



Meditations on The Message

January 2009

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Class Description:

This class focuses on the subject of Universal Sufism, Path of Breath, Prayer and Zikar.

1. Introduction

The Class begins with the playing of the Singing Bowl, followed by silence.

2. Meditation Session: Star and Crescent

3. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

4. Reading from Universal Sufism: Path of Breath, Prayer and Zikar

Available through Blurb.com

5. Meditation Session: The Purification Breaths

6. Reading from Gathas

by Hazrat Inayat Khan

7. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

8. Reading from Universal Sufism: Path of Breath, Prayer and Zikar

From the Gathas, Section 1, Teaching 6

Available through Blurb.com

9. Meditation Session: Triangle Breath Part 1

10. Meditation Session: Triangle Breath Part 2

11. Meditation Session: Triangle Breath Part 3

12. Meditation Session: Triangle Breath Part 4

13. Reading from Universal Sufism: Path of Breath, Prayer and Zikar

From the Githas, The Effect of Jelal, Jemal and Kemal

Available through Blurb.com

14. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

15. **Prayer** – Khatum

16. Dedication of Merit