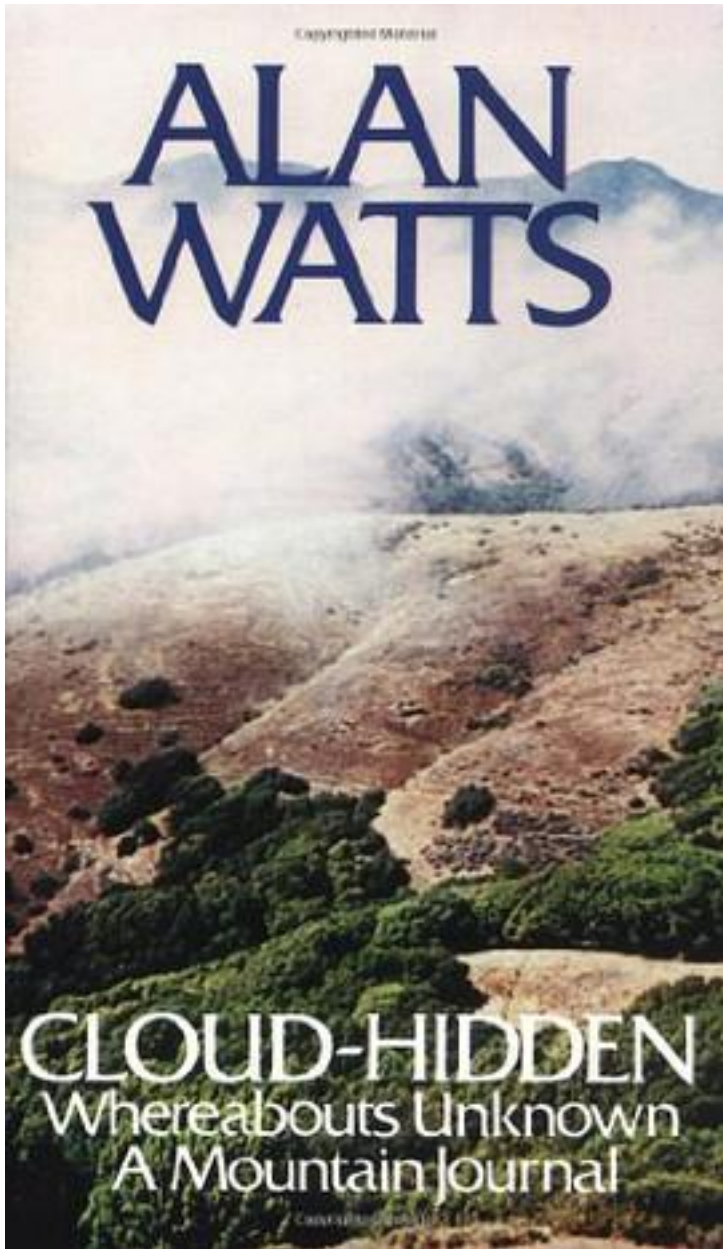


Cloud-hidden, Whereabouts Unknown



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著者:Watts, Alan W.

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These ruminations, assembled in the form of a journal and here published in paperback for the first time, were written at Alan Watts' retreat in the foothills of Mount Tamalpais, California. Many current themes are discussed, including meditation, nature, established religion, race relations, karma and reincarnation, astrology and tantric yoga, and the nature of ecstasy, but the underlying motif is the art of feeling out and following the watercourse way of nature, known in Chinese as the Tao. Watts suggests a way of contemplative meditation in which we temporarily stop naming and classifying all that we experience, and simply feel it as it is.

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