



This Is It: and Other Essays on Zen and Spiritual Experience

Alan W. Watts

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In six revolutionary essays, philosopher Alan Watts explores 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 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.

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