

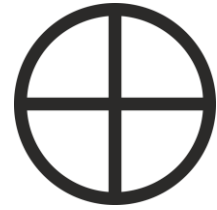


# Sabian Mysteries

---

---

## Facilitator Exercises



### Understanding Yourself – Mercury

#### Exercise

1. Consider the manner in which you communicate:  
a) Facts b) Opinions c) Feelings d) Philosophy
2. Would you describe your thought processes as?  
a) Rational b) Confused c) Emotional d) Sharp
3. In conversation do you interrupt more frequently or less frequently than others?

Discuss your Mercury placement and its Sabian Symbol.

#### Teaching

How we speak, how we think, and who we are, are all interconnected. We can train ourselves to communicate more clearly and more respectfully, and thereby change how we think and how we behave. We create our life experiences out of our perceptions, so it makes good sense to give attention to the way we choose to perceive things. This attitude of perception is the outpouring of mind.

---

---

Your Notes