



**Meditations on the Message of Hazrat Inayat Khan**  
**“The Training of the Ego by Not Gratifying the Ego”**

November 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 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (para 1)
5. **Reading:** Sufi Message Volume XIII, The Gathas, Morals Part 1.8, The Training of the Ego: Vanity by Hazrat Inayat Khan (para 1)
6. **Reading:** Sufi Message Volume XIII, The Gathas, Morals Part 1.9, The Training of the Ego: The Three Parts of the Ego by Hazrat Inayat Khan (para 1, 2)
7. **Reading:** Githa II, 10. Ryazat – Esotericism, (Unpublished Esoteric Paper) The Attainment of Inner Being by Kasab – Read All
8. **Practice:** Kasab Breath with concentration on the Inner Light
9. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (para 2)
10. **Reading:** Sufi Message Volume XIII, The Gathas, Morals Part 1.9, The Training of the Ego: Three Stages Through Which the Ego Develops by Hazrat Inayat Khan (para 5)
11. **Practice:** Beseeching the Divine Source for self-control from the Original Sayings of Hazrat Inayat Khan.  
(Breath In) Almighty God, Lord of heaven and earth,  
(Hold Breath) Give me the power,  
(Breath Out) *To control my self and balance my life.*
12. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (para 3)
13. **Reading:** Sufi Message Volume XIII, The Gathas, Morals Part 1.8, The Training of the Ego: Vanity by Hazrat Inayat Khan (para 5)
14. **Practice:** Beseeching the Divine Source for self-control.  
(Breath In) Almighty God, Lord of heaven and earth,  
(Hold Breath) Give me the power,  
(Breath Out) *To control my self and balance my life.*
15. **Reading:** Twenty Jataka Tales by Noor Inayat-Khan, The Quarrelsome Quails
16. **Closing Prayer:** Khatum
17. **Dedication** of Merit
18. **Donations** grateful received and support our online service to the Message. Click to Donate.