



Self Improvement

Lecture given by

Beinsa Douno

on August 2nd, 1942

Online reading group

January 24th, 2026

Self Improvement

Read the lecture at:

https://en-petardanov.com/topic/5192-1942_08_02-self-improvement/

Online reading on: January 24th: "Self Improvement" – Lecture given by Beinsa Douno on August 2, 1942, at 11:00 AM

Recording: <https://youtu.be/AG-O1Bclmss>

Music: Venir Benir – by Beinsa Douno

- **Venir Benir.** Given on November 5, 1922, General Esoteric Class, 2nd year,
- lecture 6. Venir Benir is an esoteric Eastern motif, adopted by the Western nations. The mystical meaning of the song is as follow: *Venir Benir*: You, the Great One, Who blesses everyone and everything. *Bihar Benum*: To be blessed. *Il biyut*: God, bless the Great, the youth, the beginning of life. *Il bezut*: Bless the young, rising, Divine life; bless the Divine that is emerging within the soul—the breath of God that we have originally received. *Om biyut*: He is the One, the Only One Who blesses. *Il bezut, Om biyut*: He is everything, He is everywhere. *Zun mezun*: all our life. *Binom tu meto*: Let it now be so! And man became a living soul! The song is imbued with significance, but it needs to be discovered, to be found.
- This is the relationship of the Great toward the least—the soul. And the least is filled with thought for the Great—for God. The soul remembers the instant when it has received the first Breath of God’s breathing. (From the General Esoteric Class, May 8, 1940, Sofia – Izgrev).
- <https://youtu.be/B6E6hnKiL54?si=NqjwMcBwAqHr-FGY> – karaoke version by Todor Papazov

Venir Benir – by Beinsa Douno, two versions:

1. https://youtu.be/_1gO9y_JUF4?si=-INPKWSUIW-7Cf_P

- Moscow Kastalsky Choir
- Choir Conductor: Gilles Hainault
- Harmonization: Gilles Hainault
- Editing: Gilles Hainault
- Recorded in Moscow in 2023
- Sound engineer: Maria Soboleva
- In collaboration with IDEAL Society, Canada - www.idealsociety.org

2. <https://youtu.be/B6E6hnKiL54?si=NqjwMcBwAqHr-FGY> –

- karaoke version by the violinist Todor Papazov

In the Beginning Was the Word

- <https://youtu.be/wwUMTU1Hp-Q?si=YfhDB4hTvmSg0o-e> Sang by Simeon Simeonov
- <https://youtu.be/bL3aqF3D0Uc?si=PfCVdVwugLuZHjOc> by Beinsa Douno
- "In the beginning was the Word, and the Word was with God and the Word was God. He was in the beginning with God. All things by Him were done and of all that was done, nothing without Him was done .
- In Him was life and life was the light of men. And the light shines in darkness and darkness has not responded."
 - Music: Peter Deunov
 - Choir of Capella State Academic of Saint Petersburg Conductor: Gilles Hainaut
 - Vladislav Chernushenko - artistic director
 - Text: Gospel of Saint John
 - Arranged by Vincent Petit
 - Painting: Nicholas Roerich
 - Editing: Guillaume Courmont
- Recording made on July 5, 2017 in the State Capella of Saint Petersburg
 - Sound engineer : Ilya Petrov
 - In collaboration with IDEAL Society, Canada - www.idealsociety.org