

Shari's Notes from the First Three Chapters of
***Messages from the Masters* by Brian Weiss, M.D.**

From the back cover:

"In *Many Lives, Many Masters*, Brian Weiss opened an unexpected door into the astonishing realm of past-life regression. In *Only Love is Real*, he showed how we all possess soulmates from our pasts.

Now, drawing on the wisdom of the spirit guides who shape our destinies, bestselling author Brian Weiss reveals the miraculous potential of love.

You'll hear...testimonies of real people that express a profound yet simple truth;...you'll discover what happens 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."

Chapter One: The Beginning

p. 2. [As a psychiatrist in Miami,] "I knew nothing about the concept of past lives or reincarnation, nor did I want to."

"And then came my sudden and shocking introduction to the spiritual, the 'right-brain,' the non-linear. [Under hypnosis, my client} Catherine inexplicably began recalling what seemed to be past-life memories. Somehow, all of her clinical symptoms improved via this regression process. I was amazed, but I was also beginning to find the harmony between science and intuition."

"This [was] ...twenty years ago. And since then I have regressed more than two thousand more patients to perinatal, in-utero, or past-life memories...."

"Because my work deals with the themes of reincarnation, past-life regression therapy, and the reunion of soulmates, I have become the unofficial dean of reincarnation. I welcome this characterization, because I believe we *do* reincarnate until we learn our lessons and graduate. And, as I have repeatedly pointed out, there is considerable historical and clinical evidence that reincarnation is a reality."

"This book represents the culmination of twenty years of experience and studies, not only with reincarnation, but in the movement known as

New Age. It is my attempt to remind you about love and joy and to teach you how to bring these qualities into your life now, while you are in physical state. “

p. 3. “A striking...feature of Catherine’s regressions was her ability while deeply hypnotized to channel...detailed and accurate information from higher sources of knowledge....[She] attributed the source of this wisdom to the ‘Masters,’ highly evolved souls not in physical form.”

Through the messages from these Masters, through Catherine and other clients, “...an entire spiritual philosophy has been gently unfolded and handed to me. At its center is love.”

p. 5. “Love is the most basic and pervasive energy that exists. It is the essence of our being and of our universe. Love is the fundamental ‘building’ block or nature connecting and unifying all things, all people...” Love is more than a goal, more than a fuel, more than an ideal. Love is our nature. *We are love.*”

Chapter Two: The Cycle of Life

p. 11. “Our lives are not the result of random actions and events. Lifetimes are wisely and carefully scripted to enhance our learning and evolution.

We choose our parents, who usually are souls with whom we have interacted in prior lifetimes. We learn as children, adolescents, and adults, evolving spiritually as our bodies evolve physically. After our souls leave our bodies at the time of physical ‘death,’ our learning continues on higher planes, which are really higher levels of consciousness. We review the lives we have just left, learn our lessons, and plan for our next life. Learning does not end with the death of the body.”

p. 13. Hypnosis...is only a form of focused concentration and relaxation. It is not time travel, and it is not mysterious. In this relaxed and focused state, memory functions are enhanced.”

p. 14 – 34. An interesting “word for word” regression by Dr. Weiss is on these pages. The subject, Andrea, was a television reporter. The regression was filmed for tv but was never aired because of personal consideration for Andrea. Dr Weiss obtained a copy of the film and showed it at a week-long workshop that I attended last summer (2019). It is written exactly as it happened on these pages. She experienced a very interesting past life.

p. 38, 39. About Andrea: “Her regression had explained the relationship between her mother and her younger brother. She now knew the real roots of her mother’s behavior and her brother’s reaction to the protective barrier his mother had erected in case she lost him again.....Andrea’s was a classical one, filled with healing memories, intense emotions, and vivid recollection of details.”

p. 40. “When you look at another person...see their soul through lifetimes and eons of time. Not just the transitory physical being across from you. You, too, are such a soul...I gazed...at Andrea, seeing both her and the frontier girl. I knew she also had many other lifetimes, many other names. But her soul was always the same. I needed to see that part of people, which remains constant—their souls—not their transitory physical forms, to really understand and to help. To help them and also to help myself, for I too am such a soul.

You are as well.”

p. 41. {A} ...reason that these memories promote clinical improvement is that as we experience ourselves in other bodies and in ancient times, as we watch our many deaths and rebirths, we are filled with the sure and unerring realization that we are eternal souls, not just individual bodies. We never really die; we merely change our levels of consciousness. Because our loved ones are immortal too, we are never really separated from them. This realization of our true spiritual nature is a powerful healing force.”

p. 43. “Through understanding your past lessons and debts, you will remember your goals for the current life. You will feel fulfilled and no longer confused or lost. You will learn to overcome fear, anxiety, and grief. You will live your life more fully in the present moment, and you will enjoy its pleasures more completely. Above all, you will understand what we all have in common:

We are beyond life and death, beyond space and beyond time. We are all immortal, and we exist throughout eternity.”

Chapter Three: Coming Back

p. 44. “Not accidentally ...are we born into our families. We choose our circumstances and establish a plan for our lives before we are even

conceived...Destiny is another name for the unfolding dramas we have already chosen."

p. 45. "There are reasons for everything, and no coincidences exist on the path of destiny.

Although every human being has a life plan, we also have free will, as do our parents and everyone with whom we interact. Our lives and theirs will be affected by the choices we make while in physical state, but the destiny points will still occur. We will meet the people we had planned to meet, and we will face the opportunities and obstacles that we had planned long before our births. How we handle these meetings, however, our reactions and subsequent decisions, are the expressions of our free will. Destiny and free will co-exist and interact all the time. They are complementary, not contradictory."

"The consensus of evidence from my regression patients is that the soul appears to make a reservation for a particular physical body around the time of conception. No other soul can occupy that body. The union of body and soul is not completed, however until the moment of birth. Before this time, the soul of the unborn child can be both in and out of the body, and it is often aware of experiences on the other side...."

"The soul can never be harmed. Neither miscarriages nor abortions harm the soul. When a pregnancy does not come to term, it is not unusual for the same soul to occupy the body of a subsequent child of the same parents."

p. 51. "...we are not here by some coincidence of nature. We are divine beings, enrolled for a while in this planetary school, and we have devised our curriculum in order to enhance the learning process. We are from the light, yet we are of the light, and we are so much wiser than we could ever imagine. All we need to do is to remember."

p. 55. "We have debts that must be paid. If we have not paid out these debts, then we must take them into another life...in order that they may be worked through. You progress by paying your debts." (From the Masters)

"The surest way to reincarnate in a particular race or religion is to be manifestly prejudiced against that group. Hate is the express train carrying you to that group....remember that karma is about learning, not about punishment."

p. 56. "Sometimes a soul will choose a particularly challenging lifetime in order to accelerate its spiritual progress, or as an act of love to help, guide, and nourish others who are also going through a similarly difficult lifetime. A hard life is not a punishment, but rather an opportunity.

We change races, religions, sex, and economic advantage because we must learn from all sides. We experience everything. Karma is ultimate justice. Nothing is overlooked or missed in our learning.

Grace, however, can supersede karma. Grace is divine intervention, a loving hand reaching down from the heavens to help us, to ease our burden and our suffering. Once we have learned the lesson, there is no need for further suffering, even if the karmic debt has not been fully repaid.

We are here to learn, not to suffer."