



Day to day is a bulletin via e-mail with the mission of spreading Sesha's teachings on Non-duality applied to people's everyday lives. This bulletin **can be sent on** to anyone interested in the inner search and knowledge of themselves and the Ultimate Reality.

In the universe nobody decides, and everything happens

(Sesha)

What is a thought?

A thought is a differentiated acknowledgement of information which floats in the ocean of Non-dual consciousness. This information is detected by the mind which stores it as a memory providing it with an inclination towards appropriation through the sense of selfness, "I-ness".

What is a desire?

A desire, like with thoughts, is an activity that contains a condition of differentiated information, but which in essence does not benefit from the condition of a specific rational definition, as thoughts do.

A feeling is an activity with differentiated information which is also detected by the mind and as with thoughts floats in the ocean of consciousness. In knowing feelings they are related through the dialectical process of the mind, but lack the definition and analysis of thoughts. They are like thoughts but more abstract, subtler, without the defined and specific borders that rational entities have. However when it comes down to it, they are actually more than an activity which can be detected by the mind.

What is a mental habit?

Mental custom is the activity of the mind's own activity. As with a hard disc in a computer, its essential function is to establish information and avoid it being forgotten. Egoic activity is essentially manifested through the capacity it has of being able to remember

itself. Mental habits are the essence of the constitution of the self or "I", they are the links through which one can compare, recognise and evoke the past and project into the future. The basis of mental condition's essence and its habits can be said to be the fixation of memory associated with the capacity of egoic appropriation.

What is a mental tendency?

Any tendency is the manifestation of most recurrent thoughts (*vrittis*) that exist in the mind's daily activity. The most solidly rooted habits produce a common reaction which generates a specific behaviour. This behaviour eventually leads to a tendency, that is, to a previously determined, guided reaction. Tendencies are the manifestation of the most solid and frequent habits.

Is there any value in creating habits for relaxation, harmony, emptiness, light or any others in inner meditation practice?

Since inner practice leads you to the experience of Non-duality no mental habit or tendency has any value in this sense, as all dialectical thought needs to include the sense of egoic appropriation. Non-duality has never been based upon nor supported by a mental precept. For that reason, the only option we have to experience Non-duality is to go completely beyond egoic dialectic.

Mental habits lead to moral or cultural conditioning. Non-duality is far a superior expression to any reasoning or feeling. Morality, as a prototype of mental directioning is only a simple cultural tendency that, accompanied by religious ignorance induces control, and fills you with fear and doubt.

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