



**PRAYERS  
FORMULAS  
DEVOTIONAL  
SONGS**



BEINSA DOUNO

**PRAYERS**

**FORMULAS**

**DEVOTIONAL SONGS**



BYALO BRATSTVO PUBLISHERS  
SOFIA, 2006

*“Prayer is a Divine Ray which radiates from the soul of every person. It is the breathing of the soul.”*

*The Master Beinsa Douno*

This book contains excerpts from lectures, prayers, devotional songs, and invocations by the great spiritual Teacher Beinsa Douno (1864 – 1944). During the course of half a century he gave the knowledge of the coming of the new culture based upon three Principles: Love that bears Life, Wisdom that bears Light, and Truth that bears Freedom. Beinsa Douno brought a spiritual renaissance for the human soul. All fields of human life – science, religion, art, the individual, family and social life, spirit and matter, the human and the transcendental – have been illuminated by the Divine Light brought by the Master.

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

Compilation, translation, and presentation are by Ernestina Staleva and Antoaneta Krushevskva with English consultant Anita Maritz.

Computer design and typesetting: Ivan Dzhedzhev

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ISBN-10 954-744-073-X

ISBN-13 978-954-744-073-9

## CONTENTS

### THE MASTER BEINSA DOUNO ON PRAYER (EXCERPTS FROM LECTURES)

Prayer .....	5
The Necessity of Prayer.....	9
How to Pray .....	10
Prayer and Health.....	12
Collective Prayer .....	13
THE INNER WORK OF THE DISCIPLE .....	15
PROGRAM FOR EACH DAY OF THE WEEK .....	27
THE LORD'S PRAYER .....	29
PRAYERS AND FORMULAS GIVEN BY THE MASTER BEINSA DOUNO	
The Good Prayer .....	30
Prayer of the Path of Life.....	32
Prayer of the Spirit.....	33
Prayer of the Kingdom.....	34
Prayer of the Fruits of the Spirit.....	36
Prayer of the Holy Spirit .....	37
The Little Prayer .....	38
Prayer of the Trinity .....	38
Prayer of the Brotherhood.....	40
Morning Prayer .....	41
Morning Prayer to be said upon Rising.....	42
Evening Prayers .....	43
Prayer .....	43
Prayer for the Healing of Another .....	44
Prayer for the Deceased .....	45
Formulas .....	47

PSALMS.....	50
Psalm 91.....	50
Psalm 23.....	52
Psalm 61.....	53
Psalm 143 .....	54
Psalm 27.....	55
Psalm 19.....	58
Psalm 103.....	60
Psalm 112 .....	62
Psalm 44.....	63
Psalm 25 .....	65
DEVOTIONAL SONGS.....	68
V nachalo be Slovoto (In the Beginning was the Word) ..	69
Blagoslavyay (Bless).....	72
Shte se razvesselya (I shall Rejoice).....	75
Pesen na svetliya păt (Song of the Bright Path).....	78
Toy ide! (He is Coming!).....	80
Fir-Fyur-Fen .....	83
Bog e Lyubov (God is Love).....	85
Himn na Velikata Dusha (Hymn of the Great Soul).....	89
Otche nash (The Lord's Prayer).....	93
Psalm 91.....	95
Da imash vyara (Have Faith) .....	97
Sladko medeno (Sweet as Honey) .....	98
Svetăl den (Bright Day).....	99
Sila, zdrave e bogatstvo (Strength and Health are Wealth).....	101
Sărdechen zov (Appeal from the Heart).....	103
Za nebesniya Tsar (For the King of Heaven) .....	105
Mahar Benu Aba.....	107
Venir Benir .....	110
Vehadi.....	111

# THE MASTER BEINSA DOUNO ON PRAYER

## PRAYER

It is said in the Scriptures: 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 about God. Every thought about God, as feeble as it might be, shines like a spark within man's consciousness and brings him something. Whether or not you comprehend God's Essence – this is not important. Regardless, 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.

One's success depends upon the extent to which he keeps God's Name as pure and sacred within his heart and soul.

If you are having some difficulty and call upon God's Name, in a short while – it will be resolved. You are hungry. You have not eaten for three days. Call upon God's Name, and shortly, bread will appear before you. How this comes to pass – cannot be revealed. That which is most important – is to experience the Power of God's Name. He who pronounces God's Name with love, knowledge, and power – bread will come to him, and his 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, 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, man needs to pray to God that He may purify him and liberate him of this burden that he may come to know himself and his brethren – and through this, may come to know God.

A Divine Sentience 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, man 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 that they may come alive within you.

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

The beauty and the greatness of one's life lies in his gratitude towards God for that which has been given to him.

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



Pray not only when in trouble, but constantly.

Upon arising in the morning, one should first pray to God to bring strength and enlightenment into his mind. After that, he should pray for enlightenment to come into his heart. And lastly, one should pray to God to facilitate his daily work in the physical world. Thank God for the good – and for the evil. Only then, will God transform evil into good.

Pray not only for yourselves, but for all. He who thinks only about himself will accomplish nothing.

He who wants something from God needs to promise something in return, to sacrifice something of himself. And that which he promises – he needs to fulfill.

When a prophet predicts something, which later, does not come to pass – this shows that the people for whom it was predicted have prayed a lot; and as a response to their prayer, God has rescinded 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 towards Heaven and be not afraid!

Prayer is a great state of the soul through which one enters into a conscious, sentient relationship with Beings who have completed their development.

Why is prayer necessary? It is the connection of the human soul with the sublime Sentient World, from which, man draws energy for sustaining life.

Prayer is the first sign that someone has entered into the Divine World. Therefore, whenever the inclination for prayer arises within you, do not delay; enter the secret chamber of your heart, from whence, 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 forces from the Invisible World. These forces 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, comes Divine Blessing and the fortification of our spirit.

If you decide to do something, do not act immediately – speak to God for advice first. In the Invisible World, Sentient Beings exist who are ready

at any moment to help people. For the one who speaks to God for advice, every Word is a Blessing.

Every prayer is an act of Creation. It creates the conditions for the growth of the soul.

## **HOW TO PRAY**

He who prays from his heart will certainly receive an answer. It is said in the Scriptures: He who loves God will receive; even before asking it will be given to him. 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 one prays, he needs to express himself clearly and precisely, with few words. Long prayers do not bring God's Grace. He 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: When you pray, hide yourself within your secret chamber. The secret chamber – this is man'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 someone's thoughts and feelings are not pure, he is not able to pray.

First, you shall pray for that of greatest necessity – that which you cannot do without at this moment. He who follows the Law of Order will receive an answer to his prayers. If you put forth all your desires to be realized at once, you will attain nothing.

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

And so, prayer is the most important work in life. Regarding the way in which 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 upwards, 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 which 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." I will give you a rule: 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 affairs will succeed if we begin them with prayer. He who prays continuously will come to understand that God is faithful and will be reassured in this knowledge.

When you are ill, rejoice that you are in God's Hands – that He heals you. Even if He puts you in the hands of a doctor, you still will be under the direct control of God. To call upon God for help, we 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. And 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" towards Heaven for you to discover thousands of Beings who can reply to you.

## **COLLECTIVE PRAYER**

Sometimes you see 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 one 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 into a singular focus one's thoughts, feelings, and will. 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 this: when a man beholds God's Face! How beautiful it is upon rising in the morning to talk with the Immortal One!

He who is not interested in God gradually loses his energy and falls 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.

One environment tolerates you for a certain period of time, but after that, you move into another one. Fish were in the water. After a while, the most advanced of them went into a less dense environment. Because of the great limitations under which they found themselves, the idea entered their minds that another, more favorable life existed in a less dense environment above the water. And in such a way, they became birds. When man finds himself living under restricted conditions, he also strives towards 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 concerns 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, they also will influence you. The Law states: You connect with whatever you are thinking about.

Through prayer, man communicates with God and the Advanced Beings. God will then tell him about Love and about the Sentient Beings. When you arise in the morning, direct your consciousness to the Higher Reality. After that, regardless of what you are doing – be it studying or hoeing – address the Invisible World for help. Conversely, should you immediately begin to labor in the morning, you will forget about the Great Reality, about the Sentient Forces of Nature. There is a Law that states: When man directs his consciousness to the Higher Reality, it abides within him; and when he directs his consciousness to the shadows, he lives in the shadows.

Prayer and contemplation are the soul's strivings 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. To pray

and to contemplate — this indicates the transmitting of your report to that Supreme Center from which, you have descended. What will you report about? About 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 occur. If someone thinks that prayer, contemplation, and meditation are not necessary, he is on the wrong path.

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

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

Prayer is a reality, not a shadow. That which 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 ameba’s pseudopodia to catch its food. This is a continuous

process. For the new to enter into man, he needs to direct his mind each morning towards the Great Center of the Universe.

Prayer is similar to the Law of Providing Water. Through it, all good influences are attracted. When man is praying, everything around him grows and develops. When one understands the Great Law of Prayer, he will become a real man; 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 fellow man; that you uplift the fallen one — this is the result of the time you have spent in your secret chamber.

Man must pray, so that God does not turn His Face away from him. It is terrifying when God hides His Face from man! Then such a darkness, cold, and solitude will come which he has never experienced in his life.

The Saint receives his Knowledge through prayer, contemplation, meditation, and experience. He prays for a long time, until he receives inspiration and obtains new ideas.

Wherever you are, in whatever situation you may be, take a half-hour or an hour to think about God. In such a way, your consciousness expands. To think about the Great Omniscient Cause – about the Supreme Center of Creation – is worth more than all the material wealth on earth. Thinking about God also renews and rejuvenates the physical body, because its energy extends to the body well.

If someone says that he does not need to think about God, he becomes like an orphaned child without a father or mother, who goes around in torn clothes, homeless, and friendless. Then the vermin begin to attack him, and he loses his bearing in life. I am speaking figuratively. I will explain: when someone ceases to think about God, he becomes vulnerable, and the dark, inferior beings begin to attack him.

Man cannot attain anything, if he does not pray. Pray that more Light may enter 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 heavy 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 man will live.

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

For someone to recite a verse from the Scriptures with the will to understand is sufficient for Christ to come and help him. He will introduce Light into his mind and will improve his affairs.

Prayer increases the vibration of the human aura. In this way, one becomes immune to the inferior influences surrounding him. Through prayer, man can insulate himself from the anxieties and fears of the world. They cannot penetrate him.

When man prays that one of his good desires be fulfilled, the Invisible World always helps. You are ill. Pray to God, and very soon you will recover. There is nothing in the whole world that man desires that God has not made. The world represents the desires of these small beings. God has granted all their desires.

If everyone would address God with the supplication: God, we have used all methods of putting order into the world. Show us the way of doing this –

and if they prayed from the heart, the course of action would follow. This method is very simple; but when applied, God will come into the world and help people.

There is no living being in the world, small or large, 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 get lost somewhere and are delayed for months.

How beautiful it is for man to realize that he occupies a place in the Mind of God. When he has this awareness and addresses God with a plea for something, his 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 hours for prayer are the early hours after midnight, for example 3:00 a.m. or 5:00 a.m. The psalmist wrote, "God, I summoned 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 acquire the necessary energy to accomplish my day's work.

Wherever one goes, whatever work he begins – man needs energy. If he lets the world influence him, the mundane affairs will pull him off the course of his life. 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 that which He had expended during the day.

Man needs to pray. He should work on himself to be ready for the new which 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 the one who abides by the Law of Love, and he alone, has the disposition to pray. Whatever he is doing, he is 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 he 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 create seclusion even when among others. Seclusion is not only an external process.

I will give you one rule: for every person, there is a Divine Wave which uplifts him. When you rise in the morning, do not hurry to go and immediately work in the field. Stop and 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 real prayer. To go into your secret chamber means to enter into your virgin soul. Only then will you understand the deep meaning of all things and the reason why you exist. The higher the consciousness – the more discernable the prayer.

When you are in difficulty, I say: pray that you may connect with the Sentient Beings who can help you. Someone says that he is praying, but has received no answer. The reason is that his consciousness is not yet awakened. The human consciousness is similar



to a radio which is transmitting and receiving sonic waves from the universe. Scientists say that there is a belt above the earth which 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 a man's consciousness is, the greater the possibility is for his prayer to be received.

What is required of man for him to connect with the Invisible World? He needs to have his own radio. He has it. When you address your devotional thoughts upwards, you should protect yourself from hostile waves. Doubt, disbelief, and a lack of Love are waves of an unfavorable character which 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 hostile waves. They influence one's prayers and hinder them from ascending. They obstruct the good desires, as well.

Man prays better when he is persecuted. When you are put 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. Man cannot pray in an impure place. You need to go to a pure place. Prayers need to be transmitted from a pure place. When someone is praying to the Invisible World, he must 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, he 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 that which is deep within yourself and say, "My Lord, I am ready right now to fulfill Your Will which motivates 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, man can transform his countenance.

Turn to God and say, "My Lord, place me in the Fire of Your Love." Or say, "My Lord, what do You want me to do that Your Kingdom may triumph over all the earth and Your Name be sanctified among all people?"

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 whole world. The

Law states: If you send this thought rightly, the work which you will accomplish will be equal to all of the work that you have accomplished throughout your entire life.

From *The Wellspring of Good*

PRAYERS, DEVOTIONAL SONGS, MEDITATION,  
AND INVOCATIONS RECOMMENDED BY THE  
MASTER BEINSA DOUNO  
FOR EACH DAY OF THE WEEK

**Every day of the week**

Psalm 91 (p. 50)

Psalm 23 (p. 52)

The Lord's Prayer (p. 29)

*“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* (p. 69)

The Good Prayer (p. 30)

Psalm 61 (p. 53)

**Monday**

*Bless* (p. 72)

Prayer of the Kingdom (p. 34)

Psalm 143 (p. 54)

**Tuesday**

*I shall Rejoice* (p. 75)

Prayer of the Path of Life (p. 32)

Psalm 27 (p. 55)

## **Wednesday**

*Song of the Bright Path* (p. 78)  
Prayer of the Brotherhood\* (p. 40)  
Psalm 19 (p. 58)  
Psalm 103 (p. 60)

## **Thursday**

*He is Coming!* (p. 80)  
Prayer of the Fruits of the Spirit (p. 36)  
Psalm 112 (p. 62)

## **Friday**

Fir-Fyur-Fen – Bless (p. 83)  
Prayer of the Trinity (p. 38)  
Psalm 44 (p. 63)

## **Saturday**

*God is Love* (p. 85)  
The Little Prayer (p. 38)  
Psalm 25 (p. 65)

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\* Term used to denote the Great Universal Fellowship of Light.

**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\*,  
But deliver us from the evil one.  
For Yours is the Kingdom  
And the Power and the Glory  
Forever.

Amen

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\*The Master has explained, "This means: Lord, give us Knowledge and Wisdom that we may not fall into temptation by our ignorance."

*From Sacred Words of the Master*

# PRAYERS GIVEN BY THE MASTER BEINSA DOUNO

## 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 protect us from every evil and  
deceptive thought.

Teach us to do Your Will, to sanctify Your Name,  
And to glorify You always.  
Enlighten our spirits and guide our hearts and  
minds  
That we may keep Your Commandments and  
Precepts.  
With Your Presence, inspire Your pure Thoughts  
within us  
That they may guide us to serve You with joy.  
Our lives which we dedicate to You  
For the good of our brethren and neighbors –  
Bless You, O Lord.

Help us and sustain us  
That we may grow in Your Knowledge and  
Wisdom,

Learn from Your Word, and abide in Your Truth.

Guide us in everything which we think and do in  
Your Name

That it may be for the manifestation of Your  
Kingdom on earth.

Nourish our souls with Your heavenly Bread  
And fortify us with Your Power  
That we may be ever-advancing in our lives.

And as You bestow upon us all Your Blessings,  
So grant us Your Love as well to become our  
eternal Law.

For Yours is the Kingdom, the Power, and the Glory,  
Forever and ever.

Amen



## PRAYER OF THE PATH OF LIFE

Lord, our God, our Savior of all Power and Might,  
Of all Truth and Love, of all nations and authority,  
Source of all Blessings in our life –  
Send us Your good 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 that we may do  
Your good Will.

Forgive us our transgressions which we do confess  
before You.

They have estranged us from Your Fatherly Love.  
Erase them from the book of Your Recollections,  
And grant us the peace of Your Spirit.

Let Your Face shine upon us now  
That we may become images of Your Love,  
Messengers of Your Truth, and servants of Your  
Righteousness.

Bless the nation among 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 sacred  
Path.

Blessed are You Lord, our God.

Blessed is Your Name from ages past

For You are the Path, the Truth and the Life

And no other God exists, but You:

You are the only One.

Amen

### **PRAYER OF THE SPIRIT**

Lord, our God, let Your compassionate Spirit  
come

And enfold our spirits within His arms

That our hearts may be filled with that boundless

Love

Which reveals Your Presence everywhere.

Let our hands be strengthened in every

Righteousness

And our feet – in every act of good.

We bow before You, our eternal Father, Rock of  
our lives.

You are blessed to us,

And blessed is Your Name within our souls.

Strengthen us and uplift us,  
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 manifest to us.

You are the only One Who knows us,  
And we know You,  
For You are the Light for our souls,  
The boundless Space for our minds,  
The Increase for our power,  
The Fortress for our spirits,  
And the Fullness for our hearts,  
For You are the Crown and the Glory of our lives!

Amen

## **PRAYER OF THE KINGDOM**

*L*ord, our God –  
Let our prayers rise up before Your Face.  
Let Your Spirit come and let Your Word enlighten  
our hearts,  
For the sake of Your Love which You have  
bestowed upon us.

Merciful Heavenly Father, Ave Father!

Let Your Kingdom come!  
Let Your Will be done!  
Let Your Name be sanctified on earth!  
This is the desire of our souls.  
This is the constant yearning which we feel in this  
world.

Great Lord of all Power and Might, stand behind  
Your Will.  
Inspire the hearts of all those whom You have  
chosen  
To be called from the Beginning of Your Glory and  
Greatness.

Our compassionate Lord –  
Lead us with Your merciful Hand.  
Enlighten us, that we shall not turn away from  
Your Word,  
That we shall not transgress Your Law.  
Like a Good Shepherd,  
Lead us to the green pastures and clear streams.

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 spirits,  
Renew our hearts, and enlighten our minds  
That we may glorify You now and forever.

Amen

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

Lord of Love, God of Love –

We call upon You for Your Mercy.

We accept with joy in our hearts the suffering  
which You have sent us.

We accept the difficulties which You are giving to us  
For the strengthening of our spirits.

We shall do Your good Will without hesitation,  
without wavering.

Send us Your Spirit to instill our hearts, our minds,  
And our souls with the Fruit of Your 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.

Let Your Name be precious to our souls.

Within our souls, establish Your Kingdom.

Nourish our souls with Your Word

That all Your Virtues may be fortified within us.

Let Your luminous Spirit of Love, 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 HOLY SPIRIT

Lord, our God, my soul relies upon You.  
Hear my prayer and lend ear to my supplication.  
Uplift my spirit and give comfort to my heart.  
Show me the Light of Your Face.

Lord, for the sake of Your Mercy uplift me  
With the Presence of Your Holy Spirit.

Lord, let Your Kingdom come;  
Let Your Righteousness rise up;  
Let Your Truth illuminate and Your Love be  
established;  
And You, Lord Jesus Christ, the only begotten Son  
of the living God,  
Come to dwell within my soul.

And let glory be to the Lord God, the Father,  
Made Manifest in the Spirit of His Word  
throughout the ages.

Amen

## THE LITTLE PRAYER

Lord, my God –  
Let me see 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.

And blessed be You always, Lord,  
For You are ever-compassionate and true to all.

Amen

## PRAYER OF THE TRINITY

1. Lord, let Your Spirit descend upon my spirit.  
With Your Presence, expand my heart and soul  
And strengthen my feet in every Righteousness.

I worship You, the Everlasting Rock out of which I  
have been hewn.  
Blessed is Your Name, Lord.  
Strengthen and uplift me  
That I may serve You with gladness.

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

I worship You,  
The Eternal Wellspring who has always quenched  
my thirst.  
Wash my feet and bathe my heart,  
Cleanse my soul that I may be made pure and holy  
before You.

Blessed are You, Lord, my God!

III. Lord, my God, let Your Blessing come upon my  
spirit  
That my heart and my soul may be filled  
With the sweet Fruit of Your Spirit and my feet  
May be strengthened by the Power of Your  
Presence.

I worship Your Eternal Spirit that renews me  
And resurrects me from the dead.

Protect me, Lord, with Your sacred Name  
That I may serve You with joy and gladness and be  
one with You,  
Lord Jesus Christ,  
Even as You are One with the Father.

Amen



## PRAYER OF THE BROTHERHOOD

Lord, bless the Great Universal Brotherhood of  
Light  
Which is now present among the Bulgarians and  
the Slavic nations.  
Strengthen its Spirit.

Give faith, confidence and hope in You to those  
who follow Your Path  
That they may gain in strength and glorify You  
All throughout the centuries of the future.

Lord, our God, do this for the sake of Your Great  
Name  
By which You are known all throughout the  
centuries  
In Heaven above and on earth below.

Let Your Name be sanctified among  
All those who impede Your Sacred Work  
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.

Disperse the enemies of Your Kingdom,  
Lord, from before Your Face,  
And we will glorify You with pure hearts,  
As You help us and strengthen us to chase away

The devious spirits of hell who wish to obstruct  
Your Holy Cause.

Lord, You alone now work with Your strong Hand.

Do this for the sake of our Lord Jesus Christ  
By Whose Name, You have allowed us to invoke  
You.

Let those who govern this nation come to know  
That there is no other Lord and God besides You.  
You are the only One.

Amen

## **MORNING PRAYER**

O Lord –  
You have sent me to earth.  
You have given me life and health.  
You have given me mind, heart, and soul.  
I shall do Your Will and glorify You.  
And after I do God's Will and after God blesses  
me,  
I shall do that which is good for my soul  
And shall help my brethren.

Amen

**MORNING PRAYER  
TO BE SAID UPON RISING**

O, Great Love, the Source of all the good in my  
life.

Give me, as your child, Your Support

That I may gain in Knowledge.

I am aware of my connection with You,

And in my aspiration for You I have no fear of  
earthly temptations

For I believe that the fulfillment of my mission is to  
unite with You.

(continue with uplifted hands)

Please, my Lord, infuse me with the living Powers  
of the Cosmos

That every cell of my body may be penetrated,

That life and health may be brought to it,

That my spirit may be strengthened,

That I may fulfill the mission for which I have come  
to earth.

Amen

## EVENING PRAYERS

(to be said at bedtime)

O, my Lord –

As I sleep tonight, surround me with Your Light  
And protect me for I go above to study, to pray,  
to 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 fiery circle of Your Love  
that my room  
And my entire house shall be free from every evil  
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.

Amen

## PRAYER

*Offer yourself before the Face of God, and say:*

*Bless me, O Lord!*

I thank You for all that You have given and taught  
me.

Help me that the freedom of my soul

And the strength of my spirit may be increased  
As well as the light of my mind and the purity of  
my heart.

Amen

## **PRAYER FOR THE HEALING OF ANOTHER**

*E*ver-present and Compassionate God –  
In the Name of the Lord Who has spoken to Your  
servant,  
Let Your Healing come through us, Your servants,  
For the Glory of Your Name.

We thank You that You have heard us.  
You alone are our Lord and we have no other Lord  
but You.  
It is You alone who is always able to heal,  
And Your Healing means health for the soul and  
for the body.

Restore the harmonious activity between the mind  
and the soul,  
Between the soul and the body.  
Turn the fount of the heart to good  
And the forces of the body to purposeful work.  
Let this our brother/sister (name) who is suffering  
receive Your Mercy

That we may all rejoice in the Presence of Your  
Love,  
Compassion and Power.

Amen

*(To be said on Wednesday, Saturday, and  
Sunday at 7:00 a.m. and 9:00 a.m.)*

## **PRAYER FOR THE DECEASED**

I

Lord, rest the soul of brother/sister (name)  
Whom You have taken beyond according to Your  
Will.

Place him/her in luminous places in Your Domicile.  
Grant him/her Your spiritual Virtues.

Let him/her rise, awaken, and see Your Glory and  
Greatness.

Let his/her soul rejoice for Your Kindness and  
Love.

Let eternal Peace and eternal Light reign within  
his/her soul.

Amen

## II

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  
which will guide,

Instruct, 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

## FORMULAS

*Formulas are meaningful expressions given by the Master Beinsa Douno for strengthening the spirit and perfecting of the individual. Some of them are connected with texts from the Bible and the Scriptures. Here are some examples of formulas:*

May God be glorified within the Brotherhood of  
Light and may the Brothers of Light be glorified  
in God's Love!

*(3 times)*

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

*(3 times)*

The disciple should have:

A heart as pure as a crystal,

A mind as bright as the Sun,

A soul as vast as the Universe,

A spirit as powerful as God and one with God!

*(3 times)*

Love the perfect way of Truth and Life.

Place Good as a foundation of your home,

Justice as a measure,

Love as an adornment,

Wisdom as a wall of defense,



Truth as the light.  
Only then you will come to know Me  
And I shall reveal Myself to you.

The bright path of Wisdom alone leads to Truth.

Life is hidden in the Truth.

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

God reigns in Heaven, God reigns in life, may His  
Name be blessed.

May God's Peace and God's Blessing spread over  
the entire earth.

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

Be without fear and without darkness, be with  
peace and light.

Always be glad, be grateful for everything.

Pray unceasingly, do not extinguish the spirit.

Only the bright path of Wisdom leads toward the  
Truth.

In the Truth, life is concealed.

May God's Peace be with us,  
May God's Joy and Gladness arise in our hearts.  
(3 times)

Place Truth in your soul:  
You will find the Freedom you are seeking.  
Place Wisdom in your mind:  
Light will come and Knowledge will sustain you.  
Place Purity in your heart:  
Love will arrive and your true Life will begin.

FOR PROTECTION:

Guard us, O Lord, with Your white Light,  
Protect us with Your diamond Wall.

GREETING AND REPLY:

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

BEFORE AND AFTER MEALS:

God's Love brings the abundant and full life.  
(3 times)

God's Love brings the abundant and full life.  
Only God's Love brings the abundant and full life.  
Only the manifested Love of God brings the  
abundant and full life.

## 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\*

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.

---

\*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.

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.

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

*H*ear 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

*H*ear 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

*T*he 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

*B*less 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

*P*raise 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

*W*e 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

*T*o 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!

## DEVOTIONAL SONGS

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>victory</b>
е	e	as in <b>bed</b>
ж	zh	as in <b>decision</b>
з	z	as in <b>zebra</b>
и	i	as in <b>he</b>
й	y	as in <b>joy</b>
о	o	as in <b>thought</b>
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	ǎ	as in <b>cut</b>
ю	yu	as in <b>new</b>
я	ya	as in <b>yard</b>

# V nachalo be Slovoto

(In the Beginning was the Word)

**Lento** ♩ = 52



V na - cha - lo be Slo - vo - to, i Slo - vo - to be



u Bo - ga, i Slo - vo - to be Bog.



To v na - cha - lo be u Bo - ga.



Vsich - ko chrez Ne - go sta - na, i ko - e - to e



sta - na - lo, ni - shto bez Ne - go



ne sta - na. V'Ne - go be zhi - vo - tăt,

i zhi-vo-tăt be vi-de - li-na na che-lo-ve-tsi-

te. te. I vi - de - li -

na - ta sve - ti v tăm ni-na - ta, i

tăm-ni-na-ta ya ne ob-ze. I ob-ze.

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 men.

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

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 zhivota  
i zhivota be } 2  
videlinata na chelovetsite.

I videlinata sveti v tãmninata,  
i tãmninata ya ne obvze. } 2



# Blagoslavyay

(Bless)

Andante ♩ = 56



Bla-go - sla-vyay, du - she mo - ya, Gos-po-



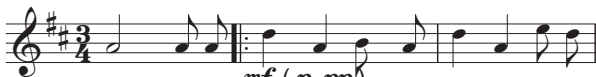
da! Ne za - bra-vyay vsi - te Mu mi - los-



ti, ne za - bra-vyay vsi - te Mu bla - gos-



ti, ne za - bra-vyay vsi - te Mu do - bri-



ni! Ne za - bra-vyay mi - lost - ta Mu, ne za-



bra - vyay bla - gost - ta Mu, ne za -



bra-vyay o-bich - ta Mu, ne za - bra-vyay



Lyu-fov - ta Mu! Ne za - ta Mu!

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

Ne zabravayay milostta Mu,  
ne zabravayay blagostta Mu,  
ne zabravayay obichta Mu,  
ne zabravayay Lyubovta Mu. } 3

Bless the Lord, my soul!  
Do not forget all His mercy,  
Do not forget all His kindness,  
Do not forget all His goodness!  
Do not forget His mercy, }  
Do not forget His kindness } 3  
Do not forget His caring, }  
Do not forget His Love! }

# Shte se razvesselya

(I shall Rejoice)

Largo ♩ = 54



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 ob - le - che v o -



dezh- di na spa-se - ni - e, za -



gã-rna me v man - ti - ya na pra - vda, za -



Shte se razveselya  
premnogo zaradi Gospoda;  
dushata mi shte se zaraduva } 2  
v Boga moego.

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

kato zhenih, ukrasen sās venets;  
kato nevesta, nakitena } 2  
sās utvarite si,

kato devitsa, preizbrana  
ot drugarkite si.

# Pesen na svetliya păt

(Song of the Bright Path)

Moderato ♩ = 84



Mo - ga da po - stig - na, shto zhe - la - ya.



Văvzhi-vo-ta vsich-ko se po - sti-ga. Shteno-sya



Bo - zhi - i - te bla - ga — vāv vsich - ki cho -



vesh-ki sār-tsa. Tam, de-to se razh-da ra - dost -



ta, tam, de-to tsa - ru - va Lyu - bov - ta.

D. C.

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

Shte nosya Bozhiite blaga  
vuv vsichki choveshki sartsa.

Tam, deto se razhda radostta,  
tam, deto tsaruva Lyubovta. } 2



# Toy ide!

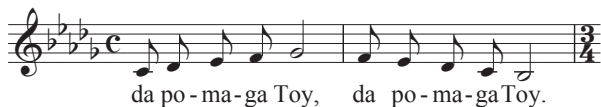
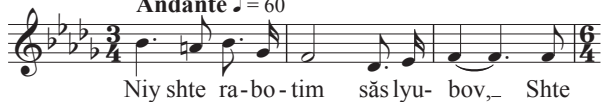
(He is Coming!)

**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  
**rit.** Toy, — da po - ma - ga Toy! — **Fine**  
**a tempo**  
Mosht-ni-yat, Sil - ni-yat da po - ma - ga



**Andante** ♩ = 60



Mosht-ni-yat, Sil - ni-yat,

da po-ma-ga Toy, da po ma ga Toy,

rit.

da po-ma-ga Toy, da po-ma-ga Toy.

**D.C. al Fine**

Ide, ide, ide,  
 sam Toy ide, ide, ide, (2)  
 sam Toy ide da pomaga Toy,  
 da pomaga Toy, da pomaga Toy!

Moshtniyat, Silniyat  
 da pomaga Toy,  
 Moshtniyat, Silniyat  
 da pomaga Toy. (3)

Niy shte rabotim sās lyubov,  
 Shte rabotim sās lyubov,  
 da pomaga Toy, da pomaga Toy.

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

# Fir-fur-fen

Adagio ♩ = 54

The musical score is written for a single voice part in G minor (one flat) and 3/4 time. It consists of ten staves of music. The lyrics are written below the notes. The score includes various time signatures: 3/4, common time (C), 3/4, 3/4, 3/4, 3/4, 6/4, 6/4, and 5/4. The piece concludes with a double bar line and repeat dots, labeled 'Fine'.

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, **Fine**  
Fir - fyur - fen 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**


Fir-fyur-fen Tao bi Aumen,  
 Tao bi Aumen, Tao bi Aumen. }  
 Fir-fyur-fen Tao bi Aumen, } 2  
 Fir-fyur-fen Tao bi Aumen,  
 Fir-fyur-fen Tao bi Aumen.

Blagoslavyay, dushe moya, Gospoda }  
 Blagoslavyay i ne zabravyay. } 2  
 Blagoslavyay, blagoslavyay, }  
 Blagoslavyay i ne zabravyay. } 2


# Bog e Lyubov

(God is Love)

Andante ♩ = 60



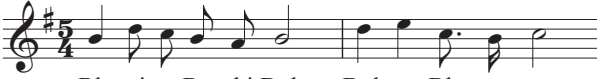
Bog e Lyu- bov, Bog e Lyu- bov




Bog e Lyu- bov, Lyu- bov, Lyu- bov. Vech - na,



Bez- gra- nich- na, päl - na säs zhi- vot, zhi- vot na



Bla- gi- ya Bo- zhi Duh, Duh na Bla- gost- ta,



Duh na Svya- tost- ta, Duh na päl- len mir i



ra - dost za vsya- ka du - sha, za vsya ka du -

**Più mosso**



sha. Niy shte ho - dim v'to - ya pat



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 - bov, Bo - zhi - ya - ta Lyu - bov,



Bo - zhi - ya - ta Lyu - bov, Bo - zhi - ya - ta Lyu



bov. Niy shte bov.

Bog e Lyubov, Bog e Lyubov  
Bog e Lyubov, Lyubov, Lyubov.  
Vechna, Bezgranichna,  
pālna sas zhivot,  
zhivot na Blagiya Bozhi Duh,  
Duh na Blagostta,  
Duh na Svyatostta,  
Duh na pālen mir i radost  
za vsyaka dusha, za vsyaka dusha.

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

} 3



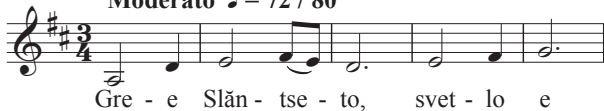
God is Love, (3 times)  
Love, Love –  
Eternal, boundless,  
Full of Life,  
Life of the gentle Spirit of God,  
The Spirit of kindness,  
The Spirit of holiness,  
The Spirit of perfect peace  
And joy for every soul.

We shall follow this pathway  
Of Light (3 times),  
In which Love of God reigns,  
Love of God (3 times) } 3

# Himn na Velikata Dusha

(Hymn of the Great Soul)

**Moderato** ♩ = 72 / 80



**Più mosso** ♩ = 88



**Meno mosso**



**a tempo** ♩ = 80

Vsich - ko se\_\_\_\_\_ dvi - zhi, pal-

**Più mosso** ♩ = 88

zi i la - zi, hvär - kat pti - tsi - te,

bya - gat sär - ni - te, ve - e vya tä -

ra, a cho ve - kät sto - i i

*rit.* **a tempo**

mis - li shto da pra - vi. Chu - va

se ra - dost - na - ta pe - sen: "Ve



lik si Ti, Gos - po - di, ve - li - ki



sa Tvo - i - te De - la, ve - li - ko e

*rit.* **Fine**



I - me - to — Ti nad vsich - ko.

**a tempo**



Ti tsa - rish vāv si - la i zhi -



vot, vāv zna - ni - e,



măd - rost, is - ti - na, lyu - bov.“ "Ve-

**D.S. al Fine**

Gree Slăntseto,  
svetlo e navsyakăde,  
obvita e zemyata săs topla dreha.  
Subuzhda vsichko zhivo,  
teche vodata, raste trevata,  
svezhest lâha navsăde.  
Vsichko se dvizhi, palzi i lazi,  
hvărkat ptitsite, byagat sarnite,  
vee vyatara, a chovekăt stoi  
i misli shto da pravi.  
Chuva se radostnata pesen:  
Velik si Ti, Gospodi,  
veliki sa Tvoite Dela,  
veliko e Imeto Ti nad vsichko.  
Ti tsarish văv sila i zhivot,  
văv znanie, mădrost,  
istina, lyubov.  
Velik si Ti, Gospodi,  
veliki sa Tvoite Dela,  
veliko e Imeto Ti nad vsichko.

# Otche nash, ne ni vāvezhday v izkushenie

(The Lord's Prayer)

**Andante sostenuto**  $\text{♩} = 76$

*p* Azshte pa - zya top - li - na - ta na

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

**rit.**

Bo - zhii - te Bla - ga vāv mo - ya - ta du -

sha. *pp* Ot - che nash, ne ni vā -

*mf* vesh - day vāv iz - ku - she - ni - e, *p* ne ni vā -

**rall.**

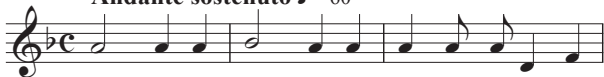
*pp* vesh - day vāv iz - ku - she - ni - e. *p*

Az shte pazya toplinata  
na moeto sãrtse,  
koyato vnasya Bozhiite Blaga  
vãv moyata dusha.

Otche nash,  
ne ni vuvezhday  
vav izkushenie,  
ne ni vuvezhday  
vav izkushenie. } 2

# Psalm 91

*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 - gã - shta -



go. go. Shte kaz - vam za

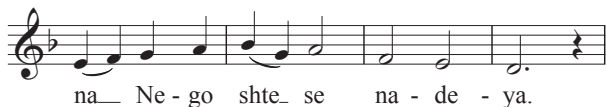


Gos - po - da, shte kaz - vam: Toy e pri -



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





Koyto zhivee pod pokriva na Vsevishnago,  
shte prebivae pod syankata na Vsemogäshtago  
Shte kazvam za Gospoda, shte kazvam:  
Toy e pribezhishte moe i krepost moya,  
Bog moy, Bog moy, na Nego shte se nadeya.

# Da imash vyara

(Have Faith)

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)

# Sladko medeno

(Sweet as Honey)

**Allegretto** ♩ = 104



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



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



no.                      Ot Slun - tse - to      iz - pra - te -



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

**D.C. al Fine**

Sladko medeno, sladko medeno (2)

medeno, medeno                      } 2  
sladko medeno

Ot Slāntseto izprateno.                      } 2  
Ot pchelite doneseno.

# Svetăl den

(Bright Day)

**Allegretto** ♩ = 96



Sve-tăl den, sve - tăl den, den, den, den.



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



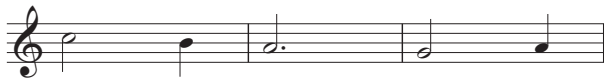
Bo - zhi den, Bo - zhi den, Sve - tăl Bo zhi



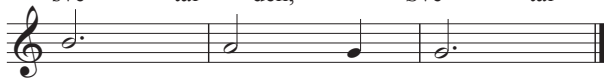
den. Sve - tăl den, sve - tăl den, Sve - tăl



den, Bo - zhi den. Sve - tăl den,



sve - tăl den, Sve - tăl



den, Bo - zhi den.

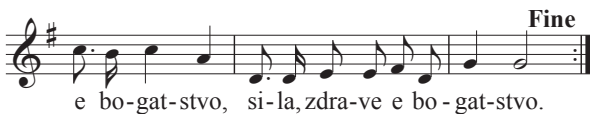
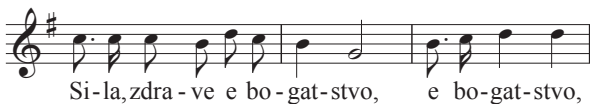
**D.C. al Fine**

Svetăl den, svetăl den,  
den, den, den. }  
Vesel den, vessel den, } 2  
den, den, den. }  
Bozhi den, Bozhi den. }  
Svetăl Bozhi den. }  
Svetăl den, svetăl den, }  
svetăl den, Bozhi den. } 2  
Svetăl den, svetăl den, }  
svetăl den, Bozhi den. }

# Sila, zdrave e bogatstvo

(Strength and Health are Wealth)

**Moderato** ♩ = 92



**Andante** ♩ = 60



**D.C. al Fine**

Sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
sila, zdrave e bogatstvo,  
e bogatstvo, e bogatstvo,  
sila, zdrave e bogatstvo. } 2

Za zhivota na dushata,  
za zhivota na dushata. } 2

# Sărdechen zov

(Appeal from the Heart)

**Andante** ♩ = 66

Pred Teb pri - pa - da - me, Gos - po -  
di, dnes s'chis - ti, tre - pet - ni du -  
shi. Văv\_ pe - sen iz - li - va -  
me săr-tsa-ta si, i zo-vem Te, Pre -  
sva - tiy, pro - sti! Văv\_ sti!



Pred Teb pripadame, Gospodi,  
dnes s chisti, trepetni dushi.  
Văv pesen izlivame surtsata si,  
i zovem Te, Presvyatyy, prosti! } 2

Zabrvayay grehovete nashi,  
obilno nas blagoslovi.  
Tsaryu, Preblagiy,  
na svetlitate dushi,  
v Tsarstvoto Si ni priemi. } 2

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

# Za nebesnija Tsar

(For the King of Heaven)

Tempo di marcia ♩ = 96



Na - pred, na-pred za sla - va v'boy za Tsa-



rya ne-bes - ni, Tsa - rya na prav - da,



mir i lyu-bov, mir i lyu-bov,



mir i lyu-bov, lyu - bov, lyu - bov.



Sla-va, sla - va Teb po - do-ba - va;



Ti si Tsar na prav da i mir.

Ti si Tsar na prav - da i mir,

mir i lju-fov, mir i lyu-fov,

mir i lyu-fov, mir i lyu-fov, lyu - fov, lyu-fov.

Napred, napred za slava  
 v boy za Tsarya nebesni,  
 Tsarya na pravda, mir i lyubov,  
 mir i lyubov,  
 mir i lyubov,  
 lyubov, lyubov.  
 Slava, slava Teb podobava;  
 Ti si Tsar na pravda i mir.  
 Ti si Tsar na pravda i mir,  
 mir i ljubov,  
 mir i lyubov,  
 mir i lyubov,  
 mir i lyubov,  
 lyubov, lyubov.

# Mahar Benu Aba

Adagio ♩ = 56

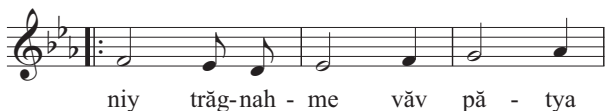
Ma - har Be - nu A - ba, Ve - yut Bi-la-  
der A - der Be - nu she - la. Be -  
nu she - la, Be - nu she - la, she -  
la, she - la, she - la, Bi - la -  
der A - der Be - nu she - la. **Fine**

The musical score is written on five staves in G minor (three flats) and 3/4 time. The tempo is Adagio with a metronome marking of ♩ = 56. The melody consists of quarter and eighth notes, with some rests. The lyrics are written below the notes, with hyphens indicating syllables across notes. The piece concludes with a double bar line and repeat dots, followed by the word 'Fine'.

*attacca "V mrak, tāmnota"*

# V mrak, tǎmnota

Andante ♩ = 76



**D.C. al Fine, "Mahar Benu Aba"**

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

Văv mrak, tămnota  
e bil zhivota nash,  
no Slănceto na zhivota  
prosiya u nas  
i niy trăgnahme  
văv pătya chist i svyat za nas, } 2  
svyat za nas, svyat za nas,  
svyat za nas.

# Venir Benir

**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

# Vehadi

Adagio, Ad libitum ♩ = 56

The musical score is written on three staves in a single system. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature. It contains a melodic line with a dynamic marking of *p* (piano) and a *mp* (mezzo-piano) section. The lyrics "Ve-ha - di, Ve-ha - - - di," are written below the notes. The second staff continues the melody with a double bar line and repeat sign (//) at the end. The lyrics "Ve - - - ha - - - di," are written below. The third staff features a treble clef, a key signature of one flat, and a common time signature. It contains a rhythmic accompaniment of eighth notes with a dynamic marking of *pp* (pianissimo). The lyrics "Ve-ha - di, Ve-ha - di, Ve-ha - di." are written below.

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

Ve - - - ha - - - di, //

*pp* Ve-ha - di, Ve-ha - di, Ve-ha - di.

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



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First Edition

Byalo Bratstvo Publishers  
Sofia, Gen. Shteryu Atanasov Str. 6  
tel. +359 2 9634 313  
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