

# SHOW NOTES

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## Episode 2: Using It In Your Life

### Names/Places Mentioned:

- Brian Weiss, MD
- Denise Linn

### Resources & Links:

- Mirrors of Time Meditation by Brian Weiss:  
<https://podcasts.apple.com/us/podcast/brian-weiss-mirrors-of-time-meditation/id955266444?i=1000338012435>
- Past Life Meditation by Denise Linn  
<https://podcasts.apple.com/us/podcast/denise-linn-past-lives-meditation/id955266444?i=1000414362574>
- Bustle Past Life Quiz:  
<https://www.bustle.com/articles/179438-calculate-how-many-past-lives-youve-lived-based-on-your-birthday>