Freedom from Compulsion Intensives

Author and spiritual teacher, Scott Kiloby, is traveling to different cities and conducting “Freedom from Compulsion Intensives,” based on the Compulsion Inquiry. The Compulsion Inquiry (CI) was developed by Scott and Colette Kelso using the basic tools from Scott’s book, “Natural Rest for Addiction.” Colette will also be leading the meetings and facilitations at these Intensives. Each intensive in a particular city lasts for one weekend, beginning on Friday night and ending Sunday evening.

Scott, Colette, and the other Living Inquiries Facilitators have introduced the CI to groups and individuals recently, and the results have been astounding, resulting in a flood of enthusiastic testimonials. These results have given birth to taking the Compulsive Inquiry on the road.

Participants have not only been able to reduce, if not completely eliminate, specific, longstanding compulsive behaviors and addictions, but have found that compulsion has fallen away generally in many other areas of their lives. For instance, someone might come to a session with a desire to give up sugar, and after a few sessions using the CI, find that he or she has very little desire to engage in a variety of other compulsive activities such as drinking, sex addiction, or even spiritual seeking. Those who use the CI lose interest in unhealthy, habitual activities and gain a passionate curiosity that comes with the discovery that life, as it is, needs no enhancement of any kind because peace and well-being are already one’s natural state.

Here is a list of things for which the CI has been found to be useful:

- ✓ Smoking
- ✓ Alcohol and drugs
- ✓ Overeating, junk food, sugar binging and other food oriented disorders
- ✓ Seeking enlightenment
- ✓ Relationship compulsion—desperately needing to find and/or stay in relationships
- ✓ Obsessive need to fix or improve oneself or others
- ✓ Codependency
- ✓ Obsessive Compulsive behaviors

This is a *humane* and radical approach to recovery. It does not involve willpower, and there is no expectation that the behavior cease immediately and completely, although that often happens. It is also not necessary in this process to remember, divulge or analyze any past behavior or activities. And the pace is entirely up to you. We give you the tools to quit and you take it from there.

Individual attention will be offered to each participant in a small group format that involves one facilitator per ten people. We ask that all those who sign up be willing, able, and committed to stay for the entire weekend.

If you are interested in setting up an Intensive in your city, contact Bart at scottkilobytalks@gmail.com. Details will be given regarding pricing, what is needed from a host, and what facilities work best.

Compulsion Inquiry Testimonials

The following testimonials were provided by those who have already benefitted from the CI in private and group settings:

After stopping alcohol with Scott's work, I began using the Compulsion Inquiry on other addictions. Now I have stopped craving ice-cream and sweets; I am no longer a shopaholic, and I no longer compulsively play computer games. I can still enjoy any of these activities but without the compulsion and excess, no longer chasing insatiable desires and distractions. ***~Linda Stevenson***

I had the opportunity to experience the Compulsion Inquiry on "spiritual seeking." It was so surprising as I realized that I have given so much energy to seeking all this time, without ever questioning the need to seek. As I looked to everything that seemed to trigger my seeking and found that nothing is actually saying to me that I need something different/better, the whole idea of seeking itself was seen as groundless and a lot of tension that has kept this compulsion going was transmuted into a big smile on my face. Such a wonderful experience. Highly recommended! ***~Tony Galanopoulos***

Having lived with my bulimic compulsion for over 25 years, and actually done quite a bit of 12 step work and other counseling around the compulsion, I finally found real relief and the dissolution of the compulsion using the Compulsion Inquiry. No more beating myself up for the addiction/compulsion, no more fighting with myself and wondering what was wrong with me. The 'command' simply could not stand up to the 'looking'. Simple, easy, and freeing! After that success, I began to use the CI on my addiction to sweets, particularly sweet tea. That, too, dissolved and I feel physically so much better.
~Kelly Leigh Crockett

The war within about addiction is gone. ***~Lynn Fraser***

After our session on the CI, yesterday was the first day I didn't drink in years. ***~Em***

I was underprepared for how quickly this process entered my system. My addiction to bread was eliminated. This technique works! It is not a struggle. It is not willpower. ***~Dr. H. Yvonne Cheek***

I had one session with Scott on my addiction to dark chocolate. While that may seem like a relatively innocent addiction, I had a compulsive need to have it every day, and during exceptionally hormonal times, my body was screaming for it. Amazingly, after only one inquiry, my cravings for it were gone. I was so pleased with the results of this that I tried it out on my OCD tendency toward neatness and cleanliness. I now notice a relaxation around this compulsion. It seems there is no end to what this inquiry can help with. Scott Kiloby has once again developed a simple, gentle formula for looking directly into the face of our pain, and seeing that it's not what we thought it was. If you are suffering in any way from any compulsive need to do something, I highly recommend this inquiry. ***~Julianne Eanniello***