

DR. BRIAN WEISS'S CONCEPT OF IMMORTAL SOULS

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Dr. Brian Weiss (born Nov. 6, 1944), M.D., is an American psychiatrist. His research includes reincarnation, past-life regression, future-life progression and survival of the human soul after death. He is the Chairman Emeritus of the Department of Psychiatry at the Mount Sinai Medical Centre in Miami. Weiss currently lives with his wife Carole in Miami, Florida, where he writes and conducts public seminars on the subject of reincarnation. He had published more than forty scientific papers and book chapters. He had achieved international recognition in the fields of psychopharmacology and brain chemistry.

Dr. Brian Weiss stated in his books that he did not believe in reincarnation until he met “Catherine”, one of his patients, in 1980, which began discussing her past life experiences under hypnosis. By disciplinary study, he trained his mind to think as a scientist and physician. For the first time he was blessed to get the chance to come face-to-face with the concept of immortality of souls through Catherine, who was suffering from her anxiety, panic attacks and phobias, approached Dr. Brian Weiss for the medical treatment. After trying all the medical skills which were helpless for Catherine to overcome her traumas, Dr. Weiss, the perfect knower, applied the tool to help a patient in remembering long-forgotten incidents.

Through his researched and hypnosis sessions with Catherine, Dr. Weiss has proved that human beings can cure their fears, panic attacks or any other physical pain by going through the trance state. Catherine who came to him for treatment announced after her few sessions only that “Her lifelong fear of drowning had disappeared. Her fears of choking were somewhat diminished. Her sleep was no longer interrupted by the nightmare of a collapsing bridge” (*Many lives, many masters* 35)

During the initial sessions, Catherine recalled her past-life memories that helped her to overcome her nightmares and attacks symptoms. She revealed the concept of reincarnation and passed the messages of Masters, who used to come when Catherine was in between – live & death state. Catherine recalled her 86 past lives in physical state, but did not remember the messages from the Masters after hypnosis sessions, which Dr. Weiss used to record during sessions.

Dr. Weiss discovered after his sessions with Catherine that soul is immortal and there are many lessons for the soul to learn, which help the soul to improve through Knowledge. By Knowledge only we approach God or to be God-like, to help others to learn. Death is not the end of life instead just the new door to enter to new life to learn new lesson, lesson of life, lesson of humanity, lesson of charity, hope, faith and the most important lesson of love. We have lived many countless times before and we will live countless times again.

In the Book “Many lives, many masters”, he mentioned that we, the humans, are connected to each other. We take birth in physical state many times and we may know the people (in present life) around us from any of another past life. It may happen that the person, who is

your son in present life, was a father in any of another past life. We meet the people to whom we love or hate can be our friends, our co-workers, or any person in any of our lives in human state. We somehow connected to each other, either to learn something from the other person or to teach something to someone, or to pay the debts. “When you look into the eyes of another, any other, and you see your own soul looking back at you, then you will know you have reached another level of consciousness” (*Massages from the Masters* 71)

We do have soul mates. In current usage, “soul mate” usually refers to a romantic partner, with the implication of an exclusive lifelong bond. But after the hypnosis sessions with Elizabeth & Pedro, Dr. Weiss has realized that a soul mate can be any other soul who belongs to you, to whom you love unconditionally, who meets you in any physical being in many lives. It can be your husband, your wife, your sibling, your best friend, your parent or any other relative. It does not matter what relation you have with your soul mate. We recognize the soul even without any relation and become lifetime friends or life partners or just a teacher or a guide. The soul mate loves you unconditionally, teaches you the lessons, helps you to learn, guides you during lifetime or protect you after death as a guardian angel. “A gripping love story that transcends time as we know it....This book makes you truly believe that we all really do have soul mates and that Only Love is real.”(Raymond A. Moody, author of *Life after Life*)

In his book “Only love is real”, Dr. Brian Weiss has showed us how the soul mates wait countless years of lifetimes to reunite. The Book is a blessing for the people who have somehow lost the interest in life after losing their loved ones. The past life experiences of Elizabeth & Pedro, who was predestined to meet each other, taught us that we never lose our loved ones. We meet them either after death or in any of our future lifetime just like we met them in any of our past lifetimes.

The goal of every birth seems as an opportunity to learn something. It is up to us either we want to learn from it or want to come back again to learn. From one of her past life experiences, Catherine learned that one should be forgiving. She said during trance state: “I should have been more forgiving, but I was not. I did not forgive the wrongs that people did to me and I should have. I did not forgive the wrongs. I held them for many years” (*Many lives, many masters* 68 Andrea, another patient of Dr. Brian Weiss, said after one of her sessions in trance state that “she learned not to be afraid of being alone. She learned to take care of herself” (*Massages from the Masters* 32)

In order to progress, to learn, to gain knowledge, we must share our knowledge with other people. Only we can liberate ourselves of the bad habits that we accumulate when we are in a physical state. The Masters cannot do that for us. If we do not rid ourselves then we will carry them in next life. We search for the company of people who are very much similar to us, as we always want to be in secure zone. The place where we work, in parties, in any relatives or friends, we find the people to whom we unite easily. But this is incorrect. We must also go to those people whose vibrations are wrong, in helping these people. This is our task as a human to help them out.

People concern so much about their future.....what will happen after 20 years of living? Will they have enough wealth to live the rest of their lives? Will their children love towards them to look after them? And to fulfil their dreams they waste their entire lives to make money and to bring their children up. To make their future happy and satisfied they waste their present. Why? People seem greedy, power-hungry, and ambitious. They forget to love, to help others, to do charity, to have faith, to trust, to believe in God. We should believe that everything comes when

it must come. A life cannot be rushed, cannot be worked on a schedule. Undoubtedly, we should have money, but enough to survive, to help others. Likewise we should have children, but not for our own selfish motives, instead to give them love, to make them learn, what they have come in our lives for. “All is Love.....All is Love. With Love comes understanding. With understanding comes patience. And then time stops. And everything is now” (*Massages from the Masters* 105)

Violence and injustices should be unnoticed, but had to be repaid in present lifetime or in kind in other lifetimes, which are our debts, which we have to forfeit because our task is to learn. Our body is just a medium for us to improve, to learn while we are here. It is our soul and our spirit that last eternally. We progress by paying our debts. We are responsible for the life we have. We choose our life. Our super conscience knows what we have come for, what we have to learn, what we owe to whom, what we have to pay. Whatever we have we are responsible for it. Then why can't we just be happy or satisfied? Why can't we learn the good things in life? Why we are self-centred or have ego? We are sad or unsatisfied, not for what we do not have, but for what others have. We forget that we all are connected. We are immortals. We are beyond life & death, beyond space & beyond time. We are responsible for our conduct, both negative as well as positive. What goes around truly does come around.

In the book, *Only love is real*, Dr. Weiss has showed that we never lose our loved ones. Elizabeth & Pedro, two different patients of Dr. Weiss, came to him for the therapy of their profound grief, anxiety and failed relationships. They both had been having problems in their relationships with others. They never met each other in present life and did not know each other either. During the therapy, Dr. Weiss felt that they both lived many similar past lives together, sometime as a father and daughter, sometime as a husband and wife and sometime as a childhood lovers. And they were together again, but they didn't know it. Both were lonely, both suffering in their own way. But the reunion was predestined. They met each other first during the sessions and second on the airport to reunite forever. He has mentioned in the book:

Listen to your heart, to your own intuitive wisdom, when making important decisions, especially when deciding about a gift of destiny, such as a soul mate. Destiny will deposit its gift directly at your feet, but what you subsequently decide to do with that gift is up to you. If you rely exclusively on the advice of others, you may make terrible mistakes. Your heart knows what you need. Other people have other agendas” (*Only Love is real* 163)

To sum up it can be said that Dr. Brian Weiss has tried to awake us from the deep sleep of darkness where we forget to love, to be patient, to forgive, to learn, to help, to be human and where we believe not to believe the truth, the truth of god, his existence. The Books are the journeys through which we can learn the true beauty of human soul, which helps us to recall the long forgotten humanity. As Gary Zukav says: “I recommend this beautiful and sensitive book without reservation.”(Gary Zukav, author of *Seat of the Soul*)

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