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Video available at After Skool <u>Odysee</u> and <u>YouTube</u> channels.

Speech extract from "What is Life About?" by Alan Watts, courtesy of https://alanwatts.org

Alan Wilson Watts (6 January 1915 – 16 November 1973) was a well-known British philosopher, writer and speaker, best known for his interpretation of Eastern philosophy for Western audiences. He left behind more than 25 books and an audio library of nearly 400 talks, which are still in great demand.

"The relationship of self to other is the complete realization that loving yourself is impossible without loving everything defined as other than yourself." - Alan Watts

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