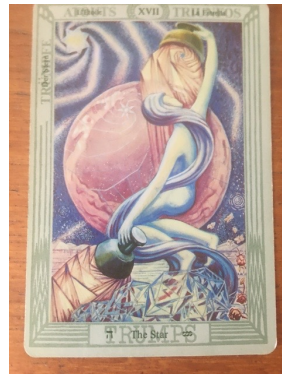
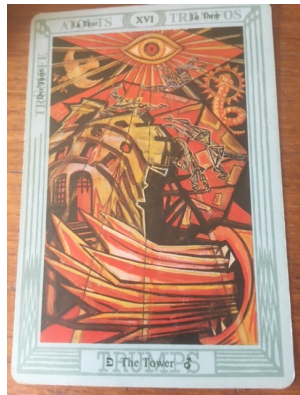




Newsletter of the International Board for Regression Therapy

Edition #28 - May & June, 2025

The Tower & The Star



Letter from IBRT's Board

The Tower and the Star

We humans are experiencing the dismantling of the stability of a life many of us have taken for granted. Amidst all this uncertainty, stability must come from within our deeper selves. We have been in training over many lifetimes to navigate these times of crumbling structures, outworn perspectives, and limited beliefs to facilitate the transformation of consciousness. This transformation is what we incarnated for.

One of the archetypal maps we have access to for guidance through these challenging times is the Tarot. The symbol that represents these fiery challenges which create the crucible for our transformation, is the Tower Tarot Card, the 16th Major Arcana. I quote Mary Greer from "Tarot for Yourself":

"The Tower is the breakup of towering defenses, habits, structures; freedom from ignorance; a spiritual awakening; a bolt of insight from your Higher Self; a blow to your ego or self-image; humiliation thrust down from a higher place; unexpected change or shock; disruption; feeling shattered; emotions erupting; exhaustion or burnout; the futility of human structures and technology in the face of Mother Nature; natural disasters and exodus from chaos."

This card holds the energy and map that mirrors our current circumstances. When we view the Tarot as an archetype of our consciousness and evolution, we recognize that many gifts lie ahead, encouraging and inspiring us to trust this dismantling and to weather the challenges ahead.

The next card in the Tarot deck is the Star, the 17th Major Arcana:

“The Star represents moving out of chaos and into the light of a new era. It signifies the calm after the storm and liberation. We have inexhaustible inspiration. We live by our own truth, not by outside conditioning. We are renewed and resurrected into a new form that embodies our divinity and totality. We are part of the oneness of humanity, working together rather than against each other. We become the stars that we are.” The Star card is ruled by Aquarius, the astrological age that we have just entered.

The Tarot is believed to have emerged from ancient Egyptian theology and the occult. It serves as a map of the trajectory of the evolution of consciousness. Each of the 22 Major Arcana foretells a different aspect of the human journey and the evolution of the psyche.

We are at the tipping point that has been predicted by many. The destruction and chaos of the Tower are destined to bring forth the light of the Star. For those of us who practice Past Life Regression, we understand that these archetypal patterns are encoded in our souls, and we can trust that the star will shine again and that it is accessible within ourselves, even now.

Namaste, Holly Holmes-Meredith

"The beautiful souls of the world have an art of saintly alchemy, by which bitterness is converted into kindness, the gall of human experience into gentleness, ingratitude into benefits, insults into pardon."— Henri Frederic Amiel

Announcements

New Monthly IBRT Mentoring Group for IBRT Members.

We are scheduling these events on the last Sunday of the month to accommodate international time zones. Our next Mentor will be Hans ten Dam from the Netherlands. We will meet on Sunday May 25 at 8am PT. You can register on the IBRT website to receive the link for Zoom. Join us for this FREE monthly IBRT event to be inspired, build community, and expand your confidence and skills.

IBRT would like to invite any of our Board Certified, 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 gatepr@gmail.com. Please send your contributions prior to the end of the month.

HCH Announcement: the Open House has been changed to Monday May 12, at 7pm PT.

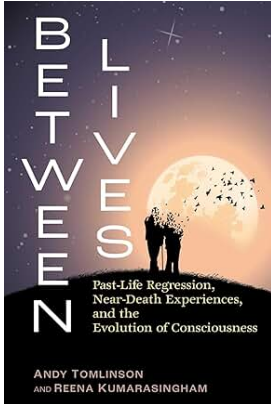
IBRT would like to invite any of our members who would like to offer a presentation for a Gathering to submit a proposal to the IBRT Board for consideration. Please send a summary of what you'd like to share with our IBRT colleagues to Virginia Waldron, gatepr@gmail.com, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

“The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.” Ben Okri

Book Nook

Between Lives: Past-Life Regression, Near-Death Experiences, and the Evolution of Consciousness

May 13, 2025 by Andy Tomlinson and Reena Kumarasingham



This new book is an exploration of consciousness and a practical guide to spiritual evolution. It explores evidence that shows consciousness exists independent of the brain, drawing on the latest research on savant syndrome, lucid dreaming, telepathy, out-of-body experiences, and past-lives.

It also draws comparisons and insights from case studies of Between-Lives Regression and Near-Death Experiences—including one of the author's own—to illustrate their commonalities and objective reality, and offers tools to raise consciousness, clear past traumas, manage volatile energies, maintain boundaries, and transcend limitations

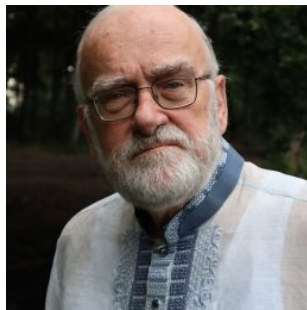
While neuroscience reveals much about the brain, it has not determined the precise relationship between the brain and consciousness. In this book, Psychotherapist Andy Tomlinson and Regression Therapist Reena

Kumarasingham probe the depths of this relationship while offering practical ways to develop and raise one's own consciousness.

The book also gives helpful exercises to clear stagnant emotional patterns, strengthen relationships, better manage energies, and build effective boundaries. **Between Lives** offers readers a means to better understand the nature of their consciousness and more effectively embody and optimize their journey through their lives.

"I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value".— Hermann Hesse

Articles



This article is from The International Journal of Regression Therapy. The Journal's website is a resource for articles about Past Life Regression and the work that we do: <https://regressionjournal.org>

How Karma seems to work: Insights from Past-Life Regressions by Hans TenDam. Issue #34

Karma is an old, even ancient, Hindu concept. It has a somewhat similar function as "sin" in Judeo-Christian beliefs: something to be warned against. If you do wrong, you have to pay for that. Not in the afterlife, but in your

next life.

What do we find in regressions? We find both positive and negative conditions and influences from previous lives, that we loosely call dharma and karma. Karma is also used as a name for any connection between the present life and past lives.

To read this article in full, please click [HERE](#).

“Love is a force more formidable than any other. It is invisible - it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.” — Barbara De Angelis

Special Events

IBRT's Mentoring Meeting.

We are featuring our Board Certified members who would like to facilitate as the Mentor. Here is the description of the monthly event.

One of our Board-Certified members will facilitate each Mentoring Meeting. The 90-minute session will focus on your needs as a practitioner, regardless of your level of experience. Our goal is to offer support, direction, techniques, self-care and inspiration to help you become a successful Past Life Therapist.

In this open forum, you can bring your questions, share your experiences and discuss new approaches for all aspects of Past Life Regression as you network with your colleagues. Each month, we will rotate our Mentors so that you can experience a variety of perspectives and areas of expertise. We look forward to learning from each other. At these events, you can bring your client issues, business questions and needs, for review of techniques and questions on ethical issues.

We are scheduling these events on the last Sunday of the month to accommodate international time zones, for both our USA and International Members. Join us for this monthly IBRT event to be inspired, build community, and expand your confidence and skills in Past Life Regression. Free and for members only.

The first IBRT Mentoring Group on April 10 was a collaboration of ten IBRT members sharing their cases, anomalous experiences facilitating regressions, and deep reflections of how awesome our work is! Having the experience and input from both seasoned and new practitioners was stimulating and provocative.

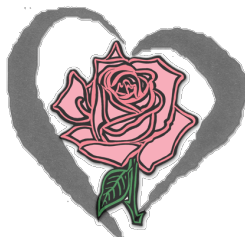
Our next Mentor will be Hans ten Dam from the Netherlands. Hans is a pioneer in the field of Past Life Regression with 30 years of experience. His books *Exploring Reincarnation* and *Deep Healing: A Practical Outline of Regression Therapy* are considered groundbreaking and were translated into German, Portuguese and Turkish.

We will meet on Sunday May 25 at 8am PT, (9:00 a.m. MT, 10:00 a.m., CT, 11:00 a.m., ET). You can register on the IBRT web site to receive the Zoom link.

“Intuition is really a sudden immersion of the soul into the universal current of life.” — Paulo Coelho, *The Alchemist*

Learning Center

RoseHeart



Center

www.TheRoseHeartCenter.com
With Virginia Waldron, CH, CI

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 to 3:00 pm, ET, 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

With Virginia Waldron, CH, CI

Professional Training Schedule

At the RoseHeart Spiritual Academy we offer training programs for adults who are looking to further their current career, or who would like to create a new and more spiritually fulfilling life career for themselves. To find out more about these training programs, including dates and fees, please go to www.TheRoseHeartCenter.com and scroll down the menu to find The RoseHeart Spiritual Academy.

Our newest training programs are Spirit Release & Energy Clearing. That program takes place the weekend of June 6, 7, & 8, 2025.

In May, a new series of classes begins, Awakening Intuition & Channeling. This program will take place over May and June. In this class we will explore intuition, how to connect and awaken your own intuition and how to use it for connecting to your Divine Guidance, for healing and spiritual evolution. There will be lectures, discussions, exercises and guided journeys all designed to support the participants as they awaken to their inner wisdom and guidance. To find out more or to sign up, please contact Virginia Waldron at gatkepr@gmail.com.

HCH INSTITUTE



Holly Holmes-Meredith, D.Min., MFT, Director HCH
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925-283-3941, holly@hypnotherapytraining.com

HCH Institute for Hypnotherapy and Psycho-spiritual Trainings

with Holly Holmes-Meredith

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

All classes are online in Pacific Time zone.

Next 200-hour Certification in Hypnotherapy begins June 7.

Open House is Monday April 27, 7pm PT

Past Life Therapy Training May, 2, 9, 16, 23 from 3 to 6 PT. (Requires training in hypnotherapy as a pre-requisite).

FREE Reiki Meet-up every Tuesday at 7p.m. PT.
FREE monthly meet-up 2nd Wednesday of the month, 7p.m. PT: Self Care for these Challenging Times.
Focus for May is Accessing Your Higher Self in Your Daily Life.
Exploring Gateways to Higher Consciousness meets monthly the 3rd Wednesday, 7pm PT
Next Shamanic Practices Certification Training Module "North" begins May 18
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.
Monthly Classes in Reiki.

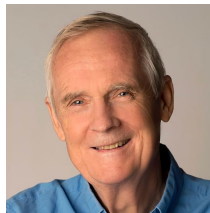


Georgina Cannon
changing minds

Georgina is taking a temporary break from teachings at this time. She will be back!

PIONEERING THE NEW CONSCIOUSNESS USING ADVANCED VIBRATIONAL TECHNIQUES

with Andy Tomlinson and Reena Kumarasingham.



These residential workshops are led by Reena Kumarasingham and Andy Tomlinson and supervised by Council of Beings of Light through intuitive direction interactive channeling. It allows those attending to experience being in the high vibrations of the New Consciousness. The Council of Beings of Light have shared techniques for living and working in the New Consciousness. These are effective methods for using

energies in a powerful, harmonic way in this new dimension. This intensive seven-day training is highly practical and includes lectures, interactive discussions, demonstrations, and practice sessions.

To find out more about where and when the training takes place, please go to their website,

Website www.pioneeringnewconsciousness.com



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and

Testimonials from two IBRT Bd Members who participated in this training:

As a metaphysical Hypnotherapist, I was extremely impressed with the Pioneering the New Consciousness residential training. Andy and Reena are on the cutting edge to help you raise your vibration and work with the Council of Beings of Light. You'll learn practical skills and knowledge not found elsewhere to heal your clients and yourself.

—Peter Wright, CPLT, CHT, LBLT and IBRT Board Member

The week we spent together in Glastonbury, UK, was an amazing experience, both for the learning opportunity, as well as sharing the energies of these two wonderful teachers, healers and human beings. Andy and Reena are a great team and this training program was life-changing. There was so much to do and learn, in such a magical setting, and it has moved me forward on my own journey of spiritual awakening. Thank you.

—Virginia R. Waldron, CH, CI, and IBRT Board Member

Kim Kane with HCH Institute



Exploring Gateways to Higher Consciousness (Monthly Gathering) 3rd Wednesday of each month

A monthly community of deep explorers, spiritual seekers, and conscious creators. We open our minds to new paradigms, journey together, and integrate through shared reflection and support. Monthly experiences vary, but may include practices such as grounding integration—practical tools, shared reflections, and take-home support to help you carry your experience into everyday life. We usually experience an **expanded state journey**: a group-guided experience where you're invited to move beyond mind and form, and into the vast field of higher consciousness. \$40 Registration Here.

May 21, 6-8 p.m. PT, 8-10 p.m. CT

Time, Space, and Quantumly Beyond Both...

Time has always been our guide. We wake by it, age by it, mourn and celebrate in its name. But what if time is not the steady rhythm we imagine? What if, like the Earth's flatness or the Sun's rise, it is an illusion born of our scale, our senses? From Einstein to Bohm, from the mystics to Rovelli, we hear the whisper: Time is not what it seems.

June 18, 2025 6-8 p.m. PT, 8-10 p.m. CT

Quantum Tunneling – Moving Through Barriers

Just as particles pass through barriers that they shouldn't, we too can transcend the limits we believe are solid—fear, identity, resistance, and old patterns. Healing occurs not by force, but by shifting into resonance with a new reality.



Susan Lyons

CCHT (Certified Clinical Hypnotherapist)

IBRT Board Certified Regression

Therapist

Reiki Master

Past Life Therapy & Integration

When: First Wednesday of every month (Online)

Time: 7:00 – 9:30 p.m. PT

Cost: \$40

Register: hypnotherapytraining.com/past-life-therapy-integration

RSVP by 5:30 p.m. on the day of the gathering to reserve your spot!

Join us for a monthly deep dive into Past Life Therapy and PsychoSpiritual Integration, guided by Susan Lyons, IBRT Board Certified Clinical Hypnotherapist, faculty member at HCH Institute, and member of the Board of Directors for IBRT.

This monthly group has been gathering for over eight years and continues to offer a powerful container for exploration, healing, and insight.

Each session is centered around a specific theme or intention. You'll receive background education, engage in group discussion, and have space to share experiences following the guided regression process.

Upcoming Topics:

May 7 – *Exploring the Inter-Life: Discover Soul Agreements, Karmic Patterns & Life Purpose*

June 4 – *Healing Fears and Phobias through Past Life Therapy*

July 2 – *No class (Holiday Break)*

August 6 – *Exploring a Past Life Closely Related to Your Current Life Situation*

September 3 – *Exploring a Past Life as a Healer*

October 1 – *Exploring a Past Life Relationship*

November 5 – *Talking with the Dead*

December 3 – *An Introduction to Future Life Progression*

“Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity.” — Paulo Coelho, *The Alchemist*

Gatherings

All IBRT's Gatherings take place at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET, unless otherwise specified. Sign up for all events at <https://ibrt.org/events%2Fclasses>

April's Gathering was a panel discussion about clients who researched their past lives and found enough information to indicate these people actually lived. Peter Wright presented a talk on the work of Dr. Ian Stevenson and his documented research on past life recall in children. Then Peter, Ann Barham, Susan Lyons, and Virginia Waldron shared their documented client stories as well. It was all very interesting and intriguing. It is now available on IBRT's YouTube. Just Go to <https://youtu.be/WzB-QmUyNz8>.

May's Gathering will be on Thursday May 22 at 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, and 7 p.m. ET. We are pleased to feature Christian Sunberg at our monthly gathering.



Christian has presented at over 100 events. When he was a young child he remembered his existence before coming to Earth. While that memory completely left him during his early adult life, it spontaneously returned at the age of 30 as Christian took up a meditation practice and went through a personal awakening journey. He also began having Out of Body Experiences (OBEs).

Christian is the author of the book **A Walk in the Physical**, which attempts to succinctly describe the larger spiritual context in which we exist and the importance of love in our human journey. To read more about Christian Sundberg

please go to <https://awalkinthephysical.com/welcome/>

June's Gathering will be on Saturday, June 21, at 9:00 a.m. PT, 10:00 a.m. MT, 11:00 a.m. CT, and 12:00 p.m. ET. Our presenters will be Andy Tomlinson and Reena Kumarasingham.

Between Lives: Past Life Regression, Near Death Experiences, and the Evolution of Consciousness

People can experience expanded consciousness during a Near Death Experience, or following a past life death while in deep hypnosis that is called Life Between Lives or Between Lives Spiritual Regression. They also experience a positive impact on their lives afterwards that often leads to more soul fulfillment.

This is explored in our new book. But can this expanded state of consciousness be recreated outside these experiences? We believe it can though both focused activities and participating in retreats set in high vibrational energy.

Andy Tomlinson is a Psychologist, Psychotherapist, Past Life Regression Therapist and a member of IBRT. He is the founder of the Past Life Regression Academy and his other books include **Healing the Eternal Soul**, **Exploring the Eternal Soul** and **Transforming the Eternal Soul**.

Reena Kumarasingham is a Psychologist, Regression Therapist and Between Lives Spiritual Regression Therapist. She has been a trainer for the Past Life Regression Academy specialising in training Between Lives Therapists internationally since 2012. Reena's other books include **Shrouded Truth**, **The Magdalene Linage** and **Divine Consciousness**. She has been leading retreats to help people expand their consciousness since 2015.

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Thank you to all our members for being part of IBRT. We look forward to seeing any and all of you at the fun many events and exciting Gatherings coming up. Blessings -

“We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity.” — Paulo Coelho, [The Alchemist](#)