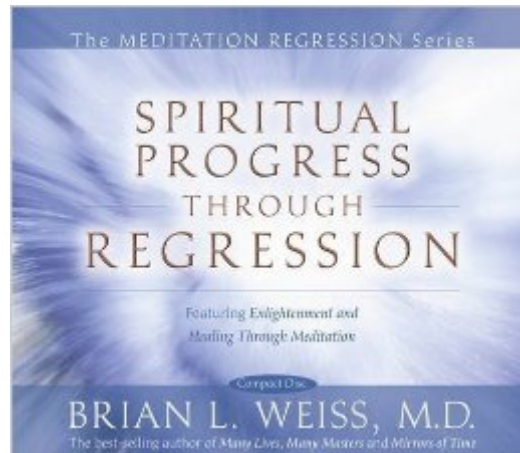


The book was found

# Spiritual Progress Through Regression (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: REGRESSION TO TIMES AND PLACES and REGRESSION THROUGH THE MIRRORS OF TIME.) Â SPIRITUAL PROGRESS THROUGH REGRESSION is an extended regression in which Dr. Brian L. Weiss leads you to a childhood experience, in utero memories, and then through a doorway to a previous lifetime. Then through powerful imagery, youâ™re able to view scenes from even more past lives, each shedding light on your spiritual progress in this life . . . helping you attain peace, understanding, and joy. Â In the meditation, youâ™ll be led on a journey to an island of healing with crystal waters and dolphins, providing you with a treasure chest of manifestation, and introducing you to your spiritual guidesâ™ helping you gain greater insight into your physical, emotional, and spiritual fulfillment.

## Book Information

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## Customer Reviews

This is the first five star review I've written on something that has put me to sleep on numerous occasions. Dr. Weiss's voice is very soothing and the content, with a few work-arounds, easy to follow. This CD contains two sessions and uses music and ambient ocean sounds which ebb and

flow appropriately under his voice. The total runtime is about 60 minutes. Remember that CD's like this are generic sessions. Dr. Weiss can get too wordy at times and/or you may find that you have gone ahead of him and just want him to keep quiet. Your experience needs to be self paced. Use a player with a remote and keep one finger on the pause button. Here is a description of program 1 and some of my reactions to it. Both programs start with a relaxation and healing exercise. He then says, let your mind journey back in time and go deeper to a count of 10. He tells you to go down a beautiful staircase and again does another count. My mind leads me to a peaceful darkness because of the emphasis on the words "down" and "deeper", but he then describes a garden which is beautiful and light-filled and I have to pause the tape to reorient. The garden is there to return to if anything upsets you while you do the regressions. He then asks you to go back to a happy moment in childhood. If your childhood was generally painful, I suggest that you pick something ahead of time. I found a dim memory of feeding a baby deer at a roadside park to use here. Next he goes back to the womb and asks why you picked your parents. Pause the CD and see what comes. He says quite a few things in quick succession here, too much to maintain the previous level of serenity. Next he asks, "How were you received into the physical world?" In response I had an unusually vivid experience.

Awesome. Brian has the perfect voice for this kind of thing anyway. The first time I did this one, I went back to where I was floating in the womb. That might sound like BS, but it was my experience and was extremely peaceful. I carried that peace all the next day. This CD is part of a series of 3. I have all 3. I love them all and will be doing reviews on the other two as soon as I get a chance. Brian is a graduate of Columbia University and Yale Medical School. Part of his private practice is in hypnotic regression therapy. The back of the CD cover states that this CD takes you to a childhood experience, then to in utero memories, then through a doorway to a previous lifetime. I have tried it several times and my conscious mind has not gone past the in utero experience yet. (I zonk out and my subconscious takes over.) With meditation or subliminal programming CDs, I believe that they work on the subconscious level, even if you fall asleep. Even if you think that is baloney, then not only did I have a very peaceful sleep, but felt very peaceful the next day. Given my current stress level at work, that is quite an accomplishment. I recently attended a conference where Dr. Weiss was a featured speaker, along with John Holland and Candy Diaz. All 3 of them were great. That conference was actually where I bought the 3 CDs, but they are less expensive at . I continue to be very pleased with the HayHouse authors I have found. Brian Weiss is one of several. My 15-year old granddaughter wanted to try this out, so I set my little Crystal (born 1993) up with my Bose

earphones and this CD. I closed the bedroom door, but kept checking on her. I observed the same intense peace all over her face that I experienced.

This worked for me! Here is an excerpt from my book, due to be published in July, 2010 "Were Ancient Gods From Other Planets?" "My first regression took place with my girlfriend at the time. We were in her apartment laying on the floor, listening to this CD. The CD started, and like before I relaxed everything. The difference this time was that I had no shield up. I knew no sudden sounds were going to explode and shake me out of what I knew needed to be done. While doing this regression I could feel her soul in the room with me at the time, a feeling I have never felt again. This was due to my spirit being called upon and telling me that together we are all one in the universe. In the darkness I saw my vision. It was extremely real, yet I was not there. At first it was first person. There was a great pyramid with men at the bottom walking around in their daily lives. At the top of the pyramid was a light that out-shined the Sun. I could not look directly at it, but if I looked away then it did not blind me or take away the ability for me to see far. Whether this was the Sun, or not, I do not know. It could have been a symbol or metaphor in the regression. My hands were black, and for the longest time I kept looking at my hands. They had white palms with black skin. I was wearing a robe but I could not see my face, as it was first person. The CD said "Go to the end of your life" - I was on a big slab seemingly inside the pyramid. Many people were watching me, including myself, as I was in third person viewing now, seemingly in the middle of the crowd, but I knew it was me getting sacrificed. The knife went into my body and I seemingly blacked out a few seconds later. The CD then said, "What was the lesson you needed to learn in this life?" There was a pause...a stall of mind.

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