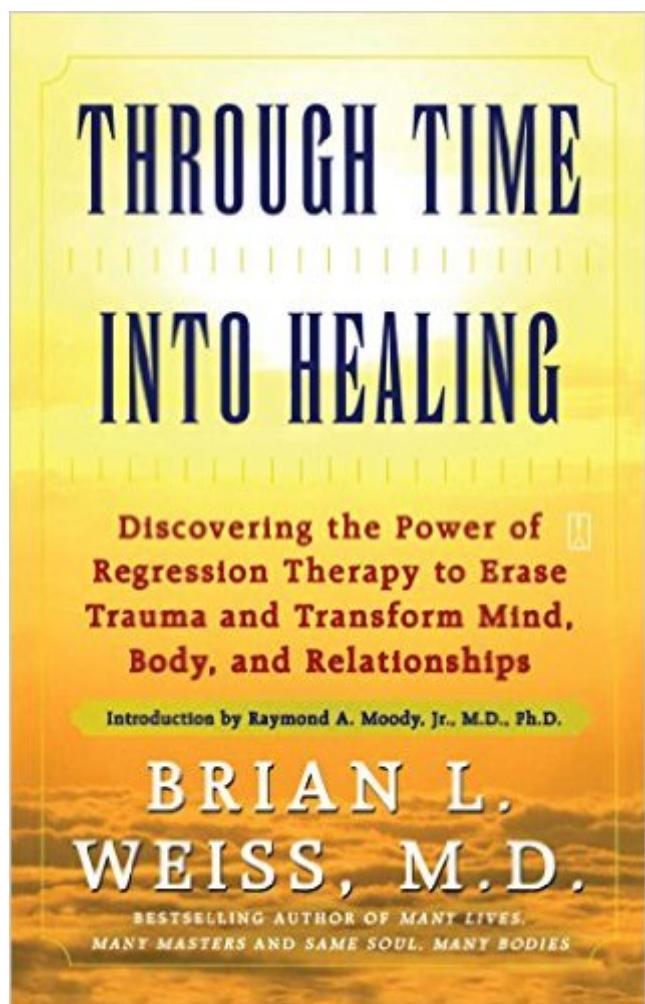


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Through Time Into Healing: Discovering The Power Of Regression Therapy To Erase Trauma And Transform Mind, Body And Relationships



Synopsis

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the bestselling author of *>.* Brian Weiss made headlines with his groundbreaking research on past life therapy in *>.* 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, *>* 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.

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Customer Reviews

I found that this book is really a continuation of *_Many Lives, Many Masters_*. However, instead of focusing upon a single case study, this time the author covers many cases of hypnotic regression. There are several reasons for these regressions arranged by section: healing physical problems, healing relationships, healing the inner and abused child, correcting obesity and eating disorders, correcting substance abuse, achieving mystical or spiritual insights, and regression simply to enrich

one's overall experience of the wonder of life. The cases examined tend to be brief but to the point. The last chapter covers the technique of hypnotic regression (both conventional and past-life) in more detail. Additional techniques of past-life exploration are also examined such as dream analysis, meditation and visualization, self-awareness techniques, and "play" techniques. It is significant that the author emphasizes that regression can usually be safely achieved by self-hypnosis without benefit of an "expert." In fact, the appendix contains the transcript for a self-hypnosis tape (do NOT listen to it in the car!) There are also some more extensive historical and philosophical insights in this book. This includes the fact that reincarnation was initially accepted by the Christian faith until it became the state religion of Rome. Both the Emperor Constantine, as well as the later church hierarchy, rejected the doctrine for political and control reasons. It is also pointed out that an underground of mystical movements such as the Gnostics, Cathars, Sufis, and Kabbalists have always accepted reincarnation as a core spiritual belief (indeed, life hardly makes sense without it.) One additional note: Dr. Weiss actually found out who the "Robert Jarrod" was that needed his help from his previous experience with Catherine. All in all, I found this book to be even more interesting and informative than *Many Lives, Many Masters*.

Although this book is more clinical in its approach than Weiss' other two stories, I still found it interesting and compelling. His chapters are understandably split by categories. As a recovering alcoholic, I was quite intrigued by how I fit into the scheme of life and death. It has given me insight into my alcoholism, has helped me heal my deep pain, and has helped keep me sober for the last 7 years. It helped me realize that active alcoholism is suicide on an installment plan. The suggestion for a self-guided regression session (at the end of the book) is worthwhile in itself!

Having read "Only Love Is Real: A Story of Soulmates Reunited" first, I already knew I would love this book before I picked it up. Dr. Weiss' experiences with regression therapy, and the amazing stories of his patients, have given me a whole new interpretation on everything from my own views on death and the afterlife and the meaning and purpose of our lives, to a deeper understanding of my soulmate and I, who had only just ourselves rediscovered each other in this lifetime, and were seeking answers to the powerful, otherwise inexplicable connection we have. I would recommend this book, and any of Dr. Weiss' books, to anyone who has wondered what the real purpose of our lives is, or who wants to know more about soulmates, soul families, and healing life's pain and loneliness.

Dr. Weiss' books will either make you more of a believer or will give you a lot to consider about the possibility of reincarnation. You won't find better writing on the subject than Dr. Weiss' books. They are written in an engaging and quick reading style. They are not highly scientific in their presentation but Dr. Weiss generates great confidence in his methods and motivations.

Yes some of the stories are a little mundane, and some of the stories are fascinating. However I had been getting severe migraines for ten years. My friend introduced me to this book; I followed the Regression steps and have been migraine free for 6 months now. (It hasn't been very long since I've done this) The doctors couldn't find out why I was getting my migraines, the MRI didn't show anything, there were no triggers, no doctor could figure out why I was getting them. Thanks to Dr. Weiss and the Regression steps I found out that I was killed numerous times from head wounds, after that regression I have not gotten a migraine since. I am looking forward to continuing my regression to see why else I have some problems that the doctors can't just seem to figure out. This book is to help yourself, along with stories of proof that have helped other people. If you're looking to figure out why you have some of the problems that you do and that the doctors can't figure out, this book is for you.

As always, Brian's books are great for those who love to read about reincarnation. This one is filled with fun trivia, for example: Galileo died on the day Newton was born (and it was Newton who finished G's work and got the geocentric world view overturned) also, it discusses the Judeo-Christian belief in reincarnation which DID exist in Christianity prior to Constantine and in Judaism prior to the 19th C. My only question about this book is his thesis which is-- remembering past life traumas heals current problems such as neck pain, back pain etc. He says he doesn't know why this is, but he has found it to be true in his patients. This seemed a weak way to back up your thesis. Plus, I have not found it to be true that one memory of a hanging, say, can immediately remove years of neck pain. Other than this slight flaw (but it's only a flaw if you're concerned with logistics) this book is full of good regression stories. Appendix A tells you how to do your own regressions at home. Appendix B is a reading list if you want more on reincarnation. Of his 4 books, I'd rank this one last. Many Lives, Many Masters would be first, and the other two, Through Time into Healing and Messages from the Masters would tie for second. So, if you love his work and have read the other three, this is well worth reading.

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