



Meditations on The Message

August 18, 2007

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on Breath: Purification Breaths and Healing Prayers.

1. Welcome and Introduction

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

2. Reflective invocation of the Masters, Saints, and Prophets

3. Invocation of Hazrat Inayat Khan

4. Reading: from Sufi Message Volume XIII, The Gathas, Part V, Gatha II.

5. Practice: breathing practice as taught by Lord Buddha. Breathing in a slow breath: I know I am breathing in a slow breath. Breathing out a slow breath: I know I am breathing out a slow breath

6. Practice: a moderate breath

7. Reading: on the Purification Breaths

8. Practice: Purification Breaths

9. Reading: Quotes of Hazrat Inayat Khan

10. Prayer: Nayaz, a healing prayer by Hazrat Inayat Khan

11. Prayer: a healing prayer by Hazrat Inayat Khan

I come from a perfect source

and I am bound for a

perfect goal.

The light of the perfect

being is kindled in my soul.

I live, move, and have

my being in God,

*and nothing in the world
of the past or present
has power to touch
me if I rise above all.*

12. Dedication of Merit