

ESPEJOS DEL TIEMPO



Cómo utilizar la regresión para la curación
física, emocional y espiritual

Brian Weiss

ESPIRITUALIDAD



Espejos del tiempo

Brian L. Weiss

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En Espejos del tiempo el doctor Brian Weiss anima al lector a retroceder al pasado y recordar sucesos que podrían ser el origen de las dificultades que experimenta en la actualidad. Gracias a los recuerdos, no solo de su vida actual sino de vidas pasadas, verá disminuir los síntomas que padece y experimentará una intensa sensación de relajación y bienestar.

El practicar estos ejercicios con regularidad – asegura el doctor Weiss, que los emplea con sus pacientes– mejora la salud física y emocional, proporciona equilibrio y serenidad y amplía la perspectiva espiritual.

Espejos del tiempo Details

Date : Published by Ediciones B (first published 2000)

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Author : Brian L. Weiss

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From Reader Review Espejos del tiempo for online ebook

Anita Jacob says

A nice small book introducing one to past life regression, it's benefits as well as the accompanying guided meditation / relaxation CD.

L says

If you have read his other books, I wouldn't bother with this one as it gets repetitive. I don't have the CD so I can't review that. If you haven't read any, this would be a good supplement to the rest of his materials.

Cathy Moore says

I have read several of Dr Weiss' books. This is a short book that focuses more on relaxation techniques and the benefits you may receive using these techniques. The CD is designed to help you with relaxation as well.

Tina says

The book is not much to read, just a bit of background about the author and his use of regression/hypnosis in his therapy practice. But the CD does help me fall asleep. I can't say that there has been any affect on my dreams or the restfulness of my sleep but the fact that I fall asleep before I've gotten very far into the CD's sequence is a big difference. Well worth the purchase!

Annette says

Entre vidas aprendemos, importante entonces es crecer conscientes de nuestro estado de eternidad. Este libro es toda una guía para mí, que ando en busca de conocerme y entenderme, saber por qué sufro, por qué soy lo que soy.

Lo leí digital, pero encontré el audio del cd que viene incorporado en youtube, ahora toca practicar y aprender.

link del audio, con la voz original de Brian y en español...

<https://www.youtube.com/watch?v=Hliw8...>

Christine Siduguen says

Easy read

I have read most of Brian Weiss books and this is a short easy read that sums up the level important points.

Jackie says

According to the author, whether you subscribe to past lives or not, there is much healing that can be achieved through this modality. The CD that comes with this book is a great meditation CD. I find that I am able to go deep and often even fall asleep (which is ok too) but awaken at the end. After seeing him on Oprah, I thought it was very similar to the Emotional Release therapy work that I do with clients. I am interested in learning more.

Carla says

Regression is the topic and the CD contains the hypnosis. Brian Weiss introduces new and old to the idea of regression, what to expect, why it is done, and the benefits of it. Regression is used to gain insight and to heal the soul.

I think that this is a good book to have in your library and the CD will easily become part of your collection especially for using at night or to relax.

I hope that this will help you along your way in your spiritual journey.

Stacey M says

Book was actually 4 stars and repeats most of the information from his previous books. The reason I gave this a 5-star rating is because of the regression/meditation CD that comes with it. It is fantastic and guarantees a night of deep restful sleep.

Belinda E. González Sáenz says

Es un buen libro en cuestión de introducción hacia el CD que tienes que adquirir de regresión, pensé que incluía más sobre el tema pero no deja de quitarte dudas sobre la meditación. Pero sí es importante el CD.

Tonya says

There is not much to this book. The CD is what you want. It is a hypnosis cd to regress you to past lives.

Linda T. says

Great stuff!

Carmen says

I did not take this book too seriously until i put the Regression CD on. I fell into self-hypnosis and freaked myself out. All my fears came rushing towards me and I haven't tried it since.

Diana says

I found this more relaxing than anything...I did not experience any "past" occurrences...If I did how would I recognize it? It was fun to try and hypnotize myself and I did acheive a deep calm yet I was still conscious of what was going on around me. Cool

Robert says

This book is really about relaxation and meditation. It was very interesting to me. I am still somewhat skeptical, but It is interesting.
