

*The Master Peter Deunov
(Beinsa Douno)*

Child of the Universe

Methods for healing taken
from the lectures of the Master



**THE MASTER BEINSA DOUNO
(PETER DEUNOV)**

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The Master Peter Deunov, known by his spiritual name Beinsa Douno, lived in Bulgaria from 1864 to 1944. He made accessible a part of the Great Esoteric Knowledge by his preaching and his lectures over 40 years, gathered in more than 300 volumes. Of his teaching he says this:

“The teaching of Peter Deunov doesn’t exist. There is only one Divine Teaching which I know. It is the Great Teaching of Life. ... If the Teaching which is preached gives meaning to your life, gives you health, understanding, light, makes you free, follow it. That is exactly the teaching contained within every soul. It points to the true life.”

The lectures by the The Master Beinsa Douno contain much actual knowledge for man as cosmic being, the world of the soul, methods for perfection and development of the consciousness, methods for healing which are included today in the term “holistic healing.”

The following exposition, containing only few extracts from the waste material in the lectures of Beinsa Duno, views man, drawn as a creation of cosmic forces and subtle energies, forming and penetrating the material structures. The second part presents some of the methods, rules and formulas, taken from lectures by the Master.

PART ONE

THE HUMAN BEING

Man* can be likened to a Divine book, consisting of many pages where he himself has been writing his contents over the ages. Everything that has happened and is happening on earth and in heaven is written on man. Everything God has created exists in miniature in man too. All animals, plants, minerals, crystals, together with all souls that exist in the world, have not only a reflection inside you, but also their representatives.

The human body is a synthesis of all the processes in nature. If you know your body, you will know both the visible and invisible worlds. If you know the people surrounding you, you will know the whole universe.

The whole path of Life – from the plants up to our human race – is a path of creation and formation of our body, which has been built by many architects; they have woven into it the laws of the most intelligent organization in the cosmos. If modern people want to establish a social system, where the order of reason, justice and freedom reign, they need to build it according to the principles on which the human body is organized. For the structure, organization and life of the human body are the ideal pattern after which the society, the nations and the whole humanity should be organized.

* The term “man” used in this booklet is a translation of the Bulgarian word “chovek”, meaning human being. It applies equally to men and women.

If people want to understand the present life, they have to go thousands of years back, to read everything they wrote and to juxtapose the past with the present. You could read all that in the features of your face, nose, ears, mouth, chin; you could also read from the structure of your head, hands, and the whole body, as well. To go back means to examine all lines of our body.

And if you want to study the human being, then you should study nature. Both the outer and inner image of human being can be seen there.

The human being is a bridge, which the beings from the superior worlds go along in order to descent to the inferior worlds. The lower beings ascend on that bridge to go to the superior worlds. The human being is the most beautiful bridge on the Earth.

As a whole, the human being represents a combination of time and space. The head represents the space, infinity. And the body represents time. Therefore, the body represents the inner content of head. The activity of the whole body represents the essence of the head.

You say, the human being is the most intelligent being in the world, and I would say that the human being is the most complex mathematical formula in the world. That's why, in my opinion, the eyes, ears, mouth, chin and eyebrows of man represent mathematical and geometrical formulas.

Not the whole man is incarnated in the body. A great deal is outside of the body. Consequently, the man on the earth should get inspiration from that part of his being which is not incarnated, yet.

The purpose of the efforts man makes in his life is the development of organs, which are useful in all the worlds. With them, you will be able to contact not only the physical world but also the higher realms. You will

need physical, spiritual and divine organs. Every world requires adequate organs. The important thing for you is to develop these organs. Your personal belief or what people think of you are of no importance.

THE SOUL

The soul originates from the Prime source as a divine beam and enters the infinite universe in order to accomplish some special work, which lies ahead.

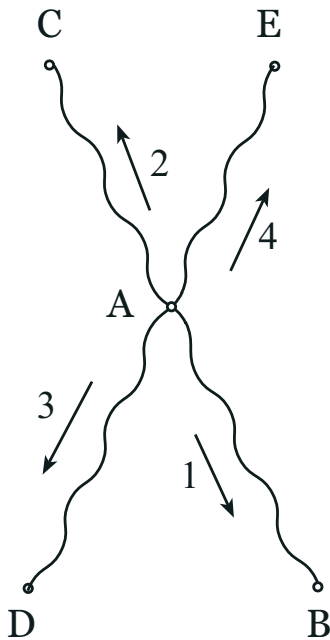
The soul is eternal. It is eternal as God is eternal. But while God is absolutely invariable, the soul is constantly changing, and in this way it is developing and obtaining new qualities.

Nowadays, people do not recognize the soul. They do not know themselves as souls, but as personalities. The personality – this is the physical man, but not the real Self – the soul. People also recognize only the personalities of the others, but not their souls, who are their real relatives.

The soul, in itself, is a little universe, which moves along its own way in the big universe. But one great quality of soul is to diminish – to become extremely small, and to widen – to become as infinite as the universe.

The Low of Manifestation

Let's take the human soul as a big monad A, and all others little souls (the cells) as little monads, and each of them is represented by a monad B. Then (according



to the Leibniz theory) the primary monad needs the other monads in order to manifest itself. Monad B is a form through which monad A could express itself. There is a law: the higher always expresses itself through the lower, or the inferior always serves as an expression for the superior.

For example, we have a monad A, which wants to manifest itself. It does not manifest itself upwards, but it extends its first root downwards, towards monad B, and it does it not

in a straight line. The monad B through its projection upwards gives back the energy, which has been received from monad A before that, and thus forms the first branch upwards into monad C. Within monad A appears a wish to manifest itself again, therefore it strikes a second root downwards, as it forms monad D. That monad D projects itself upwards and forms monad E. In this way namely, the first monad A is growing. As it strikes one root downwards, and to this one corresponds a branch upwards etc., all these are secondary monads that work, and actually it is monad A that manifests itself.

Each cell represents a soul that thinks. These souls have a certain influence over the whole life of the human being. When somebody is spiritual person and develops according to the Divine laws, these souls also develop in a right way and group together harmoniously within the

central monad, which represents the human being, the individual itself. The individual is the central monad, around which all other monads, all souls group together and support one another. But when this soul, which bears the name known in the heaven, does not follow the laws, all other souls are in discord. Then complete chaos is born within the human soul, the human mind, and human heart. The central monad is a centre. It should be ideal image for all these souls within us. All these unknown souls are linked with the whole Universe, with the whole existence. Each of them has specific duty: each can receive certain thought and transmit it to the central monad. They are the employees of man who couldn't make one step without their help. That is why, when it is told that human being is a small universe, this is true – he is indeed whole small world.

So, you are a living part of God, a little monad, in which the Divine should manifest.

You may ask – if the soul is something specific and rules, so who are you? You are exactly the soul itself, and the body is manifestation of this soul. When we speak of man we understand and entity and don't separate soul versus body in their functioning, we don't give preference to one life over the other. Life is one. In order to have achievements we need to understand this concrete thing which is given to us, which we possess – our body.

The human soul lives outside our world, in a world that has a lot of dimensions. There is only a little projection of it on Earth. It appears only temporarily, like a guest of mind and heart. When the soul visits man, one becomes great, inspired and lofty. All great thoughts and wishes flow out from the source of soul.

The human being is only a soul. God has embellished the soul, and has placed a great power within – the mind;

He has placed another great power – the heart; and the third great power – the will. Thus He has beautified the soul.

The soul manifests through the sum of acts of mind, heart and will.

And the soul supplies itself from other source – the human spirit. The human spirit supplies itself from a greater source – the Spirit of God.

And the Spirit of God supplies from the greatest source – the absolute, the unknown Spirit of Existence, which nobody knows anything about.

THE SPIRIT

The spirit is the ultimate reality. From the point of view of the physical world, it is invisible, but in terms of Divine world, it is so objective, as the body in the physical world and the soul in the spiritual world.

To understand what the Spirit is, your soul need to awaken.

For only the soul has direct communion with the Spirit.

Without the soul, we would not have any notion of the Spirit.

The soul has not finished its development yet, it will go through millions of forms. When it finishes its growth, it will merge with the Spirit, and they won't separate ever.

The human spirit is eternal. It continuously descends, manifests itself and ascends again. When the Divine Spirit descends upon the human Spirit, last one awakens

and manifests itself. It descends, and after that ascends to God again.

While descending and ascending, the human spirit moves in three directions simultaneously, which give rise to three aspirations:

The first one is the pursuit of life.

The second one is the pursuit of knowledge.

The third one is the pursuit of freedom.

The human spirit teaches everything to the human being. It inspires the human soul for its growth and development. The soul is the treasure of the human spirit. It carries within everything that the spirit has acquired from the time immemorial up to the present.

The human spirit is the author of all things on Earth. Every science, art, religion, all epochs and cultures, through which the earth has gone, are created by the human spirit, which has not manifested itself fully yet. The human physical body with all its organs, together with its structure, is created by the human spirit.

And when the body is forming within the womb, the human spirit participates together with the spirit of the mother in the formation of the body. Cause all energies and powers, which are in force in the cosmos, are available to the human spirit. It operates freely with the matter – it could compress it, or disperse and shape it.

The Law of Trinity

The human being is learning in three schools at the same time. The body is learning on the Earth. All cells in the body have a certain function, but they are learning in the mean while.

The soul is learning in the spiritual world. The spirit is learning in the Divine world.

The physical world is represented by the stomach (this means the digestive system – *editor's note*), which contains three parts: hell – the large intestine, purgatory – the small intestine and heaven – the stomach itself.

The spiritual world – these are the lungs that have two parts: the good passes through the right one, and the evil passes through the left one. The right part of the lungs represents heaven, and the left one – hell.

The head, where the brain is situated, represents the Divine world. The front part of head – the forehead, and the top part represent the good, the heaven. The back part of head is the hell within the human being.

So that all of you live simultaneously in the physical, spiritual and the Divine world.

THE HUMAN BODIES

Occultists tell us that man lives in seven bodies. But in my opinion he has twelve bodies, all of which must be organized. Theosophists mention only seven of them, five are unknown. Most people use only four of the seven bodies.

Through your feelings you are linked to the astral world i.e. to your astral body, also called your spiritual body. The astral world has two areas: high and low, according the feelings, which can be high and low. The astral world is liquid, like water. The mental and causal bodies are connected to worlds higher then the physical and astral ones. So man lives through four bodies: physical, astral, mental and causal. Each body has its own function, each body consists of a specific substance. As the physical body

has its own physiology and anatomy, so the astral, mental and causal bodies have their own physiology and anatomy, similar to those of the physical body.

The physical body, the astral body, the mental body and the causative body are the four bodies that are structured well, and the present human consciousness function within them. There are three other bodies, which are at a standstill.

You should study these four bodies, as you study your physical body from a physiological point of view. To understand how they function, regard them in a similar way as you regard the physical one – each of these bodies, which you do not perceive have its corresponding organs in the physical body. For instance brain corresponds to the mental body, sympathetic nervous system – to the spiritual body, liver, spleen and stomach correspond to the lower astral world.

According to the occult science, the man has seven bodies, each body has seven senses. You will enter the invisible world with all these seven bodies. With one body, you enter into the physical world, with two – into the astral world, with three – into the mental world, with four – into the causative one, with five – into the Buddhical, i.e. Nirvana – the world of bliss. The seventh body is that of Love. Being dressed in the body of Love – the most beautiful and perfect one, you will reach the realm of God. The garment of Love includes in itself the clothes of Wisdom and Truth. Those who have put on the three-coloured garment of Love, Wisdom and Truth, they have experienced the warmth of Love, the light of knowledge and Wisdom, the power and freedom of Truth, as well. To be dressed in the power of great Love, Wisdom and Truth – that means to achieve eternal life, i.e. the immortality, known by the old alchemists.

According to the inner essence of the Teaching of Christ, the human being has essential, unalterable bodies and seven layers.

The occultists believe that the seven bodies are one into another. From a physical point of view this is the case, but from a spiritual point of view the human being does not have seven bodies, but only one, the others are layers, projections in different fields. Body – that is the precious, these are all possibilities, which nature has set in human being, and all opportunities it has given to man for work. In these really existing bodies works the perfect man. But not all of them could be called bodies in the full sense of the word. In fact only three of them are bodies, the other four are layers.

I give a new meaning of these three essential bodies, and call them: body of Love, body of Wisdom and body of Truth.

The body of Love – the real body of man, the one that never dies, is being built now. Its foundations are laid. As for the other two immortal bodies – the body of Wisdom and body of Truth – they exist only as germs. For their development, new epochs will come.

Everything, which occurs in the life of humanity, happens in the life of each single person. The first seven years, the child experiences its physical life – that is the period of formation and development of the physical body; the second seven years – from 7 to 14 – the child experiences formation and development of its feelings – or this is the birth and development of its astral body; the third seven years – from 14 to 21 becomes the birth of the mental body and the child begins to live its mental life, and from 21 to 30 the causative body is born and man goes through its causative life.

Since the age of 21, these periods of life start repeating again. From 21 to 28 years of age, the person is in the second phase of the physical life. One starts considering how to arrange one's way of life better, wishes to get married, to establish home.... From 28 to 35 years of age, one starts thinking and living in a more spiritual way. He enters the second phase of its angelic life. From 35 to 42 years of age, the person enters the second phase of the Divine life. One commits oneself to a real service to God.

Since the age of 42, man enters again into the physical life, but this is the third phase of it, namely – the physical life of the Divine world. This period of life continues from 42 to 48 years of age. From 48 to 56 years of age, one is in the third phase of its angelic life. At last – from 56 to 63 years of age – one is in the third phase of the Divine life.

The Etheric Body

The physical body has three layers. One of the layers of the physical body is etheric, which spreads 1-2 centimeters away from the physical body. The physical forces of electricity and magnetism pass through it. Just as we dress our physical body with thick and thin clothes, in the same way the etheric layer is a sound dress of the physical body, which protects it from the external influences.

Soul creates this etheric layer around the body.

While that shield is whole, man is healthy, because it regulates the warmth of organism. Sometimes, under the conditions of harsh life, the magnetic layer around the human body breaks and the external influences penetrate in, which leads to a number of diseases. The magnetic garment enfolds the stomach, the lungs and all other organs of the human body.

The consciousness is related to the etheric body, the so called counterpart, or the mediator of the forces of nature. The etheric counterpart is around the whole body thus regulating and transforming the energies that come from outside and inside. If the counterpart is not able to transform them, a number of diseases and disharmonious conditions appear.

The physical body lives thanks to its counterpart. Therefore if the relations between the physical body and the counterpart are regular and harmonious, people would always be healthy. If these relations are not harmonious, a variety of unhealthy conditions arise. And vice versa: when some organ of the physical body gets ill, it means that the harmony between the counterpart and the physical body is destroyed. That's why, in order to heal yourselves, your first task should be to re-establish regular relationships between the spiritual and physical bodies.

You should therefore observe the law of consistency in all three worlds. In the physical world you have to know how to eat, how to breathe, how to drink water and how to receive light. On entering the spiritual world you need a well organized astral body, and again a well organized mental body is required for the mental world. Wise is the one who has developed all three bodies. The development of the spiritual body may be achieved through love, through service to God and through prayer.

These are the three ways to create a spiritual body. How can we tell that one's spiritual body is well organized?

The one who doesn't lose his balance, his peace of mind in the face of all the contradictions in his life can be seen as having a well organized spiritual body.

What does the physical body represent? It is a conductor and great accumulator of nature's forces. There are two kinds of natural forces which pass through it: positive and negative electricity, positive and negative magnetism. Nowadays your bodies are not physically harmonized: some of you have more positive electricity or magnetism, others – more negative.

THE ORGANS

In order to be manifested in the world, any form needs matter, substance to “dress” the living forces. Whole body, together with its inner and outer organs, represents the material side of the forces of the human brain. Consequently the lungs, the stomach, the muscles, the bones, the nervous as well as all other systems represent a great installation through which the human intelligence is manifested. Thanks to the intelligence in nature, corrections and improvements of the human organism happen constantly.

The organs of the human organism are created by particular virtues – consequently each illness of some organ is related to the virtue that had created this organ.

Each organ has a double service: outer and inner, i.e. material and spiritual. All your organs are created according to your personality and your soul. The whole human body is a reflection of the soul: the eyes are a reflection of mind; the mouth is a reflection of heart; the nose is a reflection of the intelligence; the legs are a reflection of the virtues; the hands are a reflection of justice.

Why did God created man with so many inner organs? Why does man needs brain, lungs, heart and stomach? By means of these organs, you connect with the Angels, Cherubs and Seraphims from which you obtain the knowledge, which you need for your development.

In Hebrew language, the **Seraphim** were called Spirits of the Crown of God.

By means of lungs, one relates to **Cherubim**. Therefore, when you breathe, think about those spiritual hierarchy and their wisdom. That is to say, wisdom is acquired through breathing.

By means of heart, one relates to another hierarchy, called **Thrones, i.e.** the Divine reason. The heart beating shows that we are related to this hierarchy.

By means of the stomach, one is related to other hierarchies – **Beings of Nobleness**.*

After the stomach comes the liver, by means of which one is related to other hierarchy, called **Powers** – or Divine power.

By means of the gallbladder, one is related to the **Beings of Good**.** When the gallbladder is in a normal condition, the good and love increase. If hatred increases, love decreases. This is a law that regulates the relations between powers. Nobody could avoid that law.

After the liver comes the spleen, by means of which one relates to other hierarchy – **Principalities, or Rulers**, called God's Justice and Victory in the world. The increase and disorder of the spleen shows that the Justice is broken and the person is in disharmony with the principalities.

* This is the angelic hierarchy of Dominions

** The hierarchy of Virtues.

Another hierarchy is **Archangels**, Beings of God's glory. They guide the nations. They are in relation to the kidneys. Those who do not praise God, and are not inspired by the greatness of nature, they could not be in relation to archangels, and have a disorder of the kidneys.

At last we come down to the hierarchy of **Angels** that are the foundation of life. In order to connect with them, all people – men, women and children – should give birth, to bear elevated thoughts and well-intentioned wishes. Otherwise they are not connected to the angels.

The Brain

Four important parts manage the human organism: brain, lungs, heart and stomach.

There is nothing greater than the structure of the human brain and eyes. The quality and quantity of the brain cells which are receivers of God's Love, Wisdom and Truth, determine the love, wisdom and truth of the recipient. The cells transmit whatever light they have absorbed from human consciousness.

The most precious part of a human organism is the brain. This is a big power dynamo that spreads electricity through the whole organism. If one knows how to use this energy properly, one can cure oneself. The soul uses the cosmic energy of Intelligent Life, which runs along the folds of the brain. The energy of thought runs along these folds and then moves out. They conduct energies of the whole universe.

There is a spiral, roundabout movement in the human brain and whenever this movement flows in the right way, man thinks clearly. Physics teaches that energy goes from the cathode to the anode. Positive energy normally moves from the right hemisphere of the brain to its surface, then

turns under the left hemisphere, goes out again to its top and back under the right hemisphere. Energy goes from the right hemisphere to the left one, that is why the present day man thinks with the left hemisphere. This is the reason for the asymmetry of human faces. Man needs to work with both hemi-spheres.

Whenever someone is about to quarrel, it is a sure sign of some surplus electricity in the right hemisphere of his brain. Whenever someone is in low spirits, in a pessimistic mood, it is a sign of some surplus electricity in the left hemisphere of his brain. If electricity has accumulated in the right hemisphere of your brain, you should not stroke your head with your right hand which would make your condition worse; you should stroke the right side of your head with your left Hand and vice versa. Don't let surplus energy accumulate in your brain. The brain is connected to all the parts of the human body. When polarization appears in some centre, it is reflected at once on the appropriate organ, which in this way participates in the accumulation of energies. Knowing this, you should endeavor to transmit the surplus energy in your organism from one centre to another.

There are three main areas of energies in the human brain: The first, behind the ears, is the location of the lower types of energies. This area can be regarded as the hell in man.

The second area includes the type of energy at work in the forehead – the human life.

The third area represents the type of energy in the upper part of the brain where high moral feelings are in action. This area can be considered as the heaven in man. Thus, whenever someone acts contrary to his noble sentiments, the energy from this area goes down behind

the ears. To avoid this, you have to follow your higher aspirations.

When man is angry, vexed or in low spirits, his state of being is due to the accumulated energy round the ears and the back of the head. He must dispel it correctly and transform this energy in order to prevent an explosion. It is recommended in such cases to work with a hoe, to dig, and in so doing to transmit a part of this energy to the earth. If you don't have a possibility to do that, touch the tip of your nose 4-5 times. It is important to transmit the energy of anger into labour.

When your thought goes astray and becomes disharmonious, you will feel a pressure in the temporal areas, then you become drowsy, in a hypnotic state and grow sleepy.

Don't allow the energy to accumulate in your temples. This kind of energy is connected to the stomach. Directing your energy to your temples comes from the full stomach. This way you deprive your brain of power, you demagnetize yourself. An emptiness, a vacant feeling will be felt. You should always direct your energy to the upper part of your head.

Some scientists, some occultists have noticed that white threads have begun to appear in the human brain, signs of new organs (it is meant – centers) for the future humanity. There will be many unexplained things remain until these new organs are created. Today, at the level of development you have reached, those centers which enable you to communicate with the invisible world, are not yet created within you. This is why you have to make some effort to communicate with the higher worlds.

Each man has a sun in the centre of his brain which is an equivalent of our physical sun. The small sun of the human brain accepts energy from the big one, and

directs it to you in the form of thoughts and feelings. This inner sun, or so – called “flying eye of the soul”, is a transformer of Divine energy. It possesses some other qualities besides transforming the sun’s energy. There is also another transformer in the brain whose task is to direct the sun’s energy through the whole body. The condition of the body, as well as man’s feelings, depends on the proper transformation of those energies.

Your first task is to learn to control the brain.

Accumulate energy from nature and direct it to the solar plexus, the heart, the throat, the forehead, the back part of the head, the top of the head, then guide this energy round your body. Start directing this magnetic energy flow and continue until a bright magnetic aura is created around your body, You will then feel yourself free.

Until the physical and spiritual brains are well connected, until they work in harmony, you are able to learn, acquire knowledge and remember.

Nowadays, there is nothing greater than the structure of the human brain, as well as the structure of human’s eyes. The human brain has two aspects: physical and spiritual. When one leaves the Earth, the physical brain decays and decomposes, but one takes with him the spiritual brain, where the whole human life is written. The physical brain is organized according to the spiritual one. The brain consists of two kinds of matter: coarse, physical matter that decays, and spiritual, etheric that does not decompose. All thoughts are printed upon the spiritual matter of the brain. After the death, one takes this etheric, spiritual matter of the brain. That brain gives the image, the face of the departed.

When the person is dying, soul is standing near his head, waiting the last breath in order to take that

capital immediately. During the whole life, soul has been working, transforming the inferior into superior, thus organizing the brain and now it descends to take its gain.

Cosmic energy, which is used by the soul, is flowing along the brain folds. The energy of the thought is flowing along these folds, and goes out along them again. They are conductors of the energies of the whole space.

If we examine the brain, we will see that white fibers come from the center and go towards its surface. The white fibers constantly fold, forming the white brain mass, the white brain substance, which is covered by the grey one. The energies go along the white substance. The activity of these energies is developed within the grey substance, with its grainy structure. From the length of the fibers in the brain depends what kind of energies the human being will receive from nature. The fibers are like antennas. If they are shorter or longer, we will have two different results. The human intelligence can be determined by the number of the white fibers and the little brain grains, which serve for perceiving and formation of the thought. For in general, the light and energies come for us from an outer, from another world. The sublime thoughts are acquired by means of special fibers, which are formed in the front part of the head. People, who have these fibers, are the new kind that nature is preparing, the new human culture, which is being given rise to at the moment. These people are very fair-minded and intelligent.

The contemporary scientists, such as biologists, philologist, anatomists examine the human brain, and have collected many facts about it, but do not pay attention to a certain type of brain cells, which refract the light of the moral world. This area in the human brain is called the moral area. The moral world, where evil does not exist, sends its light to the brain, which is perceived

by the cells of the so called moral area. This light does not come from the sun, it only passes through the sun, but it is neither sunlight, nor sun warmth. People do not perceive equal quantity of moral light and warmth: some of them perceive more, others less.

Cosmic energy, which is used by the soul, is flowing along the brain folds. The energy of the thought is flowing along these folds, and goes out along them again. They conduct the energies of the whole space.

One day, when you learn and understand the structure of your brain, you will see it as a dynamo, where energies from the whole universe meet and interweave. The energies, which pass through brain and heart, are radioactive powers of cosmos, sometimes you are aware of this, sometimes – not. These energies pass through your consciousness as a special kind of life, as something that you learn to recognize gradually. There is nothing required from you but to be in harmony with the entire Universe. Under the contemporary conditions this is hard to achieve. Why is that? The environment, where you live in, is extremely agitated, in consequence of which you can't obtain properly the cosmic energies. If someone is in a passive condition, one can easily perceive the supreme cosmic energies.

Distribution of Brain Energies

There is a spiral, circular movement in the human brain. When this movement unfolds in a right way, one thinks good and goes well, without faltering.

You know from the physics, that the energy from the positive pole goes to the negative one. Do you know the way the positive energy goes along? It usually goes out from the right hemisphere, turns down under the left one, than ascends along its surface and returns to the right

hemisphere. The light is generating here, on the negative pole. So the thought comes from the right hemisphere, then goes through the left and as a result of that, light is produced in the consciousness. You have to study the laws of thought.

Centers in the Brain

In order to develop properly, you have to devote 5 minutes each day to think over all subjects, i.e. all sciences. Each science awakens the correspondent centre of the brain and gives opportunity to the skull to form well, to become regular. For that reason in schools are included all subjects. The unvaried and monotonous work awakens uniform centers. Therefore it is advisable to diversify your job. The human being has got about 50 centers in the head, which have to be developed. There are methods, through which you can send more or less blood to some or other center, to feed them according to their needs and requirements. For example, if one wants to cultivate the compassion within, one should meet the weak and indigent. As you sympathize with someone, you send more blood to the centre of compassion and feed it.

For example, if scientific thoughts come into the mind, they will spread to specific centers in the front part of the mind: if religious thoughts come, they will spread to the top part of the brain, where are the centers of specific religious and moral thoughts and wishes. If you become angry, you will awaken the energy around the ears – the centers of the destructive abilities of man. If you develop excessive pride, a painful tension will appear in the back of the brain.

All powers, which pass through the brain, have a great purpose. According to the thoughts that pass through the brain, the centers are positive – they acquire the positive,

white rays of truth, and negative – they acquire the dark rays. In the first case, man is an ascending, elevated condition – aspiration for God, in the second case – in descending condition, i.e. alienation from God. It is possible to have aspiration for God in the second case, too...but this person reveals as a fanatic, a person of forms and rituals.

The human will perceive love of God through the top part of the head, the pate. The physical love passes through the back part of head. Each center is connected with certain powers in nature.

Method for Inner Work

When you get up in the morning, pray to God, and think of Him as an eternal Love, eternal Wisdom and eternal Truth. Think that He never gets angry, He does not take revenge He does not make mistakes. Whatever mistake you might see, they are human. Everything, which has been created by God, is good. Keeping this in your mind, you regulate the powers of your brain. “You become alike your friends.” – Is said. To relate to God – this does not mean that energies will flow immediately from Him to you. You will only evoke the energies of God to flow towards you, but they will pass through beings of higher development and gradually go down, until they reach your mind. As you perceive the flows, which go down from the Divine world, you are able to relate to them and start living according to God’s laws. This means regulation and mastering the powers of human brain. Apply this method, as the best one, the safest and easiest one.

It is called “Method for Relating to God” or “Method for Rebuilding the Harmony between Human Souls”.

When you get up in the morning, having darkness in your mind, project in your mind a stream of light that is coming from the invisible world. Take it in to enter into the depth of your heart, afterwards direct it first to the backside of the brain, then through the front part. Do this several times in your thought, and the inferior condition will disappear.

The Nervous System

Consciousness is placed in the head and partially in the spinal column. In the past the centre of consciousness was not located in the head. It was in the sympathetic nervous system – in the solar plexus. In ancient times man thought through the solar plexus.

Man can be likened to a tree, containing two more trees. These two trees represent the two main systems: the cerebral and the sympathetic nervous systems. The branches of the cerebral system spread down and reach to the body's limbs and the roots are in the brain. The other tree is the stomach brain or the sympathetic system which consists of knots, ganglions, mostly spread in the area of the stomach. The roots of the sympathetic system are planted in the ganglions, i.e. in the stomach brain, and the branches go upwards. So the branches of these two trees intertwine.

The cerebral system is the electricity carrier. That is why if it is allowed to develop more than the other, the person begins to wither. The electricity deprives the organism of all its humidity. The sympathetic system is the carrier of magnetism. Whenever it is developed to excess in man, he becomes fat, because surplus matter accumulates in him. Thus those two systems can correct each other.

The nervous system and the whole human organism today are not strong enough to withstand the vibrations and the strong currents of love. That is why occult science recommends certain exercises for the mind, heart and will with the aim of making the forces of the organism adjust to the forces and currents of nature.

The Solar Plexus

The physical heart of man is a little on the left, but his spiritual heart is just under the sternum. This area is also located as the solar plexus. This is the most delicate area, which you should protect carefully.

The solar plexus is under the influence of the liver, that's why you need to keep the last one in a good condition. This can be done with the help of the solar plexus. All impurities, from the mental and the emotional worlds go into the liver and from there – into the centre of Earth, where they are purified. In that sense, the solar plexus works as a channel that purifies impure thoughts and feelings. The health depends on the good condition of the liver. You can notice, that when you are in a good frame of mind, you could sense a specific kindness and pleasantness in the pit of the stomach.

The solar plexus is “the brain” of the sympathetic nervous system. What the person feels deeply in that area, is always relevant, which is not the case with what one thinks. The deep feelings are always right. When the autonomic nervous system is in normal status, there is equal warmth all over the body.

Thousands of advanced beings are connected with your sympathetic nervous system. The sympathetic nervous system is well organized, while only now has the brain begun to organize. When it develops, it would have greater abilities than the sympathetic nervous system.

If there is good coordination between the brain and

the sympathetic nervous system, we are able to comprehend the truth. Do not permeate negative thoughts – they destroy this coordination.

Do not miss the first thought that appears. It is your intuition, which works through the sympathetic nervous system.

Spinal Column

The tree of life is located in the spinal column. If you regard the spinal column and brain together, you would see the big frightful snake, about which is told in the Genesis, which climbed on the tree of knowledge of the good and evil.

Two strong flows exist in nature: the first is from east to west, and the second – from north to south. The north flow has become stronger than the east, due to which the human being stood up erected upon one's feet. In this way man came out from the reign of animals. In the past, the human being moved in horizontal position on four feet. Today one is erected in position perpendicular to the first one.

Often the immoral life of someone is due to bending of his spinal column. As soon as the spine is straightened, the thoughts, feelings and deeds of the person will correct, too.

The spine is a symbol of moral life.

You should keep your back straight. If anyone stoops, this is a bad sign. Do not allow any hump on your body. Even if you are 85 years old, do not allow it. It breaks the flow of energies from the sympathetic nervous system to the central nervous system. As soon as the sap of life is cut off, man can't develop properly.

The Senses

The first human being created in God's likeness possessed 12 senses. During the process of involution man gradually lost some of these senses, until there were only five left in our possession today. The knowledge of the human being of today compared to that in the past is in the ratio of 5:12.

After the touch, appeared the taste, then smell, hearing and at last – the sight. Five senses – five cultures. That is the history of the human spirit up to now. There are more senses, which man will develop. The ear and eye will develop and will have more perfect shape than the contemporary ones.

The powers, which are manifested as human intelligence and wisdom, have created the nose. The powers, energies, through which love is expressed, have created the mouth. The truth has created the eyes, eyebrows and eyelids. The reason has created the forehead.

If you want to enter into connection with the beings from the invisible worlds, you need to awaken your spiritual senses. Nowadays human being has developed five senses. In the future one will develop gradually seven more – in the course of evolution. The senses are 49 in number, but all they will develop in the distant future. And in even further future, they will be innumerable.

The Eye

The organ of the sight, the eye, is connected to the human mind. Man should have healthy eyes to enjoy a healthy and well organized brain.

The eye is a living Divine form, where the organization

of the way in which the whole of space, the whole of the Solar system, life itself, is impressed.

Through the eyes we receive the high energies of nature which influence us. The first function of the eye is to collect and disperse the sun-rays: it collects them from outside towards the inside, and it disperses them from the inside out.

The upper lid represents involution, the Holy Spirit's coming down into matter. The lower eyelid represents evolution, the sing of the spirit. The lower eyelid shows the path' we have to walk along. Involution and evolution cross, thus creating the human being. Man is placed between the spirit's coming down and up.

Man's eye was the last to be formed. It has the highest origin. Learned is this one who can read the eye. Clairvoyants, adepts and teachers of humanity read and learn from the eye.

We could tell the past, present and future of someone, reading his eye. Everything, which could happen, is written on the eye. All illnesses are reflected in the eyes.. Certain intersections of the circles occur, which broke the regular flows in the eyes. Those who can read by the eyes, as they look into them, they would recognize the illness coming.

The human eye is a projection of another one, more perfect than that we see. God is always depicted as an eye. Why don't people depict Him with two eyes? When the eye was projected into the physical world, it split in two.

From the point of phrenology, the place of Truth is in the eyes.

The human being thinks not only with the brain, but with the eyes, too. The human spirit, examining everything in its fullness, enters into the person and

manifests itself as a thought, as a path to Truth. The eyes should be an expression of Truth. If the spirit enters through the eye and see the intelligence and beauty of life, you are a person of Truth, your eyes think right.

The left eye represents the physical world, and the right one – the spiritual. That is the reason why the ray, which comes out from the left eye, is always directed towards the earth. The ray that comes out from the right eye is directed upwards.

When nature has coloured the eyes with different colours: brown, blue, black, its intention has been to show what the person is missing.

People with brown eyes need warmth. They should wash their feet with warm water every evening. Those, who have blue eyes, need moisture; when their hands and feet begin to get cold, they should drink 3-4 cups of hot water. For people with brown eyes is recommended warm baths. For those with blue and grey eyes is recommended inner peace and tranquility.

There is grid on the retina, through which are perceived images from the physical world only. Behind the retina, there is another little grid that perceives images from the astral world. It is more sensitive and vibrates responding to the waves of the astral light. Behind the astral grid, there is other grid, which perceives images from the mental world. Consequently, each of the three grids perceives specific rays from the different worlds. For example, the astral and mental rays of light go through the first grid, where the impressions from the physical world are perceived, but they do not stop there. What efforts the human being spent, until one managed to form the first grid of the eye! The right patterns of the feelings are the basis for the proper formation of the grids. The better the grids are formed, the better the rays of light

from the higher worlds would be caught. If the feelings are disharmonious, these grids could not set up.

When the vibrations of your sight, the inner and the outer, and the vibrations of your consciousness meet in the Divine focus, you will get to the reality of all things. When you come to reality, you will forget about the outer world. Someone, who has seen things in their reality, closes the book of life and starts helping the sufferers, the poor, whom one loves and understands as understands oneself.

The Nose

What is the nose? – It is the place of concentration of electricity and magnetism. The nose is a projection of forces which come down from the Divine to the physical world. This is why the nose is narrow in its upper part, and gradually widens. It is like in nature: like the river bed. A river is as powerful as it is long and wide. The same can be said of the human nose. A wide nose indicates a great resistance; the narrower it is, the greater is a persons nervous and mental energy, but the lesser is his physical energy.

If you feel bad, if you are irritated and cannot sleep, concentrate your mind on the top of the nose, and imagine that gradually your nose widens. You will calm down and sleep.

Keep your nose in good condition Take care of it and respect it as a sacred organ. When all is well with it, man is healthy. Then the eyes, the ears, the mouth will be healthy, likewise the lungs, the heart, and the stomach.

It is a misery not to have a nose. The nose is a beautiful mountain top, where the energies of the organism are transformed.

Until you know the meaning of the nose, you cannot appreciate it as a great good of life. When your nose is in a good condition, God will speak to your heart and mind.

Notice: the nose is in the centre of human face. God expresses Himself through man's thoughts, feelings and acts. All this is impressed on the nose.

The structure of nose, its size and width are interrelated with the condition of the lungs. Actually, the shape of nose corresponds to the shape of the lungs, but in a reversed position.

The nose shows the quality of your thoughts, but also the human abilities. Each square millimeter of the nose hides a certain gift or ability. The nose is an organ of smell, but it is also related to human mind.

Just like the doctors define the health condition according to eyes and pulse, in the same way looking at the nose we can define the status of mind, heart and lungs.

It is noticed that, the deeper you breathe and longer time you hold the air in the lungs, the wider the nose is. The flat nose shows that the breathing and circulation of blood are weak. The length of nose shows the status of mind. If the nose is too sharp, this person is nervous, quick-tempered and irritable. In order to calm down, one should exercise deep breathing.

You should know how long and wide your nose is. The length indicates the quantity of the brain energy that is credited to you. While the width shows the heart energy that is being credited. If the line of nose is curved, the person could make it straight by thought. Thinking correctly, one corrects the nose lines in length, and through warm feelings it becomes wider.

Do every day exercises in smelling. Practice smelling of flowers at a certain distance from you. In this way the sense of smell becomes stronger.

The Ear

Which is the organ of reason in man? – The ear. The health depends on the beauty and shape of the ear. From the ears you can conclude the length of person's life as well as the degree of his intelligence and honesty. The curve of the ear indicates all that. Remember: man's behavior and outer life depends on the ear. It is well built when its curves are harmoniously shaped.

Man learns to hear with the ear. It helps him to contact the higher Intelligence of Nature. When the brain's influence prevails, the upper part is well formed. It is wider, better shaped and man is enthusiastic. When the respiratory system, i.e. the lungs are the predominant influence, the middle part is the best formed. If the stomach works intensively, the lobe is the best shaped.

The ear is an organ of hearing, but it also shows one's approach. The ear is in relation to the will. Those whose ears are beautiful, they behave well, their deeds are right. If the ear is not well shaped, no matter how hard one tries to act in a good way, he often fails.

Touch your ear three or four times in a month, as you slide your fingers from the top to the bottom of the ear. At the same time fill your mind with bright thoughts and your heart with noble feelings. You will evoke such thoughts and feelings, when you imagine for instance how someone welcomes you at one's home with unconditional love, then slide your palm above the outer line of the right ear, keeping your thumb in frontside of the ear and the other fingers at the back, then do the same with the left ear. Simultaneously, rest your unoccupied hand on your waist. Doing this exercise, you will gradually acquire new powers. These things do not happen at once. Do not expect quick results.

Take the lowest part of your ear and say: "I want to be healthy. I wish health to all people, too." Then take your ear at the top and say;"I want to be clever, like all clever people who lived before me." At the end, take the middle part of your ear and say: "I want to be active in my feelings." This exercise has similar results to homeopathy that some doctors use.

When man has been ill for a long time, he loses part of his vital energy. Here is what he can do in such a case: Grasp the lobe with two fingers and pull it down from time to time, Then massage the area under the ear and be attentive to the changes which appear in your organism. Do this exercise not only when you are sick, but also when you are in a bad mood.

The Touch

The sensitivity of our fingers depends on the little papillae. Our delicacy also depends on them. The papillae mustn't be injured, nor to be exposed to sudden temperature changes.

When you come to the solid, liquid or soft matter, you will observe the same rule. Do not touch too solid, neither too soft nor too liquid substances. Touch substances that leave pleasant impression into your consciousness.

The touch is a sense that the person applies not only in relation to the physical world, but also in the astral world.

The Heart

The heart is the pulse of the whole of space. The heart is connected with the cosmic energy. Every heartbeat spreads energy and renewal to the whole organism. There

are some higher mathematical calculations with which you are not familiar. Certain tables show the calculations for the pulsating of the hearts of all people. There are no two people whose hearts pulsates in the same way. In some people there is an interval after every 10 heartbeats, in others there is an interval after every 20 heartbeats, etc. Do you know what these intervals are? They are when a communication with other worlds takes place. According to the ratio of this rhythm, these intervals show which world you are in contact with: the Milky Way or some other constellations. These civilizations produce different virtues in your soul.

It has been observed that the heart beats faster than normal during the first 12 hours of the day. During these 12 hours the heart is in the condition of ascending. During the other 12 hours, i.e. the second half of the day, the heartbeats decrease by several beats and the heart is in the condition of descent. The same is observed during the months and the years. The heart ascends during the first 14 days of a month and descends during the other 14 days. It is important to know when the heart is in a state of ascending and when in a descending one.

As a matter of fact, the heart as a physical organ does not have power to push the arterial blood in the body. The pulse of heart is due to the cosmic electricity and magnetism. They bring life. If the harmony between these powers is disturbed, the heart activity will be disturbed, too.

The circulation of blood is due to the electromagnetic flows. If they didn't support the circulation of arterial blood, the heart would not have this ability to do so alone. The blood is circulating in the human organism thanks to the cosmic pulse of the whole world, which regulates the circulation of blood of all organisms. The motions of protoplasm in the cell, i.e. the circulation and rotation, are

due to the same cosmic electromagnetic flow; the motion of Sun, planets and other heavenly bodies, as well.

The contemporary physiologists study only heart's physiological function, as an engine, which takes place in the circulation of blood. They do not know its other work. A stream of light comes out of the heart of every one and spreads all over the body. This stream indicates the level of development of the feelings.

From a purely physical point of view, the heart is an organ through which blood passes and spreads all over the whole organism, in order to feed all parts. When heart stops functioning, every possibility for a physical life is gone. Besides the heart in the physical body, you have as well your heart in your spiritual, and mental bodies. These hearts also send energies to corresponding bodies to feed all parts of the organism whenever from a spiritual or material nature. Through these three hearts, man is in a connection with the three cosmic energies, which determine the complete development of the organism.

Under "heart" and "mind" I mean both principles, which God has implanted in us as intelligent powers. Heart should be filled with thoughts of mind, and mind should be filled with wishes of heart.

One of the great laws of growth is the following: The Divine Spirit descends to work within us only when our mind and heart work in accordance. If one of the principles fails to work, the Spirit does not descend.

No doubt in mind, no bitterness in heart!

The intelligent powers, which have created the human heart, stand higher than those, which have created the mind. The human heart has been created by cherubs and seraphs, which are of a supreme rank. But mind takes higher place than heart in human life. Why is that? Due

to a simple reason: mind deals objectively with matter. Mind deals with the external aspect of life, and now we go through the material world, the beings, which have created it, dominate over the matter. And then the mind – as one living force that originates from them – could guide us better in the contemporary conditions of life.

When there is influx in mind, there is reflux in heart; when there is reflux in mind, influx happens in heart. Consequently, when your mind is developing, you will have reflux in heart. But if your heart is developing, you will have reflux in mind. You need to observe whether these things happen naturally in your life or unnaturally.

Everybody loves the one, whose heart is noble. The nobleness brings life; the life force, which someone emits, is due to one's noble heart.

What is a healthy pulse? – A pulse which is musical and rhythmical. The heartbeat of a saint is somewhat musical. There is a particular beat transfusion in it. There is slowness, a disconnection in the heartbeat of a criminal. It reflects the lower type of life.

Study the heartbeat in relation with music. In this way you will understand the influence of each tone on the organism.

Beating of heart is a musical. There are whole tones, semi tones, crotchets, quavers, etc.

The crotchet influences feelings. The semi tones influence digestion; the whole tones – the muscular system. People do not even suspect what is the influence of heart beating over the psyche and physical life

Everyone's heart is linked to the common cosmic pulse, i.e. to the cosmic heart. In this sense there is one rhythm in nature. Do not be afraid when your heart beats irregularly, but restore the harmony between your thoughts and feelings.

An exercise: Feel your pulse with your thumb. If you enjoy a pleasant feeling, you are a healthy person. If not – you are not healthy.

If you want your heart to beat in healthy way, you have to keep your mind in good condition, because the electrical currents of nature pass through it and your solar plexus, where the magnetic currents pass. Beware of contradictory thoughts to keep your mind in a good state. Never allow negative feelings into your heart, and your solar plexus will be in good condition.

Blood circulation is mainly due to the electromagnetic currents. If they did not support the circulation of arterial blood, the heart would not have that possibility by itself. The blood circulates thanks to the existence of a cosmic impulse in the world, which constantly regulates the blood circulation of all organisms.

Formula: I want my heart to attune its beats to the rhythm of the Sun, and as the Sun spreads light and warmth everywhere, so may my heart send nourishment to all my cells.

The Lungs

As with the brain, both the heart and the lungs have a double function: physiological and mental. The heart cleans not only the blood, but the feelings as well. The lungs not only clean the air, but they are an altar where thoughts, feelings and aspirations are laid to be purified. This altar is where the sacrificial holy fire burns, which cleans and hardens things.

The lungs are a complex laboratory, in which many energies cross. The prana of the air penetrates the lungs

and helps the blood to be oxygenated, even where air penetration is difficult. So the vital elements enter the purified blood. Full breathing is the best. Love is the first condition for full breathing. Whilst breathing, man should appreciate air as a precious gift.

Thus air will penetrate all the reaches of the lung cells and gives them its prana, its living energy, which they extract and disperse to the whole organism. Love influences the lungs. Everyone who loves, expands; his lungs expand. When man accepts a gift consciously, with gratefulness, love begins to act in him and elevates him. Every Divine energy from above has first to pass through the respiratory system, then rise to the mind and at last reach the heart.

The Stomach

Everything concerning the well-being of the organism and its health is subject to the care of the stomach. Many organs help the stomach: teeth, mouth, tongue, throat, intestines.

Food ought to be chewed for a long time in order to extract its energy. When you chew your food, the vital energy passes through the tongue to be stored in the nervous system. The food passes from the mouth to the stomach where another process takes place. The more energy flows from the brain, the easier food is digested. The composition of the saliva changes every moment and determines the changes in human psychology. This is a scientific matter to be studied in future.

The stomach transforms the energy received from the food; the lungs transform the energy delivered by the air; the brain transforms the energy received from the outer world.

There is a certain relation between mind and feeding. Consequently, your mind works well if you eat well, i.e. if your teeth and stomach are healthy, and the food is of good quality. As soon as you take food in your mouth, the teeth will do their job, chewing food well and sending it through the oesophagus to the stomach and intestines. The digestion has an effect on the circulation of blood; the circulation of blood has an effect on the respiratory system; respiratory system has an effect on the nervous system, which on its turn – influences the brain, the seat of thought. If all these processes are performed properly, the thinking will be right, too.

The more stomach works, the less brain works, and vice versa. Brain and stomach are the two poles of your life. If you have a headache, you should know that your stomach is in disorder. If you have a stomachache, you should know that your head is in disorder, too.

Everyone who has a healthy digestive system will be happy, lively and hard working. The more the cheekbones stick out and cheeks sag, the weaker the stomach system is. When you meet someone with a withered face, unwilling to work, you will know that his digestive system is not in good condition. If food is not well digested, the blood can not be depurated in a proper way. Then in the human organism, around the joints, semi organic matter is accumulated under the form of sediments. These irregularities in the organism cause indisposition of the spirit and thinking also becomes affected in the wrong way. When the stomach system is weak, the person inclines to pessimistic moods.

So as not to sink into pessimism, you should work to improve the stomach system using your will power.

The liver

The lungs and the liver are both transformers of energy: the lung's are transformers of human mental energy, the liver is a transformer of the energies of the feelings, directing them to the sympathetic nervous system. The better the liver functions, the higher and nobler are man's feelings.

The liver is linked with the cerebellum.

The solar plexus is influenced by the liver.

If the liver is in disorder, negative and dark thoughts pass through the mind. The liver disorder provokes cruelty in people. The liver is connected with the lower feelings.

And what causes liver disorder? It depends on your thought and feelings. Your low feelings are connected with the liver. If your mind does not control your feelings, they will disrupt your liver, and it will upset your whole organism.

The Blood

The wealth of people is in their blood. If the venous blood prevails, which contains more lactic acid, you are not wealthy, neither your thought is strong.

Every particle of blood corresponds to something outside of the body. You would like to have much money, but the amount of your money corresponds to a certain quantity of blood in your organism. Each object, you possess outside, is determine by certain quantity and quality of blood.

The cause of the physical and mental diseases lies in the impure blood. Bad thoughts and feelings make blood impure. They leave their larvae in blood, which reproduce themselves and excrete their dirt in it.

The Good, which you accept and cultivate, purifies your blood, which shines with bright red colour.

You need to have gold not only in your purse, but also in your blood – this is an organic gold. Without such gold, blood could not function. Gold is the vehicle of life. The greater quantity of gold the blood contains, the more abundant life it brings, and vice versa.

People should do inner work to gain organic gold in blood, i.e. bright thoughts, noble feelings and deeds. Organic gold is related to the conscious, intelligent life that comes from Sun. People who do not have gold in blood, can't receive the beneficial influence of the Sun. There are people, who cannot be cured by the sunlight. Why is that? They do not have the necessary amount of gold in blood.

The more silver one has in blood, the more beneficial will be the influence of the Moon upon him. Silver is the best conductor of energies that come from Moon. These energies clean the human organism. Those who want to purify themselves from sins, they should connect to Moon. And moon can have an effect only when you have silver in your blood.

Arm and Hand

You could read by someone's bones in which way this man had worked with the head, hands and feet. After one passes to the outer world, God will judge in a scientific manner about one's deeds on earth according to his bones. God will say: "Bring me the bones of that person." When examines the head (skull), God will see which centers one has used more, and which centers were used less. Then God will look at the bones of the hands and see if this person has been fair. By the bones of feet, God will judge about one's goodness.

The human arm is a precious thing. Through it man expresses the power of his will. Through it he accepts the changes in nature. By holding a hand against the sun and closing the eyes, the weather for the day can be forecasted.

The hand is an antenna for receiving and transmitting the energies of nature.

When you hold the hand of a healthy person, with a strong mind, you will feel a flow of energy coming out of him.

When man is not healthy, his mind is not strong. Holding his hand you can't feel an energy flow. The unhealthy person is a closed tap. On the contrary, the healthy person is an open tap. The flow of energy, in and out, has to be right.

The palm of the left hand is the negative side of man, it transfers slight magnetic vibrations. The back of the left hand is positive, i.e. electrical. The same applies for the right hand. So there are two types of electricity and two types of magnetism. One type of electricity and magnetism flows out of one's left hand, and the other out of one's right hand. The right hand is the hand of wisdom, it is made to bless. The left hand is the hand of love, man helps the poor and sufferers with it. When you stretch out your hand to someone, you can either bless him generously or curse him. You can experience all the goodness and the evil in the world with your hands.

When you touch the right hand of a healthy person, you feel a pleasant coolness, while his left hand emanates slight warmth. But these two energies mix in the organism at the slightest sickness, be it mental or physical.

The hands are the two currents of a battery, and it depends on you how you get them to regulate your currents. If you hold your hands loosely, limply, you will always be weak. On the contrary, if you want to be in

contact with the intelligent forces of nature, you have to hold your hands tightly. When you want to contact the current from the earth, tighten your arms and legs, the muscles of your whole body for only a few seconds. In this way you regulate the currents within yourself.

An exercise:

Put your hands in front of your mouth as if for a prayer. Relax, clear the mind of all concerns. Blow quietly into your hands as if you want to catch your breath. (3 times) Blowing in this way you regulate your magnetic currents.

Each finger of the hand is connected to a precise centre or organ of the brain. Each organ is connected with specific forces. These forces are linked with the intelligent regions and worlds. It is sufficient for you to lift one of your fingers to make a contact with the appropriate organ through which the energies of the high mental world flow. So each finger is a conductor of special energy or current. A specific cosmic energy flows out of each finger.

When you are not well and at a loss about what to do, hold your thumb with your right hand, then hold the forefinger, the middle, the fourth and the little finger. Become aware of the change that is taking place in you.

The thumb represents Divine world. When you don't feel well, experiment with your thumb in order to learn of the powers hidden in it. Stroke the top part of the thumb beginning from the third phalanx to the finger nail. Then stroke the inner part – the Venerian area, see if your indisposition will disappear. Be aware of your thoughts and feelings whilst doing this exercise.

If at first you have no result, repeat the exercise. Someone whose fingers are sharp-pointed uses a lot of

energy because of a great outflow. The rounder the tips of the fingers, the less energy flows out.

Feet

The organs of the human organism are created by certain virtues. Every change, which happens in the joints, has an effect on consciousness. The feet are connected with the virtues, and they – with the spiritual life.

It is said in the Scripture: “Thy Word is a light directing my feet”. So in order to come near to God, man needs to start with the methods how to move. The left foot, for example, is the king’s foot. When one wants to solve a question of sacrifice, one should step on the left foot, and the right foot should be lifted upwards, to be free from work. When one wants to solve a question, related to the mind, one should step first on the right foot. So that, when you start any work together with someone, related to your heart or mind, you can guess how you will accomplish it regarding the foot you started walking with. The right foot is connected with the powers of wisdom, and the left – with the powers of love. Therefore, when you undertake something related to wisdom, you will turn to your right foot for advice; when you undertake something, related to love, you will turn to your left foot for advice.

Skin, Hair, Nails

On the physical plane skin conducts the vital energy of nature. When the skin roughens, the current of vital forces become irregular, and the person becomes sick. That roughening indicates the dying of the sacred fire.

Keep the holy fire within, so as not to grow coarse physically and spiritually. The physical roughness starts from the skin.

Nature has set millions windows in the human organism – the pores, through which the vital energy permeates to revive it. These windows should always be clean and open, for a regular exchange should occur between the inner and outer air.

The purpose of hair is to regulate the energies in the human organism and the blood circulation. Each hair is a centre of a dynamic force which helps the blood circulation of the skin. Depriving the body of all its hair would cause great sufferings. Hair is as necessary to a human being as the plants are to the Earth. The hair on the head, the beard and the moustache represent the plant kingdom. Realizing this, man has to prevent his head from balding.

The hair which nature has given to people are antennae, which can be used to connect with the farthest parts of the Earth as well as with other planets. Through his hair man can receive the vibrations of the Sun, the Moon, Mars, Venus, and communicate with them. The whole body is the sum of a number of such antennae. Thus, we are a knot, out of which come a number ‘of antennae – the recipients of countless thoughts, feelings and desires.

It is noticed that the thicker and coarser someone’s hairs are, the weaker his intelligence is. The thicker and coarser the hairs are, the rougher and more uncultivated is the heart, and the ruder is the will. And vice versa, the thinner and gentler the hairs are, the greater the intelligence is, the kindred the heart is and the more cultivate the will is. Consequently, there is a certain correlation between the hairs and character of a person. For those who understand

this law, it is necessary only to touch someone's hair to judge about one's character. When the hair does not yield to one's will, and it stands on end or scatters aside, that shows one has an electric nature. The gentler and more obedient the hair is, the more magnetic the person is. Such person reconciles easily with people. Those who do not reconcile easily with people, they have more electricity than magnetism.

If you study your nails, you will see that everything is written on them.

If the nails are wide, that shows courage, if they are narrow – cowardice. The regular lines of nails depend on your thought, feelings and deeds. The smallest diversion from the right path afflicts the nails. They express the result of human life. Every anxiety affects the nails.

The white spots on the nails speak that the nervous system is extremely loaded, which leads to a disease. When you notice a white spot on your nails, take due measures: immediately take some great, elevated ideas to your mind, which will unload the nervous system. Your nails should be clean, without any white spots. The spots appear in time of great spiritual shocks. There is nothing to be afraid of, if these white spots appear. They are the warning signs that compel people to take due measures against them, i.e. against the distressing state that lies ahead.

Some people gnaw their nails. This speaks of some hidden misdeeds or ailments within them.

THE CELLS

A human organism consists of about 60 trillion cells, which are highly charged with intelligence. All these cells have qualities and capabilities relevant to different cultures and intelligence. For example, some human cells carry the culture of plants. There are cells which are familiar with the laws of crystallization. Other ones have passed through the cultures of fish, birds, mammals. There are cells which have passed through the culture of highly developed wise beings. These cells make up the structure of the human brain.

The structure of the Sun and that of the cell is similar. The Sun has three areas within it: one provides the energy, the second accumulates and transforms it, the third directs it to the Earth. There are three areas in the cells too: an outside layer which accepts the energy of the Sun, an intermediate area which accumulates it within itself, and an inner core which transforms it into life energy.

Cells in the human body are wise and intelligent beings. They possess knowledge, but their master must be sensible and know how to manage them. They have consciously given up their own individuality in order to serve within the whole organism. Their aim is to sacrifice themselves for their master and thus raise him. Man enjoys life for as long as these intelligent beings are able to work together with him.

The task of the disciple is to rejuvenate his cells. That is why he has to speak to them. Each day before starting his daily work, the disciple should greet the cells of his body starting with the cells of the brain, eyes, nose, ears

and gradually go down to the cells of the lungs, heart, stomach, intestines and finally greet one's own self. By "one's own self" I mean one's inner guidance. Then only should his work begin.

When you get up in the morning, think of yourself as a soul made up of intelligent, high advanced beings, working for your benefit. Speak to them and make contact with them consciously. Think of them without any doubt and uncertainty. Thinking about them will improve your capacities for working. In the evening, before going to sleep, send them a good thought again and then go to bed. When you get up in the morning you will find yourself in a particularly pleasant mood.

There are specific cells in the human body that act like doctors. They are better doctors than the most excellent doctors on Earth. If we get ill and let ourselves to them, they can cure us perfectly. They have a laboratory, where they prepare the medicine which cures each wound excellently. This is a law. If the person has got a wound, and turns to these cells, they will get together and will make a bandage to heal it.

When someone is dying, the cells tear apart gradually and scatter into space, where they continue their life. What does exactly die? We say, that man is dying, when the connection or relations between the cells is broken. The cells individualize and one by one leave the organism – their master. They refuse to obey, and do not acknowledge dying one for their master any more.

The life of the cell is interesting because cell is immortal. The big form, the human being disappears, but the cell does not. It multiplies, alters, until a multitude of cells group together again into a whole body and form a new organism. Then we say, the human being is born,

or appears in a new form. People live as long as they use the energies of their organism intelligently. If they cannot use them, the cells separate one from another and man dies. The company, or association as a whole dies, but its members do not die. They go into another association.

THE PHYSICAL BODY – RELATIONS

The head represents the Divine world. The lungs, man's pulsating heart, and the circulatory system, represent the spiritual world. The stomach is the physical, material world. When you go down to the large intestine, you come to the hell in the man – the world of his lowest desires and strivings. There are found the consequences of the lowest human life. All the processes of human life such as eating, breathing, drinking water, thinking, feeling, are a continuous chain. They follow a common law and cooperate with one another. When these processes unfold correctly, our life develops properly, in accordance with the laws of the Divine world.

Don't attempt to disregard your body. The spirit cannot develop in you without a body. The body can be likened to a stock for grafting a plant. A fight takes place between the body and the spirit until the spirit, i.e. the graft takes well to the stock and begins to develop freely. When the juices of the stock start going up to the graft, while those of the graft go down to the stock, life goes on normally. Then we can say that the fight between body and spirit is over. This is also what we call transformation of energies. Everyone has to know this law and to implement it in his own life. Prayer is needed to help with the right implementation.

Formula: “As I am servant of God, I wish my body to be healthy because it belongs to Him. My body is a cell of the Great Cosmos and it must be healthy.”

Be warm and bright as the Sun. That is the meaning of being healthy.

Be clear as the moon.

Enjoy the stars which help the development of your talents.

Be glad that everything in the world works for your benefit – you, the little children in the Universe, who are a subject of study for elevated and wise beings.

PART TWO

HEALTH AND ILLNESS

The essence of the human organism is life, the essence of life is health, and health is the result of the harmonious interplay of the elements and forces at work in the organism.

Man's health depends on four conditions: the power of his spirit, the goodness of his soul, the light of his mind and the gentleness of his heart. To acquire these, he has to gain knowledge.

To be healthy means to be in harmony with the Primordial Principle, with your relatives and with yourself.

The Healthy Person

The whole body – outside and inside – is enfolded by a special matter, called matrix. When the matrix is undamaged, the person feels well-disposed, healthy and strong. When some cracking occurs in the matrix, in the human organism start a number of chemical processes, which have damaging impact on it. As long as a person feeds unnatural thoughts, feelings and deeds, the matrix could crack at any time. If one wants to be healthy, one should maintain a physical, emotional and mental purity in one's life

In most cases, the children are born with a well structured body, which is being gradually destroyed and

distorted. Your house becomes weaker with the time, the plaster begins to crumble, colours are fading away, ventilation gets out of order and light decreases. You study the human organism, but as you do not know what a the law that governs the various organs and systems, you remain strange to your own organism.

People should aim at the inner science of life. This science tells that each form is built according to certain numbers, which are strictly defined before man comes on the Earth. These measures are determined by the powers that act in the human spirit. However, the modern people have alienated from that real image according to which they had been created at first, as a result they keep it as an ideal only within their souls, where every one strives for a beautiful body, a noble heart, a bright mind, an elevated soul and a mighty spirit.

The modern man has broken the laws of the Divine world. Hence people have created a number of disorders in their physical and mental life. Nowadays, they are searching for ways to correct their impurities, to rebuild the integrity and strength of their form and to return to the status they have once been. The modern people are looking for happiness outside themselves. They do not suspect they hide within all conditions and opportunities to be happy.

So if man wants to fulfill one's vocation, he should strive for rebuilding the original form, which has had first. Thus acquiring that, one will change utterly. If every morning, after getting up, people visualize the ideal image of the human being, they will not be such as we see them today.

Life is flowing unceasingly within the human being, but sometimes the flow becomes weak, and sometimes it increases. When life is fading, people get ill. When life

becomes stronger, people are healthy and lively. The health is a measure for the power of life, which is flowing through the person. When you know that, you should take care of your health.

Whatever you wish, you could achieve it. It is necessary only to connect with the cells of the eyes and ears, the nose and mouth like you connect to intelligent beings, and to deliver them your desires. When they perceive your wish, they will transform the organs and soon you will be pleased with good eyesight, by means of which to perceive only good impressions from the world around; you will have a musical ear to perceive only harmonious tones in nature. There are milliards of cells in the human body with various abilities, which you can use.

The healthy person organizes the powers of the body. If the thought is not organized, the body is not organized, either.

The health can be from human, angelic and Divine origin. One can be physically healthy in a good mood to eat, to drink well, but spiritually one can be unhealthy and not well disposed to do some good deed. When you do good things, you feed yourself spiritually. If one is not in favour to do good things, this means one is spiritually ill. To be a spiritually healthy person – that infers healthy and stable feelings.

If you want to build up good qualities, you should eat quality food.

Provide yourself with the sublime virtues of light and warmth. Nourish yourself with the sublime qualities of air, water and bread. This stands for living well with your friends. You have got four friends: light, air, water and food.

Remember: be in touch with the spirits of light, which have a relation to the mental world. Be in touch with the

good spirits of air, i.e. with the breath of God. Be in touch with the good spirits of water and bread, where the good things of life come from.

What are the signs of the healthy person? When someone is healthy – by body, by heart and mind, from that person comes out three fragrances. The healthy body emits a specific pleasant scent. The sublime thoughts emit other kind of scent. When one of these three scents is missing, the person is ill in a certain sense. The scent, which the healthy person sends out, surpasses the aroma of all known flowers.

Healthy people are those whose organs have their own particular tone and vibrations. When all organs in the human function properly, from their work are produced pleasant and harmonious tones. So if the work of the human organs is regular and creates music, that person could be called entirely healthy. Besides each musical tone has its particular colour.

There is a constant flowing of electricity and magnetism within the healthy man, there is a certain vibration. When the vibration is normal, streams come out of the pores, which excrete all the sweat out. Such a person is righteous, for that reason the body of righteous people is pure, a constant cleansing is happening within them, a constant egesting from the inside outwards. It is not the water that purifies. The vibration within is purifying, and in this way there is no blocking in the pores of the body. This is the only way for people to be healthy.

To be in harmony with one's own organism, the person should feed the brain with bright thoughts, the heart – with pure feelings, the lungs – with fresh air and the stomach – with clean and healthy food.

The digestion has an effect on the circulation of blood; circulation of blood has an effect on the respiratory

system; respiratory system has an effect on the nervous system, which on its turn – on the brain, the seat of thought. If all these processes are performed properly, the thought will be right, too.

The bases of health are as follows: the stomach has to digest food well, to transform it into blood, to send the blood to the lungs in order to be purified, after that the blood is sent to the brain. When the brain acquires blood, it has to obtain the electricity and magnetism. Then the brain should thank and send that power, by means of the nervous system, all over the body, so that the other parts can also make use of its work. In this way there should be some kind of exchange. If there is not a regular exchange among your stomach, lungs and brain, you do not have the basis of health. These are the bases of health – the stomach, lungs and brain should function properly.

There are three sources, by means of which the Divine world has influence on us: the food that comes from the vegetable kingdom, the air that includes the light, warmth, magnetism and electricity, and the thoughts and feelings. Consequently, these are the three most important flows, which are constantly coming from the Divine world. If you close any of these flows, you will find yourself in a serious contradiction.

The Illness

It is necessary even the healthiest people to get sometimes ill, too. The illness is a tuning. The illnesses – these are musical tunings. When God wants to make people more sensitive, gentler, they need to pass through some illnesses. The greatest people suffered from some illness. Tolstoy was ill several times, and after each

disease he had the greatest enlightenment. When you are ill, do not think this is a misery.

It is noticed that children, who had suffered by diseases, harden and become tougher. The evil and good in the world are powers, which shake and strengthen the human being. The evil represents those unformed, unorganized powers, where everything comes from. They are a Divine store of energies, which work and transfigure the world. The energies of evil are the roots of life.

The illness is nothing but a war of human against inferior beings. Being at war for certain time, one hardens gradually and becomes healthier. The illness contributes a lot especially to frail and weak characters. It is observed, that after being ill for a certain time, people become braver. The feeble people weaken more to illnesses, than those who are brave.

What is the cause of that fight that occurs within the human being? It is due to the aspiration for cleansing from the unnecessary material. What is that unnecessary material like? – It is a peculiar matter in cosmos, which is due to the beings that have been slow in their development. The matter adheres to the streams of life, and nowadays it should be filtered and separated from the pure matter. We, who have come on Earth, don't have to know only how to live, but we have to purify our life, to clear out our mind and heart in order to be happy.

Each negative thought has a bad effect on mind and heart, and makes the person nervous. It affects the respiratory and digestive system – the whole organism. The negative thoughts and feelings accumulate on the nervous system and the person gets ill. The accumulation does not happen only in one generation; several generations suffer from physical and mental blocking.

They should be cleansing for a long time in order to get free of them.

As they have come on earth, people should purify themselves. How does that happen? – they should keep good thoughts and feelings. Hard work is required for that.

Mind is purified by light, and heart – by warmth. The health condition depends on the mind and heart of the person.

What is the cause of disease? One reason for disease is the accumulation of surplus energy in waste disposal areas. To release the excess energy, you have to find out the cause of its accumulation. When you know the reason, it is easy to release this energy. The reason may be due to a bad combination of thoughts. Correct the thought process and the pain will disappear.

The smallest disharmony between your thoughts, feelings and actions leads to illness. In order to harmonize them, you have to be in tune with Nature's laws. If you reach this attunement, your thoughts, feelings, and actions will flow naturally, quietly and as effortlessly as you breathe and receive light.

What is disease? Disordered matter, disordered energy, and disordered thought. When disease comes to you, don't be afraid, but apply love in your life. Love heals all diseases. Consider the disease positively; see it as a gift, given to you in order to work upon yourself. When the disciple is sick, he has to develop his love. When his love increases, he will be healthy.

Behind every illness there are hidden beings, at different stages of development, strong or weak, good or bad. But most of them are bad. These invisible beings

excite human energies and steal them. When a man is angry, they take his energy and make him weak. I see how it happens. They come as a group, take up their positions around the man and suggest negative thoughts to him. Having achieved their goal, they go away and watch the result.

Whatever illness appears in the human organism it is due to the thoughts of man. Every negative thought brings a negative state. Every bad thought and bad feeling attracts several low beings.

All diseases in the physical world have first appeared in the spiritual world before reaching the physical plane. If you succeed in creating the polar opposite of the idea, that has caused the disease, you will see it disappear two or three months later.

A human thought penetrates the inter-molecular space of the cerebral nervous system, and his feelings – the internuclear space of the sympathetic nervous system. This is the main difference between thoughts and feelings. That is why, in order to protect man from the destructive influences of the forces hidden in the inter-molecular and internuclear spaces, occult science gives the following advice: “Don’t disregard your higher aspirations and wishes, don’t ignore your higher thoughts.”

What is the reason for illness? The blocking of vital energy in cases when it becomes potential or passive. Thus the healing process is transformation of potential energy into kinetic energy. This may be achieved by applying different kinds of remedies and approaches, which activate the passive energy.

I will give you as an example one true story from life: There was a woman who was so ill, that the doctors

predicted her that in the course of several days she will die. She knew that and asked her husband: "I leave you, but I want to know will you marry again after my departure?" The husband said, thinking a while: "I can not promise you, that I will not." So, the wife replied: "Than I will not die." And with her strong wish she activated the mighty forces of her spirit and got healthy.

Each disciple should know the origin of one's own disease, whether it is of physical, mental or spiritual character. As soon as you understand the origin of your disease, there will be found a way to heal it.

Each disease appears at first in the spiritual world, only then it appears in the physical world. And if the person manages to create an antipode to the idea that had caused the disease, not long after – two or three months and the disease will disappear.

A lot of diseases are due to disorders of feelings; others are due to disturbances of mind. When the disease is because of mental disorders, it affects the muscular system and lungs, as well. When the disorders are of a emotional character, they affect the heart, liver, respiratory system and blood vessels.

The doubt and disbelief are blockings, which fill the field of the etheric body as well as the brain. The negative thoughts of doubt and disbelief have a bad effect on the whole human life – brain, lungs, liver, heart and vitality as a whole, as a result of which the nervous system is totally exhausted and weakens. For that purpose, the disciple should free entirely from the useless burden of doubt. How will one be free? One should feel the love.

There are different kinds of diseases: some diseases are of physical character, others – of astral character, and third – of mental. If you are not well-disposed mentally, this is because of astral beings, which penetrate

your autonomous nervous system and cause a certain irritation. These beings rob people and their liver suffers.

The cause of many of your diseases lies in your subconsciousness. They are remainders of your past, which you should deal with nowadays.

Within the archetype of the body, or within the so called matrix, all good and bad seeds of the human thoughts and feelings are stored, which appear in different time. In each reincarnation you give an opportunity for certain thoughts and feelings to manifest and develop.

In case you had laughed at someone's disease in the past, it would visit you by all means. Find the person, you had laughed at, and beg for forgiveness. As soon as you excuse yourself and give a proof that you put yourself in the place of those who suffer, your disease will leave you.

Each bad word or thought, which have been addressed to you, is nothing but a psychic bomb that bursts into you and cause some collapse.

The hatred of a dog could often affect as much as the hatred of people. Do not think that the thoughts of animals are faint, because they could be very dangerous for the world.

Some diseases are nothing but results of curses from the past. For each harm, and evil or injustice the person has done to someone, one perceives the discontent and curse that bring discordance in one's organism and predisposition to illness. Whatever wishes people send to their fellows – good or bad – at the end return back to them. A mighty power is the human thought.

The diseases, which now fall upon people, are result of past and present trespasses. No bad deed goes unpunished. The microbes, which nowadays poison the human organism, are nothing but poisons of fear and hatred that the cattle, hens and lambs felt towards human

being, while one was killing them. Is that possible? Yes, It is. The bad word can poison and destroy the human organism in the same way as the fear and hatred of animals, which people slaughter, poison people's organism.

You don't have to ask why you are ill, why you suffer, but to look at the condition of your thoughts and feelings. If their flows are regular, if they don't contradict one with another, you will always be healthy and happy.

When people have fallen in negative conditions – anger, doubt, lose of faith, malice, hatred, envy and so on, cracking appear in the astral and etheric body, through which one's magnetism and other energies flows out. People are demagnetized. If they are demagnetized, they are already susceptible to illness, because their vitality is running out.

Do not allow negative thoughts and feelings to stay in your mind and heart, otherwise they will destroy you. You are afraid of bombs, but you do not know that a lot of you are carrying them. The anger, for example, is a bomb. There is a special place behind the ears, where it is accumulating. If you bear negative thoughts and feelings, the bombs are created. That's why you should protect yourselves from them. First of all, they will destroy the body and cause diseases. A bitter feeling or a bitter thought will cause physical diseases. Every anxiety upsets the circulation of blood. Bad thoughts paralyze the human brain, as a result of which its energies do not go upwards, but downwards. The supreme feelings function in the top part of the brain so when they do not manifest, the human energies descend from the top part to a lower part. The sick will be cured, when one's descending energies become ascending ones.

The shooting pains in certain parts of your body are due to shrinking of capillary vessels. When the capillaries of the chest shrink, the electricity, the light is bringing, could not function regularly all over the whole organism. As a result of which it gathers more in certain areas, like the water steam in the steam-boiler, and it causes shooting pains at these spots. In terms of science, we call these shooting pains electrical discharges. The atmospheric electricity often connects with the electricity of the human organism. A little explosion is generated, which the person feels like a pain. The higher world has taken electricity from the lower world, and if people do not know that, they say they are having shooting pains in heart, waist or kidneys etc. What should you do to get rid of the shooting pains? Bring more warmth into your organism. To bring more warmth – this means to alter the state of your feeling. When you change your feelings, you send more blood to that part of your body, where you feel shooting pains. As soon as the part gets warmth, the pains will disappear. People, therefore, are able to heal themselves through positive and sublime feelings, as well as with hot water (*look at Healing with water*).

If some kind of blocking happens to any channel of the spinal column, the person loses vitality. The spinal cord has ability to absorb prana, or the vital energy from the air and to transmit it to the whole organism.

When some kind of disturbance or disease starts, do not philosophize too much why and how this has come, but turn you mind towards God, use your intuition, and you will receive advice what you should do. Do not be in a rush to call a doctor. There isn't a better doctor than the intuition. Do not be afraid of the illness or suffering. They come to learn you something, in order to acquire some experience for yourselves, to toughen you up. After you

go through the disease, you will have some kind of acquisition – you will become stronger. People are afraid of the diseases and consider them as some sort of evil. No, the disease is a privilege to people.

There are seven or eight ways to heal someone. Only in a few cases people could be healed spiritually. Which cases? Only people who have no doubt left in themselves can be healed in this way.

Three factors participate in the healing process: nature, the healer and the patient himself. Nature's part is 50%, the healer's – 25% and the patient's – 25%. But the result is mainly dependent on the patient. If he doesn't take an active part, the help from nature and from the healer will be wasted.

Today's doctors study the signs and symptoms of diseases. In fact, the true doctor needs to know first the features and workings of the healthy organism and then make a comparison with the sick one. It isn't mastery to diagnose a sick man. What is skilful is to give a diagnosis ten years in advance, at least, prior to the onset of an illness, in order to prevent it. It is easier to heal someone prior to an illness than after it has set in. The healer who is acquainted with occult science is able to do this.

Many diseases are influenced by the state of other people and are received by suggestion. Knowing this, work upon yourself consciously so as not to be affected by outside influences. Help your relatives by freeing them from the bad influences and suggestions they receive unconsciously.

Some people's eyes emit particularly bright beams, able to be used for good or bad. These eyes can bring misery or blessing to the surroundings.

There is no poison as strong as negative thoughts and feelings. Fear, hatred, suspicion, doubt – these are kinds

of all poisons. They settle as deposits in the blood and poison it.

Don't compromise with your purity, for when you are pure, you allow all life forces to flow freely. First, you have to clean your blood. You can't clean your blood if you haven't cleaned your thoughts, feelings and actions. Just as you clean your blood by breathing, you have to find a way to purify your thoughts.

Love is needed to get in a balance heart and mind. The Divine Mind is needed too. Every illness is caused by insufficient light in the mind, insufficient warmth in the heart and insufficient power in the organism. When light, warmth and power grow, health improves accordingly.

PART TREE

TO HEAL THE WHOLE (HOLISTIC HEALING)

Principles

It is said that doctors heal. Doctors do not heal, they only do a service, but Nature heals. Doctor will come to remove the conditions that cause the disease. But the ill should be given light, food, air and so on. These are the things that heal. The doctors serve like a charitable nurse in this given instance.

The main healing factors are: sun, air, water and food.

If you cure somebody according to the Divine principle, you will apply such methods that correspond to one's organism, i.e. there should be a certain correspondence between the methods, which you apply, and the energies of the given person. Besides, you should start from the simple methods and you will gradually go towards the strong ones. When you cure in a Spiritual way, the principle is the same, but the methods are different. What method will be applied to a given person – this depends on the level of one's development. Some are healed by medicine, water, charm, and others – with faith.

There is always something missing in the ill person. As soon as these elements are brought within, one will be healed at once. Christ healed in the same way. He gave something from Him self to the ill people. If you want to heal, some kind of power should go out of you.

Mind knows the causes of diseases, but it cannot heal them. The soul heals the diseases. It is enough only the soul to wish to heal the disease, in order this wish to be fulfilled. However, when only mind wishes, it will not succeed. Mind manifests externally, and soul – inwardly. One of the manifestations of the soul is the intuition.

Doctors are the more capable, the closer to Nature their methods and medicine are – Nature is the great doctor in life.

Whatever the external reason might be, it is known that people can be cured, when the vital energy reserve is awoken and brought towards activity. The same method is applied in healing with water. You could have better results in applying small and diluted doses. It is a law: by little efforts, you have the same results as with greater ones.

There are hidden powers within each human being, which have to be awakened. If you are able to awaken these powers, the condition of the ill gets better in a natural way. If the hidden powers of the organism cannot be awoken by natural ways, through sweating, trips or taking baths, the doctors turn to medicine in small or bigger doses.

The doctors' vocation is not only to cure in the usual way. They have a higher vocation: to teach people to live in healthy way, to apply the laws of the intelligent nature. In the future, doctors would be paid for each piece of advice. They will not heal the ill people, but they will visit the healthy one time per week at least and teach them how to live and make their life better.

Not every person could become a doctor. And not every doctor could cure. To have a success in healing, the doctor should possess not only a diploma from the faculty of medicine, but also from the Living nature. One achieve

the latter when the powers of one's own organism are combined in an appropriate way with the powers of the intelligent nature. It is said about such people that they are born to be doctors.

ENERGIES. EXCHANGE OF ENERGIES

You are a focus, crossed by energies of the Sun and the Earth. The energies of the Sun pass through you from morning till midday; they come from above and are directed to the centre of the Earth. The opposite movement takes place in the afternoon – the energies of the Earth move along your legs and go up to the Sun. Often, people feel sick in the afternoon, because that is when the currents of the Earth pass through them. You need to know how to polarize and concentrate these forces. Do not stop them. Direct these forces upwards. Other currents come to you in the middle of the night.

Since the legs cannot receive the energy of the Sun directly, they receive energy from the centre of the Earth. Receiving Earth energy gives courage, determination, the body brightens up. Plants and animals understand this law and put it to good use. Manual labour is one way of receiving energies from the Earth.

An exercise:

Drop your hands down and concentrate your energy towards the centre of the Earth, then raise this energy from the centre of the Earth and direct it consciously to your brain. To preserve yourself from being afflicted by this energy, direct it from your head to the centre of the Sun. Then

bring it back to the Earth centre. These two currents, these two types of energy will meet somewhere in your body, at this point you will feel warmth, a sign of life.

It is important to understand the laws governing living electricity and magnetism, which the Hindus called “prana”. The spinal cord is the main receiver and transmitter of prana. First it goes to the cerebellum, then to the cerebrum. If a block appears in the cerebellum, the prana cannot continue its way to the cerebrum, and consequently disharmony will occur. This disharmony spreads through the whole organism.

The etheric double manages the energies which move from outside and inside and transforms them, if it is not able to transform them, a sequence of disorders, a series of discordant conditions spring up in the body.

The magnetic energies follow curves which go in spirals and produce warmth. To a great extent your health is due to the magnetic energies which circulate in your organism. Electrical energies mostly follow straight lines. You have to be able to control the extra electricity and magnetism in your bodies.

If you practise spiritual work, excessive energies accumulate in your bodies and can cause dangerous conditions. In this case man becomes over-sensitive. The etheric body elongates more to the outside, the astral body expands and man starts complaining of not being able to stand other people’s influence. You have to learn to get back inside yourselves. When you know the law, you will not allow your etheric double to widen. In a harmonious environment you may expand as far as you like, but when you are in unfavorable life conditions, you have to go back inside yourself.

Man receives vital powers from several sources: food, air, water and light, but other sources for his vital energies are his thoughts, feelings and deeds.

The link between the sun and the human organism is similar to the relation between God and the human soul.

The sun is a source of life energy for the whole solar system. The sun's energy is positive in relation to the earth. It unfolds in positive and negative electricity, and positive and negative magnetism. The earth's energy is negative in relation to the sun. The earth and the sun contain both kind of energies, but positive energy prevails on the sun, and negative energy is predominant on the earth. The meeting of both ensures life on earth. The mediator, which joins together both kinds of energies, is called *ether*. It penetrates space and the whole earth. The occultists call it "life plasma", the mystics call it "spirit of life".

From midnight to noon, at any given place, the earth is negative, that is why it takes in more positive energy from the sun. At noon the earth radiates positive energy and gradually becomes negative again.

The energy flow from the sun passes through four periods daily: from midnight till noon is the influx of solar energy which reaches its peak during the sunrise, at noon the outflow of earth's energy begins and reaches its peak at the sunset. (see more in the section ***Solar energy***)

It is strictly defined mathematically, what quantity of energy could be spent on each person. Nature takes an exact account of the energy that it spends. Since nature has given a certain quantity of energy at your disposal, you should spend it reasonably. If you do not use it in mindfull way, someone else will take your place.

The physical body is a conductor, i.e. a great installation of powers of nature. Two kinds of powers go through this installation: positive and negative electricity, positive and negative magnetism. Nowadays your bodies are not physically tuned: some of you are positive, others – negative, i.e. in some people positive electricity prevails, while by others negative electricity prevails.

There are flows from the planets towards the Sun, and vice versa. These two flows pass through the human being. We should take the flows from the Sun and receive life. Then, it is necessary also to understand the other flow, which comes from the planets and goes towards the Sun. You should know which days these flows are activated – there are days, when the energy influx is expected in Nature.

You are a kind of focus, through which pass both the sun's and earth's energies. From morning till noon, the sun's energies pass through you, descending from above and going towards the centre of the Earth. In the afternoon the motion is the opposite – the earth's energies pass through your feet and go towards the Sun. Therefore, if you do some exercises in the morning and the same ones in the evening, you will have different results. In general, indisposition comes to some people in the afternoon, because the energies of the Earth pass through them at that time.

As people live on Earth, they need air – it serves as food for their etheric duplicate and their astral body. The air contains a special energy, call by the Hindus **prana**. Other scientific sources call it vital electricity or vital magnetism. You go to the mountain, searching not only for fresh air, but for prana, too. Early in the morning, when you go out, you acquire the specific rays of the rising sun which gives food for your mind, as well as its

warm rays – feeding your heart. The lungs absorb better the prana from the air in the morning.

As on the Earth there are two poles – the North and the South – so in the human being there are two poles which are energy stores. The negative one is feeling, while the positive one is thought. The brain is the positive pole and the sympathetic nervous system is the negative pole. On the left side of the human body the energy goes down the left leg, then it goes up the right leg and the right side of the body. Such an electromagnetic current surrounds each organ. For example, positive energy goes along the right brow and down under the right eye where it is transformed into negative energy. Then it goes up over the left eye where it becomes positive again. Then it goes down under the same eye as a negative energy. Moving in this way, the energy forms the number eight. There is a centre at the point between the brows, at the base of the nose, which regulates these currents around the eyes. Man is healthy when the currents of his right side are cool, electrical, and those of his left side are warm.

There are two main currents in a human body. One from the navel to the top of the head upwards, the other downwards from the navel. The first current leads to the centre of the Sun, the second to the centre of the Earth. A third current connects the two. This third current is called the human aura. The second current, i.e. the one leading to the centre of the Earth, includes all the lower energies a human being has gained in his animal states. By studying the structure of the human body, we see that the first two currents include two more currents. All these currents are intertwined with each other. They can be observed also in both human thoughts and feelings.

The energies of magnetism unfold along curves, which are bent like a spiral and accumulate warmth. To a great

extent, your health depends on the magnetic energies that are flowing in the organism. The energies of electricity go in straight lines mostly. The human being should understand the laws, in order to be able to manage with the accumulated surplus of electricity and magnetism in the body.

Electricity and magnetism are forces that act within the organism. The light and warmth have their effect from the outside. These forces are polarized, but people should know the laws according to which they are moving, in order to be able to transform them consciously.

This is a difficult task – to regulate your energies. The energies, coming from the centre of the earth enter your body as a strong stream and along your spine reach the central brain. Nowadays people lost control on this stream. There is the opposite stream – it comes from the sun and streams in the opposite way – from the brain it goes towards the autonomous nervous system, or the stomach.

The feelings are the negative pole, while the thoughts are the positive one. Brain is positive while the sympathetic nervous system is negative. In the left side of human body the energies descend along the left leg, afterwards it ascends along the right leg and right part of the body. Such electromagnetic stream surrounds each organ. For example – positive energy moves along the right eyebrow, then it winds downwards around the right eye and turns to negative energy, then it ascend around the left eye, becoming positive again, and when it winds down the same eye, it turns to negative energy. In its movement, thus, it forms number eight. There is an intelligent center between the eyebrows, in the root of the nose, which regulates these streams around the eyes.

You need to know the laws of the movements of the vital electricity and the vital magnetism, or so called prana. The spine is the main receiver and transmitter of prana. Moving along it, prana reaches first the little brain, then the main brain. If there is a block in the little brain, prana can't continue its path to the main brain, which causes disharmony in it, which reflects on the whole organism.

There are two main streams in life which are mirrored in human being: one stream moves from the head towards the feet, the other moves from the feet towards the head and both encircle human body. The brighter this circle is, the healthier and cleaner the body is. When lines of this circle are uninterrupted, man can do everything.

When people do not live a good life, the energies could not be distributed appropriately in their organism. As a result, they accumulate in some parts of the body.

The energy in nature comes mainly from two sources: from the centre of the sun, and from the centre of the earth. The predominant energy in nature is that, which comes from the centre of the sun. That's the positive energy. When the solar energy is perceived mainly by the head, the human brain becomes more active. If that energy is absorbed by the stomach mainly, then the stomach becomes highly active. In that case, the brain is demagnetized, it becomes weak and headache appears. Then the superfluous energy from the stomach should be transmitted again to the brain. Sometimes, the solar energy could be concentrated in the elbow, in the whole arm, in the face etc. To distribute the energy equally along all over the parts of the body, it is necessary to do occult gymnastic exercises.

The accumulation of greater quantities of solar energy in some parts of the body creates a variety of

painful conditions for the rest of the body. As a rule, the demagnetized parts of the body i.e. these which are deprived from energy, get ill,. To heal them, you should send them the necessary energy by the power of your thought.

When the energy accumulates in some part of the body to the top of explosion, we can prevent this explosion, directing the energy to some kind of work. The contemporary people suffer from accumulation of surplus energy. The energy sometimes accumulates on the mouth, sometimes on the ears, sometimes on the nose. When you touch this part of the body where excessive energy has accumulated, last one explodes. By other people energy accumulates at the top part of the arm or at the hand, so they do not like to be touched there. The surplus energy could create an explosion, a painful condition. Nowadays, the diseases are often caused by accumulations of such energy.

If the energy is coarse, it generates various depositions. They are due to the electrical flows. When the vibrations are rougher, the semi-organic matter accumulates around the joints. When the weather changes, the muscles shorten and generate a pressure, a friction. These semi-organic substances, which are solid, pass through the tissues and cause a friction, after that a firing, it triggers off a chemical reaction and as a result appears a swelling.

Some of your thoughts are charged by electricity, which cause great explosions in the nervous system. The explosion gradually destroys the human organism. Beware of thoughts that ruin the nervous system. To be physically, mentally and emotionally healthy, people should know how to regulate the energies of their brain and the autonomous nervous system.

At first, you should learn how to control your brain. Gather energy from nature and send it to the solar plexus, then to the heart, to the wind pipe, to the back and top part of the head, afterwards spread it around your body. Start taking these magnetic showers, until a light magnetic aura forms around your body, and then you will feel free.

If you feel heaviness in the epigastria area, this means that your solar plexus does not function properly; i.e. there is a disharmony between you and either the sun flows, or the earth's flows. In this case, do the following: when you get up in the morning, direct your mind towards the sun, and do certain exercises (see exercises section – editor's note) which will help you to draw the opposite flows from earth and sun and balance them. When you connect with them, the pressure in the solar plexus will disappear.

If the energy accumulates mostly in the right hemisphere, the person becomes nervous and restless. If the energy accumulates mostly in the left hemisphere, the person becomes active. When you see a nervous and anxious person, put your left hand on his head – and that person he will calm down.

Normally, the energy from the one hemisphere flows into the other – it is distributed equally. It is easy to help people with whom you are connected. Your energy passes through them, makes a whole circle and calms their mind. Such people represent interconnected batteries. The vital forces pass from one person to another and go back where they have come from. Thus people revive each other.

What is the matter of anger? – It is dense. What kind of substances forms it? – They are explosive. The anger is dangerous because of the explosions that go with it. Those who have got angry, they feel like they have been burning, as if a fire has burst within them. A lot of time

should past, until they repair all the damages within their organism from that fire. What is the anger due to? – It is due to excessive energies in the organism. When someone has got many desires, which one cannot fulfill, a part of the energy, which has been assigned for their realization, remains unusable. This energy is the reason for the anger. The coarse substances in the brain cause slow processes of fermentation and decay, as a result of which anger arouses. When someone is angry, this is evidence of a lot of desires that are not achieved and fulfilled. What is the cure for anger? Do fulfill these desires. The superfluous energy accumulates behind the ears. These parts are prominent in angry persons. The phrenologists call them destructive centers. These centers are connected with the motor muscles of mouth, for that reason one starts moving the mouth when is angry. Those who understand the laws of transformations of energies, they know how to send the superfluous energy from the ears to the brain.

The occult science recommends that the disciple should give up one's desires as a method for controlling the anger. Each desire is a capital, which can be transformed into kinetic energy, but it needs to wait for its time. Each desire is a power that will give its results, but the power has to be awakened at the right time. If you miss the right time, you will come upon a number of negative states, and the first one will be the anger.

When someone is highly agitated and feels indisposition in the solar plexus, the most natural movement would be to put the palm of the right hand facing downwards on the solar plexus, in the pit of the stomach, and the left hand is on the waist, with the palm facing upwards. At this position of the hands, you will feel a relief of the nervous system. When the hand is on the solar plexus, the superfluous brain energy is driven through the hands

and that person calms down. The palm of the right hand is a conductor of the negative, the energy of reconciliation, and the top part of the left arm is a conductor of the positive, the energy of agitation. These energies, when are combined at one place, tranquilize the person.

So, you should strive to control your brain energy, so as not to use it in vain. Every living and conscious being in nature is in a fight who will take more of this energy. Those who have greater brain energy reserve for themselves, they think, feel and act more. When you want to use the energies in nature, you should take them directly from the source, but not indirectly. For example, if you want to make use of the solar energy, you should go outside and receive it directly from the source, but not through windows, or lens.

FOOD AND NUTRITION

In the organic world light is linked with food, used by man. No any food is created without light and warmth. Consequently the stomach is completely dependent by the light and the warmth. Food is necessary to deliver these elements, through which life manifests.

People can draw energy from light in order to maintain their organism – if they know its laws; from life – if they understand it; and from love – if they strive for it; these are the three sources from which people can obtain strength, life and health.

There are rules and methods how to use the light. Sometimes your indisposition is due to a number of abnormal combinations, which have been caused by inappropriate utilization of light. From a scientific

prospective: since the light is stored in different ways in the various foods, the result is that some of them have a favorable effect on the human organism, while others have an adverse effect. The food, which affects adversely the organism, often gives occasion for indisposition. Therefore, the food, which people consume, represents light, stored in a different manner in the different organs. Hence every one, who wants to be healthy, should consume the food that corresponds to one's own organism. This is the real hygiene of life.

So the hygiene of life should start from the rational use of light, which is stored in the plants and fruit. If the light that is acquired could not be transformed into living energy, we say that food is not assimilated well, i.e. there is no correspondence between food and the given organism. The contemporary dieticians and physiologists often recommend food which does not reach the desired goal. Some dieticians recommend meat to people, and others – vegetarian food. But sometimes the vegetarian food, which contains certain kinds of oils, spoils so much that it is possible to destroy your stomach even more than the meat. To avoid this maldigestion, people need to get the food that nature has designated especially for them. This is one of the serious questions every intelligent person should ponder over. It is not important what has been written in books about it, but every one needs to find one's own food, as the animals do. Nature has given an inner instinct or an inner feeling in the human being regarding recognition of the right food. And if people go back to the archetypal state of purity, they will come to the state to distinguish which food is good and especially designated for them. If people let themselves to nature – to lead them, they will solve correctly not only the question of food, but they will definitely know what way of life to live and how to live.

Each kind of food contains in itself an intelligent life; each kind of food comes from a certain intelligent realm of nature, so you should see: if that food is in harmony with you – eat it, if it is not – do not eat it.

When you find your specific food you will be healthy, you will develop in a right way. This food you will like. It corresponds to the forces at work in his organism, to his thoughts and wishes. It represents the basic tone of his life. When someone finds the basic tone of his physical, his mental life and his heart's life, he reaches the ideal harmony of life.

If the food, which has been digested, does not pass from the physical into the spiritual world, then from the spiritual into the Divine, it has not finished its full circle of motion. However if the food permeates into the three worlds – physical, spiritual and Divine, we say that people eat appropriately. If the food cannot transcend into the different worlds, people cannot develop properly and get ill.

If you eat, you should eat up to 32 mouthfuls. If someone eats 33 ones, he is outside, in the coarse physical life.

People should consider eating as a sacred act. One should spend half an hour on breakfast, about 40-50 minutes on lunch, and the dinner is also half an hour. Do not eat too hot food. Do not eat too cold food. Observe this rule in order to be healthy, lively and strong.

People should know what kind of food to consume every day if they want to live hygienically. There is strictly defined food for every day of the week. The modern scientists do not know that. They know mainly the compounds of food, their proportion in percents, but what food to eat on Monday, Tuesday, Wednesday or Thursday – they do not know. Specific food is needed for each day. The first people knew that science, but after the Primordial sin they forgot everything.

The cherry and apple, for example, are under the influence of Venus. The energies, the plants and fruit contain, are dependent on the planets, which they are related to. The planets, in their turn, are related to the zodiac constellations. If you want to elaborate your character, you should take food that gives the correspondent energies. In the future, people will take food according to the planets, which are in force that day. On Monday you should eat food that is under the influence of Moon; On Tuesday – under the influence of Mars...etc.

The future of people is determined by the food they take. The purer and healthier food people take, the greater and lighter future they are preparing. That is why, in order to clean the food from poisons, which on the one hand come from the earth, and on the other hand come from the animals, it should be purified. There isn't any other physical or mental way that is capable of purifying food from the mental poisons, but the human thoughts and feelings. The meat diet contains the greatest quantity of mental poisons. The fear and loathing the animals feel, when they are slaughtered, bring poisons into their organism. When people consume their meat, they take in these poisons and get upset. This is the reason why people have neurasthenia. The animals have a great desire to live.

For recent times, the purest and most hygienic food is the vegetable one. A day will come, when the plants, in their striving to save their life, will also rebel and start releasing poisons, by means of which they will do mischief to people. Even nowadays, there are plants that release substances, which are harmful to the human organism. People make use of these poisons in small quantities – as medicine.

Many cultures and civilizations disappeared due to the poisons in the meat. The Atlanteans, for example, became extinct because of the poisons in the animal meat. The modern culture is doomed to perish by the same reasons. Modern people consume a lot of meat. Some consequences are falling out of teeth and hair, or sagging

1. Day	2. Ruling Planet	3. Color	4. Foods
Sunday	Sun	orange	orange fruits, corn, lentils, grapes, wheat
Monday	Moon	Green, silver	cabbage, rhubarb, cucumbers, lettuces, watermelons, green beans, salads
Tuesday	Mars	red	chilly and sharp foods, spinach, radishes, peppers, onions, garlic, nettles, tomatoes
Wednesday	Merkury	yellow	carrots, pears, lemons, yellow fruits
Thursady	Jupiter	Dark blue	rice, potatoes, pumpkins, okra, milk products
Friday	Venus	Light blue, rosa,	peas, sesame seeds, cherries, sour cherries, apples, figs, strawberries, raspberries, most of the fruits
Saturday	Saturn	Violet	nuts: walnuts, almonds, hazelnuts and more. beans, blue, aubergine, coffee, cocoa, dried fruits, black radish

chest, that leads to degeneration of the human being. The degeneration is due to the poisons in meat that people are eating. Knowing this, people should become vegetarians consciously, regarding the idea, but not by imitation.

There is a certain correlation among eating, breathing and thinking. If you cannot choose your food, you can not discard your thoughts, either. As soon as you choose good food, you will find good thoughts, too.

If you are ill or not well disposed, take a ripe pear and have a little bite of it. When it enters your mouth, the taste will bring change in your feelings. This is also achieved by sugar and pure water. Take a cup of hot water, put a slice of lemon, one or two lumps of sugar and drink it. Your indisposition will vanish immediately. When the food enters the mouth, wonders happen inside the human being. Therefore, you should be extremely strict in relation to your food. Do not ever eat food that you do not like.

Fruits

Genesis describes that the first human being ate only fruits. So it was predetermined that the human being had to take only the purest and finest food. The fruits, which the first people feed on, were not like the contemporary ones. Nowadays they are grown on the earth, soaked by blood of people and animals and their waste products, as well.

All plants are connected one to another, as a result of which life is flowing from one plant into another one. The whole vegetable kingdom is connected with the Divine world. Always eat fresh fruits. Chew them well, slowly, in order to swallow their vital juice. When they

are taken in the organism in this way, they will provoke an energetic reaction to a new life.

All fruits are created under the influence of light and warmth. Studying people, in the way their contemporary organism is built, we will see they are made of light and warmth.

Each fruit looks like a book, nice and rich in content, on which have been working hundreds of professors. The fruit is a factory, where many beings have worked.

Each Divine fruit has its great purpose. Consequently if you eat apples, you will acquire a certain quality; if you eat plums, you will acquire another quality. You become what you eat.

In general – the oblong fruits represent intelligence, and the round – the life of feelings. Fruits are nothing but a combination of energies, which function in these forms.

It is a good thing to study astrology. You should know that every fruit-tree is related to some planet. Knowing that, you will make use of the fruits sensibly. If you want to feel the favourable influence of each planet, you will use the fruits that are related to it. People do not have to take one and the same fruit all the time.

When you are in a low spirit, take half a kilogram of large, nice cherries and go out in the open air at 10 o'clock before noon. Face the sun and start eating slowly and calmly for about an hour. You should not eat anything else except the cherries. The experiment can be done earlier, too – at 8 to 8.30 in the morning. After half an hour, you will notice a change in your state. This is result of the cherries.

The cherries bring cheerfulness into the human being.

The apple has been created in the astral world, while the pear and lemon – in the mental one. When you look

at the shape and colour of the tomato, you will see that it has lagged behind in development. It has not gone further than the life of the stomach.

The tomato represents love in the physical world, the apple represents love in the astral world, and the lemon – love in the mental world.

If you are nervous, you should eat three of the early apples, which become ripe about the end of June, and your indisposition will vanish.

The apple brings softness. It makes the human being gentle, with a good behavior. The face gains freshness.

If your lungs are weak and your mind does not work well, you need to eat grapes. That will cure your lungs.

The grapes make people gracious and indulgent to the others.

Blue plums are grown in order to strengthen faith.

The pear reinforces the intelligence. It helps in case of anemia.

The peaches relieve the stomach.

Apricots help for pernicious anemia and liver diseases.

The sour cherries are for truth.

Those who want to think more active, should eat lemon. Those who are apathetic, they should take a slice of lemon every morning, in order to relate to the powers that act within it. The lemon gives activity to mind. The acids of lemon give activity to the human being.

The juice of lemons and oranges brings you in high spirits, it improves the stomach condition, and the acids of lemon make you more active. It helps against apathetic mood and gallbladder diseases.

Wheat

The grain of wheat is an emblem of Christ.

Nowadays, there isn't any healthier food but the grain. But as people today grind the wheat and make bread, a great deal of the nutritional substances are lost.

The grinding of wheat is a human invention. In the future culture there won't be any mills. When the wheat is being grinded, a large part of its oils and sap are lost. After grinding the wheat, the flour is put in sacks, where it is stored for five-six months. This flour loses its life. It has lost all of its vitality. Therefore, the best thing to do is not to grind the wheat, but to eat it raw. Since the modern people do not have strong teeth, the wheat should be boiled (be stewed at least), and it should be eaten in that form while it is still hot. If some wheat remains for the next day, it should not be eaten. You should stew wheat each day.

The grain of wheat contains within itself a potential energy, which entering the human organism is transformed into kinetic.

The wheat diet has been preserved as a practice of the White Brotherhood. It is held in February each year, immediately after the full moon. It starts in the first days of the waning gibbous Moon. It is advisable to start it on Wednesday, but it is more important to do it not later than the third or fourth day after the full moon. Its aim is to purify and revive the organism after the winter. In its beginning you should say the formula:

“God, receive me in the pharmacy of the living Nature for ten days.”

You should eat 100 gr. of wheat each day. It should be washed very well and soaked into boiled water,

then kept in a vacuum flask from the previous night. The wheat should become softer, it might be cracked open, but not boiled. It should not be germinated. Divide it in three portions (for breakfast, lunch and dinner). When you eat it, you should chew slowly and calmly. It is recommended to chew each mouthful about 100 times. Besides the wheat, you may take, if you wish, up to 3 apples, up to 9 walnuts and up to 3 spoons of honey each day. Drink water a lot, without any restrictions, but not less than 1,5 l daily.

The wheat diet is being held for 10 days.

On the tenth day you will have to return gradually to your former diet by Angel Soup, which is prepared in the following way:

Three medium sized potatoes are boiled in gently salted water, in the end, add some sprigs of parsley. This is the food for this day, and possibly for the next day. You should go back to the normal way of eating bit by bit, as in the following days you should include fruits at first, simple vegetable food without spices, bread – and the menu is expanded every day.

During the time of fasting, you should be in high spirits and cheerful mood, and think consciously about the renewal of the organism. If some kind of physical or mental indisposition appears, then the best thing to do is stop fasting.

Cereals, Nuts, Vegetables

If someone is too quick-tempered, he needs to eat corn. If someone does not like to discharge one's duties, he needs to eat rye. There is something ideal in rye, it grows high. When it enters into the organism, it creates a high ideal.

Those who want to become idealists, they should eat oats.

The walnuts develop the human mind. They have a good influence over the brain.

When you eat peas three times a day, your skin will become white, and your face will be beautiful.

Those who want to be healthy, they should plant onion. The vitamins are in the peels of onion (the dry peels – editor’s note), there are not so many vitamins in the inner layers. Do not ever chop the onion, neither cut it in fine parts. The onion should not be fried, but to be put in boiling water, cut it in bigger parts. The raw onion is also good in case of cancer diseases

In case of neurasthenia, eat peas.

In case of hypochondria eat wheat.

Those who have hardships, they should eat turnip. The turnip is a symbol of overcoming difficulties of life.

Carrots are means of reconciliation with earth, cabbage – with heaven.

If you eat fresh cabbage, you will be free from many diseases.

Those who lose courage, they should eat tomatoes. Tomatoes help those who discourage, they improve the blood circulation.

Eat more spinach and nettle – and your hair will become black.

The peas help for neurasthenia, and it gives a nice skin complexion, it brings beauty.

The garlic is a magic plant. It protects people from negative powers. It can be used in case of dysentery.

Onion, garlic and parsley stabilize health in general.

You should take the fruits of the cornel-tree, if you are weak-willed. They supply the blood with iron. They give firmness and strength.

The sugar beet cures the eyes.

The pumpkin helps when you feel anxiety.

The watermelon cleans the stomach and intestines, it cheers up.

The potatoes help for the mental development of people, and make them feel satisfied.

The okra is for faith, gives gentleness in the character.

Lentils help for eyes.

Beans are related to kidneys. There is a certain magnetic power in it and a healing effect, if you are susceptible to bad mood.

The hot peppers are good against fever.

In case of anemia you should eat cucumbers.

Eat leeks when you suffer from cold.

The eggplant gives more forces. It brings calmness.

The black beans cultivate intuition.

Rice helps for contemplation, meditation.

The nettle helps the hair to become black, for this reason it should be consumed three times per day.

The fresh cabbage will prevent a lot of diseases.

Sugar hides in some lie.

Fasting

The hunger heals. If you are suffering from rheumatism or other disease, you can undergo a treatment with fasting. But fasting should be felt as something delightful. Fasting purifies the body, the pores open and breathing becomes deeper and spreads more light into the mind. In the old times people healed themselves by fasting. When you are fasting you breathe more intensive. At that time instead of nourishing by the mean of the stomach, you will do it by the lungs, breath will nourish you more.

People need to fast at least once a month to give a break to the stomach.

At time of fasting, the burning in the organism is more intensive thanks to which all the substances, which are the cause for different diseases, indispositions and discontents, are burnt out.

Fasting is a way to renew the human organism. The main idea of fasting is to awaken the hidden energy and to revive the organism.

By fasting you strengthen your will and thus you work, study and think more.

You should divide the year in four parts, of three months each, and during each season for a month you should eat only fruits, tea, wheat and potatoes boiled with salt, stewed dried fruit, bread – nothing else. No olive oil, cheese or similar kind of food. Choose one month during spring and feed only on fruits. You should note what kind of fruits you eat and how do you feel. You can perform the same experiment in summer, autumn and winter.

Man's development and growth depends on the condition of his digestive system. A third of human energy is used up by the stomach.

First and foremost food has to remain in the mouth long enough for its energy to be absorbed through the tongue. From the tongue, the energy is directed to the brain and then to the heart. The tongue takes in the spiritual energy from the food which can't be absorbed in any other way. To be able to use it, man has to be free of worries. In the correct manner of nutrition, the mind plays an important role.

If you chew with your left side, you will become very sensitive; if you chew with your right side, you will develop your brain. To achieve harmony between thought and feelings and obtain inner peace, chew both on your left and right sides.

Observe the following rule: before eating concentrate your mind on the food, think of it as a great gift of life from Nature. When you think of the food in this way, you make contact with Nature, you make peace in your mind and your feelings. Don't ever rush when you eat. While eating, don't think about any other things. If you can achieve all this, you will use the food properly, it will reflect beneficially on your organism.

Beware of overeating. Eat until you come to the most delicious piece and stop. If you keep eating, the stomach will use all the energy and nothing will be left for the brain.

Food consists of living parts, energy carriers which, received with love, will renew the body.

Observe the following rules: have breakfast after sunrise and dinner before sunset.

Everyone who wants to be healthy, must be careful not to mix foods. Eat only one kind of food, let it digest and then take another kind.

Everyone has to find for himself the kind of food that is especially suited to him. Nature has equipped everyone with an instinct to choose the right food, with a sense of differentiation. When you come to this state of purity, inherent in the original human being, you will be sensitive enough to pick the foods which are good and suitable for you. Every organism needs a specific kind of food, and if man knows his own needs, he will not only further his physical development, but his mental, emotional and spiritual development as well.

Meat contains negative elements harmful to the human organism. They reflect negatively both on physical and spiritual development. Vegetarian food is recommended because it contains fewer toxins. Fruit is the best food. But it is a mistake to think that eating only

pure food is by itself sufficient for spiritual development. There is a basic law for right nutrition. According to this law, man can eat everything provided he eats it consciously and with love.

Fasting is a way to renew the organism. Its main aim is to awaken the passive energy stored in the cells. Here too, laws must be observed. If you decide to fast without clear purpose, the fast will have no results. You also have to choose the right time and the right days for fasting. According to which day of the week your fast begins, and the time of the day, the result will be different.

You should not torment your body, nor your heart, nor your mind by fasting aimlessly.

During the fast remain joyful, in high spirits and do not disclose to others that you are on a fast. In this way your fast becomes effective.

Fasting correctly gives results in the following ways: it improves your health, especially the nervous system – harmonizes your feelings, giving you more kindness, clears the mind, bringing more light into it.

WATER. HEALING WITH WATER

Water is a carrier of life, of vital prana. Everyone who knows how to use this prana can easily cure himself. If you were to realize the properties of water, you would be able to cure all kind of diseases with it.

I say: the most powerful remedy in the world is hot water. The human body has seven million pores. They are the windows, the outlets of the organism. You open them through an inner cleansing called sweating. The first step towards treating each disease is to open the pores. The best way to induce sweating is to drink between one and ten cups of hot water.

Breathing through the lungs is one type of breathing. But the body also breathes through the skin. When both types of breathing occur in a balanced way, man is healthy. The condition of the skin determines the state of the mind.

Somewhere above, in the infinite space, the oxygen and hydrogen exist in a free state, separately. When water on Earth loses its vitality, the hydrogen and oxygen descend from the infinite, etheric space, mix together and form water, which renew the water in oceans and seas. This renewal happens all the time. It is due to these electrical flows, which move from north to south over the earth surface. These flows cause the motion of Earth around its axis.

There is more water in the etheric space than on Earth. When water decreases in quantity, the human life shortens.

Water doesn't consist only from oxygen and hydrogen, but it exists also besides both these elements, it exists also far from them. Oxygen and Hydrogen are only conductors of the water, but not its parts. Beyond the Oxygen and Hydrogen there are other elements, invisible ones. And it is said that the elements unite thanks to chemical affinity but there is another force behind this. This is the force of love.

A great deal of the human body is water. Many people are ill because of lack of water in their organism. The moisture, the water is the reason for the warmth of organism. The lack of water cools the organism. On the other hand, too much water warms it. The human being should live properly, and use sensibly the energies, which come from the Sun, to create a healthy and pleasant atmosphere around. If people live properly, they attract to themselves flows that come from Sun, and form an oasis, a source of life and powers.

If you understood the properties of water, you would be able to cure all diseases.

Take a glass of water, look at it, draw it close to your lips and take only one sip. While you are drinking, you think about it; only then the water purifies the organism. This is the way to bring this Divine good in the human being. Take more water internally – for purifying. The modern people take baths externally, but the result is not sufficient. If you do not regularly take a bath three times a day – in the morning, at noon, and in the evening – with clean water internally, one cannot talk of any kind of hygiene. As you acquire water, you will acquire light and air in the same way.

Drink more warm boiled water, this will prevent you to become conductors of some astral beings.

When you got fever, instead of taking pills, drink warm boiled water for three days, not eating – and the fever will leave you. The cold is cured in the same way.

When you are ill, if you want to cure yourselves, you need to drink 5-6 cups of warm boiled water – taking small sips by a teaspoon – in the course of half an hour. It might seem a little extreme, but you will cure yourselves.

When you suffer from high temperature or some other illness, drink hot water until you sweat several times – after each sweating you must change your clothes. Keep positive thoughts in your mind.

I recommend taking one teaspoon water every minute. Each teaspoon water which is accompanied by your thought will have positive result. In this case the thought works as dynamic power.

The hot water, when is received in small sips, cleanse the nervous system from deposits, which block the thoughts and feelings of people. Water relieves people of the tension, the nervous system exerts on them.

The first phase of healing – whatever the disease might be – is concerned with clearing out the pores, which is done by sweating and washing of the body. The best way to sweat is to drink from 1 up to 10 cups of hot, boiled water. When you drink hot water, it goes out through the pores and opens them. In this way the health condition is recovered. The pores are channels, openings of the soul. If all pores of body are unblocked, the human being reaches the real state of the soul, where it breathes freely without obstructions. Lungs do a specific way of breathing, while by means of skin pores is done a general breathing. When the specific breathing parallels the general one, the human being is healthy. The state of mind depends on the state of skin.

Modern people do not know how to drink water and what quantity they should drink. Each organism needs

a certain quantity of water, which has to be contained in the cells to maintain the moisture within. If the moisture is lost, the organism is exposed to dehydration. These people are usually nervous, dull and irritable. Therefore, people should maintain moisture in the organism in order to be healthy. Without the internal moisture and external water, people cannot purify their organism from the external and internal deposits. If you do not want to get ill, keep in your mind the thought of the favourable influence of water on the organism.

External Application of Water

You should take a bath every day. A certain deal of water is acquired through skin, through the pores of skin. For this reason people should often wash their face and then water penetrate through the pores. A part of the magnetism of water penetrates in the skin together with the water. Water should be warm for that purpose.

You can pour sun water over you every day in summer, or water that has been warmed on fire. After you have poured water over your body, you should drink one or a few cups of hot water, because when you take a bath, a part of the body temperature is lost. After pouring water over your body, you can have a sun bath.

It is good to wash with warm water the region from the waist to the upper part of the thighs, and the legs to the knees. In this way the thighs remain dry, which causes a certain reaction that intensifies the circulation of blood.

From the beginning of May to the middle of July, expose yourself to the rain each time it rains, until you become completely wet. After that go inside and rub your body with a towel, put on dry clothes and drink 1 – 2 cups

of hot water. While walking under the rain, it would be good to sing inwardly, this singing makes you younger. The rain is a blessing. A powerful energy is hidden in the raindrops. They have beneficial effect on the nervous system and help by lot of chronic diseases. I call these baths of angels. Having these baths, you should pray to God to clear out you, and thank Him for the blessing He has sent to you from heavens. The raindrops wash you from outside, as well as the blessing of God purifies your heart and mind, bringing life, strength and health. Those who can acquire properly the energies of raindrops, they have reached that primary substance; the alchemists have been searching for. When you take these baths, you will have sound sleep.

Sometimes it is better to wash different parts of your body than to wash the whole body. In general, nature likes diversity. The German doctor Louis Kuhne comprehended this law. He recommends sitting-baths to the ill people, i.e. to wash only half of the body, as the other part remains dry. For example, if a person washes the top part of the body up to the waist, the other part – the bottom, should remain dry. On the next day, one should wash the bottom part of the body, and the top will remain dry. If you wash your face in the morning, you should moisten the back of your head at noon. A regular exchange takes place within the body in this way.

I will give you a piece of advice: do not take cold showers. Do not wash, by no means, your feet with cold water, especially after you have eaten.

Nature does not tolerate cold showers, and cold baths. Warm baths are advisable to cold ones.

Many bad states and disturbances can be transformed by the use of water on different parts of your body. For example, you can wet your neck, or the back part of your

ears, or your feet. Washing different parts of your body causes some changes in your brain.

If you are angry, nervous or in doubt, take a bowl of clean water at body temperature and pour it over the upper part of your left arm. Dab it with a towel so that the skin remains a little wet. After a minute, wet the upper part of your right arm and dab it in the same way. If your state doesn't improve repeat the procedure after a minute. If there is still no change in your state of mind, increase the gap between the washing of both arms by one minute each time – up to ten minutes. Then you will feel good.

BREATHING. BREATHING EXERCISES

The Divine thoughts, which prepare the path towards the Divine, enter through the nose along with air. The Divine blessing passes through the top part of the brain, goes down to the physical brain, then through the nose, where it goes out.

The day will come, when people will breathe not only with their lungs, but with their whole body. All cells in the body will acquire air from the outside, and they will keep the impurities within sending perfectly clean air to the lungs.

Breathing is a dual process: physiological and mental. The ultimate aim of breathing, as a mental process, is to purify the thought.

Lungs are a complex laboratory, where a lot of energies were mixed. The prana from the air permeates the lungs and helps blood to be ozonated, even at places where air

could hardly reach. In the purified blood are introduced the elements of life. The full breathing is the best. For the full breathing helps love mainly. Consequently love is the primary and necessary condition for full breathing. When you breathe, you should appreciate the air as an irreplaceable blessing. When you regard the air as a unique blessing, it permeates to the most distant cells of the lungs and sends them its prana, its vital energy, which they obtain and send to all over the body. Therefore, love touches the lungs first. Those who love, they expand themselves, they expand their lungs. When you accept a blessing consciously, with gratitude, love starts acting within and uplifts you. This kind of love is positive, rising and it broadens the human consciousness. The Divine energy, which descends from above, should pass first through the respiratory system, from there it should ascend to the mind, and then it goes down to the heart.

Study the different methods of breathing to see which one you should apply as the best for you. Try to think with every breath about the light, because in this way you can relate to its energies. These energies are in the air, where you should take them from. When you think about fragrance, you will draw other kinds of energies from the air. When you think about the relish, you will obtain a third kind of energies. When you are thinking over these words and breathing at the same time, you will see how every word affects in a different way the pulse of your heart. The slightest changes in the pulse speak about delicate experiences of the person.

As I am speaking now about the deep breathing, I don't have any intentions to recommend you special exercises. Hindus have special breathing exercises, which are not applicable for the Europeans. If Europeans apply the same exercises, they will contradict themselves.

Therefore I tell to you: draw a deep breath, as you strive to breathe lightly and rhythmically.

For the Hindus breathing is required a philosophical training. The Hindus spend a lot of time and efforts for this, while Europeans put a few efforts. They want to achieve things easily, because they have mechanized the processes. The Europeans, who have applied the Hindu breathing, have not managed because they do not have the same upbringing as the Hindus.

Remember: the proper breathing depends on love. You should breathe deeply, as you hold the breath with love in your lungs for a long time. You should do that three times a day, for 10-15 minutes. Breathe with joy and love, upright with a smiling face. Your spine should form a parallel line with the straight line, which connect the centre of the Sun with the centre of the Earth. The chest should be thrown out, but not hollow.

When you breathe properly you connect with the rhythm of nature.

The common breathing should reach up to 15 inhalations in a minute. When you do your exercises, you will strive to reach gradually to one inhalation, one holding of the breath, and one exhalation in a minute. If you achieve that, you will be able to cure all diseases, even tuberculosis. It is advisable while you are doing the breathing exercises to move your hands at the same time. Do the following exercise: clench your fist and put them on your shoulders. Raise slowly your arms out to the side of the body, take a deep breath, hold it and after that lower your arms down as you breathe out.

There is a special breathing method for each person. You will find it through your inner teacher and doctor. Listen to your inner doctor, i.e. the Divine within yourselves. It will show you the right path.

I will give you a breathing exercise: gradually inhale for a count of 16, hold your breath for a count of 16, after that exhale for a count of 32. You will do that three times a day. It might be once a day, but it is better to do it three times a day – in the morning, at noon, and in the evening, you should do six inhalations in this way.

You will inhale through your left nostril. Then you will exhale through the right nostril. You will continue to count according to the correlation – 16, 16, 32 – for 2-3 months. Do not increase these numbers.

It is advisable to inhale through the left nostril as you count slowly up to 10-15. Then hold your breath as you keep the air in your lungs for about 30-40 seconds, after that exhale slowly and rhythmically through the right nostril. This exercise could be done 3-4 times a day. It is necessary for everyone, who does mental work. It is requested both for the ill and the healthy. It is better to do it outside, in the open air, not in the room.

When you are nervous or angry, do the following exercise: hold with the thumb of your right hand you right nostril, and inhale through your left nostril mentally counting to 7. Hold your breath for a count of 10. Afterwards hold your left nostril, and exhale slowly for a count of 9. This exercise helps you to regulate the nervous excitement, to set the brain at ease and to strengthen your memory. In the morning and before noon, you will inhale through the left nostril and exhale through the right one. In the evening, you will inhale through the right nostril and exhale through the left one. You will do this exercise 21 times a day: in the morning, before noon and in the evening, 7 times in any of these parts of the day.

You could do an exercise for acquiring the white colour while you are inhaling and exhaling. You should visualize how the white colour is pouring over you as

if you are taking a shower. The inhalations should be rhythmical. Count up to four during each inhalations and exhalations, and at the same time you will think about the white colour and purity. It is preferable to do the exercise in the open air, if your home has got a garden. The yellow colour corresponds to wisdom, the red – love and life, the green – to growth. There is some intelligent power in nature behind each colour. The colour itself is only a mask for that power.

Health depends on conscious breathing. You should spend at least 10-15 minutes three times a day breathing consciously. While breathing, you should be thankful for the air, for the gift received through it. Today people breathe in and out 20 times a minute on average. This breathing is fast. People who breathe quickly have a weak will. Apply your will to reduce gradually the number of breaths to 15 a minute. If you can achieve 10 a minute, you will improve your health.

Remember, when breathing normally; take between 10 and 20 breaths a minute. During the exercises you will breathe in 4 times a minute. Begin with 4 inhalations and gradually reduce them. If you can achieve one breath in and out in a minute, you will gain something worthwhile.

For the development of patience in particular, I recommend you deep breathing. Breathe in deeply and retain the air for 10, 20, 30 and more seconds. Anyone without experience in deep breathing should only keep the air in his lungs for 2-3 seconds the first time, and every day should increase the length of time by one second. After a month he will be able to hold air in the lungs for 30 seconds. If he succeeds in this, he will liberate himself from many bad states and bad spirits.

The mind's concentration depends on breathing. By breathing deeply, one can concentrate well.

There is one kind of prana, taken through the left nostril, another kind is taken in through the right one. Through the left nostril, a magnetic current, “the Sun’s current” is received. It is linked to the solar plexus. Through the right one, an electrical current is received, “the moon current”, linked with the brain. When you want to develop your mind, breathe in through the right nostril and out through the left. When you want to develop your heart, breathe in through the left nostril and out through the right. When we alternate breathing through the nostrils, we balance both currents as well as the electricity and magnetism.

An exercise:

Breathe in, counting to 7, hold the breath, counting to 10 and breathe out, counting to 9. Do it three times daily, breathing in through the left nostril in the morning and at noon, and through the right in the evening.

The exercises could be completed with formula or prayer. While breathing, you can say in your mind:

“Thank You, Father, for the good, which You have given to me.”

You can also say the prayer “Our Father” while you are breathing in, holding your breath and breathing out. Do it daily in the morning, at noon and in the evening, ten times.

An exercise:

Breathe in through the left nostril, saying the words: “May the Lord’s Name be glorified in me.”

Hold your breath, saying: “May God’s Kingdom and God’s Justice be with me.”

Breathing out, say: “May God’s Will be done.”

THE SOLAR ENERGY

The rays, which deflect through atmosphere before sunrise, have greater influence on the brain. At the time of sunrise, the rays, which come in a line, have an influence on the respiratory system and our sensitivity. At noon, the rays have a greater influence over the digestive system. Because of that the curative effect of the solar energy is different: before sunrise it improves the central nervous system; at sunrise it strengthens the respiratory system, and from 9 to 12 o'clock it strengthens the stomach. In general, the solar energy has low healing results in the afternoon. The reason for this distinction lies in the different acquiring ability of the Earth and the human organism.

There are specific cells in the brain that acquire the Sun light in all of its spectra, which are 52 in number, but we perceive only two of them. Other cells acquire energies of the Earth. There are cells in brain that acquire the science; third ones acquire arts, music.

To meet the sun – this implies to relate consciously to it, for its powers should flow through your organism. When someone relates to the Sun of the physical world, at the same time he relates to two other suns – the sun of the spiritual world, and the sun of the Divine world. The physical sun rises in the east, the spiritual one rises in the west, and the Divine – at its Zenith, i.e. from the above, from north.

The higher aspirations, the greater opportunity you have got to relate to the supreme sun energies. Otherwise people will relate to the lower earth energies, which will

capture them in the dense matter, where it is hard to come out of.

The human should be like an open blossom facing the sun to acquire its energy, which is the only one able to fertilize it. If people acquire the solar energy, their life will develop properly.

Greet the sunlight with love in order to make use of it. Do not look at Sun when it is shining brightly. Look at it when it is rising in the morning. There is a specific way to absorb the sunlight besides the eyes. A few people can use properly the light, air and water. Most people breathe only with their lungs. There is another way of breathing, as well – by means of the astral body or the etheric counterpart.

Energies of Sun contain plenty of vital power and healing forces. If you want to use the Solar energies wisely, expose your back to the early sun rays before sunrise. The energies, which are acquired at that time, are equal to those that could be acquired if you expose yourselves a whole day to the Sun. You can go out even in cloudy weather before the sunrise and concentrate your thoughts at the rising Sun. Clouds don't allow you to see the Sun, but the vital energies pass through them. No external power is able to oppose to the sun energies.

Therefore, I advise all weak and anemic people to go out, no matter what the weather is, half an hour before the sunrise to acquire the early sun energies. Dawn provides such energies for people, that no other power is able to give.

What effect has the sunbathing got on the spine? There are fats, which accumulate and block the channels through which the nerves pass. Besides, these fats squeeze the nerves and the energy could not pass through them. This affects all organs. As you sunbathe under the

sun, the channels unblock and energy could flow along the nerves. A lot of disease are due namely to that blocking of channels.

There are hours during the day, when the sun rays do not have a good effect on the organisms. These are the so called black, negative rays. So as not to fall under their influence, do not sleep during the days.

Avoid the sun rays in the afternoon. When you want to heal yourselves with sun rays, the best time to do that is from 8 to 10 o'clock in the morning.

Many diseases are cured by solar energy. Moreover, it is proven that each disease has a certain time when it can be cured. Some diseases are cured in May, other in June, July, generally, during the whole year.

If you want to cure yourselves, expose your back to the early sun rays. In order to gain inner peace, expose your back to the sunset as your face is in the east. In this situation you will experience deep inner peace.

Each person has a little sun within, which lies in the centre of the brain. Its size is different for each person. The soul acquires knowledge through that sun. There is something in common between the external Sun and the planets in the sky, and the internal sun and the planets within the human being: in their rising, in their descending and so on. If the inner sun, within people, stops rising, the external also has no meaning for them. When the external and internal suns are shining altogether, people have the ability to see. If the inner sun dies away, people become blind. They are deprived of the condition to see, to acquire the Divine knowledge.

There is no disease that that resist the influence of the sun rays. To cure yourselves, you should refract the sun rays through a prism. The prisms could be both physical and mental.

When you cure yourselves sitting under the sun, you should keep light and pure thoughts in your mind. You should hold in your mind the thought that the human being was originally healthy. The diseases came afterwards.

When you do sunbathing, it is advisable to be in white or light green clothes – these colours are most appropriate. Be careful with the sweating. If you are in the open air, cover yourselves with a thin waterproof. By this kind of a treatment, you should concentrate your mind in order to be cured directly by nature. I would say that the best surgeon, I've ever known, this is nature, these are the sun rays. They cut in the most precise way – they cut the decayed spot without to touch the healthy.

One hour before sunrise, the energy from the sun acts upon mentality. Before sunrise, the sun's rays influence the brain. During the sunrise, they have an effect on the lungs and feelings. Until noon, they work on the digestive system: In the afternoon, the solar energy has less curative power.

If you want to use the solar energy properly, turn your back towards the sun's rays before sunrise.

There are periods of the day when the sun's rays have no beneficial influence on the organism. These beams are "black" or negative ones. Be careful. In order to preserve yourself from their influence, do not sleep during the day.

During the spring and summer, there is an influx of energy to the earth and in the autumn and winter, an outflow. That is why the most beneficial influence of the sun begins on the 22nd of March. The best period for renewal is from March 22nd until 22nd of June. On this date everything growing stops.

At the sunrise, if you realize that you are receiving the Love of God and the Life of God, the sunlight will heal you.

Meeting the sunrise, means making a conscious link with the sun, to make possible the influx of its forces into your organism. When you make this link with the physical sun, you come in touch also with two other suns: the sun, of the spiritual world, and the sun, of the Divine world.

Formula: “God, may the rhythms of my heart attune to the pulse of the sun. And as the sun brings light to everything, may my heart bring energy to all my cells.”

HEALING THROUGH MOVEMENTS

How to move? When you move, you first should feel pleased by your movements, to be satisfied by your movements. When you do a movement, that is in accordance with Nature's laws, you enjoy a pleasant feeling, while doing unnatural movement you will feel hurt. When you walk, your steps should be in a harmony with your general idea and your general feeling. Under "general" I mean the human in you. Your will must be also in a harmony with your movements. This is the language of Nature.

When the human movements are produced by harmonious thoughts and feelings, they are always beautiful. The greater harmony exists in man the more beautiful are his movements. So – the thought reflects on the movements and the movements reflect on the consciousness.

It is necessary to do physical exercises, because in the one side of your body accumulates more negative energy while in the other side accumulates more positive one. The exercises help to get in a balance the energies in both parts of your body. When you are healthy, when you feel and think in a right way the energies balance spontaneously, in the other case Nature provokes balancing of your energies through certain diseases. When a disease and a pain come, you start to move, to turn and twist on all sides your body, so that its energies get regulated. If man succeed to regulate his energies in this way, he gets healthy, if not – he dies.

Every movement – in one direction or in another – attracts some intelligent forces, and establishes link

between you and them. Only these kinds of movements are sensible and useful.

Strive to do lovely, conscious and fluent movements in order to go in touch with the tides of the cosmic energy. When it flows in and out your body in a right way, it determines the healthy state of your organism, but also of your feelings and thoughts.

Doing exercises, you must study the movements in them. Every movement corresponds to a certain musical form. Every musical form corresponds to one poetic image. Every image of our speech is certain expression of our mind. Knowing this, do the exercises slowly and tranquilly.

Strive to lovely movements, to lovely lines, which reflect in a beneficial way on your health.

Studying the lovely movements, you link the spiritual world, the thoughts and feelings of the spiritual beings.

There are two strong flows in nature: the first one is from east to west, and the other is from north to south. The north flow has become stronger than the east one, thanks to which the human being has risen to one's feet. In this way one has left the reign of animals. Once upon a time, the human being walked in a horizontal position, on four feet. Today, the human being walks in a perpendicular position to the first one. The immoral way of life often is due to bending of the spinal column. As soon as the spinal column is set up straight, the feelings and deeds of people reform.

Those who bend a lot, they go back gradually to the animal state of being. So as not to fall into this state, people should straighten up, the spinal column should come to its natural position. Do exercises in order to straighten your spine as you lean against a wall or a door – thus the flows in the organism can be in concordance

with the energies of nature. There is a flow in the human being from north – above, towards south – below. North and south are two poles, between which the energies of nature move. This flow should be regulated. Thus the energies flow properly. Keep your head always in a straight position.

If the spinal column is set up straight, the deeds of people are right as well. When the spinal column begins to bend, thoughts and deeds distort, as well.

Keep your head always in a straight position. Why?

Because in this way, you will help the Sun flows to pass easily through the lungs.

I would like you to correct your walk. Someone starts tramping then stops. Others coil like snakes. The walking should be rhythmical. Even if the earth is shaking, you should place your feet on the soil so as to show that you have stability. You should show that your thoughts are deliberate and strictly determined.

You will practice to move your hands and feet in a rhythm.

Your feet should be one beside the other, your hands should be near the body, and your mind should be concentrated. If a person can't transfigure one's own body, which is a result of one's soul, how will this person work with the superior powers?

Exercises

The exercises, which you do are necessary, because in the half part of your body is accumulated negative energy mostly, and in the other half – positive. With these exercises the different energies of your body are in balance. When the person is healthy, when one feels and thinks in a proper way, energies become balanced by themselves.

But when the person is not healthy, nature provokes the energies to get in a balance. She brings a certain disease and thus causes certain movements. When the person is ill, one starts to writhe, to move, gets up then lies down, and by these the energies are regulated. If they are regulated appropriately, the person gets well. If they are not regulated appropriately, the person passes away.

When the person falls into a hard, bad position, one's mind is obscured, the feelings become coarse. One could do the following exercise: put the palms of your hands one against the other, the tips of the fingers should come into contact. Move your left hand down along the right palm, until it reaches the end of the right wrist, after that straighten the left hand so as to form a right angle against the right hand, without interrupting the movement. Put your right hand on the left (at this position the two hands are horizontally). Now the right hand is sliding above the left hand until it reaches the end of the third finger of the left hand. At last the two hands are placed as the one palm is against the other palm, as the beginning of the exercise. The same exercise is done with the right hand. If you do this exercise a few times, all bad conditions will disappear.

When I give you this exercise, I would like to turn your attention to the following: the sliding and straightening of the hand on the other one should happen without interruption. Nature does not love interruptions.

By means of every movement you relate to the flows in nature. When you stretch your hand and keep your mind focused, you have already had a contact with these flows. Then at any given moment you can have a contact both with the electricity of the Earth, and the magnetism of the sun. Magnetism, in general, is connected with the

prana, i.e. the vital energy of nature. So that, when the hands and legs are stretched, and the mind is focused, people use the vital energies of nature and they become healthy and strong. If the hands are loose the powers of nature could not be used.

Complex of 21 Exercises

Exercise 1

Starting position:

Stand up, feet together, arms relaxed at the sides.

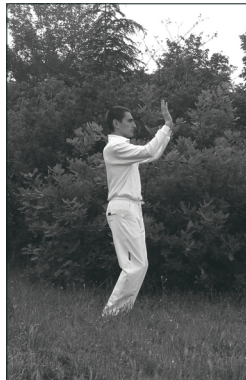
Movements:

Right foot steps forward, left foot comes next to the right one, both arms are raised forward and upward at an angle of 45 degree (*pic.1.1-2-3*). Left foot steps forward, the arms return to the starting position, the right foot comes next to the left one, hands are raised again forwards and upwards at an angle of 45 degrees.

Repeat this 6 times forwards, 6 times backwards and 3 times forwards.



Pic. 1.1



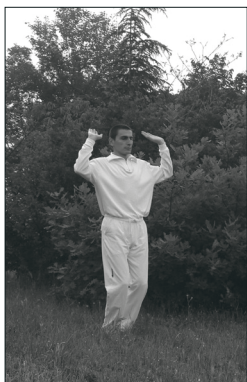
Pic. 1.2



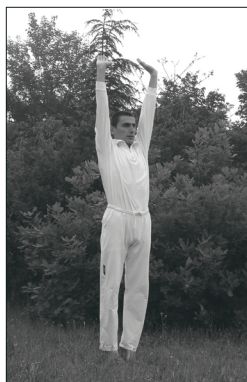
Pic. 1.3

Exercise 2

Repeat the movements of Exercise 1 (*pic. 1.1-2-3*), but the legs are slightly bent in the knees while step forward and the risen hands push up in the air, simultaneously step on the toe (*pic. 2.1-2-3*). The same repeating sequence as number 1.



Pic. 2.1



Pic. 2.2



Pic. 2.3

Exercise 3: “Tear – throw”

Starting position:

Body straight, feet together, the hands are held in front of the chest, palms down, fingers closed in a fist, hands touching each other (*pic. 3.1*).

Movements:

The right foot steps to the side on the toe, the left foot slightly bent in the knee, simultaneously the hands open in a gesture of tearing and throwing something until the horizontal position is reached (*pic. 3.2*).

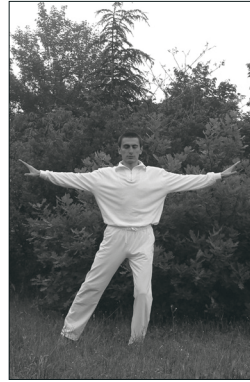
Bring the hands and feet to their starting position.

Repeat the same movements with the left foot.

The movements are repeated 21 times, each movement of each foot is counted as one.



Pic. 3.1



Pic. 3.2

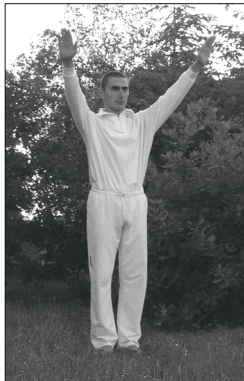
Exercise 4: “Balm for the knees”

Starting position:

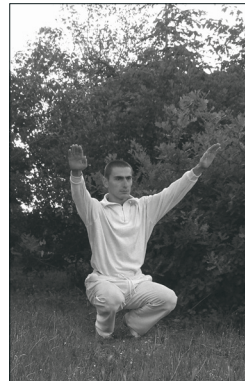
The body is straight, the hands are extended forward horizontally in front of the chest (*pic. 4.1*).

Movements:

Squat and breathe out (*pic. 4.2*), stand up and breathe in. When you stand up, keep this position a little bit longer, so that you could take deep breath. Repeat it 21 times.



Pic. 4.1



Pic. 4.2

Exercise 5

a) “Accepting God’s blessings”:

Starting position:

The body is straight, feet together, arms relaxed at the sides (*pic. 5.1*).

Movements:

Rotating the arms backwards and upwards, then forwards and down in full circle – 21 times (*pic. 5.2*).

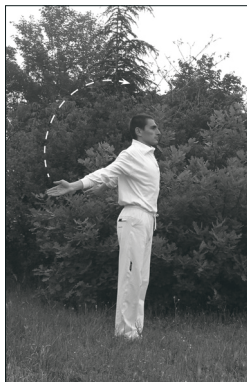
b) “Giving around God’s blessings”:

Starting position as the previous exercise.

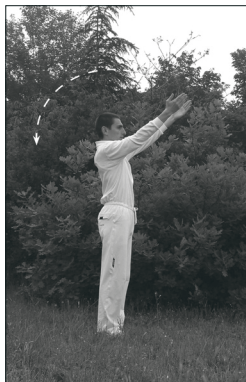
Movements: Rotate the arms forwards and up then backwards and down in a full circle (*pic. 5.3*).



Pic. 5.1



Pic. 5.2



Pic. 5.3

Exercise 6: “For the waist”

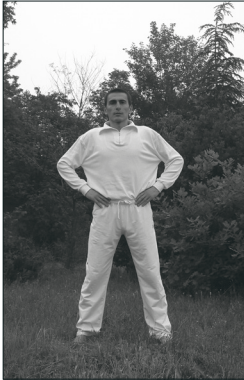
Starting position:

The body is straight, the hands on the waist, feet slightly apart (*pic. 6.1*).

Movements:

Bend forward from the waist and rotate the upper part

of the body in a circle – 3 times to the right (*pic. 6.2-3*), i.e. clockwise and 3 times to the left.



Pic. 6.1



Pic. 6.2



Pic. 6.3

Exercise 7: “Stretching”

Starting position:

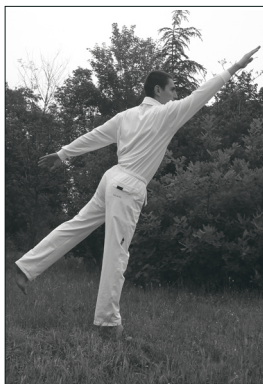
The body is straight, feet together, arms at the sides.

Movements:

The right foot steps forward, slightly bent in the knee, simultaneously the right hand and arm extend forwards and upwards at a 45 degree angle, while the left arm extends downward in the opposite direction at a 45 degree angle. The left leg is held straight backwards. The body stretches maximally upwards, the weight falls on the right foot, which is stretched on the toe; the left foot is in the air. With that the first part of the exercise is completed (*pic. 7.1*).

The left foot is moved forward, the right foot is bent in the knee, the body is stretched backward maximally, the arms are freely relaxing backwards, the weight of the body falls on the left foot, so is completed the second part of the exercise (*pic. 7.2-3*).

Both parts are repeated three times. The first repetition starts with the left foot, the third one – again with the right foot.



Pic. 7.1



Pic. 7.2



Pic. 7.3

Exercise 8: “Breathing”

Starting position:

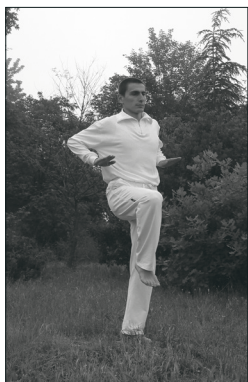
Body straight, feet together, hands at the sides.

Movements:

Raise the right foot forward and up till an angle at 90 degrees, simultaneously both hands are lifted, close to the body, palms down till you reach your chest, the elbow are moved back, the wrists are bent in 90 degree, you breathe in deeply (*pic. 8.1*).

Breathe out forcefully, the hands push downward returning to the starting position, while the right foot steps on the ground (*pic. 8.2*).

The same exercise is repeated consecutively with the left (*pic. 8.3*) and the right foot – 12 times.



Pic. 8.1



Pic. 8.2



Pic. 8.3

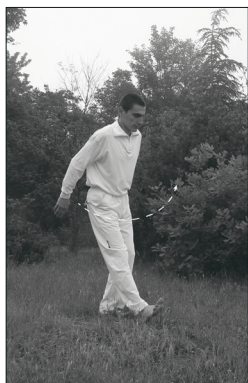
Exercise 9: “Magnetic movement for the full relaxation of the body“

Starting position:

Body straight, feet together, hands at the sides.

Movements:

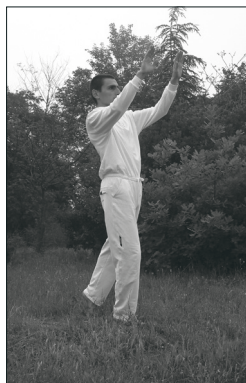
Step forward with the right foot, swinging movements with the body forward and backward 4 times (*pic. 9.1-2*),



Pic. 9.1



Pic. 9.2



Pic. 9.3

during the fifth time the left foot and the hands swing forwards freely at an angle of 45 degrees (*pic. 9.3*).

The exercise is done gracefully, the swinging of the body forwards and backwards is accompanied by lifting on the toes and slightly bending the knees while the weight is shifted from the right to the left foot and vice-versa. The arms are relaxed and follow the movements of the feet.

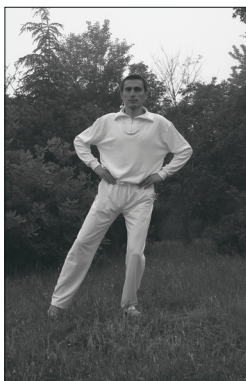
Exercise 10: “Quick change of the feet”

Starting position:

Body straight, hands on the waist, the weight is on the right foot, left foot is put to the side (*pic. 10.1*).

Movements:

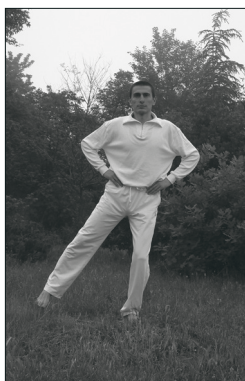
Jumping change the position of the feet – step on the left foot, the right is brought to the side, and vice-versa (*pic. 10.2-3*). The exercise is performed quickly, repeated 21 times. At the end bring the feet together, drop the hands to the sides of the body.



Pic. 10.1



Pic. 10.2



Pic. 10.3

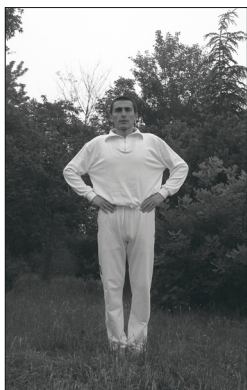
Exercise 11: “Quickly jumping”

Starting position:

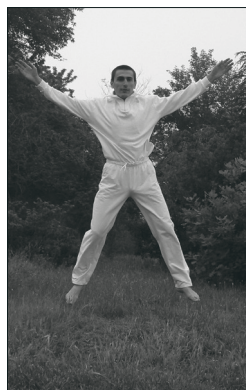
Body straight hands on the waist, feet together (*pic. 11.1*).

Movements:

Jump, open and spread to the sides feet and arms, jump again and bring the feet and the arms to the starting position (*pic. 11.2*). Repeat it 21 times. The exercise is performed on the toes, like a rubber ball that jumps.



Pic. 11.1



Pic. 11.2

Exercise 12: “6 steps left, 6 steps right”

Starting position:

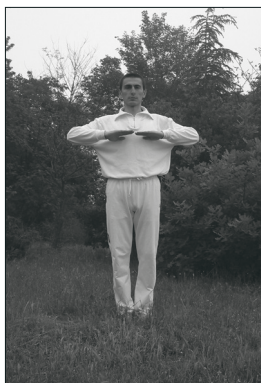
The body is straight, the feet together, the arms are horizontally in front of the chest, bent at the elbows, palms down (*pic. 12.1*).

Movements:

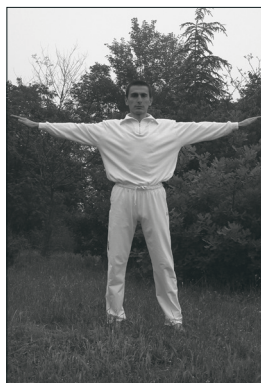
Step to the left with the left foot, the arms open and spread to the sides horizontally (*pic. 12.2*), the right foot comes to the left on, the arms return to the starting position.

This is repeated 6 times to the left, then 6 times to the right and 3 times to the left.

The exercise is performed gracefully.



Pic. 12.1

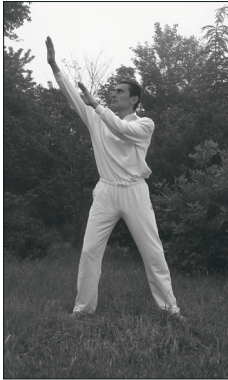


Pic. 12.2

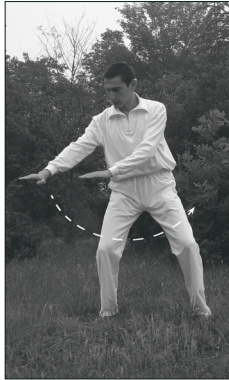
Exercise 13: “Majestic movement”

Starting position:

Body straight, feet together, both hands are pointing to the right and up at an angle of 60 degrees (*pic. 13.1*). The look follows the movement of the hands. Swinging movement of the body and the arms simultaneously to the left, both legs slightly bent at the knees, body inclined a bit forward, arms move slowly to the left in an ark-like movement and return to the starting position (*pic. 13.2-3*). The movement is done very slowly and gracefully. Repeat it twice in each direction, on the fifth time the body pivots 180 degrees on the left leg, which is slightly bent at the knee, the hands draw a large curve and come back to the starting position (*pic. 13.4*). Repeat it 6 times. In the end the body is turned in the starting direction.



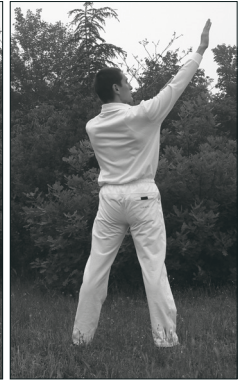
Pic. 13.1



Pic. 13.2



Pic. 13.3



Pic. 13.4

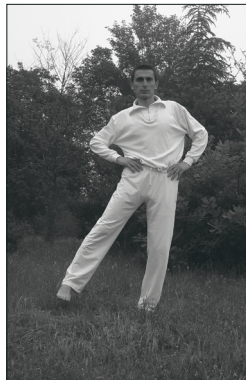
Exercise 14:

Starting position:

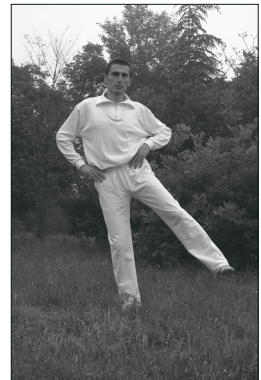
Body straight, feet slightly apart, hands on the waist, fingers forward.

Movements:

Jumping, do with the right foot a step forward in an arc-like movement, step on it, at the same time the left foot, well extended does an arc-like movement (*pic. 14.1-2*) and steps in front of the right one, so you move first forward, then return backwards and this is repeated several times. The lower part of the body sways sideways, left and right. At the end the steps should be done faster and faster.



Pic. 14.1



Pic. 14.2

Exercise 15: An exercise for the strength of the stomach.

Starting position:

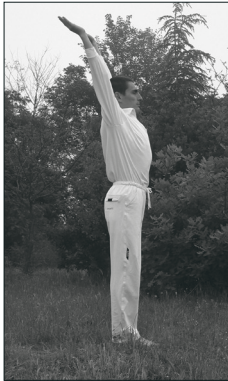
The body is straight, feet together, arms at the sides.

Movements:

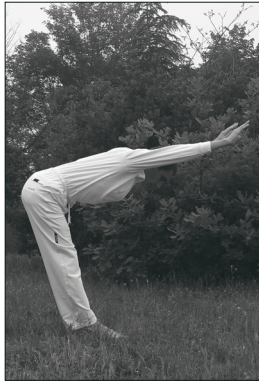
Both hands are lifted above the head, palms forward (pic. 15.1-2). Breathe deeply in. The body bends right down (pic. 15.3), the hands are brought down till the fingers touch the toes (pic. 15.4). Breathe out. Repeat 3 times.



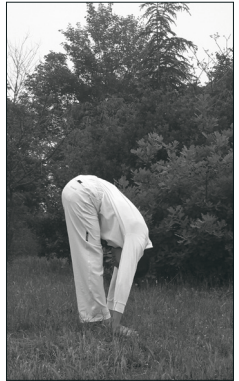
Pic. 15.1



Pic. 15.2



Pic. 15.3



Pic. 15.4

Exercise 16: for the strength of the chest.

Starting position:

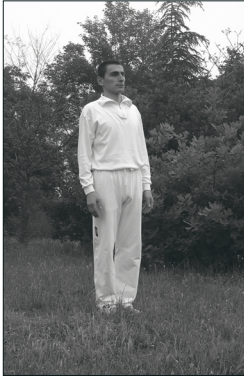
Body straight, feet together, arms at the sides (pic. 16.1).

Movements:

Raise the arms and the hands horizontally forward in front of the chest, palms down (pic. 16.2), then spread the

arms to the sides, while breathing deeply in (*pic. 16.3*).

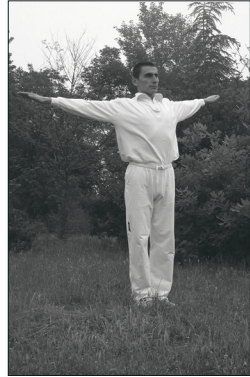
Return the hands in front of the chest and then drop them to the starting position, breath out. Repeat three times slowly.



Pic. 16.1



Pic. 16.2



Pic. 16.3

Exercise 17: for the lower part of the sympathetic nervous system.

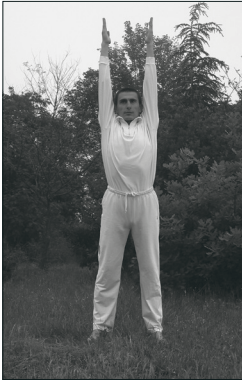
Starting position:

Body straight, feet open, arms extended upwards, hands above the head, the palms are facing each other, the elbows touch the ears (*pic. 17.1*).

Movements:

Move the upper part of the body roundabout from the waist, doing three full circles anti-clockwise and three times clockwise (*pic. 17.2-3*).

* By “the sympathetic nervous system“ is meant the Autonomic nervous system.



Pic. 17.1



Pic. 17.2



Pic. 17.3

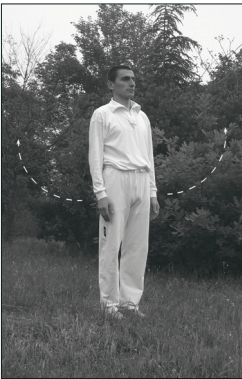
Exercise 18: for the upper part of the vegetative nervous system

Starting position:

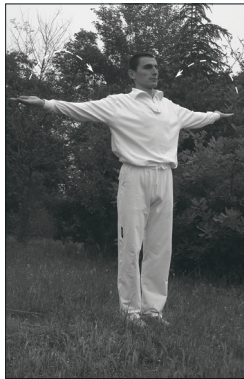
Body straight, feet apart, hands at the sides of the body (*pic. 18.1*).

Movements:

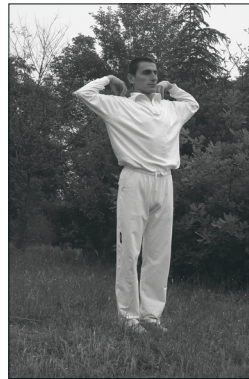
Both arms are lifted sideways to the horizontal position, the palms are turned downward, reaching the horizontal position of the arms, the palms turn upward, simultaneously breathe in deeply (*pic. 18.2*).



Pic. 18.1



Pic. 18.2



Pic. 18.3

Bend the arms at the elbows, close the fingers and touch the shoulders with them, breathe out (*pic. 18.3*).

Open the arms and return them to the horizontal position, palms are turned upward, breathe in.

Turn the palms downwards and return the arms to the both sides of the body as it was by the starting position and breath out.

Repeat it three times.

Exercise 19: for the balance of the nervous system

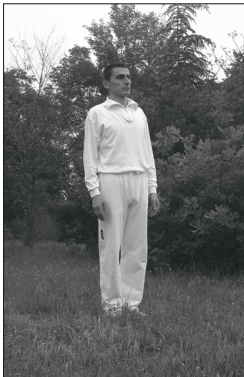
Starting position:

Body straight, feet together, arms at the sides (*pic. 19.1*).

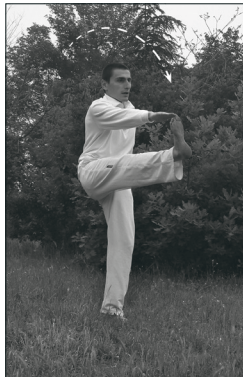
Movements:

Lift the right foot forward and upward to the horizontal position, simultaneously do roundabout movement with the right arm backward, upward and forward until its fingers touch the toes of the right foot (*pic. 19.2*).

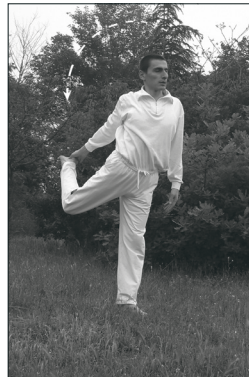
Move the same foot backward, bent at the knee, as much as possible, simultaneously move the right arm upwards and



Pic. 19.1



Pic. 19.2



Pic. 19.3

backwards in a roundabout movement until its fingers touch the right heel (*pic. 19.3*).

The same is repeated with the left leg.

The exercise is performed three times with the left leg and three times with the right one.

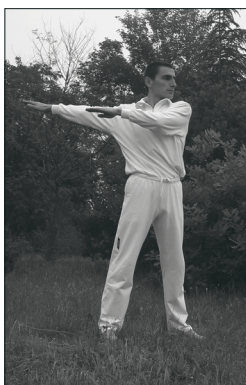
Exercise 20: for better blood supply of the brain

Starting position:

Body straight, feet together, the arms are lifted horizontally at the right, palms down, the head is turned to the left (*pic. 20.1*).

Movements:

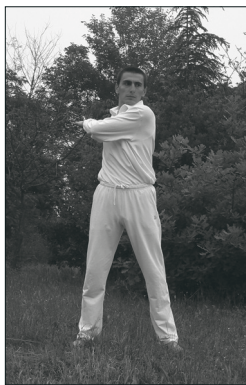
The hands move parallel to the left, drawing horizontal semicircle, simultaneously the head turns to the right (*pic. 20.2*). Then swing the arms to the right and the head to the left (*pic. 20.3*). Repeat it 12 times – 6 times in each direction.



Pic. 20.1



Pic. 20.2



Pic. 20.3

Exercise 21: for the cerebellum (little brain)

Starting position:

Body straight, feet slightly apart, both arms at the sides.

Movements:

Squat and bring the arms backwards, raise the body and move the arms upwards and forwards, palms up, as if you dip up (*pic. 21.1-2*), when the body returns in the starting position, the arms are lifted up, with the hands above the head (*pic. 21.3*). When you start squatting, the hands move backwards and downwards, describing full circles.

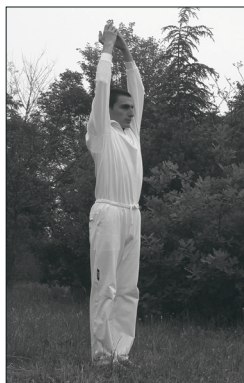
Repeat three times.



Pic. 21.1



Pic. 21.2



Pic. 21.3

Formula at the end: “*We are in a harmony with living Nature and may the Blessing of God flow through us.*”

While saying this formula the arms are raised from the sides up, hands above the head, then the fingers touch slightly the head and move downward caressing the shoulders and the chest returning to the sides.

Complex of Six Exercises

1. Exercise for the regulation of the front centres of the brain

Extend both arms horizontally to the sides (*pic. 1.1*), raise right arm at an angle of 45 degree, the left arm comes down also at a 45 degree angle, or both arms form straight line (*pic. 1.2*). In that position squat slowly 6 times (*pic. 1.3*).

Doing the exercise, direct your thought towards the front area of the brain.



Pic. 1.1



Pic. 1.2



Pic. 1.3

2. Exercise for regulation of the feelings

Just as the first one, but the left hand is raised sidewise at 45 degree angle, while the right one is kept downward at the same angle (*pic. 2.1*).

Do the exercise 6 times again and direct your thought to the heart (*pic. 2.2*).



Pic. 2.1

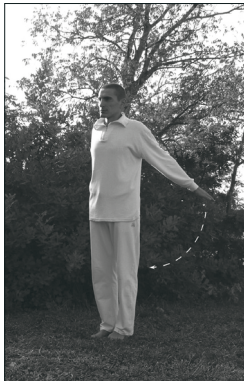


Pic. 2.2

3. Exercise for the spinal column

Both arms backward, palms turned to each other (*pic. 3.1*). Squat and move the arms as if rowing forward (*pic. 3.2-3*).

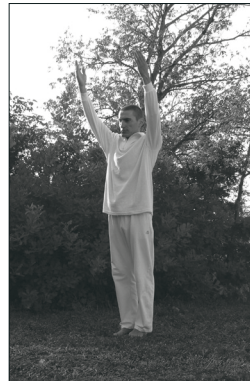
Do this 6 times slowly.



Pic. 3.1



Pic. 3.2

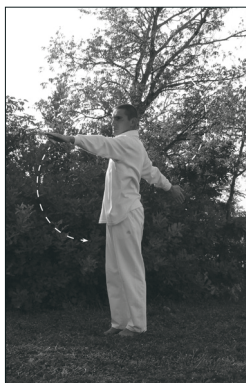


Pic. 3.3

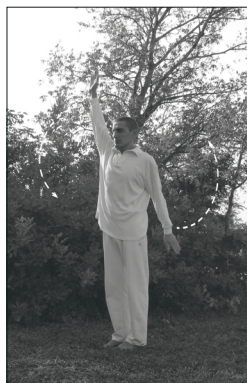
4. Exercise for regulation of the the stomach

Lift left hand upwards and to the east, right hand remains down at the side.

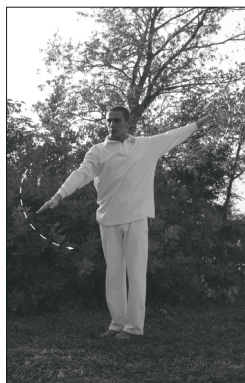
Start to do movements as if you swim with both arms, turning the upper part of the body around the waist (*pic. 4.1-2-3*). Concentrate your mind on the stomach. Repeat the exercise 6 times.



Pic. 4.1



Pic. 4.2

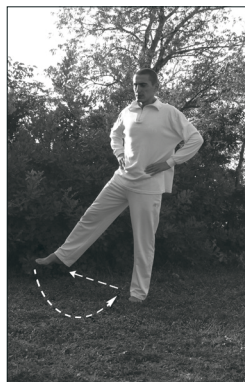


Pic. 4.3

5. Exercise for the regulation of the nervous system

Put the hands on the waist. The left foot takes the weight of the body, the right is in the air, extended, doing slowly semi-circular movements from the east to the west – 6 times (*pic. 5.1*).

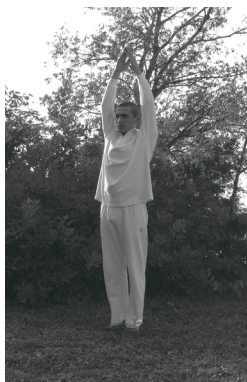
Then the right foot steps on the ground and the weight of the body shifts onto it, and the left foot does semi-circular movements, again 6 times.



Pic. 5.1

6. Exercise – magnetic undressing and dressing.

Raise the arms sideways horizontally on the shoulders level, then slowly move them up until the fingers of both hands touch each other above the head (*pic. 6.1*). Extend your body on the toes, then slowly squat; the arms go down sideways (*pic. 6.2-3*).



Pic. 6.1



Pic. 6.2



Pic. 6.3

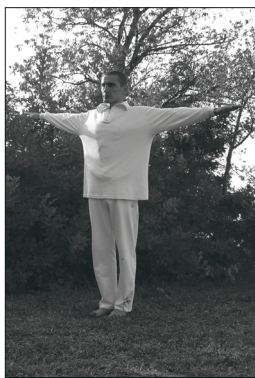
Four Exercises to Strengthen the Will

The exercises are performed facing south, slowly, as you count slowly and rhythmically in 6 times. When you go down your knee should barely touch the ground.

“These are simple exercises, but your mind should take part in them. When you stand on your foot, there should not be any shaking or uncertainty, because this shows a nervous state... During these exercises, the will starts acting consciously, that’s why I call them exercises of the will. You must control any movement.”

1. Exercise

Raise your arms to the side until they reach a horizontal position (*pic. 1.1*). The arms are held in this position to the end of the exercises. Take the first step forward with your right foot. Kneel down on the left knee (*pic. 1.2*). Straighten up. Step forward on the left foot. Kneel down on the right knee. Straighten up. Step forward on the right foot. Kneel down on the left knee. Straighten up. Go back: Take a step backward with your right foot. Kneel down on your right knee. Straighten up. Step backward on the left foot. Kneel down on your left knee. Straighten up. Step backward on the right foot. Kneel down on the right knee. Straighten up. The right foot is put on its place to the left foot. Lower your arms.



Pic. 1.1

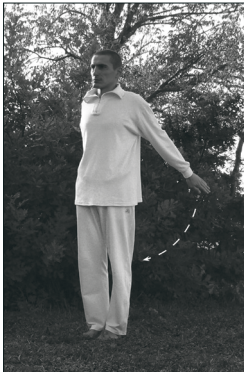


Pic. 1.2

2. Exercise

Draw the arms behind the back, they are parallel to each other, the palms facing outward (*pic. 2.1*). Take the first step forward with your right foot. Kneel down on your left knee, while at the same time the arms go down with palms facing forward and the fingers are slightly curved as if you will scoop up with your hands outward (*pic. 2.2*). Straighten up and at the same time raise the hands up in front of the body, the palms facing inwards. The arms

are vertically, as at first palms are facing forwards, and then outwards, the fingers are gathered and straight. Step forward on the left foot (*pic. 2.3*). Kneel down on the right knee while at the same time the arms go behind, then down. The exercise continues in the same way as you step once again forward on the right foot. Go back: The arms above. Take a step backward with your right foot. Kneel down on the right knee, at the same time the arms go behind and then down. The body is straightened up, the arms are raised in front of the body with palms facing outwards. Step backward on the left foot, and then step once again backward on the right foot. Put your right foot next to the left one (the arms are above in a vertical position). The arms are also put at their place to the side.



Pic. 2.1



Pic. 2.2

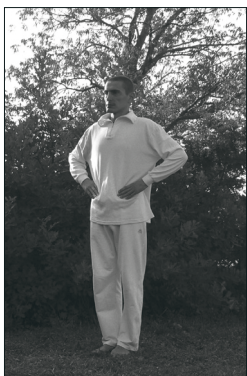


Pic. 2.3

3. Exercise

Put your hands on your waist (*pic. 3.1*). Move your right leg as you make a curve. Then put your right foot above your left knee for a while, facing outwards (*pic 3.2-3*). Then move forward the right foot in a line (make a step forward). Kneel down on your left knee (*pic. 3.4*).

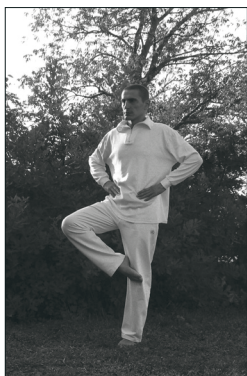
Straighten up. Perform the same movement forward starting with your left foot and once again with the right one. Go back: Move your right leg in a curve. Put your right foot behind the left knee (*pic. 3.5 and 3.5a*). Then move the right foot straight backwards. Kneel down on your right knee. Straighten up. Then move your left foot backwards, and once again move your right foot backwards. Put the right foot to the left one. Put your hands down.



Pic. 3.1



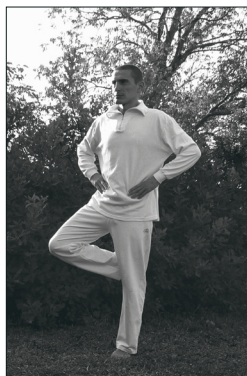
Pic. 3.2



Pic. 3.3



Pic. 3.4



Pic. 3.5

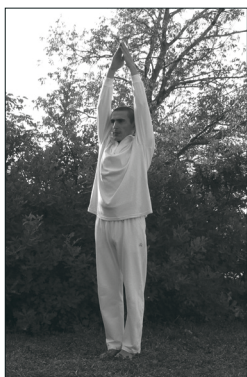


Pic. 3.5a

4. Exercise

Raise your arms at the side of your body until they touch, in the form of a cone, the fingers and thumbs come into contact (*pic. 4.1*). Take a step forward with your right foot. Kneel down on your left knee simultaneously bring your hands down around your body, till the fingers come into contact in front of your right knee (*pic. 4.2-2a*). Straighten up at the same time raise your hands up until they reach the initial position. The same movement is repeated with the left foot and then once again with the right one. Go back: Take a step backward with the right foot. Kneel down on your right knee as at the same time take your hands down at the side of your body, the fingers come into contact under your left knee. Straighten up as at the same time raise your hands up until they reach the initial position. Then step backwards on the left foot, and once again step backwards on the right foot. Put the right foot to the left one. Take your arms down at the side of your body.

This is one way to strenghten your will.



Pic. 4.1



Pic. 4.2



Pic. 4.2a

PANEURHYTHMY. HEALING THROUGH PANEURHYTHMY

Paneurhythmy is a science of how to regulate the physical, the spiritual and the mental energies, combining in a unity human thoughts, feeling and actions.

If all people would danced paneurhythmy consciously every morning, nothing bad would happen in that state. They wouldn't suffer diseases. Every exercise attracts certain forces. If the exercises were done with the proper rhythms, they would develop a lot of virtues in us. Their movements will attract the beings of light, of Love and generosity, of mercy, of faith and many others. The exercises are our best healers. When they are performed consciously, they will link us, through their positive ideas and energies, with the forces of the invisible world, from which we take in the strength necessary to sustain our life, to clarify our thoughts, feelings and will, and also to re-establish the broken link with God.

Paneurhythmy is great force, which will spread out a great impulse in the world.

The harmonious paneurhythmy movements are one of the methods of elevated beings for self-education. These movements should be linked with the thoughts and feelings, otherwise they will be mechanical and won't be able to exert their regenerative and uplifting influence on your soul and mind. The advanced nations and the peoples of the sixth race, which is coming now, will give an expression of paneurhythmy as a necessity of simultaneously thinking, feeling and harmonious movements.

Paneurhythmy has to be applied in the education of individuals, society and humanity. There is a certain movement corresponding to each musical tone. It is an art to combine both music and movements. If you speak the language of Nature, it will respond to your requests, but if you don't know its language, it will keep silent. All gifts, which you acquire, will one day become the possession of all humanity. Everything, acquired by each of you will be common possession.

The three words are harmoniously united in Paneurhythmy, that is why it is the best system. When music, movements and inner life are joined in one, the whole human being is at work. The Truth is at work then – such movements put away the hindrances and open the path.

The movements in Nature are full with intelligence. In the future, all movements of the people – when they act and do their work – will be harmonious, because their mind, feelings and will will take part in them.

Every movement corresponds to a certain spiritual quality: there are movements of the Good, of the Mercy, of the Justice. Every virtue draws its own line of expression. You will study this and exercise it many times – ten times, a hundred times till you find them.

All geometric lines: straight, curved and combined, are put in work by dancing paneurhythmy. Each line influences the consciousness and brings into life new forces in humans – physical as well as spiritual ones. The songs must be turned into movements in which the whole body, the arms and the legs participate.

We want to live as intelligent beings, we want to succeed in our work, but when we walk, how should we do it, and when we read, how should we do it, and when

we contemplate, how should we do it? If you curve your spinal column by reading and contemplating, you obtain nothing. The human body must keep the straight line between God, our Lord, (represented by the Sun) and the centre of the Earth. If possible, the spine should be only slightly deviated.

When one thinks correctly, one's movements become graceful. Every person expresses some specific beauty in their movements, corresponding to their character. There is one director in you – the head, which gives orders that the legs carry out, and the arms help.

While doing the paneurhythmy exercises, concentrate and ponder on the movements and on the high ideas underlying them; so that these thoughts will be conducted in your arms, your legs etc. If you are not concentrated, the movements lose their sense. Every movement determines the next one, all are related with each other. Through these movements people open themselves. The power of people lies in their concentration during the physical exercises so if we put in our love, our heart doing them, Living Nature participates. To keep the rhythm is also important, otherwise all our work is in vain. When you drop your hands with awareness and consciously towards the earth, you receive the beneficial energies from it, expelling to the soil at the same time the negative energies stored in your body. When you sit down on the earth, you have to be relaxed, so that the exchange of the energies will be proper, then you will rest immediately. Every movement you do should be sacred.

The paneurhythmic movements transform the energies from mechanical into organic and from organic into spiritual ones.

Paneurhythmy re-establishes the harmony between the respiratory system, the brain and the digestive system, between mind, soul and spirit

I will tell you where your mistake lies: you carry the exercises on your back. No, leave the exercise to carry you, leave it to teach you. It will tell you how you must turn and raise your arms. Get on the train and do not try to rule the rotation of its wheels – it means, let the music of the exercise penetrate you, leave it to guide your movements.

Paneurhythmy means economical – not complicated but purposeful movements, which bring excellent results. These movements establish a link with Nature. Paneurhythmy is not only a dance, but also a conscious contact with Intelligent Nature. Each one of Nature's energies – light, thought and so on – does not flow not steadily, but in quantities where waves arise first stronger, followed by periods of rest, then again new quantities, which follow in a periodical sequence. This is the cosmic rhythm in Nature; that is why the rhythmical movements act so beneficially – they enable us to get in touch with the cosmic life. As more characteristics of the cosmic rhythms contain some song or a movement, the stronger are their effects on people, because of this same link with the cosmic life.

Doing the paneurhythmic and gymnastic exercises, stretch your fingers, your toes, and your muscles. When you stretch your muscles, the blood supply of your body improves, which determines the healing effect of the exercises. These exercises will enable you to be a lord of your whole body, to obtain harmonious movements and a graceful step. When your arm is stretched out, pointing upwards, you get in a contact with the sunrays,

when it points downwards, you come in touch with the earthy forces. When your arm is loose, the contact with any forces is impossible. But only to stretch your extremities it is not enough, your mind must participate in this act. Every human movement must be Divine. Avoid every disharmonious movement when you dance Paneurhythmy. One who does the movements loosely is not able to serve to God. Be diligent. God loves diligent people. Learn first the exercises, then study the theory.

The whole of your body must be involved in every movement, every cell must vibrate, otherwise you are not a dancer. All parts of the body must become conductors of energy. The neck should be turned in all directions to improve the blood circulation in the head. Spend some free time doing some exercises for your neck.

Be concentrated, doing the paneurhythmy exercises. Some of you are like people who only walk round a chest full with treasures, not being able to open it. Dancing paneurhythmy, try to find the key to unlock the chest so its content will run into you. These movements are magnetic, they sweep away all troubles, deliberate people and make them lighter.

All the ancient mystic schools had rhythmic exercises as a method for education of their disciples in music and harmony. The exercises, which I give you have been performed in the past on hidden places by initiates and adepts, in order to obtain certain achievements.

Humanity has passed through the time of an involution in the matter, while nowadays we are in an evolutionary process. The ancient dances were involuntary. Now, being in the process of evolution, we collect the energy of the seeds, which we had sowed by involution.

The movements are a silent language, which must be studied; every movement expresses an idea, a thought. From all nations – Hindus, Egyptians, Assyrians, Greeks, as well as from all recent nations must be collected some movements, which should be transformed. Some movements, which were good for the past, should be changed into new forms. I gave you only the basic movements in paneurhythmy, only the seeds. And every movement, after it has been planted, will develop, will grow up into a new movement. There are certain movements, given in the occult science, which, when exercised, have a beneficial, magical effect. Paneurhythmy has been brought down from higher worlds and if you opened your eyes, you would see many high Beings, present here to take part in it. What the paneurhythmy exercises give is more than you could receive from any other exercises, but they must be done well, following all rules. The beings from the Sun follow watchfully our attempts to perform the solar rhythms in Bulgaria. On the sun, the paneurhythmy exercises are played widely, in large areas.

Paneurhythmy is a blessing. It is good if every one of you teach some other person to dance Paneurhythmy. Its exercises are a way for education, you will start with this. Mind, heart, body will understand these exercises and learn them. In the past the first gymnastics were spiritual. The rhythmical exercises always have beneficial effect. In Nature, everywhere, where is life, there are beautiful exercises.

There are movements, which I call “movements of the good”. They are lovely.

When someone has done bad deeds, his movements are of another sort.

Your movements are important for they determine a great deal. You are not able to do lovely movements if there is no beauty in your thoughts and feelings. Some religious people say that they don't need exercises. Even though they are religious, they still have to learn how to feel and to think. Some exercises correspond mainly with the thought, others – with the heart and still others correspond to the will. But there is always a danger of doing them mechanically, when you do not apply your mind. Doing every exercise, you have to be aware, that you obtain something, to enjoy the movement. Sometimes you do exercises, but feel unsatisfied.

To those, who are more advanced could be given some lovely gymnastic exercises which develop the thinking or certain virtues.

The good state of the brain depends on the movements of the legs, the arms etc. That is why when we move our legs consciously, we can improve our nervous system and take away every discordance. The feet, the arms and the vertebrae are linked with certain centers in the brain and when exercising them, the corresponding centers develop and the state of the nervous system improves; at the same time the spiritual abilities develop, because the brain is also their centre.

When you are indisposed, put both your hands on your waist, extend your right

foot forwards, direct your thought to it, do the same with your left leg and the discordance will disappear.

There is a magnetic, dense, muddy matter that is stored in the body and must be expelled through gymnastic exercises. Every morning you should release from this stored magnetic mud, which accumulates first in the temporal areas and in the stomach. Ploughing, sowing, digging and sweeping are different ways to throw it away.

You can recognize what somebody intends to do watching their step.

All three worlds must participate in movement: the physical, the Spiritual and the Divine. Contemporary people suffer because of the rigidity of the small muscles, and poor circulation due to some lack of movement. All the small muscles get active while playing Paneurhythmy, movements combined with music are the best massage. The electricity and the magnetism flow thus freely through the solar plexus and the whole body. We suffer because of unnatural movements. Every harmonious movement is linked with Living Intelligent Nature, the lovely movements bring life.

The movements, which I give you, exist in Nature. And only the movements, which are extracted from Nature, are beneficial. Movements, which couldn't be found in Nature are not harmonious and harm people.

Courses and lectures on Paneurhythmy are necessary, as well as to organize special school of Paneurhythmy, because it brings the new impulse to be put into the nowadays culture.

COLOURS: COLOUR HEALING

What does the human being need for? First, one needs light. You should know how to acquire and apply it. You say you are ill. The disease is due to lack of light in your organism. How to become healthy? You should perceive the necessary quantity of light within yourselves.

Everything is light. And the human being is woven out of light.

Each form is light: the stone is light, the earth is light and the little flower is light. One day, these forms will alter and become light again. Wherever people go, they will return into the light. They will become light, for everything is light.

Each disease is cured by light – red, blue, yellow, orange, purple. The kind of light is chosen according to the disease.

The light is a condensed Divine thought. You should accept light in the same way as bread. Bread should be chewed. Light should be chewed, as well. What does it mean to chew the light? This means to accept it with your mind, with your consciousness, in order to manage to acquire the Divine thought within it.

Since light is a condensed thought of God, you will come into contact with the Divine thought, which is condensed Divine love.

The contemporary scientists have managed to separate seven colours of light, which comprise the first spectrum. There are higher spectra that comprise the same seven colours, but they are finer. If you concentrate your mind, then isolate yourselves from all external impressions and become deeply absorbed in yourselves, you will feel how you sink into thick and impenetrable darkness. Afterwards something starts rising there, and you will find yourselves in light brighter than the physical one. That light could be separated into the same seven colours, but the hues are softer and more pleasant. When you are out of the state of concentration, you will pass through the same dark zone again. All people that die pass through that dark zone. Without being dead, the person could emanate, to

go into the dark zone. If the emanation is conscious, one can go back into the physical world.

The seven colours exist in the different worlds in different ranges. They differ one from another in their influence and meaning. They mean something in the physical world, and in the other worlds mean something else. In its inferior representation, the red light means a fight, an element. The pure red colour evokes life, vitality, cheerfulness. The light pink as a hue is the colour of love and tenderness.

You can receive the colour rays directly from the Sun, but you have to know at what angle to fix your eyes. When the sun light is bright, you must receive it through your eyelids. The sun rays have the most healing effect in the morning from 8 to 9 o'clock.

Each colour is connected with a particular kind of powers in the human organism. The red colour is connected with the powers of heart, the orange – with the powers of mind, the green – with the powers of will, the yellow – with the powers of soul, the purple – with the powers of the spirit.

There is some intelligent power in nature behind each colour. If the heart is ill, you should harmonize yourselves with the red rays of light. Bring the red colour within yourselves. If your thoughts are disharmonious, the yellow colour should permeate into you. If the liver is in trouble, you should acquire vivid green. The best way to separate the colours, to look and shower with them, is to look through a prism.

If you are too sensitive or suffer from neurasthenia, you should use the blue colour of light. Each morning you should shower your head, chest and stomach with the blue rays of light. In general, it is advisable to direct

blue, yellow or orange rays towards those organs of your body where you feel superfluous energy.

Exercise:

I will give you now one exercise – meditation on the rainbow. You will meditate on the rainbow until you create in your mind a beautiful picture of it. This exercise can take one year for some people, for others – it will take two or three years, until this beautiful picture is created in their mind, but they should work in this direction. While others can manage for a short time – that depends on your ability to concentrate. So you should meditate on the rainbow every day, until a vivid and clear scene appears in your mind. You will imagine it, the way you have seen it in nature with all of its colours. This exercise will help you as a stimulus to develop your imagination. While you are meditating on the rainbow, here are scenes that you can imagine: the sun is in the west, a black and dark cloud is in the east, and the rainbow is from north to the south, after a spring shower of rain. Or it is clear in the east, and the rainbow appears in the west. No matter what position it has, one day the rainbow should rise within your soul, as it rises in nature. As you meditate for 5-10 minutes each day on the rainbow, you will see how in your mind will appear imperceptibly the image of the rainbow. While you are meditating, you should close your eyes in order to see the rainbow vividly, as a picture. At first, when you image it, it won't be vivid, but afterwards it will emerge as it is in nature – vivid and real. The best time for meditation is in the morning or any time you are in a good frame of mind. Do not think about the result. Whatever the result might be, you will get something, but you won't lose. Besides, you can meditate before noon, a couple of hours after eating and in the evening before

sleeping. You are free to choose the best time for you. It is advisable to draw the rainbow and to have it in front of you. It is better to watch the rainbow after each rain, to remember the atmosphere, under what conditions it has appeared.

When we study existence, we study the Great Primordial Principle which has created Light. All life forms have evolved from Light.

The visible light we see is a result of the thoughts of higher beings.

Light manifests through vibrations, but the vibrations are not the light; the mind also manifests through the brain but it is not the brain, which creates the mind.

There are two kinds of light vibrations, which are mathematically different. One kind consists of the waves of “black light”, the other is the waves of white light. Sometimes they cross each other. When the black rays affect the eye, they cause some facial deformation. The vibrations of black light make people feel nervous. When man develops properly, his face shines with white light. This is a sign that his soul is awake and that he is well disposed.

Light is a measure of man’s intelligence. The intelligent man radiates bright light. When the intellect deteriorates, the light becomes bluish at first, then yellowish.

The heart, the seat of Love, radiates a particular gentle rose colour. This colour radiates a pleasant mild warmth. The will shines with white light, the colour of the virtues. All other colours interweave among these three colours: bright, rose and white and make up the human aura.

Man knows only 7 colours, but he will discover a further 5 colours . Only 12 colours can be seen on Earth. Study the light with its seven colours. The seven colours

of light are the seven ways, created by the human mind in its development.

The red colour is a door, through which life comes. Clear red vitalizes, whereas a dirty red will irritate. Clear orange produces noble individualization, dirty orange feeds selfishness. When someone is fearful, he should take in orange colour as a cure. Absorb the orange from the sun, so you can transform your fears. Yellow balances the feelings, brings calmness, peace and tranquillity. It calms the mind. Dirty yellow troubles the mind. Green helps growth processes. It regulates the magnetic and electrical currents in the human organism. If you want to be healthy, use the colour green. Dirty green causes physical and spiritual weakness. Blue, if it is clear and intense, uplifts and expands noble sentiments. Blue is a basis for man's spiritual life. Sky blue calms the nervous system. Blue is the colour of the truth. In insufficient quantity and when is not clear, blue produces doubt and mistrust.

Dark blue gives firmness, tenacity, stability. When it is dirty, it brings hesitation. Clear purple gives strong character, but when it is not clear it causes heartlessness.

White colour brings you health. Black causes bad states.

When you are ill, you should wear white clothes. You should change the colours. Colours cause movement, life. They are energies, which influence the human organism. Man has to pass through every colour of the spectrum, and the amount of time to remain in any one colour is exactly determined.

Sometimes blockages in the human organism appear with bad effects. Man needs to place his body in blue and yellow light. He can use the sun's rays with the aid

of a glass prism. Through the prism you can refract the light and project the sun's spectrum onto the wall. Then concentrate your mind on the required colour to absorb it. When you close your eyes, you have to reproduce the same colour in your mind. Doing this exercise regularly, you will become able to reproduce every colour in any time in your mind and cure yourself. First you will see only darkness, then a little light appears, which gradually intensifies.

The human brain contains a prism, and if man develops it, he can cure himself. But you should start by using a glass prism. The brain's prism requires powerful concentration and a strong mind. If you don't know the laws governing the use of the brain's prism you will not feel good. This is due to the increased blood circulation in some of the brain's centers. An incorrect blood supply in the centers of the brain can cause damage to the whole organism.

MUSIC. HEALING WITH MUSIC

Music is necessary in the physical world in order to organize the unorganized matter. The physical world is unorganized. It has to be organized. By means of music the matter will vibrate harmoniously.

Music is a powerful instrument for educating the human nature. It is not possible to educate a person without music. It exercises an influence that softens the character. People can't purify their blood without breathing, as well as they can't cleanse their feeling without music. It is necessary to breathe appropriately, and the music makes you breathe appropriately.

The first thing a person could do when gets up is to sing for

5-10 minutes, and then one should offer a prayer to God, to thank and start working. When the angels wake you up in the morning, they are singing.

When you wake up in the morning, you should sing. Music brings life and power. It has a good effect on human health.

You often complain of illnesses and sufferings. I would say: sing to your illnesses and sufferings! If you are ill and can't move your hands and legs – sing! If there is a trouble – sing! You have to sing a whole year to your illness, and you will see what the result is.

If you persuade the ill to sing every day for a while, that person will get well soon. And vice versa, if the healthy one stops singing, that person will get ill easily. Music is on the borderline between the physical and the spiritual world. You can transform your energies by music. With the song, particular vital energy flows into the human organism. If you are nervous, not well disposed, start singing. Your state will change immediately. By singing you cultivate such abilities that could not be developed in any other way.

Each external part of the human body could be compared to an instrument, and the whole body is a great orchestra – but it consists not of 50-60 people, but of thousands of instruments and thousands of people who are singing and playing. And the human being is conducting. You are great conductors! The human being has got milliards of subjects – these are the cells of the body. All organs of the human body produce tones, radio-waves, which are musical. If you comprehend the key of the tones of your organism, you will be able to influence yourselves. You will be able to transform your states in order to keep the functions of your body parts in a perfect shape.

I will give you one rule, which you will apply against the anger and irritation. If you get angry, you should sing the exercise Do-Mi-So-Do (top Do) – 10 times. Apply this rule to see what influence the music has.

When you want to sing, you should tune up before that in order to get into the natural tone, the natural key. You will straight up, then stand calmly for 10-15 minutes until you get free from your difficulties and contradictions, which stay in your mind, then you should think about the intelligence of life – and should start singing. This means that you have managed to turn appropriately one of the musical keys, which have been given to you. The sun should rise within and the intelligent energy should flow into the organism. If you strike Do in a proper way, you can acquire the invigorating energy from the sun and to transfer it to all external parts of your organism.

Music and singing have been given to man as methods for the transformation of energies. Music elevates the vibrations of the human organism and awakens vital forces. Knowing the power of music, you should sing in all circum-stances – whether you are well or ill, despite all obstacles, trials and sufferings.

Music is a transformer not only for the human being, but for the whole of nature as well.

Music is a method for healing – if the sick man sings every day, he will soon recover. If a healthy person neglects to sing, he will be in a danger of losing his health.

Music connects the physical and spiritual worlds. Through it a particular kind of vital energy penetrates the human organism. By singing you develop abilities, which can't be developed in any other way.

When the physical world is undisorderly, it may be reorganized through music. Through music, matter begins to vibrate harmoniously.

You need music as a cure. In your life as a disciple you pass through great troubles and sudden changes, joys and worries, which deposit poisons in you. Music is a remedy for them. There are some kinds of feelings which could poison your whole organism and destroy your liver and bile. That is why the disciple should know how to sing.

Every pain is due to a spasm in the capillary vessels. When you sing, the capillaries dilate and the pain disappears.

There is a correlation between musical sounds and the human organism. Each organ is connected to a particular sound according to its own vibrations.

The heart is connected to “do”.

The respiratory system to “re”.

The liver to “mi”.

The kidneys to “fa”.

The spleen to “sol”.

The gallbladder to “la”.

The digestive system to “si”.

An irregular heartbeat, for instance, can be cured with singing “do”, the natural, true sound of “do”, not that which is given by a tuning fork. Hold this sound properly and you will soon experience a state of tranquility and joy. This joy will give you “life light” just as the rising sun does.

The basic sound “do” is the key of life. If sing correctly man can obtain vital energy from the sun, which he can distribute to all parts of his body.

By singing, we attract those forces of nature, which harmonize us. This is a law of attraction.

HEALING FROM NATURE

The purpose of life stands in that to turn to the intelligent nature with the aim to study it and to enrich. The contemporary people have become extremely poor. They have reached extreme demagnetization. This results in neurasthenia. They have to return to nature as a great source of life and energy.

If you want to use the energies of nature for your health, the most appropriate months are April, May and June when the nature is rich of vital energy. Each day of these months costs millions of leva. What people acquire during these months, they cannot acquire in any other time. No chemist's can give to people what the nature gives. If they can't use these energies of nature, people fall into the position: "Water stamps-thirsty walks." If you know how to use the energies of nature, you can acquire so many powers and ideas only in a month, that wherever you go, you will leave something cheerful and fresh from you. People should receive magnetic energy from nature and give a part of it to their fellowmen.

You should often go on a trip to the mountains – in order to avoid the inertness that leads the human being to laziness. The inertness predisposes people to quietness and lethargy.

Clean air, sun and walks are the first condition to maintain your health. Make use of the early morning walks, when the air is full with vital energy, which the Hindus call prana.

There are the so called "living places, vital focuses" in nature, which give vital, intelligent energies to people.

Such a place could give you a bright and sublime thought, which will inspire you to do something good and beautiful. The Earth is a store of energies, which have to be used for the welfare of the whole humanity.

You should walk barefoot in summer, especially in the beginning of May. Thus the feet would be able to contact the earth. In this way the electricity and the magnetism of the earth can pass into you. Those who are not used to, they should walk barefoot only for 1-2 hours, after the sunrise. I would advise you to walk barefoot before sunrise, but out of the town at some beautiful place. You may be barefoot from time to time, because through your feet – as antennae – you enter into contact with the earth. There is an exchange among the energies of the earth and your own energies. But there are hours and days in the year, when that exchange is not necessary. There are days and hours, when it is not allowed to the human being to walk barefoot, by no means. I think it is not appropriate to walk barefoot in the town, in the dust. You must wear shoes and you mustn't walk barefoot in the town.

You should never stay under the shade of a tree or a person. That rule can be tested by everyone. Each ray, which falls upon the human being, is absorbed by the organism and then it goes out in the form of a dead light. There is also light under the shade of the flower, of the tree or under the shade of the house, it is called dead. Therefore, you must be under the influence of the direct sun rays, not under the indirect ones, i.e. the rays of the shade. Do not ever stay in the shade.

Do not allow the shade of the ill to fall upon your face.

Rain and Dew

Do not be afraid of the rain. When it is raining in spring and summer, go out to get wet well. If you are somewhere on the road, take off your hat – let your head to get wet well. This rain is a blessing for people. When the rain is falling over you, be thankful that you have bathed, that you have taken a bath of electricity.

You should know that the rain in the mountain during July is a great blessing. The rain bath equals to a hundred ordinary baths. Each drop of rain in July is full of electricity and magnetism.

The drop of dew hides in itself some electricity and magnetism, which should be used intelligently. As you know that, do not shake the rain drops off your clothes. The pure drop of dew brings a blessing. Those who have a strong sense of smell, they feel the scent of the dew drops.

Springs

Clean the springs in the mountain. There is a law: What you do outside of you, this will happen inside of you. When you clean the springs outside, the spring within will gush. When you put in order the things outside, your thoughts will be arranged, as well.

After the cleaning, the water starts flowing down easily, and the joy it feels in this motion is transferred to the human being.

All springs provide a lovely method for transformation of the energies, and the sad states. As we are watching the water, a special intelligent power goes out of it, which has an influence on us, it balance our powers.

The Mountains

The high tops are dynamic centers. They are reservoir of powers, which will be used in the future. The mountain peaks are related to the centre of the Earth and to the Sun. At the same time, they are pumps that pump out the impurities. For example, if you are not well disposed and you climb some mountain peak, your indisposition will vanish and you will return invigorated and renewed. In the valley people feel indisposed, depressed and tense. When they climb the mountain, the indisposition will disappear. The mountain peaks receive energies from higher fields and send them to the different directions of the world. In other words, they are transformers of cosmic energies, which come towards the Earth.

Stones and Rocks

Those who want to acquire the sun warmth from the stones, they should go at noon and sit on and make a connection with them.

The stone heals. We should sit on a stone that is warmed by the sun, at noon. That has a healing effect. There is not a warm compress better than that. The stones absorb the warmth, process it and when you sit on them they give that energy to you.

When the stone is cold, it draws energy from the body and harms. Try to choose these places, where the sun has been at work. It is a good thing to use the magnetic stones, these which are exposed to the south or to the east – in the sun in general. The magnetic stones are round. They should not be split and sharp.

Flowers and Trees

People who plant and grow fruit-trees become ill less than those who do not do that. Even when you are ill, if you love flowers, you will get better sooner. The flowers regulate the nervous system. It is advisable for the nervous person to water and smell red flowers.

Those who want to be healthy and not to suffer, they should grow flowers. They heal, and revive and rejuvenate the person.

Love the plants and the forests in order to connect to the powers that are at work there. They are reservoir of powers, from where people can draw what they need for their organism.

Those who are spiritually and physically weak, I would say to them: you should go to some old oak, which is not rotten, and rest your back against it. Thus you should stay 5-10-15 minutes, at most 30 minutes, and you would say to it: "Since there is a plenty of God's thoughts within you, and abundance of forms of God, be kind and give me from your energy." The oak will take away a part of your disharmonious energies and you will set your mind at rest, you will recover and go away pleased.

As a method for a regular development, people should grow flowers, fruits and vegetables. Each plant and fruit, which people take care of, will bring new qualities within them. For example, it might be well to grow a ficus. It brings peace and a good mood into people. The ficus is for erudite people. If you want to become active and energetic, grow mainly a red cherry tree. If you want to strengthen your will, you should cultivate a plum tree.

In the program of all religious systems, it is recommended to grow plants as a method of working. Through them people heal themselves. When you

cultivate plants, you come to know their magic power. Each person should have in the garden some beds of garlic, onion, parsley, which should be grown carefully, with love.

Those who are not well disposed, they should smell a rose. If that does not help, they should take some petals of the rose and to rub their nose, ears and hands. The rose heals physical and mental aspect. Make use of everything that the nature has given to strengthen your health and reinforce your beauty and power.

Crystals and Gems

All forms and kinds of the matter, which exist on the Earth, are condensed spiritual energy. The spiritual energy flows out of the great beings of the Cosmos. The different origins of spiritual energies ensue from the different hierarchies of spiritual beings. The gems – being the supreme form of the matter – are condensed supreme spiritual energy, and according to their nature they come from the different hierarchies of the cosmos. The gems are bearers of ascending creative energies and serve as a natural transformer of lower desires.

I would like for you to examine the 12 main gems and to carry out the following experiment. When you have some trouble – whether from a physical, heart or mind nature, – start to imagine the twelfth gems in your mind. Begin from the simplest one and go gradually to the most beautiful and the most expensive. You should follow which stone will remove your trouble. While you think over these stones, at the same time you should connect them with the virtues that each of them represents. In this way, each stone can have a favourable influence over the human being and to change one's state.

HEALING WITH ENERGY

The energies coming from God pass through men. We are centers, through which the energies of Intelligent Nature move, So when you are sick or in a bad disposition, find a friend, who loves you, take one of his hands or both, look him in the eyes and thank him for the energy which you have received from him.

When you lay hands on someone's head, you must know if you receive or if you give energy. If you receive, you have to know, if it will be useful to you. If you give, you should again know, if your energy will be useful to the other person. You have to be grateful for the energy, either receiving or giving. In both cases this is Divine energy and its quantity is controlled. It must be used properly.

I hope you will develop your will, so that when you lay your hands on the painful area, healing will take place. Anyone with a strong will is able to do this. How? By concentrating the prana from the air and directing it to the pain.

To healing with your hands, use prayer. After one or two prayers, pain can be drained out of the body. Put your hands on the head of the sick person and send your love and good wishes. They are great forces.

When you feel angry, irritated or out of balance, do the following exercise: Lift both your hands over the head and slowly touch you head and body from top to bottom. Then shake out your hands. Do this three times daily.

Another remedy, when you are angry, is to find a friend, who is negative or passive. Ask him to put his left hand on the right side of your head, after a while you will find that all your surplus energy has passed through his hands and you will feel better.

When someone is irritated and feels some kind of disturbance in his solar plexus, he should put his right hand, palm down, on the solar plexus and his left hand on his hip, palm outwards. In this position the nervous system calms down. Surplus energy from the brain is removed through the hands. The palm of the left hand conducts negative, calming energy and the upper side of the right hand conducts positive, exciting energy. When both kind of energies meet and merge, it calms you.

When you need tranquility, go to the trees. Go to an old oak tree and lean your back against it. Stay still for about 10 -15 minutes and tell it: “You have plenty of God’s mind, plenty of the forms of God in you, please, be so good to give me some of your energy.” The oak will exchange some of your disharmonious energies, you will calm down, you will recover and go home joyful.

You should stay on stones for about 1-2 hours to magnetize yourself. They shouldn’t be ribbed, because the magnetic forces flow out through the edges. The healing power of the stones is strongest in September.

THE POWER OF THOUGHT. HEALING WITH THOUGHT

Both the matter and power – all that is a thought. Everything else has a relative reality. The absolute reality is the thought.

The power of human being lies in the thought. The thought feeds the human being in the same way as bread. If the thoughts are not healthy, no matter how much one eats, that person will still languish.

Have faith in the power of your thought. There is a

law in Nature, according to which the impossible things become possible.

Keep the thought in your mind that everything you want can be achieved – it depends on you.

You can send your positive thoughts, warm feelings and wishes to someone, who is being ill, with absolute faith, without any hesitation or doubt – and that person will regain one's health.

So: you should send vital power from yourselves to a person, who has to be cured. This person will receive your thought and wish and will feel better. In respect to that, good friends are a great fence for the health, and bad friends always bring illnesses and sufferings.

The right thought is able to strengthen the weak spots in people. The good thoughts can be sowed in the same way as seeds. As the apple and pear tree can grow at the place we have planted them, we can do the same with the good thought and it can grow up as a stronghold. Moreover: it is not enough to think about something only once, but your thought should be constantly and firmly fixed on what you want to fulfill. You should be thinking for a long time until your thought begins to grow. Then a striving will arise within to sow a second, third, fourth, fifth thought, etc. That is why all of you should sow within yourselves a good thought every day.

Every intended thought goes out as a stream and moves about the space in a wavy way. When the human thought is intensive, it takes very beautiful forms. By the form of these waves you can judge what your friend is thinking about. For the forms of these waves are projected and transmitted simultaneously to other people, as well. For that reason you should send good thoughts one another.

I can give you now a method of healing. One quarter of your illness can be cured in this way. You are ill – do

not think about any ill people! Start walking about the town and think about healthy people! When you meet any healthy person, keep that image in your mind; within one, two or three days – you will feel a relief. This is a way to invigorate. Do not talk about your disease.

The law of suggestion requires a specific time and specific condition of people. You can't persuade something to yourselves at any time. For example, if you persuade something, when you are upset, you can't have good results. If you want to put a great thought, which has to be realized, in your subconsciousness, you should choose the best frame of mind. The more a person is not well-disposed, the more insecure and slowly the law of suggestion works.

The healthy people often think about the disease and attract it. Do quite the opposite: think about the health, in order to attract and strengthen it and get free from the disease. The sensible, the great and the good in people are able to fight against microbes, which cause diseases. Apply the good and positive words and thoughts as formulae, which can stimulate you.

You should often utter the following words: **“Christ, source, life, love, spirit, kindness”**.

The ill person should be free: if one wants to lie – one should lie; if one wants to have a walk – one should do it, but one should utter the words *I will get better*, increasing the total number of repeating that, as gradually reaches 1000-2000 times a day. The first time one should utter these words 100 times, the second time – 120 times, the third day – 150 times, until one reaches up to 1000 or 2000 times. Thus each illness and discouragement could be healed. The heavy and dark atmosphere around the ill brightens, becomes light, nice and that person feels better day after day. Then all healthy people will start

visiting that person. Imagine beautiful scenes and images until you get a good mood.

Man's power lies in his thought. Thought nourishes man as breath does. If your thoughts are bad, you will wither despite eating correctly.

By thinking, you combine three kinds of energies, building your mental body, which you will take with you when you leave this world.

To deal with your energies, you have to study the law of concentration. You could do exercises. Focus your vision on an object without blinking. Hold your gaze without blinking for one minute and gradually increase the time. It will strengthen the eyes. Your consciousness has to be concentrated during the whole exercise, don't let your mind wander. Take two objects in your hands and hold them one against the other. Concentrate your mind on the point of contact. After a while you will see a little spark. The sooner the spark appears, the more concentrated your mind is. Hold your forefingers pointing towards one another without touching. After a while you will see a faint light. Do this experiment in the evening in order to see the light.

Apply your mind by healing yourself and your relatives. When you become sick, concentrate your mind and say: "I will be healthy." Sometimes you need to say this ten times, sometimes – a thousand times in order to get healthy. Don't be discouraged. When you persist, you will have a good result.

There are cells in your body, whose task is to cure, they are healing cells. Simply directing your thought towards them will bring healing power.

If you have a disturbing thought, don't attempt to discard it, because it will become more troublesome. Find the opposite thought with which to replace the first one.

If one of your relatives is sick, let ten people you know visit him, let everyone wish him to be healthy. If he trusts you, he will soon get up.

There are people who are able to help others with their bright and good thoughts, liberating others from troubles and disturbances.

If you have a cold, it is recommended to stay in a warm room, to drink a few cups of hot water in order to make you sweat and then to change your clothes. You can also do this in your mind. If your experiment is successful, you should be sweating. Have a change of clothes and the next day you should feel well again. It will prove that your mind is strong. A strong mind is able to heal every illness.

The mind can produce changes in the vibrations of the human body. The vibrations of a sick man are low, he can speed them up and raise them with his mind. In doing so he cures himself.

SPIRITUAL HEALING

There are many ways of healing. Faith is needed for healing. If you have faith, you will soon be healthy. Faith is an experience, coming from your past. It is a thought, joined with a life substance, so when someone has faith, he creates an opportunity for the life force of nature to flow through him. The one who has no faith is isolated from nature.

Spiritual healing means to find and remove the cause of the disease, so the disease can never return.

When someone gets ill, the first thing to do is to turn oneself to God and ask about both to receive an

appropriate healing method and also to send the right person to help about that.

If you want God to heal you, you must have full confidence and absolute faith in Him. Since you turn yourselves to God, you mustn't have any doubt. Send your Love and faith to the First Cause of the things and do not think about anything else. Since you pray to God, stand up and walk! If you believe, you will recover. The slightest uncertainty is able to prevent your healing.

Love cures all diseases. It increases the vibration of the human organism and thus makes it capable to endure the external influences and the microbes. When someone is demagnetized, that person loses the vital energy and gets ill easily. When demagnetization takes place, a cracking appears in certain spots the etheric body, from where a great deal of the vital energy flows out. When the cracking is repaired, the person gets well. Each word, which comes out of Love, is like a plaster that fills the slightest cracking in the nervous system. The doctors of the future will cure not only the physical, but also the mental illnesses. There is terrible leprosy within the contemporary people, which is spread away.

The Divine world is a world of eternal harmony. As soon as you connect with this world, no disease will ever attack you. But if any disease catches you, you won't be afraid. The human being does not die so easily. When the time draws near, they will tell you: "Make ready to depart for the other world." If this is not said clear to you, this means that the inferior beings want you dead. Then you have to appeal to the High place and would say: "God, they want me to die untimely." Beings will be sent to you from the other world to protect you, but you must pray for that intensely.

Each human, who cures oneself after the Divine way, can't be cured at once, in a magical way, but that will happen gradually, with a succession of crises.

Each disease would submit to faith. When you recover your health, do not hasten to tell people how you have been cured. When a certain time passes, you can apply the same method to the others. If you tell people how you are being cured before seeing the result, your disease will come back again.

The Prayer

One of the methods, through which you can help yourselves, is the prayer.

We consider the prayer as a communion with the invisible world, a form of communion with God. To pray – this means to learn how to commune. Nowadays, we suffer, for we haven't learnt the heavenly, the Divine language. It is not enough to pray only, but the prayer should represent an expression, in which the whole human spirit, the entire soul, mind and heart take part. When you pray, you should say: **“Your Will be done! I willingly accept all that comes from Your hand, and I will fulfill Your will without to transgress Your law.”**

Do often utter the name of Lord Jesus Christ, for it contains the balance in nature, in laws, and it gives rise to the principles of creation and the nine choirs of angels to work together.

Healing Prayer:

God, You are the origin of life!

Send me Your life-giving Power – the Spirit, to cure my mind, heart, spirit, soul, will and body. To cure all physical and mental sufferings. To bestow health, power and life, youth and beauty on me; to cultivate gifts and talents in order to be able to live, learn and serve You. Amen.

Healing Formulas

When you fall ill, do not be afraid, but put your hands on the tender spot and say: “And this is life eternal, that I might know You – the Only, the True God, and Christ, whom You have sent.

And this is life eternal, that I might know Love, Wisdom and Truth.

And this is life eternal, that I might know God is Spirit, Who reigns everywhere.”

“I live within God, and God live within me. And within God, there is no suffering. Therefore, I should be healthy – and I am healthy.”

Prayer for other person: “God, You are powerful and almighty, if You want, You can relief that person from the sufferings.”

Suppose, you have rheumatic pain in your shoulder or your arm. You should thank God for sending you this pain in order to teach you. Bless God, the Saints, all the good people in the world, and when you establish a link with them, the rheumatism will soon disappear.

Spiritual healing involves improving your life style, living a pure and saintly life.

If you have a strong pain, lay your hands on the painful area, concentrate your mind and say the formula: "It is Eternal Life to know You, God, the true One, the Only One, to know Christ sent by You. It is Eternal Life, to know Love, Wisdom and Thruth. It is Eternal Life, to know that God is Spirit, Which reigns everywhere." (repeat three times).

When you become sick, find about ten healthy people, love them, serve them. Two or three days later you will be healthy again.

Love heals every disease. It raises the vibrations of the human organism and protects him from the bad influences of the environment.

The disciple should have
a heart, as pure as a crystal,
a mind, as bright as the Sun,
a soul as vast as the Universe,
a spirit as powerful as God,
and one with God.

THE MASTER BEINSA DOUNO
(PETER DEUNOV)

Child of the Universe

Compilation: Dr Svetla Baltova

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BIALO BRATSVO Publishers,
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