



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.

Non-duality follows on from non-differentiated consciousness

Sesha

In physics there is a term known as "symmetry" that seeks to explain the invariability of a closed system, adducing that the forces of nature (gravity, electromagnetism, nuclear, strong and weak) are only the compensatory elements that, irrespective of the dynamism that is presented in a closed system, maintain the balance in the face of changes in the independent (measurable) variables that operate in this closed system.

The concept of symmetry is closely bound up with the forces of conservation of nature. For example, the second law of thermodynamics establishes the closed integral of heat of any system is always constant. Irrespective of the dynamism that is presented in a closed system, the total invariability in the field leads us to assume that the different changes that happen there are symmetrical expressions that only happen to balance and compensate the interaction of the variables in course.

So, it is obvious that the forces of nature are independent, universal variables that act as symmetric expressions making up part of the very fabric of measurable variables that change in the system. Therefore, such forces of nature are to be seen as a network of interactions that dance in unison imposing the rhythm and invariability in closed systems.

In oriental philosophy there is a similar concept which describes reality and cognition drawing on a similar idea to that in physics and its explanation of dynamism in closed fields, and which is strictly related with events in an integral way. It, too, manifests a tendency towards unity and invariability in a cognitive system. We refer to the concept of Non-duality.

Non-duality is a continuum of non-differentiated Consciousness the nature of which being actively present in all living beings allows the cognitive interaction between them and simultaneously and ubiquitously interconnects each one of the components of such a system, in such a way that the sum total of occurring events within it remains constant: this mirrors what happens in the great laws of conservation of energy in theoretical physics. Non-duality establishes a form of reality in which constituting events make up a whole in a cognitive system, and exercise a constant relative change in the system. Finally, through the symmetry of its nature it gives no evidence of change whatsoever in the totality of such a system.

Individual consciousness as we human being experience it has, in the light of Oriental thought, another additional vessel for the holding the "I", and this is the cognitive integration of the whole universe of analysis that can be thought.

The measurable variables in Non-duality concern intellectual concepts and, specifically, mental processes that operate in the very moment of cognition. When the mind begins its dialectical activity by interacting with its surroundings, a series of compensatory laws are set in motion imparting invariability into the theoretically chosen closed cognitive system, and this may be an individual or a collection of individuals; these are, then, the ideas known as *maya* and *karma*.

These are the universal laws, the major "forces" or symmetric activities that are put into action when we "think", which arise to balance out the measurable variables in closed cognitive fields and so always endowing the general system with balance. As such, in the face of the cognitive representation offered by an independent event in the system such as an "I", and its presence in the spatial-temporal framework, the interplay of the ideal universal compensatory forces of *maya* and *karma* ensure that the cognitive universe, no matter what interpretation it may have, has never changed and never will.

"Brief" summary written by Sessa for the day to day bulletin, from the Symmetry in reality and cognition seminar, given the 6th and 7th of February 2010 in Valencia, Spain.

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