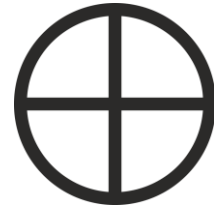




Sabian Mysteries

Facilitator Exercises



Understanding Yourself – Chiron

Exercise

Contemplate these aspects of your life.

1. What particular attitudes and opinions distinguish you as different from most people?
2. What is the best remedy for you when you are feeling overwhelmed?
3. What was the most crucial shift of perception you made in your life so far?

Discuss this in relation to the position of your Chiron, particularly its Sabian Symbol.

Teaching

Since our life experience is lived according to how we choose to perceive situations, it is very important to be aware of two things:

- a) we have free will in all things, at all times, forever.
- b) optimism, faith and self-confidence are required if we are to be truly happy.

In every situation, the path to happiness is signposted by the word faith. We can learn to train ourselves in optimism by the discipline of looking for the silver lining to each cloud, affirming that every single event is in some mysterious way, for the best, and that the future is certainly better than the past.

Your Notes