



Newsletter of the International Board for Regression Therapy

Edition # 31 November & December 2025

Dark Night of the Soul

Letter from The Board

We are all on a journey, sometimes together and sometimes on our own, and this journey is called Life. At the present moment, it feels to me as if this journey has gotten off track, has become dark and painful and uncertain. Some of us even feel abandoned and alone. It is important to keep in mind, however, that is just how it feels, it is not what it is.

There is a term famously described by St. John of the Cross called the Dark Night of the Soul. Believe it or not, this experience has a purpose. It ultimately strips away false comforts and leads one to a deeper, more authentic spiritual awakening and a new sense of purpose. It is called “The Dark Night of the Soul,” because darkness represents the hardships and difficulties the Soul meets in detachment from the world and reaching the light of the union with the Creator. It is a spiritual metaphor for a prolonged period of spiritual crisis characterized by doubt, emptiness, and a feeling of being disconnected from one's spirituality. It is a difficult, transformative process where one's old beliefs and sense of self collapse, leading to confusion and a feeling that one's prayers are unanswered.

Today, this journey might better be called the Dark Night of the Planetary Soul. It seems a large proportion of the human population is experiencing this. Not just in the USA, but human beings around the globe are feeling detached and abandoned. It is as if Gaia herself is shifting and clearing away debris that no longer serves her purpose. Some of the aspects of this journey may include emptiness, meaninglessness, and spiritual confusion or crisis, and it can feel as if the external framework of life is collapsing, which can lead to a sense of feeling lost with no clear path ahead. Many explain it as intense anxiety and a general feeling of fear, self-doubt, or of being stuck.

How can one move through this journey? Acknowledge the pain, sit inside the pain and allow yourself to experience it without judgment or self-criticism. Recognize what you are actually experiencing even if you don't understand why. The “why” may be global, personal, spiritual, or combinations of all. Understanding the “why” of it may come later, or maybe even not at all. Surrender to the process.

Self-care is very important on this journey. Journaling and meditation can be very helpful in recognizing and acknowledging this experience. Rest and sleep are crucial for the body to be able to cope with the levels of stress, anxiety and fear. The body cannot move through its natural healing processes with sufficient sleep and rest. Eat well and stay hydrated to support your physical and emotional health. Spend time in nature, talk to the trees, watch the sunlight glint off the water, listen to the birds, feel the air on your skin. And, if necessary, seek professional help and guidance if it's too intense for you to manage on your own.

Allow the process to unfold, explore the lessons it offers, and practice gentleness with yourself. Pay attention to your inner guidance and what your intuition, your body, and your mind need to feel grounded and whole again. Some may find it helpful to withdraw from external distractions as much as possible during this process. Reducing social commitments and avoiding too much external stimulation will allow more time for self-care. Use creative outlets such as art, music, writing, or poetry to engage with your direct experience and inner wisdom

Once one has gone through the dark night of the soul one finds more connection with one's deep self and a spiritual awakening as if reborn. This process often leads to transformed states of consciousness as well as a renewed perspective and sense of purpose and love. It is like a spiritual detox that leads to the death of the old ego-based self, and paving the way for a deeper understanding of Self, and a transformation into a more open, spiritual and authentic being.

The final stage of this journey involves reintegrating this new self into Life, forming new attachments, and acting on one's newfound understanding with a greater sense of purpose as well as a deeper connection to the world beyond self. As the old structures and frameworks of the external world and society collapse, we begin to see things more authentically, and emerge with a stronger resilience and a clearer understanding of our path and our spiritual journey.

Keep in mind that however long this particular part of our journey here on Earth lasts, there is Divine purpose and support. We do not journey alone. And, also, that Time is a human construct based on the Earth plane. However long it lasts, 4 years, 10 years, your lifetime, we all move forward at our own pace and, ultimately, we all move into the Light of our Divine Self. Maintain your own deep connection to the Light, and what you know to be authentic and true. No matter what the foolishness and nonsense that surrounds us calls us to do or believe, you know your own Truth. Follow the Truth that will guide you, strong and sure, into the Light.

In Love and Light, Virginia Waldron

The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering. — Ben Okri

Announcements



It is with deep gratitude we honor Georgina Cannon's retirement and her decades of involvement with IBRT as a Board Certified Practitioner, an Accredited Past Life Therapy Trainer and a creative and productive member of the IBRT Board of Directors.

Thank you, Georgina, for your marketing wizardry, your wise perspectives on teaching and working with students, and your many books which guide and teach the subtleties of our work. Thank you for your hand-holding and inspiration in writing and publishing our collaborative IBRT book, and your deep commitment to Spirit. Your heart and soul has made lasting imprints with us as an accomplished mentor and a loving companion and friend. May your retirement bring you new dimensions of growth, peace and love.



Howard Batie has had an impressive career as a Hypnotherapist, Healer and Metaphysician who has extensively explored and documented the non-physical spiritual realms. Over the years, he has been quite active with IBRT as a speaker at several of our Live Webinars.

For more than 25 years, Howard offered advanced Hypnotherapy services at his Evergreen Healing Arts Center in Chehalis, WA. Before his retirement, he specialized in pain management, Past-Life Regression, Life Between Lives and Spiritual Regression.

His own "Spiritual Journeys" technique (see below) enabled his channeling students to consciously meet and receive information in detailed, two-way conversations with virtually any higher-dimensional physical or non-physical beings, including Spirit Guides, Archangels, Ascended Masters, and benevolent ETs, among others.

Howard is an award-winning author of seven books, including **The ETs Speak: Who We Are And Why We're Here**, **Spiritual Journeys: A Practical Methodology for Accelerated Spiritual Development and Experiential Exploration**, and his latest, **The Elephant in the Room... and Other Anomalies**.

The newest member of the IBRT board is Kathy Hagen, the Founder of InnerStrength Innovations and an InnerStrength Catalyst who guides individuals through soul-centered transformation. A Certified Consulting Hypnotist and Certified Mind Shifting Coach, she facilitates past life and



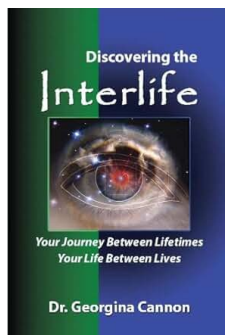
between-life explorations, spirit releasement, and intuitive integration. Drawing on decades of experience in leadership, holistic wellness, and spiritual exploration, Kathy helps others their strengthen intuition, find clarity, and live with authenticity and purpose.

Messages from you is a new addition to Reflections. Many of you channel divine guides and messages for yourself or for others. Each of you has a gift and a perspective that would be helpful for us all at this time. IBRT is inviting you to volunteer some of your magic for the benefit of our membership. Each issue of Reflections will share some of these messages. There might be a specific question or issue, or maybe just open channeling. Whatever works for you. Send your messages to your editor, Virginia Waldron, at gatkepr@gmail.com. Depending on how many are received, all or some will be posted in the next issue. Blessings.

Mentoring Meetings will be suspended until after the New Year, due to all of us having crazy full schedules at this time. See you then!

Love is a force more formidable than any other. It is invisible - it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could. — Barbara De Angelis

Book Nook



Discovering the Interlife : Your Journey Between Lifetimes by Georgina Cannon

Some folks call it Bardo, others the "Blue Mist" — the space between your current life and the one before. It's the time between death and re-entering the womb for another life. But what goes on in that time-space? What happens to the soul?

What do we learn, or more importantly, what do we need to learn from that time?

Many writers, and including those with Near-death Experiences, have documented the visions, the experiences that happen during those times. And they mostly follow similar patterns. The Soul Group, the learning process, the Council of Elders, the choice of the new body/life we make before re-entering this world. Often, questions are answered: What are the key elements of purpose of my "thumbprint" soul? Who are the people that I have journeyed with from lifetime to lifetime? What is the purpose of my journey in this lifetime? How and why did I choose this particular body and brain? These are fascinating and profoundly moving questions and answers.

Discovering the Interlife explores the history of belief in Life Between Lives and gives key insights into the fascinating subject. From historical perspective to contemporary experiences, including case studies of Life Between Lives sessions, both those who are new to this concept and those who are already aware of it will love this book. Included are detailed instructions and a script that can be used to create a recording for facilitation into one's Life Between Lives!

Articles

The Spirit of Transformation in Past Lives by Marilyn Gordon

From THE INTERNATIONAL JOURNAL OF REGRESSION THERAPY
Issue 12, Volume VIII

This article combines transformational healing with Past Life Therapy. It puts forward a three-step process for experiencing, releasing, and transforming the root causes of human predicaments, with particular application to the root causes found in Past Lives. The author discusses the principles of this approach, highlights various techniques, and gives examples from cases.



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

What the great mentor is always looking for is a person who is willing to tap his genius, to put it through the refiner's fire, to do the hard work to develop it. Indeed, mentoring is the medieval art of alchemy—turning plain old human steel into hearts and minds of gold.

— Oliver DeMille

Learning Center

RoseHeart



www.TheRoseHeartCenter.com

With Virginia Waldron, CH, CI

The RoseHeart Center will be moving into a new location in December. The RoseHeart Cottage, in Manlius, NY, will have its Open House in December. Please stay tuned for more details.

The RoseHeart Spiritual Academy

With Virginia Waldron, CH, CI



Professional Training Schedule

The National Guild of Hypnotists Certification Training Program will be offered in April, 2026. To find out more, including dates and fees, please go to www.TheRoseHeartCenter.com and scroll down the menu until The RoseHeart Spiritual Academy.

HCH INSTITUTE



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HCH Institute for Hypnotherapy and Psycho-spiritual Trainings,

with Holly Holmes-Meredith, D Min, MFST

Go to www.HypnotherapyTraining.com for more information or to register

All classes are online in Pacific Time zone.

Next 200-hour Certification in Hypnotherapy begins February, 2026.

Open House is Monday January, 12, 7p.m. PT

Past Life Therapy Training January 9, 16, 23, 30 from 3 to 6p.m. PT. (Requires training in Hypnotherapy as a prerequisite).

FREE Reiki Meet-up every Tuesday at 7p.m. PT.

FREE monthly Meet-up Second Wednesday of the month, 7p.m. PT: Self Care for these Challenging Times

Focus for November is The Power of Group Healing

Exploring Gateways to Higher Consciousness meets monthly the 3rd Wednesday, 7p.m. PT

Next Shamanic Practices Certification next Training Module begins January 2026

Join our Monthly Past Life Group Regression online on Zoom, first Wednesday of every month.

Low fee Hypnotherapy and Past Life Sessions \$40/ session, by appointment.

Bi-monthly Classes in Reiki.

Therapy and Integration Meet-up With Susan Lyons

First Wednesday of every month. \$40

Link to sign up: <https://www.hypnotherapytraining.com/past-life-therapy-integration>

Topics and dates:

September 3- Exploring a Past Life as a Healer

October 1- Exploring a Past Life Relationship

November 5- Talking with the Dead

December 3- Introduction into a Future Life Incarnation Progression

Susan Lyons

CCHT (Certified Clinical Hypnotherapist)

Spiritual Hypnotherapist

Board Certified Regression Therapist

Reiki Master



Discoveryyourtruself.com

<https://instagram.com/discoveryyourtruself>

(925)-360-9767

Kim Kane with HCH Institute *Exploring Gateways to Higher Consciousness*

3rd Wednesday of each month.

A monthly community for those interested in deep exploration, spiritual growth, and conscious creation. Together, we open our minds to new ways of thinking, embark on collective journeys, and support one another through shared reflection and practical integration.

Each session may offer a variety of experiences, such as grounding techniques, practical tools, group reflections, and ongoing support to help you bring what you learn into your daily life. A central component is often an expanded state journey—a guided meditation or visualization designed to help participants access deeper levels of awareness. In these sessions, you are invited to explore beyond everyday thoughts and perceptions and connect with a broader field of higher consciousness.



[For more information or to register click here.](#)

Nov 19, 2025: Time as Non-linear, Rewriting the Past and Anchoring the Future

Dec 17, 2025: Quantum Consciousness and the Soul's Blueprint

*Gratitude helps us stop trying to control outcomes. It is the key that unlocks positive energy in our life. It is the alchemy that turns problems into blessings, and the unexpected into gifts. --
Melody Beattie*

IBRT Live Webinars

Unless otherwise noted, our live Webinars will take place at 4 p.m. Pacific Time (PT), 7 p.m. Eastern Time (ET), and 11 p.m. Greenwich Mean Time (GMT).

Sign up for all events at <https://ibrt.org/events%2Fclasses>

November 13: Alchemy of Creating Sacred Space with Group Participation, This will be a group effort, with Holly Holmes-Meredith leading.

December 18: Solstice Ritual: Each of us needs to send Holly what we would like to share with this Webinar.

January 22 - Channelled Messages for the New Year by Val Deveraux

February 26 - Magnify the Self-Worth of Your clients with Disabilities Using Transformational Hypnosis and Energy Medicine by Debra Taubenslag

March TBD - Suggestions for Describing Hypnosis and Your Practice to Prospective Clients During a Free Consultation by Peter Wright.

IBRT would like to invite any of our professional, affiliate or student members to let us know of any classes or training programs they are offering that they would like to share with the IBRT community. If you have something you would like to see in our next e-newsletter, Reflections, please email it to Virginia Waldron, our editor, at gatkepr@gmail.com. Please forward your contributions prior to the end of the month.

We also invite IBRT members who would like to offer a presentation for a Live Webinar to submit a proposal to the IBRT Board for consideration. Please send a summary of what you'd like to share with our IBRT colleagues to Virginia Waldron, gatkepr@gmail.com, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

When we strive to become better than we are, everything around us becomes better, too.
— Paulo Coelho, *The Alchemist*

Messages From You

Richly Sacred

Channeled message from IBRT member Kathy Hagen

I am light, I am love
You are light, you are love
We are deeply creative, deeply flawed, and richly sacred
We are uniquely human and exceptionally whole, an ocean of life
Our hearts are open to love, to pain, grief, and warm moments
Each wave to give, receive, and share joy, sorrow, anxiety, fear, happiness, comfort, and calm
Our humanity is a gift that takes us on a journey across untold stories, of forgotten dreams, of
dreams come true, of abundance, poverty, fear, and courage
Whole, alive, meant for more, and left to struggle
To find how to discover our why, our hope, our dreams, our passion and our purpose
Reach deep to search, and know that our answers are our own
Rely upon the diversity of life and the uniqueness of each other, each being, each soul on earth to
express its glory and shine brightly
To be the one drop, the individual expression like no other
Our unique body, mind, and soul is here - to let go of the pain, the past, and to be its best self
Bad things happen to further our growth. To move us deeper and further into who we are meant
to be
Our pain is our propellant
To forge through hard things and make ourselves whole
Our soul wants to thrive, and grow, and drive the ship that is our life
Let our soul drive our ship
Set sail and free our SELF
Free from the shackles of fear that bind us to our chair, our past, our bed, our current situation,
To fly
Fly to our next destination with our soul in the lead and our life in our heart
Set ourselves free and be who we are meant to be
Whole, loving, open, and alive.
To be supports for one another, to help each other through the hard things
I need you and you need me to be who we were meant to be, our strongest versions of ourselves
Here for each other
Connected, intertwined, interdependent - to sail the ocean of life, together