



## daily GOOD

The prevalent sensation of oneself as a separate ego enclosed in a bag of skin is a hallucination which accords neither with Western science nor with the experimental philosophy-religions of the East --Alan Watts

### **Alan Watts On The Art of Timing**

Alan Watts had a singular way of dispersing our illusory convictions about pairings, such as belief vs. faith or money vs. wealth or productivity vs. presence or ego vs. true self or stimulation vs. wisdom or profit vs. purpose. In *Does It Matter? Essays on Man's Relation to Materiality*, he considers another such infinitely important duality -- the notions of hurrying and timing. Learn more about it [here](#)...

### **Be The Change:**

Check in to yourself, be present what's going on inside as you go into your day or relate to others...