



Newsletter of the International Board for Regression Therapy

Edition #23 - July & August, 2024

The Alchemy of Fire and Transformation



Summer is upon us. And things are really heating up! We have devastating wild fires, record breaking temperatures in many areas of the globe, and many of us have erupting tempers and fears because of the frustrations and uncertainties around our politics, freedoms and the state of humanity. As uncomfortable as it gets with the rising heat, behind the scenes there is a dimension of alchemy at work that will forge us into transforming and force us to accept and adopt new priorities and paradigms to survive. We are all being affected by these forces in unique ways. And having the awareness of the alchemical process and the cycles of birth into death and rebirth gives us perspective and hope. Fire is the agent that purifies and catalyzes transformation.

One of the emerging paradigms is the grace and potency of the Divine Feminine and the balance and integration of the male and female principles. To survive we need to temper and balance the male principle that manifests as power over and entitlement. We in our businesses, educational institutions, spiritual communities and family systems will benefit from this tempering and balancing when the feminine all-inclusive energy is embraced.

As the President of IBRT I am very committed to supporting IBRT and our community in having a balanced and evolving organization. I have seen many times how organizations

implode, or drive members away because of entitled leadership, and nepotism. I envision IBRT as representing an embodiment of the new paradigm incorporating the feminine principles of collaborative leadership and communal focus. As Regression Therapists it is important to live what we teach and have discovered through our work: the oneness and equality of ALL is an imperative value to live.

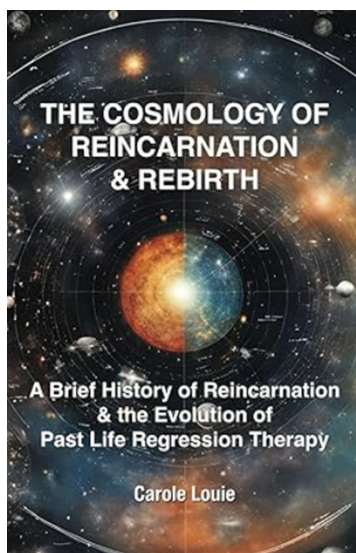
As members of the IBRT Board, we share roles in leadership and we will now take turns writing this introduction to you in future newsletters. Our aim is that our diversity and expertise will infuse our collaborative efforts to have a progressive, non-hierarchical organization. We will strive to be an evolving, transformational entity that does its best to represent what we want to be as sacred activists bringing in and living the new paradigm.

Please contribute your fire by sharing your wisdom and perspectives with us. Volunteer to give a presentation at a future gathering, teach a workshop sharing your unique approaches, write an article for this IBRT e-newsletter, inspire us with your expertise and passions. Be an alchemical force that keeps IBRT, our consciousness and our work vital, relevant and evolving for all those we serve.

Namaste, Holly

“There is only one thing that makes a dream impossible to achieve: the fear of failure.”
— Paulo Coelho, *The Alchemist*

Announcements



I am pleased to announce the release of my latest book, *The Cosmology of Reincarnation & Rebirth*. It's been 34 years and who knows how many lifetimes in the making. I give thanks to my dad's spirit who inspired me to contemplate reincarnation and all my helpers from the “other side” who guided me.

This book, *The Cosmology of Reincarnation & Rebirth: A Brief History of Reincarnation & The Evolution of Past Life Regression Therapy* has just been released and is available in hardcover, paperback, and eBook at Amazon.

Millions of people around the world believe in reincarnation, but do they understand how it works? This question inspired Louie to write about what Carole has learned through years of research and personal experience to make it easier for others to understand how reincarnation works. Whether you are new to reincarnation or a follower of its beliefs, *The Cosmology of Reincarnation & Rebirth* will give you a cross-cultural overview that just might surprise you.

Carole Louie began her spiritual journey when her father's spirit communicated with her after his death. Those conversations and past life memories helped Carole make sense of her traumatic childhood and were life changing. They inspired her books *Conversations with a Hungry Ghost: Memoir of a Reluctant Medium* and *Unstuck in Time: Memoir of a Time Traveler*. Her experiences sparked her passion for reincarnation research and Regression Therapy. She trained with Brian Weiss, M.D., Carol Bowman, the HCH Institute, and the Institute of Quantum Consciousness, and founded the Reincarnation Symposium and The Center of Reincarnation & Evolution. For more information, go to carolelouie.net.

If you missed our June IBRT Gathering, Emotional Freedom Technique (EFT) with Holly Holmes-Meredith, never fear, it is now available to watch on YouTube - <https://youtu.be/5gZ8gJ2Jbdg>

New! Please follow IBRT on LinkedIn to help us boost our visibility to the LinkedIn audience. Check us out - www.linkedin.com/company/international-board-of-regression-therapy.

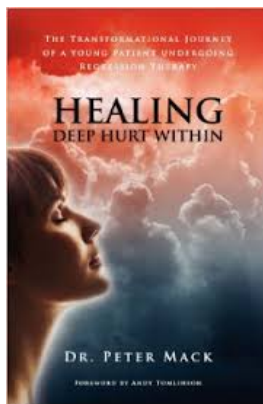
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“Awareness is the greatest alchemy there is. Just go on becoming more and more aware. You will find your life changing for the better in every possible dimension. It will bring great fulfillment.” —Rajneesh

Book Nook

Healing Deep Hurt Within: The Transformation of a Young Patient Using Regression Therapy by Peter Mack, M.D.

Review by Virginia Waldron CH, CI Originally printed In *The International Journal for Regression Therapy*, Issue 27, 2015



This book was written from the perspective of a surgeon in Singapore. Dr. Peter Mack, a trained surgeon at a large hospital, took on a patient who was so disturbed by certain aspects of her life, past and current, that she was suffering from severe and debilitating depression, amnesia, blackouts and/or fainting spells, and nightmares. She was unable to work or function in her daily life. Dr. Mack is also certified in hypnosis as well as traditional surgical medicine. He took on this patient with the intention of using non-medical techniques and therapies to help her get past her inner trauma and conflicts. He chose to use hypnosis and age regression to help this patient, gently digging through the confusion and pain to find the truths that she was unable to face on her own. Dr. Mack combined conventional

medical and psychological knowledge and training with hypnosis techniques, in particular Age Regression and Past Life Regression, to get to the source and the origins of her blocks and her suffering, and to help her see herself in a more positive and loving way. By the end of his work with her, not only was she able to move past the pain of the past and return to her normal life, but also she saw herself and her life in a more loving and spiritual way.

I believe this book is an excellent demonstration of how hypnosis and regression work can be used as a collaborative methodology: mixing well with conventional treatments, and guiding the clinician/patient to the origins of the problems and issues much more efficiently and effectively than just using psychotherapy or medical treatments alone. It is easy to read and hard to put down!

Articles

Pre-and Perinatal Regression

by Albert J. Marotta MA, CHT

First printed in the International Journal for Regression Therapy, Issue 29,



Hypnotic Transpersonal Regression is a valid expansion of successful therapeutic procedures in a multi-dimensional reality. This article suggests that any trauma experienced in pre and perinatal periods (physical, mental, emotional, and spiritual) can have life-long negative effects as reflected in research, case studies and personal experiences.

The goal of this article is to introduce just one of several different levels or dimensions found in hypnotic regression work and perhaps provoke some new thought. To read this article in full, please [click here](#).

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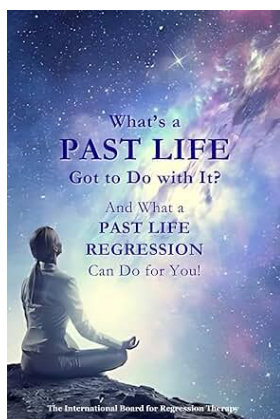
At it's essence, art is an alchemical process. Alchemy is a process of transformation.
— Julia Cameron

Gatherings

IBRT Social Gathering Thursday July 18, 2024, 4pm PT, 5pm MT, 6pm CT, 7pm ET
For Professional , Affiliate and Students IBRT members only.

Join with your IBRT community to network and share your experiences as a past life regression practitioner. You will have a chance to share the “juice” of doing your work and the “edge” of your growth and challenges. Be inspired and encouraged by colleagues about and the light and shadow of being a past life therapist and what can, at times, be isolating, and challenging when living in the world, but not of it. Bring your stories, curiosity and an open heart for some soulful sharing and community building.

August’s Gathering will be another panel of authors from IBRT’s book “What Does Past Life Regression Have To Do With It?” The date will be Saturday, August 17th, at 10 am PT, 11 am MT, 12 pm CT, and 1 pm ET. That change in day and time is to make it more accessible to our international members. It is free to our members and the public.



In honor of our newly published IBRT book, we introduce you to four more of our fifteen 15 IBRT Board Certified authors.

The authors will speak about their contributing particular chapters, their work in Past Life Regression Therapy and what inspired them to contribute to our new book.

Our This book is a manifestation of our commitment to our work. We hope it will not only benefit our readers, but will also generate clients and students for our IBRT members.

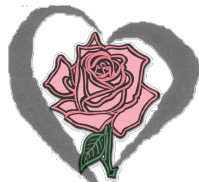
The IBRT Board is always looking for presenters for our Gatherings. If you have something you would like to share with us, to teach us from your own experiences, or if there is a topic you would like to have a Gathering to learn about, please contact Virginia Waldron at gatkepr@gmail.com, or Holly Holmes-Meredith at holly@hypnotherapytraining.com to let us know.

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"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

Learning Center

RoseHeart



Center

The RoseHeart Center

With Virginia Waldron

www.TheRoseHeartCenter.com

info@theroseheartcenter.com.

Fall 2024 Classes - Starting in September Virginia Waldron will present a new series of spiritual classes for the general public called *Exploring Your Spiritual Path*. This will be an ongoing series of 8 classes that will meet on Tuesdays in the Fall, to investigate, explore and discuss the various aspects of finding and becoming more familiar with our spiritual paths. Each class will be on a different topic and may include lectures, discussions, guided journeys, shared stories and much more. These classes will run from October through December. A second series will begin in March 2025 that will continue the exploration of our spiritual paths.

These classes will be hybrid, both on-line and in person. For more information about these classes, including dates and fees, please go to www.TheRoseHeartCenter.com. To register contact Virginia at info@theroseheartcenter.com



The RoseHeart Spiritual Academy

With Virginia Waldron

www.TheRoseHeartCenter.com

info@theroseheartcenter.com.

The Fall 2024 schedule will be:

The National Guild of Hypnotists Professional Certification in Hypnosis Training will take place in September and October.

Pre-Birth Regression will take place in October.

Past Life Regression Training will occur in November.

Afterlife Regression will take place in December.

All training programs will be hybrid, both on-line and in-person. For further information about dates, times, and fees for the Fall 2024 Spiritual Academy Trainings, go to www.TheRoseHeartCenter.com. To register contact Virginia at info@theroseheartcenter.com.

HCH Institute for Hypnotherapy and Psycho-spiritual Trainings,

HCH INSTITUTE



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

with Holly Holmes-Meredith

Explore offerings and register at: www.Hypnotherapytraining.com

Monthly Past Life Meet-up for Group Regressions will be held the first Wednesday of every month, 7 pm PT on Zoom. Each month has a different focus. \$40
Free weekly Reiki Clinic. Tuesdays at 7 p.m. PT on Zoom.

Low Fee Hypnotherapy, Past Life Regression, EFT and Energy Therapy on Zoom through the HCH Community Clinic are offered by appointment. \$40/ session or four sessions for \$140.

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

Next Shamanic Training module begins in September.

Register at: www.HypnotherapyTraining.com.

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Georgina Cannon
changing minds

Classes with Georgina Cannon - www.georginacannon.com ALL ON ZOOM... available to you wherever you are!

Classes now open for registration for Past Life Facilitation August 10-11 and Life Between Lives Facilitation August 24-25. Classes are held on Zoom.

To register connect@georginacannon.com

Do you know about our free meditation gatherings every Friday? Folks from around the world join us on Zoom to enjoy a 30-minute journey of healing, relaxation and connection. Ask Sylvia to put you on the list for the mailing. You can reach her at connect@georginacannon.com

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“And, when you want something, all the universe conspires in helping you to achieve it.”

— Paulo Coelho, The Alchemist

These powerful stories of people who have made past life journeys illustrate how connecting to the past has transformed their present lives.



Ask for it at your local bookstore Or just Scan the code!



Order today at <https://tinyurl.com/4ba4ck9t>

This book is available on Amazon both as a paperback and Ebook. In the first month of publication we sold enough copies to be in the top 100 category of New Age self-help books. It is a book whose time has come! The Audio audio version of the book will be available this Fall.

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“At its essence, art is an alchemical process. Alchemy is a process of transformation.”

—Julia Cameron



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