



Newsletter of the International Board for Regression Therapy

Edition #30 - September & October, 2025

Gifts of Spirit

Letter from the Board

Dear IBRT Members,

During our July IBRT Webinar, a number of our colleagues collaboratively created an affirmation to support ourselves as Regression Therapists. We brainstormed ways that we, in our daily lives, can cultivate and sustain a high vibration that creates resilience and inner stability.

We acknowledged the challenges we currently face in our 3-D reality: As the political systems erode, people have lost their bearings and their sovereignty, as their basic needs and human rights are being threatened.

Our work as Regression Practitioners is vital to help our clients cultivate inner strength and resilience in their own lives. Inspiring our Higher Selves to know, live, and trust the greater reality that surrounds us is the most supportive approach we can offer to counteract the fear and grief that this time of uncertainty generates.

We can support our stability and resilience by:

- Using positive language and focusing on loving thoughts
- Enjoying being in nature
- Surrounding ourselves with beauty
- Allowing time for silence, reflection, prayer, and meditation.
- Connecting with a supportive and like-minded IBRT community.

Here is the affirmation we created:

Every day and every way, we walk in beauty, we stay in resonance with harmony and love, we use affirmations that serve the highest good and we are a like-minded community transforming lives through a consciousness of love. We lift ourselves as

one to remain in the higher frequency of love and light.

We invite you to join us in working with this affirmation as a part of your and, as appropriate, your clients' transformational practices.

We know the power of group intention and prayer has an exponential effect on the quantum field and, collectively, we choose to live in the highest, most loving harmonic state possible.

"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

Announcements

From our Website Manager, Devra Jacobs: If you use bookmarks to go to IBRT website, please refresh your page from Gatherings to go to the Live Webinar page, or use <https://ibrt.org/webinars> to find out about or sign up for the IBRT Live Webinars.

If you are experiencing any issues making payments on the website, such as paying for membership renewal or registering for Webinars, keep in mind it could be you are using an old website search engine or live in a country that may be blocked. Please contact our Website Manager, Devra Jacobs at: devra@dancingwordgroup.com. In the subject line please put IBRT Issue so Devra knows it is from one of us.

It's time to renew: Affiliate and Board Certified Members - if you haven't already renewed your IBRT dues, this is a reminder. Please do so at your earliest convenience. You will find the links on our website to guide you to making your payments easy and quick. Thank you.

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 Live Webinar to submit a proposal to the IBRT Board for consideration. Send the summary of what you'd like to share o Virginia Waldron, gatkepr@gmail.com, or to Holly Holmes-Meredith, holly@hypnotherapytraining.com.

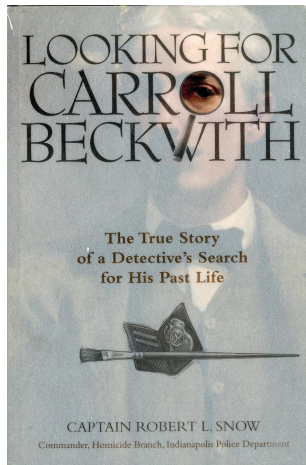
The Mentorship Meeting Program is new and exciting. We are always looking for Board Certified Members to host these monthly meetings. If you are interested in hosting/leading one of the Mentorship Meetings, please contact Holly (holly@hypnotherapytraining.com) to inform her of your interest.

Book Nook

Looking for Carroll Beckwith: The True Stories of a Detective's Search for His Past Life by Robert L. Snow

Review by Virginia Waldron

This is one of my personal favorite books about Past Life Regression and one I highly recommend for my students and clients, as well as anybody who wants to understand what Past Life Regression is all about, and what it can teach us about ourselves. So many of the books about Past Life Regression, while fascinating and very instructional, are about case studies. Work that other practitioners and researchers



have done can teach us a great deal about the work that is being done. But this book is one man's story of his own experience with Past Life Regression and his journey to find the truth. The author, Robert Snow, a police detective, took a dare to experience a past life regression, in order to prove that it wasn't real, that it couldn't be real. And in the process of using his own trained detective skills, discovered that it was incredibly real and powerful. This book is very personable and personal, and it shows how even skeptics with an open enough mind to give it a try can experience amazing and wonderful things. This is Robert Snow's own story and he does the most excellent job sharing it.

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

Articles

AI, Consciousness, and the Future We Choose

By Kim Kane

As I began drafting this article based on my research, I had difficulty knowing where to begin. Typically, I experience the inspiration that many of us share, where ideas seem to arrive as a download or emerge from the collective. My research involved reviewing various podcasts, lectures, and magazine articles. The field is evolving rapidly, so books published even a year ago already feel dated. With this topic in particular, the more I learn, the less I know and seeing so many perspectives left me unsure of the starting point. And then I realized that place of not knowing was exactly where to begin.

In an interesting parallel, my uncertainty is mirrored in the broader discussion surrounding artificial intelligence (AI). Some scientists and inventors praise the virtues of AI, while others predict it will be the end of us all. Within metaphysical circles, opinions are also varied. For some, this is the “best of times” and for others, the “end of times.” In traditional mental health, tools like ChatGPT are welcomed as virtual companions offering support 24 hours a day. Yet the very availability of that support raises concerns about over reliance, addiction, and displacement of human roles.

We have, of course, been here before. Each era greets new technologies and thought innovations with both promise and fear. The printing press, electricity, women's suffrage, the automobile, airplanes, comic books, television, computers, and the internet have once inspired predictions of a change of civilizations. Some societal groups predicts its collapse while others see positive transformation. History teaches us that

while past fears were often unfounded, the unique challenges posed by today's innovations may indeed warrant a closer examination. Fear is not destiny, but it can be a catalyst for thoughtful consideration and preparation.

Two Channels of Risk

AI brings risks that can fall into two general categories. One: bad actors who seek to deceive, exploit and harm. Two: unintended consequences that permeate society where systems grow in ways we cannot foresee.

The people most vulnerable to these risks are often those who struggle to think critically or those who have not learned to trust their intuitive signals of discernment. In our practices, we are uniquely positioned to support both. While guiding clients back to their intuitive compass, we help ensure they are not only protected but also empowered to navigate the unknown with confidence and grace. This, in turn, strengthens each client's own capacity to reason clearly.

How might these unintended consequences present to us? Let's look at some potential risks and challenges associated with the development and deployment of AI and future AGI (Artificial General Intelligence).

Gregg Braden, recognized for his work integrating science, spirituality, and human potential, highlights that delegating not only tasks but also intuition, empathy, and decision-making to AI may result in unintended consequences. He suggests that excessive dependence on artificial intelligence could undermine individual autonomy, as well as diminish the authority and resilience gained through personal experience.

From a scientific perspective, **Geoffrey Hinton**, often referred to as the "Godfather of AI," has raised similar concerns. Following his departure from Google in 2023, Hinton advocates regulation and review so that the AI is designed with "maternal instincts" so that there is an inclination to protect and care for humans. This is especially important as he believes that AI systems are likely to surpass human intelligence across all cognitive domains. This means human intellect becomes less economically valuable. This contrasts with historical patterns, where machines replaced manual labor and intellectual capability led to economic advancement.

Recent research by Microsoft suggests that the jobs least at risk are those requiring hands-on presence and unpredictable problem-solving such as plumbers, electricians, nursing assistants, even embalmers. Meanwhile, roles already impacted include customer service, translation, and writing. These shifts highlight the paradox: while many fear the loss of work, the future of work is also a field of possibility.

Raising the Vibration

The place of possibility is the fork in the road, where imagination has the power to shift frequency, to raise vibration, to open anticipation not just of danger but of good. Is it naïve to believe that our consciousness matters in this unfolding? That holding high vibration, high intention, and trust in the collective can shape outcomes? I believe it is the very premise we live by in regression work and in expanded consciousness journeys. Reality bends to the collective consciousness.

In this context, AI emerges from human consciousness, which means the imprint of love, discernment, creativity, and reverence for life are not irrelevant. By choosing to engage with AI consciously, we demonstrate discernment. We maintain a focus on humanity by prioritizing narrative, empathy, and real-world experience. We can approach AI using intentionality by providing prompts that reflect optimism and unity instead of fear or division. We then foster internal unity and contribute positively to collective outcomes.

Dr. Julia Mossbridge, a cognitive scientist and futurist, is invested in finding ways to collaborate with AI in expanding human intuition and compassion. She argues that if programmed with values like

unconditional love and long-term flourishing, AI could help amplify the very qualities humanity struggles to embody consistently. In this vision, AI becomes a partner in supporting humanity in living into higher states of awareness and interconnectedness.

Fei-Fei Li, co-founder of the Institute for Human-Centered AI (HAI) at Stanford, believes that policies must address both the unintended harm and human potential of AI. Li says that the framework must be human centered-so that AI improves the “human condition and consists of concentric rings of responsibility and impact, from individuals to community to society as a whole.”

The Mirror of AI

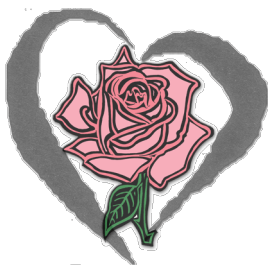
Geoffrey Hinton once said, “We aren’t used to thinking about things smarter than us. **If you want to know what life is like when you are not the apex intelligence**, ask a chicken.” His words remind us of the unease. But they also remind us that AI is a mirror which reflects both our fears and our possibilities.

Fear shows us one path. Conscious vision shows us another. The outcome is not inevitable. It will be shaped not only by the guidelines and safety nets we create or fail to create as well as by the consciousness with which we meet this moment. AI is a mirror, reflecting both our fears and our possibilities. The question remains: what world do we truly want to co-create?

“The secret of life, though, is to fall seven times and to get up eight times.” — Paulo Coelho, The Alchemist

Learning Center

RoseHeart



Center

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

Awakening Intuition and Channeling

This two part series offers anyone who is interested in connecting with their Intuitive Mind and Learning more about channeling and reconnecting with their divine guidance. It is open to beginners and more advanced channels who want to explore and learn more. They will be some lecture, much discussion, exercise exercises and practice sessions in class as well as work to be done at home.

Intuition Awakening, Part I

Beginning in October, on Sundays so that our international friends can participate. The fee for this program will be \$90.

Intuition Awakening and Channeling - Part II

The second part of this program we'll begin in February 2026. The fee for this program is \$90.

For more information about either of these classes/ programs go to www.TheRoseHeartCenter.com and click on Classes and Events at RoseHeart. To sign up please contact Virginia Waldron at info@theroseheartcenter.com.

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

Register at: www.HypnotherapyTraining.com.

All classes are online in PT time zone.

200 hour(IBRT accredited) Hypnotherapy Training and Certification.
May take individual sequential 50 hour levels. Begins October 4, 2025.
Graduation January 11, 2026 .

Free Reiki Meet-up every Tuesday at 7pm.

Exploring Gateways to Higher Consciousness meets monthly the 3rd Wednesday, 7pm.

Next Shamanic Practices Certification Training Module East begins September 21, 2025.

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

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



Reiki Master

Past Life Therapy and Integration Meet-up

With Susan Lyons

First Wednesday of every month. \$40

link to sign up: <https://www.hypnotherapytraining.com/past-life-therapy-integration>

Topics and dates:

September 3- Exploring a Past Life as a Healer

October 1- Exploring a Past Life Relationship

November 5- Talking with the Dead

December 3- Introduction into a Future Life Incarnation Progression

Susan Lyons

CCHT (Certified Clinical Hypnotherapist)

Spiritual Hypnotherapist

Board Certified Regression Therapist

Discoveryyourtruself.com
<https://instagram.com/discoveryyourtruself>
925-360-9767

“The privilege of a lifetime is to become who you really are.” – Carl Jung

Exploring Gateways to Higher Consciousness

Facilitated by Kim Kane

Held the 3rd Wednesday of every month (online) from 6:00 PM to 8:00 PM (Pacific Time)

A monthly gathering for seekers, sensitives, and soulful explorers

Register here:

<https://www.hypnotherapytraining.com/exploring-gateways-to-higher-consciousness>



Do you sense there's more to life than what we can see, touch, or name? Do you carry the quiet knowing that we are more than just our human form, more than the mind alone can grasp?

Welcome to a space where those inner truths are not only honored—but explored. Each month, we gather in sacred curiosity to open into a new topic—one that gently stretches awareness and invites collective insight.

Monthly experiences vary but may include 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.

You are not alone in your seeking. Come be part of a community dreaming a new way forward—one of awakening, connection, and light.

Your presence matters. Your presence changes things.

Remaining 2025 schedule:

9/17/25-Superposition: Living in Possibility, In the quantum world, particles can exist in many states at once and only choosing when observed. What if our lives work the same way? In this gathering, we'll explore the art of holding multiple futures at once, releasing fear, and stepping into the possibilities that feel most alive. Through reflection, discussion, and a guided journey, we'll experience superposition not as theory, but as a way of living with openness, choice, and wonder.

10/15/25- Water Consciousness: Across ancient civilizations, water was revered not only for its life-giving qualities but also as a sacred force, woven into rituals, myths, and spiritual practices. Today, we embark on a journey to explore a timeless and intriguing question: Could water possess a form of consciousness?

11/19/25 - Time as Non-Linear: Rewriting the Past, Anchoring the Future:

12/17/25 – Quantum Consciousness and the Soul's Blueprint

“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

The IBRT Mentorship Meeting Program

We in the IBRT Community are committed to providing the highest levels of training and support to our members and the most competent and ethical services to our Regression clients. Our new *IBRT Mentorship Program* is the latest benefit for our Student, Affiliate and Professional Board Certified IBRT members.

A board-certified member will facilitate the Mentoring Event each month. The 90-minute session will focus on your questions 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.

The next Mentorship Meeting will be Sunday, September 21, at 9 a.m. PT. Diane Seaman-Poiter will be the Mentor..

What the great mentor is always looking for is a person who is willing to tap his genius, to put it through the refiner's fire, to do the hard work to develop it. Indeed, mentoring is the medieval art of alchemy-turning plain old human steel into hearts and minds of gold. — Oliver DeMille

IBRT Live Webinars

The times set for our Live IBRT Webinars are listed in the Pacific Time Zone (PT). If you are in one of the other time zones - Mountain Time, Central Time, Eastern time, please adjust the time accordingly. Sign up for all events at <https://ibrt.org/events%2Fclasses>

If you missed the August 21st Webinar presented by Kim Kane and Susan Lyons - [Bridging Time Lines and The Art of Jumping Realities](#). You can watch it either on the website or on your Youtube Channel:

Youtube- <https://www.youtube.com/@ibrt8565>

Website- <https://ibrt.org/past-webinars-1>

September's Live Webinar is now available on YouTube.

October's Live webinar will be on Saturday October 25, 10 am to 12 pm PT. The title is **How to Work with Menstrual Pain in Regression Therapy: EARTH Research Project** Presented by Tulin Etyemez Schimberg, IBRT Board Certified Regression Therapist. Director of the IBRT Accredited Unicorn Transformational Past Life Regression Training.

Many women are suffering from pre and post menstruation effects in their life. Different techniques can be used in regression therapy on menstrual pain. In this webinar, sample cases and techniques overview, a worldwide research info on menstrual pain will be shared.

Tulin has a Board Certification with IBRT as a level IV Past Life Regression Therapist and DMP (Deep Memory Process) Practitioner and regression trainer. She is teaching regression at Unicorn Transformational Studies.

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.” — Thigh Nhat Hanh