Round 2 · Lesson 7 · Rhythm

The Pendulum Swings

By the end of this lesson, you can recognize the up and down seasons in your life and stay steady through both.

About 20 minutes All ages Round 2

Part 1 · Read (5–8 min)

The big idea

> "Everything flows, out and in; everything has its tides; all things rise and fall."
>
> The Kybalion (1908)

Every high has a low. Every low has a high. The trick is not to be thrown by either.

The tide comes in and goes out. Day becomes night. Winter becomes spring. Markets go up and down; you can watch our paper-trading bots in BERLO City have good days and bad days. Freight has busy seasons and slow ones. The Kybalion calls this **Rhythm**: everything swings like a pendulum.

Most people get thrown by the swing. When things are up, they spend like the high will last forever. When things are down, they quit like the low will last forever. **Both mistakes come from forgetting the pendulum.**

Three ways to work with rhythm:

1. **In the high season, prepare for the low.** Save some of the good month. Build while energy is high.

2. **In the low season, remember it swings back.** Rest, learn, repair. Don't make permanent decisions about temporary feelings.
3. **Stand in the middle.** The Kybalion teaches that you can rise above the swing instead of riding all the way to each end. In plain words: stay steady. Don't get too high on the wins or too low on the losses.

A good rule from this lesson: **never make big decisions at the very top or the very bottom of the swing.** At the top you feel invincible. At the bottom you feel hopeless. Neither feeling is telling you the truth. Wait until you're back near the middle.

Part 2 · Practice (10 min)

Map your seasons

Think back over the last year. When were your high seasons and low seasons (money, energy, mood, work)? Look for a pattern.

Area	High season	Low season	How I'll prepare
Money			
Energy			
Work			

> Bonus: Watch the bots
>
> Look at the trading towers. Find a bot that had a bad day. Does one bad day decide the whole story?

Part 3 · Check yourself

3 quick questions

1. Rhythm says that:

- Good times last forever
- Everything rises and falls
- Bad times never end

Everything rises and falls. Everything has its tides.

2. In a high season, the smart move is to:

- Spend like it'll never end
- Prepare for the low
- Quit while ahead

Prepare for the low. Save and build while the swing is up.

3. When should you avoid big decisions?

- At the very top or bottom of the swing
- On weekdays
- Never

At the very top or bottom of the swing. Extremes lie. Decide near the middle.

Part 4 · Try it this week

Your real-life task

Write down one decision you've been tempted to make from a high or a low. Put a date on the calendar one week out. Decide then, not now.

Next: Cause & Effect

Nothing is luck. How to become a cause in your own life.

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