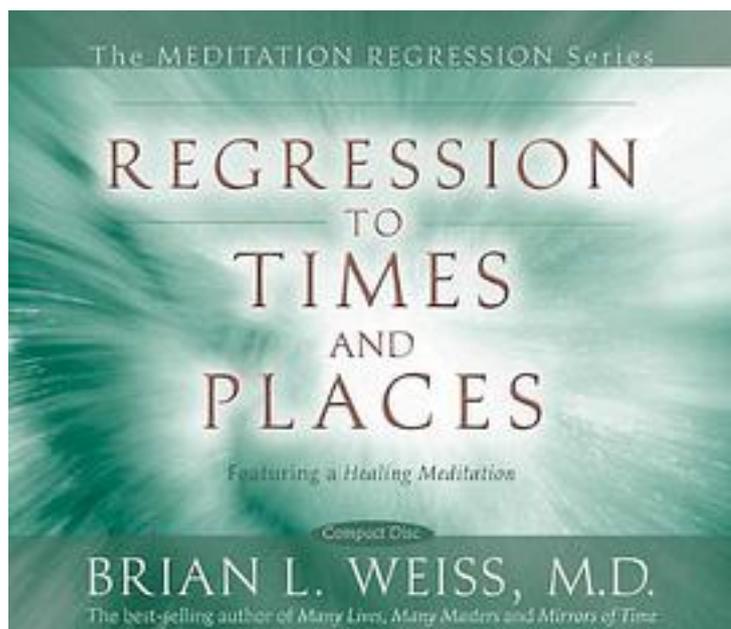


Regression to Times and Places



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"Regression to Times and Places" is the first CD in Brian's new meditation series. This series helps you to discover and learn meditation and regression techniques. This CD uses several visualizations to access the mind-body connection for healing; for releasing negative thoughts, feelings, and emotions; and for replacing them with positive energy, peace, wisdom, love, and joy. Dr. Brian L. Weiss uses a technique of recounting different historical time periods and suggesting the visualization of geographical places to trigger past-life memories. 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.

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