

THE KYBALION

Session 1 - Introduction and Chapter 1 - Participant Study Guide

SESSION 1: INTRODUCTION AND CHAPTER 1

Foundations of the Hermetic Teachings

Reading Covered

- The Introduction
 - Chapter 1: The Hermetic Philosophy
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Essential Vocabulary Orientation

These are the key words for Session 1. Circle or highlight them as you read.

Term	Definition
adept	a person highly skilled or deeply knowledgeable in a mystical or philosophical tradition.
alchemy	historically the attempt to transform base metals into gold; symbolically, the transformation of the self and the mind.
arcane	knowledge that is hidden, secret, or understood only by a few.
doctrine	a set of beliefs or teachings held by a group or tradition.
esoteric	intended for or understood by a small, specialized group.
gibbet	an old term for a gallows, used in the text to describe historical persecution of mystical teachers.
Gnosticism / gnostics	early spiritual movements emphasizing inner spiritual knowledge over external authority.
Hermes Trismegistus	the legendary figure credited in the book as the source of Hermetic teachings.
Hermetic	relating to the teachings attributed to Hermes Trismegistus; also meaning sealed or hidden.
hierophant	a teacher or interpreter of sacred mysteries.
initiate	someone admitted into deeper levels of knowledge or spiritual study.
Master-Key	a metaphor used in the book to describe a principle that unlocks many other truths.
mystic	one who seeks direct inner experience of spiritual truth.
mystery traditions	schools of spiritual instruction where teachings were given gradually to prepared students.
neophyte	a beginner on a spiritual or philosophical path.
occult / occultism	literally "hidden"; traditions focused on subtle, mystical, or metaphysical knowledge.

scribe	a person who records and preserves sacred or important teachings.
Secret Doctrine	a body of teachings believed to have been preserved privately and passed down through select students.
Temple of Mystery	a metaphor in the text for deeper levels of understanding.
Thoth	the Egyptian figure associated with wisdom and writing, historically linked with Hermes.

How to Use This List

- Review the list before reading.
 - Underline each term when you see it in the text.
 - Write a one-sentence example next to any term that feels unclear.
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Session Goals

By the end of Session 1, you should be able to:

- Explain what the book claims it is trying to do.
 - Describe what the authors mean by esoteric teachings and readiness.
 - Name the historical lineage the text claims (Hermetic tradition).
 - Identify the main claims Chapter 1 makes about universal principles.
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Key Claims to Watch For

From the Introduction

- Ancient secret wisdom exists.
- It has been passed down through time.
- Only the prepared can understand it.

From Chapter 1

- Universal principles govern life and mind.
 - Understanding these principles leads to mastery.
 - Failure to understand them is interpreted as unreadiness.
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Key Quotes (Read-Aloud Prompts)

As you read each quote, jot down what you think it is claiming, in plain language.

Introduction

"The purpose of this work is not the enunciation of any special philosophy or doctrine,"

"Our intent is not to erect a new Temple of Knowledge, but rather to place in the hands of the student a Master-Key"

"From him they obtained the Master-Key which explained and reconciled their divergent views, and thus the Secret Doctrine was firmly established."

"There is always a certain correspondence in spite of the contradictory features, and the Hermetic Teachings act as the Great Reconciler."

"All the fundamental and basic teachings embedded in the esoteric teachings of every race may be traced back to Hermes."

Chapter 1

"The lips of wisdom are closed, except to the ears of Understanding." — The Kybalion

"From old Egypt have come the fundamental esoteric and occult teachings which have so strongly influenced the philosophies of all races, nations and peoples,"

"Egypt, the home of the Pyramids and the Sphinx, was the birthplace of the Hidden Wisdom and Mystic Teachings."

"From her Secret Doctrine all nations have borrowed."

"And, likewise, when the pupil is ready to receive the truth, then will this little book come to him, or her."

"will bring lips and ear together-pupil and book in company."

Guided Discussion Questions

Introduction

- Is knowledge truly secret, or simply complex?
- Does labeling something ancient make it more credible?
- What does readiness actually look like in daily life?

Chapter 1

- How could a universal law be tested or verified?
- Can something feel wise and still be inaccurate?
- When does mystery language become manipulation?

Personal Reflection

Write about a life lesson you were not ready to hear at the time but understand now.

Participant Worksheet - Session 1

Reflection Prompts

1. A truth I was not ready for five years ago:

2. What changed inside me to make understanding possible:

3. One belief I may still not be ready to question:

Logical Thinking Worksheet - Session 1

Identify logical patterns in Chapter 1.

1. A claim in this chapter that assumes what it tries to prove:

2. An idea that feels meaningful but unclear:

3. A statement I want to challenge respectfully:

Notes
