

# Become what you are alan w watts

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**What is the synopsis of become what you are?** In *Become What You Are*, Alan Watts offers a thought-provoking exploration of self-discovery, mindfulness, and living in harmony with the universe. He challenges us to let go of our false selves, embrace the present moment, accept life's paradoxes, and align ourselves with the natural order of the world.

**What does Alan Watts say?** The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves. This is the real secret of life -- to be completely engaged with what you are doing in the here and now.

**What religion is Alan Watts?** He chose Buddhism, and sought membership in the London Buddhist Lodge, which was then run by the barrister and QC Christmas Humphreys (who later became a judge at the Old Bailey). Watts became the organization's secretary at 16 (1931). The young Watts explored several styles of meditation during these years.

**What is Alan Watts' philosophy?** Watts' thinking was deeply watermarked with the imprimaturs of pragmatism, empiricism and common sense. He did not buy into karma as it was popularly understood. He did not believe that there was satori to be achieved by sitting cross-legged, be-robed, meditating for hours.

**What is the meaning of become what you are?** "Become who you are" is paradoxical in the sense that you already are who you are, and so there would seem to be no need to change. However, the change or becoming is a matter of growing into oneself, perhaps the way a caterpillar becomes a butterfly or a seed becomes a plant.

**What is the main theme of you?** Obsession and Delusion. Obsession is a major theme in the novel. The protagonist and narrator is a man prone to obsessions, to the point where the narration itself addresses the object of his obsession—hence the novel's title, *You*. Joe's fixation drives him to heinous actions which he then dedicates to Beck.

**What was Alan Watts best quote on life?** We cannot be more sensitive to pleasure without being more sensitive to pain. The ego is nothing other than the focus of conscious attention. Things are as they are. Looking out into the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations.

**What languages could Alan Watts speak?**

**What does Alan Watts say about happiness?** “For man is always bound so long as he depends for his happiness on a partial experience; joy must always give way to sorrow; otherwise, it can never be known as joy.”

**What did Alan Watts say about the Bible?** Watts maintained that the Bible couldn't be what Christians said it was, namely, infallible, because his God would have wanted people to think for themselves. Implying that being assured of the truth of something makes for unthinking acceptance.

**Did Alan Watts serve in WWII?** Watt first joined the Commonwealth Public Service in the Department of External Affairs, in 1937. He served in the United States during World War II and was one of the Australian delegates at the United Nations Conference on International Organization.

**What personality type was Alan Watts?** Based on his writings and speeches, Alan Watts could be classified as an ENFP personality type. ENFPs are known for their free-spirited nature, passion for exploring new ideas, and their ability to inspire others.

**What is life according to Alan Watts?** The meaning of life is just to be alive. It is so plain and so obvious and so simple. And yet, everybody rushes around in a great panic as if it were necessary to achieve something beyond themselves. “The physical universe is basically playful. There's no necessity for it whatsoever.”

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**What is Alan Watts' message?** He spoke of harmony, and his life reveals that he practiced what he preached. Beyond the individual, he believed in the importance of social ethics to lead to spiritual realization within the inner self. His ideology revolved around communal ideals and reached far beyond himself as one human being.

**What does Alan Watts say about consciousness?** The theory of the two consciousness Alan believed that we have two kinds of consciousness operating simultaneously. The first is the spotlight, our ego. And the second (the floodlight) is our unconscious.

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