



Meditations on The Message

March 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: Thought Reading. 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, *"It is the vibrations caused by the breath which become thought-waves which carry the thought from one mind to the other. It is therefore that thought-reading depends so much upon the position in which two people sit with regard to each other, for a certain position makes it easier for the breath to reach than another, although it is not always necessary that a person must be facing one in order to receive thought-waves through breath."*

1. **Music:** Symphonic Works by Hidayat Inayat-Khan
Selection titled La Monotonia
Available through [iTunes Store](#)
2. **Reading:** Reflections on the Art of Personality by Hidayat Inayat-Khan
Available through [EkstasisEditions.com](#)
3. **Reading:** Reflections on Philosophy, Psychology and Mysticism by Hidayat Inayat-Khan. Available through [EkstasisEditions.com](#)
4. **Reading:** The Gathas by Hazrat Inayat Khan
Part IV, Breath, GATHA III.3 Thought Reading
Online text: http://wahiduddin.net/mv2/XIII/XIII_12.htm
Available through [AbeBooks.com](#)
5. **Reading:** The Mysticism of Sound by Hazrat Inayat Khan
Inner School, Esoteric Sufi Teachings by Hidayat Inayat-Khan
Available through [EkstasisEditions.com](#)
6. **Reading:** Glimpse After Glimpse by Sogyal Rinpoche
Reading from March 13
Available through <http://www.amazon.com/>

7. **Reading:** 365 Tao: Daily Meditations by Deng Ming-Dao

Reading from March 13, Discovery

Available through <http://www.amazon.com/>

8. **Reading:** The Gitas by Hazrat Inayat Khan

Gita 1.9: AMALIAT – PSYCHOLOGY

Paper Titled: Practical suggestion to the self

9. **Reading:** The Gathas by Hazrat Inayat Khan

Part IV, Breath, GATHA III.3 Thought Reading

Online text: http://wahiduddin.net/mv2/XIII/XIII_12.htm

Available through AbeBooks.com

10. Meditation Session

11. **Reading:** The Path of Initiation by Hidayat Inayat-Khan

Unpublished, Read full text <http://www.hazratinatykhan.org/docs/PathofInitiationHI-K.doc>

12. **Prayer** Khatum

13. Dedication of Merit