



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

*Edition #18 September & October 2023*

# **Grace**

*The experience of love, healing and stillness that fills your heart  
and opens you to the wonder of the Soul.*

Dearest Members,

As Past Life Therapists we have the honor of basking in Grace while working with clients. Most of the time when Grace shows up in session, it is a shared experience. When Grace shows her gentle smiling face, her light touches us both.

Grace arrives when an opening occurs. Something is released and the mystery of Grace remains. As fleeting as the state of Grace is, the effects linger. And the more we experience it, the more profound its effects. Grace is the direct experience of our essence or Higher Self. Through Grace we know that we are more than our ego-based reality and identity and when sitting in Grace with a client we know our innate connection to humanity. This is the thread of Oneness that is the foundational state of our consciousness and Being.

Grace also opens us to compassion and the blessings of a deeper connection to the acceptance of what has been and what is. We see the benevolence of life and learn to trust the Divine Order that flows around us and through us. Grace teaches that the miracle of life has always been accessible through not only joy but also through pain. Grace is a transformational dynamic that changes us psychologically and spiritually as ego and soul are brought into union in a marriage of our humanness and Divinity. We begin to understand, through Grace, that our challenges are our teachers, and in themselves can be blessings that catapult us into a more awake and self-actualized state. We begin to trust the vicissitudes of our lives and flow with what is, with equanimity.

Over time, we realize that our active presence with clients invites Grace. And through our shared presence, we have the honor of witnessing their openings to Grace. With all of these blessings of Grace, our consciousness moves closer and closer to the liminal realms where space and time don't exist, and Grace rests.

May you be blessed with Grace,  
Holly

*I do not understand the mystery of grace — only that it meets us where we are but does not leave us where it found us. — Anne Lamott*



## **Announcements**

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

### **International Board For Regression Therapy - Book** ***What Past Life Therapy Can Do for You***

Would you like to be a participating author in the the proposed helpful resource written by Board certified members and to be published by the International Board for Regression Therapy..... Will you be a participating author? The size of each chapter has been expanded to be between 2,000-4,000 words!

If you are an IBRT Certified Regression Therapist who works with clients to improve their lives and the lives of others, the IBRT Board invites you to write a chapter in our new compilation book entitled What Past Life Therapy Can Do for You.

**This is an opportunity for you – at no cost – to join with other Board-certified members in our field to help the International Board for Regression Therapy spread the word about the numerous benefits that can be gained through Past Life Regression Therapy. Your colleagues on the Board would be honored to consider your chapter for inclusion in this new book. Please let us know ASAP if you are interested in submitting a chapter proposal. We are eager to expand the list of topic areas covered by this helpful resource.**

**If you are interested in writing a chapter but you are not yet a certified member, there is still time to send in your certification application, and write a chapter for IBRT's book.**

Your submission is due no later than October 1st, 2023. It needs to include a signed client release form and any citation letters that give permission to use content, photographs or diagrams that are not in the public domain. All complete chapter submissions should be forwarded to Devra Jacobs, at [devra@dancingwordgroup.com](mailto:devra@dancingwordgroup.com). Make sure to put in the subject line- IBRT book

We look forward to hearing from you.  
Sincerely, Board of Directors  
International Board for Regression Therapy

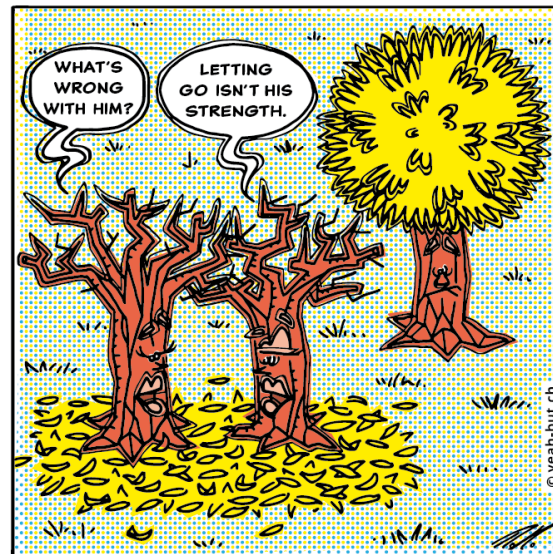
**Social Media and You** - Devra Jacobs, our social media specialist, is going to be offering another round of Zoom classes on working with Facebook, Instagram and LinkedIn. These classes will be for rank beginners, including how to set up an account, and how to use the account to help your practice grow. If you are interested in these classes, please let Holly or Virginia know and we will schedule a group class for you with Devra.



## Article

In this article, Jenny Cockell, well-known author and personality in the field of Reincarnation Research, seeks to compare and extrapolate her own experiences of spontaneous past life memory recall with her experiences of accessing past life memories utilizing hypnosis. In this well-considered and intimate account, Jenny shares examples of the positives and negatives, gains and detriments, of both experiential realms. Further, she addresses the question as to whether or not hypnosis is a useful tool in retrieving past life memories which can be validated in the same manner in which many thousands of spontaneous past life memories have been interrogated and verified. "If not, why not," are questions which run throughout the body of her article.

To read this article in full, please click [HERE](#).



AUTUMN IS HERE.

## Gatherings

**September's** Patricia Walsh - September 28 at 4 p.m. ET. The subject will be Deep Memory Process for Past Life Therapy and Trauma.

**October's** Gathering will be presented by Susan Lyons. The date is October 26, at 4 p.m. ET. The subject will be *Doing Group Regressions Online*. Virginia Waldron will host this as Holly be traveling.

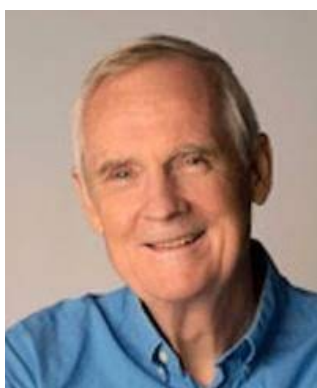
**November's** Gathering - We are seeking a volunteer presenter for our November Gathering. Please contact Holly or Virginia if you would like to make a presentation on a topic of interest to our IBRT audience.

**December's** Gathering - We are seeking a presenter for December's Gathering. What topics would be of interest to you? And whom do you recommend as a speaker? Please contact either Holly or Virginia.



## Learning Center

### 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.

Internet classroom training to the UK and USA Time Zone  
October 21-22, 2023 USA Time Zone. Tuition: £240

Held in English by Andy Tomlinson:  
Contact: [regressionacademy@gmail.com](mailto:regressionacademy@gmail.com)

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

In English by Andy Tomlinson:  
Contact: [regressionacademy@gmail.com](mailto:regressionacademy@gmail.com)

### **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](mailto:regressionacademy@gmail.com)

HCH INSTITUTE



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



Register at: [www.HypnotherapyTraining.com](http://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 Zoom.

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

200 Hour Certification in Hypnotherapy begins October 2023

Next Module for Shamanic Practices for West Direction begins in September.



Georgina Cannon.  
changing minds



Continuous training for facilitation in :

Past Life Regression: October 7-8, 2023

Life Between Lives Regression: November 25-26, 2023

### **Master Hypnosis Tools Level 1 and 2**

With GEORGINA CANNON & [MARY MCCANDLESS](#)

February 3-4, 2024

This is a power-packed two day workshop which will give you life-changing tools, both practical and metaphysical to enhance your practice for client understanding and powerful change. Registrants must have one year in full-time hypnosis practice to apply, with deposit.

- New tools to initiate change, including pendulum, cards etc.
- The use of art therapy in hypnosis
- The use of psychodrama in hypnosis
- The use of chair therapy in hypnosis
- and much more.

\$1,500 plus taxes - requires a deposit of \$250 plus taxes to hold your seat.

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

# The RoseHeart Center with Virginia Waldron



## Fall 2023 Training Program

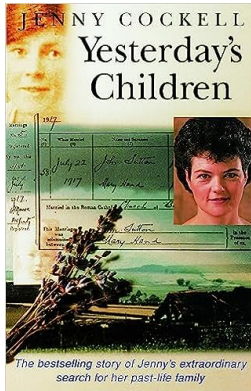
Advanced Age Regression and Pre-Birth  
Techniques - October  
Past Life Regression training - November and  
December

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





## Book Nook



### *Yesterday's Children* by Jenny Cockell

This is the extraordinary story of Jenny Cockell, first published in 1993. In her book *Yesterday's Children*, Cockell discusses what she describes as past life memories of life as a Mary Sutton in early-20th century Ireland. The book chronicles Cockell's research into Sutton's life and her subsequent reunion with Sutton's children, some of whom accepted Cockell as the reincarnation of their mother and all of whom accepted her memories as being those of their mother. The book follows her progress through her dreams and memories, the revelations of hypnotism, her searches through maps, through local groups in Ireland, and her trip to the village where Mary had lived. Finally, she details her long search for the now adult children (now in their sixties and seventies) who had been split up after Mary's death, and the extraordinary reunions that took place. This is a fascinating book. In many ways it is a real-life detective story, as we learn about Jenny, about Mary, her difficult life and finally, with great joy and trepidation, discover what happened to her children.

In 2000, a made-for-TV movie, "Yesterday's Children, was aired. It was an adaptation of Cockell's book. It was this movie which first made me aware of Jenny Cockell's story. I found it fascinating, especially when I found out she was a real person and this was based on her true story. I had to read it. It is now on the suggested reading list for my Past Life Regression students, along with *Looking for Carroll Beckwith: The True Stories of a Detective's Search for His Past Life* by Robert L Snow, published in Dec, 1999. Both of these are true stories of past life experiences based on the client, not case studies from a practitioner's collection. They both present very different perspectives of Past Life Regression, and how it can change lives.

# 2023 Reincarnation Symposium UPDATES

reincarnationsymposium.com

## 2023 Reincarnation Symposium: Expanding Consciousness

Saturday October 28 Schedule



10 AM Christopher Bache, Ph.D.  
*Collective Reincarnation & the Birth of  
the Diamond Soul in History*



11:30 AM Dr. Smita Garg &  
Wendy Nethersole  
*Split Souls: One Soul, Multiple  
Simultaneous Incarnations*



2:30 PM Lynn Sparrow Christy  
*The Path of Co-Creator*



4 PM Peter Smith  
*You ARE Quantum Consciousness*

*included in the symposium pass*

## Early Bird Special

SAVE 50% for In-Person or On-Line Passes during the Early Bird Special for the 2023 Reincarnation Symposium.

## Come as you WERE

Who were you in another life or would have like to have been? In the spirit of the Halloween weekend, come as you were and enter to win the Costume Contest.



## Expanding Consciousness Essay Contest

The theme for this year's symposium is expanding consciousness. You can enter the scholarship contest by submitting an essay about what expanding consciousness means to you personally. Your essay should include examples and be no more than 1000 words. The deadline for the contest is September 30. The winner will be chosen on October 7th and will receive a Scholarship pass to the Symposium to attend In-Person or On-Line

Why don't cats play poker in the jungle? Too many cheetahs.



OMG!!! THAT'S HILARIOUS!!!

