



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.

Fear is only the absence of certainty of being.

Sesha

## **Does the crisis exist for those who live in Non-duality?**

These days one hears a lot about the economic collapse and the breakdown in the capitalist the free market system. All over the world we see fear arising, fear of the impossibility of exercising economic control on the future. For decades immensely rich people and businesses have controlled the economic process, but their yearning to get richer has made the basis upon which they operate disintegrate/fall through.

The answer to such incessant economic egotism is that, over and beyond any particular circumstance, the equal redistribution of income is the only logical way out to balance any kind of social system. However, this will never be achieved in practice unless the human mind, once and for all, genuinely understands that there is much more potential in constructing for the good of all than for one's own personal gain.

As long as fear ripples through the human mind, the latter will have to hide from itself by seeing its fellow companions as enemies. Fear of the future is no more than the expression of doubt over one's own reason for being. Going deeply into yourself and becoming aware of another form of reality shows us, in a practical and implicit way, a new spirit. Voyaging across the oceans of Non-duality provides certainty for the existence of being that does not fluctuate, not even at the very moment of death.

The continuous experience of Non-duality prevents fearfulness, since it avoids the option of doubt in the face of any mental construction. Fear does not take the shape of an animal that devours

life and time, but that of an event to which one reacts without the sense of doubt. The absence of doubt does not repair the world but it prevents one suffering for it.

Fear takes on another dimension when the psyche does not get lost in it, endowing it with non-existent reality and strength. Fear is just the absence of the certainty of being.

The first and strongest creation of fear is egotism. Egotism is the belief in my existence separated from what I know, a belief which turns into the source of all illness.

This belief vanishes in Non-dual worlds; there, in Non-duality, the Knowledge of Being takes on such a different connotation that there is no need to doubt over what is known or over what one is.

Really, non-doubt is the most practical expression of Non-dual experience, in the face of the hectic cloak of life which we wear everyday. It does not imply isolating yourself from your environment, but observing it from a different point of view, by using the mechanism of understanding which is gathered in Non-dual experience.

And, what is Non-dual experience? It is the form of knowing where one understands that the universe and the knower who is knowing it, in any of its infinite facets, has an all in all inter-relationship where everything relates to everything and not just parts to parts. For this reason, the mind of those who have experienced Non-duality sufficiently becomes free from an emotional reaction whose essential basis is doubt, the impossibility of remaining within cognitive certainty

There are umpteen fears. Cognitive ones also, in the form of philosophic doubts, and there are psychological ones also, their immense variety is studied by psychology. All of them are expressions of the incapacity of remaining within a state of certainty in the face of any experienced event. They all live in conjunction with egotism. The absence of egotism frees one from the effect of dualism. Once free of dualism, one finally experiences freedom.

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