



## *Newsletter of the International Board for Regression Therapy*

*Edition #15 - Month March & April - 2023*

# **Returning to Balance**

Dearest Members,

Are you feeling the fulminating forces behind transformation yet??? It seems that month by month the tensions between the opposing forces, the expression of the duality intrinsic to our physical plane, are more intense. We can see and feel these tensions all around us. Whether it is the tension between political parties, the climate forces on our Mother Earth, the struggle for true integration and equality, the attempt to take away our freedoms by banning books and classes in public schools, or women's reproductive rights, the tensions between opposing forces are building. And our work as regression therapists is more important than ever as a way to shift our consciousness beyond the forces of duality into integration. Our work is very focused on balancing our own and our clients' oppositional tensions and resolving the inner karmic battles that play out in our outer world. As we humans accept and balance our inner opposing forces, we contribute to a new homeostasis and the evolutionary force of change. Our sanity, in the midst of all the chaos and fear, depends on this balancing and our connection to our own experience of the Oneness that is Source. It is a privilege and honor to have the tools of regression therapy, the support of our community, and the fortitude to stay the course as we offer our services during these challenging times. Bless you all for being a part of it!



Holly Holmes-Meredith

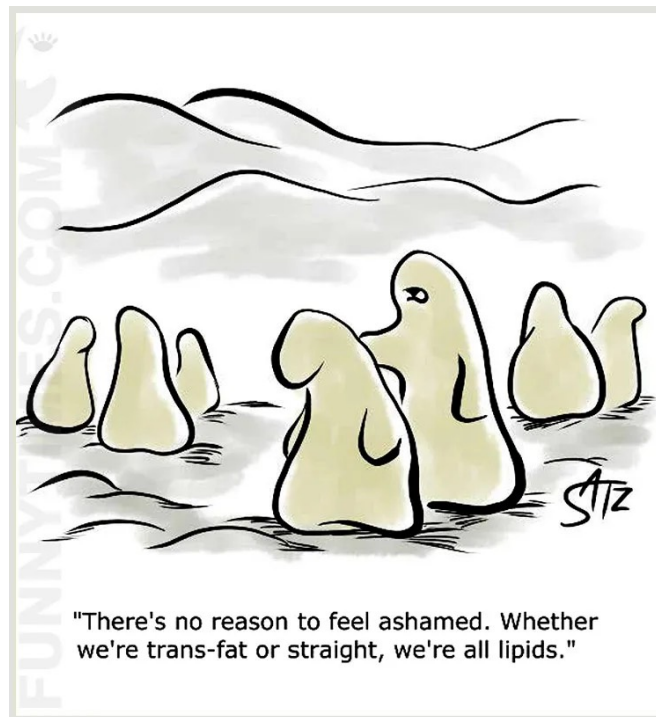


## Announcements

The New IBRT Sponsored Student Membership. IBRT now offers a *free* Sponsored Student annual membership in our organization to all students while they are enrolled in one of the 10 IBRT-accredited Past-Life Regression Training Programs and Schools listed on the IBRT website.

This Sponsored Student Membership includes the informative IBRT bimonthly newsletter and participation in all monthly IBRT Gatherings, at the member rate, the quarterly Book Club as well as networking opportunities and a number of other benefits. IBRT Affiliate and IBRT Board Certified Regression Therapist Memberships will be available to them upon graduation.

Students enrolled in the 10 IBRT affiliated Past-Life Regression Training Programs are invited to go to this link and sign up for this free IBRT Sponsored Student Membership now. [IBRT.org/membership](http://IBRT.org/membership)



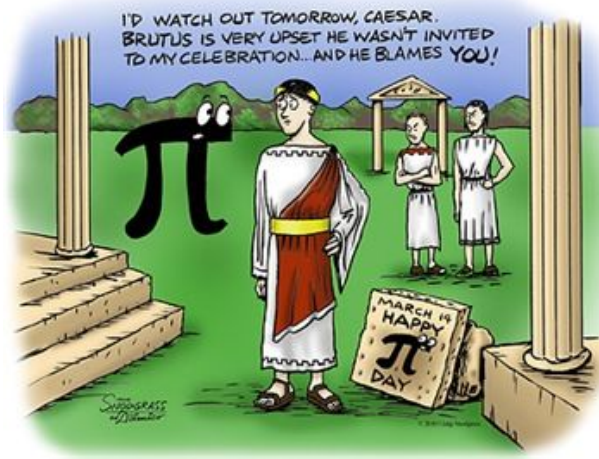
## Articles

*From the International Journal of Regression Therapy*

The Pioneering Work of Dr. Helen Wambach: Group Hypnosis as a Methodology to Recall Past Lives, by David Pye Abstract—In this article, David Pye begins in an engaging style by introducing his own journey of curiosity around the notions of life, death and the afterlife and how his encounter with the work of Dr Helen Wambach further illuminated his ideas. David then explains the prevailing culture within which Dr Wambach's work was embedded before explaining the research methodologies she developed as she sought to understand whether or not past life memories were merely fantasies or had a basis in reality. The article then progresses towards Helen's findings via an interesting selection of research participants descriptions associated with her specific questioning techniques, and historical graphs, before sharing Dr Wambach's ultimate conclusions that past life memories are facts not fictions. Introduction: As a child growing up in the 1950's I was like many other boys seeking some kind of adventure, so I joined the boy scouts. Our scout

To read this article in full, go to Articles on the home page.

*"...all the greatest and most important problems of life are fundamentally insoluble...They can never be solved, but only outgrown." – C. G. Jung*



## Book Nook

Reliving Past Lives by Helen Wambach, (1984).

In "Reliving Past Lives," psychologist Helen Wambach, PhD, shares the fascinating results of her large-scale past-life group hypnotherapy sessions.

In an effort to rule out false memory, fantasy and wishful thinking often associated with past life hypnosis, Wambach devised a protocol where she chose time-specific periods from 2000 BC to the twentieth century and asked respondents where they were and what they were doing during that specific period. Race, social class, occupation, types of money used and gender were all explored. Mundane questions were asked such as:

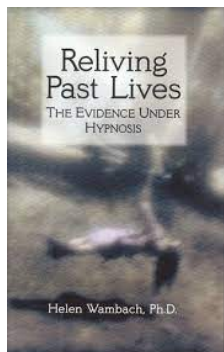


“What types of utensils are being used?”

“Describe weaving techniques that are being used.”

“What foodstuffs are commonly in use during this time?”

“What color is the brickwork of the houses?”



As expected, when taken to a specific period some respondents reported experiences while others reported nothing, prompting the question, did they report nothing because they were between lives?

Wambach reasoned that if she asked a large number of subjects questions about a specific time and place and received a sizable percentage of similar answers from subjects who weren't consciously aware of the information they were reporting, that was something worth investigating further.

Together with her book, "Life Before Life," the data is compelling reading for anyone pondering the validity of reincarnation and life beyond physical death.

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“Short-term thinking always tries to avoid the genuine need to suffer the opposites long enough for a third way to emerge.” – Michael Meade

## Learning Center

HCH INSTITUTE



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

Register at: [www.HypnotherapyTraining.com](http://www.HypnotherapyTraining.com)

Monthly Past Life meet-up for group regressions. First Wed. of each month 7pm PST time zone. On Zoom

Monthly Reiki I and II Trainings on Zoom

Weekly Free Reiki Clinic on Zoom Tuesdays at 7pm PST Time Zone.

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

Next Past Life Training Begins June 2, on Zoom for six meetings on Fridays 3pm to 6pm PST time Zone.

### **The RoseHeart Center**

With Virginia Waldron

#### **Spring Program**

Advanced Age and Pre-Birth Regression - Spring Program - March 31 - April 2

Past Life Regression - Spring Program - 2 weekends; April 21 - April 23 & May 5 - May 7

#### **Fall Program 2023**

NGH certification in hypnosis - Sept 1-3, Sept 8-10, Sept 23-24, Oct 6-8

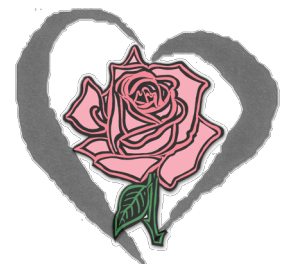
Advanced Age and Pre-Birth Regression - Oct 20-22

Past Life Regression - Nov 17-19, Dec 1-3

For more detailed information go to [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com)

To register contact Virginia Waldron at [gatkepr@gmail.com](mailto:gatkepr@gmail.com)

*RoseHeart*



*Center*



## Georgina Cannon changing minds

### **Grief and Loss Counseling. July 12 & 13, 2023**

(This course is for hypnosis practitioners who are used to working with clients at an advanced level of emotional management)

Grief is a deeply personal and universal experience that occurs after a significant loss of a family member, friend, pet, or even a job. People also experience grief when diagnosed with a debilitating illness that signifies the end of independence. Also the news of a terminal illness can take your client closer to the forgotten limitations of life. Separated couples can feel a tremendous sense of loss and grief. As can parents when their children leave home or move to another country. The intensity of the emotions we feel during bereavement can vary from person to person, as does the duration. Regardless, processing all those emotions and coming to terms with them is important for healing and moving on. .

In this intensive advanced 2-day course, you will learn:

- How to work with clients suffering various forms of grief and loss.
- You will learn the home work to give them.
- The Hypnosis and NLP techniques to use.
- When to push and when to tread gently.
- How to help honor the memories and with wisdom and understanding look forward into the future.

Pre-requisites – hypnosis or NLP training, plus working with clients for at least one year.

Investment fee: \$1,250 USD with a \$250 non refundable deposit required to hold your seat

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### **Master Hypnosis Tools Level 1 and 2 May 20 and 21 2023**

This is a power packed two day workshop which will give you life-changing tools, both practical and metaphysical to enhance your practice for client understanding and powerful change. Registrants must have one year in full-time hypnosis practice to apply.

Some of what you will learn:

- New tools to initiate change, including pendulum, cards etc.
- The use of art therapy in hypnosis
- The use of psychodrama in hypnosis
- The use of chair therapy in hypnosis
- and much more.

Fee \$1,250 USD with a \$450 deposit required to hold your place.

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*There is almost a sensual longing for communication with others that have a larger vision. The immense fulfillment of the friendships between those engaged in furthering the evolution of consciousness has a quality almost impossible to describe. - Pierre Teilhard de Chardin*

## Gatherings

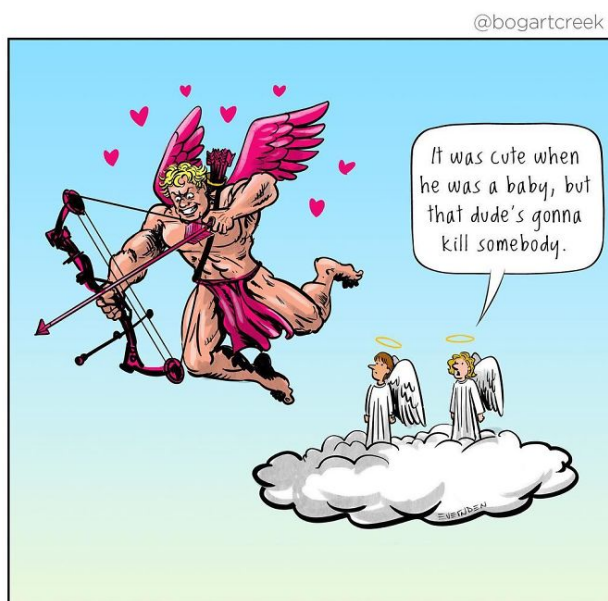
*If you missed a Gathering, or you want to go back and watch the recordings of one of our Gatherings, there are two ways to go to IBRT's videos on YouTube through the website. Scroll down the bottom of any page and you will see a rotating link for YouTube and LinkedIn. Or go to the **more** button and click on classes/events past. Scroll down to access the videos*

Our March gathering will be Wednesday, March 15, 4:00 PM PST, 5:00 PM, CT, 6:00 PM MT, and 7PM EST. IBRT will present Dr. Elaine Hodge. The title is: Inner Therapy

*Inner Therapy* is a model of treatment that integrates various transpersonal modalities including past life regression therapy, rebirthing, life choice, life reading and guided imagery. *Inner Therapy* relies on both the therapist and client going within through the use of symbols to access their inner wisdom for the therapeutic work. Drawing from a Jungian emphasis on symbols, it will be discussed how symbols can be used as an effective and simple induction technique.

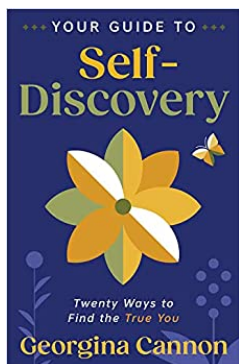
As outlined in my new book "Past Lives Present Problems," I will elaborate on how Inner Therapy can help address common client issues like phobias, relationship problems, eating disorders, fear of death, addiction and suicidal ideation.

Our April gathering will present Christine Alisa - Stay tuned for more information about this event.



## IBRT Book club

Our next meeting will be Saturday, May 20th, 11AM PDT, 12PM MDT, 1PM CDT, and 2PM EDT. For our international members, it is 7PM UK time, 8PM European time. Georgina Cannon, will present her newest publication - *Your Guide to Self Discovery*.



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

### About the Author

**Georgina Cannon** is an award-winning, board-certified, master consulting hypnotist and in 1997 founded the Ontario Hypnosis Centre, which within a few years became Canada's leading hypnosis training facility and clinic.



*Give evil nothing to oppose, And it will disappear by itself* - Tao de Ching translation by Stephen Mitchell