



Meditations on The Message of Hazrat Inayat Khan
“The Training of the Ego: Training Is As Well a Science As an Art”

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- **Opening:** The Singing Zikar of Hazrat Inayat Khan
- **Prayers:** Sufi Invocation and Salat
- **Contemplation:** Invocation of the Master, Saints, and Prophets
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.4, The Training of the Ego: Training Is As Well a Science As an Art
- **Practice:** Estaferallah is an invocation of Divine Protection meaning Allâh please forgive me, Allâh please hide away my faults, Allâh please watch over me and protect me from faults. “I bask in the purifying Presences of God”.
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2. 4, The Training of the Ego: Training Is As Well a Science As an Art
- **Reading: eading:** Physicians of the Heart, by Sufi Ruhaniat International, Subhanallah, Alhumdullilah, Allahu Akbar
- **Practice: Breaths** – Subhanallah (in), Alhumdullilah (hold), Allahu Akbar (out)
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2. 4, The Training of the Ego: Training Is As Well a Science As an Art
- **Practice:** Ya Sabûr, The Patiently- Enduring and The Most Restrained
 - The One who is most patient, steadfast, and enduring. The One who is not moved by haste to carry out any action before it's proper time.
 - The One who patiently endures and does everything in its proper time and proper manner, no matter how long that may take.
 - The One who patiently accomplishes each thing in its proper time, in the way it needs to be and according to what it requires.
 - From the root s-b-r which has the following classical Arabic connotations:
 - to be patient, to be enduring
 - to endure trial or affliction with good manner
 - to be contented in trial or affliction without show of complaint
 - to make no distinction between comfort and affliction
 - to bear calmly, to persevere cheerfully
 - to be steadfast, constant
 - to restrain, confine, restrain, withhold from something
- **Reading:** Twenty Jataka Tales by Noorunnissa Inayat-Khan, “The Patient Buffalo”
- **Closing Prayer:** Khatum
- **Dedication** of Merit
- **Generosity and Support**