



Meditations on The Message

December 2008

Prepared by Murshida Nuria Stephanie Sabato

Class Description:

This class focuses on the subjects of The Power of Breath and The Effects of Jelal, Jemal and Kemal.

1. Introduction

The Class begins with the playing of the Singing Bowl

2. Meditation Session The Star and Crescent

3. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

4. Reading from Universal Sufism: Path of Breath, Prayer and Zikar, from the

Sangathas, The Power of Breath

Available through Blurb.com

5. Meditation Session: The Elemental Breaths

6. Reading from Universal Sufism: Path of Breath, Prayer and Zikar, From the Gitas,

The Power of Breath

Available through Blurb.com

7. Prayer: Nayaz

8. Meditation Session: Jelal and Jemal

9. Meditation Session - Continued

10. Reading from Universal Sufism: Path of Breath, Prayer and Zikar, from the Gitas,

The Effect of Jelal, Jemal and Kemal

Available through Blurb.com

11. Prayer: Khatum

12. Dedication of Merit