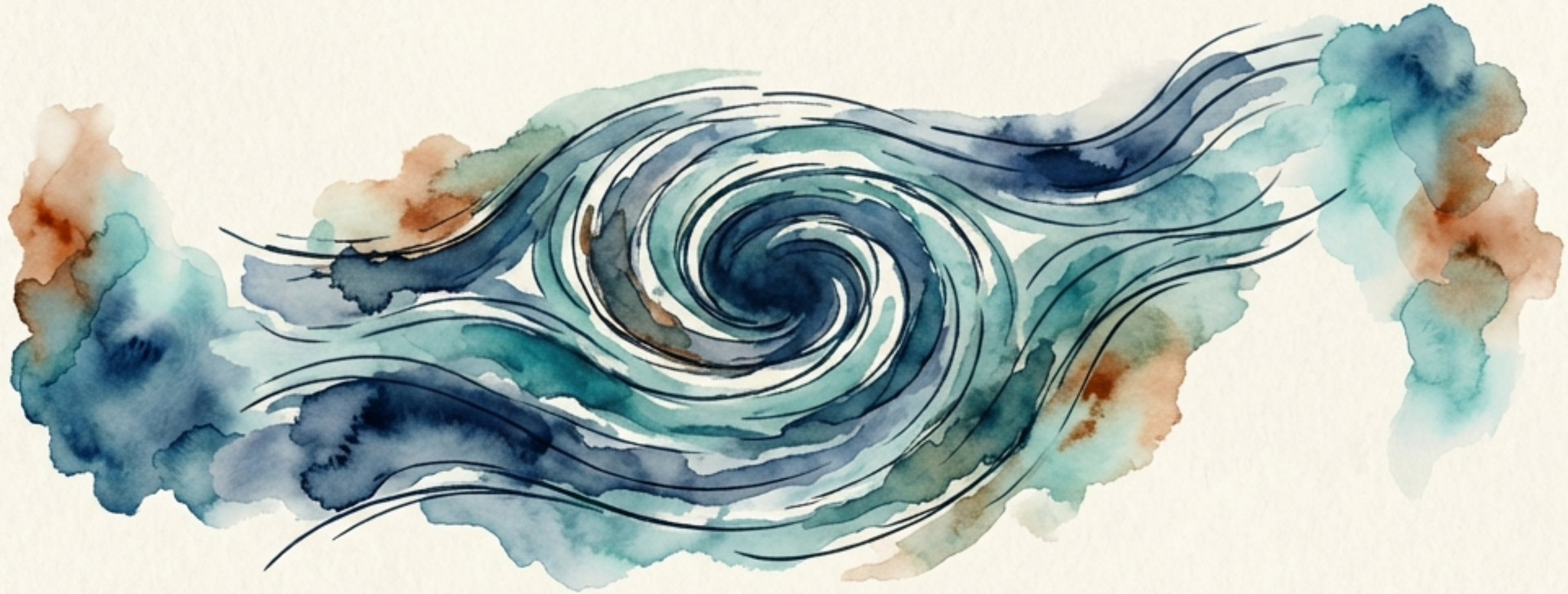



# Love is a Verb: The Anatomy of Flow

Understanding the individual as a localised expression of universal energy



*“It is the nature of Love to Love.”*





# Reality is Not a Thing; It Is an Activity.

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We often view the world as a collection of static objects, but the source wisdom suggests otherwise. Just as a river must move to be a river, Love is defined by its active flow. If it stops moving, it ceases to exist.

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“It is the nature of Love to Love.”



# Fire and The Stream: The Lineage of Flow

## Heraclitus & The Logos



Fire is never a “thing”—it is a process. Heraclitus argued that “No man ever steps in the same river twice” because neither the river nor the man is the same the second time.

## Buddhism & Anicca



Just as a candle flame appears to be a single object but is a continuous stream of burning gas, the “self” is a stream of consciousness. The “Now” is a rapid succession of mind-moments.



# The Water and The Spiral

## Taoism & Wu Wei



Water finds the path of least resistance. Wu Wei (Effortless Action) is the art of 'sailing' with the wind of change rather than rowing against it.

## Indigenous Cultures & The Great Cycle



Time is not linear; it is a spiral. Change isn't a departure from the 'real' world; change is the world. Ancestors are present in the land now because energy is a repeating flow.



# The Central Metaphor: The River

## LOVE (The Totality)

The sources describe Ultimate Reality as a River. This is the “One Substance.”

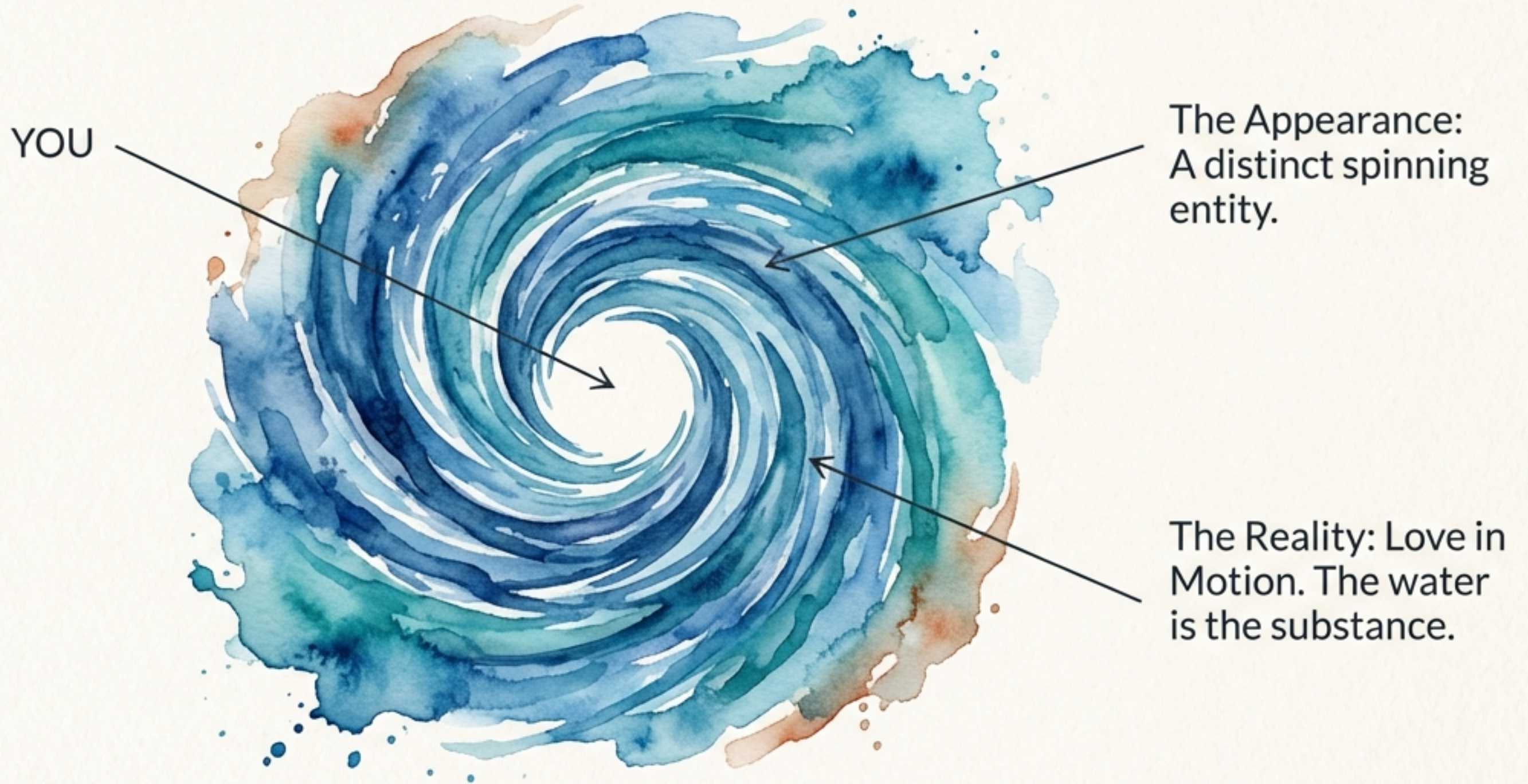
It is the nature of Love to Love.

Love is not an emotion you feel; it is the substance of existence in motion.



# The Anatomy of You

Your Form is like a whirlpool in that River.





# The Debris of Identity

There can be countless whirlpools in the river of the universe.

Each whirlpool catches debris—twigs, leaves, and sediment—that others do not have.



We mistake the debris (our personality, history, and physical traits) for the water (Love).

**Individual forms appear different yet  
the One Substance of everything is Love.**



# Nonduality: The Physics of “Not-Two”

## Composition

The whirlpool is 100% water. There is no “whirlpool water” distinct from “river water.”

## Dependence

If the river stops flowing, the whirlpool ceases to be. The individual form is entirely dependent on the flow.

## Identity

The whirlpool IS the river whirling.



# Internal Evidence: The Body as Flow

The concept of “Love as a Verb” is not just philosophy; it is biology.



Blood Flow and Breath Flow are physical examples of the action of Love in Form. These processes demonstrate that the individual is not a static object, but a localized expression of a continuous, universal flow.



# Breath Flow

Indigenous cultures visualize The Breath as a representation of “The Great Cycle.”

You do not “do” the breathing; the universal flow breathes through you.



**“Change is not happening TO the world; the change (the flow of breath) IS the world.”**



# Blood Flow

Blood flow can be seen as the “river” of Love localized and ‘whirling’ within your own body.



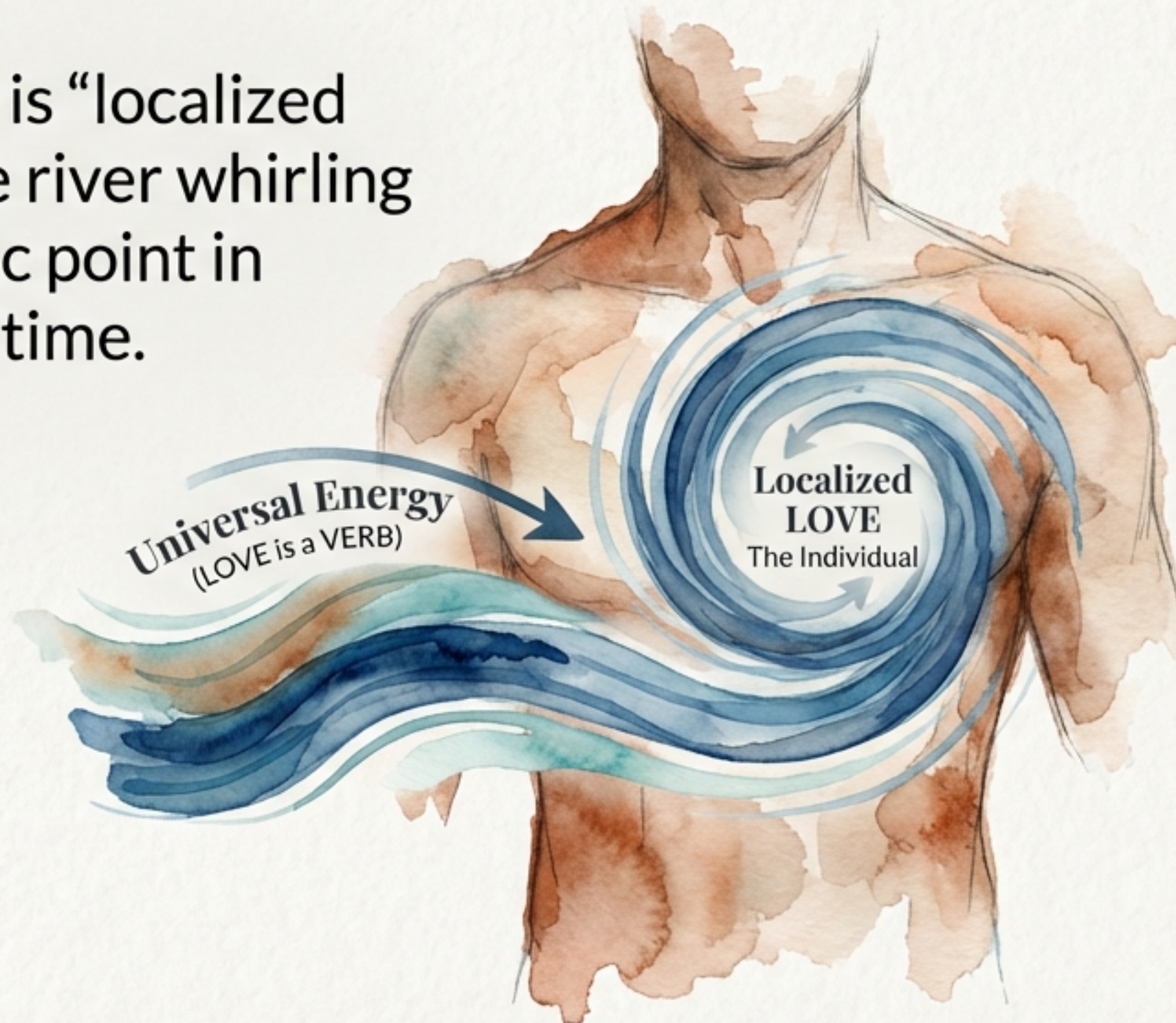
One Substance.

Just as there is no water in the whirlpool that isn't river water, there is no flow within your body that is not the substance of Love in action.



# Localised Love

Your body is “localized Love”—the river whirling in a specific point in space and time.



- **The Form:** A unique, spinning whirlpool containing specific history (debris).
- **The Substance:** The universal energy of Love in motion.



# Entering the Stream

By realizing there is no 'fixed' self, we stop clinging to the illusion of solidity. We merge with the flow. The result is **equanimity**.



**We are no longer fighting the current; we ARE the current.**



You are the Energy of  
Constant Change.



It is the nature of Love to Love.



# Sources & Further Reading.

‘Love is a Verb’

Breathing as Blood Flow and Breath Flow serve as powerful physical examples of the action of Love in Form

‘Constant Change’

Source Diagram: The River and the Whirlpool  
— James Traverse: [www.beingyoga.com](http://www.beingyoga.com)

