



Newsletter of the International Board for Regression Therapy

Edition #35 - July & August, 2026

Alchemy of Fire

Letter from The Board

Dear Members

As we in the Northern Hemisphere move into summer and we find the weather heating up, I am reminded that this is the year of Fire Horse in the Chinese Astrology. As a Fire Horse Year it is forecast to be a year of movement and fire. I don't know about you but I'm finding it pretty fast paced. There is also the element of fire in this year which is supposed to be intensified. We may witness that fire in many forms. Literal and metaphorical fire in physical form in nature or man-made. And we all may feel things with more intensity than usual, or a heating up in both the outer world and possibly the inner world.



And while the outer world with its fast pace and heat tends to attract our attention or may heat up communications or feelings, there is a great opportunity emerging from this energy for us to go within and look at our inner world. We can use this energy of the Fire Horse to assist us in moving forward with those dreams, desires, passions that light the fire within us. Consider utilizing the momentum from this energy to kindle or re-kindle your dreams, goals or intentions. One suggestion is to make time to write out those intentions, goals and dreams along with the emotions you believe you will feel once the goal is reached. Then go into a meditation or a quiet visualization and using that element of fire, allow it to raise your feelings to the highest level possible. Feel the heat, the vibration of the positive emotions which may include love, gratitude and appreciation which are all high vibrational energies. And visualize the desired outcome. Once you finish your meditation do not put a limitation on the desired result, no time limit, date or expectation on it. Allow yourself to repeat this meditation as often as possible, feeling the joy of its completion and then watch for synchronicities, connections and results. And remember that by harnessing this energy in positive ways you are not only uplifting your vibration, but that of all those in the world. Namaste

Valerie Deveraux



Announcements



Newsflash: IBRT invites everyone to Celebrate World Regression Therapy Day - July 1, 2026

We invite you to join the International Board for Regression Therapy (IBRT) and our three sister organizations in Europe and South America on July 1 to celebrate World Regression Therapy Day.

These three co-sponsoring organizations are the Earth Association for Regression Therapy in Europe, the Spanish Association of Regression Therapy and the Chilean Association of Past Life Therapists.

World Regression Therapy Day honors the birthday of Dr. Morris Netherton who was one of the pioneers of Regression Therapy.

Dr. Morrison's book, **Past Lives Therapy**, was the first Past Life Regression book to address the use of reincarnation as a source for resolving emotional, behavioral and physical issues. Dr. Netherton died in 2020 at the age of 85.

Dr. Netherton's first experience with Past Life Therapy began in the early 1960's, when his physician unconventionally referred him to see a psychotherapist for his ulcers and dermatitis. During a session, he became sleepy, entered a trance and experienced a past life as a prisoner in Mexico, tied to a post under the blazing sun.

On his way back home, the dermatitis disappeared. The dermatitis was a re-manifestation of his painful sun blisters from that Mexican life.

During his second appointment, Dr. Netherton experienced that same past life again. This time, the guards were kicking him in the gut exactly where he had an ulcer. A day after the session, he was pain-free. That was the start of Dr. Netherton's quest to help others release themselves from suffering using Past Life Regression.

The International Journal of Regression Therapy describes Dr. Netherton as "one of the pioneers who has shaped our field. He practiced Past Life Therapy in California, presented workshops and training programs around the world, and wrote extensively about Past-Life Therapy and related fields."

See more at www.pastlifetherapycenter.com.

IBRT and EARTH are now Sister Organizations!

The IBRT Board has been working on this wonderful new project for several months now and it is finally an Announcement! IBRT is now join in a sister relationship with Earth Association for Regression Therapy (EARTH), This relationship consists of two elements:

1. mutual acceptance of each other's members without further screening
2. mutual recognition of each other's schools and trainings without further screening.

Regarding point 1, our Membership Committee and the Board agreed to proceed with mutual acceptance of members under the following conditions:

Student members: IBRT student members will be accepted as EARTH student members upon application and payment of the annual student membership fee, which will be €50 as of 1st of July 2026.

Board Certified members: IBRT professional members will be accepted as EARTH professional members upon application, signing our Code of Conduct, and payment of the annual professional membership fee, which will be €100 as of 1st of July 2026.

Affiliated members: IBRT affiliated members will be accepted as EARTH affiliated members upon application and payment of the annual affiliated membership fee, which will be €83 as of 1st of July 2026.

EARTH's Certified members: EARTH's Certified members are professional members with a medical or psychology degree. All Certified members are evaluated once by our Certification Board and must be re-certified every four years. The annual fee is the same as for professional members. Certification costs €150 initially and €75 for each four-year recertification. If an IBRT member wishes to become EARTH Certified, they must follow EARTH's certification procedure.



FROM SOURCE TO EARTH

The Soul's Journey from Conception to Birth

Granada - Spain | 6-14 November 2026

WWW.EARTHASSOCIATION.ORG/AC26

IBRT has a new Web Wizard, Kathy Hagen. Kathy has been putting in many hours reimagining the website and made some wonderful changes, new colors, new fonts, new style. Be sure to check out the new look and new organization, when you get a chance. And, if you want to let Kathy know what you think, or if you have any suggestions, you can send them to info@theroseheartcenter.com, and they will get to her.

If you are on Instagram or Facebook, please 'like' the IBRT posts so we can increase our numbers and maybe more followers to see what is going on at IBRT.

Check out IBRT's YouTube collection. All of our Webinars are available on YouTube, so if you miss one be sure to check it out on YouTube, so you won't miss any of the good stuff! Stinne Erlandson's Webinar is now up. It has some wonderful ideas and suggestions for working with clients and opening up deeper levels of experience.

Be sure to check out the classes and events in our Learning Center, and pass the info on to others who might be interested. If you have a class or event that you would like to have announced in this newsletter, please send to Virginia Waldron, our editor, at info@theroseheartcenter.com.

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.

Practitioner Spotlight



One of the features of Board Certification is being chosen for Practitioner Spotlight. This is where the chosen practitioner is listed on the website and in the NewsLetter, with their pertinent information about their work and their practice. The next one will be chosen in September.

Eric Christopher has a master's degree in Marriage and Family Therapy, and is a certified hypnotherapist. His life passion has been to spiritually awaken, and to help clients to do the same by guiding them to connect to their inner wisdom and Higher Self, which can uncover and heal the roots of limiting fears and beliefs, as well as provide insight and clarity for one's life. He specializes in relieving depression and anxiety, past life regression therapy, life-between-lives therapy, and also present-life deep emotional healing of the body and subconscious mind. He has a private practice in Saint Paul. To learn more, visit www.ericjchristopher.com



It's Time to Renew Your IBRT Annual Membership

We are proud to count you as a valued member of the International Board for Regression Therapy. Our organization would not be the same without you.

Your IBRT annual membership will expire July 1. We encourage you to renew NOW for the coming year!

Being an IBRT member is a great way to increase your professional skill set.

Your IBRT Board Certified Professional Membership increases your visibility through your personalized individual professional listing on the IBRT website — the trusted resource for potential clients seeking a Board Certified Past Life Regression Therapist.

Whether you are IBRT Board Certified or an Affiliate Member, you will continue to receive:

- Invitations to our monthly *IBRT Live Webinars* that feature Zoom educational presentations that are free for members and are recorded to help you increase your skills and expand your horizons.
- Our online newsletter, *Reflections*, which comes out every other month, and lists upcoming IBRT events and other trainings, articles of interest and other news that can benefit you.
- A YouTube channel so you can revisit many of our educational offerings.
- Opportunities to foster collegial relationships at our events with like-minded and like-hearted professionals.
- Members have exclusive member-only-access to various Zoom events throughout the year.

Plus, your membership renewal will help IBRT promote Board Certification as the field of Regression Therapy continues to evolve and grow.

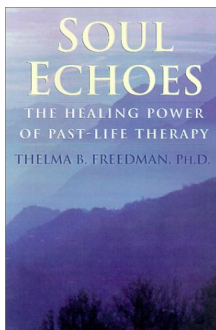
Please go to our website NOW to renew your membership: <https://ibrt.org/join-or-renew>. The fee is only \$55 for Affiliate Members and \$100 for our Board Certified members.

We are so grateful for your important, ongoing support.

Holly Holmes-Meredith, DMin, MFT
President, International Board for Regression Therapy

P.S. Please Note: If you are IBRT Board Certified and do not renew by August 1, your professional listing will be removed from the *Find a Therapist* section of our IBRT website.

Book Nook



Soul Echoes: The Healing Power of Past-Life Therapy.

Published in 2002 by Ph.D. Freedman, Thelma B.

Written for both health professionals and curious readers, *Soul Echoes* offers an authoritative encouraging guide using past life therapy and a treatment of complex problems and the quest for personal growth.

Soul Echoes is a concise, well organized no-nonsense approach to the understanding and use of past-life regression as a healing modality. Dr.

Freedman includes fascinating excerpts from her clients' journeys into their own past lives, and she includes the guidance and theory of both religion and psychology to create a carefully applied view of reincarnation, as a concept. This book both interesting, and instructive for her audience, whether they have experienced a past life session or are simply curious. It is a. Helpful and fascinating journey into the wholeness and healing of the human race. It is an

excellent resource for professional practitioners, students of Past Life Regression, and anyone interested in finding out more about Reincarnation and Past Life Regression, in general.

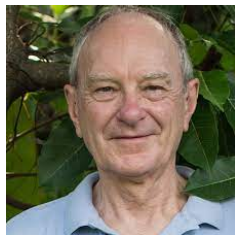
Thelma B Friedman, PhD, was a psychotherapist who had practiced hypnotherapy and past life therapy for more than 20 years. She trained other professionals in past life therapy, and was formally the editor of the journal of regression therapy.



Articles

Article: Past-Life Scenes in Spiritual Emergence –

Author - David Edwards Originally published in the International Journal For Regression Therapy (Is.13)



David Edwards is a newcomer to our pages, and a welcome one. He documents a process of intensive altered states of Age Regression as he works through the difficulties his client, “Marian,” encounters on her road to growth. Using breathing and bodywork interventions, he accesses and processes past lives related to the spiritual crises Marian was facing in her life. Dr. Edwards examines some ideas from psychoanalytic theory as they may relate to past-life therapy and spiritual emergence.

To read this article in its entirety, click [HERE](#).

Learning Center

www.TheRoseHeartCenter.com

With Virginia Waldron, CH, CI

RoseHeart



Center

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, 1:00 - 3:00 pm, EST, on Zoom. The fee is \$40. 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.

Monthly Past Life Workshops at the RoseHeart Center

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 can you learn from a life where achieving your goals is easy and simple, and your life work is about being part of greater whole.

In October the Past Life Regression 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 lecture and discussion, 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 18, from 10AM - 3pm (with an hour break for lunch). The fee for this workshop is \$175, payable through PayPal or Venmo, and is due before the 18th. 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 following 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 for Hypnotherapy and Psycho-spiritual Trainings,
with Holly Holmes-Meredith

Register at: www.HypnotherapyTraining.com

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
3746 Mt. Diablo Blvd. #200, Lafayette, Ca. 94549
925-283-3941, holly@hypnotherapytraining.com

All Classes are online in Pacific Time Zone.

Next 200 hour Certification training in Hypnotherapy begins
October, 2026.

Open House is Monday, September 14, 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 July is Triangles of Light and Clearing Spaces with Energy Healing.

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

Shamanic Practices Certification: next Training Module WEST - 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.

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



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>

Monthly Past Life Journey Circle- First Wednesday of the month, ongoing. 6:30-9:00pm PST

July 1- A Past Life from Another Star System

August 5- Exploring a Past Life Relationship

Susan Lyons

CCHT (Certified Clinical Hypnotherapist)

Spiritual Hypnotherapist

Board Certified Regression Therapist

Reiki Master

IBRT Live Webinars

In general these Live Webinars take place at on Thursdays, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET, unless otherwise stated.

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.

July's Webinar - Ancestral healing through past life therapy with Annie Blackstone

Thursday July 16 at 4:00 - 5:30 PM Pacific Time / 7:00 PM Eastern

In this presentation, Annie Blackstone explores the interweaving of past life regression work and the framework of ancestral medicine, the way he approaches a line and support one another in therapeutic practice. Drawing from decades of experience and hypnotherapy, shamanic practice, and sexual healing, and will discuss how regression experiences may intersect with healing, ancestor relationship, inherited patterns, and collective memory. The presentation will also explore the importance of ritual safety, practitioner resourcing, ethical grounding, and creating empowered relationships between clients and the healing process. Annie will share practical perspectives on integrating ancestral healing and regression work in ways that deepen connection, meaning, and transformation.,.



Annie Blackstone is a hypnotherapist, teacher, and practitioner of shamanic and ancestral healing traditions with more than 30 years of experience and transformational work. She teaches through HCH and specializes in integrating hypnotherapy and central healing ritual practice, sole retrieval, and consciousness exploration. Her private client worked tense to focus on a compliment with both those well-versed in this work as well as those taking their first steps into healing and expanded states of awareness. Annie's work emphasize relational healing ethical practice, and restoring connection between individuals, lineage, community, and the natural world.

www.annieblackstone.com.





August's Webinar will be Healing The Shadow through Past Life Therapy with Holly Holmes-Meredith, D.Min, MFT.

Thursday, August 20, at 4:00 - 5:30pm Pacific Time / 7:00pm Eastern Time.

Carl Jung's concept of the shadow Carl Jung's concept of the shadow refers to the parts of ourselves that our conscious identity (the ego) rejects, represses, or does not recognize. Our shadow aspects are pushed into the unconscious because they conflict with how we want to see ourselves or how society expects us to behave. Many of the core issues that we bring in to heal as a part of our current life purposes are directly connected to our shadows. And we often discover through past life therapy the causal dynamics of our shadow that we are carrying into this lifetime. Past life therapy can bring the shadow into the light, by healing the karma and manifesting the embodiment of having learned the life lessons.

This presentation will focus on the map of healing the shadow in the context Past Life Therapy and, in addition, you will experience a Buddhist approach for additional healing of the shadow.

Holly is a founding member of IBRT and she has been practicing Past Life Therapy for over four decades. She has trained over 800 students in hypnotic regression techniques and many of her students have completed advanced training in PLT and Spirit Release. She is honored to be the current President of IBRT.

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

