

Dickenson teaches her patients 'Earth Breathing', a technique that uses breath, rhythm, movement and imagery, to keep the bio-electric field free of blocks and energy disturbances and strengthens the immune system by training human brainwave rhythms to synchronize with the Earth's natural magnetic pulse.

"Earth Breathing doesn't involve any use of crystals. It's a moving meditation technique performed as a sacred ritual," says Dickenson. "At first glance, it will look much more like a sacred Native American ritual than a yogic technique. It's performed standing upright and at times, moving. There is no cross-legged sitting involved. It's about creating your own reality, and so far, it has worked for every one of my pupils."

According to Dickenson, the aim of practicing Earth Breathing is to achieve an "Optimum Biological Frequency Resonance" through the learned induction of the entrained Alpha/Theta brainwave state, which acts as a "window frequency" into accelerated healing and learning.

"If we practice synchronization of our brainwaves with the natural Earth Pulse, we can enter into this 'window frequency' at will, any time, any place, and achieve Optimum Biological Frequency Resonance," claims Dickenson.

"Things just happen after people start doing it, whether it means suddenly getting a job or feeling better. Oftentimes, my pupils describe Earth Breathing as 'the missing link'. These people have used other meditation methods and practices like Tai Chi, and are now incorporate Earth Breathing into their regular routine. Once learned and understood, it can be done anywhere, anytime and without anyone noticing. That's the beauty

of it. You only practice the ritual at home to train your brain to respond. Once you have integrated this technique, you can achieve the same results with a few breaths without drawing attention to yourself and looking strange. So you don't have to go around hugging trees!"

As the steady rise of autoimmune diseases is evidence that our immune systems are breaking down, the Earth Breathing technique has proven effective in the treatment of such diseases as ME and Lupus, as well as stress-related and other painful conditions.

Unfortunately, Dickenson's self-healing technique does not lend itself to remote teaching. "I am in the process of writing a book about this technique and am looking for other ways in which I can prove it works. A few ideas are in the pipeline but they might take some time to develop. My aim is to make it possible for anyone, anywhere to practice it and to teach it to children as I believe they would have no problem at all practicing it. At the moment, this proof can only be delivered one client success story at a time, and I can do that with my in-person training."

"Once people see that Earth Breathing actually delivers visible results—and I've had much experience demonstrating this—they are more likely to keep up the practice which soon will bring its own results as their life's will change for the better."

If you would like to visit with Dickenson in person, and learn her Earth Breathing technique, you can contact her in her South West London studio by calling +44 (0)208 543 1834, or send an email to i.dickenson@earthbreathing.co.uk. Due to her research results, she does not use a mobile phone