



Sabian Mysteries



Facilitator Exercises

Understanding Yourself – Moon

Exercise

Consider:

1. What security and comfort do you need in order to feel completely relaxed about life?
2. List the essential ingredients of a perfect home life.
3. How do you respond to someone's emotional displays?

Discuss your Moon's placement and its Sabian Symbol.

Teaching

We developed our resonance with Moon feelings in the womb and during our first few months of life, so the essence of its mystery has much to do with the secure and comfortable feeling of Mother. It is almost entirely unconscious, and underpins everything we do throughout the whole of our lives. In later years we will have found how to provide for our own comfort needs – very often as habits, especially to do with eating, money and the company we keep. The Moon's Sabian Symbol indicates the path we take to mature emotionally from neediness for Mother, to self-nurture, and then to caring for others. The Moon traps us into unconsciousness until we free ourselves of habits and needs.

Your Notes