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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 worlds 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. Selbys process uses his twelve unique Focus Phrases to quickly stimulate inner awakening, healing, insight and peace. The twelve Focus Phrases: Phase 1: Zen Awakening1: 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: Im aware of my whole body here in...


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