



The Transparency of Things: Contemplating the Nature of Experience

Rupert Spira

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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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