

Select Quotes from

Many Lives, Many Masters

Written by Dr. Brian Weiss

Notes: I have changed “he” and “she” and other gendered language to “they” because the soul is not gendered - even if the mind is. I have also removed some ellipses. Also, these quotes may provide the core value of Weiss’ writings, but they alone are not a substitute for reading his books in their entirety as they include portions of past life regression and/or progression therapy session transcriptions that may resonate with the reader in ways that these quotes cannot; if you find value in these quotes, please read the books. There are more notes, links to other compilations of quotes, and further reading recommendations at the end of this document. All credit ultimately goes to Weiss! These quotes may be read in any order and I recommend rereading them any time you need spiritual comforting.

1. **“Our body is just a vehicle for us while we’re here. It is our soul and our spirit that lasts forever.”**
2. **“According to most writers, groups of souls tend to reincarnate together again and again, working out their karma (debts owed to others and to the self, lessons to be learned) over the span of many lifetimes.**
3. **“Wisdom is achieved very slowly. This is because intellectual knowledge, easily acquired, must be transformed into ‘emotional,’ or subconscious, knowledge. Once transformed, the imprint is permanent. Behavioral practice is the necessary catalyst of this reaction. Without action, the concept will wither and fade. Theoretical knowledge without practical application is not enough.”**
4. **“Our task is to learn, to become God-like through knowledge. We know so little. You are here to be my teacher. I have so much to learn. By knowledge we approach God, and then we can rest. Then we come back to teach and help others.”**

5. **“Inner peace is impossible without patience. Wisdom requires patience. Spiritual growth implies the mastery of patience. Patience allows the unfolding of destiny to proceed at its own unhurried pace.”**
6. **“I was fascinated by the way her conceptions of death and the afterlife changed so much from lifetime to lifetime. And yet her experience of death itself was so uniform, so similar, every time. A conscious part of her would leave the body around the moment of death, floating above and then being drawn to a wonderful, energizing light. She would then wait for someone to come and help her. The soul automatically passed on. Embalming, burial rituals, or any other procedure after death had nothing to do with it. It was automatic, no preparation necessary, like walking through a just-opened door.”**
7. **“We choose when we will come into our physical state and when we will leave. We know when we have accomplished what we were sent down here to accomplish. We know when the time is up, and you will accept your death. For you know that you can get nothing more out of this lifetime. When you have time, when you have had the time to rest and re-energize your soul, you are allowed to choose your re-entry back into the physical state. Those people who hesitate, who are not sure of their return here, they might lose the chance that was given them, a chance to fulfill what they must when they’re in physical state.”**
8. **“I know that there is a reason for everything. Perhaps at the moment that an event occurs we have neither the insight nor the foresight to comprehend the reason, but with time and patience it will come to light.”**
9. **“We are frightfully concerned with our own deaths, sometimes so much so that we forget the real purpose of our lives”**
10. **“Humankind has not learned about balance, let alone practiced it. It is guided by greed and ambition, steered by fear. In this way it will eventually destroy itself. But nature will survive; at least the plants will.”**
11. **“We also must learn not to just go to those people whose vibrations are the same as ours. It is normal to feel drawn to somebody who is on the same level that you are. But this is wrong. You must also go to those people**

whose vibrations are wrong with yours. This is the importance in helping these people.”

- 12. “We must accept what comes to us at a given time, and not ask for more. But life is endless, so we never die; we were never really born. We just pass through different phases. There is no end. Humans have many dimensions. But time is not as we see time, but rather in lessons that are learned.”**
- 13. “That we must share our knowledge with other people. That we all have abilities far beyond what we use. Some of us find this out sooner than others. That you should check your vices before you come to this point. If you do not, you carry them over with you to another life. Only we can rid ourselves ... of the bad habits that we accumulate when we are in a physical state. The Masters cannot do that for us. If you choose to fight and not to rid yourself, then you will carry them over into another life. And only when you decide that you are strong enough to master the external problems, then you will no longer have them in your next life.”**
- 14. “Realize that life is more than meets the eye. Life goes beyond our five senses. Be receptive to new knowledge and to new experiences.”**
- 15. “For you know that you can get nothing more out of this lifetime. When you have time, when you have had the time to rest and re-energize your soul, you are allowed to choose your re-entry back into the physical state. Those people who hesitate, who are not sure of their return here, they might lose the chance that was given them, a chance to fulfill what they must when they’re in physical state.”**
- 16. “On another night, in a different dream I was asking a question. “How is it that you say all are equal, yet the obvious contradictions smack us in the face: inequalities in virtues, temperances, finances, rights, abilities and talents, intelligence, mathematical aptitude, ad infinitum?” The answer was a metaphor. “It is as if a large diamond were to be found inside each person. Picture a diamond a foot long. The diamond has a thousand facets, but the facets are covered with dirt and tar. It is the job of the soul to clean each facet until the surface is brilliant and can reflect a rainbow of colors. “Now, some have cleaned many facets and gleam brightly. Others have only managed to clean a few; they do not sparkle so. Yet, underneath the dirt, each person possesses within his or her breast a brilliant diamond with a thousand**

gleaming facets. The diamond is perfect, not one flaw. The only differences among people are the number of facets cleaned. But each diamond is the same, and each is perfect. “When all the facets are cleaned and shining forth in a spectrum of lights, the diamond returns to the pure energy that it was originally. The lights remain. It is as if the process that goes into making the diamond is reversed, all that pressure released. The pure energy exists in the rainbow of lights, and the lights possess consciousness and knowledge. “And all of the diamonds are perfect.”

17. “I learned about anger and resentment, about harboring your feelings toward people. I also had to learn that I have no control over my life. I want control, but I don’t have any. I must have faith in the Masters. They will guide me throughout. But I did not have the faith. I felt like I was doomed from the beginning. I never looked at things very pleasantly. We must have faith ... we must have faith. And I doubt. I choose to doubt instead of believe.”
18. “The experience is necessary to add emotional belief to intellectual understanding. But the impact of experience always fades to some degree.”
19. “We are beyond life and death, beyond space and beyond time. We are the gods, and they are us.”
20. “A constantly criticized child can lose as much confidence and self-esteem as one who remembers being humiliated on one particular, horrifying day. A child whose family is impoverished and has very little food available on a day-to-day basis might eventually suffer from the same psychological problems as a child who experienced one major episode of accidental near-starvation.”
21. “Everything must be balanced. Nature is balanced. The beasts live in harmony. Humans have not learned to do that. They continue to destroy themselves. There is no harmony, no plan to what they do. It’s so different in nature. Nature is balanced. Nature is energy and life ... and restoration. And humans just destroy. They destroy nature. They destroy other humans. They will eventually destroy themselves.”
22. “It is not necessary that everyone has regression therapy or visits psychics or even meditates. Those with disabling or bothersome symptoms may choose to do so. For the rest, keeping an open mind is the most important task. Realize

that life is more than meets the eye. Life goes beyond our five senses. Be receptive to new knowledge and to new experiences. “

23. “Humankind is immortal, and what we are doing now is learning our lessons. We are all in school. It is so simple if you can believe in immortality.”
24. “All is so fast and complicated ... what they are telling me ... about change and growth and different planes. There is a plane of awareness and a plane of transition. We come from one life, and, if the lessons are completed, we move on to another dimension, another life. We must understand fully. If we do not, we are not allowed to pass on ... we must repeat because we do not learn. We must experience it from all sides. We must know the side of wanting, but also to give ... There is so much to know, so many spirits involved. That is why we are here. The Masters ... are just one on this plane.”
25. “Yes ... many spirits. They only come when they want to. We are all spirits. But others ... some are in physical state and others are in a period of renewal. And others are guardians. But we all go there. We have been guardians, too.” “Why do we come back to learn? Why can’t we learn as spirits?” “There are different levels of learning, and we must learn some of them in the flesh. We must feel the pain. When you’re a spirit you feel no pain. It is a period of renewal. Your soul is being renewed. When you’re in physical state in the flesh, you can feel pain; you can hurt. In spiritual form you do not feel. There is only happiness, a sense of well-being. But it’s a renewal period for ... use. The interaction between people in the spiritual form is different. When you are in physical state ... you can experience relationships.”
26. “We are frightfully concerned with our own deaths, sometimes so much so that we forget the real purpose of our lives. I was also becoming less obsessive. I didn’t need to be in control all the time. Although I was trying to become less serious, this transformation was difficult for me. I still had much to learn.”
27. “I have been to different planes at different times. Each one is a level of higher consciousness. What plane we go to depends upon how far we’ve progressed...”
28. “People of the religious orders have come closer than any of us have because they’ve taken these vows of chastity and obedience. They’ve given up so much without asking for anything in return. The rest of us continue to ask for

rewards-rewards and justifications for our behavior ... when there are no rewards, rewards that we want. The reward is in doing, but doing without expecting anything ... doing unselfishly.”

- 29. “There is some powerful curative force in this realm, a force apparently much more effective than conventional therapy or modern medicines.”**
- 30. “We go through so many stages when we’re here. We shed a baby body, go into a child’s, from child to an adult, and adult into old age. Why shouldn’t we go one step beyond and shed the adult body and go onto a spiritual plane? That is what we do. We don’t just stop growing; we continue to grow. When we get to the spiritual plane, we keep growing there, too. We go through different stages of development. When we arrive, we’re burned out. We have to go through a renewal stage, a learning stage, and a stage of decision. We decide when we want to return, where and for what reasons. Some choose not to come back. They choose to go on to another stage of development. And they stay in spirit form ... some for longer than others before they return. It is all growth and learning ... continuous growth. Our body is just a vehicle for us while we’re here. It is our soul and our spirit that last forever.”**
- 31. “You know so much more than the others. You understand so much more. Be patient with them. They don’t have the knowledge that you have. Spirits will be sent back to help you. But you are correct in what you are doing ... continue. This energy must not be wasted. You must get rid of the fear. That will be the greatest weapon you have.”**
- 32. “Love is the ultimate answer. Love is not an abstraction but an actual energy, or spectrum of energies, which you can “create” and maintain in your being. Just be loving. You are beginning to touch God within yourself. Feel loving. Express your love. Love dissolves fear. You cannot be afraid when you are feeling love. Since everything is energy, and love encompasses all energies, all is love.”**
- 33. “For now, I just feel the peace. It’s a time of comfort. The party must be comforted. The soul finds peace here. You leave all the bodily pains behind you. Your soul is peaceful and serene. It’s a wonderful feeling ... wonderful, like the sun is always shining on you. The light is so brilliant! Everything comes from the light! Energy comes from this light. Our soul *immediately* goes**

there. It's almost like a magnetic force that we're attracted to. It's wonderful. It's like a power source. It knows how to heal."

34. "You develop through relationships. There are some with higher powers who have come back with more knowledge. They will seek out those who need the development and help them."

35. "Our path is an inward one. This is the more difficult path, the more painful journey. We bear the responsibility for our own learning."

36. "Learning in the spiritual state is much faster, far accelerated from learning in the physical state. But we choose what we need to learn. If we need to come back to work through a relationship, we come back. If we are finished with that, we go on. In spiritual form you can always contact those that are in physical state if you choose to. But only if there is importance there ... if you have to tell them something that they must know. Sometimes you can appear before that person ... and look the same way you did when you were here. Other times you just make a mental contact. Sometimes the messages are cryptic, but most often the person knows what it pertains to. They understand it's mind-to-mind contact."

37. "It is on this Plane that some souls are allowed to manifest themselves to the people who are still in physical form. They are allowed to come back ... On this plane, intercommunication is allowed. This is where you're allowed to use your psychic abilities and communicate with people in physical form. There are many ways to do this. Some are allowed the power of sight and can show themselves to the people still in physical form. Others have the power of movement and are allowed to move objects telepathically. Many people choose to come here because they are allowed to see those who are still in physical form and very close to them."

38. "Meditation and visualization will help you stop thinking so much and help you begin a journey back. Healing will occur. You will begin to use your unused mind. You will see. You will understand. And you will grow wise. Then there will be peace."

39. "They tell me there are many gods, for God is in each of us. There is only one religion and that is love. We must remember, too, that the transcendent Being is the only cause, the father and the creator of the universe. That He fills all things not with His thought only but with His essence. His essence is not

exhausted in the universe. He is above it and beyond. We may say that only His powers are in the universe. But while He is above His powers, He includes them. What they do, He does through them.”

40. “Patience and timing ... everything comes when it must come. A life cannot be rushed, cannot be worked on a schedule as so many people want it to be. We must accept what comes to us at a given time, and not ask for more. But life is endless, so we never die; we were never really born. We just pass through different phases. There is no end. Humans have many dimensions. But time is not as we see time, but rather in lessons that are learned.”
41. “There are seven planes through which we must pass before we are returned. One of them is the plane of transition. There you wait. In that plane it is determined what you will take back with you into the next life.”
42. “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. Some souls progress faster than others. If something interrupts your ability to pay that debt, you must return to the plane of recollection, and there you must wait until the soul you owe the debt to has come to see you. And when you both can be returned to physical form at the same time, then you are allowed to return. But you determine when you are going back. You determine what must be done to pay that debt. There will be many lifetimes to fulfill all of the agreements and all of the debts that are owed.”
43. “What is revealed to me is what is important to me, what concerns me. Each person must be concerned with themselves, with making themselves whole. We have lessons to learn, each one of us. They must be learned one at a time ... in order. Only then can we know what the next person needs, what they lack or what we lack, to make us whole.”
44. “You must eradicate the fears from their minds. It is a waste of energy when fear is present. It stifles them from fulfilling what they were sent here to fulfill ... It’s only on the surface that the troubles lie. Deep within their soul, where the ideas are created, that is where you must reach them. “
45. “To be in physical state is abnormal. When you are in spiritual state, that is natural to you. When we are sent back, it’s like being sent back to something we don’t know. It will take us longer. In the spirit world you have to wait, and

then you are renewed. There is a state of renewal. It's a dimension like the other dimensions. We are all spirits ... some are in physical state and others are in a period of renewal. And others are guardians. But we all go there. We have been guardians, too."

46. "Humans always think of themselves as the only beings. This is not the case. There are many worlds and many dimensions ... many, many more souls. There are many souls in this dimension. I am not the only one. We must be patient. That is something I never learned, either ... There are many dimensions. I have been to different planes at different times. Each one is a level of higher consciousness. What plane we go to depends upon how far we've progressed..."
47. "We have no right to abruptly halt people's lives before they have lived out their karma ... We have no right. They will suffer greater retribution if we let them live. When they die and go to the next dimension, they will suffer there. They will be left in a very restless state. They will have no peace. And they will be sent back, but their lives will be very hard. And they will have to make up to those people that they hurt for the injustices that they did against them. Only God can punish them, not us. They will be punished." [However ... (see next quote ("...karma is about learning, not punishment."))]
48. "I have not yet been told about many of the other planes, but this plane, involving 'debts that must be paid,' evokes the concept of karma. Karma is an opportunity to learn, to practice love and forgiveness. Karma is also an opportunity for atonement, to wipe the slate clean, to make up to those we may have wronged or hurt in the past. It is a universal idea, embodied in all the great religions. The Bible says, 'What you sow, that is what you reap.' Every thought and every action has inevitable consequences. We are responsible for our actions. 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. Sometimes a soul learns to love by becoming what it most despised. It is important to remember that karma is about learning, not about punishment. Our parents and others whom we interact with possess free will. They can love and help us or they can hate and harm us. Their choice is not your karma. Their choice is a manifestation of their free will. They are also learning."

49. “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.”

More Notes, Other Compilation Links, & Further Reading

More Notes:

Please keep in mind that the latest research in healing trauma has produced IFS (Internal Family Systems) therapy, which is founded upon the idea that every part of you just wants you to be happy, but are currently unable to express their needs and desires in healthy ways. This includes the ones that make you feel negative feelings or act in bad ways and have bad thoughts and beliefs towards yourself and/or others. IFS therapy, which I highly, highly recommend, provides a framework for understanding and healing these internal parts, allowing us to create a more harmonious and fulfilling life.

As I currently see it, IFS is for emotional self-actualization of the human mind while TPM (transphysical process metaphysics (what Brian and Eric Weiss' work explains)) is for self-actualization of the soul. However, Brian Weiss' work is built upon psychoanalysis, meaning it treats all of the expressions of those parts that we perceive as negative (e.g. intrusive thoughts as an extreme example, and others being impatience and inner criticism) as "bad" and something to shun and overcome.

Weiss preaches spiritual love, but not for your mind in a way, so keep in mind that his work may be imperfect in not also extending love to your mind/parts. Brian Weiss' books often take a hostile approach towards those negative thoughts, feelings, and behaviors, but those are just the expressions of burdened parts that want you to be happy, even if it doesn't feel like it. Or, as I believe, whether or not we have actual "parts" or past lives doesn't necessarily matter because the potential healing power of these approaches is undeniable in and of itself. And I truly believe you can integrate them together as the Self is the soul!

Links: [MFTM](#) [MLMM](#) [TTIH](#) [OLIR](#) [SSDB](#) [MH](#)

Further Reading & Viewing:

- These two guided meditations from Weiss' Youtube channel:
 - [7 minute relaxation meditation](#)
 - [23 minute guided healing meditation](#)
- I highly recommend [Self Therapy by Jay Earley](#) for learning about the IFS therapy framework, which is great preparation for doing parts work to heal.
- All of [Dr. Brian Weiss' books](#) that I have pulled these quotes from.
- [The Long Trajectory by Eric Weiss](#) (no relation, I think) takes a philosophical and metaphysical approach to Brian Weiss' more clinical explanation of reality, consciousness, reincarnation, the evolution of the soul, etc.