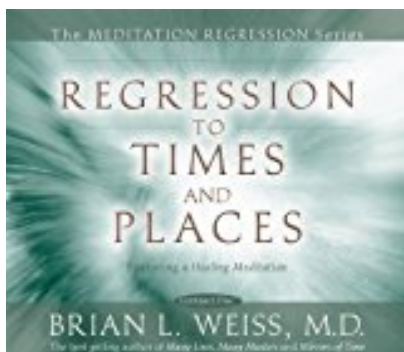


Regression to Times and Places Meditation Regression



BOOK DETAILS

- Author : Brian Weiss
- Pages : Pages
- Publisher : Hay House
- Language : English
- ISBN : 1401922333

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BOOK SYNOPSIS

The benefits of regression therapy extend far beyond the clearing of symptoms. Often, the result is healing at all levels--physical, emotional, and spiritual. Mirrors of Time, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life. An audio download is included that goes beyond meditation and visualization exercises--it contains the actual regression techniques Dr. Weiss uses with his patients. By reading Mirrors of Time and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love--and virtually all aspects of your everyday life will benefit!

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