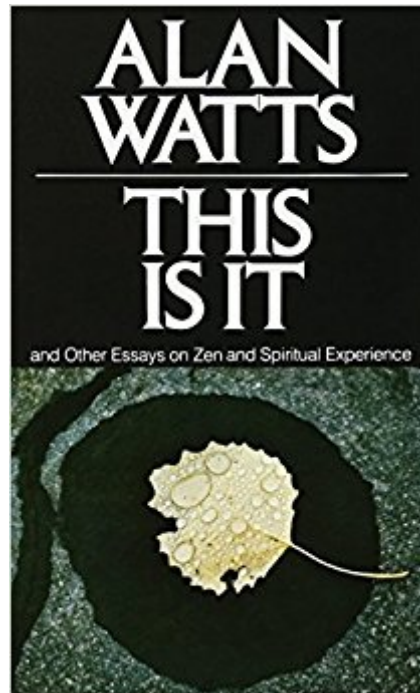




Ebook Directory
the best source of ebook

The book was found

This Is It: And Other Essays On Zen And Spiritual Experience



Synopsis

Six revolutionary essays exploring the relationship between spiritual experience and ordinary life "and the need for them to coexist within each of us. With essays on "cosmic consciousness" (including Alan Watts' account of his own ventures into this inward realm); the paradoxes of self-consciousness; LSD and consciousness; and the false opposition of spirit and matter, *This Is It and Other Essays on Zen and Spiritual Experience* is a truly mind-opening collection.

Book Information

Mass Market Paperback: 160 pages

Publisher: Vintage (March 12, 1973)

Language: English

ISBN-10: 0394719042

ISBN-13: 978-0394719047

Product Dimensions: 4.2 x 0.4 x 6.9 inches

Shipping Weight: 2.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 48 customer reviews

Best Sellers Rank: #34,333 in Books (See Top 100 in Books) #36 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality #39 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #247 in Books > Self-Help > Spiritual

Customer Reviews

"Perhaps the foremost interpreter of Eastern disciplines for the contemporary West, Watts had the rare gift of writing beautifully the unwritable." "Los Angeles Times

The six essays in this volume all deal with the relationship of mystical experience to ordinary life. The title essay on "cosmic consciousness" includes the author's account of his own ventures into this inward realm. "Instinct, Intelligence, and Anxiety" is a study of the paradoxes of self-consciousness; "Spiritually and Sensuality," a lively discussion of the false opposition of spirit and matter; and "The New Alchemy," a balanced account of states of consciousness akin to spiritual experience induced by the aid of lysergic acid. The collection also includes the text of Watts' celebrated pamphlet, "Beat Zen, Square Zen, and Zen."

I am an avid follower of the spacial concepts presented by "Stephen Hawking," (Cosmologist, Physicist - see Discovery Channel version of "Into the Universe" - DVD). So for me, Alan Watts makes a great deal of sense. Each book from this deceased author (circa 1940's - 1970's), has been an inspiration in Eastern thought. While one must consider our immediate Western world, with all of it's buildings and bridges, Alan Watts takes us down another path. The path of calmness and reflection. For me, the author lends value and understanding to a complicated subject. I can still live and work in a Westernized medium, while applying to my own life, a calming Eastern philosophy that makes me realize that "stress," is simply "fear," and that fear is from the unknown. Once we get that, and this book along with other works makes that perfectly clear. I am that I am!

Wonderful old Alan Watts book. he was one of the best.

I liked it so much I give it as a gift

Everyone should read Alan Watts. His books change lives.

Off the top of my head, Alan Watts is probably my favorite philosopher - or whatever. This little book is a great compilation of essays. I recommend it to anyone...to everyone.

I really like Alan Watts books and lectures alike. They are inspiring, charismatic and humorous from one moment to the next and often all at once.

Brilliant and funny. Pure Watts. Electrifying insights.

Enjoyed this immensely, as I enjoy most of his work. Some essays are better than others and I especially liked the last two in this book. Insightful food for thought and quick read.

[Download to continue reading...](#)

ZEN: Everything You Need to Know About Forming Zen Habits â “ A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginnerâ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Zen: Zen For Beginners â “ The Ultimate Guide To

Incorporating Zen Into Your Life “ A Zen Buddhism Approach To Happiness And Inner Peace Zen
Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the
Upanishads to Huineng (Zen & Zen Classics) Zen: How to Practice Zen Everywhere in Your Daily
Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) This Is It: and Other
Essays on Zen and Spiritual Experience The Golden Age of Zen: Zen Masters of the T'ang Dynasty
(Spiritual Masters) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And
Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual
Guide, Stress Free, Dharma) The Subtle Power of Spiritual Abuse: Recognizing and Escaping
Spiritual Manipulation and False Spiritual Authority Within the Church Z.B.A.: Zen of Business
Administration - How Zen Practice Can Transform Your Work And Your Life Zen Gardens: The Art
and Principles of Designing a Tranquil, Peaceful, Japanese Zen Garden at Home Zen Mind,
Beginner's Mind: Informal Talks on Zen Meditation and Practice Zen Mind, Zen Horse: The Science
and Spirituality of Working with Horses Zen: The Beginners Guide on How to Practice Zen
Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with
Happiness and Inner Peace Using Meditation) Buddhist Quotes: Meditation, Happiness, Inner
Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃ -Lamaâ | (Buddhism,
Bouddha, Buddhist ... & Spirituality, DalaÃ Lama, Zen. Book 1) Zen Mind, Beginner's Mind:
Informal Talks on Zen Meditation and Practice (Shambhala Library) Zen and Zen Classics Zen
Action/Zen Person

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)