



Sabian Mysteries

Facilitator Exercises



7 Words System – Q21, Primary Word Thanks

Exercise

Answer these questions with a score from 1 to 10.

1. Do friends & associates often thank you for your kindness?
2. Do you often give gestures of appreciation?
3. Do you easily win children's confidence?

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

Teaching

Do friends & associates often thank you for your kindness?

We get out of life what we put into it, so a good way to find out how well we express appreciation is to notice how much we receive. It costs so little to show others how much they mean to us yet so often we forget to make those small gestures that let them know. Kindness is a powerful agency of the heart that can resolve problems, avoid obstructions, soften emotional pain and promote harmony and happiness. Ingratitude can leave a stain on the heart that poisons the mind and robs us of joy.

Do you often give gestures of appreciation?

How frequently should we be kind? Is twice a year appropriate at Christmas and on birthdays? Perhaps such institutionalized rituals of giving are important as a base line below which we do not fall – yet surely a smile, a word of thanks, a gentle touch or a grateful glance can be offered more often. It's the thought that counts, not the monetary cost. A spontaneous bunch of flowers can mean more than an expensive ritual gift.

Do you easily win children's confidence?

Kids usually know whether an adult has a warm heart. It takes gentleness, sincerity and a soft tone to win the trust of a child, so if we can learn to feel in tune with children then probably we have learned the secret of heart-centredness. Simply focusing attention on our heart feelings is enough to develop a greater depth of rapport – which actually is appreciated by adults too. Healthy, mature adults are not afraid to play children's games; from time to time it's good to be vulnerable and let go of the serious grown-up image.

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

Your Notes