



Still the Mind: An Introduction to Meditation

By Alan Watts

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Still the Mind: An Introduction to Meditation By Alan Watts

Mark Watts compiled this book from his father's extensive journals and audiotapes of famous lectures he delivered across the country. In three parts, Alan Watts -- the author of *The Way of Zen* and *The Joyous Cosmology* -- explains the basic philosophy of meditation, how individuals can practice a variety of meditations, and how inner wisdom grows naturally.

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Editorial Review

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Meditation guru Alan Watts was recorded in the 1970s giving talks on emptying the mind of worry, stress, and guilt. With eloquent yet spontaneous, practical language, the author says real living is possible when we attend to the moments between thoughts, the moments we usually fill with clutter. This emotional busyness stems from the illusion that we have important responsibilities--that things will fall apart without our constant attention. By accepting a more humble place in the universe, we become more fully interactive with the energy of the universe and become a more effective channel for what it wants us to do. Watts's work is a marvelous and historically significant chapter in the development of American Buddhism and the meditative life. T.W. © AudioFile 2003, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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