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carrying on wherever we  
happen to be  
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however, without imagining  
that the burden of the  
world, or even of the next  
moment, is ours. It is a  
philosophy not of nihilism

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Watts  
but of the reality of the present--always remembering that to be of the present is to be, and candidly know ourselves to be, on the crest of a breaking wave."

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Watts of saving ourselves.

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1. Everything Is Allowed in a Godless World (But That’s Not a Good Thing)
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3. There Is Such Thing as a Gut Feeling (Follow It)

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the now in order to live a  
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underlines the importance of  
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The Wisdom of Insecurity By Alan Watts Spending all our time trying to anticipate and plan for the future and to lamenting the past, we forget to embrace the here and now. We are so concerned with tomorrow that we forget to enjoy today. Drawing from Eastern philosophy and religion, Alan Watts shows that it is only by a

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