



# **The Unfindable Inquiry: One Simple Tool to Overcome Feelings of Unworthiness and Find Inner Peace**

*Scott Kiloby*

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This book presents the Unfindable Inquiry, the central tool of the Living Inquiries approach to non-dual self-inquiry—a process author Scott Kiloby developed to help you overcome your false sense of separation and the all-too-common, deep-seated belief that you’re not good enough. With this powerful blend of psychology and spirituality, you’ll come to understand that the separate, deficient self cannot be found. What you’ll find instead is a profound sense of peace.

Many of us carry an ingrained belief that we’re somehow inadequate and that we’re separate and alone, which can lead to a general dissatisfaction with life, conflicts with others, and an estrangement from ourselves that causes us to look outward for what we feel is lacking. When we look outside rather than looking within, it’s easy to find ways to confirm our false beliefs about ourselves. With the Living Inquiries, you’ll be able to see your mistaken belief in the “core deficient self” and realize the essential oneness that exists in the here and now.

Starting with the Boomerang Inquiry and the Panorama Inquiry, two self-inquisitive processes of the Living Inquiries, you’ll learn to identify and explore the stories you tell yourself that underlie the challenges and disharmony you experience. Then, once you’ve cracked the foundation of the false deficient self, you’ll use the Unfindable Inquiry and one simple question—*Is that you?*—to reveal that you are not who or what you’ve taken yourself to be.

No matter what it is you struggle with—anxiety, depression, relationships, trauma, addiction—it’s likely that painful self-judgments, and the belief that you’re separate from the world around you, are at the root of your suffering. With *The Unfindable Inquiry*, you’ll discover how to finally break free from your false sense of self and separation, and experience a more fulfilling life.

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