



Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships

By Brian L. Weiss

Download now

Read Online 

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss

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 *Many Lives, Many Masters*.

Brian Weiss made headlines with his groundbreaking research on past life therapy in *Many Lives, Many Masters*. 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, *Through Time Into Healing* 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.

 [Download Through Time Into Healing: Discovering the Power o ...pdf](#)

 [Read Online Through Time Into Healing: Discovering the Power ...pdf](#)

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships

By Brian L. Weiss

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss

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 *Many Lives, Many Masters*.

Brian Weiss made headlines with his groundbreaking research on past life therapy in *Many Lives, Many Masters*. 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, *Through Time Into Healing* 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.

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss Bibliography

- Sales Rank: #27091 in Books
- Color: Black
- Published on: 1993-09-01
- Released on: 1993-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .50" w x 5.50" l, .45 pounds
- Binding: Paperback
- 202 pages

 [Download Through Time Into Healing: Discovering the Power o ...pdf](#)

 [Read Online Through Time Into Healing: Discovering the Power ...pdf](#)

Download and Read Free Online Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss

Editorial Review

From Publishers Weekly

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.

From Library Journal

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.

Review

'A gripping love story that transcends time... this book makes you truly believe that we all really do have soulmates, and that "only love is real" .' (Raymond Moody MD, Author of *Life After Death*) 'A fascinating story that will open your mind. Explore the mystery, wisdom and wonder of life and love.' (Bernie Siegel MD, Author of *Life, Medicine and Miracles*)

Users Review

From reader reviews:

Charles McCreery:

Playing with family in a park, coming to see the water world or hanging out with friends is thing that usually you will have done when you have spare time, in that case why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love *Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships*, it is possible to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its called reading friends.

Rene Pina:

Many people spending their moment by playing outside using friends, fun activity together with family or just watching TV the entire day. You can have new activity to enjoy your whole day by reading a book. Ugh, do you consider reading a book will surely hard because you have to use the book everywhere? It okay you can have the e-book, getting everywhere you want in your Smartphone. Like Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships which is obtaining the e-book version. So , why not try out this book? Let's see.

Felix Talarico:

Is it you actually who having spare time in that case spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships can be the solution, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this new era is common not a geek activity. So what these textbooks have than the others?

Edna Spalding:

A number of people said that they feel uninterested when they reading a publication. They are directly felt it when they get a half areas of the book. You can choose the book Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships to make your own reading is interesting. Your own skill of reading ability is developing when you just like reading. Try to choose basic book to make you enjoy to study it and mingle the impression about book and reading especially. It is to be very first opinion for you to like to available a book and examine it. Beside that the reserve Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships can to be your brand-new friend when you're feel alone and confuse using what must you're doing of their time.

**Download and Read Online Through Time Into Healing:
Discovering the Power of Regression Therapy to Erase Trauma and
Transform Mind, Body and Relationships By Brian L. Weiss
#UGSZJT2AVW3**

Read Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss for online ebook

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss books to read online.

Online Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss ebook PDF download

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss Doc

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss Mobipocket

Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss EPub

UGSZJT2AVW3: Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships By Brian L. Weiss