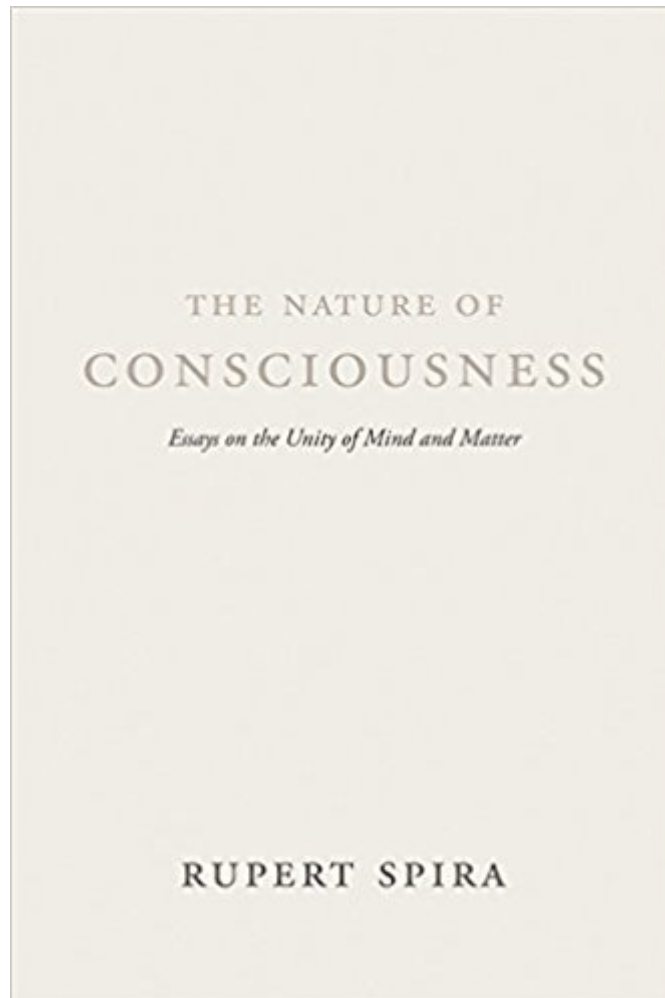




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The Nature Of Consciousness: Essays On The Unity Of Mind And Matter



Synopsis

I have gained deeper understanding listening to Rupert Spira than I have from any other exponent of modern spirituality. Reality is sending us a message we desperately need to hear, and at this moment no messenger surpasses Spira and the transformative words in his essays.

Deepak Chopra, author of *You Are the Universe*, *Spiritual Solutions*, and *Super Brain*

Our world culture is founded on the assumption that the Big Bang gave rise to matter, which in time evolved into the world, into which the body was born, inside which a brain appeared, out of which consciousness at some late stage developed. As a result of this "matter model," most of us believe that consciousness is a property of the body. We feel that it is "I," this body, that knows or is aware of the world. We believe and feel that the knowing with which we are aware of our experience is located in and shares the limits and destiny of the body. This is the fundamental presumption of mind and matter that underpins almost all our thoughts and feelings and is expressed in our activities and relationships.

The Nature of Consciousness suggests that the matter model has outlived its function and is now destroying the very values it once sought to promote. For many people, the debate as to the ultimate reality of the universe is an academic one, far removed from the concerns and demands of everyday life. After all, life happens independently of our models of it. However, *The Nature of Consciousness* will clearly show that the materialist paradigm is a philosophy of despair and, as such, the root cause of unhappiness in individuals. It is a philosophy of conflict and, as such, the root cause of hostilities between families, communities, and nations. Far from being abstract and philosophical, its implications touch each one of us directly and intimately.

An exploration of the nature of consciousness has the power to reveal the peace and happiness that truly lie at the heart of experience. Our experience never ceases to change, but the knowing element in all experience—consciousness, or what we call "I"—itself never changes. The knowing with which all experience is known is always the same knowing. Being the common, unchanging element in all experience, consciousness does not share the qualities of any particular experience: it is not qualified, conditioned, or limited by experience. The knowing with which a feeling of loneliness or sorrow is known is the same knowing with which the thought of a friend, the sight of a sunset, or the taste of ice cream is known. Just as a screen is never disturbed by the action in a movie, so consciousness is never disturbed by experience; thus it is inherently peaceful. The peace that is inherent in us—indeed that is us—is not dependent on the situations or conditions we find ourselves in.

In a series of essays that draw you, through your own direct experience, into an exploration of the nature of this knowing element that each of us calls

“I, The Nature of Consciousness posits that consciousness is the fundamental reality of the apparent duality of mind and matter. It shows that the overlooking or ignoring of this reality is the root cause of the existential unhappiness that pervades and motivates most people’s lives, as well as the wider conflicts that exist between communities and nations. Conversely, the book suggests that the recognition of the fundamental reality of consciousness is the first step in the quest for lasting happiness and the foundation for world peace.

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Customer Reviews

“I’ve gained deeper understanding listening to Rupert Spira than I have from any other exponent of modern spirituality. Reality is sending us a message we desperately need to hear, and at this moment no messenger surpasses Spira and the transformative words in his essays.”
• Deepak Chopra, author of *You Are the Universe*, *Spiritual Solutions*, and *Super Brain*
“Rupert Spira guides his reader on a delightful journey of discovery that uncovers and reveals what the Kashmiri Masters have called ‘the greatest secret, more hidden than the most concealed and yet more evident than the most evident of things,’ and that is consciousness itself. Rupert deserves to be congratulated for the clarity and sensitivity with which he presents the teachings of the ancient and modern Masters concerning consciousness, and his own deeply personal experience, in such a way that it can be both easily understood and applied.”
• Mark Dyczkowski, author of *The Doctrine of Vibration: An Analysis of the Doctrines and Practices of Kashmir Shaivism*
“In these essays, Rupert Spira cracks the shell

of materialism by elucidating the calamitous assumption that lies at the root of our materialistic culture, and he artistically and persuasively leads us to the universal antidote: the realization of the primacy of consciousness. As a scientist, I very much appreciate Rupert pointing out that scientists will never truly succeed in their exploration of the world until they successfully investigate the nature of the subject known as consciousness. •Paul J. Mills, professor of family medicine and public health at the University of California, San Diego
“The Nature of Consciousness is a major contribution to our understanding of who we are. This is a book which I am sure will become one of the great classics of our time. Please read it, because as we evolve we will all need to understand non-duality.” •Peter Fenwick, neuropsychologist and author of *The Art of Dying* and *The Truth in the Light: An Investigation of Over 300 Near-Death Experiences*

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, he immersed himself in the teachings of P. D. Ouspensky, Krishnamurti, Rumi, Ramana Maharshi, Nisargadatta, 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. For further information, see www.rupertspira.com.

This book goes through hidden beliefs of the body, mind and the world. It up roots those and continuously points to the awareness or consciousness being it's source. This is his best book so far

Perfection. Thank you for such clarity.

I've been on a spiritual path for 50 years, about 10 of those 50 very seriously. I've read tons, mostly the current teachers. IF (repeat: if) you are looking for clarity as to what the direct path of Advaita is all about, Spira, in my opinion, is your man. (I am not putting any teachers down... all have their place. Different people need to hear the message in different ways. I have friends who are intensely

into spirituality who have absolutely no interest in him.) He has no peer (in my opinion) in his ability to communicate about issues that are difficult to address. If I had to list my top 5 spiritual books, Rupert's would be 1, 2, 3, 4, and 5. And The Nature of Consciousness would be on top of THAT list. I'm on my second reading, have no intention of putting it down after I finish it again.

I'm in the process of reading still. I've been into this kind of study for a while now and science has brought me to this understanding. I've watched a lot of things on YouTube including Rupert Spira and I'm going to vouch for his understanding and others of course which is nonduality. Physics or quantum mechanics to be precise says that there isn't any objects in the conventional way of thinking; so that said; then there can't be any objects anywhere ever in that way of thinking too...meaning this universe can't be some kind of follow up to a let's say first one...which I think put a stop to the theory of the universe being some kind of virtual/computer reality. Some call the universe a quantum computer. I can understand the virtual reality because of the; no objects in the conventional way of thinking. So it's the chicken and egg question or what came first physics then consciousness or consciousness the physics. The universe of course is physics and we too...is our true nature before physics? The double slit experiment is a good place to start. I understand it intellectually and listen to or read to help me understand further. I should just meditate ha you know. So I become self aware. I don't know if I've promoted that book or that understanding. Again Rupert Spira can explain things very well. Sincerely.

If there were a Pulitzer Prize for spiritual books, I would definitely nominate The Nature of Consciousness, by Rupert Spira to win it. Over the past 40+ years, I have immersed myself ardently in most of the great wisdom traditions of the world. This has included intensive practice of vipassana and Tibetan Vajrayana meditation with a number of excellent teachers. For the past 15 years, my main focus has been Advaita Vedanta, Dzogchen and Mahamudra. I have been a very enthusiastic follower of Rupert since I watched his interview with Iain McNay on Conscious TV in early July, 2011. Since then, I have watched well over 100 of his YouTube videos, each one of which I've regarded as an impeccable work of art. I've been so impressed with a number of them that I have laboriously transcribed them into Word documents. Of the many excellent teachers of non-duality I've been exposed to, I have consistently regarded Rupert as second to none. Unfortunately, I have not been able to meet him in person or attend any of his live retreats. I had been eagerly awaiting the publication of this book since I learned about it on Facebook, anticipating that it would be absolutely superb. I ordered two copies as soon as it became available--one for my grandson and

the other for myself. My high expectations for it have been much more than fulfilled. As anyone familiar with non-duality is well aware, imparting an understanding of it in language, which is intrinsically dualistic, is all but impossible. In this regard, Rupert has more than accomplished the impossible. I cannot imagine any serious, open-minded person reading this earthshaking book without gaining at least a clear intellectual understanding of non-duality, including its many subtleties. Through the artful use of carefully chosen metaphors and analogies, Rupert elegantly offers a very gradual, systematic, highly redundant and comprehensive, spoonfed overview of non-duality, starting with the very basics and proceeding to what is by far the most advanced exposition that I have ever come across. In reading it, I have repeatedly experienced a great many surprising epiphanies and, again and again, have recognized how his masterful explication elucidates pith teachings from other non-dual wisdom traditions, as well as the deep insights of a number of great literary giants. Since I have come to a very deep conviction that non-duality is the ultimate and necessary antidote for the materialistic madness that increasingly threatens the very survival of civilization, I am rapturously delighted that Rupert has provided a very timely and highly user-friendly map to this magnificently liberating paradigm of ultimate Reality, or "God's infinite being," as he defines it. May it quickly gain the popularity it so rightfully deserves and virally offer massive impetus to a non-dual renaissance out of the Kali Yuga into the Sat Yuga.

I am a follower of Rupert and love his teaching: he is a great and patient teacher. This book, though, was so dense for me. The easy connection with his spoken word did not occur in written form.

Am reading a chapter a day. It seems that the same points are repeated over and over, but the more and more you listen the deeper your understanding becomes, to paraphrase a Dzogchen master.

The best book in the whole universe.

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