



Meditations on The Message

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Class Description:

This class focuses on the teachings of Hazrat Inayat Khan on Breath: Purification Breaths and the Elemental Breaths.

1. Welcome and Introduction

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

2. Reflective invocation of the Masters, Saints, and Prophets

3. Invocation of Hazrat Inayat Khan

Explanation of the words of the Invocation

4. Explanation of the Universal Worship Service

5. Reading: from a Paper by Hazrat Inayat Khan on the Purification Breaths.

Instructions for and information on the practice

6. Practice: Purification Breaths

7. Reading: from the Mysticism of Sound by Hazrat Inayat Khan: The Silent Life

8. Practice: Elemental Breaths

9. Dedication of Merit