

Wholeness: A New Paradigm & Way of Being

The SelfQuesting Approach™ empowers individuals by facilitating *wholeness of conscious being*, or “Self” (Jung). The process finds and releases into conscious oneness *fragments of awareness* created when the Self splinters and becomes trapped in the unconscious in response to trauma, pain, and fear. Fragmented awareness expresses itself at all levels of our being—body, mind, energy, and spirit—to manifest “dis-ease” and negatively affect our body, psyche, and life path.

The SelfQuesting Approach™ uses ones life issues as a focal point for a dialogue between the facilitator and the person questing wholeness—in order to locate, identify, communicate with, and ultimately *release* the trapped awareness creating the discomfort. The aim is to reunite ones trapped consciousness, the fragmented Self, into oneness with the awareness that freely radiates in the body-mind and present. What then automatically follows is an *integration* of this wholeness of consciousness into ones body-mind, and life as **well-being**. Thus health, wellness, holiness, and wealth manifest from oneness of ones conscious being or Self (“as above, so below”).

One could ask “*what can be done to create wholeness of consciousness and Self; and how can I best effect wholeness in myself and my life?*” A wise Buddhist, commenting on our fragmented tendency to fear, desire, and act to our detriment, once said, “*we should be less like the dog that chases every bone thrown, and more like the lion that goes for the thrower.*” In *going for the thrower*, modern psychology and religion suggest we seek solution *within*—



and in our *doing* to “consider the lilies and how they grow; they toil not, nor do they spin.”

Until now, **a new way of being**, created from a coupling of science and religion to birth a new *postmodern worldview* and methods to rebirth the Self, was **not widely possible**. Our science and religion, reflecting our limits, hadn’t brought a desired *wholeness* or wellness. The derivation of ‘health,’ ‘wellness,’ ‘wealth,’ and ‘holiness’ from their shared root word ‘whole’ suggests a need to **directly unify the Self by finding and freeing trapped awareness**, thus balancing our subtle energy and “making whole” our body-mind and life. In this way, contacting fragmented self-awareness for quick release into conscious oneness, **the SelfQuesting Approach™** directly facilitates whole (well) being and thereby transforms us by accessing this *fundamental level of Self*.

“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 facilitating others’ quests for wholeness and well-being.

Radiate the “authentic excellence” of your being in its wholeness!

embrace yourself!

SelfQuesting (888)872-7252

Private Sessions & Experiential Workshops

“From our session I realized SelfQuesting isn’t simply a quest for Truth, but more importantly a search for Beauty.” —UK psychiatrist (prior to their 2nd session)

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™** (see below) that assist the *SelfQuesting™* process in moving one toward wholeness of Self and well-being.

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

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

The Power Tap™ has clients gently tapping their 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.

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

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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:

- SelfQuest: the New Search for Wholeness, Health & Beauty (Vol. 1, 2 & 3) ('08) (Book price: \$15 each volume, plus \$5 p&h) (Vol 1: *Butterflies in a Bottle*—now available!)
- Freud's Innuendo & Jamshid's Cup: the Postmodern Quest for Self in the Shadow of the Newtonian World ('96) (Academic book price: \$25 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 web for detailed info: selfquesting.com

Mail Orders: - pay by check to 'Greg Hitter'

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"Well-being is a consciousness radiating the wholeness of One Self!"



THE SELF-QUESTING APPROACH™



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