



## Meditations on The Message

February 2010

Prepared by Murshida Nuria Stephanie Sabato

This class will focus on the teachings of Hazrat Inayat Khan on the subject of the *“The Training of the Ego: What the Ego Needs and What It Does Not Need.”* The teaching will be supported with supplemental readings, meditations, and breath practices 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: *“In order to train the ego it is necessary that one should distinguish what is the right of the ego and what is not its right.”*

1. Opening, Tuning to the ringing of the Tibetan Medicine Bowl.
2. Reflective invocation of the Masters, Saints, and Prophets.
3. Rise for the Sufi Invocation and Prayer Salat
4. Reflection on the last line to the Prayer Salat: “Until in us be reflected Thy Grace, Thy Glory, Thy Wisdom, Thy Joy, and Thy Peace.”
5. Practice: The five Divine Qualities related to the five elements and the Elemental Breaths.
6. Reading from The Flower Garden of Inayat Khan, 2<sup>nd</sup> Edition, page 30, “Inayat Khan’s Words”.
7. Reading from Universal Sufism, page 22-23.
8. Practice: Zikar version 1 (in English): Head moving left to right saying, “There is nothing”. Head moving from right to left saying, “Only God IS!
9. Practice: Zikar version 1 - continued (in English): Open our hearts towards Thy Beauty (head rises up), illuminate our souls with Divine Light (head moves down and thought resides in the heart)
10. Continuing the cycle of teachings dealing with the subject of our inner moral culture, the Art of Personality and the Character-Building.
11. Reading from Reflections on the Art of Personality by Hidayat Inayat-Khan, No. 39.
12. **Meditation:** Taking inventory of one’s own personality and character. Reflect what was the intention during last month’s meditation and what is our intention for this next month.
13. Reading from Sufi Message Volume XIII, The Gathas, Part V, Gatha 1.4, Saluk: Moral, *“The Training of the Ego: What the Ego Needs and What It Does Not Need?”*
14. Quiet meditative reflection on the reading.
15. Practice: Zikar (in English) version 2: Head moving slowly from the left to the right saying,

“There is nothing, Only God IS”.

16. Practice: Zikar - continued (in English): “Open our hearts towards Thy Beauty” (head rises up),  
“Illuminate our souls with Divine Light” (head moves down and thought resides in the heart)

**17. Donations here and online option.**

18. Closing Prayer and Dedication of Merit.