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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.

Stable attention in the present brings about sublime states
of Non-dual perception.
Sesha

Attention (awareness) is one of the greatest treasures we possess and at the same time one of the Basic tools in our lives. Owing to attention we can know, since its essential nature is to generate knowledge and is the source of every cognitive process.

Attention is always a permanent activity, it never deteriorates or transforms. We are born with it and it illuminates everything that happens in the world; thanks to attention (awareness) we can be conscious of everything that surrounds us and of ourselves. Very often people talk about lack of attention, which these days seems to be a common condition in school children. However, such a lack doesn't actually exist, since there are never any modifications or changes in attention.

The great inconvenience of western cultures is the exacerbation of the nervous system, owing to the increasing demands made by the technological advances of our times. It is easy to see how children, before they can even talk, can sit in front of the television for hours at a time or they attain superior levels of motor function by playing with video recorders or electronic games.

Such an invasion of information occasionally is greater than the reaction capacity of any given child's nervous system, demanding a superhuman effort unknown to previous generations. This over stimulation results in fast development in motor function, logic and development of creativity, but at the same time it creates problems with communication and wide gaps in the relationships within the family circle.

Children develop abilities in relating information that their own teachers still do not have a clue about and probably never will have. The lack of understanding of new levels of handling information technology, which they begin to develop from a very early age is generating an enormous gap daily between teachers and students.

Redirecting these new skills that children are developing in an intelligent manner and encouraging a creative atmosphere for them is not what usually happens in schools.

As time goes by, with the lack of educational clarity in respect to these new expectations that arise very early on, attention begins to fragment and increasingly becomes patchy. The stable and permanent way in which children deposit their attention on the World during their early years in life then leads to a state characterised by rapid intermittence and volatile focus on the objects they experience, creating out-of-control activity with these objects and the developing of unsettled impoverished behaviour, lacking in depth of knowledge.

Problems which are taken to be a product of children's lack of attention are no more than a result of deficiency in education caused by the inoperativeness and ignorance of adults. Attention operates much in the same fashion as the lamp on a miner's helmet: when a miner is digging he directs his attention on the zone he wishes to search and keeps the light pointing in the same direction; in the same way, permanently aligned attention is capable of knowing what it experiences accurately. But if the miner goes down with flu and sneezes, or has an allergy which makes him cough, he will be witness to frenetic activity of the shadows and little crannies in the rocks, which appear to be mobile because of the activity of the light itself which shines out randomly from above the unwell miner's helmet.

The light coming from the miner's helmet is never switched off, just as attention is always permanent, but because of the constant movement originating from the continual sneezing, the wall seems to move, in the same way as the fleeting attention associated with an over excited nervous system generates symptoms of dissociation and even lack of knowledge. The cause is the instantaneity of attention on the world which is known.

And so therefore, to conclude, what we can say is that stable attention focused in a constant manner on events that happen should be the basis of any consistent education for humanity; taking this approach, stable attention in the present may even, in the end, attain sublime states of Non-dual perception, whereas poor attention to "events that form part of the present", together with the lack of clarity in respect to the nature of attention and of consciousness, are breeding grounds for every kind of cognitive disassociation in children and adults.

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.