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Still the Mind



An Introduction to Meditation



Alan Watts

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Presentation de l'diteurMark Watts compiled this book from his father's extensive journals and audiotapes of famous lectures he delivered in his later years across the country. In three parts, Alan Watts explains the basic philosophy of meditation, how individuals can practice a variety of meditations, and how inner wisdom grows naturally.Presentation de l'diteurMark Watts compiled this book from his father's extensive journals and audiotapes of famous lectures he delivered in his later years across the country. In three parts, Alan Watts explains the basic philosophy of meditation, how individuals can practice a variety of meditations, and how inner wisdom grows naturally.

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