

### A Level Philosophy, Ethics and Religion *Activity 2*

#### Zen Buddhism

Alan Watts was a pioneer of Eastern spirituality in the West, having studied Hinduism and Taoism, whilst himself being a practitioner of Zen Buddhism. His books and lectures were pivotal in allowing the Western mind to understand what had before being almost exclusively Eastern philosophies and practices. Listen to the video and learn something about what it is to be truly 'Zen':

<https://www.youtube.com/watch?v=c5b5A-a2IBw>

