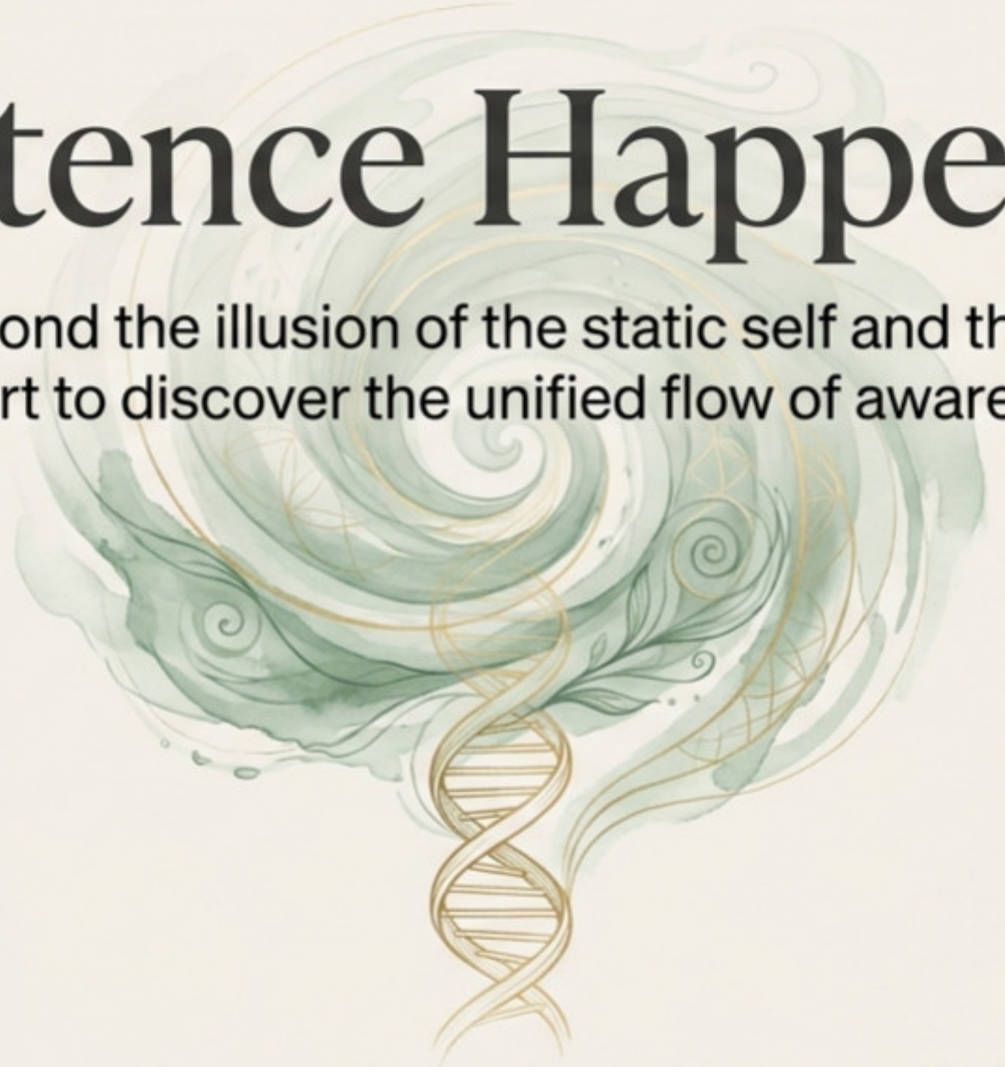
Existence Happening

Moving beyond the illusion of the static self and the mechanical heart to discover the unified flow of awareness.



We are not things in existence; we are existence happening.

NotebookLM

The Language Illusion

Language tricks us into perceiving reality as a collection of isolated objects. By shifting our linguistic framework, we reveal the dynamic reality of consciousness.

The Noun Paradigm (The Illusion)



- Concept: Suggests solid, permanent things. Freezes reality.
- Vocabulary: Self, body, mind, person.
- Internal Narrative: “I am a self.”
- Result: Isolation, defence, and the suffering of maintaining a fixed identity.

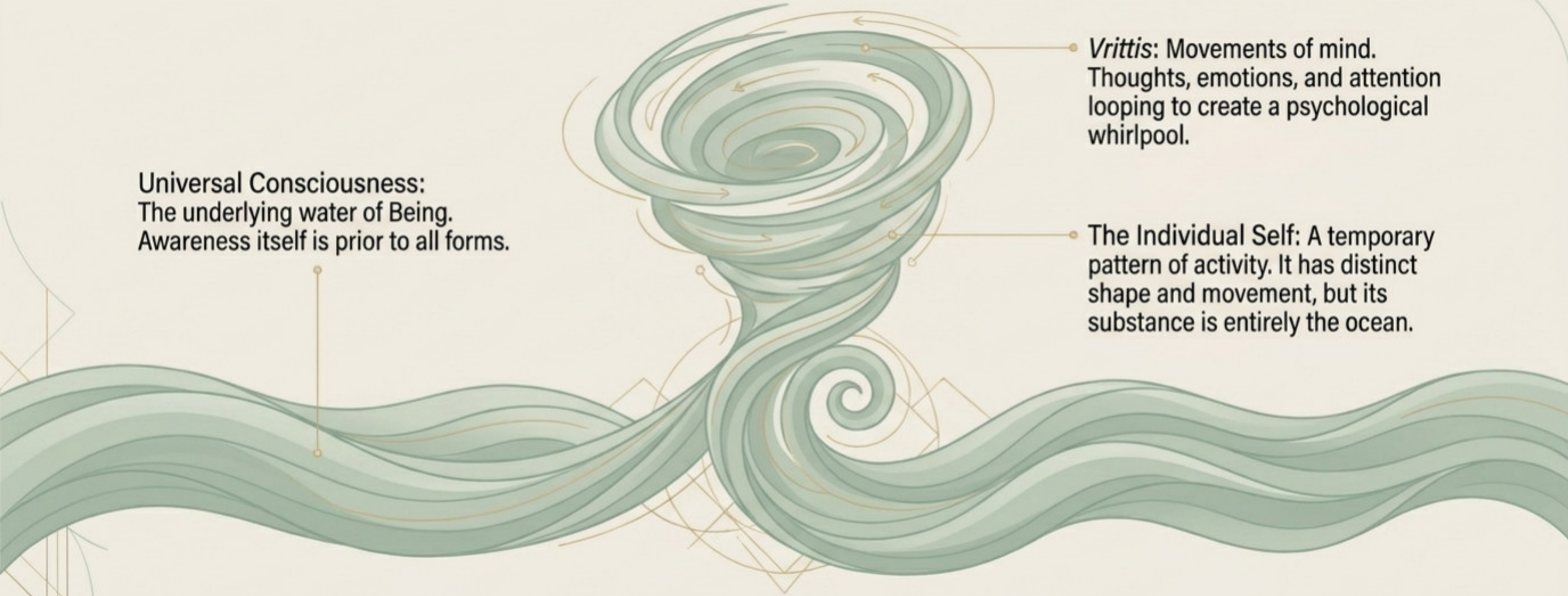
The Verb Paradigm (The Reality)



- Concept: Describes ongoing process and activity.
- Vocabulary: Breathing, thinking, sensing, becoming.
- Internal Narrative: “Selfing is happening.”
- Result: Connection, fluidity, and liberation from a defended ego.

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Identity as a Process



Vrittis: Movements of mind. Thoughts, emotions, and attention looping to create a psychological whirlpool.

The Individual Self: A temporary pattern of activity. It has distinct shape and movement, but its substance is entirely the ocean.

Universal Consciousness:
The underlying water of Being.
Awareness itself is prior to all forms.

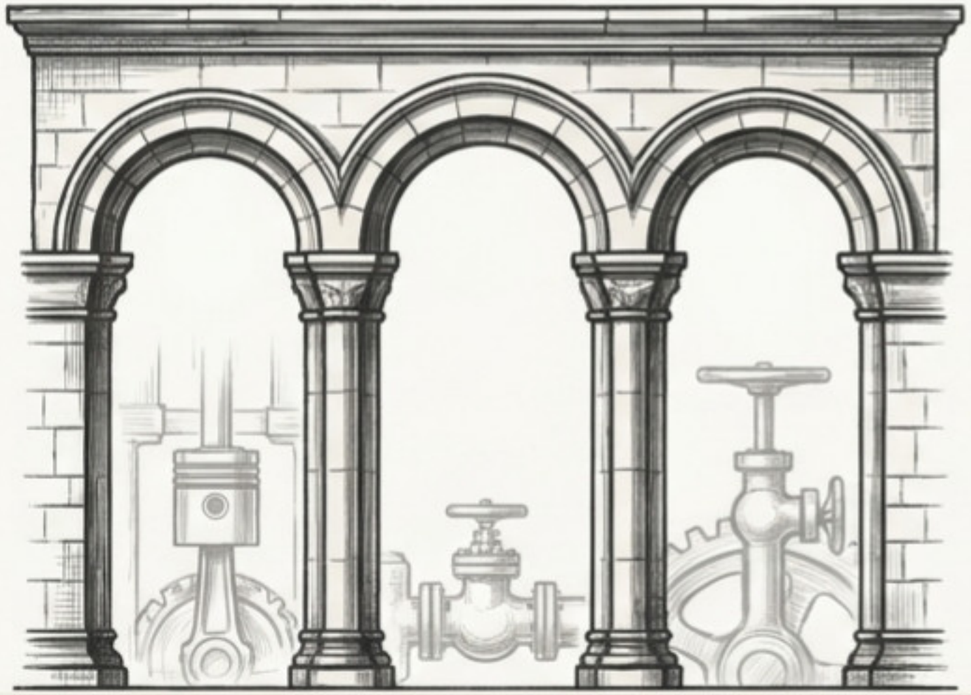
The whirlpool believes it is separate from the ocean, yet it has never been anything but water.
When movement changes, the whirlpool disappears, yet the water remains.

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The Biological Illusion

Just as the mind is not a static noun, the heart is not an industrial machine.
It is a biological bridge where the Divine Word is uttered into matter.

The Mechanical Pump



An earth-bound industrial model. A piston of muscle labouring to circulate blood. A disconnected, physical “thing.”

The Helical Space-Time Event



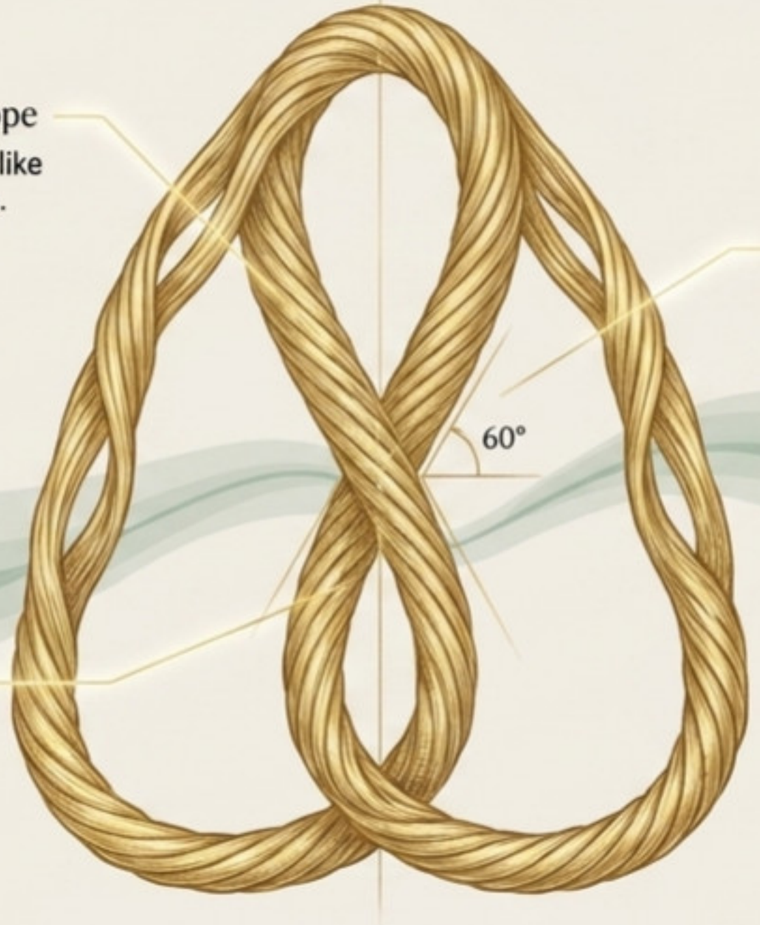
Energy-in-formation. A cosmic impulse following a Master Plan found from DNA to galaxies. A localised expression of cosmic flow.

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The 60-Degree Secret

The Material: A Single Continuous Rope

In 50 days of embryology, a simple worm-like tube twists into this complex human helix.



The Geometry: Gothic Architecture

The muscle fibres cross at a specific 60-degree angle, creating an aspirational arch of ultimate biological efficiency.

The Action: The Twist-and-Suck Cycle

An active, helical untwisting that creates a biological vacuum, sucking 90% of the blood into the chambers.

This biological vacuum is the physical complement to the soul's active attraction toward its Source.

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Om Written in Flesh

The heart's rhythms are a direct physical echo of primordial vibration, perfectly mapped onto the movement of human consciousness.

Turiya (Silence): The absolute foundation and unmanifest ground of being from which the vibration arises.



A (Extension): The Waking State. The outward thrust of blood and the expansion of internal space. The manifestation of the physical world.

The Bindu (Centre point): The Now. The actual heartbeat. A flash of pure consciousness in the timeless moment.

M (Dissolution): Deep Sleep. The contraction where the individual 'whirlpool' of the heart resolves back into the infinite river.

U (Sequence): The Dreaming State. The pause where flow is processed sequentially along the helical rope. The subtle mental world.

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Navigating Polarity



Left Spiral (Lokas):
Spiritually positive,
clockwise whirlpools.

The Central Neutral Current

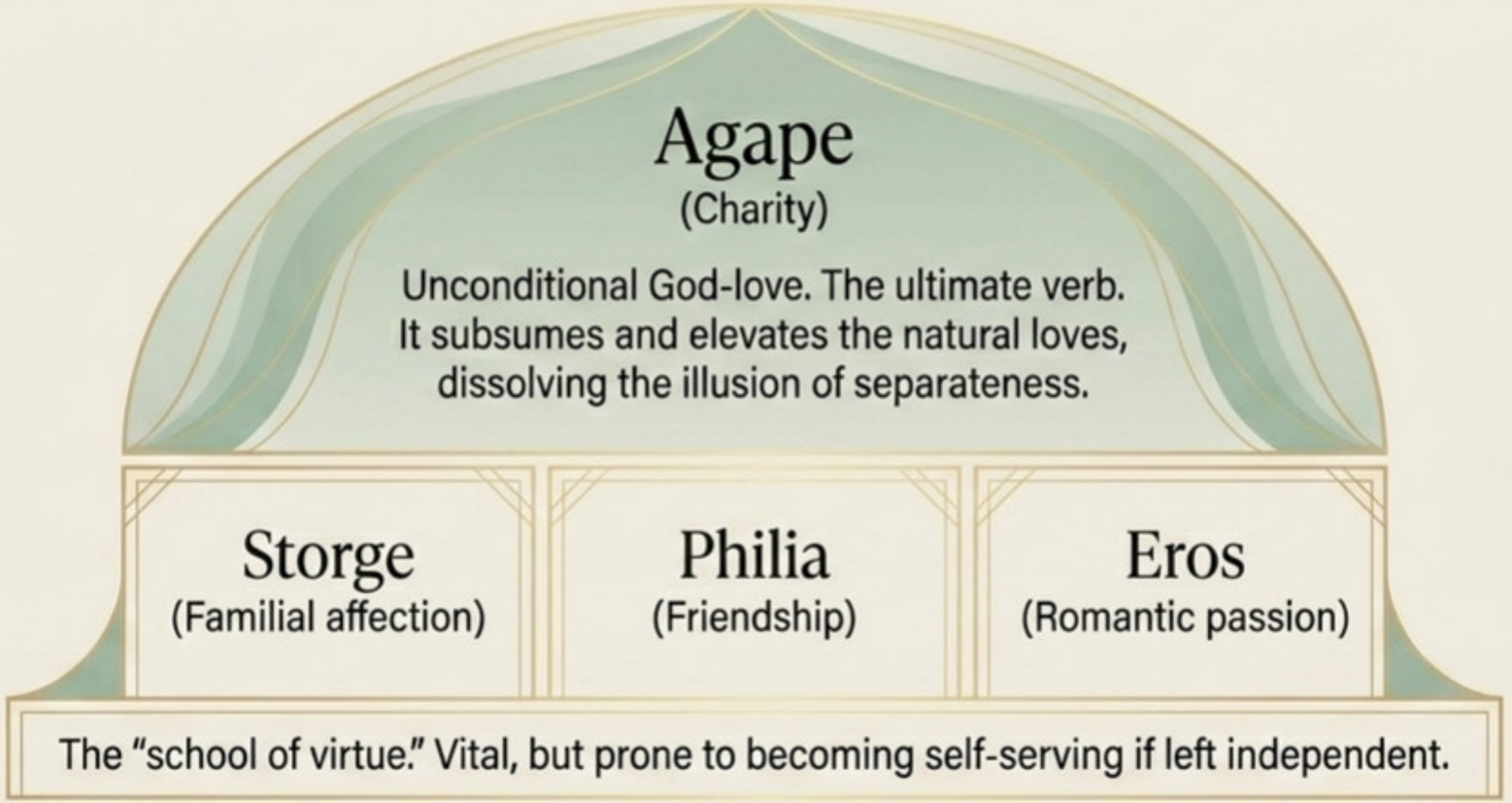
Right Spiral (Talas):
Spiritually negative,
counter-clockwise whirlpools.

Manifestation functions through the tension of complementary whirlpools—as inseparable as the two poles of a magnet. Love acts as the Central Neutral Current (Tiphareth) that balances these polarities, preventing the spinning rings from flying apart.

The mission of the Earth is the development of Love. It is not a passive event, but the Mighty Eros—an active choice to enter the current of time.

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Love as an Active Choice



Love is not a static noun to be possessed. It is an ascending journey and a "search for the good" that aligns our individual will with the fundamental structure of the universe. *"It is the nature of Love to Love."*

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Embodying the Flow: Being Yoga

Yoga is not about striving to become something new; it is about remembering who we already are. It is the practical application of living as a verb.



Body:

Gentle movement creating balance and ease. Leaving the static pose for continuous presence.



Breath:

Regulating energy and calming the nervous system. The physical practice of the A-U-M cycle.



Mind:

Cultivating awareness through meditation. Allowing the vrittis (whirlpools) of thought to settle.



Spirit:

Awakening inner peace and authentic living. Reconnecting with the deeper intelligence of the ocean.

Yoga Nidra • Breathwork • Spiritual Self-Inquiry • Conscious Daily Living

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The Journey of Awakening



Awareness:

Recognising the noun illusion. Observing the whirlpools of the mind without attachment.

Practice:

Engaging the Four Pillars. Breathing consciously and moving with presence.

Insight:

Experiencing the shift. Feeling the reality of existence happening rather than merely existing.

Transformation:

Transmuting natural impulses through Agape. Aligning with the cosmic pulse.

Peace:

Resting in Turiya. Experiencing clarity beyond thought and a deep return to Source.

Being Yoga is not about perfect poses. It is about coming home to yourself.

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The Aware Stillness

The heart is not a pump; it is a participation in the aware stillness of the universe. By recognising our biology as a helical expression of a cosmic plan, we dissolve the boundary between our internal pulse and the infinite Source.

We are not merely inhabitants of the universe; we are the points where the universe has chosen to feel its own rhythm.

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