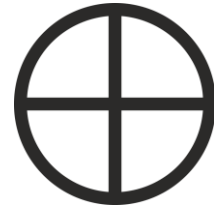




Sabian Mysteries

Facilitator Exercises



Understanding Yourself – Descendant

Exercise

Consider:

1. What do you look for in a close partner?
2. What emotions are triggered by your partner?
3. What uncomfortable truths are you reluctant to face?

Discuss your Descendant placement and its Sabian Symbol.

Teaching

The Descendant not only symbolises one-to-one involvements, but also our shadow side – the denied aspect of personality, our neurotic bits. Therefore it shows where we are able to grow most quickly and profoundly by experiencing unpleasant realisations about who we really are. Our partnerships, therefore, should be seen as challenges to trigger growthful awakenings rather than a means to 'live happily ever after'.

Your Notes