

Wholeness & Wellbeing in the Ecology of the Self

The SelfQuesting Approach™ empowers and heals by facilitating wholeness of *consciousness* or “Self” (Jung). Its aim is to find and release into unity the *fragmented awareness* created when a parts of ones Self splinter off—due to trauma, pain, fear—and become trapped in the unconscious. This fragmented Self manifests “dis-ease” on *all levels* of our being—body, mind, energy, spirit, and our outer life—to negatively affect our integrity, happiness, wellbeing, and destiny.

SelfQuesting™ focuses on a person’s issues and a *dialogue*—initially with a facilitator, who then connects the client directly with an unconscious part of the Self. This is done in order to locate, identify, communicate with, and ultimately *release* the trapped awareness creating the discomfort. This SQ process reunites the client’s trapped awareness, their fragmented Self, with the conscious Self that freely radiates in their body-mind-energy system. What then follows is an *integration* of this new *wholeness of consciousness* into the person’s body, mind, and life as *wellness*. So *wellbeing* (health, meaning, success) arises from *whole being—OneSelf* (“as above, so below”).

We can ask, “what can I do to become whole and how can I best effect wellbeing in myself, others, and my life?” A wise Buddhist, commenting on our fragmented tendency to fear, chase desire, and act to our detriment noted, “*We should be less like the dogs that chase every bone thrown, and more like the lion that goes for the thrower.*” In going for the thrower, ancient wisdom and modern psychology point *within*—and suggest in our *doing* to “consider the lilies and how they grow, they toil not nor spin”—suggesting a more natural, optimal state of *whole being*, that of being *OneSelf*.

Embrace the “authentic excellence” of your Self in its wholeness!

embrace yourself!



Until now this optimal way of being—described by the coupling of science and religion to birth a new *enlightened worldview* and methods to realize *OneSelf*—was **not widely possible**. Our use of religion and science, reflecting our limits, hadn’t brought the desired wholeness. Words like ‘health,’ ‘wealth,’ ‘wellness,’ and ‘holiness’ derive from their shared root word—‘whole’—**reflecting a profound need to unify the Self by finding and freeing our trapped awareness**, thus balancing our subtle energy and making ‘whole’ our body, mind, spirit and life.

SelfQuesting™ creates wellbeing by contacting our fragmented awareness for its release into freely -radiant conscious oneness. It transforms us by unifying the fundamental source of our existence—consciousness—into *OneSelf*.

“There are moments when one feels free from one’s identification with human limitation and inadequacy. At such moments one imagines that one stands on some spot of a small planet gazing in amazement at the cold yet profoundly moving beauty of the eternal, the unfathomable. Life and death flow into one and there is neither evolution nor destiny, only being.” —Albert Einstein

“This is our destiny, to be one with God in a unity that transcends all distinctions, and in which each individual being is found in his or her integral wholeness.”

—Fr. Bede Griffiths

Greg Hitter, PhD trained as a clinical psychologist (psychotherapist) and physicist, receiving top awards. As a young adult, **peak experiences** expanded his view of reality and the psyche, and led to a study of consciousness, new science, and ancient wisdom, and the facilitating of others’ quests for wholeness and wellbeing.

SelfQuesting (888) 326-8994

Private Sessions (also by phone) and Experiential Workshops

“After our first session I realized my quest wasn’t for Truth, as I once thought, but more importantly for Beauty, in a truer experience and connection with my Self.” —UK psychiatrist

Private SelfQuesting™ Sessions are the mainstay of the *SelfQuesting Approach™*. Here the specific needs of each client and each Self splinter can best be attended, and unifying the Self can most powerfully be facilitated. Call for your **free initial consultation**.

Experiential Workshops offer group exposure to *SelfQuesting™*, as well as *vibrational tools* such as **essential oils** and **the Power Tap™**, which assist the *SelfQuesting™* process in moving one toward unified awareness, wholeness, wellbeing, and *OneSelf*.

SelfQuesting™ quickly goes to the *deepest* cause of a problem, the *fragmented Self*, and reunites it. For this reason SQ is very effective for any life issue:

- health problems
- emotional trauma
- depression & grief
- anxiety, fear, uncontrollable behaviors, thoughts, and feelings
- lack of direction
- low self-esteem
- recurring issues

The Power Tap™ has clients gently tapping certain accupressure energy meridians, while holding any difficulty in awareness for clearing. Developed from research in *Emotional Freedom Technique (EFT)*, *Thought Field Therapy (TFT)*, *Neuro-Emotional Technique (NET)*, *Emotional Complex Clearing (ECC)* and *EMDR*, the **Power Tap™** is *exceptionally* effective, easily learned, and requires *no kinesiology* (“muscle testing”) or other complicated techniques.

email: SelfQuesting@cs.com

web: <http://www.SelfQuesting.com>

your whole is greater than the sum of your parts!

embrace yourself!



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SelfQuesting™ Catalog
—Order books, CDs, etc.

SelfQuesting Audio CDs:

- Intro to Essential Oil Use to Whole States of Consciousness (4 CD set: \$15, + \$5 p&h)
- Intro to the Self-Questing Approach to Wholing States of Consciousness (3 CD set: \$15, plus \$5 p&h)
- SelfQuesting and the Third World-View: with a Guided Experience of the Power Tap (45 min, CD price: \$10, plus \$5 p&h)

SelfQuesting Books:

- Butterflies in a Bottle: How Essential Oils Free the Emotional Self & Heal ('09) (Book price: \$20 each volume, plus \$5 p&h)
Life Science Publishers
- Freud's Innuendo & Jamshid's Cup: the Postmodern Quest for Self in the Shadow of the Newtonian World ('96) (Academic book price: \$30 ea., plus \$5 p&h)

SelfQuesting Articles:

- On the SelfQuesting Approach (6 pp.) (From the SelfQuest Newsletter, April '96) (Article price: \$10, includes p&h)

See website for details: www.selfquesting.com


Orders: PayPal or mail check to 'Greg Hitter'
206 Loma Bonita, San Luis Obispo, CA 93401

Contact: (805)781-0309 or SelfQuesting@cs.com

your whole is greater than the sum of your parts!

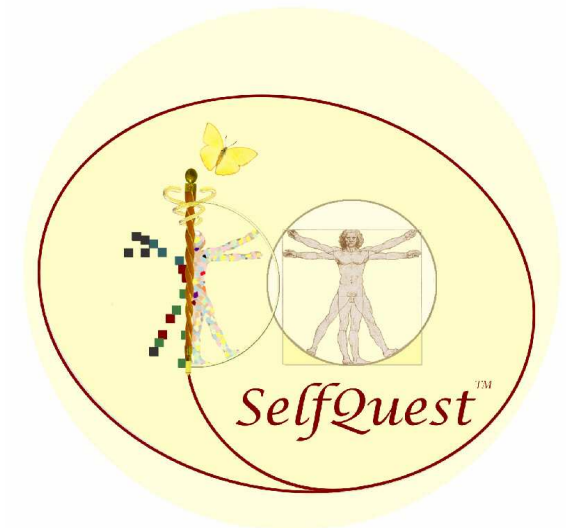
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Wellbeing is a consciousness radiating the wholeness of One Self™



Gregory T. Hitter, PhD
206 Loma Bonita Dr. (USA)
San Luis Obispo, CA 93401
(805)781-0309 (888)326-8994
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**THE
SELFQUESTING
APPROACH™**



***“WellBeing is a
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the Wholeness of One Self”***

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FREE INITIAL CONSULTATION

