

Alan Watts

Quotes

*Inspiring, People, Thinking, Men, World, Life, Self, Reality, Mind, Real, Way,
Ideas, Past, Art, Trying, Ego, Eye, Spiritual, Mean, Stars*

The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves.

~Alan Watts

Life is not a problem to be solved, but an experience to be had.

~Alan Watts

Waking up to who you are requires letting go of who you imagine yourself to be

~Alan Watts

This is the real secret of life -- to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.

~Alan Watts

No amount of anxiety makes any difference to anything that is going to happen.

~Alan Watts

You are the universe experiencing itself.

~Alan Watts

We see what we believe rather than what we see.

~Alan Watts

Stop measuring days by degree of productivity and start experiencing them by degree of presence.

~Alan Watts

A person who thinks all the time has nothing to think about except thoughts. So he loses touch with Reality, and lives in a world of illusion.

~Alan Watts

Many people never grow up. They stay all their lives with a passionate need for external authority and guidance, pretending not to trust their own judgment.

~Alan Watts

Insecurity is the result of trying to be secure.

~Alan Watts

As muddy water is best cleared by leaving it alone, it could be argued that those who sit quietly and do nothing are making one of the best possible contributions to a world in turmoil.

~Alan Watts

Better to have a short life that is full of what you like doing than a long life spent in a miserable way.

~Alan Watts

Things are as they are. Looking out into the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations.

~Alan Watts

The only way to make sense out of change is to plunge into it, move with it, and join the dance.

~Alan Watts

No work or love will flourish out of guilt, fear, or hollowness of heart, just as no valid plans for the future can be made by those who have no capacity for living now.

~Alan Watts

To have faith is to trust yourself to the water. When you swim you don't

grab hold of the water, because if you do you will sink and drown. Instead you relax, and float.

~Alan Watts

If we are unduly absorbed in improving our lives we may forget altogether to live them.

~Alan Watts

Never pretend to a love which you do not actually feel, for love is not ours to command.

~Alan Watts

Don't hurry anything. Don't worry about the future. Don't worry about what progress you're making. Just be entirely content to be aware of what is.

~Alan Watts

But my dear man, reality is only a Rorschach ink-blot, you know.

~Alan Watts

Zen... does not confuse spirituality with thinking about God while one is peeling potatoes. Zen spirituality is just to peel the potatoes.

~Alan Watts

Everything in the world is gloriously meaningless.

~Alan Watts

Take a deep breath and tell us your deepest, darkest secret, so we can wipe our brow and know that we're not alone.

~Alan Watts

All that you see out in front of you is how you feel inside your head.

~Alan Watts

Real religion is the transformation of anxiety into laughter.

~Alan Watts

Hurrying and delaying are alike ways of trying to resist the present.

~Alan Watts

You are an aperture through which the universe is looking at and exploring itself.

~Alan Watts

The meaning of life is just to be alive. It is so plain and so obvious and so simple.

~Alan Watts

The 'you' who you think you are does not exist.

~Alan Watts

We have a strange anxiety in us; that if we don't interfere then it won't happen. Now that's the root of an enormous amount of trouble.

~Alan Watts

People sometimes fail to live because they are always preparing to live.

~Alan Watts

Wonder, and its expression in poetry and the arts, are among the most important things which seem to distinguish men from other animals, and intelligent and sensitive people from morons.

~Alan Watts

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.

~Alan Watts

You must not be afraid of playing wrong notes. Just forget it, play it wrong! But play!

~Alan Watts

Faith is, above all, openness; an act of trust in the unknown.

~Alan Watts

The mind's the standard of the man.

~Alan Watts

The destination of life is this eternal moment.

~Alan Watts

The most strongly enforced of all known taboos is the taboo against knowing who or what you really are behind the mask of your apparently separate, independent, and isolated ego.

~Alan Watts

So the bodhisattva saves all beings, not by preaching sermons to them, but by showing them that they are delivered, they are liberated, by the act of not being able to stop changing.

~Alan Watts

The only serious side-effect of #â€Ž marijuana is that you might get arrested.

~Alan Watts

Enlightenment or awakening is not the creation of a new state of affairs but the recognition of what already is.

~Alan Watts

When you get free from certain fixed concepts of the way the world is, you find it is far more subtle, and far more miraculous, than you thought it was.

~Alan Watts

What would you like to do if money were no object? How would you really enjoy spending your life?

~Alan Watts

But the attitude of faith is to let go, and become open to truth, whatever it might turn out to be.

~Alan Watts

Muddy water is best cleared by leaving it alone.

~Alan Watts

We get such a kick out of looking forward to pleasures and rushing ahead to meet them that we can't slow down enough to enjoy them when they come.

~Alan Watts

You can make any human activity into meditation simply by being completely with it and doing it just to do it.

~Alan Watts

It takes time for an acorn to turn into an oak, but the oak is already implied in the acorn.

~Alan Watts

Man suffers only because he takes seriously what the gods made for fun.

~Alan Watts

To go out of your mind at least once a day is tremendously important. By going out of your mind, you come to your senses.

~Alan Watts

Of course, you can't force your mind to be silent. That would be like trying to smooth ripples in water with a flatiron. Water becomes clear and calm only when left alone.

~Alan Watts

Try to imagine what it will be like to go to sleep and never wake up... now try to imagine what it was like to wake up having never gone to sleep.

~Alan Watts

We cannot be more sensitive to pleasure without being more sensitive to pain.

~Alan Watts

The difference between a baby and adult is that a baby believes in everything while the adult doubts everything. Babies also only tell the truth until they learn what a lie is.

~Alan Watts

The reason we want to go on and on is because we live in an impoverished present.

~Alan Watts

You are that vast thing that you see far, far off with great telescopes.

~Alan Watts

There is no coming toward it or going away from it; it is, and you are it.

~Alan Watts

Trying to define yourself is like trying to bite your own teeth.

~Alan Watts

Once you've learned to think you can't stop. And an enormous number of people devote their lives to keeping their minds busy and feel

extremely uncomfortable with silence.

~Alan Watts

The source of all light is in the eye.

~Alan Watts

Do you see yourself as a victim of the world, or do you see yourself as the world?

~Alan Watts

We are the eyes of the cosmos. So that in a way, when you look deeply into somebody's eyes, you're looking deep into yourself, and the other person is looking deeply into the same self.

~Alan Watts

Self-improvement is a dangerous form of vanity.

~Alan Watts

You, yourself, are the eternal energy which appears as this Universe. You didn't come into this world; you came out of it. Like a wave from the ocean.

~Alan Watts

If we cling to belief in God, we cannot likewise have faith, since faith is not clinging but letting go.

~Alan Watts

Meditation is the discovery that the point of life is always arrived at in the immediate moment.

~Alan Watts

No one is more dangerously insane than one who is sane all the time: he is like a steel bridge without flexibility, and the order of his life is rigid and brittle.

~Alan Watts

What keeps us from happiness is our inability to fully inhabit the present

~Alan Watts

Your soul isn't in your body; your body is in your soul!

~Alan Watts

Every explicit duality is an implicit unity.

~Alan Watts

Lack of love for the vegetative, subtle, cthonic, pagan, and sexy aspect of the world means death.

~Alan Watts

In other words, a person who is fanatic in matters of religion, and clings to certain ideas about the nature of God and the universe, becomes a person who has no faith at all.

~Alan Watts

Nirvana is where you are, provided you don't object to it.

~Alan Watts

But at any rate, the point is that God is what nobody admits to being, and everybody really is.

~Alan Watts

Stay in the center, and you will be ready to move in any direction.

~Alan Watts

When we attempt to exercise power or control over someone else, we cannot avoid giving that person the very same power or control over us.

~Alan Watts

You can't live at all unless you can live fully now.

~Alan Watts

There is a deep, peaceful calm in the dawning of a new day.

~Alan Watts

And the attitude of faith is the very opposite of clinging to belief, of holding on.

~Alan Watts

Basically, there is simply nothing to worry about, because you yourself are the eternal energy of the universe.

~Alan Watts

Without birth and death, and without the perpetual transmutation of all the forms of life, the world would be static, rhythm-less, undancing, mummified.

~Alan Watts

Zen is a way of liberation, concerned not with discovering what is good or bad or advantageous, but what is.

~Alan Watts

And the more you become aware of the unknown self - if you become aware of it - the more you realize that it is inseparably connected with everything else that is.

~Alan Watts

this present moment never comes to be and it never ceases to be, it is simply our minds that construct the continuity of thoughts we call time. In the present moment is nirvana.

~Alan Watts

Just as true humor is laughter at oneself, true humanity is knowledge of oneself.

~Alan Watts

So many people of wealth understand much more about making and saving money than about using and enjoying it. They fail to live because they are always preparing to live.

~Alan Watts

But I'll tell you what hermits realize. If you go off into a far, far forest and get very quiet, you'll come to understand that you're connected with everything.

~Alan Watts

The biggest ego trip is getting rid of your ego, and of course the joke of it all is that your ego does not exist.

~Alan Watts

The Universe is the game of the self, which plays hide and seek forever and ever.

~Alan Watts

The style of God venerated in church, mosque, and synagogue seems completely different from the style of the natural universe.

~Alan Watts

Faith is a state of openness or trust.

~Alan Watts

The real Zen of the old Chinese masters was wu-shih, or "no fuss."

~Alan Watts

If you insist on being determined by the past that's your game, but the fact of the matter is it all starts right now.

~Alan Watts

The moralist is the person who tells people that they ought to be unselfish, when they still feel like egos, and his efforts are always and invariably futile.

~Alan Watts

Western religions are more concerned with behavior, doctrine, and belief than with any transformation of the way in which we are aware of ourselves and our world.

~Alan Watts

Where do I begin and end in space? I have relations to the sun and air which are just as vital parts of my existence as my heart.

~Alan Watts

Our view of reality is like a chart of the sea - the truer it is, the less likely we will become lost.

~Alan Watts

The Art of Being: A state of wholeness in which the mind functions freely and easily, without the sensation of a second mind or ego standing over it with a club.

~Alan Watts

The religious idea of God cannot do full duty for the metaphysical infinity.

~Alan Watts

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