



Meditations on The Message

March 2011 | Prepared by Murshida Nuria Stephanie Sabato

“The Training by Abstinence”

1. Silent Meditation

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

3. **Contemplation:** Invocation of the Master, Saints, and Prophets

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

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

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

6. **Review:** [Sufi Message Volume XIII, Gathas, Part 8, The Training of the Ego: Vanity](#)

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

8. **Reflection and Readings:** Replacing the thought of self: wazifa, zikar, mantra yoga

- [Sufi Message Volume 4, The Mind-World, 3. Wazifa](#)
- [Sufi Message Volume 2, Mysticism of Sound and Music](#)
 - Nr. 6. The Mystery of Color and Sound 2
 - Nr. 7. The Spiritual Significance of Color and Sound

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

10. **Practice:** Ya Nur/Ya Hayy (Oh Divine Light / Oh Divine Life)

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

12. **Reading:** [Sufi Message Volume 2, Cosmic Language, 8. Will](#), Hazrat Inayat Khan

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

14. **Reflection:** *God and the devil are the two extreme poles of the ego. One represents perfection, the other limitation.* (Vadan, Hazrat Inayat Khan)

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

16. **Reading:** The Zikar Manual of the International Sufi Movement (not public), The Practice of the External Zikar, Hidayat Inayat-Khan

- Practice: External Zikar
- Practice: Practice of Zikar and Fikar

13. Closing Prayer Khatum

14. Dedication of Merit and Request for Your Generosity and Support