

BEINSA DOUNO



PANEURHYTHMY

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# **PANEURHYTHMY**

presented

by

**Krum Vazharov and Maria Mitovska**

**VSEMIR  
Sofia**

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This booklet is an English translation of part of the book  
PANEURHYTHMY from Beinsa Douno presented by Krum Vazharov and  
Maria Mitovska, (1993), Sofia, published by Vsemir.

**Note:** Krum Vazharov (psychologist, educator, 1908-1991) was a disciple  
of the Master Beinsa Douno from 1927 and witnessed the Master giving the  
Paneurhythmy.

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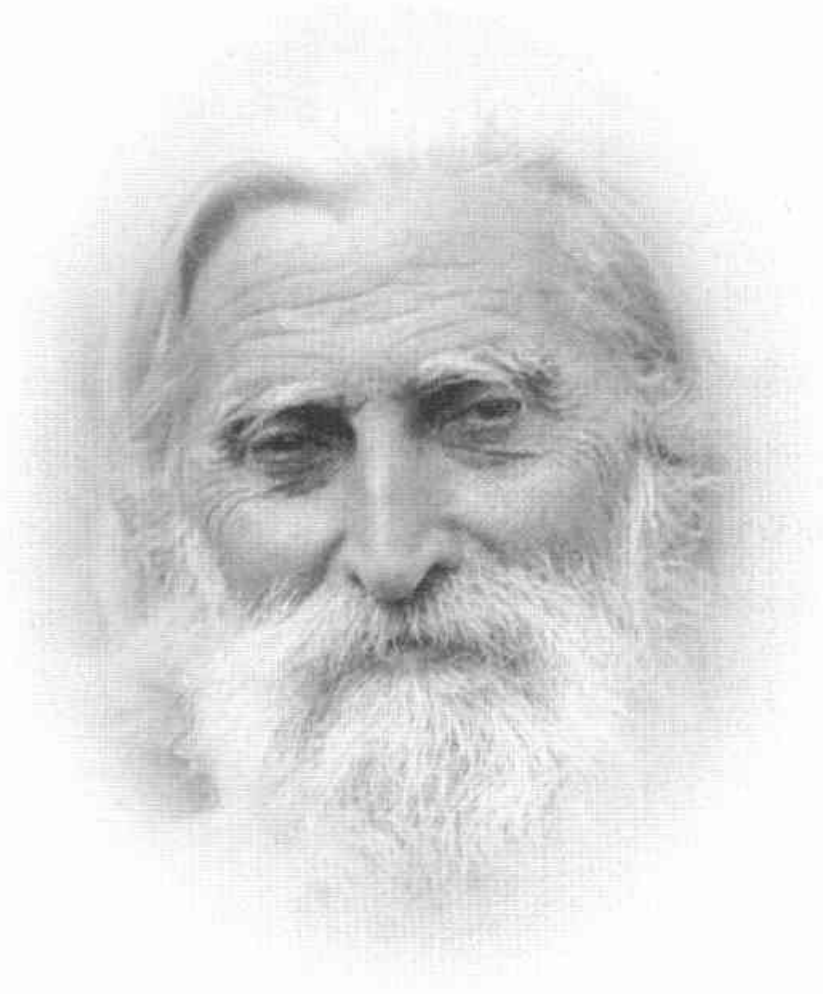
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Peter Konstantinov Deunov (Beinsa Douno)  
(1864-1944, born in Bulgaria)

Beinsa Douno, a great and inspired spiritual teacher, composer and musician,  
came to preach the teaching of Christ.:

*"The ideas I am giving in the talks and lectures are taken from the Divine.  
What Christ said and what I am saying come from one and the same source.*

*I have come to manifest Love and bring it to earth.*

*This is my mission. "*

## INTRODUCTION

The Paneurhythmy is a sacred exercise danced daily between the Spring and Autumn Equinoxes. Paneurhythmy is a living circle of Beauty, Harmony and Unity. It gives inspiration to the world. The Paneurhythmy music and movements were given by the Master Beinsa Douno. He states:

*"Paneurhythmy brings life, power, joy and beauty within the human soul."*

*"Paneurhythmy is a harmonious creative manifestation of the Divine in the Universe."*

*"If you perform the movements of the Paneurhythmy correctly, positive energies will flow through you and God's Love will connect you to one another in an endless circle within the Universe."*

*"Paneurhythmy is the key of my teachings which brings peace to human souls. They must receive this key from you; you must give it to them. It will open the souls still plunged in the world of oblivion. The consciousness of these beings will be illuminated, and they will grasp the meaning of their life."*

The Master gave Paneurhythmy exercises gradually during several years. In the beginning, he taught Katya Griva the movements and she taught the others. Katya was an opera singer. Later he gave the Pentagram and the Sunbeams. A few days before the Master passed away, he said to Iarmila Mentzlova: "You will present the Paneurhythmy in a correct way." When Iarmila's husband, Krum Vazharov, introduced her to the Master, the Paneurhythmy, Sunbeams, and Pentagram were already given. The Master instructed the musicians to play the Paneurhythmy and asked Iarmila to dance. It was a great surprise for everybody to see how Iarmila listened to the music and beautifully did the real Paneurhythmy movements she had never ever seen before. Then the Master said: "Look at the correspondence that exists between music and movements!" Iarmila was a professional dancer and choreographer. She had a great talent for expressing the music in movement.

I started to dance the Paneurhythmy when I was a teenager. Katya Griva taught me very precisely how to dance correctly. Later I met Iarmila in Paris and learned the Paneurhythmy movements from her at a more profound level. I was impressed by her perfect dancing. For 22 years I worked with Krum Vazharov, psychologist and educator. Krum became a disciple of the Master in 1927 and had witnessed the giving of the Paneurhythmy.

Knowing Krum Vazharov, Iarmila Mentzlova, Katya Griva, Vessela Nesterova, Boris Nicolov and other disciples of the Master was a great privilege in my life. Learning Paneurhythmy from those enlightened people was a beautiful gift and blessing for me. Above all, I express my awe and grateful thanks to the Master Beinsa Douno for his Divine Work and mission.

Maria Mitovska

## PANEURHYTHMY IDEAS AND PRINCIPLES

The word PANEURHYTHMY means "supreme cosmic rhythm":

PAN - means whole, all-over, cosmic;

EU - means true, supreme, the essence from which everything arises;

RHYTHM - means periodicity or correct regularity of movement.

Each Paneurhythmy exercise has symbolic significance and expresses a particular thought, feeling and action. It also reflects the Divine Spirit. The few extracts\* from the Master Beinsa Douno's teachings presented within this book provide only a brief introduction to their richness and scope. The essence of Paneurhythmy and some of the basic ideas it contains are presented in Diagram 1. The primary benefits of the Paneurhythmy are summarised in Diagram 2.

By performing the Paneurhythmy, we may learn how to be in harmony with the movements of the universe and how to create, to construct and to organise ourselves in a perfect way. Harmony means co-ordination of these forces. When these forces are co-ordinated, there is mutual understanding and help. Love is the only power, which has the capacity to bring about harmony. When love determines and co-ordinates our thoughts, feelings and actions, we may live in accordance with the great laws of Nature. Paneurhythmy unites us and harmonises our individual and collective energy.

Paneurhythmy movements and music contain the vibration and rhythm of living Nature and this sacred exercise produce a conscious energy exchange between Nature and the dancers. Paneurhythmy improves physical, emotional, mental, and spiritual health; strengthens the organism's muscles and bonds; increases the capacity of organs and regularises their function; improves breathing, blood circulation, nervous system functioning and mental capacities. Paneurhythmy rejuvenates and creates a beautiful body.

When we perform the exercises consciously we begin to vibrate in harmony with the cosmic rhythm, and our latent forces, talents and gifts become activated; they grow and manifest themselves. Paneurhythmy stimulates the awakening and development of our spiritual gifts including mercy, compassion, love, faith and hope. Paneurhythmy develops musical capacity and sensitivity. Paneurhythmy awakens the human soul to the Divine impulse and when the Divine energy begins to flow through us, then our body, mind, and heart will be transformed. Thus we will prepare ourselves for the new Cosmic spring, which is coming on our beloved planet.

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\* the extracts are presented in italics and the references are given at the end. For more details see the Bulgarian book *Paneurhythmy* (1993), presented by Krum Vazharov and Maria Mitovska and published by Vsemir, Sofia

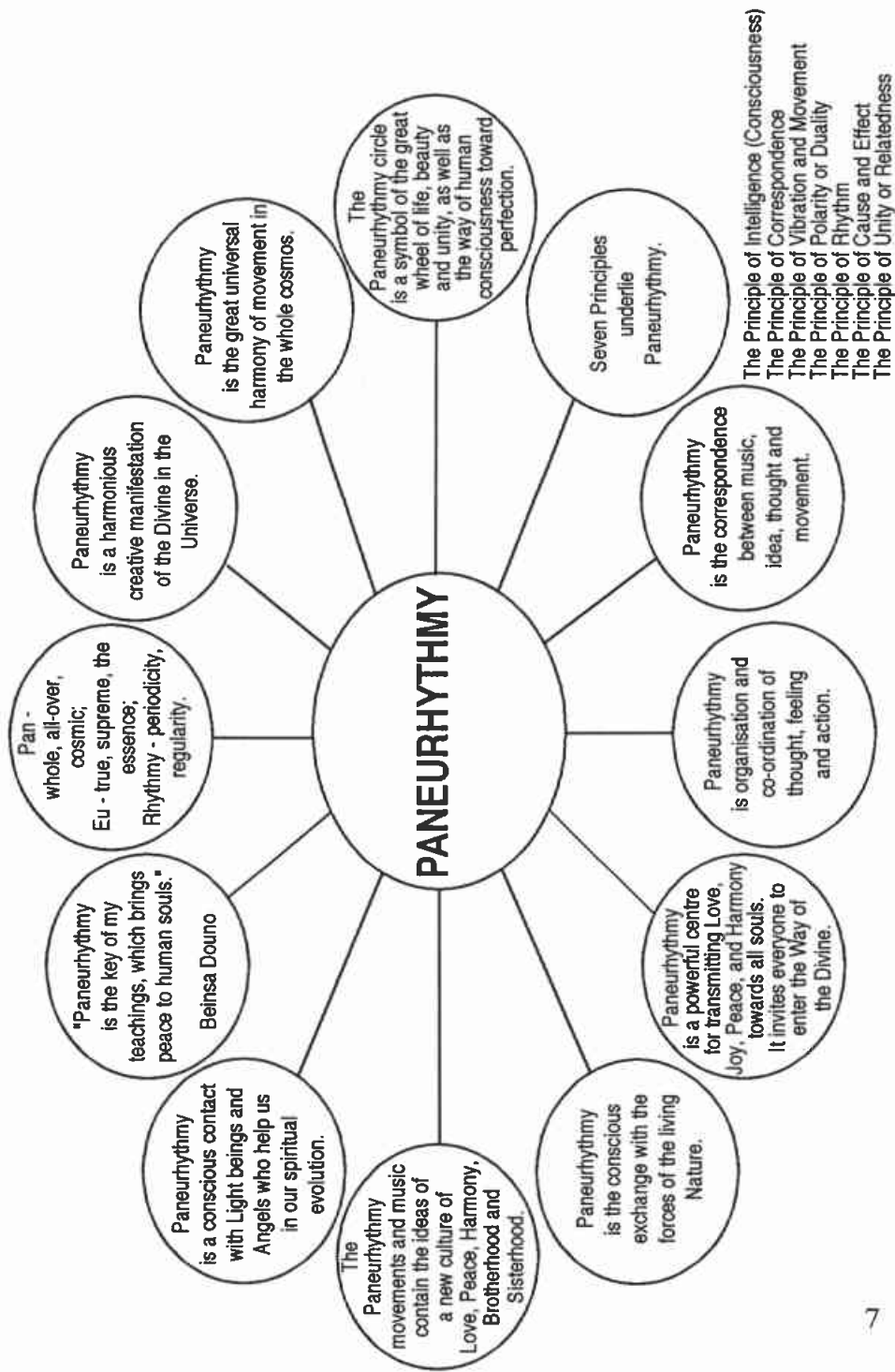


DIAGRAM 1



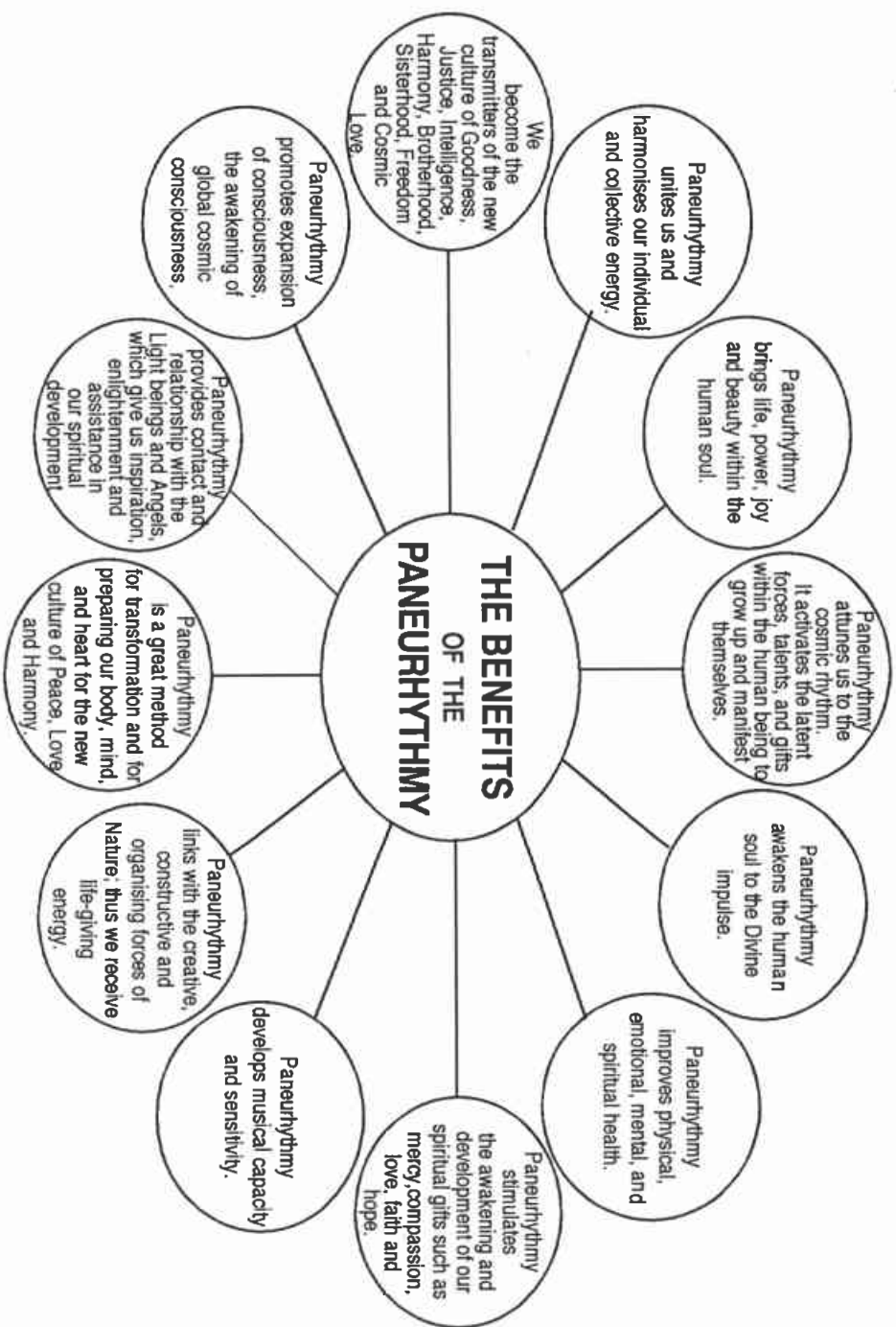


DIAGRAM 2

The Paneurhythmy circle represents the great wheel of life and the way of human consciousness toward perfection. The Paneurhythmy movements and music contain the ideas of a new culture of Love, Peace, Joy, Goodness, Harmony, Justice, Freedom, Brotherhood and Sisterhood. Moreover Paneurhythmy is a powerful centre for transmitting these wonderful ideas to all souls and an invitation to enter in the Divine Path. It is a great contribution to the creation of a New World order and culture.

Thus Paneurhythmy prepares the way for the new beautiful life which is coming, a life of Peace, Freedom, Justice, Wisdom, Harmony and Cosmic Love.

According to the Master Beinsa Douno, seven principles underlie the Paneurhythmy. These principles are explained here through a selection of extracts from the teachings.

### I. THE PRINCIPLE OF INTELLIGENCE (RAZUMNOST\*)

Everything in Nature is intelligent, conscious, sensible, rational (razumen).

*"There is an inner law, a Wise (Razumno) Consciousness which directs the consciousness of all beings. This essential Consciousness directs all others and defines the position of each one in life."*

*"By the word sensible (razumen) we mean the kinds of manifestation in which people can see a consistent unbroken bond between all things in Nature. Such people can be called wise (razumni) because they see the Divine bond in operation through both in good and evil."*

*"Every thought, every feeling, every act people exercise must be wise (razumen). Only thus may they cope easily with all problems and build their lives harmoniously."*

*"When love visits people, they feel an inner expansion and are ready to serve of the Principle of Intelligence (Razumnost). This incorporates being of service to all."*

### II. THE PRINCIPLE OF CORRESPONDENCE

"As above, so below." There are analogies and correspondences between all created phenomena.

*"When people study both themselves and the processes of Nature they see that the processes in the physical world are the same as those in the spiritual world."*

\*We have used the word 'razumen' because there is no word in English corresponding to the Bulgarian word 'razumen', which contains the ideas of reason, common-sense, wisdom and spiritual intelligence combined. The word 'razumen' also points to the deep inner meaning and relatedness that exists within and between all things, which is to be understood not only conceptually, but also experienced as the light of God within each one of us.

"Every physical movement we make is accompanied by a certain psychic change."

"Each movement expresses a certain musical tone. When the movement coincides with the tone that corresponds to it - this is a great power."

"It is beautiful when movement and music are linked. It is even more beautiful when speech is linked as well. Movements follow the same laws as tones. They must be musical."

### III. THE PRINCIPLE OF VIBRATION OR MOVEMENT

Everything is moving and vibrating.

"Life is movement. You have to move while you are alive."

"The law of self control relates to the law of movement."

"Our movements have to be grateful. Only with these kind of movements we may restore the Harmony which is lost now."

"People can either receive or give away part of their energy through their motions. People should have conscious gestures and apply them in physical life as a means of transforming energy."

"Work consciously upon yourselves to correct your movements."

"When you perform a natural movement in accordance with the laws of Nature, you will feel a great pleasure within yourselves."

"In order for people to be in good relationships, to love each other and to develop, the vibrations of their movements must be in harmony. You may achieve this by performing these exercises."

### IV. THE PRINCIPLE OF POLARITY OR DUALITY

Everything in Nature is dual and polarised. It is connected with the creative masculine principle and the feminine constructive principle of nourishment.

"The disciple of the Divine school should know that for all negative powers in Nature there are corresponding positive powers, such as virtues and gifts. You have to know this law. One needs to learn not only about the positive things, but also about the negative. It is important for a person to make sensible use of all the conditions in which he lives."

"The energy of the Earth is positive in the morning and negative in the afternoon. That is why in the psalms it is said joy comes in the morning. Joy is positive energy, sorrow negative. Likewise, good is positive energy, and evil negative."

"Cosmic energy exists in our lives in a way similar to electricity and magnetism."

*It flows into all people. Those who have received more electricity are harder, while those who have received more magnetism are softer."*

*"The mind is the positive energy of people, while the heart is the negative energy; the will-power, however, is neutral. If your will-power is not strong, you cannot regulate the energies of the mind and heart."*

*"A movement forward, a movement backwards, these are the two currents, one electrical, the other magnetic. The right foot has one influence, that of the active side of electricity, and the left foot, the passive side, has another: the influence of magnetism."*

## V. THE PRINCIPLE OF RHYTHM

There is rhythm in all Nature. It is the organising principle.

*"When the ancient philosophers said 'Know thyself', they meant that people should learn the two laws of regular movements: 'the law of ebb and flow' and 'the law of rhythmic motion'. There are currents from the centre to the periphery and vice versa in everything. There is an ebb and flow, a rising and a falling, and a generation and degeneration in everything."*

*"The rhythmical movement of the blood in the human heart follows the rhythmical waves of the sun. Therefore, always keep in mind the thought that your heart and pulse should be in harmony with the pulse, the rhythm of the sun."*

*"There is a definite rhythm in speaking, walking and action. People should respect the rhythms established by Nature herself."*

## VI. THE PRINCIPLE OF CAUSE AND EFFECT

Everything in Nature has a sensible (razumna) cause.

*"Karma, which people create themselves, results in the deviation of the human spirit from the orbit of its path. The law of karma is not there to frighten people but to show them the causes and effects of things. When people realize that the position they have at the moment has been taken on willingly in accordance with their own will, then they will be able to avoid a large part of their present misfortune and suffering."*

*"The fault does not lie in the fact that you have made a mistake, but in the fact that you have not corrected that mistake. As soon as you realize your mistake, correct it."*

*"If you do good to your neighbour, one day he will play a part of light or warmth in your life; your development is impossible without light and warmth."*

*"To do away with your karma you must make friends with all people."*

*"If you want to liquidate the law of karma, keep the law of Divine Love."*

## VII. THE PRINCIPLE OF UNITY OR RELATEDNESS

Everything in Nature is related through a basis of unity and oneness.

*"All people, all beings are parts of the Divine organism."*

*"When one comes to the earth and co-inhabits with people, animals, plants and minerals, one cannot be free from their influence. The whole of Nature influences human beings, but we also influence Nature. This law is unavoidable."*

*"Every motion, every thought, every feeling must be in harmony with the whole Divine law to which all beings within the collective consciousness are subject."*

*"When all beings are in harmony with us we feel an eternal joy."*

*"If people kept the great laws of Existence they would be connected with the intelligent (razumni) beings as energies that work in unison with the whole Universe. These intelligent (razumni) beings work for the happiness of all people. They work for the realization of the new creed, the creed of Love."*

*"Link yourselves with all good people who work with love for the Divine cause - no matter what their creed or nationality. Only in this way will people understand why they have come to earth."*

*"The Love of God unites all people. This is a great truth which is tested daily."*

To know, feel and experience the spiritual meaning of the Paneurhythmy, it is necessary to understand the profound principles and laws of the teachings. Anyone, who would like to learn Paneurhythmy properly and to receive the full benefit offered by this sublime sacred dance, should study, research and learn the whole teachings of the Master Beinsa Douno.

## GENERAL PERFORMANCE INSTRUCTIONS

With the musicians at the centre the performers form a circle in partners. All face anti clockwise, partners standing an arm's width apart, in line with the centre, forming two concentric circles (Photograph 1 and 2).

*"All physical bodies in space which conserve their energy are moving in circular orbit. The same statement is valid for people who have to keep their energy. They have to move in a circular orbit. All individual and collective suffering results from the loss of this Divine energy."*



Photograph 1

In almost all the movements the general direction of travel is anti clockwise. Only in the Jumping, Square, Joy of the Earth, etc the dancers turn either their faces or their backs towards the centre of the circle (Photograph 3). That is specially marked in the description of the corresponding exercises.

*"In the Divine world the forces move from right to left, in the spiritual world from left to right. In the physical world the forces move in the direction corresponding to the Divine world."*

The exercises of the Paneurhythmy are performed with music given by the Master Beinsa Douno.

*"Music is a power that transforms the energies of men."*

*"Music is one of the great means in the world through which you can tune yourselves."*



Photograph 2



Photograph 3

*"When you perform the musical exercises, choose a partner or a person who is harmonious to you. If you are not in harmony or if you embarrass each other, you should not dance together."*

Maria Todorova (left) and Iarmila Mentzlova (right) are wearing white clothes as recommended by the Master for the performance of Paneurhythmy (Photograph 4).



Photograph 4

During the musical pauses at the end of each exercise (with the exception of the first ten exercises which are performed without a break) the dancers stand upright with their feet together and hands at the sides, either with their faces or their backs turned to the centre depending on the following exercise (Photograph 5).

When performing the Paneurhythmy the body should be upright.

*"The bodies have to be upright. Bending shows that you have two centres, one towards the Earth, the other towards the Sun. If you are bent, you are in union with the Earth. The centre of the Earth has the upper hand. In this way a curved line is formed. Your affairs do not go well. You should stand up like a candle; the centre should be the Sun"* (Photograph 6).

The exercises begin with the right foot. When stepping, the weight of the body should fall on the toes first, not on the heels (Photograph 7).

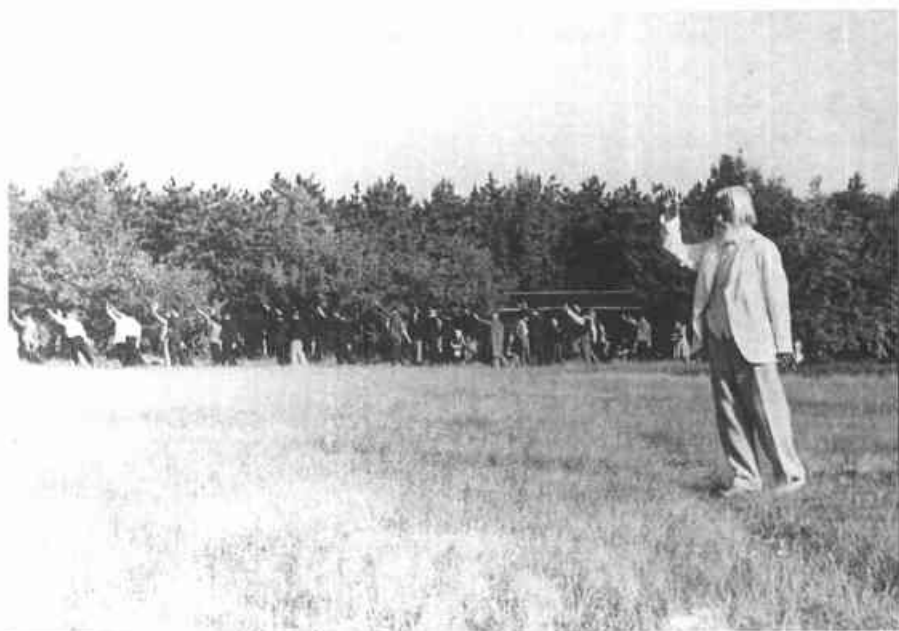




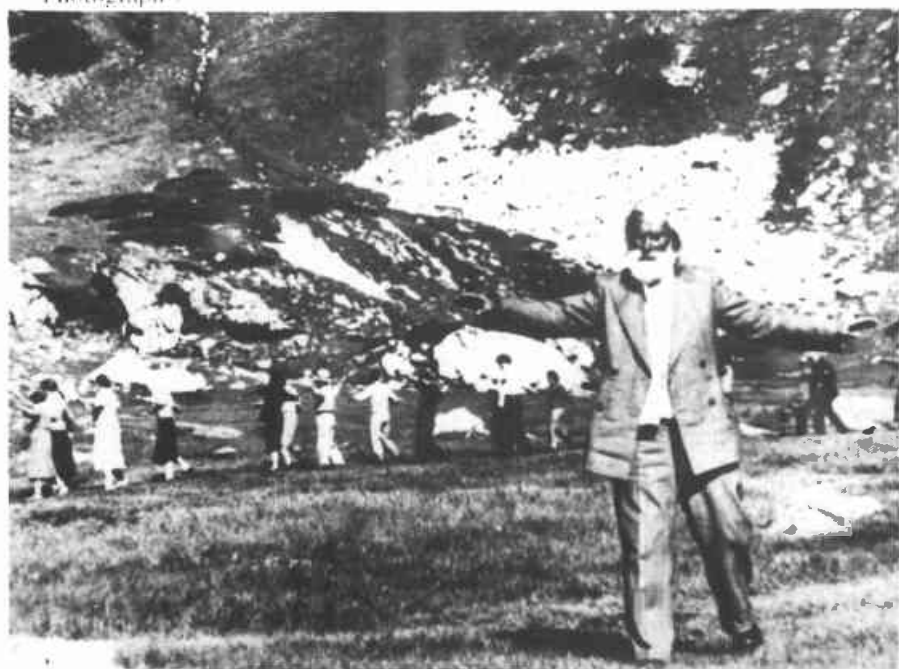
Photograph 5



Photograph 6



Photograph 7



Photograph 8

*"Learn to step first on the toes and then on the heels. In this way you will avoid concussion of the spinal cord."*

*"The exercises are performed gracefully, with straight limbs, with ease, but you should not dance like ballerinas."*

*"If you keep your feet loose, you will not make contact with the energies of Nature. That is why the leg should always be firmly stretched, expressing will-power. If you raise your arm and do not stretch it properly, you will not make contact with the Sun. You should step harmoniously in order to be in contact with the currents that come from left and right. Each exercise is effective only when you are in contact with the living energies of Nature, the energies of the Earth and energies of the Sun" (Photograph 8).*

*"The fingers of the hands should not be spread, but should touch one another" (Photograph 9).*



Photograph 9

*"The arms and the legs are two opposite poles and they play a very important role. A person who does not know how to exercise his arms and legs will achieve little. The head is placed between the two poles. It is the centre. If you move your arms well, you will be able to cope reasonably with the human world. If you move your legs well, you will have a good relationship with the animal world. If you move*

*your spine properly and beautifully, as well as the muscles linked with the spine, you will know how to manage the plant kingdom and how to draw energy from it. "*

*"Each muscle, each nerve and each cell has to be put in motion " (Photograph 10).*



Photograph 10

When doing the Paneurhythmy, great concentration is needed. The starting positions should not be performed before the music begins (a detailed description is given only to facilitate the learning of the Paneurhythmy). The consciousness must be fully awake. It is always necessary to be in tune with musicians, to step with their rhythm, and to be ready to begin with them.

*"The exercises are performed in a concentrated manner. When you are performing the exercises, you should not watch or think how the others are performing them, you have to be engrossed in them yourselves. Your thoughts have to enter your arms, your legs; each cell has to take part. The thoughts, feelings and movements are the important things. The thoughts give everything direction; the feelings give content while the movements provide clothing without which the actions are impossible. The thoughts and the feelings should play a part in movement and should penetrate every cell" (Photograph 11, 12, 13).*

*"The exercises of the Paneurhythmy are like a preamble to the Divine world. Some of the exercises of the Paneurhythmy enter the Divine world; others, the*



Photographs 11, 12, 13

*spiritual world; still others, the physical world. Learn to perform them correctly."*

*"Study the exercises step by step, a little at a time, so that you may learn them well; perform them sympathetically, never in a sharp or abrupt manner. A lot of energy is lost in sharp movements; they have an entirely different character."*

*"When performing the exercises, you have to believe that they are for your benefit."*

*"The exercises play an important part in the rejuvenation of people. If you do them well and properly, the wrinkles on your faces will eventually disappear."*

*"When you perform the exercises, you can put right many of your defects. You can put right at least some of your inherited characteristics."*

*"There should be an internal rhythm in the exercises, so that they may be useful and healthy."*

*"The state of mind should be: 'TO BLESS' " (Photograph 14).*



Photograph 14

# PANEURHYTHMY EXERCISES

## 1. AWAKENING\*

*"When you wish to guard against worldly influence, you concentrate upon your centre, towards God within you. You direct your mental activity towards God. This is an awakening of your Divine consciousness."*

*"Once the Divine, Cosmic consciousness is awakened, one leads a conscious sublime life."*

*"When Cosmic consciousness is awakened, one feels a great joy which nobody can take away. Until one enters that consciousness, joy comes and goes."*

*"Everyone whose consciousness is awakened is young. One is linked to the White Brothers and is a member of the White Brotherhood."*

### Movements

Melody 'The First Day of Spring' 1. 'Awakening'

1. The hands are placed on the shoulders, fists lightly closed, feet together (figure 1. 1). As the right foot steps forward, the arms open horizontally, palms turning face downward, fingers together (figure 1. 2).

2. The left foot steps forward and the hands return to the shoulders.

These movements are repeated until the end of the melody 'Awakening'.



Fig 1. 1



Fig 1. 2

## 2. RECONCILIATION

*"You must reconcile the contradictions within yourselves. I tell you a great Truth. Think no evil thoughts. Everything in the world is good."*

*"Humility is a process of absorbing Divine energy. You cannot accept this Divine energy within yourselves if you do not have profound humility."*

\* The first ten exercises, called 'THE FIRST DAY OF SPRING', run in a continuous sequence.

*"Humility is a law for the preservation of energy. The humble person does good work using very little energy."*

*"To be humble means to realize that you are able to do everything and at the same time be kind enough to give way, even to an ant."*

### **Movements**

Melody 'The First Day of Spring' 2. 'Reconciliation'

1. The right foot steps forward and at the same time the arms describe a downward semi-circle out to the horizontal (figure 2. 1).

2. As the left foot steps forward, the hands return to the chest, as at the start, palms facing, the fingertips touching (figure 2. 2).

These movements are repeated until the end of the melody 'Reconciliation'.



Fig 2. 2



Fig 2. 1

### **3. GIVING**

*"Giving is one of the great processes of Nature in the physical world. God manifests Himself through it. Therefore, be as generous as God."*

*"Give generously and, according to the law of Opulence, things will be returned to you. Such noetic giving of love will bring the salvation you expect. Give away and fear nothing."*

*"One of the qualities of great Love is giving away. If you acquire that quality, you will be able to keep the Divine element within yourselves."*

*"If you give, you shall receive. This law is the law of universal abundance."*

*"If you give much, you shall receive much; if you give little, you shall receive little; if you sow much, you shall gain much; if you sow little, you shall receive little. Such is the law."*

*"Keep this law; you have received freely, so give away freely. In other words, as you receive from God, so give away yourselves. You receive knowledge, peace and joy. You have to give the same to other people. People have an inner impulse*



to give. They should not subdue that impulse. And if people give freely, they will receive freely. The moment you make the decision to live in this way, you will receive the aid of all good, sublime beings on the face of the Earth."

"In order to rationalize giving and receiving, people have to give thanks. The energy that flows through the person who gives and the person who receives is Divine and this should be given due regard. It should not flow in vain."

### Movements

#### Melody 'The First Day of Spring' 3. 'Giving'

1. As the right foot steps forward, the arms unfold forwards to the horizontal in a gesture of giving, palms face up (figure 3).

2. The left foot steps forward and the hands return to touch the chest.

These movements are repeated until the end of the melody 'Giving'.



Fig 3

## 4. ASCENDING

"Ascending gives people joy. As well as joy, it brings them expansion. When descending people undergo suffering, which develops their spiritual depth. This depth corresponds to the height to which they have risen. If there is no descending, people will know delight, but remain at the same stage of development."

### Movements

#### Melody 'The First Day of Spring'

##### 4. 'Ascending'

1. As the right foot steps forward the right hand extends upwards, palm forwards, fingers straight. At the same time the left hand extends downwards, a little behind the body (figure 4. 1).

2. The arms are reversed, describing graceful arcs, the left arm ascending with the left foot (figure 4. 2).

These movements are repeated until the end of the melody 'Ascending'.



Fig 4. 1



Fig 4. 2

## 5. ELEVATION

"When we move our arms upwards, it means we start from the material world and move towards the Divine world. This is evolution. Moving the arms downwards

*is involution: God descending to Earth. When we go towards the Lord we have to take something. Moving downwards brings the good things God has given us down to Earth. It is a blessing to us and to all people."*

### **Movements**

Melody 'The First Day of Spring'

#### **5. 'Elevation'**

1. The right foot steps forward and both arms stretch forwards and upwards, palms forwards, fingers straight (figure 5. 1).

2. As the left foot steps forward, the arms swing down in a graceful arc, reaching a little behind the body (figure 5. 2).

These movements are repeated until the end of the melody 'Elevation'.



Fig 5. 1



Fig 5. 2

#### **6. OPENING**

*"Open your souls to the Divine Consciousness and view everything from there. Until you accept God as an object of your love, you cannot achieve anything. Your thoughts should always be concentrated towards God. Then no power may cause you evil."*

*"Open wide your hearts so that Divine warmth may enter and you may feel Divine joy and exaltation. Open wide your homes so that Divine light may enter them and set your paths straight. Open wide your souls so that Divine power may enter and make you bold and daring."*

*"Thus the doors of your minds and hearts must always be open wide, so that you may hear the voice of God saying, 'Leave your old narrow-minded concepts. Leave the old life and enter the new one with new understanding'."*

### **Movements**

Melody 'The First Day of Spring'

#### **6. 'Opening'**

1. As the right foot steps forward, the right arm opens from the chest, describing a horizontal semi-circle, palm face down. The left hand is on the hip (figure 6. 1).

2. As the left foot steps forward, the right arm returns to the chest (figure 6. 2).



Fig 6. 1



Fig 6. 2

The movement to change arms is signalled by the first long note in the music. The right arm then returns to the chest with the left foot. The right hand is placed on the hip and the left arm opens with the next right step. The left arm then closes with the left foot and opens with the right foot to the end of the movement.

## 7. LIBERATION

*"What frees a person from his fate is his love of God. Through that love he learns the law of service. When a person decides to serve God, he liberates himself from the burden of his fate, from the dark slavery into which he has fallen. The chains that bind his feet fall off."*

### Movements

Melody 'The First Day of Spring'

#### 7. 'Liberation'

The hands are in front of the chest, as if gripping a horizontal rope (figure 7. 1).

1. As the right foot steps forward, the hands tear apart, in downward semi-circles, reaching out to the horizontal, palms face down (figure 7. 2).

2. As the left foot steps forward, the hands return to their initial position. These movements are repeated until the end of the melody 'Liberation'.



Fig 7. 1



Fig 7. 2

## 8. CLAPPING

*"One of the qualities of life is joy. Everyone alive should rejoice. Only the learner can rejoice, however, and it is only the free person that learns. Those deprived of freedom cannot learn."*

*"The person who has light and knowledge is ready to serve God and do His will with love and joy. If this is the case, God is glad, and the person will learn and acquire knowledge well."*

*"Accepting the truth means to acquire freedom. Only the free person may enter the Kingdom of God as a free citizen. If he does not have that freedom, he would be only a guest, but no guests are received in the Kingdom of God."*

### Movements

Melody 'The First Day of Spring' 8. 'Clapping'

1. The right foot steps forward and at the same time the arms sweep out to the horizontal, palms face down.

2. As the left foot steps forward, the hands sweep upwards and outwards, clapping in front of the throat (figure 8).

These movements are repeated until the end of the melody 'Clapping'.



Fig 8

## 9. PURIFICATION

*"Absolute purity, absolute light and absolute freedom must reign among you. The White Brotherhood demands this of you all. Make absolute purity, absolute light, absolute truth and freedom the ideal of your souls. Aspire towards this ideal that you may solve the task which the noetic world has set you."*

*"A person should be nourished with pure thoughts and feelings in order to be healthy spiritually and psychically. This is why Christ said: 'Except ye eat the flesh of the Son of Man and drink His blood, you have no life in you'. The flesh and blood of Christ are the noetic Word."*

*"If the noetic Word does not penetrate a person and does not become his flesh and blood, he cannot manifest the good within himself, nor can he be a spiritual person. The Word is a mighty thing."*

### Movements

Melody 'The First Day of Spring'

#### 9. 'Purification'

The first three fingers of both hands touch lightly in front of the lips (figure 9. 1).

1. As the right foot steps forward, air is blown lightly through the fingers and the arms move gently out to the horizontal, fingers slightly opening (figure 9. 2).

2. As the left foot steps forward we breathe in and the arms return to the starting position.

These movements are repeated until the end of the melody 'Purification'.



Fig 9. 1



Fig 9. 2

## 10. FLYING

*"As a disciple you should liberate yourself from error in order that you may know the life in which you find yourself: in the material one, the spiritual one or the Divine one. The person who enters the Divine world has his consciousness*

broadened. He passes from the state of the caterpillar to the state of the butterfly, from 'limiting conditions' to the life of freedom."

"What should a person do that he may return to paradise? To carry out the law of God. The human spirit then returns to the place from whence it emerged. When will the world be put in order? When people accept love unselfishly and put it into practice. Love will be the currency between people. Then they will be free and fly like butterflies. Should we believe this? Yes, you should believe it and you should think it."

"These ideas are the light that the Lord carries within Himself, the great light that the Lord is sending us."

"Work in accordance with the laws of light. Work like the Sun. It rises every morning giving light and warmth to the whole world that all living beings may exalt and rejoice."

### Movements

Melody 'The First Day of Spring' 10. 'Flying'

With each step, the arms undulate outwards, like the wings of a bird in flight (figure 10).

This movement continues to the end of the melody 'Flying'.



Fig 10

## 11. EUEEA

"When people study their path of travel, they arrive at the truth that is as necessary to the human mind as light is to their eyes. As the sun and its rays are necessary to the physical world, so the truth and its rays are necessary to the mental and spiritual worlds."

"The first fundamental law is to apply truth. The Kingdom of God does not tolerate frauds."

"The second fundamental law is to apply wisdom and knowledge. The noetic world would have all people study with persistence and love. People live when they study. Life is nothing but an incessant aspiration to acquire the knowledge that comes from the sublime, Divine principle."

"The third fundamental law is the law of love, the love that gives birth to life."

"This means that people should strive for the Divine wisdom that gives knowledge; for the truth that gives freedom; for the love that gives life; for the life that gives joy; for the knowledge that gives power; and for the freedom that gives expansion to the human soul."

## Movements

### Melody 11. 'Evera'

All dancers face the centre, body-weight on the left foot. The arms are in the position shown in figure 11. 1.

1. The arms swing to the right, bringing the weight of the body onto the right foot and leaving the left on the toe. The arms reach an angle of  $45^{\circ}$  (figure 11. 2).

2. The body turns out from the centre and the left foot steps forward. The hands push up (in the direction of travel) such that only the left toe remains in contact with the ground. The arms are at  $45^{\circ}$  and the palms are facing each other (figure 11. 3).

3. The back now facing the centre, the arms swing back to the right, transferring the body-weight to the right foot .

Movements 1-3 are repeated with left and right reversed.

The complete sequence is repeated until the end of melody 'Evera'.



Fig 11. 1



Fig 11. 2



Fig 11. 3

## 12. JUMPING

*"Aspire towards the Divine because the Divine will give meaning to life. Only through the Divine within can one enter the new life."*

### Movements

#### Melody 12. 'Jumping'

The dancers turn to face the centre of the circle. As the music is about to begin, the arms rise to each side until vertical and parallel, palms forward (figure 12. 1).

1. With each new phrase of music, the body bends forward from the waist. The arms continue slowly down and behind to the horizontal (figure 12. 2), palms face up.

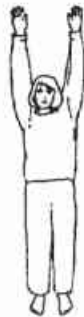


Fig 12. 1



Fig 12. 2



Fig 12. 3

2. On the 6th beat the knees bend, preparing to jump. The arms swing forwards and on the short note the hands clap at the peak of the jump, springing apart immediately (figure 12. 3). On the last note with the hands in their initial position (figure 12. 1), the feet land on the ground.

### 13. WEAVING

*"You want to give your lives a new foundation today and should consider the question of what kind of future you are going to make for yourselves."*

*"You will build in a new way, with a new energy and impetus towards a new life."*

*"Build your home out of the fibres of love; knit it out of the fibres of wisdom; fortify it with the fibres of truth."*

*"Then throw a party at your home and ask Love, Wisdom and Truth to be your guests. Serve them well so that you may learn how you should be living."*

#### Movements

##### Melody 13. 'Weaving'

The dancers turn to face the direction of travel and the right partner takes two steps forwards. The hands take up their starting position: in front of the chest, palms face down and arms horizontal (figure 13. 1). As

the music begins the right foot steps forward and the arms open to each side (figure 13. 2). With the left foot the arms return to the starting position (figure 13. 3).

These arm movements are repeated throughout the exercise.

1. Take 8 steps forward, the eighth being feet together.

2. Take 8 steps to the side, first crossing the outer foot over the inner, whether left or right.

These steps are repeated such that the partners weave back and forth, one always remaining behind the other.

At the end of the exercise, the partners will find their positions reversed. The partner who remained behind steps forward, back into line.



Fig 13. 1

Fig 13. 2

Fig 13. 3

### 14. THINKING

*"Which thought is a right one? The thought that brings light, warmth and power*

*is right. The right thoughts and the right way of feeling set one free."*

*"Straight, clear thought is the material out of which people's spiritual and Divine bodies are made."*

*"The thinking is right when it concerns humanity as a whole."*

*"There exists a law of reciprocal action in Nature, a law of mutual aid. According to this law, the thoughts that reach people are more correct and profound if they have passed through many minds without their impetus, power or purity being impaired. These thoughts are Divine."*

*"You cannot think properly if your mind does not move in parallel with God's Mind. If it is not in agreement with God's Mind, you cannot think correctly. This is one of the laws. As a result, if you move contrary to God's Mind, your energy will be dispersed and your activity gradually paralysed. This is the first thing, every one of you has to be in harmony with the Divine Mind, in harmony with the law by which the Divine Mind operates."*

*"And so, if you want to live well on Earth, keep at all times at least one bright thought in your mind and one bright feeling in your heart."*

## **Movements**

Melody 14. 'Thinking'

### **PART I**

Feet together, the arms are stretched diagonally up to the right at 45°, palms facing each other (figure 14. 1).



Fig 14. 1



Fig 14. 2



Fig 14. 3

The hands describe a profound arc, descending across the body and up to the left, palms facing throughout. Upon reaching 45°, the movement is reversed. The partners are stationary while repeating this movement, twice to each side.

### **PART II**

With each step forward, starting with the right foot, the hands make circular



movements as if caressing a sphere (figure 14. 2). This continues until the triple repetition of the word 'krepi' (or 'sustain'), which occurs twice. On each repetition of this word the hands push firmly out to the sides (figure 14. 3). After 3 pushes, the hands resume the circular movements.

The entire exercise is repeated.

## 15. AUM

*"Aum is a word of the Spirit; when you sing this word, the Spirit hears you and will assist you because the Spirit comprehends and knows your needs."*

*"It is said in the Scriptures that the Spirit will teach us everything. Therefore, when the Spirit of God, i. e. the Spirit of Love enters us, it will teach us how to pray. It will wipe out human sins. The Spirit is strong and the Love of God is great and boundless, which is why they are able to wipe out the sins of humanity from ages past."*

*"I now leave with you the desire to manifest such love as will wipe out your errors. Do not expect anybody from outside to come and help. You yourselves shall be able to wipe out your errors, purify your minds and hearts, and prepare the conditions for the coming of the Spirit of God within you. God wants man to have a pure heart, a clean manuscript into which He can write His law."*

*"When you accept the currents descending from the sublime world, you link yourselves to them and begin to live in accordance with the laws of God. That means regulating and mastering the powers of the human brain. Apply this method as one of the best, the least dangerous and the easiest. It is called 'a method of linking oneself to God', or 'a method for restoring harmony among human souls'."*

### Movements

Melody 15 'Aoum'. The song 'Aoum, Aoum, Aoum, Om, Om, Aoumen' is repeated 4 times.

1. As the right foot steps forward, the right arm extends forwards and up at an angle of  $45^{\circ}$ , while the left arm extends downwards in the opposite direction (figure 15). The left leg is straight, and the pointed toe lifted at the end of each word sung.

2. The left foot steps forward and the movement 1 is inverted.

These movements are repeated to the end of Melody 'Aoum'.



Fig 15

## 16. THE RISING SUN

*"The person who gives way to the Divine within himself can see God in all His manifestations. Wherever he goes, God is with him. God accompanies him in a kind of light. This is what it means for the Sun to rise within the human soul. Rejoice while the light of your Sun accompanies you."*

*"Everything that is sublime and noble in the human soul can ripen only under the rays, under the Divine light manifested by the Great Law of Love. The Love of this Great Sun which illuminates the entire Cosmos should also shine in us."*

*"Meet the first ray of the rising sun. It is the most important; it is the son of Truth. It holds the power and might of the sun. If you do not receive the first ray, you have missed the sunrise. Embrace the first ray and you can go home in peace. The first ray bears the richness of all subsequent rays. The first ray is the first fruit of the Rising Sun of the Great Tree of Life."*

*"The brightest thought, most sublime feeling and most beautiful action are all contained in the first ray of the sun; the first ray that penetrates human souls."*

*"If all people were to strive towards the first ray of the sun, towards the Great Love of God, the present world would advance and unfold properly. People today would enjoy health, power and wealth."*

### Movements

Melody 16. 'The Rising Sun'

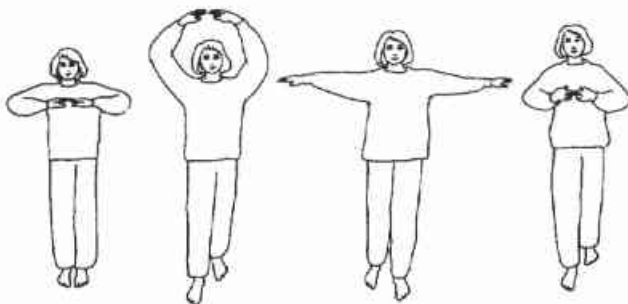


Fig 16. 1

Fig 16. 2

Fig 16. 3

Fig 16. 4

### PART I

The hands rise to the chest, palms face down, as shown in figure 16. 1.

1. The right foot steps forward, the left remains on toe, and the hands rise slowly above the head (figure 16. 2).

2. The left foot steps forward, while the hands turn out and descend to the horizontal, palms face down (figure 16. 3).

3. The right foot steps forward and the hands turn to face the front and return to the chest as if modestly gathering (figure 16. 4).

These movements are repeated with the feet reversed.

#### PART II

With each step forward, starting with the right foot, the hands spring a little higher up the sides of the body, from thighs to rib-cage. The palms are face up, fingers closed. The movement is repeated for alternately 6 and 7 upward 'bubbings'. On the 4th repetition, after 6 'bubbings' and as the left foot steps forward, the hands come to the chest in preparation for PART III (figure 16. 5).



Fig 16. 5



Fig 16. 6



Fig 16. 7

#### PART III

As the right foot steps forward, the hands spring out in an arc to the horizontal (figure 16. 6). With each left step, the gesture is reversed (figure 16. 7).

Parts I-III are repeated.

### 17. SQUARE

*"The square represents the powerful energies that operate within one."*

*"The four directions of the world show the qualities each person has to acquire. East represents the quality of justice; West - of good relations with people; North - of truth and freedom; and South - of virtue and prosperity in the world. Between justice, good countenance, truth and freedom and virtue, there exists an internal harmony which people have just recently begun to learn. Justice cannot manifest itself without truth, and truth in turn cannot manifest itself without virtue. People must begin with justice, and begin from this moment ."*

*"Keep the following standard within yourselves: if you want others to do good to you, you have to do good to them."*

## Movements

### Melody 17. 'Square'

The complete square is described, always turning 90° to the left (figure 17. 1).

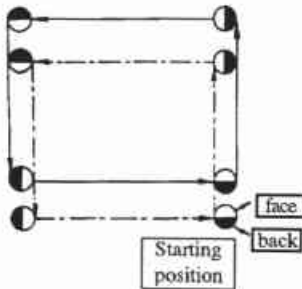


Fig 17. 1



Fig 17. 2



Fig 17. 3



Fig 17. 4

### ON THE SPOT

The dancers face the centre, as in figure 17. 2.

1. The right foot extends to the side and taps the ground lightly. Simultaneously, the hands describe horizontal semi-circles out to the sides, palms face down (figure 17. 3).

2. The movement is reversed, returning to the starting position (figure 17. 2). These movements are repeated with alternate feet, touching twice to each side.

### PROCESSING FORWARDS

1. The right foot steps forward and at the same time the hands sweep up, palms forward, describing vertical semi-circles to the horizontal (figure 17. 4).

2. The left foot steps forward, the movement is reversed, hands returning to the chest with palms facing forwards.

Movements 1 and 2 are made for 8 steps, but on the 7th step, the right foot turns into the left, and on the 8th step the left foot is placed beside the right, ready to repeat the movement sequence for next side of the square (figure 17. 1).

The movements ON THE SPOT and PROCESSING FORWARDS are repeated 4 times in 4 different directions corresponding to east, west, south, and north. Thus all dancers have completed a square. The exercise ends facing the centre, as at the start, one partner behind the other.

## 18. BEAUTY

*"God is eternal beauty of life."*

*'What is beauty? It gives life, it gives meaning to everything and it never disappears. Beauty that appears and then disappears is not real. It is a reflection, a shadow of*

something. *Beauty is a quality of the human soul. When the soul manifests itself, the person is beautiful.*"

*"People should reflect on the beautiful things in life, on the benefits given by God. They have to try to be wise and loving towards God. Beauty is an external expression of the light that radiates from God. Beautiful people reflect the Divine light onto others."*

*"Beauty is a spiritual quality. Beauty is an expression of truth. Beauty is an expression of sensitivity. If you want to be beautiful, work on your sensitivity."*

*"One has to think of beautiful things for long periods, let beautiful and sublime feelings flow and do good deeds to work out the gems in one's character."*

## **Movements**

### **Melody 18. 'Beauty'**

The dancers turn to face the general direction of travel, their left shoulders to the centre. Feet are together and hands are at the sides.



Fig 18. 1



Fig 18. 2



Fig 18. 3

1. Stepping forward on the right foot, and the right hand stretches up to 45°, palm to the front. The left hand stretches back in the opposite direction, palm to the rear (figure 18. 1).

2. The arms maintain their positions as the body-weight returns to the left foot (figure 18. 2).

3. The body-weight transfers forwards again and the arms flow to exchange positions as the left foot steps forward (figure 18. 3).

These movements are repeated, right and left alternating, to the end of the music.

## **19. MOBILITY**

*"To avail ourselves of Nature we need to manifest both our external and internal lives. The external life is expressed through motion, while the internal one through thought, feeling and action."*

*"The original according to which man was created has three qualities: kindness, power and the noetic faculty. Kindness, the foundation of life, provides the creative material. Power creates the movement. When a person moves a while, he becomes a living soul. Wherever movement exists there is life."*

*"Three things exist in the world: movement, harmony and thought. Music is as necessary to thought as food is to the stomach. A person cannot think properly without music and harmony. One thing is necessary for human harmony: everything at one's disposal must be pliable, flexible, living, and should never break. Static things are fragile and brittle, while the dynamic ones are living, flexible and unbreakable. Strive for the indestructible things and always have them at hand."*

## **Movements**

### **Melody 18. 'Beauty'**



**Fig 19. 1**



**Fig 19. 2**



**Fig 19. 3**

The dancers face the centre, the body-weight on the left foot, the arms a little to the left (figure 19. 1).

1. The hands swing to the right, bringing the weight of the body onto the right foot.

2. Pivoting 180° on the right toe, the left foot steps forwards. The right hand strokes the upper left palm and then the arms spread out horizontally.

3. The right foot steps across the left in the direction of travel. The arms undulate outwards as in exercise 10. Flying (figure 19. 2).

4. The left foot steps to the left and the arms continue to undulate outwards.

5. The body-weight moves to the right foot, leaving the left on the toe. The left hand receives the back of the right, both palms face up (figure 19. 3).

6. As the body-weight transfers to the left foot, the right hand strokes the left palm and then the arms are separated and move slightly up.

7. The body pivots 180° on the left toe to face the centre. As the right foot steps forwards in the direction of travel, the left hand turns face down and the right hand strokes its back.

8. The left foot steps forward and at the same time the arms spread out horizontally and make undulating movements imitating the flight of a bird.

9. The right foot steps forward and the arms continue with the same movements.

10. The body-weight moves to the left foot and the right is on the toe, and the arms continue with the same movements.

11. The position is the same as described in movement 1 but with palms touching.

These movements are repeated until the end of the music.

## 20. CONQUERING

*"A person is able to win only when he knows how to control his mind, his heart and his will. This is a great victory in life."*

*"The Divine element always conquers and the human one is always vanquished. This is a law without exceptions."*

### Movements

Melody 20. 'Conquering'



Fig 20. 1



Fig 20. 2



Fig 20. 3

The dancers stand facing the direction of travel, the hands down to the right side (figure 20. 1).

1. The hands swing forwards and up.

2. The right foot steps forward, leaving the left on the toe. Simultaneously, the hands push up, palms vertical and forwards (figure 20. 2).

3. The body-weight transfers to the left foot and the right foot bends at the knee. Meanwhile, the hands sweep down to the left at an angle of  $45^\circ$  (figure 20. 3).

4. As the right foot steps forward, leaving the left on the toe, the arms swing forwards and up.

Movements 2-4 are then repeated, left and right reversed. This sequence continues to the end of the music, the head facing resolutely forward throughout.

## 21. JOY OF THE EARTH

*"Be glad and rejoice in the Lord. That is what I wish for all those that I regard as young people."*

*"Rejoice that you can be members, believers and disciples of the White Brotherhood that is bringing the new culture to the world."*

*"Rejoice when you love because God manifests Himself through you."*

*"Rejoice and be happy when you find yourselves in hardship and suffering."*

*"The whole of heaven and earth bless those who serve God with love."*

### Movements

Melody 21. 'Joy of the Earth'

The dancers face the centre, arms raised to the right as in figure 21. 1.

1. As the body-weight transfers to the left foot, the hands swing down to the left, describing a semi-circle to the horizontal position shown in figure 21. 2.



Fig 21. 1



Fig 21. 2



Fig 21. 3

2. This motion is reversed, arms swinging and body-weight transferring forwards again.

3-4. Movements 1-2 are repeated toes stepping ever fractionally forward.

5. Pivot to the right on the right toe, the left foot steps forward, while the right one remains on the toe. Simultaneously the arms swing to the right and make a little push gently upwards and forwards as in figure 21. 3.

6-10. Movements 1-5 are repeated, left and right reversed with the back now facing the centre.

All these movements alternate until the end of the music.

## 22. ACQUAINTANCE

*"Link yourselves to those souls with whom you are in harmony. Therefore, when you meet a person, think well of him. Say to yourselves that he has excellent*



thoughts and excellent feelings within himself. He has an excellent soul and excellent spirit. When you think of him in this way, he will respond to you in the same way. "

"A meeting that has taken place in the name of love is equal to the entire wealth of the world."

"When you give love, you are a conductor of God's love. When you are being loved, you are receiving God's love."

"Let God manifest Himself freely through you and do not oppose Him."

"When two people love each other, they have to direct their energies to a third centre, common to both of them."

"You can be friends with one another and live in harmony only if you keep the law of Absolute Love, Absolute Wisdom and Absolute Justice. They are common to all and there is no exception for anyone."

## Movements

### Melody 22. 'Acquaintance'

The partners turn to face each other and hold hands, right over left (figure 22. 1). The body-weight falls on the right foot for the inner circle partner, and on the left foot for the outer circle partner.



Fig 22. 1



Fig 22. 2



Fig 22. 3

These instructions are valid for both inner and outer partners.

1. The arms swing forwards, bringing the body-weight onto the forward foot. The hands release as the body turns 180°, pivoting on the toe.

2. The partners are back to back as the weight transfers to the forward foot. Simultaneously the middle fingertips touch, palms face down, in front of the sternum (figure 22. 2). Then the arms are separated and spread out horizontally.

3. The body-weight transfers back to the rear foot and the hands return to join this time fingers face to face. The right hand is above the left (figure 22. 3).

4. The arms swing forwards, hands gliding apart as the body-weight transfers to the forward foot and the partners turn to face each other again, pivoting on the toe.

5. Uprturned left hands receive down turned right hands. The arms swing forwards bringing the weight of the body onto the forward foot.

6. The arms swing back and the body-weight returns to the rear foot.

All these movements are repeated until the end of the music.

## 23. BEAUTIFUL DAY

*"Today is the day when we should prepare the best present for God's Love. Today is the day when we should prepare the best present for God's Wisdom. Today is the day when we should prepare the best present for God's Truth. Is there anything more beautiful than these presents? The day we prepare the best present for Love, the new sun will be rising. The day we prepare the best present for Wisdom, the sun will be at its zenith. The day we prepare the best present for Truth, the sun will no longer set, it will begin to shine forever. We shall do the will of God and we will become sons of God and will go from glory to glory."*

### Movements

Melody 23. 'Beautiful Day'

#### PART 1

1. The hands are on the hips. The right leg is suspended, toe pointed, as if about to step forwards. The left leg bends at the knee three times before the right toe steps forwards (figure 23. 1).



Fig 23. 1



Fig 23. 2



Fig 23. 3



Fig 23. 4

2. The left leg suspended and the right knee bends stepping forwards always on the fourth count.

#### PART 2

While the movement of the feet continues the hands are raised alternately, palm face forwards the right hand with the right foot (figure 23. 2).

#### PART 3

The feet continue as before, but the inner hands are now held, right over left (figure 23. 3). The outer partner's right hand returns to the hip.

## PART 4

1. The inner hands drop as the outer hand draws an arc back, up and round in front to take hold of your partner's hand, right over left (figure 23. 4). The feet continue as before.

2. The outer hands release and retrace their path as the inner hands rise to hold again.

The outside hands hang free at the sides.

## 24. HOW HAPPY WE ARE

*"Not much is required of a person for him to become immortal. If he is always pleased and grateful, he has acquired immortality."*

*"There is no greater benefit than life. If you suffer and rejoice without making use of the benefits life contains, you do not understand what life is. Rejoice at the slightest benefit and the smallest love within yourselves."*

*"There is no greater benefit for a person than to see the Divine within himself and within his neighbour. Nature as a whole opens up to him. The will of God lies in the idea that we have to work for the common good, so that all people may benefit from the fruit of your work. When all people work in this way abundance will come to the earth."*

*"If all people give thanks for what God has given them, they will understand each other. If people constantly give thanks, many things will be given to them and many things will be revealed to them."*

*"If gratitude does not enter your heart, you cannot enter the Kingdom of God."*

### Movements

Melody 24. 'How Happy We Are'

PART 1 Repeated 3 times.

Three steps are taken forward - right, left, right - springing lightly at the knee



Fig 24. 1



Fig 24. 2



Fig 24. 3



Fig 24. 4

between each step (figure 24. 1 and figure 24. 2). The fourth step is backwards, again springing, the raised toe always pointed (figure 24. 3).

## PART 2

The light springing walk and pointed toe of PART 1 continues with added arm movements:

1. The held inner hands swing up together with the outer hands, as the next foot steps forwards (figure 24. 4).

2. All hands push forwards, outer palms vertical, with the next step forwards.

3. The hands swing back, a little behind the body as the weight transfers back to the rear foot.

These movements are repeated to 32 bars. The hands return to the hips.

The entire sequence of movements is repeated either twice or five times, depending on whether the original or extended music is played.

## 25. STEP BY STEP

*"In the Divine World exists the following law: what a person is not able to understand right away remains uncomprehended forever; and what a person is able to understand at once remains comprehended forever."*

*"If you do not understand something right away, you cannot apply it in your life. Comprehension makes the first step clear. If you take that first step, the second, the third, the fourth, the fifth and all the others follow. If you do not comprehend something at once, you will have no impetus; if you comprehend it straight away, you have already taken the first step which decides the fate of your entire life."*

### Movements

Melody 25. 'Step by Step'

1 Hands are placed on the hips. The right foot points twice out to the side, returning beside the supporting foot each time (figure 25. 1).

2. Repeat movement 1, this time pointing to the front (figure 25. 2).

3. Take four steps forward beginning with the right foot.

4-6. Movements 1-3 are repeated with the left foot.



Fig 25. 1



Fig 25. 2

## 26. EARLY IN THE MORNING

*"The dawn gives a person great energy that cannot be obtained anywhere else. The psalmist says: 'Lord, I shall look for Thee in the early morn'."*

*"When that living energy enters a person, ideas fill his mind. This energy is not always readily available - it comes only at a definite time when God, the Great Power, descends to the earth."*

*"Remember, the Divine impulses come periodically, every morning. However, not every impulse is Divine. You should distinguish human impulses from those which are Divine."*

## **Movements**

### **Melody 26. 'Early in the Morning'**

**PART 1** The melody for the 1st time.

The hands are on the hips, feet together (figure 26. 1).



Fig 26. 1



Fig 26. 2



Fig 26.3



Fig 26. 4

1. With pointed toe, the right foot swings twice across the supporting leg and round behind the heel, describing a semi-circle (figure 26. 2).

2. Four steps are taken forward, beginning with the right foot.

3-4. Movements 1-2 are repeated with the left foot.

**PART 2** The melody for the 2nd time

1. With inner hands held, as in figure 26. 3 (right over left), four steps are taken forward, beginning with the right foot. With each step the held hands push a little forwards.

2. With the inner hands, which swing back and forwards twice, the weight rocks back and forwards, onto the heels and onto the toes (figure 26. 4).

**PART 3** The melody for the last two times.

1. Four steps are taken forward, beginning with the right foot. The arms stretch forwards as in figure 26. 7 on steps 1 and 3, returning to the hips on steps 2 and 4.

2. The right toe points twice to the right. The arms open horizontally to the sides as the foot opens (figure 26. 5), and the hands are placed on the hips as the foot closes (figure 26. 6).



Fig 26. 5



Fig 26. 6



Fig 26. 7

3. Repeat movement 2 with the toe pointing forwards and the arms stretching forwards, as in movement 1 (figure 26. 7).

4. Take four steps forward, as in movement 1.

Movements 2-4 are repeated with alternate feet.

## 27. BREATHING

*"Breathing is people's spiritual nourishment. The person who understands the laws of breathing also understands the laws of the spiritual world."*

*"The spiritual world that I am talking about is not far away from you. It depends on your lifestyle. Whether you will move in the coarse physical world or in the spiritual one, in the love of the angels."*

*"The spiritual world is a world of music."*

*"Music brings life and power. It has a healthy influence on people. A person who sings is a candidate for good health. Make use of the benefit of singing; whatever you acquire, invest it in your lives."*

### Movements

Facing the centre, the hands rise to the chest shown in figure 27. 1.



Fig 27. 1

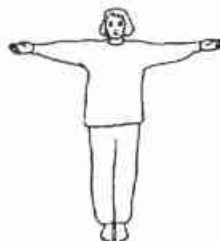


Fig 27. 2

## BREATHING IN

With each long note played, the arms open horizontally to the sides (figure 27. 2).

## SINGING

While singing each phrase, the arms return steadily to the chest (figure 27. 1).

## 28. PROVIDENCE

*"I wish you to enter the home of God's Blessing. This is the path that everyone has to pass. The path is difficult, but it is like that for everyone who travels home from far away."*

*"God's blessing comes through the willingness to do favours."*

*"Commands are never given in the angelic world. Everybody accepts God's thoughts and applies them. The angels are wide awake. One day you also may feel and comprehend the thoughts of God and apply them. That is the blessing of God."*

*"Every person has to carry the lamp of Wisdom filled with the oil of Truth and lit by the fire of Love. Once you have lit that lamp, it will shine constantly. Divine blessings flow constantly in any home where that lamp shines."*

### Movements

The dancers face the centre. Arms are raised out to the side as shown in figure 28. Then the hands are brought down.

These movements are repeated 3 times.

With the beginning of the exercise the formula is said:  
**'May the Peace of God abide and the pure Joy of God arise in our hearts forever'**.

**'May the Peace of God abide . . . .'**

The hands rise to the sides and the fingers touch above the crown (figure 28).

**' . . . and the pure Joy of God arise in our hearts forever'.**

The hands divide as they descend like a fountain, either side of the head and continue down the sides of the body until fully extended.



Fig 28

Notes: The description of the exercises, likewise, are intended as a learning aid. It is only a short, practical guide and reminder.

## THE SUNBEAMS

*"The energies of the sun are positive and act favourably on people. The sun's energies contain a store of vital and healing powers."*

*"When we say that people should lead pure, sacred and noetic lives, we have in mind that they should tap the appropriate energies of the sun. The more inspired the person, the greater his capacity to make contact with the spiritual energies of the sun."*

*"The sun will bring to earth a pure and sublime life. For whom will this be so? For the souls that are ready. The soul that is ready is like a bud waiting for the sun to shine. When it does, the bud will open into blossom."*

### Movements

The dancers form 12 rays facing the centre. There are 6 pairs in each radius sunray, making a total of 144 dancers. If there are more dancers they form a circle of pairs around the rays (figure 29). The movements of Sunbeams towards the centre symbolize that we gain energy, blessings and inspiration from the Divine Sun and by a movement out towards the periphery we accumulate, express, manifest and give to the circle of life, which is formed around the rays.

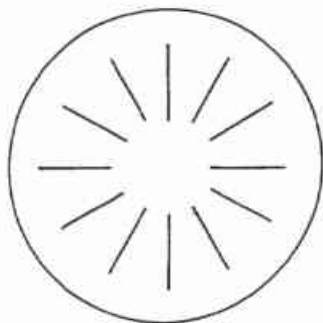


Fig 29

### First Sequence

The starting position is shown in figure 30. 1.

#### ADVANCING

Music 'Sunbeams'. Theme 1 is played once.

1. The right foot steps forward and the left is raised on the toe. The parallel arms swing up at an angle of  $45^\circ$  to the left with a light clap (figure 30. 2).

2. The body-weight moves back on the left foot. The right foot is raised with the knee slightly bent with toes pointing down. The hands swing down to the left at an angle  $45^\circ$ .

3. The body-weight is transferred again onto the right foot. The left foot steps forward and the right is lifted on the toe. Simultaneously the arms move forward and up to the right at an angle  $45^\circ$  with palms forward (figure 30. 3).

4. Movement 2 is repeated but with reversed feet. All these movements are repeated until the end of the theme 1. Thus the arms move up 3 times with a clap and twice without clapping.





Fig 30. 1



Fig 30. 2



Fig 30. 3



Fig 30. 4

### RETURNING

Music 'Sunbeams'. Theme 1 is played once.

1. The right foot moves in a semi-circle and is placed behind the left. The arms position is shown in figure 30. 4.

2. The same movement is repeated with the left foot.

The body springs lightly during each movement. The dancers make 15 steps backward.

### Second Sequence

#### ADVANCING

Music 'Sunbeams'. Theme 2 is played once.

1. The right foot, which on the last movement remained behind, moves with a semi-circular movement in front of the left foot. The hands are on the waist (figure 31). This movement is repeated twice.

2. The right foot steps forward and simultaneously the left is raised in the air. Movement 1 is repeated but with the left foot.

All these movements are repeated 4 times with the right foot and 3 times with the left.



Fig 31



Fig 32

#### RETURNING

Music 'Sunbeams'. Theme 3 is played once.

The return is described in First Sequence RETURNING but the dancers make 20 steps backward.

### Third Sequence

#### ADVANCING

Music 'Sunbeams'. Theme 4 is played twice with all the repetitions.

The body weight is on the left foot. The hands are on the waist.

1. The right foot with the knee bent at a right angle is brought forward and twice touches the ground with the toes. The third time steps forward and the body-weight is moved to the right foot. At the same time the left foot lightly springs (figure 32).

2. The same movement is repeated with the left foot.

Movements 1 and 2 are repeated 6 times with the right foot and 6 times with the left.

### RETURNING

Music 'Sunbeams' Theme 5 is played once.

The return is described in First Sequence RETURNING but the dancers make 13 steps backward.

### Fourth Sequence

#### SINGLE CIRCLING

Music 'Sunbeams'. The first part of theme 6.

1. The left partner of every couple makes 10 steps around his partner on the right. The steps are graceful with lightly bent knee (figure 33. 1a, b).

2. At the same time the right partner remains on his place. The body-weight is on the left foot and the right foot is brought forward and taps the ground with the toes 4 times (figure 33. 2).

At the fifth beat, the foot steps back to its place. The same movement is repeated with the left foot. The arm positions are shown in figure 33. 1a.

### PERFORMANCE ON THE SPOT

Music 'Sunbeams'. The second part of theme 6 is played.

Both partners repeat the movement 2 (Fourth Sequence SINGLE CIRCLING) 3 times with the right foot and 3 times with the left foot (figure 33. 2).



Fig 33. 1a

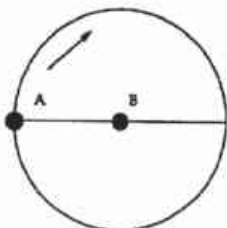


Fig 33. 1b



Fig 33. 2

### Fifth Sequence

Music 'Sunbeams'. The second part of theme 6.

The movement of the Fourth Sequence is repeated but reversed. The right partner circles the left, while the left remains on the spot (figures 34 and 35).



Fig 34

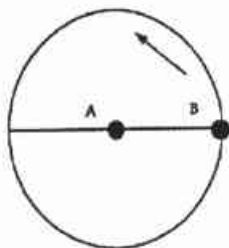


Fig 35

### Sixth Sequence

#### DOUBLE CIRCLING

Music 'Sunbeams'. The first part of theme 6.

Both partners move circularly around each other. Each one forms the circle as in the single circling. When they are moving in the front part of the circle, the right partner describes the external semi-circle and at the back - the left partner describes the external semi-circle (figure 36).

#### PERFORMANCE ON THE SPOT

Music 'Sunbeams'. The second part of theme 6 is played.

The same movements as described in Fourth Sequence SINGLE CIRCLING are repeated.

The Sequences 4, 5 and 6 are repeated once more.

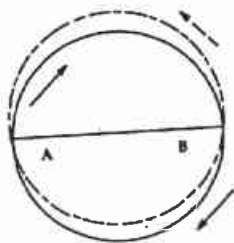


Fig 36



Fig 37



Fig 38

### Seventh Sequence

Music 'Sunbeams'. Theme 7.

Each couple holds hands, as shown in figure 37. They sing theme 7 'Ti si me mamo ...' (I was born of you Mother).

### Eighth Sequence

Music 'Sunbeams'. Theme 8.

The dancers are in a position shown in figure 38. The couples let go of hands and clap lightly in front of the chest, singing 'Rai, rai, ral,rai, rai' (Paradise). The right hand is over the left. After each clap the hands spring apart.

### Ninth Sequence

Music 'Sunbeams'. The first part of theme 9. The words 'Kaji mi, kaji mi, kaji mi, sladki dumi dve' (Tell me two sweet words) are sung twice.

The position of the body and the hands are shown in figure 39. 1. At the moment of the placing of the hands, the word 'Kaji' is sung. When the hands open to the sides like the opening of a flower the word 'mi' is sung (figure 39. 2). The opening and closing of hands slows down at the words 'Tvoite dumi dve' (remain closed) and 'sladki dumi dve' (remain open), (Your two words, two sweet words). The left and right are alternately on top.



Fig 39. 1



Fig 39. 2

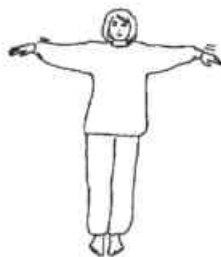


Fig 40

### Tenth Sequence

Music 'Sunbeams'. Theme 10.

The partners step slightly apart to allow room for their arms to spread horizontally like wings. With each phrase, "Tui e rai" (This is paradise) or 'rai', the wings undulate outwards, every joint in motion from the shoulder to the fingertips (figure 40). The arms make 5 light wavelike movements.

This is repeated once more.

## PENTAGRAM

The Pentagram is a profound spiritual symbol. The Master Beinsa Douno received the explanation of the Pentagram in 1898 and in 1914 explained its meaning to his disciples.

The Pentagram represents the Cosmic Man and symbolizes the evolution of the human soul towards perfection. The Head symbolizes **Truth**, the Right Leg **Justice**, the Right Arm **Wisdom**, the Left Leg **Virtue** and the Left Arm **Love**.

The formula of the enclosing circle reads ***In the fulfilment of the Will of God lies the power of the human soul***. Moving inwards, the three letters B, Y and Ж stand for the Great School of Life.

*"To live in the Kingdom of God means to do the will of God."*

*"We are members of this world and must fulfil the will of God whatever it may be. This is the great law of eternal life. This is the great law for all disciples who desire the realization of the good as it is written in the Divine book which has not yet been printed on earth."*



The original picture of the  
PENTAGRAM  
given by the Master Beinsa Douno (Peter Deunov)

## HOW TO PERFORM THE PENTAGRAM

The dancers are arranged in 12 radial rows (or many as the number of participants permits). Each row consists of 5 pairs (figure 41). Within each row, the central pair symbolizes the Head of Cosmic Man. On either side of the Head are the Right and the Left Feet, and at the ends of the row are the Right and the Left Hands.

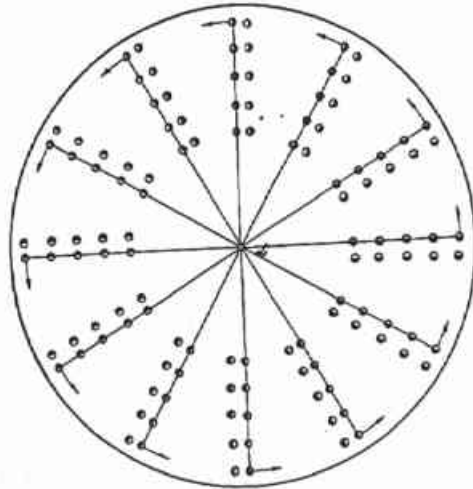


Fig 41. The initial formation. The dancers are lined one behind and facing the direction of the movement. They are marked by  $\bullet$ ;  $\circ$  is the front and  $\blacktriangleright$  is the back of the dancers. The arrows show the direction of the movements of the rows.

Music: 'The Pentagram' - repeated 5 times

Each row undergoes an identical cycle of movements: forming a circle, drawing the pentagram, re-forming the row, and processing the row. This cycle is repeated five times, the pairs finding themselves in a new arrangement within the row each time it is reformed. Only after five times repetitions is each pair back in its original position.

With the starting of the music, the rows walk straight forward, perpendicularly to the radius of the circle. These movements are illustrated in figures 42, 43, 44, 45, 46, 47 and 48. The movements of the arms and legs are shown in figure 50. 1 and figure 50. 2. At the end of these movements, the whole row lines up radially and after that all the rows move forward (figure 49). Each row keeping a radial position to the centre.

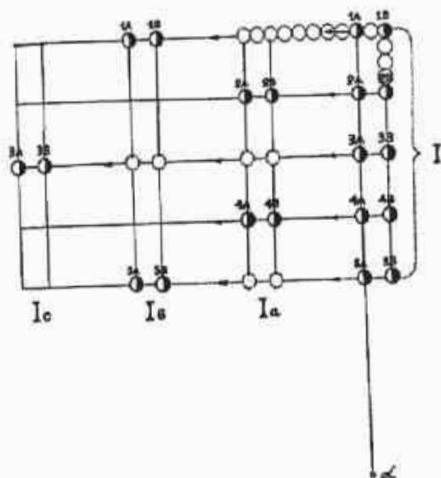


Fig 42. Initial movement and component parts of each row.

The whole row moves forward in a direction perpendicular to the radius of the circle with the centre  $\alpha$ . The pair 3A3B represents the Head; the pairs 2A2B and 4A4B - Right and Left Leg and pairs 1A1B and 5A5B - Right and Left Arm. The steps start with the right foot (see figure 50. 1 and 50. 2). After the whole row has taken 8 steps forward, the Legs 2A2B and 4A4B stop (position Ia). The other pairs continue taking 8 more steps after which the Arms 1A1B and 5A5B stop (position Ib). Finally the Head makes 8 more steps and comes to the position Ic. The empty circles  $\circ$  represent the interspace positions of the dancer marked by  $\odot$ . The empty circles  $\circ$  between 1B and 2B show the real distance between two pairs in the row. The dotted circles show the place of the dancer in his previous position. The arrows show the direction of the movement.

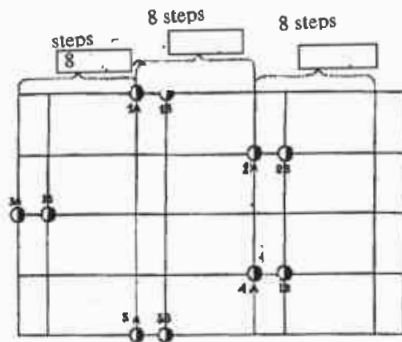


Fig 43. Final position of the dancers after the rectilinear movement of the rows described in Fig 42.

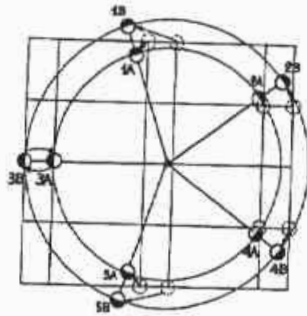


Fig 44. Initial position for forming the Pentagram.

The dancers move for 4 bars as shown by the arrows to their new position.

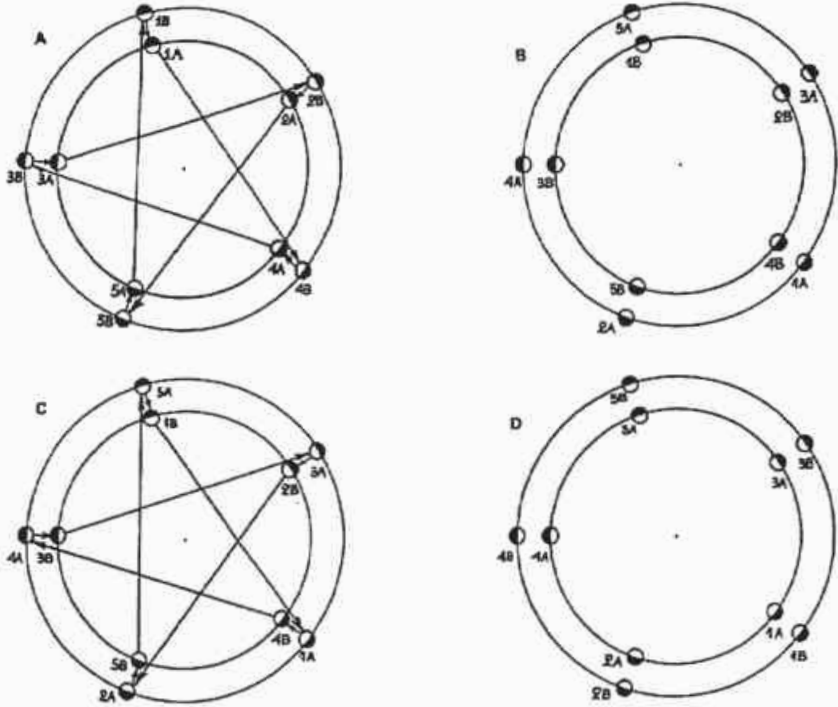


Fig 45. Drawing of the Pentagram.

The dancers 1A, 2A, 3A, 4A and 5A occupying the inner circle move simultaneously forward in the direction marked by a big arrow (figure 45 A). When 1A, 2A, 3A, 4A and 5A come to their corresponding partners, 4B, 5B, 2B, 3B and 1B make a step forward marked by a small arrow and then 1A, 2A, 3A, 4A and 5A take their place behind their partners (figure 45 B). The movements described in A are repeated the same way (figure 45 C). As a result the dancers come to the final position shown in figure 45 D.



Fig 46. Pentagram folds.

The dancers 1B, 2B, 3B, 4B and 5B move as shown by the arrows and take their place behind their partners. The pairs 4A4B, 5A5B and 2A2B turn face forward. The pairs 3A3B and 1A1B move forward as shown by the arrow.

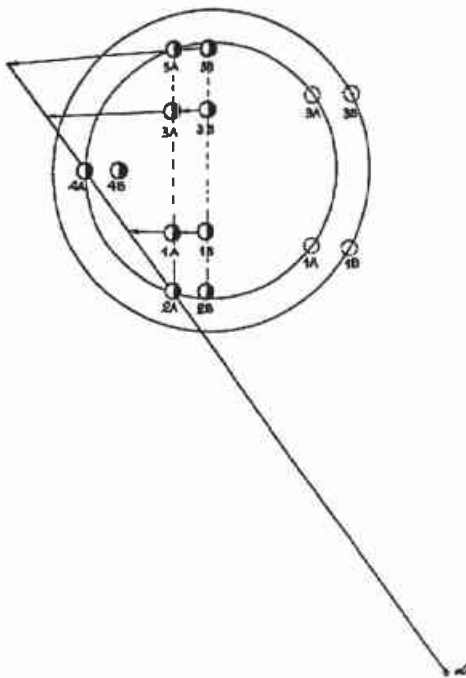
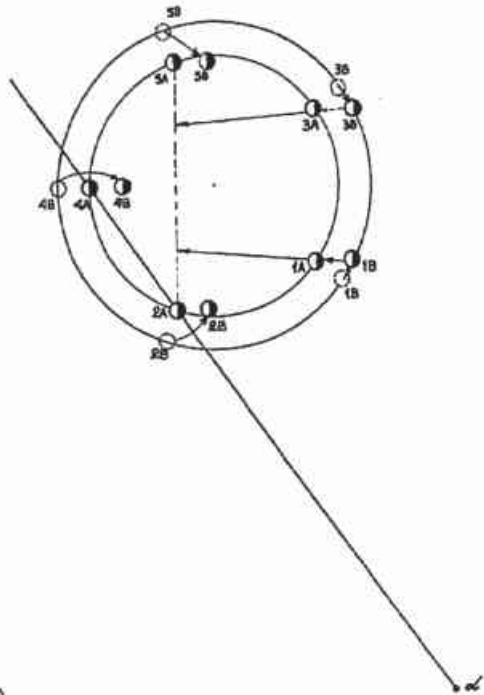


Fig 47. Forming the radial row.

The pairs 4A4B and 2A2B are placed as a radius of the circle with the centre  $\alpha$  and remain in their place. When the pair 3A3B falls in line with pairs 5A5B it starts moving forward. All pairs continue moving forward until they reach their places on the radius.

Fig 48. Final position of the newly formed radial row.

For the formation of the new row it is necessary that the dancers 1A, 2A, 1B, 2B, 3B, 4B and 5B should take an additional small step from the position marked by the dotted circles to the position marked by the half-filled circles in the direction given by a corresponding arrow. Now the row from the position I (see figure 42) has taken the position II as a newly formed radial row in which the pairs changed their positions as follows: The Head 3A3B has become Right Leg; the Right Leg 2A2B has become Left Hand; the Left Hand 5A5B has become Right Hand; the Right Hand 1A1B has become Left Leg and the Left Leg 4A4B has become Head.

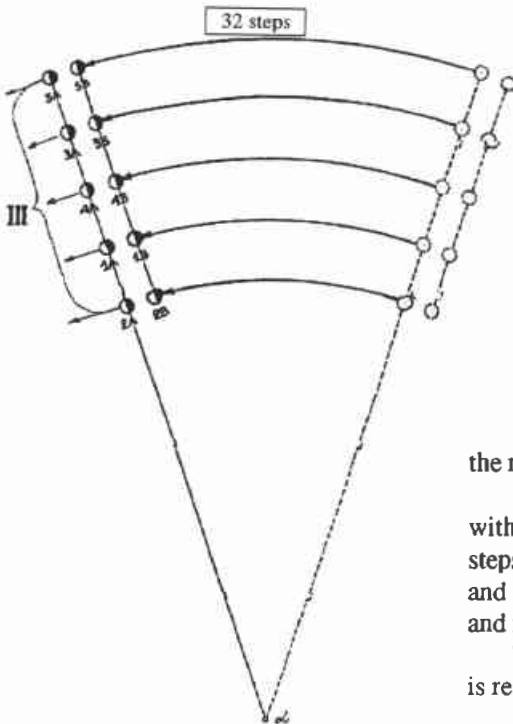
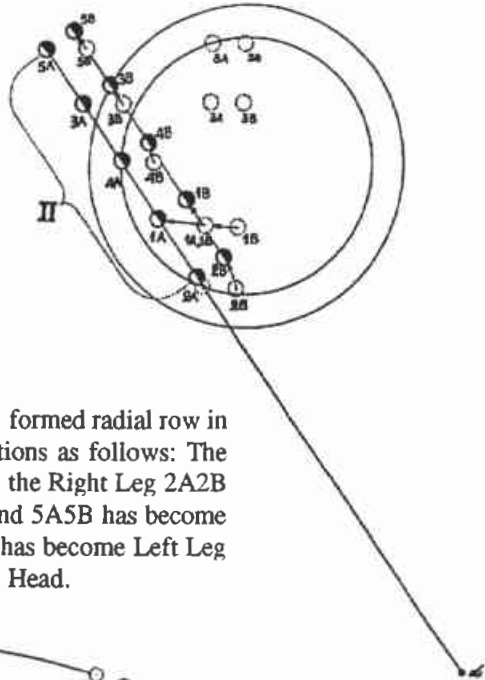


Fig 49. Radial movement of the row.

The whole row starts forward with the right foot and takes 32 steps. The movements of the arms and legs are shown in figure 51. 1 and figure 51. 2.

The new position III of the row is ready for the next cycle.

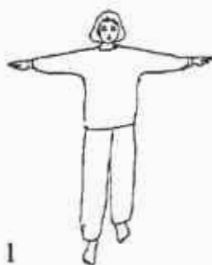


Fig 50. 1



Fig 50. 2

Fig 50. Movements of the arms and legs from figure 42-48.

1. The right foot steps forward and simultaneously the arms open horizontally to the sides as shown in figure 50. 1.

2. The left foot steps forward and at the same time the arms bend at the elbows horizontally as shown in figure 50. 2.

These movements continue permanently to the end of figure 48.



Fig 51. 1



Fig 51. 2

Fig 51. Movements of the arms and legs from figure 49.

1. The right foot steps forward and simultaneously the arms are thrown up forcefully (figure 51. 1).

2. The left foot steps forward and the arms return back to the sides as shown in figure 51. 2.

All these movements are performed during figure 49.

This cycle (including figures 42, 43, 44, 45, 46, 47, 48 and 49) is repeated 5 times. Each pair has been Head, Right and Left Leg and Right and Left Arm. Thus every human soul undergoes the experiences of the five fundamental principles: Love, Wisdom, Truth, Justice and Virtue. Finally, the partners of each pair shake hands very sincerely, because through the Pentagram they have become linked in the heart of the Great Cosmic Man.

## WHAT PEOPLE SAY ABOUT PANEURHYTHMY

The tremendous interest now being shown in Paneurhythmy and in sacred dance and movement, reflects a growing and intuitive understanding that the universal truths expressed throughout the ages by the great teachers of the world, can be resumed and expressed not only in words, but also in form and movement and sound. In this way, these truths become expressed at the most manifest level of our being while becoming infused with a sense of joy, vitality and exchange. The dance then transcends any one particular group or teaching and speaks directly to the Self.

We find that through dancing the Paneurhythmy we develop an increasing sense of attunement to the forces of Living Nature, and to the Divine Creative Spirit. As we dance, we move to a greater integration between our bodies, hearts and minds. We also build a greater sense of harmony and common purpose between all those participating, as also between ourselves and those radiant beings of the 'invisible' world who work with us at such times.

The Paneurhythmy is a dance of unity and exchange at all levels of Being - a living mandala of spiritual Light in which we share and move and give of ourselves, receiving in turn vitality and poise, calm and radiance.

Philip Carr-Gomm

We have been using several of Peter Deunov's teachings, most notably those concerning Paneurhythmy, for nearly four years now in the conferences, workshops and seminars that the Francis Bacon Research Trust organises for the general public. We have similarly used Paneurhythmy in the work of the Gatekeeper Trust, at conferences and on pilgrimages. We have been doing this because we find the Paneurhythmy such an excellent and beneficial method of both relaxing and exercising mind and body, helping to make mind and body capable of achieving greater insights and abilities to put them into practice than without the Paneurhythmy. We find that the sequence of exercise (if that is the right word to call it, since it is more in the nature of a yoga or meditational movement to put oneself in union with the inner nature or spirit of all things) is exceedingly popular, and one of its delights is that people of all ages can take part in it. The movements are profound in both their effects and their meanings, and learning to become proficient in their practice and to understand them is something that will probably be endless. It is one of the most worthwhile 'yogas' for the western man that we have ever come across, and what is perhaps one of its star uses is the wonderful way in which it can relate man in a purely harmonious way with other people and with whole of nature. It is a great force for brotherhood

and peace in the world, and it needs widespread use and study both to do it justice and to make use of what is undoubtedly a great gift to mankind.

Peter Dawkins

Paneurhythmy, being both ancient and modern, was given very consciously to help us to penetrate to the inner significance and meaning and understanding of life, our Divine purpose in the essential symphony of creation.

Ardella Nathanael

People who perform this group-exercise regularly experience joy, refreshment and a general upsurge of physical and spiritual energy. The 28 exercises activate the potential forces within our organism. They align us with the living elements of Nature.

The participant in a Paneurhythmy Circle leaves the world of confusion and enters for 45 minutes a world of harmony. If the exercise is performed with concentration over a period of several months the vitality level of the whole person is greatly enhanced.

Paneurhythmy is above all an enjoyable social experience which fosters friendship and goodwill at both local and international levels.

Alison Brown

The Paneurhythmy is more than a sacred dance. It is based on a profound knowledge of the correspondence between sound, speech, idea and movement. All the gestures incorporated embody specific ideas and impulses heralding a new culture of Love, Fraternity and Freedom. The Paneurhythmy is a poetic meditation in movement, a rite in which energy is consciously exchanged between heaven, earth and the dancers. It is not only sacred, but even sacramental, in the sense that sacraments represent the materialisation of spirit and the spiritualisation of matter.

All the effects of Paneurhythmy are transformative and ennobling. One's physical, emotional, mental and spiritual health is enhanced, as is one's general sense of harmony and music through ear and gesture. The exercises contribute not only to our own evolution but also to the evolution of the human race.

The Paneurhythmy exercises are certainly a prayer and an expression of spiritual joy; they are a movement and expansion of one's whole being. But they are even more: an expression of the spiritual evolution of the human soul on its journey towards perfection, and a dynamic impulse towards the unfolding of the Aquarian Culture. \*

David Lorimer

\* The Circle of Sacred Dance. Peter Deunov's Paneurhythmy edited by David Lorimer, published in Great Britain by Element (1991)

The reason Paneurhythmy is so special for me is that I believed for a long time in every gesture somehow linking with infinite other movements in the surrounding air. I feel every gesture I make contributes to harmony or to disharmony. This is not meant to sound like self-importance. It is just a state of awareness. The wonderful music of Peter Deunov echoes through the hills for instance and no one questions its good effect. Equally beneficial are graceful steps and gentle loving gestures. I agree with Deunov that this is the best way to change the world. Live in harmony.

But this of course must extend also to speaking and writing. In our Essene groups we follow the inspired translated texts of Dr. E. Szekely and mingle our thoughts in meditations and telepathy. It is not so physical but the wisdom behind it is the same and I think the White Brothers are longing for the two approaches to unite on the Earth plane. They are already one at Source.

It is a fascinating thing that Edmond Szekely, Peter Deunov and Michael Aivanov all had their roots in Bulgaria or Hungary. The Western Wisdom tradition is being re-vitalised from that area. It is really exciting because I feel an immense power for good emanating from those regions stimulating renewal and change.

Anne MacEwen

The world struggles to understand the spiritual principles which will sustain mankind. Many spiritual teachings exist, and like the major world religions, these teachings are given through specially selected cultural bases. It is not an accident that a Master such as Beinsa Douno was born into Bulgaria, not far from the cradle of the Orphic Mysteries. His gift to his people is also his gift to the world.

We of the modern Western World need to re-connect with our indigenous folk roots. Paneurhythmy is not only a refined yoga, but it is a folk art which has been given through Bulgaria to the world so that mankind can have a means to sing and dance with a renewed sense of joy. This art form gives people a way to worship and celebrate outdoors and with feet touching the earth. It is Christ-Centred and Universal. It also offers a form to share one's entire self with other beings through music and dance, a dance for life. It is said that peace will come to the world when men and women of all ages learn to sing and dance together.

Elinore Detiger

I think some of the societal benefits of the dissemination and practice of the Paneurhythmy are as follows: 1) It teaches centering and perseverance at the personal level. It can be uplifting and open the chest area. This is very good to counteract depression. 2) It teaches cooperation and balancing. This is beneficial in promoting harmony between partners and other larger groups of people that

need to learn to work together. 3) It teaches slowing down to a pace more attuned to nature's rhythm and our own natural pulses and rhythms. This can foster an appreciation and respect for nature. This is crucial in a society that is struggling with poisoning itself every time it undervalues the environmental impact of choices made during the decision-making process.

Marilyn Reddy

I have been through a ten-year battle with a debilitating auto-immune disease, and, although I had made much progress with diet, herbs, meditation and exercise, I found that I tended to skip the meditation and exercise more often than I should. As with most people, I am always in a rush. Paneurhythmy has been a true gift to me, for it functions as a meditation and exercise so vital to my health, but all rolled into one! The other discovery I made was that Paneurhythmy toned my whole body in a gentle, balancing way that no other exercise had done. There's a joy and exuberance to the dances, yet they sooth and calm in a most beautiful way.

Barbara Miller

The dancing of the Paneurhythmy has changed my life for the better as it has brought about a feeling of openness, love and joy in my heart and a sense of balance and harmony in my body.

When I teach the Paneurhythmy I am continually amazed at the healing that takes place within individuals and the group. A great feeling of unity results.

I believe Paneurhythmy is a wonderful healing tool for the Aquarian Age as it works on the higher vibrational energies of the body. It helps to make our Souls sing..

Barbara McDougall

God said "Let there be Light... and Love... and Joy. And let there be a stillness, clear and as deep as lake at dawn and let the wind move the water, touching the soul, flowing... refreshing... guiding. And let there be an essence, permeating all, harmonizing, purifying, balancing... a radiance of light gentle, pulsating, enfolding quietly, breathing into all that is."

And out of this light, and love, and out of this stillness, and from this essence, God created a beautiful gift - Paneurhythmy, a gentle, loving teaching. And if we truly listen to its music, and open to its meaning, this gentle teaching will guide us throughout our lives, pointing the way and guiding us through all aspects of our lives, as we move and grow, opening to our higher dimensions.

Each dance of the Paneurhythmy guides us gently and lovingly, opening us to the presence and power of Spirit that is within us and in the Universe. It is impossible to describe this experience accurately, for it is beyond the realm of

words, but I know the very first time I heard the music and the beautiful words that convey the meaning of each dance, that I was home.

The dances are beautifully simple, yet their depth and power is of a magnitude that cannot be measured. As I dance I feel deeply enveloped in the essence of Loving Spirit. I feel a union and communion with that spiritual essence that permeates all life. I feel as if I'm creating the Circle of flowing energy between the Universe, Nature, and my being - a spiritual exchange.

The Paneurhythmy weaves threads of pure love, Paneurhythmy is Love in motion, a moving meditation opening me to receive and give, and healing whatever needs to be healed, restoring me to balance and harmony.

As I go about my day I retain that feeling. I feel more open and radiant as if I am walking on a cushion of flowing love. I'm more open to my creativity, and when I play the piano I feel an awareness of a deeper dimension in my Being, and a stronger connection to the music. The arm movements of the Paneurhythmy seem to be transposed into my piano technique, creating a natural fluidity and freedom.

I feel deeply nurtured by this beautiful dance. Its teaching is complete, total, embracing all that life is.

Paneurhythmy - a teaching, a truth, a gift, an eternal guide weaving us through life - its meaning ever deepening, ever expanding, and from that still point within our hearts, we meet its gaze and quietly say - 'Thank you'.

Beverly Weil



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- The Law of Unity and Community (1928), Sofia
- The Laws of Goodness (1940), Sofia
- The Motive Powers of Life (1938), Sofia
- The New Eva (1932), Sofia
- The New Thought (1932), Sofia
- The Path of the Disciple (1927), Sofia
- The Positive and Negative Forces in the Nature (1922), Sofia
- The Power and Life, vol. II, (1922), Sofia
- The Royal Path of the Soul (1935), Sofia
- The Sower (1950), Sofia
- The Testament of Love, vol. III, (1944), Sofia
- The Three Directions (1948), Sofia
- The Three Lives (1950), Sofia
- Two Sacred Positions (1925), Sofia



This book presents the Paneurhythmy sacred dance given by the inspired spiritual Master Peter Deunov (Beinsa Douno). The fundamental principles of Beinsa Douno's teachings are Love, Wisdom and Truth.

*"Love brings life. Wisdom brings knowledge and light which help us in the study of the laws of Nature. Truth shining within the soul brings freedom from every weakness and vice. The truths are hidden in the lectures. I have deposited these truths there for future generations."*

*"There is nothing greater than these principles; there is no straighter or surer path. In these three principles lies the salvation of the world."*