

# *Day by day* n° 26 *October 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.

Pain disguises itself as despair and it tangles us up  
in the nets of confusion.  
Sesha

We usually recognise pain as a physical or psychological alarm that entails some kind of disorder. When an organism feels itself to be unbalanced, pain is the mechanism that compels us to centre ourselves on our own selves to search for renewed health. According to our own judgement, pain is an undesirable activity. Physical and psychological pains are like dark shadows that torment us always producing unfavourable and hurtful reactions.

Pain produces such a destabilising condition that we flee from it at all cost. We do not usually study or analyse our pain; we always try to get rid of it immediately as quickly as possible. Nobody looks upon pain as being a passing friend or a momentary teacher; it is a terrifying monster and hiding from it or bearing it are the best options open to us.

There are clinics and institutions to combat pain all over the place. All kinds of painkillers and chemicals that may modify neurotransmitter activity to alleviate the information it transmits to the brain. Pain would appear to be a little monstrosity that is always ready to frighten us.

It is usually difficult to look at pain straight in the eyes. It is usually almost impossible to be objective about it as if it were just another element: a television or a table. Pain disguises itself as despair and tangles us up in the net of confusion. Running away from it, denying it, accusing it, criticising it, are usually some of the thousands of options we have that stop us from seeing its face.

However, while we run to hide in our own psychological hole or we stuff ourselves with tablets to prevent the presence of physical pain, we both leave to one side the dignity we should show in the face of pain and the opportunity to learn that it provide us. Over and above any medical consideration, pain is a powerful tool of self-knowledge. Owing to it we can discover extremely complex facets of our nature and through its presence we succeed in learning things that it wouldn't ever be possible to understand in any other way.

Rather than thinking in terms of medicine and psychologists, I am talking about looking at pain as a friend, just as we do with the irritating monthly bill we get showing us the state of our mortgage and while we do not want to look at it, we always end up doing so. Pain seen from the maturity of one's own inner presence becomes not only a friend, but an unsurpassable teacher. Pain speaks a clear and concise language. When it disappears our smile comes back and we wipe away the grimace of fatigue, and in those moments, in the Light of restored well-being we make promises and vow to keep right, although these promises are soon forgotten.

Do you know what I am talking about when I say that pain can become a friend?, do you know what I am trying to express when I tell you to look into its eyes without falling into its grip, dignifies and glorifies our inner-being.

Certainly, pain can torment body and mind, but, even then, it leads us to new understanding, it guides us to new ways of seeing the World, morality and ethics. Morality seen from the point of view of someone who suffers is not the same as when it is seen from the perspective of a healthy person; taking it that life is the essential priority does not stand up to the experience of excruciating pain. What a strange convincing power pain has: given its overwhelming presence, even the importance of life takes second place. Changing our personal convictions in this way is something only achieved by the loving advice of wisdom or friendship. This wonderful quality of changing the mind radically and deeply, is a pedagogical mechanism that we are unfamiliar with.

Bearing pain, facing up to its darker side and transforming it into an object of analysis, calls up inner strength that serves as a hub for expanding our consciousness itself. Pain is a friend in rags whose muffled words can be heard if we have enough strength to listen.

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