

—

+

F _____
R _____
E _____
E _____
S _____

F _____
R _____
E _____
E _____
S _____

F _____
R _____
E _____
E _____
S _____

F _____
R _____
E _____
E _____
S _____

F _____
R _____
E _____
E _____
S _____

F _____
R _____
E _____
E _____
S _____

frees
/frē-z/

F: fact · R: ruminate · E: emotion · E: energy · S: solution

R=S

PERPETUAL PENDULUM

