



# Sabian Mysteries

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## Facilitator Exercises



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

#### Exercise

Answer these questions with a score from 1 to 10.

1. Do you usually wake up feeling enthusiastic?
2. Do you 'take life as it comes' with easy acceptance?
3. Are you using your talents well?

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

#### Teaching

Do you usually wake up feeling enthusiastic?

Typically a child is actively involved in the experience of joyful curiosity within the very first moments of waking. That's the natural state, free of fear. In contrast, so many adults are resentful at having to get up and go to work. Each awakening is troubled immediately with anxiety or a depressed mood. Those first feelings are eloquent testimony to the expectations we have for the day ahead and so let us know whether we have a relaxed acceptance that whatever comes will be fine.

Do you 'take life as it comes' with easy acceptance?

As time goes by, more and more we come to see that we somehow survive even worst-case scenarios. Our expectations often go unfulfilled, and instead our fears are realised, yet still we manage to pull through. It's true that occasionally we often get almost exactly what we want, yet truer that actually we get something else, and truer still that the something else actually becomes the better option. So why not relax then? Why resist what can't be changed?

Are you using your talents well?

It is surely obvious that we all have amazing talent? All that we need to do is to trust our ability, and then we find ourselves to be supremely resourceful and capable of unthinkable achievements. Nothing is to be gained by believing in our limitation – except limitation itself. By surrendering to the highest within us we allow a greater life-force to operate through us, which expresses itself in the form of knowledge and talents. These need to be used in order to claim them, and therefore our full magnificent birth right to be wonderful people!

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

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Your Notes