



Meditations on The Message

May 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: The Animal Side of Man's 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, "There is a side of man's ego which may be called the animal side; and yet it is worse than an animal side, for there are tame animals which have a tendency to love and to respond to love, and which are harmless. But there is a part of man's nature which may be likened to a thorn, or the horn of a rhinoceros, and this ego takes pleasure in hurting others and gets joy from giving pain. From a scientific point of view this is called mania or disease, but psychologically speaking all that is below the human ideal is a defect in man which he could overcome if he knew how."

1. Opening: Tuning to the ringing of the Tibetan Medicine Bowl.
2. Sufi Invocation and Prayer Salat.
3. Reflection: Invocation of the Masters, Saints, and Prophets.
4. Reading: Universal Sufism, on the subject of the Rhythm of Breath, pages 11-12.
5. Practice: Stretch Breath.
6. Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 7, 10, 96, 49.
7. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building, we read from Sufi Message Volume XIII. The Gathas, Part 6, The Training of the Ego: The Animal Side of Man's Ego
8. Reflection and Practice: Lines from the prayer Khatum.

Inhale:

Draw us closer to Thee every moment of our lives

Exhale:

Until in us be reflected Thy Grace, Thy Glory, Thy Wisdom, Thy Joy and Thy Peace.

9. The Inner School, Esoteric Sufi Teachings, "Tuning the Ego".

Inhale:

Draw us closer to Thee every moment of our lives

Exhale:

Until in us be reflected Thy Grace, Thy Glory, Thy Wisdom, Thy Joy and Thy Peace.

10. Meditation and Reflection

11. Donations here and online and mail options.

12. Closing Prayer and Dedication of Merit.