

The Dimension Approach Interview

What is the Dimension Approach?

The Dimension Approach is the methodology that has emerged out of my twenty-four years of full time practice in the fields of bodywork, healing work, psychotherapy, and conscious awakening work. It is an integral system of consciousness work that includes non-dual awareness practices, conscious mirroring, imaginal and subtle energetic processes, mental/emotional transference work, and structural bodywork. The Dimension Approach is concerned not only with symptom relief but with the growth and development of conscious awareness, which leads to an empowerment in relation to presenting symptoms, and therefore to an ability to heal them.

Is the Dimension Approach a new modality?

No, it is a relational methodology that combines several existing modalities into one system.

So it's an integration of modalities?

An "integral" approach is not simply an integration of approaches but rather a way of including several approaches into one hierarchical system.

What is the advantage of an integral approach?

From an integral approach there can be differential diagnosis, and therefore a multi-approach treatment plan can be created that is informed by multiple factors occurring within one's consciousness system. This way the often disparate fields of awakening, healing, psychotherapy, and bodywork can be brought together into one approach where the insights of each can inform the others.

If the Dimension Approach is based on already existing approaches what is unique about it?

The Dimension Approach combines several different approaches into one working system by orienting all of them from a common vantage point, that vantage point being "conscious awareness".

What specific approaches is the Dimension Approach based on?

The awakening aspect has been most influenced by the Eastern non-dual traditions. The healing work is primarily trauma based, especially developmental trauma. The imaginal work is influenced by the shamanic and alchemical traditions. The subtle energy work is mostly concerned with chakras. The mental emotional work is a combination of the psychoanalytic, Ego, Self, Object Relations and Relational Schools of psychotherapy. The bodywork is based on Rolfing Structural Integration and Craniosacral Therapy. The movement work is based on various internal martial arts. The performance work is based on the ideas of flow, optimal states of mind, integrated movement, and tensegral mobility.

What is the methodology of the Dimension Approach?

Its methodology involves the intentional holding of conscious awareness around psychic, subtle energetic, and physical tissue patterns. It involves consciously tracking states of awareness and discerning which subtle energetic center one is orienting their attention from, where one is anchoring for stability, and what one is identifying with to establish a sense of self. This type of interaction holds space for one's ego experience while simultaneously reflecting the experience to one's conscious mind.

Why is reflecting ego experience to the conscious mind important?

When one receives reflection of one's ego experience one becomes conscious of that which was previously unconscious. As one becomes conscious of ego experience one is freed from the identification with it and empowered to take conscious control of it.

And this is what is referred to a 'consciousness work'?

The term consciousness work is used in many different ways by many different theorists. But yes, this is what I am meaning when I use the term "consciousness work". Consciousness work involves the activity of consciousness, as such, as a tool in the work of healing, growing, and/or awakening.

Consciousness is not often referred to as a tool.

True, it's not. But consciousness is the ultimate tool. Most often you hear about consciousness in relation to awakening, in that awakening practices focus on disidentification with ego processes, as opposed to healing or improving ego processes. I think this is unfortunate. Holding both consciousness and ego processes in one's awareness simultaneously accomplishes both things, it causes disidentification and it positively effects the ego.

[And this is different than healing work, psychological work, etc.?](#)

It is different in that the goal of healing, psychology, bodywork, and performance enhancement is enhancing the well being of various aspects of the ego, while the goal of awakening work is the direct knowing of consciousness.

[How do dimensions play into it?](#)

The various realms of the psyche are differentiated into dimensions. Each chakra, for example, is an organ of experience that is capable of experiencing a certain dimension. So working consciously with multidimensional awareness involves tracking which dimension experience is happening in at any given moment. It is the conscious mind (or third eye) that is capable of tracking this. The ego mind is not. The ego mind can only observe it, look at it, interpret it, or worse, deny it, reject it, distort it, project it.

[Why is it important to track which realm and/or which dimension one is experiencing?](#)

Knowing which realm and which dimension one is experiencing is very valuable information. In communication between two people, for example, one is often experiencing one dimension while the other is experiencing a different dimension. It's like a blind man talking about what he hears to a deaf man who's talking about what he sees. They are going to think each other is crazy if they don't understand that they are talking about very different things.

[Because they will have different perspectives?](#)

It's more than just different perspectives. They are experiencing different territories, not just having different views on the same territory. This is a very important distinction. The vast majority of suffering is caused by a conflation of one realm and/or one dimension with another.

[How does this relate to states of mind?](#)

One's state of mind is determined by which realm and/or which dimension one is orienting their attention from. So tracking realms and dimensions is tracking states of mind. This is very useful since the state of mind one is in will effect not only performance of any particular function but experience of self, other, and world. Another way to say this is: one's attention (the activity of noticing) can and does vary with regard to it's subject, object, and origin.

Where does the idea of trauma come into it?

Trauma involves a splitting between conscious awareness and a portion of one's ego experience. The injured area may be a certain portion of tissue, a certain nerve line, a certain portion of the brain, a certain portion of the subtle energy field, and/or a certain portion of the mind. Separating conscious awareness prevents the natural healing process from occurring. The result is compensatory patterning in the mind, energy field, brain, nervous system, and tissue. This patterning takes the form of psychological defenses, energy blocks, neurological disorders, and tissue adhesions.

Whether the malady is a herniated disc or depression, there is past trauma that is at the root of it. What that trauma was is often a mystery to the client. A fall they took as a young child, a car accident twenty years ago, or even trauma experienced in the birth process can be the source of pain and dysfunction that only recently began to show up as "symptoms". The truth is it began a long time ago.

So bringing consciousness to trauma helps to heal it?

Yes. Resolving trauma requires change in the mind. Bringing consciousness to the trauma empowers one to allow the change to occur. The basic idea is that there are processes trying to occur in the consciousness system; growth processes, healing processes, integration processes. There is a natural intelligence at work that knows what it's doing and via these processes is moving toward a greater state of health, complexity, freedom, awareness, a greater understanding. The ego mind, with it's identifications and attachments, interrupts these natural processes. It halts them causing compensatory processes to occur. The result is a system in conflict with itself.

All body, mind, and consciousness approaches are ultimately about resolving internal conflict. It's just that it's not often talked about in that way. The idea that human suffering is a result of mankind's alienation from its true being is an age old idea. Paths to liberation have been known by most cultures since ancient times. The various paths have been formulated in different ways by different teachers depending on the era and on the teacher. The common thread is that wounds are healed by bringing conscious attention to them. Not just attention to the symptoms, but conscious attention to the underlying energies, affects, and thoughts the ego mind is in conflict with. Conscious attention, as opposed to ego mind attention, is capable of tolerating, accepting, being present with, holding space for that which the ego mind is not. There is no experience the conscious mind fears. The conscious mind innately holds space, accepts, embraces.

[And this applies to body and mind?](#)

Yes, chronic issues in the physical body are often symptomatic of splits in the person's mind which are inhibiting the proper functioning of the body. For example, a person breaks their arm as a four years of age. The bone is set, casted, it heals, the cast is removed, and the person thinks they are no longer affected by this injury. However, most likely, when the bone broke there was a splitting that occurred in the child's mind that separated his/her conscious awareness from the injured arm. This separation might have involved shutting off specific neural pathways, constricting specific fascial tissue lines, etc. Fifty years later this person now suffers chronic shoulder and knee problems. They have no idea that the source and cause of the shoulder and knee problems is the "shut off" neural and fascial pathways, which, by the way, are still shut off. Time does not heal splits in the mind.

Tight tissue is the result of an internal conflict between one's ego mind and one's consciousness. Psychological issues are the result of conflict between one's ego mind and one's consciousness. Spiritual issues like existential depression and separation from true self are the result of conflict between one's ego mind and one's consciousness. The root of all dysfunction is internal conflict.

It's a mistake to approach the body from a mechanical perspective. Simply putting a stretch on tissue like you would stretch leather, for example, does not work with a living body. The elasticity of living tissue is regulated and determined by aspects of the consciousness system beyond the mechanical parts. It's also a mistake to approach the mind from just a conceptual perspective. Simply changing from one concept to another does not heal trauma. The mind is regulated by aspects of the consciousness system beyond the concepts one thinks.

[You talk about “knowing” discomfort. What do you mean and how does this help?](#)

When one becomes aware of a particular discomfort, whether it be physical, emotional, or mental, one can simply operate from ego perception, which would involve reacting to the discomfort based on existing programs, or structures, in the ego mind or one can choose to be conscious of the discomfort, which would involve coming to “know” the discomfort. By knowing I mean the process of gnosis. Gnosis is conscious knowing, not merely intellectual or conceptual knowledge. The term gnosis is usually associated with religious dogma and is often reserved for reference to very profound spiritual states, but it's a very common occurrence. Direct knowing of god is one thing, direct knowing, or gnosis, of a particular aspect of one's ego experience is quite another. We all have a certain amount, if you will, of gnosis. We just don't tend to talk about it that way.

[Can everyone work with consciousness?](#)

Everyone has some conscious knowing. So there is some stuff that you will just naturally be conscious of that another person will not be conscious of. It depends on the experiences each of you have had.

If you put it in terms of vibration, meaning all experience occurs via various vibratory frequencies, there are certain frequencies I have become conscious of and certain frequencies I have not. There are certain frequencies you have become conscious of and certain ones you have not. When I am confronted with a frequency that I have not yet made conscious, I will struggle with it. I will defend against it, suffer it, run from it, attack it, anything to avoid being destroyed by it. The truth, however, is that it will not destroy me. Meaning my becoming conscious of it will not destroy me.

[What does being conscious of do that thinking about does not do?](#)

In simple language, being conscious of provides space for ego processes to occur. The conscious mind literally provides space. It holds space. Thinking about does not. The conscious mind literally allows ego life to occur. Our own inner conflict (meaning our defenses against experiencing life) prevents ego life from occurring. To the extent we are doing this, actual life is passing us by.

[The conscious mind sounds like some kind of super power.](#)

It does sound like that. In a sense the conscious mind is a super power compared with the power of the ego mind. We all have this super power. We all have a conscious mind. We all use our conscious minds some of the time. We all facilitate the awakening process, heal trauma, some of the time. It's just that most people are not consciously discerning when they are doing it and when they are not.

[How can one become aware of when they are doing it?](#)

If awakening is defined as the conscious recognition of the conscious mind as such, then to the extent one is awakened, one can consciously know and "use" their conscious mind.

[How does one improve their ability to work consciously?](#)

Awakening comes about via various processes and there are various practices which can facilitate these processes. Both contemplative and concentrative meditation facilitate the awakening process by intentionally quieting ego mind activity enough to allow the recognition of conscious space. Intentionally surrendering ego identifications and attachments facilitates the awakening process by revealing the ego's inherent emptiness and therefor allowing space for the recognition of conscious space.

[Makes it sound easy?](#)

Yes, well, we all know it is anything but. Even when one understands these truths and has experienced consciousness directly, one still struggles with the parts of their consciousness that are as yet unconscious.

[So you can be conscious on one side of the split and unconscious on the other?](#)

Yes, that is precisely what is occurring when there is splitting. Splitting is separating out from consciousness and thereby making unconscious.

You talk a lot about relational dynamics. What do you mean by relational dynamics?

When I say relational dynamics I am talking about interactional states between consciousness systems. Interactions vary according to the interactional state each person is in. The three main interactional states, or “conscious actions” are holding, mirroring, and contact. Holding provides supportive space, mirroring provides validating reflection, and contact provides direct conscious connection. At each level of ego development we need holding, mirroring, and contact, and we need them in that developmental order.

Consciously tracking an interaction, with regard to subtle energetic context, informs the practitioner as to what dynamic is the right one at that particular moment. Engaging in the right relational dynamic at the right time is the essence of relational therapeutic work, and therefore is the essence of the Dimension Approach.