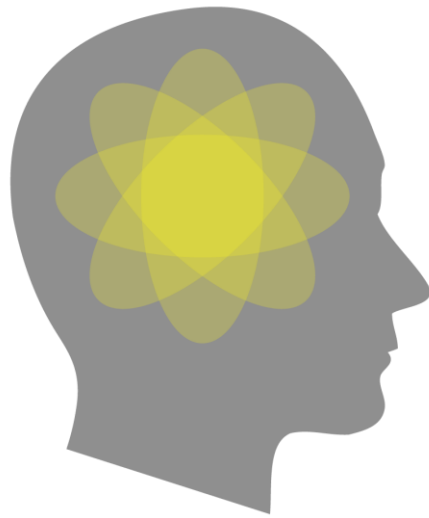


EGO BALANCE

BALANCE





THE GOLDEN BALANCE

Ego Balance redefines and applies a *golden philosophy* to human nature in a pursuit towards achieving greater balance within human evolution and within human energy. More specifically, the *Golden Balance* is a movement away from polarized energy or from an extreme state towards a middle ground. This golden ideology aims at guiding the reader away from extreme dualities in personal energy which often occur when unsatisfied or unhappy towards a balanced perspective.

Pursuance of the Golden Balance can help accelerate desired changes and transformations, ultimately providing fulfillment with greater frequency and ease over time. Applying this balance is relative and unique for each individual, but the movement is universal and applicable to everyone. As a caveat, balance is a range, rather than an exact point. It's elusive, but innate. We all experience the golden balance throughout life, and have the ability to control it, but can't always reach it within every moment, and at all times.

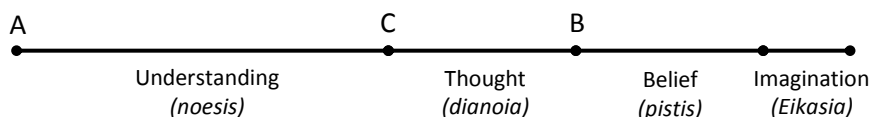
Golden philosophy traces back to antiquity and has arguably existed since the birth of humanity. It has many names and interpretations including: the divine proportion, golden mean, golden ethic, golden ratio, phi, and the irrational number of 1.6180339. Pythagoras, Fibonacci, Euclid, Plato, Aristotle, Confucius, Buddha, Jesus and Da Vinci have highlighted the unique properties of this golden philosophy in nature, art, mathematics, science, religion and spirituality.

Take a brief look:

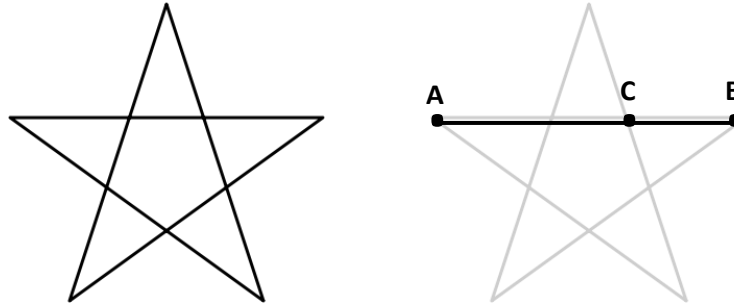
- a. **Euclid** (325bc) redefines the golden philosophy mathematically providing one of the first definitions of the divine proportion into *the extreme and mean ratio*. Euclid's definition provides the geometric framework for a divine or golden proportion:



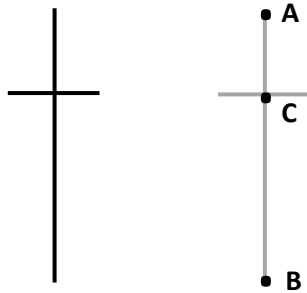
- b. **Plato's** (427-347BC) divided line analogy illustrates a divine proportion within the human mind:



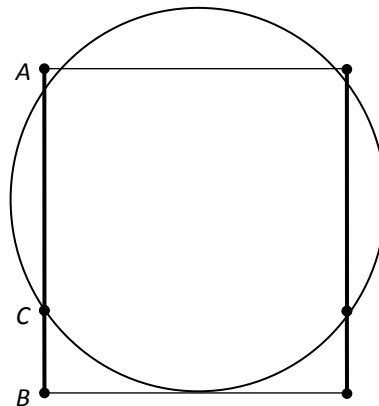
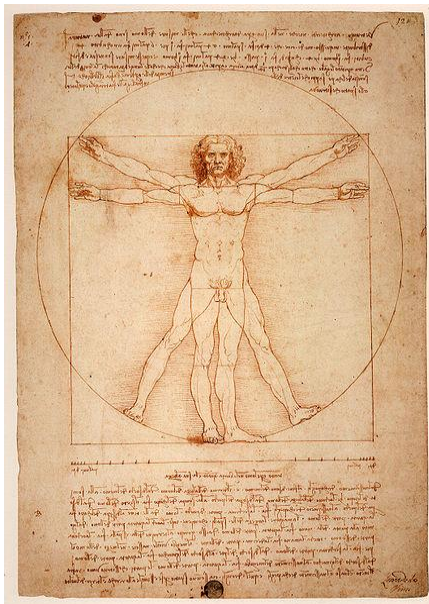
- c. **Pythagoras** (580bc), an originator of universal geometry, was one of the first to highlight the divine proportion through the pentad, better known as the pentagram. The line segments within the pentagram are noted to be in golden proportion with one another.



- d. **The Cross** can also be interpreted to be in a divine or golden proportion:



- e. **Leonardo da Vinci** (1452-1519) also hints towards this divine proportion. In the Vitruvian Man, Leonardo highlighted a perfect proportion within human anatomy. This golden proportion is illustrated through the intersection of the circle and square:



Golden Philosophy is symbolized through this divine proportion of line segments regardless of mathematical, spiritual, scientific, or philosophical relevance:



Where does the divine proportion exist within human nature? Let me begin by highlighting its location in universal geometry.

In order to locate Phi or the golden ratio approximation of 1.618, I deconstructed universal geometry and searched for this divine proportion mathematically within metaphysical space (*figure 3*):

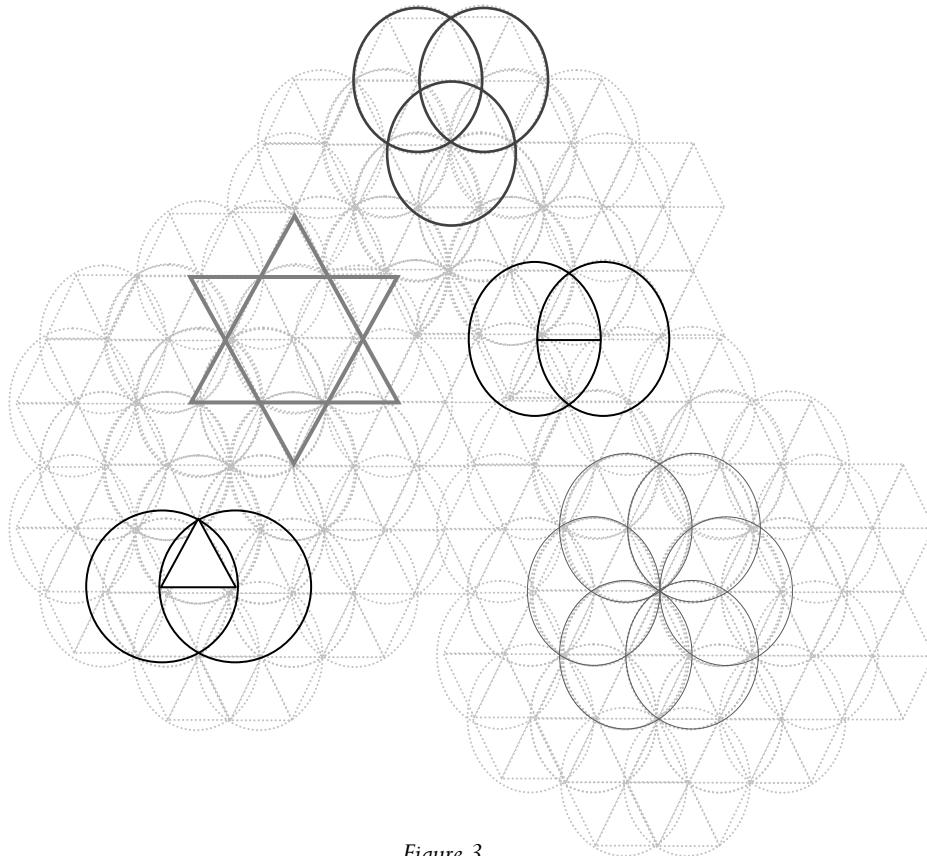


Figure 3

In order to obtain universally accepted mathematical values for the line segments within metaphysical space and symbolism, I applied the Cartesian System of co-ordinates. More specifically, I employed the *unit circle* (figure 4) which provided universally accepted numerical values for this geometry (figure 5).

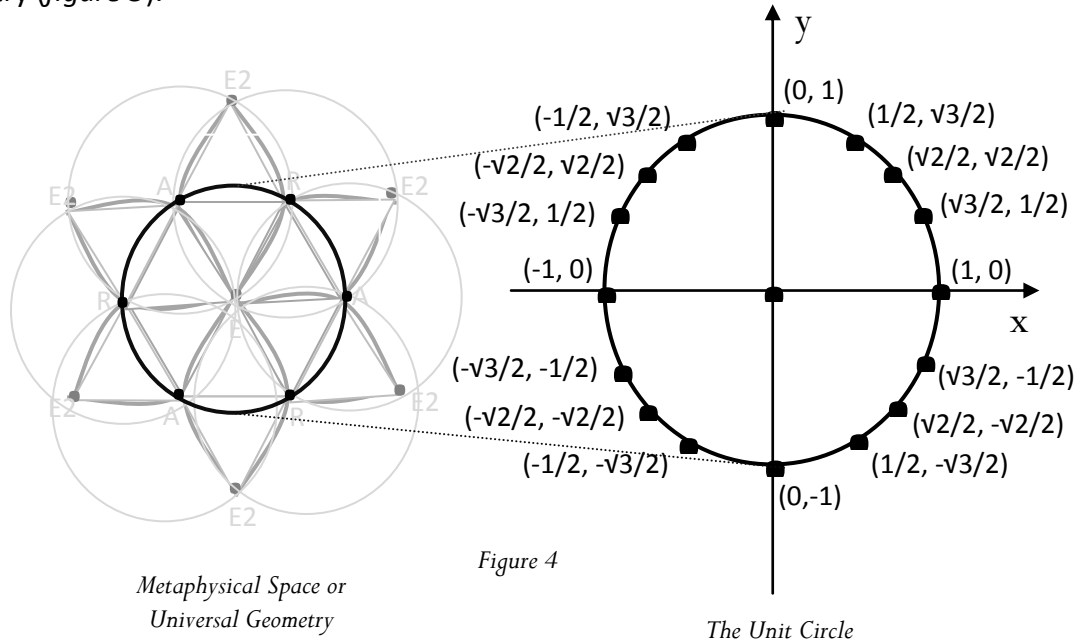


Figure 4

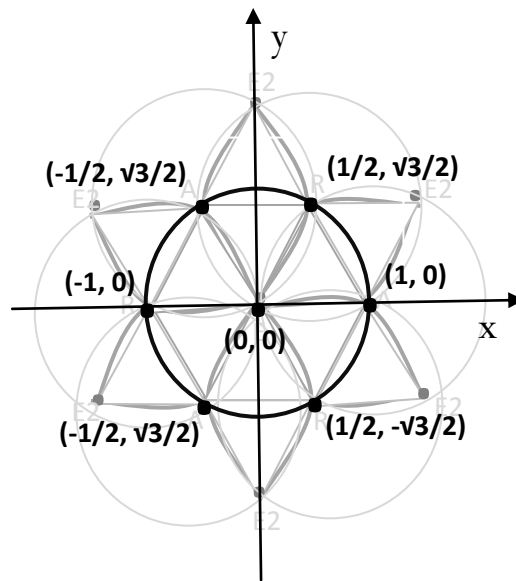
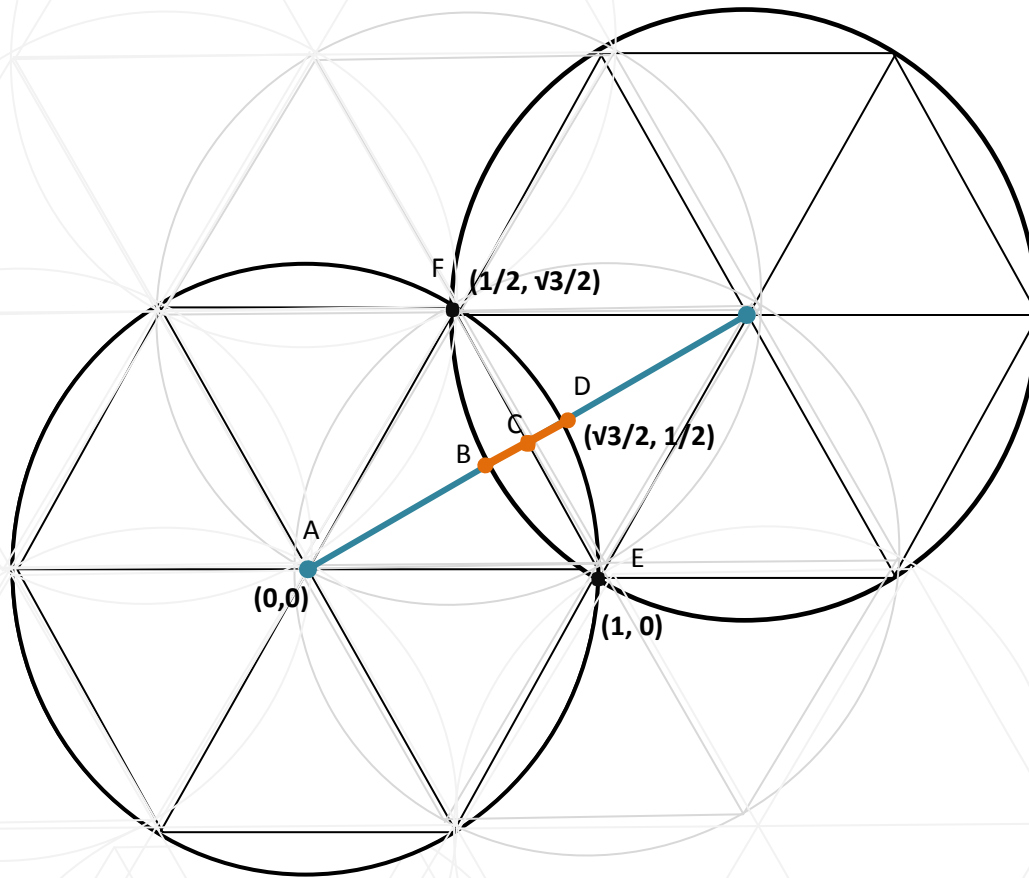


Figure 5

Eventually, the *unit circle*, unveiled phi approximations and golden proportions within this universal geometry:



Golden Ratio Approximations:

$$\frac{2(.2679...)}{.866...} + 1 = \sim 1.618...$$

$$\frac{.866...}{4(.133...)} = \sim 1.616...$$

- Point A = (0,0)
- Point F = (1/2, $\sqrt{3}/2$)
- Point D = ($\sqrt{3}/2$, 1/2)
- Point E = (1, 0)
- AC = .866.. or $\sqrt{3}/2$
- BC & CD = .1339.. or $1-\sqrt{3}/2$
- BD = .2679...

The location of these phi approximations highlights a golden section, a glittering middle range within the dyad:



This middle section becomes “golden” when illustrating the flow of energy in six spatial directions. This creates tessellation and highlights the golden range further (figure 6):

- f. $.2679491924 * 6 = 1.607695154$ phi approximation.
- g. $.1339745962 * 12 = 1.607695154$ phi approximation.

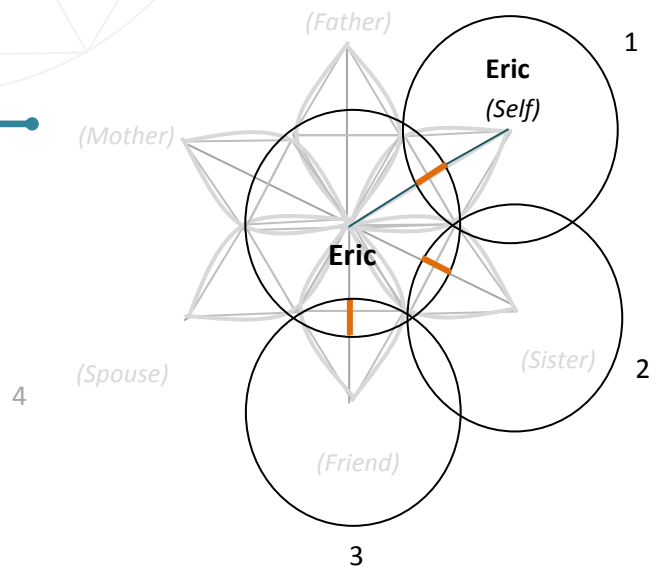
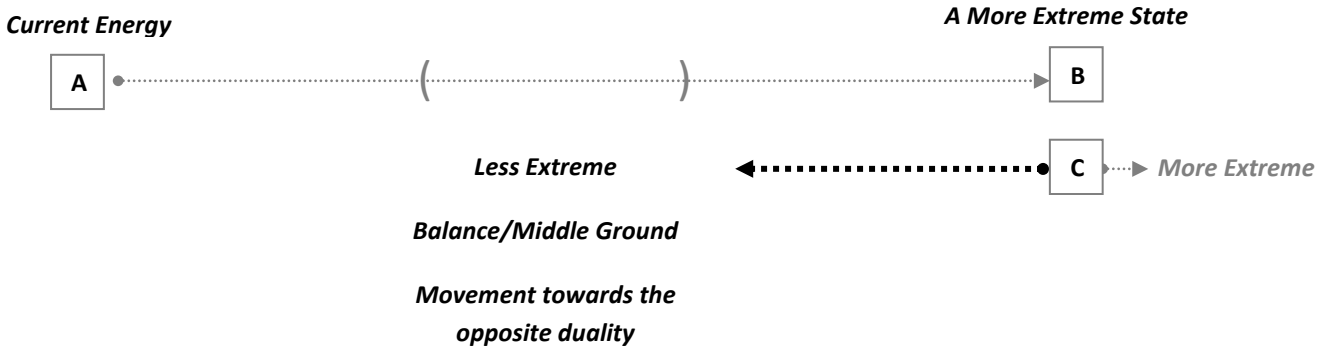
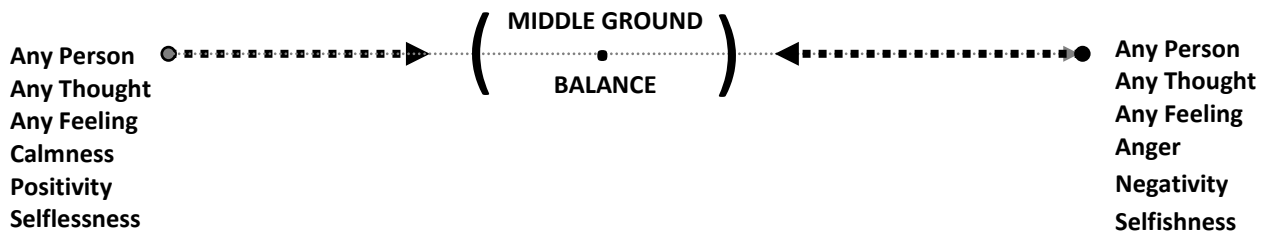
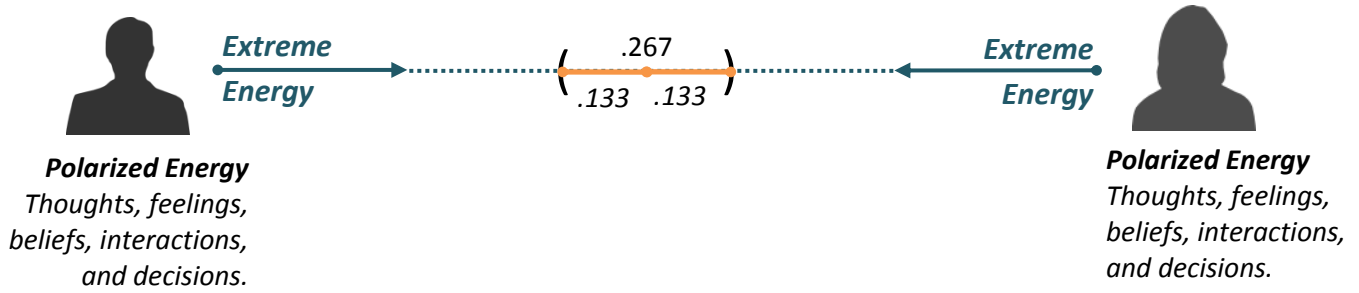


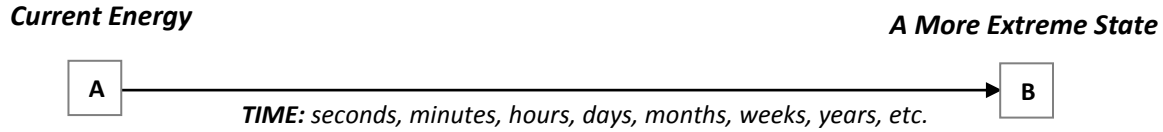
Figure 6

More importantly, this golden section highlights a balance within our dyadic nature, and symbolizes a movement away from extreme energy towards a middle ground between opposing person, thought, feeling, and action. This movement is universal for all regardless of difference. How we move toward the middle becomes relative for each person. Pursuing and achieving this balanced energy is the cornerstone of Ego Balance.

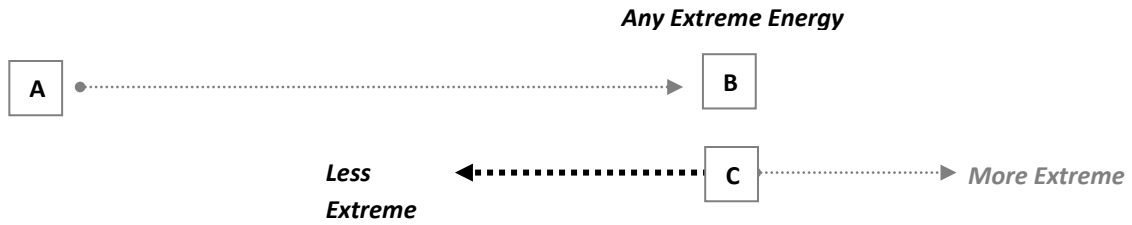


Conceptualizing the Golden Balance Further:

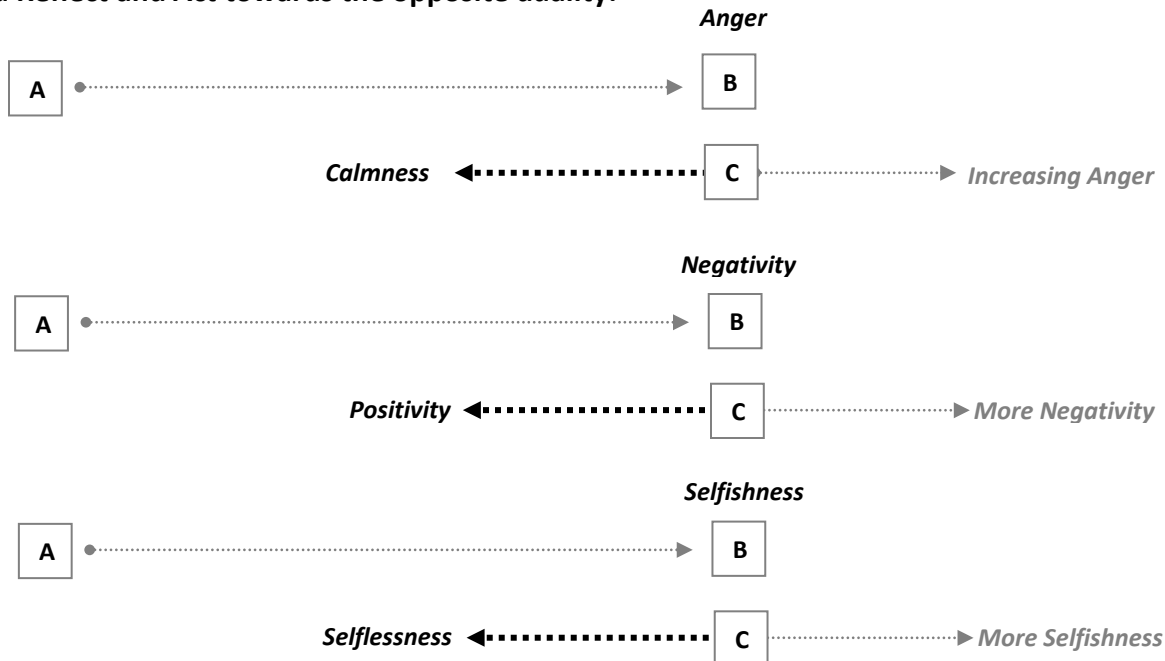
We know that when we are unhappy in any way our reflections and actions or our personal energy become more polarized; our thoughts, feelings, interactions, etc. become more extreme. This build up of extremity happens over a given amount of time.



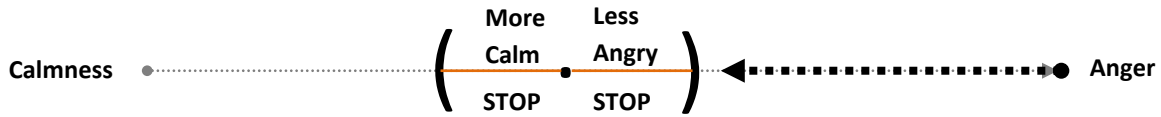
At any point in time, our energy: our thoughts, feelings , actions, etc.) can become more or less extreme.



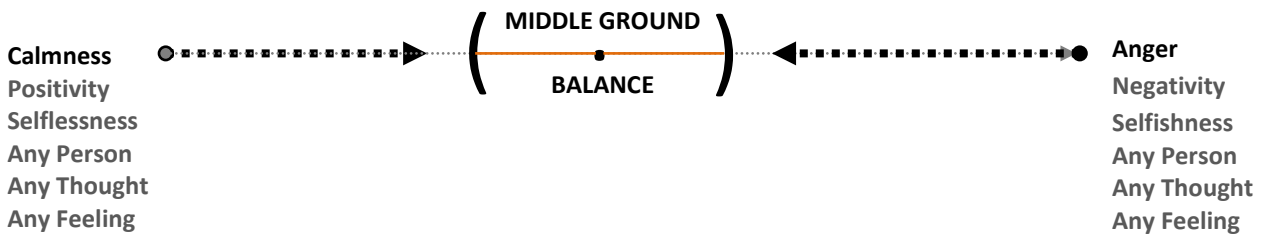
When we find ourselves unhappy (fill in the blank with any unsatisfying emotion) or when our personal energy (i.e. thoughts, feelings, actions, etc) becomes more extreme or polarized, **energy stop, and Reflect and Act towards the opposite duality:**



Movement towards the opposing duality is important, but finding balance between the two is paramount. *If I begin moving forward towards the other side of the spectrum or an opposing duality where do I stop?*



I don't want to shift my perspective completely towards the other extreme. I want to try and find a golden balance or middle ground between both dualities:



Current Energy

A

(How I Feel Now)
(Thinking Now)
(Acting Now)
(May already be an extreme state)

TIME: seconds, minutes, hours, days, months, weeks, years, etc.

A More Extreme State

B

When we're unhappy in any way, our personal energy becomes more polarized. Our thoughts, feelings, interactions become more extreme.

(C)

Explore a Golden Balance

Movement towards the opposite duality

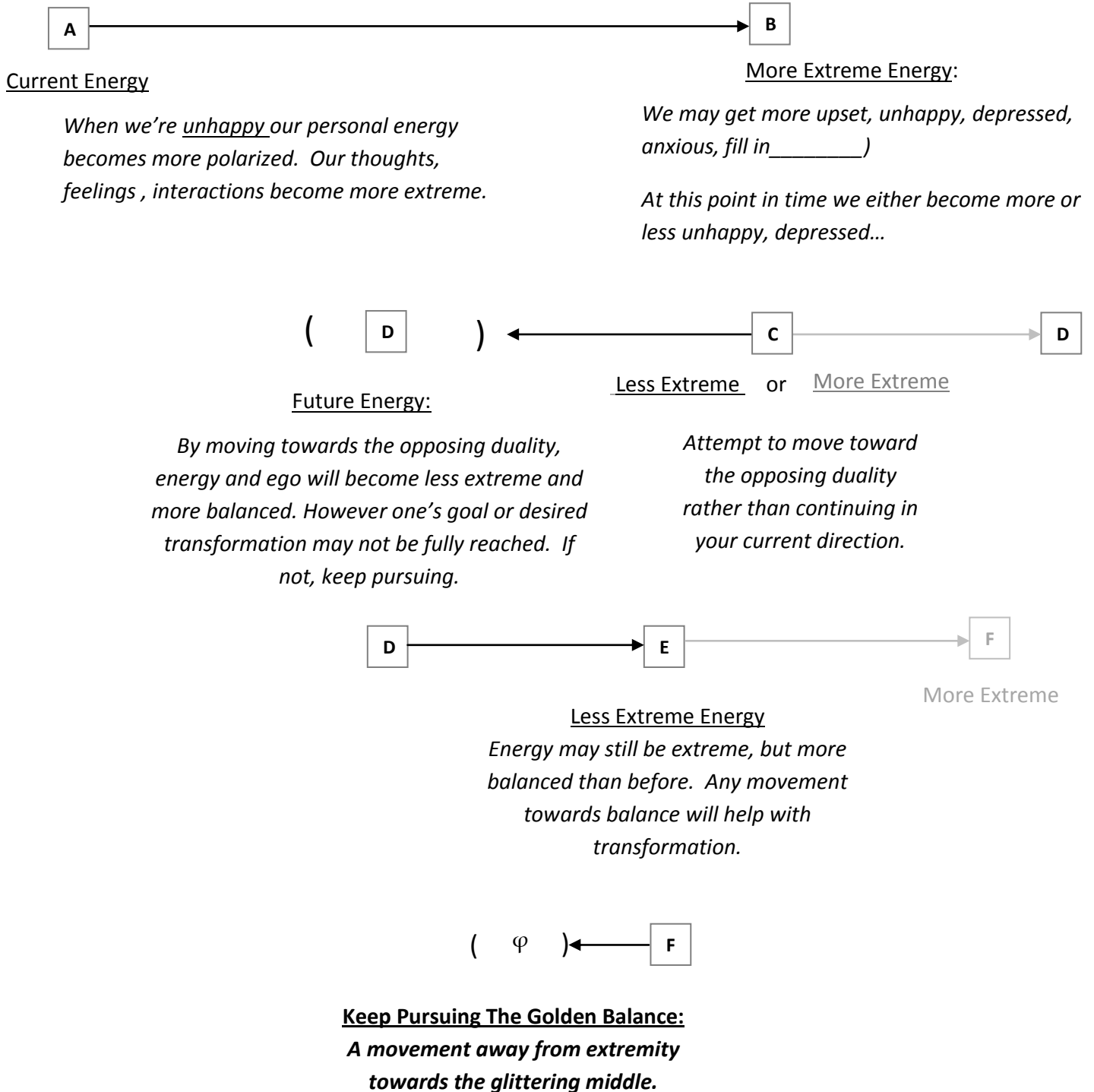
Middle Ground

Instead of going to an even greater extreme, begin to move to the opposite duality in thinking, feeling or acting. I don't want to move to the complete end of the spectrum. Try and find a balance between the opposing dualities in energy.

We're feeling more depressed, anxious, sad, or angry (fill in the blank) at ourselves or at others based on our reflections and actions in all three states of presence; past, present and future.

At this point my reflections and actions can become more or less extreme.

The Golden Balance occurs over time and takes a series of events, conversations or experiences to achieve. We don't want to limit our ability to achieve balance, change and fulfillment in a short amount of time, but we also want to keep realistic expectations so we can consistently move forward:





If you have any questions about Ego Balance or need one-on-one help moving forward towards your desired changes, don't hesitate to contact me at www.berrenson.com/contact

Best Wishes,

Eric

Eric Berrenson
www.egobalance.com