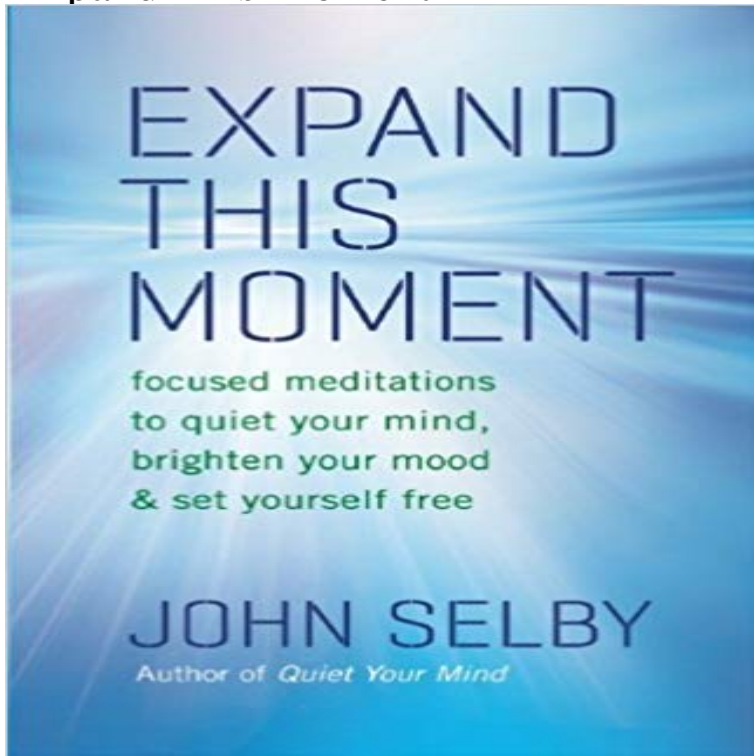


Expand This Moment



When John Selby was a graduate student, philosopher and meditation expert Alan Watts challenged him to study the worlds meditation traditions from the inside, to identify their common underlying psychological processes, to formulate an approach to meditation based on these commonalities, and to then teach this universal process. Forty years later, in this dramatically different guidebook, Selby fulfills Watts mandate. Selby has sought solutions to suffering in native cultures around the world and discovered proven techniques for attaining physical and emotional well-being. But the streamlined practice presented here is as much the result of personal breakdown as of academic research. As they did for him in a dark night of the soul, the twelve simple focus phrases Selby presents insert positive messages into our inner dialogue, promoting spiritual development and emotional healing. These brief core statements comprise a root psychological meditative practice that allows anyone to quickly wake up to the present moment naturally, pleasurably, and with life-affirming consistency.

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Expand This Moment: Focused Meditations to Quiet - 12 Universal Focus Phrases to Quickly Bring Peace and Inner Clarity Throughout his pioneering career as a psychologist and spiritual teacher, John Selby has **Expand This Moment: Review of a Powerful Meditation Book by** How does this new book, Expand This Moment, differ from the others? Expand This Moment brings together under one cover all 12 of my primary Focus Phrases **Expand This Moment by John Selby** **YOGA Accessories** Editorial Reviews. About the Author. John Selbys books include Quiet Your Mind, Tapping the **Expand this Moment Interview - New World Library** Expand This Moment: Focused Meditations to Quiet Your Mind, Brighten Your Mood, and Set Yourself Free. BY John Selby. Forty years ago, the legendary **EXPAND THIS MOMENT with John Selby** Expand This Moment by John Selby -Forty years ago, the legendary philosopher Alan Watts challenged then-graduate student John Selby to undertake a bold **Expand This**

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