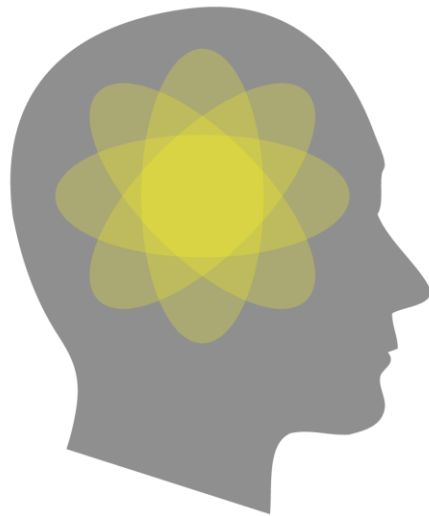


EGO BALANCE

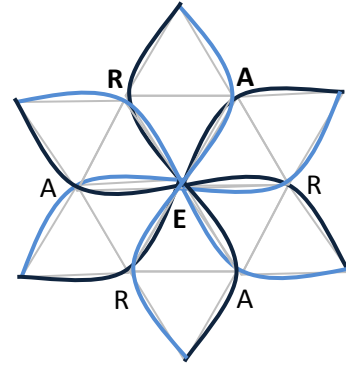
ENERGY



HUMAN ENERGY: E=RA

Ultimately, evolution is determined by the flow of energy through space over time. Space and time alone are empty. These elements only become meaningful from our energy that flows through it.

E=RA is a formula for human energy. It is not a mathematical equation. Nonetheless, this theory of energy gives meaning to all energies that we know to be true physically and metaphysically; mathematic and scientific, spiritually or religiously. E=RA drives our nature in its entirety and is based on reflection and action over time. For example:



R & A = E

We Reflect

We **REFLECT** on our personal energy. We think about how our thoughts, feelings, experiences, decisions, and choices affect ourselves and others. We also think about how other people’s energy influences our state of mind. Or we may not think at all.

We Act

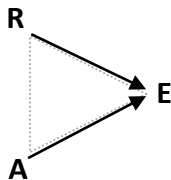
Then we **ACT** based on these new reflections.

We Create Energy

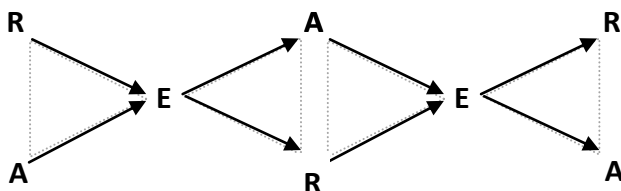
This process of reflection and action leads to changes within our Personal **ENERGY**, and impacts ourselves, and our relationships; from birth to death; for good and for bad.

Human energy, like evolution is metaphysically infinite, and forms a pattern of causality which begins at conception or birth.

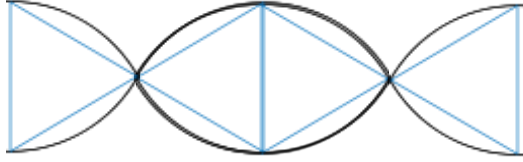
- Reflection and Action creates Energy:



- Which in turn leads to new Reflection and Action, and new Energy over time:



- Thus, creating a metaphysical infinity:



Human Energy not only flows forward with time, like evolution, but more importantly, human energy radiates in all special directions and throughout all space (figure x) Illustrating the flow of energy in six spatial directions creates symmetrical tiling eliminating gaps or holes in space, and further highlights metaphysical infinities; the foundation for universal truth.

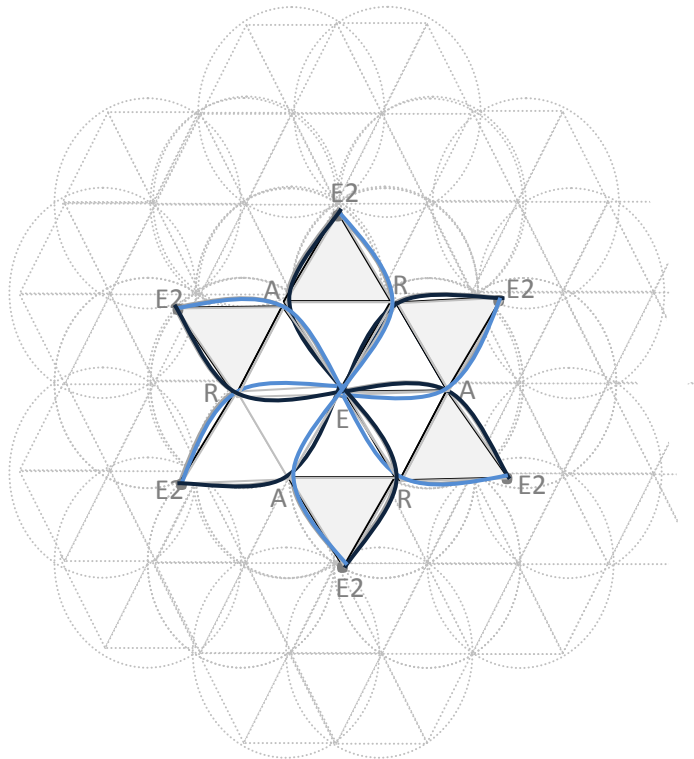
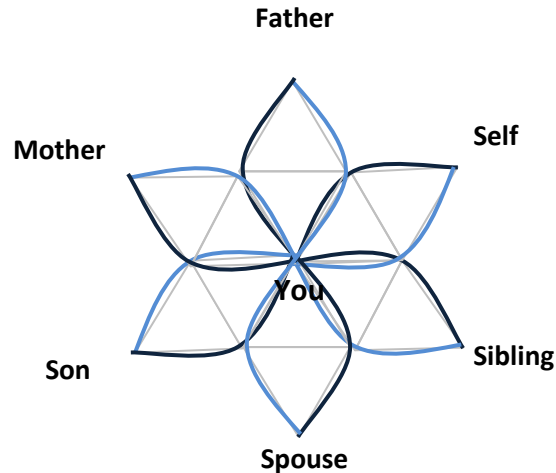


Figure x

Moreover, Energy is not only impacting a single relationship as expressed by Pythagoras, but our personal energy is transmitted and received throughout every relationship we have. Human energy is the most powerful fundamental force of nature, and defines our evolution towards wellness.

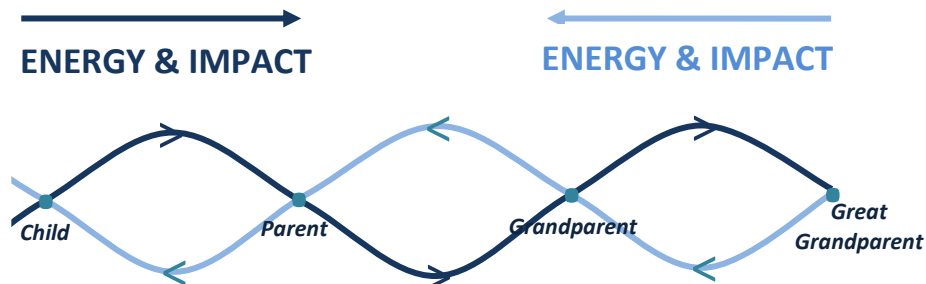
This universal geometry is considered sacred and infinite mathematically, religiously, and spiritually. It is a visual representation of metaphysical space, and a symbolic representation for the most powerful fundamental force: human nature.

All Human Energy carries some degree of impact and influence throughout life and continues even after death. This is why human nature is the most powerful *fundamental force*. The impact we have on self and others is defined by the combined effects of our reflections and actions over time. Everything we think, say, do, and don't do, all thoughts, beliefs, feelings, behaviors, judgments, choices, decisions, or any form of personal energy, carries some degree of impact and influence over future energy, evolution and well-being. This impact or Energy is constantly being transmitted and received within self and between one another over time.

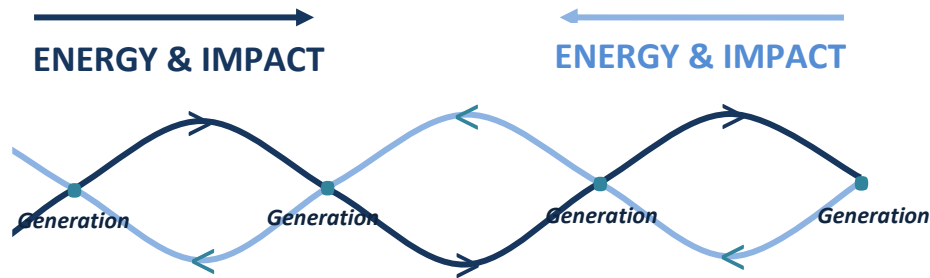


Our thoughts feelings, emotions, beliefs, opinions carry impact and influence, defining our energy from birth to death and beyond. Energy is metaphysically infinite, and constantly flowing within self and between one another.

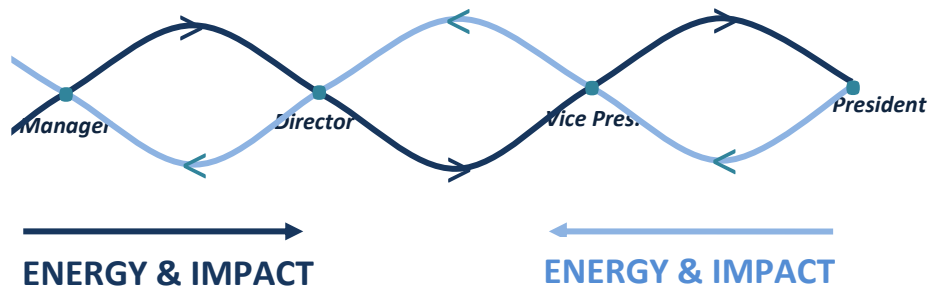
Human Energy is Deterministically Chaotic and determined by generational energy or by the impact and influence of our family; good and bad. Our parents, family, and caregivers define our character through their personal energy. So much of who we are is based on this energy and the impact they transmit and we receive over time. As time passes, this energy shapes our identity and affects the flow of personal energy we transmit. In a chaotic system, our deterministic energy affects our future, but can always be changed and transformed over time.



- Generational Energy/Impact:



- Professional Energy/Impact: *Our relationships at work carry significant impact and influence over our state of mind. What does your energy or impact look like?*
 - (co-worker<---> co-worker<---> co-worker)
 - (President<--->VP<--->Director<--->Manager) or
 - (Administration<---->teachers<---->students<---->parents.)

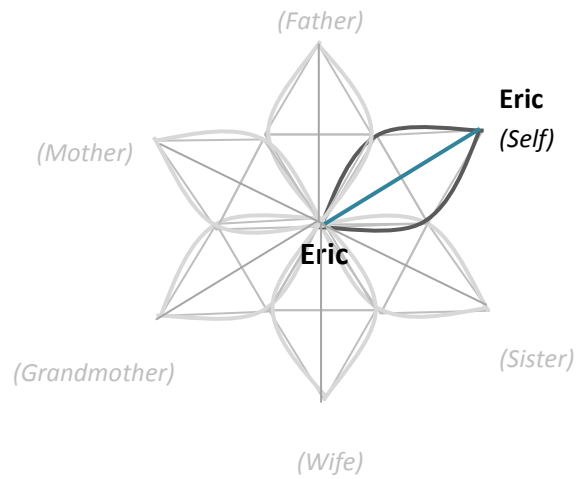


Ego Balance explores the energy flow and the impact you transmit and receive over time. *What does my energy look like personally and professionally? What relationships are impacting me the most? How do I change my perspective or the way I reflect and act in order to change my energy and accelerate my evolutionary progression towards greater happiness and peace of mind for myself, my kin and those that surround me?*

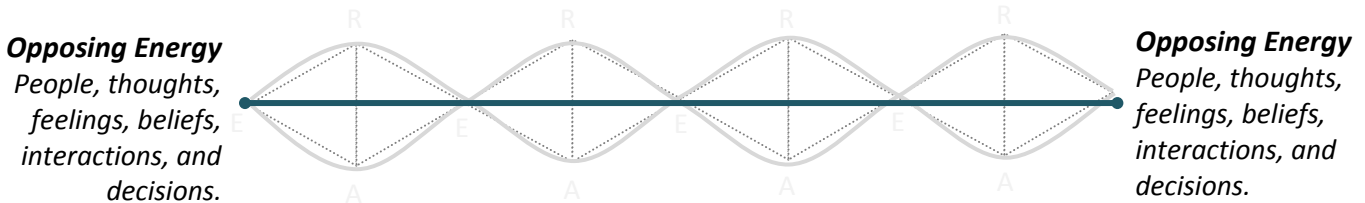
Ego Balance intends to enhance awareness and control over personal energy by looking within the dualities that exist within and between one another. All energy not only carries a certain degree of impact, but this impact lies within a duality of opposing perspective, thought, feeling, emotion or behavior. Ego Balance pursues a balance within your unique dualities in order to help accelerate your desired goals and changes over time.

Dualism, Polarization & Extreme Energy

Dualism is rooted in our physical and metaphysical universe. Its geometry provides the structure of all fundamental force. When thinking of the universe and how it relates to our nature, one must consider two before one. The world that we know can never exist, and more importantly thrive with only one being. God can still create man, but fulfillment is ultimately driven by those that surround us.



All human energy, everything we think, say and do, and all reflection and action exists within a duality of opposing thought, feeling, emotion or behavior that exists within and between us. We each have similar and unique dualities that flow within ourselves and our relationships. *What are your dualities? And where does your energy fall within these ranges?*



- Eric-----Eric
- Eric-----Wife
- Positive-----Negative
- Right-----Wrong
- Good-----Bad
- Selfless-----Selfish
- Failure-----Perfection
- Acceptance-----Change
- Thought1-----Thought2
- Belief1-----Belief2
- Feeling1-----Feeling 2
- Interaction1-----Interaction2
- Contradiction1-----Contradiction2

The lists are general and relative.

Human Energy is not only dyadic or opposing, **but polarized, and flows within a range of extremity within self and between one another:**



When we are unsatisfied, frustrated, angry or unfulfilled in any way, our personal energy shifts towards greater extremity and our perspective becomes more severe. Our dualistic nature becomes more polarized and we begin to think, feel or act in more extreme ways. We are always reflecting and acting within a polarity of opposing people and energy (i.e. opposing behaviors, emotions, thoughts, interactions, judgments, etc.).

*More specifically, **Point A:*** Our “current energy” is our perspective at the present time. A combination of thoughts, feelings, beliefs, and interactions that contribute to our current energy or state of mind. This energy and extremity is relative. It may be a mild or more severe mood. **Point B:** When unhappy or unsatisfied, our thoughts, feelings, and interactions become more severe or extreme over time. Moreover, as we become more unsatisfied, our thoughts, emotions and actions become more difficult to control. This constant polarization leads to greater unhappiness and an inability to move forward towards desired change and peace of mind. In other words, evolution and change may seem slow and unsatisfying.

Current Energy

A

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

B

A More Extreme State

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

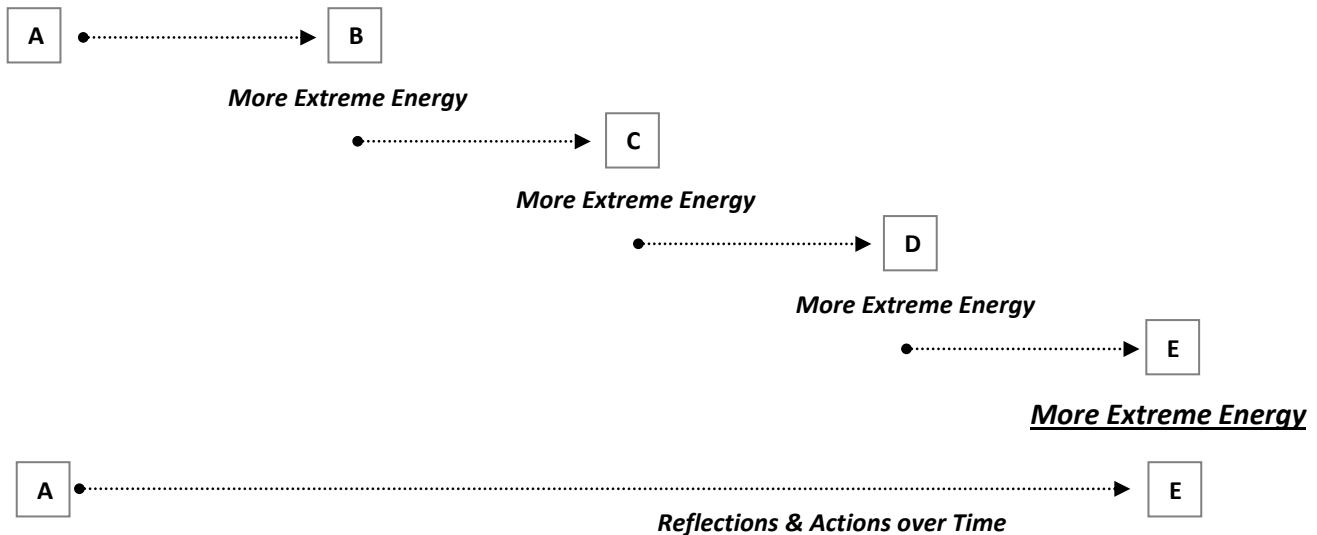
When we're unhappy in any way, our personal energy becomes more polarized; our thoughts, feelings, interactions become more extreme.

We may be feeling more depressed, anxious, sad, (fill in the blank) at ourselves or at others

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

We rarely experience the most extreme polarity, or shift immediately to the most severe end of the spectrum. There is a progression of reflections and actions or a series of experiences that build up over a period of time.

Current Energy



From A-E: Increasing agitation, anxiety, depression, anger within self or between one another over seconds, minutes, days and years...etc. This polarization or movement towards extremity is relative in time, type of energy and intensity. For example:

- Sad thinking → angry feeling → physical abuse (This could happen over days, minutes, etc)
- suicidal feelings → suicide attempt → hospitalization (days, weeks, months)
- Rude comment → angry argument → violent actions → injury → death
- This movement towards extremity is relative for each person, circumstance and varies in length of time.

How do I change these patterns in reflection and action and minimize the extremity? Instead of going all the way to point E or the most extreme state, how can I only reach state D, C or B with greater frequency and ease? How can I achieve this within my evolutionary progression, and within the energy that flows within me and between one another? Explore and apply a Golden Balance to your personal energy to accelerate change and evolution. Read on...



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