



Transparent Body, Luminous World: The Tantric Yoga of Sensation and Perception (Book and six MP3 CD Box Set - 30 Hours of Audio)

Rupert Spira , Éric Baret (Foreword)

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Transparent Body, Luminous World - The Tantric Yoga of Sensation and Perception is a box set that includes six mp3 CDs with over 30 hours of guided yoga meditations, a 248-page paperback book of transcripts of the spoken meditations, and a slipcase. The 24 yoga meditations explore the experience of the body and world as a continuously changing flow of sensations and perceptions appearing in, known by and made of awareness. These direct and penetrating contemplations discuss and facilitate the gradual alignment of the non-dual understanding with the way the body and world are felt and perceived.

'Under Rupert Spira's precise and loving guidance, this esoteric teaching becomes an actual, felt experience... As you follow his pointing-out instructions, body, thoughts, sensations and sounds start to reveal themselves as arising inside a borderless Awareness. In time, you begin to feel your entire experience as saturated with Awareness, made of Awareness, dancing inside Awareness. Connecting to the Presence flowing through Rupert's words, you literally catch the awakened state. Rupert's pointing-out instructions can free Consciousness to recognize itself, so that gradually - or suddenly! - your body and the world around you become transparent to the knowing Presence that is experiencing itself as you.' Sally Kempton, author of *Meditation for the Love of It* and *Awakening Shakti*

'Rupert speaks from within a field of infinite tenderness, mind and heart joined in awe of the mystery of existence. This is a voice from inside the truth, creating fresh language, a lovingly crafted stream of revelation. This is a voice of infinite gentleness speaking through space and time from the Awareness beyond space and time, reminding us all of our own essence. I am stunned by the beauty and clarity here.' Lorin Roche, author of *The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight* and *Meditation Secrets for Women*

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