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# Tao The Watercourse Way

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*Tao The Watercourse  
Way*

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## TAO THE WATERCOURSE WAY BOOK REVIEW

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Invite to our literary world! Below at our magazine, we know the power of an excellent **Tao The Watercourse Way evaluation**. It can lead you to your next preferred book, expand your horizons with a non-fiction masterpiece, and assist you discover new writers. That's why we're excited to take you on a trip to explore the remarkable globe of **Tao**

**The Watercourse Way book examines.**

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## DISCOVER NEW BOOKS

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As starved visitors, all of us recognize the sensation of completing a publication and wondering what to read following. This is where Tao The Watercourse Way come in convenient. By reviewing reviews, we can discover our next preferred novel or non-fiction work of art.

## Expanding Your Horizons

Maybe you've never ever review a sci-fi novel previously, or you're curious concerning the latest self-help book. Tao The Watercourse Way can assist you check out new genres and subjects, broadening your analysis horizons.

When trying to find trustworthy evaluation sources, think about relied on publication blogs, publication testimonial internet sites, and literary publications. Don't be afraid to check out testimonials from several resources to obtain a well-rounded understanding of a publication.

## Choosing the Right Tao The Watercourse Way Publication

When selecting a new publication to read, it's important to choose one that lines up with your passions. Reading reviews can aid you establish if a Tao The Watercourse Way book is appropriate for you. Seek testimonials that review the story, composing design, and overall tone of guide.

And bear in mind, analysis is subjective. Just because a book has beautiful

reviews does not suggest you will love it, and the other way around. Use assesses as an overview, however eventually trust your own impulses when choosing your next read.

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### **THE IMPORTANCE OF TAO THE WATERCOURSE WAY EVALUATIONS**

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When it concerns the globe of books, there's no denying the value of testimonials. As a matter of fact, reviews can make or damage a book's success. As readers, we depend on evaluations to assist us make a decision whether to invest our money and time in a new book. As writers, reviews give useful responses and can help improve book sales.

Evaluations also play a significant function in shaping the literary globe. They can affect reader point of views and also affect the total perception of Tao The Watercourse Way book or author. Favorable evaluations can create buzz and bring in new readers, while negative evaluations can prevent potential readers and hurt a book's credibility.

As a result, it's important to share your honest point of views with Tao The Watercourse Way testimonials. Your comments can assist other readers locate their following preferred publication and support authors in their literary journey. So, the next time you complete a book, take a couple of mins to compose a testimonial and make your voice heard in the world of literature!

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## FICTION TAO THE WATERCOURSE WAY REVIEWS

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When it involves book testimonials, fiction books are usually one of the most widely reviewed and assessed. From romance and mystery to sci-fi and fantasy, there are countless genres to select from. Whether you're a fan of heartwarming love stories, thrilling murder mysteries, or mind-bending sci-fi adventures, there's always Tao The Watercourse Way publication waiting to captivate you.

## The Power of

## Narration

At the heart of every good fiction Tao The Watercourse Way book is an engaging tale. As visitors, we're drawn to characters who face challenges, conquer obstacles, and ultimately, arise victorious. We become invested in their lives and in the world developed by the author. The most effective fiction publications transport us to various times and areas, and make us feel a variety of feelings, from love and delight to despair and fear.

## The Relevance of

# Fiction Evaluations of Tao The Watercourse Way

Evaluations play a vital duty in the world of fiction books. They assist readers choose which Tao The Watercourse Way books to check out following and supply useful responses to writers. Additionally, reviews can affect publication sales and impact the success of both established and upcoming authors. By sharing your

ideas and point of views in a review, you can assist other viewers uncover their following preferred book and contribute to the literary neighborhood.

## Composing a Fiction Evaluation of Tao The Watercourse Way

When composing a fiction publication evaluation, it is necessary to take into consideration the overall structure of your evaluation. Begin with a quick

summary of the story and personalities, then look into your ideas and viewpoints. Be sure to concentrate on details components of guide that stuck out to you, such as the creating style, character development, or story twists. And do not be afraid to share your personal connection to the Tao The Watercourse Way publication and exactly how it made you really feel.

Bear in mind, your viewpoint matters worldwide of fiction publications. By sharing your thoughts via an evaluation, you can assist other visitors discover the magic of storytelling and get in touch with the outstanding literary area that exists around the globe.

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## **NON-FICTION REVIEWS**

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Non-fiction literature offers a wealth of

understanding and info on numerous subjects. From biographies to history, scientific research to politics, non-fiction books can expand your perspective and broaden your understanding of the world around you.

Tao The Watercourse Way Book evaluations are particularly essential when it pertains to non-fiction literary works. They can give valuable understandings right into the precision, reliability, and overall top quality of the details provided in a publication. Reviews can likewise aid you figure out if a book is ideal for you and if it lines up with your passions and opinions.

When reviewing non-fiction testimonials, be sure to consider the customer's credentials and knowledge on the subject matter. Look for testimonials

that offer particular examples and evidence to support their claims. It's additionally an excellent concept to review evaluations from multiple sources to obtain an all-around understanding of a publication.

## The Power of Non-Fiction Reviews

Non-fiction evaluations can have a significant impact on both the author and the reader. Favorable evaluations can boost a book's visibility and credibility, leading to greater sales and a larger audience. Adverse evaluations, on

the various other hand, can give constructive criticism for the writer to improve their writing and research study.

As a viewers, your testimonials can likewise make a difference. Your responses can aid various other viewers determine whether or not to check out Tao The Watercourse Way, and it can likewise supply useful insights for the writer to take into consideration in future jobs.

So, whether you're a history enthusiast or a self-help enthusiast, non-fiction reviews can help you find new books and broaden your knowledge. Accept the power of publication evaluations and let them assist you on your literary trip.

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## WATERCOURSE WAY BOOK TESTIMONIAL

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If you're a book enthusiast, possibilities are you've composed a book review before. Nevertheless, creating a publication testimonial that is informative and engaging can be a difficult task. Right here are some ideas to help you craft a well-written evaluation:

### Framework Your Testimonial

Beginning with a quick intro that consists of the writer's name, the title of guide, and the category. Then, supply a

summary **CREATING TAO THE** without distributing any type of spoilers. In the main body of your evaluation, talk about the toughness and weak points of Tao The Watercourse Way. Ultimately, end with your overall viewpoint and referral.

### Express Your Thoughts and Point of views

Don't hesitate to share your ideas and point of views. Allow your viewers recognize what you liked and didn't such as concerning guide. Specify and supply instances to back up your point of views. This adds trustworthiness to your Tao

The Watercourse Way evaluation and assists visitors understand your perspective.

## Stay clear of Tao The Watercourse Way Looters

Among one of the most important rules of writing a publication evaluation is to prevent spoilers. Don't give away major plot points or the ending of the book. It's important to allow readers uncover the story on their own.

## Be Honest and Positive

As a reviewer, your work is to provide sincere responses to the writer and possible viewers. Be useful in your objection and supply pointers for enhancement. Remember to be considerate and prevent individual attacks.

By adhering to these tips, you'll be well on your means to composing efficient Tao The Watercourse Way book assesses that will inform and involve your audience.

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### **BOOK EVALUATION**

## COMMUNITIES

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If you're a follower of Tao The Watercourse Way publication and love to share your ideas and opinions, signing up with publication evaluation communities is a must. These neighborhoods are a great way to get in touch with similar individuals, discover new publications, and share your testimonials with a wider target market.

## Online Platforms

A number of online platforms are devoted to publication reviews, such as Goodreads, which is one of one of the most popular platforms. Goodreads enables you to price and testimonial books, connect with other viewers, and

sign up with teams to talk about books.

Another preferred system is Amazon, which not only permits you to acquire publications but also supplies an area for visitors to leave reviews. This implies you can not just see what others think about Tao The Watercourse Way book, but you can likewise share your very own viewpoints and help others make informed choices.

## Book Clubs

Joining a book club is a superb method to broaden your reading perspectives and connect with other publication fans. Most book clubs have on the internet neighborhoods where members can review publications, leave reviews, and share referrals.

## EVALUATIONS

There are also several Tao The Watercourse Way publication clubs that satisfy personally, which enables you to get in touch with individuals in your area and go over books face-to-face. Consult your local library or bookstore for book clubs in your area.

In general, book evaluation communities provide a wonderful means to boost your reading experience and connect with others. So, if you're passionate regarding Tao The Watercourse Way, do not wait to join these neighborhoods and share your love for literary works!

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## CONCLUSION: EMBRACE THE MAGIC OF TAO THE WATERCOURSE WAY BOOK

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Finally, we wish this write-up has highlighted the significance of book evaluations and how they can assist you discover your following favorite read. From fiction to non-fiction, reviews supply important responses to authors and overview viewers in selecting the ideal publications based on their passions.

However it's not nearly finding the best Tao The Watercourse Way publication - evaluations create areas where publication lovers can attach and share their ideas and opinions. Joining publication review communities can boost your analysis experience and open your mind to new point of views.

So, we motivate you to accept the magic

of Tao The Watercourse Way testimonials. Whether you're an experienced viewers or simply starting your literary journey, evaluations are an effective tool worldwide of literary works. Your point of view matters, and by sharing your thoughts, you can assist form the discussion around books.

We hope this post has actually influenced you to explore Tao The Watercourse Way, connect with fellow viewers, and create your own testimonials. Satisfied analysis!

## Tao

### **The Watercourse Way** *Pantheon*

Discusses Chinese language and calligraphy, the Yin-Yang polarity, and

the classical principles, meaning, and contemporary relevance of Taoism

### **Tao: the Watercourse Way**

Following Alan Watts' acclaimed book on Zen Buddhism *The Way of Zen*, he tackles the Chinese philosophy of Tao. The Tao is the way of man's cooperation with the natural course of the natural world. Alan Watts takes the reader through the history of Tao and its interpretations by key thinkers such as Lao-Tzu, author of the *Tao Te Ching*. Watts goes on to demonstrate how the ancient and timeless Chinese wisdom of Tao promotes the idea of following a life lived according to the natural world and goes against our goal-oriented ideas by allowing time to quiet our minds and observe the world rather than imposing

ourselves on it. By taking in some of the lessons of Tao, we can change our attitude to the way we live. Drawing on ancient and modern sources, Watts treats the Chinese philosophy of Tao in much the same way as he did Zen Buddhism in his classic *The Way of Zen*. Including an introduction to the Chinese culture that is the foundation of the Tao, this is one of Alan Watts' best-loved works.

### **Tao: The Watercourse Way**

#### **The Watercourse Way** *Souvenir Press*

Following Alan Watts' acclaimed book on Zen Buddhism *The Way of Zen*, he tackles the Chinese philosophy of Tao. The Tao is the way of man's cooperation with the natural course of the natural

world. Alan Watts takes the reader through the history of Tao and its interpretations by key thinkers such as Lao-Tzu, author of the *Tao Te Ching*. Watts goes on to demonstrate how the ancient and timeless Chinese wisdom of Tao promotes the idea of following a life lived according to the natural world and goes against our goal-oriented ideas by allowing time to quiet our minds and observe the world rather than imposing ourselves on it. By taking in some of the lessons of Tao, we can change our attitude to the way we live. Drawing on ancient and modern sources, Watts treats the Chinese philosophy of Tao in much the same way as he did Zen Buddhism in his classic *The Way of Zen*. Including an introduction to the Chinese culture that is the foundation of the Tao,

this is one of Alan Watts' best-loved works.

### **Lao Tzu: Tao Te Ching**

#### **A Book about the Way and the Power of the Way** *Shambhala Publications*

A rich, poetic, and socially relevant version of the great spiritual and philosophical classic of Taoism, the Tao Te Ching—from one of America's leading literary figures In this landmark modern-day rendition of the ancient Taoist classic, Ursula K. Le Guin presents Lao Tzu's time-honored and astonishingly powerful philosophy like never before. Drawing on a lifetime of contemplation and including extensive personal commentary throughout, she offers an

unparalleled window into the text's awe-inspiring, immediately relatable teachings and their inestimable value for our troubled world. Jargon-free but still faithful to the poetic beauty of the original work, Le Guin's unique translation is sure to be welcomed by longtime readers of the Tao Te Ching as well as those discovering the text for the first time.

#### **What Is Tao?** *New World Library*

Alan Watts — noted author and respected authority on Far Eastern thought — studied Taoism extensively, and in his final years moved to a quiet cabin in the mountains and dedicated himself almost exclusively to meditating and writing on the Tao. This new book gives us an opportunity to not only

understand the concept of the Tao but to experience the Tao as a personal practice of liberation from the limitations imposed by the common beliefs within our culture. The philosophy of the Tao offers a way to understand the value of ourselves as free-willed individuals enfolded within the ever-changing patterns of nature. The path of the Tao is perhaps the most puzzling way of liberation to come to us from the Far East in the last century. It is both practical and esoteric, and it has a surprisingly comfortable quality of thought that is often overlooked by Western readers who never venture beyond the unfamiliar quality of the word Tao (pronounced "dow"). But those who do soon discover a way of understanding and living with the world

that has profound implications for us today in so-called modern societies. The word Tao means the Way — in the sense of a path, a way to go — but it also means nature, in the sense of one's true nature, and the nature of the universe. Often described as the philosophy of nature, we find the origins of Taoism in the shamanic world of pre-Dynastic China. Living close to the earth, one sees the wisdom of not interfering, and letting things go their way. It is the wisdom of swimming with the current, splitting wood along the grain, and seeking to understand human nature instead of changing it. Every creature finds its way according to the laws of nature, and each of us has our own inner path — or Tao.

## Taoism

### **Way Beyond Seeking** *Tuttle Pub*

Like the other volumes in the acclaimed Love of Wisdom Library from Tuttle, Taoism: Way Beyond Seeking compiles lectures delivered by Alan Watts between 1968 and 1973. Essays include The Philosophy of the Tao, Being in the Way, and Landscape, Soundscape. In Taoism, Watts offers the possibility that an ancient oriental way of being in touch with the true nature of nature might guide a technological culture toward reunification with the rest of the planet.

## Tao

### **The Watercourse Way**

The Tao is the way of man's cooperation

with the natural course of the natural world, its principles can be found in the flow patterns of water. Alan Watts captures the Spirit of the Tao, the actual experience of that attitude to life. The ancient and timeless Chinese wisdom is medicine for the ills of the West but it cannot be taken as medicine but intellectually swallowed to joyously infuse our being, transforming our individual lives and through them our society. Drawing on ancient and modern sources, Watts treats the Chinese philosophy of Tao in much the same way as he did Zen Buddhism in his classic The Way of Zen. Alan Watts has been described as the best guide to the spirit of the Tao for a western readership. Including an introduction to the Chinese culture that is the foundation of the Tao

this is one of Alan Watts' best-loved works.

## **Tao**

### **The Watercourse Way**

### **TAO, the Watercourse Way**

### **The Wisdom of Insecurity ; The Way of Zen ; Tao**

### **The Watercourse Way**

## **Taoism**

### **An Essential Guide** *Shambhala Publications*

For the first time, the great depth and diversity of Taoist spirituality is

introduced in a single, accessible manual. Taoism, known widely today through the teachings of the classic Tao Te Ching and the practices of t'ai chi and feng-shui, is less known for its unique traditions of meditation, physical training, magical practice and internal alchemy. Covering all of the most important texts, figures, and events, this essential guide illuminates Taoism's extraordinarily rich history and remarkable variety of practice. A comprehensive bibliography for further study completes this valuable reference work.

### **Cloud-hidden, Whereabouts Unknown**

**A Mountain Journal** *Vintage*

Over the course of nineteen essays, Alan Watts ("a spiritual polymatch, the first and possibly greatest" —Deepak Chopra) ruminates on the philosophy of nature, ecology, aesthetics, religion, and metaphysics. Assembled in the form of a "mountain journal," written during a retreat in the foothills of Mount Tamalpais, CA, *Cloud-Hidden, Whereabouts Unknown* is Watts's meditation on the art of feeling out and following the watercourse way of nature, known in Chinese as the Tao. Embracing a form of contemplative meditation that allows us to stop analyzing our experiences and start living in to them, the book explores themes such as the natural world, established religion, race relations, karma and reincarnation, astrology and tantric yoga, the nature of

ecstasy, and much more.

## **Practicing the Tao Te Ching**

### **81 Steps on the Way** *Sounds True*

Most people think of the Tao Te Ching as a book on philosophy or a treatise on leadership. Yet there is a little-known treasure hidden within the familiar passages of Lao Tzu's work: step-by-step practical guidance for the spiritual journey. With *Practicing the Tao Te Ching*, renowned teacher Solala Towler reveals a new facet to this spiritual classic, offering accessible practice instructions paired with each of the 81 verses of the Tao Te Ching. "Tao is a way of deep reflection and learning from nature, considered the highest teacher," writes Towler. "It shows us how to follow

the energy flows within the heavens, the earth, and our own bodies.” With lucid instruction and deep insight, he guides you through meditations, movement and breathing practices, subtle energy exercises, and inner reflections—all to help you to embody Taoist wisdom in every aspect of your life.

### **Out of Your Mind**

#### **Tricksters, Interdependence and the Cosmic Game of Hide-And-Seek**

In order to come to your senses, Alan Watts often said, you sometimes need to go out of your mind. *Out of Your Mind* brings readers, for the first time, six of this legendary thinker's most engaging teachings on how to break through the limits of the rational mind. Offering

answers to generations of spiritual seekers, Alan Watts is the voice for all who search for an understanding of their identity and role in the world. For those both new and familiar with Watts, this book invites us to delve into his favourite pathways out of the trap of conventional awareness: discover art of the "controlled accident" - what happens when you stop taking your life so seriously and start enjoying it with complete sincerity. Embrace chaos to discover your deepest purpose. How do we come to believe "the myth of myself" - that we are skin-encapsulated egos separate from the world around us-and how to transcend that illusion? Find the miracle that occurs when we stop taking life so seriously.

## **The Spirit of Zen**

### **A Way of Life, Work and Art in the Far East** *Pomona Press*

Here is something quite unfamiliar to the West, something which will appeal strongly to all who are trying to find deeper reality in life than philosophy and conventional religion can express. Historically, Zen is an aspect of Buddhism, but in itself it is so vital and elusive that it escapes definition. To be understood it must be lived. As a way of life it is the highest achievement of the Chinese spirit and the inspiration of its greatest art. Through Zen, Chinese culture reinforms our own with new meaning and offers us altogether new possibilities in a world of change. Contents Include: The Origins of Zen The

Secret of Zen The Technique of Zen Life in a Zen Community Zen and the Civilization of the Far East

### **Does It Matter?**

### **Essays on Man's Relation to Materiality** *New World Library*

This classic series of essays represents Alan Watts's thinking on the astonishing problems caused by our dysfunctional relationship with the material environment. Here, with characteristic wit, a philosopher best known for his writings and teachings about mysticism and Eastern philosophy gets down to the nitty-gritty problems of economics, technology, clothing, cooking, and housing. Watts argues that we confuse symbol with reality, our ways of

describing and measuring the world with the world itself, and thus put ourselves into the absurd situation of preferring money to wealth and eating the menu instead of the dinner. With our attention locked on numbers and concepts, we are increasingly unconscious of nature and of our total dependence on air, water, plants, animals, insects, and bacteria. We have hallucinated the notion that the so-called external world is a cluster of objects separate from ourselves, that we encounter it, that we come into it instead of out of it. Originally published in 1972, *Does It Matter?* foretells the environmental problems that arise from this mistaken mind-set. Not all of Watts's predictions have come to pass, but his unique insights will change the way you look at the world.

### **A Warrior Blends with Life**

#### **A Modern Tao**

Tao Te Ching, or The Classic of the Way and its Virtue, is considered to contain the essence of Taoism. For 2,500 years this book has been a major influence on Chinese thought, shifting it from a preoccupation with Confucian rules of day-to-day conduct to concern with a more spiritual level of being. Author Michael LaTorra's training in internal martial arts and his understanding of the new physics influence his reading of the Tao Te Ching, grappling with the vicissitudes of contemporary culture and the ever-shifting nature of reality.

**Become What You Are** *Shambhala Publications*

Renowned lecturer and author Alan Watts presents his meditations on the dilemma of seeking your true self. In this collection of writings, Alan Watts displays the intelligence, playfulness of thought, and simplicity of language that has made him so perennially popular as an interpreter of Eastern thought for Westerners. Drawing on a variety of religious traditions, he presents the dilemma of seeking your true self—to “become what you are.” Once called “the godfather of Zen in America,” Watts also covers topics such as the challenge of seeing one’s life “just as it is,” the Taoist approach to harmonious living, the limits of language in the face of ineffable spiritual truth, and psychological symbolism in Christian thought. This book is part of the

Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

### **In My Own Way**

#### **An Autobiography** *New World Library*

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.

### **The Book**

#### **On the Taboo Against Knowing who You are** *Vintage*

A witty attack on the illusion that the self is a separate ego that confronts a universe of alien physical objects.

#### **The Collected Letters of Alan Watts** *New World Library*

Philosopher, author, and lecturer Alan Watts (1915–1973) popularized Zen Buddhism and other Eastern philosophies for the counterculture of the 1960s. Today, new generations are

finding his writings and lectures online, while faithful followers worldwide continue to be enlightened by his teachings. The Collected Letters of Alan Watts reveals the remarkable arc of Watts's colorful and controversial life, from his school days in England to his priesthood in the Anglican Church as chaplain of Northwestern University to his alternative lifestyle and experimentation with LSD in the heyday of the late sixties. His engaging letters cover a vast range of subject matter, with recipients ranging from High Church clergy to high priests of psychedelics, government officials, publishers, critics, family, and fans. They include C. G. Jung, Henry Miller, Gary Snyder, Aldous Huxley, Reinhold Niebuhr, Timothy Leary, Joseph Campbell, and James

Hillman. Watts's letters were curated by two of his daughters, Joan Watts and Anne Watts, who have added rich, behind-the-scenes biographical commentary. Edited by Joan Watts & Anne Watts

### **The Way of Zen** *Vintage*

In his definitive introduction to Zen Buddhism, Alan Watts ("the perfect guide for a course correction in life" —Deepak Chopra), explains the principles and practices of this ancient religion. With a rare combination of freshness and lucidity, he delves into the origins and history of Zen to explain what it means for the world today with incredible clarity. Watts saw Zen as "one of the most precious gifts of Asia to the world," and in *The Way of Zen* he gives

this gift to readers everywhere. "Perhaps the foremost interpreter of Eastern disciplines for the contemporary West, Watts had the rare gift of 'writing beautifully the unwritable.'" —Los Angeles Times

### **Behold the Spirit**

#### **A Study in the Necessity of Mystical Religion** *Vintage*

"The perfect guide for a course correction in life" (Deepak Chopra) that teaches us how to enjoy a deeper, more meaningful relationship with the spiritual in our present troubled times. Drawing on his experiences as a former priest, Watts skillfully explains how the intuition of Eastern religion—Zen Buddhism, in particular—can be incorporated into the

doctrines of Western Christianity, offering a timeless argument for the place of mystical religion in today's world.

### **The Tao of Intimacy and Ecstasy**

#### **Realizing the Promise of Spiritual Union** *Sounds True*

"Harmony is the essence of a lasting and loving relationship," teaches Solala Towler, "and no teaching offers us greater insight into the path of harmony than the Tao." For anyone seeking to build greater connection, intimacy, and sexual fulfillment in their relationship, Towler presents *The Tao of Intimacy and Ecstasy*—an essential guide to a natural and joyous way of love. Filled with timeless practices and guidance for both

individuals and couples, this elegant book explores: Timeless Taoist wisdom adapted for the complexity of modern relationships The art of clear, respectful, and authentic communication How to use the principle of yin/yang to create harmony within your relationship as well as within yourself Attuning sexual energy between partners for happy and sensual lovemaking, spiritual cultivation, and better health Chi gong (qigong) exercises, tai chi principles, and meditations to balance your subtle energies and align your spirit with that of your partner Does building a lasting relationship always require hard work and effort—or can you instead follow the natural flow of love, desire, and spiritual connection between you and your partner? With *The Tao of Intimacy* and

*Ecstasy*, Solala Towler offers a practical and inspiring guide to traveling the “watercourse way” with your partner—one that gives you both the space to grow, explore, and discover the richness of your sacred union.

**On Eastern Meditation** *New Directions Publishing*

A great introduction to the religions of the East by a monk from the West. Merton’s biographer, George Woodcock, once wrote that “almost from the beginning of his monastic career, Thomas Merton tentatively began to discover the great Asian religions of Buddhism and Taoism.” Merton, a longtime social justice advocate, first approached Eastern theology as an admirer of Gandhi’s beliefs on non-

violence. Through Gandhi, Merton came to know the great Hindu text the Bhagavad Gita and in time came to have dialogues with the Dalai Lama and Taoist leader D. T. Suzuki. Merton then became deeply interested in Chuang Tzu and Zen thought. On Eastern Meditation, edited by Bonnie Thurston (author of Merton and Buddhism), gathers the best of his Eastern theological writings into a gorgeously designed gift book edition.

### **The Tao Made Easy**

#### **Timeless Wisdom to Navigate a Changing World** *Hay House, Inc*

“Alan Cohen brings to life ancient wisdom for a new era deeply in need of enlightenment. Fresh insights, practical, easy entry, and immense delight!” —

Chungliang Al Huang, president-director, Living Tao Foundation, and co-author with Alan Watts of *Tao: The Watercourse Way* May you live during interesting times: so goes an ancient Chinese blessing—or some say curse. That wish has come true for us. Now what? In this radically illuminating book, Alan Cohen delves into one of the world’s most venerated wisdom texts for answers and brings the lofty and enigmatic concepts of the Tao Te Ching down to earth in fresh, easy-to-grasp language with practical, personal examples we can use to uplift our daily lives. Most other interpretations of the Tao march through the stanzas one by one. Here Alan Cohen calls forth the ancient verses around themes that are central to our modern lives—from love to work to the lessons

we learn from pain. Then he brings each message to life in short vignettes where he imagines himself a student of Lao Tse and interacts with the master directly and intimately. He invites you to join the ancient sage and the contemporary seeker as they wend their way through the challenges and triumphs of the same journey you're taking yourself.

### **Sitting with Lao-Tzu**

#### **Discovering the Power of the Timeless, the Silent, and the Invisible in a Clamorous Modern World**

This book is about a way of return to one's own true life. In any society, ancient or modern, which has made busyness a virtue, lost itself in pursuing

the accumulation of power, knowledge, and material goods, and finds its only way forward to be into increasing complexity and a one-sided quest for incessant growth, people find their lives displaced, and long for a return to authenticity, freedom, and simplicity. Returning to one's true life is returning to pure being-ness. This book will introduce anyone newly exposed to Lao Tzu to a wisdom that we already know on at our deepest level, but seem to have forgotten on the turbulent and distracted level of everyday living. Includes a new translation of the Tao Te Ching with attention to the recently discovered Ma-Wang-Dui texts.

#### **Tao of Zen** *Tuttle Publishing*

The premise of The Tao of Zen is that

Zen is really Taoism in the disguise of Buddhism—an assumption being made by more and more Zen scholars. This is the first Zen book that links the long-noted philosophical similarities of Taoism and Zen. The author traces the evolution of Ch'an The Tao of Zen is a fascinating book that will be read and discussed by anyone interested in both Taoism and Zen

**The Way of Chuang-Tzŭ** *New Directions Publishing*

Free renderings of selections from the works of Chuang-tzŭ, taken from various translations.

**What Is Zen?** *New World Library*

A fervent, lifelong student of Zen, Alan Watts shows us that it is both an

experience — a singular, powerful moment of realization — and a simple way of life, with an awareness that affects every moment of every day. Adopted by mainstream America in a way that carries only a vague association of its roots in Zen Buddhism, Alan Watts makes it clear that any exploration of Zen must understand and embrace its roots as a form of Buddhist practice derived from its Chinese and East Indian sources. Examining the background of Zen in East Indian religion, Watts shows us its evolution through the religion of China. Zen is a synthesis of the contemplative insight of Indian religion and the dynamic liveliness of Taoism as they came together in the pragmatic, practical environment of Confucian China. Watts

gives us great insight into the living moment of satori and the release of nirvana, as well as the methods of meditation that are current today, and the influence of Zen culturally in the arts of painting and pottery.

### **This Is It**

#### **and Other Essays on Zen and Spiritual Experience** *Vintage*

Six revolutionary essays from "the perfect guide for a course correction in life, away from materialism and its empty promise" (Deepak Chopra), exploring the relationship between spiritual experience and ordinary life—and the need for them to coexist within each of us. With essays on "cosmic consciousness" (including Alan

Watts' account of his own ventures into this inward realm); the paradoxes of self-consciousness; LSD and consciousness; and the false opposition of spirit and matter, *This Is It and Other Essays on Zen and Spiritual Experience* is a truly mind-opening collection.

### **The Tao of Daily Life**

#### **The Mysteries of the Orient Revealed The Joys of Inner Harmony Found The Path to Enlightenment Illuminated** *Penguin*

The perfect book for readers who are interested in Taoism and want a little daily inspiration. The *Tao of Daily Life* combines ancient Eastern wisdom with practical application—perfect for busy Western readers! Derek Lin, Taoist

master and expert in Eastern philosophy, brings his deep knowledge of this time-honored Chinese spiritual thought system into the twenty-first century. "There is one simple reason for the Tao to have survived through the ages intact: it works," writes Lin. "The principles of the Tao are extremely effective when applied to life. The philosophy as a whole is nothing less than a practical, useful guide to living life in a way that is smooth, peaceful, and full of energy." Using the powerful medium of stories and short dharma talks, Lin illuminates the Taoist secrets and engages the reader in their inherent wisdom. As a result, the reader of *The Tao of Daily Life* will notice certain changes, including: - being more composed and more at ease in various

situations; - being able to handle challenges and difficulties with less effort and achieving better results; - experiencing greater power and clarity in all areas of life. The spiritual journey, as described by Derek Lin, becomes the most worthwhile exploration anyone can take.

### **The Book of Lieh-tzu**

**A Classic of the Tao** *Columbia University Press*

-- Burton Watson

### **The Tao of Inner Peace** *Penguin*

With its lively, demystifying approach, *The Tao of Inner Peace* shows how the Tao can be a powerful and calming source of growth, inspiration, and well-

being in times of conflict and anxiety. Translated more often than any other book except the Bible, the Tao Te Ching has been a spiritual guide for centuries, helping millions find peace within themselves, with each other, and with the natural world around them. Written in workbook style, complete with exercises, questionnaires, journal-keeping techniques, and affirmations, The Tao of Inner Peace translates the ancient Eastern philosophy into a plan for contemporary Western living. Diane Dreher, Ph.D., shows the way to:

- Bring greater joy, fulfillment, and creativity to daily life
- Heal the body and spirit
- Build self-acceptance and self-esteem
- Resolve conflict
- Reverse negative cycles of emotion
- Understand life as a process of changes and challenges

An

essential handbook for mental wellness, The Tao of Inner Peace adapts the principles of Tao to today's world, showing us how to integrate the many facets of our everyday lives to create a balanced, dynamic, harmonious whole.

## **Still the Mind**

### **An Introduction to Meditation** *New World Library*

Mark Watts compiled this book from his father's extensive journals and audiotapes of famous lectures he delivered in his later years across the country. In three parts, Alan Watts explains the basic philosophy of meditation, how individuals can practice a variety of meditations, and how inner wisdom grows naturally.

**Zen & the Beat Way** *Tuttle Publishing*

When Jack Kerouac wrote about Zen in *Dharma Bums* he was echoing the sentiments of the Beat generation, who found in Zen credence for a way of life unencumbered by the limits of "square" society. And it was Alan Watts who first wrote and spoke about Zen and Eastern culture in terms accessible to mainstream Western audiences. Through his popular radio series *Way Beyond the West* Alan Watts brought listeners a delightful and practical side of Zen, which he prescribed as "a cure for education and culture." By the early sixties his radio programs were renowned for their synthesis of Eastern wisdom and everyday life. Several of these radio talks have been selected and edited by Mark Watts, Alan's oldest son,

to introduce a new generation to Zen and the Beat Way. Through this collection we see influences of D.T. Suzuki, C.G. Jung, Gary Snyder and others. Specific chapters discuss Zen influences on traditional Japanese and Chinese arts and explore the celebrated concept of the "controlled accident" within the rich tradition of Zen aesthetics. Also included is "Return to the Forest," an essay that explores the works of Joseph Campbell on the earliest Beat tradition.

**Tao**

**The watercourse way. With the collab. of Al Chung-Liang Huang. Additional calligraphy by Lee Chih-Chang**

## Alan Watts—Here and Now

### **Contributions to Psychology, Philosophy, and Religion** *SUNY Press*

Considers the contributions and contemporary significance of Alan Watts. *Alan Watts—Here and Now* explores the intellectual legacy and continuing relevance of a prolific writer and speaker who was a major influence on American culture during the latter half of the twentieth century. A thinker attuned to the spiritual malaise affecting the Western mind, Watts (1915–1973) provided intellectual and spiritual alternatives that helped shape the Beat culture of the 1950s and the counterculture of the 1960s. Well known for introducing Buddhist and Daoist spirituality to a wide Western audience,

he also wrote on psychology, mysticism, and psychedelic experience. Many idolized Watts as a guru-mystic, yet he was also dismissed as intellectually shallow and as a mere popularizer of Asian religions (the “Norman Vincent Peale of Zen”). Both critical and appreciative, this edited volume locates Watts at the forefront of major paradigmatic shifts in Western intellectual life. Contributors explore how Watts’s work resonates in present-day scholarship on psychospiritual transformation, Buddhism and psychotherapy, Daoism in the West, phenomenology and hermeneutics, humanistic and transpersonal psychology, mysticism, and ecofeminism, among other areas.

**Nature, Man and Woman** *Vintage*

From “perhaps the foremost interpreter of Eastern disciplines for the contemporary West—and an author who ‘had the rare gift of ‘writing beautifully the unwritable’” (Los Angeles Times)—a guide that draws on Chinese Taoism to reexamine humanity’s place in the natural world and the relation between body and spirit. Western thought and culture have coalesced around a series of constructed ideas—that human beings stand separate from a nature that must be controlled; that the mind is somehow superior to the body; that all sexuality entails a seduction—that in some way underlie our exploitation of the earth, our distrust of emotion, and our

loneliness and reluctance to love. Here, Watts fundamentally challenges these assumptions, drawing on the precepts of Taoism to present an alternative vision of man and the universe—one in which the distinctions between self and other, spirit and matter give way to a more holistic way of seeing.

**The Tao of Philosophy** *Tuttle Publishing*

Alan Watts presents an eloquent and accessible introduction to the philosophies of Taoism and Zen Buddhism. Watts teaches us how to see and appreciate the world in new ways, and reminds us that we are all born from nature.