



Meditations on The Message

February 2011 | Prepared by Murshida Nuria Stephanie Sabato

This class will focus on the teachings of Hazrat Inayat Khan on the subject of “**The Training by Abstinence**”. In the words of Hazrat Inayat Khan, *“Spirituality may be called a capacity; plainly explained, it may be called a depth. In some people naturally there is this capacity, this depth; and in some it may be made.”*

1. Silent Meditation

2. **Prayers:** Sufi Invocation lead by Murshid Hidayat Inayat-Khan

3. **Hazrat Inayat Khan and the Meaning of Zikar** by Murshid Hidayat Inayat-Khan

4. **Practice:** Singing Zikar of Hazrat Inayat Khan (lead by KarimaGita Erickson), [Zikar CD, Special Edition](#)

5. **Silence:** Absorption of Zikar atmosphere

6. **Reading:** [Sufi Message Volume XIII, The Gathas](#). *When the centers of the body and faculties of the mind are prepared to produce that resonance, then they respond to every sound, and every time the bell is rung it has its re-echo in the heart of the mystic, and every center of his being begins to think of God and to feel God. Vibration is a greater stimulant than wine. Wine gives intoxication to the brain, but vibration produces ecstasy in the heart. Therefore Sufis have called it wine.*

7. **Reading:** [Sufi Message Volume XIII, The Gathas, Morals 2.2, The Training by Abstinence](#)

8. **Reflection:** From the [Vadan](#) by Hazrat Inayat Khan

To express an impulse gives relief, but to control it gives strength.

10. **Reading:** Letters and postcards from Murshid Inayat Khan to His Children.

11. **Reading:** **Once Upon a Time**, *Three Ultimate Sentences of Murshid.*

12. Closing Prayer Khatum

13. Dedication of Merit

14. Request for Your Generosity and Support