



**Meditations on The Message of Hazrat Inayat Khan**  
**“The Training of the Ego: Training by Refraining from Free Impulses”**

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- **Opening Musical Meditation:** The Zikar of Hazrat Inayat Khan
- **Prayers:** Sufi Invocation and Salat
- **Contemplation:** Invocation of the Master, Saints, and Prophets
- **Practice:** Purification Breaths
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.5, The Training of the Ego: Training by Refraining from Free Impulses
- **Practice:** Singing Estaferallah is an invocation of Divine Protection meaning Allâh please forgive me, Allâh please hide away my faults, Allâh please watch over me and protect me from faults. “I bask in the purifying Presences of God”.
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.5, The Training of the Ego: Training by Refraining from Free Impulses
- **Reading:** Physicians of the Heart, by Sufi Ruhaniat International, Subhanallah, Page 244. Application of Subhanallah used by a Physican of the Heart.
  - Promotes inner healing.
  - Helps to overcome defenses.
  - Supports transcendence over limitations.
  - Aids in returning to the source as well as an infinite or continuous circumambulation of the center. And it also carries the meaning of a deeper and deeper penetration to the source of all.
  - Everything is revolving in love around God. There is not a thing in all the universes, heavens, and earths that doesn't say Subhanallah.
- **Practice:** Recitation of Subhanallah
- **Practice** Fikr, breath with sacred phrase - Subhan (in breath) Allah (out breath)
- **Reading:** Sufi Message Volume XIII, The Gathas, Morals 2.5, The Training of the Ego: Training by Refraining from Free Impulses
- **Practice:** Zikar of Hazrat Inayat Khan
- **Closing Prayer:** Khatum
- Dedication of Merit
- Generosity and Support