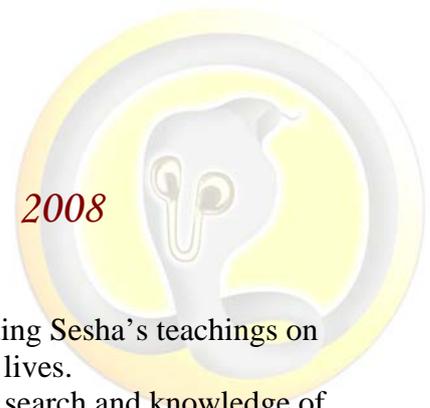


# *Day to day* n° 9 *March 2008*



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.

Quotations taken from Sesha's book:

***MEDITATON***  
*THE PATH TO FREEDOM* (1)  
Book plus 2 dvds

## **Meditation**

- Meditation came into being long ago as a practical mechanism to navigate the oceans of being.
- Meditation transcends all mental or physical alternatives to steer us towards unexpected worlds, realities hidden behind the veil of thought, just as the immense sun is covered by thick clouds in plain daylight.
- Hence, meditation is daring to look where the unknown hides its nameless secrets.
- Meditation is unfolding our consciousness within the witnessing perceptor's own attention.
- Meditation is an exceptional form of cognition where the subject-object cognitive duality is broken down and the perception of a universe with infinite parts, without any differentiation between them emerges.
- Meditation embodies an essential theoretical principle: It takes it that consciousness is a self-illuminating, uninterrupted, unascertainable flow of the power of knowing and knowing that one knows.

## **Practical aspects of meditation**

- The ultimate objective of meditation practice is to achieve correct cognition of reality where whoever knows is non-different to what is known.
- The outer world is perceived through the senses; in contrast, the inner world is experienced when the physical senses are disconnected.
- Meditation can be practised both inwardly and outwardly (without the use of the senses or with them).

- Samadhi is, basically, the supreme expression of the highest state of cognition which can be reached in meditation.
- When attention is able to operate exclusively upon mental contents (memory), the inner world becomes more and more clear and continuous, whereas the outer world rapidly disappears.
- What enables the observer to distance him/herself from thoughts is not a thought of distancing or of existing or any other thought, oh no. It is the certainty of knowing one is aware, present.
- Any momentary certainty, any fleeting understanding, however fleeting it might be, is enough for the thought that is occurring in that instant to be immediately cut off.
- If the perceptor is engulfed in memory, that is, if attention is paid to thoughts and sinks into them, he/she will become lost in endless evocations, in various disorderly mental constructions which are the essence of the thought state.
- The perceptor in the observation state is a being who knows that he/she exists, but does not need to mentally define him/herself.
- The perceptor is the self-evident condition of individual consciousness which becomes consistent when we find ourselves in the observation state.
- When one who attends becomes aware of that attention, a new glimpse of reality is created which gives rise to a perceptor that knows and, simultaneously, knows him/herself knowing him/herself.

### Consciousness

- Non-differentiated consciousness emerges individually only in certain states of consciousness.
- There is nothing that is independent from consciousness which perceives.
- Attention is the dynamic aspect of consciousness, by its means we know whatever we pay attention to.
- The universe which individual consciousness detects is changeable, impermanent and evolves towards a new form or aspect.

(1) The book **Meditación** containing 2 DVDs is available on the author's website [www.sesha.info](http://www.sesha.info)

To know more about **Sesha** visit [www.vedantaadvaita.com](http://www.vedantaadvaita.com), the website containing information of his books, articles, interviews, talks and a calendar of seminars and courses.