



Newsletter of the International Board for Regression Therapy

Edition # 16 - May and June 2023

When the Paranormal Becomes Normal

Dear Members,

None of the articles and books I have read about doing Past Life Regression Therapy directly discuss one of the most exciting effects of facilitating or experiencing past life regressions: Past Life Therapy opens a doorway to the paranormal.



A day in the life of a Regression Therapist includes talking with the dead, experiencing non-linear time, contact with angels, guides and masters of wisdom, out of body experiences, hanging out in non-physical dimensions, contact with non human and ET life forms, having access to the past and future, energetic healing, and an expansion of consciousness that affects all aspects of daily life. As in the world of the mystics, our direct *experiences* through doing Regression Therapy inform our spirituality and the evolution of our consciousness.

In our lives the paranormal does, in fact, become the normal. We walk with one foot in both worlds: the three dimensional, physical world and the world of multi-dimensionality. For our May Gathering we have invited a renown paranormal investigator, Loyd Auerbach to give a talk on ghosts and the research being done on consciousness surviving physical death.

In parapsychology the worlds begin to meet. It is not an *either/or* but a *both/and* paradigm that marries science and spirituality, the normal and the paranormal.

Join us on May 25 and discover how parapsychology is another doorway to normalizing the paranormal... what we Regression Therapists and our clients have come to experience commonly in our daily lives.

Many Blessings,
Holly

Announcements

With Gratitude and Love



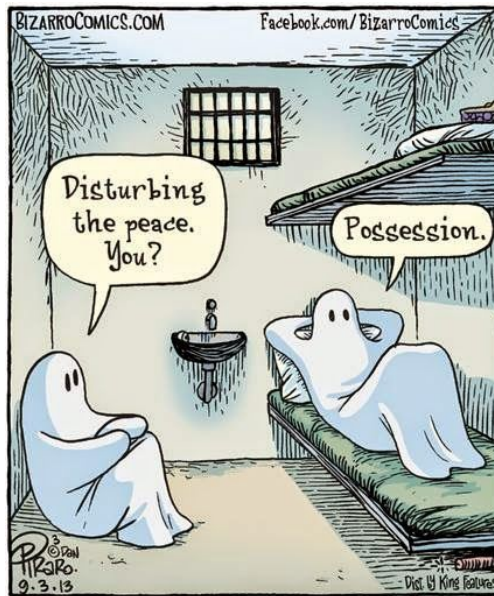
Greg McHugh is retiring from your Board of Directors after over a decade of service.

Greg's personal journey directed him into what he considers this soul work after healing a serious eye disease through a series of synchronicities and a past life regression. In his late 20's Greg studied Gestalt and existential psychology and became a therapist. In pursuit of spirituality, he became a priest after joining a Gnostic spiritual community. Greg became a Past Life Therapist in the early 2000's after reading Bill Baldwin's book *Spirit Releasement Therapy* and was IBRT Board Certified in 2013. Greg's work includes teaching, writing and working with clients, much of which is based on the techniques he has developed combining PLT and SRT with other transformational modalities. He will be doing an on-line spirit releasement training based on his book *The New Regression Therapy* this spring with Russian students and a translator.

Doing the work of Regression Therapy has expanded him through the awareness that love brings healing to others. Greg experiences that the more he engages in this work, the more he feels a glowing inside of that love.

Greg shares a strong commitment to promoting the quality of this valuable work and as a Board member he enjoyed the love, and camaraderie of community in service of our members and our clients. Greg has an exalted spirit, a warm, inclusive humor and a loving and inspiring presence that we will miss at our monthly meetings. He will continue to engage in his teaching and his private practice and we will see him at IBRT events. We are grateful.

The IBRT Board.



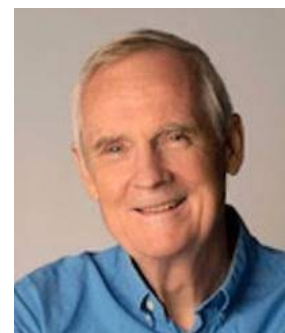
Articles

Regression Therapy and Pain: Findings from Student Case Studies

Sam Jones, Ph.D., Dip. RTh., Ct. Hyp., Heather Walkley, Dip. RTh., Ct. Hyp.
Andy Tomlinson, BSc (psy), Dip THP, Dip IRT, CRT, Jessie Stringer, M.S., Dip. RTh., Ct.
Hyp., Imane Kurdi, Ph.D., Dip. RTh., Ct. Hyp., Ct. LBL.

Introduction

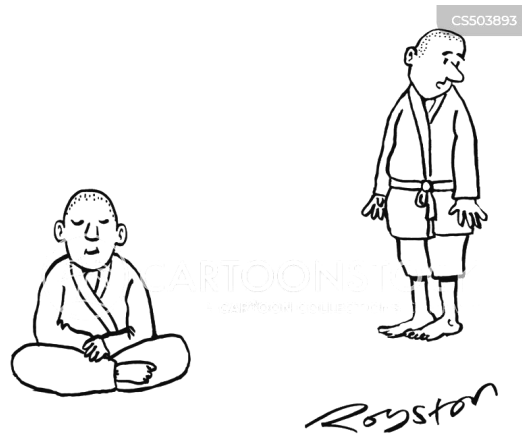
This short article reports on the changes in pain levels experienced among clients who volunteered as practice subjects for students of the Past Life Regression Academy. Students of the Past Life Regression Academy are required to conduct five case studies for assessment following their training, which normally includes more than one session per case study. They use regression therapy that includes; past life regression, inner child current life regression and importantly for physical pain symptoms, body therapy. Students document, among other things, changes in symptoms experienced by their clients using the 'Subjective Units of Distress/ Disturbance Scale' (SUDs) which is a scale of 0 to 10 for measuring the subjective intensity of disturbance or distress currently experienced by an individual. The findings from the analysis of 'before' and 'after' SUDs scores for clients experiencing 'inexplicable pain' is reported here.



To read this article in full, pro to the Articles page.

Members - videos, please!

Devra Jacobs, our media specialist, has asked members to create IBRT supportive videos or quotes and photos for social media... something like: "Let's Grow Together!!! Send us a quote, either written or on video, about why you enjoy being a member of IBRT - the benefit etc... together with a photo that we can use on social media. If you have questions about how or what to say, please send to www.georginacannon.com



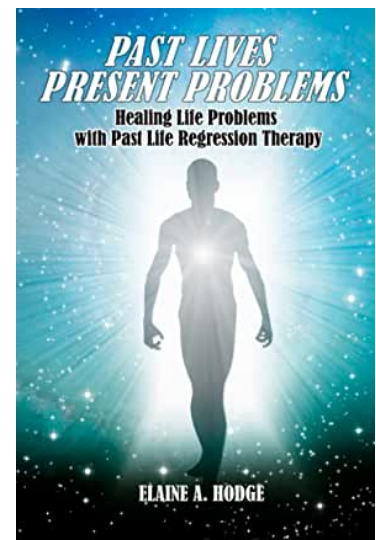
"I see you decluttered."

Book Nook

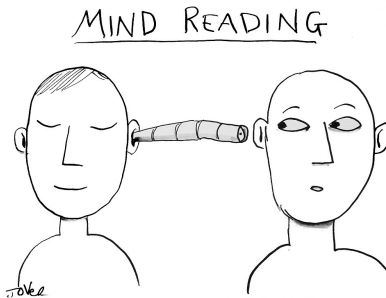
Past Lives Present Problems: Healing Life Problems with Past Life Regression Therapy, by Dr. Elaine Arena Hodge

Past Lives Present Problems is a fascinating and hopeful book for those who are struggling with trauma or emotional pain and have had little success with conventional therapy. Dr. Hodge reveals her personal journey through trauma and struggles in her life and how she became free. She used her experience to develop a therapeutic approach called *Inner Therapy* which includes Past Life Regression and allows a person to get in touch with their spiritual self.

Whether you are struggling with depression, anxiety, relationship issues, phobias, fear of death, financial worries or finding a meaning in life, Past Life Regression therapy can help. The book details many examples of clients Dr. Hodge worked with and how they became free from whatever was troubling them.



The amazing part of this therapy is that you don't necessarily have to believe in past lives in order for the process to work. Past Life Regression is an incredible approach to allowing people to release themselves from their emotional bondage and have a life they could never have imagined.

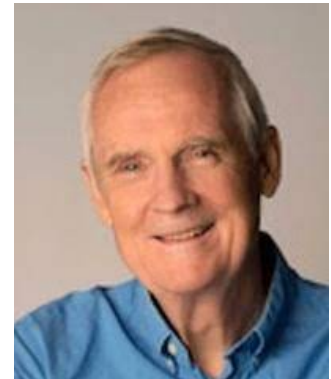


Learning Center

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 17 May 2023 and for more information see <https://www.regessionacademy.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; regessionacademy@gmail.com

Learning Center

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
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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 Wed. 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 in 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 and with wisdom and understanding look to the future

Pre-requisites – Hypnosis or NLP training, plus working with clients for at least one year.

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, www.georginacannon.com.

RoseHeart



The RoseHeart Center with Virginia Waldron
Fall 2023 Training Program

Center

National Guild of Hypnosis Professional

Certification in Hypnosis Training - Sept and October

Advanced Age Regression and Pre-Birth Techniques - October.

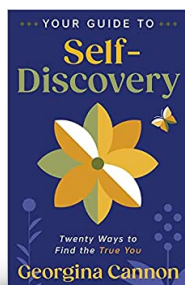
Past Life Regression training - November and December



For more information, including dates and fees for Fall term, please contact Virginia at gatkepr@gmail.com.

IBRT Book club

Our next meeting will be Saturday, May 20th, 11AM PDT, 12PM MDT, 1PM CDT, and 2PM EDT. For our international members, it is 7PM UK time, 8PM European time. Georgina Cannon, will present her newest publication - *Your Guide to Self Discovery*.



Getting to know yourself has never been easier. With practical introductions to 20 New Age modalities, this book will help you discover all your many facets. Each chapter offers a concise summary of a single topic written by an expert in that field. Explore your emotional intelligence with Beryl Comar and your Akashic Records with Maureen St. Germain. Find the meaning behind recurring dreams with Dr. Kelly Sullivan Walden and examine your emotional DNA with Judy Wilkins Smith.

Other contributors including Dr. Paulette Kouffman Sherman, Lisa Greenfield, and Richard Webster will kickstart your self-discovery with insightful passages and tutorials on: Birth Order • Numerology • Dreams • Emotional Intelligence • Palmistry • Karma • Astrology • Creative Superpowers • Family Constellations • Animal Guides • Past Lives • Archetypes • Face Reading • Enneagrams • Relationships • Personal SWOT Analysis • Akashic Records • Neuro-Linguistic Programming • Angels • Auras



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.



Gatherings

Our April Gathering was SHAMANISM AS A HEALING MODALITY with Christine Alisa. The video of her presentation is available on our YouTube link, which you can find when you go to our website.

Below is some additional information for the presentation by Christine Alisa, MS, LMFT, PLRT, SP

Recommended Books on Shamanism

Shamanic Journeying: A Beginner's Guide by Sandra Ingerman plus many other books by her.

The Way of the Shaman by Michael Harner

Animal Speak: The Spiritual & Magical Powers of Creatures Great & Small by Ted Andrews

Animal Spirit Guides: An Easy-to-Use Handbook for Identifying and Understanding Your Power

Animals and Animal Spirit Helpers by Steven D. Farmer, Ph.D.

Your Amazing Itty Bitty The Ordinary Shaman: 15 Simple Steps to Bring Shamanism Into Your Life
by Christine Alisa, M.S.

The Wisdom of the Shamans: What the Ancient Masters Can Teach Us about Love and Life by Don Miguel Ruiz

Many books by Alberto Villoldo

Shamanic Organizations:

The Foundation for Shamanic Studies <https://shamanism.org/fssinfo/index.html>

The Four Winds <https://thefourwinds.com>

Christine Alisa is a Licensed Marriage Family Therapist, Past Life Regression Therapist, Shamanic Practitioner, author, international trainer of therapists and energy facilitator.

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www.facebook.com/ChristineAlisaMS

www.christinealisa.com

For our Gathering in May we have invited Loyd Auerbach, a paranormal investigator, to share some of his best ghost stories with us. The date is May 25th, 4pm PT, 5pm, CT, 6:00 pm MT, and 7PM ET.

Our Gathering in June will offer a panel of trainers: Michele Granberg, Andy Tomlinson, and Patricia Walsh. Date and time are Friday June 30, noon PT, 1pm CT, 2pm MT, and 3pm ET.

Topic: What if.....

Your client has a traumatic experience ?

The client doesn't go anywhere or access any content to a past life?

Your client goes into another dimension ?

Your client is an animal ?

Your client feels guilty having a spontaneous regression or engaging in a PL session because their religion doesn't support the concept of reincarnation ?

An unsuspecting client spontaneously encounters a negative or dark energy ?

Your client experiences several past lives all at once ?

Your client pops into another past life before going through the death experience and inter life phase of the regression?

(We are open to other suggestions for topics)



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"God, it gives me the creeps when he does that. I swear that goldfish is possessed or something."

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