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to be secure and that,
ironically, salvation and
sanity lie in the
recognition that we have no
way of saving ourselves.

The Wisdom of Insecurity -
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Submitted by: Jane Kivik.

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The Wisdom Of Insecurity is a self-help classic that breaks down our psychological need for stability and explains how it's led us right into consumerism, why that won't

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Alan W. Watts (1968, Trade

...

The essential philosophy of
The Wisdom of Insecurity, as
I understand it, can be
summarized as such: Human
beings in general, but

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particularly in our modern age, live in a near-constant state of dissatisfaction and... This state comes about because we crave security, despite that this is both ...

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significance at all unless you are in full contact with the reality of the present, since it is in the present and only in the present that you live. There is no other reality than present reality, so that, even if

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one were to live for endless
ages, to live for the future
would be to miss the point
everlastingly." .

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This concept of presence is rooted in Eastern notions of mindfulness – the ability to go through life with crystalline awareness and fully inhabit our experience – largely popularized in the West by British philosopher

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and writer Alan Watts

(January 6, 1915–November
16, 1973), who also gave us
this fantastic meditation on
the life of purpose.

An Antidote to the Age of
Anxiety: Alan Watts on

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