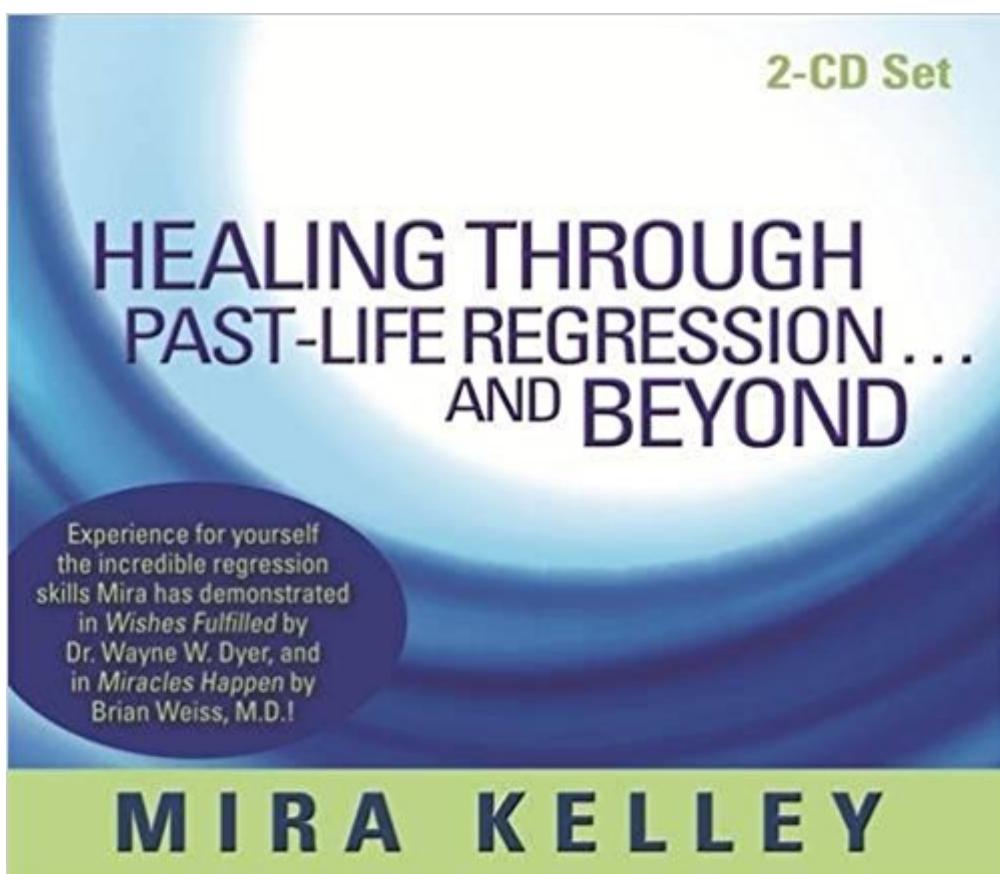


The book was found

Healing Through Past-Life Regression...And Beyond



Synopsis

Â Â Â Â In this remarkable audio program, Mira Kelley will guide you through a past-life regression that allows you to experience other lives you have lived, receive emotional and physical healing, discover your lifeâ™s purpose, understand your relationships, and receive guidance from your Higher Self. Along the way, Mira demonstrates the extraordinary skills she has shared with the likes of Dr. Wayne W. Dyer and Brian Weiss, M.D. (both of whom have featured her work in their own recent books).Â Â Â Â Mira also includes a second CD of meditations, which will aid you in discovering how to restore the health and vitality of your body, awakening your beautiful essence, embracing the unconditional love that Source has for you, and recognizing that you truly deserve to express yourself to the fullest.Â Â Â Â The result is a powerful experience that will help you manifest your best life yet!

Book Information

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Customer Reviews

Mira Kelley grew up in Bulgaria, where at the age of 13 she had a powerful regression experience. With great courage and trust in her heart, Mira followed her intuition and came to the United States for college. Following her graduation from law school, Mira practiced as a corporate and securities attorney at a large firm in New York City. A painful physical condition led her to rediscover the instantaneous emotional and physical healing available through past-life regression. Now Mira assists people in transforming their lives through regression. Website: www.mirakelley.com

I have never tried regression before or hypnosis. I heard of this CD and at first I was hesitant to try it as I was not sure if it was safe to try this on my own without being guided by a person. I gave it a shot. The first part of the CD relaxes you beyond imagination. The state of relaxation that you go into can be described as that time of night when you are not awake but not completely asleep either. I suggest you do this on a recliner or comfortable chair rather than laying in bed to avoid falling completely asleep. In my case I was curious as to why I have a fear of being alone. Well, I don't want to sound crazy but I went there, to another time and place; a place where I could see the person that I was, and a complete scene of a movie unfolding before my very eyes. I will not go into detail as to what I saw but needless to say I was dumbfounded since I tend to be a bit skeptical about these things. I definitely got my answer. The scene that I saw unfold was not something that in my entire life I have ever seen before. I truly believe beyond a doubt that I was regressed. After "awakening" I remember every detail of the scene I saw. I will contact Ms. Kelly to schedule a personal appointment with her to do a full regression. I do not regret purchasing this CD at all!!!!!!

Mira has the voice of a nine year old girl trying very hard to be sweet and comforting. And it works. My first listen of both CDs had me soundly asleep before their end. It took a 2nd listening to stay awake all the way through them. The first CD is for past life regression. She must have really put that intention out right from the get go on that one as in the middle of her relaxing techniques to get you prepared for your regression I already start remembering past lives. Have never pursued this before as my view has been leave well enough alone unless you are encountering problems or phobias in this life stemming from the previous ones. But I've used that CD twice and have remembered three past lives so far and find it really puts things in much better and bigger perspective to remember yourself experiencing life from such different perspectives: good/bad, rich/poor, male/female. Am looking forward to more exploration. The second CD is for relaxation to get in touch with your higher self and for healing and plan to use that more as well. Noticed some review said she was difficult to understand sometimes but I did not find that at all. The recording and her speaking are very clear with just a small hint of an accent every now and then if you listen carefully for it. Thank you Mira.

Being someone who doesn't relax easily this 2 disc meditation CD gives me enough time to slowly progress to a deep enough state to accomplish what I hope for: a complete healing. I have only used it two times, but I feel an absolute difference in my state of being afterwards. Having been sick for a long time and having tried many different avenues of healing I am at my wits end. I have tried

meditation CDs before and have only gotten so far. I am never sure if the producer of a meditation CD is truly qualified to direct me to a state of being that will make a difference. With only 2 meditation sessions behind me on Mira's CD series I feel that I can say that it seems that Mira knows what she is doing and I would even at this point recommend it to a friend.

Great ability to guide through past life with this CD. The only thing I felt may have been better for me would have been a little less instruction in the start and a longer time in the regressed state. I was able to get to a past life, but not long enough to understand what it meant. Over all a great tool.

Helps me see in to my past lives.

Most guided meditation that I have tried has a bit to be desired in one way or another and this CD fits that description. Mira has a good technique. She is very good at guiding you to relaxation although personally, I felt the relaxation portion was a little lengthy. She is good at leading you to the threshold where you walk through to your past life, but I would have preferred a little more "quiet" time on that journey so I could use my own imagination more. The background music was very nice but I have to say that Mira's voice was just a tiny bit annoying. The tone of her voice is very pleasant at the lower pitches but distracting at the higher pitch. The greatest thing though is, I was able to get a sense about my past life! So I would have to say in spite of the few things I mentioned, the CD did work.

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