

THE 12 ESOTERIC PRACTICES OF MASTER PETER DEUNOV'S INITIATIC SCHOOL

In Master Peter Deunov's spiritual community, there were several methods for spiritual work. These methods were considered esoteric practices to experience Christ through our four lower bodies and particularly through the etheric body. These were :

1. **The Word:** Working through the Word of Master Peter Deunov, disciples developed their consciousness and awakened positive creative energies that built the qualities of the new Aquarian human being. The Heart Center does this by having daily readings from Prosveta books.
2. **Music:** As an ever present companion to the Word, music preceded and concluded each lecture or speech. It was a means for raising the disciples' consciousness. Peter Deunov would often ask disciples, "Have you sung yet today?" The Hearts Center has over 120 sacred songs and uses them before, during and after every service. We also play music from the Vera Choir and the Rila orchestra and choir. Music and singing have been important disciplines at every spiritual community of the brotherhood. The master Peter Deunov came up with simple formulas that anyone could sing to get a deep spiritual experience, such as the Paneurhythmy song AUM. They are gems of balanced energy. They are structured in such a way that the combination of all aspects: rhythm, melody and harmony have a tremendous effect on our body, our subtle bodies, and on our spiritual life.
3. **Sunrise:** The disciples would gather in the predawn to meet the sunrise accompanied by prayers and meditation exercises followed by a morning lecture. Omraam said that when a group of disciples pray and meditate together on a situation, it's like focusing a laser beam on it. So this dynamic of group prayer and meditation, which the Hearts Center does at conferences, weekend events, and pilgrimages is another benefit to living in a community. The power of this collective prayer and meditation is squared such that if you have 100 people doing it together, the effect is not just 1 times 100 but 100 times 100 or 10,000. In addition, there are dispensations from various masters that will multiply this even more if you invoke them.
4. **Motion exercises:** Constructed as a result of certain natural elements, the objective of these exercises was to organize the disciple's etheric body and psyche. These are gentle gymnastic exercises, a type of Western yoga. Master Omraam made some variations of Peter Deunov's exercises and taught them at his communities. They combine physical movements, with corresponding thoughts and feelings. Thus they strengthen the body, mind and heart simultaneously. They are described in the book, A New Earth.
5. **Duty:** A special work method where certain formulas and prayers were uttered by all disciples at an exactly agreed time, just like in a ritual. An example of this is the blessing before meals, which is in the Hrani Yoga handout. There were other formulas for healing, for driving, and for consecration.
6. **Themes:** A theme was a topic to be developed during the following days that was assigned at the beginning of each lecture. These were spiritual philosophical themes with the objective to stimulate the creative thinking of the disciples.
7. **Conversations and personal correspondence:** These were free and informal conversations or correspondence on various themes between the disciples and the Master. This allowed the disciples to draw directly on the master's knowledge and experience.
8. **Excursions in the mountains:** Being in contact with Nature built a close bond between the souls of the disciples and Nature.

9. Communal life: Life based on brotherhood and sisterhood (fellowship) places human relations within the framework of mutual assistance, moral and spiritual purity. A fraternity is a community whose members share the common bond of a broad, luminous consciousness and work with and for each other; more, they work for the whole world. True fraternity is universal.

10. Prayer: The discipline that realizes the bond with God is prayer. Praying is a path along which anybody can start in order to enter the Great Life of Spirit. Peter Deunov himself said that a prayer is a constant link with the Spiritual World and he advised his disciples to aspire to this state. They are usually recited slowly once or three times with full attention and with great feeling.

11. The Testament of the Color Rays of Light is a method of working with color using verses from the bible that are related to certain colors. A disciple would read and meditate on certain passages from the Bible that relate to a color or quality that is lacking in his or her aura. The Heart Center does this using prayers, decrees and songs of the various rays.

12. Paneurhythmy: Sacred dance is an important discipline at spiritual communities, especially those of master Omraam and Peter Deunov. In his own words, Peter Deunov describes this all-encompassing science by saying, "...I have placed in your hands the key to my Teaching. If you dance the Paneurhythmy correctly, the positive forces of Nature will flow through you and connect you with one another and connect all of you with the unbounded Cosmic Circle of Great Beings." Deunov taught that these exercises are meant to help mankind accelerate in their spiritual evolution as energies are harmonized, regulated and transformed through rhythmic movement. Even listening to the music is beneficial.