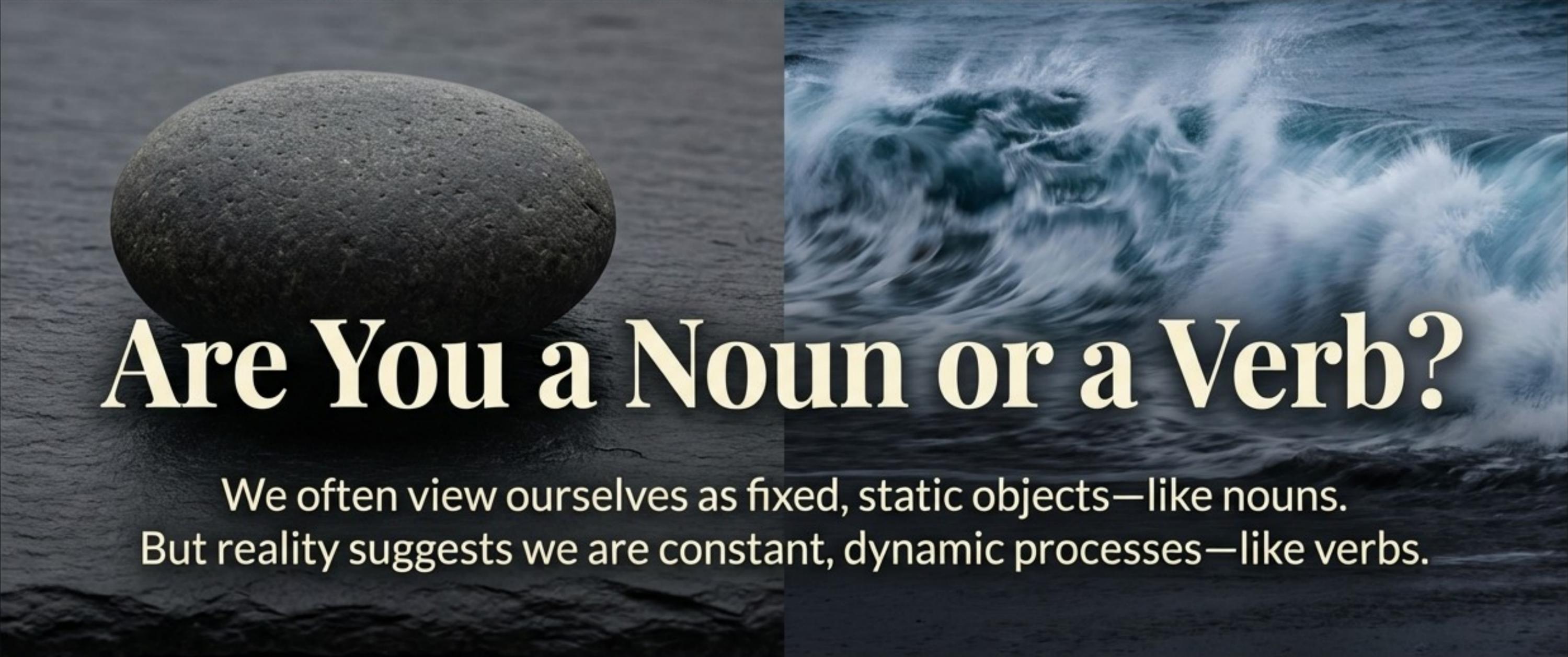


The Flow of Being

Understanding Nonduality and Spiritual Awakening

A visual document based on the teachings of James Traverse



Are You a Noun or a Verb?

We often view ourselves as fixed, static objects—like nouns.
But reality suggests we are constant, dynamic processes—like verbs.

Is the thing you call 'you' a solid object, or a happening?

The Illusion of the Individual



“The whirlpool is not a thing in the river; it is the river itself, acting ‘whirlpool-wise’.”

A whirlpool has a distinct shape and visible boundaries. It looks separate. Yet, you cannot find the point where the river ends and the whirlpool begins. It is 100% river.

The Debris of Personality

What makes you 'you'—memories, quirks, and personality—are like twigs and leaves caught in the whirlpool. They create a unique, recognisable pattern.

This creates Difference, but it does not create Distance. A whirlpool with a twig is distinct from one without, but both remain the Flow.

You Are the Process of Living



Just as water flows into and out of the whirlpool, life flows through you.

- 🍃 - **Breath:** Air flows in, is processed, and flows out.
- 🍃 - **Blood:** A literal river in constant movement.

“You are not a **container** for life.
The *form* only exists because of the **flow**.”

Ancient Wisdom Meets Modern Science

Prana

Sanskrit for
“Constant Movement”.

$$E = mc^2$$

Physics: We don't know what
energy is, only what it does.

Both the mystic and the physicist agree: The universe is not made of static things, but of constant vibration and movement.

The Cycle of Manifestation

Flow into Form
Manifestation: DNA orders
elemental energies



Flow in Form
The Oak Tree / The Life Span

Key Concept: We are a three-stage process of movement that briefly looks like an individual.

The Map of Consciousness



The **Mandukya Upanishad** uses the **Om symbol** to depict how your true nature appears. “Mandukya” means “frog” –representing the jump from one state of consciousness to another. It maps the density of your existence.

Jagrat: The Waking State

The Gross Level of Consciousness

- Represents the 'Waker' and the 'Waker's World'.
- This is the densest degree of manifestation (Body, Mind, World in Space/Time).
- Note: Here, the illusion of separation is strongest. We mistake the 'Gross' form for the total reality.

Swapna: The Dream State

The Subtle Level of Consciousness

- Represents the 'Dreamer' and the 'Dreamer's World'.
- Form here is purely mental (a whirlpool curving back on itself).
- Includes the mistaken conclusion of separation, but without physical density.



Sushupti: Deep Sleep

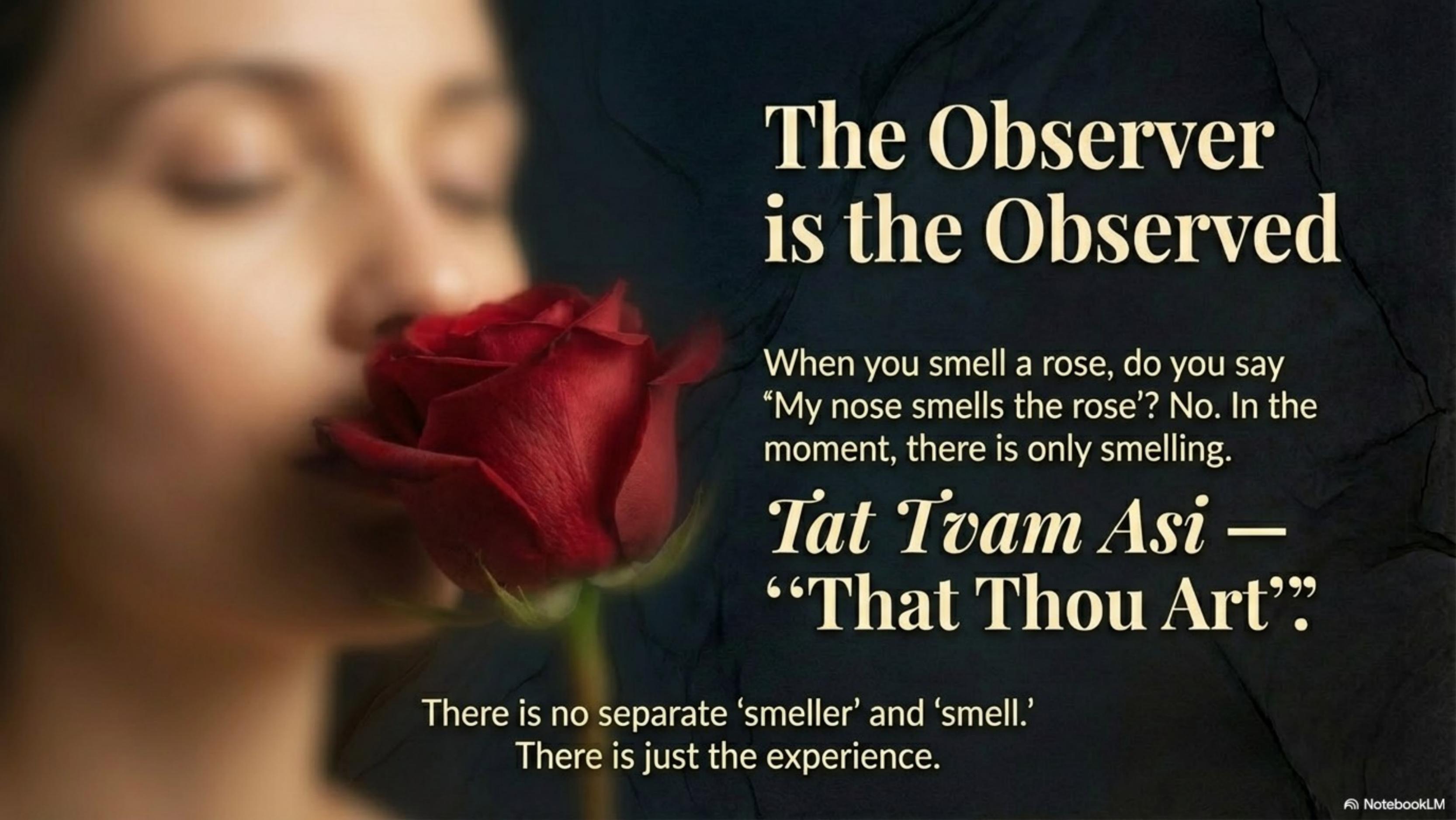
The Causal Level of Consciousness

- Experienced as blankness, yet there is being.
- The 'Seed' of manifestation: It holds the memory of the form, so you remember who you 'are' when you wake up.
- Location, but no dimension.

The Veil and The Reality

- The Crescent (Maya): The veil of super-imposition. The illusion that separates the dot from the curves.
- The Dot (Turiya): The 'Fourth' state. The Dot (Turiya): The 'Fourth' state. The 'I Am'.

Key Insight: The Dot has location but no dimension. It is the knowing quality—the Witness of the Waking, Dreaming, and Sleeping states.



The Observer is the Observed

When you smell a rose, do you say
“My nose smells the rose”? No. In the
moment, there is only smelling.

Tat Tvam Asi —
“That Thou Art”

There is no separate ‘smeller’ and ‘smell.’
There is just the experience.

Fully Human, Fully Spiritual

Spiritual Awakening is the realisation that you are
are Emptiness expressing itself as Form.

**“I am known via how my
true nature appears.”**

You do not lose your humanity; you see it correctly.
The ‘Waking State’ is just one frequency of your total being.

I AM THAT I AM



My Human Form is temporary.
My Spiritual Being is limitless.

You are the Flow, expressing itself as a person for a little while. Based on the teachings of James Traverse.