



Meditations on The Message

August 2010 | Prepared by Murshida Nuria Stephanie Sabato

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the **The Training of the Ego: The Three Parts of the Ego**. The lesson is supported with supplemental readings, meditations, and breath practices which 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, “*The ego is divided into three parts, the physical ego, the mental ego, and the spiritual ego. The mental ego covers the spiritual ego, and the physical ego is a cover over the mental ego. The ego indeed is one, but these are the three different aspects of the ego....*”

1. Opening: Tuning to the ringing of the Tibetan Medicine Bowl
2. Prayers: Sufi Invocation and Salat
3. Reflection: Invocation of the Masters, Saints, and Prophets and what they have taught
4. Practice: Purification Breaths
5. Reading: Sufi Message Volume XIII, The Gathas, Part 9, The Training of the Ego: The Three Parts of the Ego
6. Meditation and Reflection

Almighty God, Lord of heaven and earth, (in breath)
give me the power to control my self and balance my life (out breath)
7. Reading: An Introduction to the Message in Our Time, Chapter: Alchemy of Happiness, by Hidayat Inayat-Khan
8. Meditation and Reflection: Door to the Heart
9. Reading: Once Upon a Time, Early Days Stories About My Beloved Father and Mother, Chapter 6, A Workman Digging in the Street, by Hidayat Inayat-Khan
10. Meditation and Reflection

Almighty God, Lord of heaven and earth, (in breath)
give me the power to control my self and balance my life (out breath)
- 11. Donations and Upcoming Events.**
12. Closing Prayer and Dedication of Merit.