



Sabian Mysteries

Facilitator Exercises



7 Words System – Q21, Primary Word Goodbye

Exercise

Answer these questions with a score from 1 to 10.

1. Are you good at avoiding being stuck in a rut?
2. Do you have courage to move into the unknown?
3. Do you quickly let go of the past?

Discuss the reasons for any noteworthy score, and your relationship generally with the word Goodbye.

Teaching

Are you good at avoiding being stuck in a rut?

Life is about movement so being stuck in any situation is not healthy. There is a strong tendency for all of us to continue to do what we have always done, and this carves the track of our lives. It becomes increasingly difficult to cut new paths when the old ones are deep and unquestioned so we may be caught up or bogged down without knowing we are. We must realise that such unconscious habits of behaviour need to be avoided lest we become trapped and begin to lose vitality.

Do you have courage to move into the unknown?

Typically many people fear the unknown. It takes decisive courage to overcome our disinclination to take risks, and this applies to all areas of life. New job, new town, and new relationship – these are all obvious. What about new opinions, new perceptions, and new beliefs? We know so very little! The universe of possibilities is vast and mainly unexplored, waiting there for our readiness to have an adventure.

Do you quickly let go of the past?

This question is profoundly correlated with happiness. To be happy usually means that we can let go of what we cannot influence. Mulling over our personal history can be useful if it brings a better awareness of the present, yet dwelling on past pain, lost opportunities, errors of judgment and so on – this will never bring us what we want. Life is now; it is the only thing that is real. So when we have properly completed our involvements, and tied up what needs to be resolved, then to move on requires us to let go.

<https://www.jamesburgess.com/7-words-gooby.html>

Your Notes