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The Transparency Of Things: Contemplating The Nature Of Experience



Synopsis

The purpose of *The Transparency of Things* is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations leads us gently but directly to see that our essential nature is neither a body nor a mind. It is the conscious Presence that is aware of this current experience. As such, it is nothing that can be experienced as an object, and yet it is undeniably present. However, these contemplations go much further than this. As we take our stand knowingly as this conscious Presence that we always already are, and reconsider the objects of the body, mind, and world, we find that they do not simply appear to this Presence; they appear within it. And further exploration reveals that they do not simply appear within this Presence but as this Presence. Finally, we are led to see that it is in fact this very Presence that takes the shape of our experience from moment to moment while always remaining only itself. We see that our experience is and has only ever been one seamless totality, with no separate entities, objects, or parts anywhere to be found.

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Customer Reviews

Review of Rupert Spira's New Book
Looked through my previously purchased Kindle Books on Spirituality and counted 73 books in my 'search'. Including two or three of Rupert's previous books. I have also migrated from Elkhart Tolle, Byron Kate, Adyashanti, Mukti, Michael Singer and finally Rupert Spira. I attended 3 of Adyashanti and Mukti's silent retreats as well as 3 of Rupert's non-silent retreats. This is over about a 6 year period. I have read or listened to pretty much all those authors have produced and have found Rupert's teachings to be by far the most clear and beneficial. And I find his teaching to continue to improve with his latest book to be so much clearer and beneficial in ending the search for what is already there. I would give it 10 stars if I could
Here is an excerpt: 'Consciousness is naturally one with all things. It is one with the totality of experience. However, at times, Consciousness contracts itself, shrinks itself into a body, and this self-contraction requires constant maintenance. Left without maintenance, the self-contraction gradually unwinds and Consciousness returns to its natural condition. Desiring and fearing are two of the main ways that Consciousness maintains its self-contraction as an apparent separate entity. As soon as a desire is fulfilled it comes to an end. The end of the desire is the end of the maintenance of the self-contraction and as a result Consciousness returns to itself - that is, it experiences again its own unlimited nature. This experience is called Happiness' - Michael

In a day and age when "mindfulness" is becoming a household word it's important that people have more than a popular view of its meaning. Rupert Spira provides the depth dimension absent from so many current renderings of what mindfulness is about. Many people with minds that are not actually aware. A must read for serious students.

Rupert Spira shares his deep wisdom unlike anyone I've ever read. If you are interested in the true nature of reality, this one's a must read.

Wonderfully clear description of the indescribable. Very inspiring.

Fantastic reading, Rupert is one of my favorite persons on the planet and this book is a clear and consistent explanation of Non-Duality. I can't wait for his next book.

I have been a seeker for truth for many decades including many years with an enlightened guru, many long, silent retreats in many parts of the world, and of course, reading countless books,

ancient and new. I am very grateful for this. However, looking back I can see many teachers and spiritual books that actually held me back by increasing my confusion. Poorly written, some with lack of complete understanding provided no resolution and the seeking continued. That is why it was so wonderful to find someone who has realized the truth as well as the intelligence and skill to describe it. With this book, as well as his excellent videos available on YouTube, Rupert Spira escorts the reader down the path of Self-inquiry so that we discover these truths. He goes right to the core of direct experience by examining the cause of suffering and the means of its ending by way of examining our common habits of thinking about our bodies, feelings, personality and the world. He explores every side of this subject thoroughly, leaving the reader with clearer understanding of 'Who I AM' without getting bogged down with the normal misunderstanding of some teachings that promote more dogma and practices without end. If you have ever longed for someone to simply tell you the truth in a way that is clear, logical and understandable, this is it.

Rupert Spira is one of the most thoughtful and articulate presenters of the obvious truth of Non-Duality. He is at the fore-front of this arising Awareness and Consciousness

One of the best teachers on non duality today. He gives me hope, inspired action and a feeling of love. This teaching is SO important in our world, we MUST find who we truly are in order to honestly change the world for the better. Thank you Rupert Spira for being here. ãfÃ ã Å,ã â„çÃ Â•

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