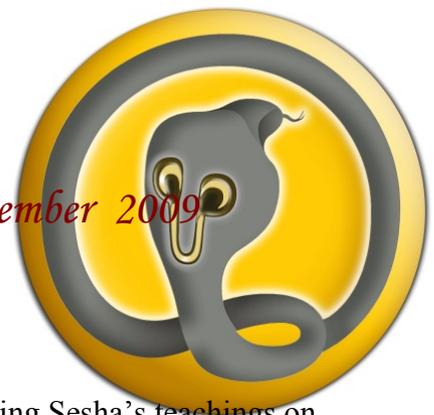


# Day by day

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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.

Existence is pleatorically alive with itself.

Sesha

Everything begins when you close your eyes and allow your body to slowly, naturally flow to a new rhythm. Your breathing will gradually take on a slower, steadier action. Less air will enter your lungs, which has a calming effect on your mind.

Your other senses begin to tone in with the silence you intuitively become aware of. After a while information in terms of sound will still be heard but this will seem to be faint sound that comes and goes. Your sense of touch will also become lethargic anaesthetic and draw your senses of taste and smell with it. Here the inner world becomes serene and a mantel of peacefulness descends on the scene.

Thoughts, which formerly were strong and yearning for life, now seem to be famished. By the light of inner sight they disappear like shadows illuminated by consciousness. After a few seconds there appears a vast inner vault that at first revolves in the form of shadows that criss-cross each other in no apparent order, later to be transformed in your inner vision into a single dark, totally homogeneous hue.

This darkness takes on unusual life. You cannot firmly state whether it exists, whether it is or is not. You simply become aware of an inner world lacking in speculative objects, but this lack possesses the grandeur of motionless stableness and firmness that resists change. It is a blackness with a life of its own. A dark firmament that looms in the background inviting you to stay.

After a few short moments, and without knowing why, the entire inner universe melts away, shedding any tone or characteristic, leading on to forming a continuous mass of Consciousness whose centre is everywhere in the new field of cognition that is established. It is an ocean which floats in an indescribable sensation of empty

plenitude. There, opposites meet giving way simply to amazement. It is a limitless universe, with no edges, compact and yet void.

The game of being nothing, a void brimming with laughter and at the same time holding silence. It is a world of exceptional ease, free of any psychological friction. And again, without knowing how, in this inner experience full of nothing and full of everything, in that inexpressible, unintelligible experience, a slight pulse arises inviting you to die. It is not bodily death, it is a preface to the cessation of ignorance, this pulsation rhythmically appears in the shape of brightness that consumes everything, that swallows entire universes and universes to come. Broad luminosity extends in infinite waves which ply through space and filling everything. It is not light nor is it darkness it is both light and darkness. Life and all that lives is contemplated. Existence brims over with itself, everything is purified with bliss never before categorised in any dictionary. Intermittent changes bring about a continuing increase that leads everything to become still more of everything. Without one knowing how, existence becomes steadily more alive and loving. There in this lethargic but incandescent world, time loses its validity and space loses all distance. There is nothing left to be learned, nowhere to be explored. In this instant, the world is revealed as an infinite kaleidoscope that consciousness holds at its core.

Has a minute gone by? Or was it an eternity? Although the universe remains captured in an instant, the states of unspeakable inner joy now over, the strange, distant, physical sensation arises anew of a chair upon which a body is seated that slowly awakens. And a face bathed in something that seems to be tears. Their senses, doing their duty, reappear and duly reconnect with what for some time had been forgotten: their body and its surroundings which still shimmer with Presence.

Here then we have a summarised commentary of an experience of meditation which happened at the last resident course at Angosto that I wanted to share with you.

Sesha.

To know more about **Sesha** you can go to [www.vedantaadvaita.com](http://www.vedantaadvaita.com) or [www.sesha.info](http://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.