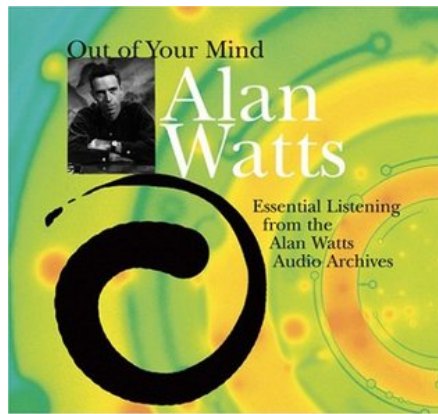




Out of Your Mind

Alan W. Watts

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In order to come to your senses, Alan Watts often said, you sometimes need to go out of your mind. Perhaps more than any other teacher in the West, this celebrated author, former Anglican priest, and self-described spiritual entertainer was responsible for igniting the passion of countless wisdom seekers to the spiritual and philosophical delights of Asia and India. Now, with *Out of Your Mind: Essential Listening* from the Alan Watts Audio Archives, you are invited to immerse yourself in 12 of this legendary thinker's pinnacle teaching sessions about how to break through the limits of the rational mind, and begin expanding your awareness and appreciation for the Great Game unfolding all around us. Carefully selected from hundreds of recordings by Alan Watts' son and archivist, Mark Watts, *Out of Your Mind* brings you six complete seminars that capture the true scope of this brilliant teacher in action. On these superb, digitally restored recordings, you will delve into Alan Watts' favorite pathways out of the trap of conventional awareness, including: The art of the controlled accident what happens when you stop taking your life so seriously and start enjoying it with complete sincerity How we come to believe the myth of myself that we are skin-encapsulated egos separate from the world around us, and how to transcend that illusion Why we must fully embrace chaos and the void to find our deepest purpose Unconventional and refreshing insights into the deeper principles of Buddhism, Hinduism, and Western philosophy, plus much, much more Whether you're completely new to Alan Watts or familiar with his work, here is a rare opportunity to experience him at his best improvising brilliantly before a live audience on *Out of Your Mind: Essential Listening* from the Alan Watts Audio Archives."

Out of Your Mind Details

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From Reader Review Out of Your Mind for online ebook

Patrick says

Alan Watts' introductory lectures on Eastern philosophy. Wonderful to listen to, as the man himself tells us about "The Self" (tm) and how everything and everyone in the universe is connected, and how Zen Buddhists like to troll those who ask stupid questions.

There's a lot to be said for this kind of non-religious spirituality. One that doesn't rely on mind-numbing rituals or blind devotion, but instead requires needs you to realize something.

What that something is, is apparently easily explained, but just so very difficult to truly grok, and so truth seekers will, as Watts says, spend their entire lives trying to climb a hill, never realizing that the hill is irrelevant, so is even the attempt to climb it. In fact, it only takes years of hard work if you decide it does. It may take "3 seconds or 30 years"... completely up to you.

Now, while I find the philosophy interesting and worthwhile learning from, I'm not quite on Watts' side here. However, one doesn't have to be in order to thoroughly enjoy listening to him talk.

The audio quality is excellent, certainly for a recording from the 60s, and the whole thing makes you feel like you're one of those young eager students sitting in the classroom, hanging on the guru's every word.

This series of lecture recordings is certainly entertaining and instructive. Absolutely worth spending some time on.

Nick Kroger says

I listened to 10 hours straight of these lectures from Ohio to NYC. It's addictive, creative, strange, lucid, and hilarious. Mr. Watts is—as he proclaims—"a spiritual entertainer", and I would like to recommend these lectures in such a fashion: they're entertainment. They shouldn't be taken as a crutch.

As Watts would say: "when you get the message, hang up the phone"

Robert says

I was thinking back the other day to the year 2008. It was a time of great change for me and so many unsettling developments had got me questioning my sense of direction. During this time, I suppose I was trying to find stability even while everything that had supported my sense of stability, even my sense of identity, was being challenged. Made redundant from a good job and then running an unprofitable small business, I had called off an engagement, been forced to sell my house, and—on top of all that—needed to deal with the death of my mother. Additionally, I had searched but found no better job prospects in the UK for a long while. I wanted my mind taken off the nagging worries and some sort of change of perspective was needed.

Enter Alan Watts and 'Out of your mind'. Of course Watts' talks were never likely to solve any of these practical crises. They were unlikely to bring direct solutions. One thing these long, rambling, good natured talks did do for me though, was to make me question where my sense of security should lie. In that sense the

talks were invaluable. Simply reassessing my sense of security and identity was a way to stabilize my inner world and to therefore gain more traction on the outer world. Not that I agreed with everything he said, or saw him as any kind of believable guru, far from it! It was **how** he said things, and how he was able to make people re-evaluate things that was his greatest strength as a speaker and writer.

In terms of finding a reliable guide through such troubled waters Alan Watts might seem an unlikely candidate, but in my view, it was precisely because of his own self-acknowledged imperfections, coupled with his naturalness, his knowledgeable ways, his warmth and humor and immense curiosity, that he proved extremely well qualified to enable me (and obviously many others to re-think their situation and get some inner peace again.

So who is (was) Alan Watts?

At first glance, he may just strike you as an unconventional, off-beat philosopher. A pacifist, he avoided the draft in WWII, becoming a clergyman in the USA. He had ongoing marriage and fidelity issues and drink problems. He even seemed to feel like suicide was always a welcome option if the game of life got to be a drag.

While some of the elements of his life might lead some people to be prejudiced and dismissive of him. I would say that while this man had some very normal, natural, human imperfections, he was no smug pretender of holiness. Life and nature is not perfect. It is messy and contradictory and so are we, if we are honest.

Watts was a very sincere guide, particularly to a whole generation of Americans seeking more than a predictable, materialistic lifestyle in the 60's and 70's.

He pointed out some typical sources of the world view of people which is rooted in their inherited philosophy and religion.

Watts was an excellent and thoughtful speaker, a very helpful elucidator of Eastern philosophies. He was a seeker of whatever is valuable and essential in the human experience. He certainly valued the traditional aesthetics and culture of the Far East and found value in the way of life recommended by the ancient sages. This influence he brought into a world which then sorely needed, and now still needs to hear his reassuring and refreshing message.

'Out of your mind' is a set of talks which will prompt you to reconsider your place in the scheme of things. I can highly recommend the talks.

Michele says

Listened to this over the course of many months, which worked well for me. I have to be in a certain mood to fully appreciate Watts, and doing so at a leisurely pace gave me plenty of time to absorb. Though these lectures were recorded decades ago, their wisdom is as relevant as ever. Alan Watts deserves to be listened to. Hearing him in his own words, at his own pace, gives more dimension to his teaching than reading his words alone. Would highly recommend to anyone interested in a bit of mind-bending, look at the world upside-down type inspiration.

Peter says

If you've got 12 hours to kill, this will blow your mind all over the place. Alan Watts covers a pretty full spectrum of human experience in this one.

Ali alhusainy says

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Bo says

just absolutely vital, beautiful and liberating. i listened to these a lot when i was traveling alone and heartbroken in the caucasus mountains, and watts' voice, day in and day out, challenged my intellect and spirit, and gave me more perspective and peace of mind than i had ever known. he doesn't offer answers, in terms of religion or spirituality or metaphysics, but instead as a scholar on buddhism and the hindu faith, applies the core values and beliefs of each faith and challenges his audience to see the harmony and interconnectedness of all life. By extension, he talks about the falsity and superfluity of the illusions and games (samsara) that we busy our lives with, but never in a negative, or self-righteous manner... well, i better stop. i can't say enough about these lectures, and i would love to talk with anyone who has been affected by them, or meet anyone who holds them as close to their heart as i do.

Alex says

This dude Alan is insane in the membrane. He provides some humbling perspectives and interesting, if not always agreeable, insights. Worth a listen though far better off read slowly.

V2

Signal to noise ratio isn't the best in the industry. Still, he's got some of the same talent as McKenna for capturing the seemingly inexplicable. Also a knack for scholarly theistic criticism I can dig.

Will says

Alan Watts is a pure delight. It's like meditation for the miserably Western! And don't worry! You can put your mindbrain at ease because Alan won't judge you for not being able to glint cosmic understanding from drum circles, patchouli, and tofu farts. Instead, he'll delve into etymological quandaries, expose and examine the problems of polarity, and tell you a couple of jokes along the way--all without saying "dude," "totally," or "dig it..." I can't say enough about this man's autodidactic understanding.

Atul Pandey says

Philosophy is sometimes necessary in an individual's life in order to bring out the inside child for whom once the universe was wonder-filled but slowly while growing up it got used to the world and it became a habit. In order to keep this faculty of wonder, of being astonished seeing the world philosophy is necessary . It's like the magic trick of taking the Rabbit out of hat the how part is not important mystery that follows bewilderment is worth the show.

Lindu Pindu says

This is one to listen to again and again. Watts has done a brilliant job of summing up Zen Buddhism mixing it up with Pantheism, and what sounds to me like a Jungian view of the Self and the Ego. I can't understand why people accuse him of recycling other ideas he's heard. Granted, but he showcases them in a way that's both spiritual and fun. Nothing wrong with that. I'll be revisiting this lecture series.

Joshua Byrd says

Not too bad. He's a bit dated I think.

Jacopo says

Ho potuto per la prima volta sperimentare quello che gli Anglofoni chiamano “mind-blown”.

Fare una recensione di questi 12 CD (durata approssimativa di 1h ciascuno) è impossibile perché la mole e lo spessore dei concetti proposti travalica abbondantemente il limite presentato dalle parole; ed è proprio per questo che trovo Alan Watts un Filosofo eccezionale, nonché un grande intrattenitore: tramite efficaci metafore, sapiente reiterazione dei concetti ed umorismo permeante, riesce a spiegare efficacemente ciò di cui — per definizione — non si può parlare.

Watts era un grande studioso, si è immerso completamente nella cultura asiatica (India-Cina-Giappone), ne ha assimilato le complesse dottrine filosofiche notando le influenze reciproche, dopodiché ha voluto spiegare all'Occidente una visione della vita talmente diversa da quella che siamo abituati ad avere, da sembrare inconcepibile. Il tutto è calato in una dimensione che tiene conto di scienza e psicologia (è però doveroso precisare che i seminari risalgono agli anni '60).

Alan Watts ha consacrato buona parte della sua vita a favorire la diffusione di una filosofia che cambiasse in meglio l'approccio delle persone alla Vita, e questi seminari — che affrontano gran parte dell'esperienza umana — sono un prezioso distillato del suo pensiero. Potete affrontarli con tutto lo scetticismo di cui siete capaci, ma qualcuna delle idee proposte lascerà inevitabilmente il segno.

Hans says

Alan Watts brings a sharp and stunning clarity to mankind's most complicated spiritual concepts. I will always be in-debated to him for helping to expand my world view in a manner that works for me. Whenever I find myself suffering from existential angst I read Alan Watts and it calms me back down to the point where I can enjoy wherever I am in life.

So for anyone who finds themselves struggling with the spiritual or religious norms of their wider culture Alan Watts is for you. He will help re-invigorate your interest in human spirituality and help guide you back towards introspection to find your own deeply personal spirituality.

Turki Al-Turki says

Eye opening, mind widening , life changing.. what can I say?
