

[PDF] Out Of Your Mind

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Description:

Book Description Since the publication of his first book *The Spirit of Zen* in 1936, Alan Watts has brought the essential teachings of the East to generations of seekers, suggesting the need to "go out of your mind in order to come to your senses." Carefully distilled from hundreds of hours of never-before-released material, *Out of Your Mind* presents a philosophical tour de force from this legendary self-described "spiritual entertainer"--12 lucid sessions sparking insights into the nature of reality; death and rebirth; the dilemma of polarity; the suspension of judgment; the art of contemplation; and much more. --This text refers to an out of print or unavailable edition of this title.

About the Author Born in England in 1915, Alan Watts attended King's College School Canterbury,

served on the Council of the World Congress of Faiths (1936-38), and came to the United States in 1938. He held a Master's Degree in Theology from Seabury-Western Theological Seminary and an Honorary DD from the University of Vermont in recognition of his work in the field of comparative religions. Alan Watts became widely recognized for his Zen writings and for *The Book On the Taboo Against Knowing Who You Are*. He died in 1973 at his home in California. For more than forty years, Alan Watts earned a reputation as a foremost interpreter of Eastern philosophies for the West. Beginning at age sixteen, when he wrote an essay for the journal of the Buddhist Lodge in London, he developed an audience of millions who were enriched through his books, tape recordings, radio, television, and public lectures. In all Watts wrote more than twenty-five books and recorded hundreds of lectures and seminars, all building toward a personal philosophy that he shared in complete candor and joy with his readers and listeners throughout the world. His overall works have presented a model of individuality and self-expression that can be matched by few philosophers. He held fellowships from Harvard University and the Bollingen Foundation, and was Episcopal Chaplain at Northwestern University during the Second World War. He became professor and dean of the American Academy of Asian Studies in San Francisco, made the television series "Eastern Wisdom and Modern Life" for National Educational Television, and served as a visiting consultant for psychiatric institutions and hospitals, and for the United States Air Force. In the mid-sixties he traveled widely with his students in Japan, and visited Burma, Ceylon, and India.

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