

Still the Mind

Alan Watts

Read by the Author

AN INVALUABLE GUIDE TO MEDITATION

"What do you feel when you look out at those galaxies, where the sky is clear? You see this colossal affair that you are involved in. It makes a lot of people feel very small, but it shouldn't. It should make you feel as big as it is, because it is all inseparably connected with what you call you."
— Alan Watts

Alan Watts became famous first as a brilliant intellectual and then as a serious student of Buddhism and meditation. In the 1970s, the last years of his life, he retreated to a small, isolated cabin deep in the woods. He meditated every morning and then wrote.

Still the Mind consists of several talks he gave in his later years, recorded and edited by his son, Mark Watts, and then published as a book. His speaking shows a maturity and wisdom that can only come after years of meditation, and his teachings are still as visionary today as when they were first spoken.

In his teachings, Alan Watts uses words to take us beyond them. He instills in listeners not only an understanding of meditation but an experience of it as well. Whether you have been meditating for years or are just beginning, *Still the Mind* will deepen your practice. It takes you on a journey that shows you the great miracle of who you really are.



Running Time: 90 Minutes
Unabridged

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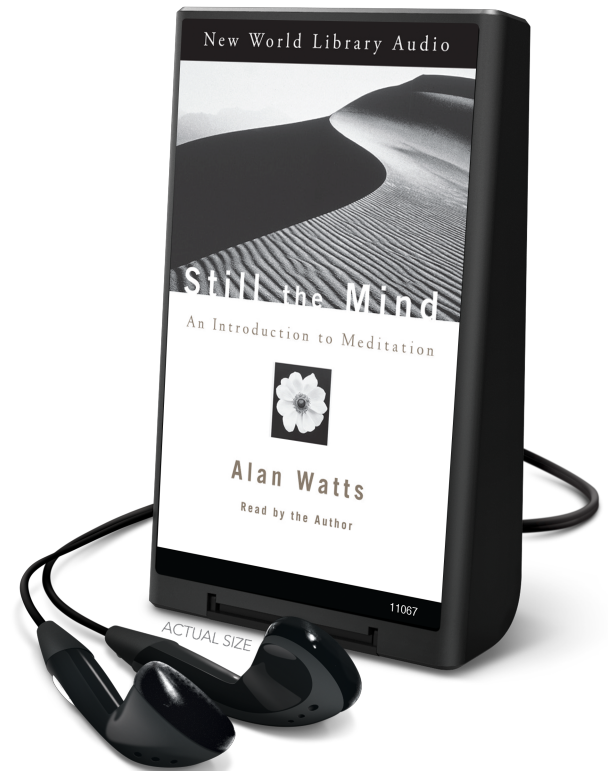


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