



Newsletter of the International Board for Regression Therapy

13 - November / December 2022

Through The Darkness Into The Light

Dear Members,

As we approach Fall, and the days darken into longer nights we naturally spend more time in our inner worlds, usually closer to home and closer to our deeper selves. Halloween, All Souls Day and Samhain honor the death of the old, letting go, and a period of gestation as we await rebirth and renewal.

With the isolation and all the loss we have experienced through Covid, we have had a big dose of this cycle. And from the looks of the political, social, economic and environmental conditions, we are in for even more loss and dissolution of the old ways of being. We are moving into the state of unknowing as the Divine does the work of orchestrating our personal and planetary rebirth.

Thank heaven we have our work as a way to stay engaged with the Light and with community that can help us stay centered, grounded, and connected to Source. We need to take time for our self-care, renewing practices and connection to like-minded and like-hearted people. IBRT, and my practice of doing PLT, has been a very important source for my renewal. I am in deep gratitude for the path that our work has provided.

With the experience of doing past life therapy we have learned and witnessed over and over again that out of the darkness comes the Light and out of the willingness to move into the shadow of pain and suffering comes healing and new life.

Be steady in your knowing, and remember that we are working together to exponentially support the rebirth, even in the darkest of times.

With love, Holly





Announcements

New book by Board Member Georgina Cannon

Getting to know yourself has never been easier. With practical introductions to twenty New Age modalities, this book will help you discover all your many facets. Read more about this exciting new book in our Book Nook.

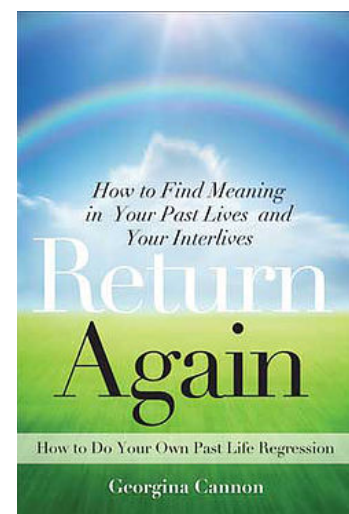
Also, by Georgina Cannon -

“Return Again: How to Find Meaning in Your Past Lives and Your Interlives”

Now on Audible (Narrated by Nina Irvine). Available on [amazon.ca](https://www.amazon.ca) with an Audible account.

Discover your purpose in this life by exploring your past life in this do-it-yourself guide to past life regression. Award winning hypnotherapist Dr. Georgina Cannon shows how we can consciously influence our future by better understanding our past in *Return Again: How to Find Meaning in Your Past Lives and Your Interlives*. Cannon offers a practical and accessible approach that anyone can use to discover body and soul agreements, planes of existence, levels of understanding karma, and soulmates – you may have more than one – past lives, and your “interlife” - where you meet those with whom you have a soul contract to play on your next life.

Georgina Cannon offers a step-by-step process with simple explanation and pragmatic exercises that listeners can use to answer questions about their past and current lives. *Return Again* is an easy to use tool that anyone can use to live life to the fullest.



New Website - Earlier in October we sent out an announcement for everyone to please take a look at the BRAND NEW, user-friendly website for IBRT. You will find a number of changes that can give you greater visibility among potential clients and increase your skills in our evolving field. So, please, everyone, check out the new website and your page on it. We need to update photos and information to keep our website current, so please check out the information about you and let Georgina or Holly know what changes you might like to make.

Events in 2023 - We are seeking presenters and authors for future IBRT events, including monthly Gatherings, and the IBRT Book Club. If you have any recommendations for books our membership might enjoy, or offerings or suggestions for Gatherings, please contact Holly or Virginia.

IBRT Book Club - if you have a book that you would like to present for our spiritual book club (your own or another person's book) please contact Virginia.

The next IBRT Book Club will be Sunday, December 11 - 11AM Pacific Time, 12PM Mountain Time, 1PM Central Time and 2PM East Coast Time. This is so our European members can participate more easily. The book will be **Exploring the Eternal Soul** by Andy Tomlinson. Andy has worked with past life regression and life between lives regression in the UK for decades and his books hold wonderful and fascinating information and insight. Andy suggests that we read the book before the meeting, so you have a few more weeks to do so.

Reflections - the IBRT E-newsletter - Articles and Research - We are looking for articles, or information about any research that is being done on past life regression, energy work, angelic work, etc., for this e-newsletter. If you have anything you would like to offer, please contact Virginia Waldron or Georgina Cannon.

Gatherings



October's Gathering: Janet Cunningham's Recent Presentation By Peter Wright

Unexpected Occurrences During Past-Life Regression Work -- Calling upon Logic, Creativity, Skills, Experience, and Higher Consciousness

Our October IBRT Gathering featured speaker Janet Cunningham, one of the early leaders in Regression Therapy who served as IBRT's President for about 20 years before Holly took the helm.

During her presentation, Janet talked about how she responded during three particularly challenging and complex Regression Therapy sessions. The first focused on a group regression where, to her surprise, she discovered that many in the group had been together

in a particularly dramatic lifetime in ancient Egypt. Janet shared how she brought healing to all those present in the regression. Her second example involved helping her client retrieve and integrate an important soul fragment from a Mayan priestess lifetime. Her third brief case study involved connecting with a Spirit Guide who explained that the client had come to Earth to assist in transforming the Darkness into Light. Janet remarked that perhaps many of us are here now to help lead humanity's transformation.

You can watch Janet's excellent Zoom presentation through the link under *Events, Classes and Gatherings* on the newly revised IBRT website.

Our Next Gathering: November 17 - What The Heck is an Angel?, presented by Virginia Waldron, 4PM Pacific, 5PM Mountain, 6PM Central and 7PM Eastern. In 2008 Virginia began a journey to explore the Angels, what are they, what is their connection to humans, and how do they help us? Come join us on November 17th for a lecture / discussion and a guided journey to meet some angels.



This will be our last Gathering for 2022. Announcements for the first one in 2023 will be in Issue #14, coming out in January. Stay tuned...

Gatherings for 2023 - we are hoping to have a few panel discussions in 2023. Some potential topics include:

- Past life and healing physical ailments and conditions
- Ancestral healing & past life regression
- Relationships and healing w/past life regression

Anyone interested in being on one of these panels, or with a topic to suggest for a panel discussion, please contact Holly Holmes-Meredith.

The International Journal for Regression Therapy



The concept of using past life regression for physical, psychological and spiritual healing contained many threads of insight from many schools of thought from across the globe. In the United States, during the '60s and '70s a counterculture emerged which contrasted with the stark materialism evident at that time in the Western culture, science and in psychology, as a part of behaviorism.

In October 1981, a formal organization was founded with the title of the *Association for Past Life Research and Therapies* (APRT). The association published its first newsletter, which was followed by the first and only journal for regression therapy, *The Journal of Regression Therapy*, in 1986.

The International Journal of Regression Therapy is an annual peer reviewed journal, published since 1986. All these years the journal published articles on the empirical effects and theoretical implications of regression therapy. The association grew rapidly and the passion of the membership produced semi-annual conferences and semi-annual additions of the journal in the early years. In 1999, the APRT assumed a new name, the *International Association of Research and Regression Therapies* (IARRT), to reflect the growing international character of this movement. For various reasons membership declined and then in 2014 IARRT dissolved.

APRT began publishing the first Journal of Regression Therapy in the Spring of 1986. The current 2022 issue will make it 36 years of publishing topics of interest to regression professionals and related disciplines. To date, the Journal includes 36 issues containing over 330 articles spanning every facet of the regression discipline. In spite of the demise of IARRT, there are a great number of professionals who want to see this important legacy of APRT/IARRT continued.

Go to Articles on the Home page to read this article in full.



Articles

I Can See Both Sides Now

By Virginia Waldron

As published in the International Journal for Regression Therapy, (OKIS.24)

Abstract

Using recalled details of a past life regression, Waldron's client finds proof of a previous lifetime in the 1800's. In this article the reader is presented with the details and insights of this unique case from the perspectives of both the client and the therapist.

Introduction

In June of 2010 Kathy Talada came to see Virginia Waldron, a certified past life regressionist in Fayetteville, NY. Her goals were to figure out a few things about herself – about her purpose and some issues that she was struggling with in her personal life. She had been raised Catholic, but she needed to find a closer connection to her own spirituality and felt past life work would help her with that goal.

Go to Articles on the Home page to read this article in full.



Book Nook



Getting to know yourself has never been easier. With practical introductions to twenty New Age modalities, this book will help you discover all your many facets. Each chapter offers a concise summary of a single topic written by an expert in that field. Explore your emotional intelligence with Beryl Comar and your Akashic Records with Maureen St. Germain. Find the meaning behind recurring dreams with Dr. Kelly Sullivan Walden and examine your emotional DNA with Judy Wilkins Smith. Other contributors like Dr. Paulette Kouffman Sherman, Lisa Greenfield, and Richard Webster will kickstart your self-discovery with insightful passages and tutorials on:

Birth Order • Numerology • Dreams • Emotional Intelligence • Palmistry • Karma • Astrology • Creative Superpowers • Family Constellations • Animal Guides • Past Lives • Archetypes • Face Reading • Enneagrams • Relationships • Personal SWOT Analysis • Akashic Records • Neuro-Linguistic Programming • Angels • Auras



Learning Center

The HCH Institute - The following events are sponsored by HCH Institute and you can register at www.HypnotherapyTraining.com



SOUL TRIBE: Free online every Monday night at 7pm PT. Join our community for prayer, poetry, and inspiration. We practice Transmission Meditation in service of healing wherever it is needed.

GROUP PAST LIFE REGRESSION Meet-Up online: The first Wednesday of every month, 7 pm PT \$30

Reiki I and Reiki II Trainings, online 200 Hour
HypnotherapyTraining begins in October 2022

LOW FEE Hypnotherapy sessions online, \$40 (including Past Life, Future Life, Inter Life, and Spirit Releasement).

PAST LIFE AND LIFE BETWEEN LIVES REGRESSION WORK TRAINING WITH GEORGINA CANNON, DECEMBER 3-4, AND DECEMBER 10-11, 2022, ON ZOOM!

Prerequisite: basic hypnosis training

PAST LIFE AND LIFE BETWEEN LIVES REGRESSION
FACILITATION TRAINING

4 FULL INTENSIVE DAYS OF LEARNING AND PRACTICE

*EXPAND YOUR KNOWLEDGE
GROW YOUR BUSINESS
AND HAVE SOME FUN!*

Dates: DECEMBER 3-4, 2022 (PLR) AND DECEMBER 10-11,
2022 (LBL)

Location: ON ZOOM

Fee: \$1900 PLUS TAXES for both courses

(Final class at this fee – prices will increase JANUARY 2023)



Research

PAST-LIFE AND INTERLIFE REPORTS OF PHOBIC PEOPLE: PATTERNS AND OUTCOME -THELMA B. FREEDMAN (IS.15)

[Home JRT Article](#) Past-Life and Interlife Reports of Phobic People: Patterns and Outcome -Thelma B. Freedman (Is.15)

[Thelma B. Freedman](#), Ph.D. Saybrook Institute, 1997



In a study of 37 participants with 81 phobias between them, hypnotically-facilitated past-life and/or interlife reports of people with simple and social phobias and/or agoraphobia were examined when the participant's "Upper Mind" in hypnosis said they were causal of the phobias. Also, earlier experiences in some participants' (present) lives that they reported in hypnosis as causal of their phobias were examined. Three participants with 11 phobias between them were unable to reach the required levels of hypnosis, and received no deliberate treatment. Their phobias became an *ad hoc* control group for Research Question Two. Because many participants suffered from more than one phobia, sometimes of different types, for purposes of analysis the phobias themselves were used as the units of study rather than the

participants. Two research questions guided the study:

- 1) Were there any significantly phobia-differentiating patterns in the phobia-related past-life or interlife reports, and
- 2) Was accessing these past lives and/or interlives therapeutic?

Go to Articles on the Home page to read this article in full.

Happy Holidays to one and all!

Happy New Year!
Good health and happiness in 2023!

