

Day by day n° 21 *April 2009*



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.

Attentive, always attentive.
Sesha

Very often we hear many students referring to life in terms of pain or weariness. It seems that unpleasant experiences accumulate in such a way that their spirits are dampened, leading them to ask themselves what they should be doing with their lives. I would like to have a satisfactory answer for them that would lead them away from the apathy with which they sometimes deals with life, however, in the end, after analysing each case, I usually come to the same conclusion: there is a lack of attention in daily activity, a circumstance which leads to life resulting in conflict.

The single most intelligent option is being attentive in anything we do, every action we undertake, each experience we have. I sincerely do not see that the solution to problems in life implies a "spiritual search". Spiritual search does not avoid suffering; it is just another way to approach life that may even lead to as many or more conflicts as any other way.

Being attentive to every act in life presupposes complete presence. It does not necessarily entail being intent on the search for God, a process in which the mental dialectic could be similar to studying physics or developing any kind of art or skill. Being attentive is independent from any action you realise.

Attention comes before thought, it remains while the thought arises, when it disappears and, finally, it is there before the arrival of a new one. Being attentive needs to be viewed simply as an activity, which is even independent from one's own wish of "wanting to be attentive". Whether we want to be so or not, we are always attentive. Therefore the problem is not about being attentive as such, but rather the fleeting mental condition of attention that varies from one instant to another.

If any human being were able to fix their attention on every act they perform in a sustained manner, their form of seeing the world would completely change. They would even participate in new forms of cognition that would lead to the reality of Non-dual perception. Recurring sustained attention placed upon any witnessed event of life is the most beautiful purifying act that exists.

Attention does not need to appear and disappear with every thought. It is not like this. Attention is continuous, it is the thought that comes and goes; for this reason, while the attention that is placed on the present act is uninterrupted, segmentation of perception will never be experienced. How beautiful it is to die in every instant to be reborn at the next, without the "I" noticing the continuous change that is taking place!

Every day is host to countless acts to which we must respond. Giving our attention to the simplicity of any of them allows us to spring to the next act without the links that make up the chain of perception fracturing. The simplicity of reading, for example, is like that of walking, sitting, eating and thousands of other actions: doing them all without any psychological effort implies an intelligent way of life that leads to controlling one's mind and to its superior functions.

Being attentive is not good or bad, it is an activity beyond morality, beyond any ethical explanation. Being attentive to every act offers us incomparable aliveness, modelling one's mind and catapulting it to forms of cognition that the common human being would never believe existed.

"Doing" has moral limits, "suffering" and "enjoying" have limits, but "being attentive" does not have any limit whatsoever. And, out of all possible attention to any type of event, there is none so marvellous as supreme attention: that which is continually placed on attention itself.

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.