



IARRT Newsletter

THE INTERNATIONAL ASSOCIATION FOR REGRESSION RESEARCH AND THERAPIES, INC. (IARRT)
[Formerly: Association for Past-Life Research and Therapies, Inc. (APRT), Founded 1980]
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Fall 2011

Dear IARRT Members,

October 20, 2011



It is my special pleasure to report to you that our Annual Conference was a smashing success. We can accept the accolades of those who attended the Conference.

Personally, I am thankful to all who made it the success it was, and now I have the exciting challenge of topping that success in the 2012 Conference.

A highlight of this conference was the celebration of Winafred's 100th birthday, which was on September 30th. Her daughter Afton led us in Winafred's Garden Meditation Induction and an explanation of its uses in regression therapy.

Friday evening we all listened to a panel of three wise men, members Albert Marotta, Greg McHugh and Dr. Joseph Costa, all seasoned professionals who have a wealth of knowledge. Their topics covered the state of the industry now and in the future. The moderator of the panel and the MC for the conference was our knowledgeable and joyous vice-president Dr. Charles Knoll. He set the tone, included all, kept things light hearted and interesting, and even was our Auctioneer.

Workshops served to educate listeners about past life knowledge as a whole and this made for lively discussions and information exchanges. The workshops and bios of the presenters can be discovered on the website. (Click on "Annual Conference" and then "Workshops".)

<http://www.iarrt.org/conferences/2011/workshops.html>

Prior to the conference we announced that 4 Kindles (e-book readers) were donated by a couple of IARRT members as incentive for members to register before July 15th. These were raffled off to four people in the first twenty who registered for the conference. The winner's were Albert Marotta, Heather Rivera, Steve Barrell and Afton Blake Lucas.

Congratulations to all those who enjoyed winning wonderful items in the general raffle. The auction included a set of Winafred's books, *Regression Therapy: A Handbook for Professionals*, and a donation from Ann Satin, one of your Board members, of a clear quartz and citrine crystal necklace and matching bracelet and these items generated some lively bidding.

A sumptuous and delicious buffet had been prepared by the Hilton Hotel prior to the auction.

All of the above was followed by fellow member Elivia Melodey completing the evening with a Singing Bowl Concert.

We look forward to our future new students and our next training at the end of January. We also urge and encourage all our members to participate in our terrific training program by sending to us new members.

Sincerely,

Carol Knoll, President

CONNIE'S OFFICE REPORT

Greetings to All,

We so enjoyed seeing you all at the conference. We had good energy, great information, and much shared laughter and fun. We felt that we have re-gained the experience of IARRT feeling like a "family" again.

Our membership numbers stay in balance with new members coming on board. To date we have 279 members.

***Don't forget, if you bring in three new members,
you will receive your membership for free for the coming year.***

We look forward to our expansion with your help.

Remember to keep the office apprised of any changes you may have, new phone, new email, and new address. To update your information on the website, please contact Sam Knoll, Webmaster, by email: shknoll@earthlink.net. We are forever thankful for his efficient, professional manner and timely way he is able to create and update the website, besides being able to fix technical problems. He takes on all our requests and does a great job.

There are many members of IARRT who contribute their time, send energy, and make donations to IARRT. We want to mention a few with our heartfelt thanks.

First, a big thank you to the Board from all of us – and me in particular. It is a delight to work with them and together we all created this past great conference and together we have fun continuing the work of IARRT.

Louis Siron, CHt, Journal Editor, does an amazing job each year organizing and editing the Journal of Regression Therapy and getting it ready for the website so you can read it and buy it. He awaits your submissions! Besides being a therapist and a computer whiz, did you know he is a great fisherman? He even smokes his own fish! lcsiron@flowingsprings.com

Gary Pluth, CHt, a therapist and another computer wizard, helps by setting up and sending out email IARRT announcements and also filming of our conferences. The complete conference on DVD will soon be for sale. Watch for a notice in your email. Gary is always there willing to give us a hand.

Katy and Sam Knoll II, Internet Marketer, does our SEO work (Search Engine Optimization), keeping us up to date so people find us easily on the internet.

There is a Special Lady who makes a donation each year in Honor of Hazel Denning and Winafred Lucas. Another Special Member who makes a donation in the Fall to IARRT. AND of course, the Special Lady who somehow manages to always help the office when funds are short.

“Our Hats go off to each and everyone of You!”

Personally, I again want to thank you all who sent me cards, notes, and emails this summer when my sister, Marsha, left the planet. I am very grateful for your kindness.

Much Love and Happy Fall.
Connie Brooks
Executive Director

RESEARCH COMMITTEE

Research Report from Joseph Costa, PhD

Being on the IARRT Research Team, it was of particular joy for me to observe the several numbers and kinds of presentations this Conference gave to its IARRT Members. Reference to input by angels in some of the presentations i.e. Michelle Amburgey and Elivia Melodey, gave the membership insight into our members using "Inner World" teachers such as the Archangel Michael and an Indian Master Sri Yukteswar - getting Inner World wisdoms for aiding clients who look to and honor Masters who have material, worldly history as well as Inner World knowledge, expanding the knowledge of Past-Life Therapists.

Research Update from Charles I. Knoll, MD

IARRT's 2011 conference brought energy back to research. Actually, the conference energized everything!

Those who attended, including senior members, new members, and non-members, seemed to find new enthusiasm and commitment to the ideals and purpose of regression therapy. Many topics were discussed, and the importance of research in all of these areas was and is more apparent than ever.

Many questions need answers that research can best provide. The field of regression therapy is always evolving, and the depth and breadth of the work needs to be understood. How many people are finding regressions to be simple visits to other lives vs. therapeutic healing experiences? What kind of healing do people find through regression therapy? As Dr. Heather Rivera has been discovering through her research, people undergoing regression therapy experience a number of kinds of physical, psychological, and spiritual transformations. How many sessions does it take for people to experience physical healing, on average?

What regression techniques are most effective for which issues? IARRT's members are encountering multiple other issues and factors influencing clients, and regression therapy brings many things to light.

Clients are coming in with earthbound entities attached to them, interactions with aliens (space beings), dark forces interfering with their healing and affecting their behaviors, and these same clients are benefiting from angels, light beings, and guides from the non-material aspects of life. Some therapists are dealing with such issues only sporadically, and others through almost every session. Research is key to determining more about what our members are finding in their clients' therapy processes, and what is working best for each case.

There are many ways we, IARRT, contribute to research, as individuals and as a whole organization.

Simply talking to each other, connecting to the rest of the IARRT community, and discussing what issues are coming up in practice are all helping research. Ideas are exchanged, and research questions are generated. You may find yourself saying, "You're seeing that in your practice? Hmm. I wonder how often

that happens?" Every time you write up an interesting case, or even a case that may seem perfectly mundane to you, submitting that case study to the IARRT Journal helps others expand their practices and better help their clients.

If a survey comes across your desk (or computer email) related to regression therapy, please take a minute to participate. The person running the study will be extremely grateful for every response, and the analysis of that data will affect the entire field of regression therapy. If you want to do research, whether it be a case study, a survey of what people are finding in their practices already, or a clinical trial that examines how your subjects react to a particular technique, please jump in.

Not sure where to start? Collaborate! There are many people interested in research both in the regression therapy field as well as in the larger medical and psychological research communities. I know people with research expertise who aren't particularly interested in regression therapy but who love research and would be happy to help with study design. However you choose to contribute, your conveying to the IARRT community what you're seeing in your practice is key to helping IARRT evolve.

As IARRT evolves, we better serve the people who need us. And that's the bottom line. Whatever we do to contribute to research, we do as a service to the people we treat. Consider how you can participate in research.

EDUCATION

Education Committee Report from Carol Knoll

The week before the conference, September 26 - 30, 2011 we had a Level 3 Training taught by Maggie van Staveren, PhD. Four students Katy Knoll, Blanka Fierro, Bonnie Delgado and Stephen Barrell were in attendance.

Our next training will be January 23 – 27, 2011 in San Diego, CA. We look forward to new students and continuing students returning then.



PAST LIFE TRAINING BY THE INTERNATIONAL ASSOCIATION FOR REGRESSION RESEARCH & THERAPIES

**JOIN US FOR A VALUABLE & EXCITING IARRT EDUCATIONAL EXPERIENCE IN HYPNOSIS & REGRESSION THERAPY TRAINING
January 23 – 27, 2012 San Diego, California**

One of the most important activities of IARRT is to educate people to understand past life regression, and the meaning and purpose of many life experiences as opportunities for the soul to learn lessons.

IARRT is an organization of professionals whose work helps cleanse karma, facilitate healing, and restore the world to freedom and Oneness. This aids in preparing the world for the changes we all are experiencing now as the human race evolves and moves into the 4th dimension.

This is an exciting evolution, and all who have the desire to help the world and its people should feel that excitement. Come join us and be a part of this dynamic experience.

TRAINING All classes 5 days January 23 – 27, 2012 10 a.m. – 6 p.m

Level 1 - Professional Hypnosis (prerequisite)

Level 2 – Basic Skills

Level 3 – Intermediate Skills

Level 4 – Advanced Skills

See full descriptions of course contents at www.iarrt.org - Training.

TUITION

Registration for all classes

\$450 member

\$500 non-member

Registration after December 23, 2011 add \$100

BRING A FRIEND AND RECEIVE A \$50 DISCOUNT

Please pay tuition to: IARRT

PO Box 20151

Riverside, CA 92516

(951) 784-1570

TUITION REFUNDS NOT AVAILABLE AFTER DECEMBER 23, 2011.

AFTER INDUCTION AND DEEPENING. . .THE REAL JOURNEY BEGINS. **ALBERT J. MAROTTA, M.A. CHT**

Like skeletons on a desert, each client has their painfully unique story to tell. Getting that story is a journey of success once we help them to dissipate their pain.

We have all gained basic knowledge in our training. Ideally we have graduated from pupil to student in the true sense of the word. Our real training, and future wisdom to be gained, lies within each client that shares their process of successful resolution. We guide; they share. It is from our more experienced peers who in sharing their gained experiential wisdom, that pull or push us forward beyond personal bias and limited or fallacious indoctrination. (My mentors have included, Helen Wambach, Sol Lewis, A.L.Ward, Ed Martin, William Baldwin, S. Modi and other established professionals). This shared knowledge can open us to new effective approaches in problem resolution.

“I did not arrive at my understanding of the fundamental laws of the Universe through my rational mind.” *Albert Einstein*

In 1800's electricity was a “fantasy” of some “wingnut whackjob.” Where would we be today without it? With the invention of the steam engine and the first 10 miles of track, scientists and medical professionals warned women against riding on it. If pregnant, the women would spontaneously abort and young women would only be able to birth mutants because the human body was not able to withstand speeds of 30 miles per hour.

Later in 1936 when Jack LaLane opened his gyms to women, scientific and medical alarmists warned that if this caught on women would start to look more like men, men would lose their sex drive and the birth rate would decline. Funny how yesterday's educated logic is today's joke. . . And where does one find the origins for tomorrow's joke?

“The belief that one's own view of reality is the only reality is the most dangerous of all delusions.” *Paul Watzlawick*

There is a rich recorded history dating from antiquity dealing with near death experiences, past lives, earth bound spirits (good and evil), pre and perinatal recall, visionaries, levitation, remote viewing/healing, extraterrestrials, etc. Ancient Chinese literature, cave art, folklore, paintings, even Biblical reference old and new, are all a part of that record history. In the 1970's, a plethora of printed material burst forward dealing with these and other topics; Elizabeth Kubler-Ross, Raymond Moody, Edith Fiore, William Baldwin, Sol Lewis, Helen Wambach and many others.

Everett Rogers (1959) developed a model reflecting 6 relevant phases for integrating new information into social systems. First, the innovators, the initial 3%, usually younger, less dogmatic and more change oriented, that introduce new concepts and ideas. Second group, the early adopters (about 13 %) that take early interest, continue testing and legitimize those basic concepts making the information more acceptable for the third group, the early majority (34%), who further legitimize, update and validate the new innovations. The fourth group, the late majority (34 %), follows along lest they be left behind. The fifth group or laggards (13%) finally accept and adapt, while the last group, the diehards (3%), are those who will never change or adapt.

Healing miracles too have a long recorded history continuing into today on a regular basis. Evidence of mystical and psychic phenomena has been accumulated over the centuries. Much of it is very similar if not identical and transcends all cultures. History shows us how it has been and is easily ignored if it defies the dominant paradigm of the day until suddenly it can no longer be denied.

“The scientific community usually rationalizes eyewitness reports of anomalous phenomena by assuming the witnesses are operating from a delusional framework.” *Kelleher and Knapp*

Isn't it interesting how many in hypnotism renounce clairvoyance the mother of hypnotism? All psychic abilities are but altered energy within the mind and body (vibration and frequencies). Tesla stated vibrations and frequency are the greatest mysteries of the universe. Examples of vibrational shifts would include telepathy, physical, mental, emotional healing, clairvoyance, clairaudient, teleportation, levitation, invisibility, prophecy, and many other historically documented incidences. A quick example of energy shifts can be seen in Masaru Emoto's work with water. Isn't this what hypnotists, hypnotherapists and others are really engaging in when regressing and individual or group? Aren't we accessing information from the subconscious by shifting physical, mental and emotional frequencies within the individual? See studies with EEG's, MRI's and Kirlian photography.

With the emergence of the quantum sciences, modern science states as fact multiple dimensions, parallel universes, inter-dimensional time travel, etc.

“All the eloquence and evidence in the world won't make any idea more palatable to the individual who chooses to believe otherwise.” *Joel Whitten*

In the late 1780's and later, somnambulists (clients placed in hypnotic state) were and are able to effectively and accurately give medical diagnosis and their cures, foretell future events, etc. An appointed professional commission presented a study (1831) culminating after several years of investigation, which confirmed the phenomena of somnambulism to the Medical Academy in Paris. After the report was read, a protest was launched against printing the report,

“. . .because if the facts reported were true, half of our physiological science would be destroyed.” Castel, Academician

Laws were then quickly passed against somnambulism. Does this sound familiar?

Yesterday's dream is today's reality. Today's dream is tomorrow's reality. Perhaps it is time we let go of yesterday's indoctrination and bias to journey into the land of discovery. . . to the “Aha”!!!

“Given that we are only aware of 2000 bits of information, out of the 400 billion bits of information, we are processing every second (from birth and before). . . “ Arntz, Chasse, and Vicente

How can we argue against knew knowledge with such a miniscule awareness? Look around at the “quiet” work being done so to speak in the closet. Dare to take the first steps. Then go further for the good of the client and the science. Has life ever adjusted to you?

So, after the induction and deepening, what are you really open to?

“All truth passes through three stages. First it is ridiculed, second it is violently opposed, and third it is accepted as being self evident.” *Arthur Schopenhauer*

“FORGIVE US FATHER FOR WE KNOW NOT WHAT WE DO”

Greg McHugh CCHt

Mostly we (the collective experience of us all) misunderstand each other when we perceive each others' behavior. We look and see a movie that is within the context of what appears to us to be the world the behavior is taking place in. What we do not perceive or understand is that most often a person's or a groups behavior really is not about that context of the apparent world, but is a compulsive or impulsive action driven from unhealed trauma of a past life or lives.

It is time for us all to expand our concepts of our lives' expressions from one life to many lives within each soul. When we shift that perception and look at someone's dysfunctional behavior as something being played out with in a soul of many lives or “lifetimes” then we are approaching a fuller and true understanding of that person's behavior. When we take the next step and *feel* the heart of that person in that behavior, that is, drop our kinesthetic sense/awareness into their heart with the intention of feeling the energetic field in that behavior, we may be led to the wisdom of understanding the trauma and the lifetime where that pattern or behavior is originating from.

When this happens and we gain wisdom, compassion, and “in”sight. Then our whole view of the other's actions and interaction take on a very different paradigm, a whole perception that offers a multidimensional explanation.

At a macro level a group of people in a society or culture may have extreme anger toward some object or persons or government that seems “irrational” or dysfunctional to us. We, as observers may be mostly befuddled about their behavior. Rational discussions with the members of that group about the self defeating aspects of their tactics or even the hypocrisy or their positions may yield no reasonable responses from those members. No resolution with their “enemies” seems possible. That is because they “Know not what they do.” The members have no inclining of understanding of where *their actual motivation is coming from*.

But, if they choose to wonder, in the midst of dissatisfaction within themselves, as to the real cause of such misplaced anger, of the apparent reflection of the “enemy” in their world, if they choose to heal themselves of their rage and make intention to that purpose, they may come to see and feel themselves in other lifetimes where there was a perpetrator or aggressor or controlling group where they were the victims of that groups exploitation or at the very least they perceived themselves in that life as powerless victims. In regression to those causal lives they many have recall of experiences that **were emotionally** devastating and destructive and where they found themselves acquiring great rage and anger in response. Then they may have also died in that state. They may find that they left this world holding on to the anger and deep bitterness and associated fears, beliefs and conclusions.

And so these commonly held impressions within the group are carried to further incarnations by their souls. As such the impressions or beliefs and feelings are projected out to the apparent world. Whole soul groups with collective experiences of such above described victimization may then attempt to play out the unfinished business of those lives seemingly coming together in this life with common themes and common projections and misperceptions in their world.

Greg McHugh, CCHt

www.gregmchugh.com & www.newregressiontherapy.com

In Memoriam - Jeffrey J. Ryan, MA, CRT

Jeff Ryan was a regression therapist in private practice in Morris Plains, NJ for over 25 years. He was a teacher, trainer, and seminar leader who loved teaching and learning.

Jeff was past president of the International Association of Regression Research and Therapies, Inc. (IARRT). Jeff was co-founder, along with Dr. Janet Cunningham, of the World Congress of Regression Therapy. He made 8 trips to Istanbul, Ankara, and Izmir, Turkey to conduct beginning and advanced trainings with the intention to provide qualifications to apply for certification with the International Board of Regression Therapy (IBRT). Several of those students have been certified through IBRT.

Jeffrey Ryan and Joseph Costa were buddies in IARRT and at many of the conferences joked together creating happy feelings. Joseph informs us that he and Jeff agreed that long after they passed over they would come back and haunt the raffle and Joseph wants to know if anyone saw him at the raffle this year.

First World Congress – The Netherlands

