

**WRITINGS FOR A BETTER WORLD**

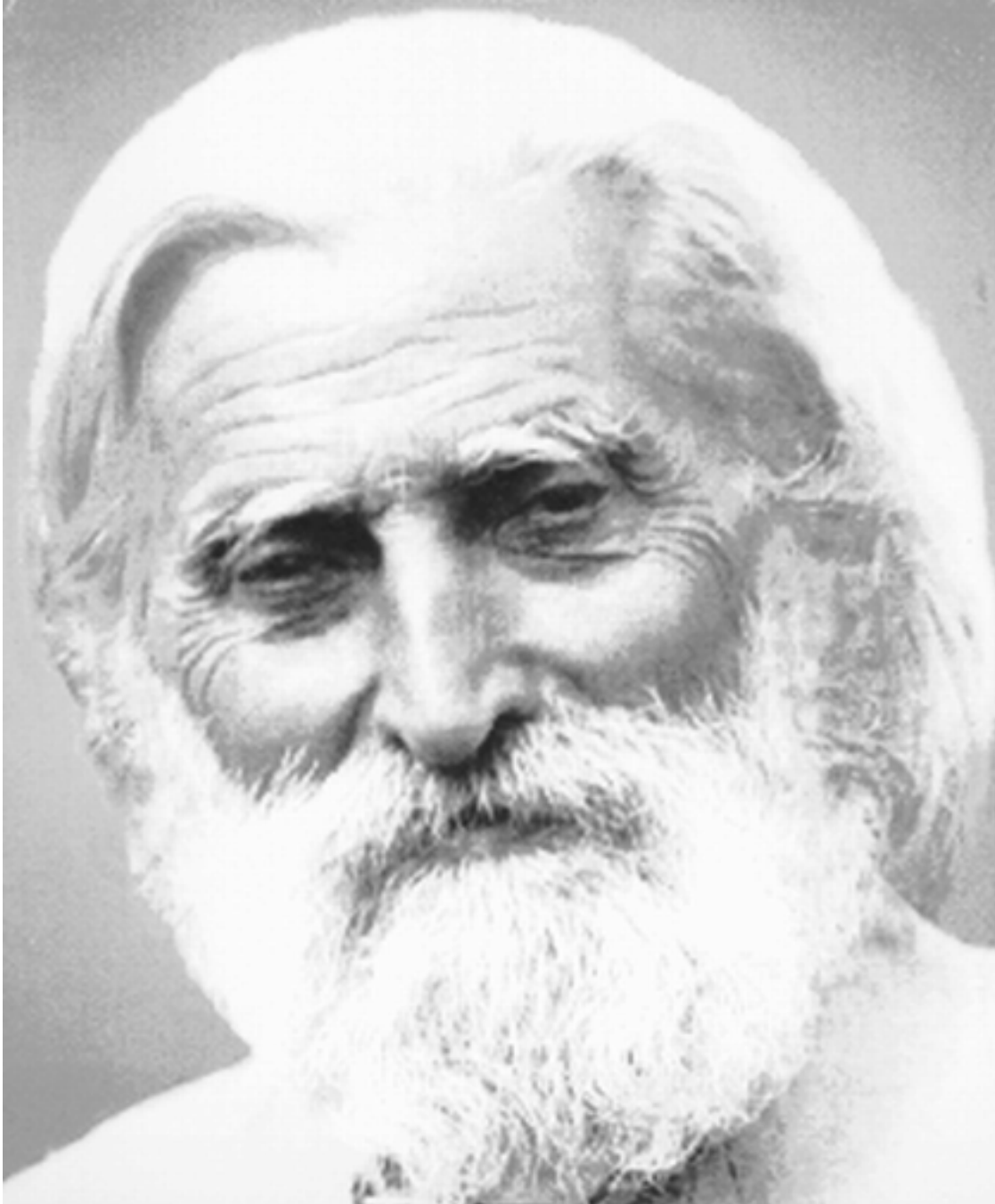
**BEINSA DOUNO**

**THE INVISIBLE  
WORLD**

*THE LAST WORDS OF THE MASTER*

**EDITION HEAVEN ON EARTH**

*BEINSA DOUNO – THE INVISIBLE WORLD*



## **THE INVISIBLE WORLD**

One sister asked where the departed souls are now.

The Master said:

"The three worlds – the physical, the spiritual and the Divine – are one world. When you are asked where is the world beyond, say, 'The three worlds are one.' The stomach, lungs and the brain correspond to these three worlds. Man carries these three worlds within himself.

"Today there are more ways to explain the spiritual world. We have radio waves. Through them one can understand how it is possible to transmit a thought from one person to another; the spiritual world becomes more understandable. When a man dies, he changes his place without disappearing. Someone thinks that his friends, his relatives, die. Man lives in the transient world. When he dies, only the assets of the company die but the company itself remains. Why are you crying for your departed daughter? She is in another world. She writes to her mother, 'Mother, the world where I am now is very beautiful. Also, there are universities here, and professors who teach us.'

"The world beyond is more real than the physical world. You have a friend whom you love. One day he dies. You ask yourself: where has he gone? Where is his consciousness? Your friend is alive. Nothing is lost in the world, only the relationships change. When man dies, he passes from one state into another. In fact, there is no aging. When the creative forces project from this world into a higher world, the form is destroyed. Here there are no conditions. The form can be destroyed, but the consciousness – never.

"Do not be afraid of death! Nobody can kill someone. The most dreadful thing comes when the human consciousness is not awakened after death. He lives in darkness and deep sleep. In order to be saved from that darkness, Nature sends him suffering.

"Someone says that God has arranged for man to die. This is a misinterpretation of the truth. Death is the result of not understanding the great Divine Laws. When someone dies, this resembles the following. A man is traveling by car. The car brakes down in the middle of the journey. When he realizes that he cannot repair it, he starts to walk; he realizes that he can also travel without a car. The same happens after the death.

"A woman came to me. She was crying that her husband had died. I said to her, 'I see your husband near to you; he is happy now.'

"When man passes beyond, he takes with him the essential of his brain. Man has a material and an etheric brain. At death, man leaves his material brain and takes with him the etheric one. It is the etheric brain that organizes matter. In other words, man takes the valuable thing with him. Contemporary people deny life after death. I am sorry for those people of genius, whose disembodied spirits haunt, the funeral place. Some rich man wanders after his death, moving, about his big house which he has built, regardless that the house is now occupied by other people. With such ideas he will not evolve.

"What do people know about those departed to the world beyond? You call for your father, asking him what is in the world beyond; he does not know anything. You call for your mother; she says that she sees nothing-darkness all around. This is understandable. As much as they knew on the earth about the world beyond, that much will they know about it after their departure, at least at the beginning. There are some departed who perceive and understand, but they are few. They have worked on the earth consciously, and they continue to work in the world beyond.

"The man who does not live rightly will find himself after his death in complete darkness at the beginning only with an unadorned consciousness. This is hell. After death, everyone will be convinced that there exists another world as well.

"Someone's departure for the world beyond is an unrelenting Law. This Law is valid for the present phase of human evolution. After death, when man begins to become aware of his error,

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he will gradually begin to organize himself and will come again to the earth as a small defenseless child.

"When a man dies, he is still in contact with his physical body; he has been buried and yet he sees how his relatives cry at his tomb. The man who has committed crimes- his consciousness remains connected to his body after death and is present for some time during the decomposition of his body in the tomb. And after that, when he is taught again how to rob and lie, he says, 'Have you been where I have been? Because of that, I cannot steal or lie any more.'

"Those who have departed to the world beyond, already have vibrations of a different nature. There is nothing in them as dense as the water which has been in the cooking pot which when heated is transformed into vapor. Man who has departed to the world beyond differs in his vibrations. I was told about one brother that he was not alive. I performed some investigations. I compared his vibrations with the vibrations of another whom I knew had departed for the world beyond, and I observed that there was a difference. I said, 'This brother is alive; he has not departed.'

"You-when you go to the world beyond-you will not forget the earth, because you have related souls here. You will feel their needs, and because you will be rich there, you will come to help.

'Someone has departed. His relatives give a luncheon in his memory. To give a luncheon-this is all right; but nobody prays for the departed. Then he comes to me and says, 'They gave a luncheon for me, but no one prayed for me.' It is necessary to send him a good thought. Our prayers help them. Our good thoughts towards the departed-this is food for them. The juices contained within the thoughts and feelings-they feed them.

"Man, when he is departed, can manifest himself for a while through different people. For example, he can instill himself within someone for a year, within others-for two years, three years, ten years. Still, sometimes he manifests through a man for only a few hours. One example: I was in Varna" when two of our brothers from Sofia passed away. In the morning, around 10 a. m., I was visited by two boys of 18 years of age from the villages. They stayed for two hours. One of the departed brothers was witty in character. One of these boys was expressing himself in such a way. The other departed brother was also witty, but in a specific manner-such was the behavior of the other boy. I did not ask the boys where they came from, what their names were, because the disposition of the departed would have been destroyed. The man who has departed prematurely stays to work on the earth until the time comes when it was planned for him to depart.

"Artists, musicians, poets, philosophers, etc. are sent here to the earth to be in training. Afterwards, in the world beyond, they will perform their real work as artists, musicians, poets, philosophers, et cetera. In other words, in the world beyond, they will continue to work in the same field but with greater opportunities and under better conditions.

"The entire earthly life of a man is recorded and when he goes to the world beyond, he will be shown his entire life as a movie-as a child, as an adult, as an old man.

"A bud blooms into a flower. A fragrance comes out of the flower. Then the flower chalice drops off, and only the small seed inside the fruit is left. Where are the bud and the flower? Everything is in the fruit. The bud is the first phase; the flower is the second phase; and the fruit is the third phase. Inside the fruit is the seed. This has an analogy for the human life.

"The world is full of evolving souls from the world beyond who need to be enlightened. In our spiritual gatherings, there are present around each one of us many undeveloped souls from the world beyond who want to evolve. Sometimes you are in a pessimistic mood. It is from those souls who would like to be helped. There are souls who do not know that they are departed. As the living are attracted towards the fruit gardens, the wellsprings, so our departed souls are attracted to the spiritual meetings, prayers, lectures. For them these meetings, prayers and lectures represent fruit gardens and wellsprings.

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"One of our brothers who had departed for the world beyond, let us hear from there and told us about his condition. He said, 'From the world beyond we are sent to work, to help others. You work the whole day over some who are incarnated on the earth. You go from place to place. You teach people, but only a few understand you. You visit someone who lives on the earth, whisper to him from inside as to how to act. But he waves you away; he does not want to listen and you come back indisposed, dissatisfied. If you do not want to help someone on the earth, you lose.'

"A departed soul from the world beyond will be sent to a pub to influence some good man-but a drunkard-to stop drinking. Another departed will be sent to some big house where the wife is squandering money and tormenting her husband. The departed soul will whisper to her not to spend so much money, to be more modest.

"After the departure, a man's life is a continuous ascent into the higher worlds according to the level of the awakening of his consciousness. And when he goes to the higher worlds, a curtain lifts in front of him in order for him to enter the Divine World and to perceive the Great Reality.

"The Divine World is such a Harmony that when you enter it, you will forget all your difficulties and suffering. Things there have meaning and depth. Everything lives in Love. There exist such arts that you cannot imagine and such variety that a special work exists for each which he will like. When you live with joy in the Divine World, you can study without becoming bored: Life there is not monotonous.

"The spiritual and the Divine Worlds are a thousand times more beautiful than the physical one. The prophets have visited the world beyond, but the world beyond has changed from that time until now.

## **THE TWO FUNDAMENTAL LAWS**

We welcomed the sunrise on the open clearings. We said our short morning prayer and did the morning exercises.

The Master said:

"Love for God and fulfillment of His Will are the two fundamental Laws of Life. To abide in God means to never go against the Divine with your thoughts, feelings or actions. Man must serve God above all things. The Scripture tells us, 'Be not a slave to man.'

"One Power exists in the world, and this Power is God.

"Someone believes in God. This means nothing in and of itself. Of what use would it be if you were to believe in a head of state but did not abide by his laws? The one who is blind cannot see anything. The one who does not think is mentally blind, and the one who does not accomplish God's Will is spiritually blind.

"You ask, 'What will happen to us?' Visit the poor section of the city; visit the cemeteries; visit the hospitals; visit the surgical wards in the hospitals; visit the battlefields and then you will see what will happen to you if you do not fulfill God's Will.

"A Law states: when man does not fulfill God's Will, he makes a place to the darkness within himself; that is to say, he becomes vulnerable to the negative forces in the world."

## **THE UNIVERSAL BROTHERHOOD OF LIGHT**

We celebrated the feast of the spring equinox in the mountains. We had been there for a couple of days, staying in the small mountain hostel at the foot of the peak Ostritza". Every morning we climbed the peak where we met the sunrise, prayed and performed our exercises. After that we

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would choose some sunny clearing and sit around our dear Master. One morning a question arose about the White Brothers who guide humankind.

The Master said:

"There is one Divine Community. There is one Divine Nation. I advise you to bind yourselves strongly to it in order to perceive the new Light in your minds, hearts and souls. I say to everyone, 'We will triumph! God is with us. There is no force in the world which can oppose the great principles which we serve. All good, honest, just and intelligent people – all men, women and children – are with us. All these people who are supporting the three great principles of Love, Wisdom, and Truth-independent of which church or party they belong to are with us.'

"We are asked, 'Who are you and how many are you?' We are the one Great Brotherhood which the world has never seen before: the Brotherhood which has branches on earth, in Heaven and in the whole Universe. He who is serving God is a Citizen of this Great White Brotherhood which we call the Brotherhood of Divine Love, of Divine Wisdom, of Divine Truth.

"You will say, 'We would like to become members of this Brotherhood.' But I would like you to become students of this Brotherhood. To study with God means to pass through the School of the Universal Brotherhood of Light. The best professors-the best teachers – are in this school. Each one of you must find it. This school is not similar to our universities. In it there are no hypotheses or theories.

"When you finish this School, you will be given difficult missions which you must fulfill correctly. For example, you will be given the task to go among fierce peoples and developing cultures. After that, you will be sent among both good and maleficent people, among the plants and the animals, and you will be watched as to how you interact with them and how they accept you. Upon completion you will be given one precious and one common stone, and they will observe what you do with them. If you use both correctly – the common and the precious stone – the White Brothers will accept you as a member. They are very strict towards everyone because each will be a master of their powers. Once they accept you among them, they will help you always. Great perspectives, a great future and great accomplishments are ahead of you.

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"John the Baptist, who came a little while before Christ, was familiar with the Divine Knowledge, the Divine Teaching. He had not been an ordinary man, ignorant: he had been initiated. He had studied in one of the ancient schools. The new in the world has always been given by this Great Brotherhood.

"The White Brothers brought the Good into the world through Christ. If two thousand years ago Christ did not come, what would be the status of humankind? All the good in the world has been introduced by the White Brothers who have worked for the uplifting of nations.

"Those men within whose souls and spirits God lives are the Great Souls, the men of genius, the Teachers of humankind who have given the highest Manifestation in music, poetry, art, in all fields of life in general. These are the souls who help humankind to progress. This or that nation-this or that person-are not the factors for the human historical process of development, but the Invisible World-the Forces which conduct the events-namely the members of the Great White Brotherhood is. The only leadership in the world is that of the Universal Brotherhood of Light. All other people-public figures, writers, priests, ministers – are servants of the White Brotherhood. All culture and justice in the world is quickened by the great Power of the Brotherhood.

"The White Brotherhood is not something invisible. It is neither a church nor a cult. It is something alive and beyond these corrupted conditions in which people live. He who completes his evolution will enter into this Universal Brotherhood.

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"Good people are inwardly connected with the White Brotherhood. The good one deposits whatever he acquires into the White Brotherhood. We are sought after for the capital which we possess.

"There are people who have walked around the backyard of the White Brotherhood but have never entered its sanctuary. What can a student know who has not listened to a single professor?

"Some say that in order to attain initiation you need to go to India. You could have gone to India- you could have passed tests-without having become initiated. He who would like to be initiated can get this everywhere: in India, here as well.

"The members of the White Brotherhood know the laws of Nature. They know how to condense and thin the matter of their bodies and transport themselves wherever they want.

"A brother is that one who from his leaving God until his return to God and throughout all his reincarnations has been your brother. Under all his life's conditions, he has been ready to make a sacrifice for you; and he is doing all this not because of being forced, but with the great Consciousness of that Divine Spirit who is living within his soul. If every one of you has this ideal you will be students and servants of this Great Universal Brotherhood.

"The Divine Teaching of the Great Brotherhood was not born now. It has existed since the beginning of the Creation of the World. It has existed ever since the Universe existed. The White Brotherhood has taken part ever since the Creation of the World, of the Whole Universe.

"Every member of this Brotherhood is a Manifestation of God. They have achieved this through hard work. If you study the lives of these Brothers, you will see what they have sacrificed for the world. If someone could be found to portray their lives in a novel, you would follow their path. Until now, there has been no poet or writer who could write such a novel. Why? Because he could not find such beautiful images in either his mind or his heart. Only that man, who can connect with the Great Brothers and follow their Path, can know the new Philosophy of Life."

One brother asked, "Why is the expression 'White Brothers' preferred to the expression 'Sentient and Conscious Beings'?"

"Because when you say 'Brothers', it is understood that they are related to us, that they are our brothers. In some quite common events are hidden things that you do not suspect. You meet a person who you consider to be an ordinary one, but he is one of the White Brothers.

"Will these White Brothers appear among people in the world in the future?"

'Some of them have already appeared. The Angelic Hierarchy leads humankind. Angels have Representatives on earth.

"The School of the Universal Brotherhood of Light is on the Sun. Every year, the White Brotherhood gathers there. And the representatives of the White Brotherhood on earth have meetings as well. Where? On one high peak of the Himalayas. Where is this peak? I know it, but I cannot tell you: it is not allowed. It is then that the Great Brothers manifest their Love towards their Representatives on earth in all its Fullness and Energy which is addressed towards the whole world as well. This Energy is the cause for the uplifting of religion, science, and the arts; for the reorganization of nations; for the improvement of order and administration. The enlightened and sublime days of our lives are due to the convention of the White Brotherhood on the Sun.

"When one of the White Brothers on earth receives Consecration, he must pay attention in order to have this take place during the days of the solemn convention on the Sun, because it is then that the Rays of the Sun send something new to earth."

One sister asked, "Could we visit the White Brothers where they are living?"

"It is not a question of their not wanting your visit, but man is still not ready to understand the Knowledge which is studied there. Moreover, they are not in physical bodies such as ours: they live in ethereal bodies.

"After some time, the Universal Brotherhood of Light will give some more support to humankind and an epoch of Light will come. There is one Plan in Nature which no individual can change. This Plan will be applied, and man will be free."

One brother asked, "Has the movement of the Bogomils" had a connection with our movement?"

"We have never been an outgrowth of any teaching. We are a wellspring which has come from God. Other streams have come out of us, but we have not come out of another stream. The Bogomils have similar features to our stream, because both the movement of the Bogomils, as well as our own, come from the One and the same great Center of the White Brotherhood.

"In the past we have manifested in one way. In the future, we will manifest much more perfectly."

## **THE MASTER**

it was the longest day of the year. The sun was descending in the west, golden and content after being given generously to everyone. The rocks were warm. From the forest, a balsam aroma was rising. We had been seated around our dear Master on the top of the mountain. All around us, it was as clear and light as in Paradise.

While sitting in silence, one brother asked, "Master, tell us something about yourself, about your work."

The Master was silent for a long time, then said:

"I use a natural method. I do not say which ingredients the bread contains, but say: Eat this bread and you will benefit.

"He who wants to force his teaching upon people gives them water from a bottle, but instead he should lead them to the source – to obtain it from there.

"People say about me, 'You are a holy man.' Forget this; it is not important who I am. You need to be concerned with how you can best benefit from me. Be thankful to God that you have found this wellspring which is flowing, and as of myself, do not speak anything. Somebody asks, 'Is this wellspring from God?' If you can benefit from this wellspring, it is indeed from God. I desire that those deeds of you that have been worked upon shall begin to shine through.

"There is something unusual in the world, and this is the Divine; I desire to acquaint you with it. This is what I am preaching about. In order to understand it, you need to step on the ground of Love.

"I have no personal considerations. I would like to fulfill God's Law. I speak and do only that which God tells me. When God tells me to go somewhere, I know that the people there need me. I would like to fulfill God's Will, as God has ordained it. May His Name be sanctified!

"God has been so good to me that I would like to repay Him with all my gratitude. I would like that you, too, follow my example. Do you know me? You will say that I have preached to you; at present I am only preparing you. You say that I know many things. This is true. I live simultaneously in this world and in the World beyond. When I go to the Sun, I am traveling at a speed greater than that of light. At night when I would like to study the worlds, I go out and visit where no human foot can step and no human eye can penetrate. After that, I come back again. I have a device with which one can observe the most remote of suns. Everybody can try these things. When? When you develop within yourselves the talents with which God has endowed your souls. But to be able to accomplish that, you need awareness. I perform spiritual experiments which need special conditions. This is a Science-this is an Art-which can be passed on only to those who are ready to serve with Love and selflessness.

"It is a delusion to think that it is possible to exist without a spiritual Teacher. Without a spiritual Teacher, the student can accomplish nothing. If you love your professor and he loves you too,



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he teaches you his knowledge and you understand him. If you do not love him, no matter how much he speaks to you, you cannot understand him. He can love you but if you do not love him, he cannot pass on his knowledge to you.

"If you could apply a one-hundredth of this Teaching, you would be happy. I do not expect more than a one-hundredth. Today, all of you can be happy. How? When you come to believe my words. To live with me for one year is sufficient in order to learn more than you would have had if you only had listened to me. If you desire to understand God's Mercy, you will need to live with me for thousands of years in order for me to teach you and preach to you. This is not an easy task.

"When I go back to Him who has sent me here, He will ask me, 'Have you accomplished the task which I gave you?' If there should be something I had not finished, I would come again. If I should not finish my work the second time, I would come again and again until I would be told, 'You have accomplished your mission well.'

"If you are speaking about earthly love, I do not love you with this love. If you say that I do not love you as your Angels love you, you are wrong. There is no man on earth who loves your souls as I love them. I would like that you, too, would love human souls in this way.

"Somebody asks me, 'Do you know Christ?' I know Him; I speak with Him. I have spoken with Him many times.

"In order for a great Teacher to manifest himself, all Sentient and Conscious Beings must be united within him.

"The king must wear the most humble of apparel in order to remain discrete.

"Some people would like to oppose the new ideas. This is what I will say: when the Divine Teaching is applied everywhere, a Fire with a temperature of 35 million degrees centigrade will appear. This is the last Plan given by God which I have brought from the World above."

Once one brother asked, "Master, why were you interned during 1917?"

### The Master said:

"More than 30 years ago I said that there would be a war in 1914 and that Germany would lose it. Later I warned the government to sign a peace treaty as soon as possible, but instead they interned me. I said that a Second World War was coming and also told them which cities would be destroyed. I was summoned to the public security department of the police and I told them, 'If I had wanted, I could have not come; but I respect the laws, and therefore I came. By following this course, nothing will remain of Sofia. You violate God's Laws, and you will see that I am not speaking from myself. And if I speak the truth, you will bear the consequences. Something terrible is coming for the Bulgarians.'

"Now the same will happen with Bulgaria that has happened with a certain priest. He was traveling by horse wagon when the horses became frightened. The wagon turned over; and the priest fell on a molehill; and because the molehill was soft, he was not hurt. There was a stone nearby. If his head had hit the stone instead, he would have died. The same will happen with Bulgaria. She will go through hardship, but as the priest, she will fall on a molehill and will pass through the hardships more easily.

"A big catastrophe had awaited Bulgaria. Great misfortunes would have come upon her, if I had not been able to help her until now. If the people of Bulgaria had listened to me – if they had listened to the Divine – Bulgaria could have been without these hardships. I took upon myself nine-tenths of the trials which had awaited Bulgarians: for them only one-tenth is left. Therefore, Bulgarians will pass through more easily. Only God has the right over the remaining one-tenth of the trials of the Bulgarians. These cannot be reduced any more."

One brother asked, "Master, last autumn you walked to the Vitosha Mountain every day, independent of the weather. Why did you climb the mountain with such consistency?"

The Master answered, "In order to build roads and bridges for Divine justice to come into the world. In this way, I am building a New Path – our Path towards God.

## **THE TRUTH**

"The one who is able to comprehend the Law of Love will be able to comprehend one-third of the One Reality; the one who is able to comprehend the Law of Wisdom will be able to comprehend two-thirds of the One Reality; and the one who is able to comprehend the Law of Truth will be able to comprehend the Whole of the One Reality. This is the one who will become the Man of Wisdom: the one who is able to attain whatsoever he desires. He can take up his Wand and transform all human suffering

"Some people are in their first stage of life, that is to say: Love. It is required of man that he begins with Love. Others are in the second stage: Wisdom. A few are in the third stage: Truth. Man will continue to suffer until that time when he is able to comprehend the Laws of Love, Wisdom and Truth.

"What is Truth? Truth is that which makes Love and Wisdom comprehensible to man. To point out the transgressions of others-this is not the truth. The Truth offers Resurrection. That which brings resentment and death-this is not the truth. Truth is that which offers Freedom.

"The one who is not truthful will continue to experience death and reincarnation. You have known the Truth in another time, but you have forgotten. Truth abides within your souls. Learn to speak Her Language. Unless you know Her Language, She cannot speak to you. She can speak only to those whose hearts tremble with Love and whose minds are filled with Light. When a person's heart is in discord and when his mind is disturbed, he cannot perceive the Truth."

One brother asked, "What is the significance of the elimination of falsehood for the human existence?"

"The one who lies brings suffering upon himself. No one who lies can evolve. Lying is the only thing which does not produce a gain. For example, if you pay someone with counterfeit money, you will be paid back with the same. In this way, a person brings suffering upon himself through falsehood. The one who lies is foolish because he does not comprehend the consequences. He may deceive and outwit you, but he does not understand that he will be discovered and must suffer the consequences.

"Why should you not lie? That you may not die, that you may not lose the whole Blessing of Life. If Truth does not abide in you, then Life will not abide in you. Your lie may appear to be insignificant-inconsequential-but it carries immense negative consequences. And so, the Invisible World forgives many transgressions and errors, but not falsehood. Falsehood is the most difficult error to forgive because its consequences are the most severe and it carries within itself all other error. If you dwell in falsehood, you will be as one who is blind, mute and deaf [to the Truth].

"With truthfulness, you always gain; and with falsehood, you always lose. At first, your loss may appear to be imperceptible, but falsehood has its consequences. For example, you tell a lie and later-when you return home-either you will break a glass or your wife or your child will become ill.

"The lies of a person cannot remain concealed: they will always be found out. Even the least lie-over time-will cause a person to go astray. The word 'lie' contaminates: it is toxic. The use of this word must be avoided as much as possible. Instead, one can say: that the 'truth' has been stretched or that the 'truth' has not been presented rightly. When you have been deceived, do not speak of it lest you become contaminated."

## **THE LAWS OF THOUGHT**

Once a question about thought arose. The Master said:

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"Through the internal radio, one can receive people's thoughts telepathically. These are ordinary thoughts. Human thoughts, in comparison with the Divine Ones, have longer wavelengths and lower frequencies of vibration. They cannot penetrate far away. The Divine Thoughts, in comparison with the human ones, have shorter wavelengths and higher frequencies. As a result of having powerful vibrations, Divine Thoughts can penetrate all other thoughts. No one and nothing can obstruct them.

"Sometimes we see that somebody's thought has stopped at two spans over his head and can go no further; yet he says that he has prayed.

"Nobody can oppose Divine Thought: it reaches its destination.

"Man needs to nourish Divine Thoughts-this means to begin thinking in the way in which God thinks.

"To love means to think. Love contains within Herself Divine Thought. The way you understand and feel love-this is not Love. Love contains that Divine Thought which resolves all difficulties and removes obstructions. Love which does not bring Divine Thought is not Love but ignorance: It is a lack of Love. So, if you have Divine Love, you have Divine Thought as well. Therefore, when I talk about perceiving Divine Love, I have in mind that Divine Thought is to be realized within us as well.

"One of the Laws states: in order to improve your affairs, think, because Divine Thought is the Reality which will produce a powerful influence. You feel darkness within you; you are sad-accept then Divine Thought. Why are you suffering? Because you do not have Divine Thought. How long will you suffer? Until you accept it. All difficulties are resolved by this Thought.

"If you love people, you possess Divine Thought. If you hate them, you do not. Everyone who does not think is a slave. But by 'thinking' I have in mind Divine Thought. Every man who thinks is a master. You say, 'I would like to be good, to become knowledgeable, et cetera.' Begin to think and this will occur. With our thoughts we can help in the upliftment of an entire nation and of humankind.

"Thought moves with a high speed. In contrast, the movement of light is like the speed of a wagon driven by buffalo.

"There is a Law: when there are strands which bind you, sever them from the moment they appear; do not wait for them to multiply and become ropes. This refers to a negative thought coming to you, for example: 'You will get sick.' Immediately replace this thought with the positive thought: 'I will be healthy.' When a thought: 'You will get old' comes, immediately replace it with the thought: 'I will rejuvenate.' When the thought 'You are bad' comes, immediately replace it with the opposite thought: 'I am good.' When negative thoughts come to you, everyone of them is like a strand. And when many such strands are added, they become a thick rope which you cannot sever and which binds you. But when you sever each strand, they cannot be twisted into a rope.

"You are always a victim of somebody else's thoughts – you are lacking knowledge. Sometimes you go out feeling happy, but you walk down a street where a person with negative thoughts has passed and you become ill-disposed.

"One negative thought can paralyze a man, and a positive one can liberate him. The negative thoughts and desires are like bombs which will explode at some time or other. Stay far away from them.

"If the water droplets fall continuously over a stone for many years, you will see what this water can do. Its quantity is a small one but will bore the stone through at the place where it has been falling. For the same reason, I say: the negative thoughts and desires which have been falling for thousands of years over your mind and heart have made a hole in them. These holes are the cause for the misfortunes of modern man. Every negative thought and desire has a negative consequence. The day will come when these negative thoughts and desires will bring us to such consequences that any further development will cease. They can bring you to a mental decline, to blindness, et cetera. just as you can perceive the smell of onion in the house, so can the

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sensitive person perceive the smell of negative thoughts and feelings in a house. If you think well of others – this is good for you as well. If you think ill of others, it is bad for you as well.

"When I say that man needs to think, I do not have in mind ordinary thought. Man needs to be occupied with the sublime, the Divine Thoughts. Only they can save him. The sublime comes from the Great Wellspring of Life.

"The right Divine Thought indicates the Presence of God. When man connects with God, then Divine Thought, Knowledge and Light will come.

"There is one Knowledge for which it is not permitted to be talked about. I understand this as joy. Then the entire universe opens up for you. This is something that cannot be defined. It is like music.

"The Advanced Beings can heal with their powerful Thought from a great distance.

"Knowing the power of thought, cultivate within yourself those powerful and Divine Thoughts which elevate and envelop man. It is sufficient to have a vigilant consciousness in order to receive the Divine Thought of the Advanced Beings. Work on your mind that you may become a conduit of Divine Thought.

"The least Divine Thought can uplift man and place him on solid ground. Accept and guard the least Divine Thoughts within you as a mother protects her children. Guard them that you may enjoy greater Thoughts in the future. The least Thought matures, blossoms and gives fruit. It makes people great. The seed is small, but from it grows a big tree. Within the Divine Thought – as small as it is – is hidden a miraculous power. The Sun of the human Life has not yet risen, but man has guiding lines which lead him – these are the least Divine Thoughts. They open the path to our bright future.

"The Great Divine Thought has preceded the Creation of the material world. The Thought is the Power which moves things. When human thought becomes unchangeable, it can alter the surrounding environment. But if you think in one way for five years in a row and in another way for another five years – then you cannot achieve anything.

"Misery is the first impulse for a thought to appear. Misery is the first awakening towards the thought. It is the mother who says, 'Get up!'

"If man has one sacred idea this will be received by thousands of people. You must express it and not worry about who will receive it and who will not. Thousands of people will hear and receive the idea which you have expressed. You have some thought – do not be concerned with whether or not it will be realized, just say it, and the thought will become widespread."

## **PROPERTY**

This morning we went out with our beloved Master to the wellspring. The path was winding down the mountain slope among the bushes and the young forest. When we came to the field near the path, we sat down to rest. The fields were ready for harvesting. The air was refreshed from the rain, and one could sense the ozone. Opening in front of us was a fine view of the vast valley, delineated into squares by the fields and houses. Here and there, small villages could be distinguished by the smoke of their chimneys. One brother asked the question about private property.

The Master said:

"Just as the field produces wheat, man takes it and says that it belongs to him. He takes possession of the field and says that it is his. He sees the stones and says that they are his. If you had to pay taxes for the light and warmth you receive from the sun, how could you pay? When man is not aware of God, then he claims that all bounties belong to him. When people turn to God, they realize that everything existing in the world belongs to God. When they come

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to that realization, they become Sons of God and Inheritors of all His Wealth-Inheritors of the Kingdom of God.

"You have a house, so you say, 'This is my house. I inherited it from my father' or 'With this money, I built a house.' The house is not yours; neither is the money yours. Are the stones for the house yours? You have taken them from the mountain. You say, 'I bought them.' You have bought them from a person who has appropriated them.

"To man belongs only that which God has given him. Only that which he has been born with – the mind, the heart, the soul and the spirit which God has given him – is his. Be aware of the idea of private property which suffocates man. To be the first in the world, to be the strongest, the richest – these are the ideas of private property.

.There is an anecdote about a conversation between a field and her owner. When the owner bought the field, he warned her, 'I will draw the reins and whether you want to or not, you will bear fruit for me.' The field turned towards him and said, 'I have sent off many like you; I will send you off, as well.'

"Wealth is a common bounty. It is a result of the activities of all Sentient Beings. What farmer can say that the fruits are really his? Along with him, horses, oxen have worked, and hired laborers. Also, all the elements of nature have assisted. Therefore, the wealth in the world is a result of the combined efforts of all beings. No one can say that the wealth is his alone.

"It is not allowed that you build your happiness on the unhappiness of others.

"What is to be expected from the new life? That which liberates man from the idea of private property.

"People ask how to improve the world. If you collect iron shavings in a bottle and shake the bottle, they produce noise. But when they are melted together, they become a total mass, a whole, and no longer make noise. When the new comes, people will come together, and then the idea of private property will be outgrown."

## **THE NEW MAN**

The Master once said:

"What is the distinguishing feature of the new man? If you would like to know whether the man is a new or an old one, observe what kind of thoughts and feelings he is nourishing within himself. The old man is feeding himself with negative thoughts and feelings, and the new – with positive ones.

"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."

## **GUIDELINES FOR THE DISCIPLE**

The Master instructed us:

"When you tread on a muddy or dusty road, become a bird and fly up to where there is no mud and dust. If man faces some obstacle or contradiction in his mind, he needs to elevate himself to a higher realm. When he enters the realm of sublime Thought, he becomes free from all contradictions.

"Do not bind yourself with temporary, transient things. If you bind yourself with them and start to love them-then when you lose them; you will suffer.

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"The man who does not want to be ruined by the collective thought of people needs to connect with the forces of the living Nature and elevate his consciousness to God.

"People treat their environment carelessly and without appreciation and are attentive towards their material conditions. Parents provide the environment for the children, but no matter how good the parents are the children are not thoughtful towards them. But when concerns arise regarding some condition – about some friend – the children will always accept him with enthusiasm and expectation. The father spends thousands of leva (Bulgarian currency) each year for the son to study abroad, but he writes not even one letter of gratitude. However, if one of his friends buys him a ticket for the theater, he writes a letter to him immediately and thanks him for the pleasant evening they have spent together. Why does the son behave in two different ways? Because the father is the environment, and the friend – the condition. If your friend starts to take care of you like a father that is to say, from being the condition, he would become the environment-then you would stop thanking him and being attentive towards him. Therefore, be aware of not making things ordinary. Let every bounty you receive be a new expression – a new revelation for you of the Sublime World and not as something ordinary.

"Do not interfere in other people's affairs – by this you take on half of their debt.

"One Law states: the less faith you have, the more the Sublime World becomes severe towards you – and vice versa.

"An artist knows that when he plays a role on stage, this is not real but for appearances. Similarly in life, whether you are laughing or grieving – whether you are suffering or joyful – you need to understand that this is for appearances: you are on stage.

## **THE BELOVED OF THE HUMAN SOUL**

One morning we climbed the highest peak of the mountain with the Master, and from there, we could see the distant mountains in the early dawn sky. We recognized some peaks and greeted them as good friends. We felt close to them and were thankful for their presence. The valleys were covered by a mist which hid the land. And here above, the summit shone in the clear sky, illuminated by the first rays of the sun.

From out of this stillness, one brother asked, "Master, what does the human spirit seek and long for in its most sacred strivings)"

The Master answered:

"It is God-the Purpose of Life-which we seek. At present, everyone in the world is searching for something. What is it they are searching for? God – the Great Cause of Life. Life originates from God. God dwells within every living being. You have a thought-God is within that thought.

"There is something which man is searching for. He has only one aspiration. He searches here; he searches there. He searches continuously – in one lifetime, in another lifetime – for his ideal. Man seeks God: the Beloved One of the human soul is God. God-this is the intrinsic longing of the human soul. When man experiences suffering and adversity-this is a striving of the soul to expand and to see God. And when she sees Him, she will be ready – for all forms of sacrifice,"  
The Master was leaning on a rock. He continued:

...

Exerpt of the book:

**"THE WELLSPRING OF GOOD"** – *THE LAST WORDS OF THE MASTER PETER DEUNOV*

(Page 238 – 263)

# APPENDIX: Books

## – BIBLIOGRAPHY –

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- Geoffrey Hodson : *The Miracle of Birth* (Brochure 1929)
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  - *Hope for the World: Spiritual Galvanoplasty* (Book 1984)
- Denise Tiran:
  - Natural Remedies for morning sickness and other Pregnancy Problems* (Book 2001)
- Denise Tiran, Sue Mack
  - Complementary Therapies for Pregnancy and Childbirth* (Book 1995)
- Carista Luminaire Rosen, Ph. D.: *Parenting begins before conception* (Book)
- David Chamberlain *Babies remember Birth* (Book)
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  - *Life before Birth*
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  - *Magical Beginnings, enchanted lives, A Holistic Guide to Pregnancy and Childbirth* (Book 2005)
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- Frédéric Leboyer *Birth without Violence*
- Jean Liedloff: *The Continuum Concept, in search of happiness lost* (Book 1985)
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- Susan S. Weed: *Wise Woman Herbal for the Childbearing Year* (Book 1986)

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## EDITION HEAVEN ON EARTH

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(available cost-free under [www.LetsCreateHeavenOnEarth.com](http://www.LetsCreateHeavenOnEarth.com))

## THOUGHTS OF A SPIRITUAL TEACHER

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- A correct understanding of Good and Evil (F)
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- Angels & the Tree of Life (F)
- Becoming a Spiritual Disciple (F)
- Being Member of a Family ... *and its different Connections with the world* (F)
- Christ, Christians & Christianity (F)
- Education – *Guidelines for Parents* (F)
- Explanations on Heredity (F)
- Faith – How to live in Daily Life
- Guidelines for Spiritual Work
- How to deal with Loneliness
- How to master Habits (F)
- How to surpass Karma & Predestination (F)
- How to work for Peace in the World
- How to work with Talismans
- Interpretations of the Gospel
- Life and Death
- Living a Successful Life
- Magic in everyday life
- Master & Discipleship (F)
- Meditation as the Gateway to harmonious living
- 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

## BEINSA DOUNO – THE INVISIBLE 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

# REFERENCES & MATERIALS ORIGINATED BY BEINSA DOUNO

(<http://home.earthlink.net/~rila/main/references.htm>)

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- Paneurhythmy, presented by Viola Bowman, USA, 1970.
- Reminiscences - Talks with the Master, Sunrise Press&Books, USA, 1968.

## VIDEO AND AUDIO TAPES

- 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](http://www.everabooks.com))

Included in this booklist are Overviews of Beinsa Douno and his Teaching, Practices taught by Beinsa Douno including Paneurythmy, 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 Paneurythmy on the website [The Master Peter Deunov](http://TheMasterPeterDeunov.com) ) "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 Paneurythmy and the Testament of the Colour 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](http://Amazon.com), using this link: [Love Is All-Forgiving](http://LoveIsAllForgiving.com). "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! Paneurythmy - 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 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."

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**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

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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 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

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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 hourney as if your 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 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

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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-Rhythmy 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-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, "Isgrev", Sofia, Bulgaria, 351 pages, \$15 **See Review**

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

<http://www.beinsadouno.org>

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