



Meditations on The Message

May 2009

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Class Description:

This class focuses on the Mystery of Breath.

1. Welcome and Introduction

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

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

Available through Blurb.com

3. Meditation Session

4. Reading from Supplemental Papers

Class for Mureeds Number 6 - The Philosophy of Breath

5. Reading from GATHA III Part X, On the Breath

Pasi Anfas: The Mystery of Breath by Hazrat Inayat Khan

6. Meditation Session

7. Reading from The Mysticism of Sound by Hazrat Inayat Khan

Topic: Vibrations

Available through EkstasisEditions.com

8. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

9. Reading from the Pali Canon

by Lord Buddah

10. Meditation Session

11. Reading: The Collective Interviews - Kasab

August 30, 1926

Unpublished

12. Meditation Session: Kasab

13. Practice: The Elemental Breaths

14. **Practice:** The group then performed 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