

many lives many masters dr brian weiss

Many Lives Many Masters Dr Brian Weiss: Unlocking the Secrets of Past Life Regression

many lives many masters dr brian weiss is more than just a phrase; it represents a groundbreaking exploration into the mysteries of the human soul and its journey through time. Dr. Brian Weiss, a renowned psychiatrist, brought past life regression therapy into the mainstream with his bestselling book **Many Lives, Many Masters**. This work has deeply influenced how people perceive life, death, and the continuity of consciousness. If you've ever been curious about reincarnation, spiritual healing, or how past experiences might shape your present, diving into Dr. Weiss's teachings offers fascinating insights.

The Origins of Many Lives Many Masters Dr Brian Weiss

Dr. Brian Weiss was a conventional psychiatrist before his career took an extraordinary turn. While working with a patient named Catherine, who suffered from severe anxiety and phobias, Weiss employed hypnosis to help her recall past life memories. Unexpectedly, Catherine began describing detailed lives she had lived centuries ago. These revelations not only alleviated her symptoms but also opened Weiss's eyes to the possibility that the soul transcends a single lifetime.

This pivotal experience led to the writing of **Many Lives, Many Masters**, where Weiss documented Catherine's sessions and the profound spiritual lessons uncovered. The book quickly became a bestseller and sparked global interest in past life regression therapy (PLRT), reincarnation, and the healing potential hidden within our memories.

Understanding Past Life Regression Therapy

At its core, many lives many masters dr brian weiss introduces readers and patients to the concept of past life regression therapy. This technique uses hypnosis to access subconscious memories believed to belong to previous incarnations. Unlike traditional psychotherapy, which focuses on present issues, PLRT aims to explore the root causes of emotional pain, fears, and relationship dynamics by uncovering these ancient experiences.

How Does Past Life Regression Work?

During a session, a trained therapist guides the individual into a relaxed, trance-like state. This heightened state of awareness allows the subconscious mind to surface memories that are often inaccessible in normal waking consciousness. As the person recounts scenes from past lives, they may experience vivid images, emotions, and sometimes physical sensations. These memories can reveal patterns, unresolved conflicts, and karmic connections influencing current life challenges.

Benefits of Exploring Many Lives Many Masters Dr Brian Weiss Teachings

Many people who undergo past life regression report transformative benefits, including:

- Relief from unexplained phobias or chronic pain
- Healing of emotional wounds linked to past relationships
- A deeper sense of purpose and spiritual understanding
- Improved relationships through recognition of soul connections
- Enhanced personal growth and self-awareness

By integrating these insights, individuals often find new ways to approach life's difficulties with compassion and clarity.

The Spiritual Philosophy Behind Many Lives Many Masters Dr Brian Weiss

Beyond the therapeutic approach, *Many Lives, Many Masters* delves into profound spiritual principles. Dr. Weiss shares messages from "Masters" — enlightened beings encountered during regression sessions — who convey wisdom about the soul's journey, life lessons, and the afterlife. These teachings encourage readers to view life's challenges as opportunities for growth rather than punishment.

The Concept of the Soul's Evolution

According to Weiss, our souls undergo multiple incarnations to learn specific lessons and evolve spiritually. Each lifetime serves as a classroom where the soul experiments with different scenarios, relationships, and emotions. When unresolved issues persist, they can carry over into subsequent lives, creating cycles that need healing. Understanding this cyclical process helps individuals release guilt and fear, embracing forgiveness and acceptance instead.

Messages from the Masters

In the book, the Masters emphasize principles such as:

- Unconditional love is the highest spiritual goal
- Fear and suffering are illusions that can be transformed
- Healing occurs when we acknowledge and integrate all parts of ourselves
- Death is not an end but a transition to another phase of existence

These messages resonate with many spiritual traditions and have inspired countless readers to explore their own metaphysical beliefs.

Many Lives Many Masters Dr Brian Weiss in Modern Therapy and Popular Culture

Since its publication, *Many Lives, Many Masters* has influenced both clinical practices and popular culture. Past life regression therapy has become a recognized complementary approach, used by therapists and hypnotherapists worldwide to assist clients with trauma, anxiety, and self-discovery.

The Role of Hypnotherapy in Healing

Hypnotherapy, when combined with Weiss's teachings, provides a safe environment for individuals to explore subconscious memories without fear. Many therapists incorporate PLRT to help clients identify root causes of problems that traditional methods struggle to address. This integration exemplifies how ancient wisdom and modern psychology can work harmoniously.

Influence on Media and Literature

The concept of past lives and soul journeys has permeated movies, novels, and television, often inspired by the themes introduced by Dr. Weiss. Stories exploring reincarnation, soulmates, and karmic debts continue to captivate audiences, highlighting a collective curiosity about what lies beyond the physical realm.

Is Many Lives Many Masters Dr Brian Weiss Right for You?

If you're intrigued by the idea that your current life might be influenced by past experiences beyond this lifetime, exploring Dr. Weiss's work can be profoundly enlightening. Whether through reading his books, attending workshops, or experiencing regression therapy, many individuals find a renewed sense of peace and curiosity about their spiritual path.

Tips for Exploring Past Life Regression Safely

- Seek a qualified and experienced hypnotherapist
- Approach sessions with an open but discerning mind
- Keep a journal to record insights and emotional responses
- Be patient; healing and understanding often unfold gradually
- Avoid using regression as a substitute for medical treatment

By treating past life regression as a tool for self-exploration rather than absolute truth, you can maximize its benefits while maintaining balance.

The Enduring Legacy of Many Lives Many Masters Dr Brian Weiss

Decades after its release, *Many Lives, Many Masters* remains a cornerstone in the field of spiritual healing and past life regression. Dr. Brian Weiss's compassionate approach bridges science and spirituality, inviting us to consider that our souls are far more complex and eternal than previously imagined. Through his work, countless individuals have embarked on journeys of healing, self-discovery, and transformation, proving that sometimes, looking back can help us move forward in life.

Frequently Asked Questions

What is the main concept behind 'Many Lives, Many Masters' by Dr. Brian Weiss?

The main concept is reincarnation and past-life regression therapy, where Dr. Weiss explores how uncovering past lives can help heal psychological and emotional issues in the present.

Who is Dr. Brian Weiss and why is he significant in 'Many Lives, Many Masters'?

Dr. Brian Weiss is a psychiatrist who gained fame for his work in past-life regression therapy, documented in 'Many Lives, Many Masters,' where he recounts his experiences with a patient who revealed past-life memories during hypnosis.

How did 'Many Lives, Many Masters' influence the field of psychotherapy?

The book brought attention to past-life regression as a therapeutic tool, encouraging openness to alternative healing methods and expanding the understanding of the mind's potential beyond traditional psychotherapy.

What are some key lessons or messages from 'Many Lives, Many Masters'?

Key messages include the idea that souls reincarnate to learn lessons, that healing can come from understanding past lives, and that love and spiritual growth are central to human existence.

Is 'Many Lives, Many Masters' based on true events or fictional storytelling?

The book is based on true events from Dr. Weiss's clinical practice, chronicling his real-life experiences with a patient whose past-life memories emerged during regression therapy.

Additional Resources

Many Lives, Many Masters Dr Brian Weiss: An Investigative Review of Past-Life Regression Therapy

many lives many masters dr brian weiss has become a phrase synonymous with past-life regression therapy and the exploration of reincarnation within the field of psychotherapy. Dr. Brian Weiss, a prominent psychiatrist, brought widespread attention to this controversial approach through his groundbreaking book, **Many Lives, Many Masters**, first published in 1988. The book chronicles his clinical experiences with a patient whose hypnotic sessions revealed past-life memories, challenging conventional psychiatric paradigms. This article examines the significance of Dr. Weiss's work, its reception, and the broader implications for psychology and spiritual healing.

The Genesis of Many Lives, Many Masters Dr Brian Weiss

Dr. Brian Weiss, trained in traditional psychiatry, initially approached his patient Catherine with skepticism. Catherine, a woman struggling with anxiety and phobias, unexpectedly began recounting vivid memories from previous lives during hypnosis sessions. These revelations, coupled with messages purportedly from “masters” — spiritual guides offering wisdom — prompted Dr. Weiss to reconsider his clinical methods. **Many Lives, Many Masters** details this transformative journey, marking a departure from conventional psychiatry toward an integrative model blending psychotherapy with spiritual elements.

This work was among the first to popularize past-life regression therapy outside of niche metaphysical communities, bringing it into the public eye. The book's narrative style, combining case study documentation with philosophical reflections, appealed to both professionals and lay readers curious about reincarnation and healing beyond conventional medicine.

Understanding Past-Life Regression Therapy

Past-life regression therapy, as presented by Dr. Weiss, involves hypnotically inducing a relaxed state to access memories from previous incarnations. Proponents argue that unresolved issues from past lives can manifest as emotional or physical ailments in the present, and by uncovering these memories, patients can achieve healing and personal growth.

Mechanism and Process

The therapy typically follows these steps:

1. Induction of deep relaxation and hypnosis.
2. Guided exploration of past-life memories or “incarnations.”

3. Processing of traumatic events uncovered during regression.
4. Reception of guidance from spiritual “masters” or inner wisdom.
5. Integration of insights into current life challenges.

This approach suggests a mind-body-spirit connection, extending beyond traditional psychological frameworks centered solely on the conscious mind.

Comparison with Conventional Psychotherapy

Unlike standard psychotherapy, which often focuses on present-life experiences and cognitive-behavioral patterns, past-life regression addresses spiritual dimensions and karmic influences. Critics argue that the method lacks empirical validation and risks implanting false memories due to the suggestibility inherent in hypnosis. Conversely, supporters emphasize its holistic benefits, including relief from chronic psychological distress and enhanced self-awareness.

The Impact and Criticisms of Many Lives, Many Masters Dr Brian Weiss

Dr. Weiss’s work has had a significant cultural and therapeutic impact, inspiring a generation of therapists and individuals to explore reincarnation as a healing modality. His subsequent books and seminars have expanded on the principles introduced in **Many Lives, Many Masters**, cementing his role as a pioneer in spiritual psychotherapy.

However, the approach is not without controversy. Mainstream psychology often regards past-life regression with skepticism due to the lack of rigorous scientific evidence supporting the existence of past lives. Concerns about the reliability of hypnotically retrieved memories are central to critiques, with some psychologists warning of the danger of memory confabulation or suggestion.

Pros and Cons of Past-Life Regression Therapy

- **Pros:** Offers a unique therapeutic avenue for patients resistant to traditional treatments; promotes spiritual exploration and personal growth; may provide a sense of meaning and closure.
- **Cons:** Scientific validity is limited; potential for creating false memories; may not be suitable for all patients, particularly those with certain psychological disorders.

Legacy and Influence in Contemporary Healing Practices

Many Lives, Many Masters Dr Brian Weiss continues to resonate within the realms of holistic health, new age spirituality, and alternative psychotherapy. Various practitioners incorporate past-life regression techniques into their therapeutic repertoire, often blending them with mindfulness, energy healing, or other integrative modalities.

Furthermore, the book has contributed to a broader societal interest in reincarnation, karma, and the intersection of science and spirituality. Documentaries, workshops, and online courses inspired by Dr. Weiss's methodology demonstrate sustained demand for this unconventional approach.

Integration with Modern Psychology

Some modern therapists explore ways to integrate past-life concepts with evidence-based practices. This fusion aims to maintain scientific rigor while acknowledging patients' spiritual beliefs, thus fostering a more personalized and patient-centered approach to mental health care.

Conclusion

The phrase many lives many masters dr brian weiss encapsulates a pioneering exploration into the therapeutic possibilities of reincarnation and past-life memories. While controversial and debated within professional circles, Dr. Weiss's work undeniably opened new avenues for understanding human consciousness and healing. Whether regarded as spiritual truth or psychological metaphor, the concepts introduced in **Many Lives, Many Masters** continue to provoke dialogue and inspire curiosity about the nature of the self across lifetimes.

[Many Lives Many Masters Dr Brian Weiss](#)

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many lives many masters dr brian weiss: *Many Lives, Many Masters* Brian L. Weiss, 2016-08-09 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.

many lives many masters dr brian weiss: An Ordinary Life...? Andrew Michael Doig, 2017-09-04 Andrew's journey began with spiritual healing, and led into visiting spiritualist centres in England, Wales, Scotland and Sweden. His experiences sparked a desire to join various circles and experience literally hundreds of séances and hearing those addressed by those in spirit. Since his first tentative steps into the world of spiritualism, he has witnessed transfiguration, physical mediumship, and was involved in 'rescue work'. He has seen many mediums giving fine examples of mental mediumship, and gained awareness of clairvoyance and clairsentience for himself. Andrew has also had the wonderful adventure of having spirits use him for psychic art. Equipped with his new knowledge, Andrew now realises that events in his life have been symbolic and a sign that his spirit guide has been with him throughout his life. He now wishes to share the same message of positivity and hope with others. An Ordinary Life...? is an excellent introduction to spiritualism from a personal viewpoint, and will provide encouragement for those who have been seeking deeper meaning in their own lives.

many lives many masters dr brian weiss: Messages from the Masters Brian Weiss, 2025-05-01 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?

many lives many masters dr brian weiss: Healing the Present from the Past Heather S. Friedman Rivera R.N. J.D Ph.D, 2012-12-29 It is important to document the validity of past life regression therapy. Heather Rivera's research has made an important contribution to this field, and I applaud her work.—Brian L. Weiss, M.D., author of *Many Lives, Many Masters* Dr. Heather Rivera has written a much needed book for those interested in past life therapy or those practicing it. Her fine book is based on quantified research, rather than strictly case studies. . . The reader will benefit in many ways, perhaps life-changing ways, from this excellent book. ? Edith Fiore, Ph.D. (Retired Psychologist) Author of *You Have Been Here Before* Dr. Heather Friedman Rivera is one of the most remarkable torch-bearers of our times, bringing light into the dark recesses of our over-soul to which we are all connected into the universal oneness, through her scholarly quantifying research on reincarnation and past-life regression. She makes skeptics see and hear, and places the scientific dots on reincarnation and past life regression in such a convincing, personal and touching way. ? Adrian Finkelstein, MD, Former UCLA Psychiatry Professor Researcher/ Author Dr. Heather Friedman Riveras abrupt healing following a past life regression began a quest of personal discovery and scientific investigation into past lives. Her experience, as well as reports from over 200 respondents from around the world, validate the spiritual, psychological, and physical healings that can result. She reveals her personal journey and the scientific findings from her past life study. Her research is now: quantifying the type and degree of healing effects from past life experiences uncovering the factors that drive and influence these effects opening the door for more research in this important healing modality helping bridge gaps between Western medicine and complementary care

many lives many masters dr brian weiss: Through Time Into Healing Brian L. Weiss, 2012-05-08 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.

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many lives many masters dr brian weiss: Guided by Love Tiffany A. Engle, 2022-07-29 *Guided by Love: Channeled Messages from Archangel Gabriel* By: Tiffany A. Engle Author Tiffany A. Engle is listening, so she heard Archangel Gabriel pose this question, one of many that he has asked her during their conversations over the years. Engle is a clairaudient, a way in which our Spirit Guides, Angels and departed loved ones communicate with us. This book is about the author's spiritual journey with the help of Archangel Gabriel, and it is intended to make people aware of their own spiritual awakenings as well. In their enlightening conversations, Archangel Gabriel's sense of humor shines through as he illuminates the spiritual learning that can come from everyday life.

many lives many masters dr brian weiss: Demystifying Death and Life After Rajendra Tiwari, 2025-07-30 The fear of death is only due to ignorance. Whoever knows this secret, removes the veil of the unknown and becomes enlightened with the light of knowledge. The content described in the book is not imaginary; on the contrary, it is replete with actual experiences. Attempt has been made to gather some knowledge and to get acquainted with death and its process. Whether there is extreme unbearable discomfort at the last stage, has been answered. As a result of interviews with the spirits, one message repeatedly received, that is, 'Mend your ways, otherwise there are problems at the time and after death. The purpose of this book is to know what we should do so that death is a pleasant experience. Quotes of the principle of Karmayoga as mentioned in 'Shrimad Bhagwat Geeta' have also been described.

many lives many masters dr brian weiss: The Lost Secret of Death Peter Novak, 2025-09-12 Novak investigates a belief called the Binary Soul Doctrine (BSD) which states simply that humans possess two souls which split at death, the conscious going on to reincarnate again and again, while the unconscious ends up in a type of limbo judging itself for all eternity. He goes on to explain that long ago the BSD was the primary belief of a single world religion, which since has been broken into more and more fragments. However, he claims that twentieth-century findings, including the work of Freud and Jung, as well as findings of modern neuroscience and Near-Death research, has marked a resurgence of belief in the veracity of the BSD. Novak argues--just as those long ago did--that it is essential for humans to integrate these two souls together before death to avoid the nightmare of being split in two at death. He even offers a few steps to help readers start the process of integration.

many lives many masters dr brian weiss: Saturn Return Mark Levine, 2006-04 A novel about who you are, where you're going & who you're meant to be with.

many lives many masters dr brian weiss: Death - What will we think about the ultimate truth of life..... siddhesh chindarkar , People have a wide range of beliefs and attitudes about death. Some may view it as a natural part of life, while others may fear it. Many religious or spiritual beliefs involve an afterlife, while others view death as the end of consciousness. Some people may find comfort in knowing that death is a release from suffering, while others may find solace in the idea of being reunited with loved ones who have passed away. Grief and mourning are common

reactions to the death of a loved one, and people may also experience feelings of fear, anxiety, or uncertainty about their own mortality. Ultimately, people's thoughts and feelings about death are deeply personal and can be influenced by a variety of factors, including culture, religion, and individual life experiences

many lives many masters dr brian weiss: The Magdalene Awakening L. Shannon Andersen, 2006 This book is the result of a deep and profound quest for origins, meaning, and healing, written at a time when the human condition appears more fractured from within than at any other time in history. In writing The Magdalene Awakening, Shannon Anderson has successfully journeyed to that sacred space and has lifted the veil for her readers revealing the atrium of immortality and enticing them to come and join her on her high mission. The smooth narrative style of the book weaves together a magical journey through the author's quest for the true Magdalene energy, the origins of the Cathars, the Gematria that holds the sacred key, and in the end, a call for transformation. This story is a page turner written by someone who knows, and who allows her readers the rare opportunity to discover these mysteries for themselves, but with the benefit of her company and wisdom to help them on their path. Maria Magdalena Colavito, Ph.D., author of The Pythagorean Intertext in Ovid's Metamorphoses & The New Theogony: Mythology for the Real World.

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many lives many masters dr brian weiss: Mediale Medizin Anthony William, 2016-08-08 Seit seiner Kindheit besitzt Anthony William eine einzigartige Gabe: Ein göttlicher Geist flüstert ihm äußerst präzise Informationen zum Gesundheitszustand seiner Mitmenschen ins Ohr. Diese medialen Botschaften zeigen nicht nur, an welcher Krankheit der Betroffene leidet, sondern auch, wie er wieder vollständig gesund wird – und sind dem heutigen Stand der Medizin oft um Lichtjahre voraus. Dieses Buch enthält erstmals das revolutionäre Heilwissen, das sich Anthony William in seiner langjährigen, erfolgreichen Praxis als medizinisches Medium erwarb. Es zeigt die wahren Ursachen von Krankheiten, die in der Medizinwissenschaft als chronisch oder unheilbar gelten, wie beispielsweise Rheumatoide Arthritis, Multiple Sklerose, Typ-2-Diabetes, hormonelle Erkrankungen, chronisches Müdigkeitssyndrom oder Borreliose. Neben der Ursache benennt William einfache, leicht gangbare Wege der Heilung: Detox, Superfoods, Ernährungstipps und eine reinigende 28-tägige Heilkur.

many lives many masters dr brian weiss: Bewusst schlafen und träumen Charlie Morley, 2022-09-18 Kämpfen Sie mit unruhigen Nächten? Dieser wissenschaftlich verifizierte, ganzheitliche Ansatz wird Ihnen helfen, Sie von stress- und traumabedingten Schlafstörungen zu heilen und besser zu schlafen. Inspiriert von seiner Arbeit mit Militärveteranen, erforscht der Schlafexperte Charlie Morley, wie man die schädlichen Auswirkungen von Stress und Traumata beseitigt, um erholsamen Schlaf und heilende Träume zu erreichen. In diesem Leitfaden stellt er mehr als 20 Körper-, Atem-, Schlaf- und Traumtechniken vor, die alle nachweislich dabei helfen, Angstzustände zu reduzieren, die Schlafqualität zu verbessern, Albträume zu integrieren, die Energie zu steigern und die eigene Beziehung zum Schlaf zu verändern. Dank seiner langjährigen Erfahrung und neuester wissenschaftlicher Erkenntnisse erläutert Charlie Morley ... • einen Fünf-Schritte-Plan, der die Schlafqualität bei fast 90 Prozent der Teilnehmer verbessert • die Wissenschaft, wie Stress und Trauma den Schlaf beeinflussen • die Yoga-Nidra-Praxis und Achtsamkeitsübungen für tiefe Entspannung • Atemübungen zur Regulierung des Nervensystems • klare Traummethoden zur Umwandlung von Albträumen Unabhängig davon, ob Sie einen gestressten Schlaf haben oder nicht – diese Methoden werden Ihnen helfen, die Zeit, die Sie mit Träumen verbringen, zu optimieren, damit Sie besser schlafen und gesünder aufwachen.

many lives many masters dr brian weiss: Toward a History of Jewish Thought Zachary Alan Starr, 2020-03-09 The work is a history of Jewish beliefs regarding the concept of the soul, the idea of resurrection, and the nature of the afterlife. The work describes these beliefs, accounts for

the origin of these beliefs, discusses the ways in which these beliefs have evolved, and explains why the many changes in belief have occurred. Views about the soul, resurrection, and the afterlife are related to other Jewish views and to broad movements in Jewish thought; and Jewish intellectual history is placed within the context of the history of Western thought in general. That history begins with the biblical period and extends to the present time.

many lives many masters dr brian weiss: Reincarnation and Judaism DovBer Pinson, 1999-11-30 This is a comprehensive look at the intriguing concept of reincarnation as taught by the masters of the Kabbalah and as analyzed by major Jewish thinkers throughout history. Rabbi DovBer Pinson, born and raised in a Hasidic family immersed in the study of Jewish mystical thought, has made a thorough search of Jewish teachings in order to present his readers with a rich and engaging study of life's most perplexing question: What happens after a person dies?

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many lives many masters dr brian weiss: The Ultimate Quest Fenil Mehta, 2024-06-26 The purpose of this book is not just to bring an 'awareness', but also a convincing and logical insight for the 'own self', able to even convince and make others believe the belief adorned by us. Many people believe that the 'Soul' exists. But when asked 'Can you convince any non-believer?' Generally, the reply is 'NO'. I am sure. After reading this book there shall be no more doubts about the existence of rebirth, spirits and supernatural.

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