

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.

Learn that all things are born and die;
let them be born and let them die.

Sesha

Student: While we practice meditation for hours everyday, here at this residence course, we confront normal/habitual thoughts; those which practically come and go of their own accord. But, when something is really worrying you and the thoughts that attack you are brought about by illness or some other serious trouble in your everyday life, how are you supposed to deal with them?

Sesha: When your mind encounters itself being obsessed by difficultly controlled thoughts, confront them in the same fashion as you do with you do in your day to day life. For instance, when you eat, you establish some kind of schedule; you don't eat every five minutes, but rather, depending on your activity and the circumstances your organism is encountered with; the same applies for sleeping: you more or less make out a timetable for resting, which goes along with your possibilities in life; you do the same for washing; everything is aimed at tuning your mechanism so that you can function in an efficient manner in your life.

You should do exactly the same with your problems and thoughts: each circumstance should bear its moment of analysis, which could be a short or a long space of time, according to how your discernment decides to go about them. But just as problems no different to the rest of the things you usually do, you cannot devote all your space to them, just as you cannot devote all your space in life to having a shower, eating or sleeping.

What I am suggesting you do is to give each thing the value and the time it requires. If you chew over a problem for couple of minutes or even hours, and you still haven't come up with any kind of solution, what is the most logical thing to do? Give it time! Give it a rest! Just keep on living. There are countless perceptions floating around in your life that also deserve to be taken into account: your family, your children, your books, the television, there are even your investigations

and your memories... Provide a time and space to reflect over each and every little thing!

This is what a balanced mind does. So, instead of drowning in frustration, which stops you from being able to solve your problem anyway, and leaves no time for your mind to rest, so that it can try again to reflect upon the problem that you have. If you take another look at it, for a given length of time, and there is still no answer, well go back to living! The moment to try to seek a solution will arise again.

What *is* wrong, is that you convert one single problem into your reason for living, and never in any desperate vicious circle, will you be able to find an answer to any of your obsessions.

And so, when you are confronted with any kind of problem, do the same as you do when you do other daily activities: accept them, learn from them and carry on living. Life goes on and always will. Provide time for things; learn that things are born and then they die; let them be born and let them die. Let your problem be born and let it die. But one important thing: while you involve yourself with finding a solution to any of your dilemmas, use all your energy, your attention and intelligence to seek an answer. Be respectful with your immediate problem; do not invade it with extra information, and then you are able to offer what you really are to its solution. When this instant of surrender has passed and you realize that you still cannot deal with it, then let it go! Continue living; occupy yourself with other instants and let life go on along its own sweet course.

Imagine you wanted to go to the toilet all the time; what kind of life would that be! It would be horrible wouldn't it? You would jump into your car and straight away you would be looking for a toilet! You'd go down the motorway search for the closest service station; that's all you would think about, toilets, toilets and more toilets...If what you do is convert your life into food, then your life becomes an ordeal; and so, don't let your life become the ordeal of your mental problem.

Give everything its own space, because life will go on anyway, independently from everything else. And if one day you die, observe your death, but do not be afraid of it, look at it straight into its eyes... Don't be afraid of dying, just as you shouldn't be afraid of living. And so, don't be scared of your problems: confront them, take the decisions you should take and, if you make a mistake, go back and start again! And if you do any harm, well say sorry! Excuse yourself... and carry on... That's all life is, my friend, it is nothing more than that.

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.