



Sabian Mysteries



Facilitator Exercises

Speak a word

In turn each member speaks the word 'No' and the others offer feedback on the way the word was said. This can then be done for the other 6 words: Hello, Thanks, Goodbye, Please, Sorry and Yes. Let this exercise be done slowly and carefully, perhaps even taking several sessions to complete the set of 7 words.

Teaching

The meaning delivered by any word depends more on the tone and attitude of the speaker than the conceptual idea of words themselves. To be able to embrace and deliver our intended message we must clearly embody its meaning as a body state, which is seen in the tone and attitude as we speak. Receiving authentic feedback about how well and truly we find, and can deliver, the appropriate tone and body state for each primary word helps us become clear and strong in each of these 7 primary life messages.

A strong No is firm and clear; a good Hello is friendly and opening; Thanks is said with warmth and touches the heart; Goodbye suggests decisiveness and dynamism; Please is spoken in the spirit of optimism and cooperation; Sorry has a remorseful tone, and Yes is best said to convey enthusiasm.

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

Your Notes
