



Spiritual Progress Through Regression (Meditation Regression)

Brian Weiss

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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.**)

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, you'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.

In the meditation, you'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 guides—helping you gain greater insight into your physical, emotional, and spiritual fulfillment.

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