

## Messages From The Masters Tapping Into Power Of Love Brian L Weiss

Meditation is a technique that can be used to experience peace, tranquility and an inner beauty, leading us to rethink everything around us, even ourselves. It prompts us to trust in the ability we have to use and direct our energies to purify our bodies and minds... so that we can discover and develop our spirituality. Dr Brian Weiss, author of the million copy bestseller *Many Lives, Many Masters*, has written a very special book to help with the practice of meditation (an audio download is also included to help guide you through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr Weiss uses on his patients for past life regression, many of whom have conquered insomnia, anxiety, phobias, weight issues and disease. Meditation can also lower blood pressure, strengthen the immune system and reduce stress. As Dr Weiss says, 'It all starts by closing our eyes, relaxing our muscles, and slowing down our breathing. Little by little, we ask our minds to block out the clamouring voices that usually bombard it... this means living this moment intensely, letting go and surrendering.' This book is the first step on a more peaceful, relaxing journey through life.

Gurdjieff was wrong but his teaching works...is the story of one man's remarkable journey of self-discovery which dispels the Gurdjieffian premise that man is not born with an immortal soul. With his own quest, Orest Stocco illustrates that we are all born with a spark of divine consciousness; but not until we take evolution into our own hands, which Gurdjieff's teaching helped him to do, will we realize our true self.

Blending together personal stories, anecdotes, and client readings, the star of TLC's "Long Island Medium" shares her world and her gift of communicating with those who have crossed over to the other side.

James Leininger was just two years old when he began having disturbing nightmares that would not stop. He screamed out in the night: 'Plane on fire! Little man can't get out!' While nightmares are common among children, what happened next shocked those around him... James began to reveal details of planes and war tragedies that no two-year-old boy could know. His desperate parents were at a loss to help him until he said three things: 'Corsair', 'Natoma' and 'Jack Larsen'. From these tantalising clues, James's parents travelled thousands of miles and spent many long years piecing together these facts to try and find an answer that could end his torment. Finally, despite his mother's fears and his father's staunch Christian beliefs, they found only one possibility to the endless coincidences that surrounded every detail in James's life – that their son was reliving the past life of a World War II fighter pilot. Their touching story is one that will challenge sceptics and confirm the beliefs of those who already believe in life after death.

Mediumship offers a powerful tool for spiritual insight for living as they connect to those who have crossed over. Many people feel a calling toward mediumship and want to know more about how to expand their energy and raise their consciousness so they are able to connect with the spirit world. Author Kerrie Erwin has lived between two worlds since childhood and is able to see and hear spirit people talking. Now a spiritual medium and clairvoyant, she works with spirit rescues and hauntings and connects living people to loved ones who have passed over into the spirit world. This practical book will be an essential tool in the development of one's own mediumship as it explores the many aspects of what a medium does, practically and spiritually. It also shares the importance of meditation and how sitting in your power with dedication can enhance your direct communication skills with loved ones, your loving guides, and angel helpers-- your true spiritual teachers.

In his revolutionary book *Miracles Happen*, Brian Weiss M.D., the New York Times bestselling author of *Many Lives, Many Masters*, examines the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation. Trained as a traditional psychotherapist, Dr. Weiss began to explore how reincarnation and past life regression can lead us to our higher selves after a startling encounter with a patient. Now a leading proponent of past-life therapy, Dr. Weiss shows us that, indeed, *Miracles Happen*, with seemingly incredible but true stories that demonstrate how, by getting in touch with and understanding our past lives, we can dramatically improve the present.

Love, Grief, and Healing in Hollywood and Beyond After prominent roles in *Clueless*; *Sabrina, the Teenage Witch*; and *Beverly Hills 90210*; Elisa's career was on the fast track. Until her show is unexpectedly cancelled, her relationship ends, and her father is diagnosed with terminal cancer. This book chronicles Elisa's journey out of despair and heartbreak, with awe-inspiring visitations, dreams, and inexplicable synchronicities that could only be her father letting her know that he's watching over her from the afterlife. Sometimes the universe sends us on a journey that we didn't know we needed. By sharing the lessons and challenges that the universe sent to her, Elisa inspires those who are learning to let go after a loss so they can live again with authenticity, humor, and hope.

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-

step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

In *Many Lives, Many Masters*, Brian Weiss opened an unexpected door into the astonishing realm of past-life regression. Now he reveals the miraculous potential of love. You'll hear the intimate and startling testimonies of real people who express a profound but simple truth—one that comes from the eternal souls around us. You'll discover what happens to us after we die, strategies for fighting anxiety and healing relationships, and the role of God and self-determination. You'll explore exercises and meditations to tap into the power of love and utterly transform your life. The Messages from the Masters are here. Are you ready for them?

The astonishing story of a woman with an extraordinary psychic gift and a powerful message from the Other Side that can help us to live more beautifully in the here and now.

Ahondando en el conocimiento de los sabios, los guías espirituales que dan forma a nuestros destinos, Brian Weiss nos transmite en este libro el mensaje impartido por los maestros y los testimonios íntimos y sorprendentes del milagroso potencial del amor.

Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls* and *Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

The author look beyond the grave to explore Jewish beliefs about the afterlife, drawing on traditional Jewish texts to discuss numerous perspectives on this important topic.

Intuition and spiritual growth are inherently linked, according to professional psychic and therapist Sherrie Dillard. This groundbreaking guide offers a personalized approach to spiritual development, introducing four different psychic types and revealing how to develop the unique talents of each. Designed for both beginning intuitives and advanced psychics, this book presents a simple, step-by-step plan: Take the insightful quiz to learn whether you are a physical, mental, emotional, or spiritual intuitive Discover more about each type's nature, personality, strengths, and potential challenges Develop your psychic abilities with the meditations and exercises designed for your specific intuitive style Throughout the book, Dillard shares remarkable stories from her professional practice to illustrate the incredible power of intuition and its connection to the spirit world, inner wisdom, and your higher self.

Dr. Michael Newton, best-selling author of *Journey of Souls* and *Destiny of Souls*, returns with a series of case studies that highlight the profound impact of spiritual regression on people's everyday lives. Edited by Dr. Newton, these fascinating true accounts from around the world are handpicked and presented by Life Between Lives hypnotherapists certified by the Newton Institute. After recalling memories of their afterlife, the people in these studies embarked on life-changing spiritual journeys—reuniting with soul mates and spirit guides, and discovering the ramifications of life and body choices, love relationships, and dreams by communing with their immortal souls. As gems of self-knowledge are revealed, dramatic epiphanies result, enabling these ordinary people to understand adversity in their lives, find emotional healing, realize their true purpose, and forever enrich their lives with new meaning.

Stop living in the poor me world and take purposeful action with discipline and determination to practice self-care, no matter what your age. This book shows you how to become your own caregiver by tapping into your deep beauty and inner worth and transforming yourself through exercise, diet, meditation, and getting rid of toxic relationships.

A true story, this fascinating page-turner demystifies what happens after we die and will forever change your views about life, death and the hereafter. Annie Kagan is not a medium or a psychic, she did not die and come back to life; in fact, when she was awakened by her deceased brother, she thought perhaps she had gone a little crazy In *The Afterlife of Billy Fingers: How My Bad-Boy Brother Proved to Me There's Life After Death*, Kagan shares the extraordinary story of her after death communications (ADC) with her brother Billy, who began speaking to her just weeks after his unexpected death. One of the most detailed and profound ADC's ever recorded, Kagan's book takes the reader beyond the near-death experience. Billy's vivid, real-time account of his on-going journey through the mysteries of death will change the way you think about life. Death and your place in the Universe. In his foreword, Dr. Raymond Moody, author of *Life after Life*, explains the phenomena of walkers between the worlds, known to us since ancient times, and says that Dr. Kagan's thought-provoking account is an excellent example.

Learn the latest details and most recent groundbreaking discoveries that reveal, for the first time, the mystery of life in the spirit world after death on Earth?proof that our consciousness survives?in *Journey of Souls* by Michael Newton, Ph.D. Using a special hypnosis technique to reach the hidden memories of subjects, Dr. Newton discovered some amazing insights into what happens to us between lives. *Journey of Souls* is the record of 29 people who recalled their experiences between physical deaths. Through their extraordinary stories, you will learn specifics about: ·How it feels to die ·What you see and feel right after death ·The truth about "spiritual guides" ·What happens to "disturbed" souls ·Why you are assigned to certain soul groups in the spirit world and what you do there · How you choose another body to return to Earth ·The different levels of souls: beginning, intermediate, and advanced ·When and where you first learn to recognize soulmates on Earth ·The purpose of life *Journey of Souls* is a graphic record or "travel log" by these people of what happens between lives on Earth. They give specific details as they movingly describe their astounding experiences. After reading *Journey of Souls*, you will gain a better understanding of the immortality of the human soul. You will meet day-to-day challenges with a greater sense of purpose. You will begin to understand the reasons behind events in your own life. *Journey of Souls* is a life-changing book. Already, over 165,000 people have taken *Journey of Souls* to heart, giving them hope in trying times. You should read a copy, too.

A "beautiful and sensitive" tale of true love that transcends time, from the multi-million bestselling author of *Many Lives, Many Masters* (Gary Zukav, author of *Seat of the Soul*). Recommended by Kendall Jenner. In *Many Lives, Many Masters*, a skeptical Dr. Brian Weiss found his life changed profoundly after curing a patient using past-life therapy. Now he takes his research into transcendental messages one breathtaking step further. He portrays two strangers, Elizabeth and Pedro, who are unaware that they have been lovers throughout the long centuries -- until fate brings them together again. He shows how each and every one of us has a soulmate whom we have loved in past incarnations and who waits to reunite with us now. And he opens up entirely new worlds for all of us everywhere, based on a single, powerful truth...

Our loved ones are still with us even after they've passed to the other side. Psychic medium Sherrie Dillard shares dozens of amazing case studies that show how the power of love transcends the veil between this world and the next. You will also discover exercises and meditations for healing grief and continuing the soul journey you are on with your family and friends who have passed away. The guiding presence of spirit is always with you. This book shares breathtaking insights into the life review process our loved ones experience on the other side and shows how that process uplifts and influences those who survived their death. It provides suggestions to help you move through the grieving process and guides you into a transformative soul-to-soul journey with your cherished family and friends.

Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy

A medium recounts his experiences relaying messages from spirits in the afterlife, sharing the stories of the mourners he has served and showing readers how they can contact their departed loved ones

Learning to consciously interact in the domain of subtle energy is the next step in personal and planetary transformation. The Path of Energy is a unique handbook of principles, practices and exercises to help you access your energy awareness and live a more empowered life. In the book are 13 meditations that activate patterns of light within your energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step-by-step written directions augmented with line drawings, and an interpretive illustration of the completed energy pattern. Subtle energy is more than life force; it is the substance of reality and the vehicle of consciousness. Your body is wired to navigate this domain. You are equipped with everything needed to engage the world of energy and creatively change your life. You simply need to remember how. The Path of Energy is a guide to living with expanded consciousness. Included are techniques that build energy awareness and use this skill to deepen your spiritual path, intimacy in relationships, align with earth energy, clear space, create protection, manifest goals, facilitate healing, and more.

Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times 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.

The benefits of regression therapy extend far beyond the clearing of symptoms. Often, the result is healing at all levels—physical, emotional, and spiritual. Mirrors of Time, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life. An audio download is included that goes beyond meditation and visualization exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. By reading Mirrors of Time and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love—and virtually all aspects of your everyday life will benefit!

How can teachers make sure that all students gain the reading skills they need to be successful in school and in life? In this book, Karen Tankersley describes the six foundational "threads" that students need to study in order to become effective readers: phonemic awareness, phonics and decoding, vocabulary, fluency, comprehension, and higher-order processing. For each area, the author explains how students acquire the reading skills they need and offers a series of skill-building strategies and activities that teachers can use in the classroom. Although reading is perhaps most intensely taught in the kindergarten and 1st-grade classrooms, Tankersley emphasizes that helping students become lifelong readers is a task for all teachers, including content-area teachers in middle and high schools. The Threads of Reading addresses key questions about literacy, such as \* What makes a difference in reading achievement? \* How much reading time is enough? \* How can teachers use writing to build reading skills? \* How can teachers help students make meaning from their reading? The strategies in this book address many situations, from individual instruction to small- or large-group instruction, from kindergarten to high school. Teachers will appreciate the multitude of activities provided, and administrators will learn to better evaluate the reading programs in place in their districts and schools. Grounded in both research and "teacher lore" from actual classrooms, this book is a solid guide to helping students become lifelong readers. Note: This product listing is for the Adobe Acrobat (PDF) version of the book.

In Many Lives, Many Masters(1988, 2008), psychiatrist Brian L. Weiss describes his treatment of a young woman to show how medical science has only begun to comprehend the mysteries of human existence. In 1980, Weiss began to see Catherine, a 27-year-old lab technician employed by the hospital where he practiced, for debilitating fears that included drowning, choking, and the dark... Purchase this in-depth summary to learn more.

By changing our thoughts, we can change our lives. By changing our lives, we can change the world. The power to accomplish these things is within us; it is love. Love is what created us and what we return to. Love is the real power of the universe. Own Your Power: Day by Day is a guidebook to spiritual transformation. It teaches valuable spiritual truths and skillslearning to listen to our higher selves rather than

our ego selves, accessing the part of us that is connected to unconditional love rather than fear, accepting the importance of forgiveness, and understanding the importance of the invisible energy field that surrounds us. There is an energy in words that can either crush us or heal and elevate us particularly those words that appear in our own thoughts. Everything we need to succeed and become what we yearn to be is inside of us. Discover a way to access the part of yourself that never left God and that is larger than all the restrictions, limitations, fears, and doubts that society heaps on you. This guide seeks to help you remove spiritual, mental, and emotional blockages; heal your body, mind, and spirit; and move into peace, harmony, and joy.

The groundbreaking, bestselling classic, now available in a special fortieth-anniversary edition that includes a new Foreword from Eben Alexander, M.D., author of *Proof of Heaven*, and a new Afterword by the author. Raymond Moody is the “father” of the modern NDE (Near Death Experience) movement, and his pioneering work *Life After Life* transformed the world, revolutionizing the way we think about death and what lies beyond. Originally published in 1975, it is the groundbreaking study of one hundred people who experienced “clinical death” and were revived, and who tell, in their own words, what lies beyond death. A smash bestseller that has sold more than thirteen million copies around the globe, *Life After Life* introduced us to concepts—including the bright light, the tunnel, the presence of loved ones waiting on the other side—that have become cultural memes today, and paved the way for modern bestsellers by Eben Alexander, Todd Burpo, Mary Neal, and Betty Eadie that have shaped countless readers’ notions about the end life and the meaning of death.

From author and psychotherapist Dr. Brian Weiss comes the classic New York Times bestseller on the true case of the past-life therapy that changed the lives of both the prominent psychiatrist and young patient involved—now featuring a new afterword by the author. As a traditional psychotherapist, Dr. Brian Weiss was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel messages from the “space between lives,” which contained remarkable revelations about Dr. Weiss’ family and his dead son. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. With more than one million copies in print, *Many Lives, Many Masters* is one of the breakthrough texts in alternative psychotherapy and remains as provocative and timeless as it was when first published.

The Master Key System is a personal development book by Charles F. Haanel. The book describes many New Thought beliefs such as the law of attraction, creative visualization and man's unity with God, and teaches the importance of truth, harmonious thinking and the ability to concentrate. The Book that will not only leave you 'feeling' good, but also 'thinking' good. In *The Master Key System*, presented as a series of twenty-four lessons, delivered to students, Charles Haanel discusses everything from how to feel healthy to how to become wealthy. Using precise logic and a consistent, common-sense frame-work, Haanel shows us how to achieve that what we most desire. Used as thus instructed "The Master Key" will make of the reader a greater, better personality, and equipped with a new power to achieve any worthy personal purpose and a new ability to enjoy life's beauty and wonder.

The world-famous medium and star of Lifetime Movie Network’s #1 rated show *The Haunting Of . . .* tells her story, shares some astonishing, never-before-revealed details of her celebrity readings, and teaches you how to harness your own energy and access the world beyond our own. When she was nine years old, Kim Russo discovered she had an amazing gift—she could communicate with the dead. Deeply skeptical, she denied her talent for years. But as she gradually reconciled her ability with her religious beliefs, Kim embraced who she is—and ultimately accepted her soul’s mission as a voice for the spirit world. Known as the “Happy Medium” for her authenticity, warmth, and her honest, positive readings, Kim has helped people from all walks of life to connect with those who have passed on. Now, this world-renowned medium demystifies the world of the dead for everyone. The key to understanding, she contends, is energy, which cannot be destroyed. *The Happy Medium* interweaves experiences from Kim's life with some of the best, most astounding behind-the-scenes stories of her celebrity readings from episodes of her Lifetime show, *The Haunting Of . . .* . In addition, she gives you the tools to access the energy that is all around us, including the experiments and lessons she uses in many of her sold-out appearances and courses around the world. Following her mantra, “Let them lead you,” Kim shows you how to let the world of the dead guide you to greater understanding of life’s biggest questions.

*Love is the Wine* presents an intoxicating mix of essays to satisfy the spiritual thirst of those with long experience in Islam, as well as those encountering Sufism and the meaning of spiritual love for the first time. Themes including generosity, faith, self-knowledge, patience, and love are developed with stories and teachings by Turkish Sufi master Sheikh Muzaffer Ozak. A mesmerizing storyteller, master teacher, and prolific author in his native country, he was ideally suited to bring the richness of the Sufi tradition to the West. The chapters of this book, skillfully edited and compiled by the psychologist and Sufi teacher Dr. Robert Frager, were derived from talks given during Sheikh Muzaffer’s visits to New York and California over the last years of his life. Sheikh Muzaffer Ozak understood Westerners as almost no Sufi master before him has. His religious bookshop in Istanbul attracted hundreds of Western seekers visiting Turkey. In his travels, he initiated hundreds of Americans and Europeans into the Halveti Jerrahi Order, interpreted their dreams, and answered their questions about everything from theology and mysticism to marriage and earning a living. These stories and teachings are memorable, yet highly enigmatic, and meant to be told and retold. Like great spiritual parables, the themes are universal and their applications ageless. The astute reader will appreciate new levels of meaning in these profound teaching tales with each reading. *Love is the Wine* is a treasury filled with priceless items of Sufi wisdom.

Have you ever asked yourself, why do we reincarnate? How does reincarnation fit into quantum mysticism and our true purpose in life? What is the true nature of my being? What is consciousness? Why am I here? How is that going to make me happy right now? Take a mystical journey beyond the empirical reality of life on earth with wisdom clients received by connecting to a state of superconsciousness during life-between-lives spiritual regression, along with commentaries by the author. Understand your purpose here on earth and beyond. Pieter Elsen is a professional regression therapist with many years of experience, helping countless souls find their higher purpose in and beyond life. He travels the world conducting regression sessions and speaking about the nature of our soul.

The noted past-life therapist and author of *Many Lives, Many Masters* discusses his work with future life progression, drawing on dozens of case histories to explain how the choices that are made in one's present life impact the quality of future lives and revealing the benefits of progression therapy as a healing tool for present-life conditions. 100,000 first printing.

Difficult relationships and challenging situations all come down to one thing- drama. In this groundbreaking book, Doreen Virtue guides you through the process of determining your Drama Quotient. You'll discover how much stress you are unnecessarily tolerating and absorbing from other people and the situations you find yourself in. Doreen explains the physiological reasons why you can become addicted to high-drama relationships, jobs, and lifestyles, and how to heal from this cycle. You'll come to understand why traumatic events from the past may have

triggered post-traumatic symptoms, including anxiety, weight gain, and addictions-and you'll learn natural and scientifically supported methods for restoring balance to your body and your life. Doreen show you how to- Deal with relatives, friends, and co-workers who are 'hooked' on drama Assess your own level of drama addiction Stop allowing negativity in your life Relieve stress and bring about inner peace Go on an overall Drama Detox to clear away negativity, and let your light shine through!

Dr. Brian Weiss, author of Many Lives, Many Masters presents a new book to help with the practice of meditation (audio download is also included to help guide people through the process). Meditation: Achieving Inner Peace and Tranquility in Your Life includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, phobias, anxieties, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

"Where Did You Go? offers deep comfort to anyone who has lost a loved one and hopes to explore what frontier science is now demonstrating: while a heart may stop beating, consciousness never dies." —Lynne McTaggart, bestselling author of The Field From Christina Rasmussen, the much beloved and acclaimed author of Second Firsts, comes a groundbreaking exploration of the afterlife that combines spirituality with cutting edge science—and reveals we all have the power to connect with our loved ones on the other side. "Where did you go?" This was the first question Christina Rasmussen asked after the death of her husband. A young widow with two daughters, Rasmussen would go on to become an esteemed grief educator who helped countless others rebuild their lives after loss. Yet, even as she learned to thrive again, that first heartbreaking question persisted. Even as she and her clients forged new paths and discovered new joy, the same questions remained: Are we capable of connecting to those who have passed on? What really happens after we die? As a professional grounded in science, Christina was a skeptic who shied away from the conventional mystical, supernatural, and religious descriptions of the afterlife—so she turned to what seemed "provable" to unravel the mystery of life beyond life: physics. What she found was beyond anything she could have expected: not only is there life after death, but we all have the ability to connect with loved ones who have passed on. Sharing an inspiring message of hope, optimism, and love, Where Did You Go? is a transporting step-by-step guide to journeying to the other side, from one of our most trusted voices on life after loss. Bridging the gap between the metaphysical and the measurable, it will change the way we grieve, the way we live and how we define our potential—in this life and the hereafter.

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