Camera Lore - SAI Device Lore - Generation of Amrit & Nadis

Contents

How is the camera represented within the lore?

- In the game, the camera and the INSANE AI fitness system will be represented by two types of devices -
    - Body-Health Monitoring & Amrit Ingestion System - {BMAIS}
    - SAI - Smārṭa Arogya Yantra (an AI Companion/Monitoring device created by the {Arogyaṭs})
- Early game, the player will use BMAIS, but later the system will switch to the SAI.

Body-Health Monitoring & Amrit Ingestion System - {BMAIS}

- From first day to their last, the Amaravatis only ever consume Amrit (for most part) in an ingestible form (pills, liquid cylinders). They have been consuming refined ingestible Amrit for so long that over eons their bodies have adapted to it and have become completely dependent upon it to sustain itself.
- However, despite this adaptation, Amrit still has degenerative effects on the body, i.e. that over time, regular consumption of Amrit will cause the body to deteriorate, which will eventually lead to organ failure and then consequently death. This can be especially the case, if Amrit is consumed in inappropriate amounts and also if the Amrit that is consumed is not refined correctly or of an impurity higher than the government regulated one.
- In order to avoid such a scenario, each Amaravati carries a BMAIS. It is a small hand-held device that helps them to safely ingest Amrit. It is one of the systems that the government can build and procure (New Tech) easily in large numbers. It also functions as a health monitoring device that keeps an eye on the body by continuously analyzing its vitals and alerting the user when thresholds are passed or not met.

SAI - Smārṭa Arogya Ikshana

- SAI is a hand-held device, containing an independent sentient Intelligence, that was developed by the Arogyats to help them generate Amrit directly from the environment.

Mystery and Intrigue about SAI

- It is suggested that most Intelligences within the SAI devices are low level Demon spirits that were captured by the Arogyats and repurposed as Intelligences to serve as Companion/Instructors/Knowledge keepers/Monitors.
- Besides this, there were other use cases for such low born demons as well
  - 0739 was one of the confluence administrators responsible for directing the Sanyogpujas in Samsaara.

Creation myth for SAI

- The standing myth behind how the Arogyats created SAI goes as such:
- Long ago, in the distant past, there was a civilization known as the Arogyats that roamed the lands above surface. They were a curious lot, who had modest beginnings, but a thriving society. Their foremost focus was on seeking a connection with the gods of the old through divination. Ever eager to to know the answer to their origins.
- As with all, time is irreverent to all, and things were about to change. It all started with one Arogyat.
- An Arogyat man, hard at work, tilling his fields, had become exhausted, teetering on the verge of collapse. It had been a tough winter, and his crops had failed. He was tired, but he had people to look after.
- Lost and perplexed at the notion of the impending unjust end, he called out in a teary prayer to anyone who would listen. At first, there was only the growl of the hellish wind in reply. Determined, he set aside his plow, took a strained pose, and began to concentrate as best he could.
- The gods were watching. From high above the clouds, in the gardens of Swarga, silent and in pain, they gazed upon their patron as he slowly succumbed to his death. It was a matter of debate among the crowd of devas there - whether it was better to help the man or not. Many eons ago, they had foresworn any involvement with those who resided in the plains below.
- But the man's plight had moved them. So, they sent him a messenger in their stead - one of their own, a proxy to their divinity, an answer to a desperate prayer.
- The man, on his last legs, saw a silhouette approach him. The silhouette was that of another man, bare-chested, dressed only in a red drape and dhoti. He wore his hair long, matted into dreadlocks, and a Jatadhari (topknot). His face was hidden behind a mouthless gilded mask, etched with wide, cold eyes and a white Tripundra (three forehead markings). His skin was blacker than the marble night sky, and his build was lanky to a fault, his disposition that of an old, burdened man. From a red gourd hanging by his waist, the strange man offered the dying man a sip.

- The dying man obliged the strange apparition and was immediately rejuvenated. In wonderment and excitement, he questioned the strangeness of the situation. However, the ascetic wouldn't reply. Instead, he handed him a leafed booklet and vanished. Upon inspection, the booklet seemed alien to him, inscribed with a tongue unfamiliar to him. But he could tell, "it was an edict from the gods".
- He brought the booklet to someone who would know, and they deciphered the instructions. The booklet detailed thousands of kriyas (ritualistic meditations and exercises). They were meant to be performances, dances, and art - most significant of all, a way to harness energy (Which they labelled Amrit) from the godly aura that permeated everything, from inanimate objects to living beings themselves.
- The instruction laid out two important notes -
  - Dhyan (Meditation) allowed the opening of Nadis.
    - (refer the Kriya Lore)
  - Kriya (Exercise) helped generate the energy.
- The story about the man's divine experience and the instructions about the kriyas spread through the Arogyat civilization like a wildfire. Soon, it came to become an essential part of the Arogyats and their culture.
- They proved their ingenuity by learning more about the kriyas and figuring out a way to use the energy generated from them to enhance and even empower themselves.
- And over time, as they technologically advanced, they were able to use the energy they generated to power machines and devices as well.
  - (Around this time, they also began to develop the SAI intelligences)
- The Arogyat acharyas and pandits, also recognized that kriyas, when done in specific ways could also grant them unseen boons, a hint of the appeasement of the gods. Which meant, that if they were to perform the kriyas while concentrating/focusing on the aspects of a particular god they would appease them.
  - (In essence, if a person worked out their Upper body they would be appeasing Amara (the gods of strength).
- And hence, Amrit had not only become a source of energy for them but also helped them to train their bodies and appease their gods.

Nāḍī and Jīvavartikā
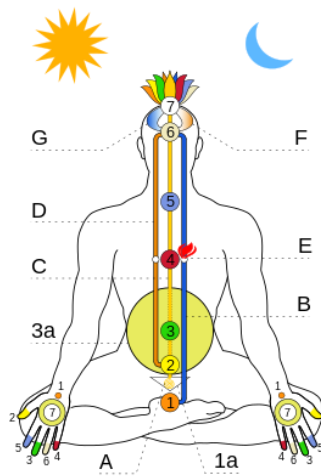
- Every person's body is filled with millions of passageways called "Nadis".
- These passages allow for the flow of energy (Amrit) that is generated through Kriyas (ritualistic exercise).
- They need to be unlocked before they can be used to let energy flow through them. To do this, certain meditative focus (Dhyan) needs to be achieved. (or warm up for gameplay purposes)
- When the energy/Amrit is generated, it begins to flow through the Nadis and into designated focal points knowns as Jīvavartikā.
- Where does the SAI device fit in all this?
  - Originally, only a set of instructions were given to the people from the devas (gods)-
    - Meditation allowed the opening of Nadis.
    - Exercise helped generating the energy/Amrit.
  - However, the Arogyats then realised they could simulate Dhyan to open up Nadis through calculated stems and vibrations. They developed the SAI intelligences to help them do this, freeing them from the meditation aspect of generating Amrit, making the overall process much more efficient.
  - SAI acted as not only a companion to the user, but it also functioned as a device that would help them to generate Amrit.

Functions of SAI

- **Generating Amrit(energy):**
  - It allows the user to transfer the Amrit generated from their bodies into machines and structures or to empower themselves.

- First, the device informs the user of the correct Kriya (ritualistic exercise/movements) to perform to generate energy for whatever task is at hand.
- It then sends signals to the body to unlock the Nadis.
- When the energy/Amrit is generated, it begins to flow through the Nadis and then eventually gathers in the designated Jīvavartikās (focal points).
    - There are many Jīvavartikās present throughout the body, where the generated energy/Amrit eventually pools.
- Once the energy/Amrit has been generated, it can be used to power devices or enhance the strength of the user.
- Depending upon the type of the requirement, the SAI device sends an additional signal to the body, unlocking the corresponding Jīvavartikās (focal points). (Upper body or Lower body)

- **Unlocking Nadis:**
    - It helps the user unlock the Nadis in the body, bypassing the need of meditation all together.

- **Handling energy flow:**
    - The device also serves a vital purpose in making sure only the appropriate amount of Amrit, that the body can handle, flows through it.

- **Health Monitoring and Analysis:**
    - The device keeps a tab on the different metrics produced by the body.
        - It does so by keeping an eye on the health metrics of the user, alerting them to any possible future dangers to the body.
        - It also informs the user of any errors they make in the performing of a kriya or suggests further improvements, all of which can help avoid injuries and help reduce pain and efficiently produce Amrit.
        - It also guides the user on how to keep a balanced healthy diet.

- **Companion AI:**
    - It acts as a general companion for the user, helping and educating them.
    - The Intelligence within the device contains a database of the original Kriyas required to generate Amrit for different purposes. As well as additional information about the society and civilization that could help the user.
    - The device is capable of projecting these kriyas for the user to mimic.
    - The device's database also contains information about the world around them.
    - (From Gameplay perspective - The SAI device helps guide the player in opening and activating different machinery using Amrit generated from the movements of the User. And it also helps them navigate through vast temple complexes.)

- **Interface Key:**

- The device acts as a key that can interface between machines or structures that need to be powered and the power generation mechanisms - i.e. - people performing the Kriyas.
- **Key points & Generation points:**
    - Both key points and generation points are plug points within machines or structures to which the SAI device can be connected to.
        - Key points -
            - Interfaces on machines/structures where once the SAI device is placed, it can transfer the flow of energy from the user to the structure/machines to activate/power them.
        - Generation point -
            - Standalone Interfaces usually on structures or ground where once the SAI device is placed, it can be used to efficiently generate Amrit within the body to empower oneself.
- **Adaptation:**
    - As the user continues to use the device and perform the different types of move sets (exercise), the Nadis in the user's body begin to become wider and wider in response, which allows them to accommodate the growing amounts of Amrit flowing through them.
    - Eventually, the body of the user adapts to the regular and heavy flow of Amrit and becomes stronger and more resilient.
- **Intensity Efficiency:**
    - The more efficient the user is with their Kriyas (ritualistic techniques) the more Amrit they generate.

Filling potential Plot Holes

Why perform different Kriyas, if all kriyas produce Amrit?

- **Reason 1 - Usage wise:**
    - **Key point for structure:**
        - There are millions of Nadis in the body, and depending upon the type of the focal point, the Amrit generated leaves a specific spiritual signature. Basically, every exercise produces a certain flavour of Amrit that is better suited for a certain task.
    - **Body Empowerment:**
        - To equally distribute the stress among the different parts of the body. This makes sure that all parts of the body remain healthy.
- **Reason 2 - Cultural Wise (connected to milestones and medals):**

- A Kriya is a ritual ode to the devas (gods). When a user focuses on a particular part of their body while performing a particular Kriyas, they are paying their respects to the corresponding patron god.
  - Gods generally tend to look down upon those who only work on certain parts of their body and choose to ignore other parts completely. (Bare are minimum can satisfy them.)
- By working intensely on specific parts of the body, one can please the corresponding patron gods. If a practitioner surpasses a certain threshold, earning the Favor of a particular deity, they may be considered a candidate to be named that god's champion.
- Though attainable, achieving the status of champion of all gods is extremely difficult. This is due not only to the immense effort required, but often also to genetic predispositions and physical limitations inherent to each individual.

Why isn't the Amrit that is generated with the help of SAI harmful?

- It isn't harmful because it is harnessed directly from the godly aura that permeates everything. Sometimes, when Amrit begins to concentrate naturally, it can solidify into a crystalline form. This solidified essence is what is extracted for use and consumption in Amaravat. Being far more concentrated, and often containing impurities, makes it far more dangerous to consume.

DEVICE PLACEMENT - Why do we need to place the device on the ground against something?

- It needs to attach to key points to activate structures.
- It needs to attach to generation points to generate Amrit for the body.

Arogyats

- Arogyats are a culturally distinct people related to the ancestors of the Amaravatis, who in the past had mastered the use of Amrit for all applications in life - from powering machines and partially sustaining or even enhancing life, to incorporating it deeply into their religious zeitgeist.
- They used to live above the surface unlike the Amravatis, but would often venture deep underground, in their generational quest to make confluence with their creators.
- "Though they were never successful in this attempt, they managed to dig deep beneath the surface. Some even chose to settle there, occasionally constructing massive cave-temple complexes that spanned leagues and leagues, in tribute to their gods.
- The cave that is discovered by the player character is one such temple complex.