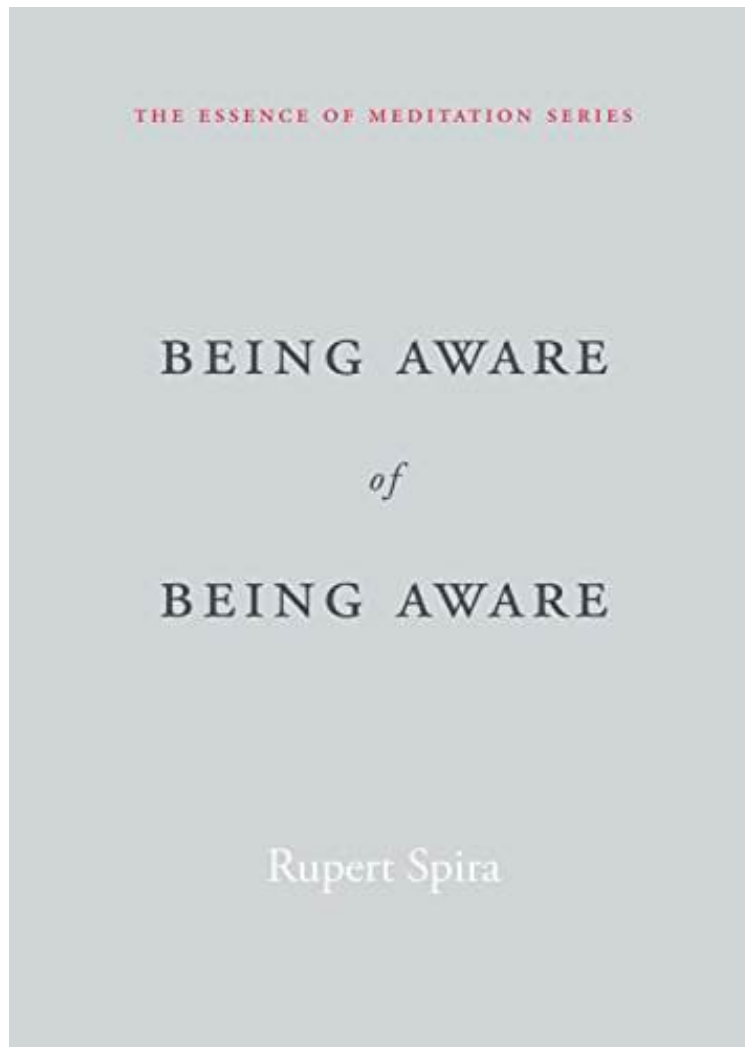


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## Being Aware of Being Aware (The Essence of Meditation Series)

*By Rupert Spira*

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consist of a flow of thoughts images ideas feelings sensations sights sounds and so on Very few people ask Idquo What is it that knows this flow of thoughts feelings and perceptions With what am I aware of my expe 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

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