



Meditations on The Message

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Class Description:

This class focuses on the Elemental Breaths. We will study, examine, and experience the Elementals – their sounds, colors, qualities, and their correspondence to our mental life.

1. Opening, Singing Bowl
2. Tuning to one's own breath
3. Rise and say prayer Saum and Salat
4. The Flower Garden of Inayat Khan, page 10
5. Universal Sufism, page 5
6. Reading from The Supplementary Papers, CLASS FOR MUREEDS VIII, "The Philosophy of Breath" by Hazrat Inayat Khan
7. The Mysticism of Sound, page 21
8. The Mysticism of Sound, page 16-19
9. Books, DVDs, CDs, Donations
10. Rise and say closing prayer Khatum
11. Dedication of Merit