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The Book on The Taboo against knowing who you are
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On the Taboo Against Knowing Who You Are ALAN WATTS Alan Watts, who died in 1974, held both a master's degree in theology and a doctorate of divinity, and was best known as an interpreter of Zen Buddhism in particular, and of Indian and Chinese philosophy in general. He was the author of many books on the philosophy and psychology of religion ...

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2.5.4 Meditation. The art of meditation is a way of getting in touch with reality. And the reason for it is that most civilised people are out of touch with reality because they confuse the world as it is with the world as they think about it and talk about it and describe it. For on the one hand, there is the real world, and on the other a ...

Alan Watts – The Real You | Genius
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Alan Watts (1915?1973) was a renowned lecturer and the author of nearly thirty books, including The Way of Zen and The Book. Bibliographic information. Title: Become what You are: Author: Alan Watts: Publisher: Shambhala Publications, 2003: ISBN: 1570629404, 9781570629402: Length: 132 pages: Subjects: Philosophy › Eastern.

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