

# Exploring Unified Field Therapy

By *Jeanne Felfe (Boyd), NCTMB*

**I**magine for a moment spending an hour with someone who makes no judgment as to what, how or who you should be, who sees you in a state of fullness instead of lack, and who consciously works at not projecting their own limiting beliefs and perceptions onto you. What freedom and empowerment might such an experience offer you? What might you do and where might such an experience take you? Unified Field Therapy™ (UFT) offers that and much more.

UFT is an advanced practice of the Shifting Consciousness material, designed to give therapists a new approach for interacting with clients. Unlike other therapies, the goal of UFT is not alleviation of symptoms. Although the result is frequently elimination of physical, mental and emotional conditions, this isn't the goal. With UFT the goal is exploration and the continual expansion of personal freedom.

With most therapies, the client is viewed as lacking; therapists are trained in how something should be – their role is to eliminate dysfunction. A UFT therapist, on the other hand, acknowledges that the client has the power to transform and offers the space in which to do this with no judgment of how it should look, nor an expectation of a specific result. UFT asks... "What can't you be?"

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With Unified Field Therapy™ the therapist is an active participant in shifting his or her own awareness in a therapeutic setting, understanding that where he or she puts their focus is often-times a reflection of their own limiting views. Most therapists have reported changes in themselves during and after sessions. Clients have reported colors, sounds, lights, physical sensations, memories, loss of time, an unawareness of

self and returning feeling "different", elimination of chronic and acute symptoms, shedding of emotional and mental "baggage", and increased energy. One client reported a state of lucid dreaming and perceived being awake, while my perception was of him asleep. Changes may be immediate or happen over time.

UFT is for anyone desiring a way to transcend limitations and boundaries. Non-therapists use UFT for their own growth and for working with family and friends.

Shifting Consciousness, LLC., provides a training program in Unified Field Therapy™. Classes are also offered to the public that provide participants tools to expand personal experiential freedom. With Shifting Consciousness and UFT we learn to see everyone as truly amazing beings. For more information or to find a therapist, please visit <http://www.unifiedfield-therapy.com>

*Jeanne Felfe (Boyd) is currently one of the few unique individuals trained in Unified Field Therapy in the St. Louis area and can be contacted at 314-831-0480.*