



Presence, Volume I: The Art of Peace and Happiness

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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