



Meditations on the Message of Hazrat Inayat Khan
“The Training of the Ego: Blessed Are the Poor in Spirit”
August 2012 | Prepared by [Murshida Nuria Stephanie Sabato](#)

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1. Opening Music: The Zikar of Hazrat Inayat Khan
2. Musical Meditation: Introduction by KarimaGita Erickson
3. Prayers: Sufi Invocation
4. Reading: [Sufi Message Volume XIII, The Gathas Part V, Saluk: Morals, The Training of the Ego: Blessed Are the Poor in Spirit \(paragraph 1\)](#)
5. Practice:
 - Reside in the breath.
 - Feel your heart soften.
 - Feel a sense of mildness fill your heart. A serene sense of genuine humility.
 - Feel your connection to the Divine Source of Light and Love.
 - (Breath Out Feeling Opening) Open my heart
 - (Breath In to Your Depths) That Thy spirit it may reflect.
Quote from the Unpublished Sayings by Hazrat Inayat Khan
1. Reading: [Physicians of the Heart](#) (excerpt Ya Quddus)
2. Practice: Ya Quddus
3. Reading: [Physicians of the Heart](#) (excerpt Ya Qabid / Ya Basit)
4. Practice: Ya Qabid / Ya Basit

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5. Reading: [Sufi Message Volume XIII, The Gathas Part V, Saluk: Morals, The Training of the Ego: Blessed Are the Poor in Spirit \(paragraph 2\)](#)
6. Reading: [Sufi Message Volume 9, The Unity of Religious Ideals, Prophets and Religions, Jesus, Beatitudes](#)
7. Practice: Ya Quddus
8. Practice: Ya Qabid / Ya Basit
9. Reading: [Sufi Message Volume XIII, The Gathas Part V, Saluk: Morals, The Training of the Ego: Blessed Are the Poor in Spirit \(paragraph 3\)](#)
10. Practice:
 - Disclose to us Thy Divine Light (move head from left to right while breathing in)
 - Which is hidden in our soul (head remains at right shoulder while holding breath)
 - That we may know and understand life better (move head to left, breathe out)
11. Closing Prayer: Khatum
12. Dedication of Merit
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