



Alan Watts Teaches Meditation

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Alan Watts Teaches Meditation Alan Watts

Alan Watts has become known as the West's foremost interpreter of Eastern thought, and one of the most original philosophers of this century. Fortunately for us, he is also witty, articulate, insightful, very entertaining, and a pleasure to listen to.

In this audio collection, Alan Watts is all of those things and more, as he explains meditation in its historical context and shares his personal understanding of the richness it can bring to your life.

Alan Watts is also featured demonstrating the relationship of music and sound to meditation with gongs, instruments, and the recitation of a mantra. The demonstration is designed to give the listener the opportunity to experience a mantra meditation with Alan Watts and a group of friends who were brought together especially for this recording.

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