



# Sabian Mysteries

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## Facilitator Exercises



### 7 Words System – Q21, Primary Word Hello

#### Exercise

Answer these questions with a score from 1 to 10.

1. Are you truly interested in the views and attitudes of others?
2. Do you make opportunities to meet new people?
3. Do you make friends and contacts if you go to new place?

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

#### Teaching

Are you truly interested in the views and attitudes of others?

People can feel whether our interest in them is genuine, and if it is then they respond positively and open up. Such an exchange can lead to a mutual expansion of opportunity and understanding, and of course allows us to express more of our own ideas and experiences. Without such opportunities then there is a tendency to let life go by without keeping abreast of the changing nature of reality. And be aware...it's not enough to respond to our feelings of interest – we may need to do work to cultivate those feelings.

Do you make opportunities to meet new people?

Travel broadens the mind. It expands our awareness of everything in life by showing us new ways to do things, new things to do and different perceptions. Spiritual and personal growth is measured by whether our perceptions are constantly shifting: it's good to change our minds. Meeting new people makes us engage with the part of us that yearns to travel because we need a similar attitude of attention – one that acknowledges unknowingness and responds with healthy curiosity.

Do you make friends and contacts if you go to new place?

A casual encounter may change our point of view for a while, yet the integration of a permanent change of awareness requires something of more substance. To absorb into our life new people and the new ideas they bring is to make solid a shift of perception which then forms an aspect of our new mind-set. From this is born new plans and new circumstances, a breath of fresh air that invigorates and sustains openness. It supports a healthy mental attitude and all that goes with it.

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

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Your Notes