

The Illusion of Solidity

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A Journey into Nondual Reality

Reconciling the biology of constant change with the ancient philosophy of infinite existence.

Are You a Rock or a Flame?



A rock is a static object. Left untouched for a decade, its atoms remain locked in place. It is a finished “thing”.



A flame is a high-energy interaction. It requires constant fuel and oxygen to produce heat and light. It is a continuous “happening”.

We are conditioned to view ourselves as solid, permanent objects (nouns).
In reality, human life is a majestic, moving event (a verb).

The Whirlpool Metaphor

Pointing at a whirlpool, we say, “Look at that thing!” It has a clear shape and maintains its position in the river.

However, the specific water molecules constituting it vanish every second, replaced by new ones.



The whirlpool is a pattern, not a solid object. Its total existence depends on the river's flow. If the movement stops, the whirlpool vanishes entirely.

The Biology of Constant Change

Fact Highlight: Approximately 98% of the atoms in your body are replaced every single year. You are a biological process in total renewal.

Feature	Water in a Whirlpool	Air & Nutrients in a Human
The Material	River water molecules.	Oxygen, water, and food.
The Action	Water flows in and out of the spiral.	Oxygen is woven into cells, then released as carbon dioxide waste.
The Result	A stable shape in the river.	A stable, living human body.

Mistaking the ‘Debris’ for the Water

Every whirlpool inevitably catches materials in its spin. We experience profound suffering because we mistake this “Debris of Identity” for our actual essence.

- Ego-driven narratives and roles
- Historical grievances and personal trauma
- Physical traits and the signs of ageing

These elements give your form its unique appearance, but they are not your substance. You are the flow, not the sediment.



A Universal Lineage of Wisdom



Heraclitus (Ancient Greece): Panta Rhei (Everything Flows).

No man steps in the same river twice, for both the river and the man have changed.



Buddhism (Anicca): Impermanence.

Like a flickering candle appearing as a single object but existing as a stream of burning gas, things exist only because conditions are currently meeting.



Taoism (The Tao): Visualised as water wearing away stone.

Emphasises Wu Wei (Effortless Action)—sailing with the wind of change than rowing against it.

The Core Truth of the Bhagavad Gita

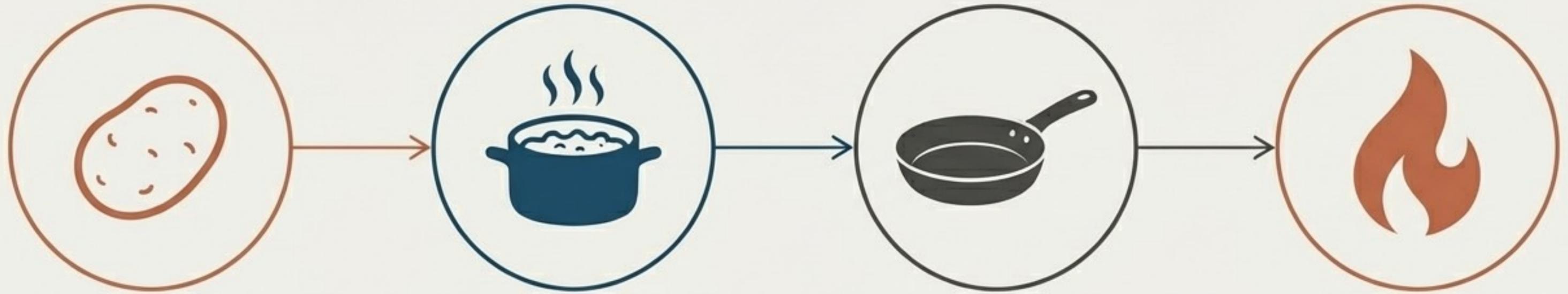
"The unreal never comes into existence, and the real never goes out of existence." — Chapter 2, Verse 16

Sanskrit Demystification

nasato vidyate bhavo
nabhavo vidyate satah

This tautology is the heart of Advaita Vedanta (Nonduality). It establishes that true existence cannot be created or destroyed.

Intrinsic vs. Borrowed Reality



A boiling potato is hot temporarily; it borrowed heat from the water. The water borrowed heat from the pan. The pan borrowed heat from the fire.

The fire did not borrow its heat. As long as fire is present, it is hot. Heat is its intrinsic property.

If an object is created and destroyed, its existence is incidental (borrowed). True existence is an intrinsic property that never comes and goes.

The Clay and the Pot



A clay pot has a distinct name, form, and use. Yet, its entire existence depends on the constituent clay (Upadana Karana).



Remove the wood from a lectern, and the lectern vanishes.

Any modification or form (Vikara) borrows its existence from its material cause. You cannot experience the pot without the clay. All forms are appearances of their underlying substance.

The Three Categories of Reality

Sat (The Absolutely Real):

Pure being. It always exists and never goes out of existence. It has intrinsic reality.



Asat (The Absolutely Unreal):

A logical impossibility that never appears and cannot be experienced. (e.g., A square circle, or the son of a barren woman).



Mithya (The Appearance / False):

Things with borrowed existence. They do not exist independently, yet they appear temporarily. (e.g., Water in a desert mirage, or the physical universe).



The Anatomy of an Experience

Every experience contains two components: the object itself, and the awareness that the object exists.



Clock, Book, Hand.

The objects of experience constantly change.
They are appearances (*Mithya*).

Clock is, Book is, Hand is.

The background experience of 'Is-ness'
never changes.

It is the continuous, intrinsic reality (*Sat*) in
every moment of your life.

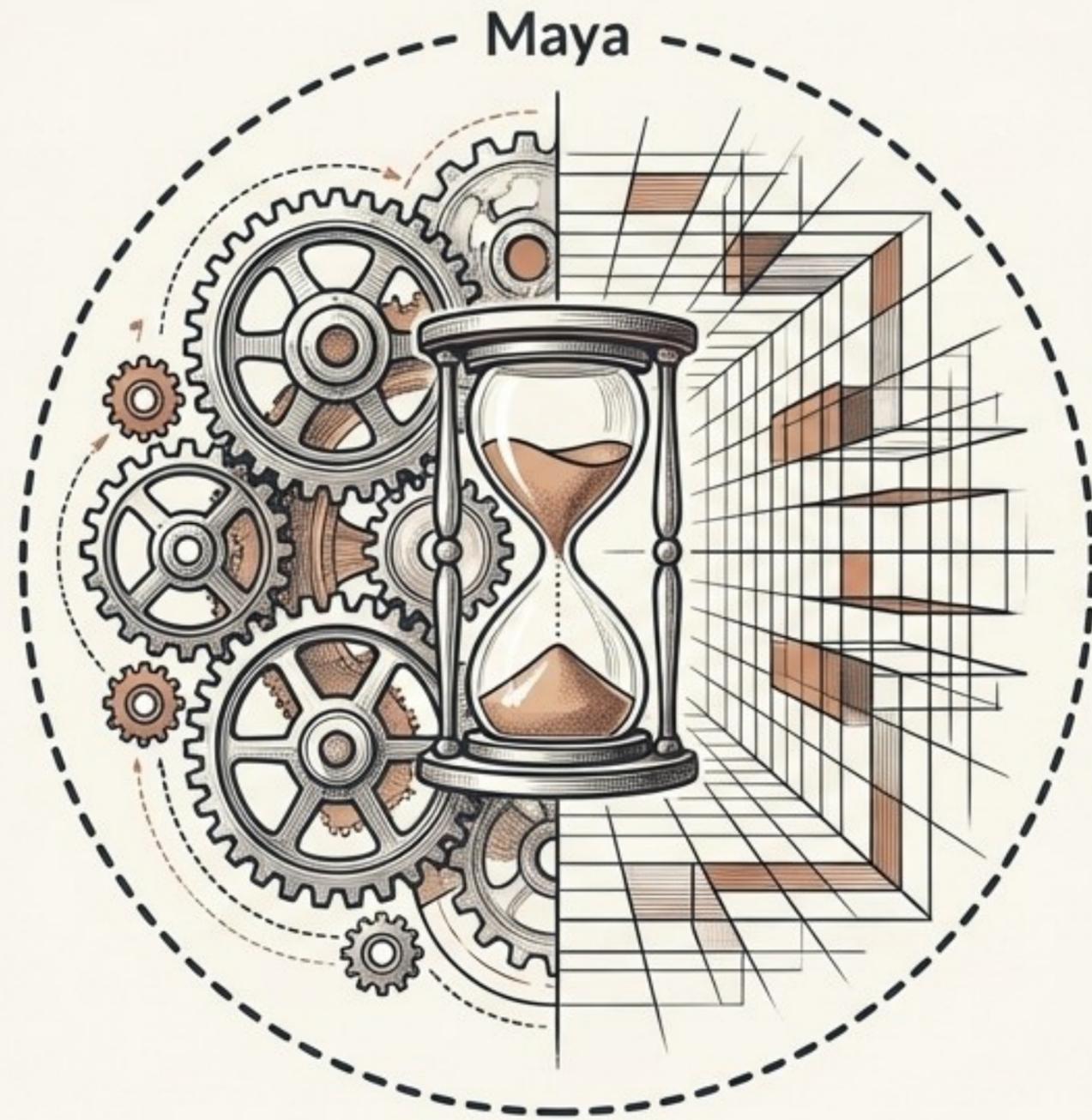
The Screen and the Movie



A **projector's light goes unseen in empty air.** Only when an object intersects the beam does it shine. The **light reveals the object**, but the object manifests the **already-existing light.**

Names and forms (the universe) manifest your always-existing 'Is-ness'. You are the **unchanging screen upon which the dramatic movie of the universe plays.**

The Flaw in Asking 'Why?'



Asking "Why did Brahman create the universe?" demands a cause-and-effect answer.

Maya (the appearance of the universe) is the very framework of **time, space, and causation.**

You cannot use a question bound by causation ("Why?") to ask about the origin of causation itself. Just as asking "What is outside of space?" is a logical fallacy, asking "Why?" from beyond Maya breaks down. It is simply the nature of the shining one to shine.

The Ocean and the Wave

It is illogical to say “waves have water in them.” Rather, the water is appearing as waves.

“Let the waves arise, I gain nothing thereby. Let the waves subside, I lose nothing thereby.”

You are not a tiny, vulnerable wave in a vast, uncaring ocean. You are the infinite water itself. Birth, defeat, ageing, and death are merely ripples on your surface. You remain the exact same existence.

'You Are That' (Tat Tvam Asi)

What does Vedanta give you? Only what you already have.
It solves a problem that was never truly there.

Arise above delusion (Shokam moham ca hitva).

Your existence is an open secret. Endure the waves, enjoy the movie,
and rest in the profound clarity of your own infinite Is-ness.

