



Meditations on The Message

February 2008

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the Breath: Inspiration. 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, "*Inspiration comes from the light thrown upon a certain idea. This comes from the radiance of the breath falling upon the mind.*"

1. **Reading:** The Gathas by Hazrat Inayat Khan
Part IV, Breath, GATHA III.2 Inspiration
Online text: http://wahiduddin.net/mv2/XIII/XIII_12.htm
Available through AbeBooks.com
2. **Reading:** The Gitas by Hazrat Inayat Khan
The Relationship of the Elements, unpublished
3. **Reading:** Heart of Sufism by H.J. Witteveen
Available through <http://www.amazon.com/>
4. **Reading:** Glimpse After Glimpse by Sogyal Rinpoche
Reading from February 23
Available through <http://www.amazon.com/>
5. **Meditation Session:** Purification Breaths
6. **Prayer:** Nayaz - Healing Prayer by Hazrat Inayat Khan
7. **Meditation Session:** Elemental Breaths
8. **Reading:** 365 Tao: Daily Meditations by Deng Ming-Dao
Reading from March 13, Discovery
Available through <http://www.amazon.com/>
9. **Reading:** Collective Interviews of Hazrat Inayat Khan
August 30, 1926, unpublished

10. **Prayer** Khatum

11. Dedication of Merit