

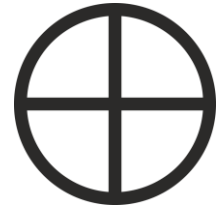


# Sabian Mysteries

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## Facilitator Exercises



### Understanding Yourself – Uranus

#### Exercise

Contemplate these aspects of your life.

1. In what particular ways have you gone against the norm in order to assert your freedom?
2. For which behaviours are you seen as eccentric?
3. Have you ever behaved so that others were shocked?

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

#### Teaching

The frontier of the battle, between the individual and the crushing control mechanisms of tyranny, is where Uranus has its place. We can reach up to the higher planes of cosmic intelligence when we access Uranus wisdom; it is the wisdom of freedom, spontaneity, freshness and invention.

When any attempt is made to thwart its irresistible electrical power, it blasts through and brings destruction to things, to atmospheres, to the status quo, and to peaceful co-existence. Thus it vitalizes and renews the life force within us, insisting that we do not sink into the rut of conditioned behaviour or thought.

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Your Notes