



Newsletter of the International Board for Regression Therapy

Edition # 19 - November & December, 2023

The Space Between Us

Letter from our President:

Dearest Members,

It is heartbreaking to live with the grief and challenges that we are facing. The list of environmental, economic, political and inequality issues moving us towards extinction are overwhelming. We face the fact that many of us are working against each other and Mother Earth from a place of competition, entitlement, and domination, rather than from a place of togetherness.



Through our own regressions and the thousands of past life sessions we, as a collective of practitioners, have facilitated, we understand that there are forces at work here evolving us to higher awareness and dimensions of consciousness. And, somehow, most of the time, we manage being in the chaos, but not of it. Our version of the world is not limited to the three-dimensional reality of the physical plane.

As fellow travelers who have direct access to our soul's purpose and to the realities of spiritual realms, we have an opportunity to contribute to the shift needed for survival. Through sharing our grief, we feel connected through our humanness and vulnerability. If we can allow our pain and grief to meet in the soul space between us, we can transform our

fears, and wounding. Instead of running away from the chaos, we can use the energy to keep focused on the Light. Processing our trauma, pain and grief creates space for knowing and living in Oneness and embodying our soul connections in solace and hope for an awakened world. By honoring our pain, our hearts can break open to more love. The Light of the Love is a galvanizing force to activate this awakening. And knowing the Oneness, in our work and daily lives, we keep choosing to meet others in that liminal space through which the Oneness with all there is, is known. Bless you for creating the soul space in your work through which we can meet!

Many Blessings,


Holly

Our IBRT events and Gatherings are offered to you as a space to remember our Oneness and to be inspired and revitalized by our collective love.



Announcements

LinkedIn - IBRT has a page on LinkedIn. Please follow us and “like” our page.

	<p><u>International Board of Regression Therapy LinkedIn</u></p> <p>International Board of Regression Therapy IBRT is a Professional organization for Past Life Regression Therapists. A non-profit. IBRT is a Professional organization for Past Life Regression Therapists <u>www.linkedin.com</u></p>
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From Holly, about a podcast she was part of:

Hi Dear Friend and Fellow Traveler,

I was interviewed by Allen Rice for his podcast Audible River. I want to share my first podcast interview with you. The topic is dear to your hearts: Psychology and Spirituality. In this podcast I talk with Allen in depth about psycho-spiritual therapy techniques and making a connection with one's Higher Self. If any of you are interested in being interviewed, I will refer you to the podcaster for consideration. He is just getting started. I think he did a very professional job with the presentation, interview and the result. We all need to continue to “get the word out”!

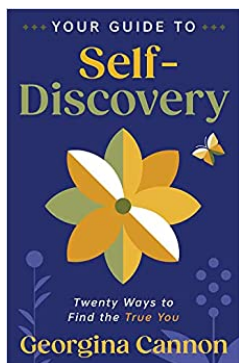
With love,
Holly

For more information about Audible River, or to sign up to be the next guest, here is the link - <https://audibleriverpodcast.podbean.com>



IBRT Book club

YOUR GUIDE TO SELF-DISCOVERY WITH GEORGINA CANNON



Our next meeting will be Thursday, November 30th, 4p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7p.m. ET. For our international members, it is 11p.m. UK time, 12a.m. European time. Georgina Cannon, will present her newest publication - *Your Guide to Self Discovery*.

Imagine the opportunity of doing an archeological dig of oneself in today's life! Who are you really? Getting to know yourself has never been easier. With practical introductions to twenty New Age modalities, this book will help you discover all your many facets.

An exciting opportunity to find out more about yourself and meet Georgina who will talk about her book *Your Guide to Self-Discovery*, and how you can change Karma, improve your relationships and introduce you to a couple of the other authors, including Lisa Greenfield, reader to the stars, who will demonstrate her chapter in the book, on how to read what your hands say about you.

Guests- Other authors from the book will be appearing.

About the Author

Georgina Cannon is an award-winning, board-certified, master consulting hypnotist and in 1997 founded the Ontario Hypnosis Centre, which within a few years became Canada's leading hypnosis training facility and clinic.





Articles

Choice in Reincarnation

An online article

Wehrstein, KM (2022). 'Choice in Reincarnation'. *Psi Encyclopedia*. London: The Society for Psychical Research. <<https://psi-encyclopedia.spr.ac.uk/articles/choice-reincarnation>>.

Retrieved 24 October 2023.

A frequently asked question about reincarnation concerns the circumstances of a person's new life. Are these destined by karma or decreed by a deity? Alternatively, might they be purely random, a matter of chance? And does the individual have any say in the matter? Reincarnation research suggests that in most cases many aspects of the new life are in fact freely chosen by the individual, although this is not always the case.

To read this article in full, here is the link: <https://psi-encyclopedia.spr.ac.uk/articles/choice-reincarnation>

SHARE YOUR MAGIC

Georgina Cannon - Author and Regression Therapist

Every time Spring flowers push their way through frozen earth, we see the magic. We see the wonder of this, and the fact we see it through the skin holes our eyes peer through itself is magical. We hear music through holes at the side of our head called ears... magic! So not only do we see and hear nature's magic, some of us can create the beauty we see and hear... that is truly magical.



And yet we take all of this for granted. Underestimating the magic we, I — you — carry and spread, knowingly and unknowingly. The ability to change someone's mood with a smile or hug. The ability to bring laughter, tears, or boredom with our words. The magic of touch — a warm friendly arm around a shoulder, a kiss on the forehead, lovers holding hands, even a handshake, skin-to-skin connection. Magic happens.

Also the magic of the energy we spread, knowingly or unknowingly. We leave a mark on everyone and everything around us. Every touch leaves your energy behind. Everything you create makes an impression and leaves a legacy both in solid matter and energy. Every stroke of a cat, every snuggle with a dog adds to the magic of life. It all adds up. It all adds up.

Some of the things that I have done and still do over the years, help spread the magic. Some are small, some a bit larger. I carry a small change purse with me and wherever I go, I drop a dime or quarter in a corner, or under a table in a restaurant, so when someone finds it, they say, "Oh this must be my lucky day!". It doesn't amount to much dollar-wise — maybe 1 or 2 dollars a week, and it's easy to do. Smile and greet co-riders in the elevator. Look the person in the eye when you're giving money to a homeless person and wish them well. When someone gives me excellent service whether it be a nurse, a mail carrier or a restaurant server, I ask for their name and find the manager and tell them about the good service. Little things can mean a lot.

Kindness matters. You matter. Your matter is magic.

Let us know how you spread your magic. What do you do to share your magic? What small — or large opportunities do you take to spread your light?

Think on this and celebrate the magic of you. And how you celebrate life and light.



Gatherings

We have a lovely list of events for the rest of this year, and even into 2024. Our October event was with Susan Lyon, *Doing Group Regressions Online*, was a great event, attended very well and loads of fun. Thank you, Susan.

November's Gathering takes place on the 16th, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. It will be a class with Devra Jacobs (our Social Media Guru), who will provide us with a basic hands-on interactive workshop on Facebook use, how to sign into an account, how to create a public page, how to post to a page. It's open to all IBRT members only and it's free.

December's Gathering will be on the 21st, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. It will be a Members only social gathering, on the Solstice, sharing our own ways of celebrating and acknowledging the season, as well as each other.

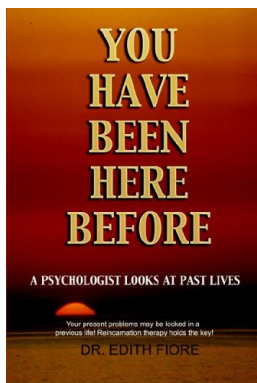
January's Gathering will be with Devra, again, on the 15th, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. It will be a workshop on how to make professional-style posts for social media using www.Canva.com. Learn how to create the 3 different kinds of posts that work. Open to IBRT members only and free.

In February, Holly Holmes-Meredith is going to talk to us about Angel Magick. The date is February 22, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET.



**“347 million friend requests!
I’m sorry I ever joined Facebook!”**

Book Nook



“You Have Been Here Before: A Psychologist Looks at Past Lives”, by Edith Fiore, August 2, 1978.

Another oldie, but goodie. This book is full of case histories of patients who have overcome debilitating phobias and problems through hypnotic regression to past lives evidence. This book offers a new approach to mental therapy and to self-knowledge. The roots of present-day problems might lie deep in the past, in another life. Here is the fascinating approach to problem-solving that is changing peoples' belief in reincarnation, life after death, and immortality.

In a deep hypnotic trance, a man tortured by insomnia recalls a life as a marshal in a western town. A sexually frigid woman remembers a tragic life as a slave girl. A man suffering from an inexplicable fear of heights recalls a violent death from a fall during the Middle Ages. Discover the roots of your present-day problems. They might be deep in your past, in another life.

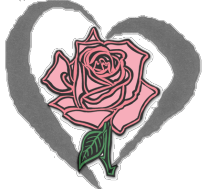
Dr. Edith Fiore received her Ph.D. in psychology from the University of Miami. She moved to and practiced in California for more than 30 years, first with a general clinical practice and then from 1975 on as a hypnotherapist. She retired in 1997. Dr. Fiore has lectured nationally and internationally and has trained more than two thousand professionals in her innovative techniques. She wrote three books on aspects of her work as a hypnotherapist.



Learning Center

The RoseHeart Center

RoseHeart



Center

with Virginia Waldron
Spring 2024 Training Program



National Guild of Hypnosis Professional Certification in Hypnosis Training
February and March, 2024.

Advanced Age Regression and Pre-Birth Techniques - April

Past Life Regression training - May

For more information, including dates and fees for the new Spring term, you can contact Virginia at gatkepr@gmail.com, or go to www.TheRoseHeartCenter.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

Register at:
www.HypnotherapyTraining.com



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

Monthly Reiki I and II Trainings on Zoom

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

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

200 Hour Certification in Hypnotherapy begins February 2024

Next Module for Shamanic Practices for West Direction begins in January 2024



Georgina Cannon changing minds

Past Life Regression Training Sessions January 13-14
Life Between Lives Facilitation Training Sessions Feb 24 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

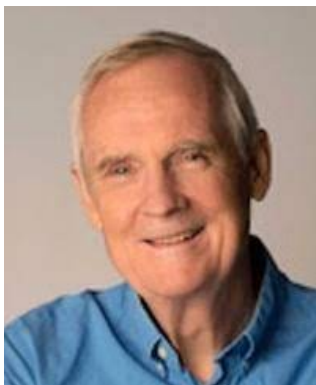
LISTEN: <https://www.podomatic.com/podcasts/georgina-cannon>

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/>

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



Imagine

I am thinking right now about all the frightening and disturbing things that are going on around our world, Israel and Gaza, Iran and China, Ukraine and Russia, all the people who are suffering, those who cause suffering in others and those who create suffering within ourselves, and I am reminded of John Lennon's wonderful song, "Imagine." It was written in early 1971, shortly after the final and legal dissolving of the Beatles. It was a time of pain and turmoil and change and unknown futures. Lennon himself stated the song was written around the concept of positive prayer, where you imagine a "world at peace", a world that has no countries and no religions, nothing to live or die for, nothing to fight over, just peace and love and joy. It is a call for peace. If we could all imagine a world that is at peace, each person at peace within themselves, first and foremost, wouldn't it be a much nicer world for

us to look forward to? If we all held that song, that image, that call for peace, within our hearts, each and every day, even for a moment, how much change could we manifest? All the people, living life in peace. ...

Our hearts are breaking with the images of so much violence and grief, and the actions of some, and the incredible suffering that humans are creating and causing, so much sadness, so much pain, so much fear. However, if these actions and choices are human based, humans choosing to do these horrific things to other humans, can we not make other choices, turn it around, can we not imagine a world of peace and love and joy, and make better more loving choices, instead? Maybe our hearts are breaking open, so that we can?

If John Lennon's song "Imagine" is a prayer, let it be our prayer. A positive prayer for peace, in our lifetimes; yes, please. Begin by making a prayer for peace within yourself. Have a good, happy, joyful Holiday Season, each and every one of you. Join us on December 21 for a Solstice Gathering, where we can all send a prayer for peace. Blessings - IBRT

