



# Meditation (The Essence of Alan Watts)

*Alan Watts*

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## **Meditation (The Essence of Alan Watts) Alan Watts**

From rear cover notes: "Meditation is a way of getting in touch with reality. Between us and truth, Alan Watts said, lie the symbols with which we represent life. But to concentrate on the symbols alone is to know them and not life itself. Thus, he says, 'To go out of your mind at least once a day is tremendously important.' Through meditation 'you come to your senses.' In this second in a new series Alan Watts shows how to meditate and why."

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