



Meditations on The Message

March 2010 | Prepared by Murshida Nuria Stephanie Sabato

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the The Training of the Ego: Constant Battle With the Ego. The teachings, supported with supplemental readings, meditations, and breath practices, are 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, "*The whole tragedy of life is in losing sight of one's natural self, and the greatest gain in life is coming into touch with one's real self. One must learn to discriminate between what is natural and what is unnatural, what is necessary and what is not necessary, what brings happiness and what brings sorrow. In proportion as man takes away the covering from the soul, so much more just, truer, more sincere, more loving does he become.*"

1. Opening: Tuning to the ringing of the Tibetan Medicine Bowl.
2. Reflection: Invocation of the Masters, Saints, and Prophets.
3. Reading: The Flower Garden of Inayat Khan, 2nd Edition, page 32, on the subject of Divine Personality.
4. Sufi Invocation and Prayer Saum.
5. Reading: Universal Sufism, on the subject of Prana, pages 7-8.
6. Practice: Stretch Breath.
7. Reflection and Practice: Lines from the prayer Saum.
 - a. *Pour upon us Thy love and Thy light,*
 - a. *Give sustenance to our bodies, hearts and souls.*

 - b. *Use us for the purpose that Thy wisdom chooseth,*
 - b. *And guide us on the path of Thine own goodness.*

 - c. *Draw us closer to Thee every moment of our lives*
 - c. *Until in us be reflected Thy Grace, Thy Glory, Thy Wisdom,*
Thy Joy and Thy Peace.
8. Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 45.
9. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building.
10. Reading from Sufi Message Volume XIII, The Gathas, Part V, Gatha 1.4, Saluk: Moral, The Training of the Ego: Constant Battle With the Ego
11. Meditation and Reflection
- 12. Donations here and online option.**
13. Closing Prayer and Dedication of Merit.