



Day to day is a bulletin via e-mail with the mission of spreading Sesha's teachings on Non-duality applied to people's everyday lives. This bulletin **can be sent on** to anyone interested in the inner search and knowledge of themselves and the Ultimate Reality.

### **Who is Sesha?**

Born in 1960, he studied Engineering and Eastern Philosophies. His unremitting search into the nature of Reality led him to practice meditation from a young age, combining it with the study of oriental classics such as Ramana Maharshi, Patanjali, Gaudapada, Govindapada, Sankara, etc.

During these early years he encountered difficulties common to most in-depth searchers into these matters: differences of opinion between authors, unspecific maps in any breakdown of the meditative practice and a metaphysical conceptualisation that was generally very far from Western experience and culture.

At the age of 26, after years of incessant searching and varied penetrations into deep meditation, he experienced transcendental Non-Duality. His journeys from then onwards have taken him to various countries where, via meditation seminars, conferences and interviews in different media, he teaches and explores his inner experience.

His first two books, ***La búsqueda de la nada (In Search of Nothingness)*** and ***El eterno presente (The Eternal Present)***, are edited as guiding texts for his students. Later he writes ***La Paradoja Divina (The Divine Paradox)***, a fresh and brilliant analysis of the different states of consciousness capable of being humanly experienced, both inwardly and outwardly. His next book, ***Los Campos de Cognición (The Fields of Cognition)***, is his masterpiece and most representative work to date. In a systemised form, it gathers together the knowledge of his inner experience over 20 years of pedagogic mission in various countries. Next comes the book ***Vedanta Advaita***, intended as a bridge between his first works and the two that follow. Sesha is now working on ***Cuántica y No-dualidad (Quantum and Non-Duality)***, an in-depth look into the

close relationship that arises between quantum physics and the timeless ideas of Vedanta.

Today, as well as publishing articles in various magazines, he continues to give seminars and conferences and is also preparing a number of books on Vedanta and related subjects.

### **What is Advaita Vedanta?**

Vedanta is a metaphysical thought system. It has to do with recognising the essence of Being, of knowing why things exist and what reality is. It seeks to untangle the process of existence and reality and gives voice to the fundamental questions a human asks about himself.

What is affirmed in Vedanta is that the way of knowing and interpreting the world, the reply to why things are and the solution to the dilemma of existence are reached via a right process of **understanding and discernment**.

What is sought is to understand what one Is, as this implies knowledge and information but not a type of knowledge to be found in books. It is non-transmissible knowledge that arises only when consciousness associates with itself, in other words when awareness attends itself without attending to anything else.

### **What is Non-Duality?**

The concept Non-Duality was so coined by oriental tradition, specifically by the metaphysical Advaita Vedanta system, and its basic aim is to identify the special object-subject relationship that operates in the deeply cognitive states associated with Concentration and Meditation.

Non-Duality is the essence of oriental metaphysical thinking. Its description leads to a familiarity with human transcendency and its analysis provides us with a clear and concise understanding of the real order in nature.

Non-Duality is an exquisite idea, capable of relating to science, art, religion and philosophy. It is one of those rare tools found by the investigator who probes the deep oceans of himself.

### **Are all meditative practices valid?**

Any form of meditation is valid if practised under a specific canon genuinely leading to that which you seek. The basis supporting our meditative practice is the perception of Non-Duality. Any practice not offering this condition and not seeking this result cannot be said to be meditation.

Any incorrectly effected practice leads to an inner mental perception of suggestion, visualisation or thought, connected with the egotistic and relative mind. Meditative practice is a Non-Dual state of perception that can basically be reached in two ways: externally, where information is perceived through the senses, or innerly, where thoughts are perceived without any intervention of the senses. Hence, both inner and external practices are considered to be tools for acquiring self-knowledge.

### **Is physical posture important to the meditative practice?**

Physical posture in meditative practice is only important insofar as it provides a sufficiently comfortable position to avoid the body becoming trapped by a sense of pain after being still for too long while practising.

The posture is not important in itself because, finally, the meditative practice is primarily upheld by awareness of, preferentially, the inner cognitive witness rather than of inner emergent thoughts. However, if there is bodily disturbance or pain, then situating "awareness on the witness" becomes very difficult. To avoid both this and falling asleep, a sufficiently firm and comfortable position is recommended.

It should be a posture that encourages a clear form of inner observation and does not induce a state either of sleep or of excessive thought. The physical posture is not the ultimate objective of the practice, and much less of the inner practice.

To know more about **Sesha** visit [www.vedantaadvaita.com](http://www.vedantaadvaita.com), the website containing information of his books, articles, interviews, talks and a calendar of seminars and courses.