



Meditations on The Message

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the Breath: Breathing and Meditation. 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, "*Why is Breath called Prana by the Hindus? It is because it brings on the surface the essence from within. It is a current which is running from the outer spheres to the inner spirit. What it brings from the outer spheres to the inner spirit is not nearly so great as that which it brings from the inner spheres of life.*"

1. Introduction

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

2. Welcome and Invocation

led by Pir-o-Murshid Hidayat Inayat Khan

3. Reading from Gathas

by Hazrat Inayat Khan

4. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

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

Available through Blurb.com

6. Meditation Session: The Elemental Breaths

7. Reflective discussion on the reading

8. Reading from GATHAS III by Hazrat Inayat Khan

Part VII, On the Breath

Breath is Likened to Water

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

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

Available through Blurb.com

10. **Reading:** Text of Radio Broadcast

Text available through www.harzratinayatkhan.org/audio.php

11. **Meditation Session:** Triangle Breath Part 1

12. **Meditation Session:** Triangle Breath Part 2

13. **Meditation Session:** Triangle Breath Part 3

14. **Meditation Session:** Triangle Breath Part 4

15. **Reading** from The Unity of Religious Ideals

by Hazrat Inayat Khan

The Master, the Saint and The Prophet

Available through Sufimovement.org

16. **Prayer** Khatum

17. Dedication of Merit