

Technical 33.3% :

The You Before Me system operates on a natural balance: 33.3% Soul, 33.3% Shadow, 33.3% Ego.

Each part is equally fundamental, forming the complete cycle of self-awareness and transformation. The trap of identification lies in mistaking one for the whole. Integration is not about erasing, but observing. When all three function in harmony, life moves as it should—fluid, self-correcting, and infinitely creative.

The Three-Part System:

- 33.3% Soul - Pure awareness. The observer. The stillness behind thought. Soul does not seek—it sees. But without the other parts, it is empty, detached, unable to act within the human experience.

- 33.3% Shadow - The unconscious. Everything unprocessed, unseen, yet actively steering decisions. Shadow is not the villain—it is the unknown waiting to be understood. Repress it, and it controls. Integrate it, and it transforms.

- 33.3% Ego - The subconscious program. The default mode of experience. Ego is not the enemy—it

is the interface, the child, the student. It learns, adapts, and expresses. But left unchecked, it seeks validation instead of truth.

The remaining 0.1%? That is choice. The moment-to-moment act of becoming the maker of one's decisions while simultaneously being able to observe them.