Round 2 · Lesson 6 · Polarity

Two Ends of One Thing

By the end of this lesson, you can see opposites as two ends of one scale and move yourself a few steps along it, from fear toward courage, from doubt toward faith.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

> "Everything is Dual; everything has poles; everything has its pair of opposites."
>
> The Kybalion (1908)

Hot and cold aren't two different things. They're one thing: temperature.

Where does cold end and hot begin? You can't point to it. It's one scale with two ends. Same with light and dark, loud and quiet, fast and slow. The Kybalion calls this **Polarity**: opposites are the same thing in different amounts.

Now apply it to feelings:

- **Fear and courage** are both about facing danger. One runs, one stands.
- **Doubt and faith** are both about the unknown. One shrinks, one trusts.
- **Hate and love** are both about caring strongly. That's why they can flip so fast.

Here's the power in that. If fear and courage were different things, you'd have to get rid of fear and go find courage somewhere else. But they're the same

thing, so **you don't have to jump to the other end. You just move a few degrees.**

You can't go from terrified to fearless in one step. But you can go from terrified to nervous. Nervous to uneasy. Uneasy to ready. Each step is small. That's how a thermostat works, and it's how people actually change.

Notice too: the energy is the same. The butterflies before a big moment can be called fear or called excitement. Your body feels almost the same either way. **The name you give it changes which way you move.**

Part 2 · Practice (10 min)

The thermometer

Pick one feeling that's holding you back. Write it at the bottom. Write its opposite at the top. Fill in the steps between. Then circle where you are now and just aim for one step up.

Step	Your words
Top (opposite)	
Step 4	
Step 3	
Step 2	
Bottom (the feeling)	

Example: Fear nervous uneasy willing courage.

> Bonus: Ask the professor
>
> Ask Dr. Stone: "What's the difference between nervous and excited?"

Part 3 · Check yourself

3 quick questions

1. Polarity says hot and cold are:

- Totally different things
- Two ends of one scale
- Not real

Two ends of one scale. Both are temperature, in different amounts.

2. The best way to move from fear toward courage is:

- Jump straight to fearless
- Move one small step up the scale
- Wait for fear to disappear

Move one small step up the scale. Small steps along the same scale.

3. Butterflies before a big moment can be named:

- Only fear
- Fear or excitement; the name changes your direction
- A sign to quit

Fear or excitement; the name changes your direction. Same energy, different label.

Part 4 · Try it this week

Your real-life task

Every time you feel the stuck feeling this week, name the next step up out loud. "I'm not brave yet, but I'm willing." Notice how one step is easier than a

leap.

Next: Rhythm

The pendulum swings in everything. How to ride good seasons and bad ones without being thrown.

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