

The Ascending Path

The background of the entire image is a dark, starry night sky. In the center, a pair of hands is shown from the wrist up, palms facing each other, holding a glowing, golden, starry path that curves upwards and to the right. The path is composed of many small, bright stars and larger, glowing clusters, creating a sense of depth and movement. The hands are illuminated from below, casting a soft glow. The overall atmosphere is mystical and celestial.

**Lecture given by the Master Beinsa Douno
on June 23, 1942**

**At the Summer Spiritual School
on Rila Mountain, Bulgaria**

Virtual online reading session on January 10, 2026

The Ascending Path

- https://en-petardanov.com/topic/5181-1942_06_23-the-ascending-path%C2%A0/
- Video link: <https://youtu.be/6i5BhBNieGM>
- “Leave the muddy path of life, where everything is lost in fog, and walk the ascending path of love.
- Do not scorn the little flowers you meet along the way.
- Do not disregard the dewdrops resting on the withering leaves.
- Do not dismiss the chirping of the small birds conversing with one another.
- Do not reject even the faintest song of light that gladdens your soul.
- Do not withhold your kindness from the little beetle that buzzes around you and gently pleads. And when it lands on your knee, stroke it and say:
- “Thank you for the small service and the little blessing you bring.”
- ...
- Do not despise your tormentor. Love him, for through him you will return to God.
- Work consciously and wisely upon yourself, so you may deal with the dust and free yourself from it. It is better to overcome dust than to hold the highest position in the world. To rule without having mastered the dust — that is the vanity of life. To reign after having mastered the dust — that is the joy of life.”

La Palabra Diaria de hoy - **Viernes Enero 9, 2026**

- Como un río inagotable, el Espíritu me nutre de manera constante. Expreso gratitud y reflejo la generosidad de Dios cada vez que la manifiesto en mi vida. Al agradecer, centro mi atención en la abundancia que me rodea. Un profundo agradecimiento surge en mí, llenándome de paz y alegría. Con el corazón pleno, me siento inspirado a dar.
- Deseo compartir mis talentos y dones al servicio de los demás. Al dar con libertad, me alinee con el espíritu de la bondad. Sirvo desde el amor, sin esperar nada a cambio. También me renuevo a través de mis prácticas espirituales, que me fortalecen e inspiran. Al nutrirme de esta manera, estoy en mejor disposición de ofrecer lo mejor de mí, sosteniendo y expandiendo el impacto positivo que genero en el mundo.
- ***Ponga cada uno al servicio de los demás el don que haya recibido.—1 Pedro 4:10***

Today's Daily Word - Friday, January 9, 2026

Translated: La Palabra Diaria de hoy

- As I joyfully share my divine gifts, I bless others by joyfully sharing my divine gifts. As a river, which is endless, unquenchable—Spirit nurtures me constantly. I express gratitude, and I reflect divine generosity whenever it manifests in my life.
- When I give thanks, I center my attention in the abundance that is all around me. A boundless thankfulness rises within me, filling me with peace and joy. With a full heart, I feel inspired to give. I want to share my talents and gifts in service of others.
- By giving freely, I align myself with the Spirit of goodness. I serve from a point of love without expecting anything in return. I renew my being through spiritual practices which strengthen and inspire me. By nourishing myself in this way, I'm in a better state to offer the best of myself—maintaining and expanding the positive impact I'm generating in the world.
- **And then there's a quote from 1 Peter 4:10: "Each one of you can put at the service of others the gift that you have received."**

Thank you Ardella!!

Herrens bön (Lord's Prayer in Swedish)

- Fader vår, som är i himmelen.
- Helgat varde ditt namn.
- Tillkomme ditt rike.
- Ske din vilja såsom i himmelen så ock på jorden.
- Vårt dagliga bröd giv oss idag.
- Och förlåt oss våra skulder, såsom ock vi förlåta dem oss skyldiga äro.
- Och inled oss icke i frestelse, utan fräls oss ifrån ondo.
- Ty riket är ditt och makten och härligheten i evighet.
- Amen.

*** La Buona Preghiera ***

The Good Prayer in Italian

- Signore, Dio nostro, nostro dolce Padre Celeste, Tu Che ci hai donato la vita e la salute per gioire di te, Ti preghiamo: inviaci il Tuo Spirito per proteggerci e difenderci da ogni male e da ogni cattivo pensiero.
- Insegnaci a fare la Tua Volontà, a santificare il Tuo Nome ed a glorificarTi sempre.
- Illumina il nostro spirito, consacra i nostri cuori e la nostra mente a osservare i Tuoi comandamenti e voleri.
- Ispira in noi, con la Tua Presenza, i Tuoi pensieri puri e guidaci nelle tue vie a servirTi con gioia.
- La nostra vita, che consacriamo a Te per il bene dei nostri fratelli e del nostro prossimo, Tu benedici.
- Aiutaci ed assistici a crescere in ogni conoscenza e saggezza, a imparare dalla Tua Parola ed a dimorare nella Tua Verità.
- Guidaci in tutto ciò che pensiamo e compiamo in Tuo Nome, che sia per la riuscita del Tuo Regno sulla Terra.
- Nutri le nostre anime con il Tuo pane Celeste, e fortificaci con la Tua Potenza perché riusciamo nella nostra vita.
- E come ci dai tutte le Tue benedizioni, esercita anche il Tuo Amore, che sia nostra legge eterna!
- Poiché a Te appartengono il Regno, e la Potenza, e la Gloria per sempre.
- Amen

Thank you Michela!!

The Good Prayer

1. Lord God, our tender Heavenly Father, who hast given given us life and health to rejoice in Thee, send us Thy Spirit to protect us, to shield us from every harm and from all evil thoughts.
2. Teach us to do Thy Will, to sanctify Thy Name, to glorify Thee at all times.
3. Sanctify our spirits, enlighten our hearts and minds to keep Thy decrees and commandments.
4. Inspire us with Thy holy presence and pure thoughts, direct us in Thy ways, so that we may serve Thee with joy.
5. Bless the life we consecrate to Thee for the sake of our brothers and sisters, and those dear to us.
6. Assist and sustain us, so that we may grow in Wisdom and understanding, that we may learn from Thy Word and that we may abide in Thy Truth.
7. Guide us in all our thoughts and actions in Thy Name, so that Thy Kingdom may come on earth.
8. Feed our souls with Thy Heavenly bread and fill us with Thy strength, so that our lives may be fruitful.
9. And as Thou dost shower us with all Thy blessings, may Thy Love remain our eternal law. For Thine is the Kingdom, the Power and the Glory, for ever and ever.
10. Amen

Dobrata molitva

(The Good Prayer in Bulgarian)

1. Gospodi, Bozhe nash, blagiĭ ni Nebesen Bashta, Koĭto Si ni podaril zhivot i zdrave da Ti se radvame, molim Ti se, izprovodi Dukha Si da ni pazi i zakrilya ot vsyako zlo i lukavo pomishlenie.
2. Nauchi ni da pravim Tvoyata Volya, da osvetyavame Tvoeto Ime i da Te slavoslovim vinagi.
3. Osvetyavaĭ dukha ni, prosveshtavaĭ sŭrtsata ni i uma ni, da pazim Tvoite zapovedi i poveleniya.
4. Vdŭkhvaĭ v nas s prisŭstviето Si chistite Si misli i ni upŭtvaĭ da Ti sluzhim s radost.
5. Zhivota ni, koĭto posveshtavame na Tebe za dobroto na nashite bratya i blizhni, Ti blagoslavyaĭ.
6. Pomagaĭ ni i ni sŭdeĭstvuvayaĭ da rastem vŭv vsyako poznanie i mŭdrost; da se uchim ot Tvoeto Slovo i da prebŭdvame v Tvoyata Istina.
7. Rŭkovodi ni vŭv vsichko, koeto mislim i vŭrshim za Tvoeto Ime, da e za uspekha na Tsarstvoto Ti na Zemyata.
8. Khrani dushite ni s Nebesniya Si khlyab, ukrepvaĭ ni sŭs silata Si, da uspyavame v zhivota si.
9. Kato ni davash vsichkite Tvoi blagosloveniya, prilozhi i Lyubovta Si da ni e vechen zakon. Zashtoto na Tebe prinadlezhi Tsarstvoto, Silata i Slavata za vinagi.
10. Amin.

Добрата молитва

(The Good Prayer in Bulgarian)

1. Господи, Боже наш, благий ни Небесен Баща, Който Си ни подарил живот и здраве да Ти се радваме, молим Ти се, изпроводи Духа Си да ни пази и закриля от всяко зло и лукаво помишление.
2. Научи ни да правим Твоята Воля, да осветяваме Твоето Име и да Те славословим винаги.
3. Осветявай духа ни, просвещавай сърцата ни и ума ни, да пазим Твоите заповеди и повеления.
4. Вдъхвай в нас с присъствието Си чистите Си мисли и ни упътвай да Ти служим с радост.
5. Живота ни, който посвещаваме на Тебе за доброто на нашите братя и ближни, Ти благославяй.
6. Помагай ни и ни съдействуй да растем във всяко познание и мъдрост; да се учим от Твоето Слово и да пребъдваме в Твоята Истина.
7. Ръководи ни във всичко, което мислим и вършим за Твоето Име, да е за успеха на Царството Ти на Земята.
8. Храни душите ни с Небесния Си хляб, укрепвай ни със силата Си, да успяваме в живота си.
9. Като ни даваш всичките Твои благословения, приложи и Любовта Си да ни е вечен закон. Защото на Тебе принадлежи Царството, Силата и Славата за винаги.
10. Амин.

I can love - Az moga da lyubya- by Beinsa Douno

- I can love to become kind,
- I can be affectionate to become strong.
- Love and affection
- Love and affection will teach me
- how to become a servant of God.
- Becoming a servant, becoming a servant
- is the new field of action
- that will generate love.
- A new world is being created
- where love and affection reign
- and truth triumphs.
- Then life becomes free.
- Az moga da lyubya, dobŭr da stana.
- Az moga da obicham, silen da stana.
- Lyubovta i obichta,
- Lyubovta i obichta shte me nauchi
- na Boga sluzhba da stana.
- Sluga da stana, sluga da stana.
- Tova e novoto poprishte,
- koeto vnasya Lyubovta
- i noviya svyat sŭzdava,
- de Lyubovta i obichta tsaruvat
- i Istinata tŭrzhestvuva,
- a zhivotŭt svoboden stava.

A very beautiful version conducted by Brother Gilles and Moscow Kastalsky Mixed Choir

Youtube: <https://youtu.be/DgnbpXBexyw?si=SaTsd64t2ZIlam7>

Аз мога да любя - Az moga da lyubya

- Аз мога да любя, добър да стана.
 - Аз мога да обичам, силен да стана.
 - Любовта и обичта,
 - Любовта и обичта ще ме научат
 - на Бога слуга да стана.
 - Слуга да стана, слуга да стана.
 - Това е новото поприще,
 - което внася Любовта
 - и новия свят създава,
 - де Любовта и обичта царуват
 - и Истината тържествува,
 - а животът свободен става.
- Az moga da lyubya, dobŭr da stana.
 - Az moga da obicham, silen da stana.
 - Lyubovta i obichta,
 - Lyubovta i obichta shte me nauchi
 - na Boga sluzhba da stana.
 - Sluga da stana, sluga da stana.
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 - i noviya svyat sŭzdava,
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 - i Istinata tŭrzhestvuva,
 - a zhivotŭt svoboden stava.

Magnus Ekenhjärta: The Fly Agaric Mushroom and Peoples of Siberia



Magnus Ekenhjärta
January 3 at 3:44 PM

Förläppet av min bok gick långt över förväntan och resulterade i ett starkt gensvar, där många människor jag aldrig tidigare haft kontakt med ville läsa boken och bidra till mitt fortsatta skrivande. Det har varit djupt berörande – och det har gett mig både kraft och resurser att arbeta vidare. Passion och stöd, sida vid sida. Det känns ända in i benmärgen.

I arbetet med boken har dess riktning blivit allt tydligare. Det som en gång tog sin början i det praktiska – hur gör ... [See more](#)

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Maja Astrid Sigrid Skogjordh
Av den grafiken kan man lära sig mycket. Tack Magnus Ekenhjärta

6d Like See translation Edited 3

Mikael Ananda
Stort tack för ditt skrivande! Det fram emot att läsa boken!

3h Like See translation

Kerstin Kjellström
Jag är så stolt över dig, min gosse!

This is from a Facebook post, the book is in Swedish, we hope to have Magnus talk about his book in one of our sessions