



SelfQuest™

...In Search of Self™

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The 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 & authentically toward their life's aims. Unlike psychotherapy, the approach is not limited to processing thought, emotion, or imagery, but more directly effects the deeper levels of one's *energy, consciousness, & conscious Being.*

Last Chance: Sedona SelfQuest Seminar!

As you know, I've been in Sedona for the Summer and have temporarily had a house, where I've been doing *SelfQuest* seminars and sessions. I'll be giving up the Sedona house in mid-September, and soon after traveling to Europe for a few weeks to do seminars and sessions. I'm not sure where I'll be living when I return, but even if in Sedona, I will likely not be able to offer the accommodations that I've offered with the Sedona seminars & sessions.

Over the *Labor Day Weekend* (Sept. 4-6) I'll be offering what will likely be *the last of these experiential Sedona workshops* (\$175) that includes a place to stay (bring your sleeping bag), as well as offering an *optional third day of SelfQuest Training* on Monday, Sept. 6 (additional \$100 if taken singly, \$225 for all 3 days). Those who wish to take advantage of the excellent value of these seminars in the beauty and power of Sedona should **act now**, as space is limited. Previous attendees will have a chance to repeat their experience and extend their inner quest. Those wanting to learn the *SelfQuest* technique from a practitioner's viewpoint, will have the option to do so in the third day of *experiential SelfQuest Training*.

Attendees can arrive Friday and stay until the day after their seminar (or stay on for private sessions). As before, one private room is available on a first-come-first-served basis for an additional fee (\$25/night). Round-trip flights from LA to Phoenix cost as little as \$70 (or even less), and a roundtrip shuttle to/from Phoenix and Sedona costs \$60 (800/448-7988 for shuttle reservations). Don't miss what might likely be the last of these excellent opportunities to *SelfQuest* in the environment of Sedona at one low fee that includes lodging. Please call for more information. "

- Greg Hitter (888) 326-8994

Product for Empowering Health (& Oils)!

Have you heard of the "Chi Machine?" It's wonderful for oxygenating the body and increasing 'chi,' *the vital life force* of our system. The *Chi Machine* does this by moving your legs at the ankles from side to side, while you relax on your back (a "passive aerobic exercise"). So, if you can't always find time for exercise, or can't exercise because of physical limitations, you can get the aerobic benefits of 30 minutes of walking with just *five* minutes of being on the *Chi Machine* (or 90 minutes of walking with just 15 minutes on the machine). The machine also gives an incredible sense of wellbeing and a very noticeable glow of 'chi.'

Now I'm not talking about the cheap, often fraudulent and harmful *copycats* that sell on tv, at fairs, and in other places; but the **original *Chi Machine* by Sun Ancon (Sun Harmony)** that was researched & developed over almost forty years by Shizuo Inouue, MD, Chairman of the *Oxygen Health Association of Japan*. Two patents are held on this machine for engineering and design, which reflect the knowledge gained by Dr. Inouue about physiology and the benefits of correctly moving the body in waves like a goldfish (side to side).

For those of you who use *essential oils*, the machine *synergizes* with (empowers the effect of) oils. I love to use *Valor* (YLEO) on my feet, with *frankincense* or *Brain Power* on my forehead/neck, to produce deep relaxation, meditation, and oxygenation. The oils of the *Feelings & 7th Heaven Kits* are also oils whose effects I've enhanced with the *Chi Machine*.

In the short time involved with this product, I have seen many people helped by the machine's energizing, oxygenating, and *very powerful healing* effects. Call for more free information or for a free demonstration in your area. "

- Greg Hitter (888) 326-8994