

Detailed Themes

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Core Themes of the World of Amaravat

Main Theme - Death through disuse

- Our story revolves around the idea that convenience, though appealing, can be a double-edged sword. While it makes life easier in the short term, relying solely on it can lead to stagnation and a neglect of other essential aspects of living. The key is to harness convenience as a means to propel ourselves forward, rather than being defined by it. In other words, don't let convenience shape you.
 - If the Amrit is an analogue for technology, then the idea behind the story is to tell the player that we shouldn't be dependent on a technology holistically to sustain ourselves.
 - The conveniences of the modern life have afforded us the luxury to forgo the need to be hunter-gatherers. Now, for most of us, we mostly just sit in a single place all day and do office work. This isn't necessarily a bad thing, it's even for the better that people can live in more luxury, but that's not what we were designed Millions of years of evolution for. guided our physiology to adapt to a very different environment than the one we currently enjoy. The consequences of this partly reflect in the higher-than-normal amount of stress we experience, despite all the conveniences and luxury.

- It's simply a matter of fact: our bodies weren't meant for this new environment and haven't had the time to adapt to it! We are endurance hunters, meant to run kilometres every day to hunt down prey. But a car that's not regularly used and maintained will fall into disrepair and eventually breakdown. The same is true with our bodies; they deteriorate and are for worse if not put to correct use. It is an eventuality for anything, and especially so for our bodies - "**Death through Disuse**".
- So, to avoid such, we need to regularly make use of our body in the way we were meant to. But as circumstances and social contracts limit us, we need to rely on other methods to maintain our bodies and hence health. That's why we exercise. That would be the message to drive home through the story.
- In the world of Amaravat, it could be that the inhabitants of the underground city are just too comfortable with the miserable lives they live, because of the convenience and for the fact of not knowing any better. So, the main goal of the story might be to reveal there is a better way.

Sub-theme 1 - Authority and co-opting rebellion

- There is a central authority, an unelected governing body that oversees the functioning of the city. Every few years or so, another group of individuals takes over the governing, one that is entirely composed of the upper-level elite. The takeover is in name only; no policy changes are ever enacted.
- Eons ago, people revolted against the elite of the city and instated a new government. Then it happened again, and again. This cycle would repeat periodically, every twenty years or so. Someone new would be elected, but nothing would change, and the status quo would remain.
- The rebellion had been co-opted into the system and ritualized.

Sub-theme 2 - Role of Media & Religion

- The distribution of media and some institutions of religion are controlled by the government. They are used to divert and keep the attention of the masses from assessing the reality of their being. They use directed propaganda to spread a fatalist philosophy: "Their way of life is the only way," "There is no better alternative," "All suffering is a god given gift," "Leaving the city is sacrilege".
- Religion often plays an important part in setting most people's expectations about what life is supposed to be about, especially so for those who live in the lower cells of the city of Amaravat. With often spiritual awakening seen as the only salvation, most lower level inhabitants become devout followers of a religion guided by those who control it.

Sub-theme 3 - Divide between the people

- Classes -
 - The existence of invisible class differences. In theory, most people have equal opportunities to succeed within the bounds of the rules of the society, but it is often set by and for those in power, with only an illusory nod to equality for all. In Amaravat, a closer look details the differences in between those on the top floors, who run the refineries, live in decadence, versus those on the lower floors who have to subsist with the bare minimum.
 - Even within the classes there are echelons and factions dividing people based on what they believe is the superior ideology, guiding their way of life and politics.
- Culture -
 - More often than not, culture in Amaravat is reserved for those who can afford it. (rare movies, rare books, literature, plays, music, exquisite food (from the black cells))
 - Managing to earn a meagre living, leaves little room for people on the lower floors to contribute to and consume culture of the old. Their entertainment differs greatly from that enjoyed on the upper floors. It is often a lot more eccentric and based more on orally passed on knowledge.
 - Religion can often form a basis for a lot of the culture of those on the lower floors.

Sub-theme 4 - Environmental Degradation

- In real life, the usage of fossil fuels leads to the harm and death of the environment we occupy. Yet, the lives we have built, depend upon their continuous usage.
- Amrit has similar connotations in this world. The products obtained from the refinement of the mined Amrit are not calibrated to be without harm to both those that consume it and the machines that are run with it.
- In excessive dosages it can cause degenerative degradation in the body and even be fatal.
- Leakages from the factory and conduits are common.
 - Toxic plumes cause the lungs of anyone unlucky enough to breathe them to prune.
 - Raw Amrit pumping through the conduit can seep through broken points, into roadways and elevators and cause them to degrade overtime.
- Use of Amrit as the only source of nutrition has caused the bodies of the Amaravatis to undergo drastic change over the millenia. And as a result, they no

longer need food or water, but they also no longer have the ability to digest food at all.

Sub-theme 5 - Revolution through chaos? - Solving the Dilemma of Amaravat

- The Amaravatis are stuck with the system they were handed down. But is it necessarily a bad thing? We don't really know much about their world. To assume and apply the logic of our world seems unhelpful.
 - **Let's discuss some of the arguments for and against the system from the perspective of different Amravati factions.**
- 1. Maintain the status quo - (Faction consists of - The Upper-level Governmental Administrators, The Clergy, The Upper-Level Conformists, The Enforcers)**
 - The argument here is that since their new bodies have adapted to this new kind of environment, they should accept it and continue on as things are.
 - Maybe it isn't so wrong to have to be dependent on Amrit to survive. Things change with time, people's priorities change. So, why is one way so much worse than other?
 - The new reality is a part of their culture, praying to the {one} god who hums the ultimate truth is the answer that the people should seek. Anything else is blasphemy perpetrated by those who wish to see the foundations of their society destroyed.
 - Things weren't necessarily better in the past. It can be guessed from hints that a caste system prevailed in the past. It can also be guessed that the old system was flawed and that it failed, otherwise the people who lived in that era would still be present.
 - Bringing chaos to an already stable system will not necessarily make things better for everyone, and any new change will most probably cause more harm than good.
 - It also argues that other arguments are propositioned by extremists who just want power for themselves, and they don't actually want to effect any actual change and that they don't have any concrete methods to do what they are setting out to do.
 - 2. Reverting to an older reality - (The Revisionists, The Rebels, The lower-level populists, The lower-level administrators)**
 - This argument suggests that the new reality isn't very healthy or satisfying for anyone, things used to be better before. Hence a revolution is needed to revert to an older reality.
 - The current status quo only benefits those who control the Amrit refinement and production.

- Radical actions need to be taken to resolve the issues of the common people.
- With the way things are right now people are prematurely dying from diseases, body degradation, Amrit overdoses, and the hazards of the city.
 - Amrit over time causes degenerative effects on the body and in general is very unpleasant to consume.
- The current system, according to them, emphasizes just mere survival over technological advancements.
- Amrit is an exhaustible resource in the form it is being currently being mined in and consumed. They need to find other, newer and better ways to be able to sustain themselves.

3. Embracing the new reality - (The Black cell compatriots)

- A third solution put forth supports an anarchist view, where the proponents believe that destroying the conduit is the only way to move on to a better life.
- This point of view accepts the fact that the current system is very flawed and harmful and change needs to be brought about.
- They accept that they were forced to adapt and become completely dependent on Amrit for sustenance. They accept that it is a part of who they are, but now they want to move on to greener pastures. In this belief, they want to destroy their only source of Amrit and force the people of Amaravat to accept the darkness and adapt again.
- Some proponents of this ideology are those who were exiled into the black cells and had to learn how to survive on very scant amounts of Amrit. So much so, that they discovered and learned how to cook the meat of the creatures, that roam the black cells and the caves in the abyss, in a way that their bodies would be able to accept and digest.
- This view calls for “the abandonment of the monuments to the sins of the past” (city of Amaravat) and calls for a mass exodus of Amaravatis deeper into the cave system in the abyss.
- There are a few within this group who purportedly worship the so called - darker deities that roam these caves and black cells. They believe that these deities will guide them to their true salvation.
- They wish to follow the call of the nature and venture deeper and deeper into the crevices of the dark looking for the true answer to God.

Character themes

- **Redemption and Personal Growth:**
 - A journey of self-improvement: Finding it within oneself to improve one's own condition, both mental and physical.
 - Finding help and support the one needs.
- **Resilience & impact of environment on human behaviour:**
 - Being resilient in times of adversity and dealing with oppression of the environment and the society.
- **Trauma and Healing:**
 - Learning to deal with loss and grief.
 - Healing from past trauma.
 - Accepting change and avoiding self-destruction.
- **Traditions for traditions sake:**
 - Holding on to old beliefs without questioning their purpose.
- **Mind-body connection:**
 - Isolation and confinement
 - Physical and Mental Health

Broader Themes

- Sense of Forlorn and Isolation
- Umbra, Depths of the world
- Fatalism
- Surreality
- Tech vs Nature
- Decentralization

General themes pertaining to Fitness

- Self-improvement & Self-confidence
- Spiritual Catharsis & rejuvenation
- Physical Health & Mental Health
- Evolution / Physiological Changes
- Community
- Discipline & Competition
- Self-Discovery and Inner Strength
- Struggle Between Comfort and Change
- Power of Emotional and Physical Resilience
- Survival vs. Living
- Fate vs. Free Will