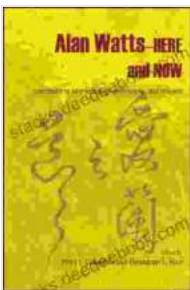


Alan Watts: Exploring the Here and Now

Alan Watts (1915-1973) was a British philosopher and writer whose teachings on Zen Buddhism, Taoism, and other Eastern philosophies gained widespread popularity in the West in the 1950s and 1960s. Watts' unique ability to bridge the gap between Eastern and Western thought resonated deeply with a generation searching for meaning and purpose in a rapidly changing world.



Alan Watts—Here and Now: Contributions to Psychology, Philosophy, and Religion (SUNY series in Transpersonal and Humanistic Psychology)

by Caimh McDonnell

★★★★☆ 4.8 out of 5

Language : English
File size : 1078 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 266 pages



Watts' central message was the importance of living in the present moment, or "the here and now." He taught that by focusing on the past or the future, we miss out on the fullness of life that is available to us in this very moment. He encouraged his listeners to let go of their worries and attachments and to embrace the paradox of life, which is both beautiful and impermanent.

Watts' teachings were often paradoxical themselves, but they always pointed towards a deeper understanding of reality. He said, "The only way to make sense out of change is to plunge into it, move with it, and join the dance." He also said, "The world is not a problem to be solved, but a mystery to be lived." These teachings invite us to let go of our need for certainty and control and to surrender to the flow of life.

Watts' emphasis on the here and now is particularly relevant in today's world, which is often characterized by stress, anxiety, and a constant sense of being overwhelmed. By learning to live in the present moment, we can reduce our suffering and find greater peace and happiness.

Here are some of Watts' most famous quotes on the importance of living in the here and now:

- "The only way to make sense out of change is to plunge into it, move with it, and join the dance."
- "The world is not a problem to be solved, but a mystery to be lived."
- "The past is gone, the future is not yet here, and if we do not go back to each moment, we cannot live."
- "Be like water. Flowing and yielding, yet always meeting every obstacle with an unyielding determination."
- "Life is not a journey, but a dance."

Watts' teachings on the here and now can help us to live more fulfilling and meaningful lives. By letting go of our worries and attachments, we can open ourselves up to the beauty and impermanence of life. We can learn to embrace the paradox of life and to find joy in the present moment.



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