

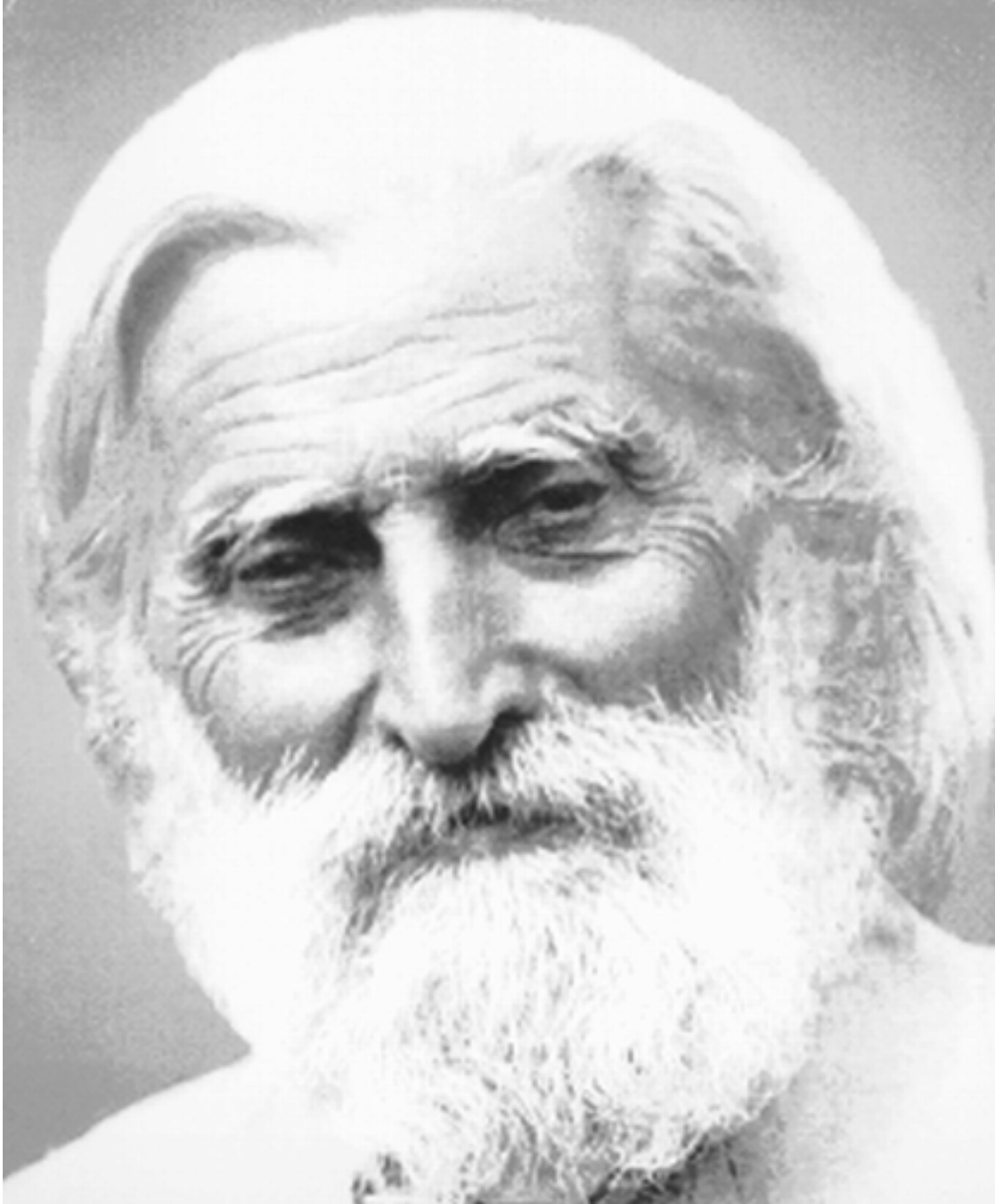
**WRITINGS FOR A BETTER WORLD**

**BENISA DOUNO**

**THE SUN,  
LIVING NATURE  
&  
A SPIRITUAL PERSON**

**EDITION HEAVEN ON EARTH**

**BEINSA DOUNO – THE SUN, LIVING NATURE**



## ***“IN THE KINGDOM OF LIVING NATURE”,***

*Extracts from the article: “The Influence of Solar Energy”*

The Sun is a source of living energy for the entire Solar system.

An hour before sunrise the solar energy produces a psychological effect on the cells of the human body, refreshing their energy and creating a new impulse of activity in them.

Before sunrise the rays refracted in the atmosphere influence mostly the human brain. During sunrise the rays, coming in a straight line, affect mainly the respiratory system and our sensitiveness; and towards noon - our digestive system.

That is why the healing effect of the sunrays is different: before sunrise they improve the cerebral nervous system; at sunrise they strengthen the respiratory system and from 9 to 12 o'clock – the digestive system, i.e. during this time of the day they may heal a sick stomach. In the afternoon the solar energy has slight healing influence.

We, humans on the Earth, have to follow in life the way of plants - they better understand the law of growing. The solar energy comes down to the Earth as a large stream, encircling it from the North to the South Pole, and then it goes back to the Sun. Some scientists state that this energy namely drives the Earth around its axis. When plants perceive that this potential energy begins to manifest itself and swell to the Earth, they put forth buds and prepare for growing. And with its increases they put forth leaves then blossom and knit, trying to gather all this energy in order to give fruits. This energy is transmitted to plants by the invigorating plasma. So, when we see plants putting forth buds and blossoming, we may feel the appearance of inner joy that the day of liberation of the soul is coming. A person has to open senses for this invigorating power within love to receive its beneficial influence for refreshment of one's thoughts, feelings and abilities.

In the spring and in the summer - since March 22 each year, you'd better get up and go to bed earlier, so that you may meet the sunrise and receive your stake from the Sun, in the same way as bees gather nectar from the flowers.

We consider the Sun a living being, not a dead body. If we suppose that an erudite man salutes the contemporary society distantly by his shells, what will be our notion of him? This will be a study only of his physical side. The same scientist may send us his rays by a reflector – in the form of written poems containing his greetings, or he may send us his fruits. In the first case his energy will be destructive, in the second case it will be stimulating and in the third case - invigorating. We study today only two kinds of solar energy. All diseases on the Earth are caused by the Sun. If we are hard-hearted, unresponsive and stubborn, the Sun will salute us by its shells; if we are spiritual and fond of Nature, it will send us its living fruits and bring the germ of a new life into us, which is called “Resurrection” in religion.

Ignorant persons will comprehend Nature by her restrictive physical laws; sages – by her bright poems, and spiritual people – by her living fruits, that will bring life to entire Humanity.

**The Master Beinsa Douno**

# REFERENCES & MATERIALS ORIGINATED BY BEINSA DOUNO

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

## BOOKS AND BROCHURES

- The testament of the Color Rays of Light, by Master Beinsa Douno, USA, 1997
- Absolute Purity, Transcript of a Lesson given by the Master Beinsa Douno, USA, 1997
- The Wellspring of Good - Last Words of the Master, translated by E. Staleva and A. Krushevska, USA, 1997
- Along the Path of Light, Sofia, Bulgaria, 1997.
- Paneurhythmy, presented by E. Staleva and A. Krushevska, USA, 1996.
- Paneurhythmy, v. II. Rays of the Sun and Pentagram, presented by Viola Bowman, USA 1996.
- Breathing, presented by Viola Bowman, USA, 1995.
- Man - a System of Energies and Forms, Sila i Jivot, Burgas, Bulgaria, 1994.
- Sacred Words of the Master, Bialo Bratstvo, Sofia, 1994.
- The Three Lives, Bialo Bratstvo, Sofia, 1994.
- The Brother of the Smallest One, Sofia, Bulgaria, 1993.
- Prophet for our Times - The Life and Teachings of Peter Deunov, Element, USA, 1991.
- The Circle of Sacred Dance, D. Lorimer, Element, USA, 1991.
- Gems of Love and Wisdom - Prayers Meditations and Reflections, presented by D. Lorimer.
- The Grain of Wheat, Izgrev, Bulgaria, 1990.
- The Royal Path of the Soul, presented by E. Staleva, USA, 1973.
- The Master Speaks, Sunrise Press, USA, 1970.
- 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 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](http://www.everabooks.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

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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 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! 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 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."

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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 Hadjitanеv, 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 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

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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 an 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 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

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

<http://www.beinsadouno.org>

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