



Flow in Form

THE NATURE OF LOVE, ENERGY, AND PRANA

A synthesis of Science, Scripture, and Self. An
exploration into the mechanics of what we are.

Love

What is Love?

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

Love is a **Verb**.

Energy

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

What is Prana?

Prana is Flow.
The root meaning is Pra
(forth/constant) and Ana
(to breathe, move, live).

It is the 'Vital Principle' or
'Animating Principle'.

Prana is a **Verb**.



THE UNIFYING MECHANISM

FLOW

Flow is the one term that accurately
represents Love, Energy, and Prana.
Each is what it does.

In the beginning was the Word

This phrase reflects a significant cross-cultural comparison between Christian theology and Vedic philosophy. Both traditions identify a 'divine word' or vibration as the origin of the universe.

The convergence of the Biblical Logos and the Vedic Vak.

THE CONVERGENCE OF DIVINE SOUND

THE BIBLICAL CONNECTION (Gospel of John)

John 1:1 — “In the beginning was the Word, and the Word was with God, and the Word was God.”

Logos (The Word)

The agent of creation (“All things were made through Him”).

THE VEDIC CONNECTION (Rig Veda)

Prajapati vai idam agra asit — “In the beginning was Prajapati (the Creator), with him was the Word (Vak), and the Word was verily the Supreme Brahman.”

Vak (Speech) / Shabda (Sound)

The vehicle of manifestation
(Creation as a projection of sound).

The Primordial Vibration

In many Indian traditions, the 'Word' is identified as the cosmic sound AUM (Om), the primordial vibration from which the universe was projected.



All so-called 'things' are Flow in Form. Like the sound Om, they come out of Silence, are surrounded by Silence, and return to Silence.

Silence is Source and Substance.

The Illusion of the Noun

Body Copy (Manrope, soft cream)

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 the water of the river.”

Source and Substance

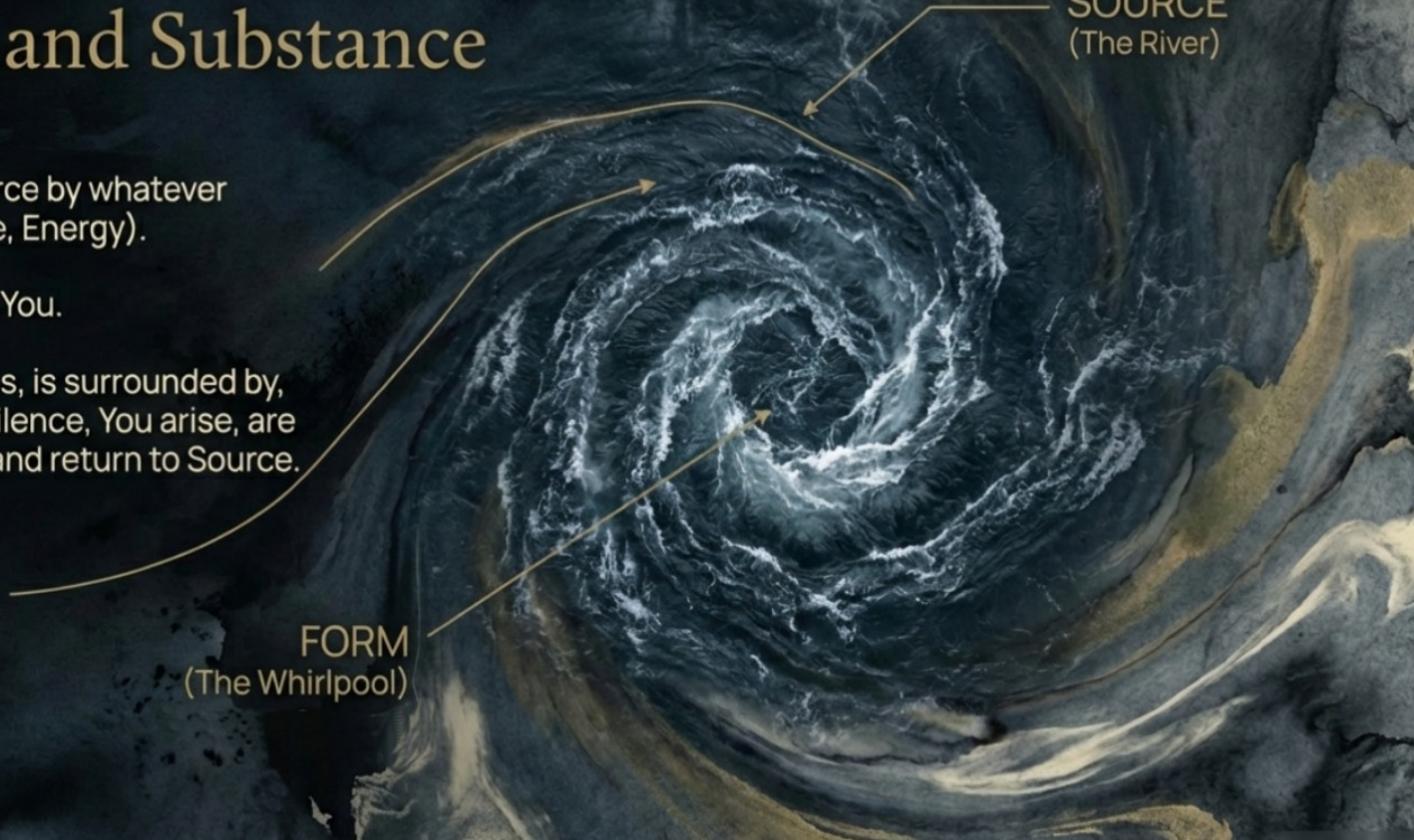
The River is Source by whatever name (God, Love, Energy).

The Whirlpool is You.

Just as Om arises, is surrounded by, and returns to Silence, You arise, are surrounded by, and return to Source.

SOURCE
(The River)

FORM
(The Whirlpool)



Breath as Bridge

This is Philosophy and Fact.
You do not have to believe any of this.

Your Breathing as Breath Flow and Blood Flow is
the bridge to the understanding of your True Nature.

The most fundamental connection of the Whirlpool-
Whirlpool-You the River-Source is the Flow of your
Breath.

Prana is the Breath within the Breath.



Who am I?

You are Flow in Form.

Love, Energy,
and Prana are simply other names for Flow.
you are the river
in formation.
You are not a static entity;



How is this known?

It is not known via intellect.
It is known via being it.

Simple. Because You already are That!

The Synthesis

1 THE DEFINITION

Love, Energy, and Prana are verbs.
They are defined by what they do.

2 THE MECHANISM


'Flow' is the unification of these forces.

3 THE HISTORY

The 'Word' (Logos/Vak) is the vibration
that manifests form from silence.

4 THE REALITY

You are the Whirlpool; Source is the River.
Breath is your bridge to knowing this.



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

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