



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.

The certainty of knowing that fear is only fear, is what frees you from it.
Sesha

Extract from a conversation of a Chat had on 21st January 2009, between an Argentinian student and Sesha.

Sesha: And what about your mind, how is it going?

Student: Sometimes it is in turmoil and quite often I can't find it.

Sesha: You have your whole life in front of you to find it, there is no hurry.

Student: Lately, I'm very worried about my old man's health.

Sesha: He is very tense, very worried, he has a tough character, self-sufficient and hard headed. You won't be able to change him if he doesn't want to.

Student: Does his karma have a violent end in store for him?

Sesha: Violent?

Student: A sudden death, a heart attack or something like that.

Sesha: That is a beautiful way to go..., I'm talking from experience.

Student: Will it be like that for him?

Sesha: I don't think it would help you if you knew.

Student: But I want to know, to prepare myself psychologically.

Sesha: The best thing is to accept it and want it; it's his own life and only God knows what is going on in his soul to make him do what he does. Any kind of reaction you have is all right by him, as long as you don't suffer or feel part of it, do you understand?

Student: Acting without attachment to the action, without desiring a determined result or suffering for what it may bring.

Sesha: Yes that's right, in this way you could even say the worst thing that occurred to you to him.

Student: It is difficult to act like that with him, he is my father; there are lots of feelings and history involved.

Sesha: Acting like that doesn't depend on him, it depends on you.

Student: I understand

Sesha: You've got a big Heart, but your mind is in turmoil: one day it will calm down, be patient. Always be attentive in life..., and only be like that all the time.

Student: Can I take advantage now to ask you a question

Sesha: Of course you can.

Student: I've been thinking about what you wrote to me the last time, which was this: " One can always think more, but *Karma* determines what you do".

Sesha: You must always understand where the teachings are coming from, if it is from duality or Non-duality. From duality the will is the axis of action; from Non-duality there is no real sense to any question that might determine a subject

Student: And in reality, which is the axis of action?

Sesha: There is action, but not one who acts!, that is the essence

Student: Ok I understand so far. What I would like to ask you is, what is decided by *karma*: doing, thinking or both

Sesha: Everything, everything is a result of *karma* except consciousness and Love. Student: Is there any area in which I could be free if only apparently so?, something which I could lean on and stop worrying about things where I'm not free or not so much?

Sesha: Yes, the instant between one thought and another is free.

Student: But first I search for this instant with my thoughts, I desire it, I yearn for it. All these thoughts, make me long to sit and practice, or practice *karma yoga* whilst walking, where are all these desires?

Sesha: They are there as long as you remember them.

Student: And are those memories of what I am and what I have to do, conjured up freely or evoked by *karma*?

Sesha: It is the karmic machinery that feeds

Student: It would seem that there is no way out

Sesha: Way out of where?

Student: Ha,ha,ha, good point. It is comforting to remember there are no prison bars, but it still hurts when I try to get through them, even when I have the thought which is telling me "there are no bars, or anybody to get through them".

Sesha: Your Thoughts are the bars and they are what is imprisoned.

Student: And if the one who practices is a thought, how can they stop being one? **Sesha:** Because they only are when you think... You are born with every thought you think and you die when you stop. You are born and you die continuously, but the mental process is so fast, you see the continuity of what you are not and not of what you are, just like stills from a film.

Student: Something must unite the stills to make a continuity.

Sesha: Space (to take an example) contains the information of the stills and the space between them. That is the Real, That has no parts That has no differences, but any difference is just substantiality of That. That remains being "That" even in the substantiality of *maya*.

Student: Who is it paying attention or ceasing to pay attention to the stills or space between the stills?

Sesha: That which knows is That; whoever believes they know That, is the *adiarupa* (superimposition) from which *maya* originates.

Student: Why is That uniting the stills?

Sesha: That does nothing, it is you who sees it. You see the intentionality, you experience it. That does nothing, it is only what it is.

Student: Who is afraid if every still dies instantly?, who dies?

Sesha: The sense of doubt dies. Fear is doubt, it is memory; That which knows is That. The certainty of knowing that fear is only fear, is what frees you from it. Certainty is not fear, nor its absence, nor does it have parts; it is just That. That is the continuous certainty of being.

Student: Fear being just fear is enough to frighten you.

Sesha: Fear is like the night, it is frightening because of what you remember, not for what it is.

Student: This certainty, this courage that overcomes fear, is it in my *karma*?

Sesha: No it isn't, *karma* writes on it, *karma* is the ink: That is the paper.

Student: I wasn't expecting that answer.

Sesha: The idea is to surprise you to make you stop thinking..., but you load up again very quickly..., what a mistake. What a terrible habit of thinking you have.

Student: I can only ask, in spite of my persistence, that you be even more persistent with me.

Sesha: I only feel affection for you, and always will do

Student: Thank you.

To know more about **Sesha** you can go to www.vedantaadvaita.com or 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.