

Unified Field Therapy Revs Up Creativity For Local Therapist

By *Jeanne Felfe, NCTMB*
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According to Funk & Wagnalls Standard Dictionary, the definition of creativity is... "the power or ability to create characterized by originality of thought and execution." Many people think of creativity as only artistic endeavors such as writing, singing, or painting. However, creativity goes far beyond those realms. Creativity is involved while cooking a fine meal, planting an unusual garden, painting a room in a unique way, communicating with a child, healing an injury, or even in re-creating your life. There is no formula for creativity. A creative process is even happening physically at the cellular level; every seven years the entire human body is re-created; every cell in the body has been replaced with a new one. WOW! Now that's creativity! Creativity happens even if we are unaware of it occurring. We are free to create how, when and where we choose.

Creativity often requires us to look at things in ways that we haven't in the past. To do that we must let go of our ideas about the way something should be seen or presented. This falls right in line with the core concepts of locally developed Unified Field Therapy, which deals with shifting patterns of consciousness to new and expanded patterns of freedom. As new patterns of freedom are experienced and new spaces are explored, creativity may be increased experientially. As old patterns shift into new patterns of freedom, one may experience changes in physical, behavioral, mental, as well as creative patterns.

Lynnette Schuepbach, who is trained as a Unified Field Therapist, but has also been receiving UFT sessions for a long time, has found that UFT has dramatically increased her creative juices. "This has been just awesome! From the first time I received UFT I noticed what felt like an expansion for lack of a better word. As that expansion increased I noticed a dramatic increase in how creativity showed up in my daily world. My physical body has completely changed how it responds to

things like stress or illness. Old patterns I carried for years just fell away as new expansive patterns were created to take their place. Prior to UFT my emotional responses had been just that, responses. Now I am able to play a more active role in creating my emotional patterns and putting them into play. I am no longer living life in reaction mode; instead I am creating the life I want for myself.

The shift in my artistic expression has been enormous. Ideas flow much easier and my ability to take things from an abstract form and bring them into physical fruition has become much more fluid. The creative outpouring has flowed into my business and professional, as well as personal relationships; even my home has been transformed. The new colors and flare in my home reflect the new vitality I've found in myself. It is like a whole new space for an ever expanding me. I can't wait to see what that next shift will bring into my life!"

If Lynnette's experience resonates with your own desire to explore creativity, we invite you to check out UFT. You may discover that UFT, a non-intrusive and integrative therapy, unlocks your potential for creative living. Clients have reported, among other things, that uncomfortable physical and/or emotional issues have been resolved; creative juices have been stirred; and that it has helped them find the keys to unlock creative living. Each UFT session and therapist is unique and works with his/her clients to determine how many sessions they will dedicate to the exploration of personal freedom. Most individuals notice major transformations in as few as 4 to 6 sessions.

To find a therapist and invite creativity into your personal journey of self-discovery, transformation and healing, check out the website, <http://www.unifiedfieldtherapy.com>, for a list of local practitioners.

Jeanne Felfe and Lynnette Schuepbach are part of the core group of individuals trained in Unified Field Therapy. Jeanne sees clients in Florissant and can be contacted at 314-831-0480. Lynnette sees clients in Illinois and can be contacted at 618-288-1598.