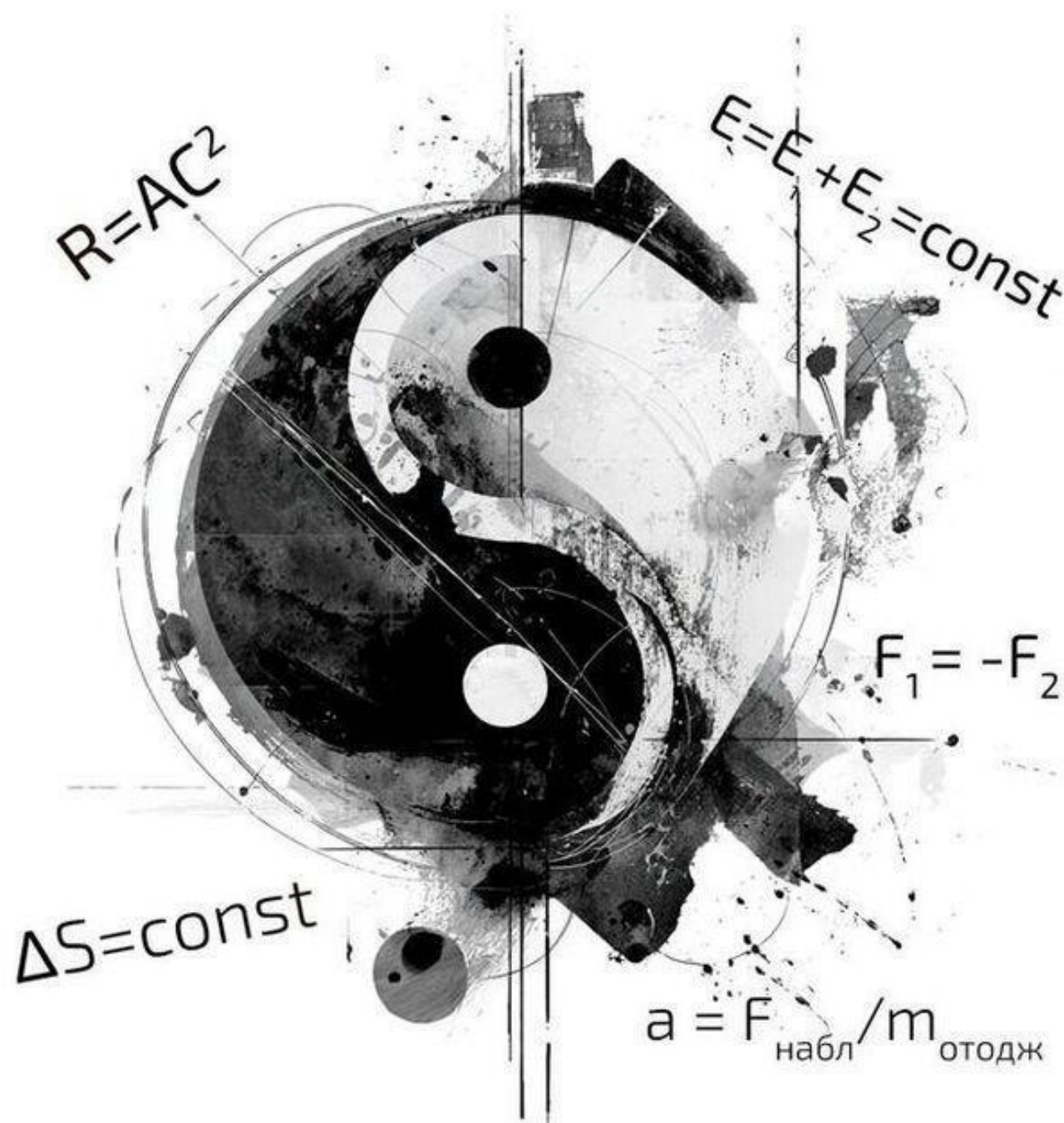


12+ Elena Lvova, Oleg Lvov

EKVILIBRO



The practice and
theory of equilibrium

Elena Lvova

**Ekvilibro. The practice
and theory of equilibrium**

«Издательские решения»

Lvova E.

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We thank everyone who has walked this path with us — silently or in dialogue, in research or in doubt, in practice or in waiting. We thank the participants of the open dialogue around Equilibro — your questions and doubts helped make this book clearer, more honest, and freer from elitist language. You taught us to speak simply without losing depth.

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Ekvilibro. The practice and theory of equilibrium

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We thank the participants of the open dialogue around Ekvilibro — your questions and doubts helped make this book clearer, more honest, and freer from elitist language. You taught us to speak simply without losing depth.

We thank all who use the “Ekvilibro Game” in everyday life. Your feedback, criticism, surprise, and at times misunderstanding became the main source of feedback. Because of you, we saw what traps await beginners and were able to describe them in this book.

We thank you, dear reader, for opening this book. We hope it becomes for you not merely a collection of knowledge, but an invitation to your own exploration.

Elena and Oleg Lvov

Introduction

Have you ever caught yourself doing or saying something you didn't mean to?

You snapped at someone you love. You agreed to something you didn't really want. You got angry over a trifle and then were surprised by your own reaction. Or the opposite — you stayed silent when you should have spoken up, and now you regret it. This doesn't mean you're a "bad person." It means your autopilot kicked in.

Inside each of us there is a mechanism of habitual reactions. It operates without our awareness. It conserves our energy. It allows us not to think every time about how to breathe, how to walk, how to drink water. In ancient times, this autopilot helped us survive: you saw movement — you ran. You saw food — you ate. Instantly, without reflection.

But today, that same mechanism makes us fear criticism on social media just as our ancestors feared the tiger. That same mechanism makes us resent our partner according to the same script, year after year. That same mechanism turns our lives into repeating cycles of "familiar — unfamiliar," "good — bad," "right — wrong." We get stuck between two extremes. And we swing between them like a pendulum, unable to stop.

This book is not about how to pick the "right" extreme. It's not about how to get rid of doubt forever. It's about how to step off the swing and notice that the autopilot is on. How to learn, in any situation, to find a point of balance — not one where everything is frozen and dead, but one where both extremes are visible at the same time. And to choose — whether to trust the autopilot mode or switch to manual control.

The book is based on Ekvilibro Science — an integral meta-discipline that connects physics and psychology, mathematics and history, biology and economics, philosophy and everyday life. Its laws describe the nature of consciousness, and its tool — the Ekvilibro Game — consists of six simple steps that train and strengthen the inner Observer. Quickly. Accessibly. Playfully.

In Part One, we'll explore where this idea came from. In Part Two, we'll become acquainted with the laws of the mechanics of consciousness. In Part Three, we'll master the tool. In Part Four, we'll look at where we can go from here. In Part Five, we'll talk about why all of this matters to science and to each of us. And at the end, you'll find a glossary, a list of books and scientific articles, and answers to questions. You can read in order or jump straight to the chapter you need. You can simply skim through and latch onto a metaphor that resonates within.

This book is not a textbook. Not an instruction manual. Not a manifesto that demands belief. It's an invitation.

An invitation to ask yourself, "How does this work?" An invitation to notice your automatic reactions. An invitation to try taking a step toward something new. An invitation to verify through your own experience that balance is available to everyone. Right now. Why not give it a try?

Part I. Where It All Came From

Chapter 1. Three Evolutions: Body, Culture, Consciousness

We are used to thinking of evolution as something very slow. Millions of years. Dinosaurs, apes, Darwin. Something about genes and natural selection. That is true. But it is not the whole truth. Evolution did not stop. Its engine simply changed.

First Evolution. The Body

This is the Darwinian one.

For millions of years, our ancestors changed under the pressure of the environment. Those who were faster, stronger, more resilient — survived. Those who hid from a predator more successfully — left offspring. Those who found more food — did not starve. At this stage, consciousness was almost inseparable from instinct. Fear — run. Hunger — search. Rage — attack. Without reflection. Without choice. We inherited these programs. They still operate within us today. That is why you can instantly startle at a loud sound — even before you understand it was just a door slamming.

For modern humans, biological evolution has ceased to be the main driver. Too slow. Too crude. We will not wait a million years to stop fearing rustles and darkness. We have another mechanism.

Second Evolution. Culture

Thousands of years ago, humans began to transmit knowledge not only through genes, but also through words, customs, books, laws.

This is cultural evolution.

It is thousands of times faster than biological evolution. To learn how to use fire, you do not need to wait for a corresponding mutation to become fixed in the genes. It is enough to show a child once how to strike a spark. And that is it. The knowledge has been passed on.

Cultural evolution changes what we know. Norms, technologies, ideas about good and evil. Two hundred years ago, people did not know about electricity, and the pinnacle of a woman's career was a successful marriage. Today we know about the internet, genetic engineering, and equal rights. The content of our consciousness has changed radically.

But has the very mode of perception changed?

We are still inclined to divide things into “good/bad,” “us/them,” “right/wrong.” We still get stuck in resentments and fears. We still react to stimuli faster than we become aware of them. Culture changed the scenery. But the apparatus through which we look at that scenery has remained the same.

Third Evolution. Consciousness

Now the next stage.

The evolution of consciousness is a transformation of the apparatus of perception itself. It changes not what we know, but how we perceive, react, and choose.

Here is an example.

You are afraid of speaking in front of an audience. Biological evolution cannot do anything about it — the fear of public speaking is not lethal. Cultural evolution can give you techniques: “imagine the audience in their underwear,” “pause,” “breathe from your belly.” This helps, but often only partially.

The evolution of consciousness offers something else. Not to fight the fear. Not to suppress it. But to notice it. Name it. See both the fear and the courage at the same time (after all, you have

already written what you are going to present, and you are fully prepared for the talk). Hold both poles. And then fear ceases to be your master. It becomes an invisible ally. One that is present. But does not control you — it cooperates with you.

The key difference

Biological evolution changes the body (slowly, over generations).

Cultural evolution changes knowledge (quickly, over years and centuries).

The evolution of consciousness changes the mode of perception and reaction (here and now, in every act of attention).

Why This Matters Right Now

In the past, humans had no choice.

They were playthings of instincts and circumstances. Born in a cave — you live in a cave. The tribe worships rain — you worship rain. Trigger — reaction. And that was it.

Today we possess something ancient people did not have: the ability to consciously choose whether to evolve further or not. We can notice our own automatic behaviour and name it. We can decide — to trust it this time or to take control ourselves. This is not a rejection of biology. Nor a cancellation of culture. Natural selection continues. But a new variable has now been added to it — self-awareness that can hold equilibrium between extremes and choose.

This is the evolution of consciousness. It is the third floor of the house. The first floor — the body. The second — culture. The third — consciousness. Construction is not finished. We are only beginning to settle into this floor.

What This Book Covers Next

In the following chapters, we will explore:

Which laws govern the evolution of consciousness (like Newton's laws, but for consciousness).

What tool allows us to train this new capacity for managing consciousness (the “Ekvilibro Game,” six steps).

We will understand what the Map of Consciousness is, and how to move along it — from despair and fear to resilience and harmony.

But first, let's understand what Ekvilibro is and why equilibrium is not stagnation. Let's move on to the next chapter.

Chapter 2. What Is Ekvilibro

“Ekvilibro” is an unfamiliar word. It might sound like some obscure foreign science or esotericism. Or just another trendy term from social media. It is none of the above. Ekvilibro is a word from the Esperanto language. It means “equilibrium.”

Why Esperanto?

Equilibrium is a universal thing. It does not depend on nationality, language, culture, or religion. A physicist from Japan, a psychologist from Brazil, a farmer from Kenya, and an artist from France — all know what it is like to swing on emotional swings and how hard it is to find a stable point of support. Esperanto was created as a common language for all people. Ekvilibro is a common language for science and life.

What Is Ekvilibro Science

Ekvilibro Science is a universal language that operates with concepts common to all spheres of human life.

Ekvilibro Science is what lies above and between individual sciences. It does not compete with them, does not replace them, but provides a translation: from physics into psychology, from biology into economics, from neuroscience into philosophy.

Ekvilibro does not tell physicists, “Your laws are wrong.” No. It says, “Excellent, the laws work. Now look: exactly the same pattern — duality, inertia, equilibrium — we see in the human psyche, in crowd behaviour, in market fluctuations, in ecological systems.” It is as if different peoples had their own languages — and suddenly a translator appeared who can translate from any language to any other.

The Three Pillars of Ekvilibro Science

Core Concepts (the laws of the mechanics of consciousness)

Five laws of a universal language describing how attention moves, how we get stuck between poles, and how we exit (or do not exit) this state. They are built by direct analogy with Newton’s laws and Einstein’s formula and explain that all processes in the world obey the same laws, which depend on our attention and consciousness. We will examine them in detail in Part Two of the book.

A Tool for Applying Core Concepts in Practice (the Ekvilibro Game)

Six simple steps that train the inner Observer. It is like a workout machine for the muscle of awareness. Anyone can play it, anywhere, without special training. This is covered in Part Three of the book.

Methodology (the unity of practice and theory)

In most sciences, they first devise a theory and then try to apply it in practice. Ekvilibro works the other way around. First came the “Ekvilibro Game” method, which people tested on themselves for years. Then the laws were derived from that practice. This approach is called “reverse engineering of consciousness.”

What this means for the reader:

The theory in this book is not abstract speculation. It has been tested by practice. And the practice is not a random set of exercises. It rests upon laws. Knowledge and action here are not separated. They form a single cycle.

Why This Is Not “Just Another Spiritual Concept and Practice” Nor Academicism

Ekvilibro does not require faith in a guru, in higher powers, or in secret knowledge. The only thing needed is your own attention and honesty with yourself. It does not promise enlightenment in seven days and does not force you to meditate for three hours a day. At the same time, Ekvilibro is not a dry academic theory. You will not find complex formulas here that are only needed for defending dissertations. The laws are explained in simple words, through metaphors and examples.

Ekvilibro is a science that is a practice. And a practice that is a science.

Who Needs This

Anyone who has ever noticed that:

“I got carried away again”;

“I am stuck between a rock and a hard place”;

“Why do I make the same mistake twice?”;

“I want to stop being afraid, angry, resentful, feeling shame and guilt — but I don’t know how.”

Ekvilibro gives you a language to name these states and a tool to work with them. Not to get rid of them. Not to fight them. But to work with them. To notice. To choose. To find equilibrium.

What the Next Chapter Is About

You may have noticed that the word “equilibrium” is repeated many times in this book. Equilibrium between poles or extremes. Equilibrium as a point where both shores are visible. Equilibrium as the central concept of all of Ekvilibro Science.

But what is equilibrium? Is it stillness? Is it a “middle-of-the-road” compromise, when you want nothing and fear nothing? Is it a settlement that satisfies everyone but pleases no one?

No.

That is what the next chapter is about. “Why Equilibrium Is Not Stagnation.”

Chapter 3. Why Equilibrium Is Not Stagnation

The word “equilibrium” is often misunderstood. It seems like equilibrium is when everything is frozen. Silence. A dead calm. Neither here nor there. “Neither fish nor fowl.” “A halfway compromise.” A settlement that satisfies everyone but pleases no one. This kind of equilibrium is often called a “swamp.” Quiet, calm, but it makes you sick to live. This is not the equilibrium we speak of in Ekvilibro.

Living Equilibrium

Imagine a tightrope walker. He walks on a thin wire. His body is constantly moving. A hand slightly to the left — the wire sways. He adjusts. A foot slightly to the right — another correction. He is not frozen. He is continuously balancing. Every second. Every movement is a search for the point where you won’t fall. This is living equilibrium. It is not static. It is dynamic. It is not calmness — it is active holding. The tightrope walker is not “neither here nor there.” He is simultaneously here, there, and above it all. He sees both the left side and the right side. And he chooses moment by moment — where to shift slightly in order not to fall.

Equilibrium Between Poles

Recall a situation where you were stuck between two decisions. “Leave the job or stay.” “Tell the truth or keep silent.” “Help the person or take care of yourself.”

The usual way is to choose one pole. Leave. Speak. Help. Or the opposite — stay, keep silent, refuse. And then you are on one shore. And the other shore remains somewhere far away. But it hasn’t gone anywhere. It is there. And you know it. And you are drawn there. Or you regret that you didn’t choose it. Or you fear that you’ve lost it forever.

Another way is the “middle ground.” Neither leave nor stay. Say something, but not everything. Help, but not too much. This is often called a compromise. But it rarely pleases anyone. You are neither on that shore nor on this one. You are in a sticky middle where nothing happens. This is the swamp.

The third way is equilibrium. You do not choose between shores. You rise onto a bridge. From the bridge, both the left shore and the right shore are visible. You see them both. You know that both “leave” and “stay” are two parts of one situation. You do not fight against one shore for the sake of the other. You observe both. And you hold them in focus simultaneously.

This is the position of the Observer.

And from this position, you can act. Not because you suppressed one pole or surrendered to a compromise. But because you see the whole picture and you choose — now I will do this. Consciously. Freely.

Why This Is Hard to Explain in Words

Because we are used to thinking “either-or.” Either you are with us or against us. Either you love or you hate. Either success or failure. The world of “either-or” is a world of struggle. One pole must win. The other must disappear. But it does not disappear. It waits in the shadows. It gathers strength. And then — bang! — you are back on the opposite shore again. The swing rocks.

Equilibrium is a shift from “either-or” to “both-and.” I both want to leave and want to stay. I both love and hate. I both fear and want. And that is normal. This is multidimensional perception.

Equilibrium as a Skill

The good news: equilibrium can be trained.

A tightrope walker is not born with the ability to balance on a wire. He learns. He falls. He gets up. He goes again. His muscles memorize micro-movements. His brain learns to sense the center of gravity.

The same goes for consciousness.

The Ekvilibro Game (covered in Part Three of this book) is that very wire. Step by step, we learn to hold two extremes in our mind simultaneously. At first it is difficult. Then it becomes easier. Then it starts to happen on its own. Faster and more naturally. And one day you catch yourself in a real argument with a loved one, not flying into the abyss, seized by emotions, but noticing: “Aha, I am right now between two shores. And I don’t have to fall. I can simply observe.” This is not insensitivity or coldness. This is freedom and impeccability.

What’s Next

We have figured out where the idea of Ekvilibro came from, what it is, and why equilibrium is not stagnation. Now it’s time to move to the heart of the theory — the five laws of the mechanics of consciousness.

How does the autopilot inside us work? Why does faster awareness yield greater results? How does the mass of old traumas affect the speed of liberation from automatic behaviors? Why is it impossible to defeat the “bad” pole without killing the “good” one? And where does the energy go when we fight ourselves?

This is covered in the next part.

But first, a brief summary of Part I.

Summary of Part I

Evolution has not stopped. After biological and cultural evolution comes the evolution of consciousness — a transformation of the apparatus of perception itself.

Ekvilibro Science is a universal, unified language for all sciences and practices. It has laws, a tool, and a methodology of the unity of theory and practice.

Equilibrium is not a static compromise. It is the dynamic holding of two poles simultaneously from the position of the Observer. It is a meta-skill that can be trained.

Part II. Laws of the Mechanics of Consciousness

Chapter 4. The Zeroth Law. Attention and Result

Why Laws — and What Does Physics Have to Do with It

Before we move on to the Zeroth Law of the mechanics of consciousness, let us briefly explain why we call them “laws” and what physics has to do with it.

Isaac Newton formulated three laws of motion. They work always and everywhere on our planet. A stone thrown in London flies along the same trajectory as a stone in Tokyo. Newton gave us a language for describing the physical world. Albert Einstein added the formula $E=mc^2$, which linked energy, mass, and the speed of light.

The laws of the mechanics of consciousness in Ekvilibro are built by direct analogy with Newton’s laws and Einstein’s formula. But they describe not the motion of bodies, but the motion of attention.

Why is this legitimate? Because the patterns are the same. Inertia exists not only for a stone but also for a habit. Acceleration exists not only for a falling apple but also for consciousness. The energy of attention obeys the same principles of conservation as physical energy. This is not a literal identity. It is a structural analogy. Yet it works so precisely that it allows us to transfer concepts from physics to philosophy and back.

Now — let’s get to it.

The Zeroth Law of the mechanics of consciousness

Imagine two people doing the same thing. Both want to write a book. Both want to lose weight. Both want to improve their relationship with their partner. One achieves a result. The other does not. Why? People often say: “He just got lucky,” “She has more willpower,” “The circumstances worked out for them.”

But what if the difference is not in luck or in willpower? What if there is a formula that explains what the result actually depends on?

The Zeroth Law of the mechanics of consciousness gives us this formula.

The Formula

Result = Attention $\times$ (Speed of Awareness)²

Or, as it is written in scientific articles:

$$R = A \times C^2$$

Where:

R (Result) — the energy of the result. What you get as an output.

A (Attention) — the energy of attention you have invested.

C (Consciousness Speed) — the speed of awareness. How quickly you notice what is happening and can shift into the position of the Observer.

The square of the speed of awareness — that is the main secret.

How It Works

Imagine you want to light a fire. You have a magnifying glass. And the sun. The larger the lens (the energy of attention), the more sunlight you collect. But if you simply hold the magnifying glass motionless, the fire will not ignite. You need to find the focus. You need to sense that very moment when the rays converge into a point. This is the speed of awareness. The faster you find the focus — the faster the fire catches.

In the formula $R = A \times C^2$, the speed of awareness is squared. This means that even a small increase in C yields a large increase in the result.

Example.

You have 10 units of attention and a speed of awareness of 1. The result: $10 \times 1^2 = 10$.

You have practiced a little. The speed of awareness has grown by just one unit — it became 2. The result: $10 \times 2^2 = 40$.

The attention is the same. Yet the result has increased fourfold. The square does its work.

Why This Matters Specifically for the Evolution of Consciousness

Most people try to improve the result by means of attention. “I need to try harder,” “I need to concentrate more,” “I need to not get distracted.” This works. But the resource of attention is limited. You cannot increase it infinitely. You will get tired. And, in the end, you will give up.

The Zeroth Law says: there is another lever.

You can leave attention the same — but increase the speed of awareness. And the result will grow manifold.

How to increase the speed of awareness (C)? Train the Observer. Notice automatic behaviors faster. Switch between the poles of duality without identifying with them. This is what the Ekvilibro Game is dedicated to (Part III of the book).

An Example from Life

Imagine you are learning to play the guitar.

A beginner: his attention is completely consumed by where to place his finger. He does not hear the music, does not feel the rhythm. The speed of awareness is low. He tries hard, but the result is “plink-plunk.”

An experienced musician: he also applies attention. But his speed of awareness is high. He notices immediately — “finger a bit higher,” “strum a bit harder,” “rhythm a bit faster.” And he corrects on the fly. The same hour of practice — but the result is many times better.

The formula works everywhere. In sports, in relationships, in creativity, in solving business problems.

What to Do with This Knowledge

Stop blaming yourself for a lack of attention. Perhaps the issue is not attention, but the speed of awareness (C).

Start training the speed of awareness. The simplest way is the Ekvilibro Game (patience, there is not long to go until Part Three).

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