

# The Vibrational, Spiritual Key to Overcoming Any Challenge



"I think, therefore, I am." –René Descartes

**Have you ever felt trapped in a problem with no apparent way out? As if every attempt to solve it only leads to more Confusion, anxiety, and exhaustion.**

**What if I told you there is a secret technique that can lift you out of any predicament without any physical effort, panic, or struggle? The universe will help you. But first, you need to understand how it really works.**

**Uncover the hidden principle, the vibrational key that completely changes how you perceive and handle any challenge. And the truth is simple. The problem and the solution are the same, only on different frequencies. When you shift your mental focus, your vibration of intention, the universe responds.**

**"I trust the universe, and I am already tuned to the frequency of the solution."**

**This phrase will open the portal of transformation for you and for everyone who reads it.**

**To understand why this technique works and how it can reverse any situation, we must turn to one of the greatest consciousness researchers, Jacobo Grinberg.**

**Grinberg devoted his life to studying the human mind, blending insights from neuroscience, quantum physics, and spiritual traditions. Grinberg's Sintergy Theory states that there is a continuous space of energy, and the common human can perceive only a part of it. The result of this process is what everyone understands as "reality."**

**Jacobo Grinberg Zylberbaum was born in Mexico City in 1946. Grinberg decided to study the human mind when he was 12 years old, after his mother died from a brain tumor. He studied psychology at the Faculty of Psychology of UNAM. In 1970, he went to New York City to study psychophysiology at the Brain Research Institute. He earned a Ph.D. at the E. Roy John Laboratory. His doctoral research focused on the electrophysiological effects of geometric stimuli on the human brain.**

**When he went back to Mexico, he founded a laboratory of psychophysiology at the Universidad Anáhuac. He installed another laboratory of this kind in UNAM in the late 1970s. He founded the Instituto Nacional para el Estudio de la Conciencia (INPEC) in 1987, financed by UNAM and CONACYT. Jacobo published several of his books through INPEC. Grinberg wrote more than 50 books about brain activity, shamanism, telepathy, and meditation. His doctoral research focused on the electrophysiological effects of geometric stimuli on the human brain.**

**Grinberg put his reputation as a scientist in danger when he tried to use the scientific method in shamanism studies. He combined the two in his professional work, always trying to understand the “magic world.” Grinberg attempted to change the way that the relationship between science and consciousness is understood. His work was rejected by fellow scientists as "psi**

**assumption", the premise that any deviation from chance represents a case of telepathy.**

**His theory of the neuronal field revolutionized how we understand reality. He proposed that the world we perceive is not objective, but a projection of our mental structure.**

**According to Grinberg, the universe responds to the frequency of our consciousness. That means we're not just observers of reality. We're its creators. Everything we call a problem is actually a reflection of our inner vibration. And every solution already exists in the opposite pole, waiting for us to align with it.**

**This idea echoes ancient teachings, especially the principles of polarity and cause and effect. This isn't blind mysticism, but the science of consciousness. Your reality changes when your frequency changes. And that's exactly what you must learn to apply. The universe isn't against you. It's simply waiting for you to tune into the right frequency. One of the most life-changing revelations is realizing that problems and solutions aren't distant opposites, but the same reality manifested at different frequencies.**

**It may sound abstract at first, but once you grasp the principle of polarity, everything falls into place. The fourth hermetic principle describes that everything is**

**dual. Everything has polarities. Everything has its opposite. The similar and dissimilar are the same, differing only in their negative or positive degree. This invites us to see the world of potentiality. Problems are not separate from solutions any more than heat is separate from cold. They are different degrees of the same effect, the temperature.**

**Similarly, whenever you recall a problem in your life, a debt, or an illness, a difficult business or personal relationship, it already contains within it the frequency of a solution. The only difference is the level of vibration, and or frequency, you are tuned into. The goal is to become a Finely Tuned Spiritual Being.**

**If you stay stuck in the frequency of fear, scarcity, or anxiety, you're vibrating on the lower end of the same spectrum that holds the solution.**

**Imagine a vibrational ladder. The higher you climb, the closer you get to resolution. The problem doesn't vanish. It transmutes. Its essence remains the same, but its form shifts with frequency; just as an ice cube becomes vapor when heated yet remains water.**

**Your challenge transforms into triumph as you elevate your vibration. This understanding shifts you out of victimhood and places you at the center of your own creative power. You don't need to eliminate the problem.**

**You need to modify your internal state until you vibrate in a reality where it is already solved.**

**From this new perspective, the problem loses its resistance and dissolves. Here's where wisdom meets practice. If problem and solution are the same thing at opposite poles, the key isn't fighting the problem but aligning with the solution's frequency. It's not about effort, but about tuning. When you start moving toward the logical, objective, vibrational solution, the universe arranges the correct paths, ideas, people, and opportunities that bring the outcome, the answers you seek. This is not a vague set of spiritual metaphors. It is the Law of Vibrational Reality.**

**And once you understand it, and live it fully from a solution-oriented perspective, you won't see problems or obstacles the same way ever again.**

**We live in a society that taught us solutions come from working harder, chasing more, struggling, and conquering. That logic serves functionality. But when it comes to deep, lasting transformation, it fails miserably. Why? Because it operates only on the level of effect, not the true cause of reality. According to the sixth hermetic principle, the principle of cause and effect, everything we experience physically is merely a consequence of something invisible and vibrational.**

**What you see, touch, or live through is considered the effect of a cause that started within your inner world, the subconscious. Your thoughts, beliefs, emotions, and identity paradigm. This is what shapes this reality we call life.**

**Now, imagine someone in debt. They might sell possessions, work overtime, hustle to clear that debt, and maybe they eventually succeed. But if the internal paradigm of scarcity remains active, if they still believe, feel, and identify as someone perpetually in debt or unable to prosper, a new situation will soon arise to reaffirm that state. Action alters the surface. Internal frequency recreates the cycle. True transformation does not start with physical effort, but with recognizing that the cause lies within.**

**The world does not react to your actions, but to the vibration behind them. Efforts born of fear, frustration, hurry, or scarcity, no matter how well-intentioned, will carry that underlying vibration and attract experiences that match it. That does not mean that you abandon action, but mentally reposition it in your subconscious.**

**Action becomes powerful only when it springs from an aligned vibration. When you change your consciousness, your internal state, you act differently. Decisions flow intuitively.**

**Opportunities appear with clarity, and effort gives way to your perpetual flow state.**

**That's why so many people repeat the same cycles. They Keep trying to solve the same problems with the old subconscious vibrations that created them.**

**You must interrupt this pattern, not with more force, but with vibrational awareness. The great truth is that reality bends for those who understand the true cause. And once you learn to operate at that inner level, you begin to move the universe's pieces quietly but powerfully.**

**From there, physical action becomes merely the natural expression of an early expression of an already transformed inner state. Many confuse vibration with frequency, thinking that feeling good for a few minutes is enough to alter reality. But there is a crucial difference between these two aspects of your personal energetic field. And understanding this is key to true reality transformation.**

**Vibration is your momentary emotional state. It's the instant response you have to a situation. Your feelings of frustration, fear, anger, excitement, or happiness-- fluctuate easily, sometimes involuntarily.**

**Frequency, on the other hand, is deeper and more stable. It's the peaceful level of consciousness you maintain over time.**

**The vibrational backdrop of your identity. For example, someone might feel a surge of optimism from an inspiring video, but if their dominant emotional state remains insecurity and scarcity, that's what will continue to shape their reality.**

**The universe responds to your frequency, not to fleeting emotions. Your frequency is formed by everything you believe about yourself and the world. It results from repeated thoughts, beliefs, and feelings.**

**If you see yourself as small, limited, and unworthy, that vision solidifies into the lens through which you view all opportunities. And here's the most astonishing part. It becomes a magnet for experiences that confirm that state of being. What you feel consistently-- becomes what you experience constantly.**

**Grinberg called this structure the perceptual state, the invisible mold that filters the universe's possibilities and selects only those compatible with your frequency. That's why two people can face the same circumstances and get completely different results. One sees opportunity, the other sees a problem.**

**The difference, their frequencies.**

**To change your life, you must change the field in which your consciousness operates. This requires vibrational consistency. It is not enough to feel gratitude once a day. You need to sustain that emotion even after it becomes your new normal. Repetition builds density, and density creates reality.**

**The good news is that this mental shift is entirely possible. You already have the capacity, as a citizen of the cosmos, to change your spiritual frequency within. It all starts by recognizing what you are broadcasting right now. What is your dominant frequency? Fear, frustration, anxiety—or TRUST, SURRENDER, PEACE.**

**This self-awareness is the first step.**

**From there, the work is ongoing and lifelong. It involves bringing a positive presence, adjusting thoughts, cultivating solid new emotions, and having an outlook on life. Above all, it involves adopting a new mental and, thus, spiritual identity. Because at its core, our frequency is an extension of who you believe you are as a benevolent spiritual being. And when that identity transforms, the world blends in as a response.**

**Now that you understand the vibrational foundation of reality, it's time to put this knowledge into practice.**

**Theory, no matter how powerful, only becomes real when experienced. And there's a simple, effective process divided into three essential steps.**

**Noticing, centering attention, and redirecting the mind.**

**This is the conscious path to shifting your spiritual frequency, and thus, your life**

**Step One, noticing. This is your starting point. Most people live on autopilot, reacting to thoughts as though they own them. They don't realize that many thoughts passing through the mind are just conditioned patterns, unchosen, merely repeated. Noticing means observing these thoughts, emotions, and beliefs without identifying with them.**

**When you think, "I'll never get out of this." Instead of sinking into pain or self-judgment, pause and observe. "That thought just arose. I see it. I am not it." This separation between the observer and the observed content is the seed of inner freedom.**

**Step Two, centering attention. Once you notice you're stuck in scarcity, fear, or limitation, the next step is bringing your attention to the now. The present is the only realm where you can truly change your frequency.**

**The past fosters guilt. The future anxiety. The present is neutral. It's where the power resides. The simplest way to anchor yourself is to return to your body.**

**Notice your breath. Feel your body's weight in the chair. The soles of your feet on the floor. Your body is always here. And where the body is, the now of your life's reality is.**

**In that moment, your mind quiets, and you break the cycle of mental projection, reinforcing the problem.**

**Three, redirecting the mind. With attention centered in the present and your mind clear, you now have the space to deliberately choose what you want to tune into.**

**Here's where creative imagination comes in. Ask yourself, how would I feel if this problem were already solved? Visualize, feel, and experience it. It's not about pretending everything is perfect, but about activating the vibration of the desired reality as if it already exists. Because on a vibrational level, it does.**

**This mental, emotional image impresses a new reference onto your subconscious. The more you repeat it, the stronger it becomes. This process seems simple, but it demands awareness.**

**Over time, however, it becomes natural. You start living with more clarity, presence, and intention. And that's when miracles begin to appear, not as sudden magic, but as the inevitable outcome of a new state of being.**

**One of the most powerful yet underestimated tools for transforming reality is creative visualization. Its efficacy isn't a matter of blind faith or empty positivity. It's supported by both spiritual traditions and neuroscience**

**Why? Because the subconscious can't distinguish between real and vividly imagined dreams and experiences.**

**So, whenever you have an interactive dream or visualize with clarity, emotion, and full engagement, your subconscious records it as real. It doesn't analyze or judge. It simply accepts. And since the subconscious governs over 90% of your life, this practice becomes a direct channel for shifting your inner spiritual frequency, and thus, reconfiguring your external reality.**

**Feel the relief, the calm, the gratitude. Notice your body's relaxation. The more vivid and emotionally peaceful the scene, the more your subconscious accepts it as a truthful reality. This creates a new vibrational reference.**

**Your system starts operating from that new image. Your mind stops seeking desperate solutions born of fear and**

**Begins generating better behaviors, ideas, and solution-oriented actions aligned with your visualized reality.**

**It's like rewriting your life's screenplay. The plot starts following a new narrative. Here's the crucial point. It's not enough to visualize perfunctorily or in a rush. The key is your emotional investment. The more you feel it, the more you'll imprint it into your reality.**

**That is why repeating affirmations without genuine feeling rarely yields results. WORDS ARE TOOLS, but FEELING is the FORCE that engraves.**

**The best time for this practice is before sleep, in the HYPNOGOGIC state, that threshold between wakefulness and sleep. In that state, the brainwaves are in theta frequency, similar to an infant's early developmental years, when learning new information is absorbed without filters.**

**Visualizing is like planting seeds in fertile soil. You can also use external aids such as pleasant instrumental music. Anything that engages the senses and makes the experience more real to your subconscious.**

**But remember, more than external resources, it is internal clarity and genuine peaceful emotion that turn this practice into vibrational power.**

**Over time, this new spiritual frequency solidifies. Your reality around you improves and shifts because your spirit has changed internally. It is terribly jarring and very personal. It is best experienced in complete solitude, as long as it takes to shed your old defeatist spirit and ways. What was impossible manifests naturally. Problems become opportunities. You discover in dedicated practice that you always had the power to create the life you want, starting with your own mind.**

**After grasping vibration, conscious state, and visualization, there's one last essential element that completes this new manifestation practice.**

**Complete TRUST in the process.**

**This is where many stumble. They visualize, affirm, practice, but remain anxious, doubtful, seeking immediate signs. That anxiety signals that their frequency is still tied to the problem. True transformation requires detachment.**

**That doesn't mean giving up on what you want but releasing the need to control the how and when. Detachment creates the space the universe needs to deliver the new. As long as you remain emotionally attached to the absence of the solution, you will not gain permanent results.**

**To have faith is to know that the invisible is already organizing in your favor, even if it hasn't materialized yet. It is acknowledging that the universe's intelligence far surpasses the rational mind and that your only job is to tune into the frequency of probable solutions and stay there.**

**Grindberg spoke of a unified field of consciousness, a hidden dimensional fabric that connects all things and responds to your frequency of perception.**

**Religious and spiritual traditions call this field of consciousness God, or the benevolent Creator, or the Source, or the Universe.**

**What matters is that this field responds to vibrational, spiritual surrender, and humble, sincere mental effort. When you trust in the process, you release old negative habits and ways. And when you let go of the past failures, you allow greater, benevolent forces to guide you without interference from doubt. That is when miracles and insights happen in your life.**

**Unexpected, fortuitous events, unlikely encounters will cross your path, and probable, eureka solutions appear effortlessly in your mind out of the aether; the field you activated with positive, sustained spiritual and the FAITH that it is already done.**

**To cultivate this trust, practice a simple daily phrase—**

**“Everything is already resolved.”**

**Say it without expecting an instant feeling. Just repeat it nightly. Fed without resistance, this phrase builds an inner field of peace that becomes irresistible to benevolent manifestation.**

**And when negative thoughts of failure arise, and they will-- don't fight them. You simply observe them and consciously choose NEVER to trust them again. That is the game of Vibrational Mastery and STAYING SPIRITUALLY ALIGNED with your BLESSINGS, when everything seems contrary. Because that's exactly when the universe tests your inner coherence.**

**In the end, manifestation is the reflection of your renewed spiritual frequency combined with your ability to TRUST in the invisible, to HAVE FAITH. The universe acts precisely when you create the space for it to act in your life. And that space is born when you move forward with the certainty that it is already done.**

**Now that you understand how reality works, what will define your future is what you do with it.**

**Every transformation begins with a simple step. Apply what you've learned. Don't wait for the perfect moment.**

**Don't wait until you feel ready. Start now. Notice your thoughts. Bring your attention to the present and, above all, assume the frequency of the solution.**

**Visualize, feel, and live as if everything is already resolved because energetically, it is.**

**Remember, the universe doesn't respond to desperation, but to vibrational coherence. The more you trust, the more it works in your favor.**

**Together, we can raise collective consciousness and create a more awakened World. Declare to the universe—**

**“I am already tuned to the frequency of the solution.”**

**That is your vibrational declaration. And the universe is already listening.**

## THE SEVEN HERMETIC PRINCIPLES

***“The Principles of Truth are Seven; he who knows these, understandingly, possesses the Magic Key before whose touch all the Doors of the Temple fly open.”–The Kybalion.***

The Seven Hermetic Principles, upon which the entire Hermetic Philosophy is based, are as follows:

1. The Principle of Mentalism.
2. The Principle of Correspondence.
3. The Principle of Vibration.
4. The Principle of Polarity.
5. The Principle of Rhythm.
6. The Principle of Cause and Effect.
7. The Principle of Gender.

These Seven Principles will be discussed and explained as we proceed with these lessons. A short explanation of each, however, may well be given at this point.

### 1. The Principle of Mentalism

***“THE ALL IS MIND; The Universe is Mental.”–The Kybalion.***

This Principle embodies the truth that “All is Mind.” It explains that THE ALL (which is the Substantial Reality underlying all the outward manifestations and appearances which we know under the terms of “The Material Universe”; the “Phenomena of Life”; “Matter”; “Energy”; and, in short, all that is apparent to our material senses) is SPIRIT which in itself is UNKNOWABLE and UNDEFINABLE, but which may be considered and thought of as AN UNIVERSAL, INFINITE, LIVING MIND. It also explains that all the phenomenal world or universe is simply a Mental Creation of THE ALL, subject to the Laws of Created Things, and that the universe, as a whole, and in its parts or units, has its existence in the Mind of THE ALL, in which Mind we “live and move and have our being.” This Principle, by establishing the Mental Nature of the Universe, easily explains all of the varied mental and psychic phenomena that occupy such a large portion of the public attention, and which, without such explanation, are non-understandable and defy scientific treatment. An understanding of this great Hermetic Principle of Mentalism enables the individual to readily grasp the laws of the Mental Universe, and to apply the same to his well-being and advancement. The Hermetic Student is enabled to apply intelligently the great Mental Laws, instead of using them in a haphazard manner. With the Master-Key in his possession, the student may unlock the many doors of the mental and psychic temple of knowledge and enter the same freely and intelligently. This Principle explains the true nature of “Energy,” “Power,” and “Matter,” and why and how all these are

subordinate to the Mastery of Mind. One of the old Hermetic Masters wrote, long ages ago: “He who grasps the truth of the Mental Nature of the Universe is well advanced on The Path to Mastery.” And these words are as true today as at the time they were first written. Without this Master-Key, Mastery is impossible, and the student knocks in vain at the many doors of The Temple.

## 2. The Principle of Correspondence

**“As above, so below; as below, so above.”**—*The Kybalion*.

This Principle embodies the truth that there is always a Correspondence between the laws and phenomena of the various planes of Being and Life. The old Hermetic axiom ran in these words: “As above, so below; as below, so above.” And the grasping of this Principle gives one the means of solving many a dark paradox, and hidden secret of Nature. There are planes beyond our knowing, but when we apply the Principle of Correspondence to them we are able to understand much that would otherwise be unknowable to us. This Principle is of universal application and manifestation, on the various planes of the material, mental, and spiritual universe—it is an Universal Law. The ancient Hermetists considered this Principle as one of the most important mental instruments by which man was able to pry aside the obstacles which hid from view the Unknown. Its use even tore aside the Veil of Isis to the extent that a glimpse of the face of the goddess might be caught. Just as a knowledge of the Principles of Geometry enables man to measure distant suns and their movements, while seated in his observatory, so a knowledge of the Principle of Correspondence enables Man to reason intelligently from the Known to the Unknown. Studying the monad, he understands the archangel.

## 3. The Principle of Vibration

**“Nothing rests; everything moves; everything vibrates.”**—*The Kybalion*.

This Principle embodies the truth that “everything is in motion”; “everything vibrates”; “nothing is at rest”; facts which Modern Science endorses, and which each new scientific discovery tends to verify. And yet this Hermetic Principle was enunciated thousands of years ago, by the Masters of Ancient Egypt. This Principle explains that the differences between different 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. And at the other end of the scale, there are gross forms of matter whose vibrations are so low as to seem at rest. Between these poles, there are millions upon millions of varying degrees of vibration. From corpuscle and electron, atom and molecule, to worlds and universes, everything is in vibratory motion. This is also true on the planes of energy and force (which are but varying degrees of vibration); and also on the mental planes (whose states depend upon vibrations); and even on to the spiritual planes. An understanding of this Principle, with the appropriate formulas, enables Hermetic

students to control their own mental vibrations as well as those of others. The Masters also apply this Principle to the conquering of Natural phenomena, in various ways. “He who understands the Principle of Vibration, has grasped the scepter of power,” says one of the old writers.

#### **4. The Principle of Polarity**

***“Everything is Dual; everything has poles; everything has its pair of opposites; like and unlike are the same; opposites are identical in nature, but different in degree; extremes meet; all truths are but half-truths; all paradoxes may be reconciled.”***—*The Kybalion*.

This Principle embodies the truth that “everything is dual”; “everything has two poles”; “everything has its pair of opposites,” all of which were old Hermetic axioms. It explains the old paradoxes, that have perplexed so many, which have been stated as follows: “Thesis and antithesis are identical in nature, but different in degree”; “opposites are the same, differing only in degree”; “the pairs of opposites may be reconciled”; “extremes meet”; “everything is and isn’t, at the same time”; “all truths are but half-truths”; “every truth is half-false”; “there are two sides to everything,” etc., etc., etc. It explains that in everything there are two poles, or opposite aspects, and that “opposites” are really only the two extremes of the same thing, with many varying degrees between them. To illustrate: Heat and Cold, although “opposites,” are really the same thing, the differences consisting merely of degrees of the same thing. Look at your thermometer and see if you can discover where “heat” terminates and “cold” begins! There is no such thing as “absolute heat” or “absolute cold”—the two terms “heat” and “cold” simply indicate varying degrees of the same thing, and that “same thing” which manifests as “heat” and “cold” is merely a form, variety, and rate of Vibration. So “heat” and “cold” are simply the “two poles” of that which we call “Heat”—and the phenomena attendant thereupon are manifestations of the Principle of Polarity. The same Principle manifests in the case of “Light and Darkness,” which are the same thing, the difference consisting of varying degrees between the two poles of the phenomena. Where does “darkness” leave off, and “light” begin? What is the difference between “Large and Small”? Between “Hard and Soft”? Between “Black and White”? Between “Sharp and Dull”? Between “Noise and Quiet”? Between “High and Low”? Between “Positive and Negative”? The Principle of Polarity explains these paradoxes, and no other Principle can supersede it. The same Principle operates on the Mental Plane. Let us take a radical and extreme example—that of “Love and Hate,” two mental states apparently totally different. And yet there are degrees of Hate and degrees of Love, and a middle point in which we use the terms “Like or Dislike,” which shade into each other so gradually that sometimes we are at a loss to know whether we “like” or “dislike” or “neither.” And all are simply degrees of the same thing, as you will see if you will but think a moment. And, more than this (and considered of more importance by the Hermetists), it is possible to change the vibrations of Hate to the vibrations of Love, in one’s own mind, and in the minds of others. Many of you, who read these lines, have had personal experiences of the involuntary rapid transition from Love to Hate, and the reverse, in your own case and that of others. And you will therefore realize the possibility of this being accomplished by the use of the Will, by means of the Hermetic formulas. “Good and Evil” are

but the poles of the same thing, and the Hermetist understands the art of transmuting Evil into Good, by means of an application of the Principle of Polarity. In short, the “Art of Polarization” becomes a phase of “Mental Alchemy” known and practiced by the ancient and modern Hermetic Masters. An understanding of the Principle will enable one to change his own Polarity, as well as that of others, if he will devote the time and study necessary to master the art.

## 5. The Principle of Rhythm

***“Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.”—The Kybalion.***

This Principle embodies the truth that in everything there is manifested a measured motion, to and fro; a flow and inflow; a swing backward and forward; a pendulum-like movement; a tide-like ebb and flow; a high-tide and low-tide; between the two poles which exist in accordance with the Principle of Polarity described a moment ago. There is always an action and a reaction; an advance and a retreat; a rising and a sinking. This is in the affairs of the Universe, suns, worlds, men, animals, mind, energy, and matter. This law is manifest in the creation and destruction of worlds; in the rise and fall of nations; in the life of all things; and finally in the mental states of Man (and it is with this latter that the Hermetists find the understanding of the Principle most important). The Hermetists have grasped this Principle, finding its universal application, and have also discovered certain means to overcome its effects in themselves by the use of the appropriate formulas and methods. They apply the Mental Law of Neutralization. They cannot annul the Principle, or cause it to cease its operation, but they have learned how to escape its effects upon themselves to a certain degree depending upon the Mastery of the Principle. They have learned how to USE it, instead of being USED BY it. In this and similar methods, consist the Art of the Hermetists. The Master of Hermetics polarizes himself at the point at which he desires to rest, and then neutralizes the Rhythmic swing of the pendulum which would tend to carry him to the other pole. All individuals who have attained any degree of Self-Mastery do this to a certain degree, more or less unconsciously, but the Master does this consciously, and by the use of his Will, and attains a degree of Poise and Mental Firmness almost impossible of belief on the part of the masses who are swung backward and forward like a pendulum. This Principle and that of Polarity have been closely studied by the Hermetists, and the methods of counteracting, neutralizing, and USING them form an important part of the Hermetic Mental Alchemy.

## 6. The Principle of Cause and Effect

***“Every Cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is but a name for Law not recognized; there are many planes of causation, but nothing escapes the Law.”—The Kybalion.***

This Principle embodies the fact that there is a Cause for every Effect; an Effect from every Cause. It explains that: “Everything Happens according to Law”; that nothing ever “merely

happens”; that there is no such thing as Chance; that while there are various planes of Cause and Effect, the higher dominating the lower planes, still nothing ever entirely escapes the Law. The Hermetists understand the art and methods of rising above the ordinary plane of Cause and Effect, to a certain degree, and by mentally rising to a higher plane they become Causers instead of Effects. The masses of people are carried along, obedient to environment; the wills and desires of others stronger than themselves; heredity; suggestion; and other outward causes moving them about like pawns on the Chessboard of Life. But the Masters, rising to the plane above, dominate their moods, characters, qualities, and powers, as well as the environment surrounding them, and become Movers instead of pawns. They help to PLAY THE GAME OF LIFE, instead of being played and moved about by other wills and environment. They USE the Principle instead of being its tools. The Masters obey the Causation of the higher planes, but they help to RULE on their own plane. In this statement there is condensed a wealth of Hermetic knowledge—let him read who can.

## **7. The Principle of Gender**

***“Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes.”—The Kybalion.***

This Principle embodies the truth that there is GENDER manifested in everything—the Masculine and Feminine Principles ever at work. This is true not only of the Physical Plane, but of the Mental and even the Spiritual Planes. On the Physical Plane, the Principle manifests as SEX, on the higher planes it takes higher forms, but the Principle is ever the same. No creation, physical, mental or spiritual, is possible without this Principle. An understanding of its laws will throw light on many a subject that has perplexed the minds of men. The Principle of Gender works ever in the direction of generation, regeneration, and creation. Everything, and every person, contains the two Elements or Principles, or this great Principle, within it, him or her. Every Male thing has the Female Element also; every Female contains also the Male Principle. If you would understand the philosophy of Mental and Spiritual Creation, Generation, and Re-generation, you must understand and study this Hermetic Principle. It contains the solution of many mysteries of Life. We caution you that this Principle has no reference to the many base, pernicious and degrading lustful theories, teachings and practices, which are taught under fanciful titles, and which are a prostitution of the great natural principle of Gender. Such base revivals of the ancient infamous forms of Phallicism tend to ruin mind, body and soul, and the Hermetic Philosophy has ever sounded the warning note against these degraded teachings which tend toward lust, licentiousness, and perversion of Nature’s principles. If you seek such teachings, you must go elsewhere for them—Hermeticism contains nothing for you along these lines. To the pure, all things are pure; to the base, all things are base.