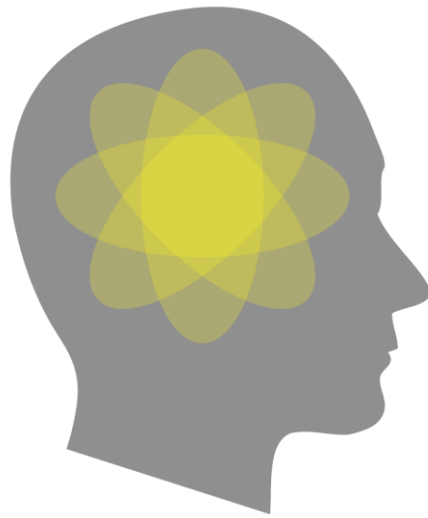


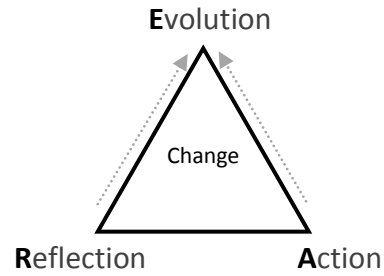
EGO BALANCE

EVOLUTION

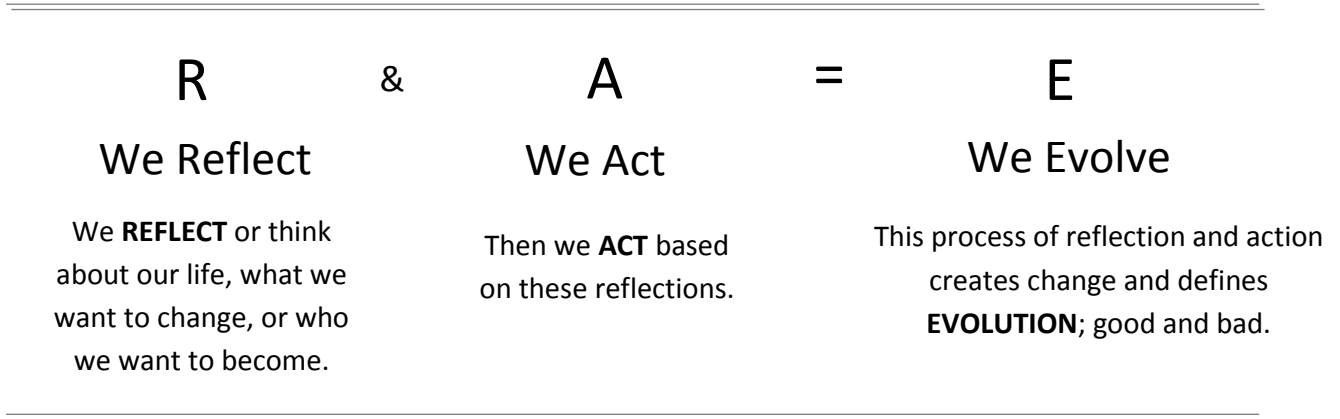


EVOLUTION: Reflect, Act, Evolve

When I think of *Everything*, I think of human evolution. I think of a movement towards greater fulfillment for self, kin, and specie. Within Ego Balance, evolution is not referring to the origin of our species, but our movement after origin; from birth to death and beyond. Evolution is our progression towards wellness individually, generationally and as a whole.

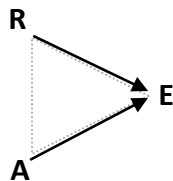


Evolution is defined by how we change over time, and how we evolve is based on the way we think about ourselves, our relationships, our experiences, and the action derived from this reflection. This creates change and defines evolution over time. For example:

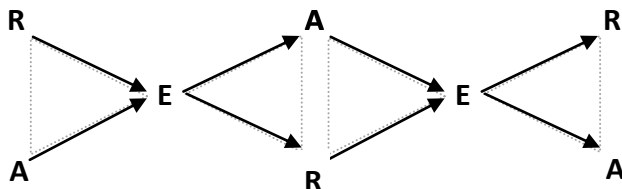


This pattern of **Reflect-Act-Evolve** always occurs over time and is **metaphysically infinite**. Therefore, it follows a pattern of causality geometrically and philosophically:

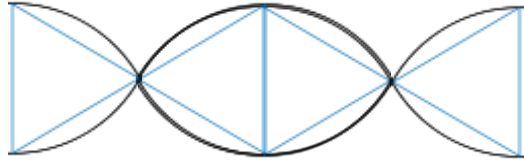
- Reflection and Action creates Evolution or change:



- Which in turn creates new Reflection and Action, and new Evolution and change:



- Thus, creating a metaphysical infinity:



Human evolution is never static. We continuously **Reflect, Act, and Evolve** – over and over, day after day, year after year. We are always evolving over time individually and as a specie. *So how do you want to evolve?* In other words, *how do you want to change over time?* Ego Balance explores your evolutionary progression past, present and future, and focuses on how you want to evolve moving forward. When thinking of your desired changes or goals consider:

- Human evolution and personal fulfillment are cyclical. We all experience happiness and unhappiness throughout life. We all experience the ups and the downs to various degrees. We can't always be fulfilled in every moment in time nor can we always wield this pattern of causality towards desired change, but we can accelerate change from this moment in time moving forward.
- Strike a balance between realistic and idealistic change. We don't want to limit our ability to transform and evolve, but we don't want our expectations to be too extreme or impossible to reach.

Ultimately, our evolutionary progression towards transformation or greater fulfillment is determined by us and the flow of our personal energy through space over time. See how...



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
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