



## The International Board for Regression Therapy

The Board of Examiners for the Certification of Past Life Therapists,  
Past Life Researchers and Training Programs

### *IBRT Newsletter*

*Edition # 10 - May and June - 2022*

# Mother's Day and Mother Earth

Letter from the President

Dear Members,

The theme for this newsletter is centered around Mother's Day: an appropriate focus for this time of year and this time of being a citizen on earth. We need our Mother! It is only through resurrecting and embodying the Divine Feminine principles that we will give birth to the new world and the consciousness that will enable the healing of the environment, the end of war, the toxic patriarchal entitlement, and the unraveling we experience all around us now. We call to our Mother for wisdom and the awakening of the Oneness that will bring balance, peace and rebirth. We need our Mother to hold us, to give us strength, to help us to live out our soul agreements to be the light and change, even in the midst of our own losses, pain and grief. We need her grounding as we show up for the healing that our karma-bending and soul-remembering regression work supports.

We call to her:



Feminine Face of the Holy One,  
You are known by many names, but all of them mean Mother.  
You have appeared since time of our earliest ancestors  
As the embodiment of mercy and compassion.  
You have been celebrated in song and scripture  
As the essence of Sacred Wisdom.  
You have lived a fully, deeply human life,  
And this humanity is what helps us feel close to you.  
Do not hide your face from us now.

This world is yearning for your Mother-Love.  
Show our leaders how to guide us  
With respect for our dignity and well-being.  
Teach us to love one another  
with boundless patience  
and unbridled joy.

By Mirabai Starr



## Articles

YAY, I GRADUATED!

By Georgina Cannon

The exultant shout-out after passing the exam. A day later, we realize the true learning has now begun. What to do now?

There's oftentimes a trepidation from students about practicing what they have learned, going beyond the safety of the classroom onto 'real life clients.' Sometimes we take another course and then another course, learning, absorbing, building our talk-about knowledge without using it.

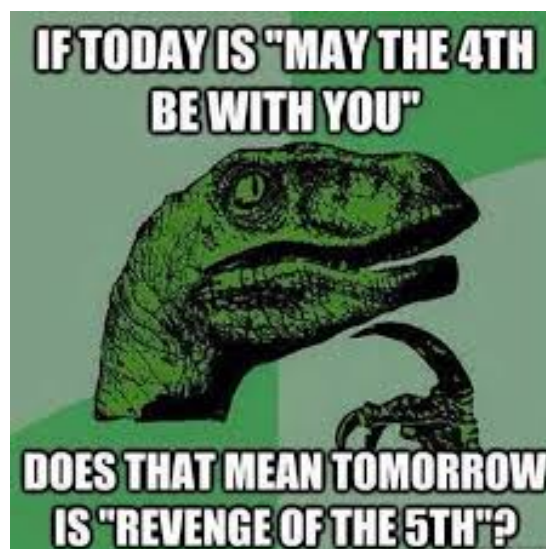
A key learning here, I've found, is this trepidation comes from a good place. We only want what's best for our clients and we become overly cautious in using the protocols and information we have learned.

But the reality is this:  
We never stop learning.  
From our teachers  
From our clients.  
From reading.  
From life.

Even after over 25 years of facilitating clients, I am still learning – being blessed by teachers who present at IBRT, the myriad of on-line courses, seminars and network workshops available from instructors of all modalities from around the world.

Yes, I have the certificates – but have I “graduated”? No, not really.  
So I'm asking you to be brave. Be generous, and share what you have newly learned, what you know, for the benefit of your clients. And know, that there will always be more to absorb. You'll keep watching, learning and using your mind to strategize and your heart to intuit for the rest of your productive never-ending life. So be it!

Georgina Cannon is an accredited IBRT teacher, a National Guild of Hypnotists Instructor, author and Instructor at the University of Toronto. She can be reached at [georgina@georginacannon.com](mailto:georgina@georginacannon.com)



## Book Nook

### **Conversations with a Hungry Ghost: Memoir of a Reluctant Medium (A Spiritual Growth Series Book 1) by Carole Louie**

After a lifetime of blocking the ghosts who tried to talk to her, Carole found the courage to overcome her fear to speak with her father's ghost. Their conversations helped Carole understand her father's reluctance to share his story about his journey from China to the U.S. and guided her to the Louie family ancestral villages. Their conversations were more than a genealogical exploration; they were the beginning of a spiritual journey, a journey into the spirit world and past lives, a path of healing and love. The book can be found on [Amazon!](#)

## Learning Center

Changing Minds with Georgina Cannon

[www.georginacannon.com](http://www.georginacannon.com)

Instructor, School of Continuing Studies, University of Toronto

Past Life Regression Training May 22 and 23,

Life Between Lives Facilitation Training May 28 and 29

Pre-requisite: Hypnosis or other spiritual protocol training

[www.georginacannon.com/training](http://www.georginacannon.com/training) or

[elle@georginacannon.com](mailto:elle@georginacannon.com)



And don't forget our free Friday 30 minute meditations on

Zoom, 12 noon EST. For information and links contact [Elle@georginacannon.com](mailto:Elle@georginacannon.com)



The HCH Institute with Holly Holmes-Meredith

A FREE weekly online prayer and transmission meditation for sending healing to the world and to ourselves. Mondays 7PM Pacific time. Bring prayers, poems and an open heart. Go to [Hypnotherapytraining.com/soul-tribe](http://Hypnotherapytraining.com/soul-tribe) to register.

A FREE weekly Reiki Clinic on line. Give and receive Reiki. No Reiki experience needed.

Go to [HypnotherapyTraining.com/free-reiki-clinic](http://HypnotherapyTraining.com/free-reiki-clinic) to register.

FREE Open House at HCH Institute online. Tuesday May 17, 7PM Pacific Time. Go to [Hypnotherapytraining.com/hypnotherapy](http://Hypnotherapytraining.com/hypnotherapy) to register

Starting in June: A 200 Hour online Transpersonal Hypnotherapy Training with Holly Holmes-Meredith at HCH Institute.

Shamanic Training Certification at HCH Institute online. Begins in May. Go to [Hypnotherapytraining.com/shamanism-training](http://Hypnotherapytraining.com/shamanism-training) to learn more.

LOW FEE PAST-LIFE THERAPY and transpersonal hypnotherapy online. \$40/session four sessions for \$140. Provided by graduates of HCH Hypnotherapy and Past Life Therapy trainings.



## Gatherings

Virginia Waldron and Valerie Deveraux co-presented the March IBRT Gathering focusing on the skills of pre-natal, womb and birth regressions. Virginia's teaching was a detailed map of the research, and the hows and whys of facilitating present life and past life birth regressions. The content was so thorough that we regression practitioners got access to a whole module of skills we can utilize immediately. Valerie amplified Virginia's map by sharing her profound experience and the beneficial effects of doing her own regression to the womb and birth experience. Watch it for yourself at this link: <https://www.ibrt.org/gatherings>.



## Our next Gathering

### May's Gathering - Cosmic Marketing and Conscious Manifesting

With Holly Holmes-Meredith

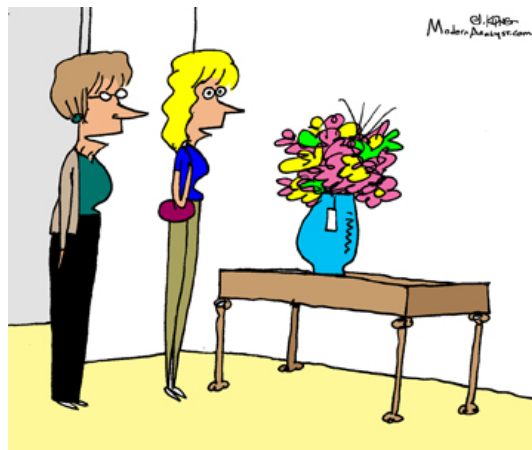


Wednesday, May 25 - 4pm PT, 5pm MT, 6pm CT, 7pm ET

In this experiential Gathering you will learn the basics of Cosmic Marketing and Conscious Manifesting. It begins with clearing anything, that in any way, may be blocking conscious manifesting. Holly will introduce several tools and strategies to discover and unlock the blocks and to focus and refine your ability to consciously manifest. There is one important concept that most manifesting approaches is missing. We will focus on this missing piece to support your manifesting successes. Holly will guide the group through a Cosmic Marketing/Conscious

Manifesting process. Have in mind an idea or some specifics that you would like to bring into manifestation. A free download of her *Ultimate Hypnotherapist* recording that has *Cosmic Marketing Hypnosis* will be included.

Holly has been in private practice as a licensed psychotherapist and training hypnotherapists since the early 1980s. While she continued to study mysticism and metaphysics, she began applying the principles she learned in support of manifesting her clients and students and in building her business and her healing and learning community. This workshop will cover the metaphysical principles and some practical tools to enhance the success of your business and manifesting your goals.



**"They are from my son. He's a Business Analyst."**

**"Oh...What does he do?"**

**"I have no idea!"**

## IBRT Book Club

Our first Book Club meeting was an inspiration! Peter Smith, the author of *Quantum Consciousness*, guided us through a Zoom presentation that gave a user-friendly explanation of quantum physics and a map of how working directly with the quantum field can shift consciousness and support healing. The concept and approach are exceedingly appropriate for our work and an added dimension to our regression skills. We were delighted that 27 IBRT members attended! You may watch the video of Peter's presentation. Here is the link: <https://www.ibrt.org/book-club>

### Reflections on IBRT's First Quarterly Book Club Meeting

By Peter Wright

Pete Smith was our guest author for the first Zoom meeting of IBRT's Book Club on March 9. He spoke about his book, **Quantum Consciousness -- Expanding Your Personal Universe**. The attendance was IBRT's largest so far. Thirty-five people signed up!

Pete Smith is a Past-Life Regression Therapist from Australia who served as the President of the Michael Newton Institute for Life Between Lives Hypnotherapy for 10 years.

His Quantum Consciousness is a brand new non-hypnotic cutting edge approach to healing that can give you access to six different realms of consciousness – including alternate realities, other dimensions and parallel lives

For the past eight years, Pete's Institute for Quantum Consciousness has been offering the *Quantum Consciousness Experience* through its network of trained facilitators.

Last November, Pete's Institute published a research study entitled, *III Cases of Interdimensional Consciousness*. Here are some of the highlights.

The Institute defines Interdimensional Consciousness as our consciousness in action beyond human form and beyond this dimension.

While most people look skyward for cosmic connections, Peter's Quantum Consciousness Protocol enables the client to look within themselves. By entering into an expanded state, the client can discover their cosmic connections as they explore five different realms of our universe.

The study's major findings included:

The landscape of the universe (beyond our physical earthly existence) embraces energy and light and it is within our reach through a metaphysical experience.

Life exists on other planets. Sometimes it may be us, in other incarnational forms. Further, we can connect with these off-world civilizations without using physical contact. And we can easily communicate with these off-world civilizations using our language.

The deeper truth is that each of us is so much more than we could ever imagine. It is also incredibly empowering to discover that the answers we seek are already held within each of us.

By having a greater understanding of how the universe works and knowing how we can influence it, we can become consciousness in action. We can be in charge of our own destiny, and creators of a new world, in tune with the greater universe itself.

The research study underscores that our overall purpose is simply to realize that we are part of something greater than ourselves. We are more than we have ever been told. As we embrace that possibility, it emerges in all its limitlessness. That, more than anything, is the message that people deserve to hear....

Please click here to access this research paper, *III Cases of Interdimensional Consciousness*.  
<https://www.instituteforquantumconsciousness.com/research.html>

Click the link below to watch Peter Smith's IBRT Book Club presentation on YouTube.  
<https://www.youtube.com/watch?v=BQEzGOzLPxs&t=5s>

Visit Peter's website online at [www.QuantumConsciousness.com.au](http://www.QuantumConsciousness.com.au).

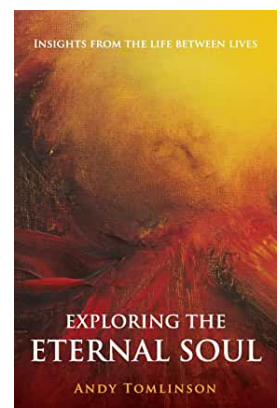
## Next Book Club Meeting in June

Our next meeting will be Sunday, June 12, 7PM BST (UK Time), 2PM EST, (East Coast), and 11AM PST (West Coast). The book is *Healing the Eternal Soul- Insights from Past Life and Spiritual Regression* by Andy Tomlinson.

Andy has been a long-time member of IBRT and an accredited trainer of Past Life Regression Therapists, and author of several books on Past Life Regression Therapy, including his newest book, *Healing the Eternal Soul- Insights from Past Life and Spiritual Regression*.

Andy Tomlinson will talk about his book and strongly recommends you read it first so we can have a more interactive discussion. It's available in hard copy and e-book format from most internet book shops. Questions to consider when reading the book are;

“How do emotional memories get transferred from one life to another





given that souls shed emotions as part of the between-lives experience?"

"What is the spiritual perception of suicide?"

"How much choice do souls have in the plan for future reincarnation?"

"Does the past, present and future all exist at the same time?"

"Are spirit attachments real and if so what purpose do they serve?"



Andy Tomlinson is a psychology graduate and registered psychotherapist. He has been trained in regression therapy by Roger Woolger and life between lives regression therapy by Michael Newton and is the founder of the *Past Life Regression Academy*, founder member of the *Spiritual Regression Therapy Association*, the *Earth Association of Regression Therapy* and the *Society of Medical Advance and Research with Regression Therapy* and is a member of the IBRT. Andy is the author of *Healing the Eternal Soul*, *Exploring the Eternal Soul*, and editor of *Transforming the Eternal Soul* all of which have been seen as making important contributions to the field of

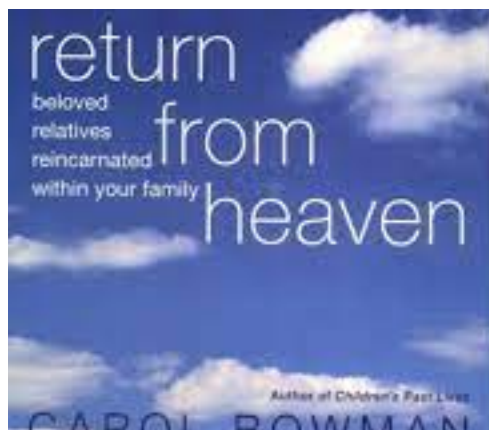
past life and life between lives and regression. For further information about Andy or his work see his website: [www.regressionacademy.com](http://www.regressionacademy.com).

## Research

# Beyond Disbelief

Children's Past Lives and the Continuum of Personality

By Carol Bowman, MS



Submitted to Bigelow Institute for Consciousness Studies August, 2021

I'm convinced. Without a doubt, the best evidence for the continuation of consciousness beyond death is the *spontaneous past life memories of very young children*.

The children are remembering being here before, in other bodies, as distinct individuals. Which means, therefore, that some form of identity—a cluster of personality, memory, emotion—survives bodily death and travels full circle to be reborn: the working definition of *reincarnation*. It's a natural phenomenon, supported by thousands of cases reported all over the world, from all cultures, regardless of religious beliefs—including Western cultures that *don't* believe in reincarnation.

I'm convinced from working directly with American families, counseling parents whose children are spontaneously remembering and acting out a past life. I've collected scores of cases. These cases contain plenty of hard evidence—statements, behaviors, and birthmarks—that can't be explained except by reincarnation.

But my objective, when I started, was *not* to compile evidence for reincarnation. It was, instead, to learn and understand the phenomenon of children's past life memories well enough to be able to help the parents, to advise and guide them when their child suddenly begins talking about “when I died.”

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



Happy Mother's Day to one and all!