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Still The Mind An Introduction

An excellent, non-methodical, musing on the essence of meditation itself, and a great introduction into the mind and teachings of Alan Watts. Playful yet deep, simple yet transforming, this is a short book with endless meaning. flag 1 like · Like · see review. Nov 29, 2015 Scott rated it really liked it.

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This is a nice introduction to Alan Watts to complement his many recorded lectures (check your phone's app store or online). It's not a structured explanation or history of eastern philosophy, rather a collections of thoughts and perspectives that helped open my mind and broaden my views on life and who I am.

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still the mind an introduction to meditation

No, surely the root and the flower are one process, and like your head and your feet it all goes together. In that sense then, the universe, and what you or I do, all goes together, and so that picture of the universe is really a picture of you." — Alan W. Watts, Still the Mind: An Introduction to Meditation 3 likes

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Whether you are experienced in meditation or just beginning, Still the Mind is an invaluable guide that takes you on a wonderful journey that shows you the great miracle of who you really are.

STILL THE MIND - New World Library

The mind, stilled, is now ready for meditation. Watts' gently instructs by using the example of playing a musical instrument, noting that an instrument when played without force will almost begin to play itself.

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