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An Introduction to Meditation. You can hear the texture in it; you can hear the vibrations going on and off. When you hear a great pipe organ, the whole building shudders with these vibrations. We barely notice most of the pulses, however, including the slower pulses created by the turning of the earth, the cycles of the tides,...

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Still the Mind : An Introduction to Meditation, Paperback by Watts, Alan; Watts, Mark (FRW), ISBN 1577312147, ISBN-13 9781577312147 Written by the son of the Episcopalian priest and a meditation expert, this guide to achieving inner wisdom draws heavily on the work and words of Alan Watts.

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Still the Mind consists of several talks he gave in his later years, recorded and edited by his son, Mark Watts, and then published as a book. His speaking shows a maturity and wisdom that can only come after years of meditation, and his teachings are still as visionary today as when they were first spoken.

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