

"Pathbreaking." —MARIA POPOVA, BRAIN PICKINGS

*The*  
**MEANING**  
*of*  
**HAPPINESS**

THE QUEST FOR FREEDOM OF THE  
SPIRIT IN MODERN PSYCHOLOGY AND  
THE WISDOM OF THE EAST

**ALAN WATTS**

Author of *The Wisdom of Insecurity*

Alan Watts

# The Meaning of Happiness: The Quest for Freedom of the Spirit in Modern Psychology and the Wisdom of the East



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Deep down, a lot of people think that happiness comes from having or doing something. Right here, in Alan Watts' *Although* created early in his career, *The Meaning of Happiness* displays the hallmarks of his mature design: the crystal-obvious composing, the homespun analogies, the dry wit, and the breadth of understanding that produced Alan Watts probably the most influential philosophers of his era. Drawing on Eastern philosophy, Western mysticism, and analytic psychology, Watts demonstrates that happiness comes from accepting both outer world around us and the inner world inside us —"method of acceptance. the unconscious mind, with its irrational desires, lurking beyond the awareness of the ego.s groundbreaking third publication (originally published in 1940), he presents a far more challenging thesis: authentic happiness comes from embracing life all together in every its contradictions and paradoxes, an attitude that Watts calls the "



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It is normally interesting to read what Watts must say about Christianity, specifically in light of current occasions. a total genius. with a well rounded knowledge of all there is certainly to know. he has significantly inspired me, i want he had been still around and i can only desire to incarnate some of his wisdom in my travels of the world. Happiness originates from acceptance of both the reality and the illusion as companions. And this one is actually about happiness. You don't have to be a enthusiast of Alan Watts to enjoy and benefit from this publication. As I open up the publication with anticipation, I realize that back in the day when Mr. He confesses the truth from the get go, and simply. Today, as I review this idol's take on happiness, we have vast research findings offering facts about what happiness is and how better to be favored by it. Although some may write about how to obtain joy by changing one's circumstances, he explains, and while others may write about how to obtain pleasure by changing oneself, our youthful mister Watts notes that joy is not something we get by performing anything to acquire it. We understand that folks who find factors to experience grateful are happier than those who don't. hard to believe. He wrote this book when he was just 24 yrs . old! It came out in 1940, and was then republished in 1953. Rather, happiness comes from understanding, from the knowing of non-duality, which ends the illusion of a self that must find happiness. We could Google for even more of the research, but let's can get on to engaging in Alan Watts. To have the sort of ideas, and capability to express them therefore well, at such a young age, is certainly remarkable. I can't imagine offering any little bit of wisdom to someone of my father's generation without hearing a comeback relativizing my declaration and pointing out its weaknesses. Young Mr. Watts does not have any such concern. He starts with great self-confidence, as he is but moving along wisdom from time immemorial, from the oldest of the spiritual literature, of Vedanta. Watts was with us and communicating, the advent of "Positive Psychology" was still years apart. Christianity provides a path for the non-mystic, to contemplate the heart of Jesus and note how exactly it affects one's motivations. For one, we realize that sharing experiences with others provides even more long term happiness than having stuff. It's almost 80 years old. In other words, if you want to be content, become enlightened! That places it simply enough. Among the styles that Watts rides comes from his integration of Jungian psychology, with its resolution of the opposites, and Eastern philosophy that represents unity via the mandala of the yin/yang symbol. This author's function will promote you to take into account what and who comprises reality as well as your place in the world. Happiness as Total Acceptance Happiness is seeing an old Alan Watts book brought back to life! Actually, Watts considered this publication to be about acceptance, profound acceptance, as the key to joy. We are more familiar with the idea today, if forget about poetic or as useful as Watts to describe the way we trip the paradox.amazing book we cant believe the data this man had in age 21. He notes that the idea of acceptance exists, but quite hidden, in the doctrines of Christianity." In this context, sin is more easily understood as "missing the tag," as Watts describes sin as "bad flavor; If we convert to the Christian mystics, nevertheless, the theme of acceptance finds a place. You can't run away from your own feet, nor can you run after them. Somewhat just like the Higher Power in Alcoholics Anonymous and their slogan, "artificial it until you make it," performing in a manner much like Jesus gradually results in the inner experience of communion with Jesus, and therefore God. The publication is fun to learn, not just because of Watts' readable style, but also as the positions he takes and the materials he discusses, coming from an earlier era, and yet discussing the same points we talk about today, gives these styles an aura of inevitability and timelessness. I'm thinking if his words could have a special impact on today's readers. Reaching close to the end of his providing, he quotes Saint Augustine, "Like, and perform as you will. He notes that this religion is based much

more on adherence to doctrine while Eastern religions are more concerned with states of mind. it really is sensationism as distinctive from sensibility." Here he is introducing a note of the "postmodern" perspective (which I don't believe existed as a vocabulary word during Watts' time) on what usually gets treated in an exceedingly dualistic manner. How exactly to be as happy as your dog, or at least as content as our author, whom we are pleased to satisfy again. Helping others provides happiness. Alan Watts is Incredible! Another approach to looking at life in a distinctive way. Suffering originates from separation, the opposition of self and world.



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