



Meditations on The Message

November 2009

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the Development of Personality and the Sense of Beauty and Sincerity. These teachings are supported with supplemental readings, meditations, and breath practices all aimed at the development of mastery over the limitations of one's own personality and character.

In the words of Hazrat Inayat Khan: *“There are two things needed in the development of personality: the sense of beauty and the preservation of sincerity.”*

1. Opening, Tuning to the ringing of the Tibetan Medicine Bowl
2. Reflective invocation of the Masters, Saints, and Prophets
3. Invocation of Hazrat Inayat Khan
4. Reading from The Flower Garden of Inayat Khan, page 15
5. Reading from Universal Sufism, page 5
6. Purification Breaths, as taught by Hazrat Inayat Khan
7. Beginning new cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building
8. Reading from Reflections on the Art of Personality by Hidayat Inayat-Khan
9. Meditation: Taking inventory of one's own personality and character. Quote from Spiritual Liberty, Reflections on the Message of the Unity of Religious Ideals, Part II The Art of Personality, No. 1
10. Reading from Sufi Message Volume XIII, The Gathas, Part V, Gatha 1, Saluk: Moral, The Development of Personality: Sense of Beauty and Sincerity
11. Quiet meditative reflection on the reading
12. Reading from Universal Sufism, page 11
13. Triangle Breath, development of mastery over one's own personality and character
14. Dedication of Merit