

The following short biographies were presented by Henry's wife, Joanie Bolduc. The remainder of the document are comments and thoughts of a few of Henry's friends.

Henry Leo Bolduc

Henry was born in Fitchburg, MA to French Canadian parents. He spent two years as a border in a Franco-American orphanage/school when he was 4 and 5 years old. He only spoke French until he started public school at age six. His parents only spoke French at home.

When Henry was six, the family moved to a large Victorian home in Ashby, MA on the NH border.

Henry's brother, Raymond, purchased a used book, *The Search for Bridey Murphy* by Morey Bernstein, when Henry was 15. The focus of the book was an experiment, using hypnosis, to regress a young woman to a life in Cork, Ireland a few hundred years in the past. The woman's name was Bridey Murphy. Henry read that book, and "was overwhelmed with excitement" as he turned its tattered pages. That five-cent book launched his career as a Past-Life Regression therapist and the rest is history.

He purchased a reel to reel tape recorder, set out to duplicate the "Bridey Murphy" experiment, and began guiding his high school friends to their past lives. Even then, he realized that documenting this information was crucial.

In high school, Henry was known as the "class philosopher who had no use for 'pseudo-intellectuals.'" He enjoys life, death, adventure, and beauty. Included in his future plans are hypnosis, travel and writing." (a quote from the Ashby High School yearbook- 1964)

For the next 49 years, Henry devoted his life to research and practice in this fascinating field, the practice of "going within" one's own mind to discover the secrets of eternity.

Forty-eight years ago, it was very difficult to find courses on the subject of hypnosis and past-life regression. Henry read about Edgar Cayce, the "sleeping prophet" in Virginia Beach who gave "readings" in a trance-like state, and decided that he needed to travel to the Association for Research and Enlightenment (A.R.E.) to study Cayce's 14,000 readings. Henry studied these readings and stayed at the old hospital building at the A.R.E. for a few months. He later presented workshops in past-life regression and channeling for their organization for many years.

In order to finance the past-life work, Henry began selling primitive antiques when he was 18. He traveled to Portugal and Spain, even lived in Portugal for two years, purchased the antique iron artifacts, shipped them back home, and sold them at antique shows and flea markets all over New England. During this time in the antiques business, he continued his research in the past-

life regression work until the early 1990's when he began to work exclusively in the past-life regression profession.

Henry was always an avid traveler, whether the travel was work-related or simply for the enjoyment of the experience. He had filled six passports during his lifetime. Henry believed that travel was the best educational experience one could pursue. He traveled to Africa by himself when he was only 19.

During our marriage (1990-2011) we traveled to Europe several times, to Mexico, Canada, and to many cities all over the USA as Henry presented workshops and trainings in past-life regression therapy. His final training in Europe brought him back to Cork, Ireland, the origins of Bridey Murphy.

From 1996 until 2006, Henry presented two or more six-day trainings per year in Wytheville, Virginia. The focus was to train other therapists and professionals in the technique of past-life regression therapy. During those ten years, over 500 students were trained in Henry Bolduc's method of Past-Life Regression therapy.

Henry was a member of the "National Guild of Hypnotists" for 20 years and presented workshops at their convention each summer. He received several awards from this organization, including the "Ormond McGill" award.

In Henry's own words from the prologue of his book, *The Journey Within--- Past-Life Regression and Channeling*: "Deep within each of us is a timeless, sensitive soul seeking to unfold and open to the light. I call this unfolding the *human adventure*."

"It is my belief that past-life studies are among the most important on-going research of our time. This work is the leading edge of exploration for our new millennium. Humanity is now seeing the larger picture and reaching towards a vast new level of human realization."

Henry was a loving and devoted husband to his wife, Joan and also left two sons, five step-children, and five grandchildren.

On July 9, 2011, "Henry's soul simply outgrew his body."

Henry Leo Bolduc, dear husband, father, grandfather, and friend, passed away into the Blue Mist on Saturday, July 9, 2011. He was 64.

Henry loved the A.R.E. so much that he had two lifetime memberships for himself and one for me, his wife of 21 years. He was widely known for his pioneering work in hypnosis and past-life regression. An avid traveler, he had filled six passports. He often said that “travel is good for the soul and it is perhaps the best teacher anyone could have.” He presented workshops and trainings in many locations in the U.S. and in several other countries.

When Henry was fifteen, he read the “Search for Bridey Murphy” book by Morey Bernstein and became interested in past lives and how to go about accessing these lives through the use of hypnosis and past-life regression. He regressed a student in high school in August, 1962 and went on to help thousands of people to process their past lives during his forty-nine years in the profession.

After Henry graduated from high school in 1964, he traveled from Massachusetts to Virginia Beach, stayed at the old hospital building at the A.R.E. and studied the Edgar Cayce readings for several weeks. At that time, there was little written on the subject of past-life regression therapy, and there was a wealth of information in the Cayce readings. Henry spent the rest of his life promoting the Edgar Cayce readings and the A.R.E.

Henry presented workshops on the subject of past lives and guided group regression session sessions for A.R.E. from 1988 until 2005. I was able to attend some of these workshops with him and I witnessed first hand how helpful these sessions were, and how, for many, they were life-changing experiences.

He loved to tell the story of Edgar Cayce’s life during the morning session of these programs. Most people were not familiar with the story and it was enjoyed by all.

He also encouraged people to join an A.R.E. study group, where they could network with other like-minded folks and many were pleased to discover that there was a group already established in their area.

Henry also presented workshops entitled “The Fourth Dimension” with Dr. Henry Reed for several years in the mid 1990’s, and assisted Dr. Reed in developing a course in past-life regression that is still taught at Atlantic University.

In 1996, Henry began presenting trainings on how to incorporate past-life regression work into various therapeutic practices. He presented these trainings for other professionals in Wytheville, Virginia from 1996 until 2007. During those years, over 500 people were trained in the Bolduc method of guiding past life regressions. Many of his former students are now conducting these trainings on their own. Henry developed a script based on Edgar Cayce’s readings of traveling to various levels to access the “Akashic Records.” This was a favorite session of all who completed the International Board of Regression Therapist certified training.

Henry's removed all copyrights from his four books in 2001. They are in the public domain, and are available to download freely on his websites:

www.henrybolduc.com and www.creativespirit.net/henrybolduc

There is a wealth of information on both of these websites, and a new manuscript of Henry's recent writings is in the works.

Henry not only taught methods of self-hypnosis, self-improvement, and past-life regression, he practiced them often. He was a very humble man, and he would have wanted the focus of this article to be not on him, but on his work. He never aspired to fame, but he enjoyed teaching others how to reach *their* highest potential.

In his second book, "The Journey Within," Henry stated:

"It is my belief that past-life studies are among the most important on-going research of our time. Humanity is now seeing the larger picture and reaching towards a vast new level of human realization."

When I think of Henry I think of a sprite. His memory transports me to that quiet lake he took us to so often. The afternoon sun is glinting off the calm water and just over there.....just there sitting on a rock is Henry.....with that twinkle in his eye.

Thanks for the gift of sharing your life with us.
Susan Barry

Henry contacted me towards the end of the 80s when I was the ARE representative for France. We organised a group regression with the members of the Edgar Cayce Center. Henry was conducting and I was translating. It worked perfectly well and it gave him the idea of doing the same thing in other countries.

He stayed at our house several times with his lovely wife Joanie and even with Jack, their son. He invited me free of charge to follow two of his seminars and I was so lucky to stay with them at their home twice, the last time with my wife in March 2009. To me Henry is the archetype of gentleness and generosity. He offered me the tools which permitted me to write my book on reincarnation, in French only (‘‘A la vie prochaine’’).

I will always be grateful for him to have appeared in my life. I love him deeply.

Love to all, Rene PELLIN.

Photo of the June, 2001 class in Wytheville, Virginia.



IN MEMORY

HENRY LEO BOLDUC (Died July 9, 2011)

By Shelley Stockwell-Nicholas, PhD

I met Henry over 30 years ago at APART (the Association of Past Life Research and Therapies) and reveled in his stories. Every few months I looked forward to a phone call from Henry. "Hello" he said in his distinctive deep voice, "This is Henry. Shelley, let me start by saying how much I like you and the fine work you do with the International Hypnosis Federation." He then gave me wonderful innovative Henry-ideas and advice about how to tweek things a bit and on how to forge ahead. Henry was a nice guy, my self-appointed advisor and my friend. Perhaps that's what most people who met him would say.

This little giant of a man Henry Leo Bolduc left his physical body July 9, 2011 after a terrible bout of illness. Still he complained little.

Henry's home was in Virginia's Blue Ridge Mountains near a crossroads called Wytheville that Dan Cleary says is "at backside of nowhere." Several years ago while cutting fire wood with a chain saw and standing on a four-wheeler, Henry slipped and darn near cut his hand off. Somehow he came to and put his belt on the arm to slow down the bleeding, made it to the barn and called to his step-son to call 911.

I remember when he announced his retirement publicly after 40 years in the field; "Please download all my writings," he said. "You can put your name on them and publish them as your own. I am retiring." The fellow never did stop working however. When asked why? He said, "I am enjoying my self-styled retirement..."

He loved the work we do of exploring mind, body and spirit. "Our professions help people understand every aspect of their lives (past, present, and future): physical health, mental well-being, emotional fulfillment, financial balance, and spiritual harmony. It is the study and utilization of the mind's potential."

Life and death teach many things. In Henry's own words, this is what he learned; "Death comes to everyone- sooner or later. I did not set out to study the topic of death. As a board certified Regression Therapist, I conducted past-life regression sessions with thousands of people. At fifteen I read 'The Search for Bridey Murphy' by Morey Bernstein. At the time, I was in high school and studying the scientific method. I hoped to apply strict, scrutiny to the book's premise of past lives. I used various methods, techniques, and tools. Revelations of death and the post-death experience were evident as people spoke of their previous lifetimes and of their death experiences that completed those lifetimes. Some spoke of 'staying around' for a few days after the physical body had died. Their soul or spirit (or some form of energy) stayed to attend their own funeral. After the death experience, I asked 'what was your soul lesson?' or suggested that they do a 'spiritual review' of the lifetime.

It was apparent that even after death, souls continued to study, learn, love, and grow in other dimensions. Everyone can learn to recall deep memories, but not everyone truly learns from the past. Many continue to re-run or to deny experiences rather than to learn... many say that death is a pleasant state, even when the cause of dying was gruesome. Death can be thought of as a graduation rather than a punishment- a continuing adventure. By the grace of God, I learned that there is continuity to life- life is eternal- there is one life with many lifetimes. Harsh things we do to others eventually return as experiences for us to heal. The good we do for others comes back to bless us. What we put into our world eventually returns to us in another lifetime."

Henry was smitten with Edgar Cayce's writings. He often said that even after death souls continued to "study, to learn, to love, and to grow in other dimensions." Well we can be assured that our dearly departed friend and colleague will do just that!

His personal motto was "Be the best you possibly can be. Be true to yourself. Maintain integrity, a sense of humor, a willingness to be of service, kindness, and a spirit of thankfulness."

Henry you certainly lived your motto.

RIP.

Henry wrote five books including "The Journey Within" (1988). LIFE PATTERNS (1994) Henry Bolduc leaves behind his wife Joan. You may download his books at www.henrybolduc.com.

Henry has impacted so many, this is a little of my experience with him....

I first contacted Henry in the Winter of 1998 after moving to Asheville. Someone gave me his name and number and told me I should get in touch with him if I wanted to learn more about PLR Therapy.

So, I called Henry out of the Blue (mist??lol) and asked if he would be willing to join me in a training in Asheville. I had no information about him...just the number.

Well, Henry asked a few questions about the nature of the training and when it was to be. I told him I was training other counselors in the use of and connection with Spirit in their work, and wanted someone to do one day on PLR, as I had very limited experience at that time.

Then he told me he was booked for the next 2 years. Hmmm, I thought, maybe this guy is really good!

I mentioned that I was going to do this 2-day training in about a month on a Wednesday and Thursday. He immediately said, "Oh, I could do a Thursday. I'm just booked on weekends mostly."

So, I agreed to pay his mileage, a room, and split the profits and he agreed right away. Pretty amazing, huh?

And he came down and we met the evening before for a few minutes and he did his compressed one-day seminar and we split the \$35.00 profit. He was so gracious and encouraging, not a bit of disappointment at the small fee.

So, of course I attended his next 6-day training in Wytheville that Spring. You know how that goes!

Rose Filloramo was part of this, too. We met in Dec. 2001 at a Wytheville training and have been together ever since...married 6 years now. I am sure she would be willing to participate as well...she teaches an Angel class (utilizing the power of our angels), yoga, meditation, and did a presentation for Henry's group in Wytheville on spiritual dance and movement.

Henry invited me to return and help with evaluations thereafter. He also enlisted me among his "faculty" and I presented "Using Energetic Healing Techniques during PLR Sessions" regularly for several years.

He allowed me to bring prints of my Journey of Light painting which many of his student purchased and was so generous as to pay for my room and give me a small stipend for coming. That was a time when money was tight for me and he was so loving and giving. I will always hold him in my heart and bless our friendship.

Blessings to you and to all Henry's students and friends!

John Williams

Memories with Henry Bolduc
by Janet Cunningham

I have several memories that come to me when I think of Henry – he was a colleague and friend. I had great respect for his work and for him as a person.

Meeting Henry

The first time that I met Henry was when he and Hazel Denning (one of the founders of APRT, the Association for Past Life Research and Therapies, Inc.) walked into my workshop. It was only the 2nd presentation that I'd ever done for APRT, and I caught my breath when I saw these two leaders in the field sit down in the first row.

My presentation was the first time that I'd told the story in person...and before the hard copy of the book ***A Tribe Returned*** was published. The story is of my personal and professional experiences with over 25 people who have memories of being in a Native American tribe...and the complete massacre of that tribe. My presentation at APRT was especially heart-felt because I had 3 members from the tribe with me who were willing to answer questions and have a discussion at the end of my talk. At the end of the workshop, which was on the last day, Henry came up to me and said that it was the best presentation he had ever attended at APRT. It meant a great deal to me, especially when he repeated that statement before other groups at other times.

Presenters on Cruises

I had the fun experience of being a presenter in past life seminars on a few cruises. Henry was on two of those cruises with me:

East Coast Past Life Cruise – from NY City to Halifax, Nova Scotia – September 1966

Past Lives and Dreaming Cruise – from Ft. Lauderdale, FL to the Eastern Caribbean – March 1997

I enjoyed visiting and spending some time with Henry's wife, Joan, on those cruises.

I don't remember which cruise it was, but at the conclusion at one of them, we were to dress reflecting a past life memory for a fun party. Henry wore a type of toga off one shoulder...and Suzin Bailey, coordinator of the seminar, exclaimed to him, "Henry – you have muscles!" Joan and I both laughed at her sudden outburst of surprise.

Colleagues and Trainers

I found Henry to be generous with his knowledge and experience, whether speaking to a group of people or in a one-to-one situation.

On one occasion, Henry asked Jeff Ryan and me to attend one of his trainings and do brief presentations. At that time, Jeff was president of IARRT (formerly APRT) and I was (and continue to be) president of IBRT (International Board of Regression Therapy). As Jeff drove from New Jersey to Maryland the day before we were to drive on to Virginia, it began to snow...really hard. It was one of those relatively rare huge snowstorms that hit the MD-DC-VA area. As the day went on, Jeff and I wondered what we should do. Both he and I had a very strong "work ethic," and intended to try to go...also not wanting to disappoint Henry. Finally, as the "don't drive under any circumstances" warnings came from state police, we gave in and called Henry. Of course, Henry understood completely and was totally gracious.

When the non-profit accrediting organization for regression therapy (IARRT) was started, Henry was one of the strongest supporters. He knew that our field needed a quality certification process for regression therapists. Henry was on our Board of Advisors.

I am especially appreciative of Henry's Training Program, which of course, was accredited by IBRT. As vice-president and president, over the years I have been an "evaluator"

for many applications. IBRT was never a “rubber stamp.” We always have 2 or more people assess the appropriate paperwork and also listen to the recordings of actual regression sessions that the applicants have with clients. Sometimes we have needed to go back to the applicants to request additional information or another recording.

As an evaluator, I can honestly say that I felt a bit of a relief when a student of Henry Bolduc’s Training Program applied for certification. I could count on hearing a facilitator who had good techniques, compassion, and the wisdom to allow the client’s story to unfold...without leading with inappropriate suggestions.

It was an honor to be a friend and colleague of Henry Bolduc.

Janet Cunningham, Ph.D.

www.janetcunningham.com

I was in Henry's class of 2006, I also was in his training in December 2001, supposedly his very last training as he was planning to retire.

I really don't know how I end up being a Past Life regression therapist. Looking back it felt very surreal.

I don't think it would happen without Henry, Henry Bolduc.

At that time I worked full time as a music teacher. Has been very restless for 6-7 years and took numerous training and workshops on alternative healing. I remember at some Toast Master's competition an acquaintance walked across the room to tell me that she was going to Henry Bolduc Past Life Regression training. I wished her all the best with training, without giving a second thought. As we kept attending the same gathering, this woman kept coming to me with a same message, sharing more and more details: "Only 50 students..... He is the best in the field..... I already have registered a year ago..... This is his last training, Henry is retiring..."

Something clicked along the way and asked for the contact information. There was nothing on Henry's website. Information was already taken off, because there is only month and a half left before the training. But it was a phone number. I called and left a message which I wrote and memorized. It was something like this: "Hi my name is Rifa Hodgson. I would like to register for PLR training, but I am neither physiologist no psychiatrist and if someone is more suitable, I won't take their's spot and I will withdraw my request." Henry called back and I repeated the message. He was quiet for a moment then he said: "Rifa, you belong here, Rifa we want you here." At that moment my life changed. Henry has change it. One part of me was moving forward, another part was hissing in my ears: "Where do you think you are going? You cannot do it.... It is way beyond your league.... Look at yourself ..."

Henry himself picked us, participants, from the Airport and carried our luggage into his van.

He laughed when he saw me at the Airport. We both were genially surprised to see each other-he was expecting a big Russian woman, (I am originally from Moscow and I am 4'11), I was expecting to meet a GURU, a tall, slow walking-slow talking man.

It turned out to be absolutely magical week.

Henry- playful, humble, down to earth, ready to laugh at any moment, so passionate about the work and so serious about passing the knowledge.

Through all the seriousness and meticulousness of the training, Henry was like a little kid, marveled at the wonders of life.

I may have one or two stories about Henry I could share and not have to look over my shoulder afterwards. He still swings by here, every once in a while, to laugh hysterically and let me know he's just fine. What a laugh he has! He still laughs the same way you might remember.

When Henry first found out what the Lord had in store for him, now several years ago, I told him I would help him have a "Good Death". Lots of people freaked out over the casual way I told him this. He simply said, "Thank You." Heck, he and I knew I'd been led through umpteen regressions. Death really doesn't have much power over me. Pain does, though. Henry didn't need any more pain than he had to. I think trusting me to be there when I was helpful to him.

He and Joanie were some of the first people Henry Reed thought I needed to meet and we became friends, co-workers and co-conspirators. Henry was more than a teacher to me, he was a dynamite to my high security bank vault.

We had some really interesting conversations, Henry Bolduc and me. I once asked him who he was planning on being in his next life. Can you believe he had never, ever, not even once thought about that? THAT was a neat talk.

The story of his passing is an amazing one that I think Joanie would feel good about me sharing. I'd like to tell it on the phone call. He directed his own death scene, complete with afterdeath fireworks. Would you want it written out before hand or how are you setting things up? Tell me how you think I might be most effective, Dan. OK?

It's ALL Good!

Janis A Reed