



The River of Being

An inquiry into the nature of Flow, Form, and the Self

From the definitions of our oldest words
to the direct experience of your own breath.

Love is defined by its action

What is Love?

Love is what it does. It
is the nature of *Love*
to *Love*.

Love is a Verb.



Energy is the ability to do work

What is Energy?

We do not know what
Energy is; we understand
it via what it does. Energy
is the ability to do work.

**Energy is
a Verb.**



Prana is the breath within the breath

What is Prana?

Prana is what it does. Prana is *Flow*.

Etymology:

Pra [forth/constant]

Ana [to breathe, move, live]

It signifies the 'Life Force', 'Vital Principle', or 'Animating Principle'.

Prana is a Verb.





Flow is the single term that
accurately represents them all

Love (Verb)
Lato

Energy
(Verb)

Prana
(Verb)

Therefore, all so-called 'things' are simply
Flow in Form, through Form, and out of Form.

In the beginning was the Word

This phrase reflects a significant cross-cultural comparison between Christian theology and Vedic philosophy.

It points to the origins of the universe through a '*divine word*'—*Love Manifest, Energy-In-Formation, Flow in Form.*

The Resonance of Logos and Vak

The Gospel of John

John 1:1

“In the beginning was the Word,
and the Word was with God, and
and the Word was God.”

Refers to the **Greek Logos**—the
pre-existent divine agent of creation.

Vedic Tradition

The Sanskrit Parallel

“**Prajapati vai idam agra asit.**
Tasya vak dvitiya asit.
Vag vai parama Brahman.”

Translation: “In the beginning was
Prajapati (the Creator), with him was
the Word (**Vak**), and the Word was
verily the Supreme **Brahman**.”

A blueprint of reality across traditions

Feature	Gospel of John	Vedic Tradition
Primordial Term	Logos (The Word)	Vak (Speech) / Shabda (Sound)
Relationship	The Word was with God and was God.	The Word was with Prajapati and was Brahman.
Role	The agent of creation ("All things were made through Him").	The vehicle of manifestation (creation as a projection of sound).

From Silence to Sound and back again



In many Indian traditions, the '*Word*' is the cosmic sound *AUM (Om)*, the primordial vibration from which the universe was projected. Just like the primordial sound, all forms come out of Silence, are surrounded by Silence, and return to Silence. *Silence, God, Love, Energy, Prana*—whatever name you prefer—is Source and Substance.

Your BodyMind is like a whirlpool in a river

It is the nature of a river to flow. When the river's flow is in formation, a whirlpool form appears. That form is made out of nothing but the water of the river.

The Whirlpool has form, but the River is the substance

The River is Source by whatever name.
The Whirlpool is **You**.

Just as **Om** arises, is surrounded by, and
returns to **Silence**, **You** [your form] arise, are
surrounded by, and return to **Source** [the river].

SOURCE
(The River)

YOU (The Whirlpool)

Philosophy and Fact

You do not have to believe any of this.

The most fundamental connection between the *Whirlpool-You* and the *River-Source* is the **Flow** of Your **Breath** and Your **Blood**.

Your **Breathing** is the bridge to the understanding of your True Nature.

Who am I?

You are Flow in Form.

Love, Energy, and Prana are simply other names for Flow.



How is this known?

It is known via being it.
And this is simple...

Because You already are That.