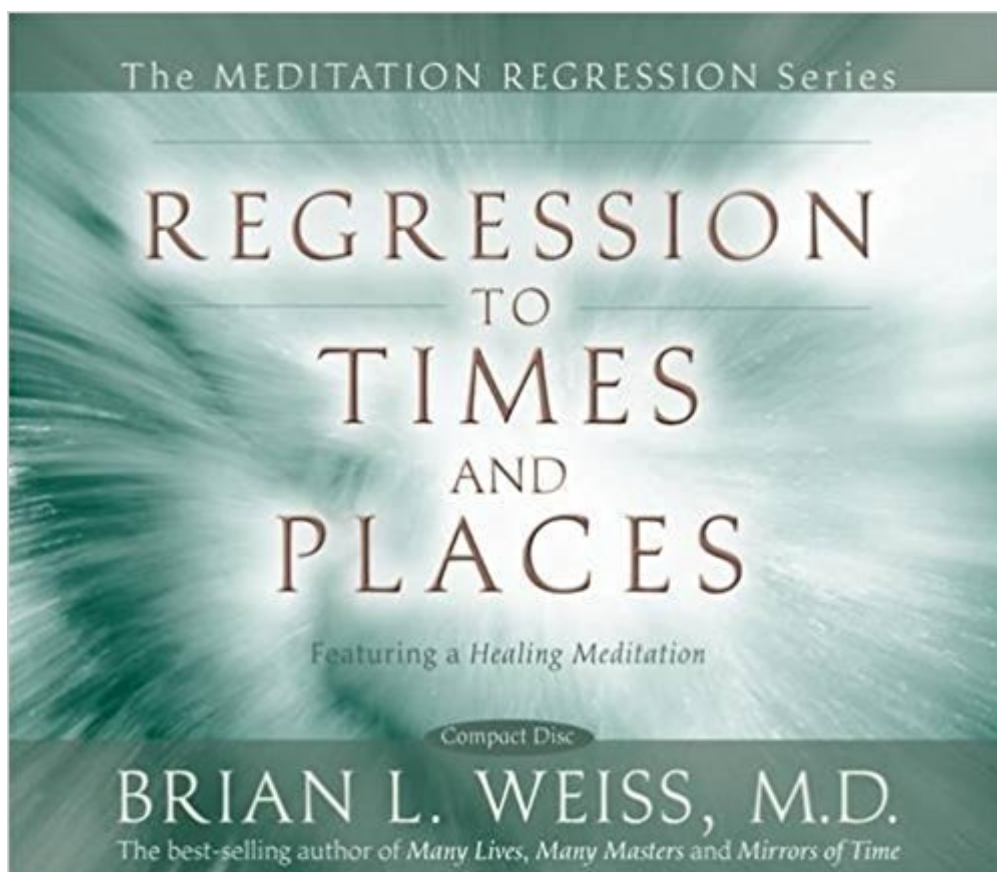


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# Regression To Times And Places (Meditation Regression)



## 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: SPIRITUAL PROGRESS THROUGH REGRESSION and REGRESSION THROUGH THE MIRRORS OF TIME.) Â REGRESSION TO TIMES AND PLACES uses several visualizations to access the mind-body connection for healing; for releasing negative thoughts, feelings, and emotions; and for replacing them with positive energy, peace, wisdom, love, and joy. Dr. Brian L. Weiss uses a technique of recounting different historical time periods and suggesting the visualization of geographical places to trigger past-life memories. Â

## Book Information

Series: Meditation Regression

Audio CD

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Average Customer Review: 4.3 out of 5 stars 111 customer reviews

Best Sellers Rank: #74,479 in Books (See Top 100 in Books) #17 inÂ Books > Books on CD > Health, Mind & Body > Meditation #28 inÂ Books > Books on CD > Nonfiction #41 inÂ Books > Books on CD > Religion & Spirituality > General

## 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.

Another of Weiss's books in a series, which I constantly re-read. This book has also 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?

Dr. Weiss is phenomenal. The meditation truly takes you to a place of peace and wonder...

I have purchased all of Brian Weiss' books & CD's & really find them helpful

There is only one meditation. I was expecting much, much more. I thought it was going to be how to tap into the past.

I absolutely love this CD! Dr. Weiss has such a calming voice. Whether or not you're a spiritual person, this CD would benefit you. You could listen to it just to relax your mind and body or you could listen to it to heal your energy and connect with your Spirit Guides. Either way, you come out of the meditation feeling so rejuvenated and feeling much happier and healthier! I do this at least once a week to refresh my body and get rid of any anxiety or stress. Love, love, love...

Pros: This guided meditation doesn't focus on religion. Instead, it focuses only on relaxation and healing the body through the visual imagery that is presented. This is what I was looking for. Dr. Weiss has a very pleasing voice as he is directing you to walk through a beautiful garden and into a building. He goes on to say... "in this building there is a marble bench and you lie down on this bench. Your guide arranges crystals that are above your body and your body is healed by the light coming from these colored crystals. You can feel the warmth of the light....." Cons: The only thing that I would have liked to have been different is the background music or, really, sounds. What you hear in the background throughout the recording is what sounds like angels singing "aaaaaahhhhaaahhhaa". To my ears, the sound was a little shrill so it kept me from getting to a truly relaxing state of mind. I would have preferred the background music/sounds to be something soft such as very low or light music or ocean waves or something relaxing. doesn't have an audio sample but you can hear an 8 minute audio sample of this CD at [...]

it is ok but i prefer the spiritual progress better. dr brian's voice is soothing and calm and one will feel very loved and comforted.so it is ok even i couldn't see my past, at least the relaxation bit was well worth it

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

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