



# The Light of Pure Knowing: Thirty Meditations on the Essence of Non-Duality

*Rupert Spira*

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The Light of Pure Knowing: Thirty Meditations on the Essence of Non-Duality is a box set that includes: six mp3 CDs with 18 hours of audio; a 248 page paperback book of transcriptions of the spoken meditations; and a slipcase. The guided meditations in The Light of Pure Knowing were transcribed, catalogued and selected from hundreds that Rupert Spira gave over a period of three years, from 2011 to 2013. They are a deeply contemplative and profound exploration of the non-dual nature of our experience, and have the power to take the listener or reader back to the source from which they arise. You will not encounter philosophy here, but a journey into the most essential and ever-present nature of our experience - pure Knowing, the truth of our own Being - free from the thoughts and feelings that the mind superimposes upon it. Those familiar with traditional teachings will recognise both the Vedantic approach, which, through reason and discrimination, separates out the eternal reality of all experience from its changing appearances, and also the Tantric approach, in which the entire realm of experience is known and felt to be shining with the light of pure Knowing. However, no previous philosophical, religious or spiritual orientation is required for these contemplations, for they offer a contemporary, original and highly experiential approach to the essential nature of all experience, free from all traditional religious or spiritual dogma. 'The reader of these words may be reassured because Life has placed in their hands, in the form of this book, the golden thread that will enable them to trace their way back to the source of intelligence, love and beauty in themselves.' Francis Lucille, Author of Eternity Now, The Perfume of Silence and Truth Love Beauty

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