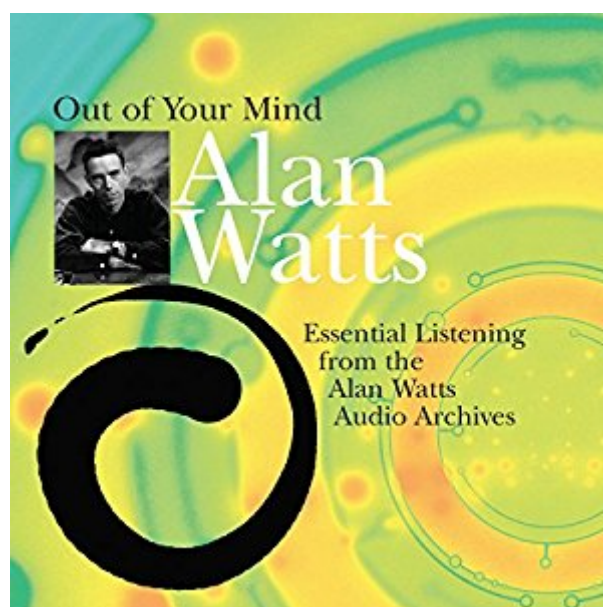


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# Out Of Your Mind



## Synopsis

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. 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.

## Book Information

Audible Audio Edition

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## Customer Reviews

I don't mean to be irreligious with this title, obviously Alan Watts' CD's are not to be put on the same level as "The Bible" but as someone who has sought answers for most of my life, the set of CD's came as something of a godsend. This collection does an excellent job of covering the essentials of Watt's philosophies. Most of his books (if you get them) are more detailed reiterations of his lectures here (or more correctly these lectures are synopses of his books). If you enjoy having "mondo" or enlightening dialogue - these CD's are for you. In them Watt's personality comes across clearly and his philosophy rolls from him naturally. If you're not already familiar with Watts it's hard to describe what you're missing. What I can say is this collection is worth the cost. In it Watts speaks in a

manner that is recognizably truthful and attempts to present a new 'mythology' by which we can see the world as it really is. I can not recommend this too highly - I have listened to the entire 12 CD set more than 10 times. If nothing else it will help you sleep at night.

After reading the transcripts of his talks, I wanted to hear Watts' voice. There had to be more to what was being said than what could be seen in the page. With my assignments on Watts in college three decades ago, I had just given them a cursory reading for classes on Zen and Taoism. I never gave a lot of consideration about them until recently. Having listened to the CD's and my readings, I was surprised at how much my view points on life were either shaped by those writings or helped along. Like him, I was raised a Protestant. I was felt comfortable about Zen Buddhism because of Watt views. His Buddhism, though, is his own form of Buddhism because down to his bones Watt really is quite the Anglican. You won't understand that until you hear him lecture, his inflections or his jokes. Working through my third round of the CDs, I'm in awe of him. In these discussions he lays out the philosophical basis for the environmental movement. There is a discussion of Basho's poetry that makes me wonder how much impact he had in shaping Beat poetry then and our poetry now. There discourse on bits, bytes and nets that anticipated our digital world and information technology. He was much ahead of his philosophical contemporaries and spiritually unlike them he doesn't hide anything from his audience. What a fine mind and spirit he was. These CD's are worth the purchase. Eric Otto Cincinnati

Its hard to believe these lectures are 50+ years old. There is absolutely no sense of these tracks being dated in any way. I can listen to the same lecture/episode/track over and over again; like others, I just like listening to his voice. I was already familiar with AW as I used to have some of his tapes in my car in a previous era. Very few lemons in this bunch, in fact, perhaps only two or three out of the 100+ sections. Best investment I've made in some time. Its difficult to summarize the content. Perhaps a simple table of contents would be useful (sure wish would make a habit of publishing these!).

CD 1. The nature of consciousness, Part 11. Intro2. Our image of the world3. The myth of the ceramic construct4. The myth of the automatic universe5. A wiggly world6. A game that's worth the candle7. An independent system8. Whose game is it?9. The world as a drama

CD 2. The nature of consciousness, Part 21. Intro2. Being aware of awareness3. Captivated by the drama4. The game of hide and seek5. Consciousness beyond awareness6. How do we define ourselves?7. What it is to see8. The road to here9. A re-examination of common sense

CD 3. The web of life, Part 11. Intro2. What did you forget?3. A spontaneous life4. Seeing beyond our

separateness5. Intervals between what happens6. Existence as a function of relationship7.  
 Understanding the unitive world8. An implicit agreement9. To be aware of the melodyCD 4. The  
 web of life, Part 21. Intro2. Web as mutuality3. The nature of selfishness4. A perfectly genuine act5.  
 The sound of rain needs no translation6. What game would you like to play?7. Is it serious?8. An  
 invitation to actCD 5. The inevitable ecstasy, Part 11. Intro2. Undifferentiated vs. differentiated  
 awareness3. The marriage of an illusion to a futility4. The awareness of a baby5. The fallacy of  
 misplaced concreteness6. The sensation of the happening7. Of pain and suffering8. Must life go on  
 and on?9. A natural satori10. The aversion to death11. The eroticism of pain12. The spectrum of  
 vibrationsCD 6. The inevitable ecstasy, Part 21. Intro2. Seeing beyond the game3. A conspiracy we  
 play on ourselves4. The illusion of the ego5. The meaningless life6. This is the game7. So what is  
 the problem?8. Every incarnation is this one9. The state of nothing10. The line of least  
 resistanceCD 7. The world as just so, Part 11. Intro2. To say what can't be said3. Zen's appeal to  
 the West4. Direct pointing5. The origins of Zen6. The golden age of Zen7. No mind, no  
 deliberation8. Who are you?9. Disturbing confusions of the mind10. Who is the thinker behind the  
 thoughts?CD 8. The world as just so, Part 21. Intro2. Escaping the tangle3. The in defines the out  
 defines the in4. The Japanese Zen monastery5. Entering the temple6. Answering the koan7. Seeing  
 past the illusion8. The decline of modern temples9. The truth of the birthless mindCD 9. The world  
 as self, Part 11. Intro2. The totality of all being3. Awareness of the self4. The fundamental I5. Self  
 as play6. The rhythmic dance7. Rules of the game8. The Hindu Yogas9. Western difficulty with  
 Hindu mythologyCD 10. The world as self, Part 21. Intro2. The human world as self3. Stages of  
 citizenship in India4. Shedding the masks5. The limits of self-awareness6. The role of the trickster7.  
 The journey to where you already are8. Fear of enlightenment9. The Yoga Sutra10. How not to use  
 the mind11. Gamesmanship in spiritual practice12. A place for the hermitCD 11. The world as  
 emptiness, Part 11. Intro2. The essence of Hinduism3. The Four Noble Truths4. The cause of  
 suffering5. The Eight-Fold Path6. The Five Good Conducts7. Presence of mind8. A finger point at  
 the moon9. The nature of change10. The mystery of change11. Peaks and valleys go together as  
 oneCD 12. The world as emptiness, Part 21. Intro2. The Buddhist attitude of change3. Willing to  
 die4. A happy death5. Raising the alarm6. The world as Void7. Voiding the Void8. Consider death  
 now9. Thunderous silenceSome of the titles give a concrete idea of the content, others give no idea  
 of the content, and others are just pure poetry and wordplay.How to say what cannot be said!

In general, recordings of Alan Watts lectures, even more than his books, convey his playful  
 approach to his teachings. The rare gift of being serious and yet not being too serious is a rare

quality that makes his legacy enduring. This collection was mostly recorded on his houseboat, on his own turf so to speak. I have heard many hours of Alan Watts lectures from LP, tape, CD, and mp3 sources. In these "houseboat lectures" he is even more clear, lucid, candid, relaxed, and spontaneous than usual. Whether he is talking about cultural myths and approaches to how the universe was created to sex and a hundred other topics you just get the feeling you are in his living room talking to a bunch of friends and worrying even less than usual, if this is possible for him, about what the officials at a college lecture hall, ministers at a church, or a business conference center would think. This collection is superb in giving you the feeling of what it was like to hear Alan Watts in the most informal of settings. If you are a fan of Alan Watts this CD collection is highly worth the price. I do not know who dug up these recordings and edited them but they did a great job. Thank you.

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