

Become What You Are Alan W Watts

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Become What You Are Alan

If there is something that you are afraid to do, after reading this book, I believe you will have found the courage to do it. I believe Alan Watts was on to something that we all need to be in tune with and reading Become What You Are is the first step down an unknown path, but it is your path. Read more.

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About Become What You Are. Renowned lecturer and author Alan Watts presents his meditations on the dilemma of seeking your true self. In this collection of writings, Alan Watts displays the intelligence, playfulness of thought, and simplicity of language that has made him so perennially popular as an interpreter of Eastern thought for Westerners. Drawing on a variety of religious traditions, he presents the dilemma of seeking your true self—to "become what you are."

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Understood in this way, to "become what you are" is at once an impossible directive and an unavoidable fact. This volume is a collection of Alan Watts's articles from the mid-fifties, interspersed with short essays from the late thirties, written before he came to America from England.

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Become What You Are, by Alan Watts Begin with the practice of concentration, that is, of attentive looking. It is as if to say, "If you want to know what reality is, you must look directly at it and see for yourself. But this needs a certain kind of concentration, because reality is not symbols, it is not words and thoughts, it is not

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