



Meditations on The Message

June 2010 | Prepared by Murshida Nuria Stephanie Sabato

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the **The Training of the Ego: Self-Consciousness**. 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, *“There is a tendency in man to think a great deal about what others think of him, and in some natures this tendency develops quickly. This develops in him self-consciousness, which is the root of several defects in man. It enfeebles man physically and mentally, and makes him dependent upon the opinion of others; so to speak, he lives on the good opinion of others, and he is as dead when they have a bad opinion about him.”*

1. Opening: Tuning to the ringing of the Tibetan Medicine Bowl.
2. Sufi Invocation and Prayer Salat.
3. Reflection: Invocation of the Masters, Saints, and Prophets.
4. Reading: The Flower Garden of Inayat Khan, 2nd Edition, page 18 and 32. Love...
5. Practice: Stretch Breath.
6. Reading: Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 2, 3, 9, 11.
7. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building, we read from Sufi Message Volume XIII, The Gathas, Part 7, The Training of the Ego: Self-Conscious, paragraph 1 and 2.
8. Vol. 3, Character and Personality, 1. Character-Building, Will-Power
9. Return to The Gathas, Part 7, The Training of the Ego: Self-Conscious
10. Antidote: An Introduction to a Message in Our Time, pages 93-94
11. Social Gatheka 27, Divine Manner 1
12. Social Gatheka 28, Divine Manner 2
13. Meditation and Reflection - From the Vadan:
Let me forget myself, Lord, (out breath)
that I may become conscious of Thy Being. (in breath)
- 14. Donations**
15. Closing Prayer and Dedication of Merit.