

The Strong Ones

**Lecture by Beinsa Douno
Given on August 12, 1942**

**Online reading on
March 28, 2026**



The Strong Ones - lecture by Master Beinsa Douno given on August 12, 1942

Text: https://en-petardanov.com/topic/5196-1942_08_12-the-strong-ones/

Zoom recording: <https://youtu.be/qgCj3G7icUg>

What is the difference between the concepts of Love and Affection? By Love we understand that which constantly gives and never takes. By Affection we understand that which always takes and gives nothing. God manifests in the human being through His attributes: He constantly gives and constantly takes. For some, this is not clear. They cannot imagine how God can both give continuously and take continuously. But the fact that some do not understand certain things does not mean they do not exist. Many things remain beyond human understanding, yet they still take place. How, for example, would you explain the process of human thought? Even the most learned cannot fully explain it, yet thought flows and follows its course. Whether we understand this process or not does not stop the movement of thought. In order to understand how thoughts arise and by what laws they move, a person must first become master of their own thoughts.

La Palabra Diaria

Con un corazón compasivo, me dispongo a servir.

Viernes Marzo 27, 2026

- Cuando la soledad me toca y anhelo un vínculo real, recuerdo que el servicio es una forma de invitar a otros a mi vida.
- Brindar ayuda en tiempos de necesidad puede generar nuevas conexiones, incluso amistades.
- El mundo necesita mi colaboración y mi espíritu solidario. La compasión es un don espiritual, y agradezco las oportunidades de compartirla, empatizar con quienes me rodean y reconocer nuestra unicidad a través de actos de bondad y servicio. Hay muchas formas de contribuir; en mi comunidad, seguramente hay organizaciones que buscan voluntarios. Permanezco receptivo a la inspiración divina sobre cómo servir. Honro a mis semejantes al irradiar amor divino y ofrecer mi tiempo y mis talentos con generosidad.
- Amémonos unos a otros con amor fraternal; respetemos y mostremos deferencia hacia los demás.—
Romanos 12:10
- Thank you Wini!!

The Daily Word (translated from Spanish)

Helpful

I approach life with a heart of compassion and a sincere desire to be helpful.

Friday, March 27, 2026

- At times, I may feel lonely and long for meaningful connection, but I am reminded that one of the best ways to invite others into my life is through service. Being present and offering help in times of need can open the door to new relationships, including true friendship.
- The world needs my helping hand and my caring attitude. Compassion is a spiritual gift, and I am grateful for every opportunity to share it. As I empathize with those around me, I begin to discover our deeper oneness through simple acts of kindness and service.
- There are many ways I can help. In my community, there are likely organizations and groups in need of volunteers. I remain open to divine inspiration, trusting that I will be guided toward the right opportunities to serve.
- I honor others by radiating divine love and offering my time and talents freely. As it is written in Romans 12:10: *“Love one another with mutual affection; outdo one another in showing honor.”* This resonates deeply with the teaching we are reflecting on today—the living connection between Love and Affection.
- Thank you Ardella!

Songs

Here are the links to the songs we listened to:

Az Moga da Lyubya - I can Love - music by Beinsa Douno

Kastalski Choir - Moscow, Conductor: Gilles Gilles Hainault

<https://youtu.be/GvUkN-yykol?si=uHg8ui19sOjU3qJI>

Az Moga da Lyubya - I can Love - music by Beinsa Douno

Girgina Girginova - voice, Ivelina Ivancheva - piano

<https://youtu.be/0fxS4FLZ0w4?si=GSIMhNT24vOnqsO7>

Song: Aum - music by Beinsa Douno

Vera Choir - Conducted and arranged by Gilles Hainault

<https://youtu.be/5xqt3JdX4qA?si=nC3jeKxROp8WyeNbAum>