

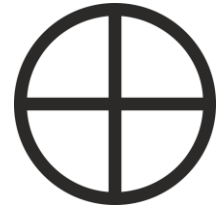


# Sabian Mysteries

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## Facilitator Exercises



### Understanding yourself - Nadir (IC) Sabian Symbol

#### Exercise

Contemplate these aspects of your life:

1. What does home mean to you?
2. What was your childhood experience of nurture?
3. With whom are you most relaxed?

Discuss this in relation to the position of your Nadir particularly its Sabian Symbol.

#### Teaching

As the Midheaven represents how we branch out, so the Nadir is about establishing roots. Roots are to hold us safely in place, and yet also to draw in nourishment. Whatever we experienced, as the security and comforts of childhood, we will tend to recreate increasingly as we mature and age. This is more to do with feelings and atmosphere than outer circumstances so we need to get the sense of how the Sabian Symbol impacts upon our feelings.

This point, as with all 4 angles can help us fine-tune our sense of self accurately enough to rectify an imprecise birth time. If you don't feel a sense of deep familiarity with this Sabian degree, then you may want to think whether you have the birth time correct.

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Your Notes

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