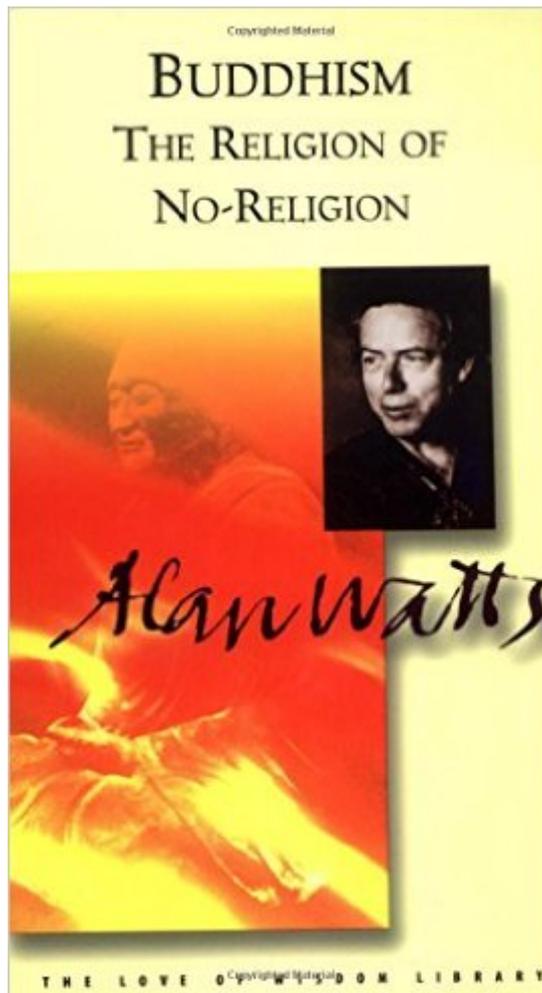


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# Buddhism The Religion Of No-Religion (Alan Watts Love Of Wisdom)



## Synopsis

The widespread influence of Buddhism is due in part to the skill with which a way of liberation was refined by its teachers and became accessible to people of diverse cultures. In this dynamic series of lectures, Alan Watts takes us on an exploration of Buddhism, from its roots in India to the explosion of interest in Zen and the Tibetan tradition in the West. Watts traces the Indian beginnings of Buddhism, delineates differences between Buddhism and other religions, looks at the radical methods of the Mahayan Buddhist, and reviews the Four Noble Truths and The Eightfold Path

## Book Information

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## Customer Reviews

Transcribed from recordings of lectures by Alan Watts, this book contains the most dynamic and comprehensive introduction to Buddhism I have yet to read. I have plenty of books that try too hard to attack the novice readers with multiple Zen riddles and the "complexities that are not complex." By the time the curious readers get to the third chapter of such books, a fascinating subject dwindles away. Not so with this book. The credit goes to both Alan Watts ---for his smooth and concise lectures--- and the person/people who edited the transcripts. The result is 98 pages of a keen and precise overview of Zen Buddhism, where concepts of "The Religion of No-Religion" and "The Middle Way" are easily accessible to readers who are going into the subject matter knowing nothing. I especially liked the way Watts explains how the concept "The Cause of Suffering is Desire" is often misunderstood, emphasizing that when translated into English, "desire" might better be represented with words like "craving, clinging, or grasping." He then does an excellent narrative

into the paradox of students trying to eliminate "desire" from their existence, only to learn they are still desiring something: not to desire. Watts walks the reader through these way-out riddles in a way few people can. I would go as far to recommend this work above Alan Watts' better known "The Way of Zen" if this is your first venture into Buddhism. After reading this book, "The Way of Zen" is a great follow-up, and the other complex introductions to Zen Buddhism will begin to make more sense. Nothing esoteric here, just straight talk on Buddhism.

This book explains PLAINLY and SIMPLY what exactly Buddhism actually is. It benefits the reader immediately. No wonder he is the "Master of Communication." While reading this book, studying the "Concepts of Buddhism", they began to settle in my mind, coming through in my meditation. Without the "Concepts", meditation seems like autohypnosis. With these ideas from the Awakened One, meditation starts to have a lasting effect. I have had days of Nirvana without a thought in my head! I did feel as if there were no difference between myself and another. The time passed as if it were a dream. Silence. What a change from the noise that used to go on. I owe it to Alan Watts. What an amazing man! Used in conjunction with Alan Watts' audio cassette, "Alan Watts Teaches Meditation", this is the most practical and effective book I have ever read! WOW!

I was an utter emotional wreck after having recently stopped my anti-depressant. I remembered listening to Dr. Watts' lectures on the radio many years ago. After purchasing this book and beginning to read just the first few pages I immediately recognized, in this book, the same wit, humor and insight of his famous lectures. Almost to the point where, at the end of certain phrases or paragraphs, you can almost hear the late dr. laugh. I would highly recommend this book to anyone who remembers Dr. Watts' lectures, who is interested in Zen philosophy or especially to anyone who is searching for their spiritual or emotional center.

This is a collection of Watts' recorded lectures in which he lays bare with lucid description the most difficult Buddhist concepts.

This is a great introduction on Buddhism from someone who didn't just transfer knowledge from the East to the West but someone who actually contributed a great deal to Buddhism (at least in the opinion of this reviewer). The book is elegant, short and sweet and gives you a very nice sense of what Buddhism and Zen Buddhism in particular is all about. When I read this my junior year in high school it changed my life! I bought it again all these years later now that I'm graduating college and I

found it even more refreshing the second time. Hopefully Gutei doesn't cut my finger off!

I read Alan Watts book "The Book" many years ago while first discovering Buddhism and Zen. This little volume is as succinct an explication as I know on these subjects and an absolute joy to peruse.

Alan Watts delivers an interesting perspective on Buddhism and its various evolutions. Done with humorous intent I found the style engaging and informal while delivering accurate information. Alan Watts simply and directly delivers concepts and explains them in clear and understandable language. An excellent and informative book for persons curious about background and philosophy.

This is a re-write of Alan's lectures, by his son. The language does not flow and the elaborate thoughts are too condensed. I would rather listen to Mr. Watt's original talks, or read the books written by himself. This book does not do justice to the beauty and grace which Alan applied in his original writings.

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