

Day by day n° 14 *September 2008*



Day by day is an e-mail bulletin, with the purpose of conveying Sesha's teachings on Non-duality and their relevancy in our everyday life.

This bulletin **can be re-sent** to anyone interested in a personal quest, in knowing him/herself and in the Final Reality.

Duality and Non-duality co-exist but can never coincide *
(Sesha)

The dual world's beliefs compared with the certainties in the Non dual world

To feed their rational capacity, human beings inevitably need to expand their memory, gain new experiences and secure a past over which they can base their dialectic action. Owing to the increasing application of their personal history, they set about taking onboard new events, through which to build up an increasingly more efficient judgement.

The movement of stored information in our history is always sequential. It always manifests itself to the light of consciousness in the shape of consecutive fractions one after the other. The mind forms a processing system similar to that of a computer, where information flows, the same as the waters of a river until they join larger tributaries, always in different separate parcels, and always linked by logical sequences.

Personal history is highly appreciated asset: In theory it teaches us not to forget our mistakes, but regretfully, this is not enough. Thanks to our history we have sufficient elements to compare previous experiences and transform perception into a sequential event. Memory is a logical necessity to be able to act intelligently in a dual world.

Our history is stored in the form of mental habits that when used frequently transform our beliefs into truths. We think on the basis of our mental habits which we establish throughout our lives. Beyond this cultural and conceptual constraint of habit, it is difficult to open one's mind to new beliefs, accept original theories and see life from a different point of view.

Our thoughts merge with the habits which they have established through reinforcement, leading us to habitually think about the same things. Our minds are not free from conditioning that society, culture and our own genetic make-up produce for us with as we gain experience.

Is it possible to think without previous conditioning? Is there any originality in thought? Is it possible to mentally consider information in a simultaneous way?

The answer to all these questions is yes we can. It is possible to access new ways of processing information and, therefore, to new ways of thinking and believing. The answer to all these questions is simple: try to react to events in such a natural way that there is no need to think in order to react.

The natural reaction to events during life entails not presenting information conditioned by my own interest in the face of perceived situations. Inclusion of any personalistic activity, no matter how slight the individual inclination or personal desire invades cognition, produces the sense of "self" and the implementation of a dual dialectic process.

Natural reactions to any event, as a source of cognition, whether the event be inner or outer, manifests with the simplicity and self-control of rain falling when clouds are overloaded with humidity. I am not talking about a change in the rational process, but rather of special angle, of a freed perspective from which one can view the world.

This special form of natural reaction before events in life allows entrance approaches a new cognitive universe. The continuity of life with no sense of self-ness brings about a form of cognition we call Non-dual. There, in Non-duality, the characteristics of cognition change without the perception of reality being any different to what it really is in itself.

I am not talking about moral conduct or the establishment of a new belief, but of something which is far beyond the beautiful words that fashion a better person. I am not talking about anything that could be thought, but only that when reacting in a spontaneous way one continues to be aware and knows without the presence of a possessor of that cognition.

The Non-dual perspective does not generate effort of perception, or the need to know, or the tendency to be afraid, not even the tendency to joy or happiness. It is a new alive pattern of consciousness wherein we perceive the world from a unified perspective.

* La Paradoja Divina – Sesha 2002 Gaia Ediciones

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