

Table of Contents

Introduction

- Chapter 1: A Seminar
- Chapter 2: $E=mc^2$
- Chapter 3: Human Potential Energy, Human Kinetic Energy
- Chapter 4: Energy & Thought
- Chapter 5: $c^2 + v^2$
- Chapter 6: Point A to Point B
- Chapter 7: Gratitude
- Chapter 8: Tiger's Law Explained
- Chapter 9: Our Universe
- Chapter 10: Energy Eternal
- Chapter 11: Energy Transfer
- Chapter 12: The Irony of Pi
- Chapter 13: The J-10 Method
- Chapter 14: Years Past, Years Forward

Introduction

I am currently a personal trainer who operates in the city of Koreatown Los Angeles. I have been a personal trainer since 2006. My business is located on 2404 Wilshire Blvd 11D at the corner of Wilshire and Park View by MacArthur Park.

You can find more information about me at my website: tigerjooperformance.com

Chapter 1: A Seminar

Every Saturday afternoon I meet with my client D, who is currently studying for his MCAT to get into medical school. When I first met D, he only sought help from me to lose weight. D is currently 25 years old, and throughout his life he was struggling with weight-loss. In fact, he was obese since he was little. D told me many stories of how losing weight was always a battle for him. The constant struggle of having to run the weight off, the dieting, the stress of watching how slowly his weight would go down, etc. always impacted him. However, when D and I first met, his body fat was only at 20.5%. Although it was relatively high compared to the healthy body fat range, D was able to get below the obesity level on his own—which was a huge feat. So now, his goal was to get into the fit range.

D and I began training around September of 2013. And the guy trained very diligently. He never canceled. He always showed up on time, in spite of the fact that he would sometimes travel to my location in Koreatown Los Angeles all the way from Walnut, CA. And he showed improvements very quickly. He started to do pull-ups which he couldn't do before. His bench-press weight increased every

week. He started leg-squats with me, which he never did before. And eventually, after week after week of training, and after putting forth sheer determination and will-power, D finally hit 17% body fat, which is the maximum level of being in the fit range. For the first time since he was a child, D hit the healthy range of body fat. The pride I had as his trainer was of course enormous. And such stories always keep me motivated to train more people. I have a limitless passion for what I do. Personal training is my life.

However, there is more to the story of D. Like I said, we meet every Saturday afternoon, but on Saturdays we don't do personal training; instead, we do seminars and verbal testing for his MCAT. If anyone has ever taken the MCAT, or at least the MCAT practice exam, he or she will tell you that this test is probably one of the most difficult things to ever accomplish in the entire world. And this is not an exaggerated statement. The MCAT tests your ability to not only understand the sciences of physics, chemistry, and biology, but it also requires the use of logic and reasoning in order to solve extremely difficult questions. In fact, D always had a very difficult time with the Verbal Section, which tests a person's logic and reasoning under immense demands with the most complex questions. But

again, D is not the type of guy to give up so easily. Not only did we physically train twice a week, but we also kept working on his Verbal test-taking skills to raise his score higher. Moreover, to help with the science sections, I suggested that D should teach me the fields of physics, chemistry, and biology so that he can memorize important facts by explaining such topics to me.

One Saturday afternoon in December 2013, D presented and explained to me different equations of physics that will apply to his MCAT. He showed me how we can calculate the distance of certain places by knowing the velocity of a “mass.” He also showed me that when we calculate kinetic energy, the velocity of that mass becomes squared (mv^2). This topic led me to an interesting question. Why do we square the speed of light in Einstein’s formula: $E=mc^2$? D did not know how to answer that question. So I decided to answer it myself by researching the formula $E=mc^2$. After starting my research, it led me to more questions, and more questions that ultimately led me to a very fascinating discovery about us as humans, where our future is heading, and the existence of a universal being we know as “God”.

The discoveries I made come from sound judgment and logic. As a matter of fact, the more I see the world from my new discoveries, the more sense everything makes about us, and why we “exist.” The science I use to prove my research also comes from the most basic principles of physics. Nothing is exaggerated nor is any science misrepresented. As you read my discoveries yourself, you will clearly see that the answers I claim make perfect logical sense, as anyone who can simply read can follow my logic. Most importantly, if you apply everything you learn from this book, your entire future will change its course for the better.

So now, let us begin our story by reading how I started my research on a blog with Einstein’s famous formula: $E=mc^2$.

Chapter 2: $E=mc^2$

As a trainer I find this formula very intriguing. I never took physics class in college, and from what I remember, I scored poorly when I took physics in high school. However, after I started my career as a personal trainer, my interest in the subject of physics grew. If you consider what I do as a profession, and what other trainers do in their profession, we simply make people move. And if we analyze our work in scientific terms, we, as trainers, are helping people release their potential energy into kinetic energy, so that they will release potential chemical energy stored in their bodies, which will also help them reach their personal goals.

Let's pretend I have a client named Sal. Sal is a small business owner who rarely ever moves. Most of his energy is spent on sitting at his computer desk, and he drives most of the time when traveling long distances. So Sal's kinetic energy is spent most of the day sitting and moving his hands around a keyboard or a driving wheel. His potential energy, however, is really not understood. Sal never realized what other potential forms of energy can be released until he met me. When Sal comes into my workplace, I purposely raise his kinetic energy and

release his potential energy by making him transfer the energy of his body onto various weights, bars, dumbbells, medicine balls, etc. and make those weights move up and down, left and right, side to side, etc. I can also make Sal do mechanical work with his own body, by jumping or climb stairs, which also releases a lot of potential energy.

What fascinates me about my work with Sal comes from Einstein's formula $E=mc^2$. Since, before Einstein, people always thought of mass and energy--and energy and mass--as being entirely two different forms. However, because of Einstein's famous research, we discover that energy and mass are the same. Energy is mass times the speed of light squared ($E=mc^2$). We saw the first occurrence of this formula at work when the first atom bomb dropped on Hiroshima in 1945. What really happened that morning was nothing short of being god-like. Scientists from America figured out a way to enrich Uranium and to break-up the Uranium's nucleus so that it will implode. The implosion meant transferring the mass of Uranium into pure energy. When they dropped this Uranium over Japan as a bomb, we saw how Einstein's formula worked. The mass of Uranium multiplied into energy as the speed of light squared.

If you look at it in terms of numbers, the speed of light is 670,000,000 mph. If you square that number, it comes down to:

$$670,000,000 \times 670,000,000 = 448,900,000,000,000,000 \text{ c}^2.$$

If an amount of Uranium that transfers into pure energy weighs at 50 lbs, it comes down to:

$$50 \times 448,900,000,000,000,000 = 22,445,000,000,000,000,000 \text{ E}.$$

I'm not sure what unit of measurement scientists use for such a powerful force of energy, but just by looking at that number is quite intimidating. In fact, I'm confident that nearly all of us have heard many times the story of how awful the atomic bombs' destruction was against Hiroshima and Nagasaki. However, my interest in Einstein's formula does not rest in how it explains explosions or nuclear power, but how this formula relates with my work and my clients.

In the formula $E=mc^2$, m stands for mass, and m is essentially what we are. We are living mass. And when clients come to me for help, they wish to

make changes on their mass. Usually they wish to remove some of their mass (i.e. fat), but sometimes they come to make their mass stronger or more flexible, etc. Ironically, though I make my clients move so that they can use their energy to make the changes they wish on their mass, they themselves are living forms of energy, as we see in $E=mc^2$.

The formula for mass can be stated as: $m=E/c^2$.

All the different forms of mass that comprise our bodies (blood vessels, skin, hair, eyes, muscle, bones, etc.) are condensed energy. In fact, if we had the strange technology to do so, we can essentially convert our bodies into pure energy like the scientists were able to do with their Uranium, and make our bodies generate the same kinds of god-like effect when we make our cells and atoms implode. Consider me being dropped out of an airplane and when I pull on a string all the atoms in my body are being split apart. The energy that my body will release will equal to:

$$191.5 \text{ lbs} \times 448,900,000,000,000 \text{ c}^2$$

This idea that someone or something condensed all this energy in the universe known as "mass"

fascinates me. All the rocks, waterfalls, clouds, grass, etc. we see are made of the same stuff. All the animals and birds and reptiles that walk on Earth are made of the same stuff. We as humans are made of the same stuff too. And if we had the power to convert any of these things into pure energy, we can make a bomb infinitely stronger than what we witnessed on Hiroshima and Nagasaki. The potential energy that is in mass all over the planet is just as god-like as the bombs that we created over 50 years ago.

When I train my clients to expend energy, I am only limiting my scope of work to what their bodies can do. I am not honing into their cells, nor am I trying to understand the function of each atom as I train. As a matter of fact, I do not even apply the knowledge of physics, chemistry, or biology as doctors do with their patients. However, because of my knowledge of $E=mc^2$, I feel that all of our understanding of kinetic or potential energy, with at least among humans, is very small. When have we reached the maximum state of kinetic energy with humans? Is it simply by making a person run fast? Perhaps all the Olympians in the world can demonstrate what it means to reach maximum kinetic energy in thanks to the training of their

sport. Potential energy is associated with restoring forces. I already demonstrated how I can release those forces as a personal trainer when I work-out my clients. But how much force is being restored in a human? Perhaps to answer this question I should enrage all the Olympians in the world and observe what kinds of forces can be released.

Ultimately, it will not just be the human body that affects our energy/mass substance. Our mind will also play a great role. If I can generate and unleash all the potential forces that I can possibly find in each and every one of my clients, together, we can redefine what human kinetic energy can mean. Perhaps the combination of what Sal does with his work coupled together with Mark who comes to train with me every morning can increase different types of energy into one that affects Kay whom I have never met, but because of my work with Sal and Mark, Kay goes on to invent one of the most powerful vehicles of the 21st century. All the different combinations of energy is, essentially, one form of energy. We learned how to harness such energy once in a bomb and now in factories and gadgets as well.

I have a vision that will put my clients as a positive force with as much energy that lights different parts of the world, yet in our own unique and beautiful way. Through personal training, all of us will redefine the meaning of potential and kinetic energy. What doors Albert Einstein opened with his great formula $E=mc^2$, I hope to also open with whatever positive force and energy I transfer from myself to all my clients.

Chapter 3: Human Potential Energy, Human Kinetic Energy

If I pick up a small sized rock from the sidewalk and carry it to the roof of my 14-floor building, I am giving that rock a certain amount of potential energy it didn't have before if I intend to drop that rock back down towards the street. If I aim and release this rock on top of someone's head, as he/she is walking down the same street, I will be transferring the rock's energy onto that person, rather than the sidewalk, and that person will absorb the energy of the rock. The energy that person will absorb will definitely cause injury, if not kill the person, depending on the size of the rock.

When a person enters my workplace I am essentially doing the same work as I did with that rock. I am taking human mass and releasing its potential energy so that the human mass will move about and perform work and transfer his/her energy onto the various areas and objects of our training room. But human mass is not as simple as a rock. Humans have a great variety of ways which they can both store and release energy.

From my observation of humans, we are in a state of perpetual kinetic energy. We are constantly releasing and absorbing energy. Even if we lie completely still on the floor and hold our breath for as long as we can, energy is always being released from us--from the blood that circulates within our body, to even the electrical signals that pulse in our brain. Until life completely exits our body, we are in a state of perpetual kinetic energy. We are always moving, contracting, pulsing, releasing bodily heat etc. and transferring such energy that surrounds us. And we constantly absorb that transfer of energy from other humans, even from something as simple as a conversation. When someone speaks to us, we listen to that released form of kinetic energy and absorb that energy, which can definitely affect how we choose to release further energy for the rest of the day. If it was a bad conversation, for instance, we may choose to reserve our energy as our mood was affected negatively. If it was an inspiring conversation, we may choose to become more active and expend more energy since the words we absorbed uplifted our sense of morale.

From my observation of human potential energy, I can only conclude that it is infinite. There are no limits to human potential energy. Certainly, we

cannot hold enough potential energy and release its energy to fly through the air or run through a brick wall. But humans have created other forms of mass to hold the potential energy that can accomplish these works for us. We have airplanes, automobiles, trucks, power-drills, spaceships, etc. that can give humans kinetic forms of energy that were beyond impossible to imagine hundreds of years ago. Humans can now travel safely down the road at over 100mph. Humans can now fly. Humans can project their image onto screens all over the Earth. Humans can also break down massive size walls and even travel safely to space. If they can't travel to space, they can send a different type of mass to space to do the work for them. Furthermore, if humans have the desire (which I surely believe they do), they certainly don't have to stop here. They can find more ways to release their potential energy if they continue to build upon the work that they currently have.

Lastly, from my analysis of the formula $E=mc^2$ (post prior), I know that humans are themselves a living form of energy. Energy and mass are the same. Humans are not only mass that releases energy, but they are themselves intelligent forms of energy. In fact, according to $E=mc^2$, the amount of

energy that is in human mass is god-like. If we convert all the different matter found in human mass into pure energy, the energy that will be released will be in biblical proportions. To consider all this god-like energy is stored in human-mass does not seem believable. Yet, we saw the evidence of this power in the two atom bombs that were dropped on Hiroshima and Nagasaki. The mass that was converted into energy from those two bombs can be replicated from human mass, as mass are all essentially the same. Mass cannot be created nor destroyed. Human mass and bomb mass are the same mass. They just hold different properties of mass. Moreover, human mass is given unlimited forms of potential energy which other forms of mass on Earth do not possess. And if humans can continually move forward to unleash their potential energy as positive forces of energy, the entire future of human kinetic energy can be absolutely unimaginable.

I, as a personal trainer, have a duty to move my clients forward to important, personal goals. Mostly, my clients would like to lose fat. They also wish to shape their bodies in aesthetically pleasing ways. I also have certain clients who wish to excel in their sport. So they need to get stronger. However, how

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

