

Precious Virtues

**Lecture given by
Beinsa Douno
on August 5, 1942**

**Online reading group
February 7th, 2026**



Formula given by Master Beinsa Douno

- Always rejoice
 - Pray continuously
 - Be grateful for everything
 - Do not extinguish the spirit.
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- Винаги се радвайте. Vinagi se radvaite.
 - Непрестанно се молете. Neprestanno se molete.
 - За всичко благодарете. Za vsichko blagodarete.
 - Духа не угасвайте. Dukha ne ugasvaite
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- Always be glad. Pray without ceasing. Give thanks for everything. Do not extinguish the spirit. (version 2)

Music: Aum

<https://youtu.be/MPtTnNmWXXg?si=qbH6CZ76FW9MGrFg> by Plamena Girginova

(you can sing it at a scale that is comfortable for you)

Aum, aum aum

Ohm, ohm ohm aumen

Aum, aum aum

Ohm, ohm ohm aumen

Excerpts from the lecture Precious Virtues

Given by Beinsa Douno on August 5, 1942, at 5:00AM

- “You should pray for yourself and for the others. How should we pray? When you get up in the morning, gently stroke your forehead and say, “Lord, bless my forehead and the capacities hidden within it.” If you are not thinking appropriately, gently stroke your nose and direct your thoughts back to God.
- If your eyes see things wrongly, gently stroke them too. If you don't eat properly and don't speak properly, you should pray for your mouth and gently stroke it. If you don't perceive the sounds clearly, you should gently stroke your ears and pray for them. Then you should gently stroke your hands and feet, for serving you well. Express gratitude for the limbs that have been given for your service. They are your servants, and you are their masters. You depend on them. What will happen to you if your eyes, ears, mouth, nose, hands, and feet refuse to serve you? You will find yourself in a position of being completely disabled. You should be kind to yourself, i.e., to all your body parts in order to evolve properly. People are not allowed to be rude to themselves.”
- “The thumb is associated with the will, with the Divine world. A person who's had the thumbs of both hands cut off becomes weak-willed.”
- “The index finger is associated with personal feelings, the middle finger with justice, the ring finger with a sense of beauty and elegance, and the little finger with honesty.”
- Online recording: https://youtu.be/_ZWeCFZz8mI
- Text available at: https://en-petardanov.com/topic/5194-1942_08_05-precious-virtues/

Gratitude Meditation:

Thanking My Body – by Kina

- *(2–3 minutes, spoken in first person)*
- I settle into a comfortable position.
I take a slow, gentle breath.
- I place my hands over my heart.
- Thank you, my heart,
for beating for me without rest,
for carrying love through my body,
for sustaining my life.
- I breathe.
- I bring my attention to my head and face.
Thank you, my mind, for thought and awareness.
Thank you, my eyes, for seeing the world.
Thank you, my ears, for hearing.
Thank you, my nose, my mouth, my tongue,
for breath, taste, and expression.
- I move my awareness to my neck and shoulders.
Thank you for supporting me,
for holding and releasing.
- I bring attention to my arms and hands.
Thank you, my arms, for strength and reach.
Thank you, my hands and fingers,
for all the ways you serve, create, and touch.

I slowly bring awareness down my spine.
Thank you, my spine,
for balance, support, and alignment.
I thank my chest and ribs,
my lungs for breath,
my organs for their quiet, faithful work—
my stomach, liver, kidneys, and intestines.
Thank you for nourishing me.
Thank you for cleansing me.
I bring attention to my belly.
Thank you for vitality and intuition.
I move to my hips, legs, and knees.
Thank you for carrying me through life.
Thank you for your strength and resilience.
I bring awareness to my feet.
Thank you for grounding me,
step by step.
I return my hands to my heart.
Thank you, every cell of my body.
As I rest, please restore and renew.
We continue together,
with kindness and care.
I take one great deep breath.
Thank you.

Ring Finger Meditation: Cultivating Beauty and Elegance

- This meditation is a gentle contemplative practice focused on the **ring finger**, traditionally associated with harmony, beauty, and refined feeling. After grounding the body through gratitude, attention is brought to the ring finger of both hands—most often beginning with the right hand—by lightly holding or touching it.
- For several minutes, the practitioner turns inward and **contemplates beauty** in its many forms. This may be a memory or image of something deeply beautiful: a sunrise, a flower, an animal, a child, a loved one, or a quiet moment of grace. The image is not analyzed but **felt**, allowing its quality to resonate through the body via the ring finger.
- Alongside imagery, the meditation may be supported by **beautiful words**—spoken silently or aloud—that evoke elegance and harmony. Examples include:
 - *Beauty*
 - *Elegance*
 - *Magnificence*
 - *Serenity*
 - *Peace*
 - *Joy (Radost)*
 - *Love*
 - *A kiss (Tseluvka)*
- Words may come from any language, allowing sound, meaning, and feeling to deepen the experience.
- The practice is unhurried and receptive. Attention gently rests in the finger while the feeling of beauty permeates inwardly. There is no effort to create emotion—only to **receive and relive** what is already known to be beautiful.
- This meditation supports a refined inner state, fostering calm, aesthetic sensitivity, emotional balance, and a quiet sense of joy. It is often practiced for a few minutes and may be timed, allowing the practitioner to fully immerse themselves before returning.