



Meditations on The Message

January 2010

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This class will focus on the teachings of Hazrat Inayat Khan on the subject of the “*The Development of Personality: What Is the Ego?*”. The teaching will be 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: “*Know thyself and thou wilt know God, said the great Sufi philosopher Ali. To know the self is the most difficult thing in the world....*”

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, lead by Pir-o-Murshid Hidayat Inayat-Khan.
4. Reading from The Flower Garden of Inayat Khan, 2nd Edition, page 10, “Inayat Khan’s Words”.
5. New Year Message by Murshid Hidayat Inayat-Khan, *The Alchemy of Happiness*.
http://www.sufimovement.us/pom_special.htm
6. Reading from Universal Sufism, page 22-23.
7. Practice of Zikar (in English): Head to the left sweeping toward the right and back again repeatedly. Left to right saying, “There is nothing”. From right to left, “Only God IS!”
8. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building.
9. Reading from Reflections on the Art of Personality by Hidayat Inayat-Khan,
No. 11, 12, and 17.
10. **Meditation:** Taking inventory of one’s own personality and character. Reflect what was the intention during last month’s meditation and what is our intention for this next month.
11. Reading from Sufi Message Volume XIII, The Gathas, Part V, Gatha 1.3, Saluk: Moral,
“The Development of Personality: What Is the Ego?”.
12. Quiet meditative reflection on the reading.
13. Triangle Breath, development of mastery over one’s own personality and character.
14. **Donations here and online option.**
15. Closing Prayer and Dedication of Merit.