

The Kybalion (1908), Chapter II: The Principle of Vibration

“Nothing rests; everything moves; everything vibrates.”

This Principle embodies the truth that “motion” is manifest in everything in the Universe. Nothing is at rest — everything moves, everything vibrates, everything is in constant change.

The differences between the various manifestations of matter, energy, mind, and even spirit, result largely from varying rates of vibration.

From the All, which is Pure Spirit, down to the grossest form of matter, all is in vibration.

The higher the vibration, the higher the position in the scale.

The vibration of Spirit is at such an infinite rate of intensity and rapidity that it is practically at rest — just as a rapidly moving wheel seems to be motionless. At the other end of the scale, there are gross forms of matter whose vibrations are so low as to appear at rest. Between these poles are millions upon millions of varying degrees of vibration.

The student who understands this Principle, and its corresponding methods of application, holds the key to the mastery of their own mental states.

By raising the vibration of their emotions and thoughts, a person may lift themselves above negative feelings, fears, and moods, just as one rises above the lower air by intensifying the rate of their vibrations.

In this understanding lies the possibility of transformation — the shifting of emotional states at will — through conscious attention and practice.”



EMPOWERED FREEDOM

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