



The Transparency of Things

Rupert Spira

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The purpose of Rupert's book is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations lead 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 itself that takes the shape of our experience from moment to moment whilst always remaining only itself. We see that our experience is and has only ever been one seamless totality with no separate entities or objects anywhere to be found.

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