

Author Jerimy Des Releases Self-Help Book 'Universe Within You' Focused on Emotional Energy and Inner Balance

STUDIO CITY, CA, UNITED STATES, August 28, 2026 /EINPresswire.com/ -- Author [Jerimy Des](#) has released his first self-help book, *Universe Within You*. This insightful work explores how emotions shape inner energy and influence a person's life direction.

The book explores the idea that emotions are more than passing feelings and are connected to two powers of the Universe. According to Des, people are influenced by either positive or negative forces. He describes these as Light and Dark Energy, concepts he believes quietly affect every day thinking, choices, and reactions.

Des grew up in Joliet, Illinois. He planned a career in the military, but injuries changed his course. Later, even with steady work, he says something felt off. After losing his job and living out of his car for a while, he had to slow down and reflect on what led to him being homeless.

In 2016, Des moved to California. He began writing, including a script called *The Love App*, and slowly rebuilt his life. During this period, he became more aware of patterns in his thoughts and emotions. He has said that, through those struggles, he felt guided by a force that pushed him to look inward for answers beyond material success.

Those experiences became the foundation for *Universe Within You*. The book discusses how emotions like anger, fear, and envy can quietly put someone on a path of negative experiences, while emotions such as joy, calmness, and satisfaction can help redirect one's path. Des calls this acceptance from the Light Energy Force.

Rather than offering rigid rules, the book encourages observing one's experience paths in relation to the emotions they hold and others on the same experience paths around them. Des suggests paying attention to emotional reactions, even small ones, and noticing how this could come under the total control of either the Light or Dark Energy Force. Over time, he believes, your inner energy vessel will be filled with dark or light energy, prompting your acceptance into either the Light or Dark Realm.

Universe Within You is written for readers interested in self-reflection and emotional awareness. It does not present itself as a medical or psychological guide. Instead, it reflects the author's personal experiences and the conclusions he reached while facing uncertainty, loss, and the

meaning of life in the universe.

Des says the book's purpose is simple. He wants to help people pause, look inward, and understand how their emotional state connects to a Universe that is trying to balance the conflict between the Dark and Light Energy Forces.

Universe Within You is now available through major book retailers.

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