



## Newsletter of the International Board for Regression Therapy

Edition #34 - May/June 2026

### The Divine Feminine

#### **Letter from The Board**

IBRT Board members Susan Lyons and Kim Kane are pleased to be chosen to introduce Kathy Hagen to our members in her expanded role. As our newest member of the IBRT Board, Kathy brings more than 15 years of experience crafting and tending websites for small businesses and mission-driven organizations. She blends technical know-how and artistic vision.

Kathy's work is rooted in clarity, usability, and professionalism. Her goal is to create an online space that feels intuitive, aligned, and welcoming.

Drawing from a background in art and interior design, she approaches websites as living environments. As a Past Life Regression Practitioner and a dedicated member of the International Board for Regression Therapy, Kathy brings an insider's understanding of the field.

This background allows her to translate IBRT's mission with clarity and integrity, while skillfully meeting the evolving needs of our global community.

We are honored to have her steady hands and creative insight guiding the evolution of our online presence. The magic is in the details, and the details are in very good hands.

Susan Lyons, Kim Kane, and Kathy Hagen are also members of the IBRT Future of IBRT Marketing Subcommittee. If you have ideas for anything you'd like to see on social media or our website, we welcome your suggestions

Your IBRT Board is always happy to hear your suggestions for webinars you would like to see, or even better, one you may be interested in presenting.

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## Announcements

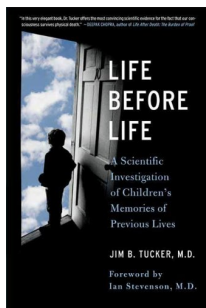


IBRT would like to welcome our newest Certified Member, Ellemiek Drucker. Ellemiek (Ellie) is originally from the Netherlands and has been based in the United Kingdom for over 20 years. She operates practices in Somerset, near Glastonbury, and on the Isle of Wight, and also works with clients internationally via Zoom. She is also mother to 2 sons, both currently at university.

Ellie specializes in Between Lives Regression and provides training in this modality to qualified regression therapists. In addition, she offers supervision and mentoring to students and practitioners. Ellemiek is a Level 3 QHHT practitioner, a certified Parts Therapy facilitator, and a Reiki Master. She is currently furthering her professional development through the study of Cognitive Behavioral Therapy (CBT).

Ellemiek is an international speaker who has presented workshops, lectures, and demonstrations at professional conferences and events, both in person and online. Her work has been featured in two episodes of the television series *Journeys into the Soul*, available on Gaia, Amazon Prime, and Apple TV, and she is also a contributing author to *Transforming the Eternal Soul* by Andy Tomlinson. Welcome Ellie!

## Book Nook



*Life Before Life: A Scientific Investigation of Children's Memories of Previous Lives* by Jim B. Tucker (Author), Ian Stevenson, MD, September, 2005

For the past 40 years, doctors at the University of Virginia Medical Center have conducted research into young children's reports of past-life memories. Dr. Ian Stevenson, the founder of this work, has always written for a scientific audience. Now, in this provocative and fascinating book, Dr. Jim Tucker, a child psychiatrist who currently directs the research, shares these studies with the general public. *Life Before Life* is a landmark work—one that has the potential to challenge and ultimately change our understandings about life and death.

Children who report past-life memories typically begin talking spontaneously about a previous life when they are two to three years old. Some talk about the life of a deceased family member, while others describe the life of a stranger. They may recount details about previous family members, events in the previous life, or the way they died in that life. The children tend to show a strong emotional involvement with the apparent memories and often cry to be taken to the previous family. In many cases, parents have taken their children to the places they named, where they found that an individual had died whose life matched the details given by the child. During the visits, some children have recognized family members or friends from that individual's life. Many children have had birthmarks that matched wounds on the body of the deceased individual.

Researchers have studied more than 2,500 such cases, and their careful investigations have produced an impressive body of work. *JAMA*, the *Journal of the American Medical Association*, stated in a review of one of Dr. Stevenson's scientific books that, "in regard to reincarnation he has painstakingly and unemotionally collected a detailed series of cases . . . in which the evidence is difficult to explain on any other grounds."

Life Before Life explores the various features of this world-wide phenomenon, describing numerous cases along the way. We meet a boy in Michigan who, after being born with three birthmarks that matched wounds on his deceased brother, begins talking about events from the brother's life; a boy in Turkey who gives a number of accurate details, including the name, of a man who lived 500 miles away and died 50 years before the boy was born; and a girl in Sri Lanka who is able to recognize the family members of a deceased stranger as they are presented to her one by one, giving specifics about their lives that she could not have known from their appearance.

## Articles

SUSTAINING A LIVING BODY OF KNOWLEDGE: THE VALUE OF OUR JOURNAL AND THE NEED FOR SUPPORT, BY ATHANASIOS KOMIANOS



You are reading this because IBRT invited me over to write down a few notes about the [International Journal of Regression Therapy](#).

Perhaps many of you are not aware of how the Journal survived the demise of IARRT. We are all indebted to Richard Stammler. Richard crossed the Atlantic to attend WCRT5 in Porto, Portugal in 2014. At this remarkable congress, he outlined the challenges facing the continued existence of the Journal of Regression Therapy (JRT) and sought support from me—then President of EARTH—and from Hans TenDam, the former President.

We agreed that action was necessary. Together, we sat down and developed a transition plan. For several years, Richard held the demanding position of Editor-in-Chief before passing the role to Todd Hayen, whose tenure was brief. He was succeeded by Paula Fenn, a highly skilled and well-trained British psychotherapist, who effectively brought the Journal to the European side of the Atlantic.

As a symbolic gesture of this transition, we moved away from APA language conventions and adopted UK English. Unfortunately, Paula had to step down, which was a significant loss. The responsibility then fell to me, and that is how I came to assume the role of Editor-in-Chief.

For those of you who want to have the full story of how the whole movement of Regression Therapy and Past-life Therapy started, and how the Journal grew out of that movement, read this article [here](#).

As of this year we celebrate 40 years of the Journal's continuous existence.

Our Journal is more than a publication. It is a living archive of clinical experience, theoretical exploration, and professional dialogue. Within its pages, practitioners from around the world document case studies, refine methodologies, and give language to phenomena that often lie at the edges of conventional psychology. In doing so, the Journal safeguards the depth and seriousness of Regression Therapy as a discipline.

At a time when much information is fragmented, simplified, or driven by commercial trends, the Journal stands as a space for thoughtful, peer-informed work. It allows us to move beyond anecdote toward shared understanding. It supports both seasoned therapists and emerging practitioners by offering continuity, perspective, and a sense of belonging to an evolving field.

However, it is important to acknowledge a simple reality: the Journal exists through the dedication of volunteers and limited resources. Editorial work, peer review, formatting, and publication all require time,

care, and—inevitably—financial support. If we wish the Journal to grow in quality, reach, and frequency, we must also ensure its sustainability.

For this reason, we invite members and friends of the Regression Therapy community to consider supporting the Journal financially. Donations—whether modest or substantial—directly contribute to maintaining and improving this shared platform. They enable us to expand our capabilities, enhance accessibility, and continue offering a professional standard that reflects the seriousness of our work. The money comes to the IJRT through the Applied Transpersonal Psychology Foundation (ATPF) who is acting as our publisher. You can donate by visiting the basic page here: <https://atp-foundation.org/>. Then scroll down to the very end of the page and to the right and press on the PayPal donation button and this will work for you perfectly.

Supporting the Journal is, in essence, supporting the future of Regression Therapy itself. It is an investment in knowledge, in dialogue, and in the preservation of a field that seeks to understand the deeper layers of human experience.

Money is not everything.

We are also in need of articles, case studies, surveys, research papers, and book reviews—you name it. Even those of you who feel shy can begin by publishing modest contributions.

First, you can start by registering to our Newsletter here: <http://eepurl.com/hvwkjz> and then by visiting and studying through our [website](#).

There is a section in the Journal called The Therapist's Corner, where practitioners from all over the world share their stories and case material with our audience. This is not a strictly formal space, but rather a more relaxed one, where therapists can write more freely without having to follow all the conventions of academic journal writing.

Another important section is the annual Theme section. For the past two years, the theme has been Karma. In the upcoming issue, the theme will be: The Act of Suicide and Its Impact on the Psyche and the Spirit. Perhaps you have a case study you would like to share with us, or some theoretical ideas to enrich our insights.

We have a good team of experienced editors, like Drs. TenDam, Rodrigues, Furlong and others who will assist you in case you feel lost or not fully motivated.

To get started, why not take a look at one issue to get a feel for the scope and diversity of contributions? [Here is last year's issue.](#)

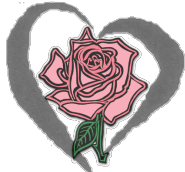
We are grateful for the contributions—intellectual, practical, and financial—that make this work possible. Together, we can ensure that the Journal not only endures, but continues to evolve as a meaningful voice within our professional community.

Thank you very much for taking the time to read this—I truly appreciate it...

If you want to read more about the history of the Journal click [HERE](#) for an additional article, written by Rich Stammler, about how it all got started. Written in November, 2014.

## Learning Center

*RoseHeart*



*Center*

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

With Virginia Waldron, CH, CI

### Monthly Past Life Regression Workshop

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., ET, on Zoom. The fee is \$30. To sign up contact Virginia Waldron at [info@theroseheartcenter.com](mailto:info@theroseheartcenter.com). For the detailed list for each month, go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com), and click on Monthly Workshops on the menu.

In May, the workshop focus will be exploring a previous life where we found balance and fulfillment. In June, the workshop will focus on exploring a previous life where we lived through hard times and what we learned from it.

### Awakening to Your Spiritual Path:

These classes will take place on Thursdays, from 7-9 p.m., ET, 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.

In May, the classes will focus on learning and exploring the Aura and the Chakra, including how to clear and use them for healing modalities.

In June, the class topics will be Your Soul's Journey: Karma, Reincarnation and Your Soul's Path.

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.

## 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

All classes are online in Pacific Time zone.

Next 200 hour Certification in Hypnotherapy begins June 2026.

Open House is Monday, May 11, 7p.m. PT.

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. The focus for May is Grief and

Talking with the Dead.

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

Shamanic Practices Certification: next Training Module WEST - begins May 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.

Go to [www.HypnotherapyTraining.com](http://www.HypnotherapyTraining.com) for more information and to register.

## Kim Kane with HCH Institute

Kim Kane with HCH Institute

Exploring Gateways to Higher Consciousness

6 to 8 pm pacific

[For more Information](#)

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.



May 27th Plant Consciousness: Listening to Green Intelligence

Exploring Gateways invites you to step out of the human-centered narrative and into the "Green Intelligence" that sustains our world.

We won't just talk about plants; we will learn to listen to them. To deepen this connection, we will embark on a Quantum Journey to interface directly with plant wisdom and the "Wood Wide Web," remembering our place within the living network.

June 17 — Water Consciousness: The Memory & Mystery Within Water is life, language, and mirror. Through experiential immersion, we attune to water's ability to store emotion, respond to thought, and reflect the fluid nature of consciousness.

These monthly gatherings 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.

Kim Kane is a Certified Clinical Hypnotherapist, Reiki master, and accredited Facilitator of Quantum and Universal Consciousness. She graduated from HCH Institute, completed a clinical internship, and is the Quantum Practitioner Teacher at HCH. She has advanced training in quantum consciousness journeys.

## Monthly Past Life Journey Circle With Susan Lyons



For more information, please visit:

<https://www.hypnotherapytraining.com/exploring-gateways-to-higher-consciousness>

### 2026 Offerings

ZOOM- First Wednesday 6:30-9p.m. PT

Cost \$40

Preregistration ends 5:30p.m. PT the day of the event.

<https://www.hypnotherapytraining.com/monthly-past-life-journey-circle>

Each monthly Past Life Regression Journey Circle includes intentional preparation, relevant educational insights, and a group Q&A to support clarity and confidence before the hypnotic process (Regression or Progression).

Following the journey, participants are invited to share and integrate their experiences within a supportive group field, which naturally deepens access to other lifetimes and expanded states of awareness.

May 6- Exploring a Past Life as a Healer

June 3- Exploring a Past Life most related to your Current Life Situation

July 1- A Past Life from Another Star System

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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 privilege of a lifetime is to become who you really are.” – Carl Jung

## IBRT Live Webinars

Unless otherwise stated, the Live Webinars will start at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. To sign up for all events please go to <https://ibrt.org/events%2Fclasses>

We'd like to offer a gentle reminder to hold this space with mindfulness and integrity. Our gatherings are recorded and may be shared on YouTube, so please remain conscious of client confidentiality and speak in ways that honor privacy and the sacred trust of this work.

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 along to Virginia Waldron, our editor, at [gatkepr@gmail.com](mailto:gatkepr@gmail.com). Please send your contributions 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).

**May's Webinar** will be on the 23rd with new certified member Stinne Erlandson leading:

The title is The Reason Behind the Reason: From Good to Brilliant

In our work, a session transitions from good to brilliant the moment we refuse to treat a profound answer as the final destination. Often, what feels like a breakthrough is simply another layer. To reach the true core, we must develop a relentless clarity in how we listen and—more importantly—how we ask.

The Art of the Deep Dive — I say to my students: Use your words. Even when a client offers a soul-level insight, there is always a reason behind that reason. If we settle for the first deep layer, we stay on the surface of their potential. True transformation requires the persistence to never settle. It is a commitment to navigating through the layers of the narrative until there is nowhere left to go but the absolute bottom. Unlocking Forgotten Knowledge —We have ways to move through these layers, shifting the focus from the story to the essence. By using language with precision, we can bypass the conscious guard and open access to what has been hidden: "...and then you remember something that you have forgotten that you know." This isn't just about information; it's about soul-access.

Stinne J. Erlandsen is a Certified Psychological Counselor and dedicated teacher specializing in Transpersonal Regression, Parts, and Resource Therapy in Austria. With her background as an LBL Facilitator and Hypnotherapist, Stinne brings a calm clarity and honest presence to her work. She is passionate about helping therapists use their words with precision, guiding them to move past the surface and meet their clients at the very core of the soul.

**June's Webinar** will be on the 25th and it will be a group discussion - members only.

The title is Share Your Most Surprising Past Life Therapy Sessions

We will meet in community to share stories of our most unusual and surprising personal past lives and anomalous past life sessions with clients. Even though most past life regressions follow a pattern, once in a while we experience one that is surprising, challenging and mind-bending to facilitate. Share the ones that have most surprised or challenged you and let's continue to acknowledge that doing this work will always lead us into new territories and uncharted realms of consciousness.

July's Webinar will be on the 16th and the topic will be Ancestral Healing and Past Life Regression, presented by Annie Blackstone.

If you feel nourished or inspired by these IBRT Live Webinars, we welcome you to support this growing community by subscribing to our YouTube channel and engaging through likes, shares, and comments. Your participation helps IBRT teachings to ripple outward to those who are ready to receive them.

### **IBRT Mentorship Meetings**

IBRT's Mentorship Meetings are for our Student, Affiliate and Board Certified Members only to help 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 held on Zoom on a Sunday 10:30 a.m. PT, so our international members can more easily partake of the wisdom and connections.

The IBRT Mentorship Meeting will shift to a quarterly schedule rather than monthly. The next meeting will be on June 27th. After that it will take a break. Look for announcements when it will start up again.

## **For Work**

May the light of your soul bless your work  
With love and warmth of heart.

May you see what in you do the beauty  
of your soul.

May the sacredness of your work bring  
light and renewal  
to those who work with you  
and those who see and receive your work.

May your work never exhaust you.

May release wellspring of refreshment,  
inspiration, and excitement.

May you never become lost in bland absences.

May the day never burden.

May Dawn find Hope in your heart,  
approaching your new day with  
dreams, possibilities, and promises.

My evening find you gracious and fulfilled.

May you go into the night blessed,  
sheltered, and protected.

May your soul calm, console, and renew you.

From "To Bless The Space Between Us" by John O'Donohue