

THE 20MINVIBE



Teaser Workbook

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Hi, I'm Jason.

Welcome to the
20MinVibe Teaser!



This little primer offers a taste of the 20MinVibe. If it catches your attention, then check out the videos, writings, and courses at zominvibe.com. Below are some bio points about me. Thanks for your interest!

- Studying the vibe for over 25 years
- PhD in Communication Studies
- Dissertation on "bodily emanation"
- Published author, award winning teacher, & engaged intellectual
- Lover of live music, stimulating conversation, international travel, urban drifting, and the calm of nature



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The 20min Rundown



What

A space to elevate the vibe to a conscious way of life.



Who

Progressive-minded people who seek authentic connection.



Why

Develop new knowledge and habits that lead to different experiences.



How

Instruction, conversation, reflection, and practice.

Reflection Worksheet



Below are some questions to help you reflect upon your current knowledge and experience of the vibe. Read each question and take a minute or two to answer. There are no right or wrong answers.

1) How would you define or explain the vibe?

2) What's your earliest memory of the vibe? If not earliest, was there a general time period when the vibe became more common or obvious as a type of experience?

3) How did you learn about the vibe? Did someone teach you, did you seek it out, or did you just come to your own understanding?

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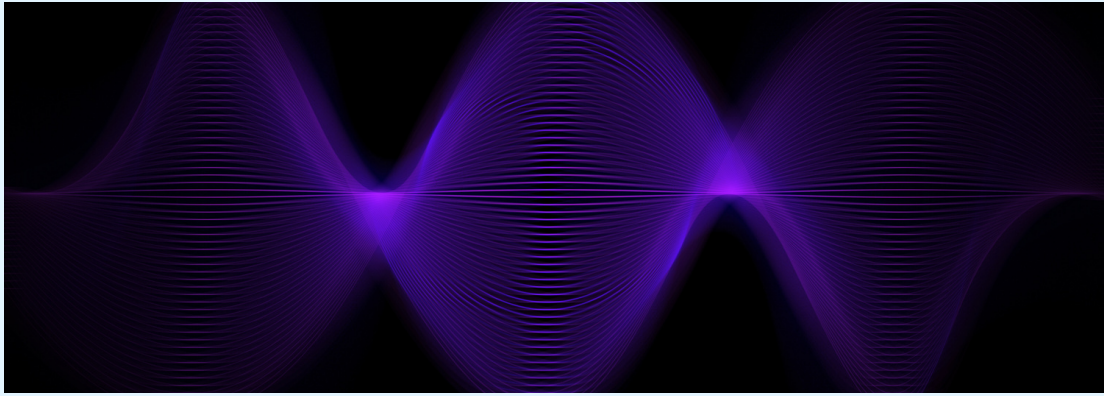


A few more reflection questions before I provide some definitions and explanations.

4) Who and/or what do you vibe with the most? Could be a person, place, pet, activity, artist, band, location (home, a café, local hangout), setting (forest, beach, city), and so on....

5) Do you think of the vibe as an individual phenomenon or as a global or even universal phenomenon?

6) Is there anything specific about the vibe you'd like to learn more about?



Defining The Vibe

Here's a basic definition: The vibe is the exchange of energy between you and the world. That includes people but might also include all living creatures and perhaps inanimate objects (crystals, incense, totems...).

The word "energy" is a bit abstract since it can be applied to almost anything. But we know it when we feel it. The mood of a crowd, the atmosphere of the room, the icy feel of a long, cold stare, the immediate connection on an awesome first date.

Such experiences are commonly associated with new age spirituality, the wellness movement, and hippie culture. But human energy systems are of global, cross-cultural, and historical interest.

In one way or another, the vibe is referenced by numerous traditions from across the world: *Prana* (Hindu), *Qi* (Chinese), *Ki* (Japanese), *Mana* (Hawaiian), *Pneuma* (Greek), *Ruach* (Hebrew), and the corresponding ideas and practices of auras, halos, chakras, meditation, yoga, etc.

Experience and Knowledge

No one ever sat me down and explained the vibe, but I grew up in a house where the word—and the experience—were common knowledge.

Due to life circumstances, I learned to use the vibe and its close cousin, intuition, at an early age. It was a protective coping mechanism. By age four or five I could feel a person's vibe.

Many years later I used my doctoral dissertation to develop an original philosophy of the vibe called “bodily emanation.” And yes, I am jumping about twenty years of plotlines, but this is a teaser!

Thinking of the vibe in terms of the body grounds our knowledge and understanding. The vibe is an embodied experience. We feel it in our flesh and bones. It's therefore part of the human condition; some of us are just more or less attuned to it.

And since there are bodies all across the world, then the vibe is a global phenomenon. We're all interconnected, whether we recognize it or not.



The Vibe - A Lifelong Journey



My greatest interest in the vibe is understanding its nature. Is it physical or metaphysical? Spiritual or scientific? A catchy pop-phrase or a concrete, definable reality?

Either way, I enjoy talking about the vibe and learning how others understand and experience it. That learning enriches my own journey.

Which leads to these questions: What's your relationship to the vibe? What do you find most interesting about the vibe? What kind of vibrational journey are you on? Can the 20MinVibe help with these questions?

Move to the next page for a brief exercise.

Exercise - Emotions & Vibes

Relax your mind and body as you breathe in and out. Become mindful of your general emotional state and let go of the thoughts and tensions.

Now imagine that any emotions you are feeling are not just mental or psychological responses, but are energetic phenomena humming within your body. They're buzzing along beneath your skin. Notice it, feel it, sit with it, let it happen.

Now go further and imagine that your emotion is at the **surface** of your skin. Literally try to feel your emotion emanating through the pores of your skin out into the world.

Go a bit further and imagine that your emotion is radiating a few inches **beyond** your skin. The emotion is beginning from deep within your body and emanating upward and outward into the surrounding air. Acknowledge it, feel it, let it happen.

Now imagine the emotion is emanating even further -- a few feet from your skin.

And now the emotion is filling up the entire room and beyond. Past the walls. Into the streets. Into the surrounding area. Throughout the entire world. You are a vibrating organism.

After sufficient time, reflect on your experience of the exercise.

How does it feel to experience your own emotions emanating from your body? What comes to mind as you think about it? How do those vibrating emotions affect group dynamics with family, friends, coworkers, and strangers on the streets? How might you be affected by the vibes of others?



Final Thoughts

One last prompt before we closeout: For the next week, take note of when people mention the vibe or some variation thereof. When, why, and how are they talking about the vibe? What are they trying to explain? What experience are they describing? Does their description align with yours? This little exercise will make you more vibe-conscious.

So that's a wrap for this little teaser. If these ideas and questions grab your interest, then check out zominvibe.com for more info!

Let's vibe, together!

