



# Regression to Times and Places (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: *SPIRITUAL PROGRESS THROUGH REGRESSION* and *REGRESSION THROUGH THE MIRRORS OF TIME*.)

*REGRESSION TO TIMES AND PLACES* 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.

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