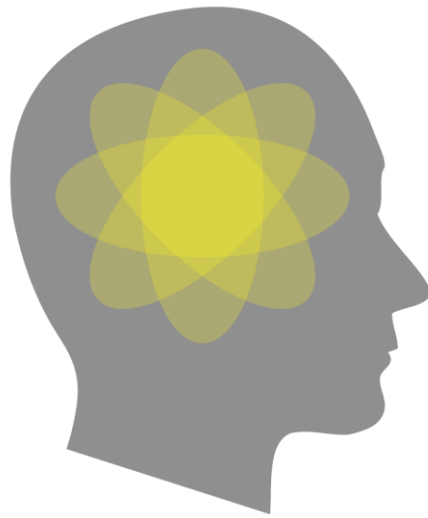


EGO BALANCE

$$E=RA$$





THEORIES OF EVERYTHING: E=RA

In 2007, I began a pursuit for a *unified theory of everything*; an inch long equation that defines all physical and metaphysical phenomena. As I reflected on a general *theory of everything* some questions directed my pursuit: *What is the essence of change? What ultimately drives our evolution, and directs our movement towards fulfillment? How could this theory drive human nature and help accelerate change and transformation? How can a theory of everything describe our nature, define the universe in its entirety, and how can I apply it to my life?*

Einstein is still considered the most contemporary architect of the physical world. His redefinitions of space, time and energy sparked a domino effect towards physical progress. Beyond, *Relativity* and his *1905 Papers*, Einstein's long lasting legacy was a pursuit to unify the physical elements of the universe and create a *theory of everything*. A theory that would unify the *fundamental forces*: gravity, electromagnetism, and strong/weak forces into a single equation that would ultimately describe the entire universe.

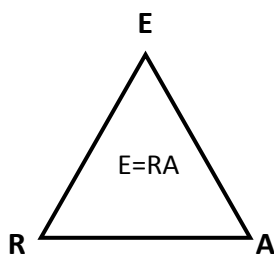
Einstein's pursuit of a *theory of everything* has led to what modern day physicists call *Superstring Theory* –a theory of everything which combines *General Relativity* and *Quantum Mechanics* to describe the physical universe. Everything from the macrocosmic stars and planets, to the microscopic atoms and molecules, can be defined as a string of multi-dimensional particles oscillating throughout space-time.

General Relativity, Quantum Mechanics, Superstring Theory and Particle Physics define our universe, and outline the structure of space, time, and other *fundamental forces*. However, these theoretical frameworks are rooted only in modern-day physics, making the laws of nature which influence our universe inaccessible to our metaphysical nature.

For instance, *where does human nature exist within these fundamental forces?* Such physical phenomena like gravity and electromagnetism would never exist and have meaning without our ability to discover it and give it meaning. Human nature is the most powerful fundamental force and our ability to create is more powerful than the actual force itself; just like everything in our life and universe. We are the modern man. We are sapient and knowing. We not only ask the questions, but also provide the answers.

Einstein may never have intended to bridge the physical with the metaphysical. He may never have wanted his unified theory to give meaning to love, emotion, and human nature. Nonetheless, a universal theory of everything must not only give meaning to physics, science and academia, but it must also drive human nature, evoke change, and accelerate human fulfillment for self, kin and specie.

Jose Ortega y Gasset, a Spanish philosopher, *emphasizes this pursuit* when he says: *The theory of Einstein is a marvelous proof of the harmonious multiplicity of all possible points of views. If the idea is extended to morals and aesthetics, we shall come to experience history and life in a new way.*



Ego Balance explores the most powerful fundamental force, human nature, and introduces ***E=RA***, a *unified theory of everything*: an encapsulation of all laws of nature into a single representation; a theory that creates all theory; a point of origin so to speak for all physical and metaphysical phenomena. This theory of everything defines space, time, energy, and evolution geometrically and philosophically.

In short, $E=RA$ states that *Everything* within our universe, everything we know to be true and meaningful is defined by, and given meaning through us, and more specifically, through our *Reflection(s)* and *Action(s)* over time. Simply stated:

R	&	A	=	E
Reflection(s)		Action(s)		Everything
We REFLECT or think about our life, relationships, thoughts, feelings, experiences, decisions, and choices.		Then we ACT based on this reflection.		This continual process of reflection and action defines everything: our character, our relationships, change, our energy & evolution; good and bad.

$E=RA$ is the fabric of our nature and our emotional DNA. It is Da Vinci, Hitler, Einstein, and Hemingway. It is the Brahman and Confucius. It is Moses, Mohammad and Jesus Christ. It is everything and everyone. Within this space, God can exist and still create man, but we ultimately give meaning to our God. Our specie gives meaning to all science, religion, everything good and everything bad.

E=RA forms a triadic relationship (*see above*) and lays the foundation for redefining fundamental force, physically and metaphysically. E=RA is a point of origin. It will provide you with a starting point for self-help and transformation. It is a place to begin and revert back to when stuck. E=RA is the crux of Ego Balance. It is where space, time, energy, and evolution begin.



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

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