



Newsletter of the International Board for Regression Therapy

Edition # 26- January & February 2025

Bring forth your light

The Crone's Cottage

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.

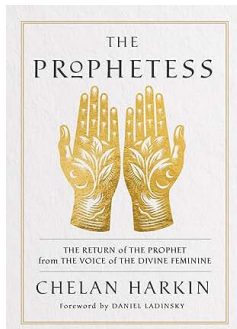
Do not fall away now.
This is the time to rise.
Your light is being summoned.
Your integrity is being tested
That it may stand more tall.

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.



From *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.

Dear IBRT Colleagues,

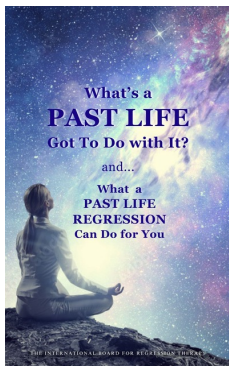
I recently came upon this poem by Chelan Harkin and realized that it spoke to my own feelings about the current state of humanity in these uncertain times. It's so easy to lose hope and perspective with all the bad news that we face day after day with no end in sight.

And yet, I believe in my heart that we must go through this chaos in order to embrace a much more positive future. As an IBRT Board Certified Past Life Regression Therapist, my goal is to partner with my clients to release whatever keeps them stuck so they can reclaim their power and move forward once again in Light and Love on their Soul's Journey.

That is my wish for each of us as we enter 2025.

Peter Wright

Announcements



The International Board for Regression Therapy's new book - *What's a Past Life Got To Do With It?* will soon be available on Audible, read by trained voice actress Sharon McWilliams.

Sharon's wonderful use of her voice and Paul Meredith's beautiful music in the background makes this a delightful and interesting opportunity to explore the work of Past Life Regression from many different aspects.

“When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.”

— Paulo Coelho, The Alchemist

Articles

Past-Life Regression Therapy applied in the treatment of patients diagnosed with insomnia

Dr. Bistrich Bibiana MD and therapists Ana Lucía Monzón, Edith Zas, Fabiola Zavalla Guerrero, Florencia del Signore.

First published in The International Journal of Regression Therapy, Issue #33

The specialists involved in this research decided to investigate the possibly beneficial effects of Past Life Regression therapy sessions on insomnia. The present study researches the effects of this therapy on insomnia patients. Thirty patients with insomnia did three Past Life Regression therapy sessions. After several months, significant changes in their symptoms were observed. We conclude that the use of transpersonal therapy helps to reduce and control the symptoms of insomnia.

"There is an alchemy in sorrow. It can be transmuted into wisdom, which, if it does not bring joy, can yet bring happiness." — Pearl S. Buck

Gatherings

Dianne Seaman Poitier is going to be the speaker at our January Gathering, on the 23rd, at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. She sent this bit of encouragement to be shared in our e-newsletter; a taste of things to come:

Pluto (a planet associated with death and renewal) has been in Capricorn for the last 20 years. Very rough energy. Think of this energy as a grumpy grandpa... longing for the good ol' days (in which all of society was shaped to serve the will of old men), while sitting on his porch shaking his fist at the world. The next few weeks are the death gasp of that prickly era. After 11/19/25, we will have a whole new world to look forward to and that energy will span the next 20 years, because Pluto will move into Aquarius. Think of this energy as your sparkly and rebellious auntie... the one that shows you the wonder and beauty of the world and helps you understand your gifts while embracing your weirdness and helping you shine.

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“For anyone needing a boost in their will to persevere, good things are coming. It's written in the stars. Literally. ✨”

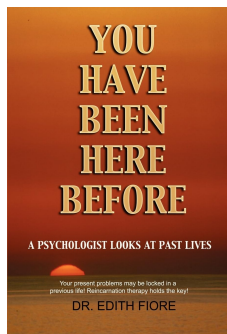
February's Gathering will be on Thursday, February 20, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. It will be one of our social gatherings, with a focus on sharing our experiences working with Past Life Regression, exploring the edge and the juice of this amazing work.

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 Gathering 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.

"Awareness is the greatest alchemy there is. Just go on becoming more and more aware. You will find your life changing for the better in every possible dimension. It will bring great fulfillment."
—Rajneesh

Book Nook



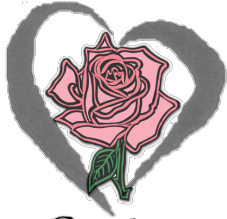
You Have Been Here Before: A Psychologist Looks at Past Lives, by Edith Fiore. This book was originally published in 1978, and was reprinted in 2005. It is still one of the best resources for the use of Past Life Regression Therapy. Clear, easy to read, with lots of case studies as examples, Dr. Fiore is not pushing this as the answer to all problems, but offering it as another unique technique to use with people who are open to the idea of past lives impacting present circumstances. Dr. Fiore is a psychologist trained in traditional treatment methods and later in hypnosis. She began to use hypnosis to treat clients and one day she asked a client to go back in time to the origin of his problems. Dr. Fiore does not try to disprove or prove the theory of reincarnation. She merely tells the fascinating stories of her patients and their recovery using Past Life Regression Therapy.

In a deep hypnotic trance, a man tortured by insomnia recalls a life as a marshal in a western town. A sexually frigid woman remembers a tragic life as a slave girl. A man suffering from an inexplicable fear of heights recalls a violent death from a fall during the Middle Ages. This book can help readers discover the roots of their present-day problems. The source might be deep in the past, in another lifetime. Here is the fascinating approach to problem-solving that is changing peoples' belief in reincarnation, life after death, and immortality with challenging evidence.

"You are an alchemist; make gold of that". --William Shakespeare

Learning Center

RoseHeart



Center

Virginia Waldron, CH, CI
www.TheRoseHeartCenter.com

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 \$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 RoseHeart Spiritual Academy Professional training schedule for Spring, 2025

National Guild of Hypnotists Certification Program in Hypnosis
With Virginia Waldron, CH, CI

This professional level training program takes place over four weekends, starting mid-February and ending in March. It is a pre-requisite for the other professional training programs offered at the RoseHeart Spiritual Academy, which will be taught in April, May, and June. They are:

- Pre-Birth and Advanced Age Regression
- Past Life Regression
- Spirit Progression



To find out more about these training programs, 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

All trainings and Services are held online

Register at: www.Hypnotherapytraining.com

New Listings:

Attend our Free Open House on Monday January 13, at 7 p.m. PT
Receive a free session in our community clinic for attending.

Next 200 Hour Certification Training in Hypnotherapy begins February 1, 2025

Next Shamanic Practices Certification Training Module “West” begins January 19, 2025

Next Quantum Consciousness Practitioner Training begins Sunday February 16, 2025

Join our Monthly Past Life Group online on Zoom

Low fee Hypnotherapy and Past Life Sessions \$40/ session

Recording Workshop for Hypnotherapists March 9 & 16, 2025

Monthly Classes in Reiki



Georgina Cannon
changing minds

2025 ZOOM TRAINING DATES UP – for Past Life Regression and Life Between Lives Facilitation. (Prerequisite hypnosis accreditation)

Past Life Regression Facilitation: February 8 & 9, 2025

Life Between Lives Facilitation: February 22 & 23, 2025

For more information: <https://georginacannon.com/basic-trainings>

To register: connect@georginacannon.com

NOTE: Please pay in Canadian dollars!

“No matter what he does, every person on earth plays a central role in the history of the world.
And normally he doesn't know it.” — Paulo Coelho, The Alchemist