



Meditations on The Message

May, 2007

Prepared by Murshida Nuria Stephanie Sabato

Class Description:

This class focuses on the deepening of the Breath.

1. Welcome and Introduction

The Class begins with the playing of the Singing Bowl

2. Reflective **invocation** of the Masters, Saints, and Prophets
3. **Reading:** Review from earlier classes. From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.1. Fikar
4. **Meditation Session:** Tuning to one's natural rhythm
5. **Reading:** Review from earlier classes. From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.2. Regularity of Breath
6. **Meditation Session:** Observing one's own breath, one's own rhythm
7. **Reading:** Collective Interviews of Hazrat Inayat Khan
August 30, 1926, unpublished
8. **Practice:** the Elemental Breaths
9. **Reading:** Review from earlier classes. From Sufi Message Volume XIII, The Gathas, Part V, Gatha II.3. The Life-Power
10. Dedication of Merit
11. The Class ends with the playing of the Singing Bowl followed by silence