



# SelfQuest™

...In Search of Self™

Vol. 3, Issue 1, Jan. 1998

**T**he **Self-Questing Approach™** can free one from "dis-ease," by uniting fragments of the Self with the awareness radiating in the body/mind/energy system. The resulting wholeness allows for a spontaneity and well-being that effects every aspect of the person's body/mind/energy system, their sense of self, and ability to function consistently and authentically toward their life's aims. Unlike psychotherapy, the approach is not limited to processing emotion, thought or imagery, but more directly effects deeper levels of the individual's **consciousness** and **conscious Being**.

## Butterflies, Transcendence, Persistence

*"Can a Butterfly Flapping Its Wings in Brazil Cause a Tornado in Texas?"* is the well-known title of an article on the new science of "Chaos," that describes the ability of subtle inputs to create great changes. The effects of many vibrational medicines (such as essential oils, homeopathics, energy-meridian stimulation, etc.) can be best described and understood when one understands the theory of Chaos and **The Butterfly Effect**. **Consciousness** is said to be the 'butterfly' at the center, creating and influencing it all.

If you're not already aware of it, I'd like to introduce you to the main method by which essential oils affect changes in the mind/body/energy system and can powerfully affect our conscious being — their **vibrational qualities**. These powerful frequency tools energetically influence our system in subtle but profound ways (to include altering the structure of DNA/RNA [cell memory] and the biochemistry of each cell of our body). Because of their powerful "Chaotic" abilities, I've dubbed essential oils to be **"Butterflies in a Bottle!"**, and will soon write a short pamphlet by that name on essential oils.

Many of you already have experienced the amazing effects of essential oils. I've witnessed their power, both in using them personally, as well as professionally in wholing states of consciousness. But, often a difficulty grasping and appreciating these results can occur, unless we're offered a rational scientific framework within which to understand how the oils work so powerfully. This lack of a scientific understanding can influence the choices we make that determine what healing modality we use, and might deter us from choosing to use essential oils, even though oils have a long, proven, effective tradition of use. The new postmodern science of Chaos, with its notion of "the Butterfly Effect" provides one such contemporary understanding of oils and our Self.

Now I'd like to provide you with my views on a related topic, effecting our being and our view of our Self — that of the notion of **transcendence**. Much of our thinking on this subject derives from ancient Eastern philosophies and revolves around the idea that life in the world/body is inherently difficult (if not downright "sinful") and that the only peace or hope available to us is to "transcend" material existence by 'detachment.' Contrary to what was likely meant by the enlightened originators of ancient wisdom, a typical meaning usually involves **a denial of the body and passion**, and seeks to shape a Self-awareness and action that is non-worldly or other-worldly, an escape.

I would like to point out that this devaluation of body, and the resulting separation of our consciousness (Self) from body, does little to solve the problems of our personal existence or the fundamental problems behind all "dis-ease," be it in the body, mind, energy, or identity. Nor does a denial of the material Self (body) tend to connect us with a sense of meaning or purpose that is lasting. As the psychiatrist Carl Jung put it, one cannot have spirit without instinct, or instinct without spirit — the two are one.

**Transcendence** is, more correctly, a result of bringing awareness into the body — uniting fragmented, unconscious being or Self back into unity with our conscious Self. Then our spirit, Self-awareness, energy, mind, and body reflect this wholeness and manifest health and joy — and outer life also, according to our **fullness**, synchronously.

This view of transcendence is consistent with and lends insight to the timeless religious and metaphysical views of ancient wisdom and the consciousness-based views of the new postmodern sciences, as well as reflecting current views of the (schizoid) psyche held by contemporary depth psychology. It is more grounded in the practicality of being in the world and in our body/mind, **as we were meant to be** — a



**SelfQuest™**

Greg Hitter, Ph.D.  
*Mail:* 21317 121st St.  
Bristol, WI 53104 USA

**Book Orders:** \$19.95+\$4 P&H = **\$23.95**  
[15 British Pounds in Europe, + 5 to ship]  
(make check payable to "Greg Hitter")

**SelfQuest LA Phone:** (310) 785-7252

**SelfQuest Tollfree:** (888) 326-8994

**Email:** SelfQuest@compuserve.com

**Web site:** <http://ourworld.compuserve.com/homepages/SelfQuest> **(Now Online!)**

Los Angeles San Francisco San Diego **SelfQuest™** Phoenix Chicago London Bath

## The **Self-Questing™**

**Approach** is similar to other methods that explore unconscious parts of the Self, but further integrates these independently-functioning parts of ones Being into the conscious awareness, implementing a process that unifies the *deepest causal layers*, of consciousness & energy, as illuminated by perennial wisdom and validated by postmodern science.

Once integrated into a wholeness of conscious Being, the energy & awareness of these formerly separate fragments can work in unity to fulfill ones doing and being, rather than withholding and controlling in opposition to the expression of ones

more spirited, aware, meaningful, and thus 'sacred' way of Being (OneSelf).

This leads to my last topic, **persistence**. Many of you have difficulties, of all varieties and on all levels (body, mind, energy, spirit), for which you have sought **symptomatic** relief by following particular practices or practitioners. Some of you have had sessions with me in **the SelfQuesting Approach** and understand the power of this work, to effect all levels.

When seeking a high level of health and happiness in life, a belief in both the search and the directions chosen are important. Often our faith in our search and a good outcome are influenced by the symptoms of our problem — certainly the relative strength or weakness of our spirit is influential in reaching our goal, but also in manifesting the original problems, since all of what happens within and without us arises from our **conscious Being**, by its unity or fragmentation.

Having been **persistent** to the point of filtering out limited methods that deal superficially with symptoms, and then having found a process that works on the deep causal level of consciousness, one could continue on to complete the process of coming into wholeness — just **knowing** is not enough. Without the persistence and courage that **acts**, often in the dark, to realize the **experience** the unity of ones of conscious Being, one continues to live in fragmentation, suffering the resulting symptoms of body/mind/spirit imbalance.

"Seek & you shall find.. Knock & it shall be opened to you., " or "Consider the lilies and how they grow — they toil not, nor do they spin." This is how one

"Christed" being (Jesus) spoke of life in wholeness.

Having the acuity to see an opportunity to transform to OneSelf and be free, why lose track of that? How do you limit your potential? — if your belief in your potential is small, so is your vision, experience, and persistence in your Quest. As Paul Tillich noted, the "Dynamics of Faith" begin at home, with a faith in ones own Self and its potential to be whole "

## **Omani Frankincense!**

Ever felt the power of the *resin or oil of Royal Frankincense* (boswellia sacra) from Oman? We have a 'legitimate' source & are taking orders (large and small).

## **Diffusors Reduced!**

My cost for the *warrantied, timed, quiet, no-glass, easy-care AKO diffusor* that many of you have purchased, has been reduced, and I am passing the savings on to you. The price is **now \$85** (incl. p&h). Call tollfree 888/326-8994.

## **Schedule of Winter Events: SelfQuest (888) 326-8994**

### **A Weekend of Release, Repatterning, & Integration:**

Questing Wholeness **with Randy Rugar & Greg Hitter**  
at **The Center**, Lakewood, CO (\$222) - **see flyer** - **Skye High**

### **The Use of Essential Oils to Heal Emotion & Trauma:**

**Saturday, Jan 16, 10:00-2:00**, Costa Mesa, CA - **Patricia Messina**  
at **The Gathering Place West**, 370 East 17th St. - **see flyer**

**Saturday, February 27, 10:00-2:00**, Ashland, Oregon  
(Half-Day; Cost: \$45 in advance, \$55 at the door)

### **Practitioner Training in the Self-Questing Approach:**

**Sunday, Jan. 17, 9:30-5:00**, West Hollywood - **Greg Hitter**  
(Full-Day; Cost: \$150 1st time, \$35 to repeat) - **see flyer**

**January 8,9,&10**  
**(888) 326-8994**

**(303) 914-8008/9798**  
**Jan 16 & Feb 27**  
**(949) 646-8707**

**(888) 326-8994**

**January 17, 1998**  
**(310) 785-7252**  
**(888) 326-8994**