



Meditations on The Message

June 2009

Prepared by Murshida Nuria Stephanie Sabato

Class Description:

This class focuses on the Prayers Saum and Salat, the Purification Breaths and the Elemental Breaths.

1. **Welcome and Introduction**

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

2. **Rise and say Prayers: Invocation and Saum**

By Hazrat Inayat Khan

Instructions on the gestures

3. **Reading** from Collective Interviews on the Prayers Saum and Salat

June 21, 1926 Monday

by Hazrat Inayat Khan, Unpublished

4. **Reading** from the Flower Garden of Inayat Khan

Available through Sufimovement.org

5. **Reading** from Volume XIII - The Gathas, Part VI, Taqwa Taharat: Everyday Life

GATHA I, Purification, by Hazrat Inayat Khan

6. **Instructions** on Ablutions

7. **Reading** from The Supplementary Papers,

CLASS FOR MUREEDS VIII,

The Philosophy of Breath by Hazrat Inayat Khan

8. **Practice:** The Purification Breaths

As given by Hazrat Inayat Khan

9. **Reflective discussion** on the practice.

10. **Reading** from the Supplementary Papers,

CLASS FOR MUREEDS VIII,

Breath by Hazrat Inayat Khan

11. **Reading** from the Pali Canon
by Lord Buddha
The Causal Law of Happiness
12. **Practice:** The Elemental Breaths
As given by Hazrat Inayat Khan
13. **Closing Prayer** Khatum
14. Dedication of Merit