



Meditations on the Message of Hazrat Inayat Khan  
“The Training of the Ego - Humility”

January 2012 | Prepared by [Murshida Nuria Stephanie Sabato](#)

[Play Audio File 1](#)

Opening Musical Meditation: [CHANT, The Benediction Monks of Santo Domingo De Silos](#)

Prayers: [Sufi Invocation and Salat](#)

Contemplation: [Invocation of the Master, Saints, and Prophets](#)

Practice: [Purification Breaths](#)

Reading: [Sufi Message Volume 1, Way of Illumination, The Purpose of Life](#)

Reading and Reflection: [Glimpse After Glimpse, "January 14", by Sogyal Rinpoche. View PDF of Reading.](#)

Reading and Reflection: [Poem, "Be Melting Snow", by Mevlâna Jalâluddîn Rumi translated by Coleman Barks. View PDF of Poem.](#)

Reading and Reflection: [Murshid Hidayat Inayat-Khan on the subject of Humility, January 14, 2012. View PDF of Teaching.](#)

Reading: [Sufi Message Volume II, The Mysticism of Sound, 3. Harmony, The Key Note by Hazrat Inayat Khan](#)

[Play Audio File 2](#)

Practice: [Astaghfirullâh](#)

*Allâh (God) please hide away my faults, Allâh please watch over me and protect me from faults. Please protect me from pride and vanity.*

Reading: [Sufi Message Volume XIII, The Gathas, Morals Part 2.8, The Training of the Ego: Humility by Hazrat Inayat Khan](#)

Reading: *The aim of the mystic is to stretch his range of consciousness as widely as possible, so that he may touch the highest pride and the deepest humility. The only fall for a mystic is to fall beneath the level of his ideal. From Nirtan by Hazrat Inayat Khan*

Practice: [Astaghfirullâh](#)

*Allâh (God) please hide away my faults, Allâh please watch over me and protect me from faults. Please protect me from pride and vanity.*

Reading: [Sufi Message Volume XIII, The Gathas, Morals Part 2.8, The Training of the Ego: Humility by Hazrat Inayat Khan](#)

Practice: Beseeching the Divine Source for self-control (*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.*

Reading: [Twenty Jataka Tales by Noor Inayat-Khan](#), [The Fairy and the Hare](#)

Closing Prayer: Khatum

Dedication of Merit

Donations are gratefully received and support these online classes and service to the Message. You may pay by check, credit card, or PayPal.



NOTE: [Gold](#) text is clickable links to references.