



Sabian Mysteries



Facilitator Exercises

Elven Star Themes – Moon

Exercise

Study carefully the 7 points of your Elven Star finding a link for each between its Sabian Symbol, Power Animal, 7 Words Primary Word, and various life scenarios. Using a balance between your own intuition and various teachings, find meaning in each point so that you discover an inherent combined theme, and can tell the story that links them all together as an intelligible model for your life's unfoldment.

Teaching

Our ability to create harmonious integration of seemingly disparate energies is evidence of a high level of spiritual attainment. It takes both clarity, and intuitive imagination, to do this. Plus, of course, we come to know much more about who we are, in great detail, and about specific aspects and tracks of our lives. This empowers us to claim potentials and thereby express much more richly who we are becoming.

Suggested meanings for the Moon's Elven Star points

1. Atmosphere of being, need for comfort and security, authentic emotional expression. Rejection of what feels uncomfortable.
2. How we expand our emotional experience, learning how to feel, understanding our emotional nature by interacting with others.
3. Deepening emotional experience, love, harmony, inspiring beauty.
4. Experiences that transform our habits of feeling, watershed realisations through which we find greater maturity, how we learn to express gravitas.
5. Mature projection of self, going forward with awareness of needs, feeling comfortable in cooperative projects.
6. Considering criticism and feedback objectively, emotional process, relationship with shame, blame, and guilt.
7. Awakening to distinguish legitimate feelings from neurotic, immature emotions. Trust in the future, release of control, enjoying adventure.

<https://www.jamesburgess.com/elven-star-magick.html>

Your Notes