



Newsletter of the International Board for Regression Therapy

Edition # 24 — September & October, 2024

Past Life Regression and Spiritual Emergence

Letter From the IBRT Board - from Board Member Valerie Deveraux

Moving into Fall with the light and shadow changing, it brings many celebrations and festivals in which we give thanks and appreciation. Living in Mexico I look forward to the Day of the Dead celebrations honoring our ancestors, friends and loved ones who came before us. It is a beautiful honoring of those who reside on spirit side. For me it is also an honoring of those lives I have lived prior to this current lifetime that have shaped me and helped me to become who I am now. And in that reflection, I find that Past Life Regression (PLR) is a large part of my spiritual path.

When I consider how we define a spiritual path, for me it is a search for meaning and purpose in life. It's a personal journey that involves developing deeper awareness and connection to something greater than one's self. Past Life Regression can represent many different things for people. I tend to view PLR as a gateway not only into memories of other lives in other times, but also a way to access greater levels of awareness and understanding for the client and for myself. And within that ability to connect with other selves or aspects that are deeply held within us, that is where we meet the Divine. That meeting may take on many forms, yet we know at the core of our being when we have experienced that connection, that sacred moment, and we are forever changed.

Through Past Life Regression, we have the opportunity to open to the multidimensional aspects of self whether we are working with a client, a friend or we are experiencing our own past lives. Past Life Regression has given me a deeper understanding of my own spirituality and connection not only with others in my life, but also with All That Is. I hope it has done the same for you. And in the coming weeks as we celebrate our harvest, celebrate Thanksgiving and our ancestors, I would like to propose that we also celebrate each of our past lives, our past selves, the light and the shadow. And in that celebration we give thanks to the beautiful process that we utilize as Past Life Regression for the spiritual path that it has led us to and the deep connections we have made to something greater than ourselves.

Announcements

IBRT's new book, *What's Past Life Got to Do With It?* is now available in Audio format, just in time for the holidays.

Congratulations to IBRT Board Member Georgina Cannon for winning this award!



Available from all major booksellers!

From what may anyone be saved?
Only from themselves!
That is, their individual hell.
They dig it with their own desires.
—Edgar Cayce

Articles

[Soul Healing Through Spirit Releasement Therapy](#)

[Paul Meredith July 19, 2017](#)

Through the history of human spiritual traditions there has been a belief that there is a nonphysical existence that parallels the physical universe. People considered this world to be filled with spirits. In the Assyrian cuneiform texts from about 2500 BC are the first known written accounts of the treatment of illness. Ceremonies to the tribal gods and direct confrontation of demons through prayer were the rituals used to heal people of negative spirit influence. In the North American indigenous *shamanic* traditions there is still a belief that mental and physical sickness is caused by either the possession of evil spirits or the soul loss of one's own spirit.

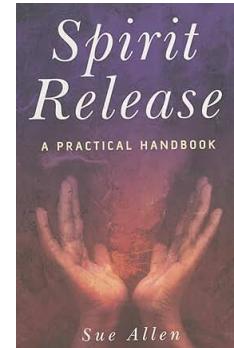
To read this article in full, please click [HERE](#).

People often say that motivation doesn't last.
Well, neither does bathing — that's why we recommend it daily.
—Zig Ziglar

Book Nook

Spirit Release: A Practical Handbook March 15, 2007, by Sue Allen

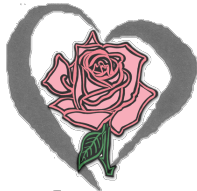
Spirit Release covers psychic attack, curses, witchcraft, spirit attachment, haunting, soul rescue, deliverance and exorcism. This comprehensive guide has been developed over many years as course material in the College of Psychic Studies in London. It looks at the symptoms of psychic attack and spiritual attachments, what to do and how to prevent them. It is an excellent resource for anyone who is a practitioner or who wants to learn more about the topic. It's easy to read and well organized.



Learn to live!
Then there is no death, save the transition, when desired.
Many live who have never died as yet.
All you may know of heaven or hell
is within your own self.
— Edgar Cayce

Learning Center

RoseHeart



Center

The RoseHeart Center

With Virginia Waldron

www.TheRoseHeartCenter.com

info@theroseheartcenter.com.

Fall 2024 Classes — Starting in September Virginia Waldron will present a new series of spiritual classes for the general public called *Exploring Your Spiritual Path*. This will be an ongoing series of 8 classes that will meet on Tuesdays in the Fall, to investigate, explore and discuss the various aspects

of finding and becoming more familiar with our spiritual paths. Each class will be on a different topic and may include lectures, discussions, guided journeys, shared stories and much more. These classes will run from October through December. A second series will begin in March 2025 that will continue the exploration of our spiritual paths.

These classes will be on-line, through Zoom. For more information about these classes, including dates and fees, please go to www.TheRoseHeartCenter.com. To register contact Virginia at info@theroseheartcenter.com



The RoseHeart Spiritual Academy

With Virginia Waldron

www.TheRoseHeartCenter.com

info@theroseheartcenter.com

The Fall 2024 schedule will be:

The National Guild of Hypnotists Professional Certification in Hypnosis Training will take place in September and October.

Pre-Birth Regression will take place in October.

Past Life Regression Training will occur in November.

Afterlife Regression will take place in December.

All training programs will be on-line, through Zoom. For further information about dates, times and fees for the Fall 2024 Spiritual Academy Trainings, go to www.TheRoseHeartCenter.com. To register contact Virginia at info@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

Explore offerings and register at: www.Hypnotherapytraining.com

Attend our FREE OPEN HOUSE on Wednesday September 18 at 7pm PT Time Zone. Receive a free session in our community clinic for attending.

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

Free weekly Reiki Clinic. Tuesdays at 7 p.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/ session or four sessions for \$140.

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

Next Shamanic Training module begins in September.

Next 200 hour Hypnotherapy Training begins in October Attend our Open House on Wednesday September 1

Emotional Freedom Technique Training — Fridays, Sept. 6, 13, 20, 27 at 3 p.m. to 6 p.m. PT Time Zone

Past Life Therapy Training — Fridays, October 4, 11, 18, 25 at 3 p.m. to 6 p.m. PT Time Zone



Georgina Cannon
changing minds

A WARM AND WELCOMING PLACE TO LEARN AND GROW

Classes now open for registration for Past Life Facilitation November 2-3 and Life Between Lives Facilitation December 7-8. Classes are held on Zoom.

To register connect@georginacannon.com

Plans are underway for new workshops in 2025 including training programs for Hypnosis, for Grief, Master Hypnosis Techniques and Transpersonal Hypnosis which includes the technique of spoon bending. All taking place on Zoom.

Be sure to sign on to our newsletter to be kept up to date connect@georginacannon.com.

And if you want to see other subjects on the calendar, let us know. I run special “by request” classes for small groups also.

The spirit is life.
The mind is the builder.
The physical is the result.
— Edgar Cayce

Gatherings

September's Gathering will be Finding Your Spiritual Path, presented by Virginia Waldron. The date is Thursday, September 26th, at 4pm PT, 5pm MT, 6pm CT, and 7pm ET. It is open to the all IBRT members for free and \$20 for non-members.

October's Gathering will be Spiritual Releasement Therapy, presented by Holly Holmes-Meredith and Peter Wright. The date is Thursday, October 24 at 4pm PT, 5pm MT, 6pm CT, and 7pm ET. This Gathering is open to the all IBRT members for free and \$20 for non-members.

November's Gathering will be another panel discussion on IBRT's New book, *What's a Past Life Regression Got To Do With It?*. There will be four authors sharing the discussion about writing their chapters. The date is Thursday, November 21, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. This Gathering is open to all at no charge.

December's Gathering will be A Winter Solstice Celebration. The date is Thursday, December 19, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. This event will be for members only.

January's Gathering will be Thursday, January 23 - Dianne Seaman - *IBRT Astrology Presentation* at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. This Gathering is open to the all members for free and \$20 for non-members.

Actually, we have no problems -
we have opportunities for which we should give thanks...

An error we refuse to correct has many lives.
It takes courage to face one's own shortcomings
and wisdom to do something about them.

—Edgar Cayce