

Espejos Del Tiempo Brian Weiss Descargar Gratis

Brian L. Weiss

[A través del tiempo](#) Brian L. Weiss, 2006

[A través del tiempo](#) Brian L. Weiss, 1992

[Lo Specchio del Tempo](#) Brian Weiss, 2012-12-13T00:00:00+01:00 Una nuova edizione dell'unico libro contenente il link ad un MP3 di Regressione alle Vite Passate! Gli esercizi di Regressione alle Vite Passate e l'Audio collegato sono preziosi strumenti per trovare la soluzione ai nostri problemi e per scoprire l'origine delle passioni che ci animano e dei nostri interessi. Attraverso il ricordo delle vite passate, siamo in grado di alleviare i conflitti interiori e di raggiungere il benessere psicofisico ed emotivo, svelando e accettando pienamente la nostra identità. "Lo specchio del tempo ti permette di compiere il passo successivo. Ascoltando l'MP3 collegato, ora puoi sottoporli alle stesse tecniche di regressione che uso con i pazienti. Puoi tornare indietro nel tempo per ricordare gli eventi del passato che potrebbero aver scatenato i sintomi e le difficoltà che stai vivendo oggi. Attraverso il processo di rievocazione di questi avvenimenti, i disturbi di cui soffri tenderanno ad affievolirsi e probabilmente emergerà un forte senso di pace e benessere. Talvolta i ricordi risalgono all'infanzia o alla vita intrauterina, ma se senti il bisogno di tornare a episodi di vite passate per risolvere problemi attuali, puoi farli riaffiorare grazie all'ascolto dell'MP3. [...] Spero che con la pratica di questo esercizio di regressione tu possa provare più gioia, pace e amore nella tua vita." – Brian Weiss Indice Introduzione Parte I: Regressione Capitolo 1: Guarire il corpo, raggiungere l'anima Capitolo 2: Indirizzare la nostra luce interiore - Usare la meditazione per guarire il corpo e la mente Capitolo 2: Come ho cominciato Capitolo 3: I benefici della regressione Capitolo 4: Guarire da fobie e paure Capitolo 5: Trasformare le relazioni Capitolo 6: Cambiamento dei valori Capitolo 7: Apprezzare il presente Capitolo 8: Terapia ed esercizi di regressione Capitolo 9: Rilassamento e ipnosi Parte II: Affronta le tue preoccupazioni Capitolo 10: Le domande più frequenti Capitolo 11: Nello specchio del tempo Appendice: MP3 di regressione: trascrizione L'autore

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