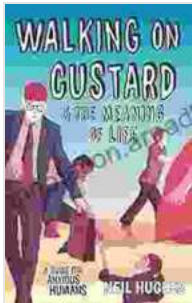


Walking On Custard: A Journey Into The Meaning Of Life



Walking on Custard & the Meaning of Life: A Guide for Anxious Humans by Neil Hughes

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3892 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 308 pages
Lending	: Enabled



"If you get the meaning of life, you die." - Alan Watts

In his classic book, *Walking On Custard: The Meaning Of Life*, Alan Watts explores the profound nature of reality and the elusive concept of meaning in life. Drawing on wisdom from both Eastern and Western philosophical traditions, Watts offers a unique perspective that challenges conventional notions and invites readers to question the very foundations of their existence.

Through a series of thought-provoking essays and anecdotes, Watts delves into the nature of consciousness, the illusion of self, and the interconnectedness of all things. He argues that the search for a single,

definitive meaning of life is ultimately futile, as life itself is an ever-changing and dynamic process.

The Illusion of Self

One of the central themes of *Walking On Custard* is the concept of the illusory self. Watts argues that the ego, or the sense of a separate and independent self, is a construct of the mind that is constantly changing and evolving. He likens the self to a "walking custard," a constantly shifting and impermanent entity that has no real substance.

This notion of the illusory self has profound implications for our understanding of life and our place in the universe. If there is no fixed or permanent self, then who are we really? And what is the point of our existence?

The Dance of Life

Watts suggests that instead of searching for a fixed meaning in life, we should embrace the dynamic and ever-changing nature of existence. He compares life to a dance, a continuous flow of movement and change that is both beautiful and chaotic.

The key to living a meaningful life, according to Watts, is to learn to participate in the dance of life without resistance or attachment. To let go of our egotistical desires and simply be present in the moment.

"The meaning of life is not to be found in some distant goal or achievement, but in the present moment. It is in the dance itself." - Alan Watts

The Interconnectedness of All Things

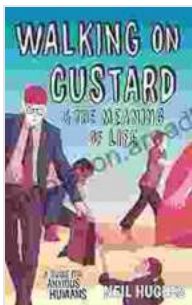
Another important theme in *Walking On Custard* is the interconnectedness of all things. Watts argues that everything in the universe is part of a vast web of life, and that we are all interconnected in ways that we cannot fully comprehend.

This understanding of interconnectedness has profound implications for our ethical and moral choices. If we recognize that we are all part of a larger whole, then we must act in ways that are beneficial to the whole, not just to ourselves.

"We are all like leaves on a tree, connected to each other and to the trunk. We are all part of one living organism." - Alan Watts

Walking On Custard: The Meaning Of Life is a thought-provoking and inspiring book that challenges conventional notions and invites readers to question the very foundations of their existence. Alan Watts offers a unique perspective on life and meaning, arguing that the search for a single, definitive answer is ultimately futile.

“Walking On Custard” is not a book that will provide you with easy answers or a clear-cut path to enlightenment. But it will challenge your assumptions, open your mind to new possibilities, and inspire you to live a more meaningful and authentic life.



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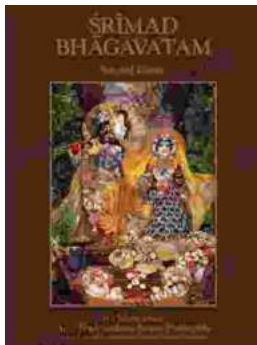
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