

alan watts the taboo against knowing who you are

alan watts the taboo against knowing who you are is a profound concept explored by the renowned philosopher and speaker Alan Watts. Throughout his teachings, Watts delved into the nature of self-awareness, consciousness, and the societal constructs that hinder genuine understanding of our true selves. He argued that society, culture, and even language impose a "taboo" on truly knowing who we are, leading many to live in a state of illusion and disconnection from their authentic nature. This article explores Watts' perspectives on this taboo, its origins, implications, and ways to transcend it to attain a deeper sense of self and harmony with the universe.

The Nature of the Taboo Against Knowing Who You Are

What Does the Taboo Entail?

The taboo against knowing who you are is rooted in the societal and cultural conditioning that encourages individuals to identify with their roles, possessions, or social status rather than their true essence. According to Watts, society promotes a narrative where the self is defined by external achievements, labels, and identities, effectively obscuring the innate awareness of our true nature.

This taboo is subtle yet pervasive, manifesting in beliefs such as:

- "You are your job"
- "You are your possessions"
- "You are your social roles"
- "Your identity is fixed and separate from the universe"

By internalizing these ideas, individuals remain unaware of their deeper, interconnected selves. Watts emphasized that this ignorance is not accidental but reinforced by cultural narratives that serve societal interests, encouraging conformity and consumerism.

The Origins of the Taboo

Watts traced the roots of this taboo to several historical and philosophical developments:

- **Religious doctrines:** Many religions promote the idea of a separate soul or individual self that must be saved or transcended, often emphasizing separation from the divine or universal consciousness.
- **Philosophical dualism:** Western philosophy, especially since Descartes, has often viewed mind and body as separate, reinforcing the idea of a distinct self apart from the world.
- **Language and Conceptualization:** Language categorizes and labels experience, creating distinctions that reinforce the illusion of separateness and fixed identity.

These elements collectively sustain the taboo, making it difficult for individuals to question their conditioned beliefs and recognize their true nature.

Implications of the Taboo on Human Experience

Psychological Effects

The suppression of true self-awareness leads to numerous psychological issues:

- Feelings of alienation and loneliness
- Existential anxiety and despair
- Identity crises and confusion about one's purpose
- Dependence on external validation for self-worth

Watts argued that these issues stem from living in a conditioned state where individuals are disconnected from their authentic selves, leading to internal conflicts and suffering.

Societal Consequences

On a broader scale, the taboo contributes to societal problems such as:

- Consumerism and materialism as substitutes for inner fulfillment
- Conflict and violence rooted in identity-based separations
- Environmental degradation driven by disconnection from nature
- Mental health crises and widespread dissatisfaction

By ignoring or denying our true nature, society fosters a cycle of superficiality and discontent.

Transcending the Taboo: The Path to Self-Realization

Understanding the Illusion of the Separate Self

The first step in overcoming the taboo is recognizing that the sense of a separate, individual "self" is an illusion created by the mind and language. Watts often cited the analogy of a wave in the ocean: just as a wave is an expression of the ocean, the individual self is an expression of the universal consciousness.

Key points include:

- Awareness that the "I" is a process, not a fixed entity
- Recognizing the interconnectedness of all things
- Breaking down mental barriers that reinforce separateness

This understanding paves the way for experiencing oneself as part of the larger cosmos.

Practices for Realizing Your True Self

Watts suggested several practices to help individuals transcend societal conditioning and realize their authentic nature:

- **Meditation and mindfulness:** Cultivating a state of present-moment awareness to observe thoughts and sensations without attachment.
- **Intuitive inquiry:** Questioning societal beliefs and exploring one's own experience beyond labels and concepts.

- **Contemplative practices:** Reflecting on the nature of consciousness and the universe to dissolve the illusion of separateness.
- **Nature immersion:** Spending time in nature to reconnect with the natural flow of life and experience unity.

Through consistent practice, individuals can begin to perceive their true nature beyond the conditioned self-image.

The Role of Language and Culture in Maintaining the Taboo

Language as a Tool of Separation

Watts emphasized that language, while necessary for communication, also constructs and reinforces the illusion of separateness. Words categorize experiences, creating distinctions that the mind then treats as absolute truths.

For example:

- Labels like "self," "other," "good," "bad" shape perceptions and reinforce dualistic thinking.
- Metaphors and narratives often depict the self as isolated from the universe, reinforcing the taboo.

To transcend this, Watts encouraged a more poetic and intuitive relationship with language—using it as a tool for exploration rather than rigid definition.

Cultural Conditioning and Its Reinforcement of the Taboo

Cultures worldwide have historically promoted stories and beliefs that emphasize individualism, separation, and control over nature. This conditioning makes it challenging for individuals to accept their interconnectedness.

Examples include:

- Western emphasis on individual rights and possessions

- Religious doctrines promoting the soul's salvation as separate from the universe
- Educational systems that prioritize compartmentalized knowledge over holistic understanding

Recognizing these influences allows individuals to question and challenge the societal narratives that sustain the taboo.

Conclusion: Embracing the Truth of Who You Are

Alan Watts' teachings on the taboo against knowing who you are invite us to look beyond superficial identities and societal constructs. He urged us to realize that our true nature is not separate or fixed but is an expression of the universal consciousness that underlies all existence.

By confronting the illusions created by language, culture, and the mind, we can begin to experience life more fully, with clarity, compassion, and a sense of unity. Transcending this taboo is not about rejecting the world but about awakening to the profound truth that we are, in essence, the universe experiencing itself.

Ultimately, Watts' message is a call to liberate ourselves from the constraints of conditioned beliefs and to embrace the authentic self—an infinite, interconnected consciousness that has always been present, waiting to be recognized. In doing so, we can live more meaningful, joyful, and harmonious lives, rooted in the understanding that knowing who you are is the most liberating knowledge of all.

Frequently Asked Questions

What is the main message of Alan Watts in 'The Taboo Against Knowing Who You Are'?

Alan Watts emphasizes that human beings often deny their true interconnected nature with the universe, advocating for a deeper understanding of self beyond societal labels and illusions to achieve spiritual awakening.

How does Alan Watts describe the concept of 'self' in his talk?

Watts describes the 'self' not as a separate, isolated entity but as an illusion created by the mind, encouraging individuals to see themselves as part of the larger cosmic unity.

Why does Alan Watts consider the 'taboo' against knowing who you are a problem?

He argues that societal conditioning and cultural taboos prevent people from recognizing their true nature, leading to feelings of alienation, suffering, and a disconnection from life's deeper meaning.

In what ways does Alan Watts suggest we can overcome the taboo of self-knowledge?

Watts recommends practices such as meditation, mindfulness, and philosophical inquiry to dissolve the ego and realize one's unity with the universe, thereby transcending the illusion of separateness.

How has Alan Watts' philosophy influenced contemporary discussions on identity and consciousness?

Watts' ideas have inspired many in the fields of spirituality, psychology, and self-help, encouraging a shift from ego-centered thinking towards understanding interconnectedness and the true nature of self.

What relevance does 'The Taboo Against Knowing Who You Are' have in today's context?

The talk remains highly relevant as it addresses ongoing issues of identity, mental health, and spiritual fulfillment, urging individuals to question societal narratives and seek authentic self-awareness amidst modern distractions.

Additional Resources

Alan Watts: The Taboo Against Knowing Who You Are

Alan Watts, a renowned philosopher, writer, and speaker, delved deeply into the nature of human consciousness and the societal constructs that hinder self-awareness. One of his most profound insights is encapsulated in his essay titled "The Taboo Against Knowing Who You Are," which challenges individuals to confront the illusions of separateness and embrace the interconnectedness of all existence. This article explores Watts' compelling ideas, analyzing the core themes, their implications, and how they resonate in contemporary society.

Understanding the Core Concept: The Taboo Against Knowing Who You Are

Overview of Watts' Thesis

Alan Watts argues that mainstream society fosters a profound taboo—the societal and cultural resistance to recognizing our true nature. He suggests that most people live under the illusion of separateness, believing themselves to be isolated individuals disconnected from the universe. This illusion stems from language, cultural conditioning, and the way society structures our perceptions of self and others.

Watts emphasizes that this taboo is not overt but deeply ingrained, influencing how individuals perceive their existence, their purpose, and their relationship with the world. The crux of his message is that discovering who you truly are requires breaking this taboo—questioning the assumptions of separateness and embracing a more holistic understanding of identity.

The Illusion of Separation

At the heart of Watts' philosophy is the idea that the perceived separation between self and universe is an illusion. Our societal narratives and linguistic constructs reinforce this division—"I" versus "the world," "subject" versus "object." Watts posits that recognizing the interconnectedness of all things dissolves this illusion, leading to a sense of unity and peace.

He illustrates this with examples from Eastern philosophies like Zen Buddhism and Taoism, which emphasize the unity of all existence. Watts encourages Western audiences to adopt an experiential understanding of this interconnectedness, moving beyond intellectual comprehension to direct realization.

The Societal Roots of the Taboo

Language and Cultural Conditioning

One of the primary reasons for this taboo, according to Watts, is language.

Words categorize and separate experiences, creating distinctions that reinforce the sense of a separate self. The very act of naming and labeling leads to a fragmented perception of reality.

Cultural conditioning, including religious doctrines, educational systems, and societal norms, further entrenches the idea of individual separateness. These systems often promote the notion of the individual as a distinct entity responsible for their own salvation or success, thus strengthening the illusion of separateness.

Features of this conditioning include:

- Emphasis on individual achievement over collective well-being
- Religious teachings focusing on the soul's separation from the divine
- Educational paradigms that prioritize individual grades and success

Pros:

- Provides a sense of identity and purpose
- Encourages personal responsibility

Cons:

- Reinforces the illusion of separateness
- Creates feelings of alienation and disconnection

Economic and Political Structures

Modern economic and political systems often reinforce the taboo by promoting competition, individualism, and materialism. These structures encourage individuals to see themselves as isolated actors striving for personal gain, further distancing them from a sense of unity with others.

Breaking the Taboo: Pathways to Self-Realization

Mindfulness and Direct Experience

Watts advocates for experiential awareness—practices like meditation, mindfulness, and introspection—as means to pierce the illusion of separateness. By observing thoughts, feelings, and sensations without attachment, individuals can glimpse their true nature beyond societal

conditioning.

Key practices include:

- Meditation to quiet the mind
- Observing thoughts without judgment
- Engaging fully in the present moment

Advantages:

- Cultivates inner peace
- Facilitates direct insight into the nature of self

Challenges:

- Requires consistent practice
- Difficult to maintain amidst societal distractions

Philosophical and Spiritual Inquiry

Watts encourages philosophical exploration and spiritual inquiry outside dogmatic frameworks. He draws from Eastern traditions and modern science to illustrate that understanding one's true nature is accessible through open-minded questioning.

Features of this approach:

- Embracing paradox and uncertainty
- Recognizing the limitations of language and thought
- Cultivating humility about what can be known

Pros:

- Deepens understanding of existence
- Fosters a sense of interconnectedness

Cons:

- Can lead to existential confusion if not guided properly
- May challenge deeply held beliefs

Living in Harmony with the Universe

Ultimately, Watts believes that recognizing our unity with the universe entails living harmoniously with the flow of life. This involves relinquishing the ego-driven desire for control and embracing spontaneity and interconnectedness.

Features:

- Letting go of attachment to outcomes
- Embracing change and impermanence
- Cultivating compassion and empathy

Pros:

- Leads to greater fulfillment
- Reduces suffering caused by resistance to change

Cons:

- Difficult in a society that values control and predictability
- Requires ongoing effort and awareness

Implications for Modern Society

Addressing Mental Health and Well-being

Watts' ideas offer a pathway to mental health by alleviating feelings of alienation, anxiety, and existential dread. Recognizing the interconnectedness can foster resilience and a sense of belonging, countering loneliness prevalent in modern life.

Advantages:

- Reduces stress and depression
- Promotes a sense of purpose beyond material success

Challenges:

- Societal structures often discourage introspection
- Cultural resistance to unconventional spiritual ideas

Environmental Awareness and Responsibility

Understanding our unity with nature encourages environmental stewardship. When individuals see themselves as part of the ecosystem, they are more likely to act responsibly and sustainably.

Features:

- Shift from exploitation to stewardship
- Recognition of the environment as an extension of oneself

Pros:

- Promotes conservation efforts
- Fosters a sustainable worldview

Cons:

- Economic interests may conflict
- Cultural shifts require time and collective effort

Educational and Societal Transformation

Incorporating Watts' insights into education could promote holistic development, emphasizing self-awareness and interconnectedness alongside cognitive skills.

Features:

- Curricula that include mindfulness and philosophy
- Emphasis on community and collaboration

Pros:

- Develops well-rounded individuals
- Builds compassionate societies

Cons:

- Resistance from traditional educational institutions
- Implementation challenges

Critiques and Limitations

While Watts' ideas are inspiring, they are not without critique:

- Some argue that his emphasis on experiential realization may be inaccessible to many due to cultural, linguistic, or psychological barriers.
- Others feel that his rejection of societal structures might overlook their necessity for social order.
- The abstract nature of his teachings can be difficult to translate into practical everyday action.

Summary of limitations:

- Potential for escapism
- Cultural and individual differences in receptivity
- Challenges in applying philosophical insights practically

Conclusion: Embracing the Wisdom of Watts

Alan Watts' "The Taboo Against Knowing Who You Are" remains a powerful call to question societal norms and explore the depths of our true nature. His insights challenge us to dismantle the illusions of separateness that divide us from ourselves, others, and the universe. While societal structures and language reinforce the taboo, Watts provides a roadmap—through mindfulness, philosophical inquiry, and compassionate living—to transcend these barriers.

By embracing Watts' teachings, individuals can cultivate a profound sense of interconnectedness, leading to greater peace, understanding, and harmony with the world. The journey toward self-awareness is undoubtedly complex and demanding, but it promises a liberation from the illusions that hinder our true nature. In a world increasingly disconnected and divided, Watts' philosophy offers a vital reminder: knowing who you are is the key to unlocking a more compassionate and unified existence.

Features Recap:

- Deep philosophical insights grounded in Eastern and Western traditions
- Practical pathways for self-awareness and realization
- Emphasis on experiential understanding over intellectualism
- Encourages societal and environmental responsibility
- Challenges societal norms and cultural conditioning

Pros:

- Promotes inner peace and resilience
- Fosters a sense of universal unity
- Encourages compassionate living
- Offers tools for personal growth

Cons:

- Abstract and potentially inaccessible
- May conflict with societal values
- Requires dedication and ongoing effort

In conclusion, Watts' exploration of the taboo against knowing who you are invites us to reconsider the very foundation of our identity and existence. By confronting the illusions of separateness, we open ourselves to a richer, more interconnected experience of life—one that can transform not only ourselves but the world around us.

Alan Watts The Taboo Against Knowing Who You Are

alan watts the taboo against knowing who you are: The Book Alan Watts, 1989-08-28 A revelatory primer on what it means to be human, from the perfect guide for a course correction in life (Deepak Chopra)—and a mind-opening manual of initiation into the central mystery of existence. At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the “outside” world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. To help us understand that the self is in fact the root and ground of the universe, Watts has crafted a revelatory primer on what it means to be human—and a mind-opening manual of initiation into the central mystery of existence. In *The Book*, Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the Hindu philosophy of Vedanta.

alan watts the taboo against knowing who you are: A Study of the Sources of Alan W. Watts' The Book on the Taboo Against Knowing who You are Lawrence J. Knapp, 1971

alan watts the taboo against knowing who you are: In My Own Way Alan Watts, 2011-02-09 In this new edition of his acclaimed autobiography — long out of print and rare until now — Alan Watts tracks his spiritual and philosophical evolution. A child of religious conservatives in rural England, he went on to become a freewheeling spiritual teacher who challenged Westerners to defy convention and think for themselves. Watts's portrait of himself shows that he was a philosophical renegade from early on in his intellectual life. Self-taught in many areas, he came to Buddhism through the teachings of Christmas Humphreys and D. T. Suzuki. Told in a nonlinear style, *In My Own Way* combines Watts's brand of unconventional philosophy with wry observations on Western culture and often hilarious accounts of gurus, celebrities, and psychedelic drug experiences. A charming foreword by Watts's father sets the tone of this warm, funny, and beautifully written story. Watts encouraged readers to “follow your own weird” — something he always did himself, as this remarkable account of his life shows.

alan watts the taboo against knowing who you are: Alan Watts Here and Now Peter J. Columbus, Donadrian L. Rice, 2012-06-01 Considers the contributions and contemporary significance of Alan Watts.

alan watts the taboo against knowing who you are: Psychology and the Perennial Philosophy Samuel Bendeck Sotillos, 2013-02-26 Modern psychology is at an impasse as it searches anxiously for new therapies to address the increasing occurrence of mental illness in contemporary society. In this groundbreaking anthology, leading authors from the perennialist school, including Huston Smith, Seyyed Hossein Nasr, and Frithjof Schuon, draw on the age-old insights of the world's wisdom traditions to argue that modern psychology—behaviorism, psychoanalysis, humanistic and transpersonal psychology—overlooks the specifically spiritual factors contributing to mental health and illness.

alan watts the taboo against knowing who you are: In Praise of Radiant Beings David W. Jardine, 2016-09-01 This text is a collection of essays by noted curriculum scholar and philosopher of education, David W. Jardine. It ranges over twenty-five years of work with teachers and students in schools. The main purpose of these essays is to provide teachers with new ways of thinking about

their circumstances that side step some of the panic and exhaustion that is all too typical of many school settings. Using ideas and images from Buddhism, ecological thinking, and hermeneutics, the author shows how these lineages help with the practical work of thinking and acting differently regarding the knowledge entrusted to teachers and students in schools. It offers the image of living fields of relations as an alternative to the fragmented, industrial-assembly machinations that drive much curriculum thinking and practice. It roots this alternative in solid scholarly work, both inside and outside of the orbit of educational literature. This book can provide encouragement and example to those working in schools who have sensed the shifting of human consciousness and conscience over the past decades towards issues of sustainability, interrelatedness, diversity, ancestry, ecological well-being, and dependent co-arising. It provides solid classroom-based examples coupled with substantial scholarly delving into the roots of such work in long-standing streams of thinking that are born outside of the usual orbits of educational theory and practice, but that provide that practice with a refuge and a relief and an alternative. This book can also provide examples to those doing graduate work in education of how interpretive research into classrooms can be conducted, and how this work must be solid, well-rooted, scholarly and meticulously thought out. It is useful as a handbook and sourcebook for interpretive research or hermeneutic research, and provides a wide array of sources and themes for the conduct of such work.

alan watts the taboo against knowing who you are: Virtually Human Martine Rothblatt, 2014-09-09 Virtually Human explores what the not-too-distant future will look like when cyberconsciousness—simulation of the human brain via software and computer technology—allows our consciousness to be present forever. Meet Bina48, the world's most sentient robot, commissioned by Martine Rothblatt and created by Hanson Robotics. Bina48 is a nascent Mindclone of Martine's wife that can engage in conversation, answer questions, and even have spontaneous thoughts that are derived from multimedia data in a Mindfile created by the real Bina. If you're active on Twitter or Facebook, share photos through Instagram, or blogging regularly, you're already on your way to creating a Mindfile—a digital database of your thoughts, memories, feelings, and opinions that is essentially a back-up copy of your mind. Soon, this Mindfile can be made conscious with special software—Mindware—that mimics the way human brains organize information, create emotions and achieve self-awareness. This may sound like science-fiction A.I. (artificial intelligence), but the nascent technology already exists. Thousands of software engineers across the globe are working to create cyberconsciousness based on human consciousness and the Obama administration recently announced plans to invest in a decade-long Brain Activity Map project. Virtually Human is the only book to examine the ethical issues relating to cyberconsciousness and Rothblatt, with a Ph.D. in medical ethics, is uniquely qualified to lead the dialogue.

alan watts the taboo against knowing who you are: Metanoia Mon Amour Nicolás Gadda Thompson, 2024-06-28 Today, more than ever, we need to regain a certain clarity, to re-integrate knowledge, to converge in ideas, to return to Oneness. Sacred geometry and introspective psychonautics are lost arts that we must recover. Regenerative development and systemic thinking are new approaches that we must incorporate. Thinking Reality as networks that connect nodes, and not as isolated elements in linear sequence, is the most concrete basic proposal that the reading of this book offers us. Acting generatively as a consequence will be one of the most demanding and relevant challenges of our present time. It is on this basis that the following proposal is developed: to recover lost knowledge, to incorporate it into our mental frameworks and to integrate it with the exercise of modern science and the advent of new technologies. It is time to recognize the symbolic and, at the same time, pragmatic capital that we inherited from our ancestors, and it is also time to celebrate the talent and vocation of those who today are leading disruptive development in all fields of knowledge. This proposal is not just an exercise in historical or social vindication, nor an ode to novelty for the sake of novelty, but rather promotes the key guidelines for the design of a roadmap that will allow us to identify and apply the right solutions to the multiple challenges facing our overwhelmed humanity today. This book is intended for freethinkers of all ages, of all colors and

from all corners of the globe; it is a wake-up call that comes from deep within, but it is also a call to action that aims at the most universal.

alan watts the taboo against knowing who you are: The Star Wars Heresies Paul F. McDonald, 2013-09-17 Despite the insatiable public appetite for all things Star Wars, the more analytical side of the saga is all too often ignored. This book offers a new way of seeing George Lucas' space opera--particularly the prequel trilogy, a series never given a fair chance because of constant comparisons to the iconic originals. In the classic style of Joseph Campbell, the trilogy is viewed through the lens of myth and metaphor, revealing a body of work not only worthy of scholarly study but perhaps destined to find therein its home. A wide variety of philosophical and mythological themes are presented and expounded upon, drawing from a rich source of scholars, thinkers, writers, and poets from East and West alike. Heretical or not, the Star Wars prequels are a surprisingly rich source of insight into the saga--as well as the human drama--as a whole.

alan watts the taboo against knowing who you are: *God Was in This Place & I, i Did Not Know* Rabbi Lawrence Kushner, 2011-07-26 Selected as a Union of American Hebrew Congregations (UAHC) "Significant Jewish Book" Jacob was running away from home. One night he lay down in the wilderness to sleep and had one of the great mystical experiences of Western religion. He dreamed there was a ladder, with angels ascending and descending, stretched between heaven and earth. For thousands of years, people have tried to overhear what the messengers came down to tell Jacob, and us. Now in a daring blend of scholarship and imagination, psychology and history, Lawrence Kushner gathers an inspiring range of interpretations of Genesis 28:16 given by sages, from Shmuel bar Nachmani in third-century Palestine to Hannah Rachel Werbermacher of Ludomir who lived in Poland two hundred years ago. Through a fascinating new literary genre and Kushner's creative reconstruction of the teachers' lives and times, we enter the study halls and sit at the feet of these spiritual masters to learn what each discovered about God's Self and ourselves as they ascend and descend Jacob's ladder. In this illuminating journey, our spiritual guides ask and answer the fundamental questions of human experience: Who am I? Who is God? What is God's role in history? What is the nature of evil? How should I relate to God and other people? Could the universe really have a self? Rabbi Lawrence Kushner brilliantly reclaims a millennium of Jewish spirituality for contemporary seekers of all faiths and backgrounds. *God Was in This Place & I, i Did Not Know* is about God and about you; it is about discovering God's place in the universe, and yours.

alan watts the taboo against knowing who you are: God Was in This Place & I, I Did Not Know—25th Anniversary Ed Lawrence Kushner, 2016-03-01 Selected as a Union of American Hebrew Congregations (UAHC) "Significant Jewish Book" Jacob was running away from home. One night he lay down in the wilderness to sleep and had one of the great mystical experiences of Western religion. He dreamed there was a ladder, with angels ascending and descending, stretched between heaven and earth. For thousands of years, people have tried to overhear what the messengers came down to tell Jacob, and us. Now in a daring blend of scholarship and imagination, psychology and history, Lawrence Kushner gathers an inspiring range of interpretations of Genesis 28:16 given by sages, from Shmuel bar Nachmani in third-century Palestine to Hannah Rachel Werbermacher of Ludomir who lived in Poland two hundred years ago. Through a fascinating new literary genre and Kushner's creative reconstruction of the teachers' lives and times, we enter the study halls and sit at the feet of these spiritual masters to learn what each discovered about God's Self and ourselves as they ascend and descend Jacob's ladder. In this illuminating journey, our spiritual guides ask and answer the fundamental questions of human experience: Who am I? Who is God? What is God's role in history? What is the nature of evil? How should I relate to God and other people? Could the universe really have a self? Rabbi Lawrence Kushner brilliantly reclaims a millennium of Jewish spirituality for contemporary seekers of all faiths and backgrounds. *God Was in This Place & I, i Did Not Know* is about God and about you; it is about discovering God's place in the universe, and yours.

alan watts the taboo against knowing who you are: *Notes on an Emergency* Elizabeth Léonie Simpson, 2005-09 This challenging, probing work about a woman's recovery from tubercular

meningitis is both an intellectual and intensely personal exploration of the unconscious, the mental state of nothingness, identity, existentialism, medicine, religion, and most especially, love.

alan watts the taboo against knowing who you are: Explaining Evil J. Harold Ellens, 2011-02-18 In this three-volume set, international scholars from across a broad spectrum of scholarly fields examine the concept of evil throughout history and world cultures from religious, scientific, psychological, and political perspectives. The manifestation of evil has provided a convenient theme for popular culture entertainment, ranging from the classic film *The Exorcist*, to almost all of Stephen King's horror novels, to video games such as *Resident Evil*. Unfortunately, dealing with—and attempting to overcome—the forces of evil is a pervasive problem in the real world as well. *Explaining Evil* addresses incidents of evil from ancient times to modern day around the globe. Concepts of evil within the big three religions—Christianity, Judaism, and Islam—are examined, as well as in Chinese philosophy and Native American beliefs. The political or national expressions of evil are explored, such as the axis of evil that culminated in World War II. These volumes identify the causes and effects of evil, and suggest possible remedies to humanity's inescapable flaw.

alan watts the taboo against knowing who you are: Rabelais and Panurge Mary E. Ragland, 2023-11-27

alan watts the taboo against knowing who you are: At Home in Infinity P. D. Crawford, 2021-03-31 *At Home in Infinity: Exploring a Philosophy of Wholeness* is a collection of short, non-academic essays that aims to promote thoughtful reflection as a way of meeting the challenges of everyday life. Written by an author with a background in Educational Psychology, Music, Interdisciplinary Studies, and World Religions, this book draws from an eclectic array of thinkers, ranging from ancient philosophers to contemporary poets. Its various topics provide a multifaceted focus on its major theme: the wholeness of reality, as experienced in the interdependence of all life. *At Home in Infinity* is for readers seeking encouragement to support transformative change or to enhance their ongoing engagement with everyday life through self-reflection.

alan watts the taboo against knowing who you are: Awakening to the Dream Leo Hartong, 2003-07-01 For centuries, philosophers and theologians have pondered questions such as Who are we? and What is the self? *Awakening to the Dream* is a book about you and your true identity. *Awakening to the Dream* is a very clear, approachable overview of the enigmatic philosophy of Advaita Vedanta, also known as non duality. Essentially, this is a book about you. It points to and from the source of your true identity. The clear seeing that it refers to is neither complex nor simple. It is not something exclusive for intellectual or spiritual elite, nor is it remote or hiding in the future. It is all inclusive, pure presence, closer than your breath. It is the heart of hearts, your birthright and innermost self. This is your invitation to remember what was never really forgotten.

alan watts the taboo against knowing who you are: Inventing the Child Joseph L. Zornado, 2021-11-18 This book traces the historical roots of Western culture's stories of childhood in which the child is subjugated to the adult. Going back 400 years, it looks again at Hamlet, fairy tales of the Brothers Grimm, and Walt Disney cartoons. *Inventing the Child* is a highly entertaining, humorous, and at times acerbic account of what it means to be a child (and a parent) in America at the dawn of the new millennium. John Zornado explores the history and development of the concept of childhood, starting with the works of Calvin, Freud, and Rousseau and culminating with the modern consumer childhood of Dr. Spock and television. The volume discusses major media depictions of childhood and examines the ways in which parents use different forms of media to swaddle, educate, and entertain their children. Zornado argues that the stories we tell our children contain the ideologies of the dominant culture—which, more often than not, promote happiness at all costs, materialism as the way to happiness, and above all, obedience to the dominant order.

alan watts the taboo against knowing who you are: An Ordinary Dude's Guide to Enlightenment John Weiler, Beer drinkin' dudes can be enlightened, too. While many enlightenment books suggest that a life of purity, angelic behavior, and a clean diet are required for inner peace—the truth isn't so black and white. I was once like many seekers. On a spiritual quest to

cast out my own feelings of emptiness and inadequacy. The big questions bothered me: Who am I? How can I find the inner peace I so desperately crave? What is the purpose of my life? After nearly a half decade search for answers, hundreds of hours spent in meditation, and even more time spent reading philosophy, spiritual and Buddhist books, a meeting with an enlightened teacher transformed me: the seeker became an ordinary dude. In this guide you'll find no gurus. No monks. No mystics. But instead a dude just like you...perhaps someone you'd meet in a bar and chat about life's big questions till the early hours of the morning. While you'll learn that enlightenment is much more ordinary than you think, you'll discover a not-so-ordinary understanding of life and the world we live in. If you want to put the spiritual quest behind you, escape the pressures of the modern world and endless search for completeness, and find contentment in everyday life, then I invite you to pull up a bar stool, crack a beer, and stay up with me till the wee hours.

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