



Sabian Mysteries



Facilitator Exercises

Feeling Inventory

Exercise

Choose, from the given list of feelings, three that are noteworthy. Discuss each one from three perspectives – past, present and future – and comment upon how these feelings have influenced your life direction.

Teaching

Taking stock of how we feel is important, especially when we bring into our awareness the profound impact that certain feelings have had, and may still be having. This is an important step towards bringing them under the control of conscious will.

absorbed	expectant	relief	cool	hesitant	repelled
adventurous	exuberant	satisfied	cross	horrified	resentful
affection	fascinated	secure	credulous	horrible	restless
alert	free	sensitive	dejected	hostile	sad
alive	friendly	spellbound	depressed	hot	scared
amazed	fulfilled	splendid	despair	humdrum	sensitive
amused	gay	stimulated	despondent	hurt	shaky
animated	glad	surprised	detached	impatient	shocked
appreciation	gleeful	tender	disappointed	indifferent	sceptical
aroused	glorious	thankful	discouraged	inert	sleepy
astonished	glowing	thrilled	disgruntled	infuriated	sorrowful
blissful	grateful	touched	disgusted	inquisitive	sorry
breathless	gratification	tranquil	disheartened	insecure	sour
buoyant	groovy	trust	disinterested	insensitive	spiritless
calm	happy	warm	dislike	intense	startled
carefree	helpful	wide-awake	dismayed	irate	surprised
cheerful	hopeful	wonderful	displeased	irked	suspicion
comfortable	inquisitive	zestful	disquieted	irritated	tepid
complacent	inspired	afraid	distressed	jealous	terrified
composed	intense	aggravated	disturbed	jittery	thwarted
concerned	interested	agitation	downcast	keyed-up	tired
confident	intrigued	alarm	downhearted	lassitude	troubled
contented	invigorated	aloof	dread	lazy	discomfort
cool	involved	angry	dull	let-down	unconcerned
curious	joyful	anguish	edgy	lethargy	uneasy
dazzled	jubilant	animosity	embarrassed	listless	unglued
delighted	keyed-up	annoyance	embittered	lonely	unhappy
eager	loving	anxious	exasperated	mad	unnerved
ecstatic	mellow	apathetic	exhausted	mean	unsteady
effervescent	merry	apprehensive	fatigued	melancholy	upset
elated	mirthful	aroused	fearful	miserable	uptight
electrified	moved	aversion	fidgety	mopey	vexed
encouraged	optimism	bad	forlorn	nervous	weary
energetic	overwhelmed	beat	frightened	nettled	withdrawn
engrossed	overjoyed	bitter	frustrated	overwhelmed	woeful
enjoyment	peaceful	blue	furious	passive	worried
enlivened	pleasure	bored	gloomy	perplexed	wretched
enthusiastic	proud	breathless	grief	pessimism	
exalted	quiet	chagrined	guilty	provoked	
excited	radiant	cold	hateful	puzzled	
exhilarated	rapturous	concerned	heavy	rancorous	
expansive	refreshed	confused	helpless	reluctant	