

The Master
Beinsa Duno - Petar Danov

THE NEW DAY



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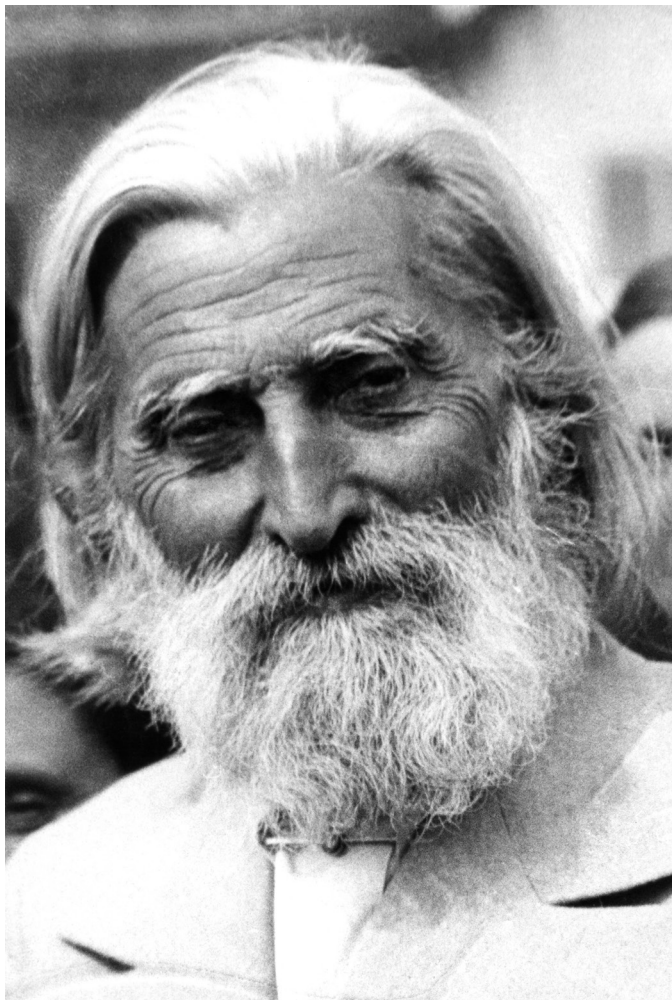
**New Directions in the Conscious Life of
Nature**

Pressure and Tension

Enlightened Life

**Lecture held on January 17th, 1940,
General Esoteric Class, Sofia - Izgrev**

**Byalo Bratstvo Publishers
Sofia, 2018**



*“Friend, will you read at my light?
For I am going to show you
The little mastery of life.”*

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FOREWORD

This booklet “The New Day”, first published in Bulgarian in 1940, was like a clarion message for the coming Epoch of Love that will totally transform the world and humankind. Further to its historical importance, the ideas and directions that it contains are still actual today and of great practical value. Reviewing the forces that are at work in Nature—pressure and tension, and their effect on the human being, it shows the best way for their balancing, so that one can release all sufferings and have positive achievements in life.

The author Petar Danov*, known by his spiritual name Beinsa Duno, not only presented the eternal truths in their purest and simplest form, but also gave in his word new perspectives, new methods and

* The names of the Master are given according to the currently used European ISO 9 system for transliteration of the Cyrillic characters into Latin ones. The same names are written differently in other publications and references: Beinsa Douno—Peter Deunov/Dunow/Dunoff.

practices for the coming Cosmic spring of soul blossoming. Here is his call to the souls who are waiting for this:

“That which you long for is coming

That which you cherish in your souls is the reality of tomorrow!

Come into the Land of Eternal spring!

Come into the Land of Eternal rejuvenation!

Come into the Land of joy!

Come into the land of Love!

It is so close to you!

There is no illness or death in that Land.

Come and receive the treasures which belong to you.

Come into the Land where you will find those who know you,
and those whom you know.”

Sacred Words of the Master: A Call to the Disciple, Sunrise Publishing Co. Inc. 1940

The Master, as he is regarded by his followers, set the foundations of a New life, based on applying the Universal Principles of Love, Wisdom, Truth, Justice, and Good with the leading and uniting role of Love, the greatest power in the Universe. As he

said, "I have come to reveal Love. Bringing Love to Earth—that is my mission." He also recommended, "Study my talks and lectures to speed up your evolution.

The Master delivered orally and spontaneously around four thousand talks and lectures, which were written in shorthand by his students stenographers. Afterward, when possible, they were decoded, presented to the Master for approval, and published. In this way, about one third of the Word was published at the time of its delivery and has the greatest authenticity.

A special place among the then-published materials takes the lecture offered in this book. It was delivered to the General Esoteric Class on January 17th, 1940 (as stated in the "Catalogue of Lectures" by Elena Andreeva) under the title "Pressure, Tension, and Wisdom". It is the only lecture that was thoroughly revised and edited by the Master himself as an example of a profound work without hastening or delaying, in its perfect timing.

It was published in March, 1940 as a separate booklet of 46 pages under the title "The New Day" with subtitles: New Directions in the Conscious Life of Nature

and Pressure, Tension, Enlightened life. Due to the great interest, the first edition of the booklet was sold out and additional three thousand copies were published. The Master wanted the lecture to be translated into English and spread abroad. He gave that task to Vesela Nestorova, one of his devoted students, who did the first translation, but it was not published. However, it is preserved and played its role to trace the way for this publication.

Enjoy reading it.



The Master with his students and the three stenographers:
Pasha Teodorova (sitting utmost right),
Savka Keremidchieva (standing on the left side),
and Elena Andreeva (sitting by the man)

A REMINISCENCE

Here is the story of the lecture as it was told by Elena Andreeva (one of the Master's students and stenographers) and relayed by Georgi Petkov. When the three women stenographers (Pasha Todorova, Elena Andreeva and Savka Keremidchieva) finished the decoding of the lecture after it was spoken by the Master, Elena Andreeva went to show it to the Master. "Here it is—ready," she said and began reading it. She stopped from time to time waiting for the Master's comments. But the Master did not say a word. Elena read it to the end and looked at the Master in anticipation. "Leave it, please, I want to review it," he said. In a few days Elena Andreeva went to the Master again and asked about the lecture, but the Master replied, "It will stay for some more days." The sister checked seven times whether the lecture had been finished and seven times the Master sent her back. When the lecture was finally ready, and the three stenographers read it, they exclaimed in surprise. It sounded in a completely new way and was the first lecture, edited by the Master himself.

So, you have the opportunity to read and contemplate on this lecture today on the cusp of the New day.

“All misfortunes of a person, home, society and humankind in the past were caused by the lack of understanding of the external conditions and the internal opportunities.

All future bounties and goods of life will come from understanding the external conditions and the internal opportunities.”

“Life that brings Wisdom,
Knowledge that brings Light,
And freedom that brings Truth
Are a foundation for the New life
That is already coming into the world.”

“Justice and Good in the consciousness of humankind, when revealed in life, are a manifestation of God’s Love. Love traces the right way—the Way of humankind toward all good achievements.”

THE NEW DAY

New Directions in the Conscious Life of Nature

Pressure and Tension

Enlightened Life

All conscious people anticipate something good, something beautiful in life. It is the New that is coming. It is already in the air and everyone can feel it. The New permeates the entire life. All speak of it. This expectation of the New is good, but everyone should know the way in which the expected will come. This is precisely what people do not know. Sometimes people want to receive what they expect without making any efforts.

Where could the New come from? Is it from Nature? It is true that Intelligent Nature helps people to acquire all blessings they strive for, but they must work solely to achieve them. When people come to know the forces that are at work inside and outside of them, they will be able to balance and use them for constructive purposes and creativity in life.

On the physical plane, one of the person's tasks is to deal with external physical pressure. As a countering of this pressure is the internal tension. In general, the force of attraction is related to pressure, while the force of repulsion has to do with tension. When external pressure and internal tension in a person are balanced, one feels healthy, happy, and strong. If external pressure is greater than internal tension, one hardens and becomes rigid. Then, if internal tension is greater than external pressure, it puts one in an unnatural state. Thus, a person is under the influence of two forces: one is outside pressure and the other is tension from within. If someone is solely under the influence of these two forces, that person would be in a great difficulty and could never be self-motivated. But thanks to another intelligent force that operates both from outside and from within, pressure and tension in the human being are regulated, and a person can take initiative, manifesting a conscious life in the three worlds: physical, spiritual, and Divine.

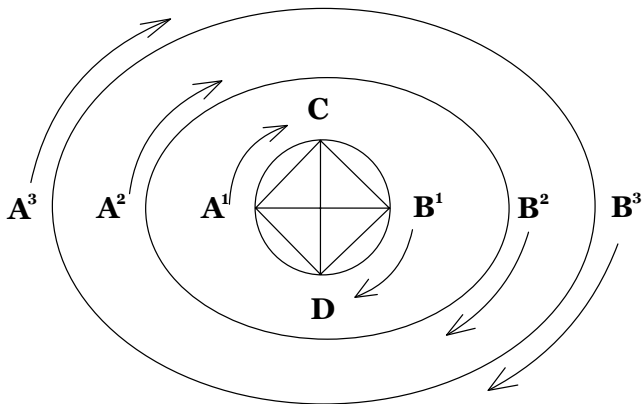


Figure 1

$$A^1 : A^2 : A^3 = B^1 : B^2 : B^3$$

The above figure shows a square surrounded by three circles representing the three worlds. The physical and spiritual worlds are not yet perfect, so A^2 and A^3 are not perfect circles, but ellipses. The drawing is a plan, a simple sketch of the three worlds. In the same way as an engineer can understand a blueprint and can bring it to realization, every enlightened person can read and understand the sketches of Nature. Someone may think that Nature's drafts are insignificant, abstract and they are not interesting. Misunderstood works

are not interesting indeed, while the understood ones are.

But whether we are interested or not in Nature's works, we are forced to study them. Learning is a necessity for us to be able to cope with the tasks that life brings us.

It is on Earth that one has conditions and opportunities for development. The human body is the first condition that is given to the student of life. So, the body is a building—a school or university, in which the student is placed to study. Sometimes students think that the university is their property and professors are their friends. Such friendship can only exist when a student studies diligently. Otherwise, it cannot exist because the professor will turn his back on the bad student and will continue his way. When the student learns well, then the professor also teaches well. It is quite a natural process. The student might also want to know more about the university: who built it, how they did it, who the professors were in the past, and so on. These are questions that should not interest you. Many people of today do not want to study the sciences that are taught in life, but

ask who has created the world and in what way. These questions are important, but they are not essential to the student of life. One should first learn to perceive the knowledge that is taught and then apply it. Everyone comes to Earth with some inner knowledge, but it is not enough. One should be open and prepared to receive the new knowledge that is coming at any given moment. People need to move in alignment with the New because everything in the world is subject to constant and continuous progress.

What is important for every person nowadays is to study life in three aspects: life as a science, life as an art, and life as a force, realizing that they study in the great University of Earth. One after the other professors come and teach their lessons. You understand some of them, but not all. Why? It is because they speak in three different languages—physical, spiritual, and Divine. Physical life is taught in a physical language, spiritual life—in a spiritual language, and Divine life—in the Divine language. Therefore, if you want to study life well, you should know all those three languages—physical, spiritual, and Divine.

The three circles in the drawing on Fig.1 are labeled with the letters A^1 , A^2 , and A^3 . The circle A^3 represents the physical world, in which external pressure is at work. A^2 represents the spiritual world, in which internal tension is active. The circle A^1 is the Divine Highly intelligent world that regulates both pressure and tension and builds. The square represents the human being, enclosed in the three worlds creating a favorable environment for one's manifestation. Pressure implies the conditions and tension—the opportunities in life. Once there are conditions and opportunities, a person can manifest oneself.

The physical world, represented as pressure, is related to the creation of the world through densifying. For matter to be manifested, to become visible, tangible and suitable for creating forms—it should be densified: from a gaseous into a liquid state, and from a liquid into a solid state. The physical world's manifestation is a result of the pressure existing in Nature. The spiritual world's manifestation is a result of the internal tension. And the Divine world's manifestation is a result of the Supreme

Intelligence that regulates both forces—pressure and tension.

Without perceiving the world in its triple manifestation, someone may think that everything depends only on the material world, thus, believing that it is easy to act and move in life. It is easy indeed, but for those who understand the world, not for the unaware ones. When people are exposed to great difficulties in life, without knowledge of how to cope with them, they will be at risk to pass through great misfortunes and sufferings. People need positive knowledge to deal with the obstacles which they alone have put in their way because of their ignorance. Then, Nature opposes them too. There are no greater obstacles than those that people create by themselves, when they ignore the Laws of Life. The barriers that one encounters on the path of life stem from the lack of understanding external pressure or outside conditions, and internal tension or inner opportunities. Pressure and tension have their sensible reasons, but as we do not understand them, we think that they are something mechanical, and, as a result, we have an unreasonable attitude toward

them. So, a person is placed between the “fire” of those two forces—external and internal. One is under attack both from inside and from outside, and willingly or not that one will have to go through that zone. What should a person do to pass through it and exit without harm? You will say that only God can arrange that. In this case, God implies the Sublime Intelligence that regulates pressure and tension, by harmonizing the physical, spiritual, and Divine Laws.

Some people complain of being extremely nervous and tense. They should not complain but be thankful for the internal tension. Without it, external pressure would have flattened them as a sheet. And if not affected by external pressure, people would have expanded so much that to dissipate into small particles floating in space. Military bombs are made after the Law of Pressure. When they are exposed to a greater internal tension than the external pressure, it causes them to explode into many tiny particles that are scattered in space. Wherever one of these particles falls, it causes enormous harm and misery.

Studying physical pressure and tension, one sees that there are also psychic pressure and tension, which affect the person's mental life. For example, one [bad] word spoken to someone can produce either physical pressure or tension in that person. If the word acts from outside, it causes psychic pressure. If a person lets it in, it produces psychic tension, and as a bomb, it can explode causing harm even to the physical body. Those who have not experienced the power of words cannot imagine the impact they could have on a person. For example, a young man returned from abroad to see his parents, thank them for all their care, and show them his diploma. But on his way home he met somebody who told him of his father's death. Do you know how these words could have affected the young man? They could have had a devastating effect on his psychic and physical life. Sometimes, without any evident reason, one can suffer a defeat. We have real life cases of people who have lost their speech and motion as they were walking. What has happened to them? You might say that they got paralyzed. We say

that external pressure was greater than they could bear—they befall in a difficult situation and could not handle it. This caused them great worries, anxiety, and disturbance that created a strong inner tension. The two forces within—pressure and tension became unbalanced. The person could not cope with them and got paralyzed.

Many people do not understand life, and as a result, they encounter both good and evil, experiencing great contradictions. What are good and evil? Theologians give a specific explanation on them. Speaking in a scientific language, we say that good and evil in the world are nothing else but forces that affect people from outside and from inside.

Some of you ask, “Is it not possible for only good to reign in the world? Can life go without evil?” Some others say, “One should not be too good.” Those people do not understand things scientifically. Evil represents pressure, good represents tension. If evil does not act from outside in the present conditions, in the current stage of human development, then good cannot

manifest itself at all. External pressure is the reason for the manifestation of internal tension. If pressure is removed, the human being will burst into thousands of particles and will go unknowingly where in space.

Two fighters are wrestling. Both are in great internal tension. Each one of them wants to be the winner. At the same time, they exercise some pressure on one another. Therefore, in their struggle, they produce external pressure on one another that counter-acts the force of their own internal tension. This example symbolizes the struggle between external conditions and internal opportunities in people.

People can never be happy until they come to a new, sensible understanding of life and Nature—becoming aware of the significance of those forces that operate in them. You hear somebody say, “I do not want to have this and that hardship.” That shows a mechanical understanding of things. Hardships cannot be eliminated in a mechanical way. The deepest reason for a hardship is hidden in one’s incorrect attitude toward things. Therefore, if an external problem is removed in a mechanical way,

soon another problem will appear. If there is a lack of understanding, difficulties will always exist. When ignorance is removed, difficulties will be eliminated too. For example, if someone walks in the street and does not care enough where he steps, he could fall and hurt himself badly. Then he gets angry and looks for the cause outside of himself, saying that the world is bad. The world is created wisely, but people do not always act sensibly. One should be wise enough to live properly, without having great difficulties. By not behaving right, unwittingly, people attract sufferings to themselves. In this sense, sufferings represent pressure or depression. If you are not very cautious and touch a hot stove, you will burn your hand. The burn itself is nothing else but pressure—you receive something from outside, while giving something from yourself. But you give more than you take. So, when the exchange is not equal, suffering emerges in one or another form.

You should observe the Law of Equal Exchange to avoid sufferings: as much as you give, that much you will receive. The more you give, the more you receive. If

you give little, you will receive little. Many people's affairs do not go well, because they do not apply correctly the Law of Equal Exchange. For example, some people give little, but want to receive plenty. Other people give abundantly, but receive little. Both situations are not just. Equal exchange must take place physically, but also psychologically. If there is not a fair exchange in the people's relationships, they will be exposed to great discords in their physical and psychic lives. Unfair exchange in the people's relationships is a reason for disturbing the equilibrium between external pressure and internal tension in them.

The forces of the physical or objective world operate mostly from outside in, that is why we say that our physical life is affected by the Law of Pressure. The forces of the spiritual or subjective world operate from inside out, that is why we say that our spiritual life is affected by the Law of Tension. Some people say that they do not need any spiritual life, but that is not a proper reasoning. Without a spiritual life, they will get flattened and will disappear. It does not mean that they will flatten physically,

but they will lose their opportunities for achievements. Physical life gives form to things, spiritual life gives content, and Divine life—meaning. That is why a person can go neither without physical, nor without spiritual, or Divine life.

Physical life deals with the forces of pressure, spiritual life—with those of tension, and Divine or intelligent life regulates both forces of pressure and tension bringing balance to life. Only when those forces are balanced, there are beneficial conditions for development. If there is fire in a hall full of people, all will try to escape. However, the wise one can foresee the fire and take precaution beforehand to prevent it. Those who cannot foresee things will panic when the fire blazes and only then will look for water to put it out. But until then, there will be much damage and harm. The Source of intelligence inside the human being can easily cope with any obstacles. Wisdom balances the forces of Nature.

The City of Chicago was burnt in the 19th century by a fire*, caused by the carelessness

* See also: <https://www.britannica.com/event/Chicago-fire-of-1871>

of a citizen. The man milked his cow in the cowshed and as it was dark he lit a candle. Meanwhile, the cow kicked the candle and the straw in the shed caught fire. The man could not extinguish it quickly enough, and because of the strong wind, the fire spread seizing the neighboring houses, and soon it took the whole town. At the time when the flames were approaching his house, a rich banker offered a fabulous prize to anyone who would dare to enter the house and save his safe box filled with securities. Everyone refused with the words, "The fire is coming!"

When all is in flames, things lose their value. When pressure prevails in life, nothing works. When great difficulties and conflicts arrive, only a wise approach can resolve them.

Wisdom and power of right thinking refer to Divine world and those who have them can avoid and eliminate contradictions in their lives. Through wisdom and right thinking one can create a harmonious life. When someone gets angry, discouraged, or worried, thus, standing between the forces of pressure

and tension, that one becomes a servant of external conditions, on one hand—and of internal opportunities, on the other hand. If there is no common sense in using life conditions and opportunities, people are exposed to great sufferings. Therefore, every condition and opportunity applied in life should be accompanied by wisdom. In other words, every thought, every feeling, and action put into motion should be well-advised. A person may have good conditions and opportunities available, but if not being wise, that person cannot achieve anything good. Good conditions and opportunities are a raw material that cannot be utilized properly without Wisdom. And vice versa, with Wisdom and Divine power, one can create something precious and valuable [in life].

Therefore, when thinking right, one is present in the Divine world; when having good feelings, one is present in the spiritual world, and when performing good actions, good deeds, one is present in the physical world. Moreover, the laws of physical world exclude and deprive of citizenship those who do not have good actions; the Laws

of spiritual world exclude and deprive of citizenship those who do not have good feelings, and the Laws of Divine world exclude and deprive of citizenship those who do not think right. Some people when they lack good actions, positive feelings, and right thinking, justify themselves saying that the world is created in this way. That is not true. Everyone should ask themselves what they have done so far, and what they can do right now. Some people say that they have been praying for thirty years. It implies that they have been in a kind of university. So, it is important what they have learned during that time. Others say that for thirty years they have been trying hard to resolve their life issues. And what have they learned from that? Making efforts without getting results—that is not science. It makes sense to try to solve certain issues, but only if you get some results at the end. Still others say that they have been working for thirty years. But what have they achieved? Without reaping something real, they will say to themselves that they are not gifted, they do not think right, and so on. Such self-condemnation is

not productive at all and does not contribute anything [to one's well-being].

Instead of feeling guilty, thinking that failure is their fault, people should get acquainted with the environment where they live. When entering the University of Life to acquire the knowledge that is needed for building New foundations of life, you should renounce all those unnatural traits inherited from your ancestors. Divine knowledge does not correlate with human mistakes, with the inherited bad and unnatural traits. Professors of the great University of Life are not interested in the misconceptions and interpretations of old erroneous doctrines about law, morality, and so on. The false should be removed, as we separate chaff from wheat. The chaff is important as well, but its place is not in the barn. People entering the University of Life search for the same amenities as at home. That is not possible. The amenities at the University differ fundamentally from those in one's personal life—they are of different nature. If you want comforts in your life, you need to put wisdom into action. The comforting conditions in life are due to the

harmonious interaction between the forces of pressure, tension, and wisdom. If the forces of pressure and tension balance each other and yield to wisdom, in other words, to Divine Source, the latter will bring ease and comfort in life. If by Wisdom, following Divine Source we can solve the tasks of pressure and tension as opposing forces in life, that means to do God's will. To come to the fulfillment of God's will, one needs to consciously learn and apply [the learned].

Now, we want to present the true order of things as it exists in Nature. We want to draw people's attention to the right thoughts. Right thoughts give freedom to people. When thoughts are right, people can explain the Laws of Life to themselves and, thus, they will gain the freedom giving them an opportunity for learning and working. All external conditions that affect people—beneficial or not, pleasant or not, represent pressure in life. The inner life of human beings with all ordinary thoughts, feelings, aspirations, wishes, worries, anxieties, troubles, and despairs represent tension in life. Those two forces, which have both outside and inside effects, need to be organized by the Divine.

How can a Divine manifestation be recognized?

A man was walking down the street carrying a bag containing important documents and money. He did not notice that the bag was falling apart—he was walking worry free. However, the bag broke and only the handle remained in his hand. Another man walking behind him saw the bag on the ground and picked it up. He ran after the owner and gave it back to him. In this case, he behaved in a Divine way. He followed his Divine guidance without being tempted by the bag's content, and immediately returned it to the owner. In the Divine world there are no thefts and crimes. Anyone who has tried to steal something was caught and searched immediately. Those who live in the Divine world, the world of Wisdom, do not steal. However, those who live in the physical world are easily tempted—that person, for example, would not have returned the bag to its owner, but would have kept it saying that it was good luck to find it. In such case, the bag would have exerted pressure on his psyche causing him a state of tension.

Studying the Laws of Divine and Spiritual world, you notice that not all feelings and thoughts are yours. Many thoughts and feelings pass through your mind, but you are not their source. You should accept only those thoughts and feelings that are in accord with your own nature and serve your upliftment and development. Do not admit inferior, egotistic thoughts and feelings into yourself, neither build anything with them. So, when sublime thoughts come to you, when you feel inspired, know that you are not alone, but you are assisted by the great Divine world in cooperation with the entire creation—for the emergence of such ideas or insights within you.

A prominent European physics professor had worked on a scientific topic for several years. When he was ready to publish his research, one of his students stole the valuable scientific material and published it under his own name. When the professor saw his work published by somebody else, he suffered a stroke. The student became famous with the stolen work, while the professor lost his good health. But soon the student was caught with plagiarism. Both

failed to cope with the forces operating in the world. The student could not withstand pressure, and the professor—tension. If they had applied wisdom, they would have solved the issue properly. The student did not have to steal somebody else's research. If he wanted to become famous, he should have followed the path of his professor. The professor, on the other hand, instead of worrying about an accomplished fact should have celebrated the publication of his research.

Nowadays, we deal with the issue of pressure and tension because all people are affected by these two forces. The conditions that people currently live in produce a lot of pressure and tension on them. It is also one of the reasons for the blood pressure problems that many people complain about. To be able to cope with the forces of pressure and tension in life, you need to balance the forces of your body with those of your thoughts and feelings. You need to rely on your innate wisdom hidden in the depths of your soul. You must understand the Laws of Life, and apply the Law of Equilibrium, to cope with the conditions

and opportunities in which you are placed. People have a lot of knowledge, but only a small part of this knowledge will form a foundation of the future building. If scientists of the past would appear today among people, they would see that many things were unknown to them. A thousand years from now, current scientists will be in the same situation relative to children of the future. Presently, the conditions for a future epoch are in preparation. Today, everything is sifted and the essential is separated from non-essential. A person has many thoughts and desires, but not all of them are essential. The non-essential will be discarded as a fertilizer, while the essential will remain for future.

What encourages people is the genuine, positive knowledge—it is not their worries, anxieties, grumbling, and loss of faith. Those who think right do not grumble, but work to solve their tasks. If you grumble, you surely need to work. Moreover, it is not allowed, grumbling without working. The one whose feelings are not satisfied, grumbles and looks for a way to satisfy them. If scientists grumble, this indicates

that they need books with which to satisfy their scientific interest. A merchant grumbles because of the need for money. An ill person grumbles because of the need for health. Everyone wants something and if they do not attain it, they grumble.

To live well, one needs to study not only the Laws of Pressure and Tension, but also the Laws of Time used by the Intelligent world. For every blessing that is given to someone, there is an exact time. Happiness comes at a designated time. Therefore, if you want to receive a certain blessing, go exactly at the appointed time and await it. The good will come precisely on the appointed day, hour, minute, and second. Nowadays, most people are usually late; so, they lose the blessings assigned to them. Only few go earlier or exactly on time. If you want to borrow money from a bank, you will go there during the banking hours. If you are even one minute late, you will find the bank closed. So, when you hear someone complaining about life, saying to have experienced major disappointments, one of the reasons for this lies in violating the Law of Time. This person has always been late.

Wherever he goes, at every place, he is told, "It is too late." This person has not followed the Divine guidance in life. Therefore, those who follow the Divine guidance, can easily solve their problems and balance the external and internal forces in their lives.

Joseph, the beloved son of Jacob, can be an example for that. He was one of the happiest people on Earth. Joseph's happiness had to do with the fact that he was born with love. His father poured out all his love in him. He was the son of Rachel, the beloved wife of Jacob. Joseph was happy, but he had to pass through great trials. Despite the favorable conditions in which he was born, Joseph could not avoid his fate. He was the favorite son of Jacob, and that is why he was a thorn in the side of his brothers. They thought that their father wanted to make Joseph a ruler over them and considered that an arbitrary decision. They could not see the hand of fate that protected him. Joseph was a wise and gifted man, a dream interpreter, who comprehended and used well the Laws of Pressure and Tension. However, his brothers did not understand him.

One day Joseph's brothers went to feed their father's flock in Shechem. Jacob called Joseph and asked him, "Go to see your brothers and the flock, then come and tell me whether they are well." Joseph went to see his brothers, but when they saw him from afar, they plotted to kill him, then to throw him in one of the ditches, and tell their father that he was eaten by a beast. Just then, traders carrying merchandise to Egypt were passing by. One of the brothers proposed, "Let's not shed blood. What would be gained from killing our brother and hiding his body? It would be better to sell him to the traders." So, they sold Joseph for twenty pieces of silver and the traders took him to Egypt. There, he was sold to Potiphar, captain of the palace guard for the Pharaoh.

Later, Joseph became an overseer of Potiphar's house and was tempted by his master's wife. In this trial, he was under the influence of the forces of pressure and tension. On one hand, he was pressured by his mistress; on the other hand, he felt tension inside himself. However, his wisdom helped him cope easily with the situation. He

left his garment in the hands of his mistress and ran out. He chose prison over all good that his mistress offered. The Divine Source within Joseph guided him as to what to do. He did not want to abuse his master's trust, so he ran out of the house. Slandered by her, Joseph was sentenced to prison, where he met the Pharaoh's servants—the chief butler and the chief baker. There, he interpreted dreams. The two servants had dreams that Joseph interpreted. He asked the chief butler, that when his dream would be fulfilled, and he would return to the Pharaoh to remember him and to speak about his liberation. But after leaving prison, the chief butler forgot about Joseph, who stayed imprisoned for two years.

Then it came to pass, at the end of two full years, that the Pharaoh had a dream; and behold, he stood by the river. Suddenly, seven cows, fine looking and fat, came out of the river and went to feed in the meadow. Then, seven other cows, ugly and gaunt, came out of the river and went to stand beside the first cows. And the ugly and gaunt cows ate the seven fine looking and fat cows without changing

their appearance. Then, the Pharaoh had a second dream. Seven heads of grain came out of one stalk, plump and full. Next, seven thin heads, blighted by the east wind, sprang up after them. And the seven thin heads devoured the seven plump and full heads. When the Pharaoh woke in the morning, his spirit was troubled. He sent and called for all magicians of Egypt and all its wise men. And the Pharaoh told them his dreams, but there was no one who could interpret them for him.

Then, the chief butler said to the Pharaoh, "I remember my faults this day. When the chief baker and I were in prison, we each had a dream one night. Now, there was a young Hebrew man with us. We told him our dreams, and he interpreted them for us. And it came to pass, just as he interpreted—so it happened." Then the Pharaoh sent and called for Joseph, and they brought him quickly out of the dungeon; he shaved, changed his clothing, and was brought to the Pharaoh.

Joseph interpreted the Pharaoh's dreams like this: The seven good cows are seven good and fertile years, and the

seven good heads of grain had the same interpretation; the dreams are one. The seven thin and ugly cows and the seven thin heads of grain blighted by the east wind are seven years of famine. Indeed, seven years of great plenty will come throughout all land of Egypt; but after them seven years of famine will arise, and all plenty will be forgotten in the land of Egypt; and the famine will deplete the land. And the dream was repeated to Pharaoh twice because the thing is established by God, and God will shortly bring it to pass. The repetition of the dream indicates that this is meant to happen from Above. Therefore, let the Pharaoh find a wise man, and set him over all the land of Egypt and appoint him govern over the land of Egypt. Let the Pharaoh appoint officers throughout the land, to collect one-fifth of the produce of the land in the seven abundant years. And let the stored grain be under the authority of the Pharaoh and preserved as food in the cities. When the seven years of famine come, there will be food for all of Egypt.

Then the Pharaoh appointed Joseph as the governor of Egypt.

To come to this moment, to become the governor of Egypt, Joseph passed three times through the process of pressure: the hatred of his brothers who sold him into slavery in Egypt, his master's wife temptation, and his imprisonment for two years. In all those trials that Joseph endured there was an interesting detail—the involvement of his garment. The father of Joseph made a multi-colored tunic for his favorite son. This tunic awoke his brothers' jealousy and hatred for him and caused that he was sold to the traders. When his master's wife wanted to seduce him, Joseph ran out of the house, but left his garment in her hands. That garment served as proof of his guilt. Accused by his master, he was imprisoned for two years. And finally, when he was released from prison to appear before the Pharaoh, he was dressed in a new, clean garment; then he was appointed the governor of Egypt.

Modern people are under the same hardships as Joseph. If they cannot cope with the forces of pressure and tension in life using the conditions and opportunities as Joseph did to earn the first post in Egypt,

where is their knowledge, where is their faith and love? Today, all people are tempted. All wish to be rich, to eat and drink heartily, and to live well. It is preferable for you to leave your garment in the tempters' hands, to run out naked, and to be put in prison, rather than submit to a temptation. You will become known in prison as a dream interpreter and thus, God will set you free and make you prosperous in life. In this case, the word "temptation" is understood as all false conditions and opportunities that delude people and make them think this is the way to achieve a high position. Conditions and opportunities can benefit you, but they cannot make you happy. Only the Divine can make you happy. Those who can use life conditions and opportunities according to the Divine Laws will fulfill all their heart's desire.

Therefore, no one can balance the forces of pressure and tension; no one can cope with the life conditions and opportunities, unless they apply the Law of Love as a supreme expression of inner wisdom. Love is the starting point of a meaningful life. At the same time, Love gives freedom.

Those who love are free. You have heard the saying “marrying mood” related to the young people’s love. In fact, there is no love in the urge to get married. The marrying mood implies a lack of love in the world. Love that appears and disappears is not a true love. The insignificant in life usually declines and falls away. It is said in the Scriptures, that you have not kept your promise to the first love. The interpretation of this verse is not very precise. Love cannot be divided into first and second. Love is one and never changes. The phrase “keep promise” in this verse is related to *understanding*. So, the verse says: Because you did not understand Love.

In his Epistles to the Corinthians, the Apostle Paul said, “Love never fails.” It is true that God’s Love never fails. Love always endures, but human beings cannot endure Love.

When in love, one feels expanded and ready to serve oneself and others: family, society, nation, and the entire humankind; ready to serve God—the Divine Providence in the world. If you do not serve the Great Intelligence in life, whom else would you

serve? Service for the Divine includes service for all. When you serve only yourself, it is like you live in a hut. When you serve both yourself and your fellowmen, you live in a palace. When you serve yourself, your fellowmen, and God; then you live in a paradise, you live in the great World. Where do you want to live: in a hut, in a palace, or in a paradise? That is up to you. Everyone determines their own dwelling place. It is alright to live at any place, but the paradise is preferable. Where do you want to study? In primary school, high school, or university? Any school is good, but university is the best. Primary school will prepare you for high school; high school - for university; and university will prepare you for life. When people come to the forces in life, they move from pressure to tension, after that from tension to pressure, and finally—from pressure and tension to a meaningful life. When one is between these two currents in life—pressure and tension, that person searches for a way out and finds it in the conscious life. Therefore, we say that pressure and tension lead people to the meaningful life. In this respect, do

not doubt that when you have outer and inner difficulties and obstacles—that is a sign of the Divine being with you.

It is said in the Scriptures, “The hour is coming, and now is, when the dead will hear the voice of the Son of God; and those who hear will live.” (John 5:25). It means that those who hear the voice of the Divine, the voice of Love, will live. And it implies that those who hear the voice of Love will rise, awaken, and resurrect. A person who has risen loves oneself or loves one; a person who has awakened loves many—loves the society; and a person who has resurrected from death loves all. The Divine life includes [these three processes of] rising, awakening, and resurrecting from death. It is a life of fullness and absolute manifestation of inner wisdom. There is polarity in pressure—good and bad conditions, and in tension—good and bad opportunities. However, contradictions do not exist in the meaningful life, but harmony and unity reign there. After balancing the influence of external conditions and internal opportunities in oneself, a person enters the Divine world and receives Divine

guidance in life. Only in this way, the human life becomes meaningful.

People need a healthy mind, to be able to cope with the contradictions in which they are placed. Sound thinking comes from the Light, brought by Love itself. In this sense, by Love it is understood that which balances human thoughts, feelings, and actions. What cannot balance them may be anything else but not Love. Wisdom and Truth cannot come, if a person is not illumined by the Rays of Love. If there is no Love, life cannot be manifested in its fullness. People want to live in full, but Life by itself originates from Love. People of today are not free because they have not come to be of service to Love.

People need to love for making the world a better place—Love will enliven them. Without Love everything is stillness. Love satisfies all needs; Love bears all favorable conditions and possibilities within itself. Love is the mighty transformer of all forces. There is a special Light emanating from the person of Love. Even the ugliest one becomes as beautiful as an angel when being in love. The Light of Love is soft and

pleasant. If someone can live a hundred years within this Light, it will feel like one year. Have you noticed the face of a person who is manifesting Love? It is shining like the sun. When Moses returned from the mountain, the Jews could not endure the Light radiating from his face. They could not bear the Light of Love.

What contemporary culture needs is Love. One should study a long time to understand the essence of Love. The love that people have, is filled with tears, sufferings, and disappointments. This is not the Love I am speaking of. I am speaking of the Love that brings life, joy, and immortality. People are not happy because they have not put Love as a foundation [in life]. If people love, they will not die. I am speaking of the Love that resurrects the dead, cures the ill, and brings the frozen hearts to life. When a person of Love passes by a dry barren field, everything begins to grow afterward. Is someone who has lost faith and hope, who is bewildered by thousands of worries and anxieties, not like such a dry soil? People have not become generous yet. When Love visits them, it

will teach them generosity. Generosity not sourcing from Love, is selfish.

Love makes it possible for our minds to see the sublime beauty of Nature. We usually see only the crude side of Nature; that is why we have a distorted view of it. Nature has also a beautiful side and it is enough for someone to just glimpse into it, in order to perceive that it surpasses in wonder the “One Thousand and One Nights” fairytales.

The superior vibrations of Love purify human beings. And in the future when one wishes to live long, one needs to love. When the superior vibrations of Love pass through the body of those who love, they are purifying and rejuvenating them.

Only through Love one can cope with the forces of pressure and tension in life, by balancing and harmonizing them.

To overcome the sufferings that are part of life, a person should have the Eternal Fire and Light within oneself as a manifestation of the Divine.

By the word *God*, which has lost its significance in this epoch, we understand

the Intelligent Source that has created the world and has given conditions for life to be manifested. It guides the whole of humankind, and reigns over the entire creation. This Great Intelligence imbues all creation and is at work both within and without. It permeates human beings as well. What the Light is for the physical world, the Great Intelligence is for the whole Cosmos, for the entire Creation. Both the blind and the one who sees move in this Light. However, the blind person cannot see it, but only believes in its existence, while the one whose eyes are open, sees and lives consciously in this Light. Those who have open eyes see the changes which take place in Nature, but they should not be deceived by them. They should know that both the finite and infinite purposes of the Great Intelligence are revealed in these changes. It is in these changes namely, that the beauty and greatness of the Whole can be seen. When the final purpose will be achieved, all things in life will find their justification. Then misunderstood things will become clear; sorrows will turn into joy. The final purpose—this is perfection in

life. Perfection by itself is a matter of the distant future as an eternal ideal for which the human soul strives.

Since perfection is the future life of human beings, what is their life today? People's life today is full of sufferings and joys. What do sufferings represent? Pressure or tension? Illness causes suffering and health—joy. When the subject is about illnesses, people do not want to discuss it. They want to free themselves from illness and suffering, but they do not know how. Every illness causes physical and moral sufferings. For example, if you step bare-footed on a tiny piece of glass from a broken bottle, you will suffer. If you had not seen the piece of glass upon which you stepped, you would not know the cause for your suffering. If you had seen it, you would know the reason for it. Sometimes people know what has caused their illnesses and sufferings, but sometimes they do not. Knowing the causes or not, sometimes they can help themselves, sometimes they cannot; yet those who are wise can always help themselves. When they see that tiny pieces of glass have pricked their foot, they

will carefully remove them, melt them in the fire, and restore the broken form. If they should throw them on the ground without melting, they would expose other people to the same danger. Do not throw pieces of broken bottles in places where people pass. The tiny pieces of glass are nothing else, but people's mistakes made under the impact of pressure and tension. Do not expose your mistakes before people to avoid their stepping on them and suffering. Collect them in one place, melt them in the fire and remake them in new forms for a new content. When you sell them, you will get the money you need; and it will be sufficient for all your needs. After you know the price of human mistakes, do not resent them, but instead gather them in one place, melt them, create new forms with them, and fill them with a new life. The new life requires new, pure, and unbroken forms. Do not think about the broken bottles but melt their pieces. Do not think about the mistakes you have already made but rectify them.

A young woman with a noble character once told her story. She had lost her

favorable conditions and opportunities in life, and as a result she had not married, but remained an old maid—according to the present-day views. She had had ten candidates for marriage, but she let them go and remained alone in life. She asked a wise man about her situation and she was told, “If you had married one of your candidates, you would have made him unhappy and you yourself would have been unhappy too. Providence has foreseen all that has happened to you. These young men stand now as an ideal in your mind, and you benefit from their virtues. Physically you have not bound yourself to any of them, but spiritually they are with you. And you regret that you have not held any one of them with you. You could not keep them to yourself. The ten young men are ten angels, who have come from the Invisible world to visit you and they have returned from where they came. They continue to support you from there. One day they will return to you. You are fortunate, but as you look at the things from a narrow perspective, you do not understand your state very well. Time passes by, but they will return.”

It is good for you to remember your youth, when you have loved, but not regretfully with the thought that you have lost something. In that which you think lost, is hidden your fortune and the fortune of your fellowmen. You should never lose your love. Love needs to grow within you, expanding continually and approaching in likeness the great all-encompassing Love. It is good to read and reread the letters written in your youth. Excellent letters were written then, but after marriage, other letters are written—letters of duties. The first letters are filled with joy and hope. They are bright, permeated by the Rays of Love. Later, the letters are written in red, and at last—in black. People of today write their letters with black ink, but the future generations will write them with their own blood. They may write only two-three words, but with their own blood. How should people write their letters? With black ink, red ink, or the ink of Love? These are all symbols, which should be understood according to their inner meaning.

Study life in all its manifestations. Life is a science. Someone has fallen in love or

despair, has gained or lost something—all these situations constitute a whole science. People should be grateful while the fire is burning within them. If the fire goes out, they are forced to look for it outside of themselves, as the planet Earth looks for the light and warmth of the Sun. Those who do not understand the value of their feelings want to get rid of them. Feelings give warmth to the human body. People with no feelings would freeze. It is better for one to make mistakes than to freeze. Freezing has, however, a positive side because no diseases can develop [in these conditions]. A life of suffering is preferable to a life of freezing without suffering. External pressure causes freezing and internal tension is related to warmth. No matter what you do, you need to pass through pressure, in other words, the impact of external conditions, and through tension, that is, the impact of internal opportunities. Thus, a person will study all three worlds: physical, spiritual, and Divine. Coming to know these worlds, you will understand the two great Commandments: “Love God” and “Love your neighbor.”

It has been said that life is an art and music is an art too. Therefore, there is a certain analogy between music and the way of the human soul in life. In this sense, tension in your life corresponds to the tone *do* (C); movement—*re*(D); attainment—*mi* (E); acquirement—*fa* (F); blossoming—*sol* (G); development—*la* (A); and well-being—*ti* or *si* (B). These are the phases in life through which the human soul passes on its upward path.

Since we are discussing the music in life, we shall quote the song “I Can Tell” [Moga da kazha]:

*I can tell that tomorrow the Sun will rise
And illumine the face of the Earth;
It will bring warmth
For everything that grows.
Shine, you mighty Sun,
So that we may learn well!
Everything with awakened consciousness
will rise
And begin its work.
Shine, you mighty Sun!
Teach us that we may learn well.*

This song is composed according to the three Laws: Pressure, Tension, and Wisdom. Before the Sun rises in the human

consciousness, one has to live between the two forces: pressure and tension, without being able to balance and harmonize them. As soon as the Sun or Source of intelligent life rises in one's consciousness, that person easily copes with the forces of pressure and tension. After harmonizing those opposing forces within oneself, a person begins to manifest creativity and devote oneself to a conscious meaningful work. In order to attain this state, one needs to learn and acquire the Divine knowledge. While working upon oneself, a young person should not grow old; an old person should become young; a foolish—wise; and the wise should continuously work and serve the Whole and its parts.

The abovementioned Laws concern the individuals, families, societies, nations, and the whole of humankind. They operate everywhere—in life and in Nature. In the present epoch of individualism, individuals and nations are estranged, feeling too far apart from each other. Each of them lives for themselves pursuing their personal goals and interests. Today, individuals as well as nations and societies are under

great pressure and tension, put in difficult conditions and having opportunities with which they cannot cope and reach balance. That is why they fall into serious contradictions and frustrations. It indicates that a new stream of life forces needs to be injected into the individual as well as into the social and international life. And this stream has already been infused in life. It brings about a correct relationship of the parts to the Whole. Would the cells and organs of the human body function properly, if they were isolated, individualized, and separated from the whole organism? In the same way, individuals, societies, and nations need to become conscious of themselves as parts of a great Whole, as parts of a common body, so that to bring about a fundamental change in all forms of life. Every part should be aware that its prosperity and well-being depend upon the prosperity and well-being of the whole organism. This is the New understanding of life. This is the Sun that rises today in the human consciousness. This is the New wave active in life now that is becoming more and more powerful in all levels of being. It will flood all societies and nations to form the foundations of a

beautiful, meaningful, and harmonious life on Earth.

Now humankind is at the turning point between two cultures and two epochs. A new epoch is approaching in which all erroneous ideas that people have so far lived with, will be transformed. The New earth and New heaven will be born from the present forms of life. And people will have such respect for each other as brother toward sister and sister toward brother. The sister can sacrifice herself for her brother in all circumstances. The brother can sacrifice himself for his sister in all circumstances. People are like tender flowers planted in life and if they do not have warmth, light, and moisture, what would become of them? The beauty of flowers depends on the supply of warmth, light, and moisture. Warmth corresponds to Love, light—to the right thought, and moisture—to the life forces.

The world of today is destined to undergo a great transformation. Heaven is a place where all beings love each other and live for each other. In the New understanding of life, people are going to realize that the good for one is good for all. The New consciousness and understanding will bring a radical

transformation to the whole order of life. Labor will receive a new direction. Love will be the incentive for new forms of labor.

The future that is coming is bright. At the present time, however, humankind is passing through a dark zone. The coming New epoch can be called an Epoch of Resurrection. Resurrection is nothing else but the Divine Love that is enlivening the consciousness of all people.

In the future, all nations will have brotherly relations and will form an enlightened new generation—that of Love. Then, the Sacred flame of eternal life will be revealed in all its beauty. Life will be manifested not in its shadows, but in its essence.

One thing remains now: everyone should apply their ideas as they think is best. That is their sacred right.

The present-day sufferings are the birth-pains of a new human being.

With silent steps, the New comes to the Earth as the dawn proclaims the arrival of a New day in the world.

*Lecture held on January 17th, 1940,
General Esoteric Class, Sofia – Izgrev.*

BIOGRAPHICAL INFORMATION ABOUT PETAR DANOV—THE MASTER BEINSA DUNO

The ideas that I present in my talks and lectures are taken from the Divine. I have fulfilled the entire atmosphere, the entire Earth with these ideas, so people can accept them.”

* * *

“The whole world bows to me, but I bow to the Master Petar Danov of Bulgaria.”
Albert Einstein

“The Spirit of Truth is active there.”
Paramahansa Yogananda

“His teachings are both direct and clear and will speak to everybody whatever their creed. Essentially, they give a prescription for living in harmony with others, with the Earth and with the Divine.” David Lorimer (“Prophet for Our Times”)

The spiritual Teacher Beinsa Duno—
Petar Danov did his Divinely assigned

service for the spiritual awakening of people and advancement of humankind toward oneness. In his own words, “A bright epoch is coming in which the idea of a united human family will come true. However, the Divine Spring will gradually be setting in, not at once. Imperceptibly, people will pass through numerous inner transformations and will awaken one day in a new state of being—similar to that of a caterpillar which has become a butterfly. What is happening now can be called a *Manifestation of the Divine Source in humankind.*”

Important Dates and Events:

1864: Petar Konstantinov Danov was born on the 11th of July (29th of June by the Julian calendar—on the Day of Saint Peter) in the village of Nikolaevka (the former Hadurcha), near the Black Sea in the district of Varna. He was the third child in the family of the Orthodox priest and educator Konstantin Danovski and Dobra Georgieva.

1872: Petar Danov entered the Elementary school in Nikolaevka.

1879–1884: He attended the all-male school in Varna, but did not graduate because of a prolonged illness.

1887: Petar Danov graduated from the American Theological School in Svishtov.

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

1888: In August, Petar Danov left for the United States and enrolled at the Drew Theological Methodist Seminary in Madison, New Jersey.

1892: On the 19th of May he completed a preparatory course in Theology (except Greek) at the Drew Theological Methodist Seminary, Madison, New Jersey.

1892–1893: Petar Danov enrolled in the School of Theology at Boston University as a special full time student. He graduated on the 7th of June, 1893 with the graduation thesis “The Migration of the Teutonic Tribes and their Conversion to Christianity.”

1893–1894: He attended courses in Medicine at Boston University only for one year.

1895: Petar Danov returned to Bulgaria, but refused the offer to become a Methodist preacher.

1896: He published the book “Science and Education” in which he analyzed the human path in the world drama and the coming of a New culture.

1897: On the 7th of March, in Varna, Petar Danov had a mystical experience that divulged his spiritual mission. The same year he founded a Society for Spiritual Upliftment of the Bulgarian nation and wrote a mystic booklet entitled “Hio-Eli-Meli-Mesail”, which was published later. This year was a turning point in his life—the beginning of his work as a spiritual Teacher.

1898: The Master gave the talk “An Appeal to My People—the Bulgarian Sons of the Slavonic Family” before the members of the Charitable Society *Mayka* (“Mother”) in Varna as a message for social and spiritual self-determination.

1899: Petar Danov wrote “The Ten Testimonials of the Lord” and “God’s Promise.”

1900: The Master summoned his first three disciples: Penyo Kirov, Todor Stoimenov, and Georgi Mirkovich, M.D., to a meeting in Varna in July. This was the beginning of regular annual meetings with an increasing number of attendants and followers.

1900-1942: Annual gatherings were held, usually in August, at different places: Varna and Burgas (1900–1908), Veliko Tarnovo (1909–1925), Sofia (1926–1941), the Rila Mountains and Mount Vitosha.

1901-1912: The Master traveled across Bulgaria to hold lectures and perform phrenological research studies of the Bulgarian character.

1906: He settled in Sofia, the capital of Bulgaria, at 66 Opalchenska Street, where he began to deliver his Word orally in the form of spontaneous talks.

1912: Petar Danov worked on the Bible in the village of Arbanasi, near Veliko Tarnovo, and completed “The Testament of the Color Rays of Light,” which was published in September, the same year.

1914: He began to give regular Sunday lectures to the general public in Sofia. These lectures were recorded in short-hand by the stenographer Todor Galabov*. Later, they were decoded, edited, and published in the series of lectures “Power and Life,” which presented the fundamental principles of a New Teaching.

1917–1932: Beinsa Duno held a Special spiritual class for married women in Sofia.

1917–1918: During the World War I he was interned in Varna under the pretext that his Teaching was weakening the spirit of soldiers at the front. His followers increased considerably after the war and approached forty thousand in the late 1930s.

* The Sunday lectures were held until 1944. For the period 1914–1917, Todor Galabov (1870-1935), professional stenographer working in the National Assembly of Bulgaria, was short-handing and decoding the lectures of Beinsa Duno. After his leaving the country, Pasha Todorova (1888-1972), school teacher in chemistry, took over the work followed by Elena Andreeva (1899-1990), and later Savka Keremidchieva (1901-1945) joins them, thus forming a trio of dedicated stenographers.

1922: On the 24th of February, a School of the Universal Brotherhood of Light was opened in Sofia with two classes for spiritual students: the General Esoteric Class and the Special (Youth) Esoteric Class. The Master delivered his lectures twice a week until December, 1944, for nearly 23 years without interruption.

1927: A settlement called *Izgrev* (“Sunrise”) was established near Sofia (today it is a residential area of the city) as an intentional spiritual center for Beinsa Duno’s followers. The Master settled permanently there, where he lectured on various subjects in a hall specially built for this purpose.

1929: The first summer tent camp was carried out at the Seven Lakes in the Rila Mountains. The gatherings at the Rila Mountains and the Summer Spiritual School there became a tradition for the followers from Bulgaria and abroad. Nowadays they take place every year in August with thousands of participants.

1930: On the 21st of September the Master began a new series of the Teaching:

The Morning Word (Sunday lectures at 5 a.m.), which continued until April, 1944.

1934: The Master presented *Paneurhythmy* (The Cosmic Rhythm of Life)—a series of 28 exercises containing music, lyrics, and movements. Later, he added two more parts: “The Sun Rays” and “The Pentagram.” *Paneurhythmy* was finally completed in 1942.

1944: Beinsa Duno with a group of followers spent the hardest months of the World War II (January 14, 1944*–October 19, 1944) in the village of Marchaevo, at the foot of the Mount Vitosha near Sofia, in the house of Temelko Gyorev. This house is preserved and is functioning now as a museum, dedicated to the Master.

On the 20th of December, 1944 the Master delivered his lecture “The Last Word” to the General Esoteric Class.

On the 27th of December, 1944 Beinsa Duno ended his earthly path in Sofia. By

* In some other sources January 11, 1944 was mentioned as the date, when the Master departed for Marchaevo.

the ordinance of a special permission he was laid to rest in the Izgrev quarter. This sacred place is now turned into a beautiful garden, which is open daily to the public.

The Master Beinsa Duno left an invaluable spiritual legacy consisting of numerous talks and lectures, correspondence, prayers, formulas, melodies and songs; physical, callisthenic and breathing exercises; spiritual methods and practices for personal and group work, for self-improvement and enlightened living filled with harmony and love.

The Master Beinsa Duno – Petar Danov

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