



## **Meditations on The Message**

December 2010 | Prepared by Murshida Nuria Stephanie Sabato

This class will focus on the teachings of Hazrat Inayat Khan on the subject of “**The Training of the Ego: Necessity and Avidity**”. In the words of Hazrat Inayat Khan, “*In order to train the ego it is not necessary that cruelty be done to nature; discrimination is necessary, to understand how far one should satisfy the appetites and how far one should refrain from being addicted to such satisfactions.*”

**1. Silent Meditation – Watchword “Balance”.**

2. **Prayers:** Sufi Invocation and Salat

3. **Reflection:** Invocation of the Masters, Saints, and Prophets and what they have taught

4. **Reading:** [The Inner School, “Polarity of Breath, Power of breath\)](#)

5. **Practice:** Kasab (alternate nostril breathing)

6. **Reading:** [Sufi Message Volume XIII, The Gathas, Morals 2.1, The Training of the Ego: Necessity and Avidity \(Avidity can be defined as Ardent desire or craving; eagerness; excessive enthusiasm, consuming greed\)](#)

7. **Reflection:** From the [Vadan](#) by Hazat Inayat Khan

*Sensation and exaltation are two things:  
pleasure comes from sensation, happiness from exaltation.*

8. **Reading:** [Sufi Message Volume VIII, Sufi Teachings, Resist Not Evil](#)

9. **Reflection:** From the [Vadan](#) by Hazat Inayat Khan

*If dogs bark at the elephant, it takes no notice and goes on its way;  
so do the wise when attacked by the ignorant.*

10. **Reflections:** From the Sayings of Hidayat Inayat-Khan, 2010, currently untitled and unpublished, Nr. 29-37

**11. Closing Prayer and Dedication of Merit**

**12. Request for Your Generosity and Support**