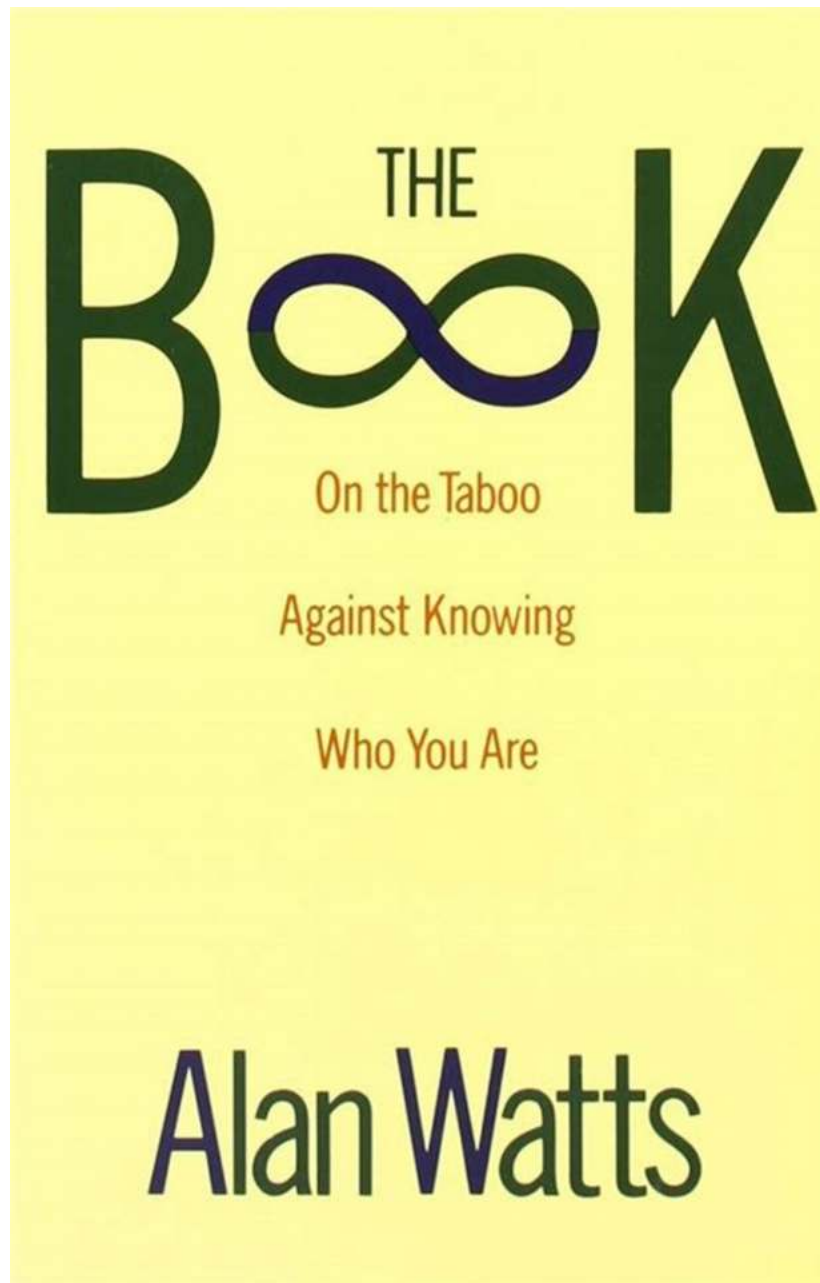


# On The Taboo Against Knowing Who You Are

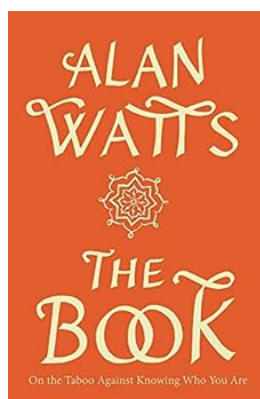


Have you ever wondered who you really are? In a world filled with distractions and societal expectations, it can be challenging to truly know ourselves. This article explores the taboo surrounding self-discovery and the importance of embracing our true identities. Join us on a journey of self-awareness as we delve

into the profound insights of Alan Watts' book "On The Taboo Against Knowing Who You Are."

## Understanding the Taboo

The notion of a taboo against knowing who you are may seem perplexing at first, but it highlights a fundamental aspect of human existence. Society often discourages individuals from exploring their true selves, instead promoting conformity and adherence to societal norms. This perpetuates a cycle of unfulfilled lives, as people suppress their authentic identities to fit into predefined molds.



## The Book: On the Taboo Against Knowing Who

**You Are** by Alan Watts (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2909 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 178 pages



Alan Watts, a renowned British philosopher, sheds light on this issue in his book. He argues that we are conditioned from an early age to fulfill certain roles, whether as children, students, employees, or parents. These roles shape our interactions and behavior, but they may not align with our deepest desires and aspirations.

## The Illusion of Separateness

Watts draws attention to the illusion of separateness, which further contributes to the taboo against knowing ourselves. From an early age, we are taught to perceive ourselves as separate entities existing independently from the rest of the world. This perception of separateness creates a divide between us and our environment, hindering our ability to truly understand who we are.

However, Watts argues that this perception is merely an illusion. In reality, we are interconnected with everything around us. Just as a wave is not separate from the ocean, we are not separate from the universe. Understanding this interconnectedness allows us to transcend societal constraints and embrace our true nature.

## **Embracing Authenticity**

So how do we break free from the taboo and discover our authentic selves? Watts suggests that it begins with self-reflection and cultivating mindfulness. By setting aside societal expectations and exploring our own thoughts, feelings, and desires, we can gradually uncover our true identities.

In a world that prioritizes external validation, it can be daunting to embark on the journey of self-discovery. However, Watts assures us that embracing our authenticity leads to a more fulfilling and purposeful life. By aligning our actions with our true selves, we tap into a sense of inner peace and joy that transcends external circumstances.

## **Overcoming Fear and Resistance**

One of the greatest hurdles in the pursuit of self-discovery is fear. Society often stigmatizes questioning the status quo or deviating from societal norms. This fear can be paralyzing, preventing us from fully exploring our innermost selves.

Watts encourages us to confront this fear head-on. He reminds us that we are not alone in this journey and that countless individuals throughout history have defied societal expectations to uncover their true identities. Embracing our fears and resisting societal pressures is essential for personal growth and authenticity.

## **Living a Life of Fulfillment**

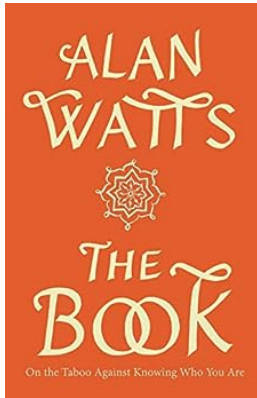
By breaking free from the taboo against knowing who we are, we pave the way for personal growth and fulfillment. Knowing ourselves allows us to make conscious choices aligned with our values, rather than merely succumbing to societal pressures. We become active participants in our lives, rather than mere bystanders.

Watts argues that true freedom lies in self-knowledge. When we understand our true identities, we can live authentically and pursue our passions with conviction. This journey of self-discovery is not without challenges, but the rewards far outweigh the temporary discomfort.

*On The Taboo Against Knowing Who You Are* is a thought-provoking book that challenges societal norms and encourages self-discovery. The taboo surrounding self-awareness inhibits our personal growth and hinders our ability to lead fulfilling lives. By embracing our authentic selves and breaking free from societal constraints, we can live lives filled with purpose, joy, and self-fulfillment.

So, are you ready to embark on the journey of self-discovery? Leave behind the fear of societal judgment and explore the depths of your true identity. Unearth your passions, align your actions with your values, and live a life that is uniquely yours.

**The Book: On the Taboo Against Knowing Who You Are** by Alan Watts (Kindle Edition)



★★★★☆ 4.7 out of 5

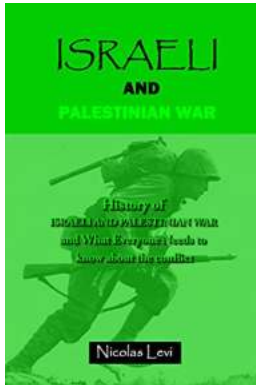
Language	: English
File size	: 2909 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 178 pages



A revelatory primer on what it means to be human, from "the perfect guide for a course correction in life" (Deepak Chopra)—and a mind-opening manual of initiation into the central mystery of existence.

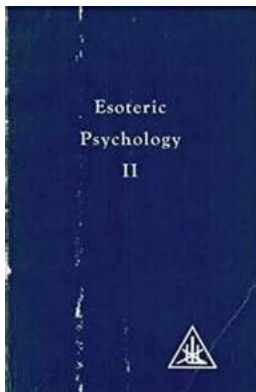
At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the “outside” world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. To help us understand that the self is in fact the root and ground of the universe, Watts has crafted a revelatory primer on what it means to be human—and a mind-opening manual of initiation into the central mystery of existence.

In *The Book*, Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the Hindu philosophy of Vedanta.



## Why the Israeli-Palestinian Conflict Is a Never-Ending Battle: Exploring Root Causes and Potential Solutions

The Israeli-Palestinian conflict has dominated international headlines for decades, captivating the world's attention. The deeply-rooted conflict between Israelis and...



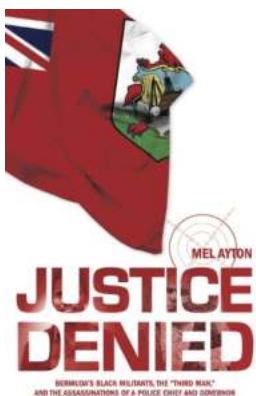
## Unlocking the Mysteries of the Soul: A Deep Dive into Esoteric Psychology Volume II Treatise on the Seven Rays

Do you ever find yourself questioning the complexities of human behavior and the mind? Wondering what drives our thoughts, emotions, and actions? If so, then you're in for an...



## Autocad Plant 3d 2020 For Designers 5th Edition: The Ultimate Guide

AutoCAD Plant 3D 2020 is a powerful software tool used by designers and engineers in the field of plant design. Whether it's designing industrial plants, process...



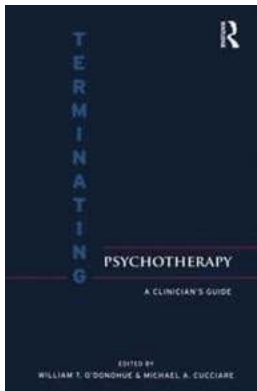
## Justice Denied: The Untold Story behind Mel Ayton

Have you ever wondered about the untold stories that lie hidden behind well-known individuals? One such story that continues to captivate readers...



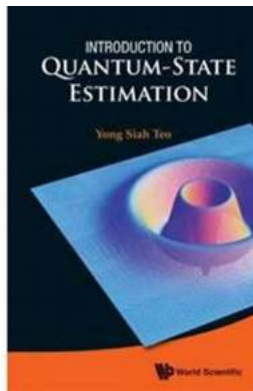
## No Perfect Fathers Here: Chris Spicer - The Modern Dad

A Father's Journey: Discovering the Realities of Parenting Being a father is a profound experience that brings immense joy, but it also comes with its fair share of...



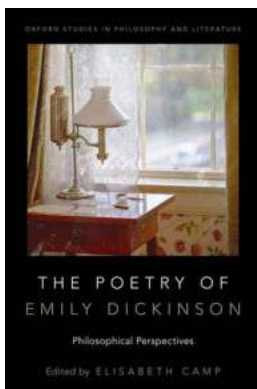
## Discover the Ultimate Guide for Terminating Psychotherapy

Are you a practicing clinician who's struggling with the process of terminating psychotherapy? Don't worry - we've got you covered. In this comprehensive guide,...



## Quantum State Estimation: Unlocking the Mysteries of the Quantum World

Have you ever wondered how physicists can describe and manipulate the strange and perplexing behavior of quantum particles? The answer lies in the fascinating field of...



## Why Philosophical Perspectives Oxford Studies In Philosophy And Literature Are Essential for Intellectual Exploration

Philosophy and literature have been intertwined since ancient times. Both disciplines explore profound questions about the nature of existence, ethics, and the human...

the book on the taboo against knowing who you are

the book on the taboo against knowing who you are deutsch

the book of the boba fett