



Presence, Volume I: The Art of Peace and Happiness

By Rupert Spira



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Your self, aware presence, knows no resistance to any appearance and, as such, is happiness itself; like the empty space of a room, it cannot be disturbed and is, therefore, peace itself; like this page, it is intimately one with whatever appears on it and is thus love itself; and like water that is not affected by the shape of a wave, it is pure freedom. Causeless joy, imperturbable peace, love that knows no opposite, and freedom at the heart of all experience...this is your ever-present nature under all circumstances.



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Editorial Review

Review

“*Presence* is a profound and luminous book with great power and is obviously the fruit of many years of contemplation. These two volumes together are a relentless and utterly thorough examination of the nature of experience, exploring every square centimeter of the territory with absolute excellence and ruthlessly precise analysis. Their astuteness and clarity will be extremely exciting to those readers who are ready for the next steps in lifting the veil of separation, and I suspect it will become a spiritual classic that readers will savor slowly and return to again and again.”

—**Victoria Ritchie**, former manager of Watkins Bookshop and editor for Eckhart Tolle

“It seems that every generation produces a few unusually clear voices that call us back to our essential, undivided nature. Rupert Spira is such a voice, and the collection of essays in these two volumes are his songs, his hymns of remembrance and celebration. As with any song, we must be available to truly hear it. These overlapping writings are meant to be carefully pondered in order for their underlying, vibrant Silence to be heard and felt. Savor them slowly as you would a fine wine, a delicious meal, or an exceptionally beautiful sunset. Let the wisdom and love from which they come saturate you. Feel how they act on you. That in you which knows and loves the truth will respond to their call to come home to who you really are.”

—**John J. Prendergast, PhD**, professor of psychology (emeritus) at California Institute of Integral Studies, author of *Listening from the Heart of Silence* and *In Touch*

About the Author

From an early age, **Rupert Spira** was deeply interested in the nature of reality. At the age of seventeen he learned to meditate, and began a twenty-year period of study and practice in the classical Advaita Vedanta tradition under the guidance of Dr. Francis Roles and Shantananda Saraswati, the Shankaracharya of the north of India. During this time, Spira immersed himself in the teachings of P. D. Ouspensky, Krishnamurti, Rumi, Ramana Maharshi, Nisargadatta Maharaj, and Robert Adams, until he met his teacher, Francis Lucille, in 1997. Lucille introduced Spira to the Direct Path teachings of Atmananda Krishna Menon, the Tantric tradition of Kashmir Shaivism (which he had received from his teacher, Jean Klein), and, more importantly, directly indicated to him the true nature of experience. Spira lives in the UK and holds regular meetings and retreats in Europe and the United States.

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