



## *Newsletter of the International Board for Regression Therapy*

*Edition # 14 - January / February 2023*

# **2023 - The Way of Kindness**

Dear Members,

When at the last Board meeting we decided that the theme for this newsletter is “Kindness”, I began thinking about all the ways we can practice kindness in our lives and I realized that by being a past life regression practitioner we embody many acts of kindness.



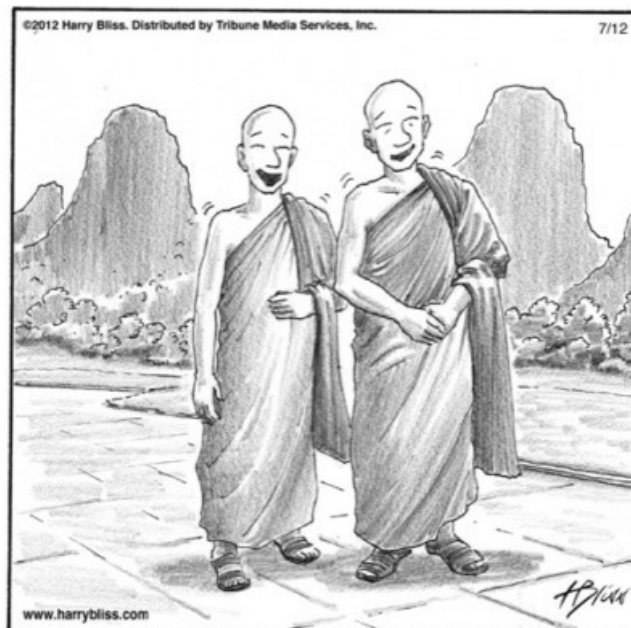
- The act of being present with clients and showing up with our whole selves by listening, reflecting back, and holding space allows our clients to feel seen, understood valued.
- The reframing: in past life therapy helps clients to see the blessings that can come from pain, disappointment and grief that can liberate them from suffering and self-blame.
- Shifting from victim consciousness moves our clients into the realization of their sovereignty and the awareness of their constant co-creative participation in their lives.
- Past life work empowers the ability to choose wisely and to create change. It guides clients into a direct experience of their innate power to consciously dance their lives through the play of free will and the voice of spirit.
- It generates peace of knowing that they are living the life they chose and that they are right where they need to be.
- It provides the experience of engaging in an authentic therapeutic relationship that teaches that vulnerability and softness reveals their strength and power. And that they can be safe in their vulnerability.
- It promotes an awareness of the cosmology of our human life as a part of the greater universe and the oneness that underlies it all.

- It can provide an awakening to the responsibility each of us has to contribute in some way to uplift others through our own acts of generosity, compassion and kindness.
- And for us practitioners, by our providing past life therapy, we expand our connection to source and each other. The kindness behind our actions reflects multi-faceted kindness back to us daily and we receive the gifts this work provides us in our own evolution and healing.

Through past life therapy we engage in the blessing of radical acts of kindness that ripple through our client's lives onto the collective, supporting awakening to the love and truth of who we are.

With love,

Holly



"Ha ha. You tell that one in every lifetime.  
Ha ha. It never gets old."

## Announcements

The International Journal of Regression Therapy has been alive and well all this time. There are great articles on research and stories of past life regression. If anybody wants the link to subscribe, it is available - <https://regressionjournal.org/>



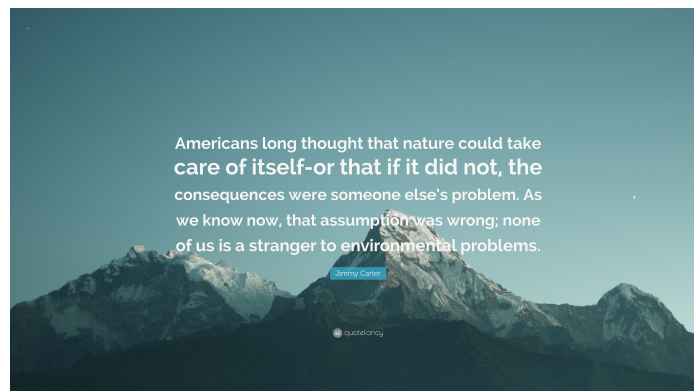
## Articles

### **I am not a therapist, I am a healer**

I achieved my certification in hypnotherapy in 2000. I had a master's degree in Transpersonal Psychology, and, at that time the National Guild of Hypnotists considered me qualified. I was so excited and pleased. My dream of becoming a past life regression therapist, several years in the making, was moving forward. With that hurdle overcome, my next step was to train in past life regression therapy, which I did with the late Henry Bolduc in Wytheville, Virginia, in May, 2000. I opened my office in the Syracuse, NY area. My practice was called GateKeeper Alternative Therapy.

Then, in 2006 I received a notice from the National Guild of Hypnotists that in New York State there was to be a new law in New York state. By 2007 only those who are certified, in New York, to be a Certified Mental Health Practitioner were allowed to refer to themselves as a therapist, or use therapy in any form in their marketing or promotional information, or any way appear to promote themselves as a therapist. Also, only certified mental health practitioners were allowed use diagnostic words such as depressed, depression, anxiety or anxious, or use terms that could be construed as medical in any form.

To read this article in full, go to Articles on the Home page.



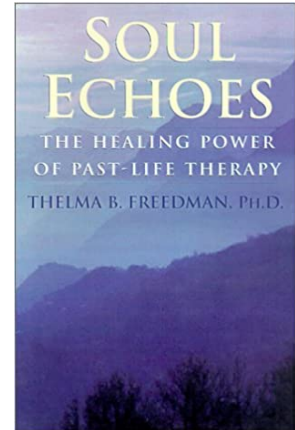
## Book Nook

Soul Echoes: The Healing Power of Past-Life Therapy February 1, 2002. By Thelma Freedman

Without fanfare, and often in secret, an increasing number of mental health professionals are using past life therapy with their patients. Now, a well-respected psychotherapist presents a reasoned and fascinating investigation of this controversial therapy and its sometimes meticulous healing of psychological problems.

A woman with a fear of caterpillars, a desperate client with anorexia, a man with a pattern of 'loving and leaving' women - all of these patients found the cause, and cure, of their problems in past lives. Often amazing but increasing supported research, regression therapy may offer help for a wide range of psychiatric disorders, from phobias to addictions.

Soul Echoes is written for both health professionals and lay readers. It offers an authoritative, encouraging guide for using past life regression therapy in treatment of complex problems and the quest for personal growth.



## Learning Center

**The RoseHeart Center** - with Virginia Waldron

Winter/Spring 2023 schedule; starting February 10, and going through May 7th, for the NGH Hypnosis, Advanced Age Regression, and Past Life Regression Training programs. All Classes on Zoom. Specific times and dates can be found on the website - [www.TheRoseHeartCenter.com](http://www.TheRoseHeartCenter.com).



**HCH Institute** with Holly Holmes- Meredith

All services are offered on Zoom



- 200 hour Certification in Hypnotherapy begins February 4, 2023
- Shamanic Practices Certification begins January 22, 2023
- Free Weekly Reiki Clinic, Mondays 7pm PT
- Individual Low Fee Sessions: Hypnotherapy, Reiki, EFT, \$40
- Services are provided by Certified Hypnotherapists doing a six month Clinical Internship.

## **Changing Minds** with Georgina Cannon

This is our roster for 2023 training, some familiar courses, others are brand new! Check the website... [www.georginacannon.com](http://www.georginacannon.com) for more information and to register .



ALL CLASSES ON ZOOM!

### **Past Life Regression Facilitation**

This is an accredited International Board for Regression Therapy School.

2023 DATES: Past Life Regression Training - March 4 & 5 or July 22 & 23 or October 7 & 8

Prerequisite - Hypnosis Training

Because clients often 'slip into' former lifetimes when regressing to the initial sensitizing event, the professional hypnotist needs to understand how to work in this field in an effective, healing and ethical way. You will learn the soul journey process which includes permission to take the journey, forgiveness, healing and wisdom. You will be learning and practicing almost from the first hour of the course! This is an intense and profound learning experience as you are taught how to work with clients to travel through time, safely and ethically to receive the wisdom and learning of other lifetimes. This two-day course could change your life – also the life of the clients you work with! Feel confident as you learn how to move your practice beyond the basics!

### **Life Between Lives Regression Facilitation**

This is an accredited International Board for Regression Therapy School

2023 dates: March 11 & 12 or, July 29 & 30 or, November 25 & 26

Prerequisite - Hypnosis and 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. Two full days for learning and practice. You will be practicing the facilitation within the first hour or two of the class.

### **NEW WORKSHOPS! "THE RELATIONSHIP CONTRACT"**

February 11th and 12th 2022

If you work with clients – coaching, counseling or therapy, this will give you a new protocol to use with your clients and to expand your business. Because it's on Zoom, wherever you are in the world, you can take this opportunity to expand your practice. But before we start – know that – as always in my training, you'll be going through the exercises yourself to embody the work. It's the best way to learn. In addition, once you take the training, you will be licensed to use all the tables, forms and exercises for your client sessions

### **Master Hypnosis Tools Level 1 and 2**

This is a power packed two separate days workshop which will give you life-changing tools, both practical and metaphysical to enhance your practice for client understanding and powerful change

**Level 1 April 23, 2023**

**Level 2 May 21, 2023**



## **Grief and Loss Counseling with Hypnosis Certificate**

This course uses both day to day practical techniques, along with somatic and metaphysical modalities to help your client heal in a healthy time appropriate way. This workshop is for your clients who have experienced loss in any form.

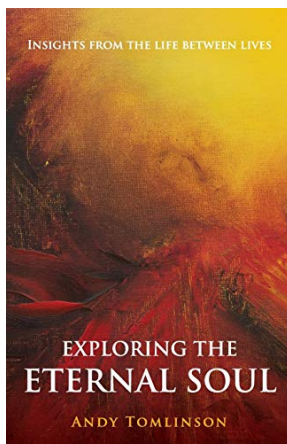
Midweek 2-day course July 12-13, 2023.

When my spirit guide hears someone try  
and give me unsolicited spiritual advice



## **IBRT Book Club**

Our book club did not get off the ground in December because of complications in scheduling. Andy Tomlinson is our author and he thought it might be a good idea to try again in January, when life is a little less stressed. So, we are going to do that.

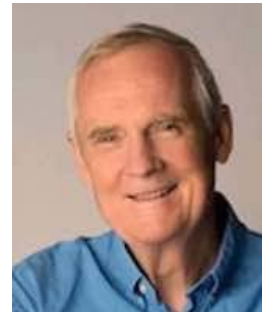


The next IBRT book club meeting will be Saturday, January 28th. The times will be, 7PM UK time, 2PM EST, 1PM Central time, 12PM Mountain Time, and 11AM Pacific Time.

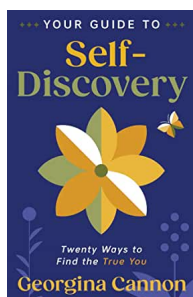
What happens after death? Follow the fascinating journey of a group of ordinary people who have been regressed through a past life and into the afterlife. Using very deep hypnosis the most amazing soul memories surface of a spirit world that waits us all. Piece by piece the book uncovers each step of the journey and is full of illuminating case study extracts.

It allows us to tap into a wisdom that is so profound it is beyond normal human capacity. Discover amazing insights that answer a host of universal questions of spiritual, historical and philosophical importance.

Written by Andy Tomlinson, a reincarnation explorer, Retired Director of Training for the Past Life Regression Academy, fellow member of IBRT, and author of the books *Healing The Eternal Soul* and *Transforming The Eternal Soul*.



Andy has asked for people to pre-register for this meeting, and to read the book ahead of time, if possible.



The next book club meeting will be in May. The book will be Georgina Cannon's new book "Your Guide to Self-discovery: Twenty Ways to Find the True You". Getting to know yourself has never been easier. With practical introductions to twenty New Age modalities, this book will help you discover all your many facets. Available in May, 2023.

## Gatherings

Gatherings in 2023 are still in the final planning stage, so right now all we can say is that we are firming up the presenters and dates and, as soon as we do, emails will be launched announcing the titles and presenters of Gatherings in January, February, and March. Stay tuned...



# Research

## A Treasure Trove of Metaphysical Information for IBRT Members.

In 2014, IBRT member Howard Batie founded a Spiritual Research Group that for seven years under his direction channeled discussions with a variety of ETs, Ascended Masters, Archangels, and others from the Light.



Several of these channeling sessions led to Howard's book, [The ETs Speak: Who We Are and Why We're Here](#). Last September, he spoke about his findings during our IBRT Book Club. The IBRT website has a link to that discussion.

Recently, Howard made all seven years of channeling sessions available for free downloads by IBRT members. Topics include not only the sessions focusing on the ET presence in our solar system but also a wide variety of intriguing subjects including the Ascension Process, Crop Circles, the Giza Pyramids, Walk Ins, Fukushima, Alzheimer's, Antarctica, OOBes and NDEs, just to

name a few.

Please feel free to browse and download any files that you find interesting. Here is the link:  
<https://www.dropbox.com/sh/8w7a5u6t6hlwrjo/AAAWzyrTijSnmDOfd07DuJOta?dl=0>



Wishing You the Best in 2023 - good health and happiness, joy and delight.