

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 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 mini 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 He 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 He 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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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 her 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."

BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE

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.

BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE

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.

APPENDIX: BOOKS

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- How to work with Talismans
- Interpretations of the Gospel
- Life and Death

BENISA DOUNO – THE WOMAN – SOURCE OF LOVE AND LIFE

- Living a Successful Life
 - Magic in everyday life
 - Master & Discipleship (F)
 - Meditation as the Gateway to harmonious living
 - Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating* (F)
 - Music and Creation
 - Nutrition for a successful life
 - Only Beauty can save the World
 - Proper knowledge of Human and Divine Justice
 - Purity as the Key to Self-Realisation
 - Real Freedom (F)
 - Reflections on Birth (F)
 - The Cosmic meaning of Marriage (F)
 - The different aspects of 'Clairvoyance & Intuition' (F)
 - The Importance of having an High Ideal
 - The Kingdom of God & His Righteousness
 - The Laws which govern the Universe
 - The Power of Thought
 - The Quintessence of Christianity
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 - 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*
 - The true Task of Art (F)
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 - The Two Principles – Masculine and Feminine
 - Traditions, the Gospels & the Holy Scriptures
 - True Happiness (F)
 - True Love (F)
 - Working with Light
- (F) = also in French available; (D) = also in German available

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WRITINGS FOR A BETTER WORLD

- Benjamin Christ: « Let's create 'Heaven on Earth' » (D, E)
- David Brown/Kyron: « Creating Stress-free Families » (D)
- David Brown/Kyron: « Disconnect from the Mass-Consciousness »
- David Brown/Kyron: « Understanding Mass-Consciousness » (D)
- David Brown/Kyron: « Understanding Relationships » (D)
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- Swami Krishnanada: « Correct Approach to God »
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- Swami Krishnanada: « The Sun – The Eye of the World »
- Swami Sivananda: « The Human Ideal »
- Swami Sivananda: « The Unity that underlies all Religions »

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