

What Is Freedom Anyway?

Rediscover Freedom Through Living More Consciously

by Shannon Drohan

Where does the desire to promote positive change in the world come from? Who's to say that what I define as "positive" change will be seen or experienced that way by anyone else? Who am I to decide what someone else's life "should" look like? Why would I think that my perspective of their situation is any more valid than their own?

These are just a few of the questions that I have pondered while working with Unified Field Therapy. This therapy has drawn me deeper into myself than anything else that I have worked with thus far in my life. Yet, ironically, the deeper I am willing to go into myself, the more expansive my perception of the world becomes, and the more "freedom" I am willing to explore in my own life, as well as with my clients.

Unified Field Therapy is used to shift patterns of consciousness to expand freedom. So, what is freedom anyway? Webster's Dictionary defines freedom with the words liberation, exemption from necessity, unrestricted use, and self-determination. When I have attempted to define freedom for myself, I have realized that in the simple act of defining it, I have limited its possibility. UFT is a tool that helps you to continually rediscover freedom through living more consciously.

Clients have a wide variety of experiences while working with this tool. Some have reported experiencing greater mental clarity that helps them to address important issues in their lives more easily. Others have described a deeper connection with their physical body that has allowed them to shift patterns of illness or avoid getting sick all together. Still oth-

ers have recognized that although they have difficulty defining what is changing, they feel a greater sense of awareness and openness that inspires them to explore greater depths of freedom in themselves and in their world.

Although it may be different for each individual, it is safe to say that each of us has a mental concept of what "freedom" is. More than likely, most of us would say that freedom is something that they want to experience in their lives. Therefore I ask you, "How much freedom are you willing to allow in your life?"

With this in mind, when a client walks into my office, they may or may not have a specific agenda. They may or may not have identified an issue, ailment, or emotion that they want to shift or change. Although the client is free to share specific concerns with me, the Unified Field Therapy session has no specific destination or goal in and of itself, except to encourage expanded freedom. The form and experience of ensuing transformations is up to each individual person.

Where does the desire to promote/facilitate change come from? If I am honest with myself, I admit that it comes from me, from my perception of the world, and from the picture in my head of how I would like things to be. If I want the freedom to create my world as I wish, isn't it only fair that I allow others that freedom as well?

Working with a Unified Field Therapy practitioner offers that freedom. Are you ready?

Shannon Drohan is a Unified Field Therapy practitioner who works in the Clayton/ Richmond Heights area. Schedule a private UFT session with her by calling (314) 781-7794. To learn more about UFT visit <http://www.unifiedfieldtherapy.com>.