



Still the Mind: An Introduction to Meditation

Alan W. Watts

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During the last decade of his life, Alan Watts lectured extensively as he traveled across the country. He often accompanied his talks with guided meditation sessions and contemplative rituals designed to instruct his audiences in the art of meditation; *Still the Mind* is drawn from recordings of those lectures, meditations, and rituals. Watts's son Mark edited more than 800 hours of audiotapes to create this compilation of his father's teachings. The tape features Alan Watts's thoughts on the purity of everyday experience and the path of soulful contemplation. It concludes with Watts leading a variety of sitting meditations. *Still the Mind* gives listeners insight into the essence of meditation, which Watts defined as the art of being completely centered in the here and now.

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