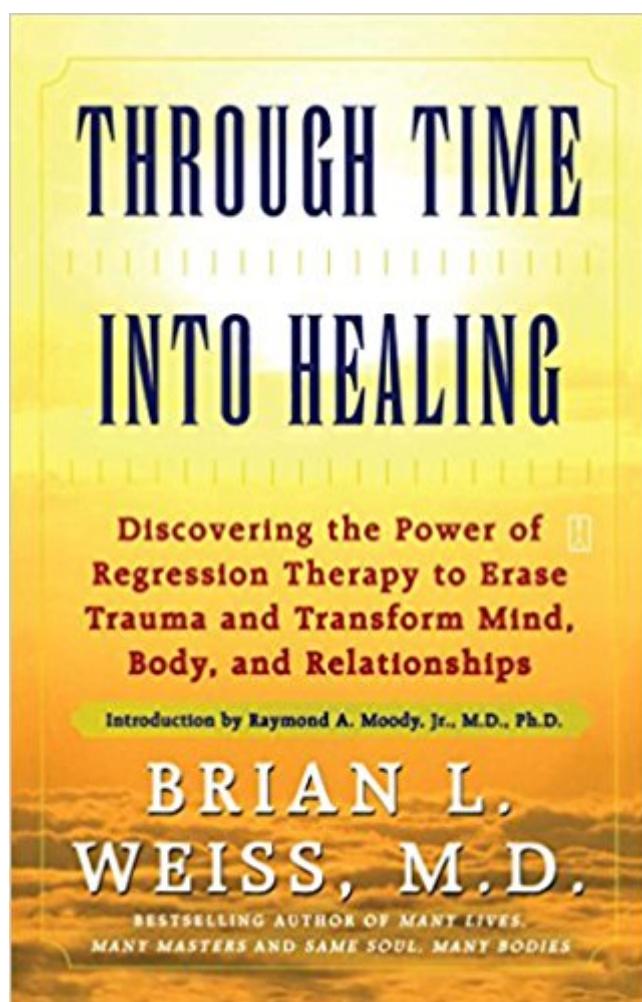


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# Through Time Into Healing: Discovering The Power Of Regression Therapy To Erase Trauma And Transform Mind, Body And Relationships





## 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.

## Book Information

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## Customer Reviews

For many years, psychiatrist Weiss ( *Many Lives, Many Masters* ) used hypnotic regression as a treatment, but not until one patient apparently regressed to a previous life did he consider that the key to a host of his patients' current psychological problems might lie in the lives they conceivably had lived hundreds, even thousands, of years earlier. Using case histories of patients whose troubles with physical illness, relationships, obesity, substance abuse and grief had eluded

traditional treatments, Weiss makes a convincing argument for the notion that they had lived "past lives" and for past life therapy. The book provides mind-expanding exercises and the techniques used in past-life regression. An appendix gives readers a script and instructions for making their own regression tape. While some readers are sure to remain skeptical, the case histories are riveting narratives. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Weiss's theory is that "regression therapy and hypnotic visualization can transform the mind to reach . . . healing states. These methods can be used in conjunction with traditional medical approaches and medicines." For patients needing extensive treatment, he recommends past life regression. By regressing, patients relive past lives and often tragic deaths, find understanding, and are cured of current problems, Weiss states--all in only a few sessions of hypnotic visualization therapy. Weiss deliberately refers to other therapies and practitioners to legitimize his work. He shows how regression has helped patients grieve a loved one; uncover the root causes of obesity or substance abuse; heal the inner child and the abused child; and promote physical healing. Pop psychology and New Age readers will demand this title. Therapists might gain insights. Mandatory for public libraries, while optional for academic libraries.-Susan Burdick, Lehigh Community Coll., Schnecksville, Pa.Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Our subconscious mind speaks the language of symbols, so regardless of whether or not reincarnation is an actual fact, any practices that open a way for communication with the unconscious are potentially healing and life changing and move us closer to being Whole. Psychiatrist Brian Weiss is a pioneer in one of these methods: Past Life Regression Therapy. The goal of this therapy is not to prove that reincarnation exists, which is impossible in most instances anyway. Rather, the aim is to allow the subconscious to manifest in safe ways that facilitate healing and spiritual growth. This therapy attempts to examine a person's present life and then look back in time for other past life events and issues that are affecting the present life. Dr. Weiss has found this method to be quite effective in dealing with problems that are often intractable and notes that the needed amount of time for psychotherapy is drastically reduced. In many instances, only one therapy session is necessary to resolve the issue, which is in marked contrast to more traditional methods where the patient can spend years in therapy yet still not achieve healing. In essence, the keynote suggestion Dr. Weiss uses in regression is to 'Go back to the time from which your

symptoms arise', and it works! He has found that the subconscious often, but not always, responds to this suggestion by bringing past life memories to awareness, and this understanding of the root causes leads to healing. For instance, he shows how this plays out in reconciling people struggling with difficult relationships, or how people suffering from phobias all of their lives have been set free from their fears. Reading this book brought to mind something unusual I heard years ago, where a baby would scream in terror whenever he saw a fly. Perhaps he had been tortured this way in a previous life and that fear now carried over to his present life. Dr. Weiss notes that Past Life Regression is safe and can be done by people at home, and he has produced some CDs to help with that. These are available for sale at and other places so you can easily obtain them if you'd like. He also gives a hypnosis script at the end of this book that can be used to do the regression. In this book, he gives sample cases showing how Past Life Regression can be used to help in all important areas of life, such as marriage and other relationships, psychosomatic healing, phobias, child abuse, obesity, substance abuse, grieving and the fear of dying. Even when no major problems exist, Dr. Weiss shows how Past Life Regression can be an invaluable help for spiritual insight and growth. Here is how he so beautifully expresses it: 'Spirituality is a vitally important force. Lives change because of it. Values change. People become less violent, greedy, self-centered. They become less afraid. Having had these experiences, they tell others, who in turn carry the same message to many more. Ultimately, in both obesity and substance abuse and really in any form of suffering, the mechanism of healing involves the process of getting rid of fear. The core healing mechanism of past life regression therapy is the transmutation of fear into love. This is the message of healing that those who have experienced past life regression carry to others and, hopefully, practice in all their affairs. How do you do it? By knowing yourself. By looking within and seeing clearly. By understanding and acquiring wisdom. By becoming more joyful and peaceful. This is the essence of any past life healing.' Such profound and insightful words! I highly recommend this book to anyone with an open mind who would like to explore Past Life Regression.

While not as narrative as Weiss's other regression books, this book explores the different ways regression therapy has helped heal people with all sorts of different problems. Instead of following a particular person or set of people through their healing journey, this book relates shorter anecdotes about many people and their myriad results, all of which support Weiss's legitimate conclusion that past life regression therapy is a powerful healing tool. I enjoyed this book quite a lot, though I would recommend "Many Lives, Many Masters" or "Only Love Is Real" if you haven't read a Weiss book before.

In this book, Dr. Weiss provides dozens of case-studies to explain how past-life regression can give us insight and understand as to the reason for the many various "issues", behaviors, conflicts, fears, phobias, anxieties we all face in everyday life. The patient sessions the author describes are extremely eye-opening. They may help explain certain things about you or your life that you might have always sensed but could not quite comprehend. In addition to the amazing cases he describes, Dr. Weiss also provides a number of exercises and tips for self-therapy, meditation, and relaxation. Also, in the appendix is included a script for self-hypnosis for those seeking to look into past lives in the comfort of their own home. I highly recommend this book to anyone. Even if you haven't read "Many Lives, Many Masters", there is much to gain from this book. And if you have read his first book then you will enjoy the many more examples of past-life regressions within.

I have read Dr Brian's last book "Many lives and many masters", this one obviously is its extension. He shared his clinical experience in how he treated his patients, from chronic obesity to mental problems; it is a must read for those who wants to know how past life regression works and what it can do for you. Also, Brian has shared his own research findings and also his own professional opinions towards few controversial topics, like religions, meditation, etc..

Skeptical about past lives? Do you giggle at everyone who claims they were Cleopatra in a former life? Certainly, there are those who make false claims in any area of mystery, however, this book is the detailed account of a HIGHLY skeptical, nationally renowned psychiatrist's entry into the the world of past lives. It is written clearly, and his continued scientific doubt is plagued by mounting evidence- evidence he can no longer ignore. If you have doubts, or if you are curious and open-minded, you too may be convinced that "there are more things in heaven and earth than are dreamt of in your philosophy..."

Brian Weiss never disappoints! His books are amazing! This book is beautiful and I highly recommend it!

This is a great book. I had no idea of regression therapy, however, this book really opened my eyes to something both stimulating and thought provoking. I have read all of Dr. Weiss's books which have opened my mind to much more than thought possible.

It was Divine timing that I saw Dr Brian Weiss at an event in Atlanta in February and was guided to sign up for his certified Past Life Healer course at the Omega Institute. This book is part of the reading material. As a certified VortexHealing™ Divine Energy Healing practitioner, spiritual medium, and animal communicator, this book and the course will help release certain personal karmic questions that need to be answered. Dr Brian Weiss and the all the books that he writes are written from pure Love.

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