



## Mirrors of Time: Using Regression for Physical, Emotional and Spiritual Healing

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By Dr. Brian L. Weiss

Hay House UK Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 164 x 145 mm. Language: English . Brand New Book. 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 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 wellbeing 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. The included audio download goes beyond meditation and visualization exercises - it contains the actual regression techniques Dr Weiss uses with his patients. By reading Mirrors of Time and practising the exercises featured 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!.



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### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

*-- Romaine Rippin*

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*-- Lyda Davis II*