



Newsletter of the International Board for Regression Therapy

Edition #36 - September/October, 2026

Connecting the World Communities of Past Life Regression Therapy

Letter from The Board

Dear IBRT Members,

Your Board of Directors of the International Board for Regression Therapy (IBRT) has been actively seeking new ways to increase member benefits while expanding awareness and professionalism in Past Life Regression Therapy.

One of our highest priorities has been to create more opportunities for professional training, networking, and international collaboration for our members.

It is with great joy that I announce a new collaboration between the IBRT Board and the Board of EARTH (the European Association for Regression Therapy).

We have established a reciprocal membership agreement with this highly respected nonprofit professional certification organization.

Founded in Frankfurt in 2006, EARTH has grown into an international association of more than 400 members representing 38 countries. Like IBRT, EARTH is dedicated to promoting excellence, ethics, and professionalism in Regression Therapy.

EARTH Membership Benefits

As an EARTH member, you can gain access to a wide range of educational and professional opportunities that support your continued growth as a Regression Therapist. To learn more about these member benefits, please visit: <https://EARTHassociation.org/benefits-of-membership/>

Reciprocal Memberships for IBRT Members

IBRT Board Certified Members, Affiliate Members, Student Members, and graduates of IBRT-accredited training programs are now eligible to join EARTH **without completing EARTH's standard application and examination process.**

To apply, simply complete the EARTH Membership Application and submit verification of your IBRT membership (such as a copy of your IBRT certificate). If EARTH requests additional verification, the IBRT office will be happy to confirm your membership status. Please let me know.

Annual EARTH Membership Fees

- IBRT Certified Professional Members: €100 per year (About \$134) (Equivalent to the IBRT Board Certified Membership)
- IBRT Active Affiliate Members: €83 per year (About \$112)
- IBRT Student Members (who are currently enrolled in an IBRT-accredited training program): €50 per year (About \$67)

Advanced Certification Through EARTH

EARTH also offers an additional Certified Membership for licensed professionals in medicine or psychology who qualify as Professional Members.

Learn More

We encourage you to explore EARTH's website to learn about its educational programs, professional directory, accredited trainings, conferences, and other member resources. Please also note the 2026 EARTH Annual Conference in Granada, Spain, November 6–14.

Since signing this reciprocal agreement in mid-June, we have already welcomed several EARTH Professional and Student Members into IBRT.

Our Growing Global Community

This collaboration strengthens our shared commitment to promoting highly trained, ethical Regression Therapy practitioners around the world.

As our international community grows, we hope to foster greater cooperation, mutual support, and the exchange of knowledge among practitioners across cultures and countries.

Together, we believe we can help advance a more compassionate, collaborative, and awakened consciousness through our work.

Looking Ahead

The IBRT Board remains deeply committed to supporting our members and expanding opportunities for learning, connection, and professional excellence.

Thank you for being part of this exciting new chapter in IBRT's growth. We look forward to building an even stronger global community with your help.

In service,

Holly Holmes-Meredith
On behalf of your IBRT Board of Directors

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 pleased to welcome the first two new Board Certified Members who join us from our sister organization, EARTH.

Eshanye K P
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Eshanye K P is a Psychotherapist, Clinical Hypnotherapist, Transpersonal Regression Therapist, and Family Constellation Facilitator specializing in trauma healing, consciousness exploration, and transformational psychotherapy.

Following a 20-year career in the Information Technology Industry, she now has over 15 years of experience in mental health and holistic wellness. She integrates Clinical Psychology, Transpersonal Regression Therapy, Clinical Hypnosis, Family Constellation, Inner Child Healing, and ForceFields to help individuals resolve trauma, emotional patterns, relationship challenges, and limiting beliefs. Her work is rooted in the understanding that lasting transformation emerges through increased self-awareness and access to the subconscious mind.

Another EARTH member joins IBRT



www.debbiejeremiah.com
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debbie@debbiejeremiah.com
ZOOM + In person (Suffolk, Essex, Cambridge borders, CO10 8QZ, UK)

Debbie helps people overcome fears, break unhelpful patterns, and create lasting change. She also supports leaders to present with ease, speak up confidently in meetings, and feel comfortable being themselves at work. Her approach combines Visualization, Hypnosis, Current Life Regression, Parts Therapy, Resource Therapy, Past Life Regression, and Coaching. She also guides clients in exploring expanded states of consciousness through Past Life Regression and Life Between Lives® sessions, helping them uncover hidden soul memories, reconnect with their True Purpose, and gain greater self-awareness, deeper insight, and profound wisdom.

Debbie is a Clinical Hypnotherapist, Regression Therapist, and certified LBL® Therapist. Her background includes leadership development, coaching, mindful leadership, and building psychologically safe workplaces. If you are feeling stuck, fearful, uncertain, or sense that something is missing in your life, she invites you to get in touch for a Zoom chat or begin your journey by joining a Past Life Regression for Beginners Workshop on Zoom.

IARS ReincarnationSymposium.

This year it will be held on October 31 and November 1 from 1:00-4:30 PM ET (Halloween and All Saints Day, on-line & in-person (San Jose, CA & Richmond, VA).

We are honored to welcome **Bruce Leininger**, co-author of *Soul Survivor: The Reincarnation of a World War II Fighter Pilot*, as our keynote speaker on **October 31**. He will explore **Shared Reincarnation Experiences**. Bruce will talk about what it has been like to parent an Experiencer—his son, James Leininger*—how the experience challenged and reshaped his faith, and he will share a part of the story he has not discussed before. It's what I call a "double shared experience."

This year's symposium will also emphasize the process of **integration**. Following Bruce's presentation, participants will join **Round Table Discussions** and a **Soul Writing Practice** led by **Joanne DiMaggio, MA, CHt**.

Then, on **November 1**, we will present **Eight Reincarnation Cases of the Holocaust**—cases of past life memories from both Jewish victims and former Nazis, including two verified cases. It is amazing how this collection of cases has come together. This documentary presentation will be followed by **Round Table Discussions** and a **Healing Circle**. Together, we will explore conflict through the lens of reincarnation, opening the door to deeper healing, compassion, and insight.

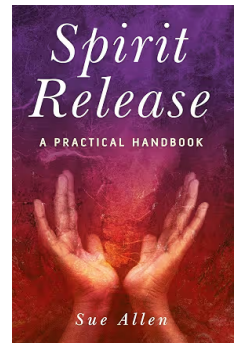
Early Bird tickets are now available at reincarnationsymposium.com. See flyer at end of this newsletter

Book Nook

Spirit Release

by Sue Allen, published in 2007.

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 responsible, definitive, and compassionate. There are many similarities with William Baldwin's books of Spirit Releasement Therapy, but this book includes much more comprehensive and practical material about psychic attacks, curses, soul rescue, and much more. Even from a skeptic's perspective, this book covers the subject in a fascinating and intriguing manner. Sue Allen is a qualified Psychotherapist and healer as well as instructor, and is well known for her work in this area.



Articles

Jung's Self-Reports of his Paranormal Experiences

By Athanasios Komianos

First published in the International Journal for Regression Therapy - Issue #35



The sign over the entrance of Jung's estate.

VOCATUS ATQUE NON VOCATUS DEUS ADERIT

(Called or not called God will be there)

This phrase is inscribed over the door of Carl Jung's estate in Küsnacht, Zürich. I had the privilege to visit this place in April of 2025. The house was built in 1909 by Jung and his wife Emma when she inherited from her father and IWC after his sudden death. They bought the land from an orphanage and built the house as they dreamed by the shores of Lake Zürich. As of 2018 it was turned into a **museum** and you can visit the house, the library and the study of Jung which is preserved as it was at the time of his death in 1961.

To read the complete article, [click here](#).

Religion is meant to teach us true spiritual human character. It is meant for self-transformation. It is meant to transform anxiety into peace, arrogance into humility, envy into compassion, to awaken the pure soul in man and his love for the Source, which is God. — Radhanath Swami

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, 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 Past Life Workshop will be on Sunday, September 13, 2026. The focus will be on exploring a life living in a tribe - what you can learn from a life where achieving your goals is easy and simple, and your life work is about being part of a greater whole.

In October the Past Life Workshop will be on Sunday, October 4. In this workshop, we will learn about living life as a serf or a slave. What will you experience as a person with no power of choice or sense of independence?

In the November 22 Past Life Workshop we will explore these issues of power and choice from the opposite side. We will experience a previous life as a figure of authority, a leader, king, or aristocrat. We will be the person with all the power and choices, ruling those who have none. These two workshops would work best if experienced as a pair - facing opposites.

Spiritual Emergent Experiences at The RoseHeart Center

This is a new series of events, workshops and classes where we will explore and learn more about our own Divinity, the path we created to bring us to the process of becoming a spiritually awakened individual. This is the ultimate goal of all the lives we have chosen to experience here on Earth (and other places and dimensions), to awaken to our Divinity and to full Spiritual Consciousness.

If you feel you are ready to experience this Awakening, join us for the first event - **Awaken to Your Inner Dawn** - a 4-hour workshop where we learn about and explore the blueprint we created for our current lifetime and the steps we chose to put on that life path in order to bring

about an awakening to the Truth of our Divine Nature. There will be a lecture and discussion section, a guided journey, sharing stories and even some creative writing.

This workshop will be offered online through Zoom, as well as in person at the RoseHeart Cottage. The date will be October 11, from 10 am - 3 pm (with an hour break for lunch). The fee for this workshop is \$175, payable through PayPal or Venmo, and is due before the 5th. For more information or to find out how you can sign up please contact Virginia Waldron at info@theroseheartcenter.com.

For more information about this workshop and the upcoming Spiritual Awakening Events taking place throughout 2027, sign up for RosePetals, RoseHeart's e-Newsletter. You can do this by contacting Virginia Waldron - info@theroseheartcenter.com - and letting her know.

HCH INSTITUTE



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HCH Institute for Hypnotherapy and Psycho-spiritual Trainings, with Holly Holmes-Meredith

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

HCH Institute for Hypnotherapy and Psycho-spiritual Trainings, with Holly Holmes-Meredith
All classes are online in the Pacific Time Zone.

Next 200 hour Certification in Hypnotherapy begins October 2026.

Open House is Monday, September 14, 7pm PT.

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

FREE monthly meet-up Second Wednesday of the month, 7p.m. PT:

Self Care for These Challenging Times. The focus for August is Discovering Your Life Purpose

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

Shamanic Practices Certification: next Training Module NORTH - begins September 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.

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>



September 2- Exploring the Inter-Life to Discover Soul Agreements, Karmic Patterns and Life Purpose

October 7- Exploring a Non-Human Incarnation

IBRT Live Webinars

4 pm PT, 5 pm MT, 6 pm CT, and 7 pm ET.

Sign up for all events at <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. 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, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

September's Live Webinar will be on Thursday, September 17, at 4pm PT and 7pm ET.

The title is: **Water Consciousness in Regression Therapy: Cellular Resonance & Fluid Intelligence in Practice**. Presented by Kim Kane, a Certified Clinical Hypnotherapist, Quantum Consciousness Guide, and HCH instructor.

Designed specifically for Regression Therapists, this presentation offers a practical framework and somatic tool for introducing water consciousness into client sessions. This workshop explores groundbreaking research on cellular memory (Emoto, Austin, Gardner, and Pollack's EZ Water) and includes a live Water Consciousness Group Journey tailored for rapid-expansion inquiry.

October's Live Webinar will be on Saturday, October 3, at 7pm UK, 2pm ET, 11am PT. The title is **The Journey Between Death and Life**, presented by one of our newest members, Ellemiek Drucker.

The journey between death and rebirth is, for most, as rich and eventful as life itself. Clients often describe places to visit, beings to encounter, and experiences that reconnect them with a deeper sense of who they are, where they come from, and why they are here. Clients from all over the world and from all walks of life have explored this inner landscape through Between Lives Spiritual Regression, each uncovering a uniquely personal journey. In this webinar, we will explore commonly observed stages within this process, including healing, past life review, encounters with their Soul Group, Guides or Wise Ones, and the preparation for a forthcoming life. Session excerpts will illustrate the depth and variety of these experiences.

November's Live Webinar will be on Thursday, November 19, 4pm PT and 7pm ET. The title is **Creative Tools for Your Practice: An Introduction to Canva, Suno & Camtasia**.

Creating engaging content for your Hypnosis practice doesn't have to be complicated—or expensive. Whether you're promoting workshops, sharing educational content, or simply looking for new ways to connect with clients, today's creative tools can help you present your work with greater confidence and ease.

In this practical, beginner-friendly webinar, Kathy Hagen will introduce three powerful tools—**Canva** for creating professional graphics and presentations, **Suno** for generating original music, and **Camtasia** for recording and editing videos. Through live demonstrations, you'll learn simple techniques to get started and discover how these tools can support your newsletters, social media, websites, online courses, and client education.

No previous experience is required. This session is designed to help practitioners feel comfortable exploring these creative technologies and leave with practical ideas they can begin using right away.

December's Live Webinar will be another inspiring and delightful Solstice Celebration. It will take place on Thursday, December 17, 4 pm PT and 7 pm ET. It will be a members-only social event on the Solstice, sharing ways of celebrating and acknowledging the Season, as well as each other. Bring a candle and perhaps something to share like a song or a poem or a story.

How Eternity Could be Endured

By Hafiz translated by Daniel Ladinsky

You must have seen yourself by now – I mean

The real Self. It must have at least passed close

by one day, maybe even stepped on your toes.

Or dragged you somewhere.

That Self, upon you seeing it, gave you the idea of how eternity could be endured, because of a

tremendous enchantment you felt for a grace emanating from all things, and your soul now the epicenter. *Your own presence upon every throne.*

Such an incandescence you emanated, and so magnificently sovereign you felt, that rightfully,

rightfully, all your ideas of God would look very pale if they had the audacity to stand next to you, when your sight was clear...*and all your power revealed.*



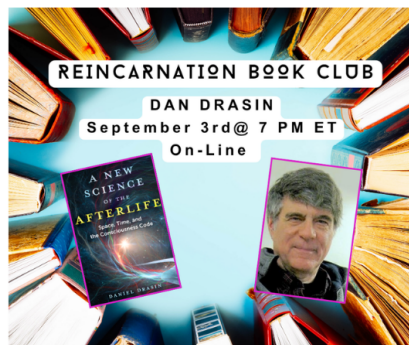
EVENTS

KARMA CAFE
JULY 28th @ 7 PM ET
On-Line & In-Person



Join Jim LaPann, host of Life: It Just Keeps on Going podcast & Carole Louie for a discussion about our spiritual journeys. LIVE free event. Libbie Mill Library, Study Room C, 2100 Libbie Lake East St., Henrico, VA & on-line. To register, go to carolelouie.net.

REINCARNATION BOOK CLUB
SEPT 3rd @ 7 PM ET
On-Line



To register, go to reincarnationsymposium.com

Carole Louie



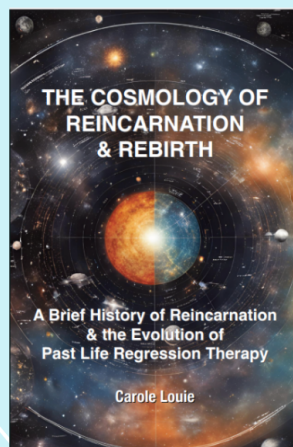
carolelouie.net



@carolelouie

Services

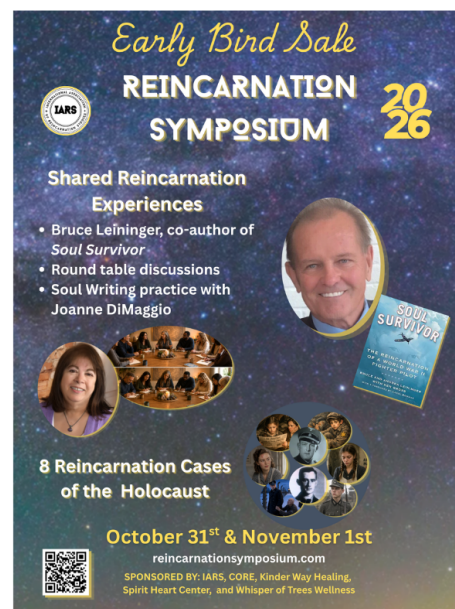
- Soul Medium
- Past Life Regressionist
- Master Hypnotist
- Quantum Consciousness Facilitator
- Meditation Facilitator
- Spiritual Consultant



EVENTS



IARS REINCARNATION SYMPOSIUM
OCTOBER 31-NOVEMBER 1
(1:00-4:30 PM both days)



On-Line & In-Person
San Jose CA

Richmond VA - SOLD OUT
 Early Bird Tickets are available now
 \$50/both days. Go to,
reincarnationsymposium.com