

# DESTINATION OR JOURNEY...

## *Where Will Your Focus Be This Year?*

By Shannon Drohan

**F**or years I have wanted to go to Glacier National Park in Montana. This past summer I packed up my car and headed northwest. My destination was clear and I was very excited about finally driving the famous Going-to-the-Sun Road. When I arrived at Glacier several days later, it was cold and rainy and very foggy. Still determined, I headed out across the park, but it was readily apparent that not only was I not going to see the sun on Going-to-the-Sun Road, I couldn't even see the surrounding mountains. I had reached my sought after destination, but the experience was much different than I had imagined.

My experience of that trip was an interesting reflection of my life and my work as a Unified Field Therapy practitioner. How focused am I on specific destinations? How many other experiences or opportunities do I miss when I narrow the focus to one particular goal or outcome?

More often than not people go to a therapist or bodyworker because they have specific symptoms or ailments that they want to fix or change. Whether it is back pain, chronic fatigue, anxiety, depression or any number of other conditions, we often focus on that one thing. Wanting to feel "better" is certainly understandable, but if we allow ourselves to expand our focus beyond the immediate ache or emotion or circumstance, what other issues may open to exploration? What new spaces might we be able to shift into?

Unified Field Therapy is not about reaching a

destination. UFT practitioners do not look at the client to see where they are and where they need to go. Instead we simply facilitate subtle shifts in consciousness that support the client in exploring new spaces in order to increase his/her freedom of being through living more consciously.

Many clients do experience the changes they were looking for and are often pleasantly surprised by other shifts that they hadn't thought about or expected. Have you ever considered coming in for a session just to see what's possible? Perhaps we will always have desired destinations, but if we aren't so invested in specific outcomes, if we can allow ourselves to release our beliefs or expectations just for a moment, the possibilities for newfound freedom are limitless.

As for that trip to Glacier, I am happy to say that in putting my focus on the journey instead of just on the destination, I was able to explore and enjoy new places along the way that I had not even considered when planning the trip.

So, which will it be for you this year- destination or journey? Recently one of my clients who had come in for several sessions experienced a significant shift with the issue he wanted to address. He looked at me when he got off the table and asked, "Does that mean we're done?" "Done?" I said smiling, "I guess that's up to you."

*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.*

*For more info about UFT visit us on the web at [www.unifiedfieldtherapy.com](http://www.unifiedfieldtherapy.com).*