



New World Meditation: (Second Edition) Discover True Happiness Thru Experiential Healing

Lucinda Gray Ph.D.

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Do you have anxiety, depression or relationship problems? Discover true happiness thru experiential healing.

New World Meditation (NWM) has all the proven benefits of mindfulness practice. Plus, it has a built-in process of experiential healing. It is easy to learn, easy to practice, and profoundly transformational.

NWM gradually and gently resolves old injuries and inner conflict, which is the ultimate stress reduction. With this healing, choices and decisions are based on a solid connection to your unique personal reality. It builds self-confidence because you know what is truly right for you. It brings a sense of peace and improved physical health.

This second edition of New World Meditation is radically updated and expanded. There is a clear detailed explanation of how to use experiential healing in daily practice. We teach a step-by-step way to connect with the *body/mind knowing*, the wisdom we all carry inside. Americans ask the Dali Lama “How can we do this quicker and more easily?” NWM is one answer to this important question. It is the *Fast-track to Awakening*.

In New World Meditation we use a revolutionary research based way of experiential emotional healing called Focusing. It was discovered in America and is supported by current neuroscience. We teach tools from Focusing to tame the common and often frustrating interruptions in meditation, so that they become a resource rather than an irritation.

Every day’s meditation is a positive experience. You relax, release the interruptions and reconnect with your true feelings, needs and wants. This structured daily practice brings the end of suffering. You live joyfully in the *Now*. You are free to express and to live your authentic self. This is True Happiness.

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Emery Flores:

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Roy Hanson:

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Pearl Minjares:

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