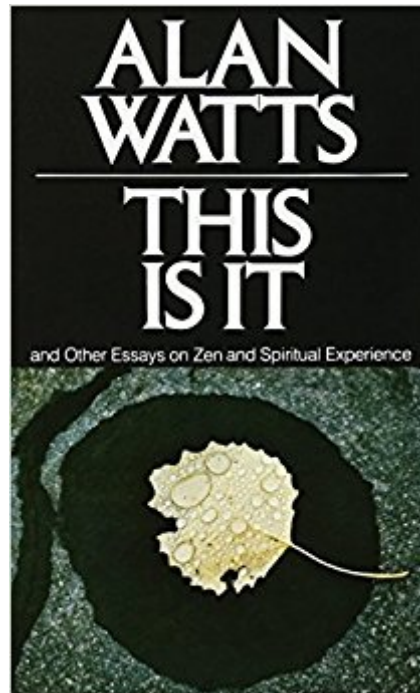




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# This Is It: And Other Essays On Zen And Spiritual Experience



## 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

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## 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.

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