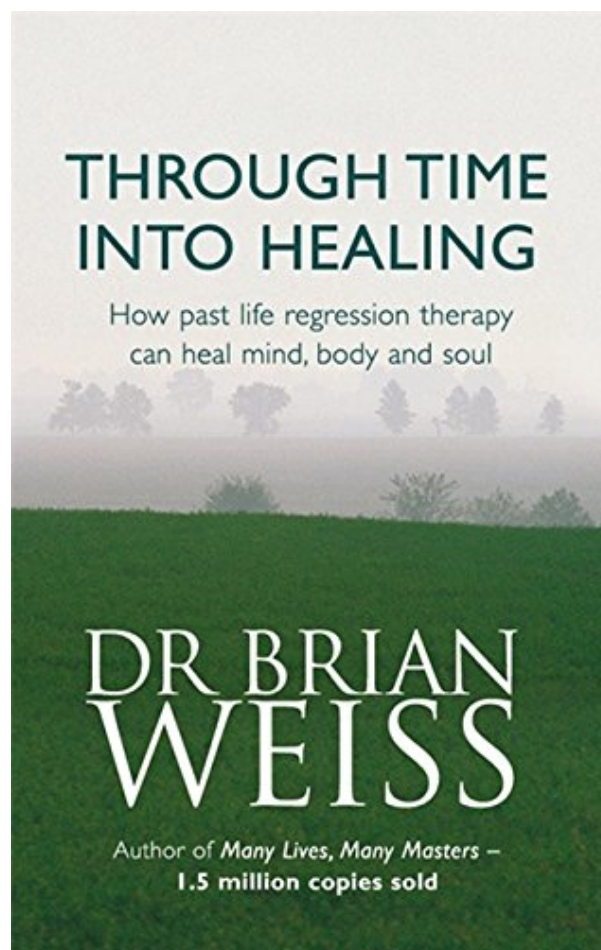


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PAST LIFE REGRESSION THERAPY CAN
HEAL MIND, BODY AND SOUL BY DR.
BRIAN L. WEISS**



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How past life regression therapy
can heal mind, body and soul

DR BRIAN
WEISS

Author of *Many Lives, Many Masters* –
1.5 million copies sold

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From Publishers Weekly

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From Library Journal

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Through Time Into Healing: How Past Life Regression Therapy Can Heal Mind, Body And Soul By Dr. Brian L. Weiss Actually, book is truly a window to the globe. Also lots of people may not appreciate checking out books; the books will always offer the exact details regarding fact, fiction, encounter, experience, politic, religious beliefs, as well as much more. We are below a site that offers compilations of books greater than guide shop. Why? We provide you bunches of numbers of link to get guide Through Time Into Healing: How Past Life Regression Therapy Can Heal Mind, Body And Soul By Dr. Brian L. Weiss On is as you need this Through Time Into Healing: How Past Life Regression Therapy Can Heal Mind, Body And Soul By Dr. Brian L. Weiss You can discover this book effortlessly right here.

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THROUGH TIME INTO HEALING: HOW PAST LIFE REGRESSION THERAPY CAN HEAL MIND, BODY AND SOUL BY DR. BRIAN L. WEISS PDF

This book sheds new light on the extraordinary healing potential of past life therapy. It builds on the pioneering work Dr Weiss described in his first book, the worldwide bestseller *Many Lives, Many Masters*. Authoritative, accessible and based on extensive clinical experience. Uses vivid past life case studies to show the many benefits of regression therapy - how it can overcome problems of obesity and substance abuse, create more loving relationships, uncover hidden talents, open the mind to mystical experiences and much more. Includes techniques to explore past lives and access higher wisdom. Compelling and thought provoking, *Through Time Into Healing* shows us how to help ourselves lead healthy, productive lives, secure in the knowledge that death is not the final word and that healing and wholeness are inside us.

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Most helpful customer reviews

5 of 5 people found the following review helpful.

A Profound and Insightful book that can help many

By Sherlock

Our subconscious mind speaks the language of symbols, so regardless of whether or not reincarnation is an actual fact, any practices that open a way for communication with the unconscious are potentially healing and life changing and move us closer to being Whole. Psychiatrist Brian Weiss is a pioneer in one of these methods: Past Life Regression Therapy. The goal of this therapy is not to prove that reincarnation exists, which is impossible in most instances anyway. Rather, the aim is to allow the subconscious to manifest in safe ways that facilitate healing and spiritual growth.

This therapy attempts to examine a person's present life and then look back in time for other past life events and issues that are affecting the present life. Dr. Weiss has found this method to be quite effective in dealing with problems that are often intractable and notes that the needed amount of time for psychotherapy is drastically reduced. In many instances, only one therapy session is necessary to resolve the issue, which is in marked contrast to more traditional methods where the patient can spend years in therapy yet still not achieve healing.

In essence, the keynote suggestion Dr. Weiss uses in regression is to 'Go back to the time from which your symptoms arise', and it works!

He has found that the subconscious often, but not always, responds to this suggestion by bringing past life memories to awareness, and this understanding of the root causes leads to healing. For instance, he shows how this plays out in reconciling people struggling with difficult relationships, or how people suffering from phobias all of their lives have been set free from their fears. Reading this book brought to mind something unusual I heard years ago, where a baby would scream in terror whenever he saw a fly. Perhaps he had been tortured this way in a previous life and that fear now carried over to his present life.

Dr. Weiss notes that Past Life Regression is safe and can be done by people at home, and he has produced some CDs to help with that. These are available for sale at Amazon and other places so you can easily obtain them if you'd like. He also gives a hypnosis script at the end of this book that can be used to do the regression.

In this book, he gives sample cases showing how Past Life Regression can be used to help in all important areas of life, such as marriage and other relationships, psychosomatic healing, phobias, child abuse, obesity, substance abuse, grieving and the fear of dying. Even when no major problems exist, Dr. Weiss shows how Past Life Regression can be an invaluable help for spiritual insight and growth. Here is how he so beautifully expresses it:

'Spirituality is a vitally important force. Lives change because of it. Values change. People become less

violent, greedy, self-centered. They become less afraid. Having had these experiences, they tell others, who in turn carry the same message to many more.

Ultimately, in both obesity and substance abuse and really in any form of suffering, the mechanism of healing involves the process of getting rid of fear.

The core healing mechanism of past life regression therapy is the transmutation of fear into love. This is the message of healing that those who have experienced past life regression carry to others and, hopefully, practice in all their affairs.

How do you do it? By knowing yourself. By looking within and seeing clearly. By understanding and acquiring wisdom. By becoming more joyful and peaceful. This is the essence of any past life healing.'

Such profound and insightful words!

I highly recommend this book to anyone with an open mind who would like to explore Past Life Regression.

2 of 2 people found the following review helpful.

Profound, though a bit Clinical

By D.N.Frost

While not as narrative as Weiss's other regression books, this book explores the different ways regression therapy has helped heal people with all sorts of different problems. Instead of following a particular person or set of people through their healing journey, this book relates shorter anecdotes about many people and their myriad results, all of which support Weiss's legitimate conclusion that past life regression therapy is a powerful healing tool. I enjoyed this book quite a lot, though I would recommend "Many Lives, Many Masters" or "Only Love Is Real" if you haven't read a Weiss book before.

1 of 1 people found the following review helpful.

Five Stars

By Gloria Patzer

eexcellent

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