



## **Meditations on The Message**

August 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 Unknown Dimension. 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, "*Breath is a light in itself, and it becomes projected like the beam from a searchlight thrown through an object. When the breath is coarse, undeveloped, it is full of material atoms which dim its light, but a developed breath is sometimes not different from the light of the sun but even brighter than that.*"

1. **Reading:** The Gathas by Hazrat Inayat Khan  
Part IV, Breath, GATHA III.4 The Unknown Dimension  
Online text: [http://wahiduddin.net/mv2/XIII/XIII\\_12.htm](http://wahiduddin.net/mv2/XIII/XIII_12.htm)  
Available through [AbeBooks.com](http://AbeBooks.com)
2. **Meditation Session:** The Purification Breaths
3. **Prayer:** Nayaz
4. **Reading:** The Mysticism of Sound by Hazrat Inayat Khan Chapter: Rhythm  
Available through [EkstasisEditions.com](http://EkstasisEditions.com)
5. **Reading:** The Inner School: Esoteric Sufi Teachings by Hidayat Inayat-Khan  
Subject: Polarity in Breath Available through [EkstasisEditions.com](http://EkstasisEditions.com)
6. **Meditation Session:** The Purification Breaths
7. **Reading:** The Inner School: Esoteric Practices by Hidayat Inayat-Khan  
Section 6, Subject: Power in Breath  
Available through [EkstasisEditions.com](http://EkstasisEditions.com)
8. **Prayer:** Khatum
9. Dedication on Merit