

ETERNAL FLOW

Annotation by ChatGPT

At the heart of the philosophical and spiritual allegory *Eternal Flow* is the journey of self-discovery and transformation of an immortal being who must navigate the hardships of human existence. From a divine fall into the mortal world to the attainment of inner freedom, the protagonist, Eternal Flow, faces the inevitability of fate and the search for the true meaning of life. Along his path, he encounters a Teacher who not only reveals profound philosophical truths but also helps him realize that the journey toward self-understanding and inner balance is impossible without accepting his own fate. By practicing Eastern martial arts and philosophical teachings, Eternal Flow finds strength within himself, overcoming karma and freeing himself from inner conflicts. The book explores essential questions of karma, free will, humility, and inner harmony. The author poses an important question: how can one achieve true freedom by accepting their fate? *Eternal Flow* is a story of self-search and finding strength in acceptance, inspiring anyone seeking their own path in life.

Fall

It is difficult to say what kind of being Eternal Flow was. From the perspective of a simple mortal living on Earth, he would probably be called a Celestial Being. However, within the realm of "Celestial Beings," where each entity had a clearly defined role in maintaining universal harmony and balance, he was not accepted as one of them due to his vaguely expressed duties and his lack of subordination to any higher powers. The defining feature of Eternal Flow, from which his name originated, was his hypersensitivity, manifested in his ability to detect unnatural things, phenomena, or tendencies produced by other celestial beings at an early stage, which in turn allowed him to avoid excesses in the celestial system that governed the material worlds. The "system" itself never encroached upon Eternal Flow's freedoms; any slight external tension could distort his sensitivity, akin to misaligning a high-precision instrument, after which its value would be entirely lost. However, the "system" was hardly guided by altruistic motives. On the contrary, it was extremely rigid and, in essence, totalitarian, in the sense that it had no alternatives and could never have any. The only reason Eternal Flow was able to maintain his special status was the supreme principle of self-regulation that exists in the universe: the principle of free will, which no system can bypass. There is no force that can violate this principle. Whether they be humans or gods, they agree to various forms of slavery in exchange for feeding their illusions about how the world is arranged. Some are caught in the illusion that no choice exists except the one between different kinds of slavery; others are deceived by the very illusion of choice where none truly exists. These are all techniques of mind control, but they work only as long as they are voluntarily accepted. Motives do not matter; only consent does.

The world in which Eternal Flow lived had neither time nor space in the usual sense, and the most accurate metric to describe the existence he and the celestial system lived in would be density. It could not be said that something happened within a specific time and place. Rather, it could be described as an increase or decrease in density in certain areas of existence. But even the word "areas" is not entirely accurate—it is more like different types of densities, as if they were made of different materials. On the material level, these densities manifest as various forms of organic and inorganic life within the context of their life cycles—what we know as the material world with its

space and time. The unique hypersensitivity possessed by Eternal Flow allowed him to register changes in the Universal Density. The natural process appeared as a continuous flow of densities within their opposites: when density reaches its peak, it changes polarity, becoming its opposite. This is a highly dynamic process. It might also appear chaotic. The Celestial Authority precisely considers it chaotic, which justifies its own existence. Celestial beings try to impose order on this "chaos," which on the material level leads to the creation of entire worlds. The main problem they face is the lack of feedback, or rather, its absence. Naturally, world creation is an energy-consuming process, and in the early stages, it is very difficult to determine whether the strategy chosen is correct. It is like a game of Go, where players place black and white stones on a board in order to capture more territory than the opponent. In Go, the player with a deeper strategy, supported by a precise calculation of options, wins. The same is true in the creation of worlds. There is a saying: "Go is a game of the gods." The only difference is that instead of placing stones on a board, they place stars in the sky. The essence is the same—the embodiment of naturalness in material forms; the difference lies in the scale of consequences and responsibility. When the gods made a particular "move," Eternal Flow instantly sensed whether it made sense and whether it would work as intended. The result of his "perception" was a corresponding "background"—changes in density translated into a coarser and more understandable form for the gods, so that they could see how reasonable and viable their ideas and plans were.

The one who speaks well listens poorly; the one who listens well speaks poorly. These are matters of balancing action and perception. The one who maintains this balance changes endlessly; the one who loses it falls into a cruder form and risks losing themselves.

Free will has two sides: the possibility of living outside the system and the temptation to subjugate the entire system to oneself. The first leads to absolute freedom, the second to a torturous existence that ends with becoming the system itself. This is worse than ultimate annihilation. Deviating from the path is the only way to deepen one's understanding of it. This is why celestial beings often desire to incarnate on the material plane, as it is the only way to evolve. However, not all do this consciously. Eternal Flow fell into two traps simultaneously. On one hand, he thought there was no other choice but to create or not create worlds. As his density accumulated, he unknowingly became a "regime opponent," genuinely believing that the absence of world-creation by the gods was better than having such a practice. On the other hand, he believed that the gods' choices were dictated by their free will, not their inherent nature. Unlike other celestial beings, Eternal Flow had no one who could provide him with feedback. Meanwhile, his delusions continued to grow stronger. The situation escalated to the point where the gods began seriously doubting his assessments.

For the first time in his existence, Eternal Flow encountered bias, which clouded the purity of his heart's direct perception. As often happens, we notice deviations from the path too late, when the opportunity to retrace our steps is already gone. The only option left in such a case is to take the "long spiral," fully experiencing the consequences of the law of cause and effect, known as "karma." Karma is a form of responsibility that, whether gods or humans, beings begin to bear the moment they allow themselves to believe they can control the natural process. This happens unnoticed. Over time, we begin to feel strange sensations within ourselves that were not there before. The first thing Eternal Flow felt was... the absence of flow, of movement, of dynamics. He still thought he "felt" it, but in reality, it was a lack of sensitivity. For a moment, he suddenly believed he had "figured out" everything about what the world is and how it exists. He thought he could now control this world as he controlled himself... But wait, himself? After all, he had never

before felt a separation between "the world" and "himself." This new sensation drew him deeper and deeper into the vortex of no return.

Falling "from heaven to earth" is not a process of moving from above to below. Although the overloads experienced by a meteorite flying through the upper layers of the atmosphere are comparable to those a celestial being undergoes when "falling" to the material plane, it is more like psychological pressure than physical. At the moment of "falling," there is no physical body as such. For the psyche, there is no difference between birth and death—both are perceived as the final and irrevocable end of everything that came before. Eternal Flow had not yet realized that he was "falling" onto the material plane of existence; his consciousness was still engrossed in exploring new sensations, and the terror of what was happening was perceived merely as curiosity for the time being. At some point, the tension became so overwhelming that the richness of various sensations was replaced by a single feeling of universal expansion. In the world, there are only two forces—centripetal and centrifugal. One gives life, the other brings death, but what constitutes life and death depends on one's perspective. From the viewpoint of the Celestial Realm, where Eternal Flow resided, what was happening to him now was undoubtedly death. He was on the verge of losing everything he had once and for all—for even the "long spiral" of karma offers no guarantees of a "successful return." Moreover, those who embark on this path inevitably die in the Celestial Realm at the moment of "falling," just as an ordinary person dies from the perspective of others on Earth. The transition from the Celestial Realm to the conditionally "Earthly" occurs through centrifugal force, hence the sensation of unbearable expansion. In general, the very sensation of a physical body, as well as its existence, is the result of the continuous action of centrifugal force. Laundry spinning in a washing machine during the spin cycle feels its "weight" precisely due to centrifugal force—it is literally pressed against the drum walls. The process of dying in the Celestial Realm and being born in the "Earthly" occurs by the same principle. The process of dying in the "Earthly" world and being born in the Celestial happens through the opposite force—centripetal. However, this does not mean that, being on Earth, one necessarily dies "to heaven" and vice versa. Existence is a multidimensional structure, where changes in karma during life determine the further direction of development or degradation. Thus, heaven and hell, while they can be understood as specific places, are more comparable to directions of movement. Earth is a vivid example of this, and whether it is heaven or hell depends on where one arrives from—"above" or "below." For Eternal Flow, Earth was definitely the most terrifying hell imaginable. The time spent there, given the complete loss of his Density, equaled eternity, for until the Density was restored, there could be no question of returning. And this eternity could last for more than one human lifetime.

Birth

A person or deity "falls" only as far as necessary to recognize their mistakes. Pointing out mistakes externally is meaningless; only realization that comes from within can lead to true transformation. It is said that memory is completely erased before birth. This is both true and false. Birth into the earthly world is an extremely turbulent process, so what happens to "memory" is akin to what occurs after an ordinary accident: it may temporarily vanish. However, this is the wrong way to think about memory as a linear sequence of events throughout a lifetime. The only true memory that remains is the memory of Density, or the memory of Density itself.

The memory of the details of a specific incarnation is generally irrelevant because the only thing that counts is the relative changes in Density over the course of life. We enter life with a certain reserve and quality of Density, and the question is simply what will change as a result of that life: either we deplete the reserve and diminish its quality, or we enhance it and transform it into a more refined form. Density accumulates through the increase in the frequency of its vibration or disperses as this frequency decreases. The physical plane is not something opposed to the spiritual—it is merely a coarser, more manifest, more primitive world where disruptions to the natural course of things are felt as pain.

The preservation and multiplication of Density is not a linear process; it is always a process of transformation. At birth, we receive a certain reserve of life force—a projection of our original Density. This can be measured in years of life, and its nature and quality determine the destiny of the form we take in this world. Life force will inevitably run out, and the form will die once and for all; with it, its memory will die too. Personality is a kind of glue that fuses the original Density with a particular form, such as a human one, so that Density perceives the physical body as itself. This is necessary for deep internal work to occur. Density that can freely leave and re-enter the body while feeling independent of it cannot be considered embodied, as the main task of embodiment—internal transformation—is not fulfilled.

The desire to achieve physical immortality is as absurd as a rocket booster wishing to fly forever instead of releasing its payload into orbit. This simply indicates the rocket booster's total misunderstanding of its nature and purpose.

Life force can be transformed into mental resilience. This is an imprecise term; it would be more accurate to say that life force can be transformed into something that feels like deep and stable psychological or moral resilience, unshaken by the upheavals of this world. However, moral resilience cannot be taken to the grave. Although the mechanism for building it from scratch may persist somewhere, it is ultimately just a condensed reserve of the same life force. What can be "taken with you" is what is called Spirit. The process of transforming moral resilience into Spirit can be likened to the distillation of moonshine—moral resilience is like the mash from which the spirit is extracted. The subsequent purification of the spirit is essentially no different from the process of "spiritual cleansing." When Spirit reaches the peak of its purity, it transforms into Emptiness, and a process of pulsation begins. This manifests as continuous transitions between the states of Emptiness and the form of Spirit, back and forth. This is known as the "breath of the universe." It is a natural process that happens on its own—there is no point in dwelling on it or trying to understand it.

Eternal Flow suddenly realized with horror what was happening to him. When a child is born, the critical moment is when air enters the lungs for the first time. If this does not happen, the child dies. It is like a final chance to avoid embodiment. Eternal Flow clung desperately to his fetal existence, in which he had unknowingly spent the past nine months—it at least remotely resembled the life he had lived before, something familiar. But now he had to take a step into the external world. No words can describe how much he did not want to take that step. Even the crystal-clear awareness that continuing to fall into lower planes of existence would become increasingly costly with each descent did not motivate him to take his first breath.

But he was forced to. Whether it was the doctors resuscitating him or Higher Forces, it was, in any case, the first and perhaps the most painful time Eternal Flow experienced violence against him—violence that, at the time, he felt was utterly unavoidable.

Awakening

The moment when Density fully recovers from the process of birth and first attains wholeness is called self-awareness. For most people, this does not happen even after countless lifetimes. This was one of the main reasons Eternal Flow was not a supporter of the Gods experimenting with the creation of ever-new worlds. It is hardly surprising that his very presence in a creation he considered fundamentally flawed did little to inspire loyalty. Eternal Flow recovered from his “birth” relatively quickly—his ancient Density was cohesive and strong enough that self-awareness in the new reality came without much difficulty. The problem lay elsewhere: a universal rejection of the situation in which he found himself. The rage born of his helplessness and inability to return to his former state clouded the purity of his heart’s direct perception. Indeed, this was the same flaw that had led to his incarnation on Earth, and as it turned out, it had not gone away. Worse yet, here, it seemed magnified under a cosmic lens.

Eternal Flow saw and understood everything but was powerless to act. If he considered life on Earth a punishment, then childhood was its cruelest manifestation. On Earth, as in other projects of the Gods, the central idea is what is prettily called “the development and betterment of the world.” It so happens that anything artificially created, rather than arising naturally, inevitably seeks self-control through expansion. Just as the Gods cannot comprehend their nature except through the creation of worlds, humans are doomed to create social systems aimed at examining their own vices. As a result, everything a child is taught from birth amounts to how to devour their own kind. For those who either lack self-awareness or know no alternative, this seems perfectly normal. Moreover, many people manage to carry fond memories of a “joyful and carefree” childhood throughout their lives.

The only requirement to “succeed” on Earth is to align with the guiding principle that has shaped its civilizations across all ages: outward expansion. In doing so, one ensures endless, meaningless reincarnations almost indefinitely. Wars, epidemics, natural disasters, and oppressive regimes come later. For now, a child will merely be labeled an idiot and subjected to relentless socialization until their individual intellectual abilities regress to the level of an average citizen. Afterward, personal control is no longer necessary, as the technologies of mass mind control take over with ease and certainty. The type of political regime under which this occurs is irrelevant; as long as freedom is mistaken for the voluntary exchange of one form of servitude for another, escape is impossible. There is little difference between the material comfort slavery of capitalist Western societies and the ideological or criminal control in authoritarian states in the East. Few understand that enslaved minds and empty pockets share the same root: the desire for expansion. Indeed, the concept of expansion has supplanted the concept of freedom, as if possessing greater material wealth or influence could serve as its substitute. It is akin to prisoners aspiring to rise through the ranks to become wardens, failing to see that the very existence of the prison is the source of their misery.

Slavery is always a mutual process; moreover, a master depends on a slave more than the slave depends on the master, for the master has something to lose, while the slave does not. Strangely, no one seems to consider the idea that the existence of an artificially created world inherently negates

the possibility of freedom. Such a system can only exist through the most severe control and violence. Gods are preoccupied with the necessity of creating worlds, while humans are consumed with justifying the necessity of governance. In ancient times, the right to rule was at least tied to divine authority, which was logical and somewhat functional. Today, democracy has been invented to justify the right to rule through the will of the people, as if they were the source of power. Oddly enough, even such absurd distortions are part of the nature of things. This form is not new—it is simply in an advanced state of decay. Unfortunately, during his childhood in a human body, Eternal Flow was unable to grasp this. Even if he could, he was not ready to accept it.

Above all, Eternal Flow wanted to know the truth. He earnestly sought to understand the reality he had entered, study its laws, and find a way back. However, the very premise of his quest was flawed: one cannot return—one can only transform along a directed path. The desire to change the world in which one lives is no different from wanting to immigrate to a developed country in search of a “better life”—just another illusion that comes at a high cost. Despite his misconceptions and his frail body, weak from birth, Eternal Flow maintained unwavering certainty in his correctness on every issue. This often backfired and was, in fact, the original cause of his fall. Yet, on Earth, it served as an effective, albeit costly, defense. This defense involved mental strain bordering on the loss of sanity but provided resilience against the destructive effects of the external world. It was during this time that he first formulated his life’s goal: to learn how to interact with the external world. Much later, when he finally achieved this, he realized that the goal was false. However, there are no absolutely right or wrong goals—only those that are appropriate or inappropriate for a given stage of one’s life journey.

The choice of freedom is not a one-time act; it is a daily effort directed against the entire global system. When this choice is made consistently over many years, the shackles binding a person from birth begin to loosen. Standard forms of slavery are typically offered in the guise of a “beloved job” or “prestigious societal status.” Curiously, the practical incompatibility of these two ideals seems to bother no one. Nor does anyone mention the possibility that one might someday be sent to die in a war for these and other values, which were never truly one’s own. Everything has a price, even the acceptance of seemingly “correct” values, but no one speaks of this. Perhaps the understanding of cause-and-effect relationships is a forbidden ability on Earth—or, more accurately, not forbidden but stigmatized by society. After all, why prohibit something when public opinion can simply be shaped as desired?

In any case, Eternal Flow began to feel less of the despair of his insignificant existence and more of his own unchanging nature, which had remained intact despite his “fall” into a human body. Initially, he became casually interested in Eastern martial arts, but the deeper he delved, the more the practical aspects faded into the background, giving way to cultural and philosophical dimensions. He sought a way to view himself not within the entirety of life but within a smaller, enclosed world governed solely by natural laws, devoid of social constructs. His study of Eastern philosophy validated many conclusions he had reached through the painful experiences of his short life. However, living in harmony with these principles proved elusive. People around him tried to convince him that it was technically impossible within the socio-cultural environment he inhabited. Yet, he refused to believe such nonsense, understanding instead that he simply had not yet found the person who could show him that it was possible.

Teacher

Amid all the noise Eternal Flow had been subjected to throughout his childhood, one idea managed to bypass his inner censorship: *The Teacher appears when the student is ready*. By that time, he was already familiar with the concept of transmitting the "true tradition," where, unlike conventional learning, the emphasis is on passing the mastery of life *from heart to heart*. To pass something on, however, one must first possess it. Eternal Flow sought someone who could demonstrate how the principles and laws of Eastern philosophy—particularly Chinese—manifested within the human body. By the age of 17 in his earthly life, he had already spent years practicing with enthusiasts of so-called "internal" martial arts styles. However, it was akin to a blind man leading the lame. Even setting aside the mediocre skill level of those he'd encountered, his main grievance with his partners in "pushing hands"—a paired exercise to develop sensitivity to an opponent's movements—was their approach. They treated practice as something separate from life. Some understood that practice and life should be a unified whole but couldn't integrate this into their daily reality. Others didn't bother with the concept at all. There were even those who tried to adapt the practice to better fit their lives. While this last approach seemed somewhat absurd, it was at least the most honest. Eternal Flow's Teacher kindly referred to such people as "folk craftsmen."

Eternal Flow had a natural talent for forms—structured sequences of movements, each embodying a specific metaphysical concept. Yet, he could neither fully grasp these inner concepts nor apply them to daily life. By then, he was familiar with numerous forms organized into entire styles. He gravitated toward "internal" styles characterized by slow, deliberate movements imbued with deep meaning. Unfortunately, the deeper essence of these forms eluded him. It was clear that each style affected his Density in unique ways, but this influence remained superficial. Perhaps his greatest struggle was that the flow of Density, which he could faintly perceive during solo forms, would vanish completely during "pushing hands" practice. Eternal Flow was overly eager to "apply" what he sensed in solo forms, but this had the opposite effect. These were echoes of the original mistake that had brought him to this time, this place, and this body.

A Teacher is needed to help align the inner transformation of Density with the external world. The "true tradition" is a methodology for implementing this alignment in one's life. However, the nature of this methodology operates on a plane beyond rational understanding. To control something, one must stand a level above it. Thus, to exist in harmony with one's natural essence in the external world, one must rise above it. But to ascend, one must first descend; to move right, one must first move left; to succeed, one must care about the process, not the result. In practice, this is achieved through relaxation and stillness. The question is how to accomplish this. A Teacher is required to demonstrate it through the example of their life. This is not a matter of understanding but of experiencing.

Destiny is determined by the character of one's inner nature, not by social origins. Therefore, studying one's nature is the key to understanding one's destiny and purpose. Eternal Flow met his Teacher by chance. The chain of people, events, and circumstances leading to this encounter defied common sense; according to all rational logic, it should never have happened.

The Teacher held lessons outdoors, on Sunday mornings at 8 a.m., in the yard of an ordinary middle school—a highly unusual occurrence for the time and place of these events. The moment Eternal Flow first encountered the Teacher became forever etched in his heart. For the first time, he could clearly articulate what he was seeking and the qualities a true Teacher must possess. Unlike the

"folk craftsmen" Eternal Flow had dealt with before, the Teacher did not engage in "pushing hands." He never competed with anyone. Instead, he simply demonstrated how Density naturally flowed between his body and those of his students, sometimes eliciting the most unpredictable movements within them. It was more akin to a puppeteer animating marionettes than any form of competition seen in "pushing hands." This was an entirely different level.

Eternal Flow wasn't so much astonished by what he *saw*—similar feats could be found in videos of Chinese masters—but by what he *felt*. In the Teacher's presence, his Density seamlessly united with his body, creating a single, harmonious flow. It felt like an incredible inner lightness, something he hadn't experienced since his descent into a human form. For the first time, he encountered something that unmistakably belonged to the realm he had come from. It was beyond extraordinary. What made it even more astonishing was how effortlessly the Teacher demonstrated his mastery. To send people flying several meters or twist their arms, no physical effort was required—only the same forms Eternal Flow already knew. Yet in the Teacher's presence, the forms came alive. Eternal Flow's rational mind struggled to accept what was happening, often dismissing it as an illusion or attributing it to the students' cooperation. However, he *knew* the students weren't playing along. He could *see* it. And whenever he himself attempted to attack the Teacher, his strength vanished into a void, leaving him sprawled on the ground before he even realized what had occurred. This was straightforward and unquestionable. What truly baffled Eternal Flow was when, through the Teacher's guidance, Density passed through him, enabling *him* to influence the bodies of others with seemingly no effort. He couldn't believe it was possible. The ease of it defied everything he had assumed. Eternal Flow had always suspected that the forms carried more potential than he could imagine, but he had underestimated their depth. He had believed in a mysterious "internal energy" that complemented the forms, only to discover that the true depth lay within the forms themselves. The question was not whether the forms held power, but how profoundly they operated.

The euphoria lasted for about three years before the flaw that had brought Eternal Flow into this world began to resurface. The presence of a Teacher alone could not resolve karmic debts—it merely revealed one's nature more deeply and provided tools to navigate it. What Eternal Flow thought he was learning and what he was *actually* learning were two entirely different things. He believed he was uncovering the "secrets of internal styles," but in reality, he was learning to work with and accept himself as he was. The Teacher often said, "*You must befriend yourself.*" Work, the Teacher explained, was the ability to direct effort toward a single purpose over a long period. Acceptance was the capacity to maintain clarity and calm when work faltered or failed. One could not exist without the other. Eternal Flow spent more than ten years with the Teacher, leaving and returning about five times. Initially, his departures were due to his inability to manage his own mind. Later, they stemmed from his attempts to find independence. Each return deepened his understanding, but the original error from his celestial life resurfaced repeatedly. No amount of determination or patience could resolve certain issues; some transformations required time and lived experience. This was a natural process.

The Teacher favored instant transformation. His tools included sharp corrections—both physical, such as strikes with a stick designed to induce sudden "enlightenment," and psychological. On one hand, this allowed students to see themselves in full and with startling clarity. On the other hand, it often led to overwhelming psychological strain. The Teacher also outright dismissed the significance of *forms*, which were central to Eternal Flow's understanding. To the Teacher, forms were irrelevant because they encouraged a dualistic perspective—separating form from essence—a

more Western approach. Those inclined toward action often divided process and content, while those predisposed to contemplation saw the world as an inseparable whole, a distinctly Eastern perspective. The Teacher insisted on practicing through *awareness* and viewed results as the accumulation of energy. Eternal Flow, rooted in traditional Eastern values, saw life as a continuous transformation of energy. Their contrasting approaches reflected a deeper divide: the methods they each followed were fundamentally different. This clash mirrored the conflict Eternal Flow had once had with the celestial order but was, at its core, a struggle with himself. The Teacher was sent to Eternal Flow not to impart technical skills, but to facilitate karmic resolution and internal transformation. In fact, Eternal Flow often learned technical aspects *in spite* of the Teacher's instructions rather than because of them. Teaching, after all, is a reciprocal process. A true Teacher learns from their student as well. Eternal Flow's presence was, if not a challenge, a test for the Teacher—a unique opportunity to refine his own mastery. While Eternal Flow grappled with his karmic burdens, the Teacher, too, was engaged in a process of growth. Together, they embodied the interplay of struggle and transformation that lay at the heart of the "true tradition."

Karma can be considered resolved at the moment when the conflict is fully exhausted. For Eternal Flow, this moment came with the attainment of independence and the acceptance of complete responsibility for his life. Naturally, this did not happen overnight.

One day, Eternal Flow and his Teacher happened to meet by chance on the street. Such encounters had occurred before and often served as the catalyst for Eternal Flow's return to the Teacher. However, this time, everything was different. Eternal Flow suddenly felt an indescribable joy. In the past, he had felt either shame, regret, or like a beaten dog. A conversation began, which, for the first time, was simply a dialogue between two people, without the social roles of Teacher and Student being involved. They rode on a trolleybus, discussing life, the path, and martial arts. Eternal Flow had previously expressed outright disagreement with the Teacher's statements, but now it was a healthy, lively debate, rooted in a sincere desire to uncover the truth by accepting and learning from each other's experiences.

As long as Eternal Flow sought the Teacher's approval, he met only criticism and reprimands. But now, while perhaps not entirely secure, he was standing on his own two feet and was no longer trying to prove anything. He already knew the answer to the final question he planned to ask the Teacher, and he asked it not so much to double-check himself, but out of gratitude. By doing so, he conveyed that despite all the significant disagreements they had had over the years, he had understood the most important thing. This essential truth could not be expressed in words—it pertained to a very specific inner *effort*. Eternal Flow already knew that the Teacher could sense this effort and quietly rejoiced within. Mastering this effort was the outcome of his training, the sign of having successfully passed the exam of karma.

Eternal Flow asked:

— Tell me, have I become more morally resilient?

— Yes, — came the reply.

Transformation

They never met again. The desire to reach out to the Teacher arose in Eternal Flow's heart many times after their last encounter and still occasionally does. It is not the desire to receive a specific answer, nor even the wish to dispel the inner tension that any question inevitably brings. Instead, it is the longing to seek support during difficult moments. True spiritual maturity is the realization that

the one you seek support from is already yourself and that you have nowhere to draw it from but within. Through his time under the Teacher's guidance, Eternal Flow found an anchor within himself. He now clearly saw his nature—its strengths, its weaknesses, and the direction of his path. He no longer harbored the childish desire to "become a Buddha and never be reborn again." Eternal Flow could no longer afford such naivety because he had to face the complex challenges of daily life, which continually tested his nature.

Earthly existence cares nothing for the reasons why a being ends up in it. This world was created by those who prioritize action over perception and place greater importance on creating new forms than on using existing ones to return to the Original Void. Humanity perceives development as outward movement, an expression of ceaseless expansion. For a long time, Eternal Flow genuinely believed this was a matter of free will, but it is merely the outcome of the realization of their nature. Gods cannot help but create worlds, humans cannot help but build social systems and struggle for power. They will never understand that exchanging their Density for a high, stable salary in a major corporation robs them of the ability to live freely, yet they cannot be judged for this. There exist four immeasurable qualities of the heart, each enabling the acceptance of the present state of things: love, joy, compassion, and equanimity. One loves when one wishes to become like those they admire; one rejoices when one simply *is*, having recognized their true nature; one shows compassion if they have been in the same position but have since freed themselves from illusions; and finally, one exhibits equanimity when one transcends the struggle of opposites. These immeasurable qualities are not a matter of free will but exclusively an expression of a person's natural essence. There is no wrong nature; there is only a nature we cannot or do not want to understand.

Humility is not the heroic gritting of teeth; it is the sincere realization of the inevitability of destiny. Destiny is predetermined because the character that shapes it is preordained. Character is predetermined because the habits defining it are unchanging. Habits are unchanging because the actions that form them stem from natural essence, and natural essence is the original, predetermined given with which we live through many lifetimes. Thus, destiny does not contradict free will; it is merely its projection. Only by fully accepting one's destiny can one attain true freedom.