



Meditations on The Message of Hazrat Inayat Khan
“The Two Sides of the Human Ego”

April 2011 | Prepared by Murshida Nuria Stephanie Sabato

- **Silent Meditation**
- **Prayers:** Sufi Invocation and Salat
- **Contemplation:** Invocation of the Master, Saints, and Prophets
- **Reading:**
Sufi Message Volume XIII, The Gathas, Morals 2.3, The Two Sides of the Human Ego
- **Reflection:** From the Complete Saying by Hazrat Inayat Khan
*Make my vision clear, make my mind still.
Kindle my heart, God, and illuminate my soul.*
- **Reading:**
Sufi Message Volume XIII, The Gathas, Morals 2.3, The Two Sides of the Human Ego
- **Practices:** Elemental Breaths – The influence of one element upon the other, and the relationship to qualities within a human being.
 - **Ghâfir**, the veils our faults from the eyes of others;
 - **Ghafûr**, keeps the knowledge of our faults even from the angels.
 - **Ghaffâr**, relieves us from the suffering of continual remembrance of our faults.
 - **Estaferallah**, an invocation of Divine Protection. Allâh please forgive me, Allâh please hide away my faults, Allâh please watch over me and protect me from faults.
- **Reading:**
Sufi Message Volume XIII, The Gathas, Morals 2.3, The Two Sides of the Human Ego
- **Readings and Reflections:**
 - *The great teachers of humanity become streams of love.* (The Bowl of Saki, April 15, Hazrat Inayat Khan)
 - *The knowledge of self is the essential knowledge; it gives knowledge of humanity. In the understanding of the human being lies that understanding of nature, which reveals the law of creation.* (The Bowl of Saki, July 3, Hazrat Inayat Khan)
 - *It is belief which in its perfection becomes faith.* (Vadan, Hazrat Inayat Khan)
 - *The fearing well-doer is worse than a fearless sinner. If belief is a thing, faith is a living being.* (Vadan, Hazrat Inayat Khan)
 - *Self-confidence is the true meaning of faith, and in faith is the secret of the fulfillment or non-fulfillment of every desire.* (Gayan, Hazrat Inayat Khan)
 - *Heaven and hell are the material manifestation of agreeable and disagreeable thoughts.* (Gayan, Hazrat Inayat Khan)
 - *A learned man without will power is like a head without a body.* (Vadan, Hazrat Inayat Khan)
 - *A pure conscience gives one the strength of lions, and by a guilty conscience even lions are turned into rabbits.* (Vadan, Hazrat Inayat Khan)
- **Closing Prayer:** Khatum
- **Dedication** of Merit

- **Generosity and Support**