



Newsletter of the International Board for Regression Therapy

Edition #20 January & February 2024

Visioning Where We Want To Go and What We Want To Create

Dearest Members,

We made it through another historic year on earth! I pray that you are all being held by the Divine as we learn to navigate new levels of uncertainty as well as new levels of awareness. For those of us who have done our interfile work prior to incarnating this lifetime, our Higher Selves are saying, "I told you so...." And as bumpy as it seems, we have all been equipped with exactly what we need to fulfill this lifetime's agreements. I am grateful that we share many of these agreements in this community: our skills, vision, wisdom, compassion and love.

For myself, having the IBRT community, especially as we have become more personally engaged through our Gatherings and events, has been a grounding and supportive container for staying dedicated, focused and on track with my life agreements: to serve, to grow and to make a difference. And when I feel the woes and pain of our fellow humans and Mother Earth, having a connection with people who understand the emergence of the new paradigm keeps me sane.

I am immensely grateful for the generous contributions our Board makes of their time, creativity and inspiration at our monthly meetings. And to all of our members and authors who have shared their expertise at the Gatherings and Book Clubs.

Even though many of our elder members have retired or passed on, we are steadily growing with new Professional, Affiliate and Student Memberships. Opening our organization to non-certified people has brought new Past Life Regression enthusiasts into the fold. We have an opportunity to mentor these new people and encourage them to get the training and experience to become Professional Members.

And our Collaborative IBRT Book: *What's Past Life Got to Do with It? ... And What Past Life Regression Can Do for You*, is in the editing stage. We hope to be self-published through Amazon by Spring. All fifteen authors have generously contributed in support of IBRT's financial growth, and IBRT notoriety. By publishing this book, we envision that more people will turn to our Professional Members to use their services and that as a group of professionals we will amplify the importance and the effectiveness of doing this work.

In 2024 we are looking forward to another educational and marketing project. In January we on the Board are beginning the planning of an IBRT podcast project. We will focus on Past Life Regression Therapy and interview people on PLT and related topics. Consider being interviewed after we have launched our project.

Please share your energy, expertise and wisdom by volunteering to present at a Gathering, and give us feedback on what you would like to see IBRT do to grow and expand our notoriety and services to the world.

May the New Year bring many blessings, healing, and more love in our hearts and the world.

Namaste,
Holly



Announcements

IBRT Book Club -

The December Winter Solstice Gathering



Our IBRT community shared a special Solstice Gathering on December 21 to celebrate ourselves, each other, and the spirit of the holidays. Our members contributed inspiring stories and poems that honor the darkness of the season and the returning to the light. Dianne Seaman gave an astrology reading of what hopeful astrological events are upon us in the next few months and the longer term up-coming cycles of change, We experienced a meditation process from ancient

Tibetan Buddhist tradition by which we focused on a shadow aspect of ourselves which shape shifted into an ally. We ended our Gathering with a video of *The Prayer* by the Penatonix and a candle lighting ceremony as we sat in the stillness and darkness together. But most importantly, we shared community and relished the love and friendships that are developing as we get to know and appreciate each other more deeply.

IBRT's New Book

We are slowly moving towards our goal of publishing IBRT's first-ever book written by a collaboration of our Professional Members. Each of the 19 chapters has a unique focus, and holds insight and wisdom about Past Life Regression and how it can bring benefit, guidance and spiritual wisdom to its readers. We anticipate that *What's a Past Life Got to Do With It?* will be published in the coming months.

Here is the cover with title and sub-title. What do you think? We'd love to hear from you...



YouTube Links from 2023

Here are the YouTube links for all the Gatherings and Book Club meetings from 2023. You can click on the link to go back and check out the ones you missed, or the ones you want to watch again. There are many more, earlier than 2023, so check them out, as well!

Georgina Cannon Your Guide to Self-Discovery

<https://www.youtube.com/watch?v=t2sEH1M2W78>

IBRT Leading Online Past Life Groups

<https://www.youtube.com/watch?v=rf6qXbe4MzA&t=12s>

Why Regression Therapy Works

<https://www.youtube.com/watch?v=cB4JpHHlu2A&t=9s>

Apparitions (Ghosts) and The Evidence for Survival of Consciousness After Death with Loyd Auerbach

<https://www.youtube.com/watch?v=tAgAZ-ZgqjI&t=10s>

Shamanism w/Christine Alisa

<https://www.youtube.com/watch?v=kSIwd-rsmFo&t=8s>

Elaine Hodge/Inner Energy Therapy

<https://www.youtube.com/watch?v=onVaPQvIKFY&t=9s>

TOOLS AND STRATEGIES FOR RESOLVING CHALLENGES IN PAST LIFE REGRESSION THERAPY

<https://www.youtube.com/watch?v=tT6oOGDNKso&t=12s>

Joanne Selinske

<https://www.youtube.com/watch?v=YntdmCNNSuI&t=8s>



Book Nook

Exploring The Eternal Soul, by Andy Tomlinson, first published in April, 2008, second publication in March 2012.

What happens after death? Follow the fascinating journey of a group of ordinary people who have been regressed though a past life and into the afterlife. Using very deep hypnosis the most amazing soul memories surface of a spirit world that waits us all. Piece by piece the



book uncovers each step of the journey and is full of illuminating case study extracts. It allows us to tap into a wisdom that is so profound it is beyond normal human capacity. Discover amazing insights that answer a host of universal questions of spiritual, historical and philosophical importance.

Andy Tomlinson is a reincarnation explorer, retired Director of Training for the Past Life Regression Academy and also author of the books *Healing The Eternal Soul* and *Transforming The Eternal Soul*.

Learning Center



The RoseHeart Center

with Virginia Waldron

2024 Training Programs

With Virginia Waldron



All training programs will be on Zoom. Virginia is an Alliance Trainer for the Newton Institute, which means the offered training programs are also pre-requisites for the Life Between Lives Training provided by the Newton Institute.

National Guild of Hypnosis Professional Certification in Hypnosis Training in February and March.

Pre-Birth Regression and Spiritual Consciousness (old title was Advanced and Pre-Birth Regression) - April.

Past Life Regression Training - May.

For further information about dates and fees for the 2024 trainings, go to www.TheRoseHeartCenter.com. To register contact Virginia at gatkepr@gmail.com.

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
3746 Mt. Diablo Blvd. #200, Lafayette, Ca. 94549
925-283-3941, holly@hypnotherapytraining.com

HCH Institute for Hypnotherapy and Psycho- spiritual Trainings,

with Holly Holmes-Meredith and Staff



Explore offerings and Register at:
www.Hypnotherapytraining.com

Monthly Past Life Meet-up for Group Regressions

The first Wednesday of every month, 7 pm PT on Zoom

Each Month has a different focus. \$40

Free weekly Reiki Clinic. Tuesday's at 7 pm PT on Zoom

Low Fee Hypnotherapy, Past Life Regression, Spirit Releasement, EFT and Energy Therapy on Zoom

through the HCH Community Clinic, by appointment.

\$40/ session or four sessions for \$140.

On-going Certification Programs for Hypnotherapy, Shamanic Practices and Energy Therapy

Next 200 Hypnotherapy Training begins in February

Next Shamanic Training module begins in January.

Advanced Training in Past Life Therapy on Zoom

Fridays February 19, 26, March 2, 9, from 3 pm to 6 pm PT

Monthly Reiki Classes on Zoom

Advanced Training in Spirit Releasement on Zoom

Fridays April 12, 19, May 3, 10, from 3 pm to 6 pm PT



Georgina Cannon
changing minds



Past Life Regression Training Sessions January 13-14

Life Between Lives Facilitation Training Sessions February 24

and and 25

For complete information on these and other trainings: www.georginacannon.com

Changing Minds

www.georginacannon.com

Instructor, School of Continuing Studies, University of Toronto Recipient of Instructor of the Year 2021 Award

READ “The Third Circle Protocol - the Relationship Contract.”, ‘Return Again – Past Life Regression and You’ (available Chapters/Indigo, Amazon and Barnes & Noble)

COMING SOON! Your Guide to Self Discovery - Twenty Ways to Find the True You available on Amazon for pre-order

LISTEN: <https://www.podomatic.com/podcasts/georgina-cannon>

WATCH: www.youtube.com/drgeorginacannon

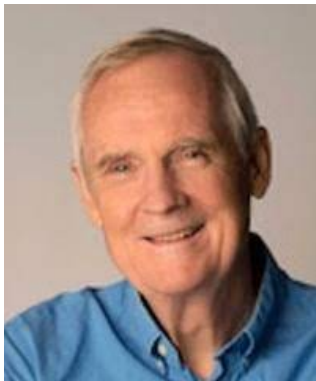
GAIA, REGINA MEREDITH: <https://www.gaia.com/video/past-life-relationships-georgina-cannon>

GAIA, GEORGE NOORY: <https://www.imdb.com/title/tt10403950/>

Georgina Cannon interviews on Gaia TV

https://bit.ly/gc_gaia-free-trial

From the Past Life Regression Academy: Training in Mind Body Soul Healing



Advanced Energy Workshop

Energetic techniques for clearing a wide range of intrusive energy. This includes psychic attacks, curses, black magic, thought forms, elementals, obsessive spirit attachments and energy from other dimensions and planes of existence.

Held in English by Andy Tomlinson:

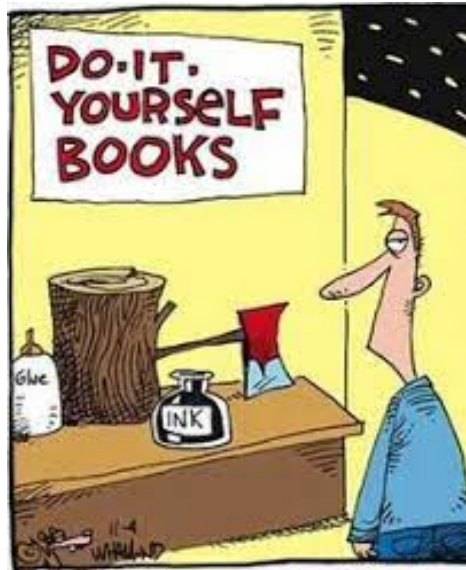
Contact: regressionacademy@gmail.com

Internet classroom training to Europe and Singapore Time Zone
January 27-28, 2024. Tuition: £240

Pioneering the New Consciousness Retreat

Now is the time for souls ready to move to a new consciousness to raise their vibrations, learn how to harness energies and manifest a different way of living. This workshop will be taught in Glastonbury, UK, the heart chakra of the world. You will experience living for a week in the new consciousness and work interactively with the Council of Beings of Light who are directing the energy shift of Earth.

Residential Workshop
Glastonbury, England, UK
June 4-10, 2024
In English by Reena Kumarasingham and Andy Tomlinson
Contact: regressionacademy@gmail.com



Gatherings For 2024

What a line up we have for you! January's Gathering will be on the 15th, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. Devra Jacobs will present a workshop on how to make professional-style posts for social media using www.Canva.com. Learn how to create the three different kinds of posts that work. Open to IBRT members only and free.

February's Gathering will be on the 22nd, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. Holly Holmes-Meredith is going to be our presenter. The subject is **Integrating Angel Magick into Your Practice to Manifest Clients and Business Success.**

Learn about the manifesting techniques of Angel Magick as outlined in Damon Brand's book, *72 Angels of Magick*. Then participate in a guided Angel Magick process to empower you to use this method on your own. Angel Magick uses the esoteric elements of ritual including numerology, color, the elements, chanting, the directions, visualization and more.

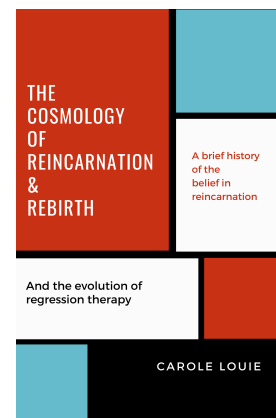
A lifelong student of mysticism, psychology and metaphysics, Holly Holmes-Meredith, D. Min, MFT, CCHT, is the President of IBRT and Director of the HCH Institute for Hypnotherapy and Psychospiritual Trainings in Lafayette, CA.

Request for Sharing Your Experiences:



Member Carole Louie is looking forward to the release of *The Cosmology of Reincarnation & Rebirth: A Brief History of Reincarnation & the Evolution of Past Life Regression Therapy* in 2024.

It is Book 1 of a series that focuses on a historical perspective. Doing the research for this book revealed how ancient both the belief in reincarnation and regression therapy are, and showed Carole how quickly both are evolving in the 21st century and that there are multiple cosmologies. Book 2 will be an anthology to share what people believe about their personal cosmologies of reincarnation & rebirth.



Since so many members in IBRT have been doing this work for quite some time, Carole would like to invite the IBRT group to share their experiences/beliefs about the cosmology of reincarnation. Contact her at carolelouie5555@gmail.com or text/call her at 804-481-5555.

