



Meditations on The Message

June, 2007

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on Breath: The Rhythmic Breath. The teachings, supported with supplemental readings, meditations, and breath practices, are all aimed at the development of mastery over the limitations of one's own personality and character, and the softening of the self-cherishing ego. In the words of Hazrat Inayat Khan, "*Thought is conveyed without speech through the breath. The true wireless telegraphy is the rightly established current of breath. It is difficult for every man to try it, without practice in concentration and in absence of the development of breath, though unconsciously thoughts are always exchanged through the agency of breath.*"

1. Welcome and Introduction

The Class begins with the playing of the Singing Bowl, followed by a

2. Meditation Session: Tuning

3. Reflective **invocation** of the Masters, Saints, and Prophets

4. **Invocation** of Hazrat Inayat Khan

5. **Meditation Session** (continued): Words on the Swing of the Breath

6. **Reading:** from Savitri, Book I, The Symbol of Dawn by Sri Aurobindo

7. **Reading:** Review from earlier classes. From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.1. Fikar, II.2. Regularity of Breath

8. **Meditation Session** (continued): Regularity of Breath; inviting your companion(s)

9. **Reading:** Review from earlier classes. From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.3. Full Breath

10. **Reading:** From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.5 The Rhythmic Breath

11. **Practice:** the Elemental Breaths

12. Dedication of Merit