



**PRAYERS  
FORMULAS  
DEVOTIONAL  
SONGS**



**BEINSA DUNO**

**PRAYERS**

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**FORMULAS**

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**DEVOTIONAL SONGS**



**BYALO BRATSTVO PUBLISHERS**

**SOFIA, 2017**

This book contains excerpts from lectures, prayers, devotional songs, and invocations by the spiritual Teacher Beinsa Duno (1864–1944). During the course of half of century he offered knowledge about the new culture based upon three principles: Love that bears Life, Wisdom that bears Light, and Truth that bears Freedom. Beinsa Duno brought a spiritual renaissance for the human soul. He brought Divine light to all aspects of human life—individual, family, and society—in relation to both spirit and matter, the mundane and the transcendental; and to the different fields of science, religion, and art.

In memory of Ernestina Staleva  
(October 23, 1914–August 9, 2005)

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Prayer is a Divine ray that emanates from the soul of every person. It is the breathing of the soul.

To pray means to turn your mind, heart, soul, and spirit toward the Source of life you have come from.

The Master Beinsa Duno (Petar Danov)



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## **THE MASTER BEINSA DUNO ON PRAYER**

### **PRAYER**

It is said in the Scriptures that an Angel from heaven protects those who pray and have faith in God. Hence, when you pray to God and have faith in Him, a Being of Light from the Invisible world will undoubtedly come to be with you in the most difficult and terrifying hours of your life.

There is no better poetry in life than that of prayer; or in other words, conversation with God. You need to pray without complaining.

There is no living being in the world—from the least to the greatest—whose appeal God has not answered. There is no occasion when God has not responded to a soul.

To pray means to think of God. Every thought related to God, as feeble as it might be, glows like a spark within human consciousness, enriching it. Whether or not you comprehend God's essence is not important—you can think about Him at any time. This thought, even if minute, will always bring you some good. To think about God means to think rightly.

Your success depends upon the extent to which you keep God's name as pure and sacred within your heart and soul.

If you are experiencing some difficulty and call upon God's name, in a short while it will be resolved. For example, if you are hungry and you have not eaten for three days, call upon God's name and shortly, bread will appear before you. It is a mystery how it happens and it cannot be revealed how it comes true, this mystery cannot be revealed. What is important is to know the power of God's name. Those who pronounce God's name with love, knowledge, and power—bread will come to them, and their difficulties will be resolved. God listens to every appeal when the prayer comes from deep within the heart.

If you desire for God to hear you, you should have peace and humility within yourself, and then, whatever you ask for: knowledge, power, wisdom, beauty, and virtue: all will be attained.

Prayer is an act of connecting and only by this connection, can Love come into the world. Our whole life should become an internal prayer that we may prepare the conditions for the coming of Love within. When Love comes—light, peace, and joy will fill our hearts.

Prayer—this is communion with God. Prayer is conversation, oneness with God. Because the human soul still bears within itself centuries-old layers, it cannot comprehend God's will. Therefore, you need to pray to God that He may purify you and liberate you of this burden so that you may come to know yourself and your brethren—and through this, may come to know God.

A Divine Intelligence exists within the world that watches over all who address It with faith and call upon It for help. The greater faith is, the sooner help comes.

Without prayer, one cannot evolve.

Christ Himself, withdrew every night to pray. He had much Knowledge, and yet every night, He withdrew to contemplate. If He needed to pray, then we need to pray even more.

Have faith in God with all your heart. Have faith in God with all your mind. Come to know God in all you do, and He will put right your steps.

If you desire to manifest the good within you, think about Him. Occupy yourself with good thoughts, feelings, and actions so that they may come alive within you.

Think about God so that you may become as perfect as He is. Think about God so that you may become as good as He is. Think about God so that you may become as merciful as He is.

The beauty and the greatness of your life lie in your gratitude toward God for that which has been given to you.

How will you know that you have received an answer to your prayers? You will know by the internal quiet joy—by that internal light which will help you in resolving certain problems. Some receive a response to their prayers immediately; some wait for days, weeks, or months; and yet, some others—for years. All depends upon the intensity of the prayer.

Pray not only when in trouble, but constantly regardless of your state.

Upon arising in the morning, you should first pray to God to bring strength and enlightenment into your mind. After that, you should pray for enlightenment to come into your heart. Lastly, you should pray to God to facilitate your daily work in the physical world. Thank God for the good and for the bad. Only then, will God transform bad into good.

Pray not only for yourselves, but for all. Those who think only about themselves will accomplish nothing.

Those who want something from God need to promise something in return, to sacrifice something of themselves and that which you promise—you need to fulfill.

When a prophet predicts something that later does not come to pass—this indicates that the people for whom it was predicted have prayed a lot; and as a response to their prayer, God has changed His judgment.

Prayer is a plea to God. You are sad, sorrowful—pray! God consoles in three ways: in the first, He will send someone to help you; in the second, He will send you an Angel; and in the third, He Himself will come down.

Prayer should include within itself the qualities of Love, Wisdom, Truth, Justice, Virtue, and Compassion—as well as many other virtues.

## THE NECESSITY OF PRAYER

Cast your gaze toward heaven and be not afraid.

Prayer is a powerful state of the soul through which one enters into a conscious and profound relationship with Beings who have completed their development.

Why is prayer necessary? It is a connection of the human soul with the Intelligent World from which one draws energy for sustaining life.

Prayer is the first sign that someone has entered the Divine pathway. Therefore, whenever an inclination for prayer arises within you, do not delay, but enter the secret chamber of your heart, and thus, your prayer will be accepted. If you delay, it is possible that the Spirit might not come again. In other words, we can pray at any time.

People's prayers are necessary to draw down the sublime energies from the Invisible world. These energies are used for the development of all humankind.

Prayer provides a spiritual method of attaining one's desires. The cause of our misfortunes is our failure to pray. Through our connection with God, we can find riches beyond measure. Through Him, Divine blessings come and the fortification of our spirit is attained.

If you decide to do something, do not act

immediately—speak to God for advice first. In the Invisible world, Intelligent Beings exist who are ready at any moment to help people. For the one who addresses God for advice, every word is a blessing.

Every prayer is a creative act. It creates the conditions for the growth of the soul.

### HOW TO PRAY

Those who pray from the heart will certainly receive an answer. It is said in the Scriptures, “Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.” (Mark 11:24) If you do not have Love for God, no matter how much you pray, you will not receive an answer.

Prayer has meaning only when it comes from the depths of the soul. It does not tolerate any rules or restrictions.

When you pray, you need to express yourself clearly and precisely, with few words. Long prayers do not bring God’s grace. God Himself does not speak at length.

To pray means to empty yourself of all negative thoughts and feelings, that so purified you may go before God.

It is said in the Scriptures, “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret

will reward you openly.” [Matthew 6:6] The secret chamber—this is one’s spiritual body. Only in this way, can one find God, the Angels, and the true Church.

Prayer does not reside in the lighting of candles and oil lamps or performing token acts of submission, but in the involvement in the life of your brethren. If you meet a hungry person, give him food. If you meet a poor person in rags, give him clothes. There is no better prayer than this.

If your thoughts and feelings are not pure, you are not able to pray.

First, you should pray for that of greatest necessity, that which you cannot do without at this moment. Those who follow the Law of Order will have their prayers replied. If you put forth all your desires at once and pray to have them realized, you will attain nothing. After you have your needs of your first necessity satisfied, then you may think of other things and place a second and third wish, and soon these will come to pass. If you want something of God, pray only once for it, do not insist anymore, let it go.

Prayer is a Science, and you need to study it for a long time.

Thus, prayer is the most important work in life. Regarding the way on how to pray, this is a personal matter that each needs to learn for himself.

If you want to teach someone how to pray to God, bring him to a fruit garden, stop at a tree



with hanging fruit and say, “Lift up your arms to receive beautiful, ripe fruit.” When he lifts up his arms, tell him, “This is how one should pray.”

The best way to pray is to stand upright and look, not upward, but straight ahead. During prayer, the hands should be open, not closed.

It is said in the Scriptures that the Spirit will teach us everything. This means that when the Divine Spirit—the Spirit of Love—enters within us, It will teach us how to pray.

Pray with words that have only one meaning. Such words are powerful. During prayer, be guided from within. In addition to the traditional prayers, speak to God in your own words as well.

Prayer is the most powerful act in a person’s life. It brings human thought, human feelings, and human will into one. Such prayer is powerful—through it, miracles come to pass. The human soul is nourished by prayer and devotional singing.

Each time that you complete a prayer, say the following formula on completion, “God, let all this be for Your Glory and for the good of my soul.” There is an advice: after each prayer, you should remain silent for some time, that you may receive whatever blessing God shall bestow upon you.

When you pray, you should be focused, disregarding everything around you. Your thoughts should rise so high that nothing but prayer can occupy you.

## PRAYER AND HEALTH

Prayer has the power to heal diverse physical problems and ailments. Many diseases can be healed with prayer. Furthermore, all our actions will succeed if we begin them with prayer. Those who pray continuously will come to understand that God is faithful and we will be reassured in this knowledge.

When you are ill, rejoice that you are in God's Hands—that He shall heal you. Even if He puts you in the hands of a doctor, you still will be under the direct control of God. If you are to call upon God for help, you need to apply faith.

When you pray to God for an ill person, he will get well, if your prayer is as it should be.

When God is within us and we are within Him, we can attain and accomplish anything.

When you pray to God, He will surely send someone to help you. When someone else prays, He might send you to help that person. If you have faith and love for God, all your prayers will be heard. It is enough to direct your "radio" toward heaven for you to discover thousands of Beings who can reply to you.

## COLLECTIVE PRAYER

Sometimes you feel that your prayer is not helping you. You pray, but there is no response. In such a case, you are like the person who wants to lift a load, but cannot—it is beyond his strength. Then he calls upon someone to help, and together they succeed in lifting the load. Sometimes he needs the help of one, two, three, or more people. So when, we too do not succeed in our prayer, we should ask the help of two, three, or more brothers and sisters—according to the need—until we succeed.

If we pray for peace with humility, our prayer will be heard. When many people pray together for one and the same thing, their prayer will be received.

Pray for one another. There is a Law: When someone prays diligently, all people with whom he is in harmony pray with him. Prayer is a Divine work. When my heart involves my spirit, then my soul will involve all those people who are in harmony with me.

From now on, we should be connected through our minds and hearts with all people on Earth because salvation lies within our collective prayers.

Collective prayer has great power.

## THE INNER WORK OF THE DISCIPLE

Prayer is the most powerful act of human existence. It brings one's thoughts, feelings, and will into focus. Such a prayer is powerful—it works miracles. Prayer is the most beautiful work! It is a conversation with God. There is no more important moment than when one beholds God's face! How beautiful it is, upon rising in the morning, to talk with the Immortal One!

Those who are not interested in God gradually lose their vital forces and fall behind. While thinking about the Angels, you are in the Angelic World. While thinking about God, you are in the Divine World. We live in whatever world we are thinking about.

For instance, you are living in a habitat that accommodates you for some time, but later you choose to move to another one. Some time ago fish lived in the water. Yet, after a while, the most advanced of them moved into a habitat of a lower density, that is, in the air. The great difficulties they encountered in the water made them think of more beneficial conditions of living that might exist above the water, in the thinner element of the air. Thus, these fish became birds. When human beings find themselves living under restricted conditions, they also strive toward God. You strive today, again tomorrow, and finally you enter into a more sublime life. The idea creates the form.

The Law states: If you think about a good person, into your mind, light will appear, and into your heart, warmth. If you think about a bad person, into your mind, darkness will appear, and into your heart, cold. This Law is related to our relationship with God. When you connect with God, light will enter your consciousness and profound peace, your soul. Should you connect with the Angels, again you will be filled with luminous thoughts and noble feelings. When you think about the plants and animals, you will be influenced by them as well. The Law states: You connect with whatever you are thinking about.

Through prayer, people communicate with God and the Advanced Beings. God will then tell them about Love and about the Intelligent Light Beings. When you arise in the morning, direct your consciousness to the One Reality. After that, regardless of what you are doing—be it studying or hoeing—ask the Invisible world for help. Conversely, should you immediately begin to labor in the morning, you will forget about the Great Reality, about the Intelligent Forces of Nature. There is a Law that states: When one directs one's consciousness to the One Reality, It abides within; and when one directs one's consciousness to the shadows, one lives in the shadows.

Prayer and contemplation are expressions of the soul's striving to ascend to a higher place. In this way, an influx of mental energy will come,

and with this, the work of the conscious human life will become easier. Prayer and contemplation indicate the transmitting of your report to that Supreme Center from which you have descended. What will you report on? On the work you have accomplished. In response to your report, a correct exchange between your thoughts and feelings and those of the Beings of the Sublime World will take place. If someone thinks that prayer, contemplation, and meditation are not necessary, that person is on the wrong path.

When you pray, you determine your own status. When you pray, you are in continuous connection with the whole of Creation. Knowing this, do not obstruct that natural process within you.

Through prayer, we acquire energy from the Divine World. The Law of Prayer is similar to the Law of Nourishment. When deprived of food, one feels that something is lacking. When the soul is deprived of prayer, a need is also felt. Prayer represents the inner necessity of the soul.

Prayer is reality, not a shadow. What at any given moment gives strength to the mind, heart, soul, and spirit is something real.

Prayer is the conscious work of the human soul. When one prays, the soul steps beyond the ordinary consciousness. We can describe this process as the “emergence” from the narrow confines in which one lives.

Prayer resembles the extending of the amoeba’s pseudopodia to catch its food. This is a con-

tinuous process. For the new to enter into you, you need to direct your mind each morning toward the Great Center of the Universe.

Prayer is similar to the Law of Providing Water. Through it, all good influences are drawn to you. When you are praying, everything around you should grow and develop. When one understands the great Law of Prayer, that person will become a true human being; he will become one of the Great Initiates.

Are you aware of how the Angels pray?

Prayer is the first method through which we begin to learn the Divine language. If you do not pray, you will never learn this language. Through prayer, we study God's language. We still do not know God's language.

Real prayer implies concentration and seclusion. Nobody should be aware that you are praying. When the merchant is praying, he should forget about his business and all of his dealings.

Prayer is one of the methods through which one comes to know God as Love. It leads to Love, that good and sublime state that you have attained. That you help and forgive your fellowman, that you uplift the fallen one—this is the result of the time you have spent in your secret chamber.

People need to pray so that God does not turn His face away from them. It is terrifying when God hides His face from someone! Then darkness and solitude will set in unlike any living experience that person has had.

The saint receives his knowledge through prayer, contemplation, meditation, and experience. The saint prays for a long time, in order to become inspired and to receive new ideas.

Wherever you are, in whatever situation you may be, take half an hour or an hour to think about God. In such a way, your consciousness expands. For one to think about the Great Origin—about the Great Center of Creation—is worth more than all the material wealth available on Earth. Thinking about God also renews and rejuvenates the physical body because its energy extends to the body as well.

If someone says that one does not need to think about God, one becomes like an orphaned child who, being without a father and mother, goes around in torn clothes, homeless and friendless. Then the vermin begin to attack and one loses one's bearing in life. I am speaking figuratively. I will explain: When someone stops thinking about God, one becomes vulnerable and the dark, inferior beings begin to attack.

One cannot attain anything, if one does not pray. Pray that more Light may enter into your consciousness.

There are no beings more highly developed than the Angels. The next phase that humankind will enter is the Angelic Phase. Then our dense bodies will be transformed into ones that are more dynamic. They will be composed of matter that is more refined. How will these be created? Through prayer, contemplation, and meditation.



In other words, prayer is a method of organizing the spiritual body—the new body in which one will live.

I ask contemporary scientists and philosophers how many times each day they think about God. The reason for the misfortune of people today is that they do not think of God. Prayer is the method for resolving the most difficult problem. Doubt, suspicion, skepticism, and many other negative thoughts and feelings are the cause for most of the diseases of humankind. Through prayer, one overcomes these negative conditions. There is a miraculous power in prayer.

If someone recites a verse from the Scriptures with the willingness to understand, that is sufficient for Christ to come and help that person. He will bring light into his mind and put his affairs in order.

Prayer increases the vibration of the human aura. In this way, we become inviolable to the inferior influences surrounding us. Through prayer, people safeguard themselves from the anxieties and fears of the world. They cannot penetrate them.

When you pray for one of your good desires to be fulfilled, the Invisible world always helps. You are ill, pray to God, and in a short time, you will recover. There is nothing in the whole world that one desires that God has not granted. The world represents the desires of these small beings. God has granted all their desires.

If all people would have turned to God with the supplication, "God, we have used all methods of putting the world into order; tell us the way of doing this," and if they would have prayed from the heart, the method would have come. This is the easiest of methods; but when applied, God will come into the world and help people.

There is no living being in the world, large or small, whose appeal God has not answered. There is no case in which God has not answered your mail, regardless of its disorderly state. Put your mail in order! The mail from the Invisible world leaves on time; but while it is en route to Earth, the letters become lost somewhere and are delayed for months.

How beautiful it is for us to realize that we occupy a place in the Mind of God. When we have this awareness and turn to God with a plea for something, our prayer is received.

Ask God to abide within you and to reveal Himself through you. The only One who transforms people is God.

All people are searching for the meaning of life. The meaning of life lies in one's communication with God.

The most favorable time for prayer is the early hours of the morning—for example, 3 a.m. or 5 a.m. The psalmist wrote, "God, I called upon You at early dawn." This means that I will occupy myself in the morning before sunrise with the most sublime work—communion with the

Great Center of Creation—to receive the energy necessary to accomplish my day's work.

Wherever you go, whatever work you begin, you need energy. If you let the world influence you, the mundane affairs of your life will pull you off course. When you arise in the morning, you need to have one essential thought—that you may open like a flower. Christ spent the whole night in prayer. Why? Because during those hours, He was replenishing Himself with energy—as one would recharge a battery—for what He had expended during the day.

You need to pray. You should work on yourself to be ready for the New that is coming into the world. How long should you pray? Continuously. Prayer does not imply that you need to stop and pray the entire day. You can be in motion and pray at the same time. Work does not exclude prayer. You can pray constantly. Only those who abide by the Law of Love, and only they alone, have the disposition to pray. Whatever they are doing, they are always in prayer. In other words, in the life of a loving person, everything is prayer.

A mother says that she has no time left for prayer because of her children. The one who cuts trees says that he has no time left to pray because of his job. The one who writes says the same. People say that they have no time for prayer, contemplation, and meditation. In reality, the prayer comes first, and then all other things follow. First you breathe and then you work. Otherwise, you cannot finish your work.

Those who do not pray are not good students. The laziest, the least capable, and the least talented students are those who do not pray. Give a topic to a student who is limited, and that student will say, "Where did this topic come from?"

You need to pray when you are in good spirits, as well as when you are in a conflicted state or when there is darkness in your consciousness.

Anyone can go into seclusion even when among others. Seclusion is not only an external process.

I will give you a principle: For every person, there is a Divine wave that uplifts him. When you arise in the morning, do not hurry to go and work in the field immediately. Stop, work inwardly that this Divine wave may come, and then you may go and begin your work. You could be the most ordinary of people, but when the Divine Spirit visits you, you will achieve something beyond yourself.

If thought, emotion, and will do not take part in prayer, it is not a genuine prayer. To go into your secret chamber means to enter into your virgin soul. Then you will understand the deep meaning of all things and the reason for your existence. The more precise a prayer is, the higher the consciousness is.

When you are in difficulty, I say: Pray that you may connect with the Intelligent Light Beings who can help you. Some people say that they are praying, but have received no answer. The reason

is that their consciousness is not yet awakened. The human consciousness is similar to a radio that is transmitting and receiving sonic waves from the Universe. Scientists say that there is a belt above the Earth that deflects the waves and obstructs them from rising. This could be used to explain why the prayers of some people are unable to rise sufficiently. The more awakened and the more evolved someone's consciousness is, the greater the possibility is for one's prayer to be received.

What is required of you to connect with the Invisible world? You need to have your own radio. You already have it. When you direct your prayerful thoughts upward, you should safeguard yourself from rapacious waves. Doubt, disbelief, and a lack of Love are waves of an unfavorable character that are formed in the astral world. They have a harmful impact upon the human spirit. The difficulties of human existence result from attacks by these rapacious waves. They have influence over one's prayers and obstruct them from ascending. They obstruct the good aspirations as well.

Praying is better when one is persecuted. When you are subjected to great suffering, trials, and persecutions, then you pray as you should.

Until the furnace of the heart is fired up, a prayer cannot reach God. One cannot pray in an impure place. You need to go to a pure place. Prayers need to be transmitted from a pure place.

When one is praying to the Invisible world, one should be exact. Otherwise, a prayer is like the application form that does not state what is being requested. In such a case, it remains without consequence.

If I were to pray now, I would ask God for Strength, Knowledge, Wisdom, Love, Truth, and Freedom.

When someone prays, one should ask for the least thing that is, at the same time, the most essential. A prayer is received, when God's will is taken into consideration. Conduct the following experiment: concentrate on what is deep within yourself and say, "My Lord, I am ready right now to fulfill Your will that inspires every living being in the world." Or say, "If I have found favor in You, let me feel Your joy in the name of Your Love, Wisdom, and Truth." Do you know what you will feel? You will feel such an excitement as you have never felt before. You will feel reborn. In a moment, you can transform your countenance.

Turn to the Lord and say, "Lord, place me in the Fire of Your Love." Or say, "Lord, what do You want me to do that Your kingdom may triumph on Earth and Your name be sanctified among all humankind?"

One very important Law states: When you pray for someone, your prayer gains miraculous power only when it is accompanied by Love for that person.

Now, let's concentrate for five minutes and send one good thought throughout the entire world. The Law states: If you send this thought rightly, the work that you will accomplish will be equal to all of the work that you have accomplished throughout your entire life. [From *The Wellspring of Good*, Byalo Bratstvo Publishers, Sofia, 2013, pp. 97–106]



**PRAYERS, FORMULAS, PSALMS, AND DEVOTIONAL SONGS FOR DAILY PRACTICE  
RECOMMENDED BY THE MASTER BEINSA  
DUNO**

**Every day**

The Good Prayer (p. 36)

Psalm 91 (p. 76)

Psalm 23 (p. 78)

The Lord's Prayer (p. 35)

Read psalms 91 and 23 and be not afraid! You will see that whatever comes upon you will be transformed into good.

The Master

**Sunday**

In the Beginning Was the Word [*V nachalo be Slovoto*] (p. 124)

The Good Prayer (p. 36)

Psalm 61 (p. 79)

**Monday**

Bless [*Blagoslavyay*] (p. 104)

Prayer of the Kingdom (p. 38)

Psalm 143 (p. 80)



## **Tuesday**

I Shall Rejoice [*Shte se razveselya*] (p. 126)

The Path of Life (p. 39)

Psalm 27 (p. 82)

## **Wednesday**

Song of the Way of Light [*Pesen na svetliya pat*] (p. 142)

Prayer of the Brotherhood of Light<sup>1</sup> (p. 40)

Psalm 19 (p. 84)

Psalm 103 (p. 85)

## **Thursday**

He is Coming! [*Toy ide!*] (p. 120)

Prayer of the Fruits of the Spirit (p. 42)

Psalm 112 (p. 88)

## **Friday**

Fir-fyur-fen—Bless [*Fir-fyur-fen—Blagoslavyay*] (p. 110)

Prayer of the Triune God (p. 43)

Psalm 44 (p. 89)

## **Saturday**

God is Love [*Bog e Lyubov*] (p. 116)

The Little Prayer (p. 44)

Psalm 25 (p. 92)

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1. Term used to denote the Great Universal Fellowship of Light.



## PRAYERS

Prayer increases vibrations of the human aura and thus one becomes protected from the surrounding inferior influences. Prayer is a communion with God, breathing of the soul, and a manifestation of a profound harmony. Only prayer has the power to remove the violence that exists in the world.

\* \* \*

When you are subjected to deprivation and trials, turn toward God with the words, “Lord, You, Who provides for even the smallest creations, Who embraces them with Your compassion, embrace me—a small ‘insect,’ and help me in this difficult moment.”

\* \* \*

The true prayer is when under all circumstances in life you say, “Lord, let it be Your will! Lord, give me more enlightenment so that I can grasp Your will and be able to do whatever You require of me.”

\* \* \*

Pray in such a way, that no one knows or sees that you are praying. If you feel a connection with

the Great One, then every thought will become clear and every feeling strong and powerful.

\* \* \*

Do not haste in anything, but silently, with supplication and faith ask the Lord for help.

**THE LORD'S PRAYER  
(MATTHEW 6:9-13)**

Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation<sup>2</sup>,  
But deliver us from the evil one.  
For Yours is the kingdom and the power and  
the glory forever.

Amen

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2. The Master has explained, "This means: Lord, give us Knowledge and Wisdom so that we may not fall into temptation by our ignorance." [From *Sacred Words of the Master*, Byalo Bratsvo Publishers, Sofia, 1994, p. 57]

## THE GOOD PRAYER

Lord, our God, merciful Heavenly Father, Who has bestowed upon us life and health that we may rejoice in You—we pray to You to send us Your Spirit to guard and deliver us from any cunning and evil thought.

Teach us to do Your will, to sanctify Your name, and to glorify You always. Enlighten our spirit and guide our hearts and minds so that we may keep Your commandments and precepts. With Your presence, inspire Your pure thoughts within us so that they may lead us in serving You with joy.

Bless our life, which we dedicate to You for the good of our brethren and neighbors, Lord.

Help us and support us so that we may grow in wisdom and knowledge, to learn from Your word and abide in Your truth.

Lead us in everything we think and do in Your name so that your kingdom on earth is glorified.

Nourish our souls with Your heavenly bread, and strengthen us with Your power so that we may succeed in our life.

As You bestow upon us all Your blessings, so give us Your Love and make it our eternal Law.

For Yours is the kingdom, the power, and the glory, forever and ever.

Amen

This is a collective prayer not only for the humankind but also for the entire Universe, for all Angels, Archangels, Principalities, Dominions, and Powers.

Prayer is the only way to obtain God's blessings so that we can grow and develop according to His will. [From *The Blossoming of the Human Soul*, Byalo Bratstvo Publishers, Sofia, 2012, p. 362]

Given by the Master Beinsa Duno on November 27, 1900 in Novi Pazar.

## PRAYER OF THE KINGDOM

Lord our God, may our prayer rise up before Your face. May Your Spirit come and may Your word abide in our hearts, for the sake of Your Love, which You have bestowed upon us.

Merciful Heavenly Father, Abba, Father, may Your kingdom come, may Your will be done, may Your name be sanctified on earth—this is what our soul desire.

This is the need that we constantly feel in this world.

Great Lord of all power and refuge, stand behind Your work. Inspire the hearts of those chosen to establish your glory and greatness.

Our merciful and compassionate Lord, lead us with Your merciful hand. Enlighten us so that we do not deviate from Your word, so that we do not transgress Your Law.

Lead us like a good shepherd in green pastures and by still waters.

You are the One Lord and Savior of the world known before all ages of light, the One in the radiant dawn of our lives. Expand our souls, increase our spirit, renew our hearts, and enlighten our minds so that we may glorify You now and forever.

Amen

This prayer was given by the Master Beinsa Duno at the gathering of the Spiritual Circle, called *Verigata* (the “Chain”) on August 16, 1909 in Varna.

## THE PATH OF LIFE

Lord God, our Savior, of all power and refuge, of all Truth and Love, of all nations and authority, wellspring of all blessings in our life, send us Your merciful Spirit to guide and sustain us on the Path of Life, to enlighten our minds, to illuminate our hearts, and to give us strength and vitality so that we may do Your good will.

Forgive us our transgressions, which we confess before You—they have moved us away from Your fatherly Love. Remove them from the book of Your recollections, and grant us the peace of Your Spirit.

May Your face shine upon us now so that we may become an image of Your Love, messengers of Your Truth, and servants of Your justice.

Bless the nation in which we live. Bless our brothers and sisters with whom we work. Bless all mothers and fathers who do Your will. Hear the voices of all who are suffering over the face of the earth and bless them.

Bless our Master, who is leading us on Your path. Blessed are You, Lord our God. Blessed is Your name from ages past, for You are the Way,



the Truth, and the Life; and there is no other God but You. You are the only One.

Amen

Given on April 30, 1909, Burgas.

## **PRAYER OF THE BROTHERHOOD OF LIGHT**

Lord, bless the Universal Brotherhood of Light<sup>3</sup>, strengthen its spirit.

Give hope and faith, and reliance in You to those who follow Your path so that they may be strong and glorify You in all the centuries of the future.

Lord our God, do this for the sake of Your great name by which You have been known throughout the centuries—in heaven above and on the earth below.

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3. In the original prayer, given on August 19, 1923 in Sofia, there is an additional text: "...which now is present among the Bulgarians and the Slavic nations." In this text Petar Danov was referring to the time when and the place where he had begun his mission as a spiritual Teacher and had established a School of the Universal Brotherhood of Light. However, his message was meant to be universally applicable, and nowadays many people around the world follow these teachings.

Today this prayer is included in the suggested daily program for Wednesdays in Bulgaria. However, by personal choice, one can substitute it with another prayer.

Let Your name be sanctified before all who impede Your sacred work so that they may know that You are the only One in Whom there is no betrayal and Who always has the power to help and deliver us.

Lord, scatter the enemies of Your kingdom from before Your face, and we will glorify You with a pure heart, as You help us overcome and chase away the evil spirits of hell who want to destroy Your sacred work.

Lord, work alone now with Your mighty hand. Do this for the sake of our Lord Jesus Christ, by Whose name You wanted us to invoke You.

May those who govern this nation realize that there is no Lord and God but You.

You are the only One.

Amen

## **PRAYER OF THE FRUITS OF THE SPIRIT**

Lord of compassion, God of Love—we call upon You for Your mercy. We accept the sufferings, which You have sent us, with joy in our hearts. We accept the hardships that You give to us for the strengthening of our spirit. We shall fulfill Your good will without hesitation and without wavering.

Send us Your spirit to instill into our hearts, our minds, and our souls the fruit of Love, the blessing of joy and peace, which is the foundation of Your patience and compassion.

Grant us the gifts of faith, humility, and temperance. Bless us as You have always blessed us. Make Your name dear to our souls. Establish Your kingdom in our souls. Nourish our souls with Your word so that all Your virtues may be fortified within us. May Your luminous Spirit of compassion, faith, and hope abide within us, now and forever in union with You.

We praise and glorify You, the One Lord and God of the Great Sacrifice.

Amen

## PRAYER OF THE TRIUNE GOD

I. Lord, may Your Spirit descend upon my spirit to fill my heart and soul with Your presence, and to strengthen my feet in every justice.

I bow before the Eternal Rock out of which I have been carved. Blessed is Your name, Lord.

Strengthen me and uplift me so that I may serve You with gladness.

II. Lord my God, may Your Spirit come and enlighten my mind, illuminate my heart and fill my soul with every joy and gladness.

I bow before You, the Eternal Wellspring Who has always quenched my thirst. Wash my feet and cleanse my heart, cleanse my soul so that I may be made pure and sacred before You.

Blessed are You Lord, my God.

III. Lord my God, may Your blessing come upon my spirit, to fill my heart and my soul with the blessed fruits of Your Spirit, to make my feet firm with the strength of Your presence.

I bow before Your Eternal Spirit Who renews me and resurrects me from the dead.

Protect me, Lord, with Your holy name so that I may serve You with joy and gladness and be one with You, Lord Jesus Christ as You are One with the Father.

Amen

## **THE LITTLE PRAYER**

Lord my God, make me able to look upon Your Face.

Let me rejoice for the sake of Your name.

Bless me for the sake of Your mercy.

Enlighten me for the sake of Your Spirit.

Uplift me for the sake of Your word.

Help me for the sake of Your promise.

Guide me for the sake of Your Truth.

Sustain me for the sake of Your righteousness.

Blessed be You always, Lord, for You are ever-compassionate and true to all.

Amen

## **PRAYER OF THE SPIRIT**

Lord our God, may Your compassionate Spirit come and enfold our spirit in His embrace; to fill our hearts with the abundant Love that manifests Your presence everywhere.

May our hands be strengthened in every Justice and our feet in every act of goodness.

We bow before You, our Eternal Father, the rock of our lives. Blessed are You, blessed is Your name in our souls.

Strengthen us and uplift us so that we may come to serve You with joy for the coming of Your

kingdom and for the sake of Your Love, which You have made manifested toward us.

You are the only One Who knows us, and we know You—for You are the light of our souls, the vastness for our minds, increase of our power, fortress for our spirit, and fullness of our hearts; for You are the crown and glory of our life!

Amen

### **PRAYER OF THE HOLY SPIRIT**

Lord our God, my soul relies upon You. Hear my prayer and attend to my prayer. Uplift my spirit and give comfort to my heart. Show me the light of Your face.

Lord, for the sake of Your mercy, support me with the presence of Your Holy Spirit.

Lord, may Your kingdom come, Your Justice be fulfilled, Your Truth illuminate, Your Love be established; and may You, Lord Jesus Christ, the only-begotten Son of the Living God, come to dwell within my soul.

May the glory to the Lord God our Father be manifest in the Spirit of His word throughout all ages.

Amen.

*LOZINKA*<sup>4</sup>

Lord, bless and strengthen our souls!

I

We pray to our Heavenly Father for the glorification and sanctification of the Name of the Lord—our God on earth, among humankind and the believers, and among those chosen from the Circle of the Lord of Glory—the Savior, the Protector, Who raises and resurrects the dead and puts law and order everywhere. Blessed be the Name of our Lord Jesus Christ—the manifested Word of God and with Him all those who love Him.

II

We pray to our Heavenly Father for the coming of the Kingdom of God on earth among the people, in the hearts of the believers and in the souls of the chosen ones. May every Justice, every Virtue, every Wisdom, and every Truth be put into action. May the Lord our God come to reign and may the words of the Lord that the Father has bestowed upon you a kingdom<sup>5</sup> be fulfilled.

May the Spirit of Lord Jesus Christ be instilled among us; and may the pre-ordained intention of

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4. The word *lozinka* is an archaism and means *vow*.

5. See also Matthew 25:34, “Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.”

our Father of the Light and the Beings of Light be fulfilled; and may there be glory and honor, and reverence toward Him now, always, and throughout all ages.

### III

We pray to our Heavenly Father for the fulfillment of the Will of our Lord God on earth, as it is in heaven, among the angelic Beings of Light.

May the Law of Truth, Love, and Justice be established so that we may be all in one body and one spirit. May there be order, harmony, and praise, may we be given knowledge on how to glorify the Lord and rejoice in Him and His deeds. May He be instilled in our life and in the work of our hands. May He give life and health, and longevity to all those who have faith in Him, and deliver them from all the deeds of evil and of the sly one. May He bring peace into their souls and give them abundance of His blessings. May the Lord our God remember His promises; may He have mercy on all those who suffer. May He bless all believers, may He strengthen His chosen ones; may He give them strength and knowledge, wisdom, and Love to prevail for Him in His Holy name.

May He give us victory over our enemies, to prevail to the end, and may we serve the Lord with joy and gladness throughout all the days of our life. May He illuminate us with the light of His face. May He make us strong and resolute



to accomplish His good will, and wise and good-natured to come before Him with fullness. May He heal all our suffering brothers and sisters, bless their homes and also their children. May He bless all the good initiatives of body, soul, and spirit. The Lord our God may rise in this way within us as He is in heaven.

Amen

Given by the Master on August 11, 1914 at the annual gathering in Veliko Tarnovo.

These are the major points upon which we can build. You will read this *Lozinka* every day at a chosen by you hour (preferably in the morning). It could be just the first part, the second, or the third one, or the three together. If you read the entire *Lozinka*, then you will say the first part in the morning, the second—at noon, and the third—in the evening. If you are reading only one part a day, then you say each one in three consequent days.

Every one should pray according to the inspiration of one's spirit and the Lord will show and guide you how to pray. You are not in the same spiritual realm nor all of you are at one and the same place, therefore you need to pray according to the rise of your own 'sun.' The Spirit advises that you surround and protect yourself every day with this *Lozinka*. Therefore you need to read it daily in one of the mentioned above ways. [From *Verigata na Bozhestvenata Lyubov* (The Chain of the Divine Love), Zahari Stoyanov and Byalo Bratstvo Publishers, Sofia, 2007, pp. 340-341]

## PRAYER TO THE LORD OF LOVE

Now we will kneel, we will direct our mind to the Lord of Love, and will pray:

Lord, we are ready to fulfill Your sacred will completely, without any changes, and all our joy will be to serve You with all our heart, mind, soul, and spirit. We wish to come to know You as Love in us and outside us.

May You be all and everything in our endeavors, thoughts, desires, and actions; may You be the beginning and the end of our life. May You be the beginning of all Your mercy and the end of all our misunderstandings, the beginning of Truth and the end of falsehood, the beginning of Wisdom and the end of folly, the beginning of strength and the end of oppression.

May You be the new beginning, which has no beginning and no end, the beginning of the new light and of the new life, which You now impart in our souls.

We know You as You know us, we love You as You love us. We are one with You as You are the only One with this manifested light.

From now on, Your Love will reign in the fullness of Your mercy throughout all days of our life. We begin the new life. Descend to us and we will ascend to you, descend to our soul and impart Your light of the new life.

Illuminate our new heart, which You have given us. Fill our minds with Your light, which You have brought into our spirit. Bless us, and we will carry Your blessing.

Amen

Only those of you, who are willing to fulfill this vow, should say that prayer.

Given by the Master Beinsa Duno at the annual gathering in the city of Veliko Tarnovo on August 19, 1922 and published in *Besedi, obyasneniya i upatvaniya* (Lectures, Explanations, and Instructions), 1922, pp. 5–6.

## PRAYER

When praying, pray for your love of God. When you pray, stand before God like a child and say:

Lord, bless me!

Thank You for everything that You have given and taught me. Help me to increase the freedom of my soul, the strength of my spirit, the light in my mind, and the goodness of my heart.

Amen

## PRAYER FOR EVERY DAY

Lord, enlighten my mind, bless my heart, strengthen my will, my memory, and my faith so as to justify my existence and fulfill the task for which I have come to earth.

Lord, please send Your spirit to bring into my heart, my mind, and my soul the fruit of Love, the blessing of joy and peace—the foundation of Your patience and mercy.

Amen

## THE BEAUTIFUL PRAYER

Lord God, make us as firm as a diamond so that we may become the foundation of the new universe. Make us like pillars in Your living church so that we may receive the Divine life for the others. Illuminate us with the power of Your Holy Spirit so that we may awaken the sleeping souls through the word, thought, and deed.

Reveal in us, dear Lord, Your Divine essence, help us to attain strength so that we may know the Truth, that we may become children of Light, and walk in the path of Justice for the fulfillment of Your plan and for the coming of Your kingdom on earth.

Amen

This prayer was given to a group of ten disciples.

## **PRAYER OF THE WELLSPRING OF GOOD**

Lord, I am ready at once to fulfill Your will, which puts in motion everything living in the world. As I have found refuge in Your presence, may I experience Your joy in the name of Your Love, Wisdom, and Truth. Lord, place me in the fire of Your Love.

Lord, what do you desire me to do for the triumph of Your kingdom on earth or for the sanctification of Your name before humankind?

Lord, teach me how to think of my brothers and sisters as You think of them.

Amen

## **PRAYER OF GRATITUDE**

We thank You, our Father, for the great Love with which You love us.

We thank You for the life that You have given us.

We thank You for the mind that You have instilled in us.

We thank You for the virtues that You have placed as a foundation of our lives.

We thank You for the Justice with which You have surrounded us.

We thank You for the Love with which You have filled us.

We thank You for Your great wisdom and we glorify You for Your truth with which You have enlightened us.

We rejoice in the life that You have given us.

We fulfill Your will now for the sake of the Spirit that You have given to lead us. Blessed be You by all of us, now and forevermore.

Amen

### **A SHORT PRAYER OF GRATITUDE**

Thank you Lord, for everything You have given and continue giving me, now and always.

### **MORNING PRAYER OF THE DISCIPLE**

Lord our God, my soul quivers with joy before the light of the new day, which illuminates me.

I thank You for awakening me in this early hour when You are glorified by the wise people, the birds, and the pure flowers.

I thank You for giving me the gift of another day of life, and for summoning me to pursue my work on Earth healthy and rejuvenated.

I thank You for giving me favorable conditions to accomplish Your good will, to manifest it with Love and Wisdom by serving my brothers and sisters.

Please, O Lord, grant me the presence of Your merciful Spirit, that I may listen to Your guidance like a devoted child and that my soul may not divert from Your Law.

Give me strength, vigilance, and love to live for my complete uplifting and that of all humankind and all living beings and for the coming of the kingdom of God on earth.

May the eternal Sun of Your Love illuminate with its light my soul and those of all my brothers and sisters on the face of the Earth.

May Your Love, Wisdom, Truth, Justice, and Virtues begin to reign in the life of humankind.

May all human beings become one with Christ and the Angels of Light, one with You and The Universal Brotherhood of Light.

Amen

## **MORNING PRAYER**

Lord, You have sent me to earth.

You have given me life and health.

You have given me heart, mind, and soul.

I shall do Your will and glorify You.

After I fulfill God's will and after God gives me His blessing, I shall do what is good for my soul and will help my brethren.

Amen

## EVENING PRAYERS

Thank you for the experiences of this day. Guide me through the coming night. May my soul attend your Divine School so that I may be guided and learn how to work effectively.

\* \* \*

Lord, when my body is resting tonight, surround me with your Light and protect me. I am going above to study, pray, and work.

\* \* \*

Lord of Power, send Your Holy Spirit to illuminate my room with Your light and with the Power of Your Spirit, surround my bed with the luminous circle of Your Love so that my room and my entire home may be protected from every negative influence.

Perfection in Your Love shall be the meaning of my life. Your perfect Love casts out every fear from my soul and brings peace and joy to my spirit.

\* \* \*

The Divine Love shall become the essence of my life. Divine Love removes every fear from my soul and brings peace and joy to my spirit.

Amen



## **PRAYER FOR HEALING**

Lord, You are the source of all life. Send me Your life-giving power—Your spirit to heal my mind, heart, spirit, soul, will, and body; to heal me of every physical and mental disorders and sufferings; to bestow upon me health, strength, and life, youthfulness and beauty; and to develop within me gifts and abilities so that I may live, study, and serve You.

Amen

## **PRAYER FOR HEALTH**

When you get ill, have no fear, but put your hands on the diseased place, and say:

This is eternal life to come to know You, the One, the Only True God and Christ Whom You have sent.

This is eternal life to know Love, Wisdom, and Truth.

This is eternal life to realize that God is Spirit Who reigns everywhere.

Amen

## **PRAYER FOR HEALING OF ANOTHER PERSON**

Ever-present and merciful God, in the name of the Lord Who has spoken to Your servant, may Your healing come through us, Your servants, for the Glory of Your name.

We thank You that You have listened to us.

You alone are our Lord, and we have no other but You.

It is You alone Who is always able to heal, and Your healing is health for the soul and for the body.

Restore the harmonious interaction between mind and soul.

Turn the source of the heart to good and the forces of the body to purposeful work.

May this our brother/sister...(name) who is suffering, receive Your mercy so that we may all rejoice in the presence of Your Love, compassion, and power.

Amen

This prayer should be said on Wednesday, Saturday, and Sunday at 7 a.m. and 9 a.m.

## **PRAYER FOR HEALING OF ANOTHER PERSON**

Lord of the powers, You are our refuge from generation to generation. We shall glorify Your mercies forever. You have made a covenant with Your chosen ones because You have a supportive and strong hand to bestow mercy to those who know You in Your name.

Turn, O Lord, Your eyes toward the suffering brother/sister... (name), give heed to his/her sufferings, and relieve them. We have great faith in Your words, for You have said: "Call to Me, and I will answer you because I am your God, Who supports your right hand and tells you, 'Do not be afraid, I will help you. Do not be afraid because I chose you and called you by your name. You are not alone when you pass through the water, I shall be with you when you walk through the fire, you will not be burned and the flames will not burn you. Do not be afraid when in infirmity too because I am with you!'"

Now hear my prayer, Lord and pour over me Your abundant mercy!

Amen

For healing the Psalms 102, 40, 35, 91, 70, 86, 88, 97, 115, and 116 are read as well; and for the mentally disturbed—Psalm 57.

## PRAYER FOR THE DEPARTED SOULS

Lord, rest the Soul of the departed brother/sister (name...) whom You have taken above according to Your will.

Place him/her in luminous places in Your domicile. Grant him/her with Your spiritual virtues so that he/she may uplift himself/herself.

May he/she awaken and see Your glory and greatness.

May his/her soul rejoice in Your kindness and Love.

May eternal Peace and eternal Light reign upon his/her soul.

Amen

\* \* \*

Lord, grant light and peace to our beloved brother/sister (name...).

Make straight his/her path by leading him/her to You. Shed light on his/her path, send to him/her souls that will guide, teach, and assist him/her on the path that leads him/her to You.

Lord, accept (name...) in Your bosom.

Enfold him/her with Your boundless Love and lead him/her in the light of Your wisdom.

Lord, bless (name...) and let him/her advance from love to Love, from light to Light, from bliss to Bliss, and from freedom to Freedom.

Lord, bless (name...). Grant peace to his/her soul and eternal light to his/her path.

Amen

**PRAYER OF DANIEL**  
(Daniel 2:20-23)

Blessed be the name of God forever and ever, for wisdom and might are His. And He changes the times and the seasons; He removes kings and raises up kings; He gives wisdom to the wise and knowledge to those who have understanding.

He reveals deep and secret things; He knows what is in the darkness, and light dwells with Him.

I thank You and praise You, O God of my fathers; You have given me wisdom and might, and have now made known to me what we asked of You, for You have made known to us the king's demand.

## RECOMMENDED ORDER FOR PRAYERS FOR THE DEPARTED

1. Prayers for the departed (p. 59)
2. Secret prayer in silence (this is a prayer you create)
3. The Lord's Prayer (p. 35)
4. Psalms 23, 91, and 121 (pp. 78, 76, 94)
5. Prayer of Daniel (p. 60)
7. Chapter 14 from the Gospel of John
8. Formulas for the departed:

And this is eternal life to know You, the One, the Only True God and Christ Whom You have sent. (3x)

\* \* \*

Peace to his/her soul and eternal light on his/her soul. (3x)

\* \* \*

Peace and light to the soul of the brother/sister (name...) and eternal life.





## FORMULAS

Formulas are meaningful expressions given by the Master Beinsa Duno for strengthening the spirit and perfecting of the individual. Some of them are connected with texts from the Scriptures. Usually they are repeated 3 times: once for the Divine world, once for the Spiritual world, and once for the physical world.

“The formulas should be used with a profound and sacred feeling... Words are power. Each pronounced word has its effect. Every positive word is a contribution. All these exercises [and formulas] will have power only when they are used for good.”

\* \* \*

Here are some examples of formulas:

Love the perfect ways of Truth and Life.

Make Good the foundation of your home,  
Justice your measure of things, Love an  
adornment, Wisdom your shield, and Truth your  
light.

Only then will you come to know Me and I  
shall reveal Myself to you. (x1)

\* \* \*



The disciple shall have:  
A heart as pure as a crystal,  
A mind as bright as the Sun,  
A soul as vast as the Universe, and  
A spirit as powerful as God and one with God.

\* \* \*

In the fulfillment of the Will of God is the power of the human soul.

According to the Master this is one of the most powerful formulas.

\* \* \*

May God be glorified in the Brotherhood of Light and may the Brothers of Light be glorified in God's Love! (3x)

Given on December 20, 1944.

\* \* \*

God is Love. God's Love rejuvenates.  
God is wisdom. God's Wisdom sanctifies.  
God is truth. God's Truth sets you free.

\* \* \*

God reigns in heaven, God reigns in life, may His name be blessed.

\* \* \*

Always be faithful, true, pure, and kind; and the Lord of peace will fill your heart with all goodness.

\* \* \*

May God's peace and God's blessing encompass and enfold the whole earth.

\* \* \*

The bright path of Wisdom alone leads to Truth. In Truth, life is concealed.

### **Morning Formulas to Be Said upon Rising**

When I was your age, getting up in the morning, I was beginning the day saying this:

Thank You God, for everything You have given me and taught me. Thank You God, for the plentiful bounties you shower us with. We know that You are the all-merciful, all-truthful, and all-knowing.

Repeat this for a month, for ten months and you will observe that your internal state will become transformed.

\* \* \*

Lord, I thank that I have risen, thank you that I am alive.

\* \* \*

Love, study, be silent, endure, forgive, pursue your path, and do not forget God.

\* \* \*

Always rejoice. Be grateful for everything. Do not extinguish the spirit. Pray constantly.

According to Boris Nikolov these words were hanging on the wall of the reception room of the Master on 66 Opalchenska street, Sofia.

\* \* \*

Instill Truth into your soul and you will gain the freedom you are searching for. Instill Wisdom into your mind and light will come and knowledge will help you. Instill purity in your heart and Love will come and true life will begin.

\* \* \*

O, Great Love, Source of all the good in our lives. Give me, as your child, Your support so that I may gain in knowledge. I feel my connection with You, and in my striving toward You I have no fear of earthly temptations and I believe that I shall fulfill my mission by becoming one with You.

(continue with uplifted hands)

Lord, I pray to you to give me living cosmic forces that will fill every cell of my body, bring life and health into it, and strengthen my spirit so that I can fulfill my task on earth.

Amen

## Evening Formulas

Thank you for the experiences of this day. Guide me through the coming night. May my soul attend Your Divine school so that I may be guided and learn how to work effectively.

\* \* \*

Lord, when my body is resting tonight, surround me with Your light and protect me. I am going above to study, pray, and work.

\* \* \*

Lord of Power, send Your Holy Spirit to illuminate my room with Your light and with the Power of Your Spirit, surround my bed with the luminous circle of Your Love so that my room and my entire home may be protected from every negative influence.

Perfection in Your Love shall be the meaning of my life. Your perfect Love casts out every fear from my soul and brings peace and joy to my spirit.

\* \* \*

The Divine Love shall become the essence of my life. Divine Love removes every fear from my soul and brings peace and joy to my spirit.

Amen

### **Formulas before and after Meals**

The Love of God brings abundance and fullness of life. (x3)

*Bozhiyata Lyubov nosi izobilniya i palen zhiivot. (x3)*

\* \* \*

The Love of God brings abundance and fullness of life.

Only the Love of God brings abundance and fullness of life.

Only the manifested Love of God brings abundance and fullness of life.

*Bozhiyata Lyubov nosi izobilniya i palen zhiivot.*

*Samo Bozhiyata Lyubov nosi izobilniya i palen zhiivot.*

*Samo proyavenata Bozhiya Lyubov nosi izobilniya i palen zhiivot.*

### **Formulas for Healing**

I am ready to serve God. I am serving God. I am working for God. Therefore, I shall be healthy, and I am healthy. (3x)

\* \* \*

Lord, You are the Source of life, send us Your life-giving strength, Your Spirit to heal us from all illness and suffering. (3x)

\* \* \*

Hold the hand of a person who is ill or suffering and say in your mind:

Lord, you are powerful and strong. It is in your hands to deliver this person from suffering.

\* \* \*

If you are not well, imagine that the Sun, its light coming down like a shower over you and as if you are in a sea of light, health, strength, and good, and as if you are immersed in God. Address your aching place and say, "Leave, I have work to do, I shall serve God, go away!"

### **Formulas for Deep Breathing**

To attain the vital energy (prana) during deep breathing say silently:

When inhaling:

Thank you, God, for the Divine life that You have instilled in the air, and which I receive together with the air.

When holding your breath:

This Divine life permeates my whole body and brings in power, life, and health everywhere.

When exhaling:

I manifest this Divine life in everything I do.

\* \* \*

For attaining Divine Love, Wisdom, and Truth  
say silently:

When inhaling:

May God's name be glorified within me.

When holding your breath:

May the God's kingdom and His Justice come  
to dwell in me.

When exhaling:

May God's will be done.

These breathing exercises are done alternating  
through the left and the right nostril.

### **Formulas for Protection**

Only the one, the manifested Divine Love is  
Love and there is no other Love manifested as  
the Divine Love. Thus, our motto is: Fear from  
without, love from within; darkness from without,  
and light from within. With love and light! We are  
the souls of love and of light.

From a lecture, held on August 19, 1922, Veliko  
Tarnovo, published in *Besedi, obyasneniya i upatvaniya*  
(Lectures, Explanations, and Instructions), p. 7.

\* \* \*

Fir-Fyur-Fen, Tau Bi Aumen. (Without fear  
and without darkness, without fear in infinite  
Love.)

\* \* \*

God, protect me with Your white light and surround me with Your diamond wall. The spirit of God, beloved of my soul, will do everything for me.

\* \* \*

Light, Light, Light!  
Love, Love, Love!  
Justice, Justice, Justice!

When in need, repeat this formula and you will surround yourself with luminous positive forces.

\* \* \*

Lord, surround me and protect me from every negative energy by sending a luminous and faithful Spirit to show me the Truth my soul is longing for.

\* \* \*

Surround me, Lord, with Your Divine Love, with Your Divine light and remove all lower beings who want to stumble me.

\* \* \*

Lord, whatever comes to pass to me, transform it into good.



### **Greeting and Reply**

- There is no other love like God's Love.
- Only God's Love is Love.

### **Other Formulas and Words of the Master**

Lord, all things are possible for You. Your Spirit that You have sent to guide us, can do everything through You, and we, through Your Spirit can do anything.

\* \* \*

*Meruhim, Meruhim, Meruhim,  
Ali Behar, Mahatma Aum. (x3)*

With these words you shall invite the Spirit of inspiration.

\* \* \*

There are advanced intelligent beings in the Rila Mountains. Address them and greet them with the words, "Luminous brothers, we greet you and may God bless you."

When you come to a place in the mountains, say, "Kind luminous beings, guardians of this place, welcome us as your guests and may God bless you."

When you are leaving, say: Kind luminous beings, guardians of this place, thank you for

your hospitality. May peace be with you and may God bless you.”

\* \* \*

Do not haste in anything, but silently, with supplication and faith ask the Lord for help.

\* \* \*

The humble one says, “Lord, not my will but Yours!”

\* \* \*

Everything that is good, I can accept. Everything that is good, I can apply. When I want to do some good, there is no power that can oppose me. I can do anything through the living God of Love, Who has created everything in the universe.

\* \* \*

Lord, help me to avoid today bad deeds and to fulfill the good ones that I have missed yesterday.

\* \* \*

God is Love, God is Wisdom. I am goodness, I am truth. (x3)

This is a formula when facing contradictions, difficulties, and temptations—it is a powerful weapon against evil.





## PSALMS



Note: In this book is given the text of the psalms from New King James Version, 1997. However, any other version can be used.

### PSALM 91<sup>6</sup>

He who dwells in the sacred place of the Most High

Shall abide under the shadow of the Almighty.

I will say of the Lord, "He is my refuge and my fortress;

My God, in Him I will trust."

Surely He shall deliver you from the snare of the fowler

And from the perilous pestilence.

He shall cover you with His Feathers,

And under His Wings you shall take refuge;

His Truth shall be your shield and buckler.

You shall not be afraid of the terror by night,

Nor of the arrow that flies by day,

Nor of the pestilence that walks in darkness,

Nor of the destruction that lays waste at noonday.

A thousand may fall at your side,

And ten thousand at your right hand;

But it shall not come near you.

Only with your eyes shall you look,

And see the reward of the wicked.

---

6. According to the Master Psalm 91 is very powerful and he advised that it should be used in times of adversity. One should have it and keep it in one's possessions and say it for protection.

Because you have made the Lord, who is my  
refuge,

Even the Most High, your dwelling place,

No evil shall befall you,

Nor shall any plague come near your dwelling;

For He shall give His Angels charge over you,

To keep you in all your ways.

In their hands they shall bear you up,

Lest you dash your foot against a stone.

You shall tread upon the lion and the cobra,

The young lion and the serpent you shall  
trample underfoot.

“Because he has set his love upon Me, therefore  
I will deliver him;

I will set him on high, because he has known  
My Name.

He shall call upon Me, and I will answer him;

I will be with him in trouble;

I will deliver him and honor him.

With long life I will satisfy him,

And show him My Salvation.”

## PSALM 23

The Lord is my shepherd;

I shall not want.

He makes me lie down in green pastures;

He leads me beside the still waters.

He restores my soul;

He leads me in the paths of righteousness

For His Name's sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil;

For You are with me;

Your Rod and Your Staff, they comfort me.

You prepare a table before me in the presence of my enemies;

You anoint my head with oil;

My cup runs over.

Surely goodness and mercy shall follow me

All the days of my life;

And I will dwell in the House of the Lord

Forever.

## PSALM 61

Hear my cry, O God;  
Attend to my prayer.  
From the end of the earth I will cry to You,  
When my heart is overwhelmed;  
Lead me to the rock that is higher than I.

For You have been a shelter for me,  
A strong tower from the enemy.  
I will abide in Your Tabernacle forever;  
I will trust in the shelter of Your Wings.

For You, O God, have heard my vows;  
You have given me the heritage of those who  
fear Your Name.  
You will prolong the king's life,  
His years as many generations.  
He shall abide before God forever.  
Oh, prepare mercy and truth, which may  
preserve him!  
So, I will sing praise to Your Name forever,  
That I may daily perform my vows.



### PSALM 143

Hear my prayer, O Lord,  
Give ear to my supplications!  
In Your Faithfulness answer me,  
And in Your Righteousness.  
Do not enter into judgment with Your servant,  
For in Your Sight no one living is righteous.

For the enemy has persecuted my soul;  
He has crushed my life to the ground;  
He has made me dwell in darkness,  
Like those who have long been dead.  
Therefore my spirit is overwhelmed within me;  
My heart within me is distressed.

I remember the days of old;  
I meditate on all Your Works;  
I muse on the work of Your Hands.  
I spread out my hands to You;  
My soul longs for You like a thirsty land.

Answer me speedily, O Lord;  
My spirit fails!  
Do not hide Your Face from me,  
Lest I be like those who go down into the pit.  
Cause me to hear Your Lovingkindness in the  
morning,  
For in You do I trust;  
Cause me to know the way in which I should  
walk,  
For I lift up my soul to You.

Deliver me, O Lord, from my enemies;

In You I take shelter.

Teach me to do Your Will,

For You are my God;

Your Spirit is good.

Lead me in the land of uprightness.

Revive me, O Lord, for Your Name's sake!

For Your Righteousness' sake bring my soul  
out of trouble.

In Your Mercy cut off my enemies,

And destroy all those who afflict my soul;

For I am Your servant.

## PSALM 27

The Lord is my light and my salvation;  
Whom shall I fear?

The Lord is the strength of my life;  
Of whom shall I be afraid?

When the wicked came against me to eat up  
my flesh,

My enemies and foes,  
They stumbled and fell.

Though an army may encamp against me,  
My heart shall not fear;  
Though war may rise against me,  
In this I will be confident.

One thing I have desired of the Lord,  
That will I seek:

That I may dwell in the House of the Lord  
All the days of my life,  
To behold the beauty of the Lord,  
And to inquire in His Temple.

For in the time of trouble

He shall hide me in His Pavilion;

In the secret place of His Tabernacle He shall  
hide me;

He shall set me high upon a rock.

And now my head shall be lifted up above my  
enemies all around me;

Therefore I will offer sacrifice of joy in His  
Tabernacle;

I will sing, yes, I will sing praises to the Lord.

Hear, O Lord, when I cry with my voice!  
 Have mercy also upon me, and answer me.  
 When You said, "Seek My Face,"

My heart said to You, "Your Face, Lord, I will seek."

Do not hide Your Face from me;  
 Do not turn Your servant away in anger;  
 You have been my help;  
 Do not leave me nor forsake me,  
 O God of my salvation.

When my father and my mother forsake me,  
 Then the Lord will take care of me.

Teach me Your Way, O Lord,  
 And lead me in a smooth path, because of  
 my enemies.

Do not deliver me to the will of my adversaries;  
 For false witnesses have risen against me,  
 And such as breathe out violence.

I would have lost heart, unless I had believed  
 That I would see the goodness of the Lord  
 In the land of the living.

Wait on the Lord;  
 Be of good courage,  
 And He shall strengthen your heart;  
 Wait, I say, on the Lord!

## PSALM 19

The Heavens declare the glory of God;  
And the firmament shows His Handiwork.  
Day unto day utters speech,  
And night unto night reveals knowledge.  
There is no speech nor language  
Where their voice is not heard.  
Their line has gone out through all the earth,  
And their words to the end of the world.

In them He has set a Tabernacle for the sun,  
Which is like a bridegroom coming out of his  
chamber,  
And rejoice like a strong man to run its  
race.  
Its rising is from one end of heaven,  
And its circuit to the other end;  
And there is nothing hidden from its heat.

The Law of the Lord is perfect, converting the  
soul;  
The testimony of the Lord is sure, making  
wise the simple;  
The statutes of the Lord are right, rejoicing  
the heart;  
The commandment of the Lord is pure,  
enlightening the eyes;  
The fear of the Lord is clean, enduring forever;  
The judgments of the Lord are true and

righteous altogether.

More to be desired are they than gold,

Yea, than much fine gold;

Sweeter also than honey and the honeycomb.

Moreover by them Your servant is warned,

And in keeping them there is great reward.

Who can understand his errors?

Cleanse me from secret faults.

Keep back Your servant also from  
presumptuous sins;

Let them not have dominion over me.

Then I shall be blameless,

And I shall be innocent of great transgression.

Let the words of my mouth and the meditation  
of my heart

Be acceptable in Your Sight,

O Lord, my strength and my Redeemer.

### **PSALM 103**

Bless the Lord, O my soul;

And all that is within me, bless His holy  
Name!

Bless the Lord, O my soul,

And forget not all His benefits:

Who forgives all your iniquities,

Who heals all your diseases,

Who redeems your life from destruction,

Who crowns you with lovingkindness and  
tender mercies,

Who satisfies your mouth with good things,  
So that your youth is renewed like the  
eagle's.

The Lord executes righteousness

And justice for all who are oppressed.

He made known His Ways to Moses,

His Acts to the children of Israel.

The Lord is merciful and gracious,

Slow to anger, and abounding in mercy.

He will not always strive with us,

Nor will He keep His Anger forever.

He has not dealt with us according to our sins,

Nor punished us according to our iniquities.

For as the heavens are high above the earth,  
So great is His Mercy toward those who  
fear Him;

As far as the east is from the west,

So far has He removed our transgressions  
from us.

As a father pities his children,

So the Lord pities those who fear Him.

For He knows our frame;

He remembers that we are dust.

As for man, his days are like grass;

As a flower of the field, so he flourishes.

For the wind passes over it, and it is gone,

And its place remembers it no more.  
But the mercy of the Lord is from everlasting  
to everlasting  
On those who fear Him,  
And His Righteousness to children's children,  
To such as keep His Covenant,  
And to those who remember His  
Commandments to do them.

The Lord has established His Throne in  
Heaven,  
And His Kingdom rules over all.

Bless the Lord, you His Angels,  
Who excel in strength, who do His Word,  
Heeding the voice of His Word.  
Bless the Lord, all you His hosts,  
You ministers of His, who do His pleasure.  
Bless the Lord, all His Works,  
In all places of His Dominion.

Bless the Lord, O my soul!



## PSALM 112

Praise the Lord!

Blessed is the man who fears the Lord,  
Who delights greatly in His Commandments.

His descendants will be mighty on earth;  
The generation of the upright will be blessed.  
Wealth and riches will be in his house,  
And his righteousness endures forever.

Unto the upright there arises light in the  
darkness;

He is gracious, and full of compassion, and  
righteous.

A good man deals graciously and lends;  
He will guide his affairs with discretion.

Surely he will never be shaken;

The righteous will be in everlasting  
remembrance.

He will not be afraid of evil tidings;

His heart is steadfast, trusting in the Lord.

His heart is established;

He will not be afraid,

Until he sees his desire upon his enemies.

He has dispersed abroad,

He has given to the poor;

His righteousness endures forever;

His horn will be exalted with honor.

The wicked will see it and be grieved;  
 He will gnash his teeth and melt away;  
 The desire of the wicked shall perish.

### PSALM 44

We have heard with our ears, O God,  
 Our fathers have told us,  
 The Deeds You did in their days,  
 In days of old:  
 You drove out the nations with Your Hand,  
 But them You planted;  
 You afflicted the peoples, and cast them out.  
 For they did not gain possession of the land by  
 their own sword,  
 Nor did their own arm save them;  
 But it was Your right Hand, Your Arm,  
 And the Light of Your Countenance,  
 Because You favored them.

You are my King, O God;  
 Command victories for Jacob.  
 Through You we will push down our enemies;  
 Through Your Name we will trample those  
 who rise up against us.  
 For I will not trust in my bow,  
 Nor shall my sword save me.  
 But You have saved us from our enemies,  
 And have put to shame those who hated us.  
 In God we boast all day long,

And praise Your Name forever.

But You have cast us off and put us to shame,  
And You do not go out with our armies.  
You make us turn back from the enemy,  
And those who hate us have taken spoil for  
themselves.

You have given us up like sheep intended for  
food,  
And have scattered us among the nations.  
You sell Your people for next to nothing,  
And are not enriched by selling them.

You make us a reproach to our neighbors,  
A scorn and a derision to those all around us.  
You make us a byword among the nations,  
A shaking of the head among the peoples.  
My dishonor is continually before me,  
And the shame of my face has covered me,  
Because of the voice of him who reproaches  
and reviles,  
Because of the enemy and the avenger.

All this has come upon us;  
But we have not forgotten You,  
Nor have we dealt falsely with Your Covenant.  
Our heart has not turned back,  
Nor have our steps departed from Your Way;  
But You have severely broken us in the place  
of jackals,  
And covered us with the shadow of death.

If we had forgotten the Name of our God,  
Or stretched out our hands to a foreign god,  
Would not God search this out?  
For He knows the secrets of the heart.  
Yet for Your sake we are killed all day long;  
We are accounted as sheep for the slaughter.

Awake! Why do You sleep, O Lord?  
Arise! Do not cast us off forever.  
Why do You hide Your Face,  
And forget our affliction and our oppression?  
For our soul is bowed down to the dust;  
Our body clings to the ground.  
Arise for our help,  
And redeem us for Your mercies' sake.

## PSALM 25

To You, O Lord, I lift up my soul.

O my God, I trust in You;

Let me not be ashamed;

Let not my enemies triumph over me.

Indeed, let no one who waits on You be ashamed;

Let those be ashamed who deal treacherously without cause.

Show me Your Ways, O Lord;

Teach me Your Paths.

Lead me in Your Truth and teach me.

For You are the God of my salvation;

On You I wait all the day.

Remember, O Lord,

Your tender mercies and Your Lovingkindness,

For they are from of old.

Do not remember the sins of my youth, nor my transgressions;

According to Your Mercy remember me,

For Your Goodness' sake, O Lord.

Good and upright is the Lord;

Therefore He teaches sinners in the Way.

The humble He guides in justice,

And the humble He teaches His Way.

All the Paths of the Lord are mercy and truth,

To such as keep His Covenant and His Testimonies.

For Your Name's sake, O Lord,  
Pardon my iniquity, for it is great.

Who is the man that fears the Lord?  
Him shall He teach in the way He chooses.  
He himself shall dwell in prosperity,  
And his descendants shall inherit the earth.  
The secret of the Lord is with those who fear  
Him,

And He will show them His Covenant.  
My eyes are ever toward the Lord,  
For He shall pluck my feet out of the net.

Turn Yourself to me, and have mercy on me,  
For I am desolate and afflicted.  
The troubles of my heart have enlarged;  
Bring me out of my distress!  
Look on my affliction and my pain,  
And forgive all my sins.  
Consider my enemies, for they are many;  
And they hate me with cruel hatred.  
Keep my soul, and deliver me;  
Let me not be ashamed, for I put my trust  
in You.

Let integrity and uprightness preserve me,  
For I wait for You.

Redeem Israel, O God,  
Out of all their troubles!

**PSALM 121**

I will lift up my eyes to the hills—  
From whence comes my help?  
My help comes from the Lord,  
Who made heaven and earth.  
He will not allow your foot to be moved;  
He who keeps you will not slumber.  
Behold, He who keeps Israel  
Shall neither slumber nor sleep.  
The Lord is your keeper;  
The Lord is your shade at your right hand.  
The sun shall not strike you by day,  
Nor the moon by night.  
The Lord shall preserve you from all evil;  
He shall preserve your soul.  
The Lord shall preserve your going out and  
your coming in  
From this time forth, and even forevermore.



# DEVOTIONAL SONGS



Without songs and music, human beings cannot enter the kingdom of God. We may reach up to a certain height, but without music it will be impossible for us to climb further. Therefore, for one who wishes to serve God, music is one of the most important methods of inner work.

The Master





Phonetic keys are provided below to help proper pronunciation of the text given in Bulgarian.

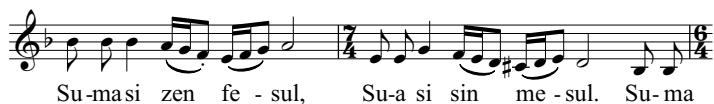
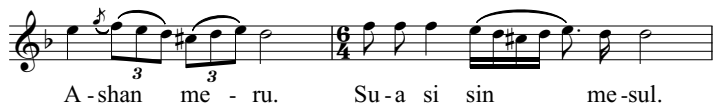
Bulgarian letter	Spelling in English	Pronounced
а	a	as in <b>car</b>
в	v	as in <b>v</b> ictory
е	e	as in <b>bed</b>
ж	zh	as in <b>decis</b> ion
з	z	as in <b>z</b> ebra
и	i	as in <b>he</b>
й	y	as in <b>joy</b>
о	o	as in <b>thou</b> ght
с	s	as in <b>rice</b>
у	u	as in <b>pull</b>
х	h	as in <b>loch</b>
ц	ts	as in <b>tsar</b>
ч	ch	as in <b>check</b>
ш	sh	as in <b>short</b>
щ	sht	as in <b>vanished</b>
ъ	a, â <sup>7</sup>	as in <b>fur</b>
ю	yu	as in <b>new</b>
я	ya	as in <b>yard</b>

7. The lyrics use the Latin transliteration of the Bulgarian letter “ъ” with the letter “â” instead of “a.” This is a modification of the official *Streamlined System*, and it is recommended by the Institute for Bulgarian Language to avoid confusion between the sounds of the vowels “a” and “ъ.”

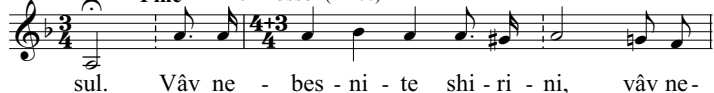
## Ain Fasi

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Andante** (♩ = 63)



**Fine Più mosso** (♩ = 88)



**D.C. al Fine**

I part—in Vatan

Ain fasi, mekri zasi,  
 finzemru Ashan meru.  
 Sua si sin mesul.  
 Suma si zen fesul,  
 Sua si sin mesul.  
 Suma si zen fesul,  
 Suma si zen fesul.

II part—in Bulgarian

Vâv nebesnite shirini,  
 vâv nebesnite glâbini,  
 vâv nebesnite visini,  
 de svetlina obitava  
 i v zhivota vечно se proyavyava. }<sup>2</sup>

In the heavenly lengths, in the heavenly  
 depths, in the heavenly heights where  
 Light abides and eternally manifests in  
 Life.

Given on October 7, 1931.

The first part is in an ancient sacred language *Vatan*. The main idea of the song is: You, Who are the Origin of everything; You, Who imbue and sustain everything with Your Love; be blessed! Let me live in Your Light and in Your Love. I long to walk in Your steps. May all my life be for Your Glory.

# Appeal from the Heart

## [Sârdechen zov]

Music: Atanas D. Kovatchev

Lyrics: Iliia Zhurkov

**Andante** (♩ = 66)

1. Pred Teb pri - pa - da - me, Gos - po - di, dnes  
 2. Za - bra - vyay gre - ho - ve - te na - shi, o -  
 3. Tam da Te sla - vim prez vech - nost - ta, e -



s chis - ti, tre - pet - ni du - shi. Vâv  
 bil - no nas bla - go - slo - vi. Tsa -  
 din Ti za - slu - zha - vash hva - la. O - gra -



pe - sen iz - li - va - me sâr - tsa - ta si i zo -  
 ryu, pre - bla - giy na svet - li - te du - shi, v tsar - stvo -  
 di ni s mi - lo - sti - te Si Tvo - i, o - za -



vem Te, pre - svya - tiy, pro - sti! Vâv sti!  
 to Si ni pri - e - mi! Tsa - mi!  
 ri ni s Tvoy - ta svet - li - na! O - gra - na!

1. Pred Teb pripadame, Gospodi,  
 dnes s chisti, trepetni dushi.  
 Vâv pesen izlivame sârtsata si, }2  
 i zovem Te, presvyatyi, prosti!

2. Zabravay grehovete nashi,  
 obilno nas blagoslovi.  
 Tsaryu, preblagiy na svetlite dushi, }2  
 v tsarstvoto Si ni priemi.

3. Tam da Te slavim prez vechnostta,  
 edin Ti zasluzhavash hvala.  
 Ogradi ni s milostite Si Tvoi }2  
 ozari ni s Tvoiyta svetlina.

We bow today before you, Lord with our pure souls all athrill. We pour out our hearts to You in song, and call upon You, the most Holy One—to forgive.

Oh, do forget all of our sins and bless us abundantly. You, the Merciful King of the luminous souls, accept us in Your Kingdom. There, we will glorify You evermore—You are the Only One deserving praise. Embrace us all with Your compassion, illuminate us with Your Light.

Music by the band leader Atanas D. Kovatchev written at *Dobro Pole*'s battlefield in 1917 during the WWI using a motif given by the Master. The lyrics are from Iliya Zurkov.

## Aum

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Andante** (♩ = 60)



A - um, A - um, A - um, Om, Om, Au - men.

**D.C. 3 times**

Aum, Aum, Aum, }  
Om, Om, Aumen } 3

Given by the Master on December 2, 1925.

This is an exercise that one needs to keep sacred within oneself. It is taken from an ancient sacred song written in a minor scale. The Master gave it in a major scale. He explained, “If I had given this song as it was—in the minor scale—you would not have been able to withstand its vibrations: they would change the pulse of your heart. When you sing sacred songs, you need to open your soul like a flower before the light of the Invisible world, to become like an innocent and carefree child who is without fear of its surroundings. In such a state, you will merge with the Beings of the Intelligent world; and only in this way, will you understand what music is, what singing is, and what science is. If you are sorrowful, ill, or with an indisposed spirit, then pronounce *Aum* few times. Sacred words exist—one of which is *Aum*—that you need to pronounce often even if you do not understand their meaning. Your spirit understands them, and that is enough. *Aum* is a word of the Spirit. When you sing this word of Its language, the Spirit will understand you and will help you because It understands and knows your needs.

# Inspiration

## [Vdâhnovenie]

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Lento** (♩ = 50)

Vdâh - no - ve - ni - e, vdâh - no - ve - ni - e, vdâh - no - ve -  
ni - e, vdâh - no - ve - ni - e, vdâh - no - ve - ni - e,  
ti si bla - go - slo - ve - ni - e.

Vdâhnovenie, vdâhnovenie, }  
vdâhnovenie, vdâhnovenie, } 2  
vdâhnovenie.

Vdâhnovenie, vdâhnovenie,  
vdâhnovenie,  
ti si blagoslovenie.

Inspiration, you are a blessing.

Given on December 10, 1924, General Esoteric  
Class, 4<sup>th</sup> year, lecture 9.



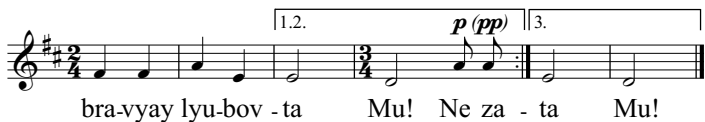
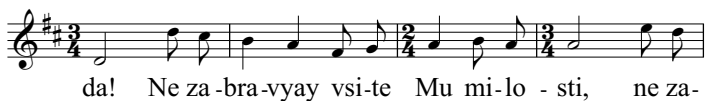
## Bless

[*Blagoslavyay*]  
(based on Psalm 103)

Music: Beinsa Duno

Lyrics: Beinsa Duno

Grave (♩ = 40)



Blagoslavyay, dushe moya, Gospoda!  
 Ne zabravyay vsite Mu milosti,  
 ne zabravyay vsite Mu blagosti,  
 ne zabravyay vsite Mu dobrini!

Ne zabravyay milostta Mu,  
 ne zabravyay blagostta Mu,  
 ne zabravyay obichta Mu,  
 ne zabravyay lyubovta Mu! } 3

Bless the Lord, O my soul!  
 Do not forget all His mercies,  
 Do not forget all His kindness,  
 Do not forget all His goodness.

Do not forget His mercy,  
 Do not forget His kindness,  
 Do not forget His caring,  
 Do not forget His Love!

Note: The last stanza is repeated 3 times: the first time to be sung in a normal voice, the second time, more softly, and the third time, very softly.

# Brotherhood, Unity

## [*Bratstvo, edinstvo*]

**Tempo di marcia** (♩ = 100)

Music: Beinsa Duno

Lyrics: Beinsa Duno



Brat -stvo, e - din -stvo ni - e is -ka - me, zo - va na



Lyu -bov-ta ni - e pus -ka - me, mi - ra na ra - dost-ta



ni - e vi -ka - me: blag zhi - vot v nas da vli -va - me,



blag zhi - vot v nas da vli -va - me, blag zhi - vot v nas



da vli -va - me, blag zhi - vot v nas da vli -va - me,



da vli -va - me, da vli -va - me, da vli -va - me,



da vli - va - me, da vli - va - me.

**D. C.**

Bratstvo, edinstvo nie iskame,  
 zova na Lyubovta nie puskame,  
 mira na radostta nie vikame:  
 blag zhivot v nas da vlivame,  
 blag zhivot v nas da vlivame,

blag zhivot v nas da vlivame,            }  
 blag zhivot v nas da vlivame,            } 2  
 da vlivame, da vlivame, da vlivame, }

Brotherhood and unity—that is what we  
 want.

The appeal of Love—that is what we send.  
 And the world of joy—that is what we in-  
 vite to come.

To be filled with life of love and compas-  
 sion,

to be filled, to be filled.

# Day of Light

## [*Svetâl den*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Moderato** (♩ = 88)

Sve - tâl den, sve - tâl den, den, den, den.

Ve - sel den, ve - sel den, den, den, den.

**Fine**  
Bo - zhi den, Bo - zhi den, sve - tâl Bo - zhi den.

**Meno mosso** (♩ = 66)

Sve - tâl den, sve - tâl den, sve - tâl den,

Bo - zhi den. Sve - tâl den, sve - tâl

den, sve - tâl den, Bo - zhi den.

**D.C. al Fine**  
**without repeat**

Svetâl den, svetâl den, den, den, den. }  
 Vesel den, vessel den, den, den, den. } 2  
 Bozhi den, Bozhi den, svetâl Bozhi den. }

Svetâl den, svetâl den,  
 svetâl den, Bozhi den.  
 Svetâl den, svetâl den, }  
 svetâl den, Bozhi den. } 2

Svetâl den, svetâl den,  
 den, den, den.  
 Vesel den, vessel den,  
 den, den, den.  
 Bozhi den, Bozhi den,  
 svetâl Bozhi den.

Day of light, day of joy, day of God, bright day  
 of God.

# Fir-fyur-fen—Bless

## [*Fir-fyur-fen—Blagoslavvyay*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Adagio** (♩ = 54)

Fir-fyur-fen      Tao Bi Au-men,      Tao Bi Au-men,



Tao Bi Au-men.      Fir-fyur-fen      Tao Bi Au-men,



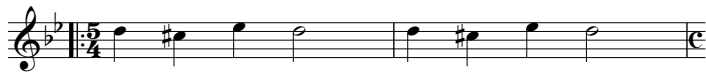
Fir-fyur-fen      Tao Bi Au-men,      Fir-fyur-fen

**Fine**

Tao Bi Au-men.      Bla-go-sla-vyay,      du-she mo-ya,



Gos-po-da;      bla-go-sla-vyay      i ne za-bra-vyay.



Bla - go - sla - vyay,      bla - go - sla - vyay,



bla - go - sla - vyay      i ne za - bra - vyay.

**D.C. al Fine**  
**without repeat**





*Fir-fyur* is that which guides us; *Fen* removes obstacles and purifies.

*Tao* surrounds and guards as an environment in which one is immersed. *Tao* is the Absolute, That which is not manifested, the Infinite. *Bi*—That which manifests. *Aumen* encompasses all qualities contained within the Divine—everything that needs to grow and manifest in its fullness. *Fir-fyur-fen* is a sentence with a rhythm—these are rhythmic words with strong vibrations. One needs to understand these vibrations in order to make use of them. These vibrations can awaken the new within the consciousness of people immersed in the material.

## Movements to the Song

The movements should be energetic, full of inner strength and power.

Starting position: the right hand in front of the chest, palm facing down, the left hand on the hip.

### **Sequence 1**

Movement 1: while singing *Fir-fyur-fen* the right hand moves horizontally out to the right side with palm down. The left hand remains on the hip.

Movement 2: while singing *Tau Bi Aumen* the right hand returns back in front of the chest, palm down. The left hand remains on the hip.

Repeat movement 1 singing *Tau Bi Aumen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*. On the last beat the right hand goes to the hip and the left hand comes in front of the chest, with palm down.

Movement 3: while singing *Fir-fyur-fen* the left hand moves horizontally out to the left side with palm down. The right hand remains on the hip.

Movement 4: while singing *Tau Bi Aumen* the left hand returns back in front of the chest, palm down. The right hand remains on the hip.

Repeat movement 3 singing *Tau Bi Aumen*.

Repeat movement 4 singing *Tau Bi Aumen*.

Repeat movement 3 singing *Fir-fyur-fen*.

Repeat movement 4 singing *Tau Bi Aumen*.

Repeat movement 3 singing *Fir-fyur-fen*.

Repeat movement 4 singing *Tau Bi Aumen*.

Repeat movement 3 singing *Fir-fyur-fen*.

Repeat movement 4 singing *Tau Bi Aumen*. On the last beat both arms come down to the side of the body.

## **Sequence 2**

Movement 1: while singing *Blagoslavyay, dushe moya, Gospoda*, the right arm with palm facing up and fingers together, moves slowly upward, and extended out to the side, finishing at an almost vertical position above the head with fingers pointing upward.

Movement 2: while singing *Blagoslavyay i ne zabravyay*, the right arm moves slowly downward in front of the face and then in front to the body with palm toward the body and returns to the side of the body.

Movement 3: while singing *Blagoslavyay, dushe moya, Gospoda* again, the left arm with palm facing up and fingers together, moves slowly upward, and extended out to the side, finishing at an almost vertical position above the head with fingers pointing upward.

Movement 4: while singing *Blagoslavyay i ne zabravyay* again, the left arm moves slowly downward in front of the face and then in front of the body, with palm toward the body, and returns to the side of the body.

### **Sequence 3**

Movement 1: while singing *Blagoslavyay*, both arms, with palms facing up move upward to a horizontal position on both sides of the body.

Movement 2: continue the movement upward finishing to an almost vertical position with fingers pointing upward to the sky, and singing *Blagoslavyay* again.

Movement 3: while singing *Blagoslavyay i ne zabravyay*, the hands come together and with fingers still touching are brought down and touch gently the crown chakra on the top of the head. Then they separate traveling down the sides of the face as if pouring something over oneself, continue the gliding down motion with palms

toward the body, returning to the sides of the body.

Repeat movements 1, 2, and 3, singing the same words, but at the end of movement 3 both hands come to a finish at the front of the chest, palms to the chest.

#### **Sequence 4**

Movement 1: while singing *Fir-fyur-fen* both hand with palms facing down move horizontally from the front of the chest out to the sides.

Movement 2: while singing *Tau Bi Aumen* both hands return back in front of the chest, palms down.

Repeat movement 1 singing *Tau Bi Aumen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Repeat movement 1 singing *Fir-fyur-fen*.

Repeat movement 2 singing *Tau Bi Aumen*.

Note: There are different variations of movements to this song. At first the Master gave some in Tarnovo, 1922, and later added more. This description of the movements is based on a recording of the opera singer Ognyan Nikolov (1960–2012) at the Seven Lakes of Rila, August, 2010. He learned them from the soprano Lilyana Tabakova (1905–1936) as the Master had shown them to her.

# God Is Love

## [Bog e Lyubov]

**Largo** (♩ = 46)

Music: Beinsa Duno

Lyrics: Beinsa Duno



Bog e Lyu-fov, Bog e Lyu - fov, Bog e Lyu-fov, Lyu-



fov, Lyu-fov, vech - na, bez-gra-nich - na,



pâl - na sâs zhi-vot, zhi-vot na bla-gi-ya Bo-zhi Duh,



Duh na bla-gost-ta, Duh na svya-tost-ta, Duh na pâ-len mir i



ra-dost za vsya-ka du-sha, za vsya-ka du - sha. Niy shte ho-dim v to-ya



pât na svet-li - na-ta, na svet-li - na-ta, na svet-li - na-ta, v ko-



ya-to tsa-ru-va Bo-zhi-ya-ta Lyu - fov, Bo-zhi-ya-ta Lyu-fov,



Bo-zhi-ya-ta Lyu-fov, Bo-zhi-ya-ta Lyu - fov. Niy shte bov.

I part

Bog e Lyubov, Bog e Lyubov,  
 Bog e Lyubov, Lyubov, Lyubov,  
 vechna, bezgranichna,  
 pâlna sâs zhivot,  
 zhivot na blagiya Bozhi Duh,  
 Duh na blagostta,  
 Duh na svyatostta,  
 Duh na pâlen mir i radost  
 za vsyaka dusha, za vsyaka dusha.

II part

Niy shte hodim v toya pât  
 na svetlinata, na svetlinata,  
 na svetlinata,  
 v koyato tsaruva Bozhiyata Lyubov,  
 Bozhiyata Lyubov, Bozhiyata Lyubov,  
 Bozhiyata Lyubov.

} 2

God is Love, Love that is eternal, infinite,  
 and full of life—life of the merciful Spirit  
 of God, Spirit of mercy, Spirit of holiness,  
 Spirit of profound peace and joy for every  
 soul.

We shall walk in this path of light where  
 God's Love reigns, God's Love.

The first part is given on December 10, 1922, General Esoteric Class, 2<sup>nd</sup> year, lecture 11; and the second part during the next lecture on December 17, 1922.

This song is picturesque and full of living colors within its images. It should be performed with concentration and the mind should participate during the singing. We should try to sing as the Angels. Then each tone, each word will influence and have an impact on us. The song begins very soft. The human soul receives from above the eternal symphony that is coming from the entire Cosmos as a glorification to the Infinite One. This is expressed in the first part, "God is Love..." This symphony fills the human soul and transforms it. "Spirit of profound peace and joy for every soul, for every soul." This is the peace, this is the joy one is searching and longing for. Then the soul joyfully addresses its appeal to heaven as it is expressed in the second, more difficult part, "We shall walk..." You need to sing this with feelings. We need to walk on this path, there is no another way—the path in which God's Love reigns.

## Having Faith [*Da imash vyara*]

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Moderato** (♩ = 126)

Da i-mash vya - ra, vya - ra, da i-mash  
vya - ra, vya - - - - ra,  
da i-mash vya - ra, vya - ra,  
da i-mash vya- ra, vya- ra, vya - ra.

**D. C.**

Da imash vyara, vyara,  
da imash vyara, vyara,  
da imash vyara, vyara,  
da imash vyara, vyara, vyara. (2)

Having faith.

Given on October 9, 1936.



# He Is Coming!

[*Toy Ide!*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Allegretto** (♩ = 54)

I - de, i - de, i - de, sam Toy i - de,  
 i - de, i - de, sam Toy i - de, i - de, i - de,  
 sam Toy i - de da po - ma - ga Toy,  
 da po - ma - ga Toy, da po - ma - ga Toy. **rit.** **Fine**  
 Mosht - ni-yat, sil - ni-yat, da po - ma - ga Toy,  
 mosht - ni-yat, sil - ni-yat, da po - ma - ga  
 Toy, da po - ma - ga Toy,  
**rall.**  
 da po - ma - ga Toy.

**Andante** (♩ = 60)

Niy shte ra - bo - tim sâs Lyu - bov, shte  
 ra - bo - tim sâs Lyu - bov, da po - ma - ga Toy,  
 da po - ma - ga Toy. Mosht - ni - yat, sil - ni - yat,  
 da po - ma - ga Toy, da po - ma - ga Toy,  
 da po - ma - ga Toy, da po - ma - ga Toy.

**D.C. al Fine**

Ide, ide, ide,  
sam Toy ide, ide, ide,  
sam Toy ide, ide, ide,  
sam Toy ide da pomaga Toy,  
da pomaga Toy, da pomaga Toy.

Moshtniyat, silniyat,        }2  
da pomaga Toy,                }  
da pomaga Toy, da pomaga Toy.

Niy shte rabotim sâs Lyubov,  
shte rabotim sâs Lyubov,  
da pomaga Toy, da pomaga Toy.

Moshtniyat, silniyat, da pomaga Toy, }2  
da pomaga Toy, da pomaga Toy,       }  
da pomaga Toy.

Coming, He Himself is coming so that He  
can help. The Almighty and Powerful One  
is coming to help.  
We shall work with Love. The Almighty and  
Powerful One is coming to help.

Song by the Master commenced on January 7 and  
finished on February 5, 1939.

## The Sun of Love

[*Slântseto na Lyubovta*]

Music: a disciple

Lyrics: a disciple

Moderato (♩ = 88)



Slân - tse-to na Lyu-fov-ta iz- grya-va vech vâv sve-ta.



Vre-dom pra - shta svet-li-na i raz - na - sya top-li-na.



Niy sme slân - che - vi lâ-chi, no-sim no - vi - ya zhi-vot.



Niy sme slân - che - vi lâ-chi, no-sim no - vi - ya zhi - vot.

D. C.

Slântseto na Lyubovta  
 izgryava vech vâv sveta.  
 Vredom prashta svetlina  
 i raznasya toplina.  
 Niy sme slânchevi lâchi,  
 nosim noviya zhivot.  
 Niy sme slânchevi lâchi,  
 nosim noviya zhivot.

The Sun of Love is now rising in the world.  
 It sends light and brings warmth. We are  
 rays of the Sun, we bring the new life.



V nachalo be Slovoto,  
 i Slovoto be u Boga,  
 i Slovoto be Bog.  
 To v nachalo be u Boga.

Vsichko chrez Nego stana }  
 i koeto e stanalo, } 2  
 nishto bez Nego ne stana. }

V Nego be zhivotât }  
 i zhivotât be } 2  
 videlina na chelovetsite. }

I videlinata sveti v tâmninata, }  
 i tâmninata ya ne obze. }

In the beginning was the Word,  
 And the Word was with God,  
 And the Word was God.  
 He was in the beginning with God.

All things were made through Him,  
 And without Him nothing was made  
 That was made.

In Him was life, and the life  
 Was the light of man.

And the light shines in the darkness,  
 And the darkness did not overcome it.

Given by the Master on November 5, 1924, General  
 Esoteric Class, 4<sup>th</sup> year, lecture 4.

# I Shall Rejoice

## [*Shte se razveselya*]

**Largo** (♩ = 54)

Music: Beinsa Duno  
Lyrics: from Isaiah 61:10

Shte se raz-ve-se-lya pre-mno-go za -  
ra - di Gos-po - da, du-sha-ta mi shte se  
za-ra-du-va v Bo - ga mo-e - go, go. Za -  
shto-to me o - ble - che v o - dezhd - di na spa-se-ni -  
e, za - gâr-na me v man-ti-ya na prav - da, za -  
gâr - na me v man-ti - ya na prav - da, ka - to zhe-  
nih, u - kra-sen sâs ve - nets, ka - to ne-ves-ta, na - ki -  
te - na sâs ut - va-ri - te si, ka-to ne-ves-ta,  
na-ki - te-nâ sâs ut - va-ri - te si, ka - to de-  
vi - tsa, pre - iz - bra-na ot dru - gar-ki - te si.

Shte se razveselya  
 premnogo zaradi Gospoda,  
 dushata mi shte se zaraduva }<sub>2</sub>  
 v Boga moego.

Zashtoto me obleche  
 v odezhdi na spasenie,  
 zagarna me v mantiya na pravda, (2)

kato zhenih,  
 ukrasen sâs venets,  
 kato nevesta,  
 nakitena sâs utvarite si, }<sub>2</sub>  
 kato devitsa,  
 preizbrana ot drugarkite si.

I will greatly rejoice in the Lord, my soul shall be joyful in my God; for He has clothed me with the garments of salvation, He has covered me with the robe of righteousness, as a bridegroom decks himself with ornaments, and as a bride adorns herself with her jewels, and as a virgin chosen among her friends.

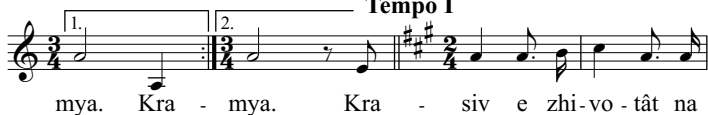


# Life Is Beautiful

## [Krasiv e zhi-votât]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Moderato** (♩ = 88)**Andante sostenuto** (♩ = 63)**Tempo I**

Krasiv e zhivotât na nashata dusha,  
shto izpâlnya tsyalata zemya! (2)

Krasiv e zhivotât na nashata dusha, }  
shto izpâlnya tsyalata zemya! }2

Krasiv e zhivotât na nashata dusha,  
shto izpâlnya tsyalata zemya! (2)

The life of our soul, which embraces the  
entire Earth, is beautiful.

Given on November 19, 1941.

# Living Power

## [Sila zhiva]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Allegretto** (♩ = 176)

Si - la zhi - va, si - la zhi - va, ka-zhi mi,



ka-zhi mi de vo-da iz - vi - ra, de vo-da iz - vi - ra.



Iz - vi - ra, iz - vi - ra, de vo-da iz - vi - ra.



Ka-zhi mi, ka-zhi mi, ka-zhi mi slad-ki du-mi dve.



Tvoy-te du-mi dve, slad-ki du-mi dve. dve.

*attacca* "Tell Your Sorrows"

Sila zhiva, sila zhiva,  
 kazhi mi, kazhi mi,  
 de voda izvira, de voda izvira.  
 Izvira, izvira, de voda izvira.  
 Izvira, izvira, de voda izvira.

Kazhi mi, kazhi mi, kazhi mi }<sub>2</sub>  
 sladki dumi dve.  
 Tvoyte dumi dve, }<sub>2</sub>  
 sladki dumi dve.

Note: This song, performed once or twice, is followed without pause by “Tell Your Sorrows” [*Skrābta si ti kazhi*].

Living power, tell me where water is  
 springing from. Tell me two sweet words.  
 Your two words are two sweet words.

Given on November 19, 1922, General Esoteric Class, 2<sup>nd</sup> year, lecture 8.

# Tell Your Sorrows

[*Skrâbta si ti kazhî*]

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Andante** (♩ = 63)



Skrâb - ta si ti ka-zhi, sâr - tse si ti ot - vo - ri



na slân-che-vi lâ-chi, na slân-che-vi lâ-chi, na slân-che-vi lâ-chi,

**Più mosso** (♩ = 80)



na slân-che-vi lâ-chi. Lâ-chi ot Bo-ga bla-gost shte ti do-ne-sat



i v du-sha ti ra-dost shte vne - sat, i v du-sha ti ra-dost shte vne - sat,



i v du-sha ti ra-dost shte vne - sat, i v du-sha ti ra-dost shte vne - sat,



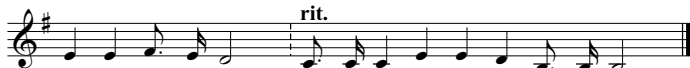
i v du-sha ti ra - dost shte vne - sat, ra - dost shte vne - sat,



ra-dost shte vne - sat, ra-dost shte vne - sat, ra-dost shte vne - sat,



ra-dost shte vne - sat, ra-dost shte vne - sat, ra-dost shte vne - sat,



ra - dost shte vne - sat, i v du-sha ti ra - dost shte vne - sat.

**D.C. al Fine "Living Power" with repeats**

Skrâbta si ti kazhi,  
 sârtse si ti otvori  
 na slânchevi lâchi,  
 na slânchevi lâchi,  
 na slânchevi lâchi,  
 na slânchevi lâchi.

Lâchi ot Boga

blagost shte ti donesat

i v dusha ti radost shte vnesat,

i v dusha ti radost shte vnesat,

i v dusha ti radost shte vnesat,

i v dusha ti radost shte vnesat,

i v dusha ti radost shte vnesat,

radost shte vnesat, radost shte vnesat,

radost shte vnesat, radost shte vnesat,

radost shte vnesat, radost shte vnesat,

radost shte vnesat, radost shte vnesat,

radost shte vnesat, radost shte vnesat,

i v dusha ti radost shte vnesat.

Note: Repeat “Living Power” [*Sila zhiva*] once.

Tell your sorrows and open your heart to  
 the rays of the Sun. The rays from God will  
 bring you blessings and impart joy into  
 your soul.

Given on November 19, 1922, General Esoteric  
 Class, 2<sup>nd</sup> year, lecture 8.

*Sila zhiva* [Living Power] and *Skrābta si ti kazhi* [Tell Your Sorrows] represent two parts of an esoteric exercise. Their lyrics are picturesque and full of living colors within its images. These two songs are one of the examples of future poetry and music that will be picturesque.

The Master gives the following explanation: “*Sila zhiva, kazhi mi de voda izvira* [Living power, tell me where water is springing from] which shows that we are searching for the wellspring. This is a Bulgarian folk motif and it is taken from a mountain wellspring, which jumps down from stone to stone. Thus, you have a very pleasant image. In the Bulgarian folksongs, the joyful ones—the songs for dancing ‘horó’ have their idea from the wellsprings.

In the part: *Skrābta si ti kazhi, sártse si ti otvori na slānchevi lâchi* [Tell your sorrows and open your heart to the rays of the Sun] we have one negative word—sorrows. Always, when one is full of sorrows, there is darkness in one’s heart, no light. Yet, when light appears, sorrows disappear. It is the Sun that heals.”

## Mahar Benu Aba

Adagio (♩ = 56)

Music: Beinsa Duno

Lyrics: Beinsa Duno

Ma-har Be-nu A-ba, Ve-yut Bi-la-der A-der Be-  
nu she-la, Be-nu she-la, Be-nu she-la, she-la, she-  
la, she-la, Bi-la-der A-der Be-nu she-la.

**Fine**  
*attacca* "In Gloom, in Darkness"

## In Gloom, in Darkness

Andante (♩ = 66)

[*V mrak, tâmnota*]

Vâv mrak, tâm-no-ta e bil zhi-vo -  
- tât nash, no Slân - tse-to na zhi-vo - ta  
pro - si - ya u nas i niy trâg-nah-me vâv  
pâ - tya chist i svyat za nas, i nas,  
svyat za nas, svyat za nas, svyat za nas.

**D.C. al Fine** "Mahar Benu Aba"  
**without repeat**



I part—in Vatan

Mahar Benu Aba, Veyut  
 Bilader Ader Benu shela,  
 Benu shela, Benu shela,  
 shela, shela, shela,  
 Bilader Ader Benu shela.

II part—in Bulgarian

Vâv mrak, tâmnota  
 e bil zhivotât nash,  
 no Slântseto na zhivota  
 prosiya u nas  
 i niy trâgnahme  
 vâv pâtya chist i svyat za nas, }<sup>2</sup>  
 svyat za nas, svyat za nas,  
 svyat za nas.

Note: The first verse is in Vatan language and cannot be translated literary (see explanation below).

In gloom and darkness have been our lives, but the Sun of life began to shine within us and we embarked on the path-way that is pure and sacred for us.

Mahar Benu Aba

Given by the Master on December 3, 1922, General Esoteric class, 2<sup>nd</sup> year, lecture 10.

Beinsa Duno named this exercise “Prayer of the Disciple.” It needs to be sung with concentration, expression, and gentleness. *Mahar* means the Great; *Benu*: One Who blesses; *Aba*: the Father of everything. The Master has explained more clearly the meaning as: *Mahar* refers to a natural movement downward, descending. *Benu* denotes ascending, moving upward. *Aba* means that you have already reached the place you strived for. It is a plateau and there is enough space so that you can move freely. This signifies that there are three positions: descending, ascending, and natural movement where the obstacles can be easily removed. The obstacles are a result of the descending and ascending. At *Aba* the pace becomes natural which means that you shall begin to work.

*Mahar* is the most pleasant place where you can descend. *Benu* is the most pleasant high place where you can ascend to. *Aba* is the most pleasant plateau where you can live and work.

(Youth Esoteric Class, December 12, 1941, 21<sup>st</sup> year, lecture 12)

In Gloom, in Darkness

Given by the Master on March 3, 1926, General Esoteric class, 5<sup>th</sup> year, lecture 16. This song is the second part of the exercise *Mahar Benu Aba*

and is its interpretation. Visually “In Gloom, in Darkness” corresponds to *Mahar*—descending, “but the Sun of life” corresponds to *Benu*—ascending, and “And we embarked on the pathway that is pure and sacred for us” corresponds to *Aba*, in other words, going to work.

# Peace

[*Mir*]

Largo ♩ = 50

Music: Beinsa Duno  
Lyrics: Beinsa Duno

Mir, mir, mir, mir! — Mi - rât no -

si Bo - zhi - ya - ta ra - dost.

(D.C. 3 times)

Mir, mir, mir, mir! }  
Mirât nosi Bozhiyata radost. } 3

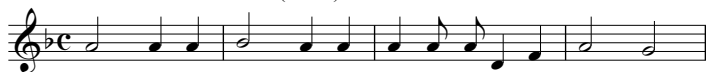
Peace, peace, peace, peace! Peace brings  
the joy of the Divine.

The music to this formula was given by the Master  
to Penka Ilieva from Gabrovo in October, 1943.

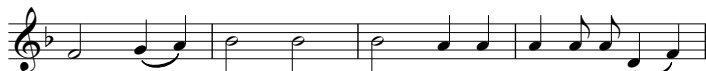
## Psalm 91

Music: Hristo Dârzev

Lyrics: from Psalm 91:1-2

**Andante sostenuto** (♩ = 60)

Koy - to zhi - ve - e pod po-kri - va na Vse-vish - na -



go, shte pre - bi - va - e pod syan-ka-ta na



Vse - mo - gâ - shta - go. go. Shte



kaz-vam za Gos-po-da, shte kaz - vam: Toy e pri-



be - zhi-shte mo - e i kre - post mo - ya,



Bog moy, Bog moy, na Ne-go shte se na - de -



ya. Bog moy, Bog moy, na Ne-go



shte se na - de - ya. Shte ya.

Koyto zhivee pod pokriva na Vsevishnago,  
 shte prebivae pod syankata  
 na Vsemogâshtago. } 2

Shte kazvam za Gospoda, shte kazvam:  
 Toy e pribezhishte moe i krepost moya,  
 Bog moy, Bog moy, na Nego shte se nadeya. } 2

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

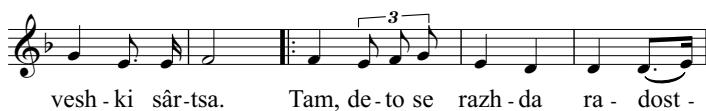
I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust."

# Song of the Way of Light

[*Pesen na svetliya păt*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Moderato** (♩ = 84)**D. C.**

Moga da postigna, shto zhelaya.  
Vâv zhivota vsichko se postiga.

Shte nosya Bozhiite blaga  
vâv vsichki choveshki sârtsa.

Tam, deto se razhda radostta, }<sub>2</sub>  
tam, deto tsaruva Lyubovta. }

I can achieve what I desire. Everything in life is in my reach.  
 I shall bear God's bounties to all human souls—there, where joy is born and where Love reigns.

Given by Beinsa Douno in 1942.

## Movements to the Song

Starting position: feet together, arms hanging down freely close to the body, palms facing forward.

Movement 1: while singing *Moga da postigna shto zhelaya, vâv zhivota vsichko se postiga*, the arms with palms slightly cupped move gradually upward. With every beat of the music, the hands in a flicking, scooping movement make a small upward push with the wrists and elbows as if to imitate the bubbling up of a wellspring. The hands are raised a little higher with each beat so that the bent elbows reach a horizontal position at the waist. On the last syllable *-ga* the hands slow down and pause briefly before starting the next movement.

Movement 2: while singing *Shte nosya Bozhiite blaga vâv vsichki choveshki sârtsa*, the arms are extended forward and close to one another, forming a horizontal position at the waist level,



with palms up and slightly cupped. With every beat of the music, the hands, mostly from the wrists, make up and down flicking, scooping movements with arms in place.

Movement 3: while singing *Tam, deto se razhda radostta*, the right arm with palm facing up and still slightly scooped moves gradually upward at the right side of the body. The hand continue making the flicking, scooping movements with every beat of the music, reaching an almost vertical position above the head with palm toward the head. The left arm meanwhile remains in place in front of the body without moving.

Movement 4: while singing *Tam, deto se tsaruva Lyubovta*, the left arm with palm facing up and still slightly scooped moves gradually at the left side of the body. The hand continues making the flicking, scooping movements with every beat of the music, reaching an almost vertical position above the head with palm toward the head. The right arm meanwhile remains in place above the head without moving.

Movement 5: while singing *Tam, deto se razhda radostta* again, the palms turn to face forward and with every beat of the music the slightly scooped hands make flicking movements back and forth, mostly from the wrists.

Movement 6: while singing *Tam, deto se tsaruva Lyubovta*, the hands come together above the head and with fingers still touching are brought down and gently touch the crown

chakra on the top of the head. Then they separate traveling down the sides of the face as if pouring something over oneself, continue gliding down with palms toward the body, returning to the sides of the body. The movement is slow and gracious throughout. At the last beat the arms return to the starting position in order to repeat the song and the movements.

Note: There are also variations in some of the movements.

# Strength and Health Are Wealth

[*Sila, zdrave e bogatstvo*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Moderato** (♩ = 92)

Si-la, zdra-ve e bo - gat-stvo, si - la, zdra-ve e bo -

gat - stvo, si - la, zdra-ve e bo - gat-stvo, e bo - gat-stvo,

e bo-gat-stvo, si - la, zdra-ve e bo - gat-stvo. 1. **Fine**

2. **Andante** (♩ = 60)  
gat - stvo za zhi - vo - ta na du - sha -

ta, za zhi-vo-ta na du - sha - - ta.

**D.C. al Fine**  
without repeat

Sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
e bogatstvo, e bogatstvo,  
sila, zdrave e bogatstvo.

Sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
e bogatstvo, e bogatstvo,  
sila, zdrave e bogatstvo  
za zhivota na dushata,  
za zhivota na dushata.

Strength and health are wealth for the  
essence of the soul.

Given on January 3, 1940.

## Sweet as Honey

[*Sladko, medeno*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Allegretto** (♩ = 104)

Slad - ko, me - de - no, slad - ko, me - de - no,

**Fine**

me - de - no, me - de - no, slad - ko, me - de - no.



Ot slân - tse - to iz - pra - te - no,



ot pche - li - te do - ne - se - no.

**D.C. al Fine**

Sladko medeno, sladko medeno,  
 sladko medeno, sladko medeno,  
 medeno, medeno, sladko, medeno,  
 medeno, medeno, sladko, medeno.

Ot slântseto izprateno, ot pchelite doneseno.  
 Ot slântseto izprateno, ot pchelite doneseno.

Sladko medeno, sladko medeno,  
 sladko medeno, sladko medeno,  
 medeno, medeno, sladko, medeno,  
 medeno, medeno, sladko, medeno.

Sweet as honey. Sent from the Sun,  
brought by the bees.

Given on October 29, 1922, General Esoteric Class, 2<sup>nd</sup> year, lecture 5. This is a positive exercise. Each image in it is a dynamic one. When you think about *Sweet as honey* you become sweetened. All the bitterness that obstructs you will transform and in its place will come *sweet* and *honey*.

*Sent from the Sun* means that the light you need infuses you.

*Brought by the bees*: You should think about the bees in the hive. They are hard workers, with order and organization; and you need to acquire all this within you.

# The Inner Voice of God

## [*Vâtreshniyat glas na Boga*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Larghetto** (♩ = 60)

Ve - nu Ba - har Sa - li mu - se - net. Tu -  
*p*

si Ba - har, Ve - nu se - net. Tu -  
*p*

si Ba - har, Ve - nu Ba - har

Sa - li mu - se - net. Ve -  
*p*

nu il bi - yut. Bi -  
 yut, Bi - yut, Bi - yut.  
*rall.* *ppp*

**D. C.**

Venu Bahar Sali musenet.  
Tusi Bahar, Venu senet.  
Tusi Bahar, Venu Bahar  
Sali musenet.  
Venu il biyut.  
Biyut, Biyut, Biyut.

Presented by the Master to the opera singer Lilyana Tabakova on January 21, 1943, Izgrev and she have noted it. The Master has said to her, “These words are in a sacred—*Vatan* language. They mean: Love and be free. Listen to the inner Voice of God. Move forward and do not hesitate in your Path.”

When it is sang with concentration, with mystical depth one can reach the enlightenment and comprehend intuitively the power and significance of the words.



# The Last Supper

[*Taynata vecherya*]

**Andante** (♩ = 60)

Music: Vesela Nestorova

Lyrics: Vesela Nestorova



1. Zun me-ri ma-nu, zun me-ri ma-nun, da-na

2. Vsi - chko e sve - tlo, vsi - chko e o - sve - te - no



a - sa - vi - ta vi - ta nan - da.

s Moy - ta zhi - va Vi - de - li - na.



Zun me-ri ma-nu, zun me-ri ma-nun, da - na



1. a - sa - vi - ta nan-da.

2. a - sa - vi - ta nan-da.

**D.C.**

Zun meri manu, zun meri manun,  
dana asavita vita nanda.

Zun meri manu, zun meri manun,  
dana asavita nanda.

Zun meri manu, zun meri manun,  
dana asavita nanda.

Vsichko e svetlo, vsichko e osvveteno  
s Moyta zhiva Videlina.

Zun meri manu, zun meri manun,  
dana asavita nanda.

Vesela Nestorova gave the music and the text of this song after the Master's approval. The meaning of the first verse, which is not in Bulgarian, is presented in the second verse: "Everything is bright and everything is illuminated by My (Christ's) Light."

## The Lord's Prayer

[*Otche nash, ne ni vâvezhday v izkushenie*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

**Andante sostenuto** (♩ = 76)

Az shte pa - zya to - pli - na - ta na

mo - e - to sâr - tse, ko - ya - to vna - sya

Bo - zhi - i - te bla - ga vâv mo - ya - ta du -

sha. Ot - che nash, ne ni vâ -

vezh - day vâv iz - ku - she - ni - e, ne ni vâ -

vezh - day vâv iz - ku - she - ni - e.

Az shte pazya toplinata  
na moeto surtse,  
koyato vnasya Bozhiite blaga  
vâv moyata dusha.

Otche nash,  
ne ni vâvezhday  
vâv izkushenie,  
ne ni vâvezhday  
vâv izkushenie. } 2

I shall guard the warmth of my heart that  
brings the Divine blessings into my soul.  
Our Father in heaven, do not lead us into  
temptation.

Given by the Master on August 17, 1944 in the  
village of Marchaev, notated by the opera singer  
Lilyana Tabakova.

## The Spirit of God

[*Duhât Bozhî*]

Music: Beinsa Duno

Lyrics: Beinsa Duno

Andante (♩ = 65)



Du - hât Bo - zhi, Du - hât vech - ni,



Du - hât Svyá - ti, Du - hât bla - gi,



Koy pâl - ni sâr - tsa ni sâs Lyu - bov,



Koy pâl - ni sâr - tsa ni sâs Lyu - bov.



1. Koy pâl - ni, Koy pâl - ni, Koy pâl - ni,  
 2. Sâs Lyu - bov, sâs Lyu - bov, sâs Lyu - bov,



Koy pâl - ni sâr - tsa ni sâs Lyu - bov,



Koy pâl - ni sâr - tsa ni sâs Lyu - bov.

Duhât Bozhi, Duhât vechni,  
 Duhât Svyati, Duhât blagi,  
 Koy pâlni sârtsa ni sâs Lyubov,  
 Koy pâlni sârtsa ni sâs Lyubov.

Koy pâlni, Koy pâlni, Koy pâlni,  
 Koy pâlni sârtsa ni sâs Lyubov,  
 Koy pâlni sârtsa ni sâs Lyubov.

Sâs Lyubov, sâs Lyubov, sâs Lyubov,  
 Koy pâlni sârtsa ni sâs Lyubov,  
 Koy pâlni sârtsa ni sâs Lyubov.

The Spirit of God, the Eternal Spirit, the  
 Holy Spirit, the Merciful Spirit, who fills  
 our hearts with Love.

Given on November 12, 1922, Sunday, General Esoteric Class, 11<sup>th</sup> year, lecture 7. The Master calls this song an “esoteric transition” as it introduces us into the esoteric music, which imbues the singing with meaning. When one sings, not only one’s mind and heart, but also one’s will need to take part in it. For this to happen, the arms should participate with corresponding movements as well.

This “Koy” (Who) is a question and an answer at the same time. The answer to the question “Who fills our hearts with Love?” is: God’s Spirit with all His attributes—Eternal, Holy, and Merciful.

## Movements to the Song

Starting position: Arms down, elbows slightly bent in front of the body, hands close to each other, palms facing upward.

### **Sequence 1**

Movement 1: while singing *Duhât Bozhi* the arms are lowered to the side of the body and then slowly and powerfully move upward with palms facing toward the body. As the movements continue, the palms turn upward, and the arms extend fully on both sides of the body forming a “V” at the sides of the head, with hands facing each other.

Movement 2: while singing *Duhât vechni* the arms come together forming a wreath over the head with palms facing down and the right hand on the top of the left. In a circular movement, both arms come down in front of the face and move down in front of the body still with the right hand over the left. At the level of the waist the hands separate and the arms extend fully horizontally to the side of the body, palms down.

Movement 3: while singing *Duhât Svyati* the arms are lowered downward with elbows bending until the right hand lightly covers the top of the left, palms down. Still in this position the hands move upward in front of the body, and continue

up in front of the face. Just above the head, the hands separate and arms extend fully on both sides of the body forming a “V” at the sides of the head, with hands facing each other.

Repeat movement 2 singing *Duhât blagi*.

### **Sequence 2**

Movement 1: while singing *Koy pâlni*, the arms bend in front of the chest with palms facing the body.

Movement 2. while singing *sârtsa ni* the arms are extended horizontally to the sides, the palms turn and remain facing down.

Movement 3: while singing *sâs Lyubov* the arms, still extended horizontally on both sides of the body, make light movements from the wrists up and down imitating flying, palms down.

Repeat **Sequence 2** while singing *Koy pâlni sârtsa ni sâs Lyubov* again.

### **Sequence 3**

Movement 1: while singing *Koy pâlni* the arms bend in front of the chest with palms toward the body. During the music pause, they extend horizontally to the sides, palms facing down.

Repeat movement 1 singing *Koy pâlni* again.

Repeat movement 1 singing *Koy pâlni* again.

Repeat **Sequence 2** while singing *Koy pâlni sârtsa ni sâs Lyubov*.

Repeat **Sequence 2** while singing *Koy pâlni sârtsa ni sâs Lyubov* again.



### **Sequence 4**

Movement 1: while singing *Sâs Lyubov* the arms bend in front of the chest with palms facing the body. During the music pause, they extend horizontally to the sides, palms facing down.

Repeat movement 1 singing *sâs Lyubov* again.

Repeat movement 1 singing *sâs Lyubov* again.

Repeat **Sequence 2** while singing *Koy pâlni sârtsa ni sâs Lyubov*.

Repeat **Sequence 2** while singing *Koy pâlni sârtsa ni sâs Lyubov* again.

Note: As in the lecture, when this song was given, there are only brief, incomplete descriptions of the movements, the recording of the opera singer Ognyan Nikolov (1960–2012) at the Seven Lakes of Rila in August, 2010, showing the movements, was mostly used. He learned them from the soprano Lilyana Tabakova (1905–1936) as the Master had shown them to her.

## Vehadi

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Adagio, ad libitum** (♩ = 56)

Ve - ha - di, Ve - ha - di,  
*p* *mp*

Ve - ha - di, Ve -  
*pp*

ha - di, Ve - ha - di, Ve - ha - di.

Vehadi, Vehadi, Vehadi, }  
Vehadi, Vehadi, Vehadi. } 2

Given by the Master on June 17, 1925, General Esoteric class, 4<sup>th</sup> year, lecture 28. The word *Vehadi* denotes the beginning of a specific work. This motif is a small part of a sacred song.

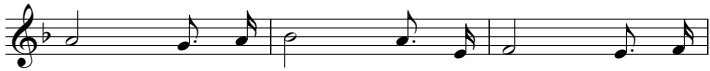
# Venir Benir

Music: Beinsa Duno  
Lyrics: Beinsa Duno

**Andante** (♩ = 58)



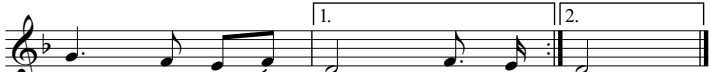
Ve - nir Be - nir, Bi - har Be - num Il bi-



yut, Il be - zut Om bi - yut. Il be -



zut Om bi - yut. Zun me - zun, zun me - zun, Bi -



nom tu me - to. Zun me - to.

**D. C.**

Venir Benir, Bihar Benum  
Il biyut, Il bezut Om bi yut.  
Il bezut Om bi yut.

Zun mezun, zun mezun, }  
Binom tu meto. } 2

Given on November 5, 1922 at the General Esoteric  
Class, 2<sup>nd</sup> year, 6<sup>th</sup> lecture.

*Venir Benir* is an esoteric Eastern motif (adopted by the Western nations). The mystical meaning of the song is as follow:

*Venir Benir*: You, the Great One, Who blesses everyone and everything. *Bihar Benum*: To be blessed. *Il biyut*: God, bless the Great, the youth, the Origin of life. *Il bezut*: Bless the young, rising, Divine life. Bless the Divine that is emerging within the soul—the Breath of God that we have originally received. *Om biyut*: He is the One, the Only One Who blesses. *Il bezut, Om biyut*: He is everything, He is everywhere. *Zun mezun, Zun mezun*: The whole of our life, all our life. *Binom tu meto*: Let it now be so! And man became a living soul!

The song is imbued with significance, but it needs to be discovered, to be found. This is the relationship of the Great toward the least—the soul. And the least is filled with thought for the Great—for God. The soul remembers the instant when it has received the first Breath of God's breathing. (From the General Esoteric Class, May 8, 1940, Izgrev).

BEINSA DUNO

PRAYERS

\*

FORMULAS

\*

DEVOTIONAL SONGS

Second Edition

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