

Six Healing Modalities

In my working with groups and individuals, I utilize six healing modalities. Two of them are known and I learned from others. I trained with Leonard Orr in Rebirthing and still feel it to be one of the best ways to unearth, process and release the most difficult, shut off, emotional material. I have also known and experienced Past Life Regression/Hypnotherapy with a number of people over my half century of doing this work.

The other four, like my three meditations, have come to me over the years. They are ReProgramming, Highest Dimensional Energy Healing (HDEH), Deep Processing and Befriending Death.

For more on each, see mark-landau.com/help.htm.