

## Realization

# That Which Flows

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### ABSTRACT

That of which form is composed is Emptiness, Beingness, Formlessness, whereas form itself is just a pattern of flow that arises where Emptiness, Beingness, Formlessness flows in relation to Itself.

**Key Words:** form, emptiness, beingness, formlessness, flow.

There is a subtle difference  
between knowing yourself as form  
and Knowing yourself as That  
of which form is composed.

That of which form is composed  
is Emptiness, Beingness, Formlessness,  
whereas form itself  
is just a pattern of flow that arises  
where Emptiness, Beingness, Formlessness  
flows in relation to Itself.

Because form is composed  
of That which is formless,  
it is easy for the Formless  
to mistake Itself for form,  
easy for That which flows  
to mistake itself  
for what is only a pattern  
of its Own flow.

It is as if water,  
when flowing in the pattern  
that we call a whirlpool,  
then thought of itself as only the form,  
as only the pattern of flow,  
and not as that which flows,  
thereby becoming blind  
to its true nature.

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When you are at home  
you may be a father or a mother,  
and when you go to work  
you may be a boss or an employee.

But these are just forms,  
whirlpools that arise,  
where what you actually Are  
flows in relation to Itself.

What you actually Are  
is That which knows itself  
as father or mother,  
as boss or employee.

What you actually Are  
is That which knows itself  
as whatever form  
you think of yourself as being.

What you actually Are  
is That which knows itself  
as whatever form  
you think of as your being.

For That which knows itself  
as these various forms,  
which change according to circumstances,  
does not Itself change  
just because it flows  
into this or that form,  
as water does not change  
just because it flows  
in this or that pattern.

Find within yourself  
That which does not change  
as circumstances change,  
That which does not come and go  
as forms come and go,  
and you will have found  
your True Nature.

You are not  
a pattern of flow  
that comes and goes.

You are That which flows,  
That which, in flowing  
creates the patterns,  
creates the forms,  
that come and go.

And That which flows  
is not other than  
That which knows.