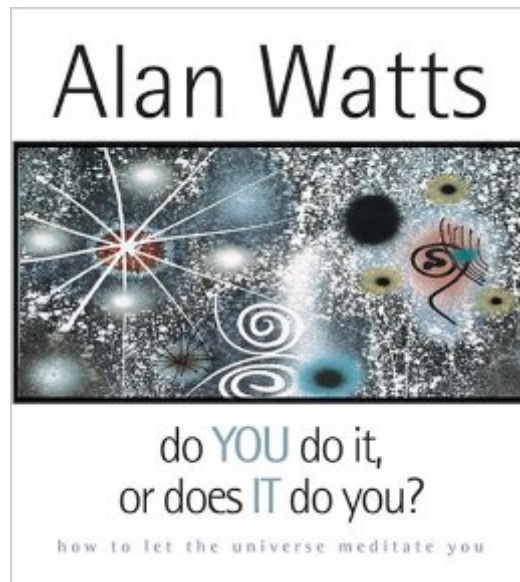


The book was found

# Do You Do It Or Does It Do You?: How To Let The Universe Meditate You



## Synopsis

At the heart of the popularity of such spiritual teachers as Eckhart Tolle and Ken Wilber lies the spirit and intellectual passion of the seminal teacher who inspired them all? Alan Watts. Now, in response to our run-away bestselling audio collection *Out of Your Mind, Sounds True* is proud to present one of Alan Watts' most extraordinary learning sessions. Listeners will delight in hearing Alan Watts at his finest as he guides them with humor, deep insight, and startling wisdom into a genuine understanding of how the grand, exuberant Self plays the game of living through us, and vice versa. With rare guided meditations taught by Watts himself, *Do You Do It or Does It Do You?* is an essential audio seminar with one of the true pioneers of Western spirituality.

## Book Information

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (December 2005)

Language: English

ISBN-10: 1591793572

ISBN-13: 978-1591793571

Product Dimensions: 5.3 x 0.6 x 5.8 inches

Shipping Weight: 4.2 ounces ([View shipping rates and policies](#))

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #235,674 in Books (See Top 100 in Books) #85 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #87 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #256 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#)

## Customer Reviews

Having read Alan Watts decades ago, I was familiar with his work, but had forgotten just how brilliant and inspiring his writings are. One of the true (and vastly under-appreciated) stars of 20th Century philosophy, Watts' spoken essays are simply astounding. His voice is clear and soothing, with a soft British accent. His ideas are powerful and incredibly lucid. He strings together profound ideas gleaned from Buddhist and Hindu thought, weaving them into poetic braids of enlightenment and inspiration. Lest you worry these will be enigmatic zen-type teachings, rest assured they are conversational in tone and accessible to everyone. It's like listening to a favorite professor espousing lessons that are at once simple yet monumental. This is a perfect audio backdrop for meditative or shamanistic exploration, or for anyone wishing to reconnect with the power and glory

of the universe. They're relaxing, and profound enough to be listenable over and over, reinforcing the positive mindset they generate. Unlike some modern philosophers and self-help gurus, Watts never stoops to maudlin reminiscing or cheesy pop philosophy. I was pleasantly surprised to find that it's a four-disk set when it arrived. Each disk is worth the price of the set. Watts' beautiful and elegant words come to life, even more impressive and inspirational than they are in written form... which is saying a lot.

Everyone is talking about Eckhardt Tolle these days. Just by coincidence, I was reading the New Earth and listening to this audio series by Alan Watts. And while I enjoyed everything Tolle said, I was completely immersed in Alan Watts. He has a way of saying things playfully yet clearly. It felt as if Eckhardt was just rehashing Alan Watts and not as artfully, honestly. So I can't recommend this series highly enough. I know it will stay on my iPod for many years and many years. I am here on to buy more by Alan Watts! If you like him, you can find a podcast series on iTunes that is amazing. I am reminded of "the snake" analogy daily in my mind.... "which part of the snake moves it? The top or the bottom?" This is the play of inner and outer consciousness...and well said by Alan Watts.

Alan Watts is a poetic philosopher who was very popular in the sixties and still has a strong following. To you The Power of Now fans, his work is far beyond Eckhart Tolle - there is no comparison. Read Cloud Hidden, The Book, Zen and the Beat Way, Seeds of Genius, In My Own Way, Nature Man and Woman - and eventually, all of his books. You'll get addicted to his voice. He makes sense. He's comforting. He's wise. Listening to him speak is even better than reading the books. He speaks with an accent that fits his eloquence. Once you hear him, you'll be drawn in and want to read everything he's written.

Besides the `words,' I just enjoy listening to Alan Watts' voice. It isn't aloof or pedantic, but he does speak with authority. As for the `words,' though, he does have something to say. I like it when people move you out of your own narrow-minded box and present something other than what you have always perceived as being `the truth.' Alan Watts does this for me. "Spiritual entertainer" -- very good, Alan!

It is quite fascinating to hear Alan Watt's voice having read his books over some time. The CD material paints a broad brush picture of Watts' thinking and still provides plenty of food for thought. Very useful to take on long car drives and each time I listen I seem to hear something new or gain a

new insight.

I love listening to this. I keep it in my car and delve into it when NPR is getting to be too much and music isn't what I'm looking for. I think I'll be getting more of his books on CD. It's great to hear his beautiful voice.

Truly amazing insights. I enjoyed this CD immensely. Added a new dimension to my thinking. Despite having read many books on Zen and meditation, this CD set opened up to me a deeper dimension of understanding. I hope it does the same for you.

Anyone who's read the work of Alan Watts will know that his message remains timely & timeless, asking us to pause, reflect, and consider what our lives really are -- who & what WE really are -- and how much of what we take for granted as "real" is no more than an agreed-upon illusion into which we were born. It's an ancient philosophy, present in more than one culture; but it has never been so joyfully & entertainingly presented than by Watts. His prose is supple, witty, accessible -- but hearing him speak simply amplifies those qualities, brings depth of personality in the ideas & words. Quite simply, he's one of those people you could happily listen to for hours, no matter what he might be talking about ... and as it happens, what he's talking about will make you stop the non-stop forward rush of everyday life for a time, make you look at it from the outside & see how much of it is essentially ridiculous & even damaging. The real questions he's asking are: What is the meaning of YOUR life? What are you doing with this precious & fleeting sliver of time & existence that's yours? When your life is over & you look back on it, what do you wish it to have been -- something you chose, or something that was chosen for you? All of this in that wonderful voice, drawing you in, making you feel utterly & completely at ease -- most highly recommended!

[Download to continue reading...](#)

Do You Do It or Does It Do You?: How to Let the Universe Meditate You How to Meditate: A Practical Guide to Making Friends with Your Mind How to Meditate with Your Dog: An Introduction to Meditation for Dog Lovers Meditate Your Weight: A 21-Day Retreat to Optimize Your Metabolism and Feel Great What in the Universe? (Steven Universe) Mammals Who Morph: The Universe Tells Our Evolution Story: Book 3 (The Universe Series) From Lava to Life: The Universe Tells Our Earth Story: Book 2 (The Universe Series) First Meetings: In Ender's Universe (Other Tales from the Ender Universe) Let's Go Rock Collecting (Let's-Read-And-Find-Out Science. Stage 2) Let Us Bless The Lord, Year One: Meditations for the Daily Office, Advent Through Holy Week (Let Us

Bless the Lord) Let's Review U.S. History and Government (Barron's Let's Review) Let's Get Real or Let's Not Play: Transforming the Buyer/Seller Relationship Let's Prepare for the PARCC Grade 3 Math Test (Let S Prepare for the Parcc Tests) Teach Your Horse Perfect Manners: How You Should Behave So Your Horse Does Too Does This Mean You'll See Me Naked?: Field Notes from a Funeral Director Does the Noise in My Head Bother You?: A Rock 'n' Roll Memoir What If It Does Work Out?: Turn your passion into cash, make an impact in the world and live the life you were born to. Who Does He Say You Are?: Women Transformed by Christ in the Gospels Googling Security: How Much Does Google Know About You? Patterns in Nature: Why the Natural World Looks the Way It Does

[Dmca](#)