

Lisa Meuser

(<http://www.integrativehealingnow.com>)

“The Living Inquiries of Scott Kiloby”

Thursday July 30th - 7:00 - 9:00 pm

via video conference

(<https://zoom.us/j/807842928>)

Pebble Hill Interfaith Church

320 Edison-Furlong Road Doylestown, PA

(\$5 Suggested Donation or what you can afford)



After working in the field of addictions for nearly 20 years, I became very curious when I heard about the amazing work of Scott Kiloby. Scott had developed an inquiry (The Unfindable Inquiry) that helped people see through beliefs and stories of suffering, as well as chronic states of emotional imbalance such as depression and anxiety.

“There is nothing sweeter than seeing the emptiness of all things.” This is what Scott Kiloby’s work is all about.

After a twenty year battle with addiction, Scott Kiloby (<http://livinginquiries.com>) began looking in a different way. Instead of turning away from negative thoughts and feelings from the past and looking for release in the future, he began to face his suffering directly. He began to allow all negative and positive energies of thought, emotion, and sensation to be as they are. He began to rest and recognize presence as the stable foundation in which these energies temporarily come and go. Through inquiring into the nature of the belief in separation, and how it arises, and making presence primary in his life, Scott discovered that the key to release from the addictive cycle exists in the one place addicts refuse to look — the present moment.”

I trained with Scott to first learn The Unfindable Inquiry, a very expansive and yet simple process, as well as The Anxiety Inquiry (used on anything that has a perceived threat or danger, and results in fear).

I have been doing those inquiries with clients with great success. Obstacles people have had have fallen away. Identities they were sure that comprised who they were have dissolved. Physical pain has subsided. Lifelong anxieties and other imbalances have shifted dramatically or fallen away. Freedom has been experienced for the first time, for many.

Another of Scott's tools, The Compulsive Inquiry might be thought of as the crème' de crème of all inquiries. It includes both The Unfindable Inquiry as well as The Anxiety Inquiry. No stone is left unturned as together we directly explore into the clients addiction or compulsion. This is why it has been so successful in helping countless numbers of people experience freedom from addictions and compulsions, without relying on such things as willpower, which often results in the person feeling guilt and shame and failure.

If you have something in your life that feels like you have to engage in it, that you could simply not imagine existing without, this inquiry is for you. The compulsion/addiction can be anything: tobacco, drugs, food, sex, gambling, exercise, being negative, worrying, hair pulling, the internet, porn, shopping, work, relationships, meditating, love, seeking, self-improvement, and the list goes on.