THE SALAAM MATRIX, ORIENTATION SEQUENCE (3 Exercises)

THIS PAGE CONTAINS IMPORANT INFORMATION ABOUT THIS DOCUMENT.

The use of this document is permitted under the assumption and condition
that the user reads, understands and agrees with the following, and takes full responsibility for their actions.
Seek guidance where needed; use our website for documentation.

WHAT IS THIS?

This document is the Orientation Sequence for The Salaam Matrix, a model to integrate the Self.
The Orientation Sequence introduces user to The Salaam Matrix in 3 short self-led exercises.
Read: The Absolute Beginner's Guide to The Salaam Matrix

This is a FREE Exercise with three parts, available on our website TheSalaamMatrix.org.
Age: 16 and up
Qualified younger users may attempt this, but users under 12 must seek guidance.
Keep your answers private; only share with supervisors or trusted parties assigned to guide you.

The exercises have been written with explicit directive language to accommodate users of various learning abilities, some of whom may need precise directions.

IF YOU ARE PRINTING THIS, to preserve paper, ONLY PRINT PAGES NUMBER 2, 4, 8, 9 for writing-only pages.
If you also want to read about the model in print, print pages number 2, 4, 5, 6, 8, 9, and 10.
The second sequence prints only necessary learning and exercises pages, leaving blanks and this info page out.

The Salaam Matrix and its designer Ramala Hubb'Allah offer this model in good faith and do not bear responsibility for misuse. This exercise is not to be used for clinical self-diagnosis.
This is not a replacement for any clinical aid or medical advice, and is not to be used in emergencies.

Known Side Effects:
Awareness. ☺
Handle with care. ☺

FOR FULL MODEL DOCUMENTATION:
See: TheSalaamMatrix.org
Teacher and Librarian Resources:
https://thesalaammatrix.org/downloads/teacher-librarian-resources/

THE SALAAM MATRIX, ORIENTATION SEQUENCE: Exercise 1/3

AIM: Let us get you started with a warm-up exercise.

INSTRUCTIONS:

1. In each box, answer the TWO questions.
2. Start with box # 1, and work all the way to #4.
3. Write the first thing you are comfortable writing.
4. Your answers are not judged.

Go to the next page only after you have attempted this page.

Just Start!

Suggested Time: 3-7 minutes.

4. Name some **natural features** (mountain, lake, desert, other) your region is known for. **Which is your favorite?**	1. Name a **fictional character** you admire. **What do you admire about them?**
3. Name a **small business** you like. **What do you like about it?**	2. List the **rooms** in the home you live in. **Which is your favorite?**

Done!

☺

You just did a bit of lighthearted detective work on your life, and shared what matters to you!

But why four boxes?

Go to the next exercise now, and find out what you accomplished above!

-- END OF EXERCISE 1 -

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AIM: Introducing the Four Life Zones of the Salaam Matrix.
This exercise is read only.

PART A

Start!

INSTRUCTIONS: Read the following. Underline or circle key points.

WHAT IS SALAAM?
WHAT ARE THE 'FOUR LIFE ZONES' OF THE SALAAM MATRIX?

The word Salaam is defined by the creator of this model as "wholeness, integration, completion—and a state of peace obtained from wholeness".
The Salaam Matrix is a guide for the whole person.
It helps you master four realms that span human lives.
They are called the **Four Life Zones** in this model.
The Four Life Zones are arranged in a special sequence in a 2x2 grid.
We start with TOP RIGHT, and go CLOCKWISE until all boxed are named.
This sequence helps us map our life, inside-out.
There are many uses of such a map. It helps you organize life, make sense of things, remember what you may forget, and make better decisions.
Over time, this beings wholeness, peace, balance and even *growth* to your life.
It helps you to know you, and the world around you, of which you are a part.

Done!

Go to the next page.

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PART B

INTRO: The Four Life Zones of The Salaam Matrix

Read the following.

Zone 4: Ecological-Political **This zone is about our larger environment, land, ecological world, governments, civic bodies and politics.** ***((This Zone helps you learn about the larger world you live in, the land, the ecology, flora and fauna, and your government!))***	**Zone 1: Spiritual** **It's all about your values, thoughts and beliefs.** ***((This is the innermost zone, which you often deal with in your thoughts and feelings. The Salaam Matrix helps you know your values and feeling, and put them in writing.))***
Zone 3: Socioeconomic **This zone analyzes the world around us, in terms of society and the economic sector.** ***((This helps you step out of the home and learn about your social, commercial and economic relationships!))***	**Zone 2: Personal-Familial** **Who is the user (person) using this Matrix, what is their home and family life and living like.** ***((This zone helps you map your home and family life, your relation, the roles you play, what matters to you. Your pets also belong here!))***

That's it! That's the basic Salaam Matrix!

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Now you know:

IN THE FIRST EXERCISE, YOU HAD ALREADY IDENTIFIED:

One of your **values** in Zone 1,
your **personal surroundings** in Zone 2,
a **commercial relationship** in Zone 3,
and remembered **a land and environmental feature** in Zone 4!

KNOWING YOUR **FOUR LIFE ZONES** IS THE KEY TO WORK WITH THE SALAAM MATRIX!
Everything else that you do with this model follows from this basic schema.

Important: We recognize that some of these terms and concepts are not the usual words you use for the corresponding zone of your life. We have designed detailed resources to help you convert these zones in traditions and concepts you are familiar with, while using our standard terms. See: Resources at end of exercise 2.

Congratulations!

You now know how to THINK FOUR WAYS—The Salaam Matrix (also called SMX) way.
If you're saying, *"Wait a second! That's intuitive!"* you are correct.
This is a realistic schema of your life. You already *know* these things.
SMX helps your arrange them, then gives you additional tools to gain insight and make decisions for "just these Four Life Zones".
You will be amazed at how deep you can see and know your own life.

We will teach you how to SEE and eventually potentially MASTER all the Four Zones of your life, so that no part gets left behind!

But! One Thing at a Time!

The Salaam Matrix holds that whole map, while you choose what theme, issue or Zone needs your attention at any given time.
The map exists so you can drop your ideas, thoughts and concerns in it, then work on what you want.

☺

Future exercises, teachings and prompts can focus on one Zone, several Zones, or a particular theme.

Next: Complete the Orientation Sequence (last part!).

You may want to take a break before you go to the next part.

-- END OF EXERCISE 2 --

RELATED RESOURCES:
To convert into equivalent ideologies and systems, see Bridge Notes.

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FINAL EXERCISE: "TAKE A LOOK AROUND!"

AIM: Getting you ready to see the world "four ways".

You are now familiar with the FOUR LIFE ZONES of The Salaam Matrix.
We are now going to do a brief revision, and then set you off on an exploration journey!



Step1: First, let's check what you remember!

List the Four Life Zones on these lines in any order. Sequence is not important.

Do you think you remembered correctly?
It can take a while to get used to the Four Life Zones!



Step 2: In the box, put the Zone NUMBER and NAME in the right box.

We have numbered the first box for you.

	1.

Done!

Whether you got it right or not, you will soon be very familiar and fluid with this.
Just stay with the process, revise frequently, and you'll be good to go!
Move to the FINAL TASK now.



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Step 3, Final Task: Out and about you go!

We are confident that by now, you're saying, "Ah! Yes. The FOUR LIFE ZONES! I know them, I see them!"
Good. When you are through with the Orientation Sequence, you will begin seeing the FOUR LIFE ZONES scheme all around. Social media posts will sound like Zone 2, Zone 3 to you.
You will realize how *useful* this will become to you.
What you have accomplished here is not small.
Now, let's reinforce that with one last step.

For this last step, let's go back to the FIRST EXERCISE.
Pull up your answers, and let's do some more work!
You will need to think *and* move around a bit this time.

1. If you could meet your favorite FICTIONAL CHARACTER in a real place, what would that be, and why?

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2. Go to the ROOM you noted as favorite. Pick an item you may not have noted in a long time, but which mattered/matters to you. (Do it for real.) What is it? Why does it matter?

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3. Recall the SMALL BUSINESS you named as your favorite. What is one of their products or services that you ***never*** used, bought or ordered, but know that it exists?

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4. Remember the REGIONAL NATURAL FEATURE you named?
Go to Wikipedia. Look it up, and list **three facts** about it here that you didn't know before!

That's it! Done! Phew.

For this last exercise, there were no right or wrong answers *out there*.
You choose what matters to you and what doesn't. You decide the 'why?', too.
This is the key to mastery!



Congratulations!

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You are now equipped to see and read the world **four ways**.
You will be seeing and relating to the world around you more deeply.
You will have new questions and new thoughts.
If you were already very conscious, and needed to channel your thoughts and ideas, maybe even joys and rage, you now have a template that sorts things out for you neatly and preserves your precious energy from overthinking.
THE SALAAM MATRIX.

As we say:
Going forward, you can always pick what Zones to work on, one at a time.
Or you can use the whole map to work on a specific theme you want to analyze four ways.
Your choice.

You now need to break, and take this all in.
When you are ready, come back to us.

TheSalaamMatrix.org/WORLDS
On the above link you can pick your USER TYPE and FOCUS AREA.
WORLDS contain exercises, teachings, workbooks that focus on specific interests, subjects, needs.
PICK WHAT CALLS YOU.

-- END OF EXERCISE 3 –
-- END OF THREE-PART ORIENTATION SEQUENCE –

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