

Awakening Healing Development Performance

The Dimension Approach is a way of understanding how conscious attention affects the practices of awakening, healing, development, and performance.

Awakening is becoming conscious as consciousness.

Healing is reconnection to consciousness.

Development is consciousness unfurling.

Performance is consciousness at play.

The presence, intensity, and particular focus of consciousness underlies most existing spiritual and therapeutic methodologies. Whether one views it as an entity, a presence, an energetic phenomenon, or simply the result of neuronal activity, it is consciousness that creates our experience.

Applying conscious attention to various structures in the psyche empowers us to more consciously pursue healing, development, performance, and even spiritual awakening. Moment to moment each of us is consciously attending to various dimensions of experience and not to others. The Dimension Approach is about learning to become conscious of our attention, and how that has the potential to move us from mere ego perception to conscious awareness of ourselves and our relations to others.

Awakening

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.

Healing

Wounds, whether physical, emotional, mental, or spiritual, involve an experience of disconnection between the body/mind and consciousness. The Dimension Approach as a healing practice involves consciously attending to such areas of disconnection, being present with the experience of woundedness, and facilitating conscious reconnection.

Development

Development of the human psyche involves the conscious unfoldment of both conscious structures and ego structures. Such structures form the body and empower the mind to experience ever expanding and ever deepening dimensions. The Dimension Approach as a development practice involves consciously attending to the various dimensions of experience and facilitating the unfoldment of one's potential.

Performance

The essence of performance is creativity. Whether the aim is to perform a specific action or to create a general effect, consciousness empowers and liberates the body and mind to perform beyond what the ego has been conditioned to think possible. The Dimension Approach as a performance practice involves consciously attending to the intended action, allowing space for it to occur, and engaging conscious will to make it happen.