

Unified Field Therapy—A New Approach To Consciousness

by *Cecelia Bon Jour, LCSW*

After working two health fairs and listening to the participants questions, I now realize the most frequent question Unified Field Therapists are asked is this, "Isn't this just energy work?" or "How is this different from energy work?" On the surface Unified Field Therapy (UFT) can look similar to various forms of energy work; working around the body, moving your arms in a patterned approach to the client, starting above the head and working down the body all appear similar to Healing Touch, Pranic or Reiki. But that is where the similarity ends. I have studied these models of bodywork, and been involved in the energy model of healing since 1994. After completing the UFT training, I have found my awareness has expanded beyond these energy models.

Energy models, in general, teach practitioners to identify a dysfunction in the body, aura, and/or thought forms of the client. Practitioner are taught methods to remove the problems and restore harmony to the body through the use of Universal Life Force energy, named Chi, ki or prana. Most of these models taught ways to "channel" this energy

through the body of the practitioner and out to the recipient, with the intended results to improve the condition of the client. These modalities are certainly not without merit, as many people experience a decrease in symptoms, feelings of peace, harmony and general improvement in overall health. Some of these models require the practitioner to cleanse client's energy fields prior to infusing it with Universal Life Force energy; others require attunements to obtain improved results. Some have a very prescriptive approach while others are more broad-based and generalized. Basically, they empower the practitioner to believe they can find the problem and correct it within the client.

In comparison, Unified Field Therapy does not work to identify lack, dysfunction or perceived problems within a body or energy system. Instead therapists are trained to identify and interact with the fields of consciousness that surround and permeate each individual and to shift these fields to embody expanded patterns of freedom. As each individual is unique in their own way, therapists are taught to not judge a client's existing patterns, as well as not projecting expectations on how new patterns of consciousness should be integrated and the results that yields. The UFT

practitioner is also taught to focus internally, examining and transforming their own boundaries and limitations to provide expanded possibilities in the environment. Many people report shifts on numerous levels, physical, mental and emotional, while others report gaining a deep level of calmness and power.

All modalities have their value and certainly, in these times, all methods of assisting others in their process of healing are needed and welcome. However, with UFT, I found so much joy that I am inspired to continue this new and exciting approach. It provides me a renewed invigoration to continue my transformational process and to be there to experience the power of others as they transform their own lives.

Cecelia Bon Jour, LCSW has been a practicing UFT therapist since 2002 working on many clients with positive feedback. Moving the focus of my practice from energy work to consciousness studies has opened many pathways for me and shifted many patterns for clients. You may contact me at 314-909-6965 for an appointment to experience this amazing approach to transformation.