



Sabian Mysteries



Facilitator Exercises

Elven Star Themes – Sun

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 Sun's Elven Star points

1. Refusal of what is inauthentic, rejection of all non-essential qualities and behaviours, energising boundaries to protect essence.
2. Expansion of self-definition, legitimate growth, curiosity into self, study of self, seeing self as expressed through our interests and casual friends.
3. Authentic self, expressed through love, harmony and beauty, what we truly appreciate deep down, the softer, caring side of who we really are.
4. What we stand for on principle, finding a deeper level of consciousness of self, how we access faith and profound self-determination.
5. Projection of true self into vision, ardent ambition, what we make sacred.
6. Conscience, ability to see ourselves from another's perspective, commitment to become a better person.
7. How we accept what we cannot change, surrender to imperatives and flow gracefully on the tides of change.

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

Your Notes