

Methodology

Conscious Attending

The Dimension Approach is a holistic approach that integrates conscious intuitive exploration with an understanding of consciousness and its structures. The methodology involves the practice of focusing conscious attention in five specific ways. These five ways are witnessing, holding, containing, mirroring, and contact.

- conscious witnessing provides: present observance
- conscious holding provides: empathic support
- conscious containment provides: supportive coherence
- conscious mirroring provides: validating reflection
- conscious contact provides: conscious relating

Types of change

These specific types of attention are applied to varying dimensions of the psyche in order to facilitate specific types of change in the mind and body.

- conscious witnessing facilitates: awareness
- conscious holding facilitates: allowing
- conscious containment facilitates: cohesion
- conscious mirroring facilitates: disidentification
- conscious contact facilitates: relation

Evolution

When these types of change occur, they lead to evolutionary change in the various dimensions of the psyche.

- Ontologic: realization
- Imaginal: transmutation
- Subtle: transition
- Mental: disidentification
- Physical: transformation

Awakening, Healing, Development, Performance

Transformation, disidentification, transmutation, and realization are essential with regard to the goals of performance, growth, healing, and awakening.

awakening

- realization of consciousness and its various structures as ontology
- recognition of ego perception and its various structures as phenomenology

healing

- reconnection to conscious structures
- reorganization of distortions in ego structures

development

- disidentification with existing ego structures
- organization of new ego structures

performance

- development of appropriate structures for intended actions
- initiation of appropriate structure for intended action

The work

The principles of The Dimension Approach underlie all conscious awakening, imaginal journeying, subtle energetic healing, psychotherapy, structural bodywork, and performance enhancement modalities. When understood in the context of these modalities, the Dimension Approach provides a framework for tracking how one is focusing one's conscious attention while working in these fields.

Integration with other Modalities

The Dimension Approach is not a spiritual teaching, nor a psychotherapeutic methodology, nor a type of therapeutic bodywork. It is more of a treatise on some of the principles that underlie each of these. The idea here is that each person is, moment to moment, consciously attending to various dimensions of experience and not to others. The hallmark of the Dimension Approach is learning to discern conscious attending from mere ego perception and learning to discern different types of conscious attending. Learning to do this is an awakening experience in itself. In that way, the Dimension Approach is an awakening practice. Applying conscious attention empowers one to more consciously pursue one's aims, whatever those aims may be.