

# Day by day

n° 35

August 2010



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.

We are seeking a kind of understanding that is not needed to be found and, which, in the end, is understood by itself.

Sesha

It is obvious that the difficulty posed by language when trying to get across to others one's personal metaphysical experience verbally or through writing. Mind is synonym for language. The mind's achievements and difficulties are reflected with language in any of its expressions.

The mind is basically fed by daily experience. The memory fixes information and prevents information one has experienced from being forgotten; in this way, with the provision of accumulated experience, we can certify actual perception by providing it with subjective and objective experiences, which we have previously accepted as being valid.

Nevertheless, metaphysical experience, the experience of realities such as non-duality, while it leaves its mark in our memory, cannot be compared or validated with previous classical, rational experiences. Hence, the pedagogical difficulties that come about when specifically teaching experience whose basis cannot be verified by a student who is listening to his teacher or may be read in any of the sacred texts.

And so, poetry or the immediate negation or affirmation of an idea, or the use of para-language, such as silence itself, are the most appropriate ways to adequately manage such pedagogical contexts. This means that is very often precisely what is not spoken or heard, which is what profoundly transforms students. There are direct experiences in which these concepts are brought to light, in an exceptional manner, without there being any necessity for a rational background.

For years, throughout my countless journeys to different countries, I have listened to truly interested students' interpretations of the teachings of Ramanamaharshi, teachings such as, "Go deeply into your mind with the question: who am I?" This straightforward question from a qualified master leads to multiple interpretive meanings.

Everyone will seek elements in their own mental database, which will give meaning to such an example.

Obviously, most students transform the assertion into a reflexive element that, instead of providing metaphysical clarity, brings about confusion and rational manipulation.

Another typical phrase from the vast Hindu repertoire is: "I am Brahman". Such an assertion entails a direct relationship of reality and divinity between which makes the assertion and Ultimate Reality. Nonetheless, the understanding that derives from reflection upon this example leads almost everyone to a clearly rational train of thought. The understanding we are seeking to experience metaphysical concepts is not rational. We are seeking a kind of understanding that is not needed to be found and that, in the end, is understood by itself.

This apparent para-phrase of non-searching and spontaneous understanding of metaphysical concepts requires a mental analysis far from the day-to-day dialectic analysis which we employ to validate our perception.

The mind needs to be educated to pay untiring attention to being present so that a new outlook is developed which allows for a stable metaphysical understanding.

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