



## **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: Breath is Likened to Water. 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, "*Breath is likened to water. The flowing of the breath is like the flowing of a stream. Inhalation and exhalation show ebb and flow. Parts of the earth which water does not touch remain barren; so, the centres in the body, with all their intuitive, innate capacities, remain unproductive if the breath does not reach them.*"

#### **1. Welcome and Introduction**

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

#### **2. Reading** from the Flower Garden of Inayat Khan

Available through [Sufimovement.org](http://Sufimovement.org)

#### **3. Meditation Session:** Stretch Breath

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

Available through [Blurb.com](http://Blurb.com)

#### **5. Reading** from GATHA III Part IX, On the Breath

Topic: Breath is Likened to Water by Hazrat Inayat Khan

#### **6. Meditation Session:** Triangle Breath Part 1

#### **7. Meditation Session:** Triangle Breath Part 2

#### **8. Meditation Session:** Triangle Breath Part 3

#### **9. Meditation Session:** Triangle Breath Part 4

#### **10. Reading** from GATHAS by Hazrat Inayat Khan

Topic: Breath and Magnetism

#### **11. Reading** from Instruction Papers, June 25, 1926

Unpublished

#### **12. Meditation Session:** The Purification Breaths

13. **Reading** from Sufi Teachings: Lectures from Lake O'Hara  
by Pir-o-Murshid Hidayat Inayat Khan  
Available through [EkstasisEditions.com](http://EkstasisEditions.com)
14. **Practice:** The practice of the Zikar of Hazrat Inayat Khan \*Audio not available.  
Zikar CD available through: <http://www.garysillmusic.com/sufi.html>
15. **Closing Prayer** Khatum
16. Dedication of Merit