

# You Are a Verb: The Art of Living in Motion.

Transforming health and wellness by  
embracing the flow of life.

Based on insights from The Yoga of Transformation



# We trap ourselves in the ‘Noun’ mindset.

## **The Trap**

We usually box ourselves in with fixed ideas. We slap labels on our identity, rely on specific roles, and cling to static traits as if they are permanent.

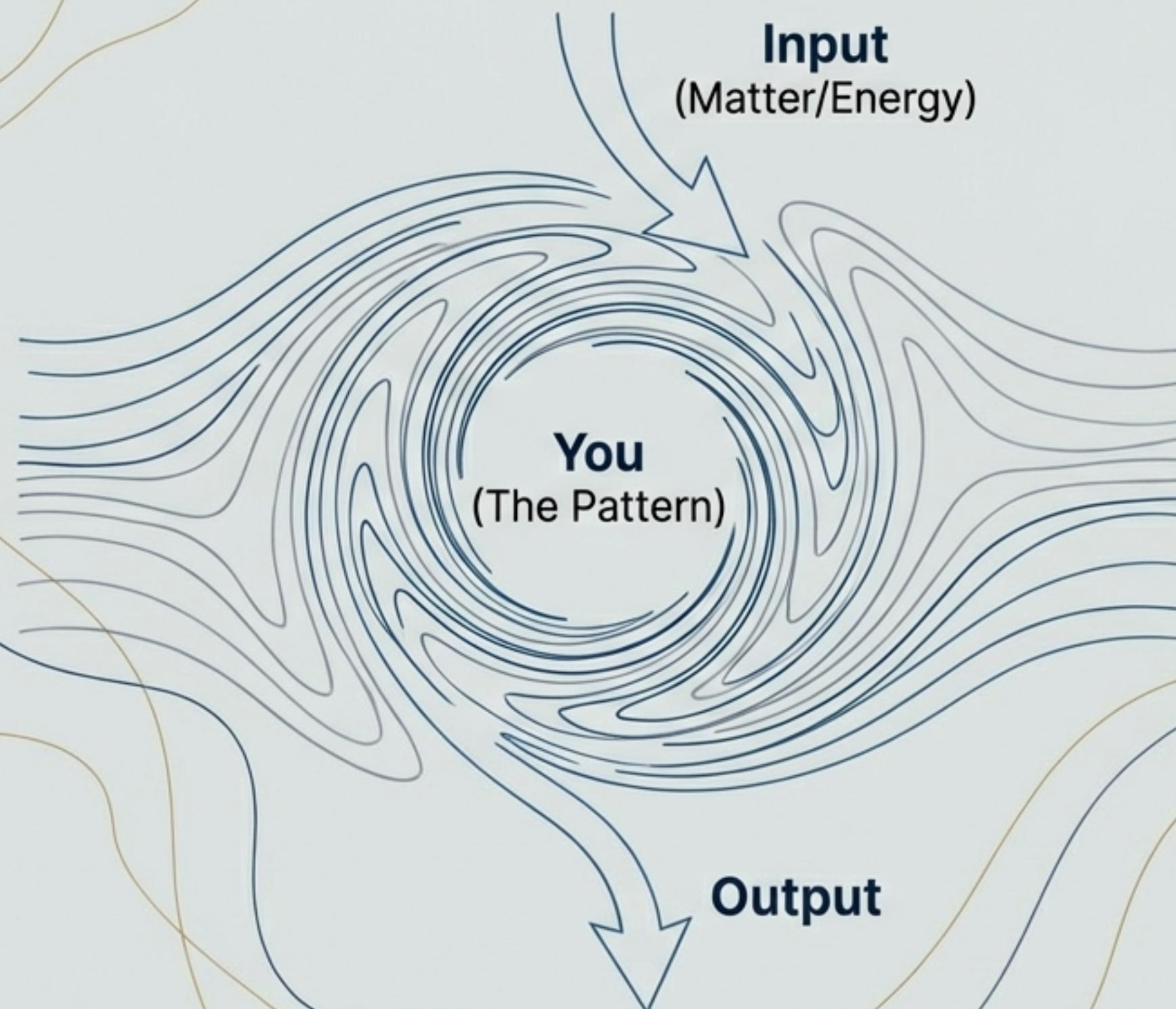
## **The Consequence**

We treat our bodies like statues to be preserved or machines to be fixed. But life is a constant, flowing event.

## **The Shift**

Fighting the current creates suffering. To find wellness, we must stop viewing ourselves as a rigid, finished product and start viewing ourselves as an active, continuous process.

# You are a whirlpool, not a rock.



## The Metaphor:

Picture a whirlpool in a river. It maintains a distinct shape, yet it is made entirely of rushing water. It is not separate from the river; it is simply the water organising itself into a pattern for a while.

## The Application:

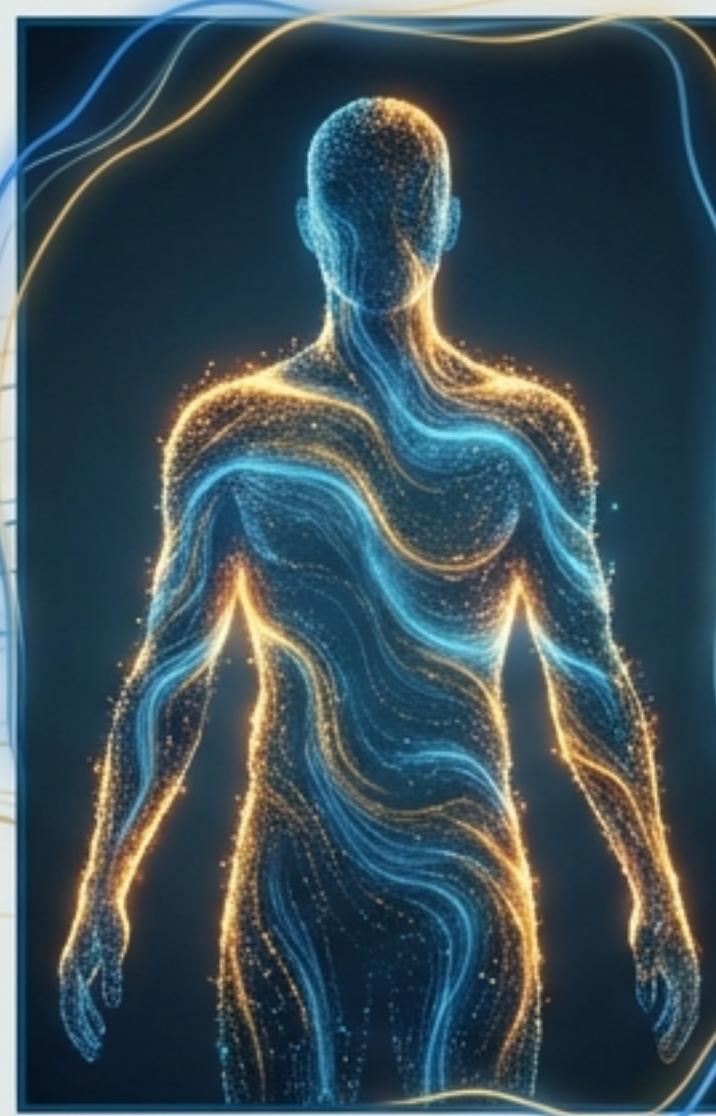
You are that whirlpool. You are a temporary pattern of energy. You look stable, but the 'substance' of you is always flowing through.

## Key Insight:

Who you are isn't a fixed object; it is a constant journey, distinct yet inseparable from the flow.

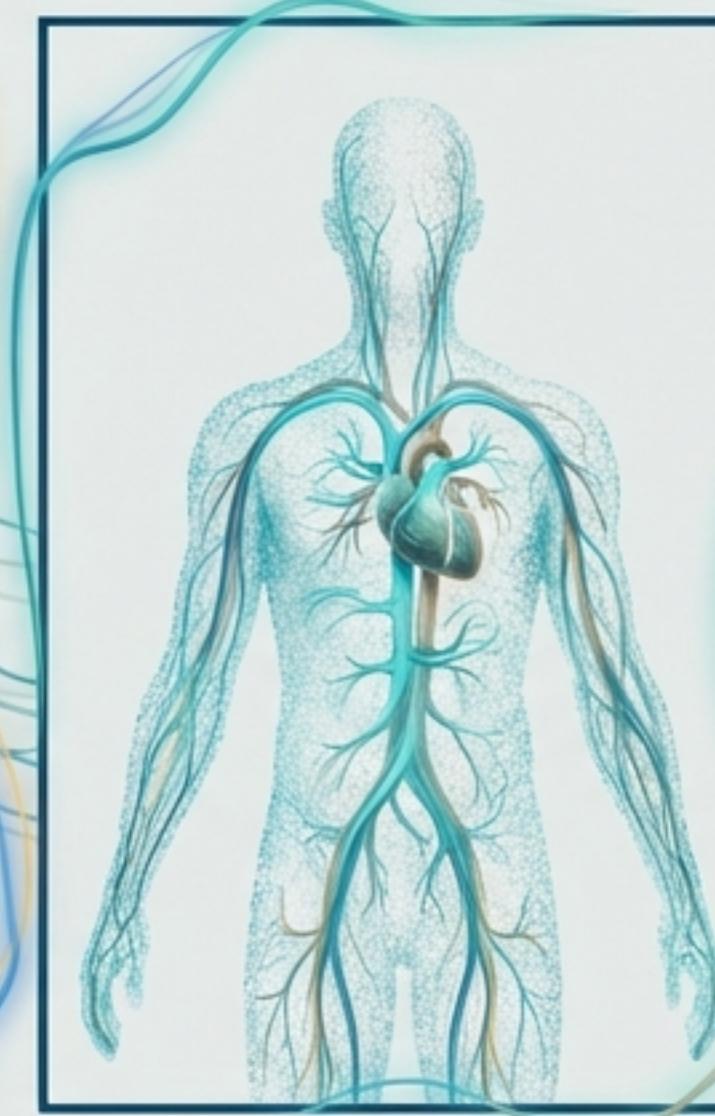
# Biology confirms that you are a process of regeneration.

Every atom in your body is swapped out approximately every seven years, yet you still feel like 'you.'



## Skin Cells

Refresh in weeks.



## Red Blood Cells

Refresh in a few months.



## Bone Cells

Take years to renew.

Physically, you are never the same person twice. The pattern sticks around, but the physical material flows right through. Sickness is not a fixed state—it is a temporary pattern in the flow that can shift and change.

# Prana is the engine of your flow.



## What is Prana?

It is not just a spiritual concept. It is the steady beat in your chest, the firing of neurons, the breath moving in and out, and the cellular activity keeping you alive.

## The Definition:

We are 'organised energy' in a physical form.

## The Mechanism:

Prana moves along specific paths and collects in different spots. When it flows, we are well. When it gets blocked or goes 'wild,' we experience symptoms—from brain fog and moodiness to gut issues and chronic pain.

# Healing is about unclogging the current.

## The ‘Noun’ View (Old Way)



Illness is a mechanical breakdown or a permanent state. “I *have* this condition.”

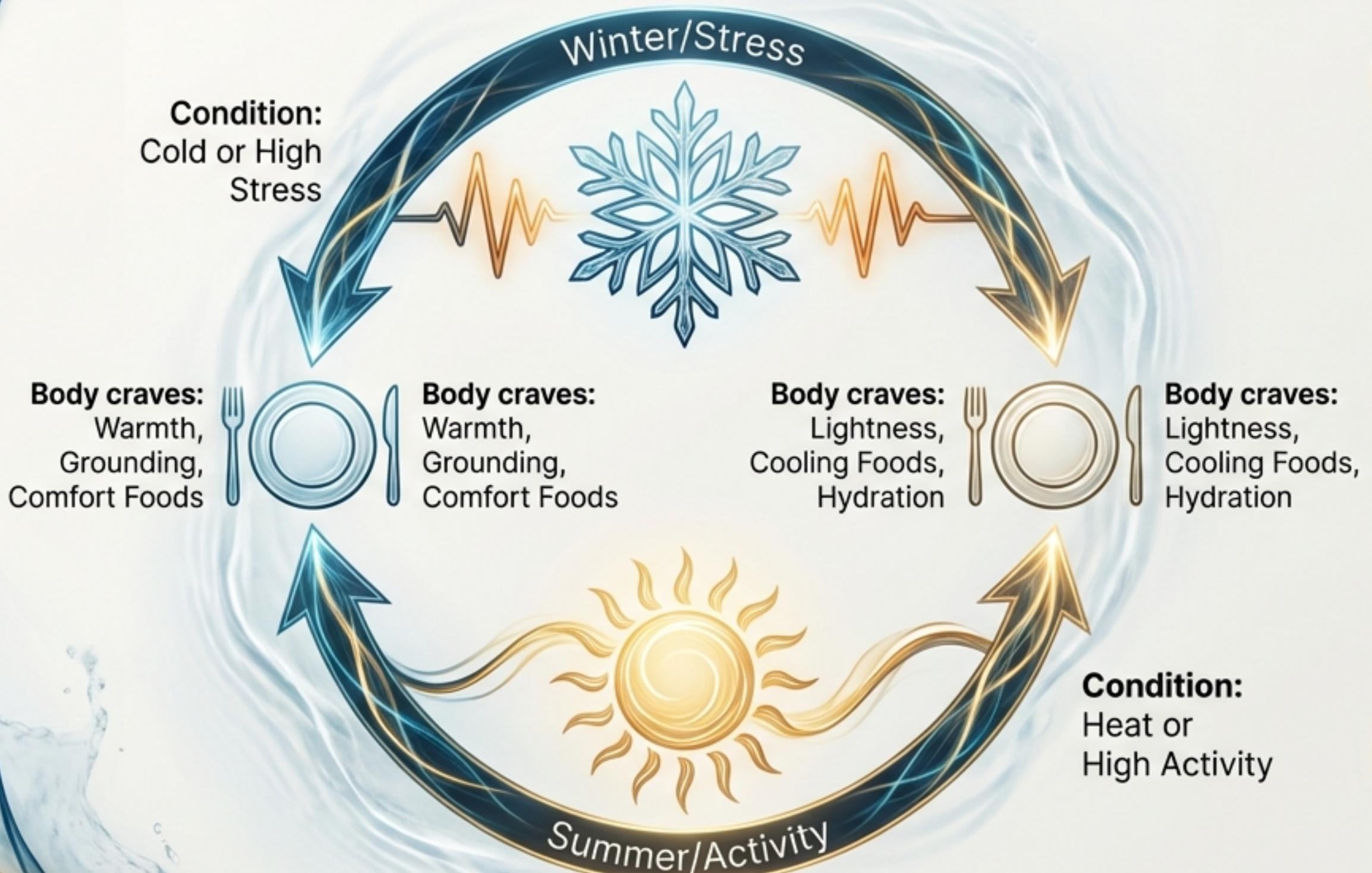
## The ‘Verb’ View (New Way)



Illness is a temporary blockage or a dynamic pattern. “I am currently *experiencing* this pattern.”

Actionable Insight: Chronic conditions are dynamic processes. They respond to deliberate action. Healing often requires energetic interventions—acupuncture, Tai Chi, breathwork, or even a good belly laugh—to restore the flow of Prana.

# Your diet should be as dynamic as your day.



**The Shift:** Instead of blindly following strict diets or eating the exact same meal regardless of context, **“Verb” eating adapts** to the the moment.

**The Takeaway:** These cravings are not weaknesses or inconsistencies. They are data—your body's smart way of requesting balance.

# Exercise is a conversation, not a command.

## High Energy / Stagnation

**Action:** Burn it off. Intense workouts to kick sluggishness.

## Low Energy / Depletion

**Action:** Restore. Gentle stretching and slow movement.

**The Shift:** Move away from forcing a rigid schedule. Move toward listening to your Prana. Exercise becomes an exploration of what your life energy truly wants, rather than adherence to a pre-written plan.

# Stress is simply high-velocity energy seeking release.



**The Noun View:** Repression.

**The Verb View:** Release.

**Reframe:** Stress is not an enemy to be battled. A pounding heart and tight muscles are signals that your Prana is gearing up to handle something.

**The Solution:** Help the energy move through. Don't bottle it up.



Move your body



Focus on the breath



Channel into creativity



Connect with people

# Developing Energetic Literacy.

How to build an internal compass that is more useful than generic advice.



## Morning Scan

Check-in before starting the day.

## Post-Meal Audit

Notice how food lands.

## Activity Monitor

Identify which tasks fuel you.

**Goal:** With consistent effort, you will learn to distinguish between simple tiredness (bad sleep), actual hunger, or carried tension.

# Energetic flow complements clinical medicine.

## The Partnership

Medical treatment addresses the physical structure; 'Verb' living supports the flow within that structure.

Seeing yourself as a system of organised energy does not fight against conventional medical care; it supports it.



## Current Reality

Many hospitals are now introducing complementary approaches—body-energy work, mindfulness, and stress management—alongside standard treatments to improve outcomes.

# The Rule of Thumb: Growth vs. Depletion.

How to decide when to push through discomfort and when to dial it back.

## Growth Discomfort

Feels hard, but invigorating.  
Productive.

## Depletion Discomfort

Feels empty, draining,  
and heavy.  
Destructive.

**The Advice:** Assess your recent stress and sleep. If you are genuinely unsure, the smarter move is to **err on the side of rest**. You cannot pour from an empty cup, and pushing a dead battery only delays recovery.

# Your Checklist for Living as a Verb.

**Identity:** You are a river, not a statue.  
You are constantly evolving.

**Prana:** Your life force thrives on movement and synchronicity.

**Stress:** Don't hold it in. Let the energy pass through via



**Health:** Illness is a temporary pause in flow, not a permanent failure.

**Flexibility:** Adapt your diet and movement to your current energy, energy, not a rigid plan.

# Stop fighting your own design.



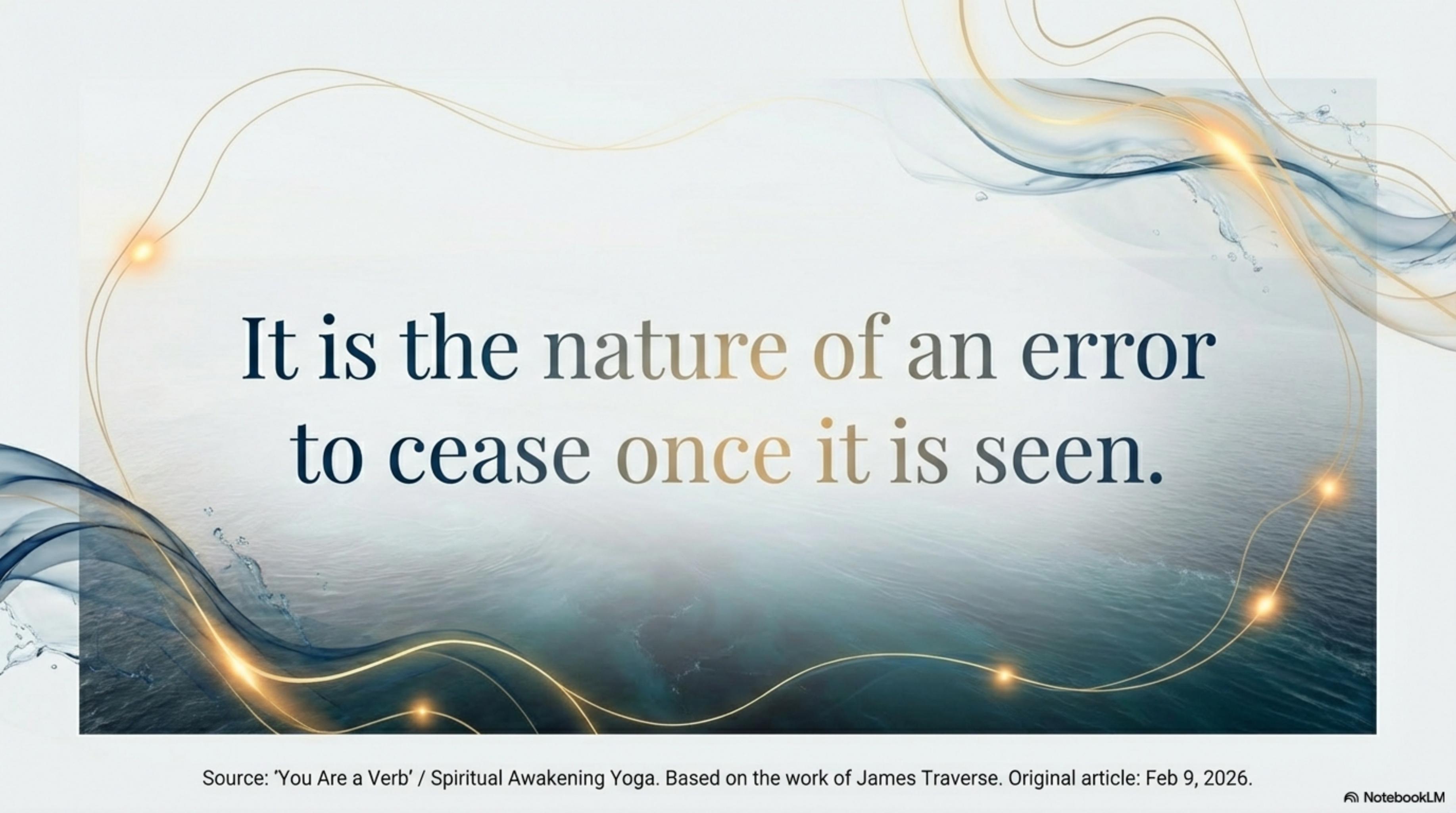
## **The Vision:**

When you grasp that you are always in motion, you stop looking at your body as a broken machine needing endless repair. Aging and health become an "ongoing dance" rather than a battle against decline. You build resilience and true inner drive.

## **Call to Action:**

Start small. Make one minor adjustment to your morning ritual based on how you feel.

Be a Verb.



It is the nature of an error  
to cease once it is seen.

Source: 'You Are a Verb' / Spiritual Awakening Yoga. Based on the work of James Traverse. Original article: Feb 9, 2026.