



Meditations on The Message

November 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 Stages 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 first lesson that the ego must learn in order to develop into the humane state is that of pride in the form of self-respect.*"

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 (Reading from [The Inner School, "Natural Self"](#))
5. Review: [Sufi Message Volume XIII, The Gathas, Part 9, The Training of the Ego: The Three Parts of the Ego](#)
6. Reading: [Sufi Message Volume XIII, The Gathas, Part 910, The Training of the Ego: The Three Stages Through Which the Ego Develops](#).
7. Review: [Sufi Message Volume XIII, The Gathas, Part 8, The Training of the Ego: Vanity](#)
8. Practice: Kasab (alternate nostril breathing)
9. Reading: [Universal Sufism: Path of Breath, Prayer, Zikar](#), page 12 and 14
10. Reading: [Universal Sufism: Path of Breath, Prayer, Zikar](#), page 16 and 17 (references to Githa II.4, II.6, and II.10 by Hazrat Inayat Khan)
11. Reading: [Sufi Message Volume IX, The Unity of Religious Ideas, Part III, The Master, The Saint and the Prophet](#)
12. Practice: Kasab (alternate nostril breathing)

Meditation and Reflection: *This phrase is from one Inayat Khan's special notebooks with prescriptions of practices for each one of his mureeds. (unpublished)* (Also Reading from [The Inner School, "Uruj and Nazul"](#))

*Grant me to have all power and wisdom, (in breath),
(hold breath)
that I may best fulfill my life's purpose. (out breath)*

13. Reading: [Reflections on the Art of Personality](#), No. 79 by Hidayat Inayat-Khan
14. **Donations**, Closing Prayer and Dedication of Merit.