



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

December 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 1, Way of Illumination, The Purpose of Life
5. **Contemplation:** What is the purpose of my life?
6. **Reading:** The Illuminated Rumi, Coleman Barks and Michale Green (page 14)
7. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (**Nr 1**)
8. **Reading:** Sufi Message Volume XIII, The Gathas, Morals Part 1.8, The Training of the Ego: Vanity by Hazrat Inayat Khan (**Nr 2**)
9. **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 (**Nr 3A**)
10. **Practice:** Ya Ghafar, Ya Ghafur, Ya Tawwab, Ya Afuw
11. **Reading:** Githa II, 10. Ryazat – Esotericism, (Unpublished Esoteric Paper) The Attainment of Inner Being by Kasab – Read All
12. **Practice:** Kasab Breath with concentration on the Inner Light
13. **Reading:** The Illuminated Rumi, Coleman Barks and Michale Green (page 49)
14. **Reading:** 365 Tao, Daily Meditations by Deng Ming-Dao
15. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (**Nr 3b**)
16. **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 (**Nr 4**)
17. **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.*
18. **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.7, The Training the Mental Ego, by Hazrat Inayat Khan (**Nr 5**)
19. **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.*
20. **Reading:** Twenty Jataka Tales by Noor Inayat-Khan, The Quarrelsome Quails
21. **Closing Prayer:** Khatum
22. **Dedication** of Merit