

Day by day

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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.

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of what is perceived.

Sesha

Technology is increasingly turning into an indispensable tool. The advance in communications allows us to know what is happening on the other side of the planet in seconds. Globalisation is now a confirmed fact and the merging of cultures is advancing by leaps and bounds. However, this advance due to new developments would seem to be happening more quickly than humankind's capacity to use it for their own inner development.

One of the psychological characteristics that looms large in an ever more technologically developed world is the deep sensation of inner loneliness; hence the strange paradox science provides us with. Does it really help human beings with their own inner development?

Technology provides us with more exact and efficient instruments to perform many of our tasks, Even so, this does not help in transforming or improving humanity's natural essence. It does not make us feel better within ourselves, happier with our environment, more assertive in our personal decisions, more loving, more idealistic or more human.

We very often see ourselves as being overwhelmed by the complex web of information that envelopes us. There is such a great amount of information that impacts upon our minds that much of it is absorbed without having been consciously processed. The result is: programmed performance lacking in judgement.

Until our ability to be as equally consciousness of our outer environment as of our inner world intensifies, our minds will take on the role of spectator of an unstoppable ocean of events that saturate it, shape it and, ultimately, induce immature and superficial behaviour. How strange it is: we find ourselves surrounded by increasing possibilities of access to information and, nevertheless, we feel more and more alone in our own company.

We have made the mistake of taking for a fact that someone intelligent is someone who is able to process ever greater quantities of information. Real intelligence should be seen as an inner mechanism that allows us to process and organise information in a conscious manner. What is the point of entering into so many virtual worlds, if by doing so, we isolate ourselves and we create our own personal insignificant realities? Being intelligent means putting received information into order and stratifying it in specific activities. Being intelligent should imply personal synthesis, capacity of analysis and integration of inner and outer worlds.

It is sad to see human beings shut off from the outer world, while treasuring the world of information which is measured in gigabytes or terabytes. The impact of more information than can be processed, denies us the obvious option of apprehending the outer world for what it is, making it impossible for instance to contemplate and become engrossed in a landscape, mountain or sunrise etc.

Not to mention the wonderful feeling of contemplating silence, this silence where information is still observed but with no conflict. This inner silence is not the negation of inner and outer worlds, not at all; inner silence is that which entrances for the immensity of what is perceived since within it there is no emptiness, no void. On the contrary, here worlds are intercepted floating in the wonder of Non-differentiated consciousness.

When constant attention is paid to every minimal, simple daily task we carry out, it becomes the entry into insuperable worlds of clear perception, of personal satisfaction and of all that has to do with the exhilaration of being alive and gifted with intelligence.

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.