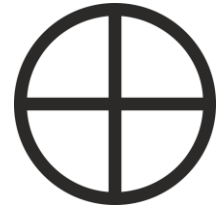




Sabian Mysteries

Facilitator Exercises



Understanding Yourself – Sun

Exercise

Consider:

1. When push comes to shove what do you stand for?
2. What is the most clearly defined aspect of your life, which runs as its constant thread?
3. Who are you really?

Discuss your Sun's placement and its Sabian Symbol.

Teaching

The Sun is the metaphor for our enduring spirit, the essence of who and what we are. It is impervious to ups and downs, a constant force of life that outshines every other influence completely. All the other planets simply modify this deepest statement of self. If we do not acknowledge and claim the wisdom and power of our Sun's Sabian Symbol, then we miss our true calling. Many do. Life can be perceived as crushing, or too difficult or unjust – of course it can! Yet not to the Sun. When we align with our Sun's mystery then we bring down the soul's cosmic power to create outcomes in complete accord with the needs and potential of the moment at hand. Very often it takes a major threat to our inner sense of authentic self in order to awaken our willingness to make our claim upon life. The imperative, to be who we were born to become, is a constant, unbending reality and cannot be thwarted as long as we stay true.

Your Notes