



Meditations on The Message

January 2008

Prepared by Murshida Nuria Stephanie Sabato

Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the Breath: The Length and Breadth of 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, "*Mind is creative and thought is living, but out of what does mind create a thought? Out of the atoms of the mental sphere But the current which attracts the desired atoms to complete a thought is the breath, not that breath which is outwardly manifest, but that part of breath the action of which is not felt by every man.*"

1. Welcome and Introduction

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

2. Meditation Session: the Purification Breaths

3. Reading: Rhythm in Breath

4. Reading: The Gathas by Hazrat Inayat Khan Part IV, Breath, GATHA III.1 The Length and Breadth of Breath

6. Reading : the Elemental Breaths

7. Reading: Contemplation on Divine Grace

5. Meditation Session: the Elemental Breaths