



Newsletter of the International Board for Regression Therapy

Edition # - March & April, 2026

Take a Breath: This Is The Time To Start Anew

Dear IBRT Member,

Last month, your seven Board Members spent four hours envisioning the year ahead for the International Board for Regression Therapy (IBRT).

Valerie Deveraux facilitated our brainstorming session (sprinkled with creating sacred space, calling in our Higher Selves, and asking our Spirit Helpers for guidance and inspiration).

We reflected on IBRT's strengths and weaknesses as an organization and the opportunities we have for growing and evolving our IBRT Community.

We explored many aspects of the current state of IBRT, we prioritized goals for 2026, and we committed to taking action in support of these goals.

IBRT's Goals for 2026

We agreed that our most important goal for 2026 is to expand our membership and community in order to:

- Enhance IBRT's financial stability and fluidity,
- Expand the visibility of Regression Therapy and the availability of competent, ethical training and the other resources and benefits that we offer to our Board Certified Professional Members, Affiliate Members, Student Members and IBRT's Accredited Schools and Training Programs,
- Develop a diverse and expanded international membership of individuals and accredited Past Life Regression training programs,
- Engage current members in outreach projects to attract new Professional, Affiliate and Student Members of IBRT,
- Collaborate with other Past Life Regression organizations to offer reciprocal memberships and benefits to all our members.

Help Us Publicize this Free Webinar to Enable Colleagues to Get to Know IBRT

As part of our Membership Recruitment effort, we encourage you to invite potential Professional, Affiliate and Student Members to attend our next IBRT Live Webinar on Zoom. Invite them to register for free using code *GUEST26, PRO26* at <https://ibrt.org/webinars>.

Help us Publicizing IBRT Board Certification on Your Website

We encourage our Professional Members to mention IBRT Board Certification whenever you promote your credentials and experience.

Perhaps you could add the following paragraph to your website and promotional materials to inform your clients and community about your involvement with IBRT.

Board Certification by the International Board for Regression Therapy is the gold standard for Past Life Regression Therapists who are actively advancing the profession as a legitimate therapeutic modality.

We are counting on your ongoing support to help IBRT galvanize the vitality of our professional community and the clients who are served as well as support the expansion of our Soul work.

My colleagues on the IBRT Board and I look forward to the coming year of learning, growing and sharing with each of you.

Many Blessings,

Holly

Holly Holmes-Meredith, D. Min, MFT, CCHT
President
International Board for Regression Therapy

We should not pretend to understand the world only by the intellect. The judgment of the intellect is only part of the truth. — Carl Jung

Announcements

Please note: When you attend any of our IBRT Live Webinars, 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 is proud to announce our newest Certified Member: Stinne J. Erlandsen

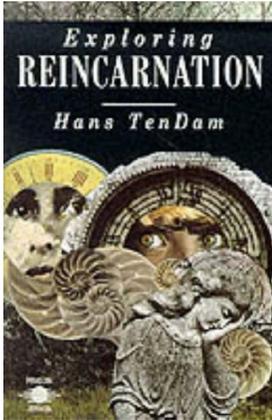


Stinne is an international member and works internationally with clients from Europe, offering sessions in German, English, and Danish. She offers appointments online and in person. Stinne is a Certified Psychology Counselor (Vitalakademie), Past Life Therapy Regression Therapist (PLRA), Certified LBL© Facilitator (Michael Newton Institute), Level IV Certification with IBRT, and an EARTH Certified Regression Therapist. She teaches Regression Therapy and Parts Therapy at her accredited school, European Academy of Integrated Hypnosis. Welcome Stinne

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. — Mark Twain

Book Nook

Exploring Reincarnation by Hans TenDam, published in English in 1990.



Exploring Reincarnation examines the full range of explanations for past-life recall. This definitive study includes case histories from around the world, as well as intriguing theories about the relationship between body and soul—from general social beliefs about past lives to detailed questions about karma and Past Life Regression Therapy. It is an outstanding introduction to reincarnation from an historical, scientific, and philosophical point of view. In this definitive and dispassionate survey of the experience, a leading authority considers all the different techniques and assesses in detail the arguments for reincarnation. Unlike some writers in this field, Hans TenDam examines fairly and frankly the range of explanations for past life recall — the many different hypotheses about body and soul. None fits the evidence, he concludes, as well as reincarnation. It is time we took it into account in our general theories about personality and recognized its huge potential in therapeutic work.

Articles

The Crone's Cottage

Words by Chelan Harkin

It's when the earth shakes
And foundations crumble
That our light is called
To rise up.

It's when everything falls away
And shakes us to the core
And awakens all
Of our hidden ghosts
That we dig deeper to find
Once inaccessible strength.

It's in times when division is fierce
That we must reach for each other
And hold each other much
Much tighter.

Do not fall away now.
This is the time to rise.
Your light is being summoned.
Your integrity is being tested
That it may stand more tall.

When everything collapses
We must find within us
That which is indomitable.

Rise, and find the strength in your heart.
Rise, and find the strength in each other.

Burn through your devastation,
Make it your fuel.

Bring forth your light.
Now is not the time
To be afraid of the dark.

The Prophetess, The Return of The Prophet From The Voice of The Divine Feminine. A powerful retelling and continuation of Kahlil Gibran's *The Prophet*, this book of prose poetry examines life's deeper meaning and spirituality with the Divine Feminine as a guide.

Live your daily life in a way that you never lose yourself. When you are carried away with your worries, fears, cravings, anger, and desire, you run away from yourself and you lose yourself. The practice is always to go back to oneself.— Thich Nhat Hanh

Learning Center

RoseHeart



Center

www.TheRoseHeartCenter.com

With Virginia Waldron, CH, CI

Monthly Past Life Regression 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 to 3 pm, ET, on Zoom. The fee is \$40. To sign up contact Virginia Waldron at info@theroseheartcenter.com. For a detailed list for each month, go to www.TheRoseHeartCenter.com, and click on Monthly Workshops on the menu.



The RoseHeart Spiritual Academy

With Virginia Waldron, CH, CI

Professional Training Schedule

The National Guild of Hypnotists Hypnosis Certification Program - Spring 2026 - Spiritual Hypnosis

This is a professional-level training program in Spiritual Hypnosis for adults who are seeking a new path for their future. Spiritual Hypnosis is a collaborative modality that enhances many other healing and growth endeavors. It is a starting point and prerequisite to many other modalities such as Past Life Regression. This 120-hour training program begins on April 17 and meets in four nonconsecutive weekends through to the end of June. The RoseHeart Spiritual Academy is part of the RoseHeart Center LLC, which is an IBRT-accredited training program.

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.

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
3746 Mt. Diablo Blvd. #200, Lafayette, Ca. 94549
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 Pacific Time zone.

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

Open House is Monday January 12, 7pm PT

Spirit Releasement. Training Fridays April 3, 10, 17, 24, from 3pm to 6pm PT. (Requires training in Hypnotherapy as a pre-requisite).

FREE Reiki Meet-up every Tuesday at 7pm PT.

FREE monthly meet-up Second Wednesday of the month, 7pm PT: Self

Care for These Challenging Times. The focus for February is Forgiveness.

Emotional Freedom Technique I: Fridays March 6, 13, 20, 27, 3 to 6pm PT

Exploring Gateways to Higher Consciousness meets monthly the 3rd Wednesday, 7pm PT

Next 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 for more information and to register.

Kim Kane

Quantum Consciousness Practitioner Training

HCH Institute Two Sundays 9 am to 5 pm PT

April 19th and 26th

Answer the call to support the changing consciousness of our planet...and beyond. This advanced course is rooted in the innovative work of *Quantum Consciousness: Journey Through Other Realms* by Peter Smith.

In this training, you will:



- **Explore Quantum Principles**

Understand Quantum Physics as the science of infinite potential, and Consciousness as the foundational fabric of the universe. This is the "All That Is."

- **Experience Quantum States Firsthand**

Engage in guided practicums that shift your awareness into expanded states, so you can confidently hold these frequencies for your clients.

- **Facilitate Expanded Awareness Journeys**

Learn how to guide clients beyond the constructs of body, mind, and personality into alternate vibrational realms, where their transformational wisdom resides.

- **Empower Your Clients**

Help clients move beyond linear time and three-dimensional space to access profound insights and healing from other realms of consciousness.

This is more than a technique -it's an evolution in how we guide, witness, and support

Registration: \$350 <https://www.hypnotherapytraining.com/advanced-training-in-quantum-consciousness>

Exploring Gateways to Higher Consciousness

With Kim Kane at Whisper of Trees Wellness | HCH Institute

A journey through consciousness exploration and the quantum field

6 to 8 pm PT | 3rd Wednesday of each month

March 18 — Conscious Creation: The Observer Effect & Unlimited Possibilities Awareness shapes experience. Through the lens of quantum observation, we experiment with intention, presence, and the art of co-creation — opening to life as a participatory dance of consciousness.

April 15 — Animal Consciousness: Sacred Reflections of Self Animals mirror our essence in pure, instinctive form — and yet hold their own spiritual sovereignty. Through attunement and presence, we rediscover their vibrational wisdom and our shared field of consciousness.

Cost: \$40 Register here:

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

<https://www.hypnotherapytraining.com/advanced-training-in-quantum-consciousness>



Susan Lyons

Monthly Past life Journey Circle

First Wednesday of every month from 6:30 to 9pm PT

\$40

Click here to register:

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

March 4 - Healing Fears and Phobias with Past Life Therapy

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.

April 1 - Explore a Quantum Jump to a Parallel Reality

Participate in a group hypnotic process to access Quantum Jumping. A process where individuals access alternate versions of themselves from parallel realities to unlock new potentials, insights, and skills.

May 6 - Exploring a Past Life as a Healer

This month's group regression invites you to journey into a past life where you embodied the role of a healer. Here, you can explore and reawaken the skills, wisdom, and intuitive abilities that continue to live within you.

Carole Louie, of the Center of Reincarnation, shares this information with us. If any one is interested in signing up for the Reincarnation Book Club. The next presenter will be Chris Bache. Register @ <https://tinyurl.com/BookClubChrisBache>

EVENTS

REINCARNATION BOOK CLUB
MARCH 5th @ 7 PM ET
On-Line



Chris Bache, PhD will focus on Chapter 4 - The Oversoul of his book *Lifecycles: Reincarnation and the Web of Life*. Join us for a fascinating discussion. Free event.

KARMA CAFE
MAR. 24th @ 7 PM ET
On-Line



Join Jim LaPann, host of *Life: It Just Keeps on Going* podcast & Carole Louie for a discussion about our spiritual journeys. This will be a LIVE event On-Line. The conversations will be open-ended. So, if you are looking for a great place to hang out with like-minded friends, join us. Free event.



**International Association
for Reincarnation Studies**

EVENTS

GROUP REGRESSION
APR. 2nd @ 7 PM ET On-Line

We will explore Ancestral Sovereignty and how the connection with our ancestors is more than a legacy with Tiffany Hansen. For more info about Tiffany, go to spiritheartcenter.com \$25



Check out our video Archives

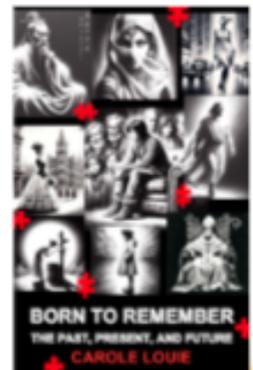


@Reincarnation-Studies

OTHER EVENTS YOU MIGHT LIKE

Richmond IONS*
MAY 16th
@ 10 AM ET
**On-Line &
In-Person**

Born to Remember
the Past, Present & Future
with Carole Louie



*For more info, go to richmondions.org

 internationalassociationforreincarnationstudies

When we come into contact with the other person, our thoughts and actions should express our mind of compassion, even if that person says and does things that are not easy to accept. We practice in this way until we see clearly that our love is not contingent upon the other person being lovable. — Thich Nhat Hanh

IBRT Live Webinars

Unless otherwise stated, the Live Webinars take place on Thursdays, 4 pm PT, 5 pm MT, 6 pm. CT, and 7 pm ET. Sign up for all events at <https://ibrt.org/events%2Fclasses>

When you attend any of our IBRT Live Webinars, 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 are open to the IBRT Community. If you have something you would like to see in our 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.

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, gatepr@gmail.com, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

March's Live Webinar



IBRT's next Live Webinar will be on Saturday, March 21 at 10 am, 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: an EARTH Research Project." Many women are suffering from pre and post menstruation effects in their life. In this webinar,

sample cases and a techniques overview, and worldwide research information on menstrual pain will be shared.

IBRT Members Attend for FREE. Non-Members \$20

April's Live Webinar

In April the Live Webinar will be on Thursday, April 16, and will feature our Board Member Kathy Hagen.



Navigating AI with Clarity, Consciousness, and Discernment: Using Emerging Technology with Integrity and Intention

Artificial intelligence is moving quickly into both professional and spiritual spaces — raising real questions about ethics, misuse, and the future of human-centered practice. Rather than reacting from fear or avoidance, how can spiritually oriented practitioners engage with AI consciously and responsibly?

In this webinar, Kathy Hagen, Founder of InnerStrength Innovations™, offers a grounded introduction to what AI is — and what it is not — and explores how to approach emerging technology with clarity, ethical awareness, and discernment.

We will discuss common concerns, practical guardrails for responsible use, and constructive ways AI can support communication, education, and creative work. Participants will leave feeling informed, steady, and empowered to navigate AI without losing their center.

IBRT Members Attend for FREE. Non-Members \$20

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

Mentorship Meetings

IBRT's Mentorship Meetings are a membership benefit open only to 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.

The Mentorship Meetings are usually on a Sunday 10:30 pm PT, so our international members can more easily partake of the wisdom and connections. Members only, please join us!

In March our Mentorship Meeting will be on Sunday, March 15. The Mentor will be Virginia Waldron. In April our Mentorship Meeting will be on Sunday, April 19. The Mentor will be Valerie Deveraux.

Lastly, here is a lovely channeled poem from Board Member Kathy Hagen, as a gift to us all. Thank you, Kathy

Never Waver

As the sun sleeps in winter
I live with the dark and cold of earth
The darkness holds gloom and loss of hope
And I've lost my footing

I know that the dark is fleeting
The sun is always shining
Yet in my heart I feel like I'm climbing

Endlessly...

The days will get longer
The dark makes us stronger
The true light is in me

I'll never waver
I belong here
Never waver
You belong here
The light, the hope
The light, the hope

We are light we are love
As we shine our own light outward
We leave the darkness behind

Embrace the dark
It gives us rest
Embrace the dark
And take a deep breath

Breathe in the darkness
Love the time for reflection
Breathe in the darkness
And find a new direction
This is the time to start anew
To begin again
And change the view

I'll never waver
I belong here
Never waver
You belong here
The light, the hope
The light, the hope

We are light we are love
As we shine our own light outward
We leave the darkness behind
We are light we are love as we shine our own light outward
We leave the darkness behind

Embrace the dark
It gives us rest
Embrace the dark
And take a deep breath
This is the time to start anew
To begin again

Lyrics © 2025 Kathleen Hagen. All rights reserved.
To hear this lovely piece put to music, please go to:
[www.https://innerstrengthinnovations.com/post/never-waver](https://innerstrengthinnovations.com/post/never-waver)