

The 33.3% Model: Fluid Harmony of Ego, Shadow, and Soul

In the *You Before Me* framework, the self isn't fixed—it's a **system in motion**.

That motion is expressed through the 33.3% model:

- **Ego (33.3%)** – Identity, protection, performance
- **Shadow (33.3%)** – Suppressed patterns, unconscious fear, projection
- **Soul (33.3%)** – Observation, clarity, and connection beyond reaction

Each part is alive. None of them are enemies. And none are ever static.

Not Balance—Harmony

Balance implies stillness—a tightrope you have to hold.

But **harmony** is responsive. It's fluid. It adapts in real time.

Like music, harmony doesn't require equal volume—just the **right tone at the right moment**.

This model helps you witness how the self reshapes itself, moment by moment.

Constant Oscillation

You are always shifting:

- Fear may spike your **Ego**
- A trigger may flood the **Shadow**
- Stillness may awaken the **Soul**

None of this is failure—it's **feedback**.

When one beaker fills up:

- High **Ego** might look like control, urgency, over-explaining
- High **Shadow** might feel like looping, defensiveness, emotional reactivity
- High **Soul** might drift into bypass, detachment, or numb observation

The goal isn't to suppress or correct.

The goal is to **notice**, adjust, and stay in relationship with yourself.

The Beaker Metaphor

Picture three beakers filled with colored liquid:

- One for **Ego**
- One for **Shadow**
- One for **Soul**

Each day, those levels shift.

Your job isn't to force them into equality.

Your job is to **observe** and respond.

- Which beaker is overflowing right now?
- Which one is being ignored?
- What part of you is trying to protect the others?

You Before Me offers this lens—not to fix you, but to **reveal you**.

Real-Time Questions

Instead of asking:

“Am I balanced?”

You begin to ask:

“What part of me is speaking right now?”

“What is that part trying to protect?”

“What does it need to be witnessed?”

That's not balance. That's digestion.

That's harmony in motion.