



Newsletter of the International Board for Regression Therapy

Edition # 22 - May & June, 2024

Transformations

Letter from our President - Holly Holmes-Meredith

I am reflecting on the beginning of Spring and all the newness it holds while also wistfully reflecting on the last few years and all that I'm bringing forward. It is so difficult to be swimming in the insanity of what is happening around us: the wars, the terrorism, the greed and the "us and them" mentality that deeply conflicts with those of us who do the work of transformation. To be stable enough to continue to bring the Light into the Darkness requires stamina and consistent practices that renew.



This week I am meeting in person, for the first time, 8 Mystics whom I met in a year-long online Global Mystic Certification program. We have met on Zoom for three years bi-weekly to share resources, practices and our spiritual emergence. Each of these people has become a trusted and supportive fellow traveler on the Mystic Path. Each has their own struggles of how to be in the world, but not of it. We support each other by strengthening our connection to Spirit through community and our meetings fortify our commitment to our paths as spiritual activists. Their love and support helps to keep me resilient, positive and stable.

And our IBRT community has also given me a focus and purpose that inspires me to create ways to share in community with you, like-hearted and minded-practitioners, who have a shared path of healing and growth. The Age of Aquarius is the Age of community and of balancing the head and heart (the Love and Wisdom). Our work and our IBRT community also provide this balance. I am grateful.

About four years ago one of our long-time IBRT Certified practitioners reached out and asked why: "Why should I renew my IBRT Certification? What will I get from continuing to pay my dues?" Her questions provided us with a new focus and purpose: To actively offer to our members events, community and inspiration. We decided that we needed to make IBRT an organization that gave

more than a well-earned Certificate. This was the beginning of our evolution as a professional body of Regression Therapists and our organization's transformation.

We now offer Affiliate Memberships to encourage people to join IBRT and become Professional Certified members, we sponsor students who are in training in any of our Accredited Trainings, we offer monthly Gatherings which provide a place for our members to teach and learn. We have published 21 editions of monthly newsletters, (Thanks to Virginia Waldron), we have hosted four Book Club presentations by IBRT authors and we just collectively published our book. Most importantly, we have begun to establish relationships with each other that support our resilience and balance through our shared work as practitioners committed to being here in these extraordinary times doing extraordinary work. We keep on keeping on... and know that we are making a difference!

Thank God!

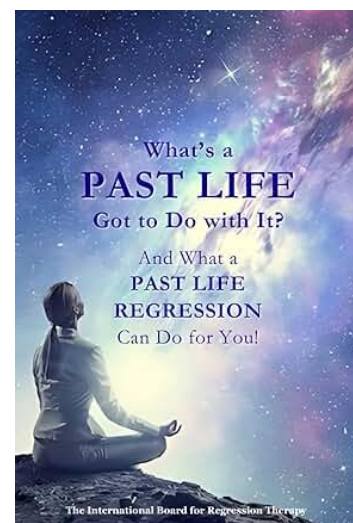
Many Blessings,

Holly

Announcements

First and foremost, the first International Board of Regression Therapy book is now available on Amazon, and we are doing wonderfully! In its first month of publication, **What's a Past Life Got to Do With It?** was listed among the top 100 New Age self-help books sold on Amazon. You can purchase it in paperback or as an e-book. It is a book whose time has come! This book is a manifestation of IBRT's commitment to Past Life Regression. We hope it will not only benefit its readers, but also be of interest to potential clients and those curious about Past Life Regression training.

Our May Gathering is going to present four of the book's 15 authors, to talk about their chapters, what it was like to write them, etc. Check it out!



Articles



A Thorny Question: An Experiential Analysis of Spontaneous and Hypnotically induced Past Life Memory Retrieval by Jenny Cockell (Is.32)
First published in the International Journal of Regression Therapy, Issue 32

In this article, Jenny Cockell, well-known author and personality in the field of reincarnation research, seeks to compare and extrapolate her own experiences of spontaneous past life memory

recall with her experiences of accessing past life memories utilizing hypnosis. In this well-considered and intimate account, Jenny shares examples of the positives and negatives, gains and detriments, of both experiential realms. Further, she addresses the question as to whether or not hypnosis is a useful tool in retrieving past life memories which can be validated in the same manner in which many thousands of spontaneous past life memories have been interrogated and verified. If not, why not, are questions which run throughout the body of her article.

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



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,

Holly Holmes-Meredith

Explore offerings and Register at: www.Hypnotherapytraining.com

Monthly Past Life Meet-up for Group Regressions

The first Wednesday of every month, 7 pm PT on Zoom

Each Month has a different focus. \$40

Free weekly Reiki Clinic. Tuesday's at 7 p.m. PT on Zoom

Low Fee Hypnotherapy, Past Life Regression, EFT and Energy Therapy on Zoom through the HCH Community Clinic, by appointment.

\$40/ session or four sessions for \$140.

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

Next 200 Hypnotherapy Training begins in June

Next Shamanic Training module begins in September

Advanced Training in Past Life Therapy on Zoom
Fridays March 2, 9, from 3 p.m. to 6 p.m. PT
Monthly Reiki Classes on Zoom

Advanced Training in Spirit Releasement on Zoom
Fridays - September 6, 13, 20, 27, from 3 p.m. to 6 p.m. PT

RoseHeart



The RoseHeart Center

With Virginia Waldron

www.TheRoseHeartCenter.com

info@theroseheartcenter.com.

Fall 2024 Classes - Starting in September Virginia Waldron will be presenting a new series of spiritual classes for the general public called *"Exploring Your Spiritual Path"*. This will be an ongoing series of 8 classes meeting on Tuesdays, 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. The topics will include Divine Guidance, Working with Spirit Guides and Animal Guides, Auras and Chakras, Developing Intuition and much more. They will run from October through December. There will be a second series beginning in March 2025 that will continue the exploration of our spiritual paths. This 8-week series will include channelling and mediumship, The Akashic Records and more.

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



The RoseHeart Spiritual Academy

With Virginia Waldron

The Fall 2024 schedule will be:

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

Pre-Birth Regression will take place in October.

Past Life Regression Training - November.

Interlives 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.



Georgina Cannon Changing minds.

LIFE BETWEEN LIVES REGRESSION FACILITATION WORKSHOP (PRE-REQUISITE: PLR TRAINING)

Learn to facilitate the powerful space between lifetimes, we call the Interlife. True soul memories. The higher self in all its glory. These are energy or spirit journeys which enable the client to access their soul name, color and soul purpose for this lifetime. These journeys are profound and life-changing.

Some of the stations along the way your clients may visit include:

- Meeting the soul circle (and your soul mate(s)).
- Visiting the laboratory where clients learn new ways to manage their energies.
- Visiting the library, or Akashic Records of their past and future lifetimes.
- Visiting the garden of peace and healing.
- Connecting with their Council of Elders and receiving important information.
- Going to the place of life choice... where they choose a lifetime to achieve their purpose.

Along the way they will meet their guide(s) or angels and come to understand truly why they are here and where they are on their path, and where they can go.

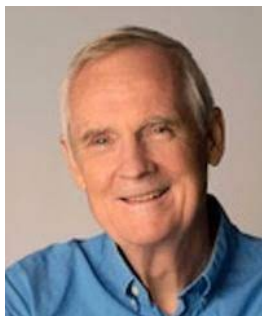
They discover their soul contract and 'thumbprint'. Who they truly are.

And of course, you get to do all this yourself, while learning and practicing!

LBL FACILITATION WORKSHOP PRICE - \$1,500 CAD plus taxes

ON ZOOM WORKSHOPS AVAILABLE IN MAY, AUGUST OR DECEMBER
WHICH DATES WORK FOR YOU?.

From the Past Life Regression Academy: Training in Mind Body Soul Healing



Pioneering the New Consciousness Retreat - June 2024

Now is the time for souls ready to move to a new consciousness to raise their vibrations, learn how to harness energies and manifest a different way of living. This workshop will be taught in Glastonbury, UK, the heart chakra of the world. You will experience living for a week in the new consciousness and work interactively with the Council of Beings of Light who are directing the energy shift of Earth.

Residential Workshop
Glastonbury, England, UK
June 4-10, 2024
In English by Reena Kumarasingham and Andy Tomlinson
Contact: regressionacademy@gmail.com



"It saves energy and makes me feel holier."

Gatherings

IBRT's April Gathering was a very interesting and helpful presentation with Valarie Deveraux (and the support of Holly Holmes-Meredith). The subject was the Benefits of Past Life Regression for Releasing the Fear of Death and Other Phobias. It was a very well informed and intriguing presentation and the conversation afterwards was just as interesting.

IBRT's May Gathering - **Join Us as Four Authors Discuss Their Chapters in IBRT's New Book.** The date is May 23, 4 p.m. PT, 5 p.m. MT, 6 p.m. CT, 7 p.m. ET

In honor of our newly published IBRT book, our May Gathering will feature a conversation with four of the book's 15 IBRT Board Certified authors.

Ann Barham, Eric Christopher, DeAnne Torres and Yasmin Udwadia will speak about their work in Past Life Regression Therapy and the clients' issues that inspired them to contribute their chapter.

This Gathering is free to IBRT Members and Sponsored Students, and \$40 for Non-Members

Join us to celebrate and be inspired. We are excited to share in community our gratitude as practitioners and the force-field we are collectively generating in support of healing and the evolution of consciousness that we have incarnated to support.

IBRT's June Gathering is still undetermined. If you would like to make a presentation to our membership, please let Holly Holmes-Meredith know. If you have interest in a topic for a Gathering, also let Holly know.

The Layers

By Stanley Kunitz

I have walked through many lives,
some of them my own,
and I am not who I was,
though some principle of being
abides, from which I struggle
not to stray.

When I look behind,
as I am compelled to look
before I can gather strength
to proceed on my journey,
I see the milestones dwindling
toward the horizon
and the slow fires trailing
from the abandoned camp-sites,
over which scavenger angels
wheel on heavy wings.

Oh, I have made myself a tribe
out of my true affections,
and my tribe is scattered!

How shall the heart be reconciled
to its feast of losses?
In a rising wind
the manic dust of my friends,
those who fell along the way,
bitterly stings my face.

Yet I turn, I turn,
exulting somewhat,
with my will intact to go,
and every stone on the road
precious to me.

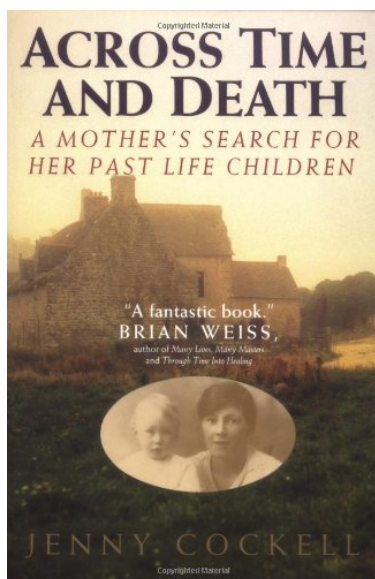
In my darkest night,
when the moon was covered
and I roamed through wreckage,
a nimbus-clouded voice
directed me:
"Live in the layers
not on the litter."

Though I lack the art
to decipher it,
no doubt the next chapter
in my book of transformations
is already written.
I am not done with my changes.



Book Nook

Across Time And Death: A Mother's Search For Her Past Life Children



By Jenny Cockell

Jenny Cockell grew up knowing she had lived before. In her first book, the bestselling *Across Time and Death*, she revealed how she had been haunted by the memories of Mary Sutton, a young Irish woman who had died more than twenty years before Jenny was born. She was compelled to search for the facts and details that eventually confirmed the existence of her past life and led to an emotional reunion with her family.

Jenny Cockell became a best-selling author in 1993 by writing an account of her search for her past life family in 'Yesterday's Children', published as *Across Time and Death* in the USA and produced as a film in 2000. This reincarnation case was from childhood memories talked about from the age of three, during which time she named the location and drew maps indicating the position of the house she recalled. Jenny has now published five books on reincarnation covering several spontaneously recalled past lives and discusses many

aspects related to the subject. (*Journeys Through Time* includes synopses of the first two books). She has also written about the experience of living with autism/Asperger's in *An Asperger's Journey*. Jenny continues to write on eclectic subjects of personal interest, often with a 'mind body and spirit' twist and Asperger's outlook.



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