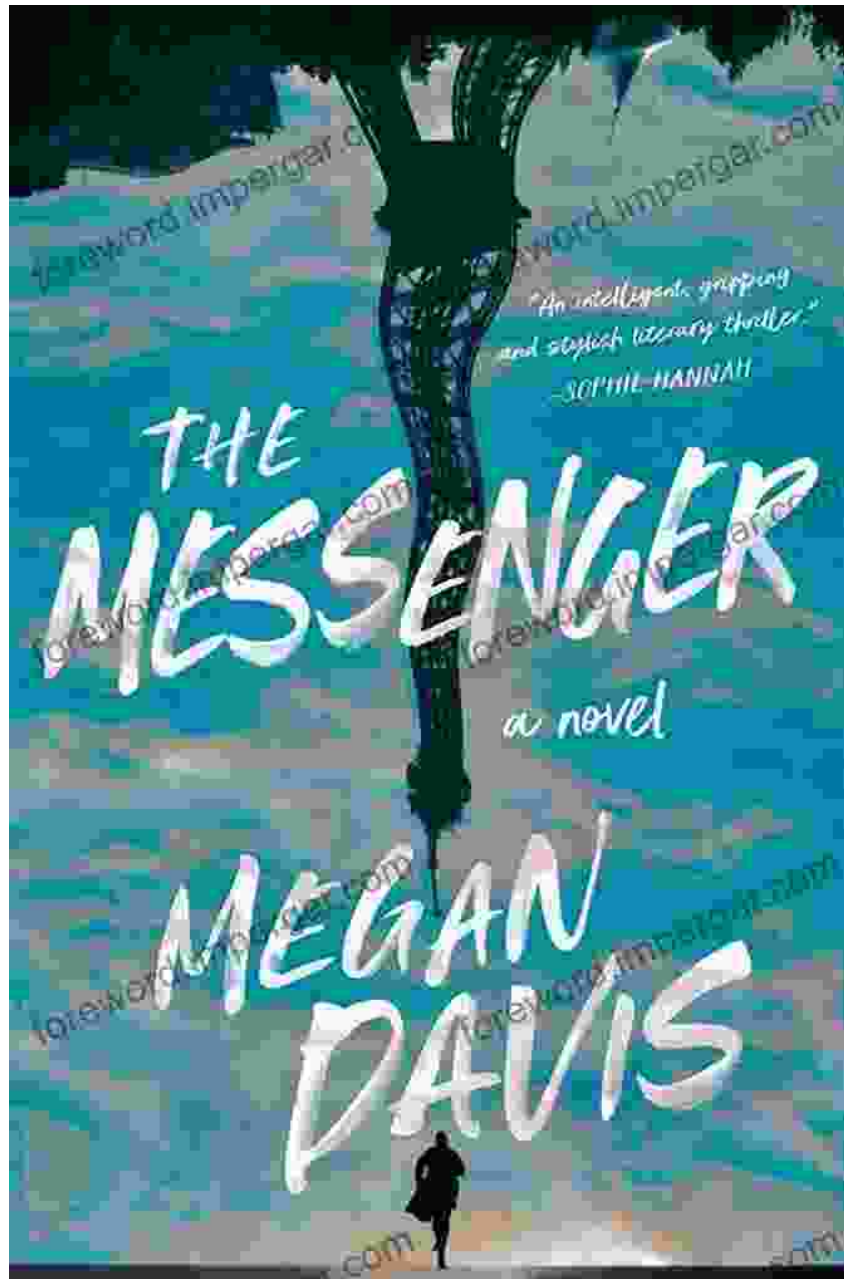


The Monkey Is The Messenger: A Profound and Eye-Opening Guide to Achieving Personal Growth and Fulfillment



The Monkey Is the Messenger: Meditation and What Your Busy Mind Is Trying to Tell You by Ralph De La Rosa

★★★★☆ 4.6 out of 5



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| Language | : English |
| File size | : 3292 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 284 pages |



The Monkey Is The Messenger is a classic work of spiritual and psychological wisdom that has helped millions of people around the world to find greater peace, happiness, and fulfillment in their lives. Written by the renowned philosopher and spiritual teacher Alan Watts, the book draws on Eastern philosophy and Western psychology to explore the nature of the mind, the ego, and the illusion of separateness.

Watts argues that the mind is like a monkey that is constantly jumping from thought to thought, never able to find rest. This mental chatter keeps us trapped in a state of anxiety and dissatisfaction, preventing us from experiencing the present moment fully.

To break free from this mental prison, Watts teaches us the importance of mindfulness and meditation. Mindfulness is the practice of paying attention to the present moment without judgment. Meditation is the practice of calming the mind and letting go of thoughts.

Through mindfulness and meditation, we can learn to observe our thoughts and emotions without getting caught up in them. We can learn to see that

our thoughts are not who we are, and that we are not our emotions. This realization can lead to a profound sense of freedom and liberation.

Watts also teaches us the importance of compassion. He argues that compassion is the key to overcoming the illusion of separateness. When we have compassion for ourselves and others, we realize that we are all connected and that we are all part of something larger than ourselves.

The Monkey Is The Messenger is a profound and eye-opening guide to achieving personal growth and fulfillment. It is a book that will change your life.

What Others Are Saying About The Monkey Is The Messenger

"The Monkey Is The Messenger is a masterpiece. It is a book that will change your life." - Deepak Chopra

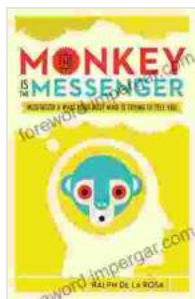
"Alan Watts was a brilliant thinker and a gifted teacher. The Monkey Is The Messenger is a timeless classic that will continue to inspire and enlighten readers for generations to come." - Wayne Dyer

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