

**WRITINGS FOR A BETTER WORLD**

**BENISA DOUNO**

**THE WOMAN**  
—  
**SOURCE OF**  
**LOVE & LIFE**

**EDITION HEAVEN ON EARTH**

## **BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE**

The insights about the woman and the mother which follow are taken from the lectures and talks of the Master during the period of 1914-1944. Most of the text in this book has been published in Bulgarian in *The New Eve*, Bialo Bratstvo, Sofia, 1994 with additional excerpts compiled by Tsanka Ekimova.

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"According to me, a woman is that one who saves the world; a woman is that one who holds the key of life, a woman is that one through whom manifests the Great Powerful Impulse of Love which bears Life."

"The woman is the symbol of Love."

The Master

# **PREFACE**

The words in this book are excerpts from different lectures and talks given by the Universal Teacher and Self-realized Master Beinsa Douno. He lived in Bulgaria between the years 1864-1944. Through the Words he spoke, he gave instructions for applying the Divine Teaching for generations and generations to come. He touched upon many subjects, but he was very particular with regards to one subject: the role and the mission of the woman in the new culture to be established on earth. He held special classes that were open to women only in which he guided them towards the fulfilment of their mission for the benefit of humankind.

The best way to describe the Teaching which he brought is by his own words:

*"That which I preach is not a Teaching for the ordinary morality but for the sublime Love. She can improve your health, enlighten your mind, expand your heart, and give impulse to the Spirit. Independent of which political coalition you belong to, of which nation you come from, use this Teaching. It is for everyone. It is a Teaching which brings peace and calmness to the heart, light to the mind, rejuvenation of the soul and strength of the spirit. This Teaching is capable of making the lame walk again, of making the blind see. From this Teaching, the deaf begins hearing, the ill becomes healthy and the dead resurrects. It brings harmony everywhere. There is no obstacle for this Teaching. What God tells me, that I am speaking and doing. I desire to fulfil God's Will as God has ordered. Blessed be His Name. God has been so good to me that I would like to repay Him with all my gratitude. I would like all of you to follow my example.*

*I have come to manifest Love, to bring it to the earth. This is my mission. Each Enlightened Teacher is different; he carries a sacred Fire from the Invisible World. The difference is determined by what his fire is.*

*The task of the Great Teachers who descend to the earth is, in its essence, to bring humankind to the right Path, to help it in its evolution.*

*If you think that you can separate the Teacher from God and God from the Teacher you do not understand the Laws. If the teacher thinks that he can do something apart from God, he is wrong. The only Teacher who teaches the human beings is God. In order to teach them, He takes one or another form. Sometimes God is visible, and sometimes He is invisible.*

*The Great Teacher represents the external relationship of God towards man. The Teacher gives part of his Light to those around him as the candle gives part of its light to all who want to use it. The Teacher is a Manifestation of the Divine Light. The more that a person accepts of this light, the more he is connected with his Teacher, not only by form, but also by content and meaning. The Word comes from the Teacher but belongs to God.*

*Remember: only one Teacher exists. If you desire to have His Blessing, keep His name sacred in your mind, heart and soul. This needs to be the ideal of the human soul.*

*I am sent by God. If you would like to know who I am, this you will learn from God. When you go to Him, then you will find out who I am and why I have come. The Words which I speak are not mine, they come from a Great Source. If you accept them, you will find them to be accurate and truthful. They are not mine. Do not make an error in your soul! The Ideas which I give in my lectures and talks are taken from the Divine Source. What Christ has spoken and what I speak - it is from one and the same Source.*

*Often I am asked what is the Teaching which I bring. I reply, 'it is the Teaching of the living Nature which includes all living forces which are the subject of science. It is a Science about man, a Science about the Intelligent World. It is a Science about God, about Love.'*

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*It is not possible to work against the Teacher. We bring one Divine Teaching, but we do not argue. We cannot compare this Teaching with anything else. Time will show.*

*That which I have spoken for 25 years has already filled the world, and it cannot be taken out. There exist invisible workers. They take and distribute those ideas about which I speak and distribute them through the air.*

*Within the lectures, many truths are hidden. I am hiding them for the future culture. Read the lectures and the talks of the General and Youth Occult Class. You need to read the Scriptures as well. This work needs to be done before any other.*

*In each lecture one can find methods for education and self-education of the children, adults, philosophers, poets and so on. The images which I am using in my lectures are taken from nature. The newest which is in Nature - this is what I give. It was different 2000 years ago. Some say: once upon a time Christ has said this or that. But Christ has said as well, 'Now you cannot comprehend some things, but you will so later.' And now there are new things, and there will be even more after 2000 years.*

*I think about the goodness, not only of humankind, but also of all animals and plants. I desire for all beings to live in Love and to acquire, virtues.*

*Experience sufferings but move forward. The future is in front of you!*

From the magazine *The Grain of Wheat*, No 2, 1999

Women do not know themselves yet. Therefore, the first requirement is for women to come to know themselves.

Tell me what distinguishes one woman from another? If I compare two women, both of them will have the same desires: one wants to get married, and the other one too; one wants to have nice meals, to be dressed well; the other - the same. All their desires are the same. There is no difference, nothing in particular: one and the same life exists in all homes. And now, why do all women not unite? In this way, they can uplift their spirit. If all women unite, they can very easily uplift their spirit. But at the moment each one says, "I want to be the first!" This weak side of yours resembles the story I have well. A German prince told you at other times as visits Denmark. It was planned that he would be welcomed in a theatre, and 12 of the most beautiful women were selected for that purpose. And from them, only one would be chosen to offer him a bouquet of flowers as a welcoming gesture. It had been decided to put this to a vote, but 12 ballots with 12 different names were found in the box: each one voted for herself. And today, each one of you votes for herself in Christ's box, and as a result, there is no one to offer the bouquet. When the box is opened, there are as many names inside as that many women exist. Each person wants to be the First. But in the fulfilment of the Divine Will, only God is first. He is the Beginning, and so we cannot be the first. The One who creates things: He is the First.

Today, the Spirit of Truth needs to come, and through Him. Salvation will occur. I do not ask you to start confronting your men when you go home. There is no reason to lash out at them.

You need to look with a candle for the true man. You need to search for him until you find him.

Have you read the "Song of Songs"? Many have read it and say, "This is how to enjoy life!" You need to comprehend the deep - the intrinsic – meaning, and not in a human way, but in the Divine. And why am I not revealing secrets to you? Where is your man? When you come to me, I will tell you, "Let your man come with you as well!" But now, you come only as women without men. How can a woman be without a man? The Scripture says: A woman cannot be without a man, and a man cannot be without a woman. But both are with Christ. The woman when she comes - she wants to experience love with her man. But it must be: you, your man, and one more - the third One. Love can exist only among three people. Do you know that? Your man and you will come to me, and only then can we begin loving one another. This is how the Scriptures understand the meaning of things. And the love between two - we know it very well. And so, do

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not be deceived to look for Love between two; search for Her among three. Christ says, "When you are with Me and my Father comes, then I will reveal Myself to you." When I speak about Love, three are necessary in order that you may begin loving one another.

Without the woman, Love cannot be manifested. Love is the manifestation of the primordial woman. We do not refer to things here in an erotic sense, but in their essential meaning. According to me, a woman is that one who saves the world; the woman holds the key: she holds the mighty power in the world.

I desire that the women of the new Teaching be of the ideal, I desire that every woman be tidy, be courageous and decisive in manifesting her virtues. I desire for the woman to be smart, quick witted, to grasp things well and not hesitate in front of any obstacle. I desire for the woman of the new culture to distinguish herself in something: in her walk - that she has graceful movements and is vivacious. Wherever she appears, everyone will speak about her, "This is a noble woman. She has a heart." If a man who is on his way to get drunk or commit a crime meets her, he will say: I give up my bad intents.

The human soul is divided into two sexes male and female. The woman is the bearer of life, of emotions; and the man is the bearer of human thought which is the foundation of the Divine World. The soul is an offshoot, turned upside-down and branched; and the sexes are the two branches from one and the same root. Therefore, you-the young people - should try to be a manifestation of Divine Love - no deceit, no flirting! The feelings in your hearts should be noble, do you understand? When you are around a sister or a female student, you should protect her as you would your eyes, do you understand? This I require from the young people. You need to be so delicate towards your sisters, so gentle in your address to them - in your thoughts, in your desires - as to be an example. You must know that you are a bearer of human intelligence. And as for the young sisters and students, I would like for them to be delicate and gentle towards the young brothers and students as well that they may have such a respect and honoring that they can transmit the impulse and noble strivings within their souls.

Now a question about whether to get married or not has been raised. In the Invisible World, there they live in twos. You will have soulmates. Similarities exist there: you live on as couples. Man cannot live alone. This is how God has created the world: here on the earth, two bodies live in one place; in the causal world, two hearts exist together; and in the mental world, two minds exist in one place; in the spiritual world, two souls live in one place; and in the Divine World, two spirits live in one. And when you enter into God, you become One.

Now when you ask if you should marry, you have in mind the [physical] body. Bodies cause within people today the need to marry. One body unites with another, and this is called marriage.

The question about marriage depends only upon this condition: whether or not it has been decided for two people to unite and fulfil God's Will on earth. If it has not been decided, these Souls need to continue to study alone.

The external way of expressing love is through light and knowledge; the internal is through warmth and a good reception. The external expression of love represents the summer in life when the external light is plentiful. Then the days are long, and the nights - short. By this light, people study and acquire knowledge. The internal expression of love is the winter of life when everything is covered by snow. Outside there are storms and winds. Days are short, and nights - long. Then people go into their homes, start the stoves, put the lamps on, and by this nice warmth and light, begin to read and contemplate. They concentrate within, because there is no external light to distract them. When someone comes for a visit, they invite him in and together they begin to read and converse warmly.

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Contemporary people need to study both sides of love: the external, or the masculine, which is connected with the light, and the internal, or the feminine, which is connected with the warmth. In such a way, they will understand why contradictions in life exist. He who wants to study Wisdom, to acquire light and knowledge - he needs to seek the external favourable conditions. Whosoever desires to study Love, to acquire warmth and softness - he needs to expose himself to the external unfavourable conditions: to the great storms and suffering. Whosoever seeks Love - he needs to have a strong backbone in order to endure. Man is strong from without, and the woman - from within. When you know that, you can explain to yourself why people are searching for one another. Love bears warmth, and wisdom carries light. He who has light within searches for a person who has warmth. And vice versa: the one who has warmth for a person who has light. This is necessary, because light cannot be understood without warmth, or warmth - without light.

This is knowledge which you can apply in life if you would like to make it meaningful. When I say that man needs to love all people I have in mind the Unity in Nature. Within Nature, only one woman and one man exist. You see many men and women, but in reality, they represent one woman and one man in many forms. When a person looks at things in this way, he cannot commit a single transgression. But when a man grabs only one branch or one leaf of the Tree which is named "the Unity in Nature", he starts to see around himself many women. As long as the man sees many women in the world, and the woman - many men, transgressions will always exist. The delusion is in the fact that when a person looks in the mirror he sees an image and thinks that he sees another person. No, this is he alone. The many men and women are nothing but reflections of the one man and the one woman who alone exist in Nature as Reality.

How should people live in order to come into such a unity? This is very simple! Whoever you meet, consider him as your brother or sister. And whatever this brother or sister is doing - you will consider it to be good. As long as the woman thinks that her man can possess her, she is on the wrong path. And if the man thinks the same about his woman, he is on the wrong path as well. The woman needs to thank her man that he is bearing light. The man needs to thank his woman that she is bearing warmth. And yet, what are the contemporary men and woman doing? When the woman receives light from the man who is learned, she starts to see his shortcomings and judges him. When the man sees that, he gradually turns off the switch for the light, and the woman remains in darkness. Then she starts searching for her man and cries for him. When she is searching for him, she is in darkness. When she is seeing his shortcomings and judges him, she is in light. These are the wrong understandings of life. When you love your man and live with him, use his light and do not make any remarks. How he dresses, where he directs his gaze, what he speaks - do not say a word on that. Leave him to express himself freely, as he knows and as he understands. In general, consider everything your brother or sister does as good. In order to behave like that, patience is necessary.

Do not try to possess one another. The good comes from God and not from the woman or man. Everyone needs to be at his place and wait there for the Blessing which is meant for him.

Therefore, it is not a question of possessing things, but of understanding them. According to the new understanding, you need to know the following: the man can love God only through the woman; the woman can love God only through the man; the mother can love God only through the child; and the child can love God only through the mother; the teacher can love God only through the students; and the students can love God only through the teacher. These are the relationships and Laws which no one can change.

In the Old Testament, it is said: God resists the prideful, but gives Blessings to the humble. By "God", I understand this to refer to the Mother - the Living Nature? [The Principle through which

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the One Consciousness is made Manifest in all things throughout the physical world.] And She is great! Great is your Mother Nature!

It is said in the Scriptures: When He found himself in human form, he became humble. In order to have the Blessing of the Divine Mother, Christ was ready to endure all suffering. In the occult science, Father is known as Mother. He is Love, but not in the way you understand this Mother - Love. Do not even put in your mind the thought to compare this Divine Mother with the love you know. There is no image with which we can compare this definition. I give it the name "Divine Mother", but not with the meaning that She has given birth to God. The occult science comprehends the Divine Mother as the Essence of all living things in the world.

Today I address the women: you need to turn your men towards God. The salvation of the world is in your hands. You are a symbol of Love. You need to set straight the disordered minds of your men. How will this happen? By drawing Divine Love into your hearts. You need to love your men. You need to love your man as the One, but without becoming his slave. You need to love the One - or in other words - you need to love God within him.

The Holy Spirit now works upon the women. Therefore, they are more religious and spiritual than men. Observe: wherever a woman's foot steps, everything progresses - science, religion, music – everything goes well. The woman is the soil in which all things grow. If the woman were to disappear, everything would stop - science and religion and music and art - the soil would be missing. The poet writes as long as lie bears the woman within his mind. If the woman is taken away, he loses the meaning of his life and gives tip. Within the minds of all people, the woman is present. She is Love; she is their Idea.

In the love between two souls, one must be positive and the other negative. The one creates and the other builds.

I consider the woman to be a polarity. Originally, when God created the woman, she was completely different from the one today. On earth, the woman who exists is neither as the one in Heaven, nor as the one in paradise: she is only a resonance, a reflection of the enlightened and sublime woman. And in this meaning, love is only an outward reflection of this woman. And yet, Love only manifests where the woman is present. If the woman in a person is missing, Love will be missing as well. If people knew what the woman was and placed her in her proper position, the world would be immediately uplifted.

In order to have a clear idea regarding the woman, you need to consider her not as an individual, but as an essence in its totality. The woman in nature is a mighty, great thing. If you were to take the feminine principle out of life, death would come in an instant. The feminine principle entered into life from the moment of its Creation. DO not separate the woman from life - or in other words - Love from life. The woman symbolizes Love. With the distortion of the human existence, the woman is distorted as well. By the concept of "woman", one should understand a being who can give birth to the most beautiful form, who can give rise to the greatest force, a being who can manifest the greatest intelligence.

The woman is the last Creation of God. Each subsequent Creation is more elevated than the former. God created the plants and the animals before man, and so man is more elevated than the plants and the animals. For the same reason, Eve remains more elevated than man - Adam. God breathed into Adam a living soul; and into Eve – intelligence. When we say that the woman is feminine only, but not intelligent - this is not correct. The woman is more intelligent than the man. He is strong - he can fight - but there is not a great philosophy present within him. Some say that the man is the genius, that lie is learned. Remember: a genius - a great person - cannot be born from a coarse mother who lacks discernment. The father could be an ordinary person, but the mother needs to be discriminating and intelligent. This shows that the father passes on his intelligence to the children less readily than the mother does. When the intelligence of both parents is combined, something good will be created.

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The major characteristic of the woman is compassion. If the woman is not compassionate towards people's suffering, she is not a woman. The contemporary woman neglects her most precious quality and strives to become a man. When she has something to say, she needs to think first and then speak it out. In general, from both the woman and the man, judiciousness and mindfulness are required.

For eight thousand years, the man and the woman have distanced themselves from their nature and are so far away from it now that neither is the woman a woman, nor is the man a man. And if you could compare today's men with the original Prototype - the same for the women - do you know what a ridiculous caricature you would see?

What needs to be latent within the female form? All the virtues, all the sublime thoughts and emotions need to be latent within her. The woman is the bearer of that which is the most sublime in the world, of that tenderness which is preserved within her.

I have seen in my life only a few true women - some in Bulgaria, some abroad. The true woman can be recognized by her tenderness - not a single harsh word can come out of her mouth! Any woman who is able to express rudeness is not yet the embodiment of the true woman - she has deviated. And, that which distinguishes the true man is his high ideals.

"Woman" in the fullest meaning of the word means "a door which is opened by God's Key alone." Every other door which can be opened by the keys of ordinary people is not a woman. That the woman is beautiful, that she represents the gentle element - this is another issue. Beauty, lightness, richness, strength - all these are within the soul.

Martha and Mary represent the two principles of the human soul - the active one and the passive. Through Martha and Mary, two kinds of women are presented: two opposite characters, two conditions of the human heart. One condition is still, calm and silent, with the mind directed towards the eternal principle which is built upon an eternal foundation; and the other condition is like the ocean waves, like the little branches of the trees - continuous agitation, continuous motion. Christ, however, shows Martha what is essential by telling her, "You are troubled by things which are not needful. Mary has chosen the best part and it will not be taken away from her." [See Luke, 10:38-42]

All who are like Mary are noble women. They are good in character. They have a perfect body structure with a beautiful countenance, a gentle gaze, a symmetrical forehead, a straight nose. They are good in heart, tender and compassionate towards people's suffering, ready to help.

"Mary" in Hebrew means "brine". Thanks to Mary, the world does not spoil, does not become rancid, does not decay. When you have Mary's principle within you, your heart does not spoil.

"Martha" derives from "Mara" which means "bitter, sour, hot-tempered". If someone is a Martha, you will see that when she gets up in the morning all the servants will be up as well. Shouting, yelling, waving a broom - all are running at a half-kilometre distance from her. You will find Martha in the churches and in the schools and in the courts everywhere. She is as necessary as Mary. But you should not give predominance to either, Imagine that everything in the world is only Martha - waving brooms, making dust and shouting. What kind of music would this make? I believe that the houses would be well-organized, that everything would be ordered and structured. We would have wonderful forms, but there would be no life. But if Martha did not exist, then what would make Mary 'salty'. The higher principle Mary - shows the path of flow to personally serve God. In this service, we will find the meaning of our lives.

The Divine Teaching does not require us to withdraw from our duties in life. Only that part which is assigned to Mary needs to be given to her.

Today the woman is regarded as a being who needs a man to look after her. I say: this is not a woman; this is a disabled person in a hospital. According to me, a woman is that one who saves the world; a woman is that one who holds the keys to Life; a woman is that one through whom the great and mighty power of that Love which bears Life is manifested. Therefore, the salvation of the world will come through the woman and not through the man.

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The man complains that the woman is culpable for his sins, yet without her he would have been lost completely. The woman is the least "evil" in the world. Without her, the world would be much worse.

The woman must work to attain depth. She must work intensely upon herself, educate herself so that she may give birth to good sons, good citizens. As long as she does not fulfil her mission appropriately, she will always be blamed for all the miseries of the world. The world needs kind, sentient and noble women.

Which kind of child will be born - a saint or a criminal - depends upon the pure and impure matter that is at the disposal of the mother. You will say that the Divine is only instilled in the good children. This is not true. In the process of conceiving and creating the child, the Divine is not yet present. This is an inferior process. The Divine within man comes later, after the birth of the child, when it differentiates as matter and spirit.

The man represents the central brain in the human being-the cerebrum - through which he is connected with the external world. The woman represents the ventricular brain through which she is connected with the inner - the Divine World. The ventricular brain is related to the whole universe, and for this reason, the woman is closer to the Divine World than the man is. That which one perceives through his ventricular brain or sympathetic nervous system is closer to the Truth than that which he perceives through his cerebrum.

A human being needs to apply two great Laws in his life. The first Law - love towards God – represents the man. The second Law - love towards your neighbour - represents the woman. The man needs to occupy himself with the first Law; the woman - with the second. The human being, however, needs to be occupied with both. The second Law - the love for one's neighbour which is the woman's cause - this creates the societal order. Therefore, contemporary society and everything in it is a result of the subjugated woman. And so then, what should be the goal of contemporary society and the contemporary nations? The upliftment of the woman. Uplift the woman to that position which she held at one time! Place the woman on the level at which she was and you will see that the world will improve in 25 years. The salvation of the world lies in the upliftment of the woman. If you do not uplift the woman and if she does not uplift herself, the salvation cannot come: there is no other way.

When I speak about the upliftment of the woman, I have in mind that this idea should permeate the whole of life. It needs to permeate not only people, but the animals, plants and minerals as well. This great Law should also completely take in the human heart. If the human being abuses his heart, the salvation also cannot come. The salvation of contemporary humankind lies in the upliftment of the heart. If you debase yourself, you debase your heart. If you uplift yourself, you uplift your heart. All the Angels, all the Saints, all the Advanced Beings strive for the upliftment of the woman. Many of the contemporary people are against this great idea and say, "Do you know what the woman is? She is like a snake!" Those who have burned their fingers already - only they can speak about her.

When you say that the woman is bad, I ask: Who has not been born of a woman? Your mother who has carried you in her womb, who has held you in her embrace, who has carried you in her mind and heart - has she not been a woman? You do not focus on the fact that she has been debased. Whatever this woman has been, today she is your mother. If you have a companion, regard her as your mother. Regard your mother as if God is within her. Humankind needs to fundamentally change its ideas towards the woman. If not, the salvation of the world will not come.

An important Law exists which everyone needs to bear in mind. This Law is when a woman loves a man, she the following: is capable of uplifting him. But if she begins to hate a man, he will come to a bad end. Many statistics in America show that all of the clergymen who have good

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wives are known to be outstanding preachers. Why? Because their wives love them and share their beliefs. And the opposite: all the wives of clergymen who do not love their husbands and do not share their ideas have contributed to their downfall. Therefore, the woman has the power to uplift or bring down the man.

Now I repeat to the women: Bring more light into the minds of your men. Only the woman can do this. The man cannot save another man - the woman will save him.

A woman can never reconcile two men who are on bad terms. Instead, she will bring enmity between two men, but not reconciliation. Only the mother is capable of bringing peace between two quarrelling men, because there are forces within her which positively influence the men: they have love towards her. For the same reason, the man cannot reconcile two women who are on bad terms.

What is the task of the woman? To uplift first herself and then the man. The good and graceful woman represents the ideal for the man. She instils within him the impulse towards the sublime, forces him to think and - at the same time - brings peace and tranquillity to his soul.

Today the woman who will elevate man appears upon the scene. Until now, the woman was brought up with the goal to develop tenderness and softness in her character. For this reason, nature has given her the assignment of becoming a mother, to bear children and to raise them. In this way, she passes through suffering and becomes ennobled. The future belongs to the woman; she will educate the man. She has created such a disorder in the world from which people cannot escape even today. The men fight, but all the time for a woman. The woman must be imbued by one fundamental idea to apply Love. Do not bind yourself to an inferior man. Do not deceive yourself that when you marry him he will improve. Marriage cannot improve the husband.

When relationships are based upon Love, one cannot make any legal agreements. The man is glad that he has met the woman whom he loves and is grateful to God. The same is true for the woman. What the man will do for work and what the woman will do - this will be arranged by itself. A union which is inspired by Love is worth more than all the riches in the world.

When you enter a heart, take off your shoes; raise your eyes and pray to God to bless you. When you lift your mind towards God, He will send all Beings to work upon you and upon the one whose heart you have entered. 'File mail must take off the yoke of his wife and say, "My wife, from now on you will be free to live in my home under the conditions: to work for God's Love; and you yourself to put on and take off your yoke; to work for the good of your neighbour and for the good of your soul. If you work in this way, you will be welcomed in my home. Otherwise, I do not accept you." These are the new rules for the people to apply should they want to marry.

There is a greater power than the power of the man this is the power of purity. Independent of how corrupted a man might be, he will yield to the woman's purity.

Love and Will are working together. If the woman has these virtues within herself, she can transform the condition of her man in a moment. Independent of how indisposed he is, when he enters his home his indisposition will disappear.

What kind of woman is that one who cannot bring a man to hold her in high regard? What kind of woman is that one who cannot paralyze the action of a man? I speak about that woman who has attained Love and Purity. A mighty Power is Love - nothing can corrupt it. It is Love and Will alone that will cause a woman to be held in high regard. They will uplift her.

A young maid wishes to marry. First she must ask and observe her own heart and mind. She must be a clairvoyant in order to enter his home, go through his rooms, his library, see how the books are arranged, see his kitchen, his garden, visit the garden of his love, of his charity, of his

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## BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE

justice and see what kind of flowers he has planted. She must go everywhere to see how everything is arranged; and if she finds that everything is in good order, she then can say, "I am ready to marry this man." This is true marriage.

She must ask herself first: if I do what I would like and get married, would I achieve what I search for? If she can achieve it, let her get married. If not, then it would be better if she would not marry. If a woman wants to give birth to a child, let her ask herself if she will be able to uplift her child and herself, if she can achieve this, let her become a mother; but if not, then it would be better if she would not give birth.

When the fathers and mothers change their feelings, a new healthy generation with right thoughts will be born.

To marry - this is to create the conditions for a soul to develop. It comes from God down to earth and you should guide it.

True love is a model through which people help each other to learn. True love requires a mindful exchange between souls. To love someone means to experience a proper exchange with him. When the interchange between two people who love each other is proper. they are joyful, fulfilled, ready to sacrifice for each other and to be helpful to all other people. If you find a being whom you love and who loves you - you have found your teacher. On the one hand, he will teach you; and on the other, you will teach him.

The lad and the maid are young and beautiful, but as soon as they marry, bills start to follow one after the other. They wonder where these bills came from? This is so simple: they do not marry one person, but a whole company which has already - gone bankrupt and is searching for someone to pay off its debt. Without ever questioning, they take these bills upon themselves and suffer their entire life without being able to get above the surface and pay them off. In such a case, only he who has paid off all of his debts, who has freed himself of all his associates, has the right to get married.

If the young woman is ready for the rest of her life to serve this young man, to fulfil all of his desires with love and right consciousness-let her get married. If she thinks that through marriage she will have security and independence, that she will be a mistress - then she will be unhappy.

Love acknowledges one Law: he who loves must serve.

Love is one thing, and marriage is something entirely different. A marriage binds, complicates and obstructs the freedom of the human soul. Sometimes people marry in order to pay off some old debt, and such a marriage is appropriate. It is within the destiny of these souls as a way of freeing themselves. Most often, people marry because of strong feelings, sometimes motivated by material gain or ambition. In such cases, both partners - and the children as well - suffer.

Love without entangling yourself, and one day you will be thankful.

The future belongs to the woman, to the Mother, to the sister. She is a conduit of Love. Love can come only through the woman, not through the man. If the woman dreams of getting married - to have a husband - she does not understand anything. It is meaningful for a woman to get married if she can uplift her husband and direct him towards the right mindful life, towards the fulfilment of God's Will. If she does not open the heart of tier husband towards the weak and the oppressed, she has done nothing.

In the Scriptures, it is said: Great is the joy of the Angels in Heaven for every woman who has devoted her heart in the search of Divine Love. As for me, I desire that more of these women be on the earth that the Angels may rejoice.

If a young man loves a girl for a while and after that cools off and starts loving another one, this last one must tell him, "You must turn back to your first love because in no way am I better than she is. If you can abandon one girl, tomorrow you will abandon me also."

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The new Eve - the new woman - must close off the way to Cain that he can no longer be born into life. The world does not need criminals. The descendents of Cain speak of this and that on the one hand and make disorder in the world on the other.

Seek the new Teaching that Christ is bringing today through the woman. It will wipe away the tears from the eyes of those who suffer. Of which woman do I speak? I speak of the woman that bears the character of Rachel. She will bloom, will bear fruit and her fruit will ripen. Yet if one has the character of Lea, for a long time she will need to be grafted [upon another].

The women must save the world, and they will do so. Only the mothers can save the world. He who thinks that the world will be saved and improved without the mother is deceiving himself, he is in the wrong path. The most sublime - the most powerful - word in the world is "mother".

God, the Angels and the Saints have a strong faith in the woman. I have a strong faith in the women as well. And so, the world will improve when the men become the loving sons and brothers of the women.

Every constraint upon oneself brings physical as well as psychic consequences.

What is the assignment of the woman? To first elevate herself, and after that, to elevate the man. The good and the beautiful woman is an ideal for the man. She inspires him towards that which is sublime, she compels him to think, and at the same time, brings peace and calm to his soul.

I desire for the women to become mothers filled with God's Love, to be the bearers of the Idea of their mission: that women should blossom, carrying the fragrance within themselves, dispersing the nobility of Love.

Let the woman abide in Love and let the man bear the authority for the woman. As women, you should have the desire to bring forth the fruits of the Spirit which are Love, Joy, Long-suffering, Peace, Mercy, Temperance and Charity. In the bearing of these fruits lies the true service to God.

Is there no sweeter fruit than Love? Therefore, the woman represents the Spirit: she can be loved only when she bears Love.

The woman is the Symbol of Love.

How will peace be introduced into the world? Who can bring peace? Today no law is capable of destroying war and bringing peace. If all the scientists were to unite and begin working to use science for the destruction of war and the bringing out of peace, even they would not succeed.

I say: there is only one force in the world which can destroy war and bring peace. What is this force? The woman! If all the women were to unite and say, "From today on we will not give birth to criminals!" - then they would put an end to war.

And if each mother were to tell her son, "If you kill your brother, I will renounce you: you are not my son!" - then the war would come to its end.

In order to achieve this, not only two or three women will need to become aware of their task, but all women together will need to uplift themselves and begin working for the salvation of the world. From now on, the women will be held responsible for the unfulfilment of their task. Therefore, from thousands of years ago until now, the women have been abused without exception and have come to the condition of staves. They have unbearable suffering. The Law applied towards them is implacable. Why? Because they possess the power to solve the problem of the salvation of humankind, but they do not want to direct their forces toward the entire world and say, "Down with the wars! Down with all delusions! Down with all false teachings!"

We, the contemporary people, are solving the problem of how we should live. And yet, we should not be solving the problems of how we should live, but of how we should be born. We should solve the problem of what kind of mothers we should have, what kind of fathers.

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If you desire to improve the condition of society, first the mothers and the fathers should be involved, then the priests and the teachers, and lastly, the judges. If the priests and the teachers begin first, nothing will come of it. Mothers and fathers need to set the fundamental tone in life. Some say that the church will save people. I say: the salvation comes from the mothers and the fathers. That father who from the beginning gives the best thing to his children is a priest, a patriarch, a bishop and a king. That mother who instils sublime and enlightened thoughts and ideals into the souls of her children from an early age - she is a queen. To be a mother or a father - these are sacred positions which God has assigned to man.

Today people debase the position which the mother and the father hold and say, "Let the teacher come and instruct our children." The teachers can teach only to the extent that their own fathers and mothers have instilled within their souls sublime and enlightened ideals.

In fertile soil, one can sow whatever one desires and expect a result. One cannot sow anything in sandy soil.

From the organic point of view, there exist two institutions which are Divine. One of them is the father and the mother - the home. It is the first institution on earth. There is no institution more noble and luminous than the home. And there is no title higher than that of the mother and the father. There are many fathers and mothers on earth, but in reality, they are stepfathers and stepmothers. In relation to the organic world, the father and mother play an important role: through their blood, they transmit the qualities of their souls to their children. The education of the child is determined by the qualities which the mother instils in the child at an early age. By the word "blood", I do not mean the ordinary blood, but that one which remains unchangeable under all circumstances of life.

In order to come to the earth, a soul needs to find a father and a mother who will sign a contract in which they agree to accept her and raise her. After the contract has been signed, the mother and the father say, "A child has been born to us."

Schools are necessary in which the young people may be educated in these great Laws as to how to become good fathers and mothers and also builders of the future society.

Any child with whom the mother is not contented cannot become a great man. The great man is conceived in the moment when the mother is filled with love, with luminous thoughts and noble feelings. During the time of her pregnancy, she has lived a pure and holy life. During this time, the father was also filled with light and love.

If the child is a girl, the mother has invested more than the father has. The latter is using the interest of mother's capital. The father rejoices that a girl has been born in that there will be someone to love him. The daughter loves her father; and the son-his mother. If in a family a boy is born. the father has invested his capital and the mother is using it. The son loves his mother.

A home in which the man or - in other words, the positive forces – predominates is based upon the number 12. The first child to be born in such a home will be a boy. If the creative forces predominate in the home or - in other words - if the feminine is dominant, this shows that this home is based upon the number 21. The first child to be born in such home will be a girl. Therefore, in order for a boy to be born in a home the father needs to be very intelligent. In order for a girl to be born in a home, the mother needs to be loving. When Wisdom predominates in the home, a boy is born; and when Love predominates, a girl is born. This shows that the children are not born by accident but according to certain Laws. If these Laws are not followed, many boys and girls will be born, but they will be such only by form. In reality, they do not possess the qualities of a boy and a girl.

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If the mother and the father do not introduce into the soul of the child the sacred image of God, they have not fulfilled their destiny as such. The children must hold in their souls a sacred image of their mother and father as substitute representatives of God.

The children of the new people are to be distinguished by their purity and holiness. When such a child comes into a home, it will bring blessings to this home, as well as to his neighbours. When a man descends from the World of Love, he brings blessings for humankind.

The more that has been sung to a fruit, the sweeter it becomes. The same Law is true for man as well. A man who is nourished with music and songs has a luminous mind and an open heart. He rejoices for everything. Whatever he encounters in his life, he always sees it from its good side.

If the children are capable and noble, this is because the mother has understood well the Cosmic Law and has provided the opportunity for her child to use it. The character and the vitality are transmitted by the father; and the intellect - by the mother. Honesty is transmitted by the father; and judiciousness - by the mother. Only the father can make his son or daughter just. Sometimes we meet children who are honest and intelligent, but not just and good. In such a case, we say that one of either parents has erred. If all these four qualities are met in a child, this shows that the father and the mother have worked according to Cosmic Love and have instilled these qualities in their child.

The parents create the body of the child, but the essence of the child is created by another Source.

For a child to be born, the father and the mother need to work upon themselves for generations upon generations in order to have amassed the material for the building of a strong nice house for the child. If they do not have such material, it is better not to get married and not to build a house which will collapse after a few years. You will say that in the Scriptures it is written that people should get married and multiply. From the Divine point of view, this means: reproduce and multiply according to the Law of Love, Wisdom and Truth.

The mother and the father must have applied Christ's Laws even before the birth of their children. They must have lived according to these Laws at least for one hundred years before they have married. If these Laws have become their flesh and blood, their children will live according to these Laws as well. Otherwise, they will give birth to sons and daughters who will not follow their way. For such children, it is said that they have nothing in common with their parents. This is a contradiction for the parents as well as for the children. The parents try to draw them to themselves but the children go their way.

The time has come for favourable conditions to be created for the birth of children. As a future mother, the woman has a great responsibility. If she realizes her responsibility, she will never direct negative thoughts towards her companion.

The only power which can bring the world into order is Love. In this meaning, a man should never marry a woman he does not love, for whom he is not ready to sacrifice everything. The same is true for the woman. The child must be born as the result of the love of the mother and the father. A child born with love in the presence of God is a child of the new epoch. Only the mothers and the fathers who live in love are able to improve the world. Only they can give birth to the new people. If you give birth to a son or a daughter whom you do not love, you will have great trials through them. Why do you need such children?

That which uplifts the mother - that which gives her form - is the child. The child creates the conditions that the mother may manifest herself. Therefore, the mother has the desire to give birth.

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Nature has ways by which a barren woman can become fruitful, but she keeps these in secret. There exist moments during the day when children are not to be born or conceived. These are the so-called "dead points". Remember: as there exist physical or material methods for the achievement of certain things, so too, exist certain spiritual or psychic methods. Both have been applied since ancient times. For example, in the Bible there exist cases in which barren women have conceived and given birth. The childless woman has turned to God with a sincere and warm prayer, with a promise in her soul. And her prayer has been answered. The prominent scientist recommends some medicinal salt, but the devout woman prays to God. Her sincere prayer to God is the salt which the scientist prescribes. He has found some medicinal salt with which a barren cow gives birth to calves, and the barren woman - boys. In the future, he must find the proper salt by the use of which girls will be born, too. One may ask, why does barrenness exist in human beings? It is due to some deviation from the Great Divine Law. By "barrenness" in the broad sense of the word, we understand the lack of virtue in man.

From the point of view of Love, it is not permitted for a person to marry without love. It is not permitted for the mother and the father to many without love, to bear children without love. Follow the Law of Love in all its actions and do not fear anything. God is Love. Therefore, when you marry, call upon the name of God to be between you. If God is not between you, the marriage and the bearing of children - it is an act of commerce. Therefore, if you give way to business in the most sacred of relationships between people, do not expect any happiness, any achievements.

Remember: that which robs man of his happiness that which ruins his sublime thoughts, emotions and actions is the lack of Love.

Two people can love each other and be in harmony only when they have developed their spiritual bodies. If their physical bodies are acting and the spiritual are not manifesting, they cannot love each other. A person's faith and love depends upon the development of the spiritual body.

A woman or a man who do not sing cannot manage a household, cannot bring up children. In order to be a mother or a father, a person must bear the image of God in his spirit, in his soul, in his mind and in his heart. If people do not hold this image within themselves, yet take on the honourable service of mother or father, they will create great misfortunes for themselves. Such a father or mother will give rise to an inferior son or daughter.

The small desires and impulses which man sustains within himself give birth after a while to some great ideas. Man needs to work dozens of years on certain ideas until he can realize them. Nothing in the world exists by chance. In order for an intelligent, beautiful child to be born, the mother has needed to work in this direction for dozens of years. In order for a child of genius to be born, the mother has sustained this idea within her mind for centuries.

When I say "mothers", I do not understand this to mean mother in the ordinary sense of the word.

We would like to be healthy, to be happy, to be intelligent, to have a religion - all this is very good. But this religion needs to be the Religion of Love. We would like to have schools - let these schools be the Schools of Wisdom. We would like to have a social system, to have laws, but let all these be based upon the one Absolute Divine Justice! This problem will be solved by the mother. Which mother? **The future mother, not the one of today.**

No one person is born by accident. For example, it is assumed that the first man had been created on the day of the first equinox, when the conditions were favourable, harmonious. Therefore, let all the artists, musicians, writers, poets and all great scientists participate in the Creation of man. The world needs new people to work for its betterment and upliftment. And this depends upon the woman. She is the internal factor which needs to correctly use all the

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favourable external conditions. In this sense one should look at the woman - mother, the sister, the virgin as a delicate fragrant flower which no frost can destroy.

If birth is an important process for which new favourable conditions are required, then no less important are the processes of conception and pregnancy. When the mother conceives, she should be like a priestess. Not only the mother, but the father as well: both should be like priests, priests of purity and the sublime life. All should work for the creation Of those great conditions which will give birth to the great ideas into the world.

The mother is occupied with her children, but this is not her sole destination. She must perform a higher service: she must work upon her soul. This is her higher service and destiny. She must instil in her soul such properties which will enable her to cope with all the trials of life. It is not merely a question of having people multiply. But rather, that into the world human beings are born: not daughters and sons who seek pleasures, but such people who are ready to fulfil God's Will and to work mindfully.

The shepherd knows when his sheep will conceive, yet man does not know when a child should be conceived. He says, "It is not important when it has been conceived, it is important for it to be, it does not matter when it is due or not: It is in God's Hands." God gives everything, but you should observe the favourable conditions for the conception and birth of your child.

The planets influence favorably or unfavorably not only the moment of an individual's birth but that of his conception as well. The mindful people are aware of these moments, and they follow them during the conception of the child and at the beginning of every important work.

When we say that man is master of his destiny; that is to say, that he can create what he wants. We imply that before things have been manifested we can create them in their ideal form. Once they have been manifested, they cannot be changed in any case.

One of the sacred questions of life is: during which time of the day are the boys conceived and born and when - the girls. It is exactly determined if boys or girls are conceived in the morning, noon or evening. The exact hour and minute when boys or girls are conceived is determined.

People born during the night carry the signs of the night; people born during the day carry the signs of the day. In addition to this, those who are born in the morning at sunrise differ completely from those who are born in the evening at sunset. In general, every person carries the signs of the hour, minute and second of his birth.

The pregnant woman needs to carry her child with joy and tenderness, with beauty and humility in order to transmit these qualities to the child. Only in such a way will the future generation be improved.

"Take My Yoke upon you ... for I am meek and humble of heart." [See Matthew 11: 29]

This is a Verse which is worthy of applying if life. Everyone should write it within his mind and heart. The pregnant woman should repeat this Verse throughout the whole pregnancy. Sometimes she remembers this Verse, but not until after she gives birth to the child - and then it is already too late.

The woman of the new culture should educate her children before they are born, while they are still in her womb. There the child has all the conditions for receiving; and after the birth, he will then require conditions for processing that which has been received. Therefore, the mental life of the pregnant woman should be not neglected. The finest literature should be her mental food. The lives of the saints, of the great souls should be the motivation for her thoughts. Beautiful and sublime poetry, beautiful music and songs should break tip her life from time to time. Tranquillity and quietude are needed for the woman and mother, and for Nature as well, which during that time performs a great act of Creation - the Creation of a human being. If you desire that the fruit of the tree be good, create the conditions and leave it to Nature. The same is true for the

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creation of a human being. The good, intelligent person is conceived and is under special conditions. For this, three important specifics are required: the goal, the means and the achievements. All these you will find in the Sentient Nature. Only she is Health, Beauty and Purity.

During the pregnancy, the woman should be surrounded only by beautiful images so that the disposition of the spirit may be good. The ancient Greeks were more advanced than the contemporary educated people. When a woman was Pregnant, they would place her in an environment in which she could look at beautiful paintings and sculptures. In order to develop the beautiful within oneself, a person needs to look at beautiful things.

During this time, the husband should be for his wife an ideal. She should see in him the best qualities, because if the slightest doubt enters her, it will reflect in the child. When she conceives, she should not be discontent with him that he has made her unhappy, because the child will be unhappy as well: her mood will reflect upon him.

The upbringing of the child should be considered in its totality. We have distorted the functions of nature, and through ignorance, we try to correct our mistakes. This will not work properly. Today only God can convert and educate us. Christ knew this and said: If you are not born anew you cannot enter the Kingdom of God. This means: you cannot educate yourselves. Education and raising imply that we must be born anew by the spirit. Only then can we raise others. Take as an example: what kind of children will be born from that mother whose mind is not worried or disturbed by any of the storms and contradictions in life and whose spirit is quiet and calm? She will give birth to healthy children. All mothers who have peace within their souls give birth to healthy children. However, that another who is constantly worried throughout her pregnancy - it does not matter whether this is from the conditions of life or the unfavourable combinations in nature will give birth to unhealthy, frail children. In other words, the best child, the best embryo which could be placed in the womb of a woman - can be damaged if she is worrying during the time of her pregnancy.

A mother is she who can inspire the respect and esteem of her children. When they hear that she is coming they stand up and say, "Mother is coming." Do not think that the mother is a soft woman, lacking in character.

Many mothers are influenced by society, are ashamed to follow a spiritual path, to follow a spiritual life. They do not realize that society is not the true authority in these matters. This is something that refers to your own soul. The mother precedes society. Always the older has the greater experience.

For the successful rearing of children, the mother should be absolutely pure. The mother who lacks purity cannot rear and educate children. You cannot evolve morally if you do not purify yourselves. If you foster within yourself any sin, any weakness, or foolish ideas and believe and think that you can achieve them through the help of the new Teaching, you can be assured that you will remain as you have been. Nature never pours new wine into old wineskins. The new can penetrate you only after you have purified your mind of any misconceptions and your heart of any vices. In every minute, you must strive toward purity.

The husband must be benevolent, and the mother - virtuous. Magnanimous is he within whose mind doubt never penetrates in respect to the woman. Pure and virtuous is the woman or virgin who never permits any impure thought or any doubt with respect to the man. If she permits anything bad in her mind, she is no longer a virgin.

The higher the intelligence of the parents the more talented are the children. Into the home in which the mother and the father have been virtuous - in the full sense of the word - the best, the most intelligent and talented children are born. We have this example with Christ. He was born of the purest Virgin.

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The world "virgin" implies absolute purity and perfection. The Fathers are too weak to give forth their genius to their sons. The mothers are able to give more to their sons than the fathers are. Genius is brought forth on the mother's side through the emotions. The spirit is the bearer of genius, and the soul nourishes it. The word "genius" comes from the Greek and means "the beginning, the origination of things." The erudite men have given a different meaning to this word, which is a man who creates, who makes epochs. The men of genius work in the world of solid matter. Their lives are exposed to great perturbations, and for this reason, they die untimely. In order for a man of genius to be able to live many years on earth, he must become a saint.

Where life develops in a regular pattern, the husband and wife represent one unit.

How can a woman improve the character of her husband? Through the qualities which she bears within herself. The woman represents the number two. The number two contains within itself a very special quality: reconciliation. This will say that the woman has the power to restore peace. She manifests her power when the number three - the child - comes.

Some woman says: I must become a mother! If this - that you must be a mother - is enough, then the bird and the cow and the wolf and the lioness are mothers. But what have these mothers solved? The mother needs to solve the problem regarding the virtues so that when a child is born her virtues as well may be transmitted to him. It is not enough for the woman only to be a mother. She must deeply understand her position and make proper use of it.

To be a mother does not mean merely giving birth to children. When you give birth, you must instil such life into the child that it will awaken the Divine within him.

When a girl marries and becomes a mother, she does this not because of a high sense of responsibility and esteem about motherhood, but because she hides a different desire within herself. The young man, too, marries without the understanding of the responsibility which he takes upon himself.

The mother is the wellspring and that which gushes forth from her ends tip in the child. The Divine which is within her, she gives to him. The exchange between the mother and the child is not only external but also internal. The mother plays an important role - not only in the material world, but also in the world of thoughts and emotions. She creates not only the form, but infuses it with content and meaning: an interchange between the soul of the mother and the soul of the child takes place.

The mature mother gives birth to intelligent, good children. The young mother gives birth to children with loving hearts.

If you want to have good children, have love for God. I can give advice to all of the mothers who listen to me now as to how to have sons and daughters such as you wish to have. To all the young maidens and young men who listen to me, I could tell you what the meaning of your lives is. You will marry. Marriage is a blessed institution, but there exists three kinds of marriage: the first category, we call the financial agreement; the second - of servants and masters, whereby the husband is the master and the wife the servant, or vice versa; and the third - a combination whereby the man and the woman live together in love and wisdom, when they live for each other, when the woman will never say to her beloved one bitter word, will never send to him one angry glance, and even when he makes the greatest mistakes she will always love him. Only to such marriages in the world can be born good offspring: men of wisdom, saints, servants of the whole of humankind. If the mother who has conceived her child is inspired with sublime ideas for humankind, then she will impart all these qualities to the child, even during her pregnancy. She is like God for the child and can sculpt from this mud whatever she wants. Because once the child is out of her womb, he becomes independent in his thoughts and feelings. If the mother

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## BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE

instills within the child all of her qualities of love and wisdom during her nine months of pregnancy, the child will have a good disposition towards the mother throughout his entire life and will always be ready to sacrifice himself for her. When a son asks his mother, "Why did you give birth to me?" I understand the nature of the mother. When she was carrying this son in her womb, she was thinking negative things or his father was in a state of such negativity.

The sons and the daughters carry the thoughts of their parents. This is the conclusion to which modern science has come. A great need is felt for schools in which the young people may develop properly, where they can become enlightened with regards to these great Laws as to how they can become good fathers and mothers as well as builders of the future society.

Everything must be done with Love. If it is not done with Love, it is criminal. Modern marriages are acts of impurity, of lovelessness. Should two people come together and live without God? What kind of marriage is this? What kind of children will these people bring forth? Criminals. Why? Because they bring forth children without Love. Plant a flower in the shade and observe what will happen to it. It will not develop properly; It will be weak and undergrown. Do you think that a child can grow and speak without God's Love? The mother should transmit this Love to her child and then a lot can be expected of him.

Before you marry you must have Love. This is the meaning of marriage. Without Love there exists no marriage. This is a great Truth.

While the child is in the womb of the mother, he is in a passive condition: he does not breathe, he does not eat. During this time, the mother educates him. She tells him: Now I am instructing you; I am teaching you music. You will not sing or talk; you will only listen. After coming out of the mother's womb, the child starts to cry. The mouth begins to work in him. In such a way, the child manifests himself.

If, while pregnant, the mother addresses the child with the thoughts- "you will become a good child; you will grow up and accumulate knowledge; you will love people and will help them"- then the child will really become that which the mother desires.

The human spirit within the womb of the mother is learning as well. It does not stay in a dormant condition. It participates together with the spirit of the mother: both are working together in order to create the body.

Now I turn to the mothers with the question: What do you do when a child is born to you? I have observed how the mother enjoys her child. She bathes him, caresses and pats him on his cheeks, kisses him. She lulls and sings to him "Dan-duri, dun-diri" lullaby. She wishes for him that he might become a rich person, a rich merchant, a strong man. What is it that the mother does not wish for her child to become? Yet she forgets to wish for him the most important thing. The child grows tip. He becomes a strong man, a successful merchant, but he begins to cheat in order to become even richer. He becomes a man of science, but starts to produce poisons for the destruction of the people. He becomes strong and starts to oppress those weaker than himself. The mother knows only "Dan-duri, dun-diri", and then wonders what became of him. "Is this what I have hoped for?" she asks. That which she sang to him, he has become. As long as the child is small, his mother sings to him. Later she slaps him on his rear end. Do not slap you child's rear end, but touch his head and say to him, "Let the luminous Divine Thoughts enter into your head so that you may become a bearer of light for humankind and help your weaker brothers." Put your hand on the head of your child and say, "Let sublime and noble thoughts and Divine feelings enter into you, my child."

Some embrace their children into their arms with great intensity and, in this way, nourish egotism within them. Interpreted, this means: when you catch someone, hold him tightly so that you squeeze out his last powers. These actions are unconscious, but some day the mothers will see the result of their love. The mother is glad that her child is healthy, but she must penetrate

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deep into his soul and plant there the true seeds. If she does not plant these within his soul, everything that has been planted by her will fall onto stones, wither and become dry.

Man can only be reformed in his mother's womb through the Love of God: he cannot be reformed by his efforts alone. Only the mother is capable of recreating man, of reforming him. Man contributes only 50 percent towards his recreation.

The biggest criminal can be reformed, but only when he is in the womb of his mother. Therefore, the pregnant woman needs to take only certain foods: pure and sublime thoughts, feelings and actions. Only in such a way can she help her child if he carries within himself some bad tendencies. In the way that people now feed, raise and educate their children, a lot cannot be expected of them.

Upon leaving the womb of his mother, the child passes through all the joys and suffering his mother has been through during the time of her pregnancy. For example, if during the time of her pregnancy the mother has passed through unfavourable external conditions, they will influence the child. But this child will have within and his disposition the internal possibilities conditions by which he can overcome the external ones.

When does a child not love his mother? When he has not been born with Love. What kind of child will be born by a mother if she is thinking about her husband and - at the same time - another man whom she loves? You will say that this is a crime. That is not the point. The important thing is that the house which the master carpenter builds must be strong. The master carpenter needs to build it, and do this on one and the same foundation and not on different ones. In conclusion, I will say: the young girl must marry the man whom she loves; otherwise, it is better not to marry him. The same is true for the young man.

The food which the pregnant woman takes and the way in which she receives it have a great influence on the child which will be born. Many experiments have been done which have come to the conclusion that food is one of the major factors for the physical and spiritual well-being of the child.

The mother and the child need to be provided with good living conditions. Children - when they still are little should live under the best conditions. Which are these? You should nourish your children with fruit. If the child is anemic, give him more pears to eat. If his character is a little rough, give him more apples. If he lacks nobility in his feelings, give him cherries which- at the same time regulate the stomach. Other fruit which do this as well are watermelons, cornel cherry [The fruit of cornel tree (Cornus mas) common in Bulgaria and well known for its specific taste and folk medicinal applications.], pumpkin and squash. Should they be cooked or raw? **The raw fruit, in general, develops the noble feelings.** When children eat only fruit, they do not need any other food. This food will give them the best education. But they must not overeat and burden their stomach. If I had a child, I would take a red apple, show it to the child and let him first look at it for a few minutes so that within him the feeling of thankfulness and love may be generated, in order that the fruit may produce some effect upon the child. I need not speak to him anything about the fruit. After that, I would tell him to eat it. The same with prunes and cherries.

**If you ask me why God created fruit, I will answer you: so that He may educate His children.**

The mother's milk is of great importance for the child. When he is touching the mother's breast, a beneficial influence upon the child is produced, not only by the milk which he drinks, but also by the magnetic force which alternately flows from the left or the right breast of the mother. If another woman feeds him, the same effect will not be produced. A power flows from the mother which ennoble the child. When the mother breast feeds her child, she needs to have the best

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disposition of the spirit and not be angry. Men do not pay attention to the disposition of the mother during this period.

Mother's milk contains intelligent forces which cannot be found in any other food. When the mother breast feeds her child three years in a row, she needs to live a pure life and not allow any negative thought to enter her mind. That her house burned down, that her husband has left her - this should not disturb her peace. During these three years, she needs to be still and calm. What do modern mothers do? They feed their children with different kashas prepared from oats, barley and millet, etc.

All of these kashas cannot supply the child with the elements that are provided by the mother's milk. Within the milk of the mother, are found conscious powers that no other food can supply. The goat and cow milk is good, but these conscious powers which are contained in the milk of the woman are not included. And that is why, we wonder when those people of science and with all the knowledge they possess, they still do not know how to eat and live.

If people had understood the meaning of the prepared food which they use, they would have helped themselves in their self-education. Each mother should bear this in mind for the upbringing of her child. Until the child reaches the age of seven, she should prepare his meals herself. Until such an age, the child should only eat such food which the mother has prepared. In this aspect, birds can be an example. Until the little ones grow up, the father and the mother constantly bring them food. They raise them by themselves. When they grow up - when they fly out of the nest - the parents leave them alone to take care of themselves. The birds have better solved the family life than people.

To be a mother - this does not mean to be good to your children alone, but to those of the others as well. The health of her children depends upon the mother's relationship towards the other people's children.

The longer that the mother has held the child in her arms, the more mindful this child will have become.

The more that a fruit has been sung to, the sweeter it becomes. The same law is valid for man as well. A person who is brought up with music and song has bright thoughts and an open, welcoming heart. He enjoys everything. Whatever he encounters in his life, he looks at from the bright side.

The mother is God's governess - she raises His children.

While the children are being raised and educated, it is necessary that harmony exists between the mother and the children. If harmony exists within the family, the mother will come into contact with the Sentient Beings of the high realms who will help her in the upbringing of the children. If harmony does not exist, the mother will be in contact with beings of the lower realms which will obstruct her.

There exist two paths through which God's Teaching can be made manifest. The first path is through the education in the schools, and the other - through the mother. Both of them need to understand the new conditions just as the gardeners and the farmers study the conditions under which they will plant seeds.

All the negative qualities of the mother will become negative qualities of the child as well. And we can prove with statistics that the positive qualities of the mother will become positive qualities of the child and that the positive qualities of the father are transmitted as the positive qualities of the child. Therefore, we need to live positively. The mother needs to be religiously disposed in order to require this from the child. What is one to understand "religious disposition" to mean? Religious disposition means that within the soul of the mother such love flows forth that she is ready to embrace not only her own child but the whole world with this love and is ready to

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sacrifice herself for others. This is the religious disposition: that love is gushing forth from you. Not only that you may save yourself, but that you may sacrifice yourself for the others.

Every mother who conceives a male or female child must say, "Daughter, son, I wish that you would live in the future according to the Law of Love and would represent Her in full." If she says this, she will have a daughter and a son who are heroes, who will live according to the Law of Love. Every mother must inspire this within her children.

When the young people marry, they must say, "Our sons and daughters should live for Love, for the God of Love who unites all people." The new generation will be a bearer of the new ideas, of Divine Love. The way it is now, if we are born in that improper way and want to re-educate people who have worked for thousands of years-we cannot do anything. Man can be re-educated in his mother's womb, in God's Love. He himself cannot do this. It is only the mother who can recreate man, re-educate him. He himself is only fifty percent a factor in his re-education. He is like a ship without a rudder which can be pushed anywhere by the ocean waves.

Therefore, in the future, the conditions for the woman should be improved. The women who conceive should be under the best conditions. The conditions for the children must be changed as well. Not mechanically, but according to that Law that functions in the living Nature.

I define "mother" in the following way: a mother is that woman who alone can instil a Divine Idea into the soul of her daughter. The mother who cannot instil a Divine Idea into the soul of her daughter is not a mother. And a father who cannot impart a Divine Idea to his son is not a father.

The time has come in which egotism will take its real place, when it will return from where it has come. Love for oneself must become a servant to love for one's neighbor. The right hand is I; the left - my neighbor; the Head is God. The right hand must serve the left hand; and both together - God. When he realizes that, the man will not cheat his wife by promising her that which he cannot accomplish. Instead, he must tell her, I am the right leg, and you the left. At first, I will step forward, and after that - you. I will move forward and you backward. The next step you will move forward, and backward." The father is the head of the family, and the mother - the heart. It is neither possible without the heart, nor without the head.

Every morning when you arise from sleep, inscribe within your mind the two Laws of God: Love for God and love for one's neighbor. The application of these two Laws in your lives is the solution to many difficult problems. Those who have applied these two Laws have performed many miracles.

Now, I desire for all of you to become women! This thought expressed with other words means: I desire the souls of all people to be filled with love; I desire all to become illuminated, to become lit candles, fulfilled and joyous, ready for every kind of service. This means that a human being should be a mother. In this meaning, I desire that all of you become mothers. Today, by the word "mother", one understands this to mean a woman who gives birth. No, a mother is only that one whose children do not "die". If the children of a woman "die", she is not a mother. A mother alone is the pure woman, the virgin who even after giving birth remains a virgin. A mother is that virgin whose children do not "die". Therefore, all people need to become virgins absolutely pure - if they want that which is born of them not to die. This is the meaning of the intrinsic philosophy of life. If you understand this philosophy, your life will become gratifying.

And so, the first great commandment is to come to love God with the whole of your heart, your mind and your will. The second commandment is to come to love your neighbour - or in other words: your virgin, your heart - and to set to the great task of uplifting it.

Be, therefore, workers for the upliftment of the woman, and from there, workers for the future of the whole of humankind.

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  - The Cosmic meaning of Marriage (F)
  - The different aspects of 'Clairvoyance & Intuition' (F)
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  - The Kingdom of God & His Righteousness
  - The Laws which govern the Universe
  - The Power of Thought
  - The Quintessence of Christianity
  - The Reasons behind Suffering
  - The Relationship between Colours & the Aura
  - The Sublime Origin and Goal of Sexuality and the Sexual Force
  - The Sun & the Sunrise-Meditation; *working with the Divine Image*
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  - True Love (F)
  - Working with Light
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