



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.

Time marks everything that harbours and prevents stability and continuity of everything existent in duality in an exorable way.

Sesha

The appreciation of time in dual and Non-dual perception

There are various types of time: thermodynamic time (which tends towards disorder and confusion), epistemic time (which regulates object-subject sequentiality), psychological time (which determines the mental sense of time) etc.

Time is an extensive field where subject and object are involved with whilst forming a part of it. Time and space provide a backdrop against which the universe is recreated. In the world of duality it is necessary for everything that exists to contain a time-space component.

All events associated with subject and object are affected by time: time and space are independent components of the very substance that makes up all things. Thanks to them we are able to create models based upon which we can situate, relate to and refer to any event or groups of events.

Einstein's theory of relativity is the most efficient and universal model. The ocean of time and space allow us to refer to events, objects existing in it and find rules by means of which we can foresee and predict their movement.

In the state of duality, everything is necessarily seen as being framed and immersed in time and space like a sea where events swim. "Mathematical time" is not affected by the sense of past and future, whereas "psychological time" is. We build up an immense differentiation in our minds with respect to time and we divide it up into three stages: past, present and future. The idea of simultaneousness of these three options is never considered, it is

axiomatically assumed they are different and our sense of evolution is the most practical manifestation of this.

Humankind is bound to remembering its past, of catching a fleeting glance of the present and is content with thinking of the inexistent fruits of the future. Both fear, doubt, also hope along with the majority of mental activity that any individual may produce, are results of the sequential merry-go-round upon which time is presented.

From a Non-dual perception time and space take on a different aspect. In the Non-dual ambit time is not something which is isolated from the perceiver or from what is perceived, that is, time is experienced as a simultaneous condition in the observer-observed event.

This simultaneity across perceiver/perceived reaches an even more unimaginable pitch, a state where it is possible to perceive an object and detect its past, present and future simultaneously, since there is no spatial or temporal sequential break in that which is processing cognition.

The knower does not split the sense of past - present – future, since the simultaneity of events and information of any event is implicit in the very act of knowing at any given moment.

Therefore, time and space do not fracture, they are a continuity of what has been, what is and what will be. This continuum situated beyond present time and place is experienced in the light of Non-duality, associated with the simultaneousness of the object – subject event.

In this way the perception of the world varies, since when mental information is processed at the same time as a question is asked, it is possible to reply to it simultaneously. In this way, the sense of a beginning and an end to things, confirmed as being different in the sequential world of dualism, is not so in Non-dual worlds. In Non-dual experience questions such as where do we come from? Where are we going to? Who are we? are as unnecessary as they are inconsequential. The knower does not entertain a disquiet that in no way has real existence.

There is an absence of fear, doubt, or expectations and future, given the evidence of an instant which extends towards infinity.

To know more about **Sesha** visit www.vedantaadvaita.com, the website containing information of his books, articles, interviews, talks and a calendar of seminars and courses.