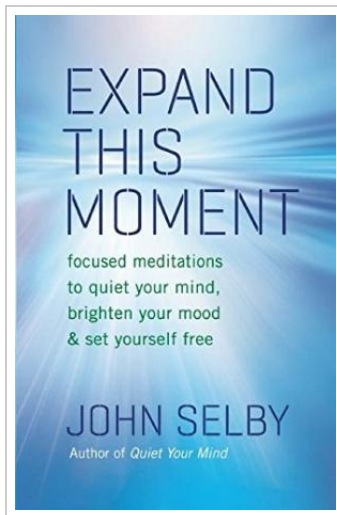




Expand This Moment: Focused Meditations to Quiet Your Mind, Brighten Your Mood, Set Yourself Free

By John Selby

New World Library. Paperback. Condition: New. 240 pages. Forty years ago, the legendary philosopher Alan Watts challenged then-graduate student John Selby to undertake a bold project: to study the world's great meditation traditions as a psychologist from the inside out; identify the underlying psychological process common to those traditions; and then go out and teach this universal process to whoever might want to learn it. For those past forty years John Selby has combined in-depth research into cognitive science with practical wisdom from his lifelong experience practicing and teaching meditation to his students and therapy clients. Now Selby presents a remarkable summation of his work, using twelve universal Focus Phrases that predictably elicit deep experience and realization. Expand This Moment departs from traditional long-form meditation guides by presenting a short daily practice that suits our busy lives. Selby's process uses his twelve unique Focus Phrases to quickly stimulate inner awakening, healing, insight and peace. The twelve Focus Phrases: Phase 1: Zen Awakening 1: I choose to enjoy this moment. 2: I feel the air flowing in and out of my nose. 3: I also feel the movements in my chest and belly. 4: I'm aware of my whole body here in...



READ ONLINE
[4.29 MB]

Reviews

This published book is wonderful. It is one of the most incredible book we have go through. I realized this pdf from my i and dad advised this book to learn.

-- **Felicia Heidenreich**

Very beneficial for all class of folks. Indeed, it can be perform, nevertheless an interesting and amazing literature. I discovered this ebook from my i and dad suggested this pdf to find out.

-- **Leatha Luetgen Sr.**

See Also



A Smarter Way to Learn JQuery: Learn It Faster. Remember It Longer.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Youre going to get the hang ofjQuery in less time than you might expect. And the...



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...