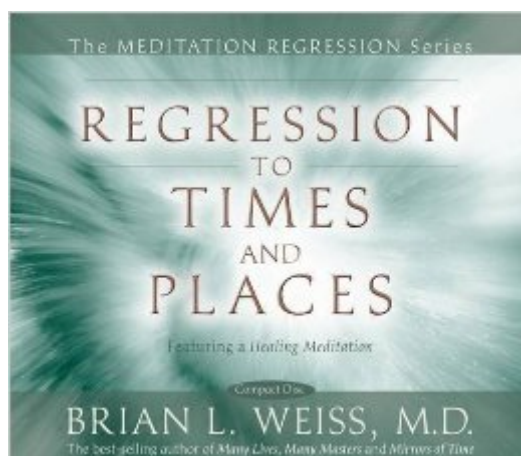


The book was found

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.) ^ 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. ^

Book Information

Series: Meditation Regression

Audio CD

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Average Customer Review: 4.3 out of 5 stars ^ ^ See all reviews ^ (102 customer reviews)

Best Sellers Rank: #34,846 in Books (See Top 100 in Books) #12 in ^ Books > Books on CD > Health, Mind & Body > Meditation #20 in ^ Books > Books on CD > Nonfiction #31 in ^ Books > Books on CD > Religion & Spirituality > General

Customer Reviews

Brian has the perfect voice for this kind of thing. This CD is part of a series of 3. I have all 3. I love them all. Brian is a graduate of Columbia University and Yale Medical School. Part of his private practice is in hypnotic regression therapy. Brian begins by guiding you into a very relaxing state of consciousness, then into a protective bubble of light, so you feel "safe" enough to let yourself go. He releases your mind from the time/space limitations so you can remember "everything". You then walk down a long staircase to a beautiful peaceful garden where your body goes into a deeper

relaxation state so it can heal and rejuvenate. You then see a beautiful building, ascend its steps, and meet a beautiful being (spirit guide), enter the building to receive healing there, in a special room, covered in light reflecting on you through the crystals. You can even adjust/tune the crystals to direct specific colored light beams into specific body parts. This is really quite nice and if you are already familiar with energy concepts/healing with color and crystals/and advanced visualization techniques, this CD will be especially precious to you. This is an excellent treat for your inner and outer self. As you absorb the healing rays, you can ask questions of your guide and review the possible origins of your illness/problem/symptom, etc. (so you can recognize and analyze it/them and then release them). He encourages you to let go of negative emotions of fear/anger/sadness/anxiety/tension/etc. that affect your health and encourages you to feel the positive emotions of peace/love/harmony/joy. You then say goodbye to your guide and return to the garden and rest in a very peaceful state while you kind of set the healing in place. Then you awaken gently.

I have read all of Dr. Weiss's books and I love them and I HIGHLY recommend them. But in this CD, and the other one (Mirrors...) I felt rushed by Dr. Weiss. His fast pace remains the same, so I wonder if that is part of the strategy(?) He's been doing this for a long time, so I don't know. In any case, I do wind up just "relaxing" through some of the instructive verbiage, like walking down a staircase and then into the garden. Going down the staircase takes some real visualization skills and then before I can get down to the bottom, boom--we are already in the garden and I don't feel 100% prepared to be there yet. Also, I think arranging crystals for healing is quite cheesy b/c it is so over-the-top new agey, so I just think of something different on that part. I do like the healing light, though. It is very useful. Perhaps my own skills will catch up with Dr. Weiss's pace and I'll improve with repeated use of the CD. I bought this a year or so ago and used it SOME, then shelved it for a while. I recently began using it again. When it was new I found that while I wasn't having success "being there" in the mediation, and I wasn't seeing a darn thing on the big life "screen" (I wasn't deep enough for that kind of question/answer exchange--plus, I never had any legit questions to ask so I just skipped that part) what WAS happening was my mind seemed to be opening up in my dream state. Shortly after beginning my use of the cd I had an extremely vivid dream prior to waking up in the morning. This dream was exceptionally real. During the dream I was able to control some of my actions--it was quite lucid. I was feeling things, seeing things and "knowing things". It was definitely a past life dream.

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