

WRITINGS FOR A BETTER WORLD

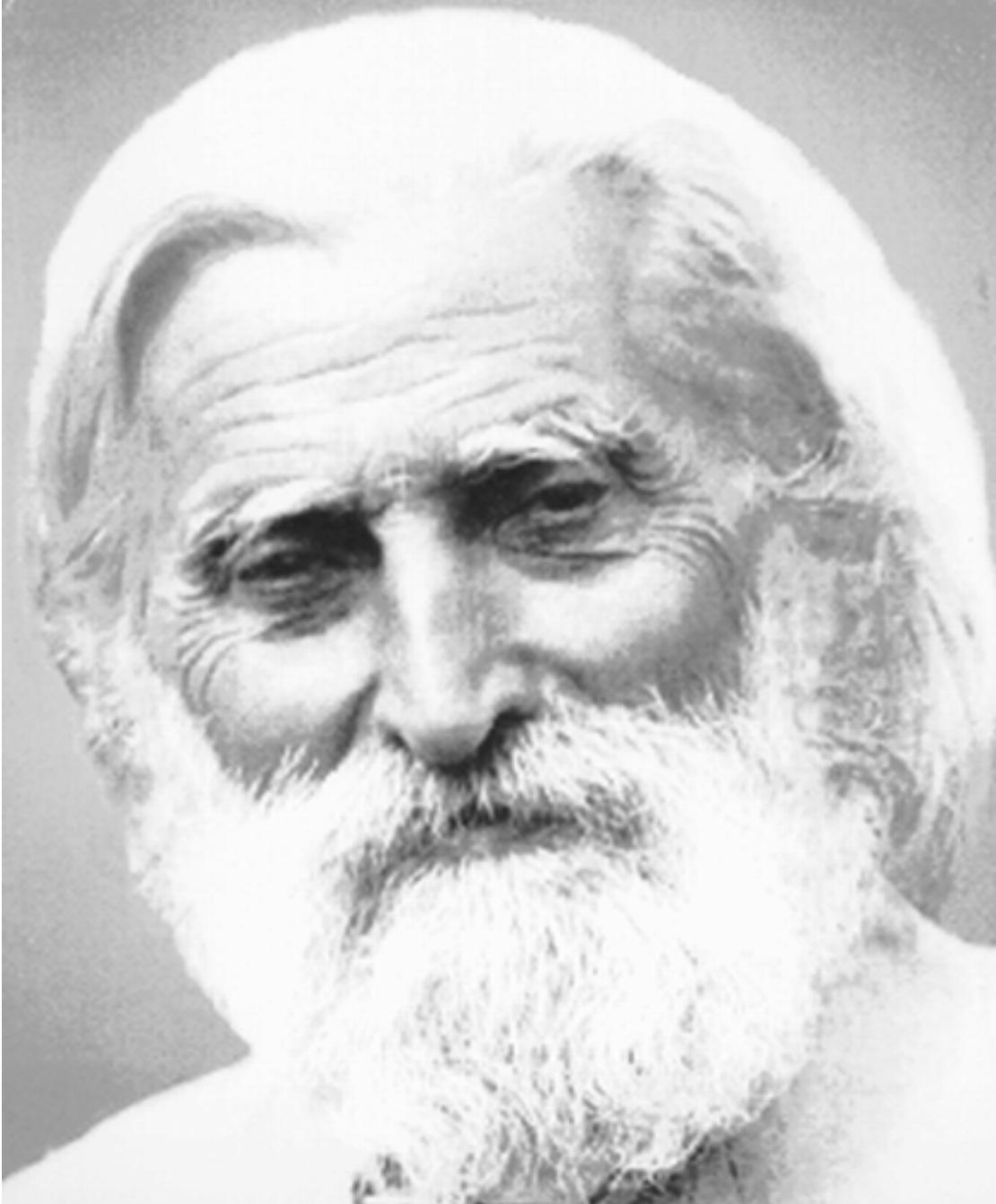
BEINSA DOUNO

THE 6TH RACE

THE LAST WORDS OF THE MASTER BEINSA DOUNO

EDITION HEAVEN ON EARTH

BEINSA DOUNO – THE 6TH RACE



THE SIXTH RACE

The Master lifted the corners of the curtain and, for an instant, revealed the future which is descending from Above. For the ordinary man, this was like a fairy tale from One Thousand and One Nights. Nevertheless, this was the real Life towards which humankind is headed.

The Master said:

"Each new epoch is a creative Act of God. Modern times cannot be compared to the future which is coming. Now a nucleus of people from all nations is forming in the world – English, French, German, Russian, American, Japanese, Chinese, Bulgarian, Turk, Serb – both black and white – are forming a new race: a nation with a new understanding which is different from the present. Who unites these spirits? The Great Divine Law attracts them that they may come to know one another and work together. I ask: Could the Bulgarians be a contingent of such people? Yes, they can. If the Bulgarians do not send their representatives there, they will be its servants. Those nations who send their representatives to this nucleus-their names will be inscribed upon this great kingdom; and those who do not-their names will be erased. The Scriptures stated thousands of years ago, 'Those peoples which do not serve God do not have a future.'

"A glorious moment is coming for which you must prepare yourselves. Be glad for your future, for that which is awaiting you.

"Everywhere-in all nations-there are people present of the sixth race. You can encounter representatives of the sixth race as an intelligent child, as a noble youth or as an old man." One sister asked, "Are we going to see them?"

The Master replied:

"You have seen them. It is said in the Scriptures, 'All nations will come together and the Name of God will be glorified.' From the twelve tribes of Israel, one understands that humankind will be united. The twelve tribes are the 12 symbols of the zodiac, the 12 qualities of humankind.

"People have small ideas. The Bulgarians wish for a great Bulgaria; the Serbs-a great Serbia. All wish to be great. In the Kingdom of God, all nations must be united. By 'the Kingdom of God,' one should understand the people of the sixth race. They will live as brothers. All nations will be represented in one unity.

"Those who do not understand the prophecies are worried about the future. Read Chapter 60 from Isaiah. This chapter is about the coming of the sixth race. In the Epistle of Jude, verse 14, it is written, 'Behold, the Lord has come with thousands of his holy ones to execute judgment upon all, and to convict all the impious of all their impious works.' This is about an epoch whose beginning is now. Until now, the good were being cultivated in the greenhouse, but when the Kingdom of God comes, all flowers will leave the greenhouse; natural growing conditions will exist for them.

"From the Invisible World, Advanced Beings-people of the new Love or the so-called forerunners of humankind-are coming. These are Workers who are coming from Above. When they find souls who are ready to work, they will incarnate in them and will work through them.

"New ideas are coming into this world. They clash with the old ones. Why? Because the old refuses to give up its realm. The new will reform the world radically. The old systems will be replaced with new ones. The one who accepts these new ideas will be transformed. His face will become illuminated and will take on a new expression. We are in a transitional epoch. We will all pass

into the new epoch and will live in a new way. The old forms have become obsolete. The old life has no more material for work. The time has come for all people to raise their consciousness a step upward and give way to the Divine Power."

THE MAN OF THE SIXTH RACE

"Each race is notable for certain qualities: the black race-for its imagination and powerful feelings; the red-for its activity: they apply geometry and mathematics; the yellow race is notable for its objective mind; the white race-for its rationality: ever since it has come to earth, it has measured things on scales and studied them.

"The sixth race which is at hand has within itself all the good qualities of all of the races which have proceeded. In this regard, it represents the essential synthesis of the human virtues.

"While living on earth man passes through the phases of the preceding races. As cautious as one might be, he nevertheless will pass through the phases of the preceding races and-if he is of an independent mind-will learn from them.

"The sixth race is the race of justice and of the Kingdom of God. The sixth race is already coming, and then the Kingdom of God-on a small scale-will be established on earth."

A brother asked, "Master, is not justice inferior when compared to the Kingdom of God? Because, according to the law of justice, the one who works less will earn less, whereas according to the higher Law, everyone must receive according to his needs."

The Master replied:

"The Kingdom of God and justice are one and the same. I am speaking here of Divine justice.

"The culture of the mind creates the external forms. The sixth race will impart content to these forms.

"Each race has given something of itself. The race which follows-the race of Love-will give the most. It will be represented by noble, luminous souls. It will bring to earth the new culture. The ideas of the sixth race are like the air: they permeate all, even now.

"The Slavs will give an impulse to the sixth race. After the events which are happening now, the sixth race will become active in life. It will begin to take leadership. Many more representatives of the sixth race will be present on earth than at the moment. They will give a new direction to the culture. The Slavic people will serve as the base for the engraftment of the sixth race."

One brother asked, "Is there a possibility that the representatives of the sixth race will appear in Bulgaria?"

The Master answered:

"Yes, the conditions exist. For several thousand years, Bulgaria has been worked upon for this purpose.

"The sixth race will give order to the world. It will take up leadership in its hands. The Divine within man puts to sleep the base – the animal nature-within him. For thousands of years, it has been lulling it to sleep in a manner similar to lulling a snake to sleep. The learned ones who will come will put order and structure into the world. These are the people of the sixth race.

"The awakened people from all nations will form the sixth race.

"Slowly but surely, you are advancing towards the sixth race. It is in store for you to meet with the luminous souls who love you. Do not waiver and do not doubt!

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"In the sixth race, each will be aware that others have the same rights and privileges as he does.

"It has been said, *'If you are not born again...'* These words imply the sixth race. The rebirth about which the Christians are speaking refers to the entering into the sixth race; and repentance and conversion, et cetera-are the preparation. The *'born again'* are already in the sixth race. Within it death will exist no more. When the time comes to depart, one will dematerialize, will become invisible. Cemeteries will no longer exist. They will exist only for the remainder, not for those of the sixth race.

"As at present, existing simultaneously with the white race, there are the black, the red, the yellow-the same will be with the sixth race. We are only paving the way for Love which is the sixth race. The people of Love will be different. The words in the Scriptures 'the first resurrection' are meant for them. The Manifestation of Love in humankind-this is the first resurrection.

"The sixth race brings positive beauty. The people of that race will have very regular features: they will be beautiful. They will be inspired by the high ideal within themselves which will make them beautiful. They will be a much more beautiful people than you have seen until now.

"The facial angle of the European is 80 degrees; in the dog it is 35 degrees. In the human being of the sixth race, it will be 90 degrees.

"Rarely have I seen really beautiful people.

"The brows of the people of the sixth race will be more straight: they will be curved very little, indicating that they are part of a very large Circle. The color of these people will be radiant like a figure illuminated by the sun. Light will emanate from their faces as if they were radiating. At night there will be no need of lamps. Wherever one goes, there will be light, because man will radiate light. Their eyes will see at a distance; they will see also in the dark. When you look at a man from a distance, you do not know who he is. But as a man of the sixth race, you will see the details from far away. So man of the fifth race obviously had been a caterpillar.

"The man of the sixth race will be musical. When he visits one who is ill – just by singing to him or playing an instrument – the ill one will regain his health."

"We need to acquire that quality of light, selflessness and that quality of water, suppleness. That which the light has accomplished in illuminating space, you should do as well. And that which the water has done in purifying things, you too should do.

"The man of the sixth race is already created, he exists. He has been there for thousands of years, but he is kept under guard, is hidden: he is not shown to everybody. Nature exists as a closed book. The one who knows how to open it can read from it. Many look at this closed book from without only, only at its cover.

"With the coming of the sixth race, humankind will enter paradise and will depart from error.

"In the future, man will remember his past incarnations. It will be pleasing for him to remember them, but he will feel that he has departed from his old state-like the butterfly which pre

THE NEW ORDER

"A new Order is coming into the world. When you return to the earth after several thousand years, you will verify what I am telling you now. The houses will not be constructed as they are now, but will be built several kilometers away from one another. The animals will be

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given rest from the people. To the artists, musicians and other people of the arts, the best conditions for work will exist. This will be accomplished by the sixth race.

"The inner wealth, the knowledge which a person possesses, will be available to all. Now you are provided with air, light and water. One day the bread too will be given to you like the air, the water and the light. In the sixth race, people will have bread in abundance. Every one will have a home, a garden and fruit trees. When you pass through a place that is new to you, you will be asked from all sides to come in for a visit.

"In the new Order, everything old will disappear and all things will be completely new. The fruit too-pears, apples, plums, et cetera-will change; they will be different. At the present time, the lemon tree blossoms and its fruit ripens throughout the whole year. In the future, this will be the same with the apples as well.

"The culture will be smokeless. Everything will be done by electricity.

"That which we desire, exists. There are Beings who have this; they live this. The Angels live in such a culture, the kind in which we will live after thousands of years. After thousands of years, we will live in the Angelic Culture. Everything in the world is real. Everything exists already, but it descends from Above downwards. The Angelic Culture descends to the human culture, and the human culture descends to that of the animals and so on. Thus, a culture descends from Above.

"Somebody may say, 'When we are perfect, what will we do?' We will then begin to live."

THE PATH OF THE STRONG ONES

The great Divine Life surrounds and penetrates us from all sides. The Master knew how, with simple words, to remind us of this Life and to reveal its presence. Only when man has the Divine as an example, can he choose the right direction in life. Then he correctly solves his assignments; otherwise, he walks in darkness and always encounters obstacles in his path.

The Master explained:

"When somebody insults you, he gives you an unpolished diamond. You will polish it. When somebody offends you, how will you forgive him? It is sufficient to remember God in order to forgive him. A man needs to study for thousands of years until he learns how to forgive. He who is insulting you is testing your love. If it is strong, you will remain calm. When somebody does you wrong, you should forgive. This is the Law of mercy.

"Another Law says: if you forgive, you will gain your freedom; otherwise the chains of karma will bind you. When somebody does some mischief to you and you wish him something bad, you create karma which you will need to pay off. Unless you reconcile with people, you cannot enter the Kingdom of God. In this world and in the world beyond, you will be tortured by him whom you do not love. He will be the servant who will torture you. You say, 'I am ready to give everything to be released of this burden.' No, you will be released by him only when you begin to love him.

"You must forgive people, because all souls come from God. If you do not forgive, you will break your connection with God and with God's Blessing which is coming from Him to you.

"You say, 'I would like to go to God.' Do you know how to go there? Where He is, the heat is a few million degrees. How could you endure this? It would be enough to look at Him for only one moment for you to melt. Before you go to God, meet with him who has insulted you and say, 'Thank you for the nice words you have said to me. I will never forget you.' Offer

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your hand and forget the whole offense. If you decide to go to God and tell Him how you have been insulted, nothing will remain of you.

"When you quarrel with somebody, you lose the light of your faith; your hope darkens. When you quarrel with all people, all the luminous forces within you stop functioning and you remain in darkness. You say, 'What do I need to do?' Reconcile with people. When evil comes and does you wrong, do not resist it. Replace it with good. But if instead you start a fight with evil, you will always be beaten.

"There is no weapon in the world which can withstand the Power of Love. Do not oppose evil with evil, but with the Power of Love. One sister was in disharmony with another. I said to her, 'Read and contemplate on page 101 of the book, *The Royal Path of the Soul*'. On this page, it is written that man must pierce his enemy with the sword of Love.'

"To love your enemy-this is heroism. How will you love him? Imagine that someone does the greatest evil to you. One day God takes all his wealth and makes him the poorest man. As a beggar he comes to your home to ask for alms. If you receive him well, if you give him food and drink and do not say any word about the evil he has done to you, then you love your enemy. Let's say that you have spoken badly about some people. How will you correct this offense? You should do some favor for them. Only those who are strong can forgive. This Teaching is not for the weak and faint-hearted but for the strong ones.

"To love those who love you-this is natural. The mother loves her child, and he loves her. To love your enemy-this can be an achievement of only a few.

"A strong joy is what absorbs sorrow; strong love is what absorbs hatred. If your love cannot dissolve hatred, what kind of love is it? If the good in you cannot dissolve the evil, what good is it?

"A wise man is that one who can replace hatred with Love. If your mother-in-law is maleficent, try to educate and teach her: be her professor. She has been given to you as an assignment. You will teach her. You will put her in a fire of 35 millions degrees to melt without being burned. After she passes through the fire, from having been your enemy, she will become your friend. This means that a great fire is necessary for all. You complain about your husband. Put him in this fire to melt and be purified.

"To love your enemy-this is not a sign of weakness, because through the Power of Love, the enemy will become disheartened and will surrender. When somebody treats you in an unfriendly way, in turn, you should treat him well. Then his state will be transformed: the good in him will conquer the evil, and he will change. Someone receives you coolly. When you depart, pray for this man; then he will think, 'I gave a cool reception to this man, but I will change my attitude. Next time I will give him a cordial welcome.'

"The Scripture says, 'When a man's path is pleasing to God, He reconciles him with his enemies.' When somebody is offended in your presence, tell the offended one, 'Do not be angry with him. The faults of other people are our faults as well.'

"Everyone, who reconciles without Love, commits a crime. Somebody owes you ten thousand leva (Bulgarian currency). Think, 'Could I in the Name of Love forgive this person's debt of 10,000 leva and forget about it?' If you would like to forgive him, take the promissory note and put it into the fire to burn. Do this experiment without hesitation.

"Some people would like to enter the Kingdom of God without experiments. This is impossible. You will pass through the Fire and will burn all your promissory notes-that is to say, all misunderstandings, all grievances and insults-and will emerge from the Fire purified."

THE NEW AGRICULTURE

The small farm was harvesting the fruits of its labor. The threshing-floor was made ready in front of the house. All of the brothers and sisters were participating in this. After the harvest was winnowed and sorted, the wheat berries were stored in the silo.

After the last threshing, we gathered around the Master in the yard, and he told us:

"Without harmony, nothing can be accomplished. Why does deprivation exist in so many nations? Because harmony is lacking. Hatred, oppression and envy are three of the many reasons which cause deprivation and disease.

"One virtue exists that is capable of uplifting the Bulgarian people. I could give you a method for cultivation that would make the earth bountiful and produce more wheat than it ever has before. But for this, a noble heart and a mind which is enlightened and not wicked are required. People need to be good and honest.

"If I cultivate one decare of land according to the new method and someone else cultivates ten decares according to the old methods, I will have a harvest that is as large-if not larger-as those with the ten decares.

"Methods for saving time and energy exist which man is able to make use of in special cases. However, these methods are not yet known to man. Because they are still unknown, people will say, 'It is God's Will.' This is not correct. Man has digressed from his natural path of development, and the consequences of his error is that his existence has become so difficult that he cannot rest.

"What is the new method? Love. I have given some of the brothers specific suggestions as to how they might work by the new method, and they have obtained wonderful results."

One sister commented, "A brother asked you if there was a way to increase the harvest and if it were possible to support his family with 10 decares of land. You gave him the methods, and he was able to provide for his family with his 10 decares."

The Master continued:

"Some will say, 'These methods cannot be implemented. You speak of an ideal.' Not so. One can test these methods even now. The new method is already in use. It can be implemented today.

"One significant economic issue exists: is it necessary to implement reforestation with fruit trees of all the hills around the villages? Do not permit any place to remain bare. Plant fruit trees: pear, apple, plum, walnut and so on. In addition to this, line each side of every road-not with decorative trees-but with fruit trees. Then in a short while, Bulgaria will become a paradise, with an abundance of fruit. Bulgaria then will have sufficient food because fruit provides all of the significant nutrients.

"This is the direction which man must consciously work towards. This consciousness must permeate the entire Bulgarian nation-the desire to plant those fruit trees which are in harmony with her particular climate and soil. One must also consider which kinds of fruit trees grow best at which height above sea level."

Exerpt of the book:

“THE WELLSPRING OF GOOD” – *THE LAST WORDS OF THE MASTER PETER DEUNOV*

Appendix: Books

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- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating* (F)
- Music and Creation
- Nutrition for a successful life
- Only Beauty can save the World
- Proper knowledge of Human and Divine Justice
- Purity as the Key to Self-Realisation
- Real Freedom (F)
- Reflections on Birth (F)
- Suicide – Reasons & Consequences (D) (F)
- The Cosmic meaning of Marriage (F)
- The different aspects of 'Clairvoyance & Intuition' (F)
- The hidden capacities of human beings which should still be developed
- Die verborgenen & noch zu entwickelnden Fähigkeiten des Menschen
- The Importance of having an High Ideal
- The Kingdom of God & His Righteousness
- The Laws which govern the Universe
- The Power of Thought
- The Quintessence of Christianity
- The Reasons behind Suffering
- The Relationship between Colours & the Aura
- The Sublime Origin and Goal of Sexuality and the Sexual Force
- The Sun & the Sunrise-Meditation; *working with the Divine Image*
- The true Task of Art (F)
- The Undesirables
- The Universal Brotherhood of Light
- The Two Principles – Masculine and Feminine
- Traditions, the Gospels & the Holy Scriptures
- True Happiness (F)
- True Love (D) (F)
- Why we should accept Reincarnation (D)
- Working with Light

(F) = also in French available; (D) = also in German available

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- VHS Paneurhythmy - music, ideas and movements
- Paneurhythmy - audio tape
- The New Music of Beinsa Douno- audio tape
- The New Music - concert of music and songs by Beinsa Douno - audio tape

EVERA BOOKS BOOKLIST

(www.everabooks.com)

Included in this booklist are Overviews of Beinsa Douno and his Teaching, Practices taught by Beinsa Douno including Paneurhythmy, and Various Teachings of Beinsa Douno covering a wide range of topics.

NEW! Toward the Light Sacred art by Lilly Dimkova. Lilly presents colorful, light-infused images of Nature and portraits of Noetic beings, including the Master Beinsa Douno, accompanied by inspiring quotes from the Master. Among its pages are numerous powerful images that can truly move one's soul. Themes include Faces of the Future, Bulgarian Saints, forest, sea, snow, and sunlight, among others. A great present for connoisseurs of spiritual art! 104 pages, 8.5x11 inches, paperback. \$20

NEW! The Pentagram This small, beautifully illustrated booklet contains an extract from Beinsa Douno's "Tuning of the Human Soul", taken from the Archives of Boyan Boev. It explains much of the mystical meaning of this sacred symbol, and how it can be used meditatively for protection and blessings in a life of service to God. 15 pages. \$4. (FYI, for more on the Pentagram, go to the Pentagram section under Paneurhythmy on the website The Master Peter Deunov) "If you use the Pentagram, you shall work for the Glory of God. If you use it correctly, it will become a source of prosperity and blessings for you. If you want to benefit from its power in a proper way, you should be self-determined irrevocably to serve God without any turning back. I told brother Penu Kirov, who gave you the Pentagrams, that he should take into consideration whether the person receiving a Pentagram from him, was ready to serve God. If one had not made up his mind to serve God, the Pentagram would cause harm to him. The Pentagram is a fence. It is Light. If you are in danger, you may visualize that you hold a Pentagram in front of you, your right hand is touching the ray of Righteousness, your left hand - ray of Truth and you are directing the apex ahead to the hostile object with the words: 'In the name of the Lord Jesus Christ I ask God, the Great and Mighty One, to do what is good in His eyes.'"

NEW! Sacred Words of the Master This extensive book was dictated by Beinsa Douno in the late 1930's, and is a primary sourcebook of his Teaching. It can be used as an oracle, to give one guidance on the issues one is currently facing, by opening the book spontaneously, in a meditative and prayerful state, and letting one's right forefinger move to the appropriate verse. Previously, only the first 500 verses of the book were available in English, in a translation by Vessela Nesterova. Now, Maria Mitovska and Phyllis Thorpe have built upon that and provided all 1788 verses of this book. It covers every area of spiritual life in pithy aphorisms. Together with the Paneurhythmy and the Testament of the Color Rays, it is considered to be a primary pillar of the Master's Teaching. 416 pages. Hardbound leatherette. \$22. "Peacemakers are living in the Divine Fire. Peacemaking is the Divine beam, which comes from the depth of the human soul. The peacemakers are the Sons of God. Peacemaking is a Divine Light and it comes from the flame that has created it." "The greater the sacrifice one makes, the bigger one becomes. The more sacrifices one makes, the wiser one becomes, the stronger one becomes, and the better one becomes. Good people have sacrificed themselves, that is why they are strong." "Open your hearts to the Divine and do not think about what will happen to you. Open your minds to the sublime and bright thoughts and do not worry about tomorrow." "Joy should accompany you. Your mind cannot grow without joy. Your mind cannot be strong if you have no peace."

NEW! Love Is All-Forgiving: Reflections on Love and Spirituality Compiled by Milka Kraveva. This little book of quotes from Beinsa Douno provides valuable guidance in that area that is so much of a challenge for many of us, LOVE. It includes advice on human and romantic love, as well as on the spiritual and divine love that are the foundations for stable human and romantic love. 154 pages. paperback. This book may be purchased at Amazon.com, using this link: Love Is All-Forgiving. "Love is the only force that acts without any bias. It opens your eyes instead of clouding them. When you love, you can see clearly. Only through love can you know people." "Love is the basis, the foundation of everything, for it is a virtue that is blind to human mistakes, and is never offended. Even in the worst mistakes it only sees something positive." "I teach a great love, an active love, a love of kisses but also meaningful, a love of feelings but also intense and noble, a love of power but of a light-giving power, so that there may be love wherever we go!"

New Edition! Paneurhythmy - Supreme Cosmic Rhythm, compiled and translated by Ernestina Staleva and Antoaneta Krushevska. Detailed instructions on The 28 Exercises, The Rays of the Sun, and the Pentagram, with music and lyrics, and numerous quotes from Beinsa Douno on the inner purposes of the various movements. The new edition is filled with beautiful color photographs as well as early archive photographs illustrating every movement ([sample page](#)). 208 pages ([cover page](#)). It is offered in 3 forms: By itself: \$14. With [Live at Rila CD](#) in jacket pocket: \$20. With [Live at Rila CD](#) in its own jewel case: \$22. "In ***The Rays of the Sun*** when it is spoken about the "Mother", it means that Mother within Sentient Nature. Within the name "Mother", is hidden the Name of God. The exercises, The Rays of the Sun, are from the Temples of the initiated and are the music, speech and movements of the Sun. When you perform them, you become conductors of Love and Light, and you spread those rays and ideas that are to be transmitted throughout the world."

Free Explanations and Directions for the Use of the Book, The Testament of the Colour Rays of Light In this small booklet, Beinsa Douno and a close disciple of his give instructions for a deeper understanding and effective use of the light/color meditations in The Testament of the Colour Rays of Light. 24 pages. "Success depends on the green colour. Refreshment is included in that colour too. Poverty is born out of an insufficiency of this colour, but its surplus leads to covetousness and stinginess. Therefore when the green colour assumes large proportions, we must turn to the red colour which will tone it down. The inordinate desires in this

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world produce the green colour. Self-denial means getting rid of the desire for useless things." "All disputes are due to the lack of colours. For example, the lack of the red colour leads to hatred. Let us make use of light, for everything depends on light which is essential to life. We shall include all colours in this life and then the seven spirits will unite and humanity will return to its original source."

The Viola Bowman Collection Viola Bowman studied with Beinsa Douno in Bulgaria, before moving to the United States. She is one of the pioneers of Paneurythmy in this country. She has written 2 books about Paneurythmy, and provided a translations of the book Breathing, and of the Paneurythmy lyrics as they are sung in Bulgaria. Now, as she lives the later years of her life, she has offered her books on consignment for the furtherance of Paneurythmy. All profits from the sales of these books will go towards establishing a non-profit Paneurythmy Foundation to further the transforming work of Paneurythmy in the United States and elsewhere.

Paneurythmy Volumes I and II. These books contain much of the deeper spiritual philosophy behind Paneurythmy. They include Viola's story of her time with the Master, a profound interpretation of Beinsa Douno's teachings on Paneurythmy and right living, with many quotes from the his teaching, the music and lyrics of Paneurythmy, as sung in Bulgaria, and instructions on the Paneurythmy. Volume II focuses on the Sunbeams and Pentagrams, and includes a special, updated version of the Pentagram symbol given by Beinsa Douno, that I have not seen anywhere else. The movement instructions may not be as precise as in other books, because the initial intended audience was school children. But as sourcebooks for deepening one's understanding of Beinsa Douno and Paneurythmy, these manuals are unparalleled. Vol.1, 120 pages. Vol.2, 82 pages. Volumes 1&2 are sold together for \$25. **The Master on the Divine Mother Love theme in the Sunbeams:** "Until now, man was living for himself. But from now on Mother Love, as an impulse within the consciousness of humanity, is urging an improvement for everyone without exception. Therefore, all people must act together for the well-being and happiness of the whole of humanity". "Unconditional Mother Love is the door through which man can enter the Kingdom of Heaven. Christ also pointed out to us that Love is the only path for salvation of the human soul." "Your Mother is coming."

Breathing by Boyan Boev. A close disciple of Beinsa Douno conveys a variety of breathing exercises for health and transformation, including various body movements, meditations, visualizations, etc., to be coordinated with the breath. 77 pages \$12.00 "When you become sick, breathe and sing. If you hear that somebody is sick advise him before anything else to breathe deeply. If he doesn't know how to breathe he lies on his back and says, 'It is God's will.' which means he doesn't wish to make any effort to cure himself. If he thinks as God thinks he will make this effort." "You cannot change your thoughts if you don't change your breathing and vice versa... If man has an incorrect tempo of breathing he loses his correct thinking." "Breathe deeply, calmly and slowly if you want your affairs to go well." "Make an experiment with inhalation to think about the Light and in this way connect with its energies. These energies exist in the air from where you have to extract them. While you think about the beautiful scent of flowers, inhale the air. When you think of certain words as you breathe, you will see how each one has a different influence over the pulse of your heart. When man is inspired by highly elevated thoughts and emotions, the beating of his heart is rhythmical and the pulse is correct." "Inhale and exhale while thinking that you are accepting a white color, that this color falls over you as a shower. Then your inhalation is rhythmical. You count to four and with every inhalation and exhalation you will think about a white color and purity. It is advisable to do this exercise outside in the pure air if you have a garden."

An English Speaker's Guide to The Bulgarian Lyrics of Paneurythmy, Volumes I and II. In small, easily portable form, Viola presents the Bulgarian transliteration and English translation of the Paneurythmy songs as they are generally sung in Bulgaria. Most of the Paneurythmy lyrics came not from Beinsa Douno, but as inspired lyrics through his disciples. He explained that various valid versions of these lyrics could come into play in the future. Except for those lyrics that came directly from Beinsa Douno (Thinking, Aum, Rising Sun, Ti Si Me Mamo), the version given here is a different version from the English words given by Vessela Nesterova, which were independently inspired. 44 pages \$6.00 **Joy of the Earth** "Joyful the earth in ecstasy, Spins along its heavenly path, Like a maiden pure and gay, Much adored by her chosen man. She is longing for the sun, Stretches out her arms toward him, He caresses her from afar, Kisses his beloved earth, Overwhelmed, she bursts into song."

OVERVIEWS OF BEINSA DOUNO AND HIS TEACHING

The Wellspring of Good: The Last Words of Master Peter Dunov compiled by Bojan Boev and Boris Nikolov. The Master shares deep insights into the inner realities of life, covering a vast array of subjects, including Paneurythmy, Communion with Nature, Music, The Law of Love, Cosmic Consciousness, The Colors, Joy, The New Epoch, etc. New edition with color photographs of the Master and of Paneurythmy in the Rila Mountains. 408 pages. \$14. "When I speak about the new man, I have in mind the people of the Sun who live with Joy. They are exuberant, generous, and overcome their difficulties easily. They are heroes, men with open hearts. They use everything wisely. They enjoy everything. In both suffering and pleasure, the new man is filled with an inner joy. He knows that both the bad and the good conditions are given in order for him to grow." (from the book) **See Review**

Prophet for our Times, edited by David Lorimer, A biography of Beinsa Douno, followed by numerous excerpts from his talks, arranged by subject (God, the Noetic World, The Divine School, Master & Disciple, Fundamental Principles of Life, etc.) 199 pages \$15 "It is only with and through love that the world will be set to rights. For my part, I am leaving. My work will continue on the other side. You do not have much time left. Be vigilant and do not be discouraged. You must all progress with greater enthusiasm. Be sincere and true to your mission. May peace be with you. A small task has been completed."

THE MASTER PETER DEUNOV: His Life and Teaching text by Milka Krалева, Illustration by Hristo Hadjitanев, Design by Krassimira Despotova. This exquisitely illustrated book is the first full biography of Beinsa Douno to appear in English. It covers every period of his life, including his time in America, and is filled with fascinating details that shed greater light on the meaning of his spiritual mission. Numerous photographs and beautiful illustrations add greater substance to this biography. The price of

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this book is high, but well worth the investment for serious students of Beinsa Douno. Approx. 9.5" x 12.5", 88 pages, hardbound. \$30. "Today, the equinoctial point is in the constellation of Aquarius....During it, all snow and ice will start melting [*note: global warming?*]; there will be many contradictions but purity will be attained. The main characteristic of the Aquarius is purity. It is related with water which brings new life. We are already in the sign of Aquarius. The sign of the Aquarius determines supreme mysticism in man. The conditions now are the most favourable for work. Never before in the age of Christianity have there been better conditions."

Along the Path of Light This beautiful book is filled with beautiful photographs of Beinsa Douno and his followers, in the Rila mountains, at the Isgrev (Sunrise) center in Sofia, and in various other settings. The pictures are accompanied by sayings from the Master in Bulgarian, French, and English. Perhaps no other book conveys the wonder of life with Beinsa Douno, as well as this one. 72 pages, approx. 8x11", Second improved edition, \$18. "Why have I assembled you here in the School? To form a society of people who should have a great love for one another and to form a milieu of Love, and from this center, there would be spread powerful waves of Love throughout the world, reach the human souls and wake them up."

The Might of Love translated by Darin Stoytchev. A collection of potent quotes from Beinsa Douno on the subject of spiritual love, as the transforming force in human existence. The translation is a bit awkward in places, but the essential content is exquisite. 70 pages, \$4.50. "Outside of Love, everything is a lie." "Love radiates lofty life." "The eye is a symbol of truth, it never lies. It is the man's sky, it is the soul's certificate. The eye, is the soul's speech." "Love has the most quiet voice." "There are things, which only God can resolve." "Love is food for the brain." "If you work with love, God and Mother Nature will help you." "When a man criticizes, he destroys the love in himself, and it leaves him." "Defeat evil with love". "In your love to God - you free yourself. In your love to the forms - you enslave yourself." "Outside of love karma acts." "Love bathes the man with streams of light." (from the book).

The Master Speaks, Talks by Beinsa Douno on a number fundamental spiritual subjects: Life, The Soul, Love, Wisdom, Righteousness, God, Man, Spirit, The Good, Freedom, The Light, etc. 117 pages \$12.00 [See Review](#)

Reminiscences - Talks with the Master, Fascinating and enlightening stories of a disciple's encounters with Beinsa Douno, 85 pages, \$10 [See Review](#)

PRACTICES TAUGHT BY BEINSA DOUNO

The Butterfly Dance by Ardella Nathanael, illustrations by Elena Kostadinova. The author takes the initial movements of Paneurythmy, known as The First Day of Spring, and transforms them into a fun and harmonizing activity for children, using the metaphor of a caterpillar transforming into a butterfly. There are beautiful color illustrations or photographs on each page, along with the sheet music and lyrics for each of the movements. A black and white version, without the sheet music, is also available as a coloring book. The Dance of the Butterflies cassette is a useful companion to these books. 24 pages. 8.25" x 11.5". Book \$14. Coloring Book \$5. Book + Coloring Book + Cassette: \$22. "Free at last from heavy old ways of thinking and feeling, he emerges slowly from his silken cocoon - and, as he bathes in our Sun's loving rays, he sees himself at last - transformed into a beautiful, brightly-colored Butterfly!" (Ardella Nathanael). "The Butterfly is an Angel flying its own airplane." (Peter Deunov). [Preview](#)

Health and Sickness - Thoughts from the Lectures and Talks of the Master on the Problems of Human Health Compiled by Dr. Vassil Velev. This is the most comprehensive book to be published in English, on health and healing in the Master's teachings. It covers general principles, and also specific healing methods using food, water, breathing, solar rays, color rays, music, movement, thought, and spiritual healing. Not as systematic a presentation as [Child of the Universe](#), but a larger collection of source materials that make a good companion work to the [Child of the Universe](#) booklet. 303 pages. \$12. "There was a young girl in Knjazhevo, who during the time of the battles and conflicts that the Bulgarians had in 1918 was wounded because a piece of cartridge had hit her arm. The doctors made her five or six surgeries but could not get the cartridge out and finally decided to cut the arm. Her family came to ask me what to do. I know the effect of the sunrays on iron and said, 'Let her expose her arm for three to four hours daily to the Sun.' And really one day after three to four months of constant sun treatment the metal piece appeared from the cartridge, fell out and the child was relieved...The Sun produces electricity and magnetism and by that it makes the best surgery." "Do the following experiment - you are sick, weak in spirit, but it is winter, you can't go out and have a walk. Imagine you are climbing a mountain peak, which you well know, you have been there and experience vividly the whole journey as if you are taking it at that moment. Climb up the peak and get back. You may do a walk each day. This exercise of your mind would immediately tone up your brain."

CHILD OF THE UNIVERSE (formerly [Man - A System of Energies and Forms](#)) [Methods for Healing according to the spiritual teacher Beinsa Douno](#), compiled by Dr. Svetla Baltova. This expanded edition of [Man - A System of Energies and Forms](#), contains a wide variety of useful methods for attaining and maintaining true health, including diet, exercises (with photographs), breathing, visualization, and music. 40 pages. \$6. "You need music as a cure. In your life as a disciple you pass through great troubles and sudden changes, joys and worries, which deposit poisons in you. Music is a remedy for them. There are some kinds of feelings which could poison your whole organism and destroy your liver and bile. That is why the disciple should know how to sing.... The basic sound 'do' is the key of life. If sung correctly, man can obtain vital energy from the sun, which he can distribute to all parts of his body. By singing, we attract those forces of nature, which harmonise us. This is a law of attraction."

Gems of Love, Prayers and Formulas by Beinsa Douno, "This book is the first English edition of the prayers and formulas of the great Bulgarian Spiritual Master, Beinsa Douno...." "... The book contains many exquisite prayers as well as concentrated formulas, which are powerful and transformative sacred affirmations. The contents include and introduction on prayer, a lecture on prayer called *Union with God*, and a commentary by Beinsa Douno on the Lord's Prayer." "[The Beautiful Prayer](#): Lord God, make us as indestructible as diamonds, so that we may become the foundation of the new universe. Make us like conductors in Thy Living Church, so that we may transmit Divine Life to the people. Illuminate us with the strength of

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Thy Holy Spirit, so that we may awaken the sleeping souls with Thy words, thoughts and deeds. Reveal in us, dear Lord, Thy Divine essence, help us gather strength, so that we may know the Truth, that we may become children of light, that we may walk in the path of Justice, for the realisation of Thy Plan for the coming of Thy Kingdom on earth. Amen" "However difficult this work, I will finish it with God and with the Spirit which guides me. (*The Master recommended the use of this formula when you find yourself in great difficulties. He called it the priceless formula*)" 145 pages. \$8. [See Review](#)

Introductory Paneurythmy Lyrics, This handy booklet contains the full set of English lyrics for Paneurythmy, as well as those Bulgarian lyrics that were given by Beinsa Douno (Thinking, Aoum, The Rising Sun, The Blessing, Ti Si Me Mamo [from Sunbeams]), and some additional Bulgarian lyrics (Friendship). The English lyrics are mainly from Vessela Nestorova. The booklet can easily fit in a pocket, and is very helpful to bring to Paneurythmy sessions, if you want to learn to sing along. To quote from Barnaby Brown's introduction "The lyrics constitute the third of three strands, namely the form, substance, and sense of the Paneurythmy. When understood, they feed the intellect, just as the movements tune the body and the music fires the spirit. No Paneurythmy performance is complete without them." 48 pages. \$4.

Absolute Purity, A talk by Beinsa Douno, This brief talk covers the topic of inner purity, from a unique and insightful perspective. 32 pages. (out of print)

The Grain of Wheat, This book covers a vast variety of teachings, music, prayers, photographs, and stories of Beinsa Douno, 300 pages, \$20.

Gems of Love and Wisdom, Prayers, Meditations, and Reflections from Beinsa Douno, edited by David Lorimer, 34 pages, \$4.50

Testament of the Color Rays of Light, Excerpts from the Old and New Testaments, arranged by Color Ray, by Beinsa Douno, to be used as a meditation while visualizing the appropriate Ray, for acquiring the qualities of that Ray. 62 pages, \$7.00 "THE SPIRIT OF POWER - The Violet Rays: "By the power of the Spirit of God." Ro 15:19 "The Lord hath prepared His throne in the heavens; and His kingdom ruleth over all." Ps 103:19 Power: For the kingdom of God is not in word, but in power." 1 Co 4:20 "The kingdom of God is within you." Lk 17:21 Gentleness: "Thy gentleness hath made me great." II S 22:36 "But let patience have her perfect work." Jas 1:4 "The humble spirit." Is 57:15'

Paneurythmy presented by Maria Mitovska and Krum Vazharov, A brief introduction to the principles and steps of the Paneurythmy, Sunbeams, and Pentagram movements (sacred dances), with quotes and photographs of Beinsa Douno, demonstrating the Paneurythmy to his followers. Filled with excellent quotes on the esoteric principles of Paneurythmy, that are not available elsewhere. 60 pages, with photographs and illustrations, \$8.00

Dance of the Soul, Peter Deunov's Pan-Eu-Rhythm by Ardella Nathanael, Full descriptions of the Paneurythmy exercises and music, with engaging stories of how Ardella and others discovered and benefitted from this transformative practice. extensive photographs. 152 pages (\$17.95) Special \$16.00

Songs of the White Brotherhood by Peter Danov (Beinsa Douno), This book contains the notes and lyrics to all, or at least many, of the songs composed by Beinsa Douno. The titles are in Bulgarian, English, and French. The lyrics are in Bulgarian, but are printed in both the Cyrillic and the English alphabet. In other words, you don't have to learn another alphabet to pronounce them. If you ever go to the Rila Mountains, and want to sing along with the brothers and sisters after Paneurythmy, this is the book to have! Titles include Joy, Joy for the Soul, Bulgarian Rhapsody, Rejuvenation, Song of the Bright Path, The Flowers were in Bloom. 221 pages, \$22.

VARIOUS TEACHINGS

THE WOMAN - SOURCE of LOVE and LIFE Translated by Antoanaeta Krushevska and Ernestina Staleva. This book contains excerpts from various talks by Beinsa Douno on the unique and pivotal role of women in ushering in the Divine Kingdom on Earth. 71 pages, \$4.50. "According to me, a woman is that one who saves the world: a woman is that one who holds the key of life; a woman is that one through whom manifests the Great Powerful Impulse of Love which bears Life." "The woman is the symbol of Love". "The pregnant woman needs to carry her child with joy and tenderness, with beauty and humility in order to transmit these qualities to the child. Only in such a way will the future generation be improved. 'Take My Yoke upon you...for I am meek and humble of heart.' This is a Verse which is worth of applying in life. Everyone should write it within his mind and heart. The pregnant woman should repeat this Verse throughout the whole pregnancy." [See Review](#)

The Salt, Sunday Lectures 1917-1919, Power and Life Series Volume 3 For each of 16 lectures, the Master starts with a quote from the Gospels, and expounds upon it from a wide range of perspectives, greatly illuminating essential spiritual principles. 253 pages. \$15. "Salt is the element of power which keeps things in a balanced state. Saltiness is the way to light; the light is the way to love and love - the way to God." " At least one year retain the following thought, 'I want my eye to be bright and pure, so that my whole body should be the same'. In such a state you will profit much more than if you would listen to all preachers in the world. That sunbeam coming from above produces much better results than all the stoves in the world, Such is the divine law." " Let there be no two thoughts and two feelings in people about things; let us always speak the truth, always cherish the good in our heart and be ready to sacrifice ourselves for it. I am ready to sacrifice myself for what I believe, I have experienced this. I see what others do not see. It is preferable for a person to wear a dressing-gown but have a fresh mind and speak the truth than to wear a crown and have a high position in the world, but be the worst of liars."

The Mindful Heart: Seven Lectures by The Master Peter Deunov These lectures are inspiring, practical, and different from much of what you may have read from Beinsa Douno before. 127 pages, \$10. "...everyone should know whether a given force goes in harmony with his development or not. In the same way, you should consider whether your thoughts, your feelings and actions go in line with your development. When you come across a thought or feeling, you should immediately look into it; where to place it - to the left or to the right. Disciples must know how to sort out, where to place each one of their thoughts, feelings and actions. Some disciples will succeed twenty-five percent in sorting out, others - fifty percent, still others - seventy-

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five percent, and the most capable ones - a hundred percent. Disciples must work on themselves to increase constantly this percentage, so that they do not fall into mistakes and delusions."

The World of Great Souls, Profound meditative aphorisms on spiritual life. Slightly damaged cover. 64 pages. \$8

The Way of the Disciple, Nine talks given by the Master to the disciples of the Universal White Brotherhood, at their annual convention, August 1927, "Isgev", Sofia, Bulgaria, 351 pages, \$15 **See Review**

In the Kingdom of Living Nature translated by Vessela Nesterova, This book of talks by Beinsa Douno covers a variety of interesting and useful topics, relating to right relationship with the spiritual forces contained in Living Intelligent Nature. "Living nature in its totality is a manifestation of rational forces of different degrees, which live in perfect unity. They all have a supreme purpose which we call Nature, Law, God, Reason - or that which is without limits or beginning in which all things move, exist, and develop." "Decide sincerely to think clearly, to feel nobly, and to act disinterestedly. When you make this experiment, you will see the results." 120 pages, hardbound, \$12. (note: These teachings, while fundamentally universal, were also addressed to the mindset of early 20th century European esoteric viewpoints. Consequently, a number of racial references, relating to the concept of a future 6th race, and the white race as a forerunner of this race, are contained in this book. These references, which have parallels in other esoteric teachings from those times such as Theosophy and Anthroposophy, may be seen as offensive from a modern perspective. Please note that Beinsa Douno's fundamental thrust is the liberation of all people, not just white Slavic people. As an example, he played a key role in saving the Bulgarian Jews from the Holocaust. Also, elsewhere (see The Wellspring of Good), Beinsa Douno emphasizes that each race has a unique and valuable contribution to make to the evolution of humanity. As a teacher who addressed many differing needs and perspectives, he suggested that you take from his offerings what works for you, and leave the rest. If you can overlook the small portions of his teachings that were peculiar to his time and place, there are many treasures to be found in this book)

INTERNET-LINKS:

http://www.bratstvoto.net/vehadi/index_en.html - dedicated to Master Peter Deunov

<http://www.beinsadouno.org>

<http://www.esotericpublishing.com/pr/deunov.html>