



Meditations on The Message of Hazrat Inayat Khan
“The Training of the Ego: The Ego is Trained as a Horse”

September 2011 | Prepared by Murshida Nuria Stephanie Sabato

1. **Opening Musical Meditation:** The Zikar of Hazrat Inayat Khan
2. **Prayers:** Sufi Invocation and Salat
3. **Contemplation:** Invocation of the Master, Saints, and Prophets
4. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.6, The Training the Ego as a Horse, by Hazrat Inayat Khan (para 1)
5. **Reading:** Githa II, 10. Ryazat – Esotericism, (Unpublished Esoteric Paper) The Attainment of Inner Being by Kasab – Read All
6. **Practice:** Kasab Breath to develop mastery
7. **Reading:** Metaphysics, Personal Power, by Hazrat Inayat Khan (unpublished) – paragraph 1 & 2
8. **Practice:** Surrender of human will to Divine Will.
(Breathe Out): *Not my will*, (Breath In) *Thy Will*.
9. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.6, The Training the Ego as a Horse, by Hazrat Inayat Khan (para 2-3)
10. **Reading:** Reading: Metaphysics, Personal Power, by Hazrat Inayat Khan (unpublished), paragraph 3 & 4
11. **Practice:** Surrender of human will to Divine Will.
(Breathe Out): *Not my will*, (Breath In) *Thy Will*.
12. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.6, The Training of the Ego: Training the Ego as a Horse. (para 4)
13. **Practice:** Surrender of human will to Divine Will.
(Breathe Out): *Not my will*, (Breath In) *Thy Will*.
14. **Reading:** Twenty Jataka Tales by Noor Inayat-Khan, The Noble Horse
15. **Closing Prayer:** Khatum
16. **Dedication** of Merit
17. **Donations** grateful received and support our online service to the Message.
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