



Sabian Mysteries



Facilitator Exercises

Write Your Own Obituary

Exercise

Imagine you are a reporter whose task is to summarise fairly, in a paragraph or two, the life qualities and achievements of someone recently deceased – and you are that someone.

Teaching

How we appear to society is not the deepest part of who we are, and yet social appraisal is a useful guide that measures something important about us. To be able to see ourselves as if through the eyes of an objective observer is a true skill and a definite stage of development on the spiritual path.

Your Notes