



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.

When you have doubts on your mind, life is upsetting.
Sesha

Human suffering is inherent in the sense of **identification**. The greater this sense is, the deeper the suffering is. Identification is an act that stems from the impossibility of recognising our true inner nature; assuming we are our body, our physical vitality or our capacity for reasoning, entails our navigating in the world of change, in the instability of our emotions, thoughts and desires.

However, how to convince someone that their pain comes from their sense of identification? How is it possible to break through the barrier of ignorance and turn the conflict of the mind, and the instability that it produces, around? Identification is as complex a subject to understand as it is to transcend. Imagine you are dreaming: while you are asleep you talk to any of the people you come across in this dream state. Just think how difficult it would be to tell them they did not exist; picture the face they would pull when you informed them that the pain they felt for recent death of a loved one in the dream was inexistent. They would look at you with tears in their eyes, tears of suffering, out of desperation for the recent departure of their beloved...; nonetheless, it is just a dream. All you have to do is wake up, realise you are well and truly scientifically awake, and the suffering dreamer's tragic pain, and disappears as if by magic. It disappears because you know you are now awake, and it becomes evident that the previous oneiric World was unreal, an illusion.

While you were asleep the one you were talking to identified themselves with their pain; they honestly think their pain is real. Their mind leads them to remember all the events in sequence, heralding a future based on the past and, nevertheless, everything disappears upon awakening. Thousands of dreamers vanish and their identities fade away.

The disappearance of pain and the identification that produces it happens because of a new certainty, that of waking up. But as long as you do not wake up to a new reality of being, the pain and anguish which mental identification generates is insuperable. The links that chain your sense of identification to a mind and body begin to vanish when your mind borders on Non-duality, the latter being understood as a special form of cognition that presents the non-differentiated continuum of consciousness as the non-differentiated relationship between knower and known.

Pain vanishes with strong convictions, such as the certainty that life is worth more as we get to know ourselves better; on the other hand, when you have doubts on your mind, life is upsetting. Identification is a magic veil that only exists in the mind of those who do not possess firm and continuous convictions of themselves. Notice how a child turns their sorrow into curiosity, as soon as, in the midst of their tears, they become aware of a new toy. How can something which seemed so real, disappear? Identification is the false belief of the knower being different to what is known. Educating the mind to change this duality through the continuous attention flowing from the present is the ideal mechanism to transcend false identification

It is true that it is difficult to keep calm and view pain as neutral when feeling it, or direct your attention onto something different, but only by continuous attention to a present which is perpetually being reborn can the subject/object duality be shattered. It is only through the shattering of this duality that the stability of non-fluctuation between mental extremes can materialise; and only like this can you know freedom.

Freedom is the absence of identification; Freedom is "being" without being "something" "being" without being "someone".

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.