

# Who Am I?

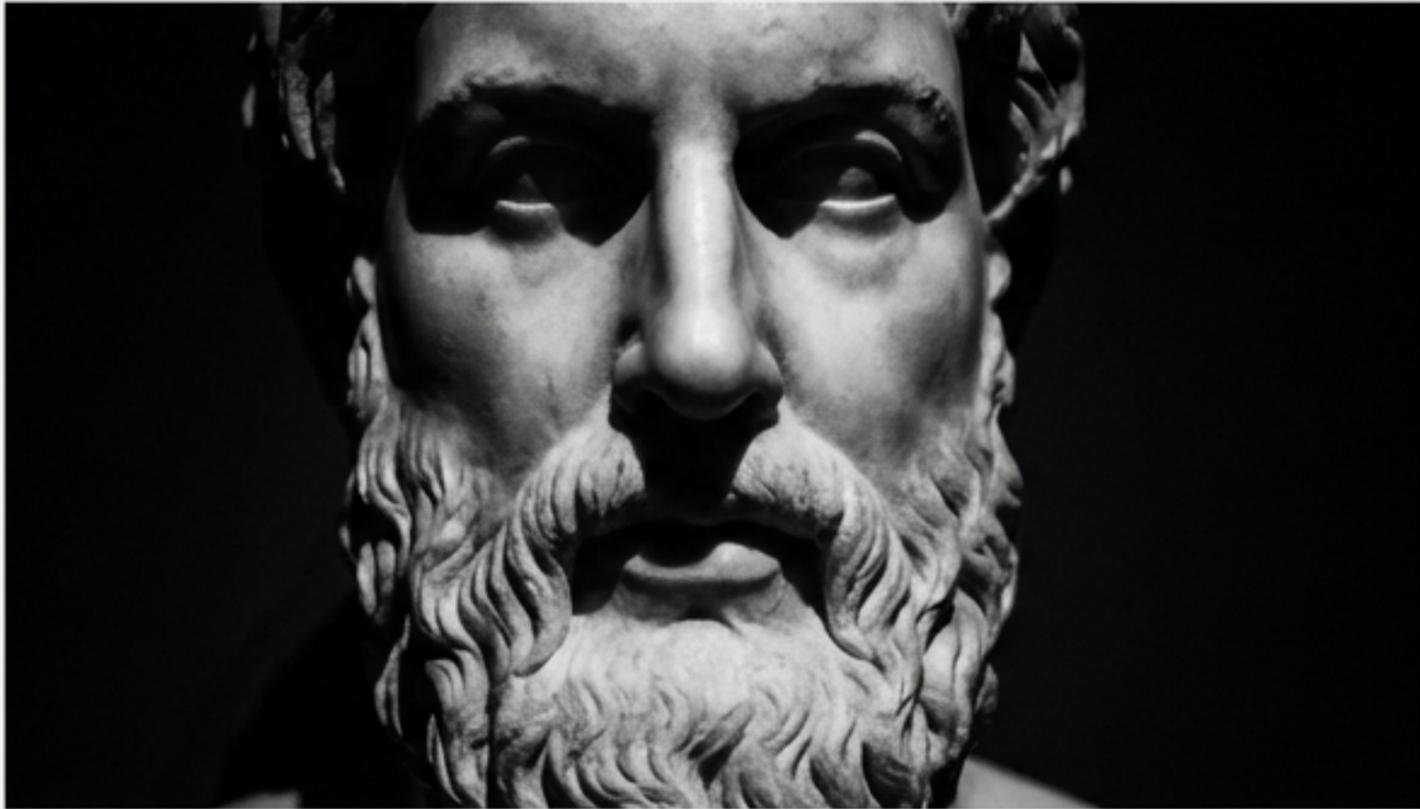
A SHIFT FROM NOUN TO VERB

NOUN

VERB

We treat verbs as nouns. Language demands a static answer for a dynamic process.

# You Are Not a Static Thing



STATIC THING (NOUN)



DYNAMIC PROCESS (VERB)

No nominal answer is appropriate because you are a happening, not an object.  
We seek a definition, but we are experiencing a process.

I am that I am.

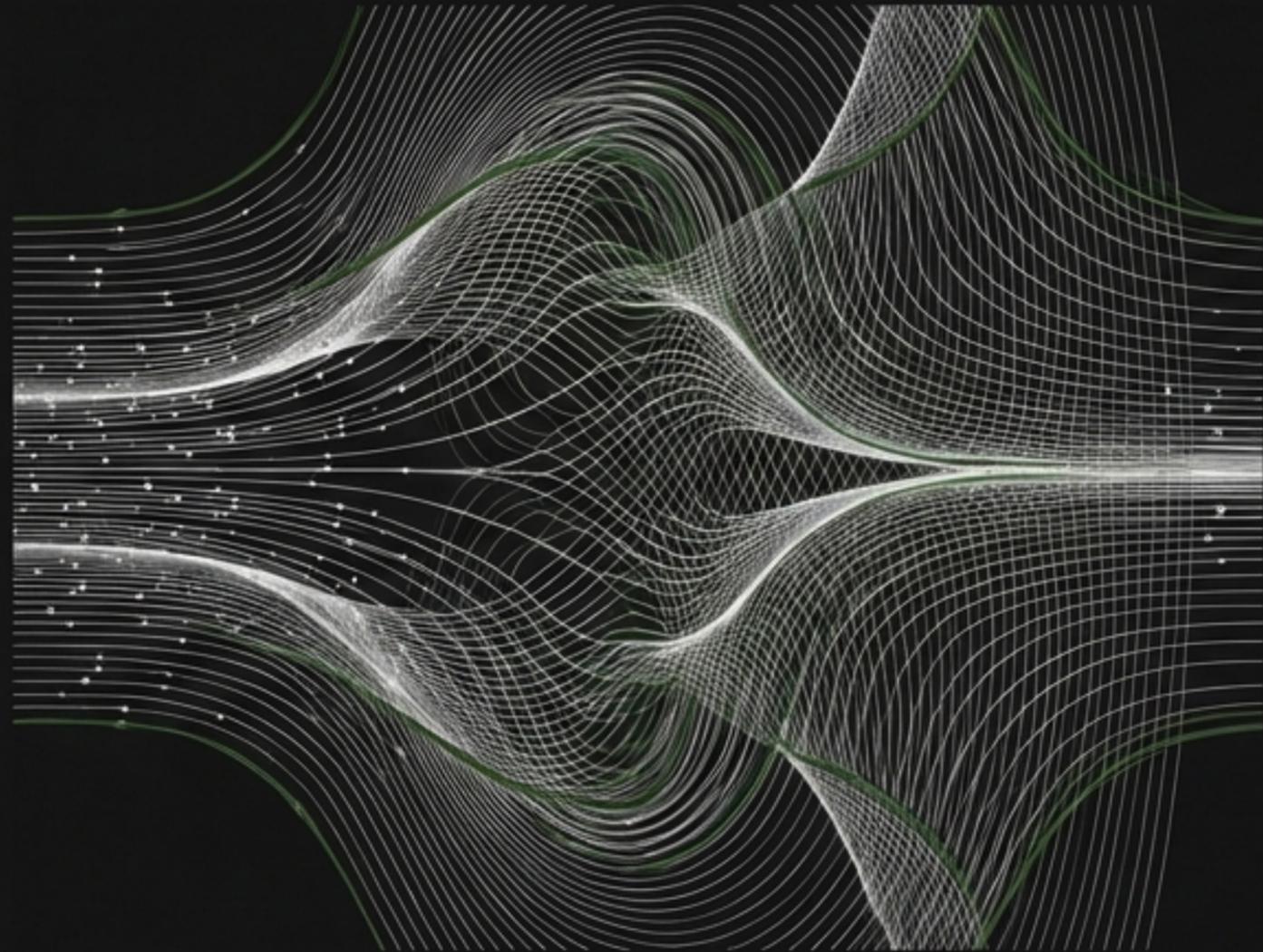
*Aware of Being Aware*

Answering the Unanswerable: Knowing via Being.

# The Nature of Love

Love is not an object sitting on a shelf. It is understood solely via what it does. It is the nature of Love to Love.

# The Nature of Energy



Energy is not a static item holding power. It is the power itself in motion. We do not know what Energy is; we understand it via what it does.

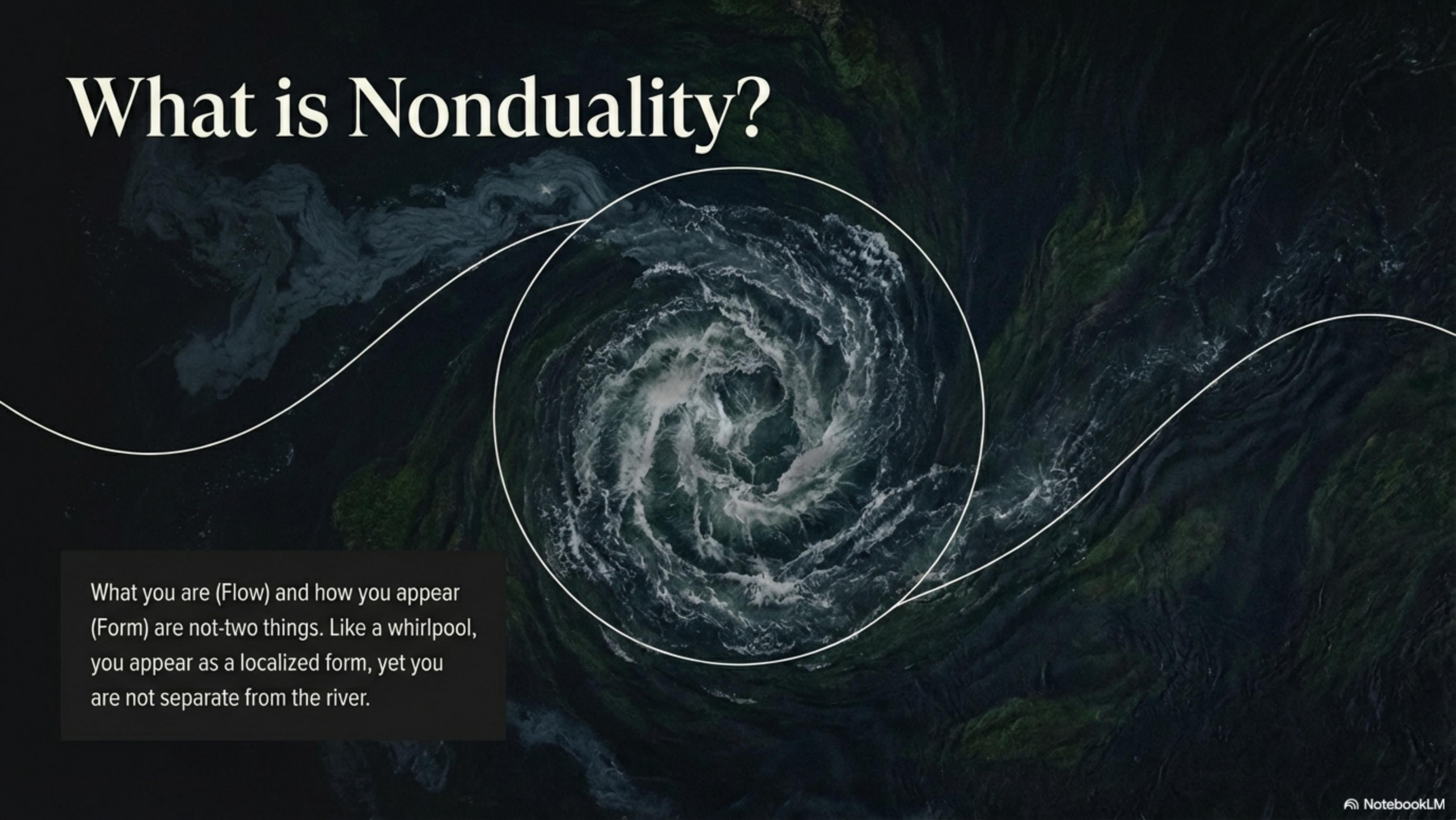
**“It is what it does.”  
Like ‘It’, I am That.**



# The Master Metaphor

The Whirlpool in the River.

# What is Nonduality?

An aerial photograph of a river with a prominent whirlpool in the center. The water is dark blue and green, with white foam from the churning water. A white circle highlights the whirlpool, and two white wavy lines extend from the circle towards the left and right edges of the frame, suggesting a flow or connection.

What you are (Flow) and how you appear (Form) are not-two things. Like a whirlpool, you appear as a localized form, yet you are not separate from the river.

# Anatomy of a Whirlpool

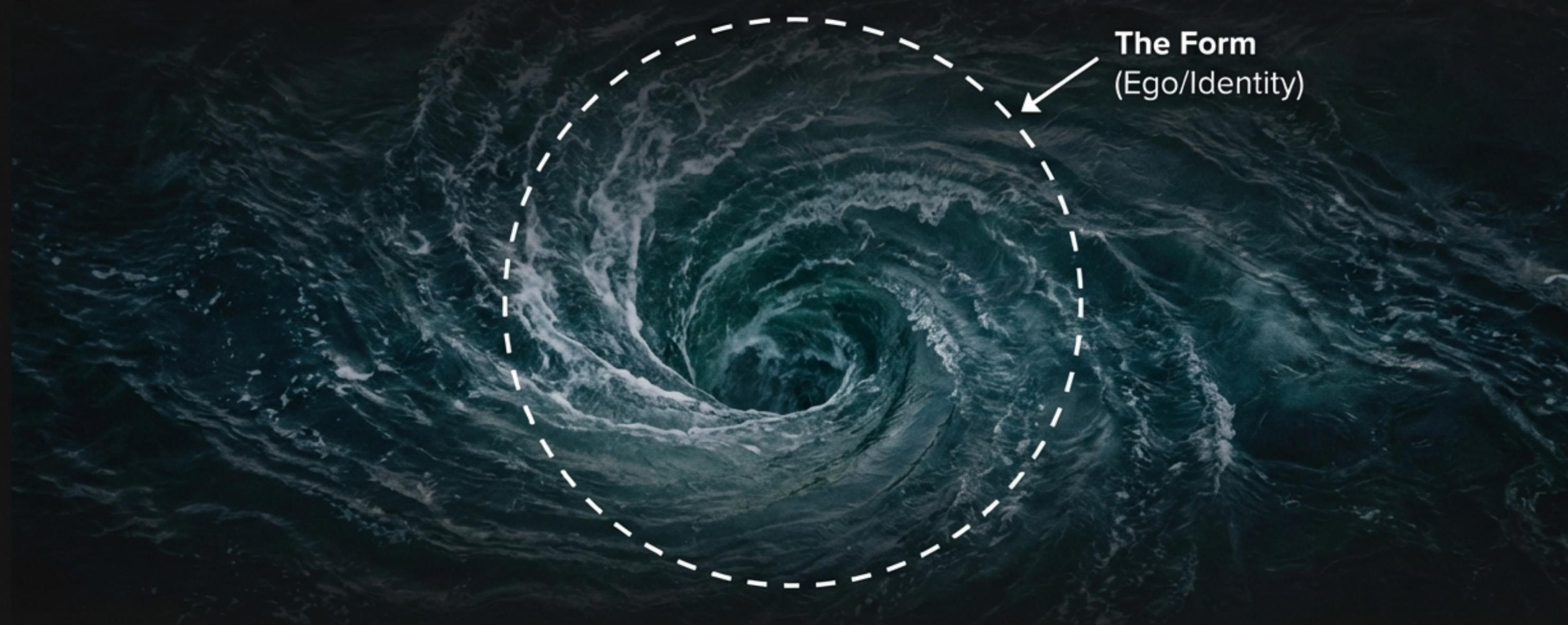
Debris makes you look different from other whirlpools. It is your history, your story, and your personality. But it is just surface content, not the water itself.

The Debris (Personality)



# Anatomy of a Whirlpool

You appear as a localized form. You have a shape and a location. But this form is maintained only by the movement of the water.

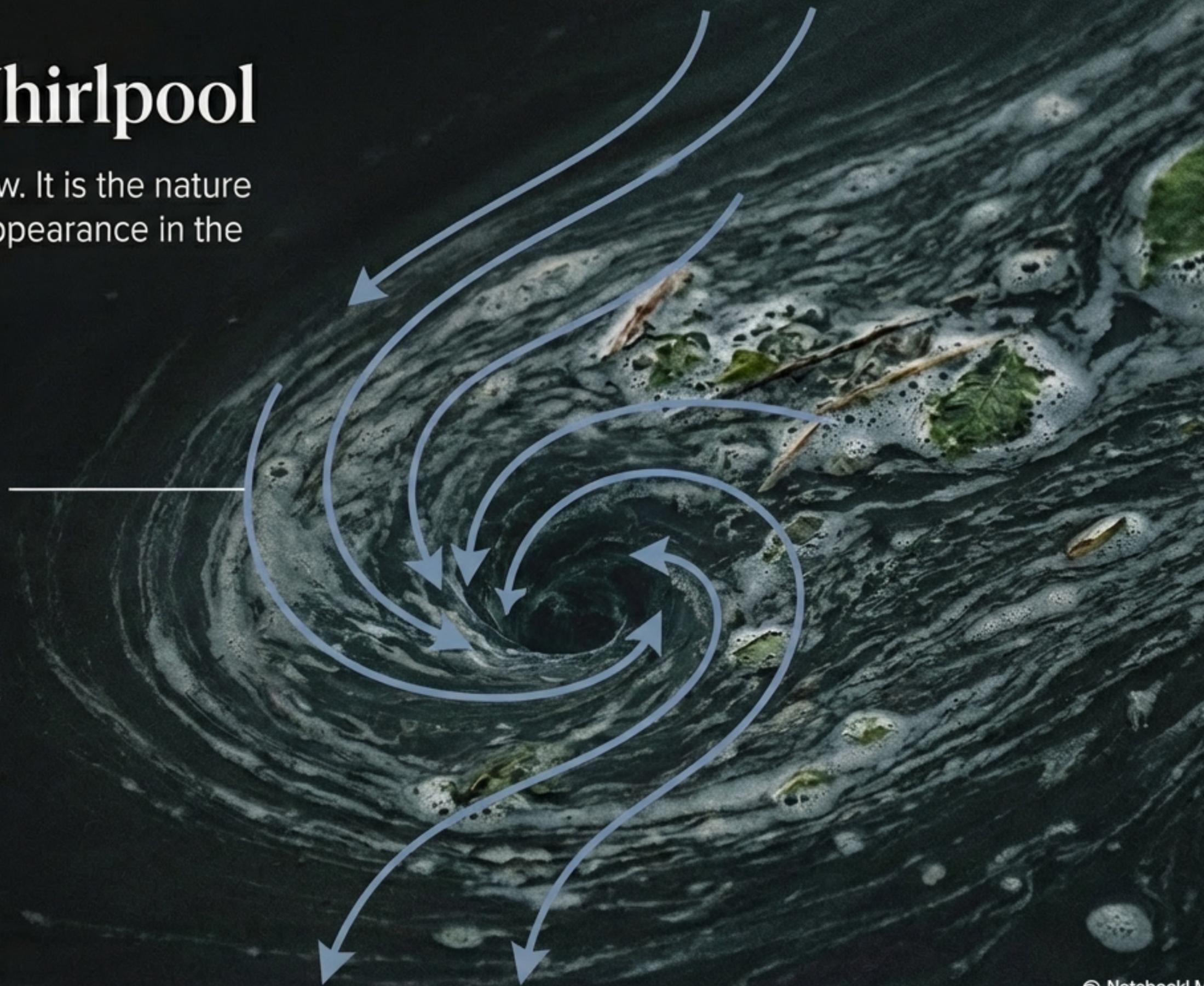


**The Form**  
(Ego/Identity)

# Anatomy of a Whirlpool

Your true source is the River's Flow. It is the nature of the River to Flow. You are an appearance in the river of life.

**The Flow**  
(Source)



# The Lifecycle of Form



**Flow into Form**

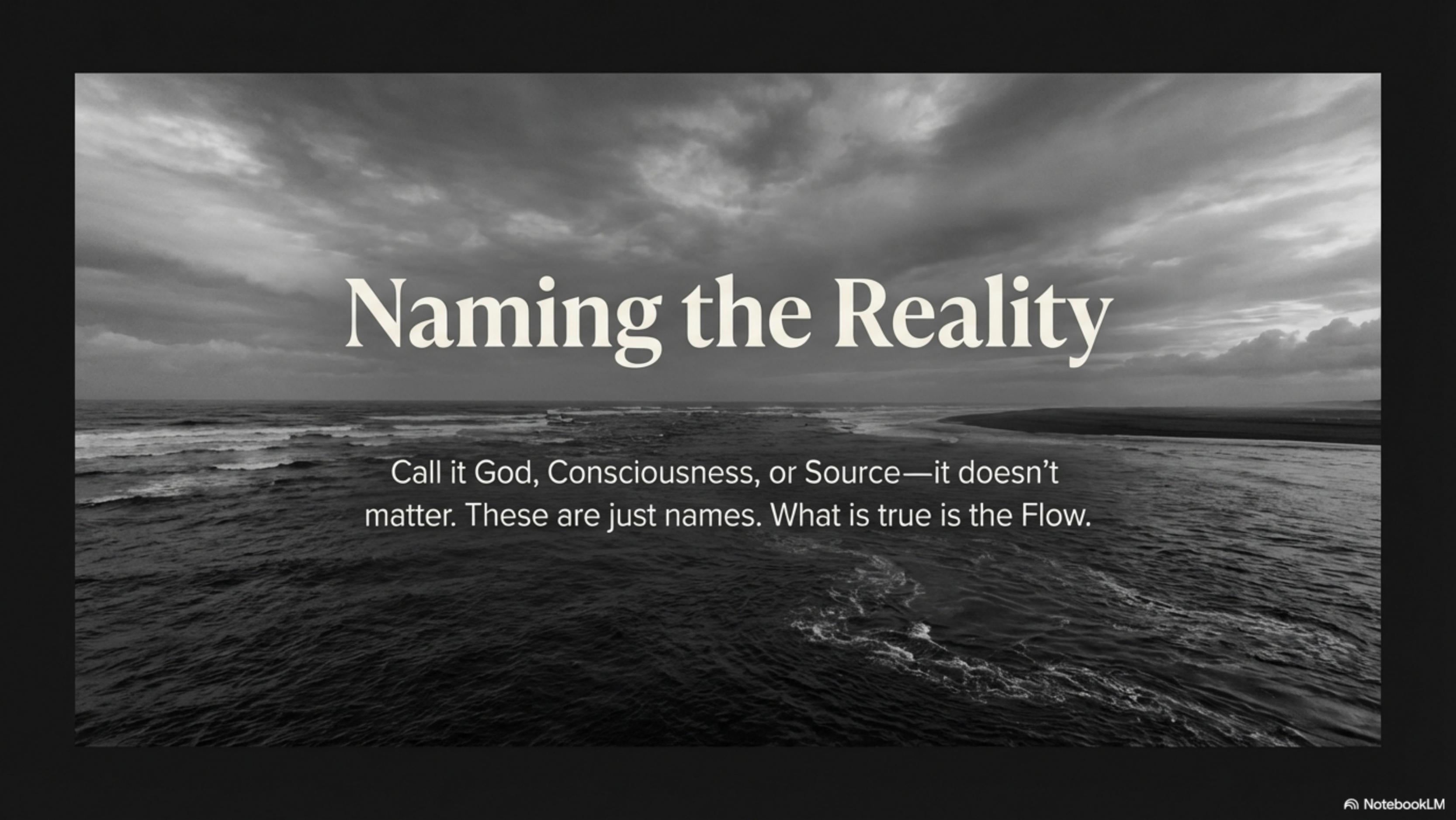


**Flow in Form**



**Flow out of Form**

Each whirlpool is a temporary arrangement. The form arises and dissolves, but the water never stops. **The Flow is the Reality.**



# Naming the Reality

Call it God, Consciousness, or Source—it doesn't matter. These are just names. What is true is the Flow.

# Prana

Sanskrit for "Constant Movement." It is what scientists call Energy. We understand it via what it does.





You are That.