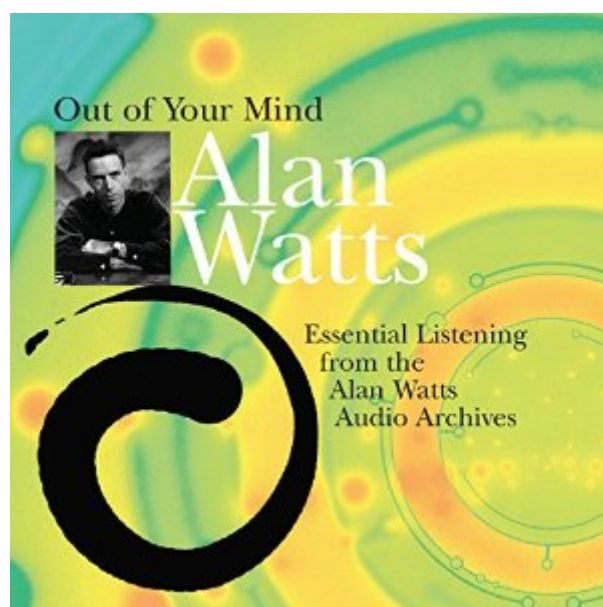


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# Out Of Your Mind



## 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

separateness<sup>5</sup>. Intervals between what happens<sup>6</sup>. Existence as a function of relationship<sup>7</sup>. Understanding the unitive world<sup>8</sup>. An implicit agreement<sup>9</sup>. To be aware of the melody<sup>CD 4</sup>. The web of life, Part 21. Intro<sup>2</sup>. Web as mutuality<sup>3</sup>. The nature of selfishness<sup>4</sup>. A perfectly genuine act<sup>5</sup>. The sound of rain needs no translation<sup>6</sup>. What game would you like to play?<sup>7</sup>. Is it serious?<sup>8</sup>. An invitation to act<sup>CD 5</sup>. The inevitable ecstasy, Part 11. Intro<sup>2</sup>. Undifferentiated vs. differentiated awareness<sup>3</sup>. The marriage of an illusion to a futility<sup>4</sup>. The awareness of a baby<sup>5</sup>. The fallacy of misplaced concreteness<sup>6</sup>. The sensation of the happening<sup>7</sup>. Of pain and suffering<sup>8</sup>. Must life go on and on?<sup>9</sup>. A natural satori<sup>10</sup>. The aversion to death<sup>11</sup>. The eroticism of pain<sup>12</sup>. The spectrum of vibrations<sup>CD 6</sup>. The inevitable ecstasy, Part 21. Intro<sup>2</sup>. Seeing beyond the game<sup>3</sup>. A conspiracy we play on ourselves<sup>4</sup>. The illusion of the ego<sup>5</sup>, The meaningless life<sup>6</sup>. This is the game<sup>7</sup>. So what is the problem?<sup>8</sup>. Every incarnation is this one<sup>9</sup>. The state of nothing<sup>10</sup>. The line of least resistance<sup>CD 7</sup>. The world as just so, Part 11. Intro<sup>2</sup>. To say what can't be said<sup>3</sup>. Zen's appeal to the West<sup>4</sup>. Direct pointing<sup>5</sup>. The origins of Zen<sup>6</sup>. The golden age of Zen<sup>7</sup>. No mind, no deliberation<sup>8</sup>. Who are you?<sup>9</sup>. Disturbing confusions of the mind<sup>10</sup>. Who is the thinker behind the thoughts?<sup>CD 8</sup>. The world as just so, Part 21. Intro<sup>2</sup>. Escaping the tangle<sup>3</sup>. The in defines the out defines the in<sup>4</sup>. The Japanese Zen monastery<sup>5</sup>. Entering the temple<sup>6</sup>. Answering the koan<sup>7</sup>. Seeing past the illusion<sup>8</sup>. The decline of modern temples<sup>9</sup>. The truth of the birthless mind<sup>CD 9</sup>. The world as self, Part 11. Intro<sup>2</sup>. The totality of all being<sup>3</sup>. Awareness of the self<sup>4</sup>. The fundamental I<sup>5</sup>. Self as play<sup>6</sup>. The rhythmic dance<sup>7</sup>. Rules of the game<sup>8</sup>. The Hindu Yogas<sup>9</sup>. Western difficulty with Hindu mythology<sup>CD 10</sup>. The world as self, Part 21. Intro<sup>2</sup>. The human world as self<sup>3</sup>. Stages of citizenship in India<sup>4</sup>. Shedding the masks<sup>5</sup>. The limits of self-awareness<sup>6</sup>. The role of the trickster<sup>7</sup>. The journey to where you already are<sup>8</sup>. Fear of enlightenment<sup>9</sup>. The Yoga Sutra<sup>10</sup>. How not to use the mind<sup>11</sup>. Gamesmanship in spiritual practice<sup>12</sup>. A place for the hermit<sup>CD 11</sup>. The world as emptiness, Part 11. Intro<sup>2</sup>. The essence of Hinduism<sup>3</sup>. The Four Noble Truths<sup>4</sup>. The cause of suffering<sup>5</sup>. The Eight-Fold Path<sup>6</sup>. The Five Good Conducts<sup>7</sup>. Presence of mind<sup>8</sup>. A finger point at the moon<sup>9</sup>. The nature of change<sup>10</sup>. The mystery of change<sup>11</sup>. Peaks and valleys go together as one<sup>CD 12</sup>. The world as emptiness, Part 21. Intro<sup>2</sup>. The Buddhist attitude of change<sup>3</sup>. Willing to die<sup>4</sup>. A happy death<sup>5</sup>. Raising the alarm<sup>6</sup>. The world as Void<sup>7</sup>. Voiding the Void<sup>8</sup>. Consider death now<sup>9</sup>. Thunderous silence

Some 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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