



*Newsletter of the International Board for Regression Therapy*

*Edition # 32 - January & February, 2026*

## **Moving Forward**

### **Letter from the IBRT Board**

As we turn the page into a New Year it's a wonderful time for reflection to look back and consider where we came from and where we are going. This process is deepened and encouraged by Mother Earth during this time in our Northern Hemisphere of winter: a shedding and letting go which nature helps to facilitate. So, as we are moving into this New Year, it's a good time to consider what we have let go of, what we have decided is no longer needed or required, and what beliefs no longer serve us as we journey forward into 2026.

As we begin our journey moving forward, it is important to reflect on who we have become, and what we seek to become. And with reference for the past, yet, having eyes fixed with awareness in the now, we have the opportunity for even greater growth in this coming year.

So I invite you all to consider who you wish to become. What service to your world do you wish to provide? And in doing so not only do we expand and grow, but so does the universe.

Namaste,  
Valerie Deveraux

### **Announcements**

Once each month IBRT will feature one of our board-certified 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](mailto:info@ibrt.org) to volunteer. If randomly selected, you will be invited to send a photo, a short bio

and a brief description about your work, your specialities and the focus or intention of your work with Past Life Regression.

Our Featured Practitioner this month is Yasmin Udwardia, an experienced hypnotherapist specializing in Past Life Regression, Life Between Lives Regression and The Simpson Protocol. You will find further information about her below.

IBRT's Live Webinars for 2026 are very exciting and inspiring. We offer them every month for the benefit of our membership, as well as the general public. IBRT also makes them available on our YouTube channel, where they are posted a few days after the event, so that those who missed the event itself can still enjoy and benefit from what was shared there. This means that anything and everything that is shared during the Live Webinar is going to go out to the public. It is important that attendees keep this in mind because no one wants to make the mistake of sharing personal information, either their own or a client's, in such a public arena.

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. Mentorship Meetings are a chance for our board-certified members to step up to support and guide fellow members. 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. The Mentorship Meetings are back, starting in January. Be sure to see more about these events below.

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

## **Featured Practitioner - Yasmin Udwardia**



Yasmin has a well-established Hypnotherapy practice with a focus on The Simpson Protocol, Past Life Regression and Life Between Lives Regression. Helping people find purpose, letting go of their past baggage, achieve their goals, overcome long-standing issues and improve their quality of life is her calling and passion.

Yasmin grew up in Bombay, India, where at a young age she began exploring her passion for philosophy, spirituality, and metaphysics through the study of yoga, meditation, Reiki and many other modalities. A hypnosis workshop changed her life. Fascinated by these experiences, she completed her training and certification and started working with clients. She was amazed at the profound experiences her clients had and the results gained in just a few sessions. Since then,

Yasmin has continued to learn from the best teachers in Past Life Regression, Life Between Lives Regression, and The Simpson Protocol.

Yasmin uses a combination of different hypnotic techniques to help her clients achieve the best outcome. She loves what she does, believes we are all immortal souls, here to experience, learn and grow, and that we are essentially all “one.” Yasmin lives in North Vancouver in beautiful British Columbia, Canada. She loves to spend her free time reading, practicing yoga and spending time with her family, friends and her two dogs.

Sessions are offered online on Zoom, or in-person. To find out more about her, you can go to her website at [www.purpleflamehypnotherapy.ca](http://www.purpleflamehypnotherapy.ca) . To get in touch with her, you can contact her at [yasmin@purpleflamehypnotherapy.ca](mailto:yasmin@purpleflamehypnotherapy.ca)

## Book Nook

Spiritual Hypnotherapy Scripts  
for  
Body, Mind, and Spirit



Holly Holmes-Meredith, D. Min., MFT

**Spiritual Hypnotherapy Scripts** by Holly Holmes-Meredith provides access to the quantum field of consciousness, the spiritual realm from which all healing flows. Here one can learn how Spiritual Hypnotherapy and working directly with the client’s Higher Self, how it can deepen and expand the healing process. Holly presents her approach to teaching and working with hypnotherapy using ten Taoist precepts taught through the ancient Taoist text the Tao Te Ching.

These Hypnotherapy scripts include empowering and open-ended language patterns and transformational approaches for presenting issues related to the body, mind and spirit. Unlike most published hypnosis scripts, these use therapeutic processes that allow the hypnotherapist and client to personalize the trance experience by following the client in an interactive way. The client engages in a direct relationship with their Higher Self as an inner resource and guide throughout the trance experience. The 52 Hypnotherapy scripts and a script for teaching the Emotional Freedom Technique (EFT) are proven approaches. Holly Holmes-Meredith teaches Hypnotherapy at the HCH Institute for Hypnotherapy and Psychospiritual Trainings.

“I have found this to be a powerful wonderfully helpful resource for my Past Life Regression Training classes” writes Virginia Waldron, instructor at the RoseHeart Spiritual Academy. “The tone and presentation of the journey is easy and clear, and the flow is smooth. There is much to be learned in its pages, and the scripts can be used as individual guided journeys working with a client or in a group setting. They are very helpful for beginner regression practitioners, as well as the experienced healer.”

This book is available on Amazon as paperback and Kindle. There are over 170 reviews.

“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

## Articles

### **And if the Body were not the Soul, What is the Soul?**

by Dianne Seaman. From **The International Journal for Regression Therapy**, Issue #16



I chose this quote from Walt Whitman’s “I Sing the Body Electric” for the title because it so succinctly captures the main theme of this article: The interpenetration of the body by the spirit and the subsequent role Past Life Therapy can play in physical healing. A secondary concept, which explores the incredible support that emerges from life itself to assist us in our growth and healing, is also demonstrated in the following journey. To paraphrase medical intuitive Carolyn Myss, Heaven can get very cooperative when we get cooperative.

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

“Intuition is really a sudden immersion of the soul into the universal current of life.”  
— Paulo Coelho, [The Alchemist](#)

## Learning Center

*RoseHeart*



*Center*

[www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com)  
With Virginia Waldron, CH, CI

### **Monthly Past Life Regression Workshops**

The RoseHeart Center LLC offers a monthly workshop in Past Life Regression Journeys. Each month the topic has a different focus, a singular theme to explore and examine 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, 1 - 3 p.m., ET, on Zoom. The fee is \$30. To sign up contact Virginia Waldron at [info@theroseheartcenter.com](mailto:info@theroseheartcenter.com). For upcoming workshops please go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com), and click on Monthly Workshops on the menu.

February's workshop will be held on Sunday, February 15, from 1-3 p.m., ET. The topic will be exploring a past life as a healer.

### **Awakening to Your Spiritual Path:**

This class will take place on Thursdays, from 7-9 p.m., ET, both in person and online. Each class will have a focus on exploring topics such as The Tarot, Divine Guidance - The Truth about Angels, Working with Spirit Guides and Power Animals, Auras and Chakras, and Karma and Reincarnation and Soul Journeys. To find out more, go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com), and scroll down the menu until Classes at The RoseHeart Center.

To find out more about workshops and/or other events and classes offered at the RoseHeart Center LLC, contact Virginia Waldron at [info@theroseheartcenter.com](mailto:info@theroseheartcenter.com), and ask to sign up for RosePetals, the e-newsletter for the RoseHeart Center.



## **The RoseHeart Spiritual Academy**

With Virginia Waldron, CH, CI

### **Professional Training Schedule**

## **National Guild of Hypnotists**

The National Guild of Hypnotists Certification Training Program will be offered starting in April, 2026. This 120-hour training is a prerequisite for further training in Past Life Regression and Spiritual Regression, which will be offered in the Fall. For more information about these programs including the dates and fees, you can contact Virginia Waldron at [info@theroseheartcenter.com](mailto:info@theroseheartcenter.com), or go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com),

HCH INSTITUTE



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## HCH Institute for Hypnotherapy and Psycho-spiritual Trainings,

with Holly Holmes-Meredith

Register at: [www.HypnotherapyTraining.com](http://www.HypnotherapyTraining.com)

Attend our FREE OPEN HOUSE on Monday January 12, 7pm PT. You will receive a free session in our Community Clinic for attending.

Past Life Therapy Training Fridays, January 9, 16, 30 at 3 p.m. to 6 p.m. PT.

Monthly Past Life Meet-up for Group Regressions: first Wednesday of every month, 7 pm PT on Zoom. Each month has a different focus. \$40.

Free weekly Reiki Clinic: Tuesdays at 7p.m. PT on Zoom.

Low Fee Hypnotherapy, Past Life Regression, EFT and Energy Therapy on Zoom through the HCH Community Clinic are offered by appointment. \$40 per session or four sessions for \$140.

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

Next Shamanic Training module begins in January.

Next 200-hour Hypnotherapy Training begins in February 2026.

Emotional Freedom Technique Training - Fridays, March 6, 13, 20, 27 at 3 to 6 p.m. PT.

Reiki I: January 8, 15, 6:30 to 9:00 p.m. PT.

Reiki II: February 5, 12, 6:30 to 9:00 p.m. PT.

## 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 offers 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.](#)

Exploring Gateways to Higher Consciousness

Join us every third Wednesday of the month from 6:00 to 8:00 p.m. PT for our ongoing community gathering. These sessions are dedicated to expanding our perception, deepening our sense of presence, and remembering our inherent connection with the greater field of consciousness that unites all life. Your participation is meaningful; it both creates and influences our shared experience.

For more information, please visit: <https://www.hypnotherapytraining.com/exploring-gateways-to-higher-consciousness>

## **2026 Offerings**

January 21 — Letting Go of Conditioned Beliefs: Embracing the New

Begin the New Year by gently releasing patterns and beliefs that limit perception. In this gathering, we will work together to dissolve old conditioning, open the heart-mind field, and invite fresh frequencies of possibility into our lives.

February 18 — Non-Duality: Embracing Curiosity

Move beyond the constraints of either/or thinking to discover the wonder inherent in both/and. In this session, we explore paradox as a portal, opening to freedom where opposites meet and dissolve, and embracing curiosity as a gateway to greater understanding.

March 18 — Conscious Creation: The Observer Effect & Unlimited Possibilities

This month, we focus on how awareness shapes experience. Through the lens of quantum observation, we will experiment with intention, presence, and the art of co-creation. Join us as we open to life as a participatory dance of consciousness and explore the unlimited possibilities available to all.



## **Past Life Journey Circle With Susan Lyons**

First Wednesday of every month, 6:30 - 9:00 p.m., PT. \$40

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

Topics and dates:

### **January 7- Exploring your Present Life skills and gifts relating to a Past Life**

Have you ever sensed that your strengths come from somewhere beyond this lifetime? This month's group regression invites you to journey inward and uncover the timeless talents your soul has gathered across the ages. Discover gifts already active in this life—and others quietly waiting beneath the surface.

Together, we'll share our experiences and strengthen our connection to the soul's eternal wisdom.

### **February 4- Exploring a Past Life in which you survived extreme adversity and thrived**

Have you ever wondered how your soul has triumphed through challenge? This month's group regression invites you to journey into a Past Life where you faced and overcame extreme adversity. Within these experiences lie powerful lessons and strengths that can guide you in your current life. By revisiting these moments of resilience, you'll gain insights on how to integrate those enduring skills and qualities into your present path.

### **March 4- Healing Fears and Phobias with Past Life Therapy**

Do you have an unexplained fear or phobia that seems to limit you in your current incarnation? This month's group regression invites you to journey into a Past Life where the roots of that fear or phobia were first formed. Through the process of remembering, understanding, and releasing, you'll begin to dissolve the old patterns that hold you back. This is a gentle yet profound opportunity to experience healing at the soul level, transforming fear into freedom and wisdom.

### ***Susan Lyons***

*CCHT (Certified Clinical Hypnotherapist)*

*Spiritual Hypnotherapist*

*Board Certified Regression Therapist*

*Reiki Master*

[Discoveryourtruself.com](http://Discoveryourtruself.com)

<https://instagram.com/discoveryourtruself>

(925)-360-9767

“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

# IBRT Events

## Live Webinars

IBRT's Live Webinars are offered every month for the benefit of our membership, as well as the general public. IBRT also makes them available on our YouTube channel, where they are posted a few days after the event, so that those who missed the event can still enjoy and benefit from what was shared there. This means that anything and everything that is shared during the Live Webinar is going to go out to the public. It is important that keep this in mind because no one wants to make the mistake of sharing personal information, either their own or a client's, in such a public arena.

Unless otherwise stated, the Live Webinars begin at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. Also, unless otherwise stated as members only, they are open to the public, for a fee. To sign up for all IBRT events please go to <https://ibrt.org/events%2Fclasses>

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 the next e-newsletter, Reflections, please send it to Virginia Waldron, our editor, at [gatkepr@gmail.com](mailto:gatkepr@gmail.com), prior to the end of the month.

We also invite any of our 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](mailto:gatkepr@gmail.com), or to Holly Holmes-Meredith, [holly@hypnotherapytraining.com](mailto:holly@hypnotherapytraining.com).

### January Live Webinar

IBRT's Live Webinar will be a live channeling for 2026 on Zoom! The topic is "2026- The Year of Moving Forward". Valerie J Deveraux will be channeling Ascended Master Ezekiel. The date is January 26 at 4 p.m. PT.



Valerie J Deveraux, JD., CCH, PLRT

After a successful career in law, Valerie answered a deeper calling to guide others on their journey of spiritual awakening and transformation. Certified in Hypnotherapy and Past Life Regression, she has worked with hundreds of clients, helping them heal, discover their unique life stories, and connect with their soul's purpose. As an experienced inter-dimensional guide and channel, Valerie serves as a bridge between worlds, facilitating messages of guidance, healing, and insight from higher consciousness. Through all her work, she creates a safe and compassionate space for profound spiritual exploration and personal growth.

There will be a brief Q&A period afterwards, so attendees can write their questions in the chat for Val to address, but please keep your questions universal and global rather than personal. Members attend for FREE. Non-Members \$20

### **February's Live Webinar**

IBRT's Live Webinar will be presented on Thursday, February 26 by Debra Taubenslag. The title of her presentation will be "Magnify the Self-Worth of Your Clients with Disabilities Using Transformational Hypnosis and Energy Medicine."



During this presentation, Debra will discuss how to perform energy medicine exercises to stimulate, ground and relax clients with developmental disabilities. These tools can help your clients identify their strengths, purpose and hidden talents to enhance their personal self-worth and confidence. You'll find out how to help them enter the life between lives state to enhance their clarity and empowerment, as they discover a new perception of themselves.

People with Disabilities are an invisible population. You can make a huge impact by helping them feel seen, valued and expand their possibilities

Debra is a teacher, healer and metaphysician with over 35 years of experience specializing in transpersonal hypnosis. Her son was born with developmental disabilities. She holds a Doctorate in Clinical Hypnosis and helps individuals discover their life purpose and heal on a soul level through Past-Life Regression, Life Between Lives, and mediumship to communicate with deceased loved ones.

Her work is grounded in a wide array of certifications: NLP, Hypnosis for cancer patients, Shamanism, Vibrational Energy Healing, and Colored Light Therapy, to name a few. Members attend for FREE. Non-Members \$20

### **March's Live Webinar**



IBRT's next Live Webinar will be on Saturday, March 21 at 10 a.m., PT. The change in day and time enables our international members and attendees to attend more easily. The presenter will be Tulin Schimberg, IBRT Board Certified Regression Therapist.

Tulin is the Director of the IBRT Accredited Unicorn Transformational Past Life Regression Training in Austria. The title will be "How to Work with Menstrual Pain in Regression Therapy: EARTH Research Project."

Many women are suffering from pre and post menstruation effects in their life. In this webinar, sample cases and techniques overview, aND worldwide research info on menstrual pain will be shared. Members Attend for FREE. Non-Members \$20

“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

## **Mentorship Meetings**

IBRT’s Mentorship Meetings are for our Student, Affiliate and Board Certified Members only to connect and offer support and guidance for each other. One of our experienced Board-certified members will lead the discussion with a basic topic in mind. Bring your questions and client observations, stories and concerns to share and enlighten everyone. They are usually on a Sunday 10:30 p.m. PT, so our international members can more easily partake of the wisdom and connections. Members only, join us!

### **January Mentorship Meeting**

Sunday, January 11, at 10:30 a.m. to 12 noon PT.



“Let’s Make Your Free Consultations More Persuasive to Prospective Clients”

IBRT Professional Member Peter Wright will lead a discussion to share ideas that you can use when offering a free phone, Zoom or in-person Consultation for prospective clients. He will suggest persuasive wording to describe Hypnosis, Regression Therapy and other services that you offer to encourage prospects to become your clients. You can register on the IBRT website.

In February our Mentorship meeting will be on Sunday, February 1st.

In March our Mentorship Meeting will be on Sunday, March 15.

“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