

Same Soul Many Bodies Discover The Healing Power Of Future Lives Through Progression Therapy Brian L Weiss

You were created for a lifestyle of excellence...not a life of mediocrity. And what's amazing is you're equipped with everything you need to make that lifestyle yours. You can reach your goals. You can live your dreams. You already have what it takes to be happy and successful right inside of you. ...so, why aren't you?! Making changes is one of the hardest things any of us ever tries to do. It's so easy to get stuck, using strategies that don't work anymore and not knowing what to do to keep moving in the right direction. If you're frustrated with where you are in your life... If you're tired of getting the same old results... If you're ready to do what it takes to create your life as you want it to be... Then, The Excellence Lifestyle Guide may be just what you're looking for. Discover how you can * Stop counting on "luck" to get you where you want to go in life * Start proactively doing what it takes to have more, do more and be more * Take advantage of simple, effective principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you may not have any idea how to use it to your advantage! That's where The Excellence Lifestyle Guide can help. Author Jan Marie Mueller shares insights on many topics, including * How the world really works...and why people struggle achieving the success they desire * Why most people never achieve a life of excellence...and how you can be different * How to harness the amazing power of your thoughts to guide your life in the direction you want it to go * The importance of knowing who you really are - and what you can do to figure it out * How to master your mindset and use it to achieve the life of excellence you deserve to be living * The one key resource you need to succeed at anything - and how to get it (Tip: It's more important than either time or money!) * Three of the BIGGEST secrets to success...and much, much more! What you think and believe about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help you transform your life in ways you've only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn't quite where you believe it should be, Jan Marie challenges you to discover the secrets to becoming your best self and start putting the skills she shares to work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today.

The bestselling author of *Many Lives, Many Masters* breaks new ground to reveal how progression therapy into future lives can help transform us in the present. How often have you wished you could peer into the future? In *Same Soul, Many Bodies*, Brian L. Weiss, MD, shows us how. Through envisioning our lives to come, we can influence their outcome and use this process to bring more joy and healing to our present lives. Dr. Weiss pioneered regression therapy—guiding people through their past lives. Here, he goes beyond that to demonstrate the therapeutic benefits of progression therapy—guiding people through the future in a scientific, responsible, and healing way. Through dozens of case histories detailing both past-life and future-life experiences, Dr. Weiss shows how the choices that we make now will determine our future quality of life. From Samantha, who overcame academic failure once she learned of her future as a great physician, to Evelyn, whose fears and prejudices ended after she envisioned prior and forthcoming lives as a hate victim, Dr. Weiss gives concrete examples of lives transformed by regression and progression therapy. A groundbreaking work, *Same Soul, Many Bodies* is sure to deeply affect people's lives as they strive toward their future.

The bestselling author of *Many Lives, Many Masters* breaks new ground to reveal how progression therapy into future lives can help transform us in the present. How often have you wished you could peer into the future? In *Same Soul, Many Bodies*, Brian L. Weiss, M.D., shows us how. Through envisioning our lives to come, we can influence their outcome and use this process to bring more joy and healing to our present lives. Dr. Weiss pioneered regression therapy -- guiding people through their past lives. Here, he goes beyond that to demonstrate the therapeutic benefits of progression therapy -- guiding people through the future in a scientific, responsible, healing way. Through dozens of case histories detailing both past-life and future-life experiences, Dr. Weiss shows how the choices that we make now will determine our future quality of life. From Samantha, who overcame academic failure once she learned of her future as a great physician, to Evelyn, whose fears and prejudices ended after she envisioned prior and forthcoming lives as a hate victim, Dr. Weiss gives concrete examples of lives transformed by regression and progression therapy. A groundbreaking work, *Same Soul, Many Bodies* is sure to deeply affect people's lives as they strive toward their future.

Joanne Walker has three days to learn to use her shamanic powers and save the world from the unleashed Wild Hunt. No worries. No pressure. Never mind the lack of sleep, the perplexing new talent for healing herself from fatal wounds, or the cryptic, talking coyote who appears in her dreams. And if all that's not bad enough, in the three years Joanne's been a cop, she's never seen a dead body—but she's just come across her second in three days. It's been a bitch of a week. And it isn't over yet.

Beyond Past Lives

Mirrors of Time

Using Meditation to Heal the Body, Mind, and Spirit

Plain Molly

Henry in a Hurry

Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy. In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Same Soul, Many Bodies: Discovering Future Lives through Progression Therapy." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by the others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You are pregnant. Most of us feel "stuck with ourselves" at one time or another - and that negative aspects of our personality are deeply ingrained from childhood or genetics so therefore cannot be changed. This book has shown that changing aspects of your personality IS possible, giving new hope to anyone who wants to improve results in personal, family, business, and civic relationships. Buy it now!

information from the fields of neuroscience and psychology, Dr. Gary Small presents a proven program anyone can use to assess their strengths and weaknesses, and then work on them to get back to positives. Small provides step-by-step advice that can show results in as little as 30 days. SNAP covers the difference between genetic personality traits and how your family and community you grow up in influences your personality – the key aspects of social programming. He then explains how it is possible to “reboot” your personality in order to become more outgoing or to improve other aspects of personality such as being an introvert versus an extrovert. Included is a self-assessment that readers can also use with friends and family. Also covered are how to find and working with the right psychotherapists, the upside and drawbacks of medications and alternative holistic therapies.

A unique, insightful, and practical look into the enormous power of past life regression therapy to unlock a healing pathway that can help you resolve enduring personal issues, enrich your life, and answer burning spiritual questions about your purpose on this earth. In this rare and fascinating intimate glimpse at past life regression therapy, licensed therapist Ann Barham invites us into her world and helps her clients mine their unconscious memories for the key past life experiences that can provide specific guidance for their current situations. No longer simply the stuff of new age fiction, past life regression therapy is a powerful tool that can improve your understanding of your personal challenges and deepen your connection with the world around you. Barham demystifies the phenomenon, sharing her client's astounding stories, each a clue to the profound influence the personalities of the past have on our thoughts and actions today. As modern science has shown, at overwhelming rates, many of us crave the healing insights and feelings of eternal love that survivors of near death experiences frequently report. Through past life therapy, even those who have never experienced prior lifetimes all the way through their deaths, tapping into abiding spiritual truths and answering essential questions about human existence.

One Soul, Many Lives

A Story of Soulmates Reunited

When Souls Awaken

Shades of Blue - 30 Years of (Un) Ethical Policing

Meditation

Eliminating Stress, Finding Inner Peace

This ground-breaking study confirms that life choices are individually made within a between-life state called Bardo, where explanations for life's burdens and ideas for relief are also offered

Would you like to understand the deeper spiritual meaning of physical illness, parenting handicapped children, drug addiction, alcoholism, the death of a loved one, accidents, deafness, and blindness? Your Soul's Plan (which was originally published under the title Courageous Souls: Do We Plan Our Life Challenges Before Birth?) explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, before we are born for the purpose of spiritual growth. Through compelling profiles of people who knowingly planned the experiences mentioned above, Your Soul's Plan shows that suffering is not purposeless, but rather imbued with deep meaning. Working with four gifted mediums, author Robert Schwartz reveals the significance of each person's life plan and allows us a fascinating look into the “other side.” Each personal story focuses on a specific life challenge, organized by type for easy reference. Accessible both to those familiar with the metaphysical aspects of spirituality and to the general reader, the moving narratives that comprise Your Soul's Plan help readers awaken to the reality that they are transcendent, eternal souls. With this stirring book as a guide, feelings of anger, resentment, guilt, and victimization are healed and transformed into acceptance, forgiveness, gratitude, and peace. Robert Schwartz is also the author of Your Soul's Gift: The Healing Power of the Life You Planned Before You Were Born, which explores the pre-birth planning of spiritual awakening, miscarriage, abortion, caregiving, abusive relationships, sexuality, incest, adoption, poverty, suicide, rape, and mental illness. There's also a chapter about the pre-birth planning we do with our future pets. Robert Schwartz is a hypnotherapist who offers general Spiritual Guidance Sessions, Past Life Soul Regressions, and Between Lives Soul Regressions. Visit Robert online at www.yoursoulsplan.com.

Since its publication in 1842, Dead Souls has been celebrated as a supremely realistic portrait of provincial Russian life and as a splendidly exaggerated tale; as a paean to the Russian spirit and as a remorseless satire of imperial Russian venality, vulgarity, and pomp. As Gogol's wily antihero, Chichikov, combs the back country wheeling and dealing for “dead souls”--deceased serfs who still represent money to anyone sharp enough to trade in them--we are introduced to a Dickensian cast of peasants, landowners, and conniving petty officials, few of whom can resist the seductive illogic of Chichikov's proposition.

Same Soul, Many Bodies Discover the Healing Power of Future Lives Through Progression Therapy Simon and Schuster

And I Thought...

The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives

Miracles Happen

Journey of Souls

Only Love is Real

Urban Shaman

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

Shades of Blue - 30 Years of (un) Ethical Policing is an entertaining and interesting journey into the moral/ethical dilemmas that challenge police officers. It is written as the memoir of the main character and contains accounts of riveting events in the author's career. The authentic presentation places readers right in the middle of the action. If you have ever wondered about the real culture of law enforcement, this book lets you walk in their shoes. The author's street philosophy, acquired over 30 years as a police officer, makes for engaging and humorous reading.

Brian L. Weiss, M.D., psychiatrist and New York Times best-selling author, offers soothing sanity in turbulent times. This short course in meditation gives readers the tools they need for physical, emotional, and spiritual healing, and includes an audio download of a guided meditation. This book was previously published by Hay House as Meditation: Achieving Inner Peace and Tranquility in Your Life. In Directing Our Inner Light, Brian L. Weiss, M.D., offers an audio download of a guided meditation and explains the techniques he has used to help thousands of patients around the world harness the healing powers of meditation. You'll learn how relaxation, visualization, and regression can be used to release fears in a holistic way, strengthen the immune system, and alleviate chronic pain and illness, among other benefits. The practice of meditation also helps rid the mind of stress, intrusive thoughts, and the pressures of the world, opening you up to what's truly important. The more you meditate, the further you move away from the level of everyday consciousness (encompassing frustration, anxiety, and worry), and the closer you draw to the higher perspective of enlightenment. As you progress along this path, it becomes easier to achieve increasingly higher levels of spirituality.

In his revolutionary book Miracles Happen, Brian Weiss M.D., the New York Times bestselling author of Many Lives, Many Masters, examines the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation. Trained as a traditional psychotherapist, Dr. Weiss began to explore how reincarnation and past life regression can lead us to our higher selves after a startling encounter with a patient. Now a leading proponent of past-life therapy, Dr. Weiss shows us that, indeed, Miracles Happen, with seemingly incredible but true stories that demonstrate how, by getting in touch with and understanding our past lives, we can dramatically improve the present.

Messages from the Masters

Achieving Inner Peace and Tranquility in Your Life

A Guide to Revitalizing and Nurturing Your Optimal Health & Well Being for the Body, Mind, and Spirit

Good Reception

The Soul's Mark: Found

Real-Life Accounts of Past-Life and Life-Between-Lives Regressions

One week is all we were supposed to share. One week as strangers. All the things you did differently irked me. I thought it meant we couldn't get along, that there was no chance we'd work out. for me to leave, you know what I figured out? You were my echo. My call back. And damn it if I didn't find home in the end.

The human race was expanding through the galaxy . . . and so, they knew, were the Aliens. When two expanding empires meet . . . war is inevitable. Or is it . . . ?

Getting money,paying bills,finding your prince charming, finding your happiness it looked so easy when you were young.You thought you had it all figured out. Little did you know life throws you cu you thought grownups had it easy so did these ladies. Follow their journies while getting lost in the grownup world.

The chapters of this book are nothing but mirrors for seeing your "self" from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner. Remember, if we are seeking the root of "self," what we are actually seeking is you. At these pages, you will find that you know much more than you thought you did about some very deep subjects. The fact is, you already know how to find yourself; you have just gotten distracted. When you are refocused, you will realize that you not only have the ability to find yourself, you have the ability to free yourself. Whether you choose to do so or not is entirely up to you. But upon completion of this ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are. It is only then that you will come to appreciate the full depth of meaning in the advice: "thine own self be true." ---- Introduction

100 Common Misconceptions about Same Soul, Many Bodies

Your Soul's Plan

Destitution

Discovering the Real Meaning of the Life You Planned Before You Were Born

Many Lives, Many Masters

Same Soul, Many Bodies

Life in lower class as offspring of a notorious thief was simple for the Quartar daughters until accidental mishaps with the other classes of society turn their dirt poor lives around for worse and better. Eight young women are taken from the slums into the high class world they never understood only at first to find betrayal, suffering, scandal, revenge and corruption. Then, before they know it they are wrapped in the grandest scandal their country of Galli has ever seen. The kingdom of Cretaine is trying to overthrow the corrupted kingdom of Galli. The Quartar family must betray their world in order to save Galli from a brutal civil war.

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times bestselling author of *Many Lives, Many Masters*. Brian Weiss made headlines with his groundbreaking research on past life therapy in *Many Lives, Many Masters*. Now, based on his extensive clinical experience, he builds on time-tested techniques of psychotherapy, revealing how regression to past lifetimes provides the necessary breakthrough to healing mind, body, and soul. Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, uncover hidden talents, and ultimately shows how near death and out of body experiences help confirm the existence of past lives. Dr. Weiss includes his own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home. Compelling and provocative, *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 the doorways to healing and wholeness are inside us.

Learn the latest details and most recent groundbreaking discoveries that reveal, for the first time, the mystery of life in the spirit world after death on Earth?proof that our consciousness survives?in *Journey of Souls* by Michael Newton, Ph.D. Using a special hypnosis technique to reach the hidden memories of subjects, Dr. Newton discovered some amazing insights into what happens to us between lives. *Journey of Souls* is the record of 29 people who recalled their experiences between physical deaths. Through their extraordinary stories, you will learn specifics about: ·How it feels to die ·What you see and feel right after death ·The truth about "spiritual guides" ·What happens to "disturbed" souls ·Why you are assigned to certain soul groups in the spirit world and what you do there · How you choose another body to return to Earth ·The different levels of souls: beginning, intermediate, and advanced ·When and where you first learn to recognize soulmates on Earth ·The purpose of life *Journey of Souls* is a graphic record or "travel log" by these people of what happens between lives on Earth. They give specific details as they movingly describe their astounding experiences. After reading *Journey of Souls*, you will gain a better understanding of the immortality of the human soul. You will meet day-to-day challenges with a greater sense of purpose. You will begin to understand the reasons behind events in your own life. *Journey of Souls* is a life-changing book. Already, over 165,000 people have taken *Journey of Souls* to heart, giving them hope in trying times. You should read a copy, too.

Prisoner of the Mind - Spiritual Self-Improvement Personal Development We have the largest prison population in the world in America today, but how many men and women were locked up in their minds before they got to prison? *Prisoner of the Mind* by Jeff Hairston is much more than a self improvement book- it's a personal development tool that can help you overcome your fears and FINALLY live your life as God intended. "Prisoner of the Mind" by Jeff Hairston is a thought provoking book aimed at helping you find a spiritual balance in life and to break free of the prison of negative thoughts and emotions that your mind has created over the years. Jeff artfully guides you through the many aspects of life that plague our minds today intertwining important lessons with examples from his own life story. Fear is one of the most important emotions when experienced in the right way. It can help us in life threatening situations by keeping our mind on high alert. but what happens when fear comes into contact with the ego? That very same fear that is there to save you can also stop you from living a normal, healthy life -and in some cases even kill you! It's all about using the fear to your advantage and being consistent and persistent against it. Many of the issues plaguing our mind are created by past life events that are left unresolved. "Prisoner of the Mind" asks the important spiritual questions and expertly tackles negative personal issues to help you better understand and overcome the prison that your own mind had created. Break free from the personal prison that your own mind created - order your copy of "Prisoner of the Mind" by Jeff Hairston today!

Astrology and Your Past Lives

Echoes in the Storm

Life Before Life

The Untethered Soul (EasyRead Super Large 18pt Edition)

Change Your Personality in 30 Days

Using Regression for Physical, Emotional, and Spiritual Healing

In *Many Lives, Many Masters*, Brian Weiss opened an unexpected door into the astonishing realm of past-life regression. Now he reveals the miraculous potential of love. You'll hear the intimate and startling testimonies of real people who express a profound but simple truth-one that comes from the eternal souls around us. You'll discover what happens to us after we die, strategies for fighting anxiety and healing relationships, and the role of God and self-determination. You'll explore exercises and meditations to tap into the power of love and utterly transform your life. The Messages from the Masters are here. Are you ready for them?

Accounts and evidence of reincarnation from around the world presented in a clear and easy-to-follow journalistic style with a Ripley's-believe-it-or-not overtone that makes for a perspective changing read.

Henry's rushed approach to life creates problems at every turn. Readers will enjoy following Henry through his day to see if he discovers the importance of doing things carefully. How many dinosaurs can your child name? Not that it's going to be graded or anything but such knowledge can contribute to your child's self-confidence. In the same way, this coloring book can improve self-esteem because it provides immediate satisfaction. There are other benefits to coloring. Discover all of them by making coloring a habit!

Excellence Lifestyle Guide & Workbook

A-Z Dinosaurs Coloring Book

Through Time Into Healing

Discovering Your True Nature Across Multiple Lifetimes

First Hand Stories of Reincarnation and the Striking Evidence of Past Lives

Dead Souls

How does it feel to be here and there - at the same time? Maxwell Greyson refers to himself as a project manager but really only makes use of that title in an attempt to mask his ridiculousness, which is something that has plagued him all of his life. He unwittingly embarks on a quest to find what he's always sought. He finds it, or rather he finds something, but doesn't know exactly how to process it or what to do with it. What ensues is a journey that starts at zero and ends up near the edge of the multiverse. Or is it the other way around?

The noted past-life therapist and author of Many Lives, Many Masters discusses his work with future life progression, drawing on dozens of case histories to explain how the choices that are made in one's present life impact the quality of future lives and revealing the benefits of progression therapy as a healing tool for present-life conditions. 100,000 first printing.

When Amelia Caldwell tries to begin a new life, she discovers that her birthmark means more than it seems. She has been marked by a vampire's soul; not only does she hold his soul, she is also his soulmate. Mitchell Lange has been searching almost a century for his soulmate and is determined not to let Amelia go. Since Amelia has no intention of belonging to anyone, they both become trapped on an emotional rollercoaster. As Amelia searches for answers, she becomes caught in the middle of a deadly game of revenge and is forced to realize that you can't run from destiny.

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

Discover the Healing Power of Future Lives Through Progression Therapy

Tapping into the Power of Love

Life Between Life

What Parallel Realities Can Teach Us about Relationships, Healing, and Transformation

Case Studies of Life Between Lives

The Past Life Perspective

*This 100-page, illustrated activity book inspires and encourages positive thinking and mindful actions that lead to a healthy mind, body, and spirit. The all-age art therapy activities in "Energize Your Life" include: COLORING * AFFIRMATIONS * VISUALIZATION EXERCISES * JOURNALING * A SCAVENGER HUNT and much more! Turn your attention away from the external world in towards your own personal power by coloring dozens of line art illustrations. Positive affirmations scattered throughout the book deliver encouragement and reminders of self-worth. Lined pages offer plenty of room for a personal diary. Not sure what to write about? "Energize Your Life" provides a plentitude of suggestions. The book also contains activities to heal old wounds, as well as exercises that will reveal insights you may not have been aware of. Coloring and keeping a diary (at any age) are simple ways to find peace from within. Visit MyDreamsMatter.com for more inspirational fun!*

Understanding your previous incarnations can turn into a fascinating journey of self-discovery and healing. You can gain insight into destructive habits that may have begun in a past life -- and then create a more positive and creative new life. In "Astrology and Your Past Lives" astrologer and regression therapist Jeanne Avery provides a simple yet profound way to understand one's blocks and blessings. By focusing on the meaning of one planet -- Saturn, the planet of limitations -- Avery shows how we "pick our own type of gravity" that connects this life to our previous incarnations.

A "beautiful and sensitive" tale of true love that transcends time, from the multi-million bestselling author of Many Lives, Many Masters (Gary Zukav, author of Seat of the Soul). Recommended by Kendall Jenner. In Many Lives, Many Masters, a skeptical Dr. Brian Weiss found his life changed profoundly after curing a patient using past-life therapy. Now he takes his research into transcendental messages one breathtaking step further. He portrays two strangers, Elizabeth and Pedro, who are unaware that they have been lovers throughout the long centuries -- until fate brings them together again. He shows how each and every one of us has a soulmate whom we have loved in past incarnations and who waits to reunite with us now. And he opens up entirely new worlds for all of us everywhere, based on a single, powerful truth...

Meditation is a technique that can be used to experience peace, tranquility and an inner beauty, leading us to rethink everything around us, even ourselves. It prompts us to trust in the ability we have to use and direct our energies to purify our bodies and minds... so that we can discover and develop our spirituality. Dr Brian Weiss, author of the

million copy bestseller Many Lives, Many Masters, has written a very special book to help with the practice of meditation (an audio download is also included to help guide you through the process). Meditation: Achieving Inner Peace and Tranquility in Your Life includes the techniques Dr Weiss uses on his patients for past life regression, many of whom have conquered insomnia, anxiety, phobias, weight issues and disease. Meditation can also lower blood pressure, strengthen the immune system and reduce stress. As Dr Weiss says, 'It all starts by closing our eyes, relaxing our muscles, and slowing down our breathing. Little by little, we ask our minds to block out the clamouring voices that usually bombard it... this means living this moment intensely, letting go and surrendering.' This book is the first step on a more peaceful, relaxing journey through life.

The Transformational Healing Power of Past-Life Memories

Directing Our Inner Light

Energize Your Life

Being Grown Up Was Easy

SNAP!

The Aliens

Understand your present with this powerful book on past lives. In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to understand how everything around you is just a reflection of yourself, why is it important to forgive, why you have the right to love yourself, and how the Universe always supports you lovingly and unconditionally. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you learn about the nature of time, karma, destiny, and free will—as well as how each choice creates a new reality for you. As you read Beyond Past Lives, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

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!

Have you ever asked yourself, why do we reincarnate? How does reincarnation fit into quantum mysticism and our true purpose in life? What is the true nature of my being? What is consciousness? Why am I here? How is that going to make me happy right now? Take a mystical journey beyond the empirical reality of life on earth with wisdom clients received by connecting to a state of superconsciousness during life-between-lives spiritual regression, along with commentaries by the author. Understand your purpose here on earth and beyond. Pieter Elsen is a professional regression therapist with many years of experience, helping countless souls find their higher purpose in and beyond life. He travels the world conducting regression sessions and speaking about the nature of our soul.

Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body, and Relationships

Prisoner of the Mind

Discover the Healing Power of Future Lives through Progression Therapy

The World Book Encyclopedia