



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.

Extracts taken and adapted for this bulletin by the author of the book:

MEDITACIÓN

EL CAMINO A LA LIBERTAD (1)

Book and 2 DVD's, by *Sesha*

Consciousness

- The human being is not only a storehouse of consciousness; the entire universe, in any of its expressions, is simply the very substantiality of Non-dual consciousness.
- Non-differentiated consciousness emerges individually only in states of consciousness where subject and object express themselves as being differentiated.
- The universe and all movement that an individual detects are apparent and only exist in the mental interpretation of the perceiver because of the unceasing dialectic process he/she is subject to.
- The Vedanta defines consciousness as being a **non-dual** (Non-separated and simultaneous) **continuum** (seamless continuity) of **evidence** and **self-evidence** (knowing and knowing one knows) and which is **self-illumination** (known for itself through its own nature) and **undetectable** (it cannot be the object of perception by any differentiated and separate perceptor that detects it).
- Consciousness can only be known by itself, since there is no entity that can transform into the object of its own knowing.
- Ever existing consciousness that comes into play through the Non-dual act, is the great, unique agent that can be used to scrutinize the reality that in the East is defined as infinite and absolute.

- Consciousness, which is the substratum of everything that exists, already has, in and of itself, the capacity of knowing and of knowing it knows; this is its nature by definition: knowing
- Absolute Non-dual consciousness is witness to simultaneous and ubiquitous continuity and to every existing event in the universe; to this cognitive expression we give the name *Nirvikalpa Samadhi*.
- Consciousness is a seamless continuum that, ubiquitously and simultaneously sustains all that exists without being modified by anything that floats within its core. Every object is an expression of consciousness, but consciousness is in no sense an object.
- Consciousness does not split into subject-object, although it appears to be so in the light of thought and mental interpretation. It, and it alone, being independent from any other mental activity, is the ultimate entity of cognition.
- Non-dual consciousness encourages and locates those states that from the individual's mental interpretation are perceived as different, differentiated or dual.
- The universe that individual consciousness detects is changeable, impermanent and always evolves towards a new form or aspect that, in the end, is equally as impermanent and changeable.

(1) The book **Meditación** containing 2 DVDs with teachings on meditation, is available at the author's website: www.sesha.info

To know more about **Sesha** you can go to www.vedantaadvaita.com o www.sesha.info where you will find information on his books in addition to articles, interviews in text form, video, recordings and dates of courses and seminars.