



Sabian Mysteries

Facilitator Exercises



7 Words System - Keywords Exercises

Keywords:

1. Boundaries Identity Choice Truth
2. Attention Openness Exchange Recognition
3. Appreciation Valuing Giving Love
4. Realisation Decision Completion Freedom
5. Vision Intention Collaboration Faith
6. Responsibility Reflection Rectification Release
7. Permission Acceptance Agreement Surrender

Exercise

Choose one of these 28 Keywords and study it in depth, asking such questions as:

1. What does it mean?
2. How do I feel about this word?
3. Is it a strength or weakness in me?
4. Give examples of life events where its absence caused me difficulty or unhappiness.
5. What would it take to strengthen my ability clearly to express the word without ambiguity?
6. How does it relate to its associated Primary Word?

Teaching

Primary Words: No Hello Thanks Goodbye Please Sorry Yes

Each Primary Word has 4 associated Keywords and if we have difficulty with one of the Primary Words then one or more of the associated Keywords needs to be better understood. Typically we gloss over our understandings of familiar words, yet when we look more deeply into our relationship with them, we find a can find a wealth of helpful insights.

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

Your Notes