



Meditations on The Message

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Prepared by Murshida Nuria Stephanie Sabato

Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on the subject of the Breath: The Subtle Waves of Breath. 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, "*Inhaling shows the power of absorption which is manifest in all living beings and in all objects. Little germs, worms, trees and plants all absorb, and in that way they breathe. Also in all living beings and in all things there is a tendency to put out an element which does not belong to them, in other words an element which their system will not assimilate.*"

1. Welcome and Introduction

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

2. Reading from the Flower Garden of Inayat Khan

Available through Sufimovement.org

3. Meditation Session

4. Reading from GATHA III Part IX, On the Breath

Topic: The Subtle Waves of Breath by Hazrat Inayat Khan

5. Meditation Session

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

Chapter: Rhythm

Available through EkstasisEditions.com

7. Meditation Session: On Rhythm

8. Meditation Session: Triangle Breath Part 1

9. Meditation Session: Triangle Breath Part 2

10. Meditation Session: Triangle Breath Part 3

11. Meditation Session: Triangle Breath Part 4

12. Reading from Sufi Teachings: Lectures from Lake O'Hara

by Pir-o-Murshid Hidayat Inayat Khan

Available through EkstasisEditions.com

13. **Practice:** The Practice of the Zikar of Hazrat Inayat Khan *Audio not available.

Zikar CD available through: <http://www.garysillmusic.com/sufi.html>

14. **Closing Prayer** Khatum

15. Dedication of Merit