

become what you are alan w watts

become what you are alan w watts is a profound philosophical concept that challenges individuals to embrace their authentic selves and live in harmony with their true nature. Alan Watts, a renowned British philosopher and interpreter of Eastern philosophy, popularized this idea through his teachings that blend Zen Buddhism, Taoism, and Western thought. This article explores the meaning of "become what you are" as articulated by Alan Watts, examining its philosophical roots, practical implications, and relevance in contemporary life. Readers will gain insight into how this concept encourages self-awareness, personal growth, and spiritual awakening. Additionally, the article will delve into the ways this philosophy can be applied to overcome societal pressures and internal conflicts, fostering a deeper connection with one's essence. The following sections will guide an in-depth understanding of this transformative idea and its lasting impact on personal development and mindfulness.

- The Philosophical Foundation of "Become What You Are"
- Alan Watts' Interpretation and Teachings
- Practical Applications in Daily Life
- Overcoming Challenges in Becoming Your True Self
- The Relevance of "Become What You Are" Today

The Philosophical Foundation of "Become What You Are"

The phrase "become what you are" finds its roots in classical philosophy and Eastern spiritual traditions, emphasizing authenticity and self-realization. This concept encourages individuals to shed external influences and discover their inherent nature. Philosophers such as Friedrich Nietzsche and Søren Kierkegaard have touched upon similar themes, advocating for the unveiling of one's true identity in opposition to societal masks.

In Eastern philosophy, particularly within Taoism and Buddhism, the idea aligns with the principle of living in accordance with the Tao or the natural flow of life. The self is not a fixed entity but a dynamic process to be experienced rather than constructed. This foundational idea promotes harmony between the inner self and the external world, fostering peace and balance.

Historical Context and Origins

The injunction to "become what you are" can be traced back to ancient texts and teachings. In Greek philosophy, Pindar famously declared, "Become who you are,"

encouraging self-actualization. In Indian and Chinese traditions, similar guidance is found in the Upanishads and Tao Te Ching, which stress the importance of aligning with one's true essence for spiritual liberation.

Core Philosophical Principles

Key principles underlying this concept include the rejection of false identities, acceptance of impermanence, and embracing the present moment. These ideas form the bedrock of a philosophy that values authenticity over conformity, and experience over abstraction. Understanding these principles is essential for grasping Alan Watts' unique perspective on becoming what one truly is.

Alan Watts' Interpretation and Teachings

Alan Watts brought the concept of "become what you are" to a broader Western audience by interpreting Eastern philosophies in a relatable and accessible manner. His teachings emphasize that true selfhood is not something to be achieved through effort but realized through awareness and surrender to the present moment.

Watts often highlighted the paradox that to become what one is, one must stop striving and simply be. This approach challenges common Western notions of success and identity, which often focus on external accomplishments rather than inner truth.

Watts on the Illusion of the Ego

Central to Watts' philosophy is the idea that the ego, or the constructed self, is an illusion created by cultural conditioning and personal history. He argued that clinging to this false self leads to dissatisfaction and alienation. By recognizing the ego's illusory nature, individuals can begin to reconnect with their authentic selves.

The Role of Mindfulness and Presence

Mindfulness and living in the present moment are pivotal in Watts' teachings. He advocated for an experiential understanding of the self, where awareness replaces intellectualization. This shift allows individuals to experience life fully and spontaneously, embodying their true nature without resistance or judgment.

Practical Applications in Daily Life

Adopting the philosophy of "become what you are" requires practical steps that foster self-discovery and authenticity. Alan Watts' teachings can be integrated into everyday routines and mindsets to enhance well-being and personal fulfillment. This section outlines actionable ways to embody this transformative idea.

Practicing Self-Awareness

Self-awareness is the foundation for becoming what you truly are. This involves observing thoughts, emotions, and behaviors without attachment or criticism. Techniques such as meditation, journaling, and reflective contemplation support this practice by deepening one's understanding of internal experiences.

Letting Go of Societal Expectations

Society often imposes rigid roles and expectations that can obscure authentic identity. Embracing Watts' concept means consciously releasing these external pressures to conform. This may involve:

- Questioning cultural norms and values
- Reducing dependency on validation from others
- Prioritizing personal passions and interests
- Setting boundaries that honor one's true feelings

Embracing Change and Impermanence

Becoming what you are also means accepting the fluid nature of identity and life. Change is inevitable, and resistance to it often causes suffering. By remaining open to transformation, individuals can maintain authenticity even as they evolve.

Overcoming Challenges in Becoming Your True Self

The journey to becoming what you are is not without obstacles. Psychological, social, and existential challenges may arise, requiring resilience and insight. Recognizing these barriers is crucial for effective navigation toward self-realization.

Dealing with Fear and Resistance

Fear of rejection, failure, or uncertainty frequently hinders authentic self-expression. Alan Watts acknowledged that confronting these fears is essential for growth. Strategies such as gradual exposure to new experiences and cultivating self-compassion can mitigate resistance.

Managing Internal Conflicts

Conflicting desires, values, and identities within oneself can create confusion and paralysis. Integrative approaches that honor all parts of the self, including shadow aspects, promote wholeness. Watts emphasized the importance of embracing contradictions as part of the human experience.

Addressing External Pressures

External pressures from family, work, and social environments may challenge one's authenticity. Developing assertiveness and seeking supportive communities help maintain alignment with one's true nature despite external demands.

The Relevance of "Become What You Are" Today

In contemporary society, the message to "become what you are" resonates strongly amid increasing stress, identity crises, and social fragmentation. Alan Watts' philosophy offers a timeless framework for navigating these complexities with clarity and serenity.

Impact on Mental Health and Well-being

Embracing one's authentic self has been linked to improved mental health outcomes, including reduced anxiety and depression. Watts' emphasis on presence and acceptance aligns with modern therapeutic approaches such as mindfulness-based stress reduction (MBSR) and acceptance and commitment therapy (ACT).

Influence on Modern Spirituality

Watts' synthesis of Eastern and Western thought has greatly influenced contemporary spirituality, encouraging a non-dogmatic, experiential approach. His teachings inspire individuals to explore spirituality beyond institutional boundaries, fostering personal connection with the divine or universal essence.

Encouraging Creativity and Innovation

Authenticity fuels creativity by allowing original ideas to emerge unfiltered by fear or conformity. Organizations and individuals who embrace this principle often experience enhanced innovation and fulfillment. Watts' philosophy supports environments where genuine expression is valued and nurtured.

1. Recognize and question false identities imposed by society.
2. Practice mindfulness to cultivate present-moment awareness.

3. Release attachment to ego-driven desires and fears.
4. Embrace change as a natural aspect of becoming.
5. Seek supportive relationships that honor authenticity.
6. Integrate all aspects of the self, including contradictions.
7. Apply these principles consistently in daily life for lasting transformation.

Frequently Asked Questions

What is the main theme of Alan Watts' 'Become What You Are'?

'Become What You Are' by Alan Watts explores the theme of self-realization and embracing one's true nature, encouraging individuals to live authentically and harmoniously with their inner selves.

How does Alan Watts define 'becoming what you are' in his teachings?

Alan Watts defines 'becoming what you are' as the process of shedding societal expectations and illusions to discover and express one's inherent essence and true identity.

Why is 'Become What You Are' considered influential in spiritual literature?

'Become What You Are' is influential because it integrates Eastern philosophy with Western thought, offering profound insights into self-awareness, mindfulness, and the nature of existence.

Can 'Become What You Are' by Alan Watts help with personal growth?

Yes, the book provides guidance on introspection and authenticity, helping readers understand themselves better and encouraging personal growth through acceptance and self-discovery.

Where can I find Alan Watts' 'Become What You Are' to

read or listen to?

'Become What You Are' is available in various formats including print, eBook, and audiobook on platforms like Amazon, Audible, and other major book retailers.

Additional Resources

1. *Become What You Are: Alan Watts' Guide to Self-Realization*

This book explores the teachings of Alan Watts, focusing on the concept of self-actualization and embracing one's true nature. It delves into Eastern philosophies such as Zen Buddhism and Taoism, which Watts popularized in the West. Readers are guided through practical wisdom to transcend ego and live authentically.

2. *The Wisdom of Alan Watts: Embracing Your True Self*

A compilation of Alan Watts' most profound lectures and writings centered on the theme of self-discovery. The book highlights his unique ability to blend Western thought with Eastern spirituality, encouraging readers to break free from societal conditioning. It serves as an inspirational manual for personal transformation.

3. *Alan Watts and the Art of Being*

This volume examines Watts' philosophical insights into the nature of being and existence. It discusses how to cultivate mindfulness and presence, drawing from his interpretations of Vedanta and Taoist teachings. The book is ideal for those seeking to deepen their understanding of what it means to truly "be."

4. *Living Fully: Lessons from Alan Watts on Authenticity*

Focusing on living genuinely, this book distills Alan Watts' perspectives on authenticity and self-expression. It encourages readers to let go of pretenses and societal expectations to find inner freedom. The narrative is enriched with anecdotes and practical advice from Watts' lectures.

5. *The Path to Self-Realization: Insights from Alan Watts*

This book serves as a roadmap for those wishing to embark on a spiritual journey inspired by Alan Watts. It covers key themes such as ego dissolution, interconnectedness, and the illusion of the self. Readers are invited to explore meditation and contemplation as tools for awakening.

6. *Becoming Yourself: Alan Watts' Teachings on Identity and Freedom*

Delving into the paradox of identity, this book unpacks Watts' idea that true freedom arises from embracing one's authentic self. It challenges conventional notions of personality and encourages a holistic understanding of selfhood. The text is both philosophical and practical, offering exercises to foster self-awareness.

7. *Alan Watts: The Tao of Becoming*

This book focuses on the Taoist influences in Watts' philosophy, emphasizing the flow of life and naturalness. It explores how becoming what you are aligns with the Taoist principle of wu wei, or effortless action. Readers gain insights into harmonizing with life's rhythms and finding peace in acceptance.

8. *Echoes of the Self: Alan Watts on Ego and Essence*

A thoughtful exploration of Watts' views on the ego and the essence of being. The book contrasts the illusory nature of the ego with the enduring core of the self, as presented in his teachings. It encourages introspection and the transcendence of limiting self-concepts.

9. *The Journey Within: Alan Watts and the Quest for True Identity*

This book narrates the internal journey of discovering one's true identity through the lens of Alan Watts' philosophy. It integrates his teachings on meditation, mindfulness, and the dissolution of dualities. The reader is guided toward embracing the unity of existence and personal authenticity.

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