

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.

And so, free will does not exist!

Sesha

There is nothing that you do that is free from the past. Freedom lies in not creating future. There is no future independent from what you are doing now. To be a master of action means living now without generating future.

When you do not understand something allow yourself to be guided by nature, it is most certainly wiser. Take notice of how the seasons pass in spite of your yearning that autumn would last longer. Also take into account that against your will your hair may thin. Nor can you change your body temperature at will. The continuous process of mitosis, which allows for the reproduction of all the cells in your body, occurs without your consent. Tell me, what do you control in your body? Maybe you decide what garments and what colors you clothe it in?

- *You don't leave much to choose from.*

- Even the clothes and their colour are decided by the taste your habits lead you to choose. If it were not so, it would be all the same if you wore men's or women's clothes, or simply went naked.

- *You are telling me that even if I think I decide, I don't.*

- You did not decide to be born, it just happened; nor do you decide to become ill or to die, it simply occurs. You think you have free will, but your will is only the thought of believing you do something. Just as you think you are the owner of your flat, similarly you believe you are the master of your acts. What gives the ownership of your flat are the deeds from the solicitors; without this piece of paper you wouldn't be able to prove you own it. Do you believe your actions belong to an "I" that carries them out at will? Show me the solicitor's deeds that certify the things you do belong to you. You do nothing, you never did anything and you never will. You are playing at being an actor in the dreams of your mind and you keep up the constant nightmare of believing it. In essence you are no different to a madman locked away in a home, who sees his

reality as being valid. You amongst many more, millions more, see the dual world as being valid, and this is what you share with them: in spite of believing that the dual world is real you have absolutely no control over any of its processes. I would put it to you in this way: you think that a world you have no control over and to which you are enslaved is real.

- *There is no way out of action!*

- It reminds me the mistake of those who see themselves as prisoners of their minds: they feel impotent. Are they unaware that their impotence is part of their mental habits and the conditioning they struggle to avoid, forming a prison for them? Do they believe that they suffer or are prisoners? Everything you think about yourself is just the result of your own ignorance. In the same way that you think you are free, so you think you are captive. Your problem is in taking your false understanding to be valid. When you are dying of thirst, searching for water in the desert, you see a mirage as being real. Your spirits rise, since you think you will shortly be able to quench your thirst. Understand, the mirage of duality makes you believe that you are chained to thinking and you opt for thinking that you would rather not; this is the absurdity in your pretension. The intelligent way out is not basing your action on morals, as they will lead you to create mental habits and conditioning, directing you towards an apparently virtuous objective. Your only intelligent option is walking the path of *dharma*.

You must react to the action imposed on you by life at every moment, as you are responsible for doing this for the simple fact of being alive. React in the face of events as you would when you are driving: you never exclusively fix your gaze on one given landscape or you would crash. In like manner, allow actions to happen and let them be born and die. Do not cling to any given moment, but do not flee from any either. Instants are like waves, they are all different from each other. Make each moment unique, being aware that you are alive in each one of them. The flow of consciousness and the heeding events is permanent and does not depend on you. Release the will to act and flow in a reaction which you will see is intelligent when you allow it to flow by itself. Surprised again and again by the strength of every instant you will succeed in the "I" losing its mental predominance. Trust in the intelligence that makes everything happen, it is far wiser than any of your own habits of behavior.

To know more about **Sesha** you can go to www.vedantaadvaita.com or 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.