



## *Newsletter of the International Board for Regression Therapy*

*Edition #17 - July & August, 2023*

# **Regeneration**



Dearest Members,

The heat of summer weather is the alchemical spark that matures the harvests and represents the coming of age or the maturing of oneself. In its blazing intensity, summer is a celebration of life and rejuvenation and an invitation to pause and reflect.

In what ways do you need rejuvenation? What nourishes your soul? How can you keep the inner sun or fires burning to sustain you through another cycle of your life? And how can you enjoy the bounty of your soul?

Summer is the perfect time to enrich your soul with new thinking, life-altering insights and spiritual food for your soul's nourishment. Enjoy the pause and fecundity of the season and renew the bounty of your soul. Gather the energy of the sun to sustain you, ground you, and renew you so you can continue to show up reflecting your light through all changes and cycles ahead.

With love and gratitude, Holly

“Actually, we have no problems -  
we have opportunities for which we should give thanks...”. Edgar Cayce

## Announcements



We are delighted to announce that Susan Lyons is a new member of the IBRT Board of Directors. You may have met Susan when she presented a case at the Gathering panel that addressed non-human incarnations.. Susan brings youth, new energy and inspiration to the Board. She is the granddaughter of Dr. Kenneth Marcus Lyons, a Past Life Regression hypnotherapist who was active doing sessions and research in reincarnation in the 1950's to 1970's. Her journey is continuing this legacy with heart-felt passion.

Susan is newly IBRT Certified. She trains hypnotherapists at The HCH Institute and she leads monthly on-line group regressions. Her passion is learning about spirituality and supporting clients' healing and evolution. Her website is: [www.discoveryyourtruself.com](http://www.discoveryyourtruself.com)

### Look for two important emails from IBRT

#1. Annual dues are due July 1 for Professional Members and Affiliate Members. There will be a link for payment in the email.

#2 IBRT Professional Members are collaboratively writing a book on Past Life Regression Therapy. Look for an email outlining the project and inviting you to submit a synopsis for a chapter for consideration for publication.



## Articles

### Fully Human and Fully Divine

By Holly Holmes-Meredith

While here on Earth my experience is fully human. I experience the 3-D embodiment for a short blip in time. This time thing is a part of the experience. So is gravity, hunger, pain and being confused and very forgetful about the other dimensions that I am a part of. So is ice cream, blue skies, puppies, the smell of roses, The Beatles, and being hugged by your lover (and best friend.) The trick of being human is that while I am “here” to experience these Earth-connected embodied experiences, I am challenged and enticed by my Divine Self to remember that this embodiment experience isn't the whole enchilada. There are other dimensions that I can awaken to as I break the trance that comes with the human experience. And when I begin to remember that this isn't the whole story, the body, confusion, pain, hunger and effects of gravity no longer control or limit my experience. In the early stages of remembering this human 3-D plan, that I seemed to think that I am the victim of, the experience of being human begins to change. Now, this human experience really gets confusing and interesting! Just about the time I get the hang of being human, I discover that this human thing is a coverup for the Divine reality of who I really am!

To read this article in full, please go to the articles on the homepage-  
<https://ibrt.org/f/fully-human-and-fully-divine>



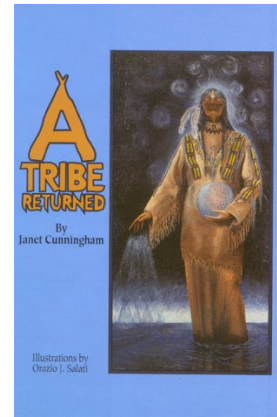
“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being. “ Carl Jung, "Memories, Dreams, Reflections", 1962

## Book Nook

Here is another a golden oldie from 1994. By IBRT's former president, Janet Cunningham, this is a great book about groups reincarnating to be together, again.

## A Tribe Returned 1994 by Janet Cunningham.

A Tribe Returned is the incredible personal and professional story of Janet Cunningham and over 25 people who have memories of being together in a Native American Tribe. "You were selected by the Grandfathers to be the next Chief," Janet was told. Unknowingly she gathered the tribe together in this life. As a Past Life Therapist, she assisted in releasing the traumatic stored memories of a devastating Indian massacre. Art teacher and artist Orazio Salati began painting his memories on a huge canvas before he knew that he was part of the tribe. "The images just came out of me," he told Janet.



### Reviews

"A Tribe Returned provides one of the myriad indicators, not only that we have had other lifetimes but that we tend to incarnate in groups with whom we have unfinished business. Even more that its contribution to reincarnation theory, the book provides a heart pull toward the plight of the Native Americans. No one can read Janet Cunningham's book without a deepened sense of responsibility to the native people of our land. These people apparently have in the past included many of us living now!" -- *Winifred Lucas, Ph.D. Author of Regression Therapy: A Handbook for Professionals*

"In this book Janet has managed to weave content with experience with philosophy, and especially with healing, and she has done it with a grounded, even sacred attitude." -- *Joanne Garland, co-author of Ruth Montgomery: Herald of the New Age*

"Janet Cunningham is one of those persons whose life defies the normal bounds of reality." -- *Chet Snow, Ph.D., author of Mass Dreams of the Future*

**About the Author:** Janet Cunningham, MS is a nationally known specialist in Regression Therapy, and in client empowerment through altered states of consciousness. Janet holds a BS in Psychology and an MS in Health and Human Services. Since writing A Tribe Returned, Janet authored Inner Selves: The Feminine Path to Weight Loss and co-authored Caution: Soul Mate Ahead! with Michael Ranucci.

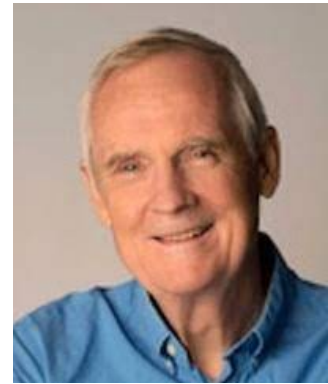


## Learning Center

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

#### Diploma in Regression Therapy

This training program by the Past Life Regression Academy is led by Andy Tomlinson, international Regression Therapist, trainer and author of the books *Healing the Eternal Soul* and *Exploring the Eternal Soul*. It consists of four 5-day workshops over a one-year period and covers: using various bridges to quickly enter past lives, advanced past life transformation techniques, current life regression and transformation, removing energy blockages, body therapy to resolve deep-seated trauma, inner-child regression, removing intrusive energy including spirit attachments, and more.



Reading the book *Healing the Eternal Soul* will indicate the full content of the course and it is suitable for existing Past Life Therapists. The first Internet classroom training starts May 17, 2023. For more information see <https://www.regressionacademy.com>

UK, USA, Canada - 2023 / 2024 - May 17 - 21, Sept. 13 - 17, Jan. 17 - 21, April 10 - 14

Past Life and Regression Therapy training suitable for UK, USA and Canada time zones. The tutor fee for supervision, certification and training is £ 2200 and a monthly payment option is available. The England speaking trainer is Andy Tomlinson. For more information, contact Andy Tomlinson at; [regressionacademy@gmail.com](mailto:regressionacademy@gmail.com)

#### HCH INSTITUTE



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**HCH Institute for  
Hypnotherapy and Psycho-  
spiritual Trainings,**  
with Holly Holmes-Meredith



Register at: <https://www.HypnotherapyTraining.com>



Monthly Past Life Meet-up for Group Regressions. First Wednesday of each month, 7pm PT on Zoom.

Monthly Reiki I and II Trainings on Zoom

Weekly Free Reiki Clinic on Zoom Tuesdays at 7pm PT on Zone.

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

Next Past Life Training begins, on Zoom, June 2, 9, 16, 23, from 3pm to 6pm PT. Next on line training for Spirit Releasement begins August, 4, 11, 18, 25; from 3pm to 6pm PT.



Georgina Cannon.  
changing minds



Grief and Loss Counseling with Hypnosis Certificate  
July 12 & 13, 2023

This course is for practitioners who are used to working with clients at an advanced level of emotional management. In this intensive advanced 2-day course, you will learn:

+How to work with clients suffering various forms of grief and loss

+You will learn the homework to give them

- The Hypnosis and NLP techniques to use.
- When to push and when to tread gently.
- How to help honor the memories with wisdom and understanding, and look to the future

Pre-requisites – Hypnosis or NLP training, plus working with clients for at least one year.  
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Coaching and Counseling Introductory for Graduate Hypnotists:

August 10 & 11, 2023

(Pre-requisite: Hypnosis Certification Training)

Two full intensive days of training that will be invaluable for you to build and maintain business in your hypnosis practice.

Also continuous training for facilitation in :

Past Life Regression: July 22-23, or Oct. 7-8, 2023

Life Between Lives Regression: July 29-30, or Nov. 25-26, 2023

To register or more information: [elle@georginacannon.com](mailto:elle@georginacannon.com)  
<http://www.georginacannon.com>.

## The RoseHeart Center with Virginia Waldron Fall 2023 Training Program



National Guild of Hypnosis Professional  
Certification in Hypnosis Training - Sept and  
October  
Advanced Age Regression and Pre-Birth  
Techniques - October.  
Past Life Regression training - November and  
December

For more information, including dates and fees for  
the Fall term, please contact Virginia at [gatkepr@gmail.com](mailto:gatkepr@gmail.com).



As far as we can discern, the sole purpose of human existence is to kindle a light in the  
darkness of mere being. Carl Jung, "Memories, Dreams, Reflections", 1962c



### Gatherings

Our July Gathering (for members only) will be presented by Devra Jacobs - *Social Media: a  
Unique and Often Times Frustrating World*. On Zoom Friday July 21, 11am, P T, 12pm MT, 1pm  
CT, 2pm ET.

Devra has been an influential businesswoman and speaker through her adult life. She founded and served as Editor-in-Chief of Mystic Pop Magazine for nine years until its sale in 2008. She has over 30 years' experience in marketing and advertising with the last eight years concentration in social media marketing and in cross-platform branding.

Devra has been a successful literary agent, owner of Dancing Word Group Agency, since 2008. <https://dancingwordgroup.com>

In this class she will teach you the following...

- Why is social media so important
- How to protect yourself in the world of social media
- Why you don't want to buy followers
- What are the 3 top kinds of posts that grow a following
- How to boost a post for the most success
- How to use free programs to create wonderful posts
- How does having a website figure into your online success

**August's Gathering** will be another IBRT Community Networking Get-Together. We invite members/ participants, who would like to share either a five-minute story or report on the most inspiring or transformational case, for the client or themselves that they have facilitated.

This Gathering will be on Zoom, Thursday, August 24, 4PM, Pacific Time, 5PM MT, 6PM CT, 7PM ET

