



Still the Mind: An Introduction to Meditation

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During the last decade of his life, Alan Watts lectured extensively as he traveled across the country, often accompanying his talks with guided meditation sessions and contemplative rituals designed to instruct his audiences in the art of meditation. Still the Mind is drawn from the remarkable recordings of those lectures, meditations, and rituals. Edited by his son Mark from over 800 hours of audiotapes, this compilation, filled with the wisdom of a man in his maturity, features Alan Watts' thoughts on the purity of everyday experience and the path of soulful contemplation. Full of practical, humorous, and poignant observations, Still the Mind gives listeners insight into the essence of meditation — defined by Watts as the art of being completely centered in the here and now — and is as fresh and meaningful as if it were spoken yesterday.

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