



Newsletter of the International Board for Regression Therapy

Edition # 29 - July & August, 2025

Quantum Consciousness: A Doorway Into Other Realities

Letter from The Board

Quantum Physics and the Illusion of Time in Past Life Work

A perspective for Past Life Regression practitioners exploring multidimensional consciousness with their clients.

For Regression Therapists already attuned to the multidimensional nature of consciousness, Quantum Physics offers a lens through which to deepen the understanding of how past life work unfolds. At its core, Quantum Theory challenges the classical, linear model of time. Instead of a flowing river from past to future, physicists such as Carlo Rovelli and David Bohm describe time as emergent, relational, or even illusory. This view leaves the possibility that all moments may coexist within a greater timeless field.

This framework parallels the Regression experience, where clients access emotionally charged memories or impressions from lives that do not unfold chronologically. The notion that these 'lives' are not confined to the past, but exist as accessible informational structures in a nonlocal field, aligns with Bohm's idea of the implicate order—where all events are enfolded into a deeper level of reality.

The quantum concept of superposition is the simultaneous existence of multiple potential states. It mirrors the way clients may touch into different life streams, personalities, or archetypes, often in a single session. Rather than interpreting these experiences as fixed pasts, we may offer clients to view them as holographic echoes of soul aspects that resonate with the client's current healing intention.

Quantum insights invite a shift from seeing time as a container for experience to recognizing consciousness itself as the organizing force. The client is not traveling back but rather shifting vibrational states to interface with fields of meaning beyond conventional thought. These understandings not only validate the strange and often nonlinear nature of regression but also support the therapists in trusting

what emerges as relevant within a broader spectrum of possibility. While these perspectives may not resonate with all clients, it can be a helpful perspective for some to consider.

As the boundary between science and spiritual inquiry continues to blur, Quantum Theory offers therapists a language and conceptual foundation for articulating why Regression work is effective. It's not because it maps a timeline, but because it opens a dialogue with a timeless Self.

And when this self feels fearful of our many national and global challenges, I breathe into the idea of superposition. Multiple potential states exist, only one of which the worst-case scenario. As I hold the resonance of potential solutions, I tap into the consciousness of a belief in those solutions becoming manifest. As more of us allow our frequencies to align with a consciousness of solutions, the more opportunities we create for those solutions to unfold.

Namaste, Kim Kane

“Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity.” — Paulo Coelho, The Alchemist

Announcements

The IBRT Board has decided to change the name of our monthly meetings from Gatherings to Monthly Live IBRT Webinars. This term promotes more of the substance and intention of our monthly get-togethers, the sharing and connecting of our wonderful community. With that in mind, we have some great Monthly Live IBRT Webinars planned for the Summer! Join us!

July's Live Webinar will be July Thursday, July 24, 4 p.m. PT

August's Live Webinar will be Thursday, August 21, 4 p.m. PT

For more information about these events, scroll down

Join us for this FREE monthly IBRT event to be inspired, build community, and expand your confidence and skills.

A New Benefit for IBRT Board Certified Members

Once each month IBRT will feature one of our members on the IBRT website for that month. The purpose is to help promote and support our members and the amazing work that we do. If you are qualified and interested, please can contact Holly Holmes-Meredith at info@ibrt.org to volunteer. If randomly selected, you will invited to send a photo, a brief bio and a brief description about your work, your speciality and the focus or intention of your work with Past Life Regression practice.

“You will never be able to escape from your heart. So it's better to listen to what it has to say.”
— Paulo Coelho, The Alchemist

The IBRT Mentorship Meeting Program

We in the IBRT Community are committed to providing the highest levels of training and support to our members and the most competent and ethical services to our Regression clients. Our new *IBRT Mentorship Program* is the latest benefit for our Student, Affiliate and Professional Board Certified IBRT members.

A board-certified member will facilitate the Mentoring Event each month. The 90-minute session will focus on your questions as a practitioner, regardless of your level of experience. Our goal is to offer support, direction, techniques, self-care and inspiration to help you become a successful Past Life Therapist. In this open forum, you can bring your questions, share your experiences and discuss new approaches for all aspects of Past Life Regression as you network with your colleagues.

Schedule for Mentorship Program:

The July Mentorship Meeting will be on Sunday, July 27 at 8 a.m. PT. Our Mentor will be Andy Tomlinson. A long-time IBRT board-certified member, Andy's Past Life Regression Academy in England has trained over 600 past life, current life and between lives Spiritual Regression Therapists worldwide. One of his many specialties is clearing curses, black magic, spirit attachments and negative energy from other dimensions. Andy and his wife Reena just published **Between Lives: Past-Life Regression, Near-Death Experiences and the Evolution of Consciousness**. He has had a private practice in the UK dedicated to Regression Therapy since 1996.

August's Mentorship Meeting will be on Sunday, August 17 at 9 a.m. PT. Virginia Waldron will be the Mentor. Virginia has been a certified member of IBRT since 2002. She is also an instructor in Hypnosis, Past Life Regression, Interlife Regression, and Spirit Release at the RoseHeart Spiritual Academy. Virginia wrote several chapters in IBRT's book, "What's a Past Life Got to Do With It?", as well as her own training manual for Past Life Regression, **Path of Wellness**. She has been in private practice in the Syracuse, NY area since 2000. Virginia is the owner and director of the RoseHeart Center LLC.

September's Mentorship Meeting will be on Sunday, September 21, at 9 a.m. PT. Diane Seaman-Poiter will be the Mentor.

Monthly Live IBRT Webinars

July's Live Webinar will be on Thursday, July 24th, 4 p.m. PT. **Community Visioning for These Transformational Times**. It is for all IBRT members only

When today's world feels loud, jagged, dissonant with fear or urgency, we often try to respond with effort: organize better, speak louder, move faster. But what if Life is not asking for effort, but for coherence -- the harmony we express in each moment of our presence.

In response to the chaos, there is a deeper kind of contribution we can each make right now — not just what we do for the world, but how we show up in it the world. What do you need personally now to maintain a high vibration and to stay connected to the resonance of Spirit in these extremely difficult times?

Let's talk about how we can support each other in facing the daily challenges in our personal lives and in our work as Regression Therapists. Join us in creating a group intention — a statement, a prayer that we, as a community, can collectively reinforce through our personal spiritual practices. These heartfelt words can contribute to our resilience and support the harmony and resonance that we seek for the evolution of human consciousness.

August's Live Webinar will be on Thursday, August 21st, 4 p.m. PT. **Bridging Timelines: Quantum Consciousness and the Art of Jumping Realities**, led by Susan Lyons and Kim Kane.

In this presentation, we will explore a quantum consciousness approach to Regression—one that moves beyond linear timelines. Through expanded awareness journeys, we will move beyond body and mind to invite the realignment of our body, mind, and spirit.

There was a time—deep in our ancestral memory—when these aspects of Self were not separate. Then came the great divide: science claimed the physical world, while the soul was consigned to religion. Galileo's time marked a turning point that split knowledge from knowing, matter from meaning.

Today, we stand at the threshold of reintegration. Quantum Theory opens the door to multidimensional realities, entanglement, and a unified field that echoes ancient truths. As Past Life Regression Practitioners we can use these tools to guide clients not only into past identities, but also into the timeless essence of their being.

We will close with a guided quantum journey—an opportunity to step outside linear time and experience the vast field of infinite possibility within.

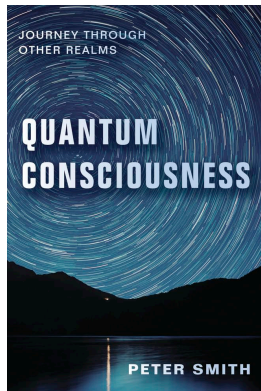
IBRT would like to invite any of our members who would like to offer a presentation for a Live IBRT Webinar to submit a proposal to the IBRT Board for consideration. Please send a summary of what you'd like to share with our IBRT colleagues to Virginia Waldron, gatkepr@gmail.com, or to Holly Holmes-Meredith,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

"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

Book Nook

Quantum Consciousness: Journey Through Other Realms by Peter Smith



This book helps readers increase their conscious awareness and discover alternate realities using Quantum Physics. It guides us to deepen our understanding of Quantum Physics and expanded states of awareness with Quantum Consciousness, an enlightening guide that helps pull science and spirituality closer together. This fascinating book invites readers to tour alternate realities, parallel lives, inter-dimensional consciousness, the eternal state, and even the very fabric of the universe. Peter Smith, former president of the Michael Newton Institute, guides readers on a journey of life-changing discoveries, encouraging them to tap into the human form's amazing potential. With Quantum Consciousness, we can move past our current mindset's limitations and awaken to a greater purpose for Self and for all humanity.

“As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being. Carl Jung, "Memories, Dreams, Reflections", 1962”

Articles

Quantum Physics and Its Application to Past-Life Regression and Future Life Progression Hypnotherapy – by Bruce Goldberg



From the International Journal of Regression Therapy, 1993, Vol VII (Is.11)

Time: Is it linear or simultaneous? Is there a past, present, and future, as has been accepted by traditional thought? Does Quantum Physics suggest that perhaps the very concepts of time and space need to be reexamined and redefined? Dr. Goldberg, author, practitioner, and lecturer, places before our readers some thoughts and ideas on this controversial subject.

To read this article in full, <https://ibrt.org/past-newsletters/f/quantum-physics-and-its-application-to-past-life-regression>

“Awareness is the greatest alchemy there is. Just go on becoming more and more aware. You will find your life changing for the better in every possible dimension. It will bring great fulfillment.” —Rajneesh

Learning Center

RoseHeart



Center

The RoseHeart Center

www.TheRoseHeartCenter.com

With Virginia Waldron, CH, CI

RoseHeart Monthly Past Life Workshops

Every month RoseHeart offers an online workshop in Past Life Regression Journeys. Each month the topic has a different focus, a singular theme to explore and examine of the lifetimes we have experienced on Earth, as well as alternative dimensions and locations. This is an ongoing exploration of our own Soul's Path, bringing insight into our choices and how we move through opportunities and circumstances along the way. Join us. These workshops take place on a Sunday each month, 1-3 p.m., EST, on Zoom. The fee is \$30. To sign up contact Virginia Waldron at info@theroseheartcenter.com. For the detailed list for each month, go to www.TheRoseHeartCenter.com, and click on Monthly Workshops on the menu. The next workshop will be Sunday, September 28, 1-3:00 p.m., ET. The topic will be a life of an early Christian, before 1000 A.D.



The RoseHeart Spiritual Academy

With Virginia Waldron, CH, CI

Professional Training Schedule

The RoseHeart Spiritual Academy offers a professional level-training program for Hypnosis and Hypnotherapy. This program, which is accredited through the National Guild of Hypnotists, begins in October, 2025 and runs for 100 hours of live and interactive training.

To find out more about these training programs, including dates and fees, please go to www.TheRoseHeartCenter.com and scroll down the menu until The RoseHeart Spiritual Academy.



Susan Lyons

CCHT (Certified Clinical Hypnotherapist)

IBRT Board Certified Regression Therapist

Reiki Master

Past Life Therapy & Integration

When: First Wednesday of every month (Online)

Time: 7:00 – 9:30 p.m. PT

Cost: \$40

Register:

hypnotherapytraining.com/past-life-therapy-integration

RSVP by 5:30 p.m. on the day of the gathering to reserve your spot!

Join us for a monthly deep dive into Past Life Therapy and PsychoSpiritual Integration, guided by Susan Lyons, IBRT Board Certified Clinical Hypnotherapist, faculty member at HCH Institute, and member of the Board of Directors for IBRT.

Each month is a unique topic. This Gathering includes a discussion, a Past life or Hypnotic Process, and time for Q&A and sharing.

Upcoming Topics:

August 6 – *Exploring a Past Life Closely Related to Your Current Life Situation*

September 3 – *Exploring a Past Life as a Healer*

October 1 – *Exploring a Past Life Relationship*

November 5 – *Talking with the Dead*

December 3 – *An Introduction to Future Life Progression*

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

All classes are online in PT time zone.

Free Reiki Meet-up every Tuesday at 7p.m.

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

Next Shamanic Practices Certification Training Module East begins September 21, 2025.

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
Monthly Classes in Reiki.

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

Kim Kane with HCH Institute



Exploring Gateways to Higher Consciousness (Monthly Gathering) 3rd Wednesday of each month

A monthly community of deep explorers, spiritual seekers, and conscious creators. We open our minds to new paradigms, journey together, and integrate through shared reflection and support. Monthly experiences vary, but may include practices such as grounding integration, practical tools, shared reflections, and take-home support to help you carry your experience into everyday life. We usually experience an expanded state journey: a group-guided experience where you're invited to move beyond mind and form, and into the vast field of higher consciousness. For more information or to register click here: [\\$40 Registration Here.](#)

For the Learning Circle

IBRT would like to invite any of our Board Certified, Affiliate, or Student Members to let us know of any classes or training programs they are offering, that are open to the IBRT community. Plus, If you have something you would like to see in the next e-newsletter, Reflections, please send it to Virginia Waldron, our editor, at gatepr@gmail.com. Please send your contributions prior to the end of the month.

“I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value.” — Hermann Hesse

Monthly Live IBRT Webinars

The times are usually 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. All of the Live Webinars are recorded and placed on IBRT's YouTube page. If you want to see previous events you can go to our website and check them out for yourself.

The May IBRT Live Webinar was presented by Chris Sundberg, author of **A Walk in the Physical: Understanding the Human Experience Within the Larger Spiritual Context**. This was a very well-attended event with a great deal of discussion and contributions from participants. IBRT's YouTube page received more reaction than any other videos on our YouTube page.

July's Live Webinar will be a member conversation, where we share ideas and suggestions about a topic we all experience. The topic will be how to avoid getting caught up in the fear and chaos of current times. How to keep the vibrations up and focus on the higher path we are following as we shed the old ways of being and create a new higher way. Together we will brain storm and create a prayer we could use when any of us need to remind ourselves of the Light and of our true Path. The date will be July 24, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET.

August's Live Webinar will be a presentation by Kim and Susan - Bridging Time Lines and The Art of Jumping Realities. The date will be August 21st, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET.

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

"When today's world feels loud, jagged, dissonant with fear or urgency, we often try to respond with effort: organize better, speak louder, move faster. But what if Life is not asking for effort, but for coherence -- the harmony we express in each moment of our presence. In response to the chaos, there is a deeper kind of contribution we can each make right now -- not just what we do for the world, but how we show up in it the world. What do you need personally now to maintain a high vibration and to stay connected to the resonance of Spirit in these extremely difficult times?"— Reverend Cameron Trimble