

**Beinsa Douno – Peter Deunov**

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# **THE BEAUTY OF LIFE**

**Collection of Lectures**



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**Collection of Lectures**



**Bialo Bratstvo Publishers**

**Sofia 2005**

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known.***

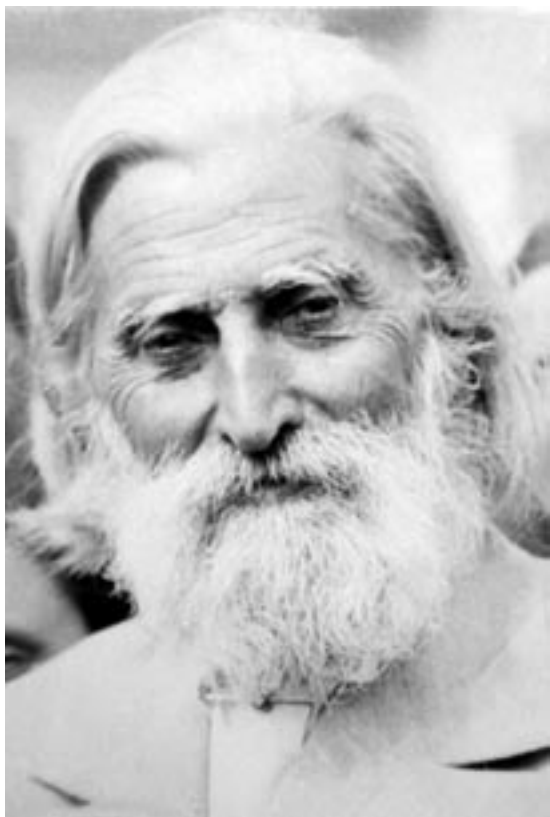
**Beinsa Douno – Peter Deunov**  
**THE BEAUTY OF LIFE**

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***Every soul seeking Truth will see my face.  
I am an open door to the Unknown.***



***Beinsa Douno -  
Peter Deunov (1864-1944)***

## PREFACE

*Love gives birth to Good. Good brings Life, Light and Freedom to our souls.*

Beinsa Douno

This book entitled “*The Beauty of Life*” presents the translations of twelve lectures delivered by Beinsa Douno – Peter Deunov, who lived in Bulgaria during the late 19<sup>th</sup> and the early 20<sup>th</sup> centuries and gave a new teaching containing the basic ideas of the Aquarius age.

The Universal Master came to the Earth in the transitional period to a new cosmic cycle to prepare the spiritual awakening of humanity. He made the planet ready for the new impulse of Light and collective consciousness of humans - for the advent of the culture of Love.

Starting his activities with only three disciples, Beinsa Douno gradually established a society, which represented a mini-model of entire humanity. In this society he laid the base of a new life on the principles of Love, Wisdom, Truth, Righteousness and Virtue. The meaning of his secular name Peter Deunov is a foundation stone. The spiritual teaching provided by him is a union of three components: the Word (almost 4,000 talks and lectures), the *Music* (150 songs and melodies) and the *PanEuRhythmy* (a sacred dance in 3 parts: “28 Exercises”, “Solar Rays” and “Pentagram”).

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## THE WORD

The Word came through Beinsa Douno as a gentle wind heralding the cosmic spring on the Earth and the blossoming of human souls. It was almost entirely given orally in a period of 50 years. The Word consists of approximately 4,000 talks and lectures recorded in short hand, then decoded and published. Thanks to the disciples the Divine Teaching was preserved and passed on to future generations.

The published lectures are classified in several series:

- \* Sunday lectures – held in front of the general public (1914-1944)

- \* Lectures given to the Spiritual School (1922-1944) – to the General Class and to the Youth class of disciples

- \* Council lectures

- \* Lectures presented at the gatherings in the Rila Mountain

- \* Morning Word (1930-1944)

- \* Additional talks

There are a few papers, articles and books written personally by Peter Deunov - Beinsa Douno:

- \* *“Science and Education”* - published in 1896

- \* *“Hio-Eli-Meli-Mesail”* - published in 1898

- \* 3 spiritual messages written by the Master in 1899:

- *“The Ten Testimonials of the Lord”*

- *“God’s Promise”*

- *“An Appeal to the Bulgarian nation”*

- \* Notes and prayers recorded in the Master’s notebook from March 30, 1899 to October 16, 1900

- \* *“Heads and Faces”* , 5 phrenological articles - published in the Rodina Magazine in 1901

- \* *“The Testament of the Color Rays of Light”*, a sacred

book received in deep meditation - published in a special edition in 1912

\* *"In the Kingdom of Living Nature"*, a book of 11 articles - published in 1933

\* *"Letters to the First Disciples"*, personal correspondence of Peter Deunov

The Word also contains prayers and formulas given by the Master, directions and methods for spiritual work, practices for self-education and guidelines for daily life.

The twelve lectures presented in this book convey the living spirit, the transforming power and the healing effect of the Word. They were held from 1914 to 1942 on different occasions: at the councils of the spiritual society founded in Veliko Tarnovo, at the meetings of the followers in Sofia, at the gatherings in the Rila Mountain. Some talks were communicated in the Spiritual Center, which was gradually established in Sofia, named *Izgreve* (meaning *sunrise* in Bulgarian). The lectures vary in form and length, in structure and content, depending on the circumstances of delivery. Their beauty is hidden in this unique unity of simplicity and profundity, of diversity and wholeness. The meaning of the spiritual name Beinsa Douno in Sanskrit: *"The One who advances Good through the Word"* is revealed in each lecture.

The first lecture *"The Beauty of Life"* was held at the Seven Lakes in the Rila Mountain. Its flow of speech is highly inspired and consistent, each sentence shining brightly as a gem of Wisdom. The same is true for the summary of another Rila lecture *"The Two Paths"*:

*Good thoughts, feelings and wishes represent rays of Light: they give food to Life and also to the soul that is coming to the Earth.*



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*Good deeds represent rays and colors of Light: they provide the Living bread for the soul so that it can know The One Who gave birth to it.*

The lectures “*For the Glory of God*”, “*Absolute Purity*”, “*Let the Children Come*”, “*Four Rules*” and “*The Ascending Way*” were also held in the Rila Mountain – the oldest esoteric school on Earth according to Beinsa Douno. They all deliver the elevated atmosphere of Living Nature and the attentive guidance of the Master:

*My children protect the freedom of your soul!*  
*My children preserve the power of your spirit!*  
*My children sustain the light of your mind!*  
*My children maintain the goodness of your heart!*  
 (“*Four Rules*”)

All lectures, selected in the book “*The Beauty of Life*”, give the essence of the Teaching of Conscious Life and the keys to its application on a daily basis. In each lecture the simplest and the highest, the smallest and the greatest merge together to reveal fundamental principles, spiritual laws and elevated ideas, which make this Word powerful and everliving.

*May the Beauty of Love, the Purity of Wisdom and the Light of Truth abide in you!*

*Abide in Love, Wisdom and Truth so that they will abide in you!*

*They represent the new life, which God is sending to the world.*

*The Spirit of God requires mercy, not sacrifice.*

*Beinsa Douno*



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# **The Beauty of Life**

*Lecture given by Beinsa Douno*

*July 2, 1942*

*05:00 a.m. local time*

*The Seven Rila Lakes*

*Translated by Dimitrina Daskalova*



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## THE BEAUTY OF LIFE

Meditation on Chapter 12 of the Gospel according to Saint Matthew

*For whosoever shall do the Will of My Father Who is in heaven, the same is my brother, and sister, and mother.*  
(Matthew 12:50)

Love is what is beautiful in good and wise life.

Wisdom is what is beautiful in good and pure life.

Truth is what is beautiful in good and illuminating life.

Keep the Beauty of Love.

Maintain the Purity of Wisdom.

Sustain the Light of Truth – and you will always be happy and blessed, because God abides in them.

Love, with its Beauty, fills the entire Divine world.

Wisdom, with its Purity, fills the whole Universe.

Truth, with its Light, gives freedom to all beings in the Divine world.

Love the three: Love, Wisdom and Truth. Let them be lights in your soul, because through them God reveals Himself to those who seek Him.

Turn to God in Love.

Appeal to God in Wisdom.

Pray to God in Truth.

Only thus will you hear the soft voice of God's Spirit speaking to your spirit, to your soul, to your mind and to your heart.

The kindness of God always lives in His Love, Wisdom and

Truth. Through them His boundless gentleness is revealed.

Serve God in Love, serve God in Wisdom, serve God in Truth – then you will receive Life, Light and Freedom.

May the Beauty of Love, the Purity of Wisdom and the Light of Truth abide in you!

Abide in Love, Wisdom and Truth so that they will abide in you!

They represent the new life, which God is sending to the world.

The Spirit of God requires mercy, not sacrifice.



# **In the Beginning Was**

*Sunday lecture given by Beinsa Douno*

*November 8, 1914*

*Sofia*

*Translated by Doroteia Koparanova,  
Malinka Koparanova and Steftcho Koparanov*



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## IN THE BEGINNING WAS

*In the beginning was the Word,  
And the Word was with God,  
And the Word was God. (John 1:1)*

This is the hardest nut to crack and the most philosophical question in Christianity. This verse has been disputed many times and interpreted in many different ways by philosophers, preachers, and believers. There were disputes about the Word in the Orthodox Church as well, and even fights for it, but the problem could not be solved by fighting. Literally, what should we understand by the words, “In the beginning was the Word”, what is this beginning? When contemporary philosophers want to discuss a certain philosophical question they make some assumptions; they take something like a principle and in this way they explain a certain thing. For example, a black preacher was explaining the creation of man\* in the following way: “God worked hard all day and made the man from dust, placed him on a rack and dried him for three more days.” Some of the listeners, however, asked him, “Then what holds up the rack?” “This is none of your business,” said the preacher. Contemporary philosophers as well as the preacher each have a rack on which they dry the Word and man, solve questions

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\* Man – the Bulgarian word *chovek* signifies a thinking and conscious human, without reference to gender. The current translation uses English equivalents such as *person* and *one* wherever possible. In certain instances the word *man* is used instead. The use of *man*, *he*, *his*, *him* in reference to *chovek* are used to facilitate the reading of the text, however they should be interpreted as an indication of both the feminine and masculine genders.

and say, Man is made from dust and is dried on a rack.” If you ask them about the rack, they will say, “It is none of your business.” But because this rack is along the road on which we are going, we are stopping to circle around it. An evangelical preacher was talking about the prophet Jonah, and said, “The whale worked and strained a whole hour until he finally swallowed Jonah.” In the same way, we sit for hours in order to solve the question, but it is still an enigma to us.

*In the beginning was the Word, and the Word was with God, and the Word was God.* Here the main thought is the Word. What should we understand by the word *Word*? This is that rational act of God, expressed in certain vibrations that we can perceive. That means that when things start to be visible, touchable, open to the human mind, something, which is formulated, understandable to us, we call this the Word. For example, you say something – that is a word. The word *love* – how many elements does it have, how many letters does it consist of? It has six\* letters. If you could separate those elements, you would find what Love is made of in regards to people, i.e. not in its primary sense, but as it appears. If we arrive at the very sense of what is Word, what is God, those people who want to resolve the question will come to the exact opposite conclusion. You cannot define something that has no form in itself. God is something without form, so we cannot define Him. Just what is God, tell me! To determine what God is you have to put constraints on Him, to put Him in a form and look from a human prospective in a certain position and place. Those who write about God and the Word think they have explained the question. They explain it, but just like the black

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\* *любовь* - In the written language of the beginning of the 20<sup>th</sup> century the word *любовь*, which means love, consists of 6 letters.

preacher and the evangelical pastor, either on the rack, or in the mouth of a whale. This, however, is not an explanation.

It is written, *In the beginning*. By these words, I comprehend that rational act when all beings, created by God, became conscious of the fact that He created, and they started working alongside Him. I will use an analogy: let us say a mother gives birth to a child, and she says, "The beginning of my child has started." The beginning of her child has started, but not the one of the rational child. What does this beginning look like? Screaming and crying, from which no one understands what the baby wants to say. The beginning that is spoken about in the Bible is rational. When the child becomes 21 years of age and starts to think, then we could state that this is the beginning of his rational life, i.e. when there is a correct exchange of thoughts between the mother and the child. Therefore, *In the beginning was the Word* means that beginning when we start understanding God, i.e. when we have stopped bawling before God. For ages and ages, people have cried and asked this and that. To clarify my words in a scientific way, I will point out that these are all phases of the Life through which this human child has been going. Thus, this beginning went through billions of forms, starting with the smallest. Since the child was always crying, God had to sew him new clothes all the time, i.e. to transfer him into a bird at one moment, or into a mammal at another. If it comes to the point that this self-willed child understands the beginning, this means the Word has come into him. That is why the Evangelist says, "*The beginning is marked into the book of Heaven as a reasonable form of system and order.*" Everybody begins with disorder; everybody begins with mud that has been dried on the rack. But, when you get down from the rack and stand up on your feet, it will be written in Heaven about you, *In the beginning was the Word, and the*

*Word was with God, and the Word was God* – and this beginning is already in man's head.

I will explain when this beginning starts by another analogy: imagine that you go against the flow of a river towards its source, you reach it and then you say that the beginning of the river comes from such and such source and you stop there. Yes, this is the beginning, and no philosopher can say it is not. Here is the visible beginning, but there are other beginnings as well, about which we do not know. Perhaps this water has been taken from the ocean, wandered into space as steam and has fallen as rain; perhaps it has moved through the earth strata and reached the spring and so on. Therefore, we say this river begins from such and such source, but only in the ordinary sense. "*In the beginning was the Word*" means that reasonable Beginning of all humankind, when this Word appeared in the present form which we can see that it exists. Of course, now you are far from that Beginning. Millions of years have passed since then, and everything has become muddled.

Now I will give you another comparison. If you read "The Epistle of Paul the Apostle to the Galatians", you will see that it speaks about the Fruit of Love. Take a piece of fruit and assume there is only one seed in it. Whenever you sow it, that will be the beginning of its development. Then if you ask the tree when its beginning started, the tree will answer you, "At such and such time, when the seed was sown". Therefore, if somebody asks you what you were in the past, you may answer that you were a seed, which God sowed in the ground to germinate, to branch out, to bloom, to bear fruit, which will become ripe. Our reasonable Life is like a tree. And this reasonable Beginning is set in our head now. The body shows how many millions of years man has flowed away from this Beginning affected by the strength of the drive toward the Earth. The head

is the symbol of the primary Beginning, when man was sown.

Now I will not go to great lengths to explain all this, since for many people it is very complicated. I will not dwell on the primary state of the world and the forces, which acted upon it; I will not dwell on that primary intelligence which was at work, etc. These are abstract things, and even the greatest philosophers have been silent about them. When the great Egyptian master Hermes was asked about this, he only pressed his lips together. What did he want to say? This means man should leave his body to go out to investigate things at the place itself. And when it is said that somebody keeps silence, I interpret this silence as, "Go out, go to that place, and investigate it." For example, somebody asks me where the springs of Maritsa\* are and I explain to him, but he cannot understand me; at the end, I tell him to keep silent and he will understand. That was what Hermes wanted to say. Somebody will ask me how it is possible. If you ask, you are not for this place. You are still children who build their houses; you are interested in toys and dolls. Many millions of years should pass until you rise to the level to think over this deep question. Those of you who can understand me will press their lips together, and I will tell them, "Come with me so we can go there." In this way I have already explained this question philosophically. As soon as they press their lips together, this is a practical solution to the question, not a theoretical one. When people ask me what was the Beginning, what was the Word at that moment long ago, I call on them: "Let's go there!" "We cannot". In that case, play with your toys on Earth – whether you build houses, get married, go into business, or make war. Only when you go

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\* Maritsa - river in Bulgaria and Turkey, which springs from Marichinite ezera (lakes), Rila Mountain.

through all this process of development, when you grow up, become cleverer and say, “Down with dolls!” – then a Master will be found who will press his lips together and will say, “Come with me”.

Those people who want to follow Christ’s way should have a certain view of Truth. Do not think that it can be obtained very easily; do not think that the way you are going now is easy. No, there are difficulties. I do not say that it is extremely difficult, but there are big difficulties. The person who decides to go this way should be ready for them. Nature always puts before us big hindrances as well – small beams, which we should always use until we are ready for the long trip. The question is not only to go but to arrive as well. But you walk for a day, two, three, and after that you say that nothing will come of it, and you go back. And when people ask you what news you bring, you say, “Leave it; that is a waste of time”. Only when you go to that Eternal source from where human Life has begun, where the Word was primary, you will understand the form of humanity of that time; you will understand what the sons of men were. And that, which we call the image of God, is a caricature for the people of the Earth. When I look to the people who say they were made in the image of God, I laugh a lot, because I see in front of me only fake people, and their thoughts, minds and hearts are completely ruined. The picture, which should have the image of God has been ruined, it is not the same as it was. When the Word, by which all things were created, saw that what It did in the image of God had been transformed into caricature, It sent Christ to come down from the Invisible world to the visible word and to say to the deluded men, “Stop lying. What you have now is not the image of God, it is your image”. Someone will object, “In the beginning I was created by God, I was born from Him.”



How were you born from God? That Beginning was clear and pure in itself, but now there are some alloys in you.

So, to be able to understand the deep meaning of the doctrine, which has been preached by Christ, we should purify ourselves. However, the word *purifying* also means *to become lighter*, which is a process of organizing, i.e. the rational process in our structure. The physical comes from the law, which says that there is a collision between the forces in Nature. There is a certain force in us, some aspiration to come closer to God, but simultaneously there is another beginning as well, which pulls us to the Earth. Therefore, our head is connected with Heaven and draws us upwards, but our body draws us down to the Earth. In this way we are crucified. However, how can a man think when crucified? When we die, a Nicodemus should come to take the nails out, take us down from the Cross, wrap us in a shroud, and when we become lighter, we will rise up. This is the Resurrection. The Resurrection is an act, in which we start to see things in their proper place, we start going back to the Word, to God.

Now, you want me to tell you about God. What should I tell you when you are still crucified; you have not become lighter yet. You say, “Tell us about Love.” What can I tell you about it when you are crucified and in pain? The only thing I can say to a crucified man is to bear, to suffer, and to become a hero in the suffering. I can give him this consolation only. This is the freedom people have – they should go through the process of suffering, of which Christ Himself was an example.

Christ put in our brain the Beginning of the Word. The Word is an act of God in the Spiritual world, the Word implies Angels. Thus, first of all Angels come from God and God is in them. When the Evangelist says, “*And the Word became flesh and dwelt among us*”, he understands that after the Angels the

Word comes down, takes another form and enters into man. When we speak about the Word that was with God in the beginning and was God, we understand all the Beings that have gone through an evolution different from that of people. They are something great, Sons of thought, of the rational – these are the ones. This does not mean they have the same form we have, but it means they are Rational beings. Then, when Christ became incarnate on our Earth, He came to preach that Word in clear speech. Our speech is a translation of the Word. I have spoken about the real translation of words more than once. For example, if somebody asks you what word is a translation of the word *river*, what words are translations of the words *spring*, *light*, *warmth*, we will answer: light is the translation of *Truth*, warmth is the translation of Love, and that there is some correlation between the words. We will answer that just as light illuminates external objects, Truth illuminates internally the human mind. We will answer that as warmth helps plants to grow, Love, when entering into us, puts in motion those feelings that make man sprout and grow. Those who want to know what the primary form of the Word was should make the correct translation.

Of course, in the Bulgarian language the word *Word* has one meaning, and in Greek, in which this Gospel phrase was written, has a slightly different meaning. In Greek, this word begins with *l* – *Logos*, but in Bulgarian, the word begins with *c*\*. This fact shows as well that the Greek and the Bulgarian nations are not in the same place, in the same field. When the word *Logos* was written in Greek, Hellenes had aspiration upward to the Angels, but our letter *c* is a symbol of a half-moon, which means that we are situated on the backside of the

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\* *C* - in Bulgarian: *Слово*.

Astral world, so we do not have light and that is why we take it as reflected from the Moon. Therefore, we can say according to the Word that the Slavs are people who are going down, but they have reached the deepest place possible, and now they are going to start their new evolution. This is the reason why I cannot explain to you and you cannot understand the Word – because in your brains, in your minds, the Moon is still shining; images, figures, everything is vague in you. However, when the daylight comes and when Christ comes in a new form, everything will be bright and clear.

So, by the word *Word* I understand that wise Beginning, which creates and makes in us thoughts, desires, and actions. And now we should return to that Beginning. All contradictions in personal life and between the nations will disappear only when we return to it. The way to return to it is to become lighter. If a river, which flows down from its springs and goes to the sea, asks me what it should do to return back into its beginning, I will answer that it should evaporate, become lighter, rise into the air in order to be gone with the wind again to the spring, to the head, from which it had started flowing. I am telling you as well that you should apply the same law. This is the law of self-denial. That is why Christ says, *“If you do not deny yourself and do not follow Me, you will not be saved.”* You should deny yourself of material things, houses, children, with which we are tied as if by thousands of ropes. You say that you want to go to God. You will never go to Him, if you do not cut off the ropes that connect you. Preachers and priests preach about Heaven, but they are all tied. Do not talk! You lie to the world. You are teaching from the Moon and you see things with the Moon’s light. When the Sun rises in your mind, then you will have another understanding about the world and Life; you will see how wrong your viewpoints were. That is

why self-denial means to become lighter. Some say that they cannot deny themselves. All right, but they go down the slope and to the oceans. There is not another way – either climb up, or roll down. In order to rise, to become lighter, the Sun should shine inside us. The Moon cannot evaporate us; quite the opposite, it is often the reason for steam to condense. By the same analogy it is said about the Sun and the Moon in the first chapter of “Genesis” that God created these two beginnings and that in them all the Truth is hidden: the Moon is a process of going down to the Earth, while the Sun is a process of ascending up to God. The setting of the Sun implies going down, while its rising implies a process of new evolution. That is why the Moon tells you every twenty-eight days the story of your descent. If you ask yourself why you got down, why you cannot think, why you have no will, the Moon will answer you. All its phases will tell you the reason of your descent. Then someone will ask how he can rise and go to God. Get up in the morning when the Sun is rising; look at God and you will find the way. Some people consider that they always have to think about God. No, you may have one thought, but maybe certain conditions have to be met in order for it to start working. Embryos of your salvation are set up, but you will rise up only when they begin to operate.

They say that Christ came to save the world. Save it in what way? When Christ came, all embryos that were sitting for millions of years, let us say, in a potential and frozen condition, defrosted under that layer of ice and emerged from the ice age. I will not launch out into explanations now that at one time the Earth passed through an ice age. Even in the spiritual life, this age takes place often. If the Moon shines in your mind I will say that you are in the ice age – your pre-flood animals have vanished, vegetation has stopped developing and you have only

a minimum life – as much as the Moon gives to you. If you ask me what you should do, I will tell you that the Sun must shine on you, Christ must rise in your spirit, He must appear on your horizon, and influence you through His rays of Truth.

Now you may tell me that Christ will come. Yes, He will come indeed. However, when He comes, where will you be – on the Equator or at the North Pole, in the temperate zone or at the South Pole? You should take into consideration your position and assess how Christ's rays will fall into your soul – vertically or at an angle. All of us should come to the place where God needs to meet us, i.e. in the Divine land. If you were clairvoyant, you would see that there was another land as well. If I decided to explain to you the concept the occultists have about the Earth, the movement of spheres, you would say that it would be better not to know all of these things, because you would be caught up in a large contradiction. I will tell you why. When radium was discovered, scientists were afraid and began to claim that all current theories and views would fail, that they should be wholly revised. Therefore, it will be better for science not to deal with this element. But I say, when Christ's radium comes, you should revise your point of view and your life fundamentally and radically.

So, in the verse we quoted, John addresses those who understand. This is the deepest question in the Gospel. Those people for whom it was written understood it. One day you will begin to understand it as well. If you say that your mind is confused, I will give you some consolation, "The Moon is still shining on you". When the Sun shines on you, that question should be clear for you, if only you are honest and you are in the place where God decided to put you. According to these laws the conditions for your growth will surely come, you only have to wait. Those for whom God has risen should deny them-

selves, become lighter, not to roll down the hill. To say this in philosophical terms, your thoughts should have meaning. Your thoughts should have a goal as well, the goal for which you strive. A Christian who wants to fulfill his responsibilities should know why everything has happened. For example, children are born. Why? You say that God has so ordered it. Do you know that God ordered it that way? Even drunkards can say, "God gave wine so that we can drink it". Did He actually make it, or did we? God created grapes, but wine is our invention. In the same manner, you take flour and knead a loaf, but did God determine that you do so? No, it is your invention. You put two stones together to grind grain, but did God determine grain to be ground into flour? No, this is your will, because you cannot grind the wheat grains in your stomach. That is why, when people say that this is true, that is true, you should ask them: "Is this a Divine Truth or is it your truth?" – "But I preach Christ". You preach your Christ. "But I preach God." You preach your God; do not lie to me! I say, I am neither lied to, nor do I lie. Everybody preaches his Christ, his God. When a girl falls in love with a boy, he is an Angel for her, she is dying for him, but when they get married, she begins to argue that he is a devil and she is dying because of him. Who is right in this case? So we say in the life we have we are ready to die for our Christ, but when we get married to the Lord and when we see that He is not what we expected, we do not want Him and we claim He is false. Thus, when we say *In the beginning was the Word*, which word do we mean? Is it the word, according to our understanding or the primary *Word*, which is the foundation for all people? Is it that Beginning which supports all of us, so that we are connected like one common organism and drinking the same sap, or some other parasitical beginning?

Each of you should first resolve the question and should

know in which beginning you are. You will say, “But I know”. I am always hearing the same thing – the man says “I”, the woman says “I”, everybody says, “There is nobody like me”, “I am great”. But I see that he is only five centimeters of the tree, and someone else is only a leaf. Autumn will come soon, you will fall from the tree, you will go to the roots, and then you will understand that there is another beginning – one is above, while the other is below. So, each of you should know where this beginning is – is it in the root or in the trunk; is it in the large or in the small branches; is it in the leaves; is it in an unripe or ripe fruit, or in its seed. If you say that it is in the seed of the ripe fruit, I will say, “You are now a person who should get going to check out the primary Beginning John talks about”. If you say you are in the leaves, then you should wait for many millions of years. “But I am in the unripe fruit”. You should wait as well, until you ripen. “But I am already going to seed”. Great, but a storm may come, you would not endure and suddenly you would fall down from the tree to the ground. Because the seed still does not have life in it, according to that law, you should decay, go through the roots, through the trunk, and grow upward again and start a new life.

If we had more time, I would dwell on the question about the fruit falling. Many people urge me, “Tell us where we were once upon a time.” I know where and what sort of a person you were, I may speak about this, but do I know what you will tell me. Someone will say, “If this is true, it is a big lie.” And when it is told to someone outside, he would say, “It is a big lie”. But a lie is the shadow of Truth. You can lie until you have the truth, i.e. in order to lie to someone you should lie to him about a certain truth. The lie is a companion of Truth. Where there is Truth, there is a lie as well and vice verse.

However, let me come back to the question. How should

we apply this rational principle within us? Someone will say this is a force that always acts. What do you understand by *force that acts*? In the mind of contemporary scientists, this is much undetermined. They say it is a power, which develops, but how? They say things are attracted and gathered together by the power, but how? Two people hold their hands and they are attracted; a magnet draws up shavings. This is all right, but there should be some correlation within the attraction. That inner power should draw our thoughts and feelings to the reasonable Beginning. To get to know if we are drawn by this reasonable Beginning, if we are set free from the Earth, we should feel when the contradictions in us cease. This is a sign that we are going in the right way to the Beginning. Until there is a fight, we are between the two principles and we look like a traveler who has lost orientation of the four cardinal directions, and instead of going east, he goes west, and he can orient himself only when the Sun rises. Someone may say, "The end has come." The end of what has come? When a student finishes high school, does he die? No, it is the end of his studies at school and the beginning of his entering into the world. Do you know what the word *end* primarily meant? This is a courageous, smart, and skilful person, who knows how to work, who can bear everything. Even now, when people say, "His end has come", this means his work has been finished. When you come to the end of the cloth that you are weaving, you will take it down from the loom and you will begin to cut it, i.e. the end of the weaving should be the beginning of your clothing. When you dress up and people praise you for the nice garment, do not be proud of it, because you did not make it. Do not be proud, but thank the tailor who succeeded in cutting the garment and in making it. There are some people who, when praised in such a way, think this refers to them. No, the praise is for the tailor,



and they are only his advertisement. If your garment is sown badly, if it is twisted, you will say that you do not want to go to this tailor anymore. For example, people say to someone, “You have noble thoughts”, and he starts imagining he is something great and he becomes proud of himself. Wait, these are not your thoughts. Give thanks to the One who gave them to you and did not lie to you.

If there is a storm in your mind, will you be able to know where you are to go? No, you will not be able to know. Unclear ideas rule your minds as well. You say that Christ is a principle. A principle means beginning, head, or source. When you go to that spring, you may already taste pure water. If we draw from Christ’s source, if we drink from this water of Life, our thoughts and desires will certainly become clearer. Then another result will follow as well: our bodies will develop as they should, suffering and pain will disappear, we will have correct understanding, we will be able to speak useful things to people and to quench the thirst of the thirsty. Christ said to those women, “*The water which I will give you will be a spring gushing forth inside the soul*”. You are coming here to drink from this spring every morning as well. This is all right, but I who like to tell the Truth, who do not like to lie or to be lied to, I want everyone to have a pipe from this abundant spring from which I draw, to lay a pipe to your yard and, when the times come, to open the tap and to drink. I am talking to those of you who want to be Christ’s disciples. They should lay a pipe at least one centimeter in length. And when the world gets into a state of siege and people are thirsty, your pipe will give you water and you will not be thirsty. The spring will be in your soul – this is the beginning as well as the end. Do you know what the end is? When you build up a small fountain in your house from the spring – this is the end of things.

So, we should consider our thoughts and desires as if they were given to us. It is only necessary for us to use them. Every thought comes and goes; you cannot hold it. Do you think that you can hold your thoughts and desires? No, just as food goes through you, according to the same law our spiritual thoughts come and go. They are forms that carry certain saps of Life. Use the saps hidden in them, and scatter the pollen out into the open space that should be filled up again. If you hold them in the bottle too long, the saps will go off and God will hold you responsible for that. Some want to be rich with thoughts, but it would be easy for others to get their hand in and rob them. Like money, thoughts do not have a master, but they know the person who has them. Someone could reach into your head and steal your thoughts. He may reach into your heart and grab your desires. For example, a young girl loses her heart and begins to languish, or somebody's thoughts are taken and he goes mad. Why? – Because they do not understand the basic law that every thought and desire is sent from the Invisible world in order to be used, and afterwards to be released into the world. When there is movement, when there is an exchange of thoughts and desires, then there is enrichment as well. In return for thoughts and desires that we transmit we will receive the relevant saps of Life. That is why Christ says, *"I am the Life."* What is essential for us is Life. Thus, we should put all our thoughts and desires to work in order to acquire Life. When we acquire it, we will be free citizens and will go to that Beginning, to the Eternal spring where we can quench our thirst.

When somebody dies people say, "He went to the world beyond". If the seed is ripe, he will go to the other world, but if it is not ripe, he will drop near the trunk, near the root and will not go there. Somebody says that he is ripe. If you are

truly ripe, God will come, will pick the fruit, and will take it to a good place. Therefore, everybody should ask himself if his seed is ripe. Now you may say, "I believe in Christ." Fine. "He will save me." This is good as well, but you will be dropping near the trunk of the tree for a long time, while your seed ripens inside you. Only when it ripens will you have spiritual Freedom. The only wealth a man can take from Earth to Heaven is this small embryo. When he goes to Heaven, man will begin to sow it for a new life, because the same school is there and you will work there as well. When advanced science is taught there, how will you understand it, if you do not have the ability, if you have not learned to guide your thoughts and desires on Earth? If you want to understand Christ's teaching and to be in the situation of the criminal, hung on His right, whom Christ said, *"Today you will be with Me in Paradise"*, you should work. Some may say that they are also crucified. Yes, but from which side? If you are on the left side, I am sorry for you; you with your suffering will not go to Heaven. If you are crucified on the right side, I am glad, because your deliverance has come. Everybody crucified on the right side – teachers, priests, philosophers, kings – will be saved, but if you are crucified on the left side, you will go back to work in this world. Such is the law of God.

The Beginning is the right side; this is Christ. That means you are reasoning according to the law of God in order to apply it to Life and not to be of two minds. Some who listen to me say to themselves, "What should we listen to, to what the church says, or to what this man preaches?" In this case, you, my friend, have two heads. If the church and I are preaching and teaching Divine Truth, there cannot be any contradiction and the results should always be the same. In other words, if we act according to the law of God, the apple planted by a

priest will grow up in the same way as the apple planted by me. One should look only at the results of our actions. Why do you doubt – you have a candle, by which you can see if I am saying Truth. Someone meets me and asks me if I am black or white. But you have a candle, look! “But I cannot see.” Then, you are in the dark. I know you and I can see who you are. For example, you are an evangelical; you say that there is no faith like your faith. Then how is it that you do not know Truth? My friend, you are a person, who lies both to himself and to others as well. Truth has only one image, and it is harmony, self-denial, Virtue, Wisdom, Righteousness. When you get this image, you will have reliable Peace, Calm, and Power. Then the world could be upset, the sea could be surging, but you will be quiet, calm and free like birds flying with their wings. If your right or left wing is damaged, you will collapse with your head down on Earth. And the Earth says, “Whoever has only one wing will stay with me.” Sinners are birds who have one wing only. Devils say, “We need people with one wing”, but Christ says, “I need people with two wings.” We have two hands – right and left – and if we could have controlled the laws about making matter thinner, we would have been able to fly with them, rise, and be free to leave our body whenever we wish. Now, you are afraid of death and you say, “Devils are bad spirits, they will hinder us.” What can they do to you, when they are limited by the same law? If we control both wings and if Christ is inside us, we should not be afraid of anything. Our fear shows that we are not with God. The Scriptures say, “*Perfect love casts out all fear.*” If you are afraid, Love is not inside you.

Now you ask yourselves how Christ will save us. What strange people you are! When you sow the grain of wheat, your salvation has come and there will be no lean years any more. You want to be like Angels. How can you be, when you are

not sown and you have not sprouted? Angels fly like birds, and you are plants; then how will you be transformed so quickly? Do you know how many forms you should go through! By the word *forms* I mean the forces which you should control. In order to have the ability to change a form, you should know the forces that act inside it, because they limit you. You are limited – for example, you should eat three times per day and if you do not eat, you will not be in a good mood; if you do not drink, you will lose your mood as well. Someone says, “I am strong.” You are strong for three days only. “I am a patriot.” If you are kept hungry for three days, you will begin to think differently and will ask for bread. We should acquire the living bread; we should not take it from the Earth only. For us the Earth is a moneylender. All moneylenders and all bad spirits are placed in such positions, and they say, “We will give you bread, but you should pay us such and such amount!” You should become clever. Whenever ten wise men appear, they will tie this devil and they will say, “This grain is given to us by our Father above.” Therefore, in order rightly to get what is sent for you from above, you should have a pure mind and a pure heart.

*In the beginning was the Word, and the Word was with God.* Let us ask ourselves if this Beginning is with us, if we are with God and if God is with us. I do not say you are not with God. I even maintain with certainty that you exist, live, and move in God, but God is not with all of you. One could be a dried root and the saps of the tree may function, but not penetrate him. If you are a dried root, of what use is Christ to you? We should not only be in God, but God should be inside our mind and our heart as well.

Now, what did you understand from today’s lecture? Remember the following thing, which is important for you from a practical point of view: everybody should build one

small pipe from that spring into your yard, and from now on should not disturb either me, or the priests. You say that our priests do not preach. They are not porters. Make a fountain and drink. You say that the priests are bad. Why? – Because they do not give us water. Build a fountain from the spring to your home and let us stop talking about this Eastern problem\*. When you build a tap from this spring, all disputes will disappear. The English scientist Drummond\*\* said that we constantly consume three elements: two of them are air and water, which God gave to us for free, but the third element is food, for which we permanently work. If we have become slaves in order to have only one of these three elements, what would have been our situation, if we had to obtain the other two elements in the same difficult way? Our situation would have been three times as difficult as it is now. One day, when we become wiser, God will give us the third element as well and then we will be free people. We are in the third stage of our development now.

Christ solved the problem, and He says, “*I am the living bread.*” When He comes into us like living bread, we all will be free – men, women, children, priests, and teachers – and then, we will start doing greater works, as God has determined for us. Now, we only discuss politics – who has more, who has less. Now everything, including wars, is based on bread, and

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\* Eastern problem – problem of international politics. It began in 1453 when the Ottoman Army captured Constantinople. It was partially solved by the victory of the Christian countries over Turkey during the Balkan war in 1913, and finally – by concluding the peace treaty at the end of the First World War between the *Triple Entente* and Turkey in Mudros on October 30, 1918.

\*\* Drummond, Henry (1851-1897) - Scottish theological writer, revivalist, explorer, geologist.

when someone has all the bread he needs, he wants to take the bread from others in order to have more. Christ says, *"I am the living bread, I will solve the problem. I will be the Beginning."* The beginning of what? – Of freedom, of reasonable life, of reasonable achievements, of transforming the world. This is the Beginning. Therefore, whenever you want to work with Jesus Christ, unite yourself with that Beginning. When you are united, you will have all that is needed, Christ's Power will be your power as well, and all the people of the world who are on the right side of Christ will be your friends. Then all of you will be united, you will go with a candle to look for your brothers, and Christ will give you advice about what you should do with your friends on the left side. You will come again to the Earth to help them, while all, those who are on the right side as well as those who are on the left, go back to Heaven to be one with Christ. This is the Beginning, this is the Word and this is God of Whom I am preaching to you this morning. And this living Word, which builds, exalts and transforms the world, is inside you – this is the living Christ.





# **Awakening of the Collective Consciousness**

*Lecture given by Beinsa Douno  
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## AWAKENING OF THE COLLECTIVE CONSCIOUSNESS

Please, be so kind to listen to me; I am not going to speak long. Wise persons do not need long speeches, what they need is a short, but sensible and comprehensible talk. With all my compliments and respect to you I would like to speak to you concisely and clearly, the way I would speak to intelligent people.

Life on Earth is music. It flows in three directions. Let me express this in musical terms – sometimes life follows a major scale, as in the case when military men express themselves; at other times it follows a minor scale – the way sorrow is expressed; and finally it follows a chromatic scale, which includes the first two scales. These are three great methods, three great laws that regulate our lives. When we do not understand the deep inner meaning of Life, we focus on nonessential matters and we ask ourselves why Life is organized the way it is and not differently.

Be aware that I maintain the positive view of experiential science in Life, which we have verified ninety nine times, and as a result we do not have even one hundred millionth of a doubt about what we say. Doubt is an indication of ignorance in the world. I do not imply that ignorance is bad; but it represents a process of development. For example, all infants are born ignorant and their consciousness should be gradually awakened and developed further on.

Hence, human consciousness, if I am to express myself in strict scientific language, passes through three stages: essen-

tial, substantial and material stage. The essential stage includes the principles of Life; the substantial stage includes the laws of Life and the material stage – the facts of Life. Therefore, grouped facts in the world, i.e. aggregated personal little experiences, form a law and we say that this law is expressed one way or another. Currently, contemporary scientists refer to the law as something mechanical, but it is a living essence. A law can exist only in beings who are elevated, whose consciousness has passed through the material stage – from the facts to the laws, from the individual to the general and from the general to the whole.

We ask ourselves about the most important thing for us once we are here on Earth. In the present circumstances people think that life on Earth is most important when they are well off materially; so all nations individually and collectively are striving for their material security and wellbeing. That is why today we have the so-called economic struggle. The current aspiration of nations towards the material is a trend. Hence, human consciousness advances from the material to the substantial stage or in other words the collective consciousness in man is in a process of awakening. Until now, similar to the animal world, humanity has been living in collective sub-consciousness and from now on entire humanity is advancing to collective consciousness, in other words people are beginning to realize that they need one another. Until now everyone has been living for himself alone, everyone has been seeking his personal salvation. But at present humanity as a whole is moved by an inner impulse towards the improvement of the common status, not only of one, but of all social classes and, moreover, it is happening wisely; not as we currently think that we will be able to improve our individual lives ourselves. Thousands and thousands of years ago humanity itself ruined

its own wellbeing. There are reasons for that, but I am not going to elaborate on them. Once upon a time the Earth was like Paradise: the vegetation was so diverse that there were thousands and millions of fruits and as a result people lived only on fruits. However, due to certain physical reasons, the ice age befell the Earth. Consequently, its fertility decreased and people began to use meat, to kill and eat not only animals but also one another. That is why the following saying still exists among people, “I will suck out your blood”. Well, I ask you: if one sucks out someone else’s blood, what will they gain? If one kills someone else, what will he gain? This is a misconception of Life. Not only people as a whole do not get along, but religious and spiritual people have also lost the correct understanding of Life, though they are in the forefront, considering that they have a connection and communion with God and considering that they have the right to lead. I am telling you the Truth. It is not that others do not want to tell you the Truth or that they hide it intentionally, but it is just natural for them. If a thorn gets stuck in someone’s foot, this person becomes nervous. Take the thorn out and he will calm down. Therefore, if people of today are bad, it is because each one has a thorn in their flesh bothering them all the time. Apostle Paul said that he had a thorn that constantly bothered him. I have never met a person without a thorn. While the thorn is lodged in us, we cannot be clear-sighted and think properly. Our philosophy is distorted because of the thorn. Take the thorn out and you will have a sound philosophy of Life.

An English merchant asked a preacher to explain to him what was taught in the Bible. The preacher spoke of this and that. The merchant then said, “No, no, tell me concretely and in a few words what this teaching is about.” He wanted to grasp the essence, to see the kernel outside its shell. Finally the

preacher advised him, “Buy yourself the Bible: you can learn lots of things from it.” The merchant bought the Bible and read a lot from it, but since then his business began to deteriorate and he suffered big losses. “Ever since I bought this book only misfortunes have come upon me”, he said to himself angrily. Eventually he threw the book in the fire. While the Bible was burning, a small shred of a page fell to the side. He took it and read: “*God is Love.*”

At present contemporary Christians keep asking, what is Christianity, what type of religion is it? They go around saying, that Christianity is this and that. No, no, God is Love which has to unite all people in order for them to live in Love, Peace and Brotherhood\*, regardless whether they are kings, rulers or of any other social position; these are secondary matters. All people should live according to Love as brothers and sisters, respecting one another. They have to share everything willingly: not by force, but voluntarily and consciously.

Once we touch upon this subject, other questions arise: is there an afterlife or not, which religion is the most truthful and so on. I say, there is only one Teaching in the world that can improve our homes and this is the Teaching of wise Love, not contemporary class love. Principal Love – this is Love containing self-sacrifice, love of the mothers, brothers, friends, saints, love of the most enlightened persons in the world. Once this Love comes to dwell in us, our eyes will be opened.

At present there are many people in the world, who doubt whether or not humans possess a sixth sense and whether they can see with it. Everyone can see with it. When a young lad falls in love with an unattractive girl, he sees in her what the

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\* Brotherhood – all words referring to brotherhood throughout the lectures are used to denote both brotherhood and sisterhood.

rest cannot see. He says, “She is a jewel.” When we love someone, we see their abilities and talents. Where are they? There is a place, where we see these talents. However, when we do not love someone, we assign the worst qualities to them, saying that they are like this or that.

Now a great law is becoming effective in the world. Be aware that the world has entered a new stage and even ten years will not pass before this trend will be intensified. This great law is currently at work in all human beings; it is acting in human minds and hearts. One can see the activation of this law in the fact that all people of today are restless. Why are they feeling restless? If they were poor, we could say that they had to work a lot and as a result they became restless. This is understandable. But why are scientists and rich people restless? In addition, religious people are also restless and all people are restless. Why? – Because they have only beliefs, but not faith. If today there were persecutions of one’s faith, I do not know how many would withstand. All people are Christians today, because no one persecutes them, but one’s faith is tested and proven in difficulties. Self-sacrifice is tested in poverty, deprivation and hard moments. When one sacrifices one’s life, it is also a test for their character.

Therefore, which is the ultimate wellbeing in the world? – The wellbeing of an individual, nation, society as a whole or entire humanity? These are all the same. An individual represents a miniature of entire humanity. Therefore, a nation in the process of its development reflects humanity in a miniature form. For this reason when we talk about an individual, we think of them as a seed. When we talk about a society, I deduce that the seed has started to grow. When we talk about a nation, I deduce that the seed has started to grow more and more and when we talk about humanity in its wholeness, I deduce that

the seed is branching out, blooming and bearing fruit. If we understand Life in this way, we will know that everyone of us is a necessary part of humanity.

We do not understand humanity in the way that half of it is created to live in Paradise and the other half – in hell. I know that when we perceive God as Love, we all live in Paradise and everything outside God is emptiness. But to know God, we must have Love. Every person, every form is a factor in this Love. The forms, in which we are living now, are not completed. Do you think that you have come to the Earth for the first time; that you were born for the first time? No, each of you has a long history and if someone describes your history, you will be very interested to see who you were in the past and who you will be in the future. This is a great process, through which we are passing. For example, when someone is elevated and noble, they are aware that all people should live in Love. Whoever they are, they will use all conditions in life to contribute to the common wellbeing. Only Love provides all these conditions.

I am not going to elaborate on and explain the reasons for the struggles in the world. In my view, they appear naturally. I will illustrate them with the following example: take two trees, planted next to one another. These two trees with their multitudes of leaves, blooms and branches live well together just like brothers, and they bill and coo; but all of a sudden a wind comes out and their leaves and branches intertwine and twist together. The wind grows stronger, a storm rises up and the branches collide. They ask one another, “What are you doing!? Why are you twisting like that?” I ask, is the reason for this external or internal? – The reason is external. At present, the reasons for misunderstandings among people are external – these are the economic conditions. This is the wind that



makes people quarrel and struggle among themselves. Some ask how long this storm will last. A storm can last twenty-four or forty-eight hours, but no longer than three days and then all the leaves will rest still. Currently, there is a storm in the world that is pushing and sifting us; there will be broken legs and arms. But do not grow angry, this storm will soon subside. This social storm will end in forty-five years, but only if people grow wiser. However, if they do not learn from their experiences how to improve their lives, the storm will continue even longer. And if they learn from their experiences, the storm will subside sooner, because the great law governing the world is intelligent – regardless if one is a believer or not.

There is a rational force, a great law in the world that compels people – both believers and atheists – to think and to act identically. Many times I see people who do not believe in God, do not go to church, but jump in the water and risk their lives to rescue someone. The law in such a person is not mechanical; they were born with a different law – the law of self-sacrifice. Therefore, they have within themselves something greater than the formal religion. Religion came into the world later. Some people ask, “Are you religious?” One can be religious and yet – dishonest. Religion is not a label, indicating one’s honesty. To test this assertion you should visit, for example, the merchants, who go to church and believe in God; then review their accounts and note how they sell. The law ruling the world is different. Love should live in their hearts; they have to be awakened and not to cheat their brothers and sisters. Thus, they will view the interests of others as their own interests and consequently they will not sell bad merchandise. We will have mutual understanding, only if we view our work in this way.

If we view one another according to our nationality

– asking one another “Are you Bulgarian, English, French or German?” – we will not have mutual understanding. We say, “The Bulgarians are bad.” These are individual ideas and not collective consciousness; this has not yet been a Divine law. The Divine principle has not been still manifested in nations. All nations care only about their own economy. No nation is more privileged than another one, because each nation has its own place. For example, if I raise my hand and stretch one of my fingers upward, and this same finger has decided that it is the most privileged of all, what will happen? This one finger shows only the direction, but it cannot function alone; work is accomplished by all fingers used together as each one has its own place on the hand. Only when all fingers act together our hand as a whole will fulfill its obligations and will present a symbol of will. Hence, when a nation realizes its position as a part, as an organ in the entire organism of humanity, which is obliged to accomplish its work on time, then it will be at its right place.

Contemporary people want to support the old god. We know who the old god is. Do not feel offended. This old god has brought all the wars, violence and misery. In the God of Love however, there is not a single lie. This God of Love watches all human beings and even the smallest creatures with equal love and compassion, being ready to help everyone. And when a little being, whose form is destroyed, comes to Him, it is given another form with the words, “Continue your work, do not be afraid and go forward!” I am asking now, what have we gained after being alive here on Earth for fifty-sixty years? Let us suppose that a mother has a beautiful daughter, an excellent lass, who is well dressed and happy to be surrounded by many young men. I ask how long her happiness will last: five, ten or fifteen years. Gradually her face will wrinkle, losing its beauty

and freshness, and it will become ugly, so finally the young men will abandon her. Other beauties will appear to replace her and eventually she will become discontent, feeling that her life has no meaning and she is not happy. At the beginning she was content with life, but later on it became meaningless for her. She was in the position of that European writer who wrote a book pointing that there was not a nobler being on Earth than man and that life was good; but after the author went through a crisis and was disappointed by people, he wrote another book stating that there was not a worse being on Earth than man and that the world was bad. Therefore, when we are doing really well, we say, "Everything is great, God is very good." But if we encounter a disaster, a misfortune or an action, which we did not anticipate, we say, "There is not a more unjust God in the world than this One." The world follows its defined path.

Some time ago a highly intelligent and well-educated woman came to me asking to help her resolve the following puzzle or problem: her husband, when he was still a young man visited Antwerp during an exhibition. He had heard of a man in that town, who could tell people their future while he was asleep. Her husband became interested to hear what this man would tell him and he decided to pay him a visit. The sleeping man told him, "You are going to marry at a very young age, you will have four children, but one of them will die. You will marry your wife for love and will enjoy a happy family life for ten years. After that a blond woman will enter your home, she will destroy your life and you will go to live with her. If you pass this test, in ten or fifteen years you will go back to your first wife and you will live very well together." "In fact", said the woman, "one of our children died. When this happened I found among my husband's papers this note telling his future. The blond woman came into our home and destroyed our life."

Then she asked me what to do, whether she should leave her husband. I told her to follow closely what would happen and to see if the rest of the prediction would come true. She asked me how such things were possible. I told her, “Life is predetermined, not in a fatal way, but there are certain reasons pre-determining human destinies.”

Our life, such as it is developing now, is also predetermined by many preceding causes. If we take advantage of these causes, we can improve our lives, we can fight evil in the world and overcome it. The Hindus call this *karma* or *the fall of man*. We are able to fight the fall of man. A man who can fall down and sin can also stand up and win. However, contemporary religious people go into another extreme in their beliefs: they claim that religion by itself will improve our life completely. This statement is half-true. Religion cannot improve our lives completely. As just mentioned this statement is 50% true, because we can control over 50% of our destiny, but there are also other factors regulating our lives and constituting the remaining 50%. I say, 50% of our lives depend on destiny and Nature, 25% – on our own selves and 25% – on the society. Therefore, when these three factors begin to work together, there will be spiritual and moral uplift and improvement. For this to happen, many souls should obligatorily come down to work in one direction. When the spring comes, does it come with only one flower? – No, it comes with millions and millions of flowers. Later on the bees come; and the bustle commences in Nature. That is how unity is created.

Consequently, from an esoteric point of view, we resemble little flowers that have just blossomed, i.e. our consciousness is at such a level of development that we have just begun to discern good and evil. You may say, “Well, one has to lie a little.” No, in the conscious life lie is absolutely not permitted,

just as in mathematics mistakes whatsoever are not permitted, because any mistake that slips into architecture or technology will result in undesirable consequences. Similarly, the lies we admit in our lives will affect our structure in the same way as the wrong calculations made by an architect will affect a building. Contemporary spiritual people should at least have rules, the way the musicians do. Assign a musical piece to the latter and all of them will keep time during its performance. Commission a painting to a couple of notable painters and all of them will paint it according to the same law. Give a problem to a couple of mathematicians and they will solve it according to the same law. When we consider the spiritual life, we say, "We do not need music, we do not need calculations. God will take care of everything." No, friends, the spiritual life requires strict mathematics, everything is precisely determined there. Whether a person or a nation is happy or not will depend on certain facts that are permitted.

Hence, this great law that regulates the life of the present-day European nations has placed them in their current position. The present civilization that has almost reached its end, began in Egypt, went through Syria, Persia, Rome, England, Germany, America and it is now passing into Russia again, then it is returning to the Eastern continent. From there it will go into a different direction. The wave that is currently coming into the world, stirring humanity, is not mechanical. All of you are destined to take part in it, never mind if you want it or not. And we have to participate in it consciously.

What constitutes the nobility of a nation? Why are the English people noble? – Because collective consciousness has been awakened in them. Though they make mistakes, they correct them with ease. The highest concentration of occultists is among them. Each nation, in which collective consciousness

is being awakened, realizes to a certain degree that everything should be in accordance with and in subordination to the common goal. The English people have understood this idea to a certain degree. This consciousness is awakening not only among the English people, but all over the world. It has penetrated all poor people, poor widows and orphans. Do you know your situation today? It is similar to the story of an American preacher, who had the custom to invite poor children to his home and to feast them every day. Ahead of each meal they said Grace together. One day he saw an orphan, a little child. He took him to his home to give him food, but he told him in advance, "Let us say Grace together." They began, *Our Father, Who are in Heaven, Hallowed be Your name*. The child paused in silence. "Why are you silent?" The child asked, "So, the Lord is our Father?" – "Yes, He is." "So you are my brother?" What the child meant by these words was, "You are a preacher, you sleep in a soft bed, you eat well and what about me, brother – I shiver in the cold, I go to bed hungry." The preacher understood his own situation. This is our situation today as well. Christ has come to save the world. We recite, *Our Father Who are in Heaven*. There should not be poor people in any nation; it is a shame to have poor people today! There should not be poor widows in any nation! It is a shame that today our brothers and sisters have to sell their honor for bread! Thousands of our sisters and brothers are in brothels at present, selling their honor. We say, "There is God, there is Christ in church, in Heaven." Yes, this Christ came for the dissolute – to save them; He did not come for the righteous ones. Hence, today we should have the fortitude to rectify our past mistakes. We should rectify them by all means. We should hold out our hand to our brothers and sisters, who have fallen.

Currently, all suffer from misconceived Love. Deprive

any flower, any plant of sunlight and you will witness the abrupt change that will occur. Deprive any being of Love and you will witness the same law in action. Therefore, we should talk about the God of the future not as some distant being, but as a Being working in our hearts, so that we can do His Will and abide by His law voluntarily, without pressure.

Now all of you are summoned to this great feast in the world. The God of Love has called upon you regardless of your position and your creed. Today He is calling upon you to rise and to take an upward step: not as Bulgarians, Evangelists, Orthodox, Catholics, Muslims, but as intelligent beings, as brothers coming from one Father, with the same blood in their veins. The same blood flows in the veins of all people. If we grasp this fact, we will grasp the New teaching, and thus religion will be reformed. If the future religion does not comprehend this great law, it is condemned to be titled "May it rest in peace" for a hundred years. I am saying a great truth. The clergy should know it and inscribe the following sign on the church: *God is Love and we will all sacrifice ourselves for Love*. All bishops, priests, mothers, teachers, judges should write down this law. The common principle must be Love. And when we meet one another, we should know that we are brothers and sisters. Then we will have different knowledge and different science; the current barriers among us will disappear. And a new life will commence, bringing peace and joy: peace to our minds, joy to our hearts and power to our human will.

Now it is time for all of us to live in this collective consciousness, to realize that there is no death. The human soul and consciousness do not die. The human body is modified, the form is altered, but that is not essential. One changes many bodies, many organs, but as a developing soul, as consciousness in Nature, one does not cease to exist. This is a fact

without any exceptions. Examine the Truth and you will see. Therefore, I tell you: examine the Truth that is implanted in you, look for your ideal within yourselves, in your souls. You will not find this ideal outside. It is implanted in your souls, minds and bodies, the same way as energy is implanted in the seed and the seed is implanted in the ground. It draws the juices from the soil and thus creates all of its organs. Thus the human spirit uses all the energies implanted in our bodies to create the organs of the human body according to the same law.

I will mention the following fact: how many years were necessary for the creation of your hand? The finger joints reveal for how many millions of years man has existed; they reveal the history of humanity, the history of the human development, the state through which the whole of humanity has passed. If I told you that the human finger recounts the whole history of man, you would say that this was impossible. Well, for those who do not understand the laws of Nature, it is a fantasy.

Once I was walking with some friends in a pine tree forest. We stopped in front of a pine tree and I said, “The branch rings of this pine tree show the years when there was excess moisture and those when there was less moisture. This can be inferred from these branch rings”. You can verify this fact. Therefore, when there was plenty of rain during the year, the distance between the branch rings grew longer and vice versa – if the rainfall during the year was scant, the distance grew shorter. So, it is possible to quantify mathematically and to determine approximately the dampness through time. This is how dampness affects trees.

Our bodies are also affected by certain events – individual, social and national. Are you aware of this? We carry the sins of entire humanity. Do not think that we who are far away from Africa do not carry the sins of the Africans. Yes,



we do. There is an inner force connecting people together and interweaving their lives. Hence, in the future when we grasp this great law, we will realize that all people should create a good environment for all contemporary miseries to be avoided. Many times I repeated that only mothers could create it. Every mother after conceiving a child regardless of its gender, must say, "Daughter, son, in the future I want you to live according to the law of Love and to represent its fullness." If she says this, she will have a daughter or a son hero, who will live according to the law of Love. Each mother is to instill this idea in her children. The young people who are getting married must say, "Our sons and daughters should live for Love, for the God of Love Who unites people." The new generation will be bearers of new ideas, of Divine Love. However, if we continue the way we are currently living, if we were born in this miserly way and still want to reform people who have been working for thousands of years, we will achieve nothing. One can be reformed only in the womb of the mother, so that one would live in Love of God; people cannot reform themselves. Only mothers can recreate their children, reforming them. A person can influence only 50% of their reformation on their own. They are like a ship without a rudder that can be tossed by the waves in any direction.

Therefore, the environment for women should be improved in the future. Women who conceive must have the best environment, but also the surroundings of children should be improved. In addition, we should not go about it mechanically, but according to the law acting in Living Nature. Nature is alive and perfect; I read in Her what beautiful methods She has! If the Bulgarians apply the methods of Nature, they will improve their wellbeing! What immense riches are hidden in Nature! They could repay all of their debts in ten years.

However, they should undertake the study of Living Nature. Yet, what do the Bulgarians currently do? – They await their salvation from somewhere; they expect it from where it will not come. And this salvation is hidden in Living Nature that has implanted its forces. People must put these forces in action; they should begin working according to the law of Love and for the good of others. In this way their blessing will descend upon them as well.

Now, this Great law is calling people to brotherhood and sisterhood. Only then we can establish a new science of brotherhood and sisterhood. And what is our present science? It is like a little lamb that a child looks after, kisses it and makes wreaths for it. One day the mother says to her child, “For my little baby to live, we have to slaughter this lamb”. The little child cries. You will say, “Well, this is the way we should live.” Do you think that this child will be well brought up? The child will ask, “How is it possible for God Who is so good to allow the slaughter of this lamb?” – “Well, my dear, God ordered it that way.” No, it is not God Who ordered Life this way; it is us who did it. Let us now free ourselves from these delusions! Let us not think that God organized the world in this way. No, lambs should not be slaughtered. Currently, we have a culture for killing, for crippling the legs of this or that person. Only gun-shots are heard. All say, “This is for the sake of our homeland.” However, what benefit did wars confer to humanity? – Absolutely no benefit. People grew ferocious and their wars brought about today’s depravity. And future wars will not bring anything good either. We are supposed to fight, but in what way? – To fight, but not to kill. The law of Love is calling people now. The most capable, the greatest, the best persons – mothers, fathers, teachers, priests, selfless people should come to undertake this great work. If they do not arrive

on time, others will.

Now I will summarize my conclusions as follows: I do not intend in the least to pressure you to believe, but I want you to try. Experiences, experiences are needed and nothing more! There exists an inner experience. As each plant should find its soil and the conditions suitable for its growth, so every person in the world should find favorable conditions for their growth and development. Never think that your living conditions are unfavorable. These are only subjective conceptions. In the development of collective consciousness every person occupies a precise position. However, we delude ourselves and we say, “Why am I not like this gentleman?” Do not look at this gentleman from outside; he may be rich, he may eat plenty of gourmet meals, but he is unhappy, his inner life is rotten, he has a heart defect, his stomach is malfunctioning. While the other one, the poor, does not have similar riches, but he is healthy and can enjoy his meals. One’s happiness is determined by the disposition of the spirit – when one is content with what he receives in a particular moment. When people unite, they must have the same ideas. The ideas of all of us should be right\*. I do not say that they are always right, but they should be individually right. Hence, from an individual, social and national point of view we should amend our ideas and introduce new ones that are coming to the world from above. We should devise our thoughts and feelings properly, the way plants craft their forms.

Some people say, “Nowadays life is very hard.” No, as I mentioned before, nowadays you have the most favorable conditions of life. You are in the position of the Jewish people

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\* Right – the original text uses the Bulgarian word *prav*, which can be translated as all of the following: *correct*, *right* and *straight*.

who left Egypt. In the desert you may not have meat and some other things, but you will have water and clean air and a Pharaoh will not command you. It is better for you to be free in the desert than to be slaves who eat meat and indulge in all pleasures, while the Pharaoh urges you on with his whip and orders you, “You will make tiles and bricks!” And we answer: “What can we do, we will make them.” No, we are not going to make bricks and tiles any more. There is a long road before us in the desert of the Divine life.

All young people who are able to walk should take a backpack and go forward. Do you know what you will be then? – When you meet someone, you will freely continue along your way. At present, when you meet someone, you shrink and hide in case he may rob you or stick his hand in your pocket. You say, “He is a thief.” I say, today the world is full of thieves. Can you tell me who is not a thief, who has not inserted a hand in the father’s pocket? Who has not taken from the forbidden fruit? In the future, when we enter a fruit garden, we will say according to the law of Love, “Brother, may I pick fruits from your garden or will you pick them for me?” And he will say, “Yes, you may, brother, help yourself!” When I go to a friend, I will say, “Brother, may I spend the night in your house?” – “You may.” This should be the New teaching. What will you say now? “Sir, there is a hotel; go there as we do not have spare rooms, there is a housing shortage, etc.” And thus the matter will be closed. Now, when you meet someone, you begin to question him, “Are you Bulgarian, do you believe in God, to which party do you belong, etc.” I am not saying that these things are bad, but they are not essential. The noble feeling of brotherhood has to permeate us, so when we meet someone – a woman or a man, we would recognize this one as our brother or sister. If you are able to cultivate this feeling of brotherhood,

you will set humanity on a new foundation. Then the current misunderstanding among us will not persist, but there will be a just aspiration instead.

This is the Divine teaching that is currently coming into the world. The little children have undertaken it and in ten years they will proclaim it. In ten years the caterpillars will leave their pupae to fly on their wings. They will say, “No, there is no need for pupae.” This law is coming to the world. Now the facts are grouped and the laws established. We are passing from the material to the spiritual world; everything is transferred from the individual to the social level. In other words, let us not think only about the law of insurance – whereby everyone cares about leaving an inheritance of a couple of million to be distributed upon their death here and there. They make “benefactions” for the rest to say, that so and so died and left that much money, therefore he or she was a magnanimous person. No, in the future people will not die and will not need monuments.

Consequently, instill Love as an aspiration in your heart, as a feeling in your soul, as a force in your mind and as a principle in your spirit. In this lies the salvation of the human spirit.

Thereby, we should understand Love in these three aspects: as an irresistible downward aspiration in the heart; as an upward feeling in the soul; as a force expanding the human mind and containing the conscious principle, through which we realize why we live, why we have come, where we have come from and what is our purpose on Earth.



# **The Conscious Life as an Entertainment**

*Lecture given by Beinsa Douno  
September 01, 1924  
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*Translated by Martina Iovcheva*





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## THE CONSCIOUS LIFE AS AN ENTERTAINMENT

I gathered you tonight for an entertainment – that is what I call it. Life has its serious aspect only when it is sinful. People are serious, when their life is sinful, when they are in someone's debt, when contradictions exist among their beliefs, or when they live in conflict. As long as people are righteous, they enjoy life. Thus, we should turn the serious life into an entertainment. From this point of view, the entire material world is an entertainment for the superior spirits. Sometimes they will watch how people live on Earth, because what they do is just an amusement for the Invisible world; it is not that serious. From our point of view, from the point of view of our sinful life, which is full of misfortunes, we live a serious life; but from the point of view of those sentient beings, Life is an entertainment. Hence, you should not be serious all the time. You are supposed to be serious, when you correct your mistakes, but once you do that, turn your life into an entertainment! To me, serious life is like the time, which one spends at night sitting in the darkness all alone; there is no one to talk to, and one is thinking about what to do. Whereas the life of enjoyment is a gathering of souls coming together in spiritual communion and living in Divine Love, Wisdom, Truth, Justice and Supreme kindness. And everyone is happy that there is some entertainment. When this time comes, God forgives the sins of all people.

Now, I use the word *entertainment* in its most literal meaning. By *entertainment* I do not mean the performance of a clown or an actor, but the pleasant, musical presentation, in

which a poet, a musician or an artist can present beautiful songs and pictures from Nature. We contemporary people are used to showing only the bad things in life. You have not yet learned to see what is beautiful in people. You cannot imagine what you could see in contemporary people, in all contemporary animal kingdoms, in all plants and stones, if you only knew how to perceive them! Nature has two faces. Her first face is so frightening that people should be blind for it. If you happened to see this face, you would be afraid. A Bulgarian priest told me that once, when he was young, he had had a dream in which he met a big dog which swallowed him, but then put him back out of its mouth. When he woke up in the morning, he was sick. He lay there sick for three months. And now, very often, with the mistakes we make in our lives, we prepare the way for such dogs to swallow us and then, after we come out of their mouths, we are sick for three months, saying that life has no meaning. This only seems so. The lack of meaning does not come from God. We ourselves make our lives unpleasant and pointless.

So, one of Nature's faces is very unpleasant and eerie, while the other is very beautiful. She has concealed it though, because She is still working on it. There are living workers in Nature who shape a vital face for the human soul. They are sculpting it now, so that it will be ready when humanity enters the new phase of its development, the new form, which no one knows.

These are the most beautiful bodies one could ever imagine. You will notice that the hair of animals provides a means of concealment of the artists who have worked on the human face in them. These elevated artists are well disguised as in the case of the contemporary human being, and they are still working on its new face. This is the way every artist works. They work on their painting and then cover it with a cloth. They will

not unveil it until it is finished. At one time or another, when the cloth, which covers our face is removed for a while and this intelligent face is revealed, you say, "What a face of an angel!" It is revealed for a short while and then it is quickly hidden again. This is the reason why you see yourselves as so beautiful sometimes. Then you say, "I never knew that I was so beautiful!" This is not an illusion – this is a real picture towards which we are constantly being invited. We are invited to this great entertainment, which God is setting up. Since these great artists are incessantly working on us, we should at least assist them and not ruin their work of art. If there is nothing we can do to help them, we should at least not mess with their paints and brushes, or stain and work on their canvas, but rather feel happy that something great is being prepared for us. And one day, when you lift up the cloth and the painting is revealed you will see that something magnificent, something vital has been worked on, something that gives meaning to life.

Very often I will cheer you up with some symbols, I will point out certain mistakes of yours and you will say, "Mistakes, mistakes all the time, this is all we hear about!" Whose fault is this? When a teacher comes to school to teach Bulgarian and starts correcting the mistakes in your notebooks, is the teacher wrong? There are some rules and patterns in the Bulgarian language, which should be observed: you should follow these rules and put every letter in its place. A student sometimes will not keep these rules and will write one letter instead of another. What does the teacher do then? The teacher takes red ink and marks in the notebook. Then, the student is not happy that the teacher has covered the notebook with so much red ink, which is not good for their personal feelings. When this student is asked to show the notebook to others, the response is like this, "There is nothing to see", and the student closes the notebook quickly.

So, some of you have red-colored notebooks. Do not worry, for the professor is teaching you and you should be thankful. This is an entertainment! The teacher does not say this is bad, but tells the student to write according to the rules. There is a rule in Bulgarian concerning when small and capital letters should be used. If you study English, you should apply completely different rules; if you study Hebrew – you will write from right to left; and if you study Chinese, then you will write neither from left to right, nor from right to left, but vertically. Every language has its own way of writing. This is an entertainment, is it not? The Chinese enjoy the greatest entertainment, as they have over forty thousand hieroglyphs. If a Chinese person learns these forty thousand hieroglyphs in the Chinese alphabet, they are considered to be educated. Similarly, the great beings in Nature have created their own alphabet, which one should study. For instance, take the following example. If you go out in the morning to welcome the sunrise, at first you will see a dim light, which will gradually become brighter and brighter until the Sun is up. Once the Sun has risen, this beautiful sight disappears and the picture is changed. My question is what does Nature want to reveal to us from the break of dawn until the Sun is up? What does She want to say to us from sunrise till sunset? There are two symbols in these moments in Nature. With the first moment, from the break of dawn till the sunrise, Nature teaches us the two great laws of Wisdom and Truth. This lesson lasts for two hours and it is full of sudden changes. After the Sun is up, however, Nature teaches us something else. She teaches us the law of warmth, i.e. the law of Love. At that time not so many sudden changes take place in the sights, but most changes occur in the temperature. At first it is cool, but after some time it becomes warmer and warmer until it gets very hot. This is similar to life. In the mother's womb, i.e. in the womb of

Nature, one studies the principles of Wisdom and Truth for two hours, and during the rest of the day one studies the principles of Love. Therefore, most of our lives are spent studying the warmth and the changes, which occur in Love.

So, when your life is at its sunrise, you will use the first symbol. When you go out every morning to meet the Sun, you should keep the picture, the idea of the rising Sun in your mind. And when I look at how the dawn breaks, I will fill myself with inspiration – my soul will be filled with the principles of Wisdom and Truth; but after the Sun is risen, I will say that the moment of Divine Love has come! Then all day long I will study the changes that occur in Love. This is the Beauty of Nature!

Sometimes your love grows stronger; sometimes it grows weaker. And you say that Love is weak or strong. No, you have not yet come to the real meaning of Love. We are only in the process of studying the art of loving. For the time being, only God loves. The Holy Scriptures say: “*God is Love.*” So we have not yet been given the art of loving. Therefore, when we come to God we will know the meaning of Love! When God teaches us humans this art, all the angels observe with curiosity and awe what He is doing with these little beings. They wonder when they see Him going down from His throne to teach humans how to love. Only God Himself knows the art of Love, and only God can pass it on to us, but we should be ready to receive it. What does it mean to be ready? Well, is it a small thing for the great God of Love to turn His eyes towards you and for you to be able to perceive Him? If your heart can tremble at the look of a friend whom you love, should it not tremble at the look of the One Who has given you Life with all its blessings? As for the sufferings that you are going through, these are just changes on your horizon. When the Sun is up, no matter how clear the

horizon is, changes always occur: it gets dusty, cloudy; then it starts raining, snowing, and thunderstorms come, but after that the Sun rises again. These changes constantly occur in Nature, but it is the same in life.

Consequently, from this point of view, Life is an entertainment, but for whom? – For righteous people. I am talking about them, not about the sinners. They have no place here. We sent them all on a pilgrimage. We gave each one of them a ticket and told them, “Hit the road! Tonight you cannot bother the disciples, because we are about to have a feast. You are too serious and we cannot get along with you.” Then, why do you not thank God for this entertainment, for all the changes occurring in your life? So what is the problem, if your horizon gets a little bit overcast, if dust forms and thunderstorms come, if it is cloudy and rainy? Even the plants understand and appreciate these changes much more than you do! When it gets cloudy they open up, whisper to each other and rejoice. But you – the conscious children – run away from the clouds and hide. Why? – Because you have not yet learned the great, beautiful language of God. We contemporary people have distorted our minds so much that we do not recognize the beautiful. We see beauty only in those things, which actually have no beauty at all. For example, some people come to me and want me to love them. But in order to love them and for my love to be manifested towards them, I have to find the Beauty in them. I cannot love them for their knowledge. We do not love people because they know a lot. No, the principle or the foundation that connects people is neither their mind nor their heart; nor even their good will, but their soul. This is the loveliness, the Beauty in Nature and Life, for every person and every soul is necessary for you in your manifestation. What does the law state? Unless all souls come together in one place, no soul can be manifested.

So, if Life is an entertainment, it should be an entertainment for all. If it is joy, it should be joy for all.

Now, from this point of view, when Heaven enjoys, so does Hell. There is music and fun in Hell too. Do not think that it is so terrible there. Hell offers dreadful things, but there are pleasant moments and fun in it as well. When? – Whenever there is an entertainment above, there is also an entertainment in Hell. When they work hard in Heaven, they work hard in Hell, too. But in Heaven they work in one way and in Hell in another. For example, one sister who was an artist once told me this story. One day she painted a picture; she looked at it and was pleased with her work. Then she started doing her housework and at that time her little daughter took the brush and paints and started drawing on the canvas the way she had seen her mother painting. She was simply having fun. I ask, did the daughter do anything wrong? No. She gave her mother a lesson, saying, “Mommy, after you paint a beautiful picture, you should put it up, so that I cannot reach it. Since you have not done that, I will also draw; I will also show my art.” God did the same. He put the nice things so high, that when we look up at them, we say, “We wish we were up there now!” When we are not given certain things, it is not because the higher beings do not want to give them to us, but because there are other actors playing on the stage now, others who enjoy performing, and our turn has not come yet. Until it comes, we should sit in the audience and watch.

Sometimes you say, “Why do people suffer so much?” What is pain like? It is one of the most pleasant feelings. When people suffer, the best thoughts come to their minds. We can say that suffering has created the best ideas, the most pleasant impulses and aspirations in the human being. If they ask you whether you want suffering, you say, “Oh, God forbid! We do

not want any suffering.” And what is God supposed to give you then? Suffering is actually the greatest blessing for humans! Suffering always precedes entertainment. When you make a feast here on Earth, you create an entertainment for yourselves, but your chickens also have their fun. You take them out of the coop and tell them, “We see that your home is not very clean – sorry that you have lived in it for so long, but we will take you out of here, accept you as guests in our houses and show you how we have fun.” The chickens start squawking, cackling and clucking. You cook them in a good meal, you sing to them and they are silent. I am asking, when the soul of a hen or a rooster emerges, what do they think about? They merge with the entertainment, i.e. they come into connection with the human souls. These chickens have not lost anything. It is a privilege for a chicken to be eaten by humans. I do not say that one eats it up, but rather that one accepts it as a guest, even though it goes through fire. In the same way you will also go through fire, if you want to enter the spiritual world. When they take you out of your coop, you will be screaming and shouting in the same way.

After he came to know this great principle of life, Paul said, “*O, death, where is your sting?*” (*I Corinthians 15:55*) For when Divine Love comes to give life, death, together with all trials and tribulations, will be caught up. One day, all the sufferings you have been through will adorn your garments like pearls and you will say, “We are very happy that we came this way and learned such valuable lessons.” Indeed, the entertainment is necessary. There is one thing needed in the entertainment: for you to renounce yourself and your animal instincts. For example, if I sit down somewhere, I should not be thinking about whether or not you are looking at me. Instead, I should be completely silent and peaceful and think of something else.



This is how it should be with every one of you: you should think calmly, without observing yourself and considering that all around you is in order. This is one of the attributes of the entertainment. As long as there is observation, do you know what this looks like? It is as if you are in a prison. The guard comes and checks everything. He checks whether the handcuffs are in place; he searches through your pocket, looking for this or that. Then someone else will come and check your clothes, your collar. I say that this is being in a prison, but in the entertainment you need to be natural. At every entertainment people are beautiful. They will put on the attire that will impress others. And then when we look at these people's faces we will see those other faces through which God reveals Himself. And then we have to be like children – absolutely natural and free, and we should forget about our sufferings, troubles and misfortunes. All of us will have a free ticket to the Sun and we will be happy. Some will say, "These children are not sober." I am asking, which condition is the condition of sobriety? (The Master makes stern, serious faces.) I am asking, what is the meaning of this sobriety? What is the idea behind it? (The Master makes a more cheerful face.) What is the idea of this expression now? Which of these two faces is better? If you want to frighten a villain, you will make the first face, but if you want to cheer up your friend, you will make the second one. I say all soldiers and policemen are always rigid; they lift up their guns and march. Why? – Because of the coming danger. However, there is a third kind of face. It is the face of someone whose every movement reveals the greatness and the pleasantness in life. One should be like a wellspring. Imagine a wellspring is thinking as I do. What is most pleasant for the wellspring? – Wherever it gushes out, it needs a place to flow into. This is what is the most pleasant for the wellspring. Therefore, if I am given certain condi-

tions in life, my life should have a place to flow into, to flow through all plants and to leave them its blessings. Wherever I will be passing by, I will meet all flowers, grasses and plants, insects and mosquitoes; I will be jumping and they will receive my joy. Is this not an amusement? I will push one, I will joke with another, I will sprinkle a third one and I will laugh with the fourth one. Is there anything better than this? Does every wellspring not do the same? Now imagine this water flowing quietly and calmly without making noise, but soon you see that it is covered with green scum giving off an acrid smell; now is that nice? I am asking, which one is better – the wellspring with running water or the isolated pond with stagnant water? Now, in the first case our body can be like a flowing wellspring, and in the second case – like a pond with stagnant water and that is how we become sour and dissatisfied.

So, what is the concept of the entertainment? If you get up in the morning and say, “God has come and according to the law of entertainment I will learn that great principle of humility. At an entertainment everyone is lively and energetic according to their capacity and you should know what to do in each moment. Laziness is not admitted there. Just imagine that you are among the people at the entertainment. What would you have looked like? Now, if I tell you to laugh, you will ask me: why should we laugh? I am asking instead: well, why should we be serious? You answer, “Well, life is serious.” No, Life is Love and seriousness just happens in life by chance. A conscious life full of Love and poetry is the Life of Beauty. This is what is positive. And when you meet someone whose soul is open, you can never forget him. This is the perfect person. This person is a crystal clear wellspring. What fault can you find in such a person? Is it not nice when one is such a wellspring and when others come to it, they feel calm and forget their sorrow?

Here is another rule for disciples: you are not allowed to wear ragged clothes at a party! You should wash yourselves, put on the most beautiful clothes you have and that is how you should go. While you are approaching this Great spring of Life, you should be wearing new clothes and rejoicing in the great blessing it is giving you. Even the Scriptures foreseeing the Great law of entertainment said, *“Time will come when people will not fear each other but everyone shall sit at the feast, each one of them, under their own fig tree.”*

Thus, many of you need entertainment. Entertainment is the law of rejuvenation. Those who do not have fun cannot become younger. For example, you are watching some children playing and you say that these are childish things! No, the children are having fun. Even God has times when He plays with people and after that He continues with His work. Can we not also do this according to the same principle? – Yes, we can. You are looking at a friend of yours drawing something. You smile and say it is excellent, but then you take the brush and mess up the canvas. “Hold on, you cannot paint like that.” And you are correcting him. If you want to correct your friend, you can, but you should not do this on the canvas. Instead, take a crow and tell your friend, “Ok, I will hold it for you and you will draw it.” You will turn it to one side, then the other, and when your friend is ready with the picture, you will say to him, “As you saw, you drew and I drew, too. I was holding the crow, while you were painting it.”

Now, the word *crow* might startle you a little bit. In Bulgarian it originates from Turkish. What does it mean in Bulgarian and what is its etymology? It originates from the Turkish word *black*. So, the crow’s fault is that it is black. Why is it black? – Because the sister of this crow died once. It was mourning for its sister and that is why it put on the black

clothing. After some time, when its sister will resurrect, the crow will also turn white and will put on some white clothes. Similarly, when one dresses in black, someone close to them must have passed away; and if they wear white clothes, that shows their sister has resurrected. Hence, the soul requires inner changes. Seriousness makes life harder. The forces prevailing in a serious life exhaust the humidity of life. In that way, human nerves, muscles and bones become hardened and lazy in functioning. Young people, who listen to the Divine Voice and have fun, develop an inner expansion and a proper way of communication. That is why, each one of you needs to enjoy an entertainment; but however, this entertainment is given only by Love. There is no entertainment without Love. When we enjoy the same entertainment we all feel free. At the party everyone should be pleased with their manners, and should not feel inner tension. Expansion is one of the everpresent attributes of entertainment. In an entertainment we are not aware of the form of things, as much as we are appreciative of the present moment. We do not criticize God for His descent; rather, we rejoice in the moment He has come. This is Love. The only Being Who can give us happiness and make our life meaningful is God. Indeed, no matter how busy you are with your daily work, a moment will come – it might be in the morning, in the afternoon or in the evening, when you will feel a great joy. But since your mind is occupied with so many *big deals*, the beautiful things that God gives to us remain unnoticed and we wake up only after all of them are gone. We are so concerned about what is going to happen with Europe, with Bulgaria, with our sons and daughters, that we let these beautiful moments, with which God blesses us, pass by. God has endowed the body we have with the greatest beauty. We can see all the blessings from the past and future in this little body of ours, and as for the distant

future, God is going to provide us with a new body, into which this new blessing will be poured. This new body is now being shaped. Now, for everyone a new, beautiful body is being prepared, which they will enjoy later on.

So, it is time for us to abandon that dark philosophy of life. I will give you an example, if you want to benefit from the good side of the Gospel. It is about a man, who had been drinking for twenty years and who lived a pretty immoral life. He abandoned his children, brought his wife to death and lost everything he had, so he ended up all alone in a great depression and decided to kill himself. He had only one lev\* left in his pocket and decided to buy a Bible with it. He bought it and read: *God is Love*. "Well," he said to himself, "I gave away and lost everything for Love. I finally found the One I loved and that is why I can do something good for Him." Then he went to the pub to have some fun. He said to the barman, "Give me a glass of wine!" He looked at the wine and quietly said to his inner friend, "Listen, I have been treating you for twenty years, but now I will teach you a new law." He put the glass aside and did not drink from it. Then he turned to the bartender, "Now give me a glass of the most crystal clear water." He put the glass in front of him. The one inside said, "Wine..." He took the glass of water and drank from it. Then the one inside said, "Wine..." again. "Well, now, my will be done. I found the God Whom I love. He taught me all this." He went to the bar the next day, and again on the third, on the fourth, and on the fifth day, until the tenth day, and every time he ordered a glass of wine and a glass of water, but he drank only the water. Finally he said, "I have willpower!" In the same way you can defeat a bad habit of yours as well. And why would you not, when it

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\* Lev – BGL, Bulgarian national currency

is so much fun? If you have this habit of drinking, sit in a pub; order a glass of wine and a glass of water. That is willpower! I say, a good person is the one who can manifest their goodness even in the least favorable conditions of life. It is most natural for people to reveal their goodness when the conditions are favorable. Therefore, even if the conditions are unfavorable, you should say, "Lord, I can do something for You!" And from this point of view, Love will expand and become Love for everyone, flickering everywhere. We should be equally well-disposed to others without showing favoritism to anyone. And when we look at people, we should wish them all the best that God wishes them. We should forget all their faults just as God forgets, because when Love comes It never sees the mistakes. Human weaknesses and sins disappear like dust and smoke before God's Love and that Divine fire leaves only purity, elevation and nobility in the human beings.

Now, a spirit may come to you and suggest to you the thought that nothing will come out of you. "How is this?" you say, "I am already someone." Replace the "*no*" with "*some*" in the word nothing and say, "Something will come out of me." Set aside the opposite, because in every negative thought there is a positive side. The one who suggests that nothing will come of you keeps the positive thought that you can turn out to be a bad person. If you can turn out to be a bad person this also means that you can turn out to be a good one. Use your activity to become a good person. Someone who can be serious can also be cheerful and able to laugh. Life on Earth, however, from beginning to end, is just an entertainment. This is what you will be studying in the future. You should look not only at the external but also at the internal side of life. It will be funny, for instance, if I put a scary mask on my face, and you will be scared, but I will laugh behind it. Do not look at the mask, but

rather at what is behind it. Or, I can put on a very funny mask and underneath I can be completely serious. It is not the mask that gives meaning to things but what is behind the mask. It is the human soul hiding behind the mask.

Hence, I would like to leave you the following thought tonight: the greatest thing in the world is that God always comes down to teach the rule of Love, i.e. not the rule of Love itself but the rule of its transformations. Just as we measure the temperature with a thermometer, in the same way we measure the temperature of Love. To study the temperature of Love is a great thing! All plants grow under the temperature of Love. I am asking you this: is there a plant in the world that can grow without light and heat? No, there is not. Is there a source of a stream in the world, which will spring and flow into the rivers without light and heat? – No, there is not. Have there been any thunderstorms in the world without light and heat? – No, there have not been. For all these things to occur, light and heat are needed. All beautiful crystals and gemstones, all diamonds were created under the forces of light and heat. All animals came to existence under the forces of light and heat. It is the same with us humans as well. Therefore, our souls have been formed by the same principle under the inspiration of Divine Love, Divine Wisdom and Divine Truth. These are three great Spirits Who work for the creation of humanity. They call the human being a beloved child of God. There is a unique beauty and perfection in these Spirits! You will ask, "What about the angels, how do they look?" When humans acquire this beautiful, exquisite form, the souls of humans and angels will merge and make one whole. When their souls merge, God will come to live in them and they will rejoice in immortality. This is for what we are preparing. The New Teaching carries a great task, not like this petty work, with which you are dealing at the pres-

ent moment. A great task lies before us, that of immortality: we will inherit Heaven and meet these developed souls for whom we are preparing, but in order to achieve this, everyone should give something and receive something. Sometimes you say that one should work for oneself. Yes, but when one works for one's own sake, while focusing on the self, one should also expand and include that universal self within, and since we live in God, everyone should live in us. When we embrace God, we should also embrace all other beings in us. This is what it means to love people and to wish them well. This is what it means to wish everyone well, to love God. Should you fulfill all this, all hardships and misfortunes which we are talking about, as for example, someone's shoes are torn, another's hat is torn, someone else has eaten nothing but bread, all these things will be solved within a week by Heaven. When Divine Love rises up and its warmth comes, we are ready to share our tiny bit of food with the one we love. When we have no love, we hide the morsel in our pocket. When Love comes, we smile and say, "Come on, brother, let both of us enjoy." God Himself is teaching us the art of Love and only in this sense, children can apply it. In this respect, I want you to be like children, because only they can have fun. Do not think that you are old. Get rid of these beards. When the devil envied people, he put beards on them to disguise them, but even through the beards, people can be seen. I want you to be like children in your souls, young, vivacious and joyful. Forget about your sorrows! When you go to bed, say to yourself, "Tomorrow at sunrise, God will come and I will meet Him." And when you go to bed, be happy again, not only externally, but also feel warmth being radiated from you, and then everyone will say about you, "I would like this person to come again." All of you should be like a spring that flows, like a flower that emits a pleasant fragrance. This is what



our life should be like. That is the entertainment to which Christ referred, *"I will see you again, you will rejoice and no one will take away your joy."* This is entertainment! This is Beauty! This is Greatness!

I am talking about very simple things this evening. Do not add any philosophy to them. "But in what way should we understand them?" One should feel happy, joyful and ready to give everything. You should feel complete and satisfied; I do not wish to see you frowning and serious.

Those who disturbed you before are gone now; we sent them on a trip and when they come back, I will let you know. They will not be here tonight, tomorrow, the day after tomorrow, they will be gone for a whole week, so do not worry; this week you can have as much fun as you want. After that, they will return, because it is impossible without them. You should smile at them and welcome them. They cannot do without you either.

A change is taking place in your mind now and the forces of Nature are working in your favor. That is why in our gatherings there should be sudden shifts – from one state to another. We will go through all states: we will have philosophical, serious and joyful meetings. This gathering that we are having now is the first of its kind. At this entertainment we learned the following: God descends every morning to teach us the art of Love. He gently touches everyone and says, "I want you to listen." And then He goes away. He knows that we will be rolling all over the Earth, we will be falling down and standing up until we finally become as smooth as a pearl and say, "We are very beautiful now." You have seen a pebble rolling over and over again until it becomes perfectly smooth, have you not? All unpleasant things will disappear and only the lovely, beautiful things in life will remain.

The day before yesterday I told you that the most important thing for human beings is to love, not to be loved. This is the same for the disciple. Love can come through the opening of the soul.

Now, when you open the Gospel, there are many rules in it, but the human soul should be free, our virtues should be those which will help Love be revealed. As they live in the Invisible world, so we live as well.

# **For the Glory of God**

*Sunday lecture given by Beinsa Douno*

*July 11, 1926*

*Mount Musala, Rila Mountain*

*Translated by Martina Iovcheva and Jana Rupchina*



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## FOR THE GLORY OF GOD

In summary I will discuss one basic thought, i.e. what is the true manifestation of Life.

How can the words *the Glory of God* be interpreted? Glory can be explained only through the law of Wisdom or knowledge. Science reveals the Glory of God but when people acquire knowledge, they do not use it for the Glory of God. They use knowledge for their own glory and as a consequence disharmony appears. I examine people as separate units. For each unit there are two possibilities in life: to take the right way or to make a swerve from that way. So, every soul as a separate unit has the possibility to expand and to contract. The esoteric science explains this phenomenon in several ways. The Western occultists explain it with the so-called *thermal ether*. Ether means that from which things are born and fostered.

The particle “*et*” is the primary beginning from which things are born. “*Ther*” is what fosters things on Earth. Ether is not a thick matter. Thermal ether, i.e. the primary energy, which started acting, has a connection with Love. Consequently, Love reveals itself in the primary manifestation of Life. That is when the thermal ether became effective in the matter. Hence Life manifests itself through warmth. When warmth appeared, the flow of life started its descent to the Earth to organize it.

It is said in the Bible: “*In the beginning God created the Heavens and the Earth.*” (*Genesis 1:1-3*) This flow is the Divine Spirit Who comes down to organize things. At your present state of development you have to understand the law of the thermal ether. It is a movement from the outside to the

inside. When we say that we have to love other people, we get the idea of the thermal ether coming from the outside. People demand our love. Someone wants to love you and to be loved by you. Why? – This is a kind of energy in Nature that strives to manifest itself. When you do not understand the law, you distort things. When a spring wants to reveal itself what should it do? – It should spring out. When water springs from it, the spring reveals itself. This happens with people too. When an angel loves a person, you will see an emanation coming from this angel. What the angel emits is liquid, while your love is denser. When you love someone, you also emit something. If at this moment an angel, returning from a long journey sees you, he will say, "I will rest at this spring". The angel will fill his cup with some of your water and will be able to determine correctly whether your spring is good or not. When people love each other in the physical world, there are purely physical displays among them. It is not like that in the Invisible world. There, Love is a spring. These are abstract concepts for you. You simply say, these people love each other. Yes, that is right. You should know however, that Life corresponds to the thermal ether and if you cannot receive this stimulus from outside, then Life cannot manifest itself in you. Life, which comes from within, is a display of the thermal ether. When Life manifests itself, your life-giving ether will be in the center of the Earth. The life-giving ether is what creates. To reveal this life first a wave has to come from outside.

When I talk of the Earth you resemble it. That is why this thermal ether has to come to you by all means as an external stimulus to arouse your heart to action. Sometimes you want to love. Thus, when you adopt one external stimulus within yourselves, another impetus should spring out from the center

of your heart for life to manifest itself. Consequently, everyone who wants to live will interact with the solid matter. Everyone who wants to love will interact with the solid matter. People who cannot work with the solid matter cannot live. In this respect, from the point of view of Life, instances of suffering are stones through which you will build your future. After that Light, which is equally necessary to Life, comes. It is also a flow that is called *light ether*.

All these external manifestations of Life have their own form. Warmth creates certain forms in people. Light also creates certain forms. Life has certain forms as well. Every flow creates its own particular forms. The warmth and light of the Sun have a big impact first on the religious state of people as well as on science. You shall strive to preserve this warmth and light within yourselves. You shall never lose the small warmth that you have in the solar plexus! This warmth should always exist in you. It is necessary to you. If you have this warmth you are invulnerable. No one can harm you. However, if you lose this warmth the biggest misfortunes may come upon you: storms, catastrophes. They can destroy you entirely, so that nothing will remain from you. If you keep this warmth in you, Light will eventually come. When Light comes it bestows knowledge on people. Thus the light ether has an impact on the brain. The thermal ether has an impact on the heart. A number of chemical processes take place in the human heart directed from the inside to the outside. They determine in which way a person will manifest oneself. Do not be held back by the different manifestations of human life! The outside world may be held back but not you. You should know that regardless of the way in which people manifest themselves, it is all for the Glory of God. Your mistakes and omissions represent opportunities

for the elevation of beings that are more advanced than you. When you make a certain error, these beings that are invisible for you will use this error for the formation of a great virtue. Everything in the world is created in such a way that these conscious beings will use every error of yours to create a new virtue. Now, be aware of saying: if everything is for good, let us make mistakes! No, that is not right. When you have unconsciously made a mistake or an omission, then I say that you should not be sorry for it. This mistake of yours will be used by another being for something good. You should know that as long as you are on Earth you will make mistakes. They are inevitable. However, mistakes should not be made on purpose. The only danger coming from the Brotherhood of darkness is that they have the task to implant a fault-finding spirit in each person: a spirit that makes one think that he or she does not live well. We know that a person cannot become a saint in one day. To be saints we must know all laws of Nature, even our own future. When someone comes to me saying, "I am a holy person" I answer, "If so, tell me about my future". If this person cannot tell anything about my future, I say, "You are not a saint". A saint can predict people's future. An advanced person has to have a certain inner knowledge – a presentiment for future developments. For the time being all of you have the opportunity to be influenced by the external world. You are reflectors of the external world, but you must know that the light of others is their own light while yours is your own light. However, if you only reflect their light, the moment it stops you will lose it too; but if the Light is in you, you will keep it forever. Only the Light within you is real. If the Light comes to your reflector from outside, you should be even happier as it will intensify your own light. In this case and always you



should keep your own light and warmth.

Now we have climbed the Musala\* peak. Here all of you are in a good state of mind, but down in Sofia you are not like that. There you have bad, hostile feelings towards each other. A sister comes to you, you cannot stand her and you want her to go away. What are the reasons for these feelings? – These are small, ordinary problems, but they do not resolve the issues. You do not love a sister; you want to free yourself from her. Why? Now I do not want to resolve these issues among you, but I say that these situations exist all over the world. You do not love a certain person, but another person does not love you. At the same time you love someone else a lot. Sometimes you cannot stand someone; however, this person comes to you all the time. We also observe the opposite: you love someone, you want this person to come to you, but they avoid you. Why does this happen? This is due to the flows in space (i.e. the thermal ether and the light ether). The law of Love is the following: when a feeling of Love descends upon me it always comes from above, from Heaven and in turn I have to give something by all means. If I do not give something, I cannot manifest Love. When God Who loves us, manifests Himself He gives us something. Similarly, whenever we want to love God we must also give something from ourselves. We have to sacrifice something. We have to give out our fruit as God also wants something from us. We read in the Holy Scriptures that the Jews offered sacrifices to God. What will we offer? What should we give – sweet fruit from our garden? – No, we will

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\* Musala – the highest peak in the Balkans, 2925 m, located in south-western Bulgaria, Rila Mountain. The name is derived from Mus Allah, “*the mountain of Allah*”, being so named during the period when Bulgaria was part of the Islamic Ottoman Empire. According to the Master Beinsa Douno the oldest esoteric school on Earth was situated in Rila.

offer fruit from the garden of our heart and bring it on a special tablet, made of gold and diamonds. Up there, at God's place an angel will meet us and will receive the fruit from us. You will say all of this is phantasmagoria. Yes, these things are elevated and difficult to comprehend.

Now, let us consider the facts the way they manifest themselves on Earth. When you love someone, how do you behave? A mother will first give socks to her child, she will saw a dress, a hat, a shirt and thus she will continue until her child reaches an old age. She will manifest her love at all times. When Love appears in a son or a daughter, the same law will hold. To realize this law in us, we should always be in contact with the Invisible world through our consciousness. To be in contact with the Invisible world we have to know someone from that world by name. How do you communicate with the Invisible world? – While you are sleeping, you should pray and think. What are your translators like? When I return to the distant past I see that on many occasions you did not use the opportunities which you had to develop yourselves. You made such errors that you raised huge barricades in front of you. You alone erected whole mountains in your life. Now you come across these errors. Currently you must deal with what you once did to others. That is why today you are given favorable conditions to improve your life journey. Your present life journey is an opportunity to liquidate all contradictions that exist. You can liquidate them now. These contradictions are not big.

Now when we look into that matter, each of you has to place oneself in a circle. Each of you has a definite circle in which you can act. Every thought has its planned periphery and it cannot manifest itself outside this periphery. For example, would you like to sing so that all of Bulgaria listens to you?

The time will come when all of Bulgaria will listen to you as though you were singing over the radio. There will be a special instrument for everything. If people listen to you via the air, what a roar, what a scream they will hear! How strong does this sound have to be to be heard all over Bulgaria? In the present conditions to transmit the sound to a distant place it has to be produced very strongly, because when it passes via the air it loses its strength. In the future people will develop their inner abilities and when one talks and sings somewhere the sound will be transmitted through the ether to remote destinations and others will perceive it. The sound will go through the air without obstacles. For example, if you sing in Varna\* your voice will be heard everywhere.

Therefore, you shall study the thermal ether, which has a connection with Love. You shall study Light or the light ether, which has a connection with faith and Wisdom. You shall work with the chemical ether or with the volitional manifestations of the human soul – with water. The ancient alchemists and occultists made the following classifications: earth is the life; water is the chemical processes; light is the air and heat is the fire. People should master these elements: earth, water, air, fire, light and heat. People should be able to make their own fire. If your heart is cold, you should be able to warm it up yourself inwardly. You should not wait for someone to warm it up from outside. You will say, “Let God do it! It is God Who acts from within.” God can do everything Himself, but He wants to make us master our own selves alone. God wants us to love. In this way you are learning a great art. If you have fire and can master it you may even descend to hell. A person, who cannot

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\* Varna – the third largest city and a major sea port in Bulgaria, economic and cultural center.

master water; who cannot master air; who cannot master light and who cannot master warmth – such a person is suitable for nothing. These are all opportunities when it comes to humans. If people do not use these opportunities, they will accomplish as much as the fish – it lives in water, but it does not master it. They will accomplish as much as the mole – it lives in earth, but does not master it. What have birds accomplished? They live in the air, but they do not master it and so far they have accomplished nothing. They have no culture. When we come to those who deal with fire we see that they do not master it either. They make big fires: they set a house on fire; they explode a bomb, which produces a big earthquake, and then they leave. Our houses are destroyed and we suffer, while they celebrate. Hence we are required to study these forces. However, there is one danger in revealing secrets to you – you may not be able to use them reasonably.

Thus I say, when you see a person you shall not pay attention to the weaknesses, but to the virtues of this person. You often say, “I thought that you were a friend of mine, but you have such and such weakness.” No, to understand someone we have to look at virtues because what is bad in a good person is only a shadow in their life. Only an extremely good person can have shadows in their life. Only such a person can provoke evil to be manifested. Do wolves go to a shepherd who does not have sheep? Wherever you see sheep you will also find wolves and bears. Do lice spread on a dead person? If you see someone with lice and flea, you should know that this person is alive. Where do lice go? – They go to the living. I say, a noble character should be formed in each of you. Your souls should be widely open, so that whoever meets you may feel that you are a breath of freshness and life. Inner fullness and goodness should exist in you without any effort. You should manifest yourselves

naturally in a Divine way. You should be good in your very being without wanting to be such. You should be good in such a way that even when sometimes you do not want to be good you will still be; and if you do not want to do good, you will still be unable not to do it. I call such people good.

The most important thing for you now is to retain something from this excursion to Musala. What will you retain from this day? Will you remember anything from it one day when you become 60-70 years old? You may say, "Leave our white hair alone, these matters have nothing to do with it!" Where is your faith then? Not only you must not grow old, but you have to rejuvenate each and every day. Not only you do not have to die, but you have to come back to life every day. You have to live in joy constantly! And when you go to the Other world you will climb Musala again. However, you will see it in a different form there. It is essential that we are making this excursion, because we have certain matters on Earth that we have to resolve. Every ascent to Musala gives us an impulse. Here we are at the summit and no one can stop us. Our elan is so great that we can take over the summit from anywhere. We are at a height, where the Lodge of black darkness is powerless. It can do nothing as we will break through everywhere. However, if we had returned without climbing Musala, we would have retreated from this position as Kuropatkin\* and as the Germans in the siege at Verdun\*\*.

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\* Alexei Nikolaevich Kuropatkin (1848-1925) was brought back from effective retirement in 1915 to serve as an entirely unsuccessful field commander in the Russian army. He was chief of staff during the Russo-Turkish War, commander in chief in Caucasia in 1897, and minister of war (1898–1904). In the Russo-Japanese War he commanded the Russian troops in Manchuria; he resigned after the Russian defeat in the Mukden Incident.

\*\* Verdun – the longest and one of the bloodiest battles of World War I.

An elan has to be present in every person, in all of us! The mistake that all of you make is that you do not have elan. You must have an ideal! If you stop at the smallest difficulty, there is not an elan in you. If you have elan, you will be like birds – you will come by and fly away. If you have an elan, if you have an ideal, no devil can stop you. So the high ideal – striving towards God – brings warmth. You see even here at Mount Musala, at this height we have a temperature of 22 degrees Celsius. What does it show physically? When we add up *two* plus *two*, we get the number *four* – the strongest number at the highest place. The fire of these energies, of these forces acts in one square. Whatever ends up there gets destroyed. So here we have the square of Life. At 22 degrees Celsius Life can destroy all obstacles that may come across one's way. Here Nature demonstrates this principle. Everything is destroyed at Musala. It means that the number 22 corresponds to Musala. There are also 22 letters in the Jewish alphabet. The Jews interpret their entire philosophy in line with the Cabala.

Therefore, all separate units live for the common unit. The common unit is God with Whom we are connected. And all our ideas are corrected in line with this common unit. We constantly think of God, but we do not realize it and there is no need to do so. However, a sacred idea is lodged in us. When we come to a certain place we always correct our mistakes exactly according to this idea. God is the One Who corrects our errors. God says, "Do not do this!" and you happily accept it. There is no person on Earth who is not corrected by God. Sometimes you cry until God comes, looks at you, holds your hand and you are release from all hardships of life.

Now we will not talk about your hardships. They are a blessing for you and you will carry them. You should know

this. We will not free you from the hardships. To release you from the hardships means to do the biggest evil to you. We give you knowledge and opportunities to use them for good. Your entire wealth is hidden in these hardships. Someone says, “I wish God could take away that hardship from me.” You should not say this, instead say, “God, give me knowledge to overcome all hardships in my life!” You have special hardships in your life that you cannot share with anyone. A doctor is needed! If you are a bankrupt trader and share your misfortune with another trader, who is your adversary, nothing will remain from you. However, if you share it with a friend who loves you and can understand you, this friend will give you an advice through which you will overcome your difficult situation. It is said in the Bible: *“Entrust your load only to the Lord.”* You can entrust your load only to the One Who loves you and Whom you love. If you connect to a person you love, he or she will take your load. But if this person does not love you and is not loved by you, he or she will not take your load.

Now, the fog that surrounds us shows that this year the world will go through big hardships. The worldly people will be surrounded by very thick fog, which they have to overcome. It will be like this throughout the entire year. However, at the highest place there will be a lot of warmth and many forces. There are forces in the fog. Whatever may come, do not be afraid! You shall be courageous and decisive as you bear a sacred idea. Even if they throw you ten times in fire, you shall not worry, you will not burn. You will be like Daniel who was put in the dyke with the lions. Did the lions eat him up? You will be like the three youths in the fire furnace. Did they burn up? You will be like Christ on the cross. Did He die? Did He stay in the grave? Many saints were buried in earth, but after

that they were not found there. Neither earth holds them, nor prison. An Englishman knew about the Universal Brotherhood of Light, he had expertise of the Indian yoga but was not liked by the English government. That is why they closed him in India and put guards in front of his cell. When they went in the morning to the prison they saw that he was not there. They caught him for a second time, put ten people to guard him, but he disappeared again. Finally he wrote them a letter, “You cannot keep me in confinement. Leave me and walk your way! I am not against the laws, but I also have certain rights, for which you have to leave me to go my way! Do not think that you can imprison me.” The power of this man lies in his faith. You can have the same experience, but faith is required. They may lock you as much as they want, but God will set you free. That is the Beauty of the world! If anyone of you had had this understanding, then despite being locked up with ten guards, you would have gone out and would have felt free being a master of your state. You have faith as well, but much more is needed for it to grow in strength! You have knowledge, but a lot more has to be acquired! You have virtues, but these virtues have to be developed further. Your wisdom, righteousness and mercy – all these virtues within us must be and can be strengthened. You have all the opportunities to strengthen these virtues.

Thus, I will not talk over a certain philosophy to those of you who are listening to me now, because no philosophy can be discussed at Musala. Instead I will give you some practical points for application. Musala is solely a place for experiments. Now I must leave you here at the peak for at least one hour to lie down. During this time you will learn three times more than if I hold a lecture. When you go down the first thing that you should do is to make the following experiment: concentrate



your mind up towards God and say, “God, as we walk Your way; as we want to serve You, let this small warmth come, so that we can feel it! I am ready to carry my suffering, but give me this warmth, let me feel it!” Do not ask God for big things! You always want big things from God and that is why you lose the small ones. You should ask for the small ones! When this small warmth comes, it will bring the new age into your life. This is the first experiment, the first condition. After you sense this small warmth, you will say, “God, give me the small light to feel it!” When you say so a small light will flash in your mind. You will notice this whitish light in the center of your brain. This light will be as small as a pin. Thus you will have two opportunities: warmth and light. Then you will already commence with life. Warmth reacts on life, light – on chemistry and religion. You must become courageous and decisive. So when you wake up in the morning there are two things you should ask God for.

Now, you will apply one, two, three methods and finally when you find yourselves going through hard times you will say: “*God, give me the small warmth and the small light!*” When you feel them you will say, “*God, let it all be for Your Glory!*” When suffering and hardships come, you will say again, “*God, let it be again for Your Glory!*” You will say about everything that happens in your life, “*For the Glory of God!*” This will be your profit from Musala. If they ask you what you were told at Musala, you shall say, “*May all be for the Glory of God!*” This is the summary of everything I spoke to you at Musala: *Let everything be for the Glory of God!*

Currently, we are learning about the smallest warmth, which can exist in us as well as about the smallest light that can manifest itself within us – Warmth and Light!

Now you must know for the entire year: everything happens for the Glory of God! Next year when we come here I will tell you: show me your small warmth and light!

Now, we will make an exercise. You will spread out at a considerable distance, at least a meter away from each other.

You will turn south and will pronounce the formula: *Let Virtue be enthroned and all bad thoughts in the world scatter!*

You will turn east and will pronounce the formula: *Let God's Righteousness be enthroned in the world and all wrongs disappear from our life!*

You will turn north and you will say: *Let God's Truth be enthroned in our life and all slavery disappear from our soul!*

You will turn west and you will pronounce the formula: *Let God's Wisdom be enthroned in all manifestations of our life and evil disappear from our way!*

You will turn east again and you will pronounce the formula: *Let God reign and be glorified in all His Love, Wisdom and Truth! Let God be enthroned in His Love, Wisdom and Truth! Let us accomplish everything for the Glory of God on Earth! Amen.*

# **Absolute Purity**

*Lecture given by Beinsa Douno  
August 21, 1929  
The Fifth Rila Lake*

*Translated by Jana Rupchina and Oleg Rupchin*



## ABSOLUTE PURITY

The word *purity*\* is understood by everyone. It has an external and also an internal meaning. We say “*external cleanness*” and “*inner purity*”. Everyone understands and perceives external cleanness. When we refer to the external cleanness of a house, we imply that the house is whitewashed on the outside and the inside, the floors in the rooms – swept and mopped, the dust thoroughly wiped. When we refer to the external cleanness of clothing, we imply that the article of clothing, if white, is thoroughly washed, and if black, does not have any stains. When we refer to purity of butter, we assume that it is fresh, pristine and without any odor. Hence, everything is pure, as long as it is not adulterated or mixed with any foreign elements. This shows that there are certain elements in Nature, which produce impurity. What is impurity? – Impurity is the antithesis of purity. While a person\*\* lives, while he is healthy, he is characterized by purity. When the element of impurity begins to enter life, death immediately takes a forward stride. The more impurity builds up, the deeper death penetrates life.

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\* Purity – the word *chistota* in Bulgarian signifies both purity and cleanness. Therefore in Bulgarian, the subtle nuances of *chistota* are inferred from the context of its use. In certain instances, to facilitate the reading of the text, the current translation uses the word *purity* to signify both cleanness and purity.

\*\* *chovek* (person) – the Bulgarian word *chovek* signifies a thinking and conscious human, without reference to gender. The current translation uses English equivalents such as *person* and *one* wherever possible. The use of the personal pronoun *he* in reference to *chovek* is used to facilitate the reading of the text, however it should be interpreted as an indication of both the feminine and masculine genders.

Death and impurity are positively correlated. Therefore, impurity is related to death. Once this principle is acknowledged, the first rule in life for people is to purify their thoughts. If they purify their thoughts, they will gain a clear and pure understanding of God. God is not a form outside us. He is the Source of Life. What better do we have than Life? Every urge, every instance of joy in us is begotten by the inner feeling that we exist, that we live. When you get up in the morning, you feel revitalized and healthy, you look toward the rising Sun and rejoice, because you have a humble idea about a certain daily work. This is a result of the first offshoots of the Tree of Life. Someone says, "Life is tough: since early morning we have to think about food, about what we will eat, how much we will earn, etc." I say, the issue of food is an element of the physical or material life. The physical food is an element, which is not a necessity for one's spiritual life. To be spiritual does not imply that one should eat a lot, or that his food should be very tasty. The seasonings added to a meal are extraneous elements. If all enlightened beings gather in one place, what food will be given to them? – Different. Why? – Because every being ingests the type of food, which is necessary for its development. However, there is something common in the nutrition of all beings, of all organisms on Earth. For example, when we consider water all beings without exception use it. Initially all beings received their food from the air, afterwards – from the water, and finally – from the solid matter. This is how it happened with humans as well. Once upon a time humans lived on light. People of this age have forgotten the art to live on light; only their eyes have retained this knowledge until today. If the eyes of a person do not feed on light for a long time, they will atrophy.

Consequently, the first task of a person is to formulate a clear idea of God. When you speak about God, you have to

attribute all beings to His consciousness – from the smallest to the biggest ones of whom God takes equal care. There is no other being such as God that is better, higher, more magnanimous and more helpful, wherefrom Life emanates. Life of the entire universe is contained in God. God does not have an equal to Himself. When both the most sinful and the most ignorant think of Him, they feel a tremor somewhere deep within themselves. If one does not apprehend the essence of this tremor, he will pass through and go away from life, without grasping the meaning of the Great Source. He will say, “I got excited, as if I saw a bear.” Yes, it is pleasant to see a bear, but because the tremor is strong, you are frightened out of your senses. Even the most courageous hero is often scared by the look of a beautiful young woman. The hero will say, “I saw a beautiful young woman and my heart jumped.” Why did his heart jump? – For the only reason that this brave person cannot withstand the bounty he was bestowed. Every gift contains a danger. Many ask, “What is the essence of fear?” – Fear exposes the boundary, the region, where the human being has diverged from God. However, if one arrives at the proper, pure thought, the fear will be transformed into a rational force. Those who think wisely do not fear. This is why, until you have not formulated a clear idea of God, you cannot evolve, you cannot attain true knowledge.

If you do not grasp this concrete idea, you will soon lose everything that you have achieved. For example, you can progress for a certain period of time: you can become a scholar, learn an art, gain wealth, acquire strength, etc. Once you advance in age, you will gradually begin to lose your acquisitions: today you will lose your knowledge, tomorrow – your art, on the third day – your wealth, on the fourth – your strength. Eventually you will find yourself in the position of

a person, who has lost all his high ideas and the inspiration to work, so you will say, “I have only one idea left.” Which is this idea? – “That I was a rich man and now I am an utter pauper.” What is someone with such an idea? You may say, “If one loses everything, he should not think, feel or act.” I say, if one’s thoughts and feelings are incorrect, they will create worries and anxieties, from which one will age prematurely. We are talking about sober thoughts, about pure and noble feelings, which connect human beings to God and inspire and lend wings to his activities. For example, our thoughts are worrisome, when we are anxious about how we will live our lives, whether we will be healthy, rich, etc. I ask, when the king’s son enters school, does he need to think about who will support him, how much money he will be sent, who will serve him, etc.? – He does not need to dwell on these questions. Once sent to school, he is expected only to study; and his father will take care of the rest. If the son is lazy and does not study, he will bear the consequences of his laziness: grave misfortunes will overtake him. I say, you are the king’s sons, sent to the Earth to study. You must thank God for everything you have: light, air, water and bread. What else do you need? – To study! One day, upon your return from this long journey on Earth, your Father will ask you, “What have you learned up to this point?”

This is what your acquaintances will ask you as well, once they find out that you went to the Seven Lakes in the Rila Mountain. You will tell them that you climbed mount Damga\* and mount Haramiyata\*\*; that you saw the Seven Rila Lakes. However, this is not all that you could have seen and learned.

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\* Vazov Vrah Summit – old name Damga, 2669 m, the Seven Rila Lakes Region

\*\* Haiduta Summit – old name Haramiyata, 2465 m, the Seven Rila Lakes Region



All these peaks and lakes are symbols. It is important what you read in the book of Nature. How many pages did you learn and what did you grasp? What difference does it make that you climbed a high peak? Why did you climb it? – To follow from afar those who pass and what they carry. Is this the meaning of climbing high peaks? You will say that brigands went up to mount Haramiyata to await the passage of rich travelers whom they robbed. Outdoor excursions have a profound meaning, and particularly – the ascent of high peaks! So when you talk about robbing rich people, you have to know who they are. Rich people represent the rich ideas in the world. Good is like a rich person whom we have to rob. Evil is like a poor person, whose passage we must not obstruct. What are we to take from the poor? The Scriptures say, “*Do not resist evil!*” Why? – Because evil is like a poor person whose bills you have to pay. This sentence from the Scriptures is an important economic formula. Therefore, you should grant undisturbed passage to evil; to the poor man. If you do not heed this advice, if you obstruct the passage of this poor person, he will beg you for money, clothes, shoes and you will have to give him everything for which he asks. Evil is like a poor person who relies on the mercy of others. Those who enter the Heavenly School to study have to free themselves from begging.

I say, if you want to understand God, you have to be pure. It is said, “*Only those with a pure heart will see God.*” Sufferings, hardships, misfortunes will come. You are amidst the sea where big storms rise up. These storms will affect the ship as well: they will rock it to one side, then to the other, but harmony and peace must reign inside. If the waves manage to enter the ship, even through the smallest of its cracks, the latter becomes already subject to destruction and death. The negative, impure thoughts from which you should guard yourselves

enter in the same way. What about you, do you not contaminate when you travel through Nature? How many servants have to work, following your departure, until they clean up your dirt! Some may consider themselves pure and saintly, but they leave their dirt behind: they eat here and there, leaving garbage all over. Until you carry your dirt with you, you are neither saintly nor pure yet. If you observe cleanness in the physical world, you will also be pure in the mental and the spiritual world. Someone may brag to me that he believes in God, that he has a high ideal, while he does not observe even the most basic cleanness in the physical world. No, purity is required of everyone in all aspects: physical cleanness, mental purity and spiritual purity. You say, "Everything is up to us." It is up to you to observe Absolute Purity in your entire life. Life itself, however, depends on God. If you want to be healthy and happy, let every feeling, every thought and every action of yours be permeated with the idea of Purity. Only in this way will you receive the blessings of God.

Currently whatever God sends you, you spoil it, but by doing so you undoubtedly expose yourselves to death. It is time for humans to renounce their petty pride. So what if someone has said something bad about you or has defamed you? Do not occupy yourselves with negative things; do not invite them to your mind! Let all people disrespect you, yet work and prove that you are a person of dignity and self-respect. Work incessantly in the course of ten years to develop your inner strength and might, so that you may prove to others that you are a person. If you enter a village and lift a big stone weighing a whole ton, you will amaze all the villagers. When they see your strength, they will say to themselves, "Do not mess with this man. One should not tease him. He is very strong!" Instead you enter a village and you cannot lift the smallest pebble, you are in need

of the most basic help yourself and on top of it you demand people's respect. Afterwards you will boast that you converse with God. The one who converses with God is strong; he can move mountains from one place to another. If you cannot move mountains, do not delude yourselves. Everyone else might have talked to you but God. When God spoke to Moses, the latter raised his staff, struck the rock and therefrom water gushed out. God spoke to Moses and manna descended from the sky. God spoke to Moses and he shepherded the Jewish people in the course of forty long years through the desert. Instead, those who boast cannot feed themselves, and yet they claim that God converses with them. I ask how will you recognize when God speaks to you? Are you going to learn that from books? – No. Everyone has a unique inner experience through which he has come to recognize God's voice within himself.

There are many ways to understand Nature, but one is the Way to enter the world of Truth. Truth is the purest of worlds, in which Love manifests itself. Truth is the purest form of Love. What is Love? – The purest essence of this form. Truth is the highest manifestation of Love! The utmost freedom is achieved through Truth. The brightest Light is attained through Love. In an esoteric sense Love is substituted by Righteousness. If you seek warmth and heat, look for Righteousness. Whenever Righteousness comes into the world she raises the physical temperature. Righteousness is the strongest heat of Love, and Love is the essence of Life. When it is a question of Life, you have to know that there is nothing higher than Life. Therefore, Love, Wisdom, Truth and Righteousness are these spheres or worlds, through which Life manifests itself. What is meant by the word *life* at present is that human consciousness, which contains constant, incessant aspiration for achievements. When we say that we live, we imply a constant aspiration for some-

thing, which we are trying to achieve. When a child is born, its consciousness awakens instantly and it begins to desire, to want something from the objective world. If we consider the world of feelings, we are also searching for a certain object in it. If we consider the world of the mind, there we want to study, we are searching for an object there too. Life also exists in the spiritual world and in the Divine world. Therefore, Life manifests itself in all spheres and worlds, but in different forms.

One thing is important: in whatever form Life may reveal itself, it cannot function without purity. I ask, how can you maintain purity? – Through serving God. When we talk about serving, we imply that one may serve only God, only Love. We say, “*God is Love.*” Therefore, it is only Love that one may serve. As far as Life is concerned we say, “We could even become slaves only to attain life.” Therefore, three things are important in your life: to serve God, to respect yourself and to love your neighbor. To love your neighbor means to unload the unnecessary burden that you are carrying on your back. To respect yourself means to understand the meaning of Life. Only the beautiful, intelligent and good person has self-respect. One perceives these traits first within oneself, and then in others. If you see goodness, intelligence and wisdom in yourself, then you will see them in others too. This implies that what you see in yourself is reflected in those around you. You respect people for the consciousness that you have within yourself; you love people for the beautiful, divine, noble that you see in yourself. Once you have discerned these traits in them too, you have already loved them. Why does the father love his son? – Because of the respect he has for his own self. This respect is transformed into love for the son. What is Love? – To see yourself in others. What is respect? – To realize your human dignity. What does it mean to serve God? – To realize

that everything comes from God and that He does not have an equal. If you say to yourself that everything is possible for God, you will be prepared for everything. You can serve God only conceptually. The word *serving* implies that everything you do in the name of God is possible. Then someone will ask you, “Can you shoulder the Earth?” – I am shouldering it now. “What about the Solar system then?” – I have been shouldering it for a long time. “Well, what about the universe?” – I am a master of the universe.

Now, every person with petty ideas will say, “What an awkward statement! How can people dare to claim that they shoulder the Earth and the Solar system or that they are masters of the universe? Is this possible?” – To say that you are a master of the universe means that you have traveled across it from end to end. For the wise person the distance between his head and his feet represents the entire universe. Therefore, when someone says that he is a master of the entire Universe, this suggests that he knows his body from head to toe. Thus one holds the universe in oneself. The time necessary for a person to stretch his hands from his head to his feet is equivalent to the time he will need to cross the universe from one end to the other. It is sufficient that he only moves his hand to cross instantly the universe from one end to the other. Things are distant only when they are separated from the common organism. When they are together in the organism, they are close. The word *closeness* implies the organization of all enlightened beings in one whole. Disorganization implies an act of separation. When you claim that someone has insulted or harmed you, then either this being, which has insulted you, is outside the common organism, while you are within, or both of you are outside the organism. When both of you are inside the common organism, discord cannot exist between you. Can there be discord between the fingers of

the hands? Does it matter that some fingers are on the left hand and others are on the right hand? Whether some fingers are on the left hand and others on the right hand is of no consequence; they can help each other.

I say, many people of today have reached a certain sphere in life and there they have stopped. They have to take a step forward to enter the sphere of the New, which is now coming into the world. If someone walks along the trodden path, the same as before awaits him: he will die, priests will perform the funeral service, speeches will be held over his grave, saying that ~~they~~<sup>he</sup> had graduated from three universities, that he had served the country. – Yes, this person served his country but not God. And we know this because he is dead. It is written in the Scriptures, “*And this is eternal life that they may know You, the only true God.*” (John 17:2-4) I will add to this quote: this is eternal life that you may know God and serve Him. But there is a certain danger: if people in their service go to an extreme, they may get bored and abandon their work. It is true that there are many reasons, which may lead you to such a situation. However, if people have an accurate understanding of life, nothing can steer them away from their path; nothing can disturb their balance.

I will give you an example from the country life (because it is closer to Nature) and I will explain why people sometimes run off the rails of their lives. Every day a youthful hard-working peasant got up early in the morning before sunrise to yoke his oxen and to go to the field to plough. His cart was apparently in order; his oxen were groomed and brushed with care. He himself, cheerful and smiling, was quietly singing to himself, he was aspiring to life. All day long, until late in the evening, he worked and did not get tired; he was content. He returned home still cheerful and smiling, unyoked his oxen, fed

them, put away his cart and awaited the following day with joy in order to continue his work. Thus the days slipped unnoticed until one day he met a beautiful girl and was captivated by her. He did not feel like working anymore: he departed late in the morning and returned early in the evening. He abandoned his cart; his oxen were not groomed, the song was no longer on his lips, the smile was no longer on his face. He roamed in a daze and said, "I suffered enough; I do not feel like working anymore. How did it happen that this lot, to be slaving my whole life, fell on my shoulders? Until now I have worked, from now on I want to enjoy life." So, he went around the village well-dressed with a hat and a new belt, with a flower on his coat; he walked in random streets until he stopped by the garden of that pretty girl and just like a soldier he patrolled from one end to the other. Then he paused for a moment in front of the garden to see the delinquent who was hiding somewhere among the trees. His patience was exhausted, he entered the garden, but the gardener was locked up – she was not in the garden. She was sitting inside, smiling and observing what the young man was doing. What was the delinquent like? What were her fetters like? – The young man was interested, he wanted to know everything. It was because of the delinquent that the young man had left his field and his oxen. This delinquent – the young girl – was sitting inside, with a wreath on her head, smirking. Currently, an idea arose in the youth, to take a flower from the girl. Why did he want to take the flower? – He wanted to rob her, saying, "I worked, I ploughed the field up to now, but nothing happened through ploughing." And thus he began: today he took a flower from the girl, tomorrow – a flower and when he took ten flowers away, he also took the girl. This was the first magic with which the youth commenced. He knew that when the girl adorned herself with a flower, she instilled something

of herself in it. That day he took something from her, the other day he took something until the girl went to him to take back her flowers, and with him she remained.

These relationships exist in all manifestations of life. These are symbols, which we translate into the human language. The youth will marry the beautiful girl, but how long can they be happy with their current views of life? A year or two they may be happy, but afterwards their happiness will disappear. Why? – Because neither the youth nor the girl have eternal Life in themselves. As long as a wife has something Divine within herself, her husband can love her. As long as a husband has something Divine within himself, his wife can love him. When they loose the Divine within themselves, their love for each other disappears. In other words, a person can be loved, when they are pure. If an element of impurity enters them, love towards them will gradually recede until it fades entirely. Therefore, the lack of Love comes as a natural consequence from the impurity in life. When people do not love you, you should know that you yourself are the reason for it. Who does not like to bathe in a clean spring? However, if you are a puddle or a bog, who will bathe in you? Everyone will wash their faces, hands and feet in a clean spring, but in the bog – no one wants to do it.

Now, once you grasp the meaning of purity in its broadest sense, you must place it as a foundation of your physical life. Why? – Because one's health depends on one's inner purity and outside cleanness. Purity of ideas is what is required of a person! In this respect, when we say that you should not occupy yourselves with the shortcomings of others and criticize them, we imply that you should not contaminate the purity of your life and expose yourselves to death. To deal with the shortcomings of people is a contagion, which destroys the



body. What will you gain from this? – Not only that you will gain nothing, but you will loose all that is good in you. Hence, why should you occupy yourselves with the sins of others? There is a Turkish proverb, *“Leave the drunkard, let him fall down and learn!”* It is easier for the Bulgarian to get drunk than for the Turk. The Turk in general is more sober. When he gets drunk, he walks, falls down, gets up and tells himself: “Come on, go on, Hassan! Why did you drink so much, that your legs cannot support you?” He falls down again – “Walk, Hassan! Why do you drink so much?” This is how he talks to himself on his way home. When he enters his home, he starts to apologize to his wife that he got so drunk, because according to the laws of Mohamed, one is not allowed to get drunk. When the Bulgarian gets drunk, however, he will first demonstrate his art to fight. Sometimes his wife is strong enough; when she sees that her drunken husband is throwing himself to beat her, she will push him and he will fall on the ground. He will get up and start afresh to throw himself at her. After she has pushed him three or four times to the ground, he will ask her, “What do you mean by this?” – “That you drank too much.” – “Well, a person has to enjoy life somewhat.” The Bulgarian thinks that wine is a gift of God and that one should drink as much as he pleases. The Turk thinks that he has committed a sin when he gets drunk. So early in the morning he goes to confess to the imam\*. I say, inebriety is impurity. Gluttony is impurity. Bad-mouthing is impurity. Envy and many other vices are impurity.

Therefore, from an entirely hygienic point of view, impurity has to be thrown out, if we want to be free. If we want to become knowledgeable, in the broad sense of the word, we must be pure. Scientists filter things in their scientific experi-

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\* Imam – the male prayer leader in a mosque

ments until they purify them completely. When we talk about purity, it applies to those who are assiduous when working on themselves. It applies to those who have a strong aspiration for purity. The rest will not understand what they are told, saying, "This subject is really tough." Those who follow the right path are required to take only one step forward in order to enter the realm of purity. Then you can speak to these people about conceptual issues. As long as they live in impurity, you cannot speak to them about conceptual issues, because they will remain unclear. There are certain spheres, in which Absolute Purity reigns. They can neither be mentioned nor can a human foot enter them. If someone enters there, he will contaminate and disturb everything. Absolutely no disarray and dislocation of a single thing is allowed there. You do not have the right to move a single pebble there. When you go to one of the sacred springs of eternal Life, you will dip a cup of water and drink it to the very last drop. Not a single drop of water is allowed to be spilled there. What do you usually do when you go to the springs in the physical world? You pour an entire cup of water; you drink two or three gulps, and the rest you throw out. In the Divine world this is absolutely inadmissible.

When contemporary people are told about sacred, pure things, they laugh. They do not realize how important the sacred things are. A person of this age grows serious only in the face of the toughest and the most difficult situations in life. Only then one starts to think of God and of the other world, and to believe that there is something else, which he does not understand. When the rope is hung around one's neck and the priest comes to read a prayer, then this person becomes very serious: he looks around, wondering whether help will not come from somewhere. If at this moment they set him free, he feels enormous gratitude because his life was granted to him. Now he has

already understood what Life is. The rope with which people are hung represents the evil thoughts. The enemies, the foes of people are those who are the cause for the rope to be placed around their necks. They offer you bad advice today; then more of it tomorrow until you are hanged. Be careful not to hang on the rope in the same way as it happened to a saint, who was cheated by the devil. The saint lived in the desert, where he spent his time in fast and prayer and in deep contemplation. The devil decided to tempt him by making him a king. He tried one trick, then another, until he finally succeeded in achieving his aim. The saint really became a king; however, the circumstances soon enough brought him to the gallows. The devil told him: "Trust me, I will set you free". When they placed the rope around the neck of the saint, the devil appeared again and told him: "Look out into the distance and you will behold a vision." The saint looked towards the place, pointed by the devil. "Do you see something?" – "I see a donkey." – "What else do you see?" – "I see another donkey." – "Do you not see anything else too?" – "I see a third donkey." – "Are the donkeys carrying something on their backs?" – "Yes, they are loaded with sandals." – "These are the sandals, which I tore until I succeeded in placing the rope around your neck." The rope awaits those who follow the devil's advice. It will be placed around their necks and then they will take them down.

A small trace of deceitful relationships can be observed in life. These are relationships of impurity. To avoid this type of life, you need to be exact: whatever good you think of and promise to do you have to fulfill it. In the Divine life where Absolute Purity reigns, there is not forgetfulness. In the Divine life everything happens precisely on time. Precision is a quality of the pure life. Those who do not live in purity obscure the horizon of their sky in the same way as the clouds obscure the

Sun. That is why you hear certain people say, “I am somewhat sad.” – Yes, your sky is cloudy. If you want your sky to clear out, you should have to serve God, to respect yourself and to love your neighbor. The same formulas you shall apply to yourself as follows: you will serve your spirit that guides you; you will respect your soul that contains everything valuable in itself; you will love your body and all the creatures that serve you, because of the great idea which lives in you. If you treat yourself accordingly, you will have a clear idea of God and then everything will be possible for you. If you do not serve God, everything around you will be dead. If you know God, if you have a clear idea of Him, all boulders in Nature will be able to move, becoming light as feathers. In fact, they are heavy and frightening for those who do not serve God. It is sufficient for them to see these boulders moving and their hair will bristle up with horror. Everything in the world is alive and in motion for those who serve God. They can make an experiment and assure themselves that everything in Nature is alive. If we see many motionless bodies, the sole reason for this is to give us the possibility to reveal life today, i.e. this is a possibility for us to live. One day, when people finish their development on Earth, all creatures that are currently motionless, will abandon this state and will manifest life. Many want to know what will happen with the boulders. This is an easy question. It is more important what will happen to you. When you attain eternal Life, you will visit the Earth again and then you will witness the result of all its transformations. If the consciousness of people is constantly awake, they will be aware of all changes, which take place on Earth. Currently, because of this interruption of consciousness the contemporary people wait for the scientists to explain the past geological changes on Earth. This is good, but it is time for the human consciousness to wake up and for the human mind

to begin working actively.

Hence, we recommend Absolute Purity to all contemporary people. For many this idea is still incomprehensible. It depends on the situation, in which they find themselves today. Purity is followed by sanctity. They are synonyms. And sanctity is followed by service. If someone is pure and saintly, he cannot do anything else but serve. Finally, Love comes after serving. If one does not know how to serve, one cannot love. If one does not know how to love, one cannot learn. And if one does not know how to learn, one can never attain freedom. These possibilities are closely related to each other. Those who start with purity have already taken a step forward. This is the natural, normal path in life. Someone says that he has already aged, but he has not lived enough. What is the essence of Life? Let us suppose that someone is able to live a hundred thousand days on Earth; what does he need during this period of time? If he eats three times a day, he will need three hundred thousand meals. If he drinks water five times a day, and every glass contains two hundred and fifty grams, it means that he will need one hundred and twenty five thousand liters of water. And if he tears a single suit each day, he will need one hundred thousand suits in total. Some scientists claim that every seven years the human body completely renews its cells; others claim that this process occurs every three months. Therefore, according to some scientists humans change their clothes every seven years, according to others – every three months, and according to me – every single day. A new suit lasts from sunrise to sunset. As you can see, many expenses are associated with someone who will live one hundred thousand days on Earth. How can people justify such expenditures, if they have not served God, respected themselves and loved their neighbors?

I say, let those people whose consciousness is awake

keep the idea of mental purity. Let purity remain in the minds of all people as a norm, as a measure, which they can use in all situations in life. Purity is a magic wand for every conscious person. When you get up in the morning, start your day with the idea of purity. Let this idea become as dear, as desired and beloved for all people as the image of a young beautiful woman in the youth's mind. We may witness how the youth awaits and seeks her, how he is ready to go to the other end of the world for her. Let the idea of purity be the beloved woman, whom everyone is ready to seek out even at the other end of the world. Let Purity be the beloved of everyone! Once people find her, let them stop at a distance in front of her holy image solely to study and contemplate her. Once you attain such purity, you will be connected to the Heavenly world, to the Primary Cause. Only in this world there is constancy and steadfastness. The constant and steadfast things are important to you. What can be better than to know that there is one sagacious Being in the world Who loves you at all times: when you are asleep or awake, when you are sick or healthy, when you are learned or ignorant, when you are wealthy or poor. There is nothing better than to know that the attitude of this Being towards you is always the same. If you serve God, everyone will love you.

Someone says, "I want to serve God, so I do not want to get married." I say, if you resolve this issue without God, you will be unhappy. However, if you marry without God, you will be twice as unhappy. If you do not marry, but you connect to God, you will be happy. If you get married with God's consent, and both you and your spouse are connected to Him, you will be twice as happy. This idea expressed in your way signifies the following: every task, every conceived idea in which the Divine Source participates is pure, sacred and sublime. Only then can a person be content. What is the purpose of bringing

two people together? Why do two souls join to live together? – They become two poles, through which the Divine life manifests itself. When someone says that he does not want to get married, this suggests that the sphere, in which he is moving, is impure. When a traveler passes by many springs and does not drink water from them, this shows that they are impure. If he drinks water from them, they are pure. I ask: Will you marry when you ascend to Heaven? – No. Therefore, marriage is a side issue. When we talk about marriage, the primary idea to be concerned with, is that we ought to marry purity. This is a true marriage. Whoever has not married purity is a widower. In this sense, when someone says that he does not want to marry, he sentences himself to death. A marriage in the spiritual sense of the word is to marry purity. Whoever gets married on Earth in the physical sense dies; if he does not marry, he does not die. In the spiritual world the process is reverse. Therefore, the union with purity is a condition for the continuation of Life.

Contemporary people must free their consciousness from all impure images. They have to create within themselves pure ideas, pure images of the young woman, of the youth, of marriage and celibacy, of Love, eternal Life, children, etc. A fundamental inner purification awaits everyone as it usually does before Easter. Assign beautiful explanations to all happenings and occurrences in life. When I am told that someone is crying, I do not dwell upon the person who is crying, but I say that it is raining outside and the rain is watering the flowers in his garden and so they are happy. When I am told that someone is happy, I understand that the Sun has shown upon the flowers in his garden and they are blooming and giving off a wonderful fragrance. If I am told that someone is beating his wife, I understand that in this home they are threshing wheat to store it in the barn. Aspire to substitute bad images with pure, vivid ones, so

that you may preserve the purity of your consciousness.

Now, when we talk about purity there is a danger to focus only on one of its facets, only on the external cleanness. If a young but lazy lad, who does not want to do any kind of work, strives only for external cleanness, he will ask his father every day for money to buy new clothes, shoes, perfumes, different combs and brushes solely to appeal to the girls. Thus, he will destroy both himself and his father, but he will not be able to achieve his goal. The girls will see him dressed up and clean every day, but there will be something else for which they will not like him. They will not see the true person in him. We cannot do without clothes, but the clothes do not make the person. The good clothes acquire their value only when a wise person is dressed in them. Knowledge and strength represent the same thing for the impure person as the adorning of the swine with a bell. I say, purity is the first requisite for the attainment of the Divine life. It is purity that the souls long for, pray for and seek out. The Scriptures are full of verses about purity and sanctity as well. Many opportunities arise before the pure people. If you cannot free yourself of impurity, the opportunities will remain sealed away for you. Advancement, light, knowledge, strength and freedom depend on purity in the physical world and on sanctity in the spiritual world. The more sacred the spirits are, the stronger they are. In the Divine world everything depends on Love. When you descend, you will work on the following ideas: serving, respect, affection; when you ascend you will acquire purity, sanctity and Love.

All of you were present at the feast of purity today, but you shall watch out that a single crumb does not fall on the ground. You shall gather all the bread and then give it to those you meet. Someone says, "Let people embrace our ideas, our beliefs." I ask you, what are your ideas? – Be pure! What is



your creed? – Purity! Each of you should be distinguished by a vigorous aspiration for purity. Let us dedicate this day to purity. You may ask, “Is everything hidden in purity?” Purity is the first step on the staircase to eternal Life. When you ascend to the second step, you will read again “*Purity*”. The latter is a broad, inexhaustible world. The word *chistota* (purity/cleaness) is not a strong word, but we use it for the lack of a stronger substitute. That is what every village lad does when he wants to get married: he looks for the most beautiful bride and if he does not find the one he fancies he takes the best one in the village. They ask him, “Why did you marry this girl? Was there not a better one, a prettier one?” – “This one is the best of all. There was not such one as I fancied, so I married this one instead. And I am content with her.” In the same way also by necessity, we use this simple, humble word *chistota* (purity/cleaness) to express a beautiful, magnificent world. The word *chistota* (purity/cleaness) here on Earth is not very beautiful; it is not a strong word. Purity is not a princess. Her father is not rich, but he is a respectable person; her mother is not rich either, but she is a hard-working woman. Therefore, purity was born lawfully and by good parents.

Favorable circumstances have to be provided to bring about purity. At present purity is at the stage of a small seed that has to be planted in the soil, so that it may grow. Let some people take from this seed and work on the idea of purity in groups of two, three, five or ten. Only in this way the world can be reformed. Many uphold the idea that God can do everything, angels aid Him and so on. Since God can do everything, you do not have to work. This is a false idea, from which you have to guard yourselves. God has His action plan. He will come to the Earth, but will He find people ready to work? Everyone must work to evolve and perfect oneself. Do you know what will be

the situation of a person, who expects a good, happy life but who does not work? I will give you an example to help you grasp this situation. Imagine a young woman who has awaited her beloved for many years so that she could create a happy life for him, but when he arrives she is bedridden by sickness for the following three years. What can her beloved do? – Either depart or wait for her to recover. What will be her situation, if her leg is broken, but her beloved offers her an automobile ride in town? Her legs must be healthy so that she can go on an automobile ride in town. Every person who lacks virtues is in the position of the girl with the broken leg. The legs of all people must be healthy! This will be achieved only when people change their old views and conceptions.

Now, when a new idea is revealed to people, they panic. In this respect they resemble the little children of old times, whose teachers entered the school with canes. Whenever the children saw the teachers bringing in the canes, they knew that a punishment would follow. When a teacher entered the classroom, he saw that the children had raised dust, but he did not know who the true culprit was. Then he began in due order: he hit one on the hand, the other on the head, he beat up everyone and went out. However, contemporary teachers do not come to the children with canes. Contemporary upbringing does not resemble the old one; now, there are new methods and ways to educate children. When I reveal a new idea to you, you fear due to an old habit, you think that I am carrying a cane in my hand. No, I have entered without a cane, without a stick. This method is not recommended, it is not economical. When a teacher enters the classroom with a cane, a great deal of his energy goes into it. A teacher must not hold his lecture with a cane. Today the cane is substituted by a quill or a pencil. It is the magic wand, which every student has to hold in his hand,

when the teacher lectures.

Therefore, with this magical wand you will write in your consciousness the idea of Absolute Purity. And when someone asks you what you were told at the Fifth Lake, you will say, “No ear has heard and no eye has seen what we were told. We were told about hygiene from the point of view of Absolute Purity”.



# **The Two Paths**

*Lecture given by the Master Beinsa Douno*

*July 31, 1932*

*05:00 a.m. local time*

*The Seven Rila Lakes*

*Translated by Dimitrina Daskalova*



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## THE TWO PATHS

There are two paths, which all living beings on Earth follow: the path of bread and the path of water. The first path is called hunger, the second path – thirst. Bread visits only the hungry; water visits only the thirsty. Bread and water represent the reality of Life. So, when Life intends to emerge, to become visible, it reveals itself in the form of bread and water. When Life visits someone, it is dressed in the garment of Love, which is called bread and water. When the hungry ones see Life, dressed in the garment of Love, they remove the garment and put it on themselves.

Therefore, bread and water are the visible side of revealed Life. Without them, Life cannot be revealed. In other words, without bread and without water, Life is not accessible to living beings. Only those who have bread and water with them live. Only those who have bread and water with them grow and develop. That is why Christ said, *“I am the Bread of Life coming down from Heaven (John 6:33, 35) and the water of Life coming out from human hearts.”* When He was crucified, Christ said, asking for water, *“I thirst!” (John 19:28)* He asked for that thing through which Life is revealed. It is said in one or two verses of the New Testament, *“Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put on it hyssop, and put it to His mouth. So when Jesus had received the sour wine, He said, ‘It is finished!’ And bowing His head, He gave up His spirit.” (John 19:29-30)*

Why did Jesus die? – Because He was not given water, but sour wine. I say, good thoughts and feelings represent the water of Life – the Living water. Bad thoughts and feelings rep-

resent the sour wine, from which all will die. Those who drink sour wine will undoubtedly die. Good deeds represent bread – Living bread. Bad deeds represent normal bread, from which people die. Why do people die from this bread? – Because it easily becomes moldy. So, if one does not drink only from the Living water and eat only from the Living bread the same thing that happened with Christ will befall on him. And in the end this one will also say, “It is finished!”

The dew falling at night and the rain falling in the daytime bring the Divine blessings – the blessings of Life. Every good thought, every good feeling and wish is like dew, falling at night. Every good deed is like rain, falling in the daytime. If you receive the dew and the rain, you will be happy and joyful like the little blades of grass in the morning and in the evening. If you receive the dew and the rain, you will be like a rich blossom, which will bear fruit and will ripen. If you do not live well, you will be like Pilate who crucified Jesus; if you do not think well, you will be like the soldier who twisted a crown of thorns and put it on the head of Jesus. And then, if you do not behave well, you will be like the servant who gave Jesus sour wine to drink. When the Divine in you has gone, you will die, too. When the Divine leaves this world, you will disappear, too. Why was Jesus crucified? – So that people could see what they represent and how they keep the Divine law.

Why did Jesus die? To show people what the real person should be – one of obedience who is not afraid even of death.

To conclude everything said this morning I will give you the following thoughts:

*Where Love exists, fear stays away.*

*Life is present, where Love is revealed.*

*When one puts on the garment of Love, “it is finished”:  
this person will either become reborn or dead, resurrected or*



*buried, growing or withering.*

*When one lives, Light has come.*

*When one dies, darkness has come.*

*Light is the life, which comes.*

*Darkness is the life, which departs.*

*Good thoughts, feelings and wishes represent rays of Light: they give food to Life and also to the soul that is coming to the Earth.*

*Good deeds represent rays and colors of Light: they provide the Living bread for the soul, so that it can know The One Who gave birth to it.*



# Let the Children Come

*Lecture given by Beinsa Douno*

*August 14, 1932*

*05:00 a.m. local time*

*The Seven Rila Lakes*

*Translated by Maia Atanasova*



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## LET THE CHILDREN COME

Reflection on the verse: *The Head of Your Word is Truth*

I will read verse 16 of chapter 18 from the Gospel of Luke, “*However, Jesus called them to Him, saying: “Let the little children come to Me, and do not hinder them, for the kingdom of God belongs to such as these.”*”

You say, “What are the children like in life?” Children are the uniting threads in life. The weak in Nature is a uniting thread. When people say about something that it is not so important and valuable, they should know that their life depends exactly on that weak, unimportant thing. It is the uniting thread in their life. Without this uniting connection it would not even be possible to think about great things.

So, when we speak about children, many people take this verse literally, in its external aspect. However, in its outer interpretation it cannot explain Truth. By the word *children* Christ means the smallest thought, the smallest feeling and the smallest action, which arise in one’s soul. These smallest quantities appear to be weak as children are: you cannot expect anything from them, they have no meaning; but actually, they are significant connecting links in life. So, about these little quantities in life, Christ said, “*Let the little children come to Me, for the kingdom of God belongs to such as these.*” And it is true that a big person – one who is aware of their mind and heart, but does not pay attention to the little things within them, cannot enter the kingdom of God. To those who wish to enter the kingdom of God, I say, “Do not despise the little thought, the little good, the little loving feeling emerging in your soul”. Many people view

the little loving feeling with neglect and say, "This is a small thing!" They rely on great and prestigious affairs. You may ask that big strong horse what it has achieved after carrying big and heavy loads its whole life. Ask the big salesman what he has achieved after participating in big deals his whole life. Ask the famous writer what he has achieved after writing great works his whole life. All large animals and great persons would say in conclusion as Shakespeare said long ago "*To be or not to be?*" I will translate that sentence in the following way, "To be a big horse and to carry a big load or to be a little horse and to carry a small load; to be a big salesman and to be engaged with big deals or to be a simple one and to deal with little deals; to be a great writer or poet and to write great works only or to be a simple writer or poet and to glorify the small in life?"

I say, everything depends on application. Usually one begins with great ideas, with big projects, but eventually ends their dealings with small things. A law of unity exists, according to which there is a close relation between the small and the great things. It was said in the Scriptures, "*I am the alpha and the omega, the beginning and the end of all things*". The great ideas are the beginning; the small ones are the end. If the great thoughts do not connect to the small ones, they will not be realized. So, a person should reconcile the great impulses in the self with the small ones. If people know how to do this, they will use both of them in their development. Sometimes a little impulse or a small wish can make a very important connection, which will save a person from a big disaster.

How do contemporary people behave? Very often they neglect their little impulses, thoughts and wishes, and after that they expect happiness, huge success and achievements. A young woman dreams of meeting the king's son riding his horse and coming to marry her. One day she decides to run away from

home and she goes to the forest with the hope that the king's son will come to save her. But what eventually happens? She goes to the forest, loses the road and meets not the king's son riding his horse, but the shepherd's son riding his donkey. The young woman says to herself, "From where did this shepherd's son come? I expected the king's son but was deceived."

This young woman thinks that she is unhappy, because she does not understand the deep meaning of things. As she has not this understanding, she interprets things in a wrong way that is why she encounters many misfortunes. In this example the donkey represents the king's son, whom the young woman is expecting, and the shepherd's son represents the small beautiful feeling being carried by the king's son. You can place a jewel in a wooden box and a lentil in a gold box. Which one would you prefer: the jewel in the wooden box or the lentil in the golden box? The jewel, of course, costs more than the wooden box and the golden box costs more than the lentil, but if you experience a year of famine, you can prepare something with the lentil to satisfy your hunger, while the gold and the jewel cannot help you. The lentil can be put in the soil and in a few months it will grow and bear fruit that will save you from starving in a year of famine, while no one will want to buy the gold box and the jewel. You can make rings, earrings and other jewelry from the gold box, but who would buy them then?

There is a law of unity in Nature, which is honored everywhere in life, in science and in arts. For example: if we consider knowledge, we will see that there is a unity between all its parts. In this case true knowledge is that one which can serve as a source of inspiration, support and light for a person. Knowledge that is neither an inspiration, nor light or an aid to a person is just a burden and nothing more. Knowledge is the greatest good that God can give to someone. By it one should

evaluate equally both the small and the great thoughts, feelings and actions. Having great knowledge, the sage evaluates equally both the small and the great things. God evaluates both the Sun and the human being. The Sun hides powerful forces, but God renders the same value to it as to the human being. A person asks, “What can I do? In what does my worth lie?” Your worth lies in the connection you can make. The human mind can make a connection between the Sun and the Earth. People have come to the Earth exactly for this – to make this connection. Whoever does not want to make this connection passes for a great person. Such people pay more attention to the great quantities in life than to the little ones. They neglect the children, i.e. the small things. God puts these great people somewhere in space – to turn around like wheels. The unhappiness of today’s people is due to their greed for great plans and big deals.

According to an ancient legend, the Earth is a young beautiful maiden whom God wanted to marry to a young beautiful shepherd. She said, “Lord, I do not want to marry such an ordinary man. I dream of something great, of great worlds. If a king’s son comes over, I will marry him.” God agreed to fulfill her wish and married her to a king’s son. Soon she gave birth to sons and daughters – they were all criminals. The Earth married a king’s son, but all this while she has been passing through hard trials because of these sons and daughters she bore from him. She became aware of her situation and used to say to herself, “I should have married the shepherd’s son! I would not have had such hard experiences with him as I am living through today“. Not only she, but also her children are saying, “Our mother would better have married someone simpler, without a title and a name, but who would bring happiness to the whole home.” Actually, it is better to prefer the shepherd’s



son who carries inner happiness than the king's son who brings unhappiness.

So, these are allegories, about which it is necessary to think. People reject the small ideas, which God has invested in them at the expense of the big ones, which come from outside. One wants to be a king, to be beautiful, rich and strong. And this is not bad, but happiness does not lie in beauty, in power and in wealth. To be a king – this is still not happiness; to be beautiful – this is not happiness. When a young woman is beautiful, everyone wants her. When all people wish something at one and the same time, it brings unhappiness. In this case, the beautiful person needs to stand against others with a knife in their hand in order to defend what belongs to them.

So, the main thought is that people should not enter into conflict within themselves and say, 'I lived for nothing. I wasted so many years and achieved nothing!' It is not good to talk in this way. I would like to know what you are thinking when you say that you have wasted a year, for instance. In a year the Earth makes one turn around the Sun. So in this time she has done a lot of work; she has given at least one lesson to everyone. Therefore, when someone says that the year has gone for nothing, I understand that they could not learn the lesson given to them. If they had learned their lesson, they would fulfill God's will and receive a little blessing. A wasted year means a small thought, a connection that one has neglected. If so, one can easily regain this year. How? By completing this small connection, i.e. not neglecting the little thought. The little thoughts, not the great ones, correct mistakes. That is why when you make a mistake, go to the small thing – there you will correct it; if you lose something – go to the small thing – there you will find it. That is why the mother finds what she has lost in her child. What has she lost? – Her love. Every woman who has lost her love should

become a mother and give birth to a child in order to find her lost love. Why are children born? – To bring their mothers the lost love. Why do the little thoughts come to a person? – To bring them the lost love. The little thought is the small light that shines here and there in a pitch-dark night. Suppose you are walking desperate in a dark night, you have lost the way, but suddenly you catch sight of a bright light in the distance. The light makes you feel happy that you have found the way. A small candle in the darkness brings you great joy.

We have to thank God for the small things that serve the big ones. The small thoughts, feelings and actions, i.e. the young children, are the little angels that come down to the Earth to save people. Take an example: was Christ a great man? Was He a king? Did He have an army at His disposal? He was called a Judaic King Who had came to save the Jewish people, but the high-priests, the scribes and the Pharisee as well used to say, “We do not want this man. Take him away; let him go! You cannot expect anything from him. He cannot be the Messiah.” That is that – people have strange ideas. They expect the good to come from a direction from which nothing can come. I have observed how a young woman behaves when she has her eye on a nice young man. She examines his hands, his legs, and she says to herself, “He is a strong man. He could be a support in my life“.

She thinks of that which cannot happen. I keep silent and say nothing to her, but I smile and think, “What a thrashing you will get from this strong and healthy man! You will be the first who will taste his strong muscular hands.” In a year’s time I meet this young woman, already married to that man, and she tells me, “Oh, I am disappointed in him. He appeared to be a good person before we married but what happened? He beats me very badly – he beats me and does not think that it hurts me.

If I had known he was like that I would not have taken him.”

I say, the great is good but frightful. The small and weak will not allow oneself to beat you, but the big and powerful can beat you even three times a day. And when one asks in which way we could serve God, I answer: Love is the only Divine power, which deals with the smallest things in the world. Besides, Love is that mighty power, which takes care of the non-essential things, to which no one pays attention. In the small things lies the solution of all difficult questions; the secrets of Life are hidden in them. When Love comes, she brings all lost things with her.

So, if you want to be strong, make friends with the small and weak beings; after that, work on the idea of Love and apply it in your life. When you meet a little child or a weak-minded person – do not despise them. See first what they need and help them immediately. Do not despise the small and the weak in yourself. If a little thought comes into your mind or a tender feeling – in your heart – give them way, act on them. They will bring you a great blessing in the future.

Many people want to know whether or not they will be happy, whether or not their children will study well in school, will they be well in life and so on. For this purpose, when they hear about a fortune-teller, they go immediately to see them for some prediction. They may tell these people something or they may not, but first they want money. All should know one thing: God determines the destiny of people – no one else. After all, people’s destiny is not something fatal. It is determined in accordance with their thoughts, feelings and actions. Therefore, no one has the power to deliver another one from their own destiny. If there is someone who can help, this is the person alone. How? – Through changing the direction of their thoughts, feelings and actions. As soon as they change their

thoughts, feelings and actions, then God will change His decisions for them.

However, people want things to happen according to their wishes without any sacrificing on their side. No, if one would change one's thoughts, feelings and actions in the right way, God will also change His conclusions for that person. In the Old Testament it is said, *"According to your thoughts, feelings and actions you will be removed from His face forever."* After that the Jewish people realized their mistakes and repented. God told them, *"In case you repent, turn to Me and I will delete your sins."* And they turned and God was graceful and merciful to them.

I ask, "Is it possible to forgive the sins of someone who never repents? In other words: can one eat in an inn where they prepare the worst food?" – No, it cannot be. That is why, the good thoughts, feelings and actions are the greatest thing that one can do and give. For this aim one should keep absolutely pure thoughts without any self-interest. Let one make a step in this direction – let one imagine that they have sacrificed everything they own for God without expecting anything in return. Or let a king attempt to give up his crown and go to preach for the Lord. How many times will this king decide and postpone – and eventually, he might do it or not.

This is the situation, in which all people are to be found now. It will be easy for a person to give up the crown, if this person knows that even without a crown he is still a king. Everyone is a king of themselves, but there are some people who externally also play the role of a king. However, you should bear in mind that the reign supposes obligations. The king's situation is not easy. If you are the king of a nation and you succeed in showing it the path of Truth, you will be a lighted candle for it. Before you have not become a lighted candle for your nation,

no one can see you, but afterwards everyone can see you. And everyone can notice even your smallest mistake.

When someone decides to do a good thing or even only thinks about it, they are submitted to trials in that very moment. For instance, one wants to be loved and to love others. Right away they will be examined to determine whether they deserve to be loved and to love. Everyone has passed through similar experiences. You love a friend and the fiend loves you, but in a few years they find something wrong with you and reject you, looking for another friend. Why? Everyone is looking for something perfect in life.

The only thing a person cannot reject in life – these are the small things – for example, the children. The mother can never reject her children. If she does that, she would delete her maternity – nothing else. If one pushes Love away from oneself – in any form it may be, one deprives oneself of joy, happiness and the blessings they could achieve. All these things leave them one by one. Those who reject Love subject themselves to the greatest sufferings: their life loses sense, its meaning so they become dissatisfied, sad and gloomy. Someone says, “I do not know why I am so sad.” You are sad, because you have despised, you have rejected one of the little children of Love. When you reject one of her children she says, “If you reject my child, I will reject you too.” Love leaves and passes you by, she goes away and you remain with your great thoughts and feelings. Afterwards you will say that you serve God, but people do not love you, they do not understand you and so on. This is possible too, but if you are actually in compliance with the Great law of God or with Love, you will not be disturbed about whether or not people love you. However, if you are not in line with the Great law of Love, even if people love you and respect you – you will feel an inner anxiety.

What I am referring to are the inner states and relations of people, not the outer ones, as they are based on rules, which are quite different from those of the inner ones. The power of a person lies in the inner unity that can be achieved. And for this unity one should strive. It can be achieved only by applying the small things in life. You give someone a little exercise, but he says, “What can I achieve by this elementary exercise? What will happen, if I raise my hand forward or put it to the side?” If a writer takes the pen and says that he cannot write anything by means of this simple pen, he will really not do anything. But if he persists, the pen will write many lines and pages and will create something good.

If a writer wants to do something great at once, he will write nothing. For instance, see what the human tongue does in the world. The best things have been said by means of this small organ. The salvation of the world depends on this small organ, too. When it begins to move, it does great things even though it is so small. It smoothes, tames, settles many affairs. The eyelids also do a lot. You see them – two small organs, but we cannot go without them. Apparently they do nothing, but open and close; however, they are keepers of the eyes; they protect them from dust, small flying insects and other damage. They are small organs, but very important. People do not pay attention to them, but they do not offend, they silently do their work – protecting the eyes.

Contemporary people are often guided by ambitions, saying that they can interpret different verses from the Gospels. Spiritual people pretend the same. I say, there is a difference in the interpretations. But only one right way of interpretation exists. If we talk about the usual interpretation, everyone can do it, as everyone can say that *two times two is four*. The philosopher says that *two times two is four*, and the little child

says the same. Both of them have the same result, but there is a difference in their way of solving this task. The difference is in this: if you go into a garden with the philosopher and the child, the philosopher will say that *two* times *two* is *four* and will give you four small apples. The child will also say that *two* times *two* is *four*, but he will give you four nice big apples. Which of the two will you wish to solve the problem for you: the philosopher, who comes to the solution literally and gives you four small apples, or the child who will give you four nice big apples?

Two persons have a dispute about which one of them has more love in their heart. They both have love, but the one who keeps the most love is the one who after calculating that *two* times *two* is *four*, will give you, at the same time, four nice ripe apples. He counts better than the other one.

So, the power and greatness of a person lies in applying God's law. According to this law, one should behave with others the way one behaves with oneself. However, a perfect behavior is that, in which one treats others the same way that God treats them, i.e. the same way as God keeps them in His mind. In the mind of God everyone has a particular place. Even the smallest being has a high place in the mind of God. And whatever it may want from God, its request is heard. Someone says, "I pray to God every day, but – no voice, no reply." Why? – Because this person either does not know how to pray or has cut off their connection with God.

Twelve bishops met in a forest to pray for something. They prayed for a long time, but received no answer. At the same time an ordinary pious countryman passed by, carrying wood for sale on his donkey. The bishops stopped him with the words, "Listen, we ask you to pray to God to settle a very important matter." He prayed eagerly to God and the affair was

settled in the best way. This means that the prayer of the ordinary person was accepted. The bishops later gave praise that, thanks to their prayer, the result was achieved. They met for a second time to pray for something, but again their prayer was not heard. This time the woodman did not come to them and the deal was not arranged. Whenever the woodman prayed to God, he received a reply to his prayer. Whenever the bishops prayed to God, there was no voice, no answer.

I say, there is nothing greater for a person than to realize that they hold a respectable place in the mind of God. If one is aware of this, when they pray to God and ask for something, their prayer will be heard. That is why you all should strive for this – to be pleasing to God and to take a high position in His mind. This should be the ideal of every soul. It cannot be achieved by crying and with tears. God does not need human tears and weeping. If you want to achieve your ideal, deal with the smallest things, from which God has created the world. For this purpose you should hold sacred the idea of God in your soul. Exclude any negative feelings towards God! All that was created by God does not admit any modification, any critique. When you approach the Divine, whether you understand it or not – it is always right. When you approach the Divine – it is necessary to act first and then to think. You want to serve God, but you start thinking about what will happen to you, if you take this way. Once you have decided to serve God, do not worry any more; will they kill you or hang you, or cut you in pieces – do not think about anything. Everything may befall you, but at the end such a miracle will happen as has never been seen. If Christ had been afraid, he would not have come to the resurrection. He was nailed on the cross, where He received the worst violations and mockeries – that He was God's Son and wanted to save the world. He was told, "If you are really a Son



of God, come down from the cross and prove that to us, so we can believe you.” Christ bore all this with the greatest humbleness and Love.

And in His last moment He sighed deeply and said, *“Father, into Your hands I entrust my Spirit. Let it be according to Your will!”* (Luke 23:46) Christ suffered the worst violations on the cross, for which He was elevated: He was given all the power on Earth and in Heavens. What happened with Him had never occurred before – He arose from the dead.

Now many people want to go in the Divine path, but if they do not have before them the life of Christ, they will not be able to follow Him. You say that you want to live for God, for your fellows. You can live for God and for your fellows also, but you should know that violations, persecutions, mockeries will come. You should be ready to meet these trials. Is it like this today? You meet a follower of Christ – they are disturbed and make protest about an offending word. They may say, “I do not know what to do now. I am not good for anything; no one respects me, no one wants to know me.” If you have come to the Earth for people to respect you – you are on the wrong path. You have not come to the Earth for people to love you and respect you, but to express Divine Love. After that, God will show His Love for you. Christ said, *“Just as the Father has loved Me, so I have loved you.”* (John 15:9) Therefore, you should first express Divine Love to others and after that God will reveal His love for you. If you cannot understand God’s Love, you will also not be able to understand people’s love. Doubts, hesitations and some delusions will come, and as a result you will learn a little, but lose much time. One thing should be considered: to understand a great truth you need to always look for the shortcut. By the shortcut I mean the right way for achievement. So, if you want to be saved, look for the

right way.

You say, "We want to be strong." If you want to be strong, give way to Divine Love to be expressed through you. If you express Divine Love – Life will also express itself. While Life is still unrevealed, you do not know what could come from you. As to the question what will happen with you, leave for someone else to solve it. When you plant the grain of wheat in the soil, does it ask what will happen to it? It leaves this to the Sun. A child is carrying an acorn in his hand and he asks it, "What will come from you?" The acorn replies, "Plant me in the soil and leave me in peace – the Sun will say what will come from me. Come here after one hundred years and you will see what has come from me." Only God knows what will be with you. You are a small seed, which God has planted into the earth. After some time you will see yourself what will come from you. If you will leave yourself to people, they will pass you from hand to hand like a little child, but nothing will come from you. At the end – God through the little child will plant you in the soil where you will grow next year; you will blossom and give fruit. As it is like that, stay close to the little children – to the small thoughts and feelings hidden deep within you, to the little blessings, which emerge in your soul. Hold to them and do not despise them, if you want to receive God's blessing. God will bless you not for what people think of you, but for your own thoughts, feelings and actions – and not for your great thoughts, feelings and dealings, which are well known to others, but for those small thoughts, feelings and actions, which are deeply hidden and submerged in your soul, which no one knows, no one even suspects their existence. God will bless you for the small, hidden seeds in you, which have unrealized potentials, because you have already received your pay for the things completed.

Now I wish all of you to rise from the dead as Christ did. But until you come to this all of you will be persecuted, mocked and profaned as Christ was. I wish that you, when you are being crucified, say, *"Father, if you wish, remove this cup from Me. Nevertheless, let not my will, but Your Will be done."* (Luke, 22:42) Without suffering resurrection is not possible. Christ went through sufferings – people will also do this. If children suffer – their mother will suffer too. I do not hang around for sufferings, but there are inevitable ones. Some events can be avoided, but there are things that cannot be escaped. There will be a time when all sufferings and pains will disappear. Apostle Paul said, *"Today's sufferings cannot be compared to the future glory of those who love God."*

Many people say, "Who knows how it will be, so let us live now." Where are all those who thought only about how to live? – In the graveyards. There you can find the monuments of scientists and uneducated people, of poor and rich ones, of young and old, of all who have lived according to their understanding. All great people who had been respected and honored went there.

So, nurture the little children whom God has loved, if you want your ways to be good and pleasing to God.



# **The Purpose and the Meaning of the Human Life**

*Lecture given by Beinsa Douno  
December 31, 1933*

*Translated by Maria Braikova*



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## THE PURPOSE AND THE MEANING OF THE HUMAN LIFE

Regarding the question about the existence of the soul people of today are divided into two: some say that the soul exists and others say the opposite. But in this dispute it is not clear what meaning is imparted to the word *soul*. The soul according to the spiritual science contains all possibilities – everything lodged in the human being, which should be developed during the centuries. This is the great source, from which one can draw. The soul represents the human being in its wholeness; this is the Life in its endless manifestation with the ever new problems and tasks that it sets for solving. And as the Life of humanity is revealed simultaneously in three worlds, the tasks standing before humans are in three aspects: material, spiritual and mental.

These three manifestations of Life are connected by an inner bond. When we speak about the material life, we understand fulfillment of the possibilities lodged in a person. People should first learn to wisely use the capacities given to them and not to seek what is not at their disposal. In other words, it is better to give way to our innate aptitude revealed in life as longing than to lose our time and strength in persecution of things, for which we do not have the necessary potentials in that particular moment.

The human life comes from the Infinite; it is manifested in the finite and it strives for freedom. If one has not passed from the Infinite into the finite, one cannot enter the law of freedom and realize one's own aspirations. Now freedom is

the striving and the ideal of entire humanity. Nourishment, respiration, knowledge, religion and everything, which exists as a manifestation of the human life – these are only means or ways for attaining freedom. As soon as one attains freedom, one is happy. Freedom will bring you happiness. If you have freedom, you will not be submitted to all these organic moderations, which you undergo in your present life. These moderations occur because of certain reasons – you are not responsible for all that is happening. For example, you are not the only cause for illnesses – one third of the cause is in you, but the remaining two thirds are in others.

Now you are interested in the question of the unsolved tasks in life. The past generations answered many side questions, but the important problems remained unsolved. We cannot be happy with what they have settled by now. Religious people say that we will achieve everything with the Teaching of Christ. But it should become clear that long ago people lost what Christ had brought to the world and what He had taught, so the questions remained unsolved. The tasks an individual has to fulfill are the same as the tasks of humankind, because the individual development and the development of humanity as a whole proceed in parallel.

A person stays in the mother's womb nine months, in which all organs are formed. First the stomach is formed, then the lungs. The lungs are ready, when the embryo is already in the last month and should be born. When it is born, it begins to breathe and live – breathing gives effect to life. In the womb one learns to eat, but does not live yet, because one does not breathe and lies dormant; after birth one gets the freedom to live. Entire humanity is presently in the age of living-breathing, but an exit way should be found from this situation, so that it could proceed further. Prompted by the action of the



creative impulse of Life minerals left their latent state and became plants; they did not stop there, but entered the position of fish, then that of birds, of mammals and finally they reached the phase of humans. Humans should also pass into a higher phase. Whether conscious or unconscious, the inner aspiration of going from a lower to a higher form exists in everyone. And if some persons do not want to develop into a higher form, no one can help them and make them happy in this state, in which they are now. Only temporarily they could receive assistance as beggars, but begging will not solve this problem in the world.

All that happens in the life of entire humanity happens also in the life of each individual. In the first seven years a child lives its physical life – this is the period, in which the physical body is formed and developed; in the second seven-year period – from 7 to 14, the child undergoes a process of emotional modeling and development or this is the birth and the growth of the astral body; in the third seven-year period – from 14 to 21, the birth of the mental body occurs and the child begins to live its mental life; and in the period from 21 to 30 years the causal body begins to develop and the person lives a life of causes.

According to the theosophists a person possesses seven bodies; each body is developed in seven years, all together it makes forty nine years. But this classification is partially true. There is another classification with twelve human bodies – three basic and nine transitional, i.e. nine shells, but the basic bodies are three. This is a concept of the Great Initiated. Whoever is interested and wishes to know more about it can look into the esoteric literature – there are many things written on the topic, so you may read. Each human body is a prerequisite for an acquaintance with a world. Without a physical body we cannot gain knowledge about the physical world and it will

be unknown and inaccessible for us. Without a spiritual body the Spiritual world will be unknowable for us, without a Divine body the Divine world will be incognizable and we cannot perceive the inner meaning of Life.

In the present human body the head represents the Divine world, the lungs – the Spiritual world and the stomach – the physical world. After you have regulated your relations with the stomach and treat all its cells properly, you will have natural and harmonious relations with the entire material world. If you regulate your breathing not only as a mechanical, but also as a conscious process, you will have harmonious relationships with all Intelligent beings of the Spiritual world. If you regulate your thoughts and begin to think right, you will have a harmonious bond with the Divine world. When a person could harmonizes the inner forces of these three worlds, i.e. the functioning of the head, the lungs and the stomach, this person will get the best conditions in life.

First you should observe and get to know yourselves in order to determine your place in the Universe. You should not strive to define the essence of humanity as a whole, but your own essence, your own form and position in the organism of Nature. And then, from this position you should turn consciously to Nature and study Her language. Nature has Her own language and if you do not know it, you cannot get into contact with Her, so disharmonic states and diseases will come into your life.

A person should take into consideration three things in order to be healthy: a bright mind, pure lofty feelings and a noble will, as to know how to behave in any particular case. And in order to have these things, you should hold a high ideal and become masters of the circumstances, i.e. you should move to your goal undeviatingly, without being influenced by the

outside conditions. If there are obstacles and difficulties in the world, you should not think that they are created especially for you. Sorrows are a fortuity in the life of the Earth. If you are clever, you will avoid a path with possible obstructions. But as people are not clever enough, all the time they collide with the ways of Nature and suffer as a result. Human suffering comes from our misunderstanding of Life. Humans think that they are masters and can do whatever they wish – kill animals, destroy plants and misuse the goods they are given, which causes all the crises in their lives. All good things in Nature are referred to Intelligent beings, who keep us responsible for everything.

Contemporary people expect righteousness and kindness – this is good, but how do they behave with animals and other people? If they demand to receive rights and kindness, these should be for all. Kindness is expressed in this: to have understanding for the state of others and to accept their needs and worries as yours – this is the Divine law in the world. Only with compassion we could help one another, following the right path of Life, without these obstacles, which we meet today, and our life will attain an inner meaning, so we will get to know why we live and for whom.

Everyone lives, even if unconsciously, for the Eternal. Every person at all times seeks the Immortal and Everlasting behind the transitional forms. Only that, which does not pass can be loved, because it is real. Only that, which does not lose its inner bond, is real. The Reality does not depend on our belief or disbelief in it, it just exists. The Reality is distinguished by the fact that we can experience it; Reality is absolutely intelligent by itself. And the human life as an expression of this Reality is strictly determined – not in a fatal way, but by the effect of the laws, conditioning the human existence. Therefore, some events, which will happen in life, can be foreseen. For

example, fifteen years before the beginning of the First World War an esoteric society in England not only predicted the war, but also announced its development and showed the map of Europe after the war; and they were right in all their predictions. And now, they have drawn another map of Europe, which will be realized in the future. You will ask how they know this beforehand. There are laws, which determine the social state and the relations of the nations in the same way as there are laws, which regulate all processes and circumstances in Nature and in life. All these laws are based on a great Intelligence in the existence. And if we rely on this Wisdom and study its language, we will be advised about what is going to happen to us. Because the voice of Nature speaks in us – this is the Reality within ourselves. The Reality always gives something to us, while the unreal, the illusionary world takes from us and here is the difference. That, which brings strength to the human mind and makes a person think; that, which gives power and life to the human feelings and the human body, so that a person can achieve something in the world, is real.

If you become channels of the Reality in the world, you will be useful for the advancement of entire humanity. You will become co-workers of Nature or servants of God, if we put it in religious terms. But the idea of God should be seen in a new light. The idea, which people have of God today, is absolutely not true. In our view God is the Great Reality in the world – that, which is of vital importance for everyone. The life that runs and pulses in us – this is God; the noetic that acts in us – this is God. God reveals Himself in every soul and says, “You will all become as I think, and if you follow My path, you will attain everything”. You should all submit yourselves to the impulse of Life. If you follow this impulse without fear, all good and great persons will become your background and will

assist you. When we begin to live in this way, we will become free of the contradictions and the illnesses. The foundation of all diseases lies in the violation of the great law of Love. All problems with the nervous system are caused by the violation of the law of Wisdom and all physical diseases – by the violation of the law of Truth. If you infringe the law of Truth, certain organs of your body begin to suffer.

Something new should flow into the human soul. Contemporary people have not a guiding idea in their lives; they just try to live in one or another way until they pass away – these are people who do not have an ideal. Only when Love enters someone and begins to act through them, they will have an aspiration and an ideal. When Love comes It will create a whole paradise, in which you will dispose with everything good and noble that your soul may wish for.

In the future people will face the need for solving the great questions of Life. These contradictions, which exist now among the nations, will disappear and entire humanity will become one big family; nations and individuals will be the members of this family, respecting and assisting one another in the same way as the organs of a body function together – there will be inner harmony among all. And you will be witnesses of this future.



# **Sensible Comprehension**

*Lecture given by Beinsa Douno*

*March 22, 1934*

*05:00 a.m. local time*

*Sofia – Izgrev*

*Translated by Maria Braikova*





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## SENSIBLE COMPREHENSION

Now, I am going to speak about the significant things in life that you should know.

What you have learned up to now should be solidified, i.e. organized. When students enter school, they are supposed to learn everything that is taught there. When they finish school and enter into life, they will face another teaching. The words *solidifying* and *organizing* differ in meaning. Solidifying or cementing is not an organic, but a mechanical process. The persons of the world are being cemented; the persons of the Spirit who serve God out of Love are being organized. In this sense, the Divine world is organized. The believers who strive for spiritual life are to be organized, but their way of living deprives them of this experience. Why? – Because they also hesitate in implementing what they know. I will not explain why and in what way they hesitate, because the explanation of some truths sometimes causes more darkness and obscurity to appear in human minds instead of introducing more light. For example, can you explain to someone why humans see? Light is a world that is necessary for human minds. I say, it is important for all those who desire to serve God and to be His servants to know that serving is a process leading to advancement. Neither progress nor advancement will be possible in the world without serving. Life cannot have meaning without serving. Contemporary people think that only the ignorant, weak and poor persons serve. This is not true. The ignorant, weak and poor persons do not serve, but slave. There is a great difference between slaving and serving. When someone does something out of Love and voluntarily, we say that this one

serves. When someone works consciously, we say again that this one serves. But when someone is forced to work or to act, then we say that this one drudges and slaves. When a patient is made to do something in order to be healed, this is slaving, not serving. This patient acts out of necessity, not according to his good will. When do people undergo a treatment? – When they are ill. They take treatment, but we cannot say that they work. We say that they suffer or torment themselves “depending on the way they fulfill the doctor’s prescription”. Whether they will or not, they will call one, two or three doctors out of necessity, in order to be able to recover in one way or another. Diseases and painful states in humans refer to the human world, to the world of contradictions; health and the states of health in their turn refer to the Divine world. Therefore, when you are ill, when you reveal certain weaknesses of yours, you should know that you are in the human world, in the realm of the human. If you are ill, say to yourself, “I am a human being!” When you are encouraged, when a good, bright thought visits your mind, you should know that then you are in the Divine world, in the realm of the Divine. The good side of human nature is included in the rectification of one’s weak points.

Listening to what is spoken concerning these questions, many of you ask, “Which is the way we should follow?” The way you should follow is the way followed by the children. Which way is this? The children follow the way of their parents. Sons follow exactly the way of their fathers, and daughters – the way of their mothers, with just a slight inner difference. Many worry about how they will grow, whether they will develop properly. I say, one will grow and develop and in the end one will become exactly what one has been destined to be. If you want to be convinced of this, perform the following experiment: take an egg from a snake, an egg from a duck and

an egg from a hen and put the eggs in suitable conditions to be hatched. You have three eggs similar in appearance, but after hatching, from each egg will appear exactly the being that was lodged in it. A form adequate to what was hidden in the embryo of each egg will come out. Someone may say, "What will come out of me?" Exactly what was initially lodged will come out of you. Someone may be disturbed about the end of their life. How will a wolf finish its life? It will finish its life like a wolf. How will a sheep finish its life? Like a sheep. How will a snake finish its life? Like a snake. How will a person finish their life? Like a person. Under the words *finish one's life* I mean the understanding of Life. When a wolf has eaten a sheep, just then it understands that what it did was wrong. When a sheep has come to the end of its life, just then it understands that it has not achieved anything. When someone is at the final stage of life, they understand that none of their desires were achieved. When a man was born and became grown up, he started dreaming of becoming a king. Finally he realized this dream and became a king: being crowned, bowed down before, listened to and obeyed by everyone. He enjoyed the health, power, glory and authority that were at his disposal. But the time came, when the king's strength started to fail, the king's hands and legs did not function and began to quaver; the king's subjects began to disobey and dethroned him. Day after day his high position was eroding until he lost everything he had possessed and he said, "I was a king, but what did I win?" You won the experience that each king had. You played the king's part on the stage and after that you left the stage and entered the real Life. Playing the part of a king had not yet become the actual state of a real king. Until one becomes a Son of God, they will come on the stage and go off the stage; they will pass through various transitional states. To be a Son of God means to live in the real world,

where no changes exist. Only the Son of God understands the real world. The entire Universe is at His disposal.

I ask, what is the state of contemporary people? They live in the limiting conditions of life, in the world of changes and they say, "Where will this life end?" There is no sense in thinking about the end of life. "What will be the beginning of life?" It is better not to think of this as well. "What is the purpose of all things in life?" Do not think of this either. All things have their purpose. Each thing that seems to have no meaning at the beginning receives its value at the end. What meaning will you give to Life? What meaning will you give to Love? You should know one thing: Love excludes any sacrifice. Why? Love is more than sacrifice. Love excludes any giving – Love is more than giving. Love means fullness and satisfaction of the soul. This fullness and satisfaction will grow unceasingly. Love includes all acquisitions, for which the human soul strives. If today, in the name of Love, people do not fulfill their desires, the reason is that they want to be like others; they imitate one another and thus they are hindered. One is supposed to be like others only in one aspect that is, living in Love. People shall follow only the example of Love. Those who live in Love are not like others. The point is not to think like others, but to act like those who live in Love. Many will think that it is contradictory, even impossible, to act like all others. You should behave as the snowdrops and the oaks do. Shall a snowdrop wish to become an oak? A snowdrop can never become an oak; it will remain a snowdrop forever. The snowdrop's life is determined to be one, two months long. In this term the snowdrop will sprout, grow up, bloom and then fade away. The snowdrop has the right to exist on Earth for no more than two months. This is its term. The oak, however, is destined to live one, two, three hundred years or more. When I give you this example, I want

to direct your attention to the argument existing among people about why some of them should take the position of the snow-drop and others – the position of the oak. The same law also exists in the Divine world. If a human being wishes to become an angel, they should not imitate an angel, but take its place; at the same time the angel should come down to the position of the human being. This is good, but what will you do tomorrow, when someone else will wish to take your position as an angel? This one will take your position, but you shall also take their position. Therefore, do not consider that when you become angels, no one will hinder you. Many will desire your position, which will cause you to go down and up again all the time. And in this constant descent and ascent you will study Life. You ask, “Where will it end?” There is no sense in thinking of the end. You will rejoice, when you come to the state of being an angel; you will also rejoice, when you go down to the state of being a person. You should be pleased with both ascending and descending. What is bad about descending? Your room is on the top floor of the house. You go upstairs in order to spend the night and you go downstairs, to the first floor, in the morning. If you can go only upstairs and not downstairs, why should you build up houses of several stories? Which floor is best for living? At present the masters of the house or the hosts live on the first floor and the renters live on the second floor. The servants live on the top floor or in the attic. At present the world is turned upside-down. In my view, the masters are supposed to live in the attic, and the servants – on the first floor. Why? – Because the mountain air is fresher than the valley air. The first floor represents a valley, and the top floor – a mountain. The present masters are clever. They live on the first floor, i.e. in the valley, in order to be closer to the basement, where the food supplies are stored. The biggest facilities are to be found

on the first floor.

However, let every one of you conclude what is essential for yourself and apply it to life. Everyone will understand me according to their level of development. A five-year child understands life in one way; when it becomes twenty-years old, it will have another understanding; at the age of thirty its understanding will be quite different; at the age of eighty or a hundred, one's understanding of life differs completely from that of a child. Therefore, the understanding of life of one and the same person is different in the different ages of life. This indicates the progressive nature of understanding. As a matter of fact, if you watch a child of five and then you watch the same person, but as an aged person of a hundred and twenty, you will find an enormous difference between these two images. Why? – The states, in which they are placed, are completely different. But these states also influence the difference in understanding. This same person was joyful and content with life as a child of five; the child loved its parents, hugged and kissed them. And when grown old, the same person stooped as someone of a hundred and twenty years, so they started to walk with a cane; they did not trust anyone and they said, “Do not trust people, because they are bad-natured. Do not trust your servants, because they are thieves and will rob all your properties. Do not trust your neighbors too, do not trust anyone!” I ask, whom shall you trust then? Shall you trust only this old person? This one is discontent with life, with people, with themselves alone and will teach others from this point of view. No, this is not a right understanding of life. This is the reverse view of life. When old and young people are discussed, this concerns the physical life, i.e. the life on Earth. In Heaven, however, all are thirty-three years old. They do not have beards like people on Earth, and all are similar to one another. If you go to Heaven

and wish to see a child, right then one of the great angels will diminish and become a child. If you wish to see the same angel, he grows again and takes his initial image. Whatever you wish will happen, when you are in Heaven. But this is not so on Earth. In Heaven there are no sick, discontented or old people. No complaints, no groans will be heard there. When angels want to comprehend the nature of discontent, they come down to the Earth. In this way they receive some entertainment. The Earth is a place of entertainment for them. The angels go to the old people, to the old men and women, in order to listen to their life stories and get acquainted with discontent. An angel will smile listening to the story of an old person, who is introducing discontent to him. The old person will say, "You do not value my experience that is why you are smiling." – "How could it be true? I have come down to the Earth in order to study." – "So, you should take interest!" – "We do not know what discontent is." Discontent is not available in Heaven. And such examples as those amongst humans are also excluded there.

I say, the meaning of Life is not in aging. The meaning of Life is in Love, in Eternal life, in the process of everlasting rejuvenation. Those who do not become old cannot rejuvenate too. Those who do not make errors cannot become righteous too. If you can understand these thoughts, you will be blessed; if you cannot understand them, you will be like your grandparents. Why is this so? Asking why it is so is like asking why God has formed humans with only one face, not with two or three faces. If a boy falls in love with a girl who has three faces, he will not know at which face to look and will be confused. Humans must have one face, because there is only one God. Humans must have one mouth, because there is only one Love. However, humans have two eyes, two ears, two nostrils, two arms and two legs. Why do humans have two ears? The one

ear corresponds to the male, the other ear – to the female; the one ear corresponds to the brother, the other – to the sister. The one ear corresponds to the master, the other – to the servant. Therefore, the number *two* indicates that humans should receive and transmit the Divine gifts simultaneously. The five fingers of the human hand represent the five open doors to the world, through which one comes in and out in order to get acquainted with the laws of Life. Therefore, when you have five senses, you will see, hear, smell, taste and touch well. The five senses are the five doors through which one receives knowledge. In the future, humans will have more senses, but only if they have succeeded in developing the five senses that they use today. Contemporary people even with their five senses are still not able to understand and study the surrounding environment. They have mouths and tongues, but they have not yet learned to speak musically. Do you know what power is hidden in speech! If you knew the laws of speech, if you knew this musical language, it would be enough to say only three words in order to open the heart even of the most stingy banker. And now, as you do not know this musical language, as you do not know the key to use, when you go to a banker, you speak to him for hours, but you close his heart instead of opening it. And then you say, “I went to this banker, but I cannot go out.” I ask, how is it possible to go to a banker and not to be able to leave? If you cannot leave his room, it shows that you must give him something, but you cannot open his heart. Indeed, you own him a hundred thousand. He catches you and says, “Money now!” – “Let me go!” – “No, you will not go. Repay the money or I will turn you over to the court!” You cannot pay, so you are like that dervish, who went to take a bath, but he had no money to pay it and said, “I will take a bath and the Lord will think of me.” He entered the baths, took a bath and said to the person



at the exit, “Many thanks for the bath!” – “First you pay and then you thank.” – “For God’s sake, let me go.” – “If God has sent you to the baths, He will take care of the payment.” – “I have no money, I cannot pay.” – “No, you will pay! Otherwise, I will not let you go. Ten pennies total.” – “Allah, give me ten pennies to pay this person or destroy the baths, so that I can exit!” The reason for the misfortunes of contemporary people is that the person from the baths has caught them just for ten pennies and does not let them go out until they pay the amount due. When some people share their sufferings with me, I see the funny situation in which they are placed; I see that the person from the baths has caught them and does not let them go, and then they tell me that they are suffering. They ask me for some advice. What advice will I give to them? If I tell them not to bathe, I will not be right. I see that they need a bath at any cost. There is no other way than to pay that person from the baths. “I am money-less.” I say, so it is with this one who has no sweet words; but for the one who has soft, sweet words to say, the banks are open. If you know how to turn the key of your language, you will be able to do miracles. The wealth, the future of humans is hidden in their language.

Someone may say, “I will not become a conscious person this time, but in my future life.” Why do you say this? You have already come to the Earth; God has deposited something valuable in you, which is to be developed. It is funny, when some professors who have completed four degrees say that they cannot teach their students. If they cannot teach, why have they become teachers? The same refers to you. Place in your mind the thought that you, like a professor with four specialties, can fulfill your purpose on Earth. You say, “How can we know what we are supposed to do?” I ask, does a woman not know that she is a female? Does a man not know that he is a male? Does

a child not know that it is a child? Do masters not know that they are masters? Do servants not know that they are servants? Do military persons not know that they are in the military? Everyone knows the purpose of one's birth. Therefore, your task on Earth is to do what you were sent for. For this purpose you should enter the world of thoughts, or the Causal world; then you should enter the spiritual world, or the world of Love, the world of warmth; and finally, you should enter the Divine world in order to learn what the Will of God is and how to do it. Therefore, you have to study three things: the laws of mind, the laws of heart and the laws of will. Humility is also included in this science. One is to become meek in order to act reasonably and appropriately. The human life remains incomplete without humility. Humility is a way, a door, through which you can enter the Divine world, so that you may learn how to work. Those who want to become wise may go to the Angels\* to study; those who want to cultivate their hearts may go to the Cherubim\*\* and Seraphim\*\*\*; those who want to learn to work on Earth may go to the Divine world, to God. One may be wise and good-natured, but without humility one cannot fulfill their ideas and desires. But if one has visited the angels, the cherubim and the seraphim, finally they can also visit God. Only in this case can one fulfill the Will of God. There is no greater thing for humans than to do the Will of God. The entire science of the past, the present and the future is hidden in the fulfillment of the Will of God. The ideal of both small and great beings is to do the Will of God. God's Love, Wisdom and Truth are revealed in the fulfillment of the Will of God. Therefore, if

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\* Angels – bearers of life and vegetation

\*\* Cherubim – brothers of Harmony

\*\*\* Seraphim – brothers of Love

you do not fulfill the Will of God, you cannot understand His Love, Wisdom and Truth; if you do not fulfill the Will of God, you cannot attain His Life, knowledge and freedom. The ideal of each soul is hidden in the fulfillment of the Will of God. One should be prepared for any sacrifice for the achievement of this ideal. One should not have two opinions, when the Divine is concerned. It means to be a master of yourself. Mastering the situation does not mean that you will sacrifice yourself, but you shall don the garment of humility in order to fulfill the Will of God. Humility is a beautiful world! The real work starts in this world. The humble person has passed through all the phases of life and has diminished oneself, taking the position of a child. Christ referred to such souls, *"If you do not become like little children, you will not enter into the Kingdom of God."* Such a little child has passed through big trials, through all realms of Life and now it has come to Earth for a specialization. This specialization is nothing else but understanding of Life, its treatment as a Divine manifestation. Only meek people do the Will of God and that is why they know Love. Only God's Love makes Life meaningful and takes away any difficulties, obstacles, contradictions, making one master of the circumstances. The entire world is at the disposal of such a person. It means to be in the world among people who love you. They all will take care of you, so you will not have any problems, but in turn you should be attentive to others as well.

Now, being disciples, you are supposed to study. You will all pass through the experience of Job, who was at his time one of the advanced disciples. God wanted to test his patience; that is why He submitted him to big trials. Only a long-suffering person can do the Will of God. Without patience one cannot come into contact with the Divine world, one cannot know the Great Source. Without patience people can only ask themselves

why the world was created in this way, why the trials were given to them, why they carry one or another form, but they cannot answer in the end. Gradually humanity will become able to answer all these questions by developing patience. When one is able to answer positively all questions, finally one will say like a certain Bulgarian, "Day after day life becomes better; and it is best today." What is the meaning of these words? The Bulgarian worked in his field all day long and in the evening he came back home to his wife and children; he washed, put on clean clothes, ate a meal and said, "Day after day life becomes better; it is best today." One day, when you will be at home too, washed, dressed in new clothes, nourished and satisfied, you will say, "It is best today." Your life will become meaningful only in this way.

Today, March 22nd, is the Vernal Equinox, the beginning of spring. All will meet the sunrise, rejoice, sing and celebrate the coming of the first day of spring. When one meets the sunrise, they should have an idea about it. The Sun is an emblem of the Great Source in the world. It is seen to move around the Earth, to go from the Northern to the Southern hemisphere. When the Sun is in the Southern hemisphere, the Great One comes down to the Earth. When the Sun is in the Northern hemisphere, He goes back to His world. Then we go to Him, to the Divine world. Never mind whether the Sun is in the Southern or in the Northern hemisphere, Love and Truth should be known to us. Therefore, this year you have to study and implement Love and Truth in your life. Only in this way you will become free. Many think that they are free, but nevertheless they worry about many things. You are not free until thoughts, feelings or actions can disturb you. You are not free until children, servants, people around you can disturb you. You are also not free until cold and heat can disturb you. One shall

become a master of everything that is inside and outside them. I say, one shall pass through certain limitations and big pressures in order to become a master of the situation; one shall hit an obstacle, so that their consciousness may be awakened.

A sister told me about a dream of hers: she dreamed one night that she was in front of a frozen lake. She wanted to get water, but she could not. She hit the ice hard, made a hole and went into it; she filled her pitcher with water, but she could not get out. It came to her mind that she could fly. When she tried to do it, a wall obstructed her. If she were to come near it, she could hit her head and break it, so she stopped. An inner voice said to her, “Do not be afraid, hit the wall and you will go through it”. She obeyed this voice. She flew up, hit the wall with her head and right then she felt released. She passed through the wall without any damage. When she woke up, she understood the meaning of hitting an obstacle. She solved an important problem with this hit on her head. So, if one comes to a hard and dull state, they should hit their head a little bit, so that their consciousness may be awakened. Some years ago, when I was in Tarnovo\*, a forty, forty-five year old woman came to me and started to complain of life and people. I asked her, “Are you the only righteous woman in the world?” Then she turned another page, she started to speak about herself that she was bad, unsatisfied with her life and so on. I listened to her and asked again, “Why did you come to me? If you want to tell me what people are, what you are, I know this. What new can you tell me?” – “I want to tell you that my mother has sent me here. She passed away several years ago, but I dreamed of her

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\* Veliko Tarnovo – the former medieval capital of Bulgaria, a university, cultural and tourist center in North-Central Bulgaria, famous for its archaeological and architectural heritage.

last night. She came to me angry and discontent, with a pitcher in her hand. At once she lifted the pitcher and hit me right in my head. Some yellow liquid started to flow from my broken head. I was scared and decided to run away, but I heard the voice of my mother: "You will become a good person, or an even greater evil will befall you!" What a bad mother, I thought. Instead of meeting me with joy, she broke my head. I saw, however, that she was sitting and watching me. After some time she opened the door, lifted up her hand and went out of my room. I got up in the morning, but I noticed that some change had occurred in my thinking; I started to think about God, about people, about the goodness in the world. When I thought in this way, an idea came to my mind to pay a visit to you and to hear what you will say to me." Then I told her, "Thank your mother that she hit you on your head. This hit caused the awakening of your consciousness. Follow the Divine way and do not worry. Until you go in this way and do the Will of God, no pitcher will hit your head any more!" Therefore, only those who do the Will of God can enter the world of freedom. I wish you all to enter the world of freedom! How will you attain this freedom? You will attain it, when you enter the world of God's Love, God's Wisdom and God's Truth. What will we do there? This is none of your business. You should not think about this. When you enter into these worlds, you will be taught what to do. It is said in the Scriptures, "*God will teach you all.*" Therefore, when you enter the world of Love, the world of Wisdom and the world of Truth, you will be taught there what to do, how to fulfill the Will of God. If you do not enter these worlds, others will teach you what to do. Now, I wish you all to fulfill the Will of God! There is no more beautiful, more magnificent, more meaningful thing for one than to fulfill the Will of God! In other words: there is no more beautiful, more magnificent, more

meaningful thing for a person than to enter the world of Love, the world of Wisdom and the world of Truth! I wish you all to enter these three worlds and to be taught there what to do by One God. Now you will go into the world of Love, where you will be until September. When you come back from this world, we will meet again and have a talk. So, now you are going into the world of Love, where you will spend six months. I wish you a bon voyage! Have a good journey, all of you!

May God of the whole fullness fill us with His Sweet Spirit! May we fulfill His Good Will!





# Four Rules

*Lecture given by Beinsa Douno*

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*The Rila Mountain*

*Translated by Varbinka Hristova*



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## FOUR RULES

All people want to be successful in life, but in spite of this they are not. Why? – Because they do not observe the essential rules, without which their life is meaningless. If you want to be successful in life, you should apply the following four rules:

*Protect the freedom of your soul!*

*Preserve the power of your spirit!*

*Sustain the light of your mind!*

*Maintain the goodness of your heart!*

These four rules represent the music, art, wealth and strength in the human life. Without them, people can express neither love nor knowledge, neither wealth nor mindfulness. In order to be a good person, one should preserve the freedom of the soul, the power of the spirit, the light of the mind and the goodness of the heart!

Many people reject the existence of the soul and the spirit. There is no reason to reject them. They should know that only the free person has a soul. Whoever is strong has a spirit. If one is not strong, this one has no spirit. While one rejects Light, this one has no mind. When one admits Light – then one has a mind. While one rejects Good in the world – this one has no heart. When one admits Good – this person admits the existence of their own heart too.

What kind of person is that one who has no soul, no spirit, no mind and no heart? The true human being is one who possesses these four: soul, spirit, mind and heart. When someone loses the freedom of their soul, they become gloomy and indisposed. Having a hard time, they blame the devil for

this. Who is the devil? The devil is a spirit. As a spirit he could blow away everything a person is holding in their hand. And then such a person will complain that they were robbed. Whose fault is it that you were robbed? If you were holding your hand closed, no one could rob you. If you have kept your hand open, the guilt is all yours. For example, if you place a volatile liquid under open air, the wind will easily blow it away. Who is at fault in this case – the wind or the person who opened the bottle with the liquid? Everyone should know the values of their precious things and protect them with great care.

One has to contemplate all matters and then think in the right direction. Right thought needs several conditions: freedom – to give it space, and power – to make it active. Without strength, thought is deprived of movement. Right thought needs light to encompass and to master things. The purpose of the mind is to master. The purpose of the heart is to restore the natural shape and order of things. The heart means Good in the world.

Why do people suffer? – Because they are not free. Why are they weak? – Because they have lost the power of their spirit. Why are people poor? – Because they have lost the goodness of their hearts. The one who lost their joyfulness has turned off the light of the mind. Sick people have lost the power of their spirit. Whoever has become a slave of any negative habit has lost the freedom of their soul.

God bestowed on people four precious things to be kept very carefully: freedom of the soul, power of the spirit, light of the mind and goodness of the heart!

People are still dissatisfied even though they have such enormous capital. What could the disciples expect from their master? Is the master capable of giving a disciple another head, new eyes, ears, nose, hands and legs? Whatever one may

expect, the master can only stir the air around the disciple. Thanks to this movement of the air, the disciple can hear various sounds, through which the master can give knowledge about the external world: he speaks to the disciple about the letters, about the syllables from which words and sentences can be formed. Later on, the master writes on the blackboard and explains different invisible elements – nitrogen, oxygen, etc. Then the disciple will go back home and will say that he has learned something.

The art of a teacher is in the style of teaching. If teachers are skilled in teaching, they will bring light into the minds of their students. The art of a painter is in the lines they paint in the right place. Whoever does not understand could state that it is not art, but rather daubing the canvas with paint. The art of a musician and a singer is in the precise definition of the vibrations of tones. The real musician can specify the number, strength and quality of the vibrations not only of the tones, but also of the words as form, content and meaning. For example, freedom, power, light and goodness have their specific tones. Freedom has the highest tone in the musical scale. It is expressed by the note B (si). The note B (si) is part of music, but in speech (in the Bulgarian language) it represents the verb ‘to be’ in its singular form: “you are”. What are you? You are rich and strong, you are a knowledgeable person. When I say “B” I mean that I have good understanding and deep insight about issues. In order to reach the musical tone B (si) I have already passed through six tones B. Every person in a good mood is like the tone B. So, when I have freedom, I am like the tone B. When I have power, I am the tone B. When I am good, I am the tone B.

Therefore, freedom is a quality of the soul, strength – a quality of the spirit; light reflects the mind and goodness

reflects the heart. Without a soul, one cannot be free; without a spirit one cannot be strong; without a mind one cannot possess light; without a heart one cannot be good. This morning you all should check your status; you should see whether you have freedom in your soul, power in your spirit, light in your mind and goodness in your heart. As you can understand, the number four has a very important role to play in human life. This is the reason why Pythagoras gave a teaching to his students about the meaning of the numbers *one*, *two*, *three* and *four*. In reference to the term *one* he places the meaning of *solidness*. He means that a person should be so strong and solid, that no one could move them away from their place. When one grabs something in their hand – even if the whole world fights against them, nothing can be taken away. Solidness is a quality of the earth, of solid matter. In the term *two* Pythagoras places the quality of *movement*, which is typical of water. Even the slightest slope can make water flow downwards. Water meets a new environment and new surroundings. A person should be movable like water to get acquainted with those met along the road being ready to study them. An alive person means that one who is able to move along and to be master of their life. In the number three Pythagoras implies the quality of *expansiveness*, which is a quality of air. In the number *four* Pythagoras places the term *pervasiveness* – a quality of light. Therefore, the solid matter has one tension – downwards, where the mass is. The liquid matter has two tensions – downwards and aside. The air-like matter has three tensions – downwards, aside and upwards. Light, e.g. the ray-spreading matter has four directions of movement, four directions of tension. One cannot understand Life well if one is not stable like the solid matter, movable like water, expandable like air and penetrating like light. To penetrate into matter means to bring light into it.

Contemporary people argue on the issue of whether there is God in the world or not. Only people deprived of light in their minds could argue on such a topic. Is such a person able to accept and to teach knowledge? To deny God means to give room to ignorance and slavery in the world. If someone keeps the godless attitude inside them – it means to keep ignorance, slavery and herd mentality. In the distant past, when humans had no light in their minds they were characterized by herd-mentality. But from the moment when God granted the living breath to humanity, human beings received light into their minds and got out from the herd mentality. Since that moment they realized they had a Father, they realized they were born. Which is the first quality characterizing a daughter and a son? The first quality of a daughter is to recognize her mother. A daughter who does not recognize her mother is a herd-girl. The first quality of a son is to recognize his father. A son who does not recognize his father is a herd-boy deprived of light in his mind.

It means that before arguing about whether there is God in the world or not, one should first ask oneself, “Do I have light in my mind?” If they have a mind – then God exists; if they have no mind – then God does not exist. “And the mindless man said in his heart that God does not exist.” Unbelievers are distinguished by the fact that they have no light in their minds and because of this they live in darkness, in prison. Unbelievers are not able to think in the right way, because they are deprived of light in their minds and freedom in their thoughts. A person who is not able to think is a prisoner deprived of light. What should be done for proper thinking? Light a candle in your mind to obtain light. High school students do not believe in God, but when the final exams come they go to church and light a candle. Even they come to the understanding that they

should ask someone for help; they need light in order to understand and study well. If people are in difficult situations, they recognize God. Lighting candles means that people need light. If someone is in a contradictory situation, they say, “There are no good people, no goodness exists in the world.” But it is not the proper time to ask the question of whether there is good in the world or not. The important question to ask oneself and to answer is, “Is there goodness in my heart?” If there is goodness in my heart – then there is good in the world too. If there is not goodness in my heart – then there is not goodness in the world. Nastradin Hodga\* said, “When my wife dies, half of the world will die. When I die, the whole world will die.” As a matter of fact, if a person loses freedom of the soul, power of the spirit, light of the mind and goodness of the heart, life becomes meaningless for them; they are dead. They should resurrect!

What is the meaning of resurrection? To be resurrected means to become alive. Who can resurrect? Everyone who has gained freedom of the soul, they are resurrected. Everyone who has gained power of the spirit, they are resurrected. Everyone who has gained light of the spirit, they are resurrected. Everyone who has gained goodness of the heart, they are resurrected, they become alive. It is enough for a person to gain freedom of the soul, power of the spirit, light of the mind, goodness of the heart in order to resurrect, to come to life. When is it possible to happen? – Even today. One may die four times, but four times one can resurrect as well. When only freedom is lost, one dies for the first time. When power is lost too, this one dies for the second time. When light is also lost, that person dies for the third time; and when finally goodness is

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\* Nastradin Hodga – hero from many folk stories; an artful, smart joker



lost – the person dies for the fourth time. If someone dies four times, they are good for nowhere, they cannot even become herd-men. When someone loses their power, they become the laughing stock for all. When light of the mind is lost, they become one of the herd-men. What happens to a person who has lost goodness of the heart? You will answer yourselves.

So, you have to be solid, but active like the Earth – your mother, who carries you on her back. The Earth is moving with great speed towards her ideal. The Earth is moving faster than any new aircraft created in our century. Be flexible like water and spread like it. Through evaporation water ascends to the sky and spreads around converted into countless tiny drops, which fall down again as dew-drops, fog, rain; in this way water caresses people, it waters and refreshes any plant and satisfies the thirst of all living beings. Water washes and removes dirtiness. A person's dissatisfaction is nothing else, but a kind of impurity or dust stuck to one's consciousness that is causing irritation. In order to release all filth from their physical and spiritual bodies, and from their consciousness too, people should wash them very often. To reach this goal, one should utilize both visible and invisible water. If you say to yourself that you are sinful, bad, unjust, it means that you have become dirty. Take clean water and wash yourself. You are good, fair people. Is it true? It is equally true to say that a person is both good and bad. Therefore, it is recommended for humans to keep positive thoughts in their minds. It is much better to think you are a good, fair person and to become such, instead of affecting yourself negatively through your own thoughts. It is better for a person to think that they can believe. "Well, but my mind is not able to accept the idea of the existence of God." How can you allow unbelief to enter your mind? First of all, unbelief was created from faith. It is the second wife of man. When man was

not able to live well with his first wife – faith, he got married to the second one – unbelief. If he was not capable of living well with the first one who was good, tidy and clean, then with the second one he would live even shorter, because she was absent-minded, wasteful and careless. The falling of man started from the moment when unbelief entered inside. Even when man was still in Heaven, unbelief had penetrated inside him, so he said: “It is possible to live differently, not only following the way God has told me.”

If you want to get free from unbelief, keep the four treasures God has granted to you. You should protect freedom of the soul, power of the spirit, light of the mind and goodness of the heart! All achievements depend on these four qualities. You should have only one opinion, when you think of freedom, power, light and goodness in humanity. The meaning of Life is hidden in freedom of the soul, power of the spirit, light of the mind and goodness of the heart. These are the Divine qualities towards which humans should progress. It is the New teaching preached today.

All people want to obtain a very concrete idea of God. Freedom, power, light and goodness inside humans are nothing else, but paths for gaining Divine qualities. What more concrete than these four qualities can be obtained? These are the four powers in the human being through which the Almighty God expresses Himself. These entities are the creative principles. The world has been created through them. Human beings have space in their movements, when they are free. They can do something, when they are powerful. They can penetrate into matter, when they have light in their minds. They can keep things inside themselves, when they are good.

So, I wish you when you go back home to take your knives and to cut down the threads of the cobwebs that have

enveloped you by now. You can become free only in this way. Then wash all dirty dishes you have at home with clean, fresh water. It is a sign that you are actually powerful people. Afterwards light four candles in your four rooms and let them burn all day long. What will happen to the candles? Do not worry about them! Let the candles give light! Later on, when you see that all four fireplaces are not burning with fire, you should place wood or coal in them and light one match – so, let the fires burn to warm up your rooms. These four activities are required of all people. Tear the cobwebs that envelop you; wash the dirty dishes; light the candles and set fires in your fireplaces.

All I have said to you today is coming from God. He speaks:

*My children protect the freedom of your soul!*

*My children preserve the power of your spirit!*

*My children sustain the light of your mind!*

*My children maintain the goodness of your heart!*



# **The Ascending Way**

*Lecture given by Beinsa Douno,*

*June 23, 1942*

*05:00 a.m. local time*

*The Seven Rila Lakes*

*Translated by Daniela Pavlova*



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## THE ASCENDING WAY

### Reflection

*The Gospel of John, 10:1-15*

The Divine World is a world of Light, a world of law and order and of Eternal Divine harmony, which the enlightened souls carry throughout the Universe, which was created by God for the manifestation of His Glory and Greatness.

A world without Light is a world of chaos and disorder, a world that needs the hand of God. The world of aridity and the world of drought are worlds, which need Divine Peace and the Life of Joy.

Make use of the benefits of the small opportunities in life to do Good.

Take advantage of the benefits of the small opportunities to do rightly with your soul, which carries the burden of all souls.

Make use of the opportunities of the small daily moments in life, so that you may demonstrate your intelligence. It is the only way, in which the soul grows strong in goodness, Righteousness and Wisdom.

Even the smallest occasion in everyday life gives an impulse towards benevolence, which comes from God; even the smallest moment drives towards justice and prudence. So, the smallest thing in everyday life may provoke the impulse towards Good, Justice and Wisdom, which come from God.

Every kind of negligence towards Goodness, Justice and Wisdom is the reason for the trials and tribulations in one's life.

You suffer because you are negligent towards Goodness.

You suffer because you are negligent towards Justice.

You suffer because you are negligent towards Wisdom.

Leave the filthy road of life, where everything is covered with fog and take the ascending path of Love.

Do not disregard the small flowers, which you see on your way.

Do not disregard the dew-drops, which you see on the faded leaves.

Do not resent the chirping of the little birds, talking to each other.

Do not deny even the most trivial song of Light, which brings joy to your soul.

Do not refuse the kindness of the little beetle, buzzing around you and praying. And when it comes to rest on your knee, touch it gently and say, "Thank you for the little goodness and for the little kindness you bring to me." Be thankful – not for the biting flies, but for the little beetles, which caress you. The biting flies represent the evil people and the little beetles represent the good ones.

When you speak, speak clearly and with good articulation, do not mumble.

Any person, who does not know how to behave, is wretched.

In the world of good and evil, in which you are living, you should always choose good first and then make evil be a servant of good.

Do not make friends with evil. It is the heaviest burden that you can carry, the hardest work that you can do, the most difficult teaching that you can attain, the biggest surprises that you can face. Evil has got only one friend and this is Love.

Meet the evil's friend first; meet Love and then evil itself.



Do not put your finger in the fire, but rather use tongs.

The world of good and evil is a World of God. Do not enter into this world prematurely, your place is not there.

Until you acquire the knowledge and strength of the enlightened and intelligent beings in the Divine World, you will always suffer.

A suffering which cannot be used is a restraint for the soul.

A suffering which can be used is an achievement for the soul.

Enjoy the little fruits, which God is sending to you daily and unceasingly, so that you may strengthen yourself on the path, which leads to Love.

Once you enter the territory of Love, it will reveal the Beauty of the Divine World to you.

No Divine fruits are attainable without Love.

With Love, Divine fruits are like threads, from which all of Life is woven.

The Spirit is the One Who with His Light is weaving the good life of humans.

Walk in the Light of the Spirit, so that God may bless you.

Make use of the contact points of Light.

Make use of the gifts of Light.

Pay attention to the smallest flicker of Light to find the unknown paths of Life. Hidden within are the Divine joys, descending from Heaven. The Earth is a place of Divine treasures, from which you benefit daily. Dust is as precious there as gold. The word *dust*\* is full of meaning. In Bulgarian it has two meanings: one is the noun *prah* and the other is the verb *prah*\*\*. One washes to get rid of the dust. Every dusty thing has

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\* Dust – *prah* in Bulgarian

\*\* *Prah* – the word *prah* in Bulgarian also means *washed* (the past tense of the verb *to wash*)

to be cleaned. The word dust is associated with the word *cleanliness* with the concept of *purity*. The word *purity*, on the other hand, is associated with the Divine World. Therefore, dust leads to purity and purity leads to the Divine World. In the world of Wisdom, dust is as much precious as gold and gemstones, as sweet fruits and pure flowing water. Dust is the feather, with which the earthly life was written down. If you love Life, it is indivisible, but if you do not, it splits into two and causes you troubles.

Do not despise your oppressor. You should rather love him, because it is through him that you will return to God.

Work consciously and wisely on yourself, so that you may deal with the dust and free yourself from it. It is better to deal with the dust than to occupy the highest position in the world. Reigning, without having dealt with the dust, is vanity in life. Reigning, after having dealt with the dust, is being in the joy of life. If you rejoice, you have much dust in your life; if you suffer, you have little. Dust sings its own song of life, out of whose particles it came into existence.

Receive joyfully the Word of God, which flows into your souls.

The Word of God brings the Divine fruits.

Whatever may happen in your life, whether good or bad, rejoice. God will turn everything to good.

Where God is present, Life and death are one.

Abide in God, so that He may live in you forever!

Learn the precious words of Love.

Study the Word that comes from God.

# **Biographic Information**

*The Master Beinsa Douno – Peter Deunov  
(1864-1944)*



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**BIOGRAPHIC INFORMATION**

**THE MASTER BEINSA DOUNO –**  
**PETER DEUNOV**  
**(1864 –1944)**

*I have passed through all mysteries of Life and now I am  
existing in the Spirit of Truth.*

*Beinsa Douno*

**1864** – Peter Konstantinov Deunov was born on the 11<sup>th</sup> of July (29<sup>th</sup> of June by the Julian calendar – the Day of St Peter) in the village of Nikolaevka, near the Black Sea in the district of Varna. He was the third child in the family of Konstantin A. Deunovski (an Orthodox priest and a teacher) and Dobra Georgieva (her father Atanas Georgiev was a National Revival functionary and a mayor of Nikolaevka).

**1872** – Peter Deunov entered the Elementary school in Nikolaevka.

**1876-1881** – He studied and obtained his secondary degree in the male school in Varna.

**1886** – Peter Deunov graduated from the American Theological School in Svishtov.

**1887-1888** – He was a teacher in the village of Hotantsa, Ruse district.

**1888-1892** – Peter Deunov went to the USA, where he graduated from the Drew Methodist Seminary in Madison, New Jersey.

**1893** – He was conferred a degree in Theology at the University of Boston with the graduation thesis “*The Migration of the German tribes and their Conversion to Christianity*”.

**1894** – He also took a course in Medicine at the University of Boston.

**1895-1900** – Peter Deunov returned to Bulgaria, but refused to become a Methodist preacher or an Orthodox priest in Varna. He lived alone in seclusion and meditation, in prayer and profound inner work. During this period He received His Initiation and Mission of a Spiritual Master.

**1896** – He published the book “*Science and Education*”, in which he analyzed the human path in the world drama and the coming of a new culture.

**1897** – 33 years old, Peter Deunov founded in Varna a Society for Spiritual Elevation of the Bulgarian nation and published his mystic booklet “*Hio-Eli-Meli-Mesail*”. This was a turning point in his life – the beginning of his activities as a spiritual leader.

**1898** – In Varna, before the members of the Charitable Society *Maika* (*Maika* means *mother* in Bulgarian), Peter Deunov delivered a message for the social and spiritual recognition of the Bulgarians – “*An Appeal to the Bulgarian nation*”.

**1899** – He wrote “*The Ten Testimonials of the Lord*” and “*God’s Promise*”.

**1900** – The Master summoned His first three disciples: Penyo Kirov, Todor Stoimenov and Dr Georgi Mirkovich to a meeting in Varna in July. It was the First Spiritual Council.

**1900-1942** – Annual councils were held, initially called meetings of the “*Chain*” – spiritual assemblies attended only by people personally invited by the Master. They were usually held in the summer in different locations throughout Bulgaria:

in Varna (1900-1908), in Veliko Tarnovo (1909-1925), in Sofia (1926-1941), in the Rila and Vitosha Mountains.

**1901-1912** – The Master traveled through the country. He gave lectures, carried out phrenological researches and studied the fundamental characteristics of the Bulgarian nation.

**1901** – He published 5 phrenological articles titled “*Heads and Faces*” in the *Rodina* Magazine (*Rodina* means *motherland* in Bulgarian).

**1906** – Peter Deunov settled in Sofia, the capital of Bulgaria, at 66, Opalchenska Street, where He began to deliver weekly Sunday lectures open to the general public.

**1912** – The Master created the sacred book “*The Testament of the Color Rays of Light*” in the village of Arbanasi, close to the old Bulgarian capital Veliko Tarnovo.

**1914** – He began to give regular Sunday lectures to the general public in Sofia. These lectures were recorded in shorthand by his stenographer disciples. Later they were decoded, edited and published in the series of lectures “*Power and Life*”, which presented the fundamental principles of the New Teaching.

**1917-1932** – Beinsa Douno lectured a special spiritual course for married women in Sofia.

**1917-1918** – During the First World War he was interned in Varna for a certain period of time. According to the government of that time his lectures “*demoralized*” the Bulgarian soldiers. The followers of the New Teaching increased after the war and reached approximately 40,000 people in the first 30 years of the 20<sup>th</sup> century.

**1922, 24 February** – A Spiritual School was opened in Sofia with two classes: a General Class and a Special Youth Class of disciples. The Master delivered his lectures before the two classes twice a week in the course of 22 years (1922

-1944).

**1927** – The *Izgrevev* Spiritual center was gradually established in Sofia and Beinsa Douno moved to live there with many of his disciples (*Izgrevev* means *sunrise* in Bulgarian).

**1929** – The first summer tent camp was carried out at the Seven lakes in the Rila Mountain. It became a tradition for the followers from the country and abroad. Nowadays it takes place every year in August as a spiritual school with thousands of participants.

**1930-1944** – The Master held Sunday early morning lectures – a new line in his spiritual work, the so-called Morning word.

**1933-1934** – He gave the first “28 exercises” of the *PanEuRhythmy (Universal Cosmic Rhythm)*. Later he added the two parts “*Solar Rays*” and “*Pentagram*”. The *PanEuRhythmy* was finally completed in 1942.

**1944** – Beinsa Douno with a group of disciples spent the hardest months during the Second World War (11 January 1944 – 19 October 1944) in the village of Marchaevo, near Sofia, in the house of Temelko Gyorev. This house was preserved – nowadays it functions as a museum.

**1944, 27 December** – The Master ended His earthly path in Sofia. By the ordinance of a special permission he was laid to rest in the *Izgrevev* district. His sacred place has turned into a beautiful garden, which is daily open for free visitation.

Beinsa Douno – Peter Deunov left an invaluable spiritual heritage in his numerous talks and lectures, prayers, formulas and songs, gymnastic and breathing exercises, spiritual methods and practices for group work, self-development and conscious living.



*After you go through a hundred million solar systems,  
you will come to me and then we will experience together the  
deepest Mystery of Life.*

*Beinsa Douno*



