

# The Practice of Meditation - Alan Watts

As humans we focus on the past and the future at the expense of considering the *present*.

Meditation is about pausing verbal and symbolic thinking and focusing on the present, as an audience would stop talking when a concert is to begin.

Don't expect a 'result'. The purpose of meditation is to focus on what *is*, not what should or might be.

The spiritual and physical area philosophical ideas, whereas the **now** is a reality and not an idea.

## External Links

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