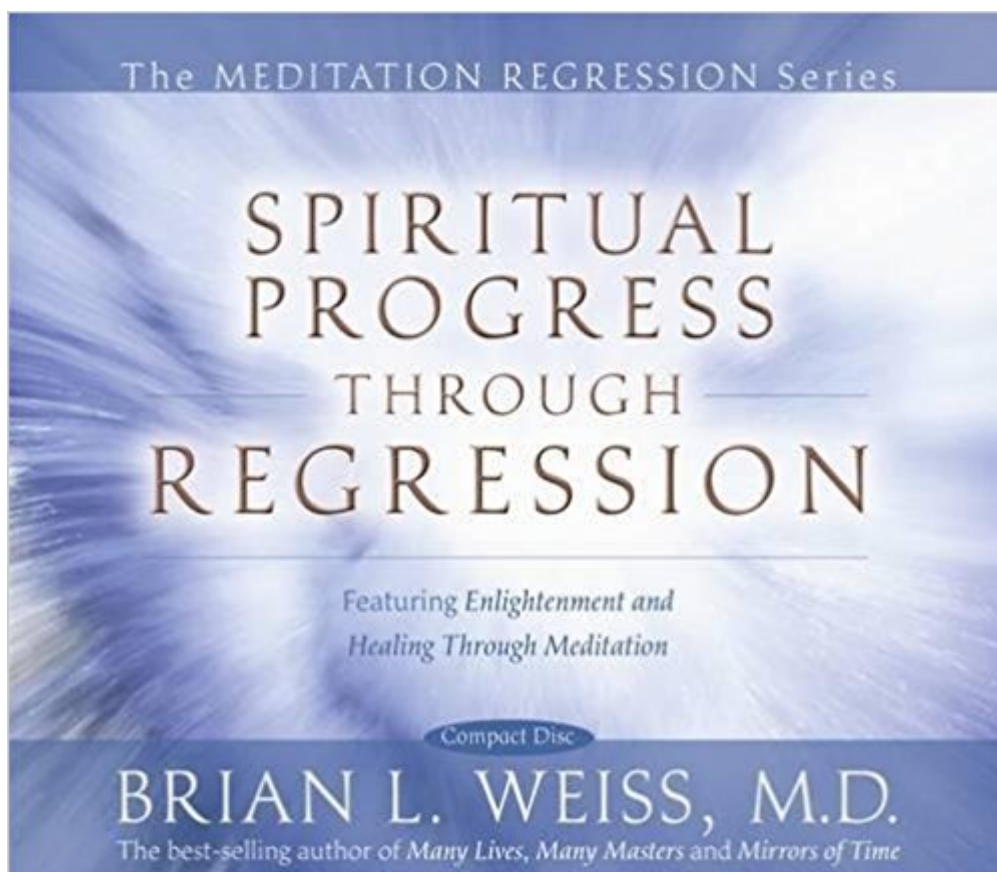


The book was found

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

Series: Meditation Regression

Audio CD: 1 pages

Publisher: Hay House; Unabridged edition edition (May 1, 2008)

Language: English

ISBN-10: 1401922341

ISBN-13: 978-1401922344

Product Dimensions: 5.7 x 0.5 x 5.7 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 126 customer reviews

Best Sellers Rank: #106,345 in Books (See Top 100 in Books) #28 inÂ Books > Books on CD > Health, Mind & Body > Meditation #47 inÂ Books > Books on CD > Nonfiction #69 inÂ Books > Books on CD > Religion & Spirituality > General

Customer Reviews

A graduate of Columbia University and Yale Medical School, Brian L. Weiss, M.D., is Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami and also maintains a private practice. In addition, he is the author of several books on past-life regression therapy, including

Many Lives, Many Masters and Mirrors of Time; and conducts national and international seminars, experiential workshops, and training programs for professionals.

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. I waited for the answer as I could feel it about to be conjured up. Then my consciousness immediately told me that religion could be chastising, and that in choosing religion, do not forget free will. Brian Weiss ended the CD by pulling me out of regression. I do not know if this was a past life or metaphor, as both can occur. As for a pyramid, I did not have the feeling that it was ancient Egypt, but I felt that it was an extremely long time ago. One conspiracy theory I learned about years later was that a man (David Wilcock to be exact) had seen a picture of one of our astronauts on Mars standing next to a single large pyramid built thousands or millions of years ago when Mars could sustain life. I am not saying I am from Mars, I am not saying I am from ancient Egypt, but two things stand out to me about this regression. A) The man slicing me open seemed to have the face of a bird with an abnormally long and thin beak. I had the feeling it was a mask in the regression. Similar, but not exact, pictures show up on the walls in Egypt. B) I have a line on my stomach, which goes from my side to my upper bellybutton. It is a white line that is feint but is visible

when I am standing straight and in the correct light. One might think that it would just be a normal skin straight skin line, but mine makes a slant of about 10 degrees give or take, and goes all the way across my midsection..."

I don't like writing negative reviews but here, with the 3CD set of Dr. Weiss, I have to make an exception. I have used relaxation and hypnotic induction CDs in the past with good results. However, the CDs of Dr. Weiss have been a great disappointment. First of all, his induction talk is three times too fast. Often he asks you to take a deep breath and before you have the time to breathe out, he already gives a new command. The commands follow each other up in such a quick tempo that you want to shout: "Hey, give me a few seconds please." There is never a minute of silence in his induction talk. He wants the listener to relax but the tone of his voice and his delivery just makes you tense. It's like trying to relax while having to run the 100 meter dash. I'm sorry to say this but the money I spent on the CD set has been a total waste.

I have to say that this is a wonderful CD. I didn't expect to fall asleep when I listened to it the very first time but it happens to me over and over and I actually love it! I sleep deep and peacefully, and next day I wake up very light, with a clear mind, and with a very good mood. I recommended this CD to two of my friends: one in a deep depression and she told me she is sleeping well at night whenever she plays the CD. An the other friend husband's is fighting cancer and she said it's very comforting to him.

I respect the work of Brian Weiss and expect more from him. He talks too much through the guided meditations. Just adding pauses would have been very helpful.

This is an OK kind of CD having two tracks. Dr. Weiss use the same technique in both; to get you to the tranquil state. In my opinion he could have given us something different so that people who do not like one can have an option. As others mentioned here, he is way too fast for "beginners". So before playing the track do the prep work and bring your EEG to 8-9Hz. At the end of the day if you want it to work you have to give your full control to him. Clinging on to one's "self" isn't gonna help :) Usually i go asleep before it finishes but it seems he has some trick embedded into it to wake us up after a while. Couple of times I saw clear scenes which I've no clue about. I couldn't stay in that scene for more than a second or two; it's like "hey what did I saw just now" kinda feeling... may be because I came back to my "self" and kicked off my analytical left brain and got lost. But his books

say that you are in control and what you see is just like you watch a movie, which isn't true in my case. May be as I progress, things would change.

I regret this purchase. The first few minutes are great; very relaxing and calming, really puts me into a peaceful place. THEN, after leading me through to this relaxing place, and taking me back to a childhood scene, he KEEPS TALKING when he should shut his mouth and let me experience it." 5..4..3..2..1..BE THERE...Blah, blah, blah, blah, blah." And then he shuts up for about 4 seconds for the listener to experience it. Then he does the same thing through the in-utero and birth scenes, and finally the past-life scenes. I've tried this cd every day for the past 5 days but have not made it to the end. I've ended up very frustrated each time, almost to the point of tears; there is a scene there but I can't grasp onto it and experience it because of his annoying voice! I've tried to pause the disc, but that is too distracting and the scene is gone. I've now given up and ordered a cd from someone else. I read other reviews that said he goes too fast, and yes he does, like I said, he gives maybe 4 seconds of quiet, but can't he give all the instructions before he says "be there."? I really wanted this process to work, and it could have worked if he didn't feel the need to yap during the whole thing. How does he expect the listener to "be there" if our attention is on his voice? Very disappointed.

This had two meditations on it about thirty minutes each. They have proven effective.

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