Round 2 · Lesson 5 · Vibration

Everything Moves

By the end of this lesson, you understand what's literally true about vibration, what's a metaphor, and how to manage the mood you carry into a room.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

> "Nothing rests; everything moves; everything vibrates."
>
> The Kybalion (1908)

Nothing is truly still, including you.

Start with what science agrees on. The atoms in your chair are jiggling right now. Sound is air vibrating. Light and color are waves; red and violet are different speeds of the same thing. Even the "solid" world is in motion. The Kybalion said so in 1908: *"Nothing rests; everything moves; everything vibrates."*

Now the life lesson, and this part is a **metaphor**, a useful way of seeing. People talk about "good vibes" and "bad energy." Here's what's real underneath that:

- **Moods spread.** Researchers call it emotional contagion. Walk into a tense room and you tense up. Laugh around friends and they laugh more.
- **You carry a mood into every room.** People feel it before you say a word.
- **The company you keep sets your normal.** Spend all day around complaining and complaining starts to feel normal. Spend it around builders and building starts to feel normal.

So "raise your vibration" isn't a spell. It means: **notice the mood you're in, and change it on purpose before it spreads.** Music, a walk, a breath, a call to the right person, a meal. Small things shift your state.

> **Careful.** You'll hear "high vibrations attract money" or "your frequency caused your illness." Those claims aren't supported, and the second one can make people blame themselves for things they didn't cause. Use vibration as a lens for mood and company, not as a promise.

Part 2 · Practice (10 min)

Your energy audit

List the five people, places or things you spend the most time with (people, phone apps, music, shows). Rate how you usually feel after: drained, same, or lifted.

Who or what	After, I feel…	Keep, cut or limit?

> Bonus: Tune BERLO City Radio
>
> Switch stations and notice: how fast does the music change your mood?

Part 3 · Check yourself

3 quick questions

1. Which statement is literal science?

- Atoms are always moving
- Good vibes attract money
- Your frequency causes illness

Atoms are always moving. Atoms vibrate. The other two aren't supported.

2. "Emotional contagion" means:

- Feelings can spread between people
- Emotions are a disease
- You can't change your mood

Feelings can spread between people. Moods spread, which is why the room matters.

3. In this lesson, "raise your vibration" means:

- Wish harder
- Notice your mood and shift it on purpose
- Avoid everyone

Notice your mood and shift it on purpose. Notice, then change your state with small actions.

Part 4 · Try it this week

Your real-life task

Pick one item from your audit to limit this week, and one lifting thing to add. Before each important conversation, take 30 seconds to check what mood you're bringing in.

Next: Polarity

Opposites are the same thing at different degrees, which means fear can become courage.

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