

Day by day n° 25 *September 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.

All valid and intelligent questions allow doubt once asked.
Sesha

Inner search, like any concern that needs to be approached with clarity, requires certain mental skills.

The mind is an unimaginably subtle instrument of perception. One only has to see how extremely delicate and subjective human behaviour and the verification mechanisms of what is known can be. Examining one's mind and solving its mazes with clear answers is the aim of every true searcher in search of themselves. However, the lack of knowledge of the mind and its functions transforms inner search into a lottery that sometimes gambles on frankly incoherent answers.

An organised mind knows how to ask questions. Asking questions correctly is an art of difficult access; it requires special logic, an efficient way of looking at problems, through which it is possible to find an answer.

Very often, when looking for solutions, you ask the first question that crops up in your head, a situation that demonstrates a considerable lack of practice in the art of logic and reasoning. Asking a question in an exquisitely ordered fashion leads to an immense advance in achieving answers. There is always an answer to an intelligent question.

When a question is intelligent this is not associated with excessive doubt, instead there is surprise that graces the light of a validly formed question. Most answers that we search for in respect to the inner World are based upon apparently intelligent foundations in principle derived from the most efficient tool we dispose of: checking all answers with the very praxis that is provided by experience. However, with our lives being riddled by non-conformism and change, this process habitually leads to contradictory experiences in our search for the Real.

Albert Einstein used to wonder what the world would look like when riding on a beam of Light. The answer to this question was forever turning over in his mind, until one day the solution came to him, reaching far beyond any prior human experience he managed to lay down the laws of "the Theory of Relativity". A group of ideas replete with intelligence, symmetry and elegance. Einstein presented a series of ideas which at the outset seemed to make no sense, far removed from conventional channels of thought from having been generated beyond the power of reasoning. But in the end they were accepted as a unique basis of theory in physics.

The great questions on the meaning of life still do not have any concrete answers, since the logical basis from which we attempt to answer them is still founded in an actual, everyday life, a mundane framework, a standpoint lacking in true common sense. Everybody tries to fathom out metaphysical questions on Existence, on Love or on Knowledge by using logical or pragmatic bases which are unacceptable. From these bases, it is not possible to "teach" Knowledge, understanding the latter as a gift of consciousness expressed in the form of the power of knowledge, just as it is not possible to "manipulate" this Knowledge in any way at all.

Asking oneself or other people about Being evokes a special silence, where the power of understanding comes into play. An awareness situated in the question, without an immediate hope for an answer, is the greatest act of Knowing. The whisper of silence initially summons an inaudible movement which breaks the inertia and little by little produces sonorous movement. Sustained attention is the key, first the sustained attention placed on the question and then later in the silence, which comes in the instant after it is asked; there we find the essence of all enquiry.

Asking questions correctly is the art of keeping the mind silent after emitting a systematised sequence of ideas. A correctly asked question is based on the logic of holding no doubts prior to, during or after the asking. All valid and intelligent questions allow no doubt once asked. It is in this instant of quietness that the power of a self-born answer arises.

Any valid question on Being depends on uninterrupted attention to silence. A silence which does not imply impossibility in the mind; but rather an act of understanding conveying the absence of doubt. Doubt is not a springboard to knowledge; it is disorder that leads to a logic from which no fundamental answer can be gathered.

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