Round 2 · Lesson 1 · Mind & Spirit

The Zoom Out: You Are the One Watching

By the end of this lesson, you know the difference between having a thought and being your thoughts, and you have a simple way to step back from them.

About 20 minutes All ages Round 2 of 3

Part 1 · Read (5 min)

The big idea

You are not your thoughts. You are the one who notices them.

Right now, a voice in your head is reading these words. Here's a strange question: **who is listening to that voice?**

Picture the boulevard in BERLO City. Cars roll by all day. Some are loud, some are fast, some cut you off. Now picture yourself on a balcony above the street, watching the traffic go by.

Your thoughts are the cars. **You are the one on the balcony.**

Most people live down in the traffic. A worried thought pulls up and they jump in and ride it all the way to a bad mood. An angry thought honks and they honk back. They never notice there's a balcony at all.

Zooming out means stepping back onto that balcony. The cars don't stop. Thoughts keep coming, and that's normal. But now you can *watch* them instead of being dragged around by them.

Listen to the difference:

- **"I am angry."** You *are* the anger. There's nowhere to stand.
- **"I notice I'm feeling angry."** Now there's you, and there's the anger. There's space between them.

That space is where your power lives. It's the moment between what happens and what you do about it. Everything in this round grows out of that space.

The map for this round

In 1908 a small book called **The Kybalion** came out. It claimed to teach seven ancient principles about how mind and life work. Some read it as spiritual truth. Others read it as a set of powerful lenses for looking at life. **In this round, we use them as lenses.** You bring your own beliefs; these principles just help you see.

> "The lips of wisdom are closed, except to the ears of Understanding."
>
> The Kybalion (1908)

In other words: the lesson only lands when you're ready to hear it. Here are the seven you'll meet:

Mentalism It starts in the mind	**Correspondence** As above, so below
Vibration Everything moves	**Polarity** Opposites are one thing
Rhythm Everything swings	**Cause & Effect** Nothing is luck
Gender Action and patience	**+ Sacred Geometry** The patterns behind it all

But none of them work from down in the traffic. That's why we start on the balcony.

Part 2 · Practice (10 min)

The Balcony

Set a timer for 3 minutes. Sit still, close your eyes, and just watch your thoughts go by. Don't fight them, don't follow them. Each time one shows up, give it a quick label:

- **Planning**: "I need to get gas later."
- **Worrying**: "What if this doesn't work?"
- **Remembering**: "That thing she said yesterday..."
- **Judging**: "I'm bad at this."

Then fill in three of the thoughts you caught:

Thought I noticed	Label	Is it true? Is it even mine?

"Is it even mine?" matters. A lot of what runs through our heads was picked up from family, TV, the timeline or old pain. Noticing that is the first zoom out.

> Bonus: visit the University
>
> Ask Dr. Elijah Stone: "If I'm not my thoughts, then who am I?"

Part 3 · Check yourself

3 quick questions

1. In the balcony picture, your thoughts are:

- The balcony
- The cars going by
- The city

The cars going by. You're the one watching from the balcony.

2. Which sentence leaves the most space between you and the feeling?

- "I am angry."
- "Everyone makes me angry."
- "I notice I'm feeling angry."

"I notice I'm feeling angry." Noticing puts you on the balcony.

3. In this round, the Kybalion's seven principles are used as:

- Lenses for seeing your life
- Rules you must believe
- A replacement for your faith

Lenses for seeing your life. Bring your own beliefs; the lenses help you see.

Part 4 · Try it this week

Your real-life task

Three times a day, when you feel something strong (stress in traffic, a rude text, a bill), stop and say in your head: **"I notice I'm feeling ___."**

At the end of the week, write one sentence: *What changed when I noticed instead of reacted?*

Next: Mentalism

Now that you're on the balcony, Lesson 2 looks at the first principle: "The All is Mind." How what you think shapes what you choose, and what you choose shapes your life.