



# Sabian Mysteries

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## Facilitator Exercises



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

#### Exercise

Answer these questions with a score from 1 to 10.

1. Are you an assertive person?
2. Are you good at choosing and asking for what you want?
3. Are you likelier to take action than to grumble?

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

#### Teaching

Are you an assertive person?

Being assertive means that we push forward into the world with clear intention to change somebody else's position. Our vision, of how things can be improved, is a powerful force that motivates us to impact cooperatively upon others so that we change the way things are, certainly improving our own circumstances and hopefully the other person's as well.

Are you good at choosing and asking for what you want?

There's nothing wrong with desire – it is craving that is unwholesome. To get our desires fulfilled, it is necessary first to become very clear about specifically what we want. In order to be assertive we need to know what it is that we are asserting. This may involve overcoming patterns of self-denial, fears of being considered selfish, and even faulty understandings of religious dogma. Then we need to ask for it, because we all need help in one form or another. Prayer has a special way of focusing support at the highest level of being.

Are you likelier to take action than to grumble?

Grumbling is an expression of pessimism and negativity and does little or nothing to enhance our wellbeing. What works is taking action. We need to focus positively on the required result and speak in words that suggest an expectation of success. Such an attitude will align our own will to succeed with those involved with us, and will strongly support the attainment of our goals.

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

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Your Notes