
The River of Being
An inquiry into the nature of Flow, Form, and the Self
From the definitions of our oldest words
to the direct experience of your own breath.
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Love is defined by its action

What is Love?

Love is what it does. It is the nature of ***Love*** to ***Love***.

Love is a Verb.



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Energy is the ability to do work

What is Energy?

We do not know what Energy is; we understand it via what it does. Energy is the ability to do work.

Energy is a Verb.



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Prana is the breath within the breath

What is Prana?

Prana is what it does. Prana is *Flow*.

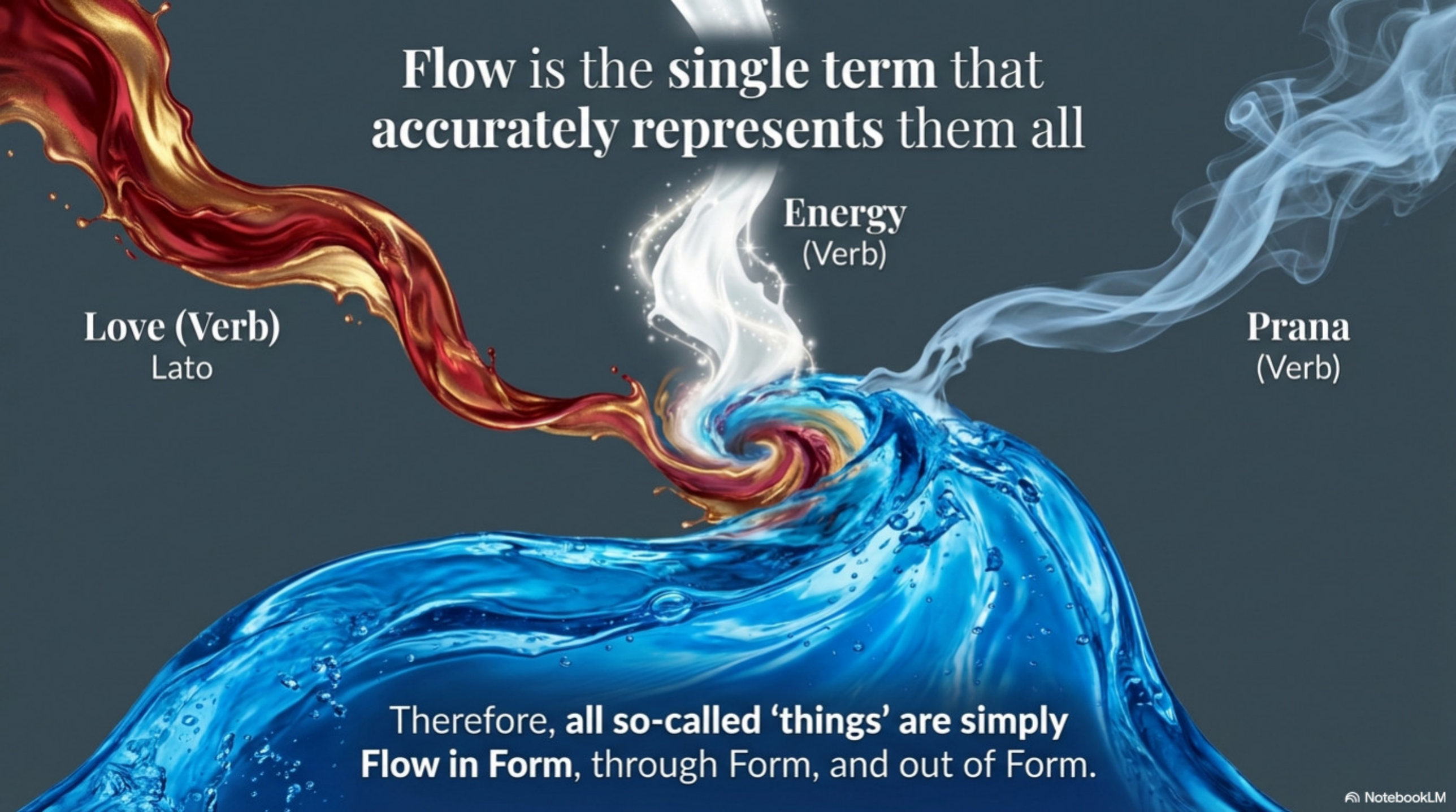
Etymology:
Pra [forth/constant]
Ana [to breathe, move, live]

It signifies the 'Life Force', 'Vital Principle', or 'Animating Principle'.

Prana is a Verb.



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Flow is the single term that accurately represents them all
Energy
(Verb)
Love (Verb)
Lato
Prana
(Verb)
Therefore, all so-called ‘things’ are simply Flow in Form, through Form, and out of Form.
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In the beginning was the Word

This phrase reflects a significant cross-cultural comparison between Christian theology and Vedic philosophy.

It points to the origins of the universe through a ***'divine word'—Love Manifest, Energy-In-Formation, Flow in Form.***

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The Resonance of Logos and Vak

The Gospel of John

John 1:1
"In the beginning was the Word, and the Word was with God, and and the Word was God."

Refers to the Greek ***Logos***—the pre-existent divine agent of creation.

Vedic Tradition

The Sanskrit Parallel
"*Prajapati vai idam agra asit. Tasya vak dvitiya asit. Vag vai parama Brahman.*"

Translation: "In the beginning was ***Prajapati*** (the Creator), with him was the Word (***Vak***), and the Word was verily the Supreme ***Brahman***."

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A blueprint of reality across traditions

Feature	Gospel of John	Vedic Tradition
Primordial Term	Logos (The Word)	Vak (Speech) / Shabda (Sound)
Relationship	The Word was with God and was God.	The Word was with Prajapati and was Brahman.
Role	The agent of creation (“All things were made through Him”).	The vehicle of manifestation (creation as a projection of sound).

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From Silence to Sound and back again

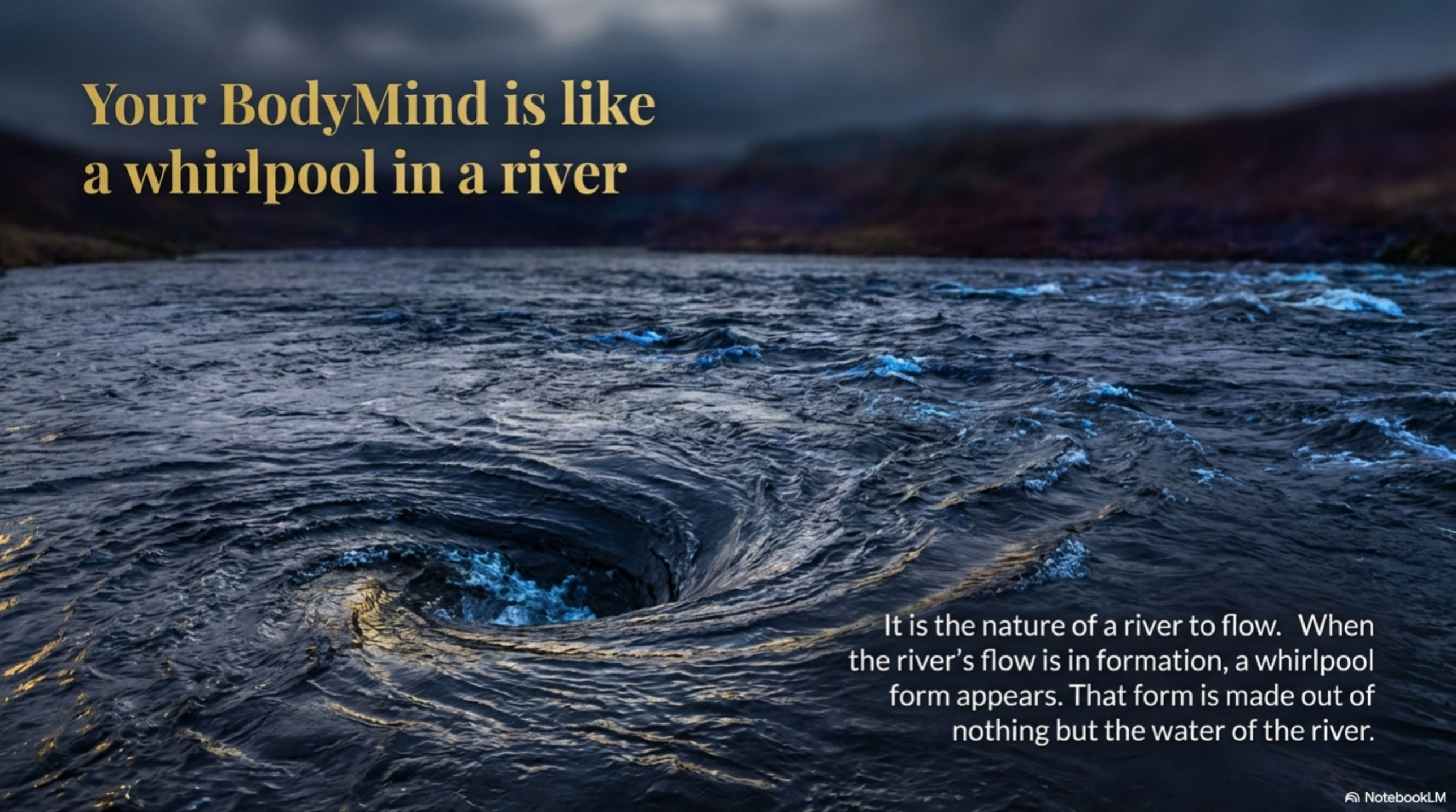


In many Indian traditions, the *'Word'* is the cosmic sound *AUM (Om)*, the primordial vibration from which the universe was projected. Just like the primordial sound, all forms come out of Silence, are surrounded by Silence, and return to Silence.

Silence, *God*, *Love*, *Energy*, *Prana*—whatever name you prefer—is Source and Substance.

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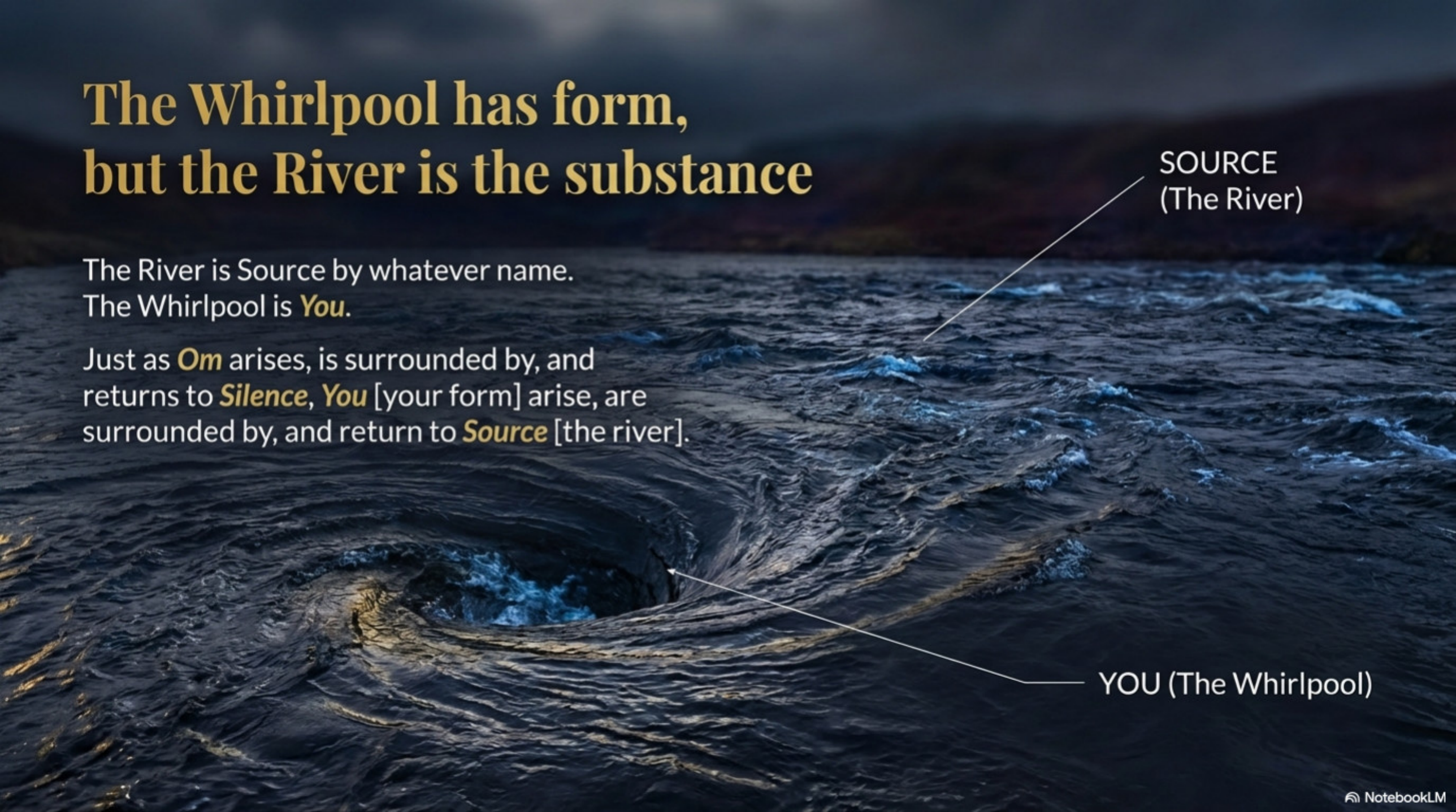
Your BodyMind is like a whirlpool in a river



It is the nature of a river to flow. When the river's flow is in formation, a whirlpool form appears. That form is made out of nothing but the water of the river.

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The Whirlpool has form, but the River is the substance

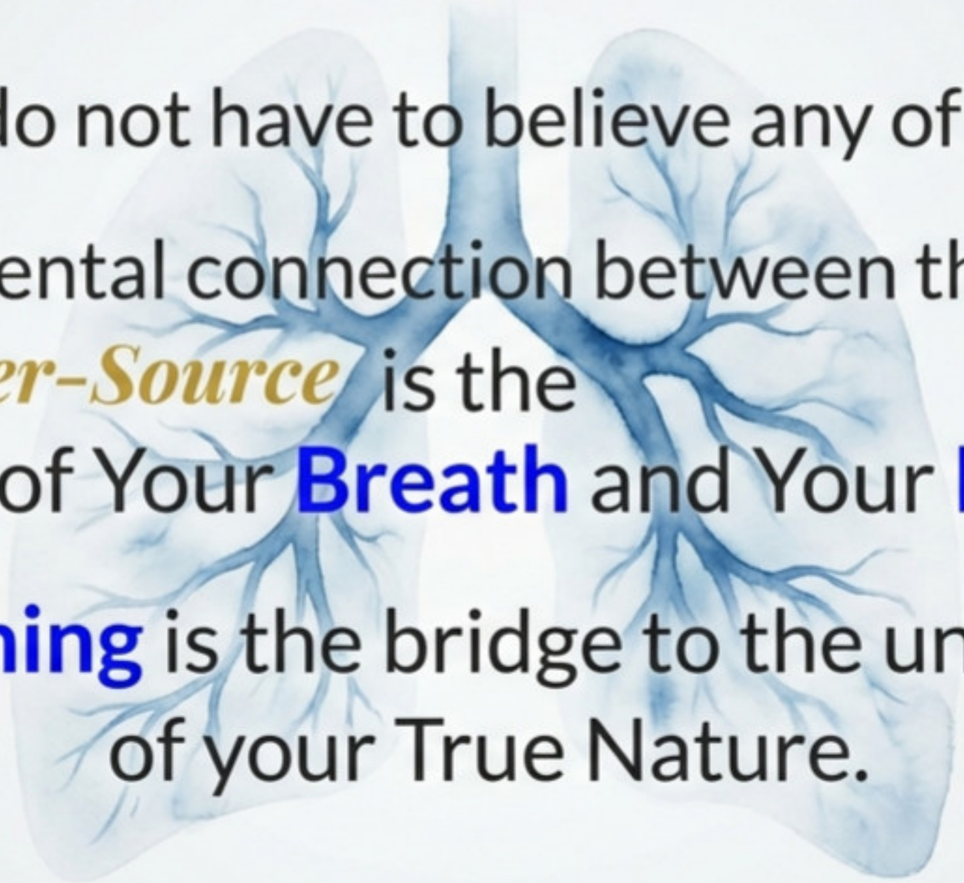


The River is Source by whatever name.
The Whirlpool is ***You***.

Just as ***Om*** arises, is surrounded by, and returns to ***Silence***, ***You*** [your form] arise, are surrounded by, and return to ***Source*** [the river].

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Philosophy and Fact

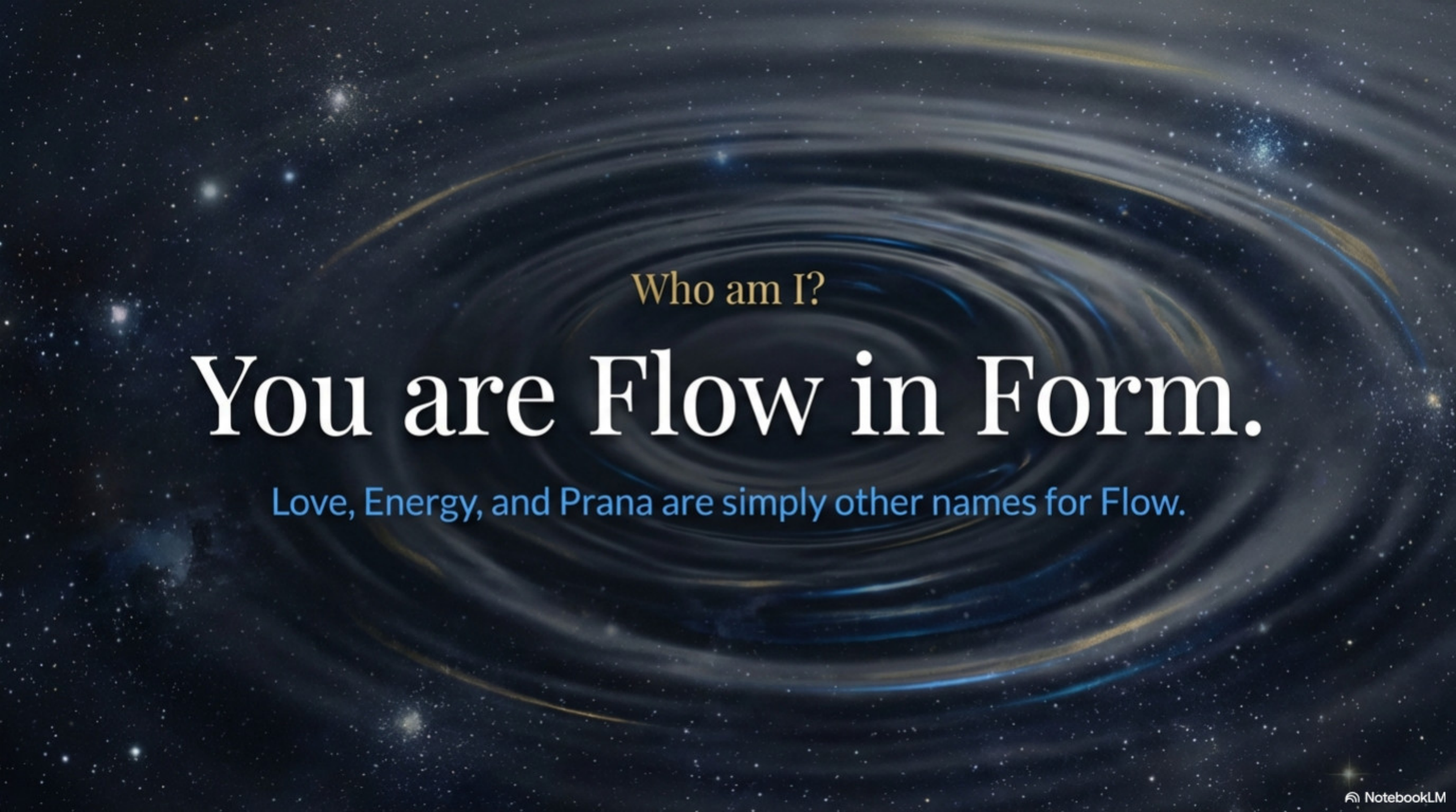


You do not have to believe any of this.

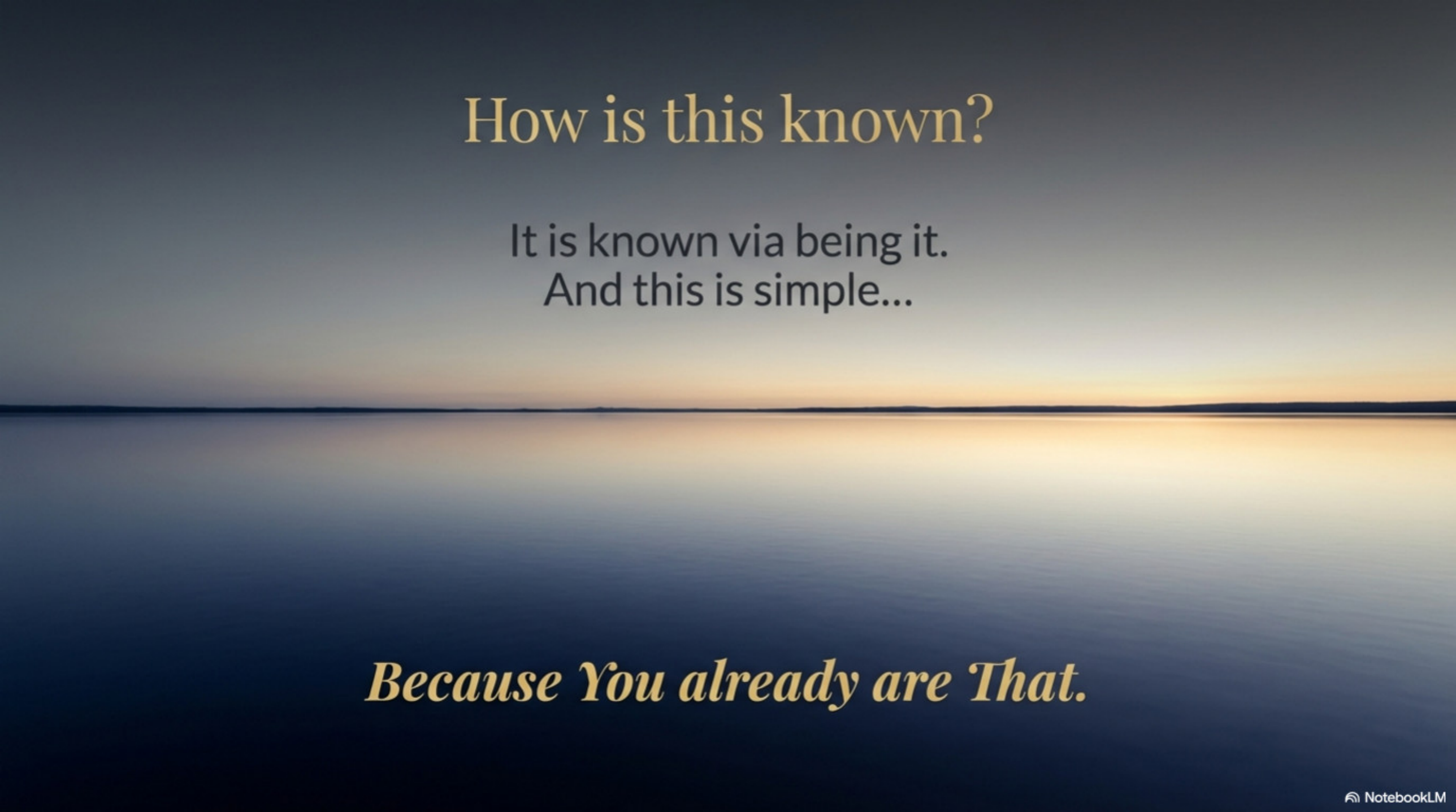
The most fundamental connection between the *Whirlpool-You* and the *River-Source* is the **Flow** of Your **Breath** and Your **Blood**.

Your **Breathing** is the bridge to the understanding of your True Nature.

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Who am I?
You are Flow in Form.
Love, Energy, and Prana are simply other names for Flow.

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How is this known?
It is known via being it.
And this is simple...
Because You already are That.
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