Main Text:

From the author's previous theoretical work, a consistent concept emerges:

> Energy corresponds to expansion trends, while structure corresponds to contraction trends.

But the key insight here is that neither expansion nor contraction alone can produce a stable structure. Only when the two coexist in a dynamic equilibrium can a system achieve structural stability.

Let us imagine a trend structure — a configuration made from basic trend units (trendons), which are not particles of mass, but rather the smallest response bodies to forces in the universe. These trendons can exhibit directional movement: some tend to expand outward (energy traits), others to contract inward (structural traits).

A truly stable structure is not simply the result of trendons coming together, but of their trend behaviors precisely balancing out. At each point of the structure, if an outward trend exists, there must be a counterbalancing inward trend. This duality is not rigid — it is dynamic and responsive, yet in aggregate it stabilizes the structure.

The author likens this to mechanical equilibrium in classical physics:

> When multiple forces act on a point from all directions and cancel out, the point remains stationary.

Similarly, in a trend-based structure, the trend direction at each point is a composite of surrounding trend interactions. This explains how a trend structure maintains its form — not because it is inherently still, but because all internal tendencies are in tensioned balance.

This model implies that any stable structure inherently contains energy — not because it radiates energy, but because expansion trends are still "present" in a latent, restrained form. These restrained expansion trends could be interpreted as stored energy. Likewise, contraction trends are responsible for maintaining the integrity of the structural shape.

A particularly subtle point clarified here is:

> Contraction does not equal structure, and expansion does not equal energy — they only represent directional tendencies toward those states.

A contraction trend points toward the formation of structure, but is not structure itself. An expansion trend leads toward energy dispersion, but is not energy itself. It is the interactions and balances of these trends, at every micro-point, that define whether energy is released or stability is achieved.

This theoretical foundation proposes a dynamic yet stable explanation for atomic and subatomic cohesion. Though the author cannot yet describe the micro-architecture of protons and neutrons, he asserts that:

> "Only when all the trend directions at every point of the system are precisely balanced can a stable structural entity arise."

This also leads to a broader insight:
A structure is not a passive container of energy, but a dynamic system of trend interactions.

What we call “mass” or “matter” may merely be a region of long-term equilibrium among trend directions — a frozen tension of expansion and contraction.