



Meditations on The Message

December 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, the Jarring Effect of the Ego on Another*”. 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, and the softening of the self-cherishing ego.

In the words of Hazrat Inayat Khan: “*Those who know the right manner of developing personality know that the first lesson in life is to efface that ego as much as possible.*”

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1. **Invocation with Pir-O-Murshid Hidayat Inayat Khan**
 2. Opening, Tuning to the ringing of the Tibetan Medicine Bowl
 3. Reflective invocation of the Masters, Saints, and Prophets
 4. **Repeat** Invocation of Hazrat Inayat Khan
 5. **Introduction to Class subject: “*Development of Personality, the Jarring Effect of the Ego on Another*” (Quote by Hazrat Inayat Khan)**
 6. Reading from The Flower Garden of Inayat Khan, 2nd Edition, page 28
 7. Reading from Universal Sufism, page 9-10 subject:breath
 8. **Purification Breath followed by discussion**
 9. Reading from Reflections on the Art of Personality by Hidayat Inayat Khan- No. 2
subject: Self denial
 10. **Practice: Rotation of Hand in front of body...called? (May not be necessary to included)**
 11. Reading from Reflections on the Art of Personality by Hidayat InayatKhan - No. 21
subject: inner equilibrium
 12. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building
 - a. Reading from Sufi Message Volume XIII, The Gathas, Part V, Gatha 1, Saluk:

Moral, The Development of Personality: The Jarring Effect of the Ego of Another

b. Story about HIK and ditch digger

13. Question and Answer

14. Donations here and online option

15. Healing Breath, as taught by Hazrat Inayat Khan. Ya Shafee (inhalation)/Ya Khaffee (exhalation). You are my Divine Healer (inhalation); You art my Divine Remedy (exhaltion).

16. Dedication of Merit_ **Khatum**