

Disclaimer

The information contained on this website, including ideas, suggestions, techniques, methods, resources, and other materials is educational in nature and is provided only as general information and is not medical or psychological advice.

This website introduces information about various awakening, healing, development, and performance enhancement concepts. The Dimension Approach is a term used to refer to a variety of techniques based on the use, modification, and manipulation of one's attentional focus. The theory of the Dimension Approach is that mental, emotional, and physical health is enhanced when conscious attention is focused in particular ways.

Although The Dimension Approach appears to have promising emotional, spiritual, and physical health benefits, it has yet to be fully researched by the Western academic, medical, and psychological communities; therefore The Dimension Approach is considered experimental. The State of Minnesota does not license any Dimension Approach practitioners and considers it to be *alternative* or *complementary* to the healing arts that are licensed by the State of Minnesota.