



Meditations on the Message of Hazrat Inayat Khan
“The Training of the Ego: Forgiveness”
June 2012 | Prepared by Murshida Nuria Stephanie Sabato

Play Audio File 1

Opening Music: *The Zikar of Hazrat Inayat Khan*
Musical Meditation: Introduction by KarimaGita Erickson

Prayers: Sufi Invocation

Reminder: 8th Urs of Pir Vilayat Inayat-Khan's, June 17th.

Reading: *Sufi Message Volume XIII, The Gathas, Morals Part 2.9, The Training of the Ego: Forgiveness by Hazrat Inayat Khan*

Practice:

Reside in the breath.

Seek to feel the Divine Source within.

Feel the light in your heart grow bright.

Feel your connection to the Divine Source of Light and Love.

Think of a person or situation, which is hard to forgive.

Bring the person or situation into the light of your heart. With this practice come into your strength and courage to either forgive or forget.

(Breath In) Give me, Lord, Thy divine wisdom

(Breath Out) *To understand and to forgive.*

Quote from the Unpublished Sayings by Hazrat Inayat Khan

Play Audio File 2

Reading: *Sufi Message Volume XIII, The Gathas, Morals Part 2.9, The Training of the Ego: Forgiveness by Hazrat Inayat Khan*

Reading: *Love which manifests as tolerance, as forgiveness, that love it is which heals the wounds of the heart.*
From the Gayan by Hazrat Inayat Khan

Reading: *Sufi Message Volume XIII, The Gathas, Morals Part 2.9, The Training of the Ego: Forgiveness by Hazrat Inayat Khan*

Reading: *He who expects to change the world will be disappointed; he must change his view. When this is done, then tolerance will come, forgiveness will come, and there will be nothing he cannot bear.* From Bowl of Saki, Hazrat Inayat Khan

Reading: *Sufi Message Volume XIII, The Gathas, Morals Part 2.9, The Training of the Ego: Forgiveness by Hazrat Inayat Khan*

Play Audio File 3

Reading: *Sufi Message Volume XIII, The Gathas, Morals Part 2.9, The Training of the Ego: Forgiveness by Hazrat Inayat Khan*

Reading: *The wise man should keep the balance between love and power; he should keep the love in his nature ever increasing and expanding, and at the same time strengthen the will so that the heart may not easily be broken.* Bowl of Saki by Hazrat Inayat Khan

Reading: Excerpt from *Physicians of the Heart*

Practice: Ya Ghaffar, Ya Ghafur, Ya Tawwab, Ya Afuw

Reading: [Twenty Jataka Tales by Noor Inayat-Khan](#), [The Guilty Dogs](#)

Closing Prayer: [Khatum](#)

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