



## Meditations on the Message

August 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: Vanity**. The lesson is supported with supplemental readings, meditations, and breath practices which 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, "*Man has the desire to do good and to refrain from doing evil because to do so feeds his vanity. Among thousands it is one great soul that can keep firm and strong in his purpose through life, unshaken and unweakened by opposition from any side. It is that person who wins in the end and accomplishes things that are worthwhile.*"

1. Opening: Tuning to the ringing of the Tibetan Medicine Bowl
2. Prayers: Sufi Invocation and Salat
3. Reflection: Invocation of the Masters, Saints, and Prophets
4. Practice: Purification Breaths
5. Meditation and Reflection

*Give me new spirit of enthusiasm and courage (in breath)  
to proceed on life's path. (out breath)*

6. Reading: Sufi Message Volume XIII, The Gathas, Part 8, The Training of the Ego: Vanity
7. Prayer: Nabi (Meaning Prophet) by Hazrat Inayat Khan
8. Meditation and Reflection

*Give me new spirit of enthusiasm and courage (in breath)  
to proceed on life's path. (out breath)*

9. Reading: Message Paper, The Peculiarity of Great Masters, Rama
10. Prayer: Dowā (Meaning To Call Out – To Summon)
11. Meditation and Reflection

*Balance my life (in breath)  
that I may know and act aright. (out breath)*

12. Reading: Once Upon a Time, Early Days Stories About My Beloved Father and Mother, Chapter 6, The Jug of Cool Water, by Hidayat Inayat-Khan
13. Meditation and Reflection

*Give me new spirit of enthusiasm and courage (in breath)  
to proceed on life's path. (out breath)*

### 14. Donations

15. Closing Prayer and Dedication of Merit.