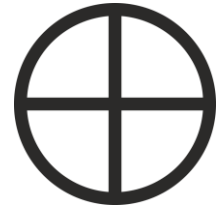




# Sabian Mysteries



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## Facilitator Exercises

### Understanding Yourself – Pluto

#### Exercise

Contemplate these aspects of your life.

1. What does it take to make you disregard social courtesies and reveal the intensity of your feelings?
2. In which specific situations do you claim and exert power?
3. Of what are you most afraid?

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

#### Teaching

Death and destruction, dominance and servitude, submission and capitulation, are all normal aspects of life, which we all encounter to some extent; yet so too is birth and creativity, power and potentiality, and the incomparable transmutation of orgasm that allows us to taste our divinity. Those who dread must attack their fear with a willingness to die for the cause – or else live in subjugation. It is entirely counterproductive to feel self-pity about the fact that Nature, and life itself, is often ruthless. Our best strategy is to embrace death wholeheartedly in order that we may live in the same spirit.

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Your Notes